
Breakthrough Basketball Drills

72 of Our Favorite Basketball Drills that Will Keep Your Players Working Hard and Help You Develop a Winning Basketball Team!

By Jeff & Joe Haefner

<http://www.BreakthroughBasketball.com>

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By Age Level:

Although, we have put age levels on these drills, by no means, does this mean that 17 year olds shouldn't be doing drills that 6 year olds can do (Example: Form Shooting). It also does not mean that 11 year olds can not perform some drills that 15 year olds can not do.

Of course, a group of 12 year old talented kids that have played since 6 years old are going to be able to do some of the high school drills. In contrast, some 12 year old kids should be using all the drills under Elementary 1 Level, because they have never played before.

This is just a standard to provide some clarity for the reader.

Elementary 1:	6 + Year Olds	(Kindergarten +)
Elementary 2:	10 + Year Olds	(4 th Grade +)
Junior High/High School/College:	13 + Year Olds	(7 th Grade +)

Elementary 1:

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Shooting

Form Shooting

(Age Level - Elementary 1 +)

Drill Purpose

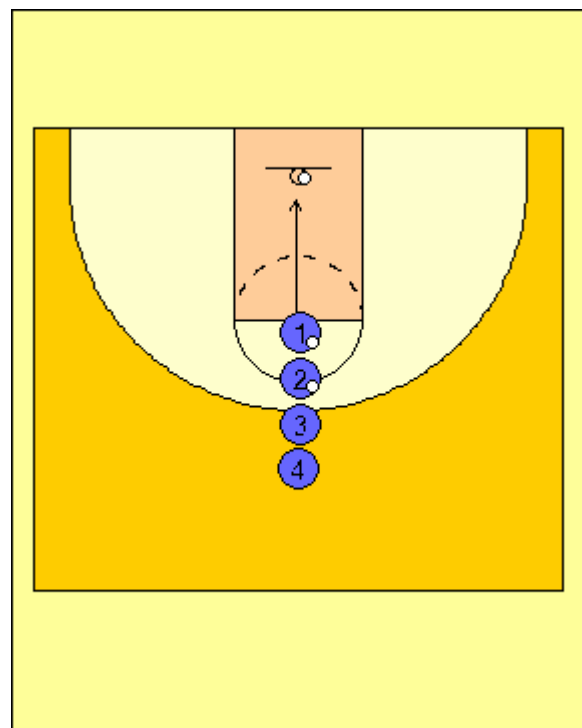
This drill will improve shooting form and develop good shooting habits so once players get in a game, they will consistently use proper form without thinking about it. This simple drill is critical for youth player and can greatly improve shooting percentages for all types of players. All youth coaches should run this drill almost daily.

First of all, it's important to understand that this is drill requires you and all your players to pay very close attention to the details. It also requires a lot of repetitions. This is all about developing perfect shooting form, so once you get in a game you use the proper form without even thinking about it.

Instructions

Note: For the First time around, you'll need to demonstrate proper technique to all your players

1. Each player needs to grab a basketball and find a basket. It works best to have three players (or less) at each basket. Two players on each side of the basket and one in front.
2. Each player should stand about 2 feet from the basket. (Yes, it's only two feet. Do not stand farther back!)
3. For right handed shooters, your right foot should be centered with the basket and pointing directly towards the middle of the basket.
4. Your left foot should be positioned shoulder width apart in a comfortable position. Most players leave their left foot slightly behind the other foot. The left foot should be pointing in the relative area of the basket but probably should not be pointing directly at it. Most players feel the most comfortable with their left foot pointing just to the left of the basket.
5. Bend your knees, at a comfortable angle somewhere around 45 degrees.



-
6. Now if you're feet are aligned properly, the rest of your body should follow suit.
 7. Hold the ball in your hand, palm facing up. Your non-shooting hand can dangle to the side.
 8. Slowly bring the ball in and hold is as if you were shooting with one hand.
 9. Your arm should form a 90 degree angle.
 10. Your tricep should be parallel with the floor and directly above your right leg.
 11. Your wrist should be bent with fingers spread out. The ball should be sitting on your finger pads, NOT your finger tips.
 12. Your index finger should be in the center of the ball.
 13. Pause. This is when you make sure your arm, feet, and everything is in the correct form.
 14. Look at the front of the rim.
 15. Proceed to shoot with one hand, leaving your off hand to the side. The player should use his legs on every shot. At the end of the shot, the player should be up on his toes. This is very important, because players generate most of their strength from their legs to shoot the ball to the basket.
 16. Hold your follow through. Tell your players, "It's like reaching into a cookie jar."
 17. Grab the ball and repeat the process.
 18. Get the ball quickly but don't hurry your shot! Take your time.
 19. Each player should get a minimum of 20 repetitions, but 50 or 100 would be better.

Progression

As players master this skill, you can progress to other variations:

1. Use two hands instead of one. Just make sure the off hand is one the side of the ball and not used to propel the ball.
2. Do a jump shot. You should still stay two feet from the basket.
3. Flip the ball to yourself, pivot, and shoot a jump shot. Again, stay close to the basket and make sure you proper form, even though you are going slightly faster. Do not sacrifice form!

For more advanced players, we commonly start with one-hand form shooting and progress all the way to pivots. We generally spend a few minutes on each progression and check all the players to make sure their form is not slipping.

Points of Emphasis

Continually tell your players to...

- Hold your follow through.
- Take your time and always make sure your form is perfect.
- Bend your knees.
- Don't stand back too far! Stay just a couple feet from the basket.

Motivation / Teaching Tips

Tip #1 – Tell you players, "Once you get good at it, don't think you can stop. There are NBA players that do form shooting everyday!"

Tip #2 – Assign a coach to each basket to make sure they are using proper form. Help them correct any problems. If they don't do it properly, this drill is a waste of time.

Tip #3 – Make sure your players do NOT dip one shoulder or lean too far forward. When shooting, you want your players to have an erect torso. I like to use the phrase "shoot tall."

Tip#4 – If you as a coach, don't know all the aspects of proper shooting form, consider picking up a good shooting video. We covered the basics above but there are more things to look for, like hand placement on the ball and so on.

Partner Shooting

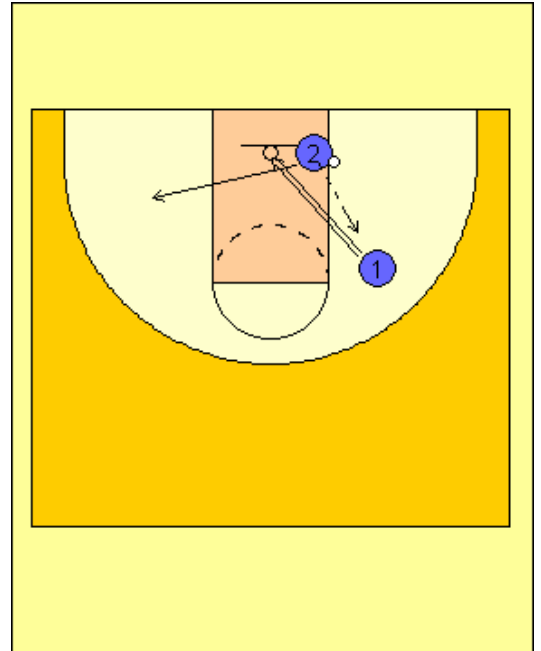
(Age Level - Elementary 1 +)

Drill Purpose

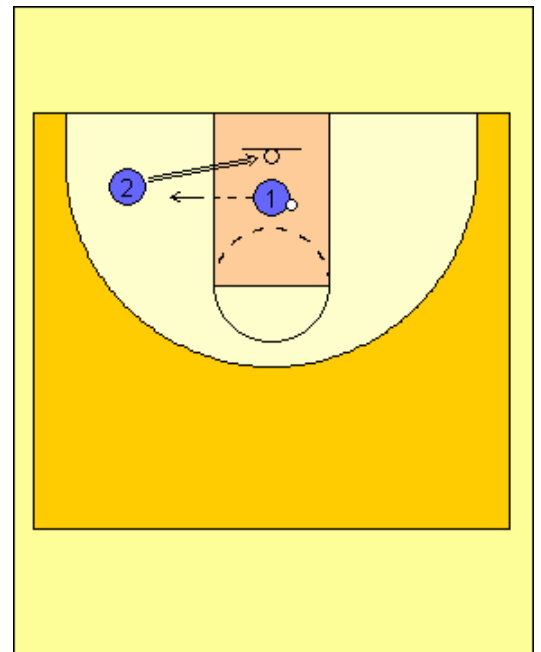
This helps the players improve shooting off the pass. It simulates a shot being kicked out from the post.

Instructions

1. Player 2 passes the ball to Player 1.
2. Player 1 has the ball and shoots.
3. Player 1 runs after the rebound.
4. Player 2 positions them self somewhere on the court.



5. Player 1 passes the ball to Player 2.
6. Player 2 shoots, gets their rebound.
7. Player 1 repositions them self on the court to shoot.
8. Player 2 passes him the ball.
9. Player 1 shoots, gets their rebound, passes to Player 2.
10. Repeat this over and over.



Points of Emphasis

- Make sure players are moving to different spots on the floor. Emphasize good fundamentals on the shot and the pass.

Motivation/Teaching Tips

Tip #1 - See which two players can make the most shots in 30 to 60 seconds.

Tip #2 - You could also add the variable after a Player 1 passes the ball to Player 2. Player 1 goes to block out Player 2 after they shoot (only for a brief second). This will help work on shooting and blocking out (rebounding).

Knockout

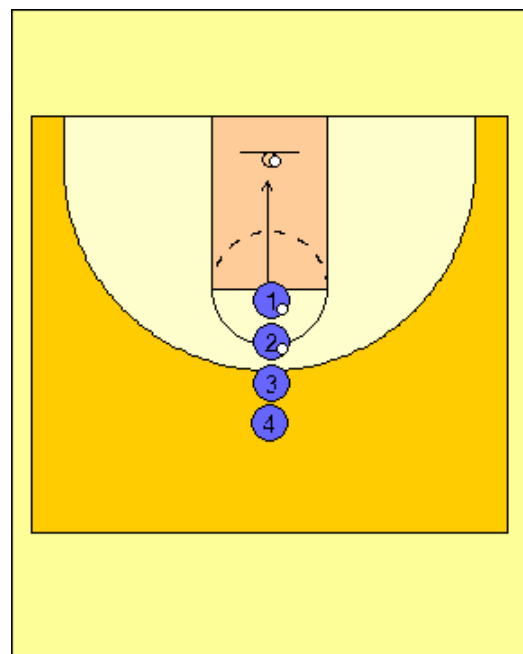
(Age Level - Elementary 1 +)

Drill Purpose

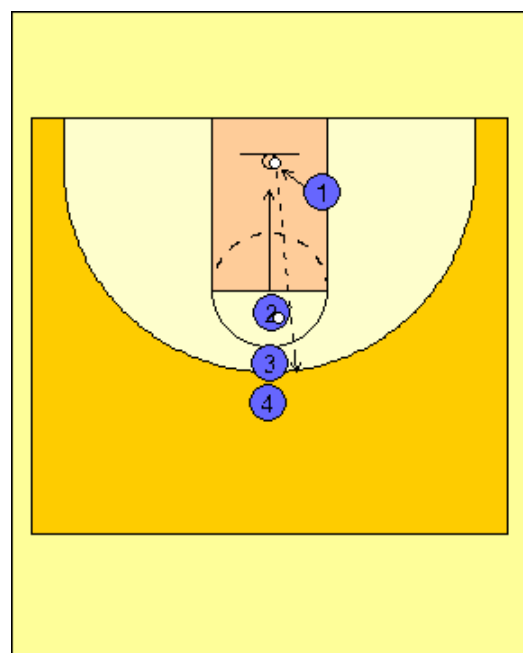
Your players will love this drill! This is a great drill to break up the monotony of practice while also helping your players deal with pressure situations, namely, free throws late in the game. Hitting free throws down the stretch can be the difference between a win and a loss.

Instructions

1. Line your players up at the free throw line in single file. Give the first two players in the line a basketball.
2. On your whistle, the first player in line will shoot a free throw. If they make it, they will retrieve the ball and pass it to the next person in line without a basketball. If they miss, they must retrieve the ball and make a lay-up.



3. The next player in line is allowed to shoot a free throw as soon as the previous player's ball hits the rim or goes through the net. If the previous player misses, the next player is attempting to make a free throw (or rebound shot) before that player makes their rebound shot.
4. If the scenario in step 3 occurs, the previous player has to sit out for the rest of the drill.
5. This process continues until only one player remains.



Points of Emphasis

Continually tell your players to...

- Stay behind the free throw line before shooting.
- Wait until the ball hits the rim on the free throw before going to rebound it.
- Avoid rushing too much to prevent ruining your shooting mechanics.

Motivation / Teaching Tips

Tip #1 – This drill is a great way to keep your players from getting bored. Use this drill as a break from some of the more necessary, tedious parts of practice.

Tip #2 – Set up a situation for them – for example, if a player makes this free throw, tell them there will be no running at the end of practice – just to put a little added pressure on the individuals.

Tip #3 – If you notice some of your players starting to cheat, (shooting in front of the free throw line, knocking another player's ball away) make them sit out until the next game.

Tip#4 – Have fun!

Half Moon

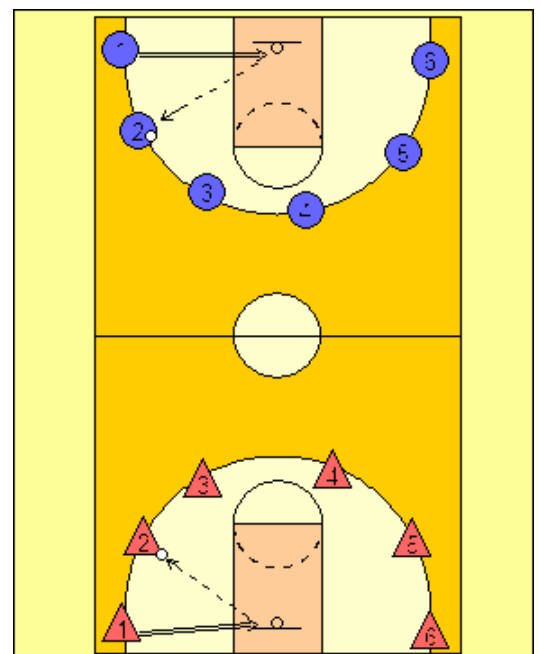
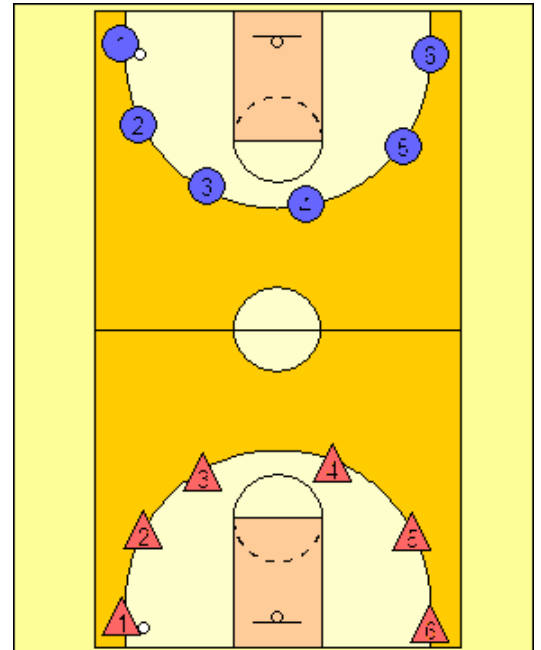
(Age Level - Elementary 1 +)

Drill Purpose

This is a fun drill that does it all -- it teaches players how to catch and shoot, follow their shot, slide out to a shooter, and make good passes.

Instructions

1. Divide your squad into two teams. Scatter your players around the three point line on each end of the court. (Youth – 10 to 15 feet away from hoop)
2. Give the ball to one player in the corner (on each end of the court).
3. On the whistle, the player on each side of the court that has the ball will take a shot. They will follow their shot and pass it to the next player.
4. The first shooter will then slide out and put token pressure on the new shooter.
5. This process will continue until one team reaches a set number of baskets and is declared the winner.



Points of Emphasis

Continually tell your players to...

- Get the shot off quickly by getting prepared before you catch the ball (make sure your knees are bent and feet are square to the basket before catching the ball).
- Refrain from sacrificing good shooting form for taking a quick shot.
- Go straight up with the jump shot – don't start going after the rebound before the ball leaves their hand!
- Focus on jumping straight up and down.

Motivation / Teaching Tips

Tip #1 – It is very important to make sure your players are always using good shooting form and technique. Continually watch them and immediately fix any problems! Feet should be square to the basket, knees bent on the catch, follow through, and so on.

Tip #2 – Make sure your players jump straight up and land exactly from the point they jumped. It makes the player's shot difficult to block. If you find the players lunging forward or not landing where they first jumped, tell them they can not cross the 3-point line until the ball hits the rim.

Tip #3 – After the first game, have the players switch sides of the court.

Tip #4 – Make it a best of 3 or 5 series to add extra intensity to the drill. Make it more competitive by rewarding the winner.

Jumpers & Free Throws

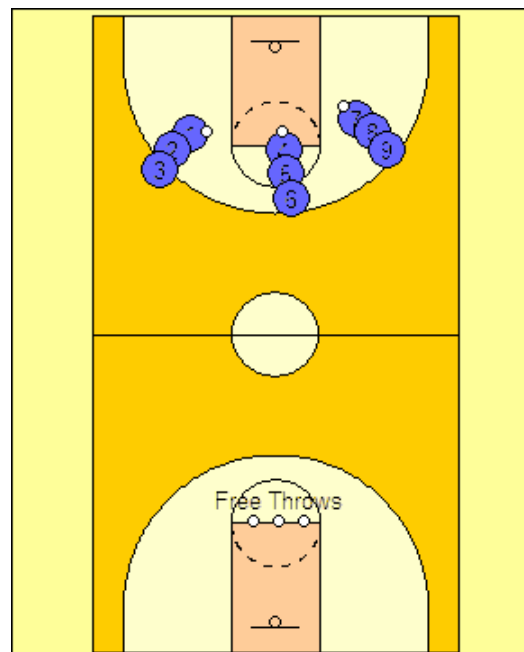
(Age Level - Elementary 2 +)

Drill Purpose

This is a fun, competitive, and great all around shooting drills that players enjoy. The drill will improve jump shooting, free throws, and lay ups.

Instructions

1. Divide your squad into three teams. One player should line up on the free throw line – the rest of their team standing behind. Another two players should be on either wing inside the three point line, their teams lined up behind them.
2. On the whistle, the first player in each line will attempt a jump shot and then follow the shot. If it goes in, the player will make a lay up. If it doesn't go in, the player will sprint to the other end of the court and make a free throw with one of the three basketballs lying along the free throw line.
3. The second player in line will repeat this process. Each basket (except for the free throw) is worth one point. The first team to get to a set number of points wins the game.



Points of Emphasis

Continually tell your players to...

- Make sharp passes to their teammates.
- Shoot the free throw like it is a real game situation.
- Make the lay-up with the correct hand (right hand on right side, left hand on left side)!
- Put the ball back on the free throw line after making the free throw!

Motivation / Teaching Tips

Tip #1 – You can make a rule that states that *no more than* one player from each team can shoot a free throw at one time. This will make it a bit harder for the team to score points at the other end of the court.

Tip #2 – If you want the drill to go faster, have a player or coach rebound the free throws so the player doesn't have to chase after the ball every time they miss it. For conditioning purposes, it is good to make the player run after their own rebound

Pass and Relocate

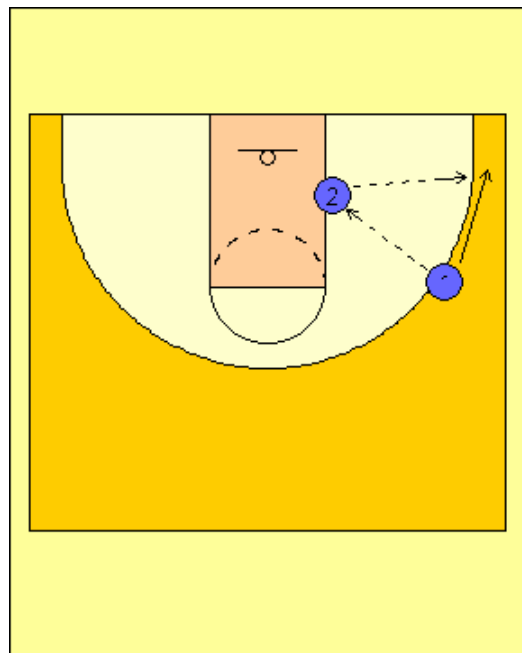
(Age Level - Elementary 2 +)

Drill Purpose

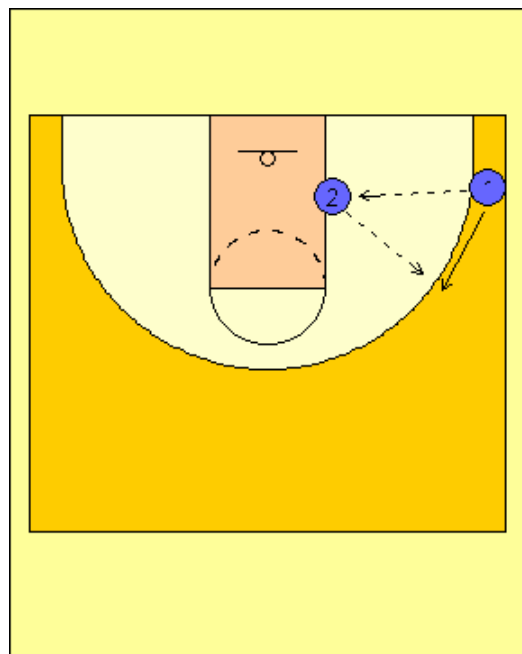
This drill will teach your players to move without the ball and to be ready to shoot off the move.

Instructions

1. The offensive player will start on the wing with a basketball. The post player will be located on the block.
2. The offensive player will pass the ball into the post, run to the corner, receive a return pass from the post, and take a jump shot.



3. The offensive player will remain in the corner, and the post player will return the basketball to them. The offensive player will then make a pass into the post again, run back to the wing and take another jump shot.
4. Repeat this drill as necessary, using both sides of the court to work on the drill.



Points of Emphasis

Continually tell your players to...

- Be ready to shoot before the ball arrives.
- Make different kinds of passes into the post, pretending there is a defender in front of them trying to deny the pass into the post.
- Run hard to the spot they are going to shoot from (game speed) – jogging to a spot will get them nothing but a seat on the bench in a game situation!

Motivation / Teaching Tips

Tip #1 – Run this drill from the left hand side of the court as well so players can adjust to both sides of the court.

Tip #2 – If you want to make the drill a bit more challenging, put a defender on the ball before it goes to the wing. This will force the offensive player to work a little bit harder to achieve the purpose of the drill.

Tip #3 – The offensive player doesn't always have to catch and shoot immediately. Put a wrinkle in the drill by letting the offensive player take a hard dribble to one direction or the other before taking the shot. You can also add a pump fake and hard dribble before taking the shot.

Bang Bang!

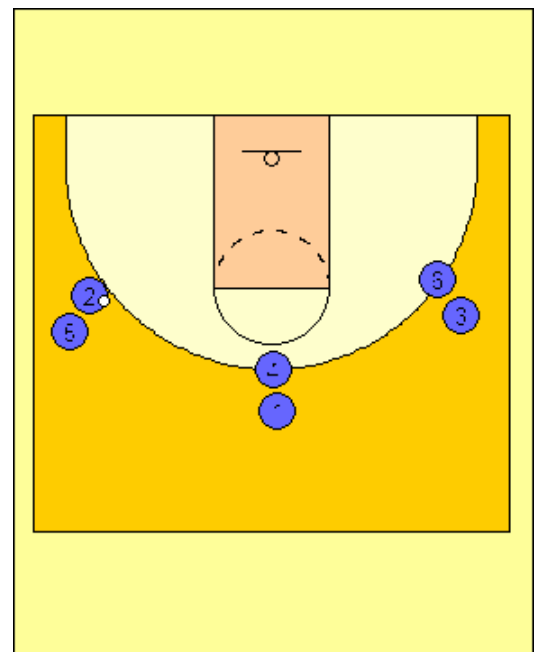
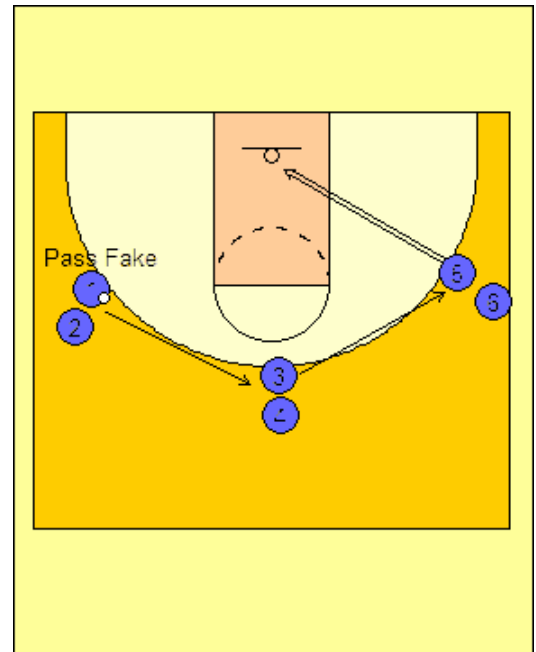
(Age Level - Elementary 2 +)

Drill Purpose

This drill will help players develop a quick shot off the pass. If players can master a quick and accurate shot, the defense will have an extremely tough time stopping your team.

Instructions

1. Position a player on each wing and one at the top of the key. One of the wing players will have the ball to start.
2. The wing player with the ball will fake a pass to the post and then fire an overhead pass to the point. The point will then throw a chest pass to the other wing.
3. The wing that is receiving the ball should catch the ball, pivot so (s)he is squared up with the basket, and take a shot. For Youth, you can move the shooter in 5 to 10 feet.
4. The shooter follows his/her shot and throws it back to the starting point. Everyone that was in the front of the line will rotate counter-clockwise to the back of the line.
5. The process will start over again, and will be repeated until the coach feels the drill is being run correctly.



Points of Emphasis

Continually tell your players to...

- Be ready to shoot before the pass gets there. Your knees should be bent right before you receive the pass.
- Provide a target with your hands where you want the pass.
- Make sure your feet & shoulders should be square to the hoop as the pass is being delivered.
- Don't just pass it in your target's general direction, aim for the target's chest.
- Always make crisp passes.

Motivation / Teaching Tips

Tip #1 – Run this drill in a clockwise fashion as well so players don't get used to going to only one side.

Tip #2 – If you're looking for a time frame to use this drill, set a number of baskets that have to be made before the team can move on to the next part of practice. This will keep it interesting while at the same time accomplishing the intent of the drill.

Tip #3 – The diagram shows the players standing by the three point line. If you are coaching younger kids, it might be a good idea to have everyone move in five feet (or more) so the kids are able to maintain good shooting form.

Pull Up Jumpers

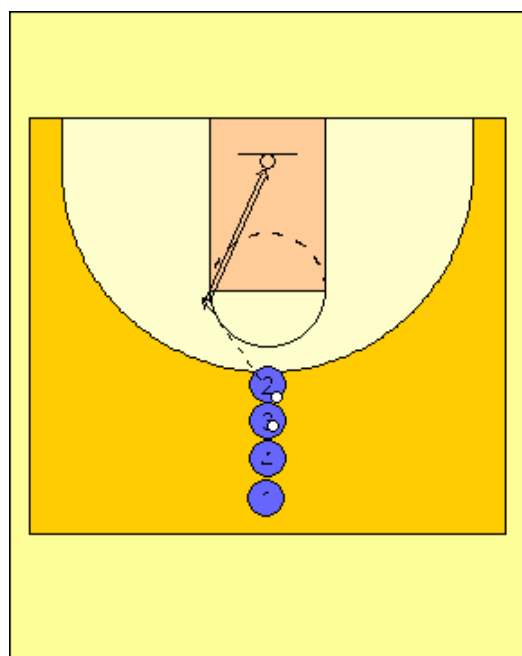
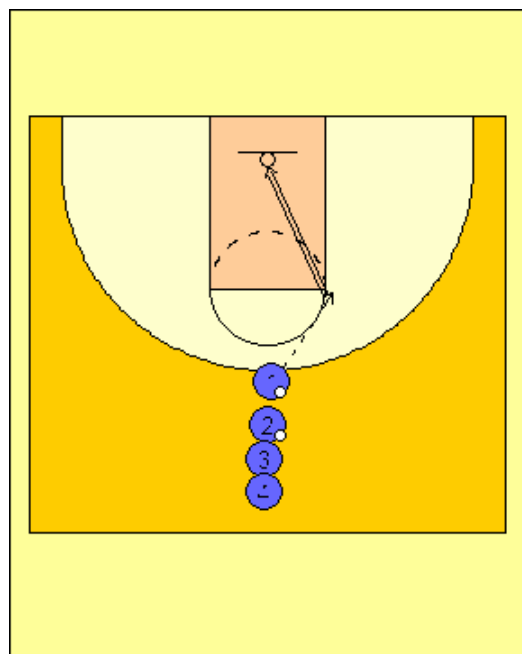
(Age Level – Elementary 2 +)

Drill Purpose

This is a simple yet effective drill that will teach players how to shoot an under control pull-up jumper. Mastering the jump shot off the dribble is an important skill for all players.

