

# **BASKETBALL DRILLS COLLECTION**

## **COMPILED FOR THE HOLLIS BROOKLINE BASKETBALL CLUB**

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# Footwork Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS			
<a href="#">Quick Stance and Quick Starts</a> 3 Mins	<a href="#">Quick Steps</a> 3 Mins	<a href="#">180 Degree Change</a> 3 Mins	<a href="#">Baseline Starts, Stops and Turns</a> 3 Mins
<a href="#">Quick Stance and Quick Starts</a> 5 Mins	<a href="#">Quick Turns</a> 5 Mins		<a href="#">Front Cut, Back Cut, Back Door Cut</a> 5 Mins
INTERMEDIATE			
<a href="#">Baseline Starts, Stops and Turns</a> 3 Mins	<a href="#">Front Cut, Back Cut, Back Door Cut</a> 3 Mins	<a href="#">V Cut/L Cut, Quick Jab to Get Open</a> 3 Mins	<a href="#">Pass &amp; Reception</a> 3 Mins
<a href="#">Quick Cuts</a> 5 Mins	<a href="#">Change of Pace Running</a> 5 Mins		<a href="#">Pass &amp; Reception at the Basket</a> 5 Mins
ADVANCED			
<a href="#">Baseline Starts, Stops and Turns</a> 3 Mins	Visualize the Game 3 Mins	<a href="#">Pass &amp; Reception</a> 3 Mins	<a href="#">Pass &amp; Reception at the Basket</a> 3 Mins
<a href="#">Front Cut, Back Cut, Back Door Cut</a> 5 Mins	<a href="#">Change of Pace Running</a> 5 Mins		<a href="#">Quick Change of Pace</a> 5 Mins

# QUICK STANCE & QUICK STARTS

## Purpose:

Players learn to get in the basketball-ready, or triple threat, position and also use quick starts/change of pace to get warmed up.

## Setup:

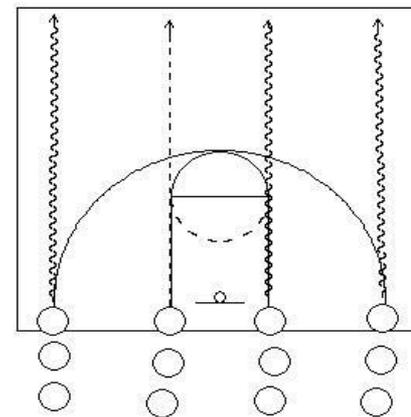
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players lead with front foot, take large step and then use change of pace and quick starts to move from baseline to half court where they do a quick turn and stop.
5. Once everyone has reach half court, players do the same thing back to the baseline.

## Coaching Tips:

- When player reaches free throw line extended, the next player goes.
- Watch for hands at chest level, all joints bent and alternating quick starts with slower footwork.



Players practice quick stance and quick starts in this half court drill.



Players get in the quick stance, or triple threat position, to begin the drill.

## QUICK STEPS

### Purpose:

Players learn proper footwork when making a 90-degree change of direction on the basketball court.

### Setup:

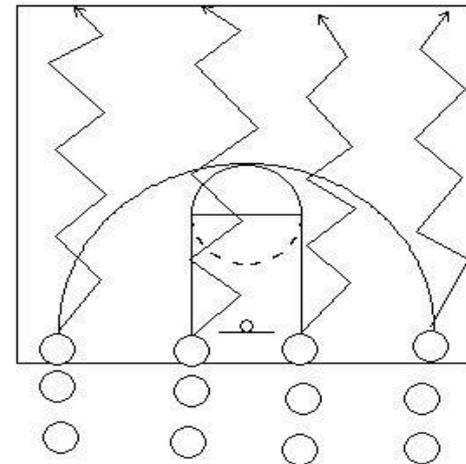
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Coach says "ready."
2. Players get in quick stance position.
3. Coach says "go."
4. Players take 2 to 3 steps to the right, plant and cut back hard to the left. They repeat this process as they make their way to half court.
5. Next player goes when player ahead of him/her reach free throw line extended.
6. When all players reach half court, players do the same thing back to the baseline.
7. This drill should also be run with players going to the left and cutting back to the right.

### Coaching Tips

- Watch that players are planting their outside foot and getting their hips into the turn.
- Players should go into the turn slow and come out quick.
- Players should also bring their hands up and use them for momentum when coming out of the turn.



Players work on planting and making 90 degree turns.

# 180 DEGREE CHANGE

## Purpose:

Players learn to stop their forward momentum, reverse and go back the way they came. This skill is important when there is a sudden change of possession.

## Setup:

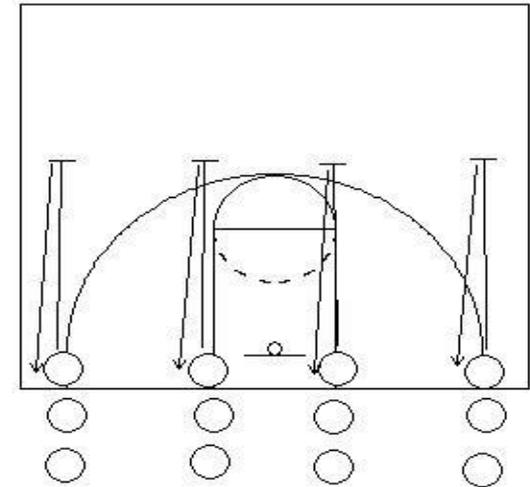
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players run to top of three point, stop, reverse direction and head back to the line they came from.
5. When player reaches line, next player goes.

## Coaching Tips:

- Players should sit back on their heels, get down low and change direction in a straight line.



Basketball players need to be able to change directions on a dime – and that's exactly what they learn to do in this drill.

## FRONT CUT

In this drill, players simulate making a pass, stepping away and then cutting to the basket.

### Setup:

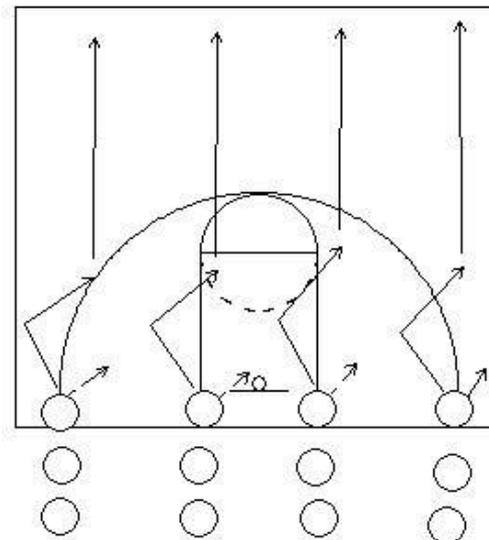
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players simulate a pass to the left and take 2 to 3 steps away, then cut back hard to the make-believe basket with hands up ready to receive the ball.
5. Players go to half court, then come back running the drill the opposite way.

### Coaching Tips:

- Look for good hard cuts and that players are staying balanced when cutting.



Players simulate the pass, step away and then cut hard to the basket.

# BACK CUT

In this drill, players simulate making a pass, then cut behind an imaginary defender who is overplaying them.

## Setup:

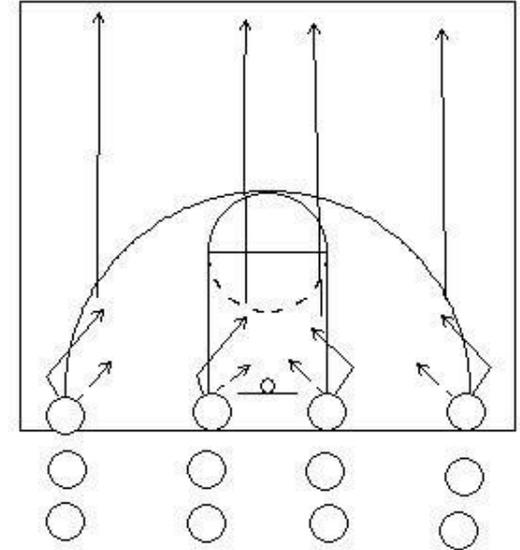
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players simulate a pass to the middle, take one short step away and then cut hard behind the imaginary defender who is overplaying them.
5. Players go to half court, then come back running the drill the opposite way.

## Coaching Tips:

- Look for good hard cuts and that players are staying balanced when cutting.



Players work on their back cuts.

## BACK DOOR CUT

Players work on making back door cuts.

### Setup:

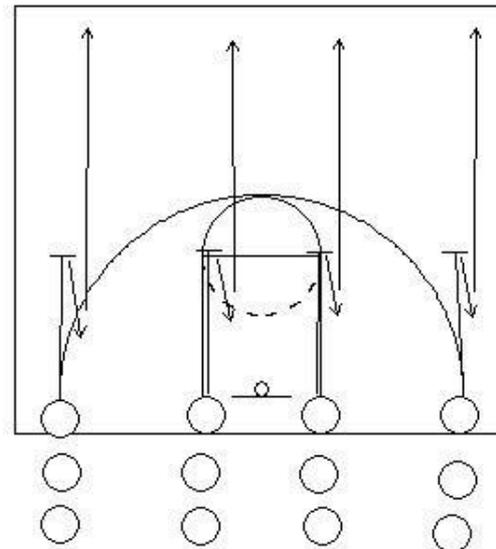
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players run to the free throw line extended, come back toward the line they were in, then make a back door cut and head toward half court.

### Coaching Tips:

- In this drill, players make three movements – out, in, out. Look for good hard cuts and good speed out of the cut.



Players run to the free throw line extended area, come back toward their line and then make a hard back door cut.

# QUICK TURNS

Players learn to stop under control and make either a front or back turn using proper footwork.

## Setup:

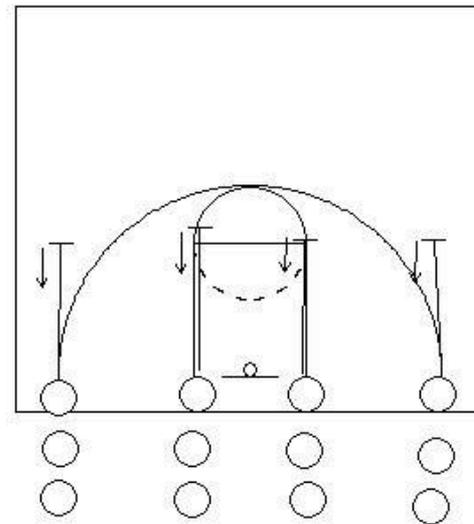
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

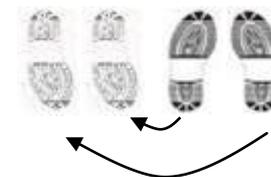
1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players run to the free throw line extended and come to a quick stop. They then make either a front turn or a rear turn according to what the coach has instructed.

## Coaching Tips:

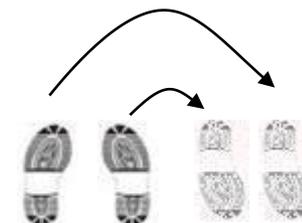
- As the drill progresses you can call out different combinations for the players to do – for example, "left pivot foot, front turn," "right pivot foot, rear turn" etc.



Players make front and rear turns in this drill.



Above, rear turn with left foot as pivot foot or turning foot. Below, front turn with right foot as pivot foot.



# CHANGE OF PACE RUNNING

Players improve their footwork and get warmed up.

## Setup:

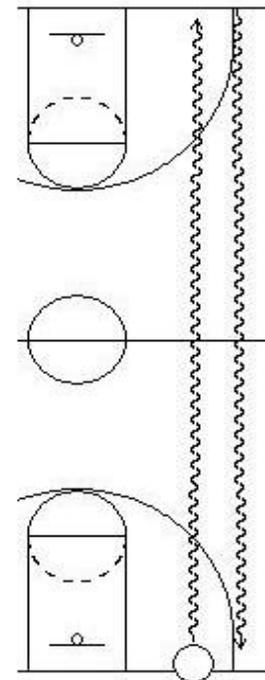
Players line up along baseline and proceed down the court and then come back to the starting position. No basketballs are used.

## Execution:

1. Coach says “go.”
2. Players go slow, then fast, exploding forward with their hands chest high and calling for the ball.
3. Players use this pattern – slow, then fast – all the way down the court and back.

## Coaching Tips:

- When players go fast, make sure they bring their hands to their chest in a ready-to receive the pass position.
- You can also have players call for the ball by saying “open” or calling a player on the team’s name.



Player goes slow then fast as he makes his way down the court and back.



Player puts his hands up and calls for ball during the Change of Pace Running Drill.

## QUICK CHANGE OF PACE

Players practice making quick changes of pace. Another great warm-up drill.

