

Basketball Drills Handbook

Warm Ups

Jog around main gym

High Knees

Butt Kickers

Side Shuffle

High Skipping

Short Springs down and Back

Conditioning (will vary for age)

Wall sits in defensive stance-60 second intervals

Sprint Lines-three sets

Wall Jumps-60 second intervals

Set out cones randomly across from each other-players shuffle in defensive stance back and forth weaving around the cones

Defensive stance kids are spaced in between the key-give them 60 seconds to see how many times they can touch each line

Ball Handling Drills

Around the waist/ankles/legs/head

Figure 8's in the air and dribbling

Spider

Bounce pass between legs, catch behind

Arms extended finger touches holding ball out front

Regular dribble, stop, triple threat position

Line up on black line: Right hand down and back, left hand down and back

Line up on black line: Right hand down and back (looking up), left hand down and back (looking up)

Between your waist and the ground

Use both hands-not just one way

To practice dribbling-stay on the line!

Dribble around the circle of the key-go both ways to work both hands

Dribble the ball waist high, then suddenly "kill" it by dribbling it as low as you can, hold this for a few seconds, then bring it back up to waist high. Do this several times with each hand.

Start with the right hand and dribble once on the right side. Then dribble the ball in front you, as if you were going to cross over to the left side. Instead of getting it with your left hand, roll your right hand over the top of the ball, and bring it back to the right. Keep dribbling like this: right then cross over V-dribble. Shown here with the left hand, also practice it with the right hand. Getting the feel of rolling your hand over the top of the ball with this drill will help you with your "in-and-out" dribble move.

Dribbling Game:

This drill will improve dribbling and ball-handling and the kids seem to like it. It is similar to the kid's game "tag."

Set-up:

Every player on the team has a ball, and is restricted to a half court area. All the players must dribble the entire time.

The Drill:

Start the game with one player as "it". While maintaining the dribble, each player must try to tag another player, who is then "it". Players try to avoid getting tagged and becoming "it". They must stay within the half court area and must continue dribbling. If a player leaves the area, or double-dribbles, stops dribbling, or gets tagged, then he/she is "it".

This drill will help develop ball handling, and to avoid getting tagged, players must keep their heads up. If you have a large group with some good ball handlers, and some not so good, you can put the better dribblers on one end, and the other group on the other end, so the same kids don't get picked on all the time. You can vary this drill by making them use the opposite (weak) hand only.

Passing Drills

Pivot foot! You can't pass to someone who isn't open, use your pivot foot while your team works to help you out

Chest pass or bounce pass

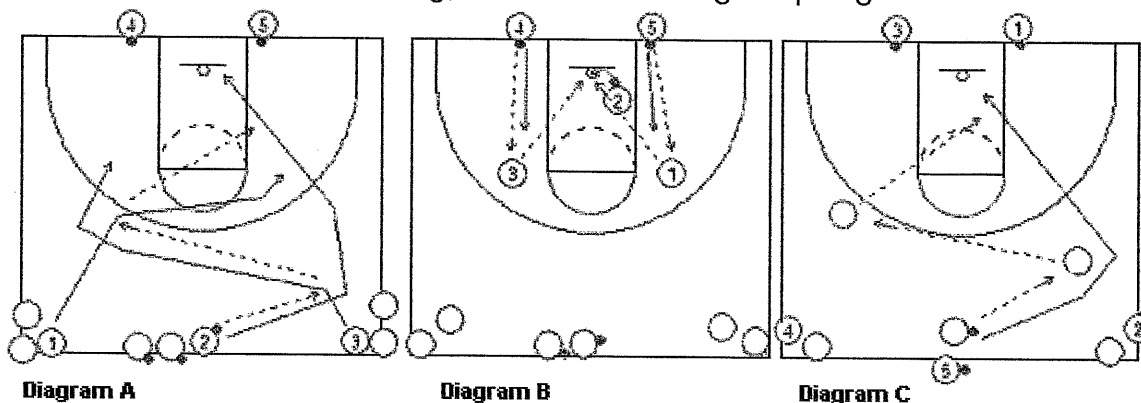
Pass with a "ping" not too hard and not too soft. One handed, two handed, bounce pass

Court Weave Drill: This is a good half-court weave drill that combines the weave with mid-range jump shots, defensive close-outs, boxing-out and rebounding. This drill could also be used as a pre-game warm-up drill.