Instructions

1. Have your players start a line at the top of the key. The first two players in line should have a ball.
2. The first player in line will take one hard dribble to either elbow. The player will then pull up and take a jump shot.
3. When the first player gathers in their rebound, the second player in line will begin the same sequence.
4. The first player will then pass the ball to the next player in line and sprint to the back.
5. The process will continue until you feel it necessary to rotate or move on.



Points of Emphasis

Continually tell your players to...

- Practice good form – this drill is not a race, don't treat it like one.
- Make sure players are not drifting while shooting their jump shots. If they jump from the elbow, they should land on the elbow.

Motivation / Teaching Tips

Tip #1 – The spot the players take their shot from doesn't necessarily have to be the elbow, and the spot they start their dribble from does not have to be the top of the key. Move your locations around a little bit and keep the drill interesting.

Tip #2 – Instead of just running to a spot, the players can run to a stationary defender instead. This will force the player to shoot over someone, making this drill more game-like.

Cut - Curl

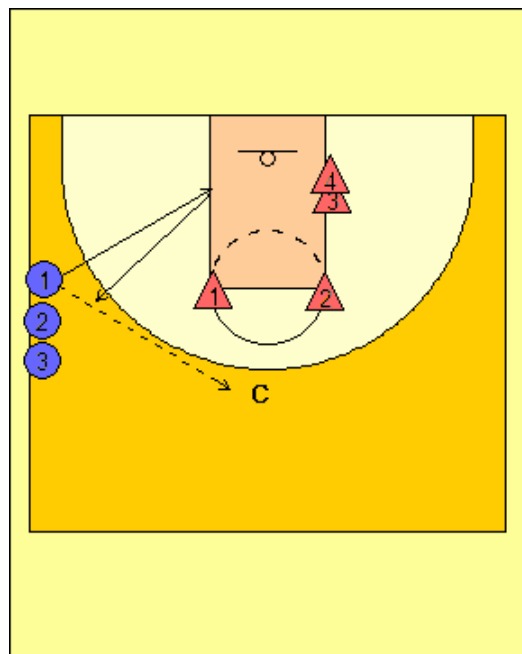
(Age Level – Junior High+)

Drill Purpose

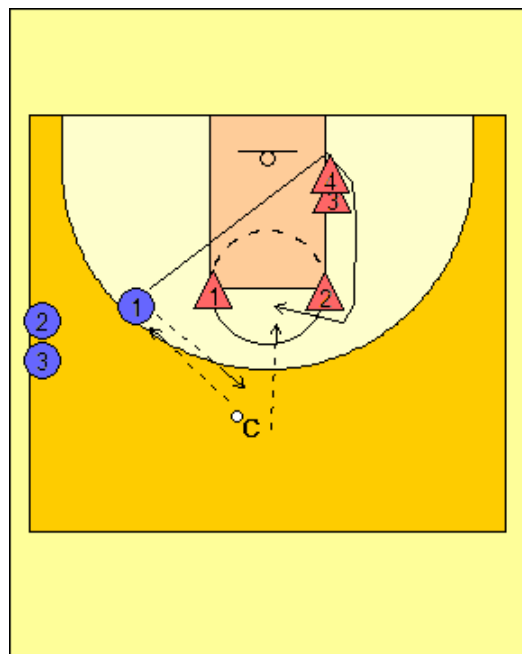
This drill is designed to teach players how to use their teammates' screens to create an open shot for themselves. A team using screens to get each other open can be a deadly scoring combination.

Instructions

1. The first player in line will start with the basketball on the wing. They will then pass it to the coach at the top of the key, cut hard to the basket, and then pop out and receive a return pass from the coach.



2. The player will then pass the ball back to the coach again and run around cones set up at various points in and around the paint.
3. The player will arrive at the free throw line, receive a final pass from the coach, square up, and then take a jump shot.
4. This player will then circle to the back of the line, and the next player in line will do the same thing that player 1 just completed, followed by player 3, player 4, etc.



Points of Emphasis

Continually tell your players to...

- Sell their cut – pretend that a defender is right there guarding them.
- Run very close to the cones as they're running off the phantom screens.
- Stay low when cutting, so you're knees are bent when you catch the ball (Reggie Miller of the Indiana Pacers always stayed low and mastered this technique).
- Square up to the basket before attempting the jump shot.
- Make sure to make crisp chest passes to the coach.

Motivation / Teaching Tips

Tip #1 – The screeners don't necessarily have to be stationary cones – they can be humans. If you so choose, you can put an actual defender on the offensive player as well. This will force the cutter to rub off the screens, shoulder to shoulder, so they can get open.

Tip #2 – It might not be a bad idea to run this drill at a slower pace initially, and once the players get the hang of it, work your way up to game speed.

Tip #3 – Keep track of makes/misses for motivation. Reward the winner.

Fast Break Shooting

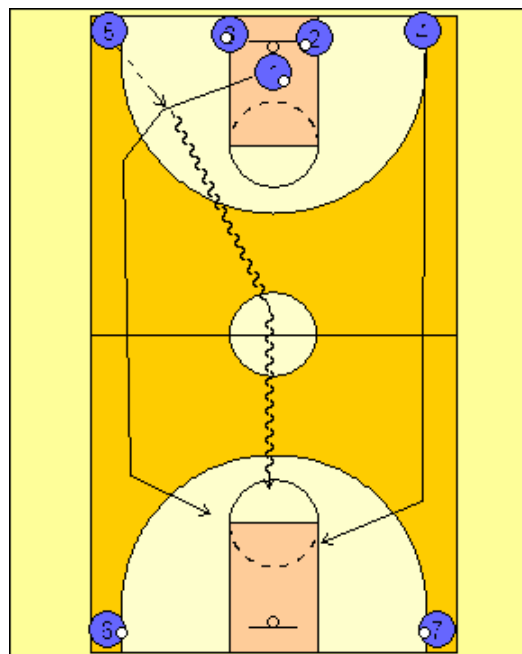
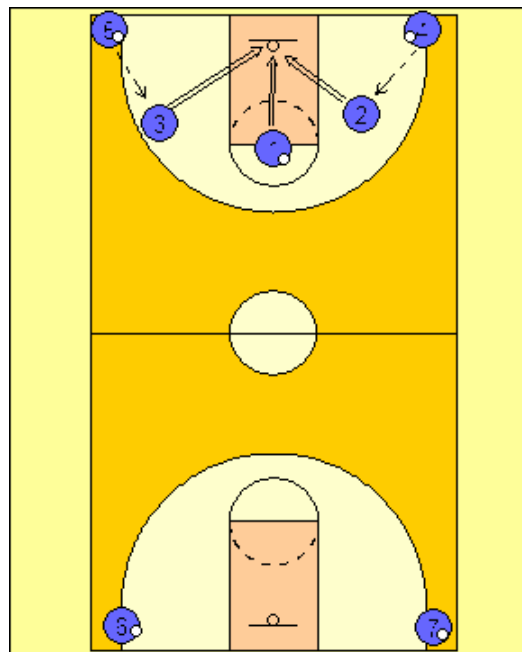
(Age Level – Junior High +)

Drill Purpose

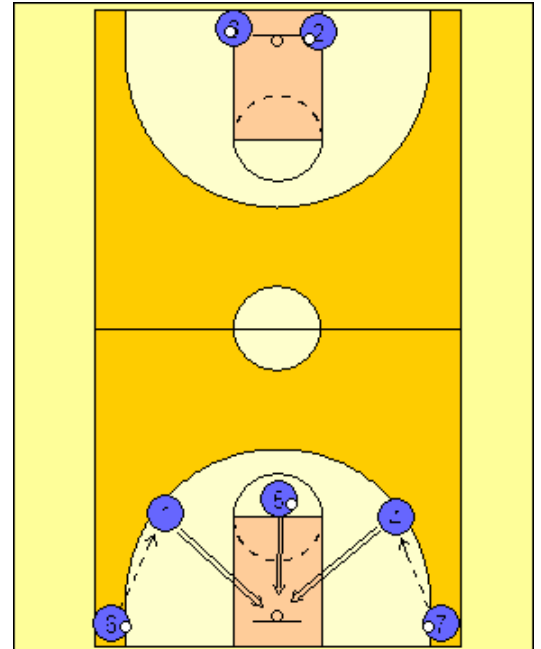
This drill will help teach players to quickly run down the court on transition and improve their ability to make transition jump shots under control.

Instructions

1. Align your players as shown in the diagram. All the corner players should have a ball as well as the player at the free throw line.
2. The drill starts with the players in the top corners passing the ball to the players at the elbow closest to them.
3. The two players that just received the ball and the player that is at the free throw line will all take a jump shot. They will then get their own rebound.
4. The player initially at the free throw line will give an outlet pass to one of the corner players and then run behind that player. The player that received the pass will then dribble to the middle of the court and head to the opposite end.
5. These two players, along with the other corner, will sprint down to the other end of the court. The two players running down on the wing that don't have a ball will receive a pass from the two players in the corner that haven't been a part of the drill yet.



6. All three of these players will now take a jump shot.
7. The drill will continue with this sequence until the coach feels it necessary to move on.



Points of Emphasis

Continually tell your players to...

- Go straight up with the jump shot – don't let their momentum carry them forward during the shot itself.
- Work on getting the shot off quickly without ruining their form.
- Extend their dribble so they can run down the court just as fast as the players on the wing.

Motivation / Teaching Tips

Tip #1 – Make sure the players are going full speed. By being able to knock down jump shots off the fast break, your players will make a defender's head spin because he won't know whether to protect the basket from a lay-up or fly out at the shooter.

Tip #2 – You can assign the middle shooter to pass the ball to one specific corner, but it may be best to keep the element of surprise in the drill. Have the middle shooter randomly pass the ball to either corner.

Penetrate and Kick

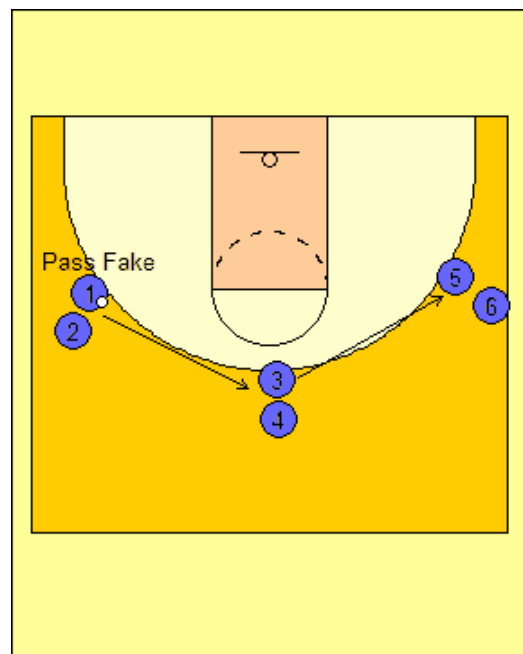
(Age Level – Junior High +)

Drill Purpose

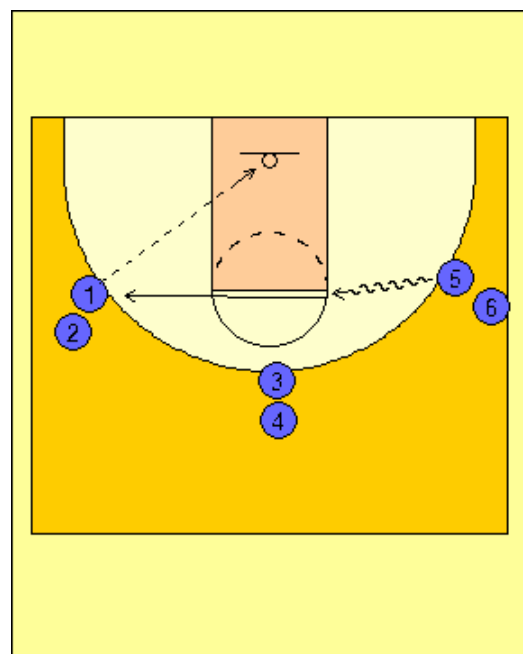
This drill is designed to help players develop quick and accurate passing skills to set up the jump shot.

Instructions

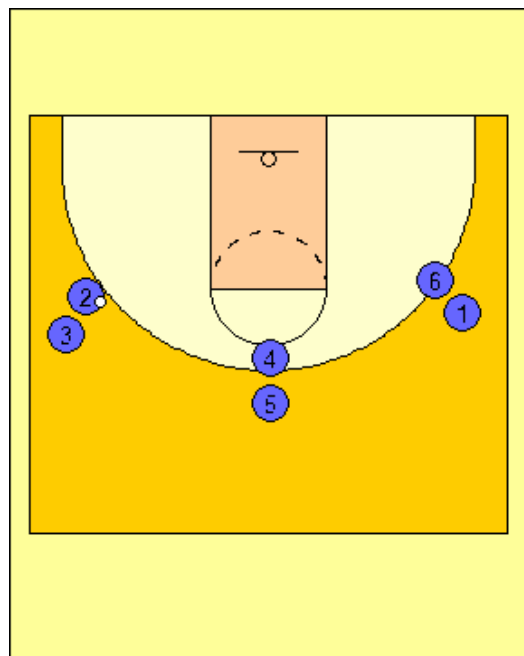
1. Position a player on each wing and one at the top of the key. One of the wing players will have the ball to start.
2. The wing player with the ball will fake a pass to the post and then fire an overhead pass to the point. The point will then throw a chest pass to the other wing.



3. Once the ball is reversed to the other side, the wing with the ball will penetrate to the middle and kick it out to the other wing behind the three point line.
4. The shooter follows their shot and throws the ball back to the starting point.



5. Everyone that was in the front of the line will rotate clockwise to the back of the line.
6. The process will start over again, and will be repeated until the coach feels the drill is being run correctly.



Points of Emphasis

Continually tell your players to...

- Square up to the basket before taking a shot.
- Don't just pass it in your target's general direction – aim for the target's chest.
- Take a hard dribble into the middle – pretend that they are blowing by a defender.

Motivation / Teaching Tips

Tip #1 – Run this drill in a counter-clockwise fashion as well so players don't get used to going to only one side.

Tip #2 – If you're looking for a time frame to use this drill, set a number of baskets that have to be made before the team can move on to the next part of practice. This will keep it interesting while at the same time accomplishing the intent of the drill.

Tip #3 – The diagram shows the players standing by the three point line. If you are coaching younger kids, it might be a good idea to have everyone move in five feet (or more) so the kids are able to maintain good shooting form.

Above Ground

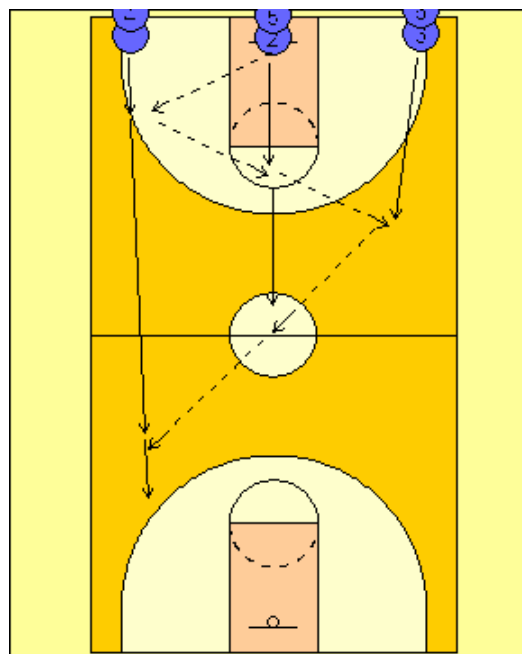
(Age Level – Junior High +)

Drill Purpose

This drill will improve conditioning, passing on the run (fast break), and shooting of the break. It's also aimed at giving the team a sense of accomplishment by working together to score a set amount of points without allowing the ball to hit the floor.

Instructions

1. Divide your squad into three lines along the same baseline. Every player in the middle line will have a basketball.
2. On the whistle, the first player in each line will begin running down the court, passing the ball between each other.
3. When the players reach the other end, one of the players will take a jump shot (not a lay up). If they makes it, they get two or three points, depending on where the shot was taken.
4. If the player misses the jump shot, the ball is NOT allowed to touch the floor, otherwise the team's score resets to zero.
5. If the ball does not touch the ground, the teammate who rebounded the ball can put the ball back and earn one point for the team.
6. This group stays at this end and waits for the other groups to complete the drill. Then, the drill will repeat going down to the other end.



Points of Emphasis

Continually tell your players to...

- Set their feet before taking the jump shot.
- Make crisp, catchable passes.
- Keep the ball from hitting the ground!
- Get in good rebounding position.

Motivation / Teaching Tips

Tip #1 – This drill is a great way to end practice, but it can be a discouraging way to end practice if you set the amount of points required too high. Set a reasonable goal for these players initially, and once they get better, then raise the stakes.

Tip #2 – After the players have run down the court, have them rotate to the right, so everybody runs the drill from a different spot.

Rapid Fire 3 Ball

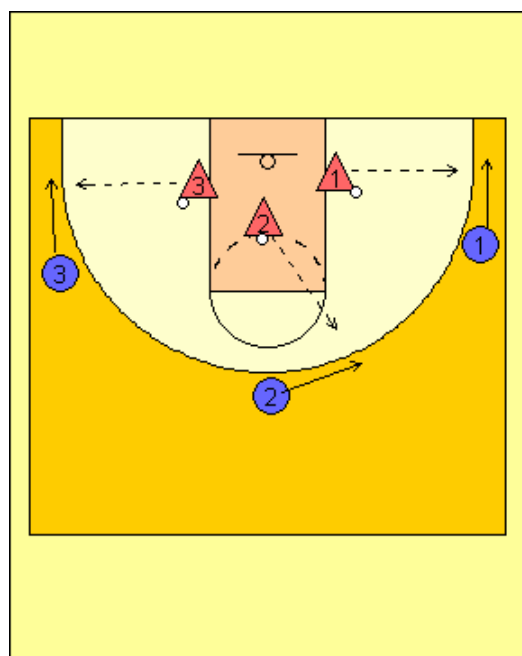
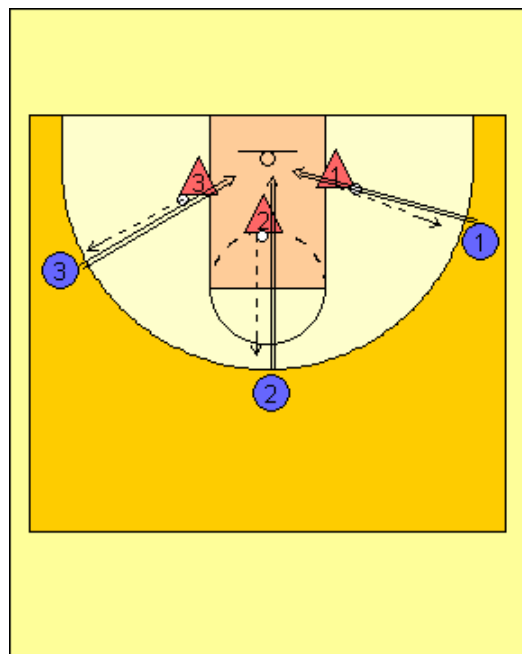
(Age Level – High School +)

Drill Purpose

This drill is designed to enhance three-point shooting fundamentals while on the move. It's easy to shoot a three-pointer standing still, but shooting it well on the move can be a great asset to your team.

Instructions

1. Three offensive players will be spread out around the perimeter with a ball. Three rebounders, one for each player, will be waiting under the basket.
2. On the whistles, the perimeter players will shoot and move to a different spot on the floor. The rebounders will retrieve the ball and pass it to the same player every time.
3. In order to receive a return pass, the perimeter players must call for the ball and be ready to shoot.
4. This drill should last anywhere from two to five minutes, and the player that makes the most three pointers is the winner.



Points of Emphasis

Continually tell your players to...

- Make sure they are squared up to the basket before they attempt their three-point shot.
- Always hold your follow through.
- Run hard to the spot they are going to shoot from – jogging to a spot will get them nothing but a seat on the bench in a game situation!

Motivation / Teaching Tips

Tip #1 – For younger players, it may be a good idea to have the players somewhere inside the three point line. It may be difficult for some to get the ball all the way to the basket at such a young age, so pulling everybody in five to 10 feet might be better for everyone.

Tip #2 – With all the pressure to win the competition, you may notice players starting to lose their good shooting form. If this is the case, take away the competition part and have players focus solely on good shooting form.

Rebounding

1-on-1 Rebounding

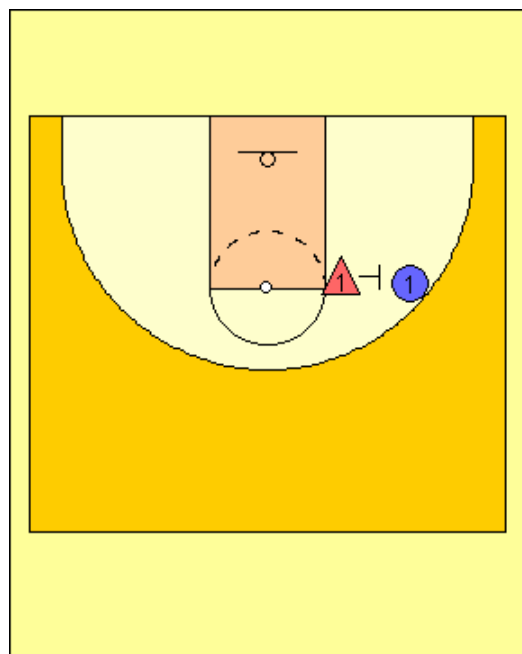
(Age Level - Elementary 1 +)

Drill Purpose

This drill works great to improve players' footwork for blocking out and also teaches players to maintain contact while blocking out.

Instructions

1. Player 1 is facing Player 2 - About 2 to 3 feet of separation is appropriate.
2. A Ball is placed about 5 to 10 feet behind player 1.
3. On either the whistle or when you say go. Player 1 will try to keep player 2 from getting the ball for 3 seconds.



Points of Emphasis

Continually tell your players to...

- When blocking out, make sure player 1 takes his left foot and steps across his body to put it on the outside of player 2's foot. (Outside of Player 2's left foot)
- Then player 1, does a drop-step with his right foot to maintain to create full contact while blocking out. (Player 1's right foot should be outside of Player 2's right foot)
- Make sure the player stays low and wide. Player 1's feet should be wider apart than Player 2. He should stick both his elbows straight out (BUT DO NOT SWING ELBOWS). The arms should stay in a stationary position.
- Player 1 needs to slide his feet to maintain contact with Player 2.

Motivation/ Teaching Tips

Tip #1 - If the defensive player does not keep the player away from the ball for 3 seconds, have the defensive player either do push-ups, sit-ups, or run.

Tip #2 - While doing this drill make sure that offensive player DOES NOT DIVE!!!!!! In my first year of coaching, I had a player lose his two front teeth diving after the ball. Players also landed on each other's heads, legs, arms, etc. That's how broken arms, fingers, and legs occur.

The Rebound Game

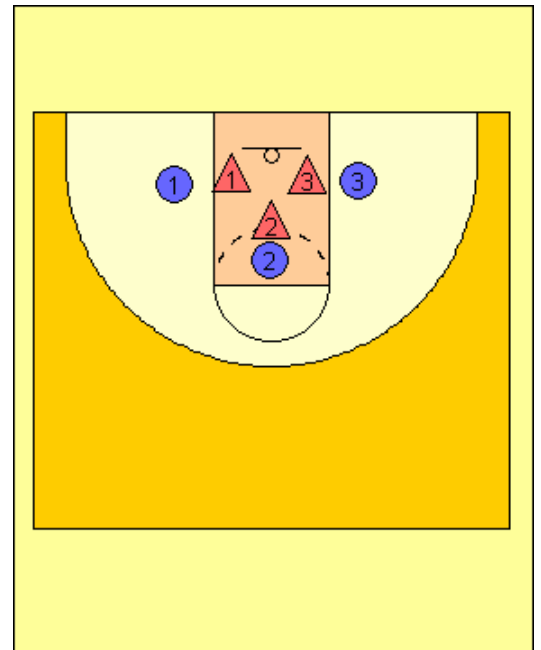
(Age Level - Elementary 1 +)

Drill Purpose

This drill is designed to teach your players the proper way of boxing out while on the defensive end.

Instructions

1. Divide your squad into groups of three and have two of those groups come to the paint area. One group is the defense, the other, offense.
2. Two coaches or players not in the drill will stand at either elbow. One of the coaches/players will have a ball.
3. On the whistle, the defensive players will block the offensive players out. The coaches/players will pass the ball between each other until eventually one takes a shot.
4. If the defense secures the rebound, they earn a point. Then the defense rotates out, the offense rotates to defense, and new group comes in on offense.
5. If the offense gets the rebound, the teams will not rotate, the defense needs to secure a rebound before they can sit out.



Points of Emphasis

Continually tell your players to...

- Get in good blocking out position.
- Be aggressive – go to the floor to get the ball if they have to.

Motivation / Teaching Tips

Tip #1 – Make sure the elbow coaches/players are moving the ball amongst each other so players have to adjust to the ball being in a different location. This will help make the point of keeping their eyes on their player and the ball.

Tip #2 – If you have 12 players, you could have two groups at a hoop, and two groups at another hoop. You could still make the defense secure a rebound before they rotate to offense. You could also add a scoring system. The offense gets one point for a put-back. Defense gets one point for securing a rebound.

Tip #3 – Before you shoot, make sure your players are in proper defensive position (up the line, seeing man and ball, etc)! This will better simulate game situations and develop good habits!

Numbers Game

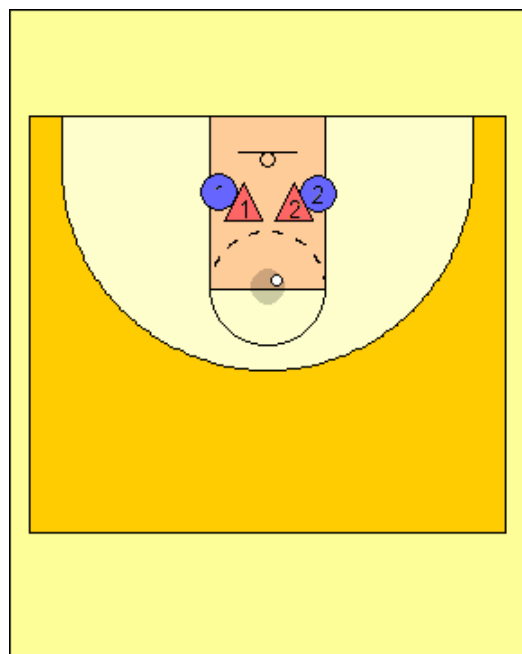
(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach a player to find his/her responsibility and box him/her out. Proper boxing out will result in a lot of one-and-done for the opposing team, which will make it very hard for them to beat you.

Instructions

1. Divide your squad into two teams of five. Send one to one end of the court and the second team to the other end.
2. Have the players set up as shown in the diagram. The players on offense will have ten seconds to get open.
3. If one (or both) of these players get open, the player at the free throw line can pass the ball to them. If the offense scores a basket, they get a point.
4. If the offense doesn't get open in ten seconds, the player at the free throw line will throw up a missed shot, and the players will then go for the rebound.
5. The defense should be finding their responsibility and blocking him/her out. The offense will raise one arm and hold up a number of fingers.
6. Whichever team gets the rebound will be rewarded with a point. The defense will be awarded with a point if they can both tell how many fingers their responsibility was holding up.
7. Players will run this drill until each has been on offense and defense three times.



Points of Emphasis

Continually tell your players to...

- Get in proper rebounding position.
- Put a hand in the passing lane so the passer cannot get an open lane to pass the ball.
- Go up for the rebound with two feet and arms extended.

Motivation / Teaching Tips

Tip #1 – If you would rather be the one passing the ball and shooting it after ten seconds, feel free to do so. Just make sure you're splitting your team up into groups of four and not five.