### Setup:

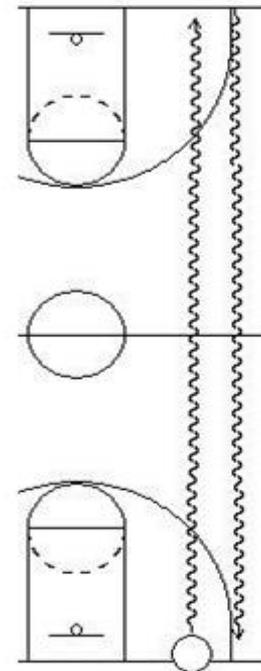
Players line up along baseline and proceed down the court and then come back to the starting position. No basketballs are used. Coach needs a whistle for this drill.

### Execution:

1. Coach blows whistle.
2. Players proceed down court according to the number of whistle blows from the coach.
3. One whistle players go full speed.
4. Two whistles players go at about two-thirds speed.
5. Three whistles players walk with their hands up.
6. Coach blows whistle at various points as players go down the court and back.

### Coaching Tips:

- When players go fast, make sure they bring their hands to their chest in a ready-to receive the pass position.



In this drill, players go from one baseline to the other and then back to the starting position.



At left, coach blows the whistle and player reacts accordingly.

## QUICK CUTS

Players practice making two different types of quick cuts as they go down the court and back. This is also a great conditioning drill.

### Setup:

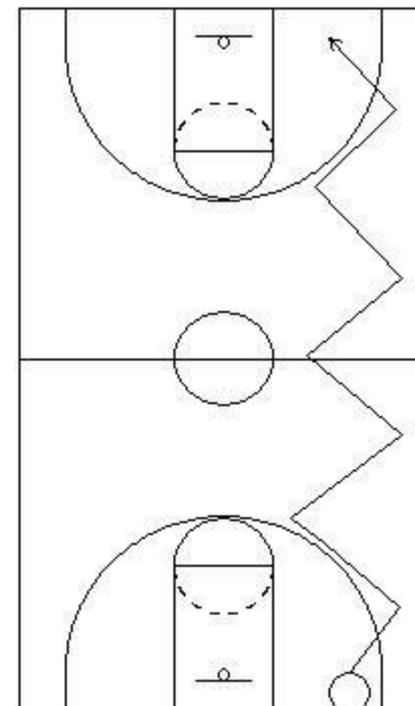
Players line up along baseline and proceed down the court and then come back to the starting position. No basketballs are used.

### Execution:

1. Coach says “go” or blows whistle.
2. Players proceed down court making two different cuts.
3. First cut is slow into the cut, then hard out with hands up, ready to receive ball.
4. Second cut is hard into the cut and hard out of the cut with hands up, ready to receive ball.
5. Players should alternate the cuts as they go down the court and back.

### Coaching Tips:

- Players should not put their weight on the outside foot that they are jabbing with. Instead players should keep weight low and inside and sink their hips as they make the cut.



Players practice making quick cuts down the court and back in this drill.

## VISUALIZE THE GAME

Players practice both mental and physical aspects of the game of basketball in this drill.

### Setup:

Player sets up in an offensive position in the half court. No basketballs are used.

### Execution:

1. Coach says “go” or blows whistle.
2. Player imagines five offensive players and five defensive players on court and proceeds to set screens and make second cuts, receive screens and make cuts, catch the ball and square, make passes and cuts, dribble the ball, take a shot, get the rebound, etc.
3. Drill continues until coach says “stop” or blows whistle.

### Coaching Tips:

- This drill requires creativity and an understanding of the game of basketball to be effective. If players struggle with the creative aspect, have them run through plays in their head.
- Players should be verbal during the drill, communicating with the imaginary players.



Players visualize the game and make basketball moves based on what they imagine is happening on the court.

## BASELINE STARTS, STOPS & TURNS

Players practice making quick starts, stops and turns – all essential basketball moves – in this drill.

### Setup:

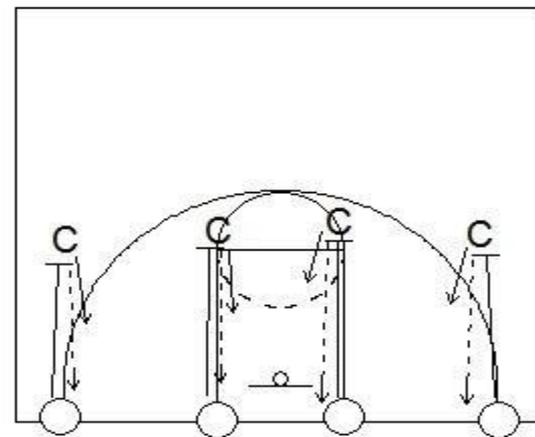
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

### Execution:

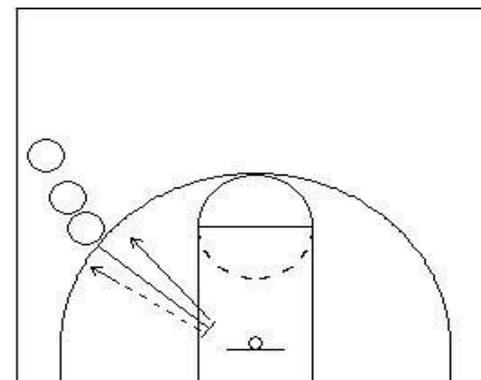
1. Coach says “go” or blows whistle.
2. Player make either a direct drive or a crossover drive, dribble to free throw line extended and make a quick stop and quick rear turn.
3. They then pass the ball back to the next person in line and use change of pace to go to the end of the line.
4. Drill can be run with coaches at free throw line extended to harass ball handlers and force the quick turn.

### Coaching Tips:

- Stress to players LBBOS – Low, Body Balanced, Base of Support.
- Players should lift heel of pivot foot when making a turn. Players should also make a quick stop not a jump stop, which requires a larger jump into the stop.
- Also, stress quick, efficient turns to your players.



Players work on quick starts, quick stops and quick turns all in this one drill.



Here the drill is run from the wing. Player drives down, makes a quick stop and quick turn and passes the ball back out to the next player in line.

## V CUT/L CUT – QUICK JAB TO GET OPEN

Players work on receiving a pass. Players use a V Cut or L Cut along with a quick jab and change of pace to get open and receive the ball.

### Setup:

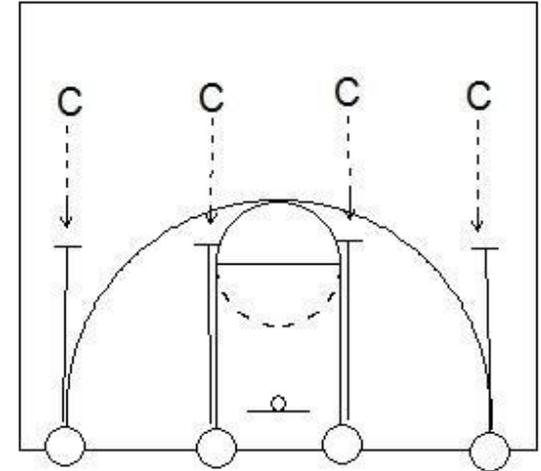
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). Four coaches or players line up in the area between half court and the top of the three point line. They each have a basketball.

### Execution:

1. Coach says "go" or blows whistle.
2. Player makes an L Cut or V Cut with a quick jab, goes up court and receives pass.
3. Upon catching ball, players makes a quick turn and then passes the ball back to the coach and goes to the end of the line.
4. Drill is run until coach says "stop" or blows the whistle.

### Coaching Tips:

- Players should also be using change of pace and change of direction to get open. They should also throw their hands out and up, past the imaginary defender as they make their cut.
- To make the drill tougher, put a coach or player at the cut position to hit the player with a pad as he/she jabs to get open.



Players jab to get open, receive the ball and make a quick turn.

# PASS & RECEPTION

## Purpose:

Players work on both passing the ball and catching it.

## Setup:

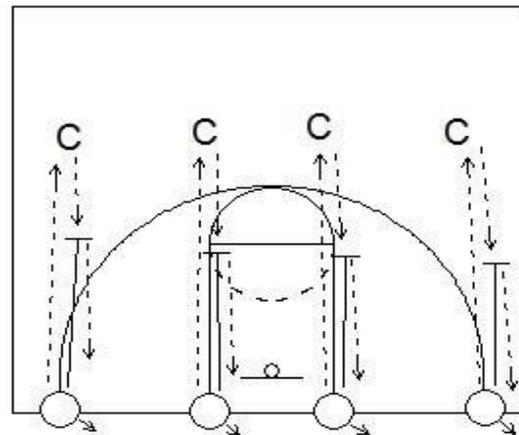
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball. One coach or player for each line, lines up in the area between the half court line and the top of the 3-point line.

## Execution:

1. Players line up facing either right or left
2. Coach says, "go" or blows the whistle.
3. Players fake a pass away from the court and then throws a skip pass out to a player or coach lined up in the area between the half court and the top of the 3-point line.
4. After making the pass, player "goes and gets the ball," running up court to receive the pass back from the coach.
5. Player catches the ball, does a quick stop and quick turn and throws the ball to the next person in line.

## Coaching Tips:

- Players should be making tight cuts. Stress "get close to get open" – meaning players should try to get close to the imaginary defender and then make the cut to get open.



Players make the pass, then cut and receive a return pass.

## PASS & RECEPTION AT BASKET

### Purpose:

Takes what players have learned from the baseline and puts it at the basket so players better understand offensive spacing.

### Setup:

You need a player in the post with a defender, a player on the wing with a defender and a player at the point with a defender.

### Execution:

1. Coach says, "go" or blows the whistle.
2. Player on wing goes into the defender and makes a cut to get open.
3. Player at point passes ball to wing.
4. Player on wing takes a dribble or two toward baseline and hits the post man rolling to the basket.
5. Post player catches the ball and makes the basket.
6. Players rotate one position and drill continues.
7. Drill ends when coach blows whistle.

### Coaching Tips:

- Look for proper spacing and good fundamentals both passing and catching the ball.
- As players get used to the drill, you can change elements such as having the defender front the post or running the drill from a different court position.



Players put the skills they learned in baseline drills to work in a more game-type situation.

# Dribbling Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS			
<a href="#">Basic Dribbling Drill</a> 5 Mins	<a href="#">Live Ball Moves</a> 5 Mins	<a href="#">Dribble, Pass &amp; Catch</a> 5 Mins	
<a href="#">Live Ball Moves</a> 5 Mins	<a href="#">Crossover Dribble</a> 5 Mins	<a href="#">Spin Dribble</a> 5 Mins	
INTERMEDIATE			
<a href="#">Live Ball Moves</a> 3 Mins	<a href="#">Dribble, Pass &amp; Catch</a> 3 Mins	<a href="#">Power Dribble</a> 3 Mins	<a href="#">In/Out with Crossover</a> 3 Mins
<a href="#">Dribble, Pass &amp; Catch</a> 3 Mins	<a href="#">In/Out with Crossover</a> 3 Mins	<a href="#">Push-Pull</a> 3 Mins	<a href="#">Push-Pull with Crossover</a> 3 Mins
ADVANCED			
<a href="#">Dribble, Pass &amp; Catch</a> 3 Mins	<a href="#">Two Ball Dribbling</a> 3 Mins	<a href="#">Up &amp; Back</a> 3 Mins	<a href="#">Pullback Crossover Dribble</a> 3 Mins
<a href="#">Live Ball Moves</a> 5 Mins	<a href="#">Dribble Protection</a> 5 Mins	<a href="#">Dribble Takeaway</a> 5 Mins	

# BASIC DRIBBLING DRILL

Players work on dribbling fundamentals.

## Setup:

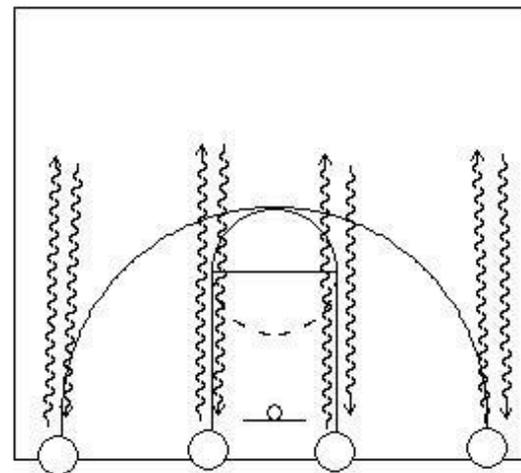
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

1. Coach says "go" or blows whistle.
2. Players dribble to top of 3-point line extended and then back.
3. First, players do the low shuffle dribble (they shuffle their feet).
4. Second, players do the short running steps dribble.
5. Third, players do a high dribble with ball coming to their waist.
6. Players should use right hand going out and left hand coming back.

## Coaching Tips:

- Players should look at the net at the other end of the court when dribbling in order to keep their heads up.
- Players should be in a low position and massage or cup the ball as they dribble.
- Players should have an arm bar up to protect the ball.



Players should dribble out with their right hand and dribble back with their left.

# LIVE BALL MOVES

Players practice the direct drive and the crossover drive.