See the diagrams below. Diagram A... players line up at the half-court line in three lines (1, 2, and 3). Two players (4 and 5) start on the endline, just outside the lane lines. 2 starts the weave, passing to 3, and then cuts back behind 3 (wide), and to the hoop. 3 passes to 1 and cuts wide behind 1 to the left side. 1 passes (bounce-pass) to 2, and 2 completes the lay-up, and retrieves the ball.

1 cuts to the right elbow or free-throw line-extended area, while 3 cuts to the left side. 1 and 3 give a hand target, and 4 and 5 pass to 3 and 1 respectively (diagram B). 1 and 3 shoot the mid-range jump-shots. 4 and 5 close-out on the ball (yelling "ball, ball, ball" and "shot"), and then box-out and rebound.

Diagram C... players rotate so that the shooters 1 and 3 become the passers on the endline, while 2, 4, and 5 go back to the half-court lines. This drill features a number of fundamentals and some running, and is therefore a good pre-game drill.



Shooting Skills

One hand directly behind the ball, the other hand directly on the ball-guiding and stabilizing the ball. Ball comes up in front of your face and as soon as you see the rim below the basketball-shoot and follow through.

Shoot the same way-no matter what kind of shot.

Shooting position

Basic Lay Up-Lay Up Drills (one shooting line, one rebound line) Blind Man Lay Up

Right handed and left handed

Lay up drills

Blind man lay up

Two steps-lead foot and jump foot-1, 2, jump

As you jump, off leg comes up hard (string attached to hand and knee)

Bread and butter shots-one side shot, one bounce, other side shot (practice alternating hands)

Free throws-ten each player-work on form, follow through

Find a spot on the wall, aim at one location and practice follow through

Find a line on the ground and stand on it. Shoot the ball straight up, follow through-the ball should land on the line

Defense Drills

Man-to-Man Defense - Close-out on the ball

Defenders must learn to "close-out" on the player with the ball. Once the offensive player receives the pass, the defender should rush toward the ball-handler in a low stance. The last several steps should be quick, choppy steps to stop your momentum (so the defender doesn't dribble around you). Your baseline line foot should be back in order to force the ball-handler toward the baseline. As you approach the ball-handler, snap your shoulders and head back to help slow yourself down.

Man-to-Man Defense - On the Ball Defense

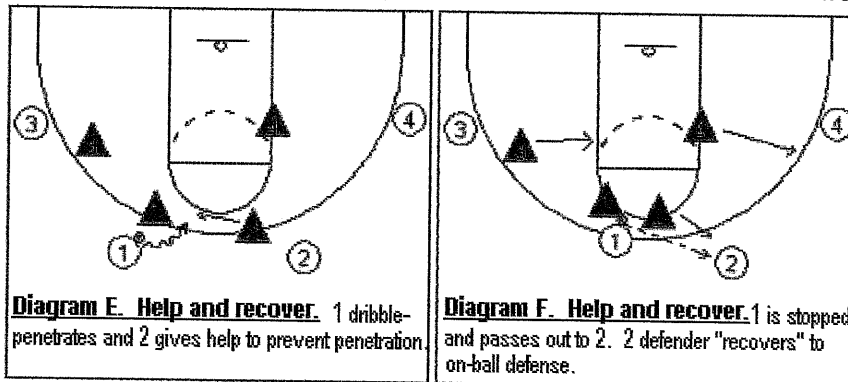
Over-guard toward the offensive player's strong side. If your man is right-handed, over-guard that side and make him/her go left. If your opponent is on the right wing, drop your left foot back a little toward the baseline and overplay a little toward the offensive player's right side, as this will give you time to react to a move to his/her right. Try to force offensive player to the baseline. Once at the baseline, set the trap, and do not allow any further penetration along the baseline.

Man-to-Man Defense - Denial

Clog the passing lane and prevent the player you are guarding from getting the ball, that is, "deny" him/her the ball. When guarding an offensive player who is one pass away from the ball, you should be in denial. Denying your man the ball, keeps him/her from scoring. Play the passing lane and stay between the player you're guarding and the ball. Place your foot and hand nearest the ball slightly forward, and turn the palm of your hand toward the ball, so that you can reject any incoming passes. Be in a position to see both your player and the ball. If the ball-handler stops the dribble, you have a "dead ball situation" and everyone should in close on their man, in "full-denial".

Man-to-Man Defense - Help and Recover.