Rebound Machine

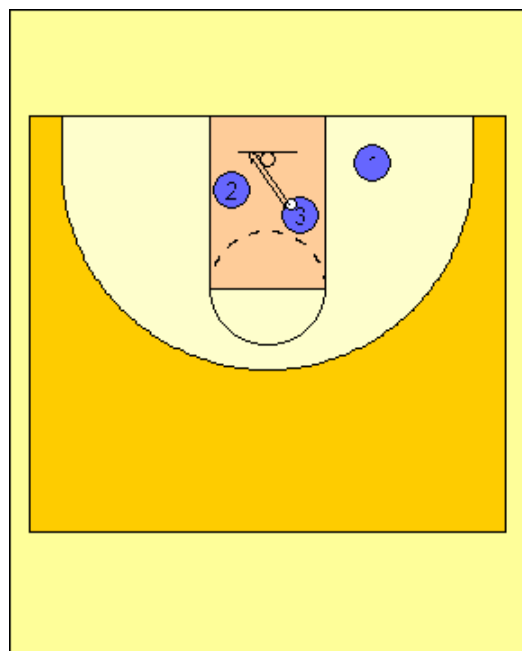
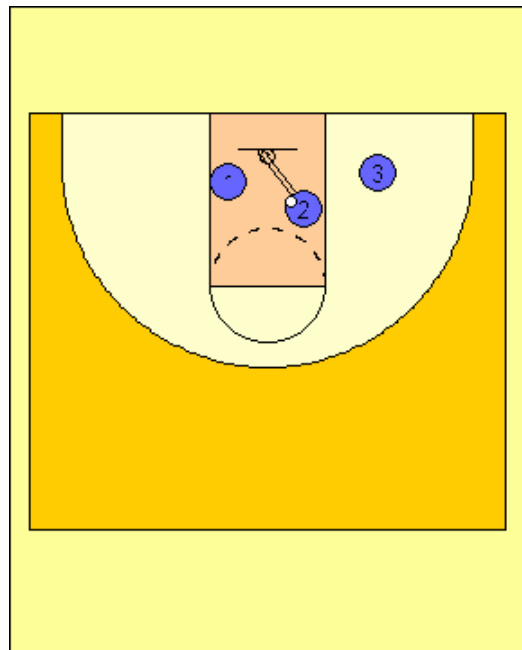
(Age Level – Junior High +)

Drill Purpose

This drill will improve timing when jumping for rebounds and teach players to keep the ball above their head for put-backs.

Instructions

1. Three players and a ball should be located as shown in the top diagram on the right.
2. Have the player with the ball throw up a missed shot so that the rebounder can get the rebound.
3. The rebounder should go up with two feet and arms extended and either tip the ball back in or catch it and make a lay up on the other side of the hoop.
4. The players will then rotate clockwise and start the drill all over again.



Points of Emphasis

Continually tell your players to...

- Go up strong with both feet to grab the rebound.
- Make sure that the player is under control before (S)he goes back up for the lay up.
- Use the rim to shield their lay up from getting blocked.
- Keep the ball above their head.
- Use their wrist and fingertips to propel the ball towards the rim while executing a tip.

Motivation / Teaching Tips

Tip #1 – A general rule of thumb when doing this drill is: the younger the player, the more likely it is that a lay up should be used instead of a tip. The tip is much easier for a taller, stronger individual because (s)he is already closer to the basket because of height, and has more strength in his/her wrists and fingertips.

Two-Man Boxout

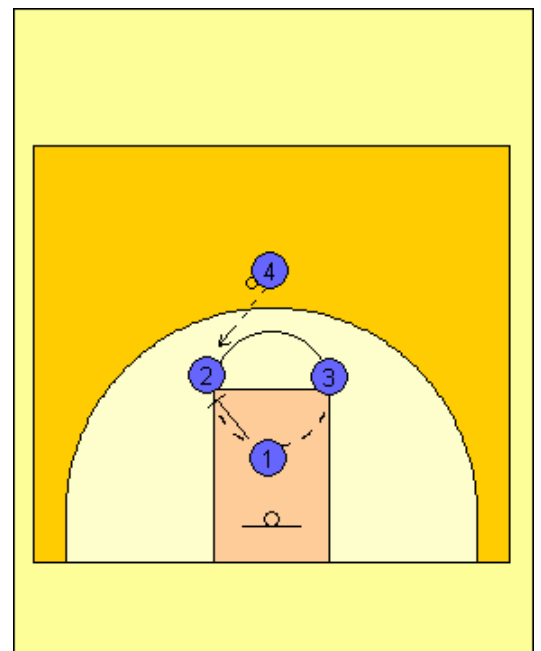
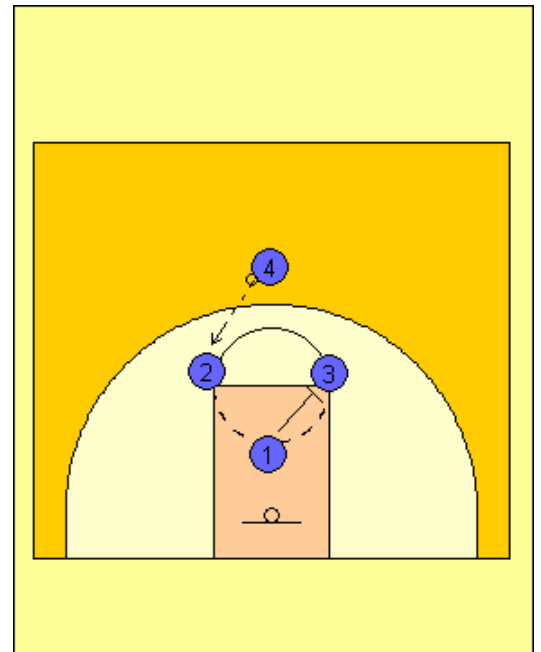
(Age Level – Junior High +)

Drill Purpose

This drill helps players improve both their blocking out away from the ball and blocking out on the shooter.

Instructions

1. Player 1 starts out on the dotted line inside the free-throw lane.
2. Player 2 & 3 are positioned on opposite elbows.
3. Player 4 is positioned at the top of the key.
4. Player 4 has the ball and passes it to player 2 and player 2 shoots.
5. Player 1 goes to the opposite elbow and boxes out Player 3. (Away from ball blockout)
6. Player 1, then gets the rebound and passes it to Player 2 and Player 2 shoots.
7. Player 1, then goes and boxes out the Shooter. (Shooter Blockout)
8. Player 1 must get two consecutive rebounds before he is relieved from the position.



Points of Emphasis

- As said before, make sure the players get low and wide and maintain contact while blocking out the offensive player.

Motivation/Teaching Tips

Tip #1 - Tell the players if they get very good at this, this could decrease the other team's scoring while increasing yours.

Be Aggressive!

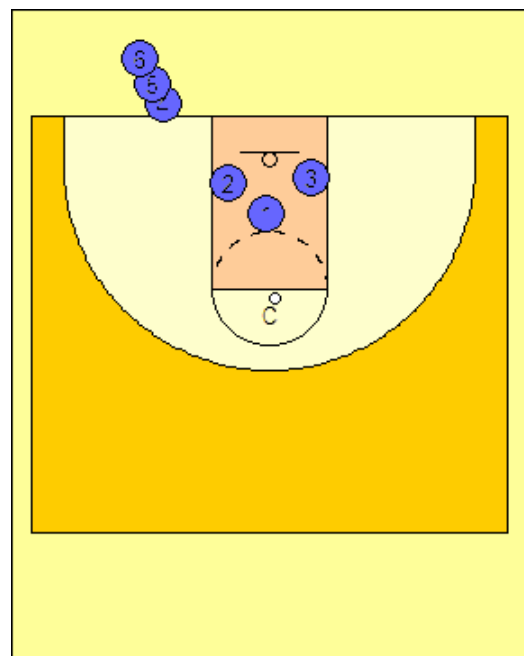
(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach players how to rebound and go right back up with a shot. This drill will help your team become fearless down low so they can dominate the inside game.

Instructions

1. Position your players around the hoop as shown in the diagram on the right.
2. Have a coach (or player) throw up a missed shot from the free throw line. The players in the paint will all attempt to get the rebound.
3. The player that gets the rebound is not allowed to dribble, and must go right back up with the ball and make a shot.
4. The only way a player can be finished with the drill is if (s)he makes two shots over the course of the drill. Then, another player will be rotated in.
5. Continue this drill until everyone has had a chance to participate.



Points of Emphasis

Continually tell your players to...

- Catch the rebound with two hands over their head.
- Use the rim to shield themselves from getting blocked.
- Refrain from dribbling.
- Don't bring the ball back down to their waist – keep it above their head.
- Be aggressive!

Motivation / Teaching Tips

Tip #1 – If you want the rotations to move faster, set the bar at one basket per rotation, not two.

Tip #2 – You could also split into groups of 4 or 5 players and have the drill at multiple baskets.

Offensive Footwork / Shooting

Jump Stop Drill

(Age Level – Elementary 1 +)

Drill Purpose

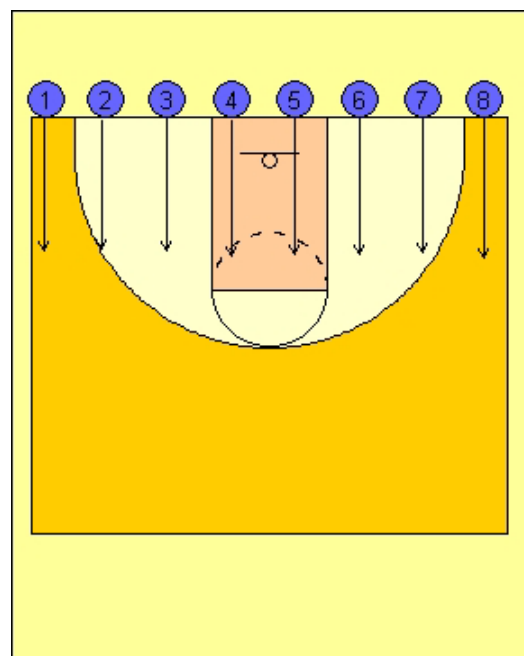
This is a very important drill that all coaches should use. It will improve your players balance, reduce travels, improve pivoting skills to create space, and improve confidence.

Instructions

1. Line your players up on the baseline. If you have more than 10 players or a small court, you'll need to divide them into two groups because they won't have enough space.
2. Have each player spread out with about 5 feet between them, so they have enough room for pivoting.
3. When you blow the whistle, all players should start running at 3/4 speed.
4. At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.

When the whistle blows, the sequence for the player consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to starting position, and stay in triple threat position until whistle blows again.

5. Watch every player to make sure they did the jump stop and pivot properly. If anyone traveled or if they're goofing off, make them start over again, back at the baseline.
6. If everyone did it correctly, blow the whistle again. All players should start running.



-
7. At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.
 8. When all players reach the end of the court, start over again. You can blow the whistle anywhere between 1 and 5 times during their trip down the court.
 9. You should run this drill so players run down the court at least 5 times.

Points of Emphasis

Continually tell your players to...

- Don't travel!
- Stay low when pivoting. Keep your knees bent and butt down, in a good triple threat stance.
- Don't get out of your triple threat stance until you hear the whistle. You always want to stay low, so you can take off quicker.

Motivation / Teaching Tips

Tip #1 – The motivation aspect of this drill is simple. If they do it wrong, they all have to go back to baseline and start over again.

Tip #2 – It's important to always mix things up and keep your players guessing. You should mix up the number of times and locations that you blow the whistle. You might want to let them run all the way down without blowing the whistle once. And next time blow the whistle 5 times.

Tip #3 – Vary the speed that your players run. Start out with half speed, then progress all the way to full speed. Again, mix things up.

Tip #4 – Add a ball. Generally, you should use a ball for this drill and have them dribble while they are running. However, you might want to start without a ball, especially when first teaching younger players how to run this drill. Or if you don't happen to have enough basketball balls, they will still get benefit without it.

Tip #5 – Make sure ALL players pivot properly. Their butt should be down, knees bent, with feet shoulder width or wider. The pivot should be a full 180 degree turn, and then back again. Some players will have trouble with this at first or just do partial pivots. But keep on them to do it right. It's an important skill to master!

Tip #6 – You might want to use this as a combo warm up drill every day. For me, it worked great as the warm up at the beginning of every practice. This saved time because they worked on important skills and warmed up at the same time.

Tip #7 – You really should run this almost everyday, especially if you have players at the high school level or younger. At the minimum, run the drill every other day.

Partner Dribble, Pass, Pivot, Pass Drill

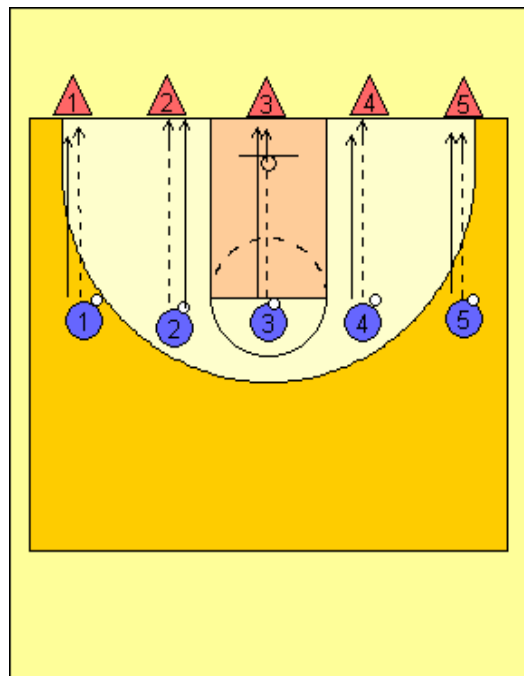
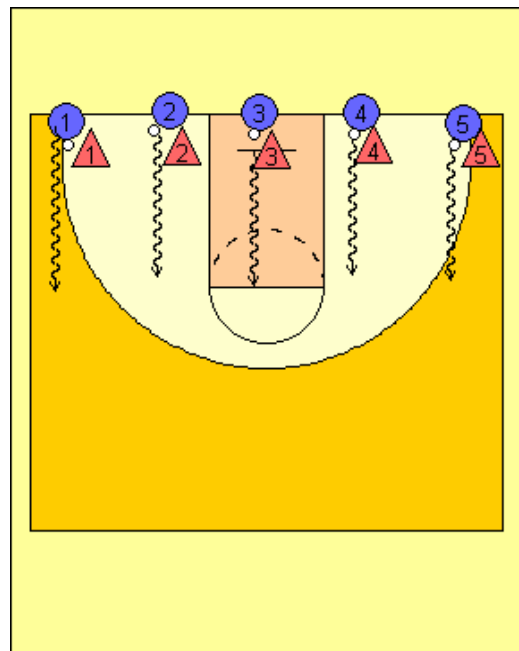
(Age Level – Elementary 1 +)

Drill Purpose

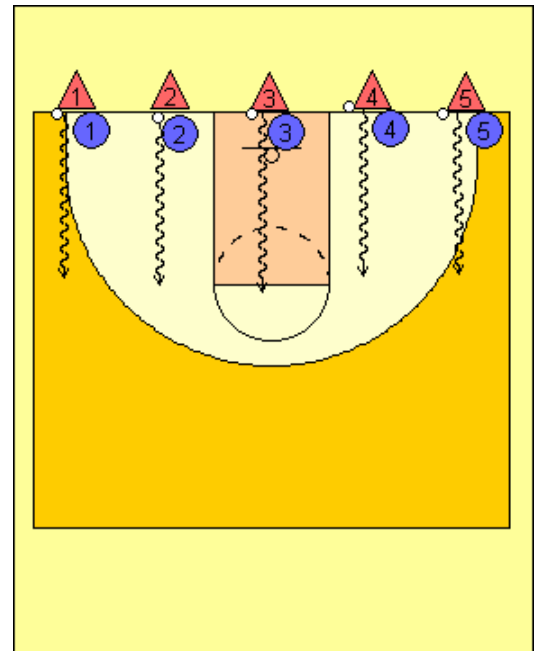
This is one of the best youth basketball fundamental drills around. It's great, because the player can get many repetitions in a short amount of time and they work on many of the most important basketball fundamentals at once: dribbling, passing, pivoting, ball swings, jump-stops, and the triple threat. If done correctly, it can also improve their explosiveness tremendously.

Instructions

1. Player starts out with ball on baseline with partner facing him in a good defensive stance.
2. Player takes two to three explosive dribbles with either hand.
3. Player comes to a Jump-stop. (Over exaggerate Jump-stop)
4. Pivots 180 degrees. As he pivots, he should swing the ball into a triple threat position while leading with his elbow (this is referred to as a ball swing). This will keep the defensive players from smothering the offensive player.
5. Next, he should throw a crisp pass to his partner.
6. Next, the player should sprint and follow his pass and get in a good defensive stance as if he were guarding his partner.



7. Next player repeats the process



Points of Emphasis

Continually tell your players to...

- The players first step should be long and explosive past the defender. (Focus on long, explosive strides for every step)
- If he's dribbling with his right-hand, his first stride should be with his left foot. (Left hand - right foot)
- Player should explode by defender shoulder-to-shoulder. This makes it much more difficult for the defender to recover on defense.
- Make sure player takes two to three hard dribbles fast and under control.
- The jump stop should be exaggerated.
- Make sure keeps good balance while performing this drill and pivots into a good triple-threat position before passing.
- Most importantly, everything should be quick and crisp. The player should appear as if he is on the attack at all times.

Motivation / Teaching Tips

Tip #1 – If the player loses balance, travels, or loses the ball - make them start over.

Tip #2 – Have them do 5 repetitions with each hand.

Tip #3 – Instead of trying to have them perform all the pivots during this drill. You dedicate one practice to front pivots and another day to reverse pivots. If you have enough time, you could perform both front and reverse pivots.

Tip #4 – If they travel or lose their balance, make sure they start over and do it until they complete the drill correctly.

Tip #5 – It's best to perform this drill with a partner and have them spread across the baseline with their partner. This enables them to do many repetitions rather than waiting 30 seconds in between repetitions if you were only going to have a two lines.

The All-Around Offensive Footwork Drill

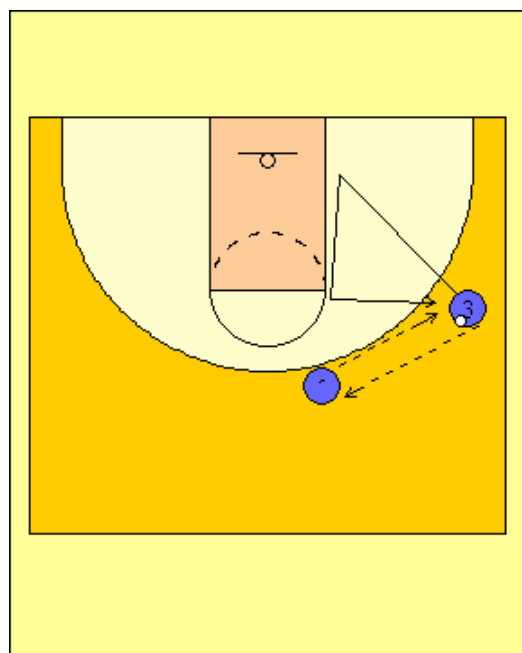
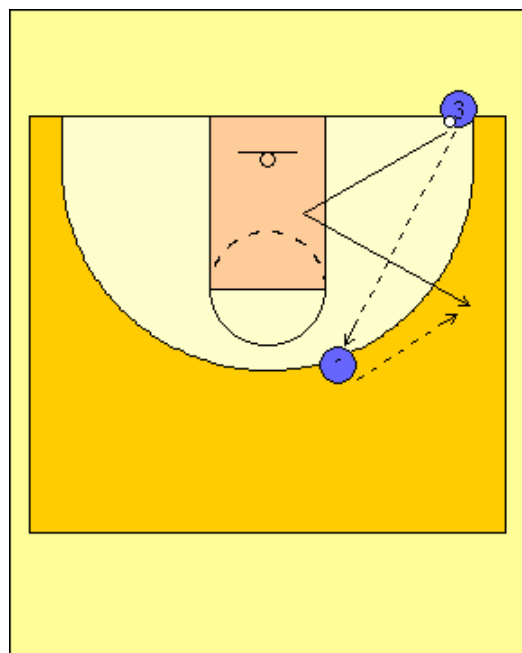
(Age Level – Elementary 2 +)

Drill Purpose

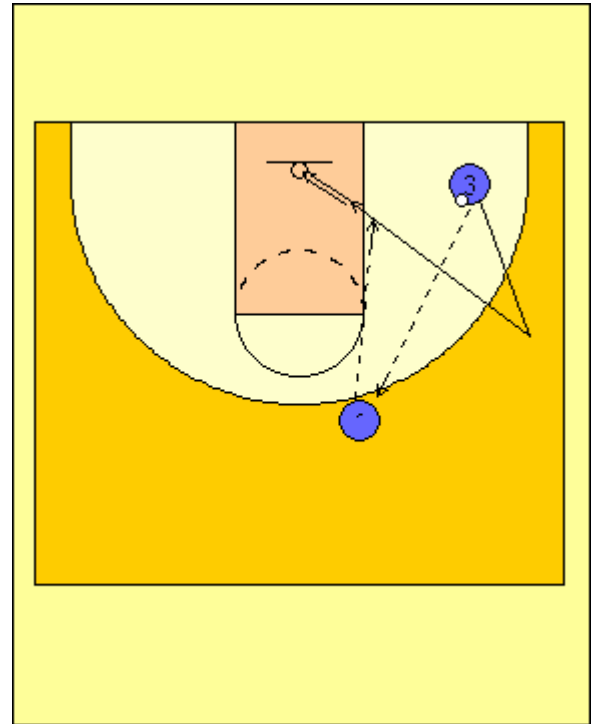
This drill will teach your players how to cut, and when perfected, will allow them to get open whenever they want.

Instructions

1. Line your players up as shown in the top diagram. The player that will eventually do the cutting will always start with the ball.
2. To get started the cutter should pass the ball to the top of the key.
3. Next, the first cut will be a “slash and seal”, in which the player will run to the block and then cut out to the wing. It is called slash and seal because as the player is making the cut, (s)he will slash his/her arm over the top of the defender’s arm, thus sealing the defender from getting in the passing lane.
4. He will make a quick-post up, then cut straight to the wing. It is important to get the defender on your back before cutting to the wing.
5. The player will then receive a pass from the point guard, and will square up to the hoop, execute a shot fake, and pass it back to the point guard.
6. The next cut will be a triangle cut, in which the player cuts towards the basket, plants on his right foot on the block, then cuts towards the elbow, and then back out to the wing. (S)he will catch a pass again, square up, and make a shot fake.



7. The final step, the player will pass the ball back to the point guard and drift towards the baseline. (S)he will then sprint to the wing and make a back cut. The point guard will pass the ball to the player, and (s)he will finish with a lay up.



Points of Emphasis

Continually tell your players to...

- Fake a pass to the wing before the back cut happens.
- Square up to the hoop by executing a reverse pivot and ripping their elbows past the defender's hands.
- Sell their shot fake – make it believable.
- Sealing the defender on the first cut is critical. Learning this skill will allow you to get open at any time during a game.

Motivation / Teaching Tips

Tip #1 – You never want your players to fake a back cut because it can result in a turnover very easily. Make sure your players know this so they don't try to get too cute with their cuts in a game situation. That's why we recommend the "slash and seal". If done properly, it works everytime and you won't need to fake back cuts, thus reducing turnovers.

Two Ball Shooting: Wing Cuts

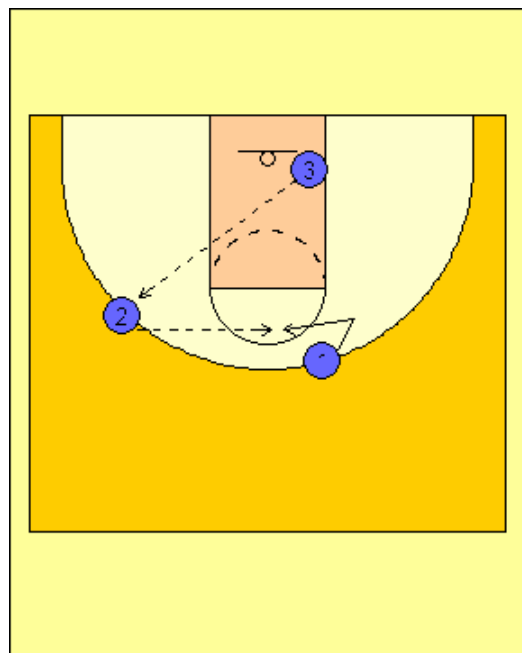
(Age Level – Junior High +)

Drill Purpose

Two ball shooting drills are great because they are fast paced and you can take a high number of shots in a short amount of time. Players also tend to enjoy this fast paced drill. This particular drill is designed to teach players to make a sharp cut, catch, and shoot before the defender can recover.

Instructions

1. Three players and two basketballs will be needed. One player, the shooter, will be near the top of the key, the passer will be on the left wing, and a rebounder will be underneath the basket.
2. The shooter is going to make a quick V cut towards the basket and then back out. (S)he must be ready to catch and shoot after the V cut.
3. The passer on the wing will then deliver a chest pass to the shooter, and the shooter will then square up to the basket and attempt a three pointer.
4. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer. The rebounder will then gather in the rebound of the shooter's shot.
5. The process will continue until you feel it necessary to rotate or move on.



Points of Emphasis

Continually tell your players to...

- Cut hard – pretend there is a defender present.
- Square up to the basket before they shoot.
- Make good passes – it is much easier to make a shot when receiving a good pass.
- This should be a fast paced drill. Make sure your rebounders and passers are moving quickly!

Motivation / Teaching Tips

Tip #1 – You can run this drill from anywhere on the court. You can position the player at the top of the key, the corner, or the opposite wing.

Tip #2 – You can also position the passer inside the three point line and have the player pass the ball inside and relocate along the perimeter.

Tip #3 – For extra motivation, keep track of made shots and reward the players with the most makes!

Two Ball Shooting: Down Screens

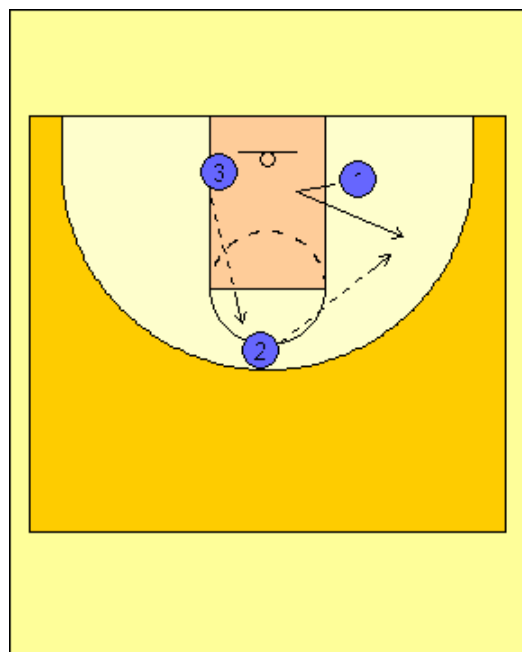
(Age Level – Junior High)

Drill Purpose

This is a great shooting drill that is fast paced and simulates game situations. This drill is designed to teach players how to come off a low post screen and free themselves from a defender. This drill uses a team concept to create an open shot.

Instructions

1. Three players and two basketballs will be needed. One player, the shooter, will be near the low post, the passer will be at the top of the key, and a rebounder will be underneath the basket.
2. The shooter is going to come off a down screen from an imaginary post player and pop out to the wing. (S)he must be ready to catch and shoot after coming off the screen.
3. The passer at the top of the key will then deliver a chest pass to the shooter, and the shooter will then square up to the basket and attempt a jump shot.
4. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer. The rebounder will then gather in the rebound of the shooter's shot UNLESS the shot is missed by the shooter to his/her side of the basket. In this case, the shooter will follow his/her shot.
5. The process will continue until you feel it necessary to rotate or move on.



Points of Emphasis

Continually tell your players to...

- Come off the screen as quickly as possible; make it a game speed drill.
- Square up to the basket before they shoot.
- After they have displayed shooting form, follow their shot

Motivation / Teaching Tips

Tip #1 – Following your shot is one of the least noticed (and practiced) parts of a team's offensive structure. Following your shot can create an extra chance to score points on the offensive end, and it will always keep the defense on their toes. Preach this aspect of the game to your players and make sure they do it as often as possible.

Tip #2 – If you have a fourth player available, stick him/her down in the post to be the screener. If you have a fifth player, have him/her play some token defense against the offensive player.

Two Ball Shooting: Back Picks

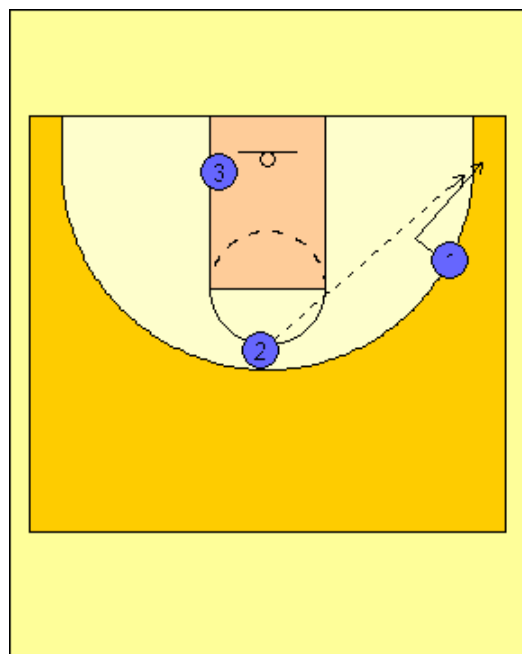
(Age Level – High School +)

Drill Purpose

This drill is designed to teach players how to make a flare cut. This tactic is used extensively in Duke's offense, so it has been proven to work!