## Setup:

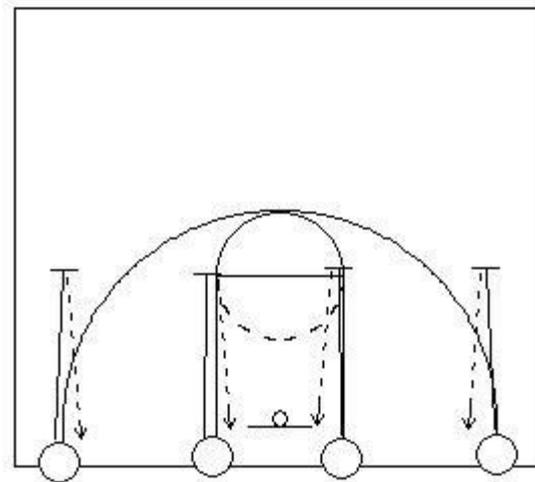
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

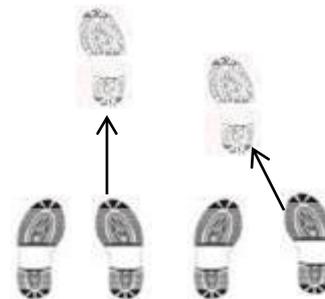
1. Coach blows whistle.
2. Players execute a direct drive, which requires a long first step with the stepping foot (right foot).
3. Players dribble to free throw line extended, do a quick turn and pass the ball back to the next person in line.
4. Drill should also be run for the crossover drive, which requires a short first step as players cross in front of an imaginary defender.

## Coaching Tips:

- Look for your players to make good long first steps in the direct drive.
- When dribbling players should protect the ball by dribbling it at the side of their body and by being down low.
- On the crossover drive, the first step is a quick jab step and the second step is longer but make sure it is in a straight line.
- Players should be using both front and rear turns during the drill.



Players execute a direct drive or crossover drive, dribble up, do a quick turn and pass the ball back to the next player in this fast-paced drill.



Left, direct drive. Right, crossover drive.

## CROSSOVER DRIBBLE

Players work on executing the crossover dribble and the pullback crossover dribble.

### Setup:

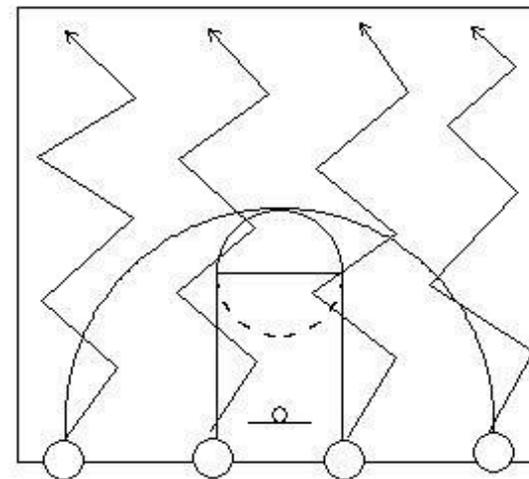
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

### Execution:

1. Coach says "go" or blows whistle.
2. Players crossover dribble to half court line and then back.
3. This drill can also be run for the pullback crossover, where the player goes up to the defender, retreats, then crosses over and goes up court.

### Coaching Tips:

- Players should have their heads up looking at the nets on the baskets.
- Dribble should be low to the ground.
- The pullback crossover can also be done by taking the ball between the legs by more polished ballhandlers.



Players work on their crossover dribbles.

## SPIN DRIBBLE

Players work on executing the spin dribble.

### Setup:

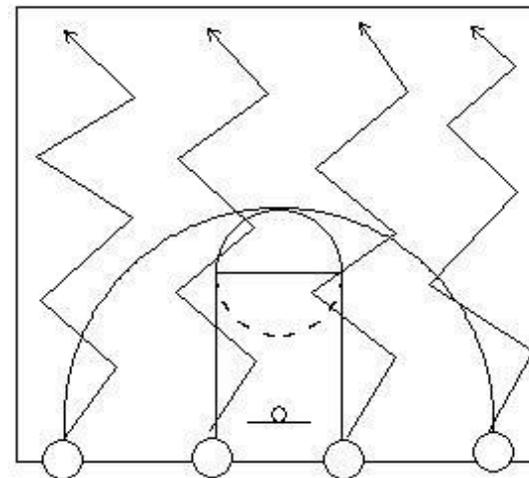
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

### Execution:

1. Coach says "go" or blows whistle.
2. Players spin dribble to half court line and then back.

### Coaching Tips:

- Caution your players this is not the best dribble to use against pressing and pressure defenses as it causes you to temporarily lose vision up the court.
- Players should bring the ball close to the body and pull the ball on the hip as they spin.



Players execute spin dribbles as they proceed up the court.

# DRIBBLE, PASS & CATCH

This combination drill emphasizes dribbling, passing and catching skills.

## Setup:

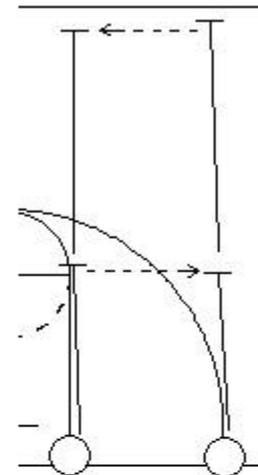
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). All players in the middle two rows have balls.

## Execution:

1. Coach says "go" or blows whistle.
2. Players in middle have partner to the outside. The inside player dribbles to free throw line, does a quick stop and quick turn and passes the ball to the player on the outside.
3. Player on the outside catches the ball and dribbles to half court line where he/she does a quick stop and quick turn and then passes the ball to the middle player.
4. They go back the same way. Middle player dribbles to free throw line and passes to outside player. Outside player dribbles to baseline and passes to inside player.

## Coaching Tips:

- Players should dribble with outside hand (hand farthest away from partner) and pass with inside hand (hand closest to partner).
- Look for proper dribbling, passing and catching fundamentals.



Players dribble, pass and catch as they go to half-court and back.

# IN/OUT WITH CROSSOVER

Players practice dribbling fundamentals.

## Setup:

Player with ball anywhere on the court.

## Execution:

1. Player dribbles ball with one hand in an “in-out” motion then crosses over to other hand and does the same thing. So it’s “in-out-over.”
2. Player goes faster and faster until a mistake is made.

## Coaching Tips:

- This drill can be run without the crossover so focus is on dribbling with one hand.
- Players can also look at the ball during this drill if necessary.
- Look for good, balanced body position from the player.



Above, coach demonstrates in part of dribble.  
Below, coach demonstrates out part of dribble.



# PUSH-PULL

Players practice dribbling fundamentals.

## Setup:

Player with ball anywhere on the court.

## Execution:

1. Player gets in good dribbling position with knees bent, arm bar out in front.
2. Player pushes ball forward and pulls it back in stationary dribbling position.
3. Ball should be dribbled with one hand.
4. After sufficient time or a mistake is made, player switches to dribbling with other hand.

## Coaching Tips:

- Player should start slow and then try to get faster and faster.
- Player should be looking forward not down at the ball.



Coach demonstrates push-pull drill.

# PUSH-PULL WITH CROSSOVER

Players practice dribbling fundamentals.

## Setup:

Player with ball anywhere on the court.

## Execution:

1. Player gets in good dribbling position with knees bent, arm bar out in front.
2. As player pushes ball forward, he/she brings opposite leg forward.
3. As he/she pushes ball back, he/she brings opposite leg back.
4. Player then crosses the ball over to the other hand and does the same thing from that side.

## Coaching Tips:

- Look for player to remain balanced and to dribble the ball low.
- As player gets the rhythm he/she should try to go progressively faster.



Coach dribbles during the Push-Pull with Crossover Drill. In this drill, the player gets into sort of a rocking motion as he brings his leg forward, then back, then crosses over and repeats.

## POWER DRIBBLE

Players practice dribbling fundamentals.

### Setup:

Player with ball anywhere on the court.

### Execution:

1. Player gets in good power dribbling position with knees bent, arm bar out in front.
2. Player takes several dribbles on one side, then dribbles the ball between his/her legs and immediately switches to the other side.
3. He/she goes back and forth taking 3 to 5 dribbles per side and then switching with a between-the-legs dribble.

### Coaching Tips:

- Look for player to remain balanced and to dribble the ball low.
- As player gets the rhythm he/she should try to go progressively faster.
- This drill can also be run with just two dribbles per side, one dribble per side or no dribbles per side.



In this drill, players dribble between the legs to switch sides.

# TWO BALL DRIBBLING

Players practice dribbling fundamentals.

## Setup:

Player with two balls anywhere on the court.

## Execution:

1. Player starts out dribbling the two balls slowly – getting into a good rhythm.
2. Player then works his/her way lower.
3. From there he/she can go into a number of different drills: he/she can do in-out dribbles; push-pull dribbles; dribble high and hard; dribble low and fast; alternate hands high; alternate hands low; do one ball high, one ball low; crossover; go between the legs; and more.
4. Additional drill options: dribble two balls up and down court; dribble one ball and juggle the other.

## Coaching Tips:

- Player should dribble with wrist and hands, not arms and shoulders.
- Player should have his/her head up and not be looking at the balls.



Dribbling two balls at once can improve a player's hand-eye coordination and focus.

## UP & BACK

Players practice dribbling fundamentals.

### Setup:

Player with one ball anywhere on the court.

### Execution:

1. Player starts out dribbling and shuffling forward.
2. Player then stops and shuffles backward.
3. He/she continues going forward and backward until drill is over.
4. Drill should be run with both hands.

### Coaching Tips:

- Make sure player is shuffling feet and not crossing over.
- Player should have head up and be in a power dribble position with arm bar out in front.



Coach shuffles forward and back while dribbling.

# PULLBACK CROSSOVER DRIBBLE DRILL

Players practice dribbling fundamentals.

## Setup:

Player with ball sets up at top of key or on the center circle.

## Execution:

1. Player takes two dribbles forward and stops, pulling opposite leg forward and getting into power dribbling position with arm bar.
2. Player then takes two dribbles back (ending back where he/she started) and pulls opposite leg back.
3. He/she crosses over and does the same thing to the other side of the key.
4. Player continues going from side to side in an up, back, crossover manner until drill is over.

## Coaching Tips:

- Player should keep weight back, not forward, when dribbling and moving.
- A great way to finish this drill is with a drive to the basket.



Coach crosses over after pulling back from his drive to the right.

# DRIBBLE PROTECTION DRILL

Players practice dribbling fundamentals.

## Setup:

Two players. One with a ball, one to play defense.

## Execution:

1. Player with ball must stay in the lane area while dribbling.
2. Defender tries to steal the ball.
3. Coach times the drill to see how long the offensive player can keep dribbling the ball.

## Coaching Tips:

- Player with ball should be looking down the court at the opposite basket (which is his/her team's goal), not at the ball.
- A key to this drill is the offensive player should be looking and moving upcourt not turning his/her back and just trying to keep the ball from the defender.



Offensive player dribbles against pressure defense.

## DRIBBLE TAKEAWAY DRILL

Players practice dribbling fundamentals.

Also known as Dribble Knockout.

### Setup:

Multiple players, each with a ball. Drill boundaries are the 3-point line and the baseline.

### Execution:

1. Coach says “go” or blows the whistle.
2. Players must continue to dribble their ball while also attempting to knock the ball away from other players.
3. The last person remaining with a ball is the winner.

### Coaching Tips:

- When the number of players gets smaller, you can require the players to stay within the lane.



Players try to knock the ball away from other players while maintaining their dribble.

# Passing Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS			
<a href="#">Basic Passing</a> 5 Mins	<a href="#">Dribble, Pass &amp; Catch</a> 5 Mins	<a href="#">Partner Passing</a> 5 Mins	
<a href="#">Partner Passing</a> 5 Mins		<a href="#">Taking Infield</a> 5 Mins	
INTERMEDIATE			
<a href="#">Dribble, Pass &amp; Catch</a> 5 Mins	<a href="#">Partner Passing</a> 5 Mins	<a href="#">Partner Passing with 2 Balls</a> 5 Mins	
<a href="#">Taking Infield</a> 5 Mins	<a href="#">Overhead Post Passing</a> 5 Mins	<a href="#">Triangle Passing</a> 5 Mins	
ADVANCED			
<a href="#">Partner Passing</a> 2 Mins	<a href="#">Partner Passing with 2 Balls</a> 5 Mins	<a href="#">Back to the Passer</a> 5 Mins	<a href="#">Lane Passing Drill</a> 5 Mins
<a href="#">Dribble, Pass &amp; Catch</a> 5 Mins	<a href="#">Bad Pass Reaction Drill</a> 5 Mins		<a href="#">Triangle Passing</a> 5 Mins

# BASIC PASSING DRILL

## Purpose:

Players learn how to execute the push or flip pass (both through the air and on the bounce), two-hand chest pass, overhead pass, baseball pass and baseball pass with a fake.