Diagrams E and F below teach how to give help and recover on the perimeter. Rather than play a "full-denial", defenders one pass away play a little up the line and step or two toward the ball in order to help stop dribble penetration. Here O1 tries to dribble-penetrate. The X2 defender gives help and O1 is prevented from penetrating, and has to dish back out to O2 (Diagram F). The X2 defender then has to rotate quickly out to on-ball defense on O2, and the X1 and X4 defenders are now in deny, a little up the line and a step or two toward the ball, while the X3 defender moves into help-side (Diagram F).



Man-to-Man Defense - Trapping (setting the double-team)

In trapping, one defender should first stop the dribbler, often along the sideline or baseline, or in one of the "trapping zones" (see below). Trapping zones are those areas where the offensive player definitely does not want to get caught losing his dribble. It's like getting caught in a corner.

Once the ball is stopped, the second defender sprints over and double-teams the ball carrier. They obscure the ball-handler's view, and get into the passing lane. Their knees are adjacent to each other to prevent the ball-handler from "splitting" the trap. The position of their hands should be at the same height as the ball. If the offensive player holds the ball high to "throw over the top", the hands should be high. If the ball is low, the hands should be low to prevent the bounce pass. Do not reach in! "Reaching-in" changes a good situation into a bad one (now the player goes to the free throw line). Instead, the trapping players should deny the player from getting the pass off and get the 5-second call, or force her to make a bad pass, which is intercepted by one of your teammates.

Scrimmage Prep

Offensive Plays:

- Player positions-1, 2, 3, 4 and 5
 - Point guard (1)
 - Forward (2, 3)
 - Center (4)
 - Shooting Guard (5)

OR

- Point guard (1)
- Wings (2 and 3)
- Posts (4 and 5)
- How to get open and how to get a shot you can make
- Screens
 - On the ball and off the ball

- No moving screens! (that's a foul)
- Curl and Fade (curl goes around and in front of the screen, fade steps back, ready to get the ball)

Important elements in executing an effective screen.

- 1. The screener must make contact with (but not foul, hold or push) the defender that he/she is trying to block. If you do not make contact, and get up tight, the defender will simply slide around you.
- 2. Be strong. Get your feet wide and plant your feet solidly. Do not move your feet once you have established this position or you will get called for a "moving screen" (a foul). You must be stationary and not move with the defender, and you must not push the defender away. If a defender bumps into you and you are not stationary, you will probably be called for the foul.
- 3. Keep your arms tucked into your chest, not only to physically protect yourself, but also so the ref can see that you are not pushing with your hands, or grabbing or holding the defender.
- 4. The angle, or direction, of the pick and the timing of the pick are probably the most important, and most overlooked factors in setting a screen. You must have the correct angle, or position, when you set the pick. You must anticipate the direction that your offensive teammate wants to go, and then make contact with his defender in a position so that you are directly in the way of the defender, and he/she cannot get around you. If you don't get the right angle, the defender will simply slide around you. Perhaps this is best demonstrated in the diagram. In Diagram A, the screener does not make contact, and the defender slips behind. In Diagram B, the pick is too high (a common mistake), and the defender slides behind the pick and stays with the defender. In Diagram C, the pick is too low, and the defender can fight over the screen. Diagram D shows a good pick, followed by screener "rolling" to the hoop.

- BASIC RULES

Spacing

Players should try to stay 12 to 15 feet apart. Avoid bunching up, which can result in double-teams, steals, interceptions, and turnovers.

Triple threat position and patience.

Perimeter players should always receive the ball in triple threat position, where the player has the options of shooting, driving to the hoop, or passing. In triple threat position, outside players should (1) look into the post, (2) read the defense and look for the opportunity for a shot, shot fake, or a

dribble-move. Perimeter players should be patient and hold the ball for a count of two to allow the screens and cuts to develop. If the pass is too soon, the cutters don't have time to execute their cuts. The exception is when the defense is coming to trap, then pass immediately.

Do not allow your players, after receiving a pass on the perimeter, to immediately put the ball on the floor, bounce it once, and then lose the dribble. The player actually loses the options of shooting and driving to the hoop, and passing may be more difficult when the defender closes in, and the other defenders go into deny. We are constantly teaching and reminding players to "get in triple threat position".

Players may dribble:

1. To attack the basket with a drive.
2. Improve or open the passing lane.
3. Penetrate gaps in a zone defense.
4. To get out of trouble and avoid the 5-second count.
5. To exchange positions with another player. For example, if you want the ball to go to the wing, and the defense is denying the pass, the point guard can simply dribble to the wing, and the wing player can exchange and go to the point.
6. To run up a weave-screen play.