Instructions

1. Three players and two basketballs will be needed. One player, the shooter, will be near the wing, the passer will be at the top of the key, and a rebounder will be underneath the basket.
2. The shooter is going to come off a back pick from an imaginary (or real, your choice) post player and make a V cut towards the sideline. (S)he must be ready to catch and shoot after coming off the screen.
3. The passer at the top of the key will then deliver a lob pass to the shooter, and the shooter will then square up to the basket and attempt a three pointer.
4. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer. The rebounder will then gather in the rebound of the shooter's shot.
5. The process will continue until you feel it necessary to rotate or move on.



Points of Emphasis

Continually tell your players to...

- Come off the screen as quickly as possible; make it a game speed drill.
- Square up to the basket before they shoot.
- Make good passes – it is much easier to make a shot when receiving a good pass.

Motivation / Teaching Tips

Tip #1 – This is also a good setup for a “roll” by the screener if the play is executed quickly enough. This could be a wrinkle in the drill that may work for your basketball team – have the shooter make a pass to a rolling post player for an easy basket if the defender over-commits.

Tip #2 – If you have a fourth player available, stick him/her on the court to be the screener. If you have a fifth player, have him/her play some token defense against the offensive player.

Two Ball Shooting: Skip Passes

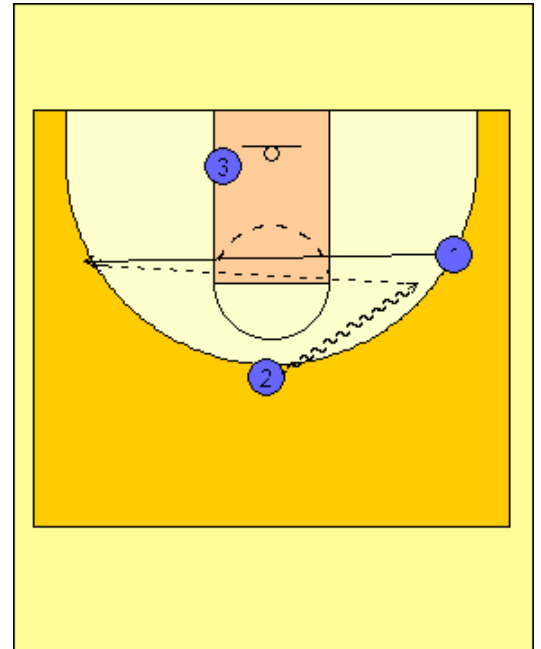
(Age Level – High School +)

Drill Purpose

This drill is designed to teach players how to use the skip pass to become a serious three point threat.

Instructions

1. Three players and two basketballs will be needed. One player, the shooter, will be near the wing, the passer will be at the top of the key, and a rebounder will be underneath the basket.
2. The point will dribble towards the shooter on the wing. As soon as the point begins to do this, the wing player will move to the opposite side.
3. The point will then stop his/her momentum to the wing and fire a skip pass over to the wing player. The wing will then attempt a three pointer.
4. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer. The rebounder will then gather in the rebound of the shooter's shot.
5. The process will continue until you feel it necessary to rotate or move on.



Points of Emphasis

Continually tell your players to...

- Sell the dribble; pretend they really have intentions of going to the basket with the dribble. This way, the defender will commit to stopping the drive and they should have an open lane to make their pass.
- Make good passes – it is much easier to make a shot when receiving a good pass.

Motivation / Teaching Tips

Tip #1 – Skip passes and baseball passes may be hard to make for little kids. If this is the case, run the drill in closer quarters. Instead of both players going all the way to the wing, have them both stop somewhere in between the top of the key and the wing. This will make the pass more manageable and will keep the turnover count low.

Post Play

Post Moves

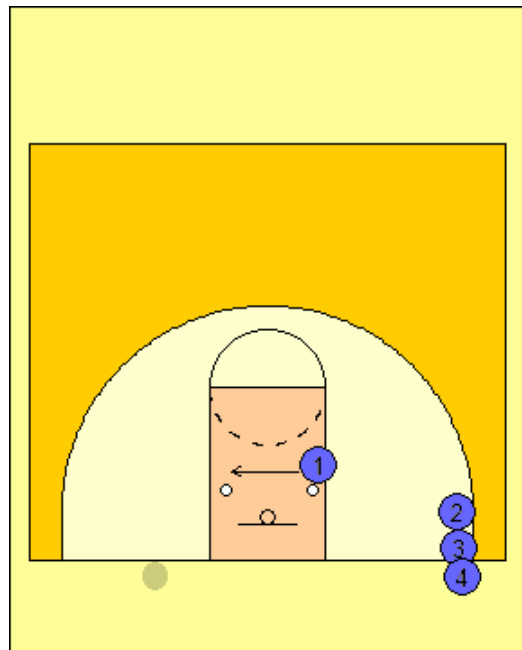
(Age Level – Elementary 2 +)

Drill Purpose

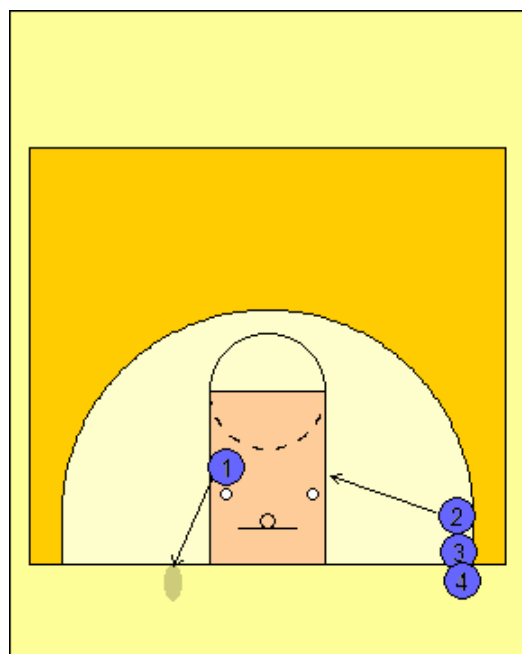
The purpose of this drill is to help your post players polish and refine their post moves. It will help your post players develop better footwork and develop a softer touch on their shots.

Instructions

1. Two basketballs are placed on the left and right side of the hoop.
2. Have the first post player in line come out and stand either in front of the ball facing the hoop, or behind the ball with his/her back to the hoop.
3. When the whistle blows, the player should make an instructed post move, shoot the ball, then run over to the other ball and make another post move.



4. After (s)he shoots the second ball, (s)he will go over to the baseline and jump rope until the second post player finishes the same routine.
5. This process will continue until everybody has gone through the drill at least twice.



Points of Emphasis

Continually tell your players to...

- Mix up the post moves – don't use the same move every time.
- Push themselves at the jump rope station.
- If possible, use the backboard to help your shot go in.
- Focus on proper footwork!

Motivation / Teaching Tips

Tip #1 - If you feel the need, put another post player on defense and make it more difficult for the offensive player to execute his/her moves.

Tip #2 – A post player should develop a good post move and a counter move. For example, Kareem had the sky hook, but when that wasn't there, he faked the sky hook and did an up-and-under move. It's more important to become really good at a few moves (drop-step, jump hook, up-and-under) than just okay at a bunch of moves. If a player picks up these moves, they can progress onto other moves.

Tip #3 – Instead of a jump roping, a player could work on ball-handling moves.

Drop Step

(Age Level - Elementary 2 +)

Drill Purpose

This drill is designed to teach your low post players how to get into good scoring position down low and use a drop step to lose the defender.

Instructions

1. The post player will not begin on the block, but the first marker above the block. The wing player should be positioned with a ball outside the 3 point arc, free throw line extended.
2. (S)he will get into a wide stance with elbows out and then call for the ball.
3. When the ball is received from the wing, the post will then execute a drop step and power dribble to the opposite side the defender is playing.
4. This move should give the offensive player enough room to go up strong for a short jumper or lay up.

Points of Emphasis

Continually tell your players to...

- Keep the power dribble low – don't expose the ball to the defense.
- Point their inside shoulder to the basket when executing the drop step and dribble.
- Stay wide and don't allow their defender to get around them.

Motivation / Teaching Tips

Tip #1 – Run this drill from both sides of the court so the post players don't get used to only making these moves from one side of the court.

Tip #2 – To begin this drill, run it without a defender and let the post player practice good form.

Tip #3 – Obviously the post player won't always have one on one coverage. Throw a wrinkle into the drill and have another player double team the post player. The post player should then kick the ball out to the vacated spot, leaving a player wide open for a shot.

Tip #4 – The offensive player will want to execute their drop-step around the defender's leg, so it will give the offensive player a good scoring position.

Round the Block

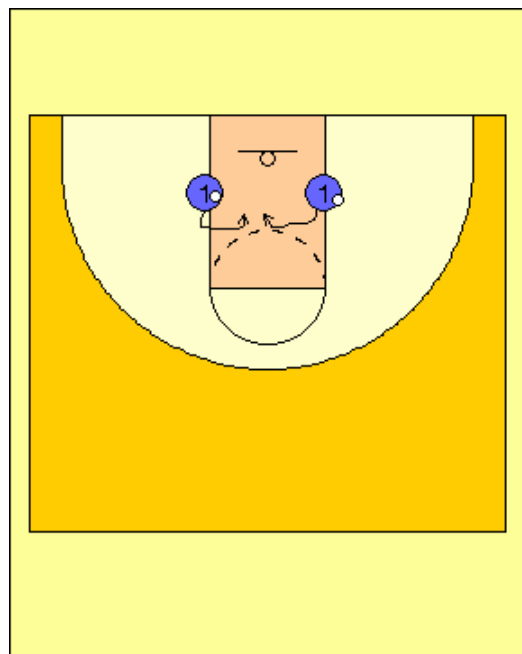
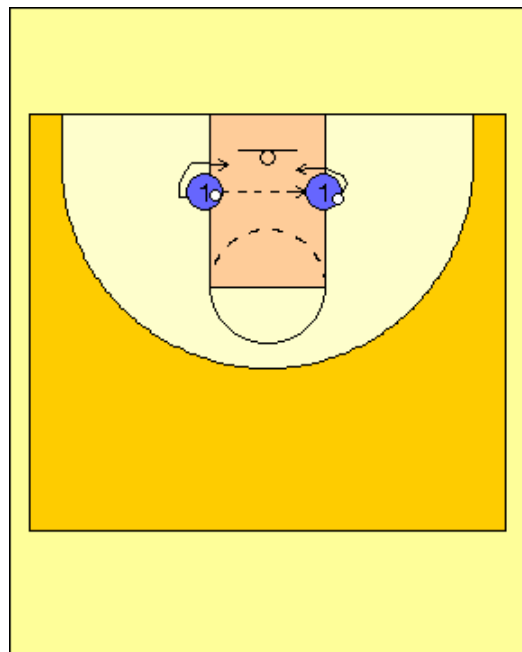
(Age Level - Elementary 2 +)

Drill Purpose

This drill is designed to teach your post players the art of the turnaround jump shot.

Instructions

1. The post player will have a basketball, and (s)he will start out on the low block of their his/her choice.
2. The post will shoot a turnaround jump shot, get the rebound, and move to the other block. Another turnaround jump shot ensues.
3. Make sure the post player is executing the turnaround jump shot pivoting towards the middle of the court and pivoting towards the baseline.
4. Make sure the post is squaring up before taking the shot, not just throwing the ball over his/her shoulder.



Points of Emphasis

Continually tell your players to...

- Receive the ball, square up to the basket, and then shoot.
- Go after the rebound aggressively; don't let it touch the ground.
- Use the backboard if possible.

Motivation / Teaching Tips

Tip #1 – If you want to make the drill a bit more challenging, put a stationary post defender on the ball so it is more game-like. This will force the post player to shoot *over* someone instead of just shooting it at whatever level feels comfortable.

Walton Move

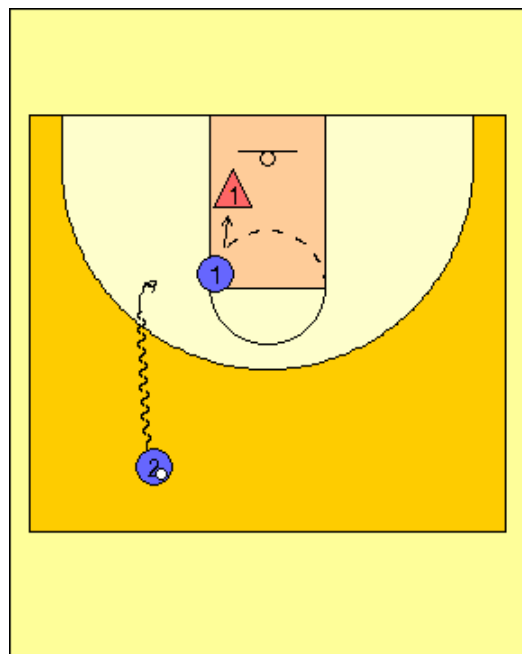
(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach your low post players how to get into good scoring position down low, leaving the defender helpless to stop them.

Instructions

1. The post player will begin by approaching the low block, getting position by putting his/her head in the defender's chest.
2. The post player will be facing the defender as the point guard brings the ball up the court.
3. When the point guard is in position to make a pass to the post, the post player will "sit" and spin with his/her rear on the defender's thigh.
4. The post player will receive the pass, and then make a low-post move to score a basket.



Points of Emphasis

Continually tell your players to...

- Be aggressive – don't be afraid of a little bit of contact.
- Walk into the defender and use a back pivot to seal him behind you.
- Keep your elbows out wide, with your hands facing forward to help seal the defender and give the passer a target.
- Stay low!!! When sealing the defender, always stay low and keep a low center of gravity. The lower you are, the stronger you are. If you stand up right, you'll get pushed around and abused!

Motivation / Teaching Tips

Tip #1 – Run this drill from both sides of the court.

Tip #2 – Reward the post player by letting him/her do the drill again if (s)he successfully makes a post move and scores a basket.

Tip #3 - Try focusing on becoming good at a select few post moves. Once they have mastered two or three, then move on to others, but until then, keep it simple.

Post Screen – Shoot & Cut

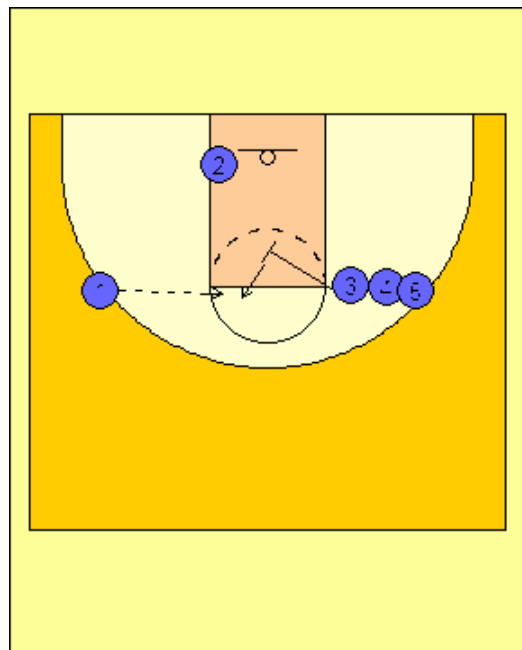
(Age Level – Junior High +)

Drill Purpose

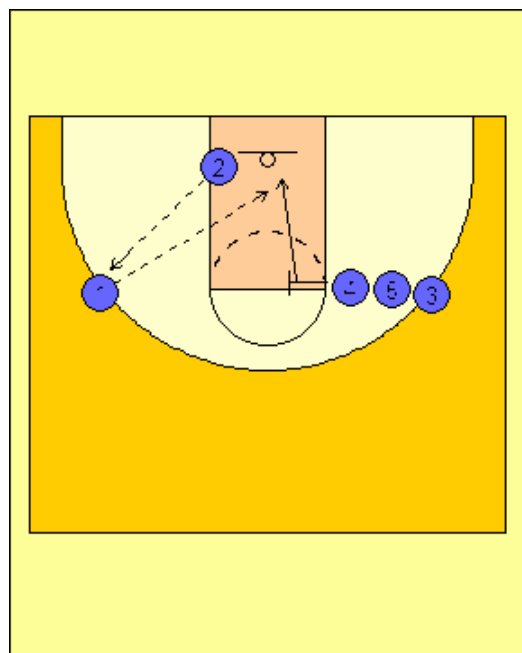
This drill is designed to improve your post player's shooting ability and develop good habits in the post (following your shot).

Instructions

1. This is another two ball shooting drill, but this one involves post play, not perimeter play. There will be a designated passer and rebounder.
2. The first post player in line will come from the opposite wing into the paint and set up their defender as if they were going to set a screen for a teammate.
3. The post player will then either flash high or low to the ball, whichever appears to be more open.
4. The passer located on the opposite wing will then pass the ball to the post player.



5. When the post receives the ball, (s)he will take a shot, following the shot every time. If a flash to the basket is made, the shot should be a layup.
6. The drill ends for the shooter when the shot goes into the basket, so put backs may be necessary to complete the drill.
7. The shooter will then give the ball to the rebounder and cycle to the back of the line. The process will start over again with the next player.



Points of Emphasis

Continually tell your players to...

- Move quickly so they can get lots of shots. This should be a fast paced drill.
- Get a good shoot in or near the paint.
- Follow their shots!
- Go back up strong and complete a lay up after a missed shot.

Motivation / Teaching Tips

Tip #1 – Make sure your post players are varying the flashes they make. Some players really like to take outside shots, some really like to make lay ups. You could assign them to do two flash cuts and two outside shots.

Tip #2 – Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.

Tip #3 – To make things competitive, keep track of the jump shots made for each player (or team). You could even run this drill on both ends of the court and reward the winning team.

Post Shooting Shape Up

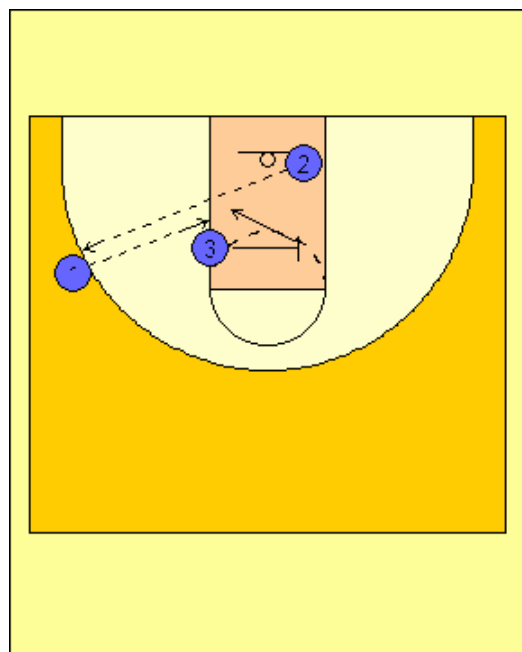
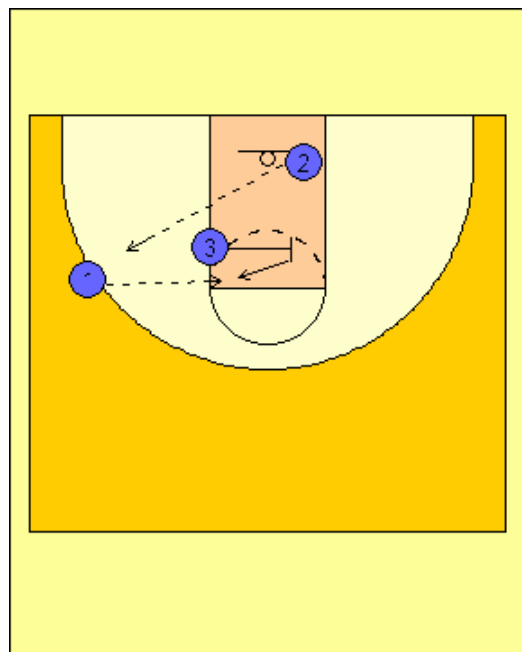
(Age Level – Junior High +)

Drill Purpose

This drill helps your post players develop good habits after setting screens, so they learn always to shape up and get in position for a shot after setting the screen.

Instructions

1. This drill will involve a passer that will always be located at the wing, a post player, and a rebounder that will always be located under the basket.
2. The first post player in line will come from the baseline into the paint and set up their defender as if they were going to set a screen for a teammate. At this point, the screener will have his/her back away from the ball.
3. The post player, after setting the screen, will do what is known as a “shape up” so (s)he is facing the ball. You can see from the diagram that this movement will be little more than a pivot. The player will show a target, arms extended, and then call for the ball.
4. The passer located on the wing will then pass the ball to the post player. When the post receives the ball, (s)he will take a shot, following the shot every time.
5. The drill ends for the shooter when the shot goes into the basket, so put backs may be necessary to complete the drill.
6. The shooter will then cycle to the back of the line, and the process will start over again with the next player.



Points of Emphasis

Continually tell your players to...

- Extend your hands, so the wing players knows you're ready for the pass.
- Get a good shot in or near the paint
- Follow your shots!
- Go back up strong and complete a lay up after a missed shot.

Motivation / Teaching Tips

Tip #1 – Make sure your post players are varying the shape-ups they make. Some players really like to take outside shots, some really like to make lay ups. Make sure they are doing both and getting roughly equal practice with both types of flares.

Tip #2 – Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.

Tip #3 – Showing a target are little things that can really help a player. Successful Major League pitchers need a good target in order to locate their pitches well. Basketball is no different – a good target will create more accurate passes.

Tip #4 – Calling for the ball is another underrated facet of the game that can also help your team become that much better. Alerting the ball handler that you are open can be the difference between an easy two points and a turnover.

Post Shooting Sequence

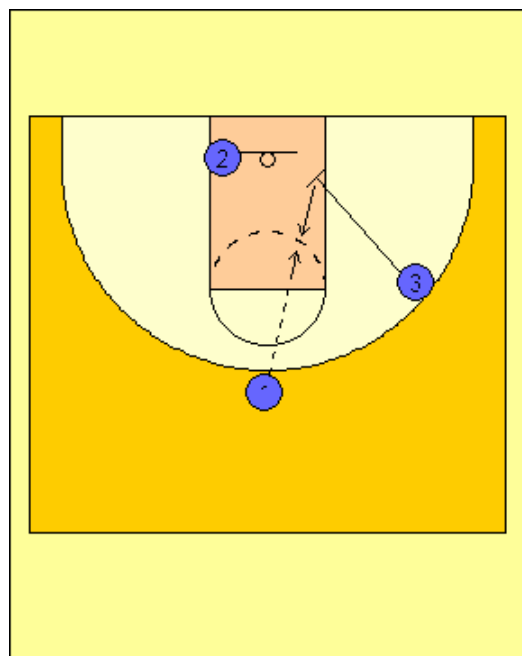
(Age Level – Junior High +)

Drill Purpose

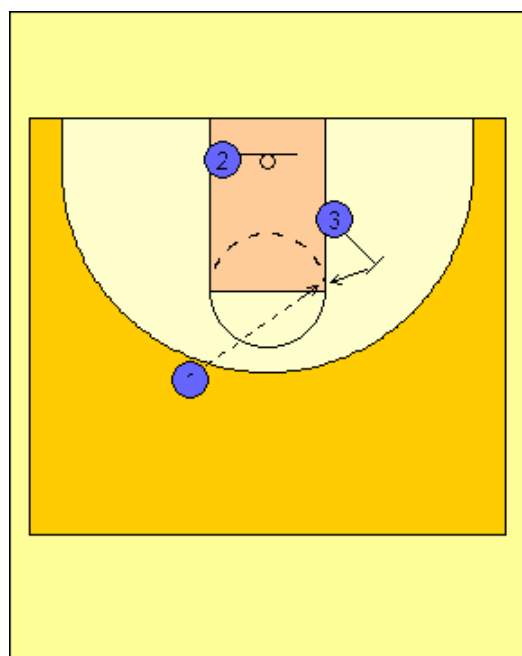
This is a good drill to simulate game shots for a post player. It will also improve your post player's screening form and footwork, both of which can create a lot of lay ups throughout the course of a game.

Instructions

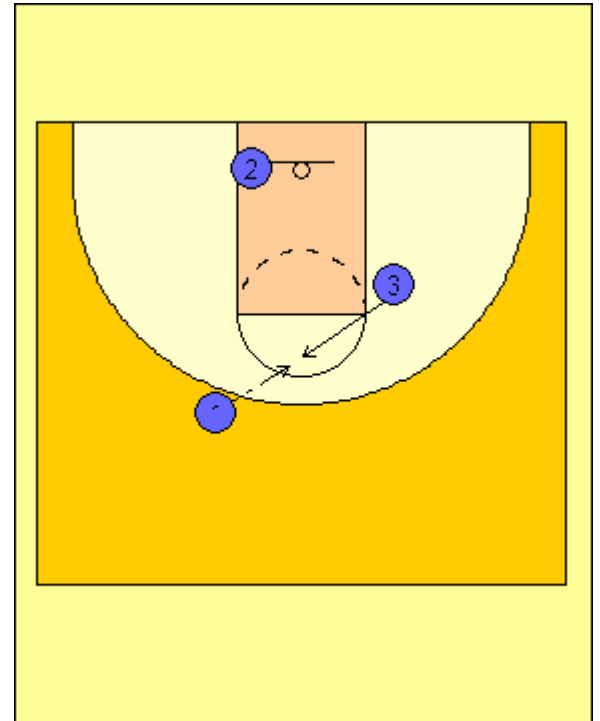
1. The first post player in line will start on the wing. (S)he will sprint down to the block and set a screen.
2. (S)he will then face the ball, call for the ball, and shoot it once the passer on the wing has delivered it.



3. After the first screen has been set, the player will turn around and sprint back up to the wing. The player will set another screen, face the ball again, and take another shot.



4. Finally, the post player will flash to the ball at the free throw line, receive a pass from the passer on the other wing, and take a jump shot.
5. The rebounder will rebound the first two shots, but the third shot will be rebounded by the shooter.
6. The shooter will then cycle to the back of the line, and the process will start over again with the next player.



Points of Emphasis

Continually tell your players to...

- Square up to the basket after receiving the ball.
- Follow their final shot!
- Sprint, not jog, to their next destination.

Motivation / Teaching Tips

Tip #1 – This drill sets a great example for moving without the ball continuously. Make sure your players know that moving without the ball is another factor in becoming a better team.

Tip #2 – Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.

Tip #3 – Again, you can keep track of shots made to keep things competitive and motivate players to stay focused

Jump Hook

(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach your low post players the art of the jump hook. When executed properly, there is absolutely no defense against it.

Instructions

1. The post player will begin not on the block, but the first marker above the block.
2. (S)he will get into a wide stance with elbows out and then call for the ball.
3. When the ball is received from the wing, the post will then execute a drop step and power dribble to the opposite side the defender is playing.
4. The post player will then go up strong and shoot a jump hook. When executing the jump hook, the inside shoulder and elbow should be pointing at the defender so there is no way (s)he can get a hand on the ball.

Points of Emphasis

Continually tell your players to...

- Keep the power dribble low – don't expose the ball to the defense.
- Point their inside shoulder to the defender when executing the jump hook.
- Get in the habit of using their non-shooting hand if the situation calls for it.

Motivation / Teaching Tips

Tip #1 – Require your players to make a certain number of shots in a row before they can move on. This will give them extra motivation and focus.

Tip #2 – Run this drill from both sides of the court so the post players don't get used to only making these moves from one side of the court. It is important to have them practice this move going towards the baseline and the middle of the court.

Tip #3 – It may be hard for players to use their non-shooting hand while attempting a jump hook, but developing use of both hands with the jump hook can make this move even more unstoppable. Defenders will never know which way to commit if both hands can be used equally well.

Tip #4 – This is a great drill to work on by oneself. The jump hook itself will rarely be used more than five or ten feet from the hoop, so it will be very easy to rebound all one's shots.

Up and Under

(Age Level – Junior High +)

Drill Purpose

This drill is an excellent counter move to the turn around jump shot. If a player can perfect these moves, (S)he can be very dominant in the post.

Instructions

1. The post player will begin on the first marker above the block.
2. (S)he will get into a wide stance with elbows out and then call for the ball.
3. When the ball is received from the wing, the post will plan to take a turnaround jump shot in the paint. In this drill, the defender will beat the post to the paint.
4. Since the jump shot will no longer be an option, the post will fake the shot, and then take a crossover step under the defender. If the player pivots on his right foot, his crossover step will occur with his left foot.
5. The post will jump straight up using the glass on the shot. The player can also take one power dribble and lay the ball off the glass jumping off two feet.

Points of Emphasis

Continually tell your players to...

- Keep the power dribble low – don't expose the ball to a help side defensive player.
- Use the proper hand when shooting the lay up (left side, left hand).

Motivation / Teaching Tips

Tip #1 – Run this drill from both sides of the court so the post players don't get used to only making these moves from one side of the court.

Tip #2 – Executing a crossover step is not only useful for post players, it can really create some space for a point or wing player. Make sure your other players are watching this drill closely.

Tip #3 – It is important to work on this drill with and without the dribble.

Reverse Pivot

(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach your low post players how to deal with a defender playing defense directly behind them. One reverse pivot can help your team score many baskets throughout the course of a game.

Instructions

1. The post player will begin not on the block, but the first marker above the block.
2. (S)he will get into a wide stance with elbows out and then call for the ball.
3. When the ball is received from the wing, the post will make a reverse pivot move away from the defender. This should create a little space and give the post player enough time to take a jump shot.
4. The post player can also fake a jump shot after the reverse pivot and go past the defender as (s)he jumps to attempt to block the shot.