## Setup:

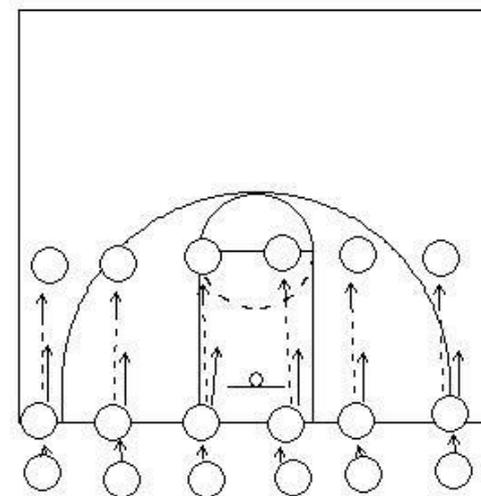
Players line up in groups of three with one player at free throw line extended, one at the baseline and the third lined up behind the player on the baseline. First player on baseline has a ball.

## Execution:

1. Coach says "go" or blows whistle.
2. Baseline player does a push or flip pass to player at free throw line and then runs to free throw line position.
3. Player at free throw line throws ball back to second player at baseline and runs to baseline.
4. Baseline player throws to free throw line player and drill continues.
5. Run this same drill for two-hand chest pass, overhead pass and baseball pass. On baseball pass receivers at free throw line extended should take three to five steps back. On the fake, players should pump, catch the ball with their weak hand, then reload and throw the pass.

## Coaching Tips:

- On the catch, players should bring the ball into the pit position where it can be protected.
- On the pass, players should be stepping toward the person they are throwing to.
- On follow-through, players should have complete extension of hand with thumb pointed down.
- Players should pass the ball with their feet on the ground and catch the ball with their feet in the air.
- On baseball pass, players should bring ball back to their ear and follow-through with full extension of throwing arm.



Players pass the ball and then move to the place where they threw the ball.

## DRIBBLE, PASS & CATCH

This combination drill emphasizes dribbling, passing and catching skills.

### Setup:

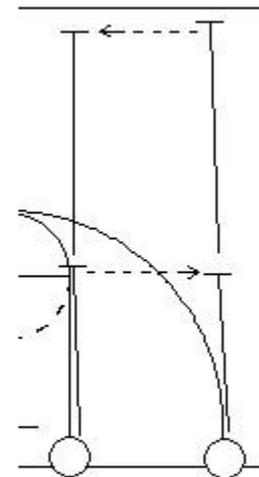
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). All players in the middle two rows have balls.

### Execution:

1. Coach says "go" or blows whistle.
2. Players in middle have partner to the outside. The inside player dribbles to free throw line, does a quick stop and quick turn and passes the ball to the player on the outside.
3. Player on the outside catches the ball and dribbles to half court line where he/she does a quick stop and quick turn and then passes the ball to the middle player.
4. They go back the same way. Middle player dribbles to free throw line and passes to outside player. Outside player dribbles to baseline and passes to inside player.

### Coaching Tips:

- Players should dribble with outside hand (hand farthest away from partner) and pass with inside hand (hand closest to partner).
- Look for proper dribbling, passing and catching fundamentals.



Players dribble, pass and catch as they go to half-court and back.

## TAKING INFIELD

Works on quick hand-eye coordination. Drill focuses on six things that are needed to catch a ball – two feet, two hands and two eyes.

### Setup:

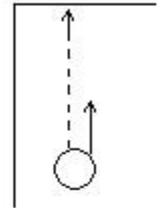
You need a player, a tennis ball and a wall.

### Execution:

1. Player throws tennis ball hard against wall and catches it – much like an infielder would in baseball.
2. As drill progresses, player moves closer and closer to the wall.

### Coaching Tips:

- Player should move his/her feet and get his/her body in position to make the catch. He/she should remain balanced.



Player throws a tennis ball against the wall to improve his catching skills.

## PARTNER PASSING

Players work on passing fundamentals, executing the push or flip pass (both through the air and on the bounce), two-hand chest pass, and overhead pass.

### Setup:

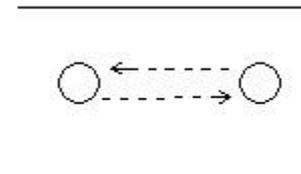
Two players line up 10 to 15 feet apart. One player has a basketball.

### Execution:

1. Players pass the ball back and forth to each other.

### Coaching Tips:

- Look for good fundamentals – that players are stepping into their passes and flicking their wrist. Upon the catch, players should go into triple threat position before throwing the ball back to the other player.
- Receiving players should give a good hand target and call for the ball.
- You can practice a variety of different passes in this drill.



Players pass the ball back and forth to each other using good fundamentals.

## PARTNER PASSING WITH TWO BALLS

Players work on passing fundamentals, executing the push or flip pass (both through the air and on the bounce), two-hand chest pass, and overhead pass.

### Setup:

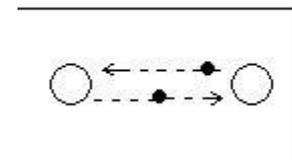
Two players line up 10 to 15 feet apart. Both players have a basketball.

### Execution:

1. Players pass the balls back and forth to each other.

### Coaching Tips:

- In this drill players don't have time to step into their passes. They should just be flicking the ball back and forth.
- To increase difficulty, you can have the players move closer together. You can also have them throw two different passes – for instance, one player could throw a bounce pass and the other an air pass.



# OVERHEAD POST PASSING

Post players work on their overhead passing skills.

## Setup:

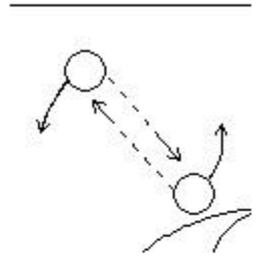
Two post players line up 10 to 15 feet apart. Both players have a basketball.

## Execution:

1. Players overhead pass the ball back and forth to each other while shuffling around in a circle pattern.

## Coaching Tips:

- This is a fast-moving drill, where post players catch with a quick stop and then quickly get rid of the ball.
- Players should pass the ball high to each other.
- Yell, “switch” to have players change directions as they move in the circle.



Players overhead pass to each other while moving around in a circle.

## TRIANGLE PASSING

Players practice their passing and catching fundamentals. In particular, players learn to catch the ball on one side and swing it over and make the pass on the other side.

### Setup:

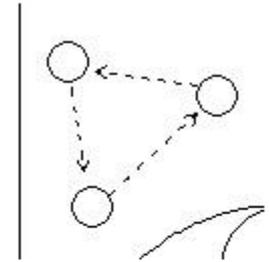
Three players form a triangle on the court. Each player has a basketball.

### Execution:

1. Players pass the ball to each other.
2. Coach yells “switch” and players change their passing direction.

### Coaching Tips:

- Players should catch in a jump stop with their feet slightly off the ground.



Players play pass and catch with three balls in this triangle drill.

## BAD PASS REACTION

Players work on catching bad passes.

### Setup:

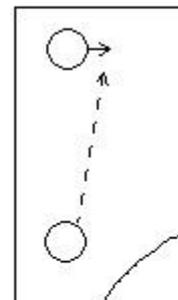
Two players line up 10 to 15 feet apart. One player has a basketball.

### Execution:

1. The players throw bad passes to each other.

### Coaching Tips:

- Watch that players are moving their feet and getting their bodies in front of the bad passes and that they are not traveling when they make the catch.



Players must react to and catch purposely thrown bad passes in this drill.

## BACK TO THE PASSER DRILL

Receiver works on turning, picking up the ball and making the catch. Thrower works on making accurate passes.

### Setup:

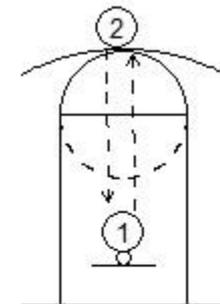
Two players – player 1 is under the basket. Player 2 is at the top of the key with a ball.

### Execution:

1. Player 2 says player 1's name as he/she throws the ball to him/her.
2. Player 1 turns, picks up the ball in flight and makes the catch.
3. Drill then turns around and player 1 throws the ball to player 2, who has his/her back turned.

### Coaching Tips:

- Player with back turned should have his/her hands up near his/her face for protection. Make sure receiving player doesn't cheat and turn before his/her name is called.
- Make sure passing player is throwing nice, accurate passes that aren't too fast as that could get a player hurt.



Players learn to turn quickly and make the catch in this drill.

# LANE PASSING DRILL

Players learn to pass around a defender.

## Setup:

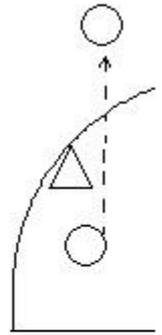
Two players line up 10 to 15 feet apart. A defender stands in-between them.

## Execution:

1. Offensive players pass the ball back and forth as the defensive player tries to steal it.

## Coaching Tips:

- Players should use quick vertical fakes to throw off the defender and open a passing lane.
- Tell players no overhead passes – they should strive to throw the ball to either side of the defender or up by his/her ear.



**Offensive players attempt to pass around a defender.**

# Lay-Up Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS		
<a href="#">Right and Left Handed Layups</a> 10 Mins	<a href="#">Power Layups</a> 10 Mins	
<a href="#">Right and Left Handed Layups</a> 5 Mins	<a href="#">Power Layups</a> 5 Mins	<a href="#">Layup Off the Pass</a> 5 Mins
INTERMEDIATE		
<a href="#">Right and Left Handed Layups</a> 5 Mins	<a href="#">Power Layups</a> 5 Mins	<a href="#">Layup Off the Pass</a> 10 Mins
<a href="#">Layup Off the Pass</a> 10 Mins	<a href="#">V Layup Drill</a> 10 Mins	
ADVANCED		
<a href="#">Layup Off the Pass</a> 5 Mins	<a href="#">V Layup Drill</a> 5 Mins	<a href="#">Y Layup Drill</a> 5 Mins
<a href="#">Power Layups</a> 5 Mins	<a href="#">V Layup Drill</a> 5 Mins	<a href="#">Y Layup Drill</a> 5 Mins

## RIGHT & LEFT-HANDED LAYUPS

Players practice the fundamentals of shooting a layup.

### Setup:

Players line up on the right wing. Each player has a ball.

### Execution:

1. Player dribbles in and shoots a layup.
2. Player gets his/her own rebound and goes to left wing.
3. When all players have gone from the right, first player on left dribbles in and shoots a layup.
4. He/she gets his/her own rebound and goes back to right wing.
5. Drill continues until coach says “stop” or blows whistle.
6. First, players shoot traditional layups.
7. Second, players cut toward middle of lane and shoot a hook layup on the opposite side of the rim or a reverse or layback at the front of the rim.

### Coaching Tips:

- Players should pick ball off dribble or pass with two hands and put it in the pit and protect position so that it is away from the defender.
- Most layups should be shot with the hand behind the ball – like a waiter holding a tray.
- Players should plant with inside foot and really try to high jump up toward the rim.



Players drive in and shoot a layup, first right-handed then left-handed.

## POWER LAYUP

Players learn to go off two feet instead of one when shooting a layup.

### Setup:

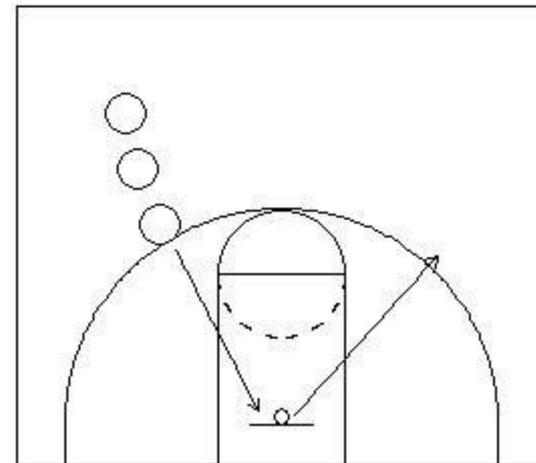
Players line up on the right wing. Each player has a ball.

### Execution:

1. Player dribbles in, jump stops and goes off two feet toward the basket, shooting the ball of the top inside corner of square on the backboard.

### Coaching Tips:

- Tell players this is a good move to use to draw the 3-point play.
- Players should be picking the ball up with two hands and should have their toes pointed toward the baseline.
- To add difficulty, stand near the basket and push players on the hip as they go up to take the shot. This will help them prepare for contact.



In this drill, players shoot a power layup, going off two feet instead of one.

# LAYUP OFF THE PASS

Players learn to shoot a layup after catching a pass on the move.

## Setup:

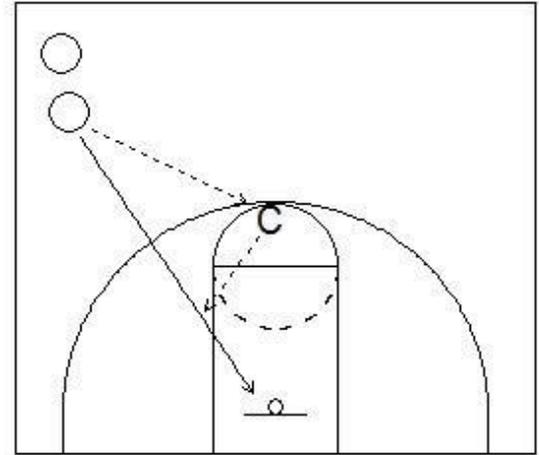
Players line up farther back on the right wing than for the traditional layup. Each player has a ball.

## Execution:

1. Player passes to coach, runs down court, receives the pass back and shoots a layup.
2. Run drill from both sides of court.

## Coaching Tips:

- Players should try to shoot the layup without a dribble after receiving the pass.



Players catch the pass and shoot a layup.

# V LAYUP DRILL

Players work on making layups as well as cutting with the ball.

## Setup:

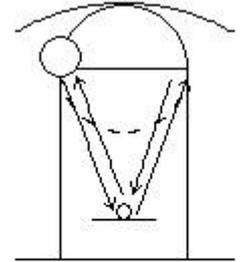
Player lines up on the right elbow with a ball.

## Execution:

1. Player drives in and makes a layup.
2. Player gets the rebound and goes to left elbow, touching free throw line with foot.
3. He/she then drives back to the basket and shoots a layup from the left side.
4. Drill continues with player going to elbow, shooting layup, going to opposite elbow, etc.
5. Drill lasts for a period of time set by coach.

## Coaching Tips:

- Watch for good, hard cuts with player keeping his/her weight back.



Player forms a V as he goes from elbow to basket to elbow in this timed drill.

## Y LAYUP DRILL

Focuses on layup fundamentals as well as ball handling.

### Setup:

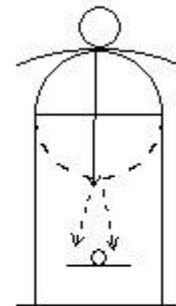
Player lines up at the top of the key.

### Execution:

1. Player drives straight toward the front of the rim.
2. Around dotted line, player imagines running into a defensive player so he/she angles to the left and shoots a layup (or baby hook).
3. Player gets rebound and dribbles with opposite hand back to top of key.
4. Again, player drives toward the rim, imagines a defender and this time goes to the right for a layup.
5. Drill continues with player alternating going to his/her left and right.
6. Drill lasts for a period of time set by coach.

### Coaching Tips:

- Player should be picking the ball up off the dribble with two hands and chinning the ball to protect it when going in for a layup.



Players practice attacking down the center of the lane and going to the side of the rim to finish in this drill.

# Shooting & Scoring Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS		
<a href="#">Line Drill: Set/Jump Shot</a> 10 Mins	<a href="#">Field Goal Progression</a> 10 Mins	
<a href="#">Groove Your Shot 1</a> 10 Mins	<a href="#">Field Goal Progression</a> 10 Mins	
INTERMEDIATE		
<a href="#">Field Goal Progression</a> 10 Mins	<a href="#">Groove Your Shot 1</a> 5 Mins	<a href="#">Partner Shooting</a> 5 Mins
<a href="#">Post Power Shot</a> 5 Mins	<a href="#">Post Hook Shot</a> 5 Mins	<a href="#">Scoring Progression - Post</a> 10 Mins
ADVANCED		
<a href="#">Field Goal Progression</a> 10 Mins	<a href="#">Closeout Shooting</a> 5 Mins	<a href="#">Penetrate and Pitch for 3</a> 5 Mins
<a href="#">Post Power Move</a> 5 Mins	<a href="#">Post Hook Shot</a> 10 Mins	<a href="#">Scoring Progression - Post</a> 10 Mins

# SHOOTING FUNDAMENTALS

## BEEF:

- **Balance:** Player should be straight with no lean, weight evenly distributed, should jump forward no more than approximately 6 inches on jump shot.
- **Elbow:** Must be pointed straight toward basket.
- **Eyes:** Always look at the rim and keep your eyes on the target when shooting, find the bulls-eye.
- **Follow-through:** Player should hold high (60 degrees or higher) one-second follow-through with wrist making a parachute (or reaching into cookie jar or waving good-bye to ball).

## BACKBOARD SHOTS:

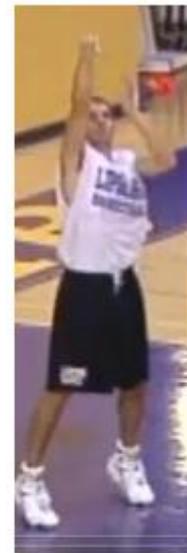
- Target is near top corner of square.
- Ball should hit on the way down.

## SHOOTING KEYS (ROBOT):

- **Range:** Player should know their range and not shoot outside it.
- **Open:** Player should be open to shoot, this means no hand in the face.
- **Balance:** Player should be in balance and under control.
- **One Count Shot:** Catch and shot, no extra movement, economy of motion.
- **Team Shot:** Player should look to shoot their best shot from their best location and players should try to help them get that shot.

## SHOT PREPARATION:

- Hands Ready.
- Feet Ready (knees bent).
- Wrist cocked (like a waiter carrying a tray).



Player works on shooting form with guide hand off the ball.

## LINE DRILL: SET/JUMP SHOT

Players work on shooting fundamentals.

### Setup:

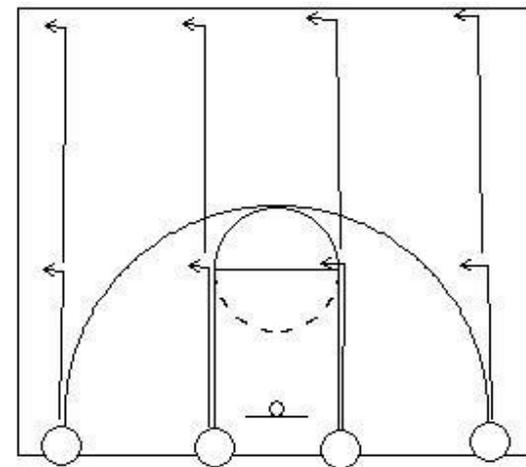
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). Players do not have a basketball.

### Execution:

1. Coach identifies side of court to shoot toward.
2. Coach says "ready."
3. Players get in quick stance or triple threat position.
4. Coach says "go."
5. Players run to free throw line extended, jump, turn in the air, land and go back up with their jump shot.
6. Players proceed to half court line and do the same thing.
7. When first group finishes at free throw line, next group goes.
8. When all groups reach half court, players then do the same thing back to the baseline.
9. Second time through the drill, players land on their jump stop with their feet pointing up court and then turn and face the basket and shoot their jumpshot.

### Coaching Tips:

- Watch for good shooting fundamentals in this simulated shooting drill, such as: proper grip on ball and proper follow-through with wrist ending in parachute.
- Players should be jumping off the leg that is closest to the basket.



Players simulate shooting their jump shot in this line drill.

# FIELD GOAL PROGRESSION

Helps players get a feel for their shot and ingrains proper shooting mechanics.

## Setup:

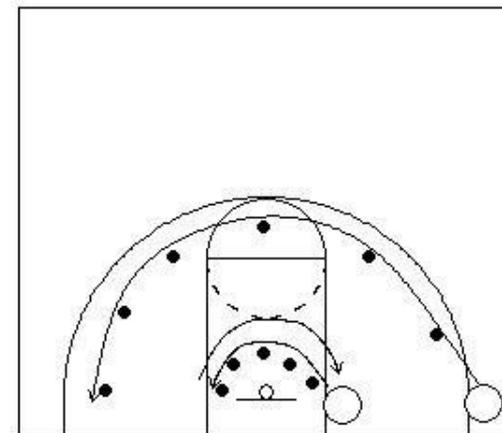
Player with basketball.

## Execution:

1. Player does three slams – slamming the basketball into the palm of the other hand to wake his/her hands up.
2. Player takes 3 form shots – shooting the ball up into the air (not at the basket) with proper form and balance
3. Player takes Circle Shots – shooting the ball off the glass as he/she moves in a semi-circle around the basket at a distance of about six feet away from the rim. He/she goes around the basket and then shoots his/her way back to where he/she started.
4. Player shoots Pass Pickups – he/she spins himself a pass and shoots from the corner wing and top – both sides of the court.
5. Player next does Dribble Pickups – again he/she shoots corner, wing, top and works both sides of the court.

## Coaching Tips:

- In the form shots, player should take his/her guide hand off the ball and should be striving for perfect rotation on the shot attempt.
- Players should hold a high, one-second follow-through. Players should also hop off the foot closest to the basket.
- Key with dribble pickups is to pick the ball up with the off, non-dribbling hand.



Players move around the court practicing their jump shot in this drill. Shown above, Circle Shots near the basket and Pass and Dribble Pickups farther out.

# GROOVE YOUR SHOT 1

Builds muscle strength and improves shot form.

## Setup:

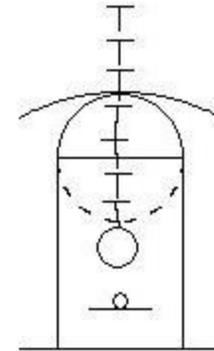
Player with basketball.

## Execution:

1. Player starts out about 3 feet from rim.
2. He/she shoots one handed shots with exaggerated arc, trying to swish the ball with no rim contact.
3. When he/she makes 3 in a row at one location he/she takes a step back and starts again.
4. He/she keeps stepping back from the rim as far his/her range will allow.

## Coaching Tips:

- Players should be holding a high, one-second follow-through on each shot. Also, remember their guide hand should be off the ball.
- Young players often try to hold the ball too high and end up pushing their elbow out. Make sure players are keeping their elbow in. If they need more power, they should bend lower and use their legs more.



In this drill, the player keeps moving back. It's a great way to extend a player's range as long as the player focuses on form – keeping his elbow in and aligned with the basket.

## PENETRATE & PITCH FOR 3

Players learn to shoot the three-pointer.

### Setup:

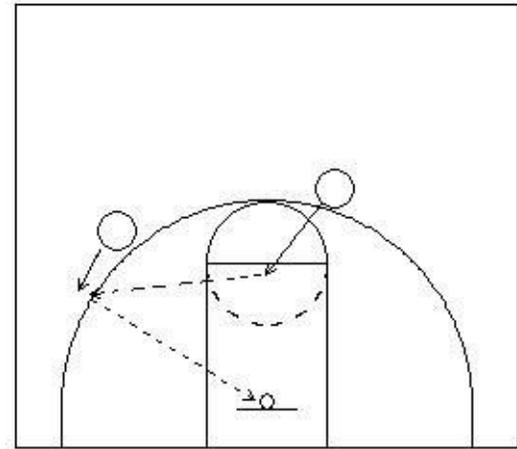
Two players, one basketball.

### Execution:

1. One player penetrates and pitches to the other player for a 3-point shot.
2. Players alternate penetrating and shooting.

### Coaching Tips:

- To make this drill more difficult, add a third player to close out on the shooter.



This drill focuses on penetrating, pitching and shooting the three.

## L SHOOTING

Player works on making an L cut and receiving the ball for the jump shot.

### Setup:

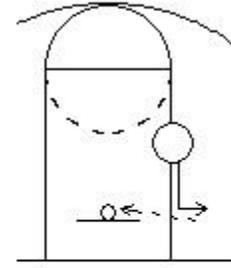
Player starts near the basket on the block.

### Execution:

1. Player imagines a teammate is driving into the lane and does an L cut away from the ball.
2. If ballhandler goes top side, the post player goes toward the baseline. If the ballhandler goes baseline the post player goes up toward the free throw line.
3. When post player reaches new position, he/she tosses the ball to himself, catches it and shoots.

### Coaching Tips:

- Have post player make a certain number of shots, then move to the other side of the court.



Post player makes an L cut and takes the shot.

## SCORING PROGRESSION - PERIMETER

Player works on shooting.

### Setup:

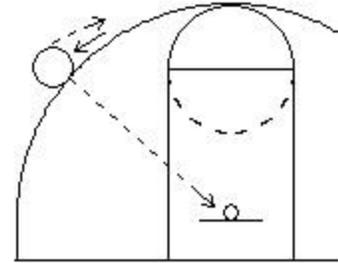
Player starts out near the 3-point line – or at whatever distance he/she wants to work on his/her shot from.

### Execution:

1. Player tosses the ball to himself using a bounce pass with back spin.
2. First, player catches the ball and shoots. Run on both sides of court.
3. Second, player catches the ball, dribble drives toward the basket, pulls up and shoots.  
Run on both sides of court.
4. Player can run any number of shots in this drill.

### Coaching Tips:

- Player should be catching the ball with two hands and going up smoothly into a good form jump shot.
- Eyes on the rim, good follow-through on the shot.
- Other moves that could be worked into this drill include the shot fake to jump shot, the fake pass to jump shot, spin move, etc.



**Player tosses the ball to himself and takes the jump shot.**

## PARTNER SHOOTING

Player works on catching and shooting.