Points of Emphasis

Continually tell your players to...

- Go straight up with the ball, don't fade away!
- Make a move based on how the defender reacts to the pivot.
- Stay low when pivoting. Don't stand upright or you'll get pushed around.
- Keep your elbows out and hands forward, to seal the defender and give the passer a target.
- Always call for the ball.

Motivation / Teaching Tips

Tip #1 – If you find that one of your post players is making the same move every time (faking, or taking the jumper), tell the defender to really cheat and commit to the post player's pattern. This will force the post player to make a different move, or, at least, will teach him/her a lesson on being too predictable.

Ball-Handling

King of the Court

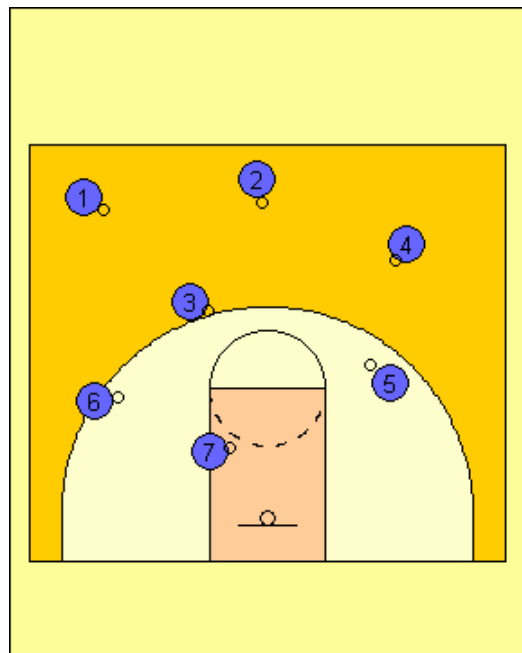
(Age Level - Elementary 1 +)

Drill Purpose

This is a tremendous drill that teaches players to keep their head up & look around the court while dribbling.

Instructions

1. Have the players spread across the half of the court.
2. Players should try to knock the ball away from the other players.
3. If a player loses control of the basketball or another player touches their basketball, the player is then eliminated from the game.
4. When eliminated, the players go to the other half of the court and work on ball-handling drills.
5. As players are eliminated or certain amount of time passes, make the boundaries smaller.



Point of Emphasis

- You want to make sure the players are using proper dribbling form. No carrying the ball, traveling, double-dribbling, etc. Make sure they are dribbling with their finger-tips (not with their palm), protecting the ball with the opposite arm, and scanning the court with their head up.

Motivation/Teaching Tips

Tip #1 - If a player, double dribbles, travels, etc., he is also eliminated. You want the players to practice the right way, so players do not develop or continue with bad habits.

Tip #2 - As a coach, you always want your ball-handlers to be “strong with the ball,” because every little bump is not going to be called during a game. As a result, I allow some bumping during this drill. This will get players use to game-like situations where a foul may be missed or not called. By no means, do I mean that you should allow a player to tackle or even give a moderate shove to another player. This will cause a player to get injured and is not the right way to play the game. Make sure to let the players know that there is no fouling, and you can judge the amount of bumping or fouling you allow.

Dribble Relays

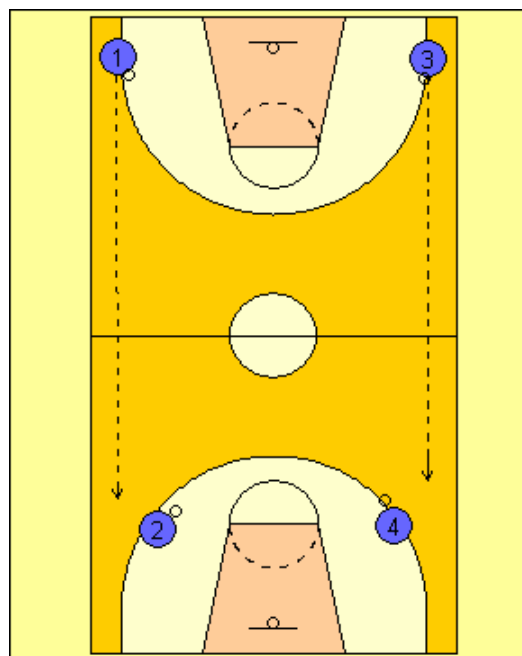
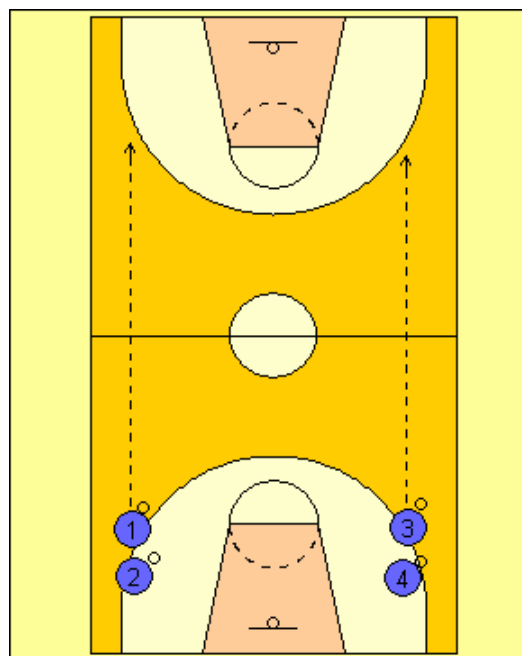
(Age Level - Elementary 1 +)

Drill Purpose

This drill is simple but it will help your players improve their ball-handling skills. It will teach them how to sprint up the court without losing control, and improve their endurance.

Instructions

1. Form at least 2 lines (If 12 or more players, form 3 lines).
2. Have the first two players in each line get a basketball.
3. On the whistle, each team starts.
4. The first player dribbles up and down the court as quickly as possible. (Dribble down with right hand, dribble back with left hand.)
5. When 1st player reaches the 2nd player in line. The 2nd player begins.
6. Continue this until the last person has finished.



Points of Emphasis

Continually tell your players to...

- Keep your head up while dribbling.
- Keep your eyes looking forward.
- Keep your dribble at or below waist.
- Use your fingertips (do not use the palm of your hand to dribble).

Motivation tips/ Teaching Tips

Tip #1 - If the players do not follow your points of emphasis, make them start over. ***Don't let them settle for mediocrity.*** Make them work to get it done right.

Tip #2 - If a player loses control of the ball, make sure he/she gets the ball and starts from the point where he/she lost control of the ball. Otherwise, players will fumble and kick the basketball down the court, and the drill will lose its purpose.

Tip #3 - To keep the players from looking at the ball, you could position yourself at one end of the court between the two lines and make sure the players maintain eye-contact with you.

Tip #4 - Let the players know that if they do this drill correctly (head up, etc.), ***it will help them find open players, see the defense while dribbling, and decrease the number of turnovers.***

Tip #5 - ***To add competitiveness*** to the drill, you could have the losing team run, do 15 push ups, etc. You could also reward the winning team. Sometimes, if you do not provide rewards or punishments the players will not work as hard.

Dribble Drive

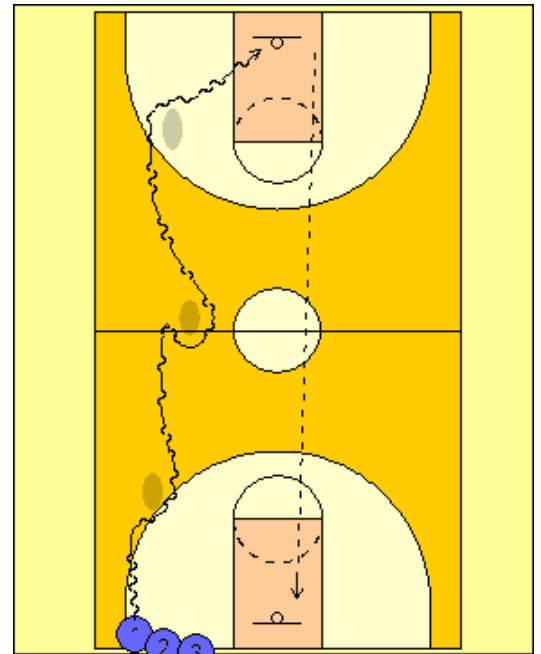
(Age Level - Elementary 1 +)

Drill Purpose

This drill is designed to teach players how to make moves to shake off defenders and keep their dribble under control.

Instructions

1. Players will all line up where the sideline and baseline meet. All of the players will have a basketball.
2. On the whistle, the first player in line will dribble up to a cone that is set up and make a move of their choice (behind the back, between the legs, crossover, spin move) and move on to the next cone.
3. As soon as the first player passes the first cone, the next player will begin. This process will continue until everyone is finished.
4. Two more cones will be set up at various points on the court, and different dribble moves of the player's choice will be executed at each cone.
5. When the player reaches the opposite baseline, they will sprint to the other end and make a lay-up and go to the back of the line.



Points of Emphasis

Continually tell your players to...

- Mix up the dribble moves you do at each cone.
- Keep the ball under control!
- Shoot the lay-up with the correct hand (left side = left hand).
- Keep your head up and don't look at the ball.
- Keep your knees bent (don't stand upright) when making your move.

Motivation / Teaching Tips

Tip #1 – Make your players perform this drill with their right hand and left hand, emphasizing the hand in which the player has the least confidence.

Tip #2 – Using a stationary defender instead of cones is always an option. If you want, have the defender challenge the dribbler a little bit, instructing them to take a swipe at the ball as the player goes by.

Tip #3 – Make sure your players are keeping their dribble below their waist at all times. If the players start dribbling the ball too high, it becomes much easier for a defender to steal the ball.

Dribble Moves

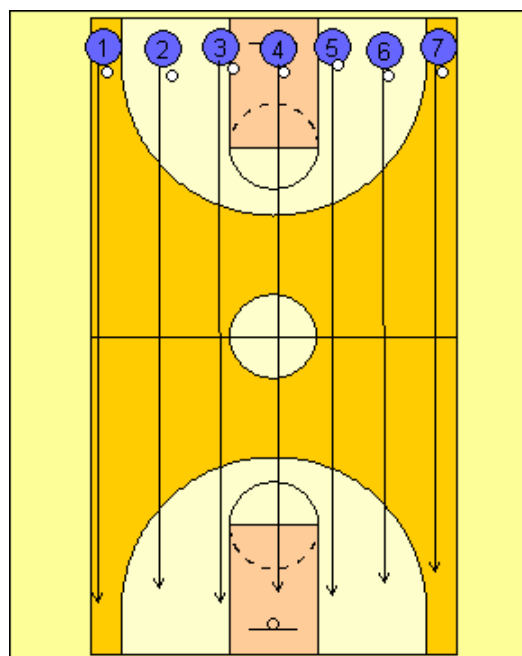
(Age Level - Elementary 2 +)

Drill Purpose

This drill is designed to teach your players how to execute dribble moves that will help them blow past defenders.

Instructions

1. There are three different drills that can be worked on, and all that is required is some space (one half of the court) to operate.
2. First, the player is going to make a hesitation move. The player will dribble down the court at full speed, then come to almost a complete stop, and finally blow past the defender.
3. Next, the player will do a variation of the hesitation move. This time, the player will come to almost a complete stop and switch hands with the dribble. This will freeze the defender, allowing the player to switch hands with the dribble again and blow by the defender.
4. Finally, the player will execute a behind the back dribble. When done correctly the player will hardly lose a beat, and the change of direction will allow the player to
5. blow by the defensive player with ease. Go behind the back just a step or two before you reach the defender.



Points of Emphasis

Continually tell your players to...

- Keep the ball low when dribbling.
- Go only as fast as you feel comfortable going.
- Run by the defender as close to him/her as you can – don't go wide and give the defender a chance to recover.
- Keep your knees bent (don't stand upright) when making your move. Staying low and keeping your knees bent allows you to blow past the defender faster.

Motivation / Teaching Tips

Tip #1 – If using a real defender helps the players work harder, by all means use one. Using a stationary object, like a chair, is also a viable alternative.

Pass and Zigzag

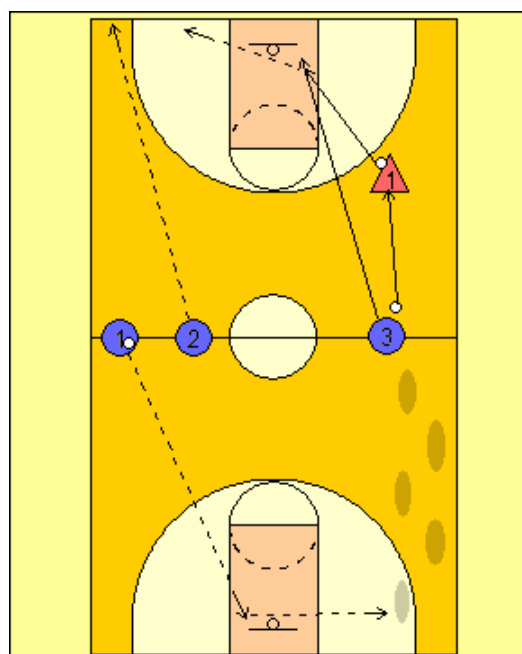
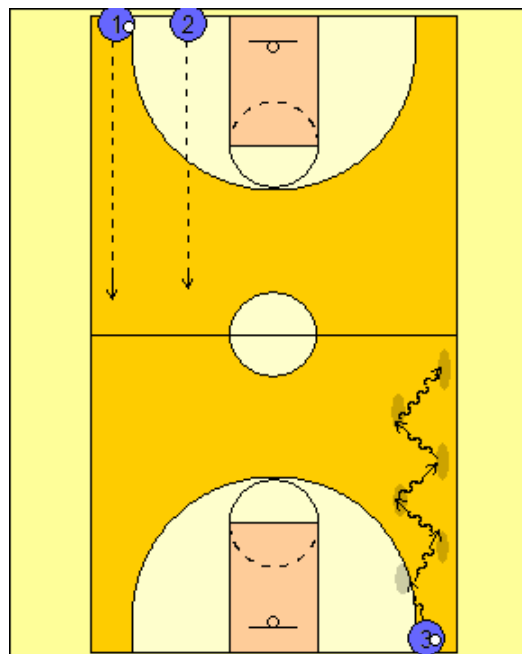
(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach basic passing and dribbling techniques, thus giving your offense a better opportunity to create scoring chances.

Instructions

1. Position two players 10 feet apart from each other on one side of the baseline, and position another player on the other baseline. This player will be on the opposite side of the other two players.
2. The group of two players will shuffle to the half court line, throwing chest passes to each other the whole way. At the same time, the third player will be dribbling around cones that are set up in a zigzag pattern from the baseline to the half court line.
3. When the group of two reaches the midcourt line, the player closest to the sideline will continue to move, dribbling the ball to the opposite basket for a lay-up.
4. This player will rotate to the end of the line starting at the dribbling station. The other player in the tandem will rotate to the other side of the passing duo.
5. The third player will finish dribbling to mid court, then throw a chest pass to the coach who will be standing between the mid court line and the basket.
6. The coach will throw the ball back to the player at the appropriate time, allowing the player to make a layup without having to dribble the ball. Player 3 will then rotate to the passing station, being the passer on the inside.
7. This sequence and rotation will continue until deemed fit to stop.



Points of Emphasis

Continually tell your players to...

- Throw the chest passes to the other player's chest.
- Go as fast as you can *without* losing control of the ball.
- Concentrate on putting the ball softly off the backboard when shooting the lay-up.
- Rotate to the correct spot so the drill runs smoothly.
- Keep your head up and don't look at the ball.

Motivation / Teaching Tips

Tip #1 - If the players do not follow your points of emphasis, make them continue the drill until they do it right. ***Don't let them settle for mediocrity.***

Tip #2 – Keeping the ball under control is vital in making this drill go successfully; continue to tell your players that staying under control is the number one priority for this drill.

Tip #3 – All young players want to shoot the ball and score a lot of points, but it is important for them to know that becoming a good dribbler and passer can lead to some very good scoring opportunities. Tell your players that these drills will help them reach their ultimate goal of scoring a lot of points.

Bleachers

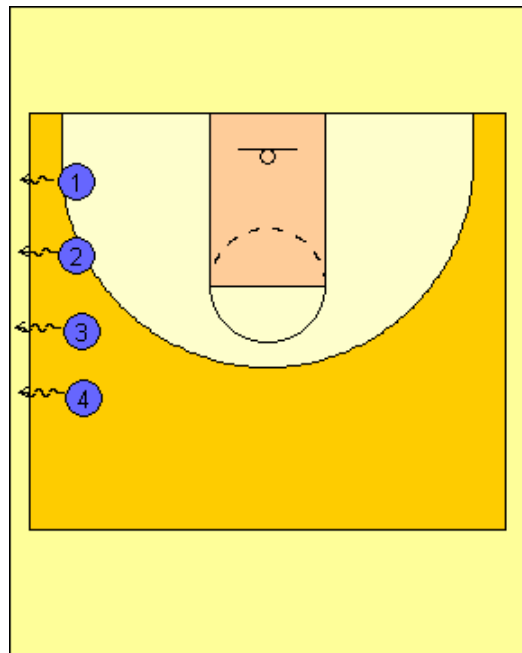
(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach players how to keep the ball under control while dribbling, thus reducing the chance of careless turnovers during a game situation.

Instructions

1. Line up all players at the bottom of a set of bleachers. Each player will have a ball in hand.
2. On the whistle, the players will slowly start making their way to the top, dribbling the ball on each row of bleachers.
3. When everyone reaches the top, the players will wait for the coach's signal, and start coming back down the bleachers, dribbling the ball on each row once again.
4. Never perform this drill at any sort of running speed. But the drill can (and should) be run until the players can move freely up and down the bleachers without stopping.



Points of Emphasis

Continually tell your players to...

- Maintain a slower pace to prevent injury to themselves or others.
- Keep the ball under control!
- Encourage your teammates – the team doesn't come down the bleachers until the last player makes it to the top!

Motivation / Teaching Tips

Tip #1 – Make your players perform this drill with their right hand and left hand. Once they get good enough with both hands, have them alternate hands, performing crossover dribbles at each row of bleachers.

Tip #2 – This drill can become dangerous if run too fast. Make sure your players don't begin moving too fast up and down the bleachers!

Full-Court Lay Up (Minimal Dribble)

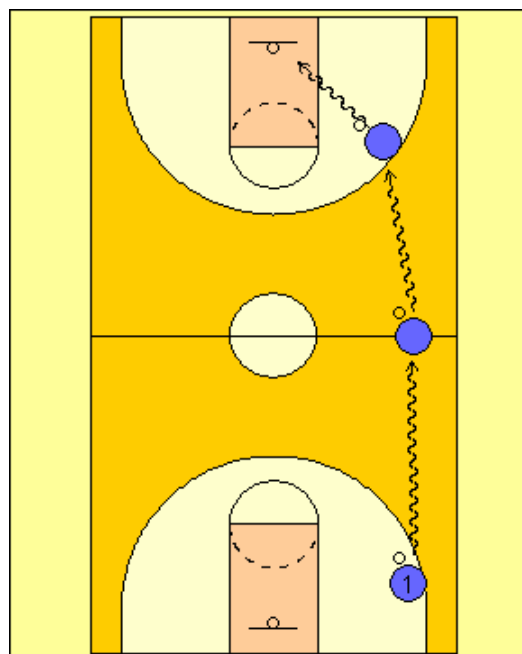
(Age Level – Junior High +)

Drill Purpose

This drill is designed to cover a lot of ground with very few dribbles. This will make your team faster and better with the dribble, especially on a fast break.

Instructions

1. Each player has a ball, starting by the sideline in line with the free throw line of the opposite basket.
2. On the whistle, the first player will take a dribble that will last all the way to half court. The next dribble will last from half court to the three point line, and the final dribble will take the player from the three point line to the basket for a lay-up.
3. The next player can go as soon as the first player reaches the free throw line.



Points of Emphasis

Continually tell your players to...

- Dribble, not throw the ball when executing these lengthy dribbles.
- Concentrate on putting the ball softly off the backboard when shooting the lay-up.
- Make sure that by the time you get in position to shoot the lay up, you are under control.

Motivation / Teaching Tips

Tip #1 – Run this drill from the left hand side of the court as well so players can practice dribbling from both sides of the court.

Tip #2 – This can turn into a good conditioning drill as well. Let your players make the lay up on one end and have them repeat the process going to the opposite basket.

Tip #3 – It may be necessary to insert an extra dribble or two in the beginning until the players get the hang of the drill. We want the drill to be difficult, but not impossible.

Dribbling Mania

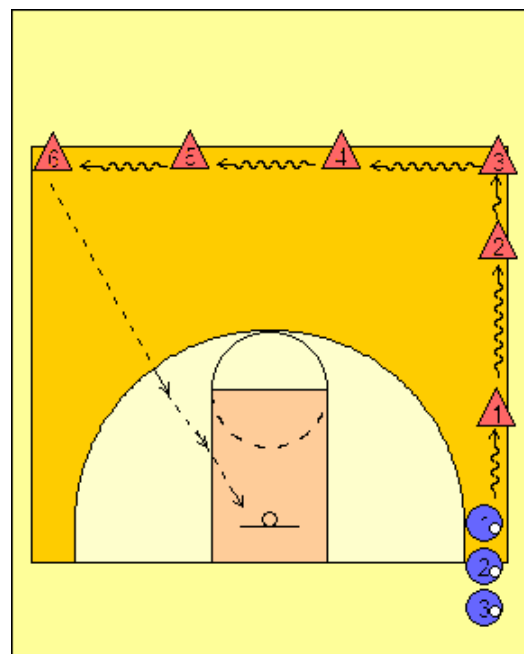
(Age Level – Junior High +)

Drill Purpose

This drill is designed to teach players how to elude defenders with the dribble, creating opportunities to score on the offensive end while at the same time protecting the ball.

Instructions

1. The first player in line will start out with a basketball in hand, dribble to triangle 1 on the diagram, and execute a crossover dribble. The crossover should go from the right hand to the left hand, and should be kept as low to the ground as possible. The player will repeat the drill at position 2.
2. At position 3, the player will execute a spin move, crossing the ball over from their right hand to left hand in the process. The player should end up facing the opposite sideline when the move is completed.
3. At position 4, the player will execute a hesitation dribble, pretending that there is a double team on the player coming. After slowing down and backing up just a bit, the player will then crossover and blow by the double team.
4. At position 5, the player will execute a between-the-legs dribble and then a low crossover. At the end of position 5, the ball will be in the same hand it was in when the player arrived at position 5.
5. The player will continue dribbling until location 6, where he/she will execute a behind the back dribble from the right hand to the left hand and head towards the basket.
6. With the ball still in the player's left hand, the player will make another crossover dribble at position 8, and continue on to the basket and make a right handed lay-up off one leg, or a power lay up off two legs.



Points of Emphasis

Continually tell your players to...

- Look up while dribbling!
- Go at a pace that is comfortable for you – with time, you will get better.
- Make sure you are not palming the ball.
- Imagine a defender in front of you at every station.

Motivation / Teaching Tips

Tip #1 – Run this drill from the opposite side of the court as well so both hands are strong when it comes to dribbling.

Tip #2 – Many variations of this drill can be created. If this is too much for your kids to remember, take a couple steps out. If this drill gets too easy for your players, add a couple more stations, possibly a real defender at a given station, etc.

Tip #3 – Being a good dribbler can create great team scoring opportunities. If your players can understand the benefit of good ball handling, they will perform the drill with more vigor, and better results will be obtained.

Gauntlet

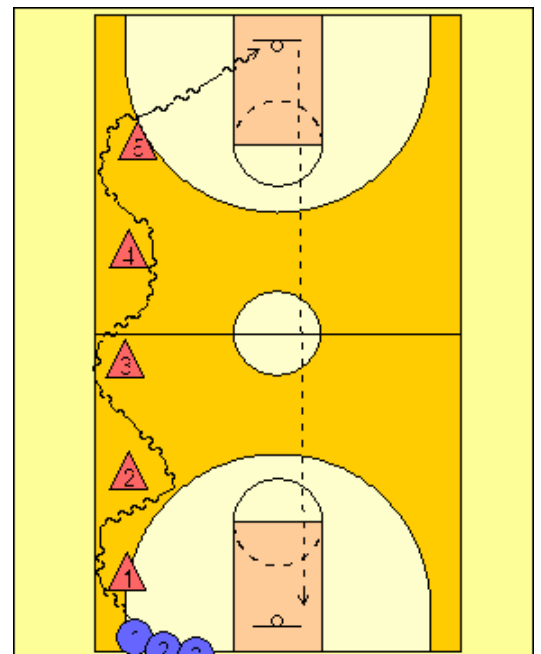
(Age Level – Junior High +)

Drill Purpose

This drill will help players develop great ball-handling skills while running down the court.

Instructions

1. Players will be divided up into two teams. One team, the offense, will line up close to the baseline-sideline intersection. The other team, the defense, will line up in 15-20 foot intervals all the way to the opposite baseline.
2. On the whistle, the first player in line will dribble up to the first defender and make a move of their choice (behind the back, between the legs, crossover, spin move) and move on to the next defender.
3. The defender will try to take a swipe at the ball and try to knock it away from the offensive player. The defender is stationary, so this will be the only defense that is allowed of this player.
4. As soon as the first player gets past the first defender, the next player in line will begin.
5. When the player reaches the opposite baseline, they will sprint to the other end and make a lay up and go to the back of the line.



Points of Emphasis

Continually tell your players to...

- Mix up the dribble moves you do at each defender.
- Keep the ball under control!
- Dribble with the correct hand (if you are on the left side of a defender, dribble with the left hand).
- Shoot the lay-up with the correct hand (left side = left hand).

Motivation / Teaching Tips

Tip #1 – Make your players perform this drill with their right hand and left hand.

Tip #2 – Remind your defenders to remain stationary, because these players will have a tendency to get a little more aggressive in their pursuit of the ball than they should.

Tip #3 – Make sure your players are keeping their dribble low at all times. If the players start dribbling the ball too high, it becomes much easier for a defender to steal the ball.

Tip #4 – If you have younger or lesser developed players, they should only perform a couple dribble moves. You could start out with crossovers and spin-moves.

Passing

Three on Three

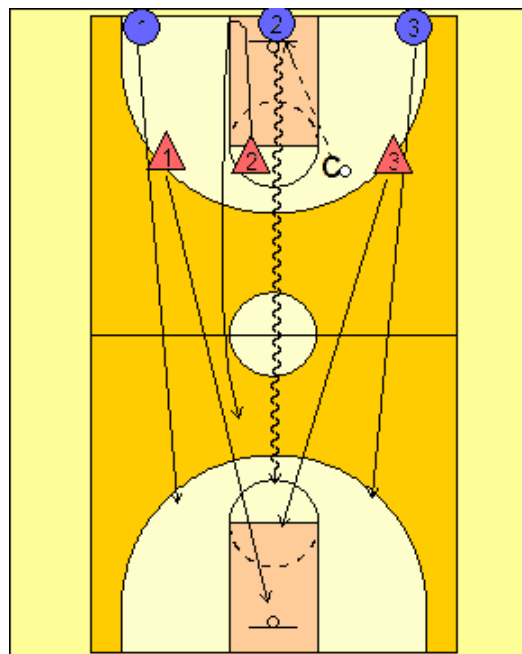
(Age Level – Elementary 2 +)

Drill Purpose

This drill will teach players how to handle the fast break both on the offensive and defensive end.

Instructions

1. Three offensive players will line up across the baseline, with three defensive players lined up directly in front of them at the free throw line.
2. The coach has the ball, and passes it to one of the offensive players on the baseline.
3. The player that is guarding the player that received the ball must sprint to the baseline. The other two defensive players sprint back and defend the developing fast break.
4. The defensive player that touched the baseline will run back on defense as well, but by this time will be trailing considerably. The offense should have their shot off by the time this defender gets back into position.



Points of Emphasis

Continually tell your players to...

- The offensive player should make the defensive player commit to him/her before passing the ball; if the defender never does, then a lay up should be no problem.
- Get the ball to the middle of the floor (if the coach passes it to one of the players not in the middle)

Motivation / Teaching Tips

Tip #1 – You can run this drill as a competition, with points being awarded for the offense and the defense. The first team to a predetermined number of points is the winner.

Tip #2 – Make sure the players understand that hustling back on defense is very important. They should never take a play off, otherwise that easy bucket they gave up could be the difference in the game.

Partner Pass with 1 Defender

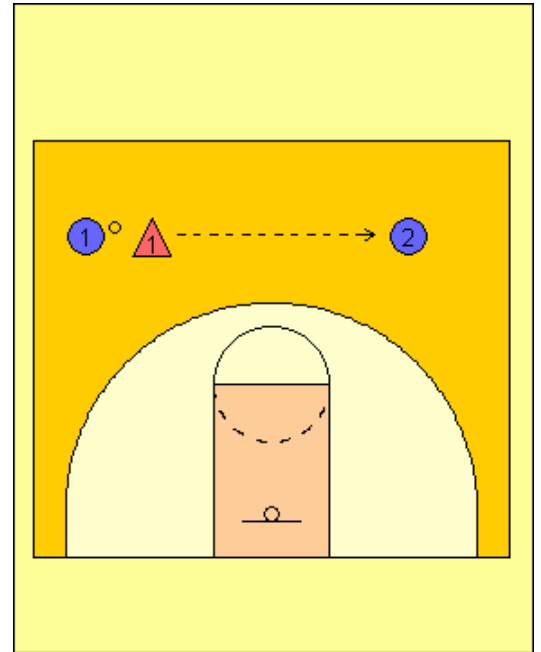
(Age Level - Elementary 2 +)

Drill Purpose

This drill will help with accuracy of passing and will force players to use ball-fakes. The defensive player improves hand-eye coordination trying to shield and deflect passes.

Instructions

1. Have two players about 12 to 15 feet apart facing each other.
2. A defender will be between the two players.
3. Have one of the offensive players start with the ball.
4. The defender harasses the offensive player by mirroring or shielding the ball.
5. Offensive player uses any sort of pass fake to get the ball to the other offensive player.
6. If the ball is tipped, offensive player who threw the ball goes to defense.



Points of Emphasis

- Pass-Fakes!!!! As the competition & age increases, a player who has not practiced pass fakes will constantly have their passes tipped and intercepted by defensive players. It is vital to a player's development to practice pass-fakes.
- Use your pivot to create space between you and the defender.

Motivation/ Teaching Tips

Tip #1 - Tell the players, if they want to be a good offensive player, they will need to practice pass-fakes. If they do not, they will not succeed as an offensive player.

Tip #2 - Make sure that the offensive player does not start attempting to pass the ball until the defender is guarding him. Otherwise, the two offensive players will continually pass it above his head, so the defensive player can not get set defensively.

Machine Gun Passing

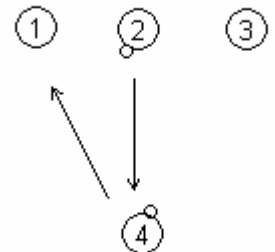
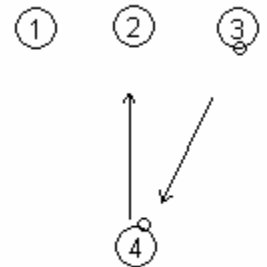
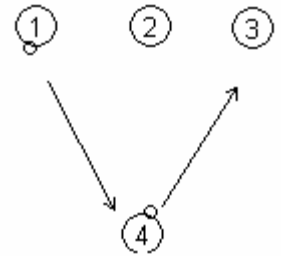
(Age Level - Elementary 2 +)

Drill Purpose

If you have players that have been dropping passes or if you just want to improve your passing and catching, this drill is perfect. It is great for improving hand-eye coordination (catching & passing).

Instructions

1. Form a line of 3 people next to each other.
2. They should be about 4 to 5 feet apart.
3. Have a 4th player stand about 12 to 15 ft away facing the other 3 players.
4. Player 4 starts out with a ball & Player 1 also has a ball
5. Player 4 passes the ball to Player 3
6. After Player 4 has released the ball, Player 1 passes the ball to Player 4.
7. Player 4 then passes the ball to Player 2, and simultaneously, Player 3 passes it to Player 4.
8. Then Player 4 passes the ball to Player 1. Simultaneously, Player 2 passes the ball to Player 4.
9. Then return to the position you were in step 1. Repeat the Process Over and Over.



Points of Emphasis

- You want to do this drill as quickly as possible. It really improves hand-eye coordination and the amount of time it takes a player to make a pass. Players really want to focus on doing quick SNAP-passes.

Motivation/ Teaching Tips

Tip #1 - Make sure the players are making accurate passes and not just flinging the ball everywhere. To add a competitive aspect, see who can make the most accurate passes within 20 seconds. Accurate means the ball is not above the head or below the waist and two feet to the right or left.

Tip #2 - This drill is best done with 4 players, because the players get confused with what person to throw the ball to when there is more than 4 players.

Tip #3 - The player who wins can be rewarded with no conditioning for the day, etc.

Four Corners Passing

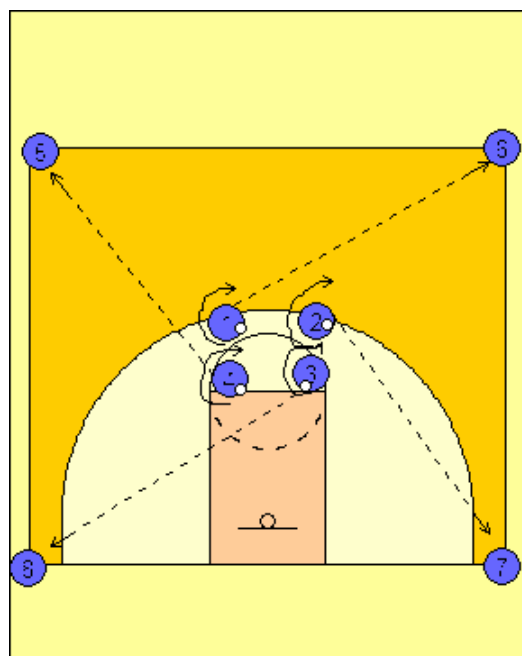
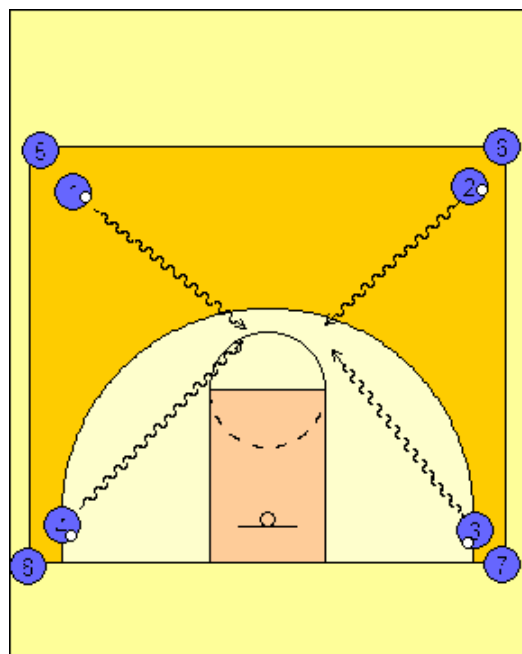
(Age Level – Junior High +)

Drill Purpose

This drill is designed to help your players develop great footwork while incorporating some passing into the drill.

Instructions

1. Have your players split up and go to all four corners of one half of the court.
2. Before the whistle, the coach will call out which pivot he/she wants (right, left).
3. On the whistle, the first player in each line will dribble a basketball towards the middle of that half of the court.
4. Then the players will execute the pivot the coach said to use.
5. After completing the pivot, the player should be facing one of the four corners. The player will then pass the ball to the next player in line and follow the pass to the back of that line.
6. Continue this drill until you feel it is being performed correctly. Ideally, the players will be in sync throughout the drill.



Points of Emphasis

Continually tell your players to...

- Make sure they are pivoting and not traveling. One foot must be planted at all times!
- Make a crisp pass to the next person in line – bounce pass or chest pass.

Motivation / Teaching Tips

Tip #1 – After the players get the hang of this drill, you could see how many passes they can make in 30 seconds to keep the drill competitive and fun. You can also see how long they can go without dropping the ball and reward the winning group.

Full Court Passing

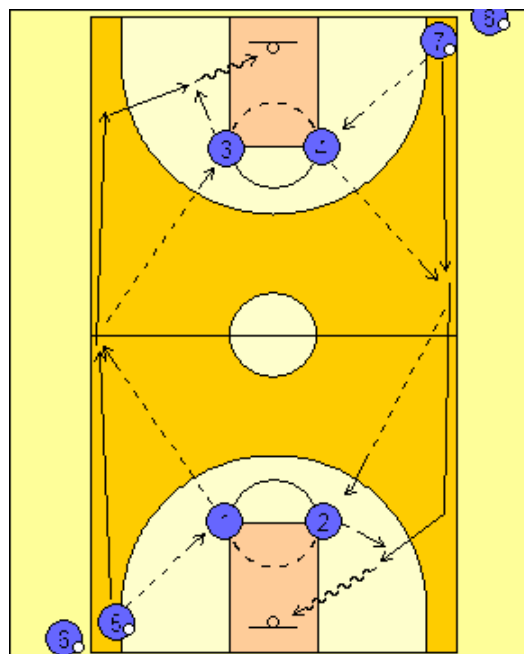
(Age Level – Junior High +)

Drill Purpose

This drill is designed to help your players control their passes even when running down the court at high speeds. If a player can make a pinpoint pass on the run, (s)he becomes a valuable asset to the team.

Instructions

1. Have your players line up as shown in the diagram. Four basketballs should be in play.
2. On the whistle, the first player in line with the ball will pass to the player on the elbow closest to him/her. While on the run, the player will receive the pass back from the elbow.
3. The player will then pass the ball to the next elbow in the sequence and receive a pass back from him/her. The player will then finish with a lay up.
4. The player should then rotate to the opposite sideline and start the drill again. Players from the elbow will rotate to be a passer after roughly one minute.
5. The next player in line should start the drill as soon as the player in front of him/her has reached half court.



Points of Emphasis

Continually tell your players to...

- Make sharp passes directly to the elbow player's chest.
- Refrain from dribbling
- Make the lay up with the correct hand.

Motivation / Teaching Tips

Tip #1 – Make sure your elbow players are doing a good job of leading the passer as (s)he's sprinting down the court. Forcing a player to stop his/her forward momentum can be the difference between an easy lay up and a broken fast break.

Tip #2 – Have your elbow passers mix up the way they pass the ball to their teammate. Throw a chest pass one time, a lob pass the next, a bounce pass the next, etc.

Tip #3 – If you have enough numbers, this could be turned into a race, the winner being the first group to finish the drill *correctly* (lay up made) one time through. This will force the players to run the drill harder, thus getting some conditioning in as well.

Lane Pressure Passing

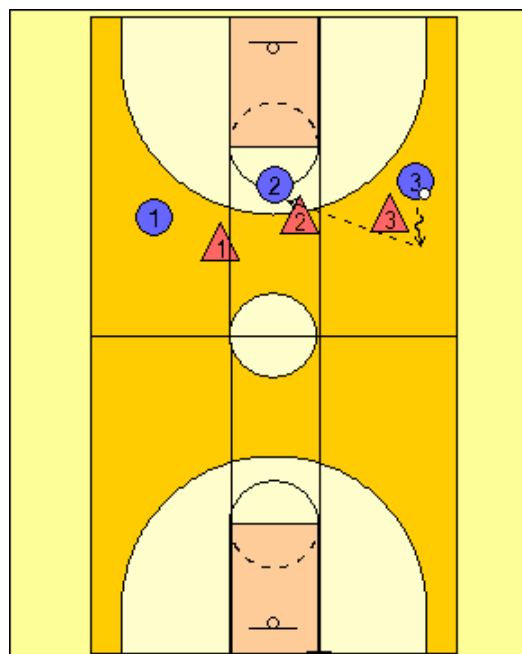
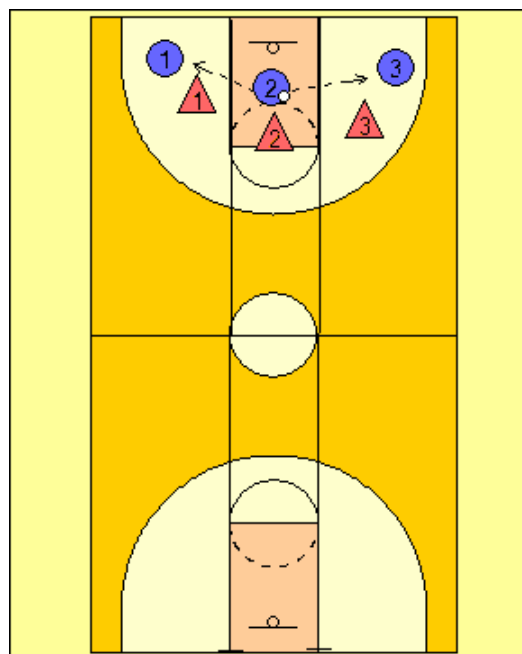
(Age Level – Junior High +)

Drill Purpose

This drill is designed to help your players break a full-court press. It will teach them to always meet their pass, reduce turnovers, and how to get open without the ball.

Instructions

1. This is a full court drill with three offensive players and three defensive players. The defense will be playing man to man defense, and the object of the offense is to advance the ball down the court and break the press.
2. The court will be divided into thirds, and each offensive player may only remain in one section of the court throughout the drill.
3. The player in the middle will start with the ball, and the offense will try to advance the ball against the defense by passing it back and forth to one another.
4. When an offensive player receives a pass, (s)he is only allowed to take one dribble before passing it again. The defense will be trying to steal the ball at all times. No skip/lob passes are allowed for players on the wing.
5. Continue this until a turnover is committed or the offense makes it past half court.
6. Rotate offense and defense and begin again.



Points of Emphasis

Continually tell your players to...

- Move the ball quickly so the defense doesn't have time to adjust and get a hand in the passing lane!
- Make sharp cuts, both v cuts and backdoor cuts to create space between them and the defender.
- Make sure they are coming to the ball as it is being delivered – if they aren't aggressive, the defender will have time to get a hand in the passing lane and deflect the ball.

Motivation / Teaching Tips

Tip #1 – In a game situation, players will only have 10 seconds to get the ball past the half court line. Instill a little extra sense of urgency in your offensive players by counting to 10 during the drill.

Tip #2 – Feel free to let the players attempt to make a lay up or short jumper after the press has been broken. However, it doesn't do a whole lot of good to let the drill extend an extra 30 seconds while the players are looking for a quality shot – make some sort of cutoff point where you whistle the play dead and start over again.

Tip #3 – If you choose to implement tip #2, a scoring system in which the offense gets a point for a made basket and the defense gets a point for forcing a turnover is always an option that can make the drill more fun and competitive.

Defense & Agility

Musical Slide

(Age Level - Elementary 1 +)

Drill Purpose

This drill will teach players the proper defensive stance and improve their lateral quickness, which will increase their ability to shut down their opponent.

Instructions

1. Place 2 chairs 15 feet apart, and have a player sit in one of them.
2. On the whistle, have the player raise their rear end up about 3 inches above the seat of the chair, and do a defensive slide to the other chair. Make sure the player's arms are extended.
3. Once the players understand this concept, set a group of chairs up in a large circle, the amount of chairs should be one less than the total amount of players. (12 Players, 11 Chairs)
4. Have the players gather in a circle around the chairs, and let them know that when the music starts, they are to slide in a circle until the music stops, and then find a chair to sit in.
5. With this process, one player will be eliminated. In between the music, the coach should remove one chair from the circle. Eventually, one person will be left and shall be declared the winner.

Points of Emphasis

Continually tell your players to...

- Keep their defensive stance low to the ground – 3 inches means 3 inches!
- Move quickly, but don't let their feet click together when sliding
- Keep the pushing and shoving to a minimum in the musical chairs game.
- Always maintain proper form (feet wide, low base, don't let feet come together).

Motivation / Teaching Tips

Tip #1 – If you want to combine conditioning with the defense in this drill, have the players that are eliminated from the musical chairs game do a number of wind sprints after they're eliminated.

Tip #2 – At the beginning of the drill before the musical chairs, the two chairs can be closer or further than 15 feet apart. 15 feet is just a guideline.

Tip #3 – During the music in musical chairs, you could designate a whistle blow to mean that the players must rotate in the opposite direction. It will keep the players from getting bored from moving in one direction.

Defensive Slide

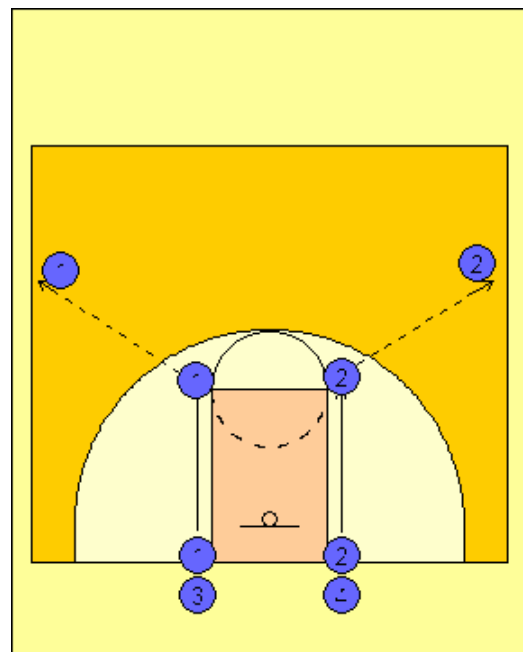
(Age Level - Elementary 1 +)

Drill Purpose

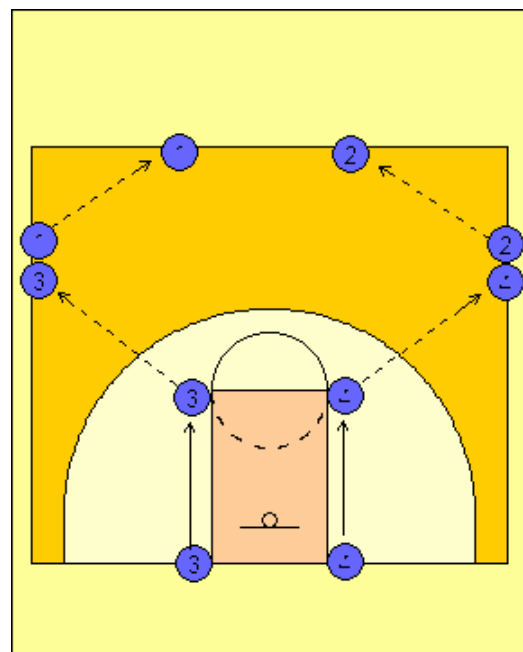
This drill will improve defensive form and quickness.

Instructions

1. Have the desired number of players line up on opposite sides of the lane, with the same number of players in each lane, if possible.
2. When the whistle blows, the first player in each line will sprint to the free throw line and make a 180 degree turn, thus facing the baseline. He/she will then do foot fires (tap his/her feet in place) as fast as possible until the whistle is blown again.



3. When the whistle is blown again, the first group will slide to the sideline closest to them. The second group will repeat what the first group did in step 2.
4. The whistle is blown again, and the first group will slide to the mid-court line. The second group will repeat what group 1 did in step 3, and group 3 will do what group 2 did in step 3.
5. Repeat this process until all groups have arrived at the mid-court line, and then start all over again if deemed necessary.



Points of Emphasis

Continually tell your players to...

- Keep their head up when sliding.
- Keep their arms out when sliding.
- Avoid clicking their feet together when sliding.
- Work on defensive form first, and once technique is correct, then worry about speed.

Motivation / Teaching Tips

Tip #1 – This is not a competition, so let your kids know that form is much more important than speed initially.

Tip #2 – Let your players know that defense is just as important as scoring baskets, and a good defender is just as valuable to the team as a good scorer.

Lane Slides

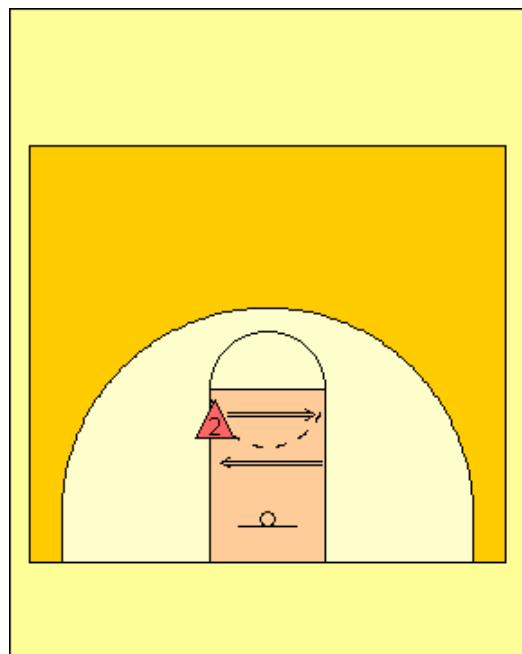
(Age Level - Elementary 1 +)

Drill Purpose

This drill tremendously improves your lateral quickness and speed defensively. It's a great way to improve your man-to-man defensive skills at practice or by yourself.

Instructions

1. You start with your outside foot touching the line anywhere from the block to the elbow in the free-throw lane.
2. Get into a defensive stance
3. Then, slide across the lane and touch the opposite line with your outside foot.
4. Once you touch the opposite line, slide back and touch the line where you started.
5. You should do this as quickly as possible for 20-30 seconds.



Points of Emphasis

- Maintain a good defensive stance (butt low, on balls of feet, legs slightly wider than shoulder width apart, knees bent, back bent slightly forward).
- Slide as quickly as possible
- Do not click heels, feet should never cross
- Do not bob up and down; head should stay on a level plane

Motivation/Teaching Tips

Tip #1 - A reoccurring theme in these drills is to keep them as competitive as possible. If you are going to do this in practice, you could have each player go for 20-30 seconds and see who can do the most repetitions.

Tip #2 - To keep players from crossing their feet or clicking their heels, you tell them that the lead foot (if you're sliding to the right, your right foot would be the lead foot) is in a race with the back foot. You never want the back foot to catch the front foot. Let them know, they still want to push off the back foot for power.

Tip #3 - At first, the proper defensive stance will feel awkward for most players. You could start out doing lane slides at 50% speed or 75% speed until they become more accustomed to the defensive stance.

One on One

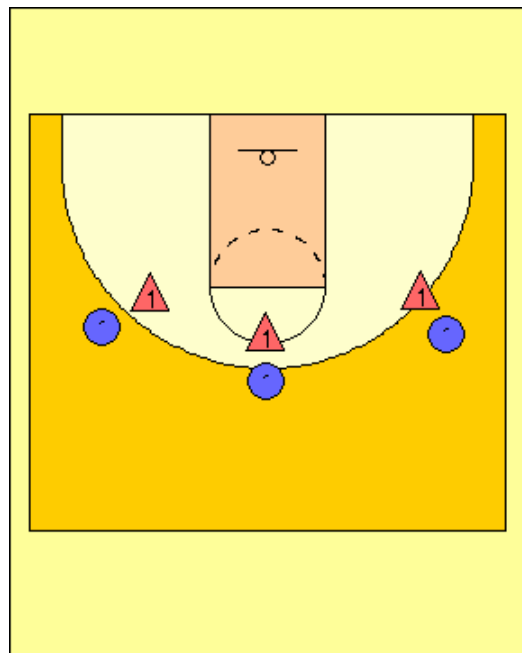
(Age Level - Elementary 1 +)

Drill Purpose

This drill is beneficial for both the offensive & defensive players. It is designed to teach offensive players how to elude defenders with the dribble, while teaching defenders how to guard good ball handlers. Both of these are vital to a team's success.

Instructions

1. Match up an offensive and defensive player at the top of the key or the wing. It is safe to have up to three groups of two on one half of the court, as is shown in the diagram.
2. Each offensive player will be holding a ball, and on the whistle will try to shake off the defender with one or more dribble moves. The defender will try to maintain good defensive position and prevent the offensive player from getting by.
3. Rotate positions every few repetitions.



Points of Emphasis

Continually tell your players to...

- Keep their dribble low & protect the ball so the defender can't get a hand in and knock the ball away.
- Watch the offensive player's midsection while on defense – watching the ball will only get the defensive player in trouble.
- Keep their hands out while on defense. This makes the defender appear to be much wider than (s)he really is.

Motivation / Teaching Tips

Tip #1 – You can give your offensive players the option to go for a lay up if the player eludes the defensive player. If you choose to do this, you may not want to have three groups doing the drill on one half of the court.

Tip #2 – You can turn this drill into a competition, with points being rewarded for a basket and for defensive stops.

Fresno Drill

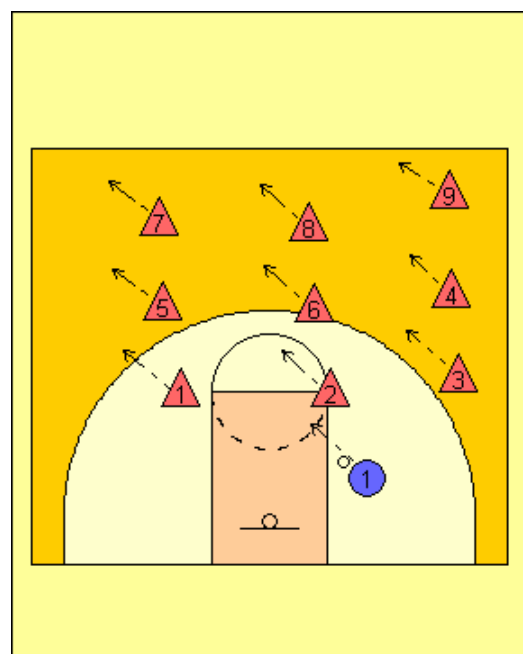
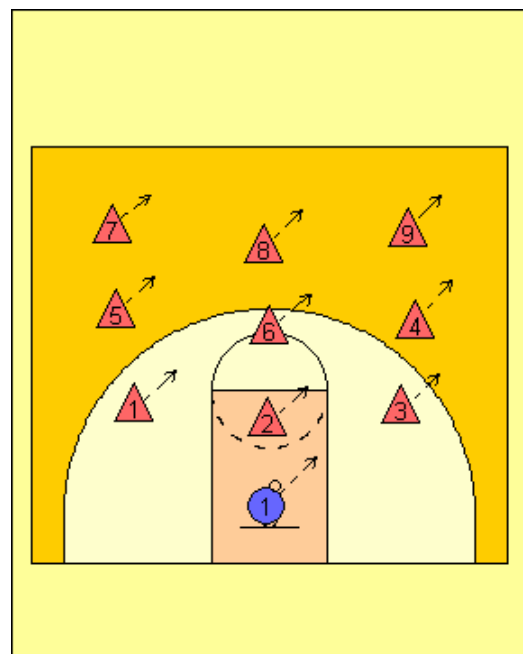
(Age Level - Elementary 1 +)

Drill Purpose

This drill is fantastic with the fundamentals for on-ball defense, and communication.

Instructions

1. The players will spread across the court (enough space so they can slide). The players will want to be facing you. You (Coach) want to be positioned underneath a goal. So, there is plenty of room for the players to slide down the court.
2. The Coach (You) will want to have a ball
3. The Coach slaps the ball.
4. Players will yell, "Ball."
5. Coach dribbles the ball with his right-hand. At a 45° angle towards the players.
6. The players do a defensive drop-step with their left foot and slide to their left with the Coach as if they were guarding him.
7. Coach crosses over to his left-hand.
8. Players do a defensive drop-step with their right foot and slide to their right.
9. Coach picks up the ball.
10. Players jump-forward and yell "dead, dead" "ball, ball." Choose whatever you feel is appropriate.
11. Coach takes a step towards the players.
12. Players yell "UHHHH!" and fall backwards as if they took a charge.
13. Repeat the drill a few more times.



Points of Emphasis

- Make sure that the players are yelling “Ball” and “Dead, Dead,” etc. This is practiced for game-like situations when the crowd is noisy and they need their teammates to hear them.
- Make sure they are also using the proper defensive technique.

Motivation/Teaching Tips

Tip #1 - You could tell them that major college basketball programs and pro teams still practice this drill.

Variations

Before Step 3, you could have the players start out with a foot-fire (while in a defensive stance, moving their feet as quickly as possible while on their fronts of their feet)

Also, when you pick up your dribble, the players could shield or mirror the ball with their hands. (ex: If you have the ball on your right-side, the player should have his right-hand straight up, and his left-hand shielding the ball).

Recovery Drill

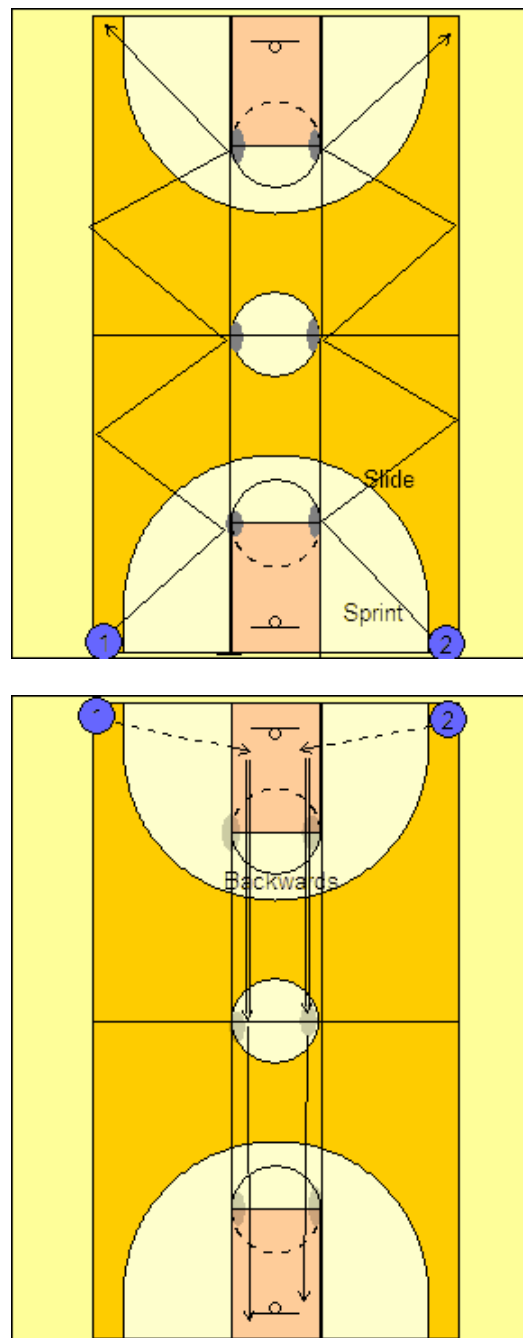
(Age Level - Elementary 1 +)

Drill Purpose

This drill is designed to build defensive speed, helping your team recover quickly and stop the offense from getting an easy bucket. An indirect benefit from this drill is getting your players in better physical condition.