### Setup:

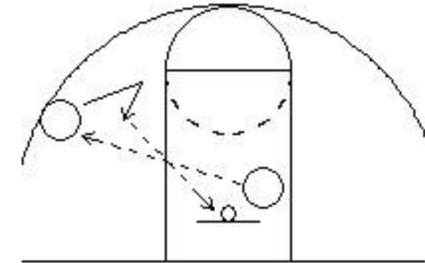
One player works on shooting. Another player rebounds and passes him/her the ball.

### Execution:

1. First player shoots the ball.
2. Second player rebounds and passes the ball to the first player who shoots again.
3. Players can switch after a set time or set number of makes.

### Coaching Tips:

- Everything should be crisp and done with focus – from the shot to the cut to the rebound to the pass.
- There are many variations of this drill that can be run – for example, you can do two pass shooting, three pass shooting, shooter gets his/her own rebound and more.
- Rebounders should try to not let the ball hit the ground.



Players work on catching, shooting, rebounding and passing in this two-person drill.



# POST POWER SHOT

Players practice post shooting moves.

## Setup:

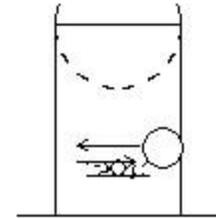
One player with a basketball.

## Execution:

1. Player goes from side to side, shooting the post power shot.
2. Drill variations include adding a shot fake before the power shot

## Coaching Tips:

- Player should get low and wide with feet pointing directly toward the baseline when executing this shot.
- Player should be shooting the ball off the backboard.
- When practicing the shot fake, make sure player does not make a big fake and straighten up. Fake should be low, quick and short. Player should also not move his/her feet on the fake or he/she'll be called for traveling.



Post player goes from side to side shooting the power shot.

## GROOVE JUMP HOOK

Players work on improving their jump hooks.

### Setup:

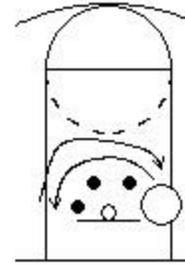
One player with a basketball.

### Execution:

1. Player goes around the basket shooting his/her jump hook.

### Coaching Tips:

- Player should point his/her shoulder at the target.
- Tell players to try and make everything clean as this will force them to concentrate more on what they are doing.



Players work on jump hook shooting form near the basket.

## POST HOOK SHOT

Players work on the traditional one step hook shot.

### Setup:

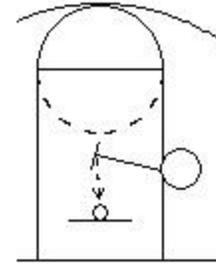
One player with a basketball.

**Execution:** Players work on their hook shots in this drill.

1. Player takes one step toward middle of lane and releases hook shoot at 11 or 1 o'clock arm angle depending on direction.
2. Run drill from both sides of court.

### Coaching Tips:

- This drill can be run with a self-pass or one crab dribble.



Players work on their hook shots in this drill.

## POST POWER MOVE

Players learn to execute the following post power move – step, bounce, hop to power shot.

### Setup:

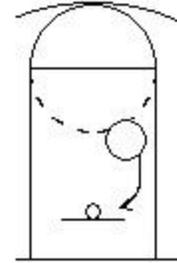
One player with a basketball.

### Execution:

1. Player spins a pass to himself.
2. Player turns and takes a step with one dribble – pointing his/her toes to the baseline.
3. Player picks up dribble on hop, lands on two feet and explodes to the basket with a power shot.

### Coaching Tips:

- Players shouldn't be shooting a jump shot, they should be going up strong to the basket with two hands.
- To make the drill more difficult and extend the post players range, run it from the elbow.



Players go strong to the basket in this power move drill.

## GROOVE YOUR SHOT 2

Player works on grooving their jump shot from both sides of the floor.

### Setup:

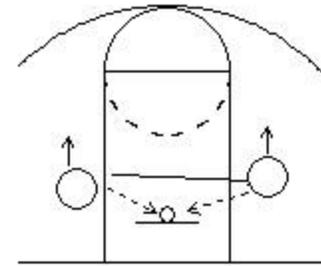
Player starts near the basket on the right side of the court.

### Execution:

1. Player tosses the ball with back spin to themselves.
2. Player catches the ball, jumps off the inside leg and shoots.
3. Player goes to other side of court and does the same.
4. Player goes from side to side.
5. Player also most out as he/she warms up and gains confidence in his/her shot.

### Coaching Tips:

- Players should be catching the ball with two hands, moving it to the shooting pocket and jumping up off their inside leg.
- Players should be following through with a high parachute (bent wrist) and full 1-second hold after shooting.
- Post player could do this drill grooving their jump hook.



Players go side to side and work farther and farther out in this shooting drill.

## SCORING PROGRESSION – POST

Player works on jump hooks (or other post moves) near the basket.

### Setup:

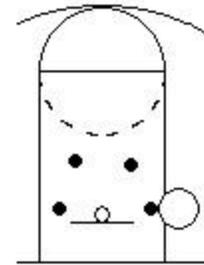
Player starts near the basket on the block.

### Execution:

1. Player tosses the ball to himself – either a bounce pass with back spin or by tossing the ball up in the air.
2. Player must make two jump hooks from each position – two on right and two on left.
3. If a player misses, he/she gets the rebound and immediately scores it, then goes back to previous jump hook shooting position.

### Coaching Tips:

- Post players should be catching the ball with a jump stop and quarter turn, which will allow them to get a jump hook up quicker because they won't have to make a pivot.
- This drill can be run for other post moves, such as the up and under to a jump hook; the reverse pivot, one dribble, jump hook in the middle; and the reverse pivot to the baseline, step, jump hook.



Post player shoots a jump hook from four positions in this progression drill.

# Defensive Drills

## KEYS TO GOOD DEFENSIVE PLAY (ATTACK):

- **Attitude:** Play hard every possession.
- **Teamwork:** Players must work together and be committed to using good technique.
- **Tools:** Players must have proper mindset, must be willing to use their body positioning, their eyes to see the ball, their feet to move to get into position.
- **Anticipation:** Players need to learn to anticipate what the other team is going to do and be ready to prevent it.
- **Concentration:** Players must focus on what their opponents are trying to do and be ready to take away their best moves.
- **Keep in Stance:** Staying in the defensive ready position will enable a player to adapt to whatever is happening on the court.

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS			
<a href="#">Defensive Slides</a> 5 Mins		<a href="#">Slide – Run - Slide</a> 5 Mins	
<a href="#">Slide – Run - Slide</a> 5 Mins		<a href="#">Defensive Closeouts</a> 5 Mins	
INTERMEDIATE			
<a href="#">Defensive Slides</a> 5 Mins	<a href="#">Defensive Closeouts</a> 5 Mins	<a href="#">Closeout Drill 2-on-2</a> 5 Mins	
<a href="#">Defensive Ball Side - Help Side</a> 10 Mins		<a href="#">Defensive Ball Side - Help Side Team</a> 10 Mins	
ADVANCED			
Defensive ZigZag Drill 2 Mins	<a href="#">Skeleton Denial Drill</a> 5 Mins	<a href="#">Two Ball Pickup Drill</a> 5 Mins	<a href="#">Take the Charge Drill</a> 5 Mins
<a href="#">Closeout Drill 3-on-3</a> 10 Mins		<a href="#">Team Defense 4-on-4</a> 10 Mins	

## DEFENSIVE SLIDES

Players get in defensive position and slide to half court.

“Slides” has remained the name for this skill, but the skill has evolved. Even though it is a natural movement, players do not want to slide, or side skip, by pulling with the inside of the lead leg. Instead, players should make little “jumps” by lifting the lead leg slightly and PUSHING with the outside of the trailing leg.

### Setup:

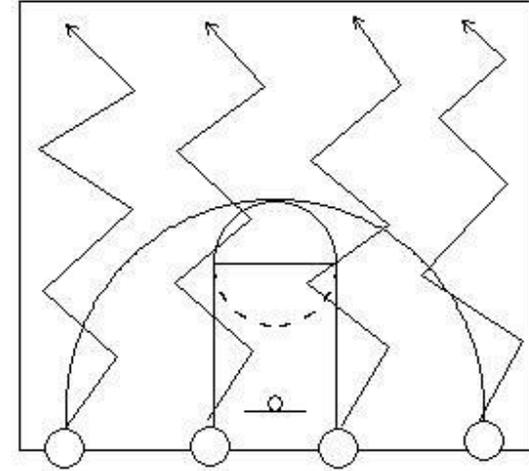
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane’s edge, third at other lane’s edge, fourth at three point line right corner).

### Execution:

1. Coach says “ready.”
2. Players get in defensive stance with knees bent and arms up.
3. Coach says “go.”
4. Players slide in a zigzag pattern to half court.
5. When first group reaches free throw line extended, next group goes.
6. When all groups reach half court, players then do the same thing back to the baseline.

### Coaching Tips:

- Watch for good form with knees bent, hips low and eyes high with hands up.
- Players should keep head level and lead with their elbow.
- Watch that players are pushing with the trailing leg, not pulling with the leading leg.



Players slide side to side while in defensive stance.

## SLIDE, RUN, SLIDE

Players learn to slide on defense and also to recover when beaten by an offensive player.

This drills emphasizes the benefits of pushing with the trailing leg. In order to transition from sliding to sprinting, the player only needs to turn their hips and the push turns into a run.

### Setup:

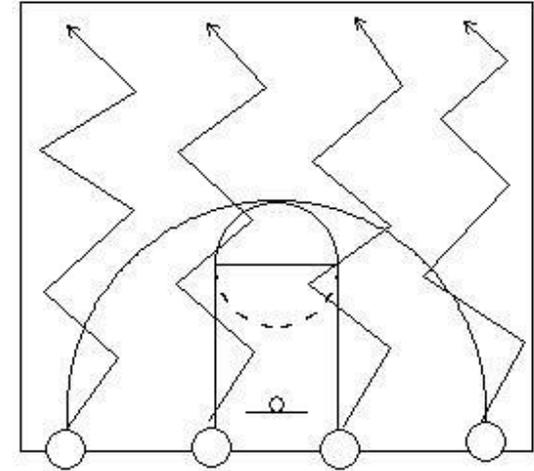
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Coach says "ready."
2. Players get in defensive position with knees bent and arms up.
3. Coach says "go."
4. Players slide in a zigzag pattern, then sprint, then start sliding again. They go to half court.
5. When first group reaches free throw line extended, next group goes.
6. When all groups reach half court, players then do the same thing back to the baseline.

### Coaching Tips:

- Players should stay in stance as much as possible. When beaten, they sprint to catch up and then immediately get back in their defensive stance.



In this drill, players slide, sprint to catch up and then slide again.

## DEFENSIVE CLOSEOUTS

Players work on accomplishing one of the most challenging defensive tasks – going from an off-the-ball situation to an on-the-ball situation.

### Setup:

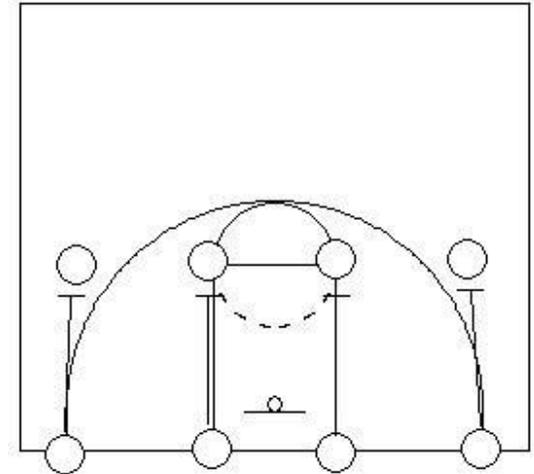
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Coach says "ready."
2. Players get in defensive position with knees bent and arms up.
3. Coach says "go."
4. Players closeout on offensive players standing at free throw line extended.
5. Closeout players become the offensive players at free throw line and offensive players go to back of closeout line.

### Coaching Tips:

- Objective here is to prevent the drive while still putting defensive pressure on the offensive player.
- Players sprint to half way, then 'chop' with active feet (like foot-fires).
- Hands are up over the defenders' head.
- Knees should be bent and the player should 'sit back' into the close out, with their head and shoulders back. This helps to allow them to react and change direction as the offensive player drives.



Players work on their closeout skills in this line drill.

## CLOSEOUT DRILL 2-ON-2

Players work on closing out in a 2-on-2 situation.

### Setup:

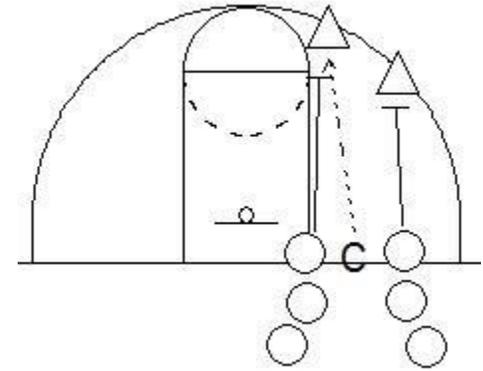
Two offensive players, two lines of defensive players at baseline. Coach stands at baseline with ball.