Instructions

1. Divide the court into three lanes, positioning cones on each side of both free throw lines and the mid court line.
2. Players will be positioned on the corners of baseline, and on the whistle, the first player in each line will sprint to the first cone.
3. Once this player reaches the first cone, the next in line may proceed.
4. When the players reach the first cone, they will slide to the sideline, ending half way between the first and second cones. They will then repeat this process until they reach the other baseline.
5. Once the players have reached the far end of the court, they will go to the center lane (in between the cones) and run backwards to half court.
6. Once to half court, they will turn around and sprint back to the opposite line they started in.



Points of Emphasis

Continually tell your players to...

- Stay low when in their defensive stance
- Keep their feet from clicking together when sliding
- Pretend there is an offensive player trying to get by them
- When sliding, back pivot each time you reach the line and change directions.

Motivation / Teaching Tips

Tip #1 – Make sure that everyone is running this drill at full speed. Being able to recover on defense can prevent a lot of easy scoring opportunities for the offense, so make sure your team knows that this drill is one of the keys to winning basketball games.

Tip #2 – Feel free to turn this drill into a competition, but penalties for incorrect form may be necessary to keep your team from cheating.

Forward Denial

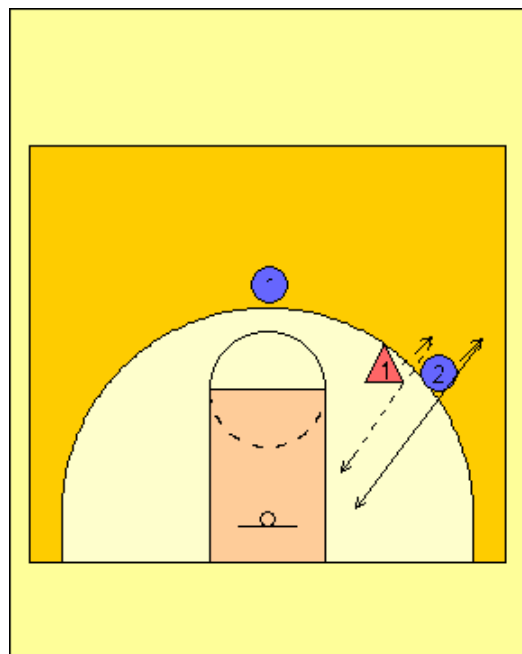
(Age Level - Elementary 2 +)

Drill Purpose

This drill is designed to put pressure on the offense and create fast break opportunities for your team. Denying the passing lane will force the opposition into turnovers and lead to very easy points.

Instructions

1. Position an offensive player at the top of the key and on the wing. Have the defensive guard the wing player. The basketball should be in the hands of the player at the top of the key.
2. Ideally, the defender will be in a position where his/her hand is in the passing lane, and he/she can see the ball and the opponent at the same time.
3. When the whistle blows, the player on the wing will attempt to make cuts (v-cuts and backdoor cuts) to free him/her self from the defender. The player with the ball will attempt a pass to the wing player.
4. Repeat this process for a few repetitions, and then rotate the players.



Points of Emphasis

Continually tell your players to...

- See the ball and the player he/she is defending at the same time
- Keep their hand in the passing lane
- Don't over commit, opening up a backdoor cut for the opposition
- Work hard to get open with the v-cuts and the backdoor cuts – make the defender earn his/her keep!
- Make sure that passes are crisp and not lazy
- Maintain your defense stance when denying the ball. In other words, do NOT run forward and backwards.

Motivation / Teaching Tips

Tip #1 – Make sure that everyone is running this drill at full speed. The passer should make crisp bounce or chest passes, the cutter should make sharp cuts and work hard to get open, and the defender should work hard to stay between his/her player and the ball.

Tip #2 – You might need to show the players how to maintain a defense stance when denying the ball. Using your defensive slide (versus running forward and backwards) is much easier and allows you to maintain good balance. It usually takes a few attempts for the player to figure out that this actually works much better but keep on them to do it right.

Tip #3 – Let the wing player go in for a lay up if he/she makes a good backdoor cut to free him/her self up. It slows the drill down a bit, but rewards the offensive player for working hard.

Complete Man to Man

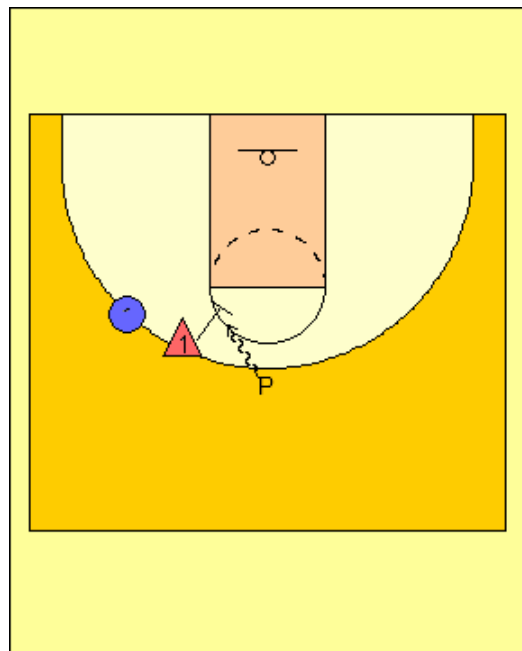
(Age Level – Junior High +)

Drill Purpose

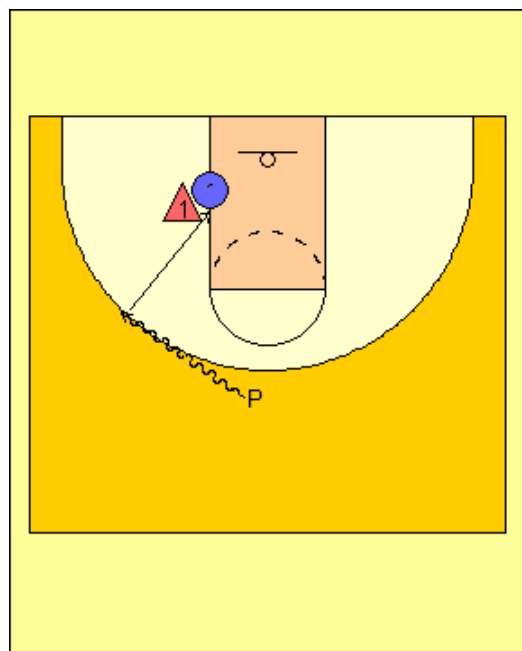
This drill will help players develop good defensive habits so they're always in the right position for almost any man to man situation they will encounter on defense.

Instructions

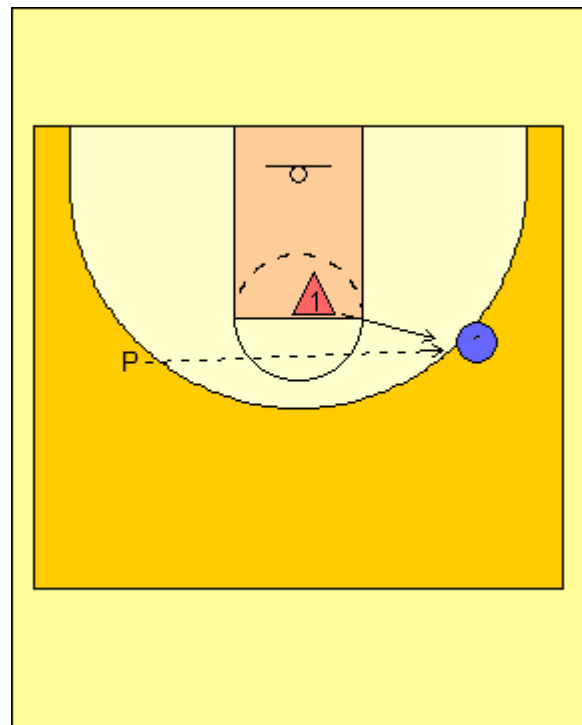
1. You will put your players in many different situations in this drill. You should spend a few seconds for each situation to make sure the defender is in the proper position. The first situation will be defending the passing lane and helping out with penetration, shown in diagram 1.



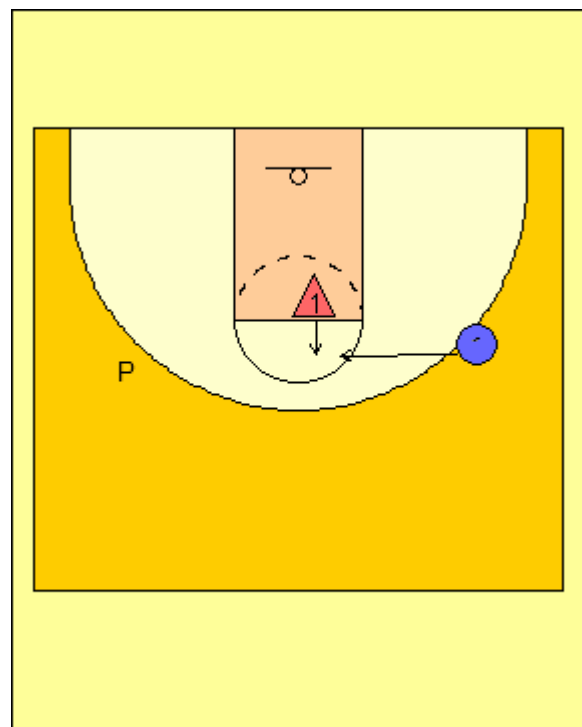
2. Next, the wing offensive player will go down to the post as the point guard dribbles to the wing, and the defender can work on post defense, as shown in diagram 2.



3. The offensive player will then rotate to the other wing, and the defender can work on seeing his/her player and the ball. The ball handler will then throw a skip pass to the offensive player and the defensive player will close out and defend the ball. This is shown in diagram 3.



4. Finally, the offensive player will pass the ball back to the point guard from the wing, and will make a flash cut to the middle. The defender will deny the pass. This is diagram 4.



Points of Emphasis

Continually tell your players to...

- See their player and the ball at all times.
- Get a hand in the passing lane if only one pass away.
- Maintain a good defensive position with knees bent.
- Make sure the defensive player is always in the right position!

Motivation / Teaching Tips

Tip #1 – This is a great skeleton drill for your players, but the real test is how they handle these situations when there are more than just three players on the court.

Tip #2 – Make sure to have the person handling the ball to fake penetration a few times, so you can determine that the defensive player is watching the player he is guarding and the person who has the ball.

Close Out

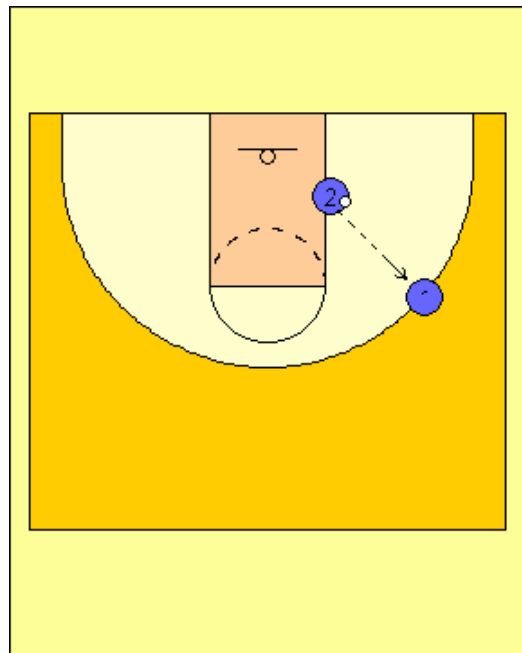
(Age Level – Junior High +)

Drill Purpose

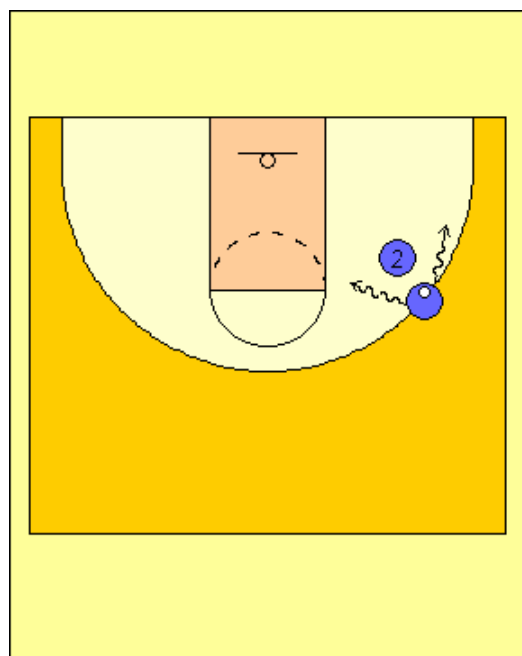
This drill is designed to teach players how to close out on the offensive player, so the offensive player does not explode past them.

Instructions

1. The defensive player will start out on the block with the ball, and then pass the ball to the offensive player on the wing.
2. The defensive player will sprint halfway to the offensive player and then break down into a defensive slide.
3. The offensive player will fake a shot, and then bring the ball down. The defensive player will have his/her arms raised to contest the shot. If the offensive player is left-handed, the defensive player will raise his right hand to defend the shot, and extend their left hand out to defend the pass or dribble.



4. At this point, the offensive player will dribble twice to one side or the other, and the defensive player's goal is to prevent the player from getting by.
5. Rotate every two or three repetitions.



Points of Emphasis

Continually tell your players to...

- Close out on the offensive player as fast as they can, yet under control, because if they close out too fast, the offensive player will explode right by them
- Use their arms to your advantage on defense – put them up when contesting a shot, and out when defending against the dribble.
- Take the two dribbles at game speed and work hard to get by the defender.

Motivation / Teaching Tips

Tip #1 – You can turn this drill into a 1 on 1 game if you want to have a little more fun with it. Instead of just taking two dribbles to one side or the other, let the offensive player try to score on the defender.

Tip #2 – To keep the defensive player honest, you can allow the offensive player to shoot the ball instead of just fake it. This will teach the defender to keep his/her hands up when contesting a shot.

Tip #3 – This drill doesn't have to be done from the wing – it can be done from anywhere on the court.

Transition D

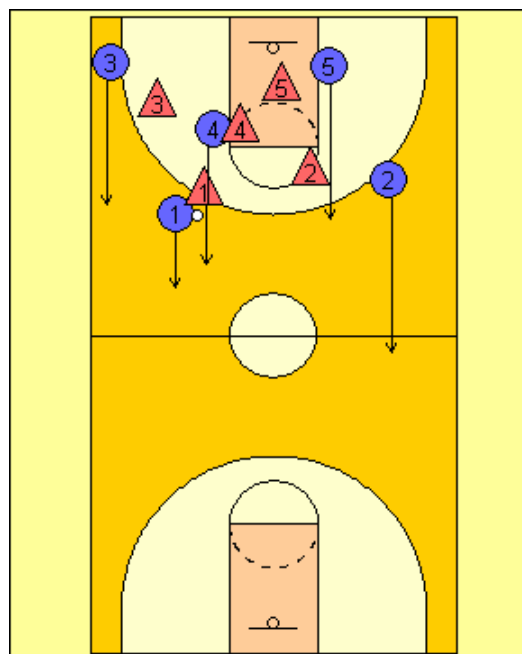
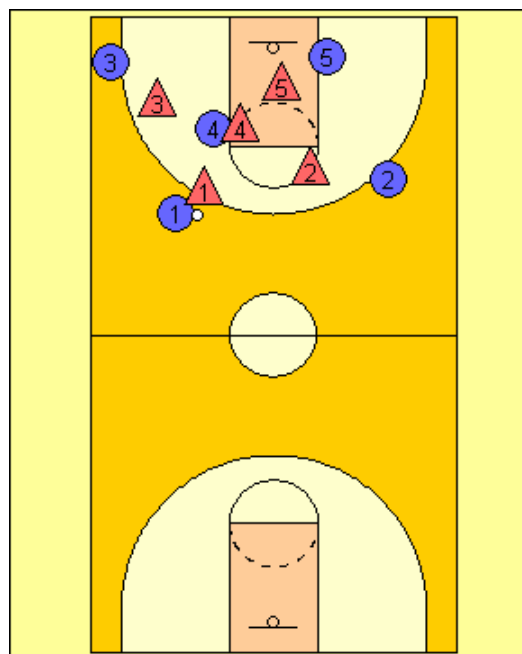
(Age Level – Junior High +)

Drill Purpose

This drill is designed to help your team recover quickly after a turnover or made basket and prevent fast break points.

Instructions

1. Divide your squad into teams of five.
2. When the coach blows the whistle, the offensive player with the ball will set the ball down. This will be treated as a turnover, and the offense will have to hustle back to play defense.
3. The defender closest to the ball will pick it up and get it to the point guard. The point guard will push the ball up the court and try to get a quick fast break basket.
4. If a basket is scored, play it like a regular game. If not, set up the offense and repeat the first three steps.



Points of Emphasis

Continually tell your players to...

- Keep sight of the player they are guarding.
- Make the extra pass to get an easier shot.
- The defense should always stop the ball.
- The defense should always sprint back to the lane and then locate their man.
- Talk on defense – call out the person you are guarding.

Motivation / Teaching Tips

Tip #1 – Vary locations of your turnovers so the team can practice for all types of transition defense.

Tip #2 – You'll probably want to require your players to always guard someone different when the ball is put down. This will better simulate game situations and force players to talk on defense.

Twelve Game Defensive Drill

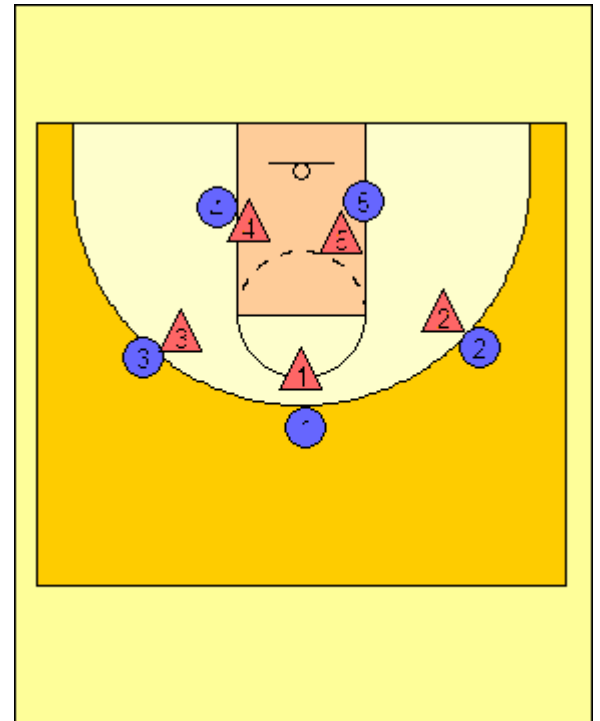
(Age Level – Junior High +)

Drill Purpose

This is a competitive drill that will help your defense get more deflections, take more charges, and force more turnovers.

Instructions

1. This is played just like a regular five on five game, but the scoring and possession rules are a little bit different.
2. Two points are awarded for a two point basket, three points are awarded for a three point basket, and one point is awarded for being fouled by the defense.
3. On defense, one point is awarded for deflection of a pass, rebound, steal, and forcing a turnover. Two points are awarded for taking a charge.
4. If the offense scores a basket, they retain possession of the ball. However, if the defense forces a turnover or gets a rebound, offense and defense will switch.
5. Continue this game until one team reaches twelve points.



Points of Emphasis

Continually tell your players to...

- Take good shots
- Make crisp passes
- Keep a hand in the passing lane
- On defense, be able to see your man and the ball at all times.
- If you want to win, take lots of charges and get lots of deflections!

Motivation / Teaching Tips

Tip #1 – The game could get a little rough without referees, so assign a player not in the game to referee, or just do it yourself.

Tip #2 – If you have enough coaches and players, this can be played on both ends of a court, as long as there is supervision at each end.

Double Trouble

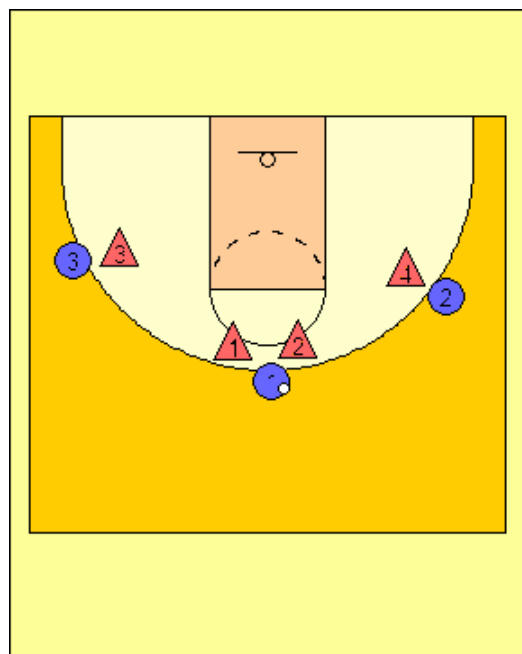
(Age Level – Junior High +)

Drill Purpose

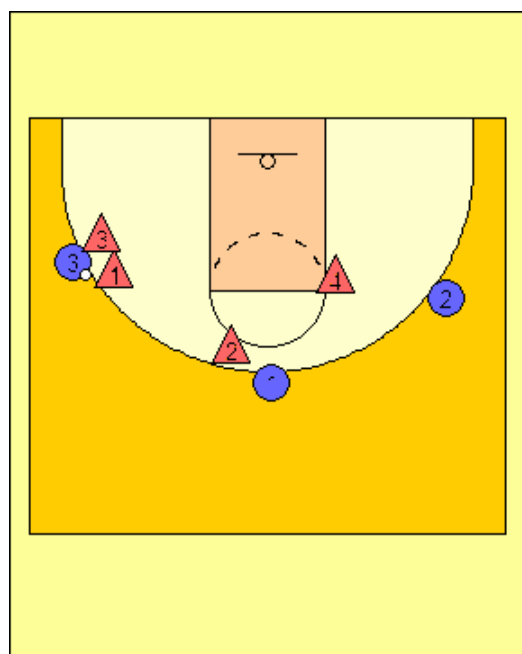
This drill is designed to put pressure on the basketball, helping the defense learn how to create turnovers, and teaching the offense to move the ball quickly to avoid pressure.

Instructions

1. This drill will only take up one half of the court, so you can have two sets of this drill running at the same time.
2. The defensive players will outnumber the offensive players by one. The extra defensive player can double-team and trap the player with the ball.



3. The object of the drill is to be the first team to get to six points. Each basket the offense makes is worth two points, and the defense receives two points for each defensive stop.
4. After a predetermined amount of turnovers, points, defensive stops, etc. the offense and defense should switch, so everyone gets a chance to be on both offense and defense.



Points of Emphasis

Continually tell your players to...

- Put pressure on the ball handler.
- Move the ball quickly –don't give the defenders time to double team you.
- Work for a good shot – don't take 25 foot jump shots!

Motivation / Teaching Tips

Tip #1 – If you run the drill on both sides of the court, the competition to get to six points doesn't just have to be with each half of the court; it can be with all four teams that are participating.

Tip #2 – If the offense is succeeding more than you feel they should, putting another defensive player on the floor is always an option, and the offense will be challenged that much more.

Post Double Down

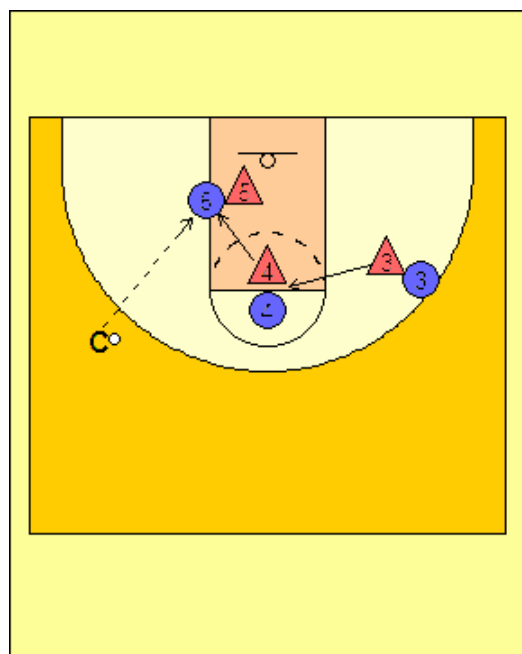
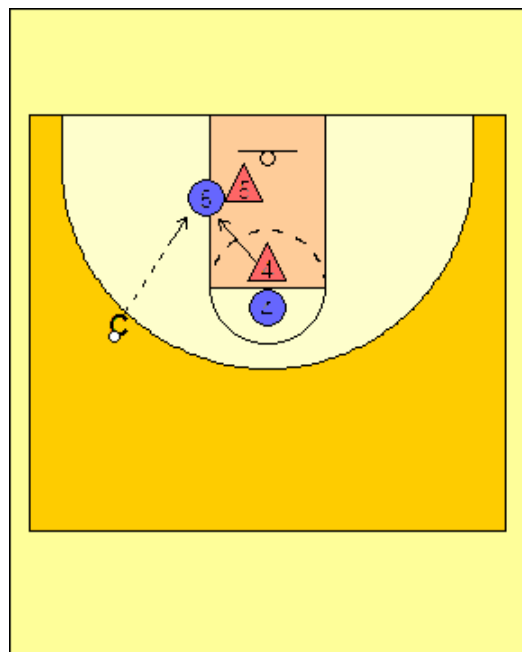
(Age Level – Junior High +)

Drill Purpose

This drill will teach players how to properly double down on the post player.

Instructions

1. The coach (or a player) will start on the wing with the basketball.
2. An offensive and defensive player will be located on both the block and the free throw line.
3. Another offensive and defensive player will be located on the opposite wing of the coach (optional).
4. The coach (or player) will throw the ball to the offensive player on the block.
5. Then the defensive player at the free throw line will come down and double team the post player.
6. If you choose to have the offensive and defensive player on the opposite wing, the defensive player will then rotate and guard the offensive player at the free throw line, taking over the spot that was vacated by the double-team.
7. Repeat and rotate at your discretion.



Points of Emphasis

Continually tell your players to...

- The double team should be very quick, so the post player does not have time to react and forces a turnover.
- Stay in a good defensive stance at all times.
- Harass the offensive post player, but don't commit a foul in the process – BE SMART!

Motivation / Teaching Tips

Tip #1 – Run this drill as a walkthrough first so players can see the reason for this drill. Then, slowly pick up the speed until the drill can be run at full speed.

Tip #2 – You may want to start without the opposite wing players initially, and then build up to the more complicated version of this drill, depending on your players' skill level

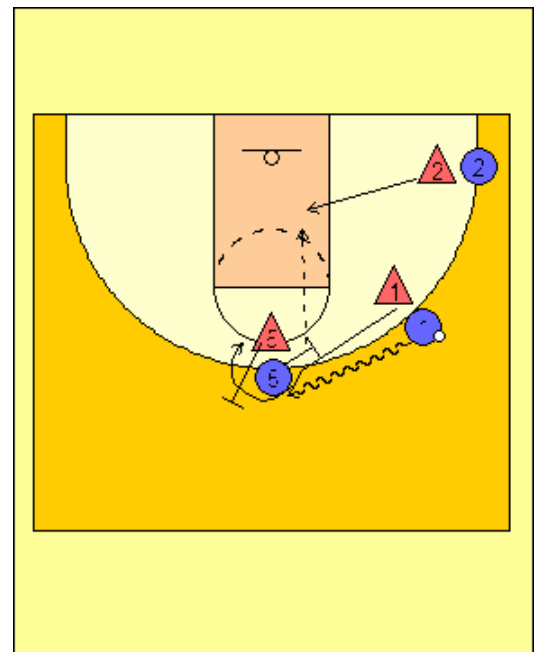
(Age Level – Junior High +)

This drill is designed to teach your defensive players what to do in the event of a screen.

1. There will be 3 offensive and 3 defensive players, one group at the top of the key, another on the wing, and the final group in the corner.
2. For the first half of the drill, the point guard on the wing will dribble towards the corner, and the offensive player that is currently in the corner will come up and screen the defensive player.
3. The defensive player has a few options when attempting to avoid this screen:

(s)he can slide in between the screener and the ball handler, or (s)he can go around the screen and take the long route back to the ball handler.

- [illegible]



Points of Emphasis

Continually tell your players to...

- Set solid, stationary screens
- Run as close to the screener as possible when handling the ball – this will make it much harder for the defense to slip between you and the screener.
- Mix up where the pass goes in the second half of the drill.
- Talk with each other! Let each other know when a screen is coming and when a defensive switch is in order!

Motivation / Teaching Tips

Tip #1 – Run this drill from the left hand side of the court as well so players can adjust to both sides of the court.

Tip #2 – Communication between defenders when dealing with a screen is vital in success of the drill. Make sure your players are yelling out “Switch!” or “Screen Coming!” every time the situation comes up. Communication can also prevent injury, because running into a screen at full speed can be very dangerous.

Tip #3 – Defense involves every player on the court. It only takes one player to make a defense break down to give up an easy basket! So, make sure that the players are doing this drill and all other defensive drills correctly.

Tip #4 – Try to be consistent teaching how you want to defend the screen. Teach your players to either switch on the screen or fight through it. That way, less confusion will occur between defenders.

Flash Pass

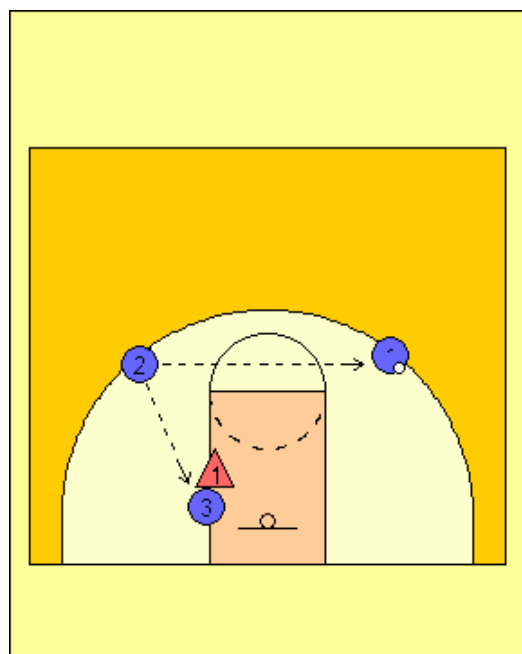
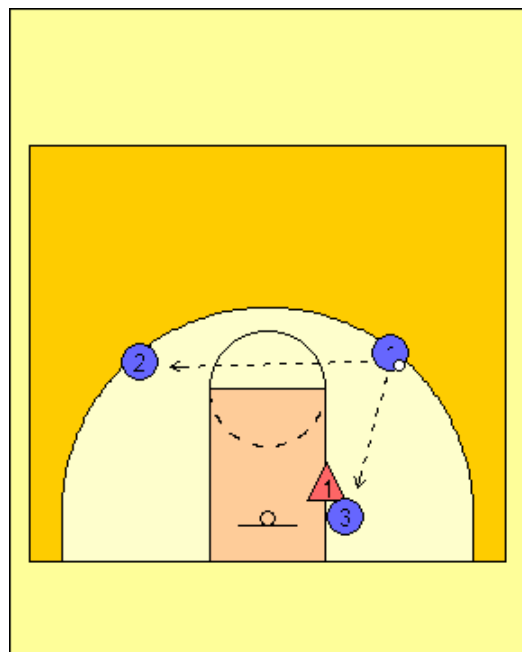
(Age Level – Junior High +)

Drill Purpose

This drill is designed to deny the low post pass and keep the ball out of the paint.

Instructions

1. For this drill, there will be three offensive players and a defensive player. Two offensive players will be on each wing, and the other offensive player will be in the post.
2. The defender should be positioned so that his/her back is almost to the ball. Ideally, the defender will be in a position where his/her hand is in the passing lane, and he/she can see the ball and the opponent at the same time.
3. When the whistle blows, the player on the wing will attempt to make a pass to the player in the post.
4. The defender will try to deny this pass by keeping his/her hand in the passing lane, moving with the player (s)he is defending.
5. If the wing player can't make the pass, then (s)he will pass the ball to the other wing, and the post player will flash across the lane and attempt to receive a pass from the other wing. Again, the defender will try to deny the pass, maintaining position between the post player and the ball.
6. This process will continue for a few repetitions, and then players should rotate.



Points of Emphasis

Continually tell your players to...

- See the ball and the player he/she is defending at the same time.
- Keep their hand in the passing lane
- Don't over commit, otherwise, this will open up a backdoor cut for the opposition

Motivation / Teaching Tips

Tip #1 – Let the player at the top of the key make some cuts to make sure that the defender can see the man and the ball at the same time. Make the cuts deliberate at first, and then, once the player gets the hang of it, run those cuts at game speed.

Transition

Three-on-Two, Two-on-One Break

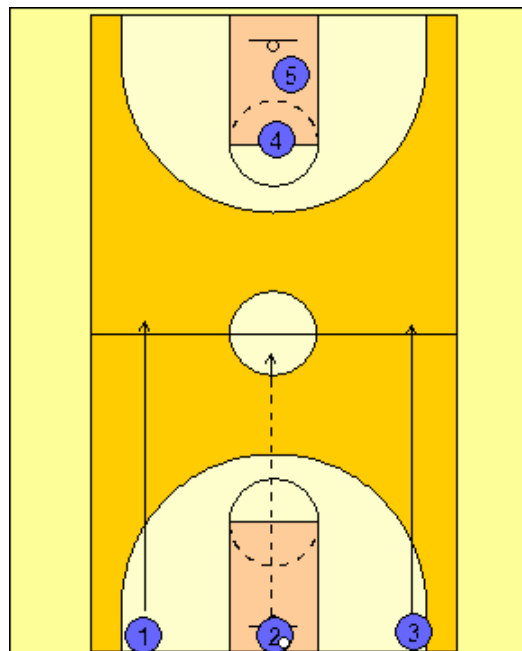
(Age Level - Elementary 2 +)

Drill Purpose

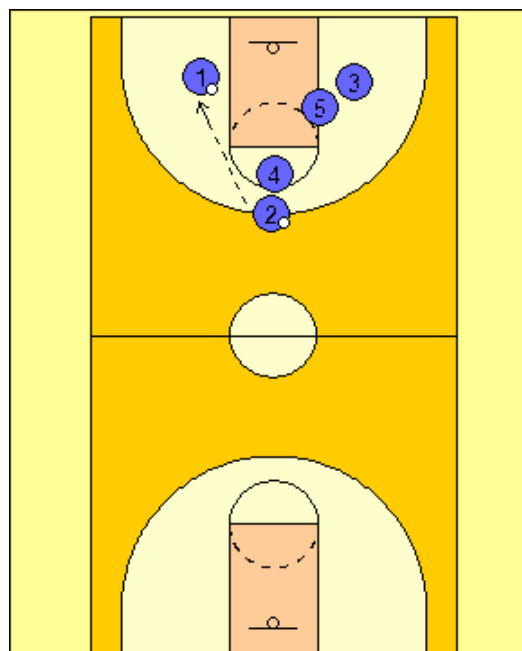
This drill is designed to teach players how to take advantage on the fast break, creating easy baskets for themselves and their other teammates.

Instructions

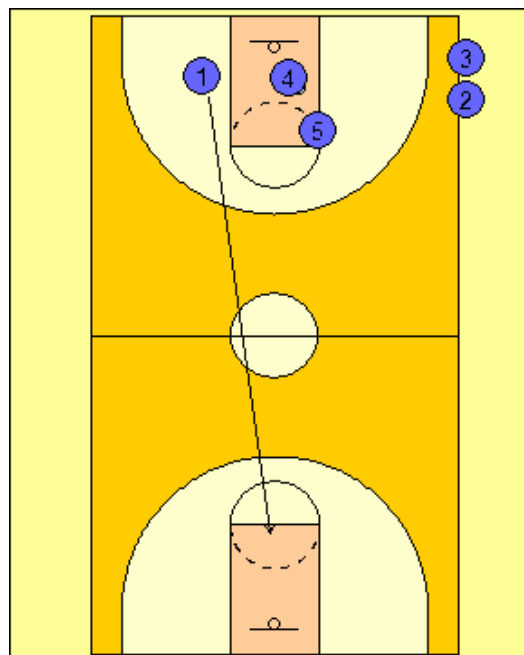
1. Put two of your players at one end of the court, and the other three at the opposite end. The group of three should have a basketball.
2. On the whistle, the player with the ball will start dribbling towards the defense, and the other two offensive players will sprint ahead of the dribbler, spreading out on each side.



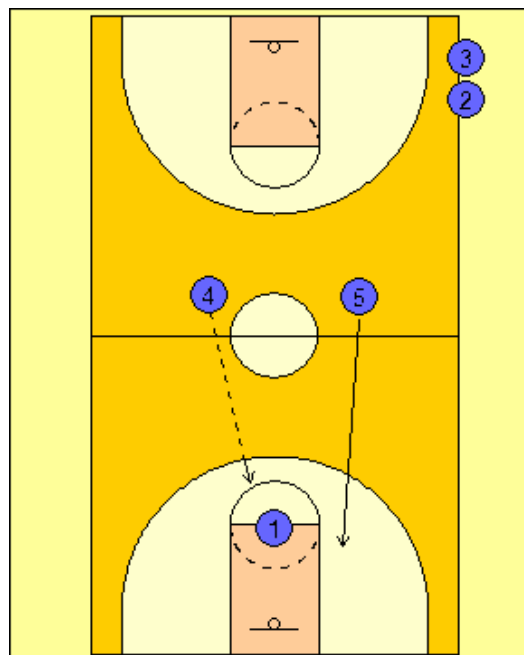
3. The player with the ball will dribble until one of the defenders commit to them.
4. They will then pass the ball to one of the open offensive players on either side, and, ideally, a layup will ensue. If an extra pass is needed, tell your players to make that pass.



5. The player who either takes the shot (make or miss), or turns the ball over will sprint back to the other end of the court and play defense.



6. The two original defenders will become offensive players and execute a two on one break.
7. Continue this drill with groups of five players until lay ups are being made with regularity.



Points of Emphasis

Continually tell your players to...

- Make a defender commit to you before passing.
- Look up while dribbling; see the floor.
- Take care of the ball – no turnovers!

Motivation / Teaching Tips

Tip #1 – Keeping the ball under control is vital in making this drill go successfully; continue to tell your players that staying under control is just as important as making the lay up at the other end.

Tip #2 – All young players want to shoot the ball and score a lot of points, but it is important for them to know that being unselfish is a key to making a fast break go successfully.

Tip #3 – A variation I like to include is:

No dribbling throughout the drill at first, then progress to dribbling once the players reach half-court. It helps break the habit of catching and instantly dribbling. After catching the ball, it emphasizes seeing the defense, and reacting to what is given to them.

Free Press: Spin Dribble Out

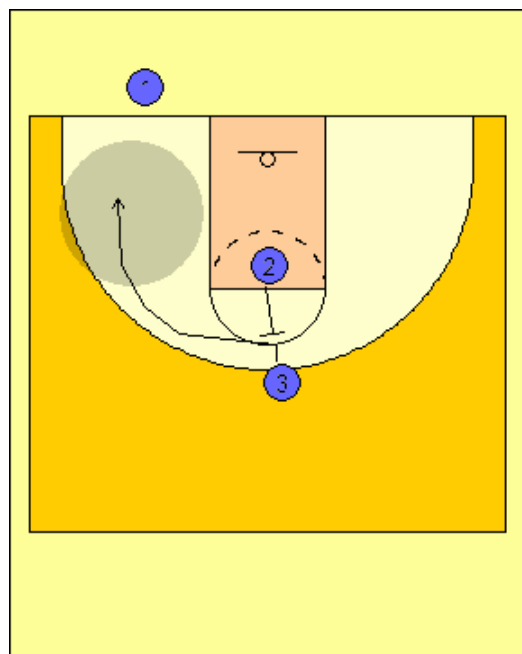
(Age Level – Junior High +)

Drill Purpose

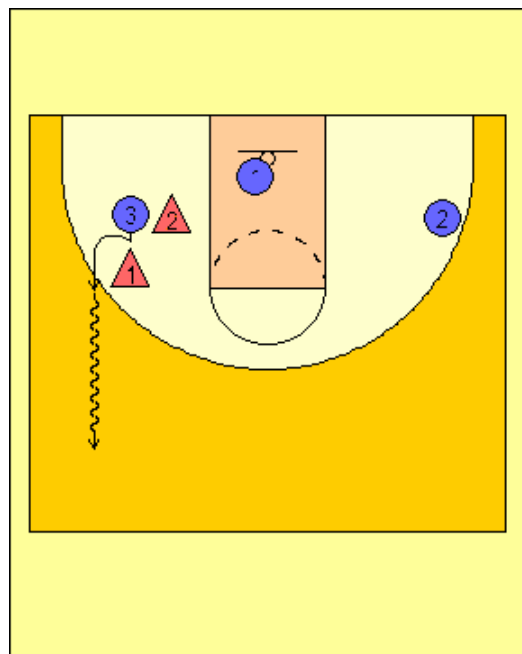
This drill will teach guards how to beat the double team by executing a spin move. This should create an offensive advantage at the other end of the court.

Instructions

1. Have a player take the ball out at the opposite end of their basket. Have the other two offensive players line up at the free throw line and top of the key.
2. On the whistle, the player at the free throw line will come up and set a screen for the player at the top of the key.
3. The player coming off the screen will then sprint toward the ball, and receive a pass somewhere near the baseline and sideline with their back to each.



4. Two defensive players will attempt to trap the ball handler. The ball handler should attack one player in the trap before it develops.
5. As the trap is forming, the ball handler will execute a spin move dribble, sealing the defender by getting their body past the defender's knee.
6. When dribbling away, keep the dribble extended in front, so it can't be knocked away from behind.



Points of Emphasis

Continually tell your players to...

- Come off the screen at the top of the key hard and fast.
- Make sure to keep their hand on top of the basketball – don't get called for double dribbling!

Motivation / Teaching Tips

Tip #1 – It is very important to practice this drill, so the offensive player will have faced this situation prior to game. When the player sees this situation during a game, he will not panic and turn the ball over.

Tip #2 – Make sure that the defenders are attacking the offensive player, otherwise the offensive player will not be used to the intensity level of a game.

Free Press: Step Through

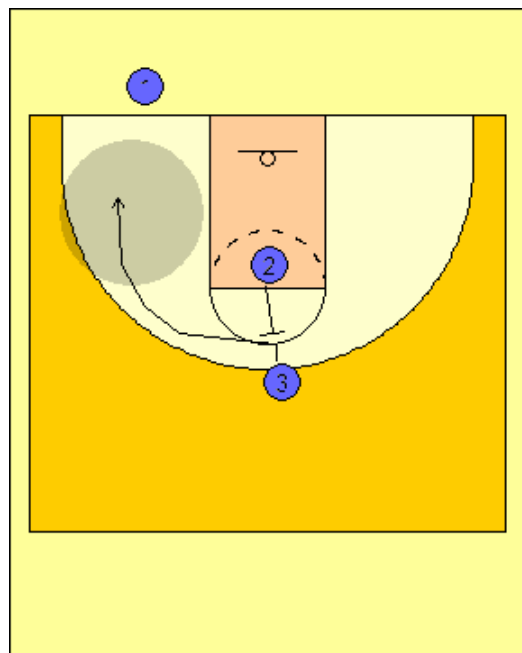
(Age Level – Junior High +)

Drill Purpose

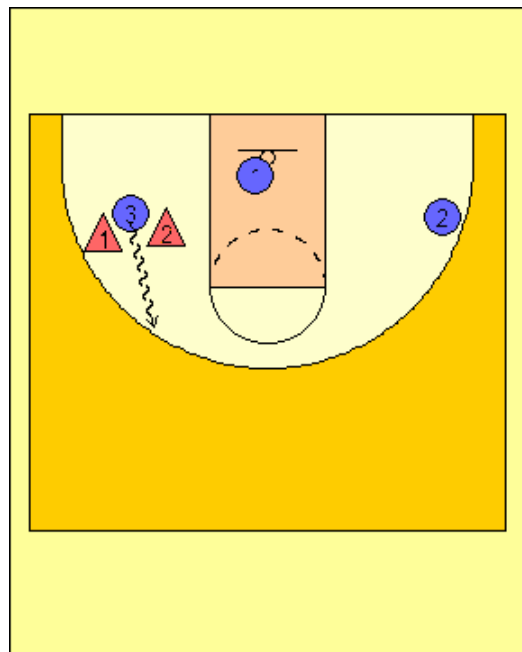
This drill will teach guards how to beat the double team by executing the step through move.

Instructions

1. Have a player take the ball out at the opposite end of their basket. Have the other two offensive players line up at the free throw line and top of the key.
2. On the whistle, the player at the free throw line will come up and set a screen for the player at the top of the key.
3. The player coming off the screen will then sprint toward the ball, and receive a pass somewhere near the baseline and sideline with their back to each.



4. Two defensive players will attempt to trap the ball handler. The ball handler will fake a pass over the top of the trap which will cause the defense to rise up.
5. When the defense rises up, the ball handler will split the trap, taking one long and hard step. The ball handler will take their first dribble *after* getting through the trap.



Points of Emphasis

Continually tell your players to...

- Come off the screen at the top of the key hard and fast.
- Convince the defense that a pass will be thrown over the trap.
- Keep a pivot foot planted before you dribble; it is very easy to travel in this situation.

Motivation / Teaching Tips

Tip #1 – Make your players aware of five and ten second violations. Put a little extra pressure on your offensive players by counting out loud the number of seconds the ball has been in the backcourt. This will give the players a sense of urgency and will make the drill much more game-like.

Tip #2 – Pay attention to the ball-handler's pivot foot to make sure he is executing the step-through properly.

Free Press: Wrap-Around Pass

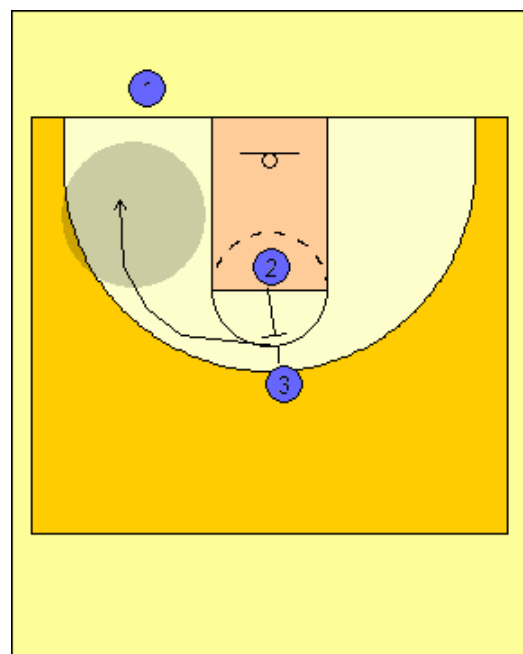
(Age Level – Junior High +)

Drill Purpose

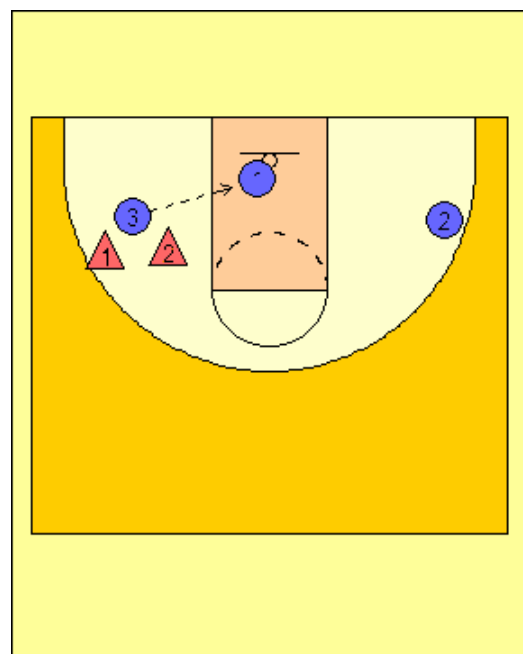
This drill is designed to give your team a better chance of beating the press by making the right pass to a teammate.

Instructions

1. Have a player take the ball out at the opposite end of their basket. Have the other two offensive players line up at the free throw line and top of the key.
2. On the whistle, the player at the free throw line will come up and set a screen for the player at the top of the key.
3. The player coming off the screen will then sprint toward the ball, and receive a pass somewhere near the baseline and sideline with their back to each.



4. Two defensive players will attempt to trap the ball handler. The ball handler will then either pass to the inbounder or the sideline player.
5. The determining factor as to where the ball handler should pass is the way the trap is set up.
6. If the trap allows more of an opening to pass to the inbounder, have the point guard make a wraparound pass.
7. If that option isn't available, make an overhead pass to the opposite sideline.



Points of Emphasis

Continually tell your players to...

- Come off the screen at the top of the key hard and fast.
- Sell their ball fake – make the defense commit one way and pass the other way.
- Refrain from panicking! Five/Ten seconds is longer than it may seem!

Motivation / Teaching Tips

Tip #1 – Put an extra defensive player in the drill so the passing lane isn't so wide open when the initial ball handler attempts to make the pass.

Tip #2 – The pass fake is very important in this drill. On top of opening up other passing lanes, it will get the defenders off-balance and create dribbling lanes to break the press.

Fast Break Shooting

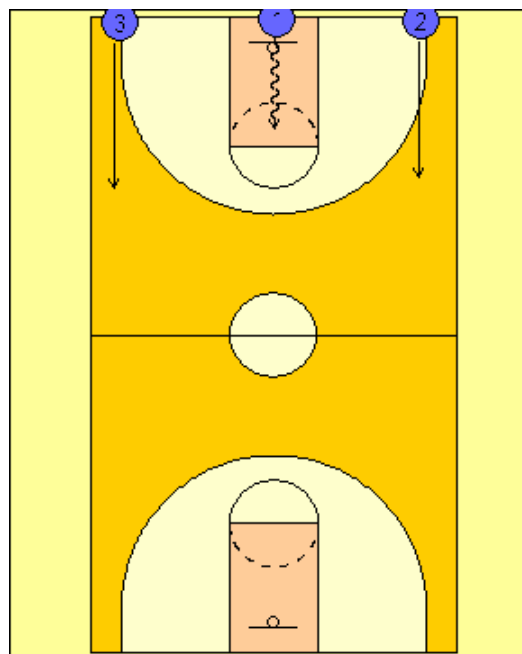
(Age Level – Junior High +)

Drill Purpose

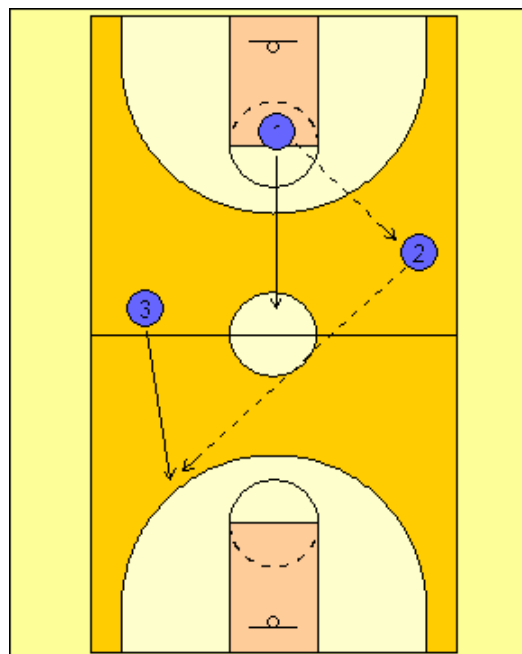
This is a fun and competitive drill that improves all aspects of a fast break – shooting, running the floor, passing, and conditioning.

Instructions

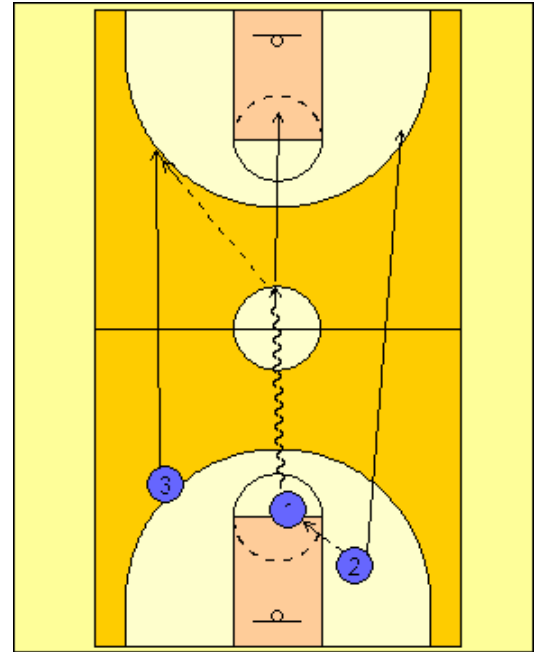
1. Divide three players up along the baseline as shown in the first diagram.
2. Have the point guard dribble out to the free throw line and choose a wing player to pass the ball to.



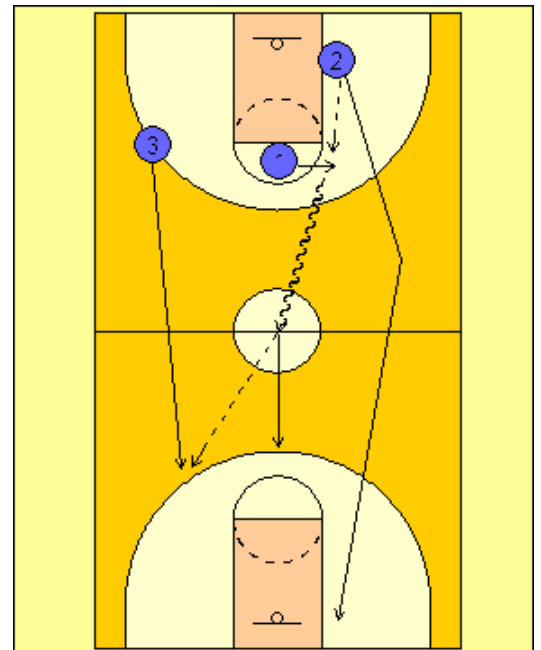
3. After the pass, the wing player will pass it to the other wing player sprinting down to the three point line. This wing player will spot up and shoot a three pointer.



4. The first wing player will rebound the ball and get the ball back to the point guard.
5. The point guard will then dribble up to the half court line and pass the ball back to the initial shooter. They will take another shot.



6. The rebound will be hauled in by the same rebounder. They will pass it to the same point guard, and the point guard will dribble back to the half court line and pass the ball to the shooter one last time.
7. The shooter will take one final shot, and the next group will begin.
8. The object of the game is to have your shooter make three shots in a row. If this goal can be accomplished a set number of times in a set period of time, the team is rewarded.



Points of Emphasis

Continually tell your players to...

- Get the shot off quickly.
- Make a good pass to the shooter.
- Control your forward momentum – go straight up with the jump shot.

Motivation / Teaching Tips

Tip #1 – If you don't like the fact that only one player shoots the ball throughout the course of the drill, change it so multiple players can get involved in the shooting.

Tip #2 – If three shots are too much to ask of your player, take it down to two, or bump up the time allotted to make these shots.

Two Man Break

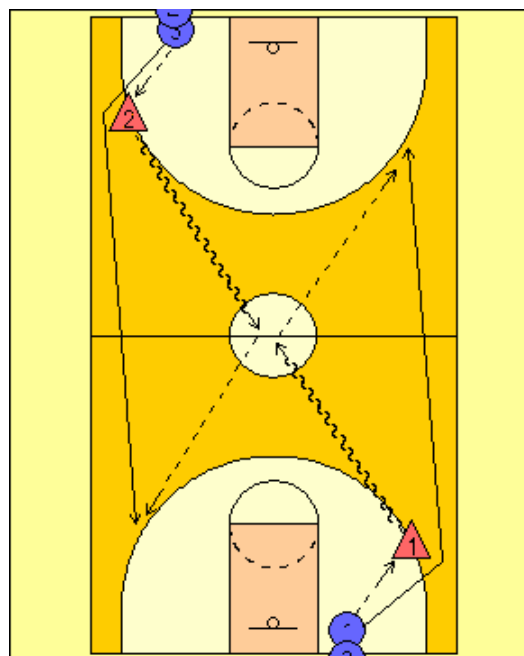
(Age Level – Junior High +)

Drill Purpose

This is a fast paced drill that will get players used to sprinting up the floor, passing on the run, and hitting jump shots when running the floor hard. Duke runs this drill to improve their transition game.

Instructions

1. Divide your squad into two teams. Put one team on one baseline, the other on the opposite baseline.
2. Have the front player in line go out to the wing, and have the next player in line grab a basketball.
3. The player with the ball will pass the ball to the wing player and will sprint to the other end of the court.
4. The wing player will dribble to the middle of the court and fire a pass to the sprinting inbounder. The inbounder will then take a quick three pointer from the wing.
5. This drill will be running on both sides of the court, and will continue until the coach feels it necessary to move on.



Points of Emphasis

Continually tell your players to...

- Get the shot off quickly, without sacrificing good form.
- SPRINT down the court!!
- Make a good pass to the shooter.
- Control your forward momentum – go straight up with the jump shot.

Motivation / Teaching Tips

Tip #1 – The younger the player, the closer to the basket they should be when taking the jump shot. Remember, good shooting form is much more important than the distance the kids can shoot from.