### Execution:

1. Coach says “go” and throws the ball to one of the offensive players.
2. First player from two lines of defensive players on the baseline close out on the offensive players – one doing a ball closeout and one closing out to off-the-ball, help defense.
3. Offense tries to score a basket. Defense tries to prevent them from scoring.
4. Defense becomes offense and offense goes to back of defensive closeout lines.

### Coaching Tips:

- Look for defenders to close out quickly but stay in good defensive position so that they can respond to the offensive players’ moves.



Players must closeout and prevent a score in a live ball situation.



## DEFENSIVE BALL SIDE – HELP SIDE

Players learn the fundamentals of playing ball side and help side defense.

### Setup:

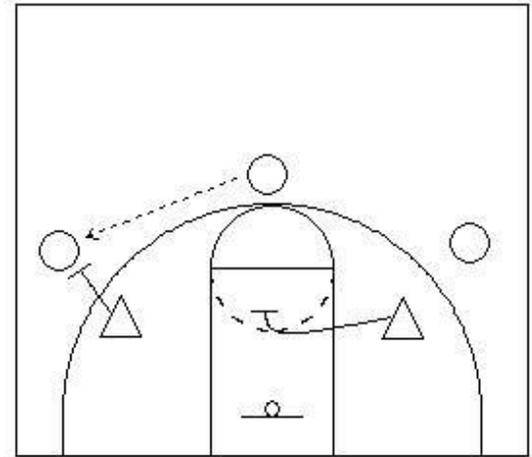
Two defensive players, three offensive players – a point and two wings. Defensive players guard the wings.

### Execution:

1. Coach says “go.”
2. Point player passes to a wing and the defenders get in appropriate ball side and help side defensive position.
3. Ball side defender is up tight on the ball, help side defender dives down into the lane to protect against penetration and cutters.
4. Ball is worked to different areas of the court and players must respond accordingly using good defensive technique and positioning.

### Coaching Tips:

- If ball is in center of court outside defenders should be in denial stance with a hand in the passing lane.



This drill forces players to work on their ball side and help side defensive positioning and techniques.

## DEFENSIVE BALL SIDE – HELP SIDE TEAM

Players transition back and forth between playing ball side and help side defense.

### Setup:

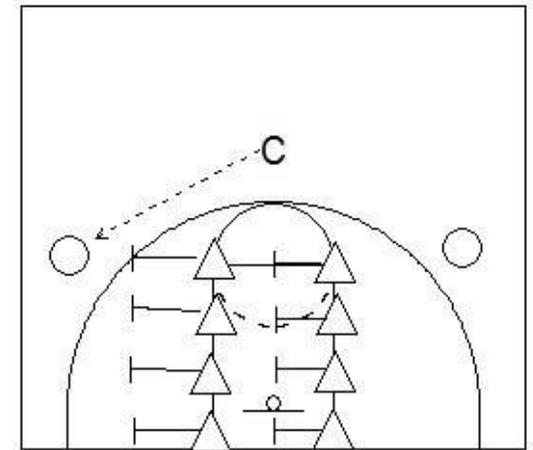
Team forms two lines in lane. Two players (or two coaches) join head coach on offense.

### Execution:

1. Coach passes ball to wing.
2. Players on that side of lane play ball side defense.
3. Other line of players plays help side defense.
4. Offensive players move ball back and forth from wing to wing and defensive players adjust accordingly

### Coaching Tips:

- Players should communicate as they move on defense.
- Offensive players should drive and shoot, forcing defenders to move to stop the drive and to block out.



Defenders go from ball side to help side defense as ball is moved around the perimeter.

## TEAM DEFENSE 4-ON-4

Players work on defensive technique and concepts in a 4-on-4 situation.

### Setup:

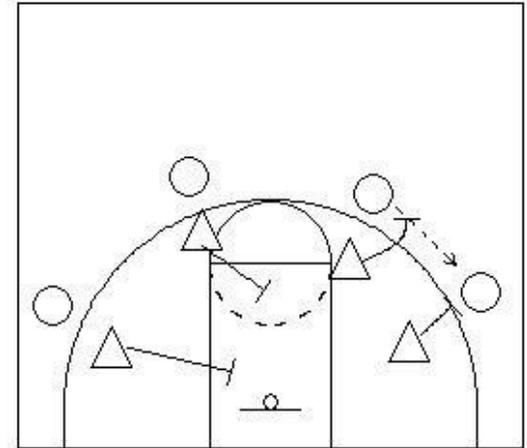
Four defenders, four offensive players.

### Execution:

1. Offense passes ball around perimeter and also drives to put pressure on the defense.
2. No shooting to start.
3. Defense must react as the ball changes location.

### Coaching Tips:

- Emphasize stance and positioning, particularly help side defenders sagging down to prevent penetration and close to the rim shots.
- This drill is run 4 on 4 so you can better see what all your defenders are doing – 5-on-5 adds more clutter and can make it more difficult. Focus on fundamentals and adherence to your team's defensive concepts.



Players practice their team's man to man defensive concepts in this 4-on-4 drill.

# SKELETON DENIAL DRILL

Stresses essential defensive techniques.

## Setup:

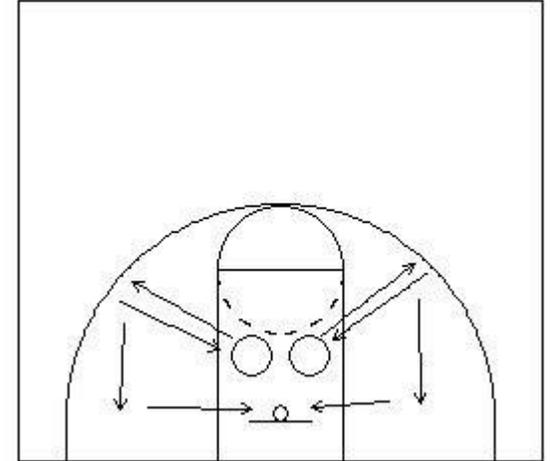
This drill can be run with one player, two players or the entire team.

## Execution:

1. Two players get into help side defensive stance in the lane.
2. Coach says "go."
3. Players crossover into a denial stance and slide out to the 3-point line.
4. Players slide back to the lane and open.
5. Then they repeat the previous, crossing over and sliding to 3-point line, then sliding back and opening.
6. Now they close out to the 3-point line. Then play the driver to the baseline. Jump up and contest the shot and get the imaginary rebound.

## Coaching Tips:

- Players should be denying the ball with short, choppy steps.
- On closeout, players should have hands high, hips low, weight back.
- When defending the 'driver', the defender should turn their hips to stay in front, then jump to contest the shot without turning back to the player. The defender must contest with the closest foot and closest hand to the shooter.



Players focus on a number of defensive skills in this drill, including: denial, closing out and contesting the shot.

## TWO-BALL PICKUP DEFENSIVE DRILL

Players work on sliding from side to side in a good defensive stance.

### Setup:

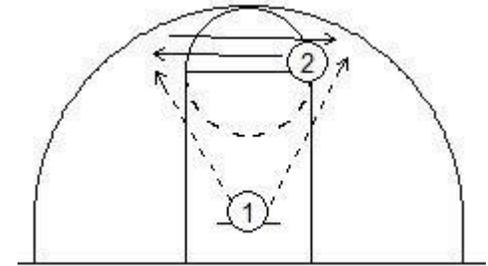
One player stands under the basket with two basketballs. Second player gets in defensive stance at the elbow.

### Execution:

1. Player 1 under the basket rolls the ball to the side opposite to Player 2 on the elbow.
2. Player 2 slides over and picks up the ball and throws it back to Player 1.
3. When Player 2 picks up the ball, Player 1 rolls his/her second ball to the other side.
4. Player 2 slides over and picks up that ball.
5. Drill continues in this pattern.

### Coaching Tips:

- To increase difficulty, have Player 1 roll the ball faster.



Player slides side to side to pick up the rolling basketball.

# TAKE THE CHARGE DRILL

Defensive player learns how to take the charge.

## Setup:

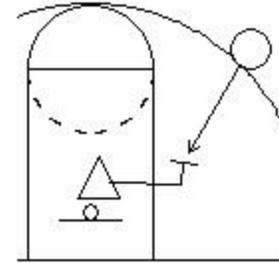
Player with ball on wing. Defensive player in the lane.

## Execution:

1. Coach says "go." position and fall properly when taking a charge.
2. Offensive player drives in at walking or one-quarter speed.
3. Defensive player moves outside of lane and gets in position to take charge.

## Coaching Tips:

- Defensive player should fall on his/her butt first, tuck his/her chin into his/her chest and roll back onto the ground.



Defensive player learns to get into good position and fall properly when taking a charge.

## GUARDING BALL SCREENS

Defensive players work on trapping and recovering when faced with a ball screen.

### Setup:

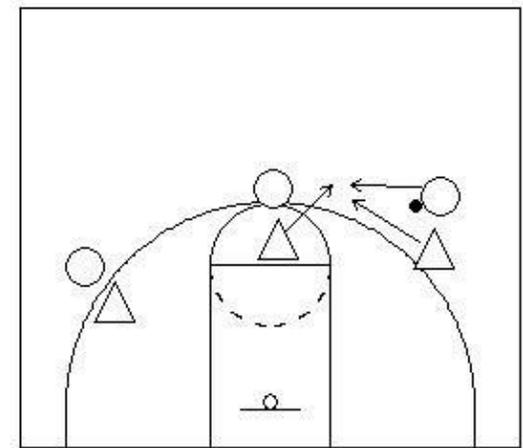
Three offensive players, three defensive players.

### Execution:

1. The man guarding the screener must pop out and trap the ball with the on-ball defender, preventing the screen.
2. Players then recover to their original men.

### Coaching Tips:

- Trappers can't let the offensive player split the double team
- The third, weak-side defender should be sure to get to help-side positioning



In this scenario, the defender guarding the screener's number one job is to prevent the screen from ever happening.

# Rebounding Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS		
<a href="#">Line Drill: Offensive Rebounding</a> 5 Mins	<a href="#">Line Drill: Defensive Rebounding</a> 5 Mins	<a href="#">Garbage Drill</a> 5 Mins
<a href="#">1-on-1 Rebounding</a> 10 Mins		<a href="#">Line Drill: Defensive Rebounding</a> 10 Mins
INTERMEDIATE		
<a href="#">1-on-1 Rebounding</a> 5 Mins	<a href="#">Line Drill: Offensive Rebounding</a> 5 Mins	<a href="#">Defensive Rebounding &amp; Outlet</a> 5 Mins
<a href="#">Garbage Drill</a> 10 Mins		<a href="#">Figure 8 Offensive Rebounding</a> 10 Mins
ADVANCED		
<a href="#">Superman Drill</a> 5 Mins	<a href="#">Shoot, Fetch &amp; Score</a> 5 Mins	<a href="#">Shoot, Blockout, Rebound &amp; Outlet</a> 5 Mins
<a href="#">Defensive Rebounding &amp; Outlet</a> 10 Mins		<a href="#">1-on-1 Rebounding</a> 10 Mins

# REBOUNDING FUNDAMENTALS

## When Rebounding:

- Assume every shot is a miss.
- Rebound with two hands and two feet.
- Capture and chin the ball (best way to protect it) – when chinning the ball keep elbows out, fingers pointed up.

## When Blocking Out:

- Go to player to block out.
- Make contact.
- When you know where the rebound is going, release the Block Out and aggressively go to the ball.

# GARBAGE DRILL

Players create their own rebound, chin the ball and score.

## Setup:

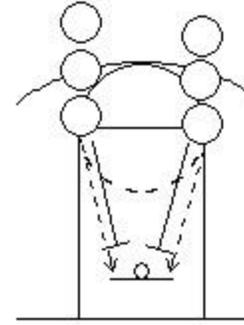
Two lines at each elbow

## Execution:

1. Coach says "go."
2. Players on each side throw ball against backboard.
3. Go up and get the rebound, chin it.
4. Then jump back up and shoot.
5. Rebounders go to the back of the opposite line.

## Coaching Tips:

- When chinning the ball, watch for elbows out and fingers pointed up.
- Another variation of this drill is to have the players keep the ball up (by bringing it to their forehead) and going straight back up with the shot instead of bringing it down and chinning the ball.



**Players get the rebound and take it back up strong.**

# ONE-ON-ONE

Players rebound against another player.

## Setup:

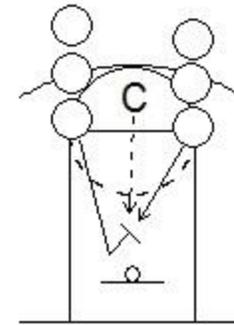
Two lines at elbows. Players at the front of each line go against each other in this drill.

## Execution:

1. Coach says “go” and tosses the ball to a player or area.
2. Player gets ball and shoots, if he/she makes it the game is over.
3. If he/she misses the players rebound and shoot until one of them makes a basket.
4. There is no dribbling in this drill.
5. The players can use the coach as a passer, however.

## Coaching Tips:

- Make sure players are assuming that the shot is going to be missed and going hard to get the rebound.
- All shots should be from the lane area.



**Players compete against each other until one of them scores.**

## FIGURE 8 OFFENSIVE REBOUNDBING DRILL

Players rebound the ball off the glass.

### Setup:

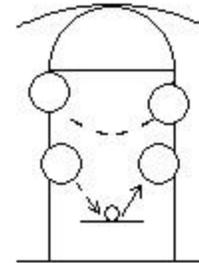
Two lines, one on each side of basket.

### Execution:

1. Players pass the ball back and forth to each other off the backboard.
2. To start, each player catches the ball, brings it down and chins it, then goes back up and passes it off the glass to the other side.
3. After passing ball, player keeps hands up and goes to end of the line that he/she passed to.

### Coaching Tips:

- Players should keep their feet parallel to the baseline.



Players go up and get the rebound, then pass it off the glass to the other side.

## LINE DRILL: OFFENSIVE REBOUNDING

Players work on offensive rebounding fundamentals in a line drill.

### Setup:

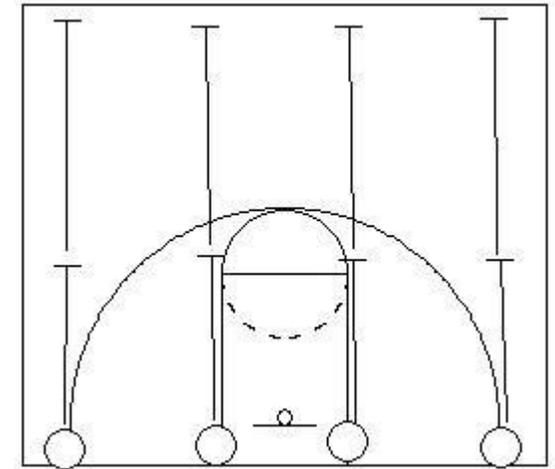
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Players run to free throw line extended, jump stop, then go up and rebound an imaginary ball.
2. They catch it, chin it and then run to the half court line where they do it again.
3. When first group finishes at free throw line, next group goes.
4. When all players reach half court, they do the same thing back to the baseline.
5. Second time through, players do three quick jumps instead of one big rebound jump.

### Coaching Tips:

- Stress “two hands, two feet” when going up for the rebound.



Players do one big rebound jump and then three quick jumps in this line drill.

## LINE DRILL: DEFENSIVE REBOUNDING

Players work on defensive rebounding fundamentals in a line drill.

### Setup:

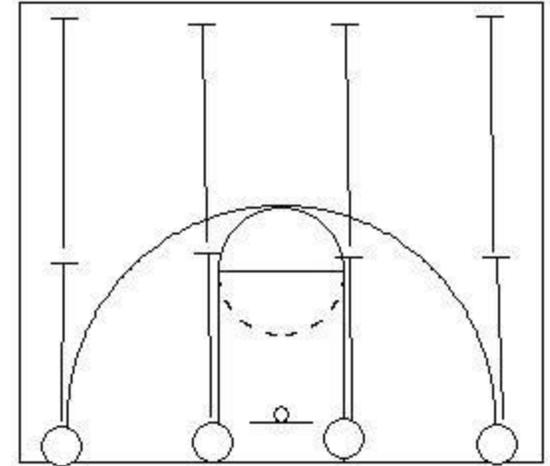
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Players close out to the free throw line extended, do a quick turn, body up against the imaginary offensive player, then move forward to go and get the defensive rebound.
2. They catch it, chin it and then run to the half court line where they do it again.
3. When first group finishes at free throw line, next group goes.
4. When all players reach half court, they do the same thing back to the baseline.
5. Second time through, players do three quick jumps instead of one big rebound jump.

### Coaching Tips:

- Stress go to the man, make contact, then go to the ball.



Players close out, go the (imaginary) man, block out and then go and get the (imaginary) ball in this line drill.

## DEFENSIVE REBOUND & OUTLET DRILL

Players practice defensive rebounding and outlet passing.

### Setup:

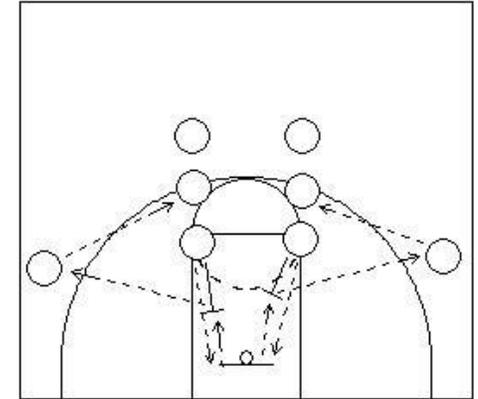
A line of players at each elbow. One player on each wing.

### Execution:

1. Players create their own rebound by tossing the ball high off the glass.
2. They go get the rebound, chin the ball and then pass it out to the outlet man on the wing.
3. The wing player passes to the next person in line and the drill repeats with rebounders going to the wing and wing players going to the back of the rebounding lines.

### Coaching Tips:

- Look for hard, accurate passes, the ball should never hit the floor.
- Players should be going up getting rebounds with “two hands, two feet”.



Players go up and get the rebound and then make the quick outlet pass.

## SUPERMAN DRILL

Players practice rebounding the basketball.

### Setup:

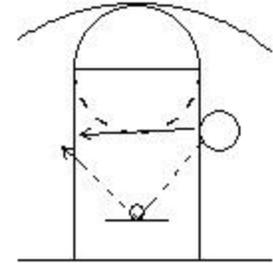
One player with a basketball lines up on the edge of the lane about eight feet from the basket.

### Execution:

1. Coach says "go."
2. Player, using his/her outside arm, throws the ball off the backboard to the other side of the lane.
3. He/she takes a couple of steps across the lane, jumps up and catches the ball. Landing with a good solid jump stop and chinning the ball.
4. Then he/she throws it off the backboard the other way and does the same thing again.
5. Drill continues for 5 reps. On fifth rep, player catches the ball and goes up and scores it with a jump hook.

### Coaching Tips:

- Player should be getting outside the lane on each rep. Look for quick movements and for good horizontal jumping.



Players learn to fly across the lane like Superman to get the rebound in this drill.

# SHOOT, FETCH & SCORE

Players learn to get the offensive rebound, go back up and score.

## Setup:

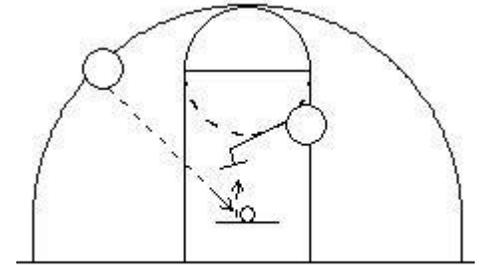
Two players – one outside, one inside.

## Execution:

1. Inside player makes cuts like he/she would during a regular game.
2. Outside player takes shot.
3. Inside player goes and gets the rebound – jumping high, securing the ball with two hands, bringing it down and chinning it.
4. Inside player then goes back up and scores the ball.
5. After the make, he/she overhead passes the ball back out to the outside player and they run the drill again.

## Coaching Tips:

- Make sure outlet pass is an overhead pass.
- Make sure player is using good rebounding fundamentals, jumping off two feet and using two hands to grab the ball, then chinning it with elbows out and fingers pointed up.



Players learn to read the shot and go get the rebound in this two-person drill.

# SHOOT, BLOCKOUT, REBOUND & OUTLET

Players learn to get the defensive rebound and make the outlet pass.

## Setup:

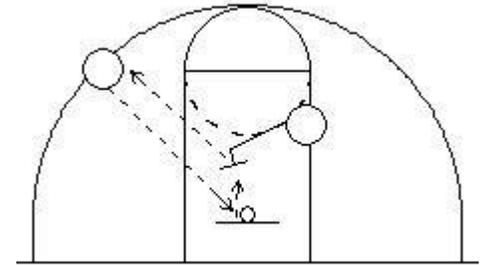
Two players – one outside, one inside.

## Execution:

1. Inside player imagines he/she is guarding a player.
2. Outside player takes shot.
3. Inside player blocks out his/her imaginary player, and then goes and gets the defensive rebound – jumping high, securing the ball with two hands, bringing it down and chinning it.
4. He/she then makes the strong outlet pass to the outside player and the drill is run again.

## Coaching Tips:

- When inside player makes outlet pass, he/she should run 3 to 5 steps forward just to get in the habit of running up the floor after making the outlet.
- To make the drill more difficult, add an offensive player so that defensive player has someone to guard and block out. If defensive player gets the rebound, he/she makes the outlet pass and offensive player tries to stop it. If offensive player gets the rebound, he/she tries to go back up and score and defensive player tries to stop him/her.



Player gets the rebound and makes the outlet pass.

# Free Throw Drills

## SKILLS PROGRESSION

If your team is made up of a mixture of levels, you can separate the kids into groups and run stations. Each station could use the skill progression that best matches the group's abilities.

Below, each row is an example of possible drill progressions, grouped by the players' skill level.

BEGINNERS	
<a href="#">Free Throw Progression</a> 10 Shots	<a href="#">Free Throws</a> 10 Shots
<a href="#">Free Throws</a> 10 Shots	<a href="#">Competition Free Throws</a> 10 Shots
INTERMEDIATE	
<a href="#">Free Throw Progression</a> 20 Shots	<a href="#">Free Throws</a> 20 Shots
<a href="#">Free Throws</a> 20 Shots	<a href="#">Competition Free Throws</a> 20 Shots
ADVANCED	
<a href="#">Free Throw Progression</a> 25 Shots	<a href="#">Competition Free Throws</a> 25 Shots
<a href="#">Free Throws</a> 25 Shots	Free Throws with Eyes Closed 10 Shots

# SHOOTING FUNDAMENTALS

## BEEF:

- **Balance:** Player should be straight with no lean, weight evenly distributed, should jump forward no more than approximately 6 inches on jump shot.
- **Elbow:** Must be pointed straight toward basket.
- **Eyes:** Always look at the rim and keep your eyes on the target when shooting, find the bulls-eye.
- **Follow-through:** Player should hold high (60 degrees or higher) one-second follow through with wrist making a parachute (or reaching into cookie jar or waving good-bye to ball).

## BACKBOARD SHOTS:

- Target is near top corner of square.
- Ball should hit on the way down.

## SHOOTING KEYS (ROBOT):

- **Range:** Player should know their range and not shoot outside it.
- **Open:** Player should be open to shoot, this means no hand in the face.
- **Balance:** Player should be in balance and under control.
- **One Count Shot:** Catch and shot, no extra movement, economy of motion.
- **Team Shot:** Player should look to shoot their best shot from their best location and players should try to help them get that shot.

## SHOT PREPARATION:

- Hands Ready.
- Feet Ready (knees bent).
- Wrist cocked (like a waiter carrying a tray).

## FREE THROW PROGRESSION

Players perfect their shooting form.

### Setup:

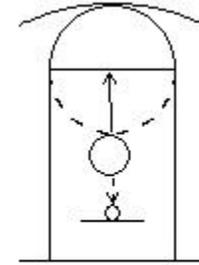
Player starts in middle of lane about 3 feet from basket.

### Execution:

1. Player shoots, with off hand off the ball, from 3 feet until he/she makes it. Then he/she takes a step back and shoots again.
2. He/she continues until he/she reaches the foul line where he/she shoots a regular free throw.

### Coaching Tips:

- There are a number of ways to run this drill. Player can be required to make two from each spot, or might have to start over when he/she misses.
- This drill is a good way for a player who is in a free throw shooting slump to gain confidence.



Players work on shooting form as they work their way back to the free throw line.

## FREE THROWS

Players practice shooting free throws.

### Setup:

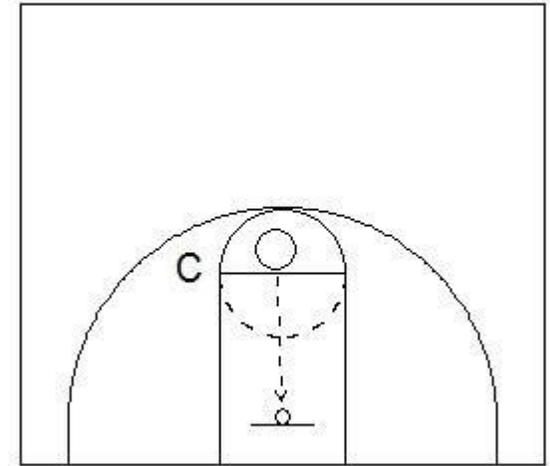
Player lines up on the foul line.

### Execution:

1. Player goes through ritual and shoots.
2. Coach is nearby to critique form.

### Coaching Tips:

- All players should do the following: always lineup in the same spot on the free throw line; have a ritual; have a trigger phrase (for example, see and say Net); put weight forward; and follow-through until the ball hits the net.



Players practice their free throw shooting technique under the watchful eye of the coach.