Player Movement

Players must not stand still. They must move with a purpose.

1. The post players can screen for each other and move up and down the lane to the low blocks, elbows, and top of the free throw line.
2. The perimeter players can occupy the three positions shown in diagram A, and also move to the corners. They may make front or backdoor cuts to the hoop, and V-cuts to replace themselves (see Cutting and Faking). They screen for each other and run pick and roll moves (see Setting Screens). They must move after making a pass.

Perimeter players should maintain good spacing at all times and keep the defense spread out. Fill the open spots on the perimeter. An outside player can make a cut inside, but should not stay there and clog things up for our post players. For example, if O1 cuts inside through the paint and does not receive the ball, he/she should immediately cut out to the opposite corner and then wing, while that wing player moves out to fill the spot at the point.

If O1 is having difficulty passing to the wing (the defense is denying the pass to the wings), then he/she can simply dribble the ball to the wing. We have a rule (except in a weave-screen play)... whenever a teammate is dribbling toward you, back-cut out of the area. For example, if O1 dribbles toward O2, O2 back-cuts underneath along the baseline and fills the O3 spot while O3 rotates out to the point. Another thing you can do if the wing pass is being denied is simply run a "weave-screen" play.

Passing

We want to try to get the ball into the low post. A wing entry is usually the easiest way. You can also get there by passing to a post on the free throw line, and the high-post can then pass to the low post. At all times we must "see the defense" and not pass into the defense.

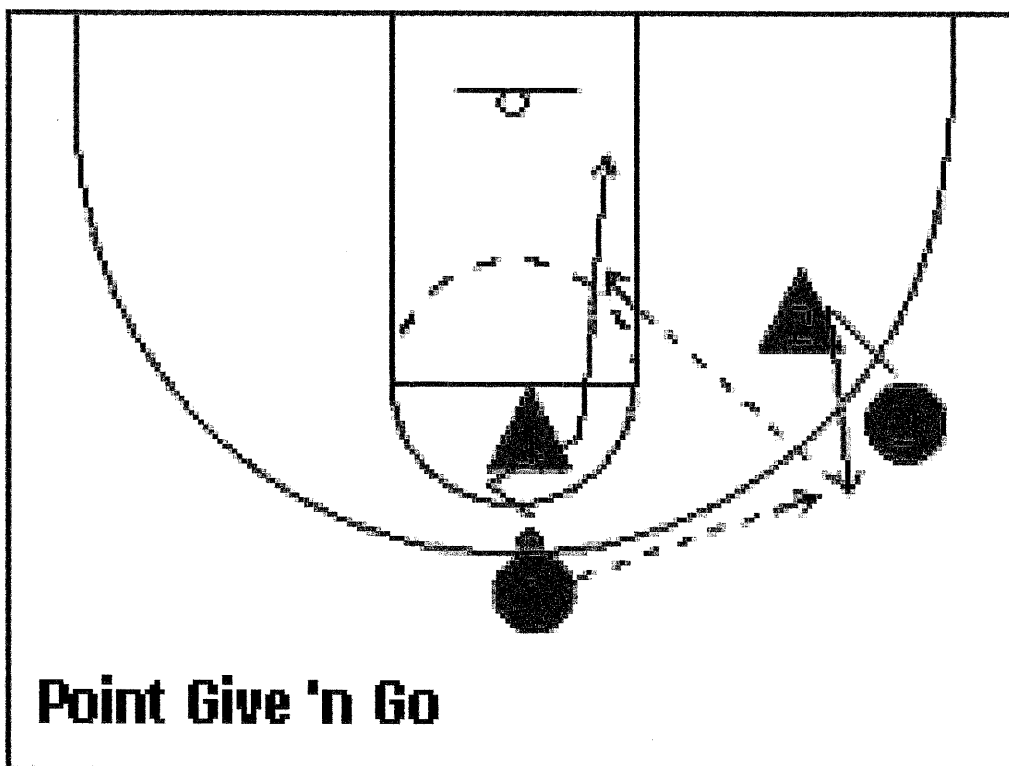
Don't pass to someone standing still as these passes are more likely to be intercepted.

After passing, players must do one of these:

1. Cut to the hoop for the return pass ("give and go" play).
2. Screen away. Example: after the point guard passes to the right wing (O2), he sets a screen for the left wing (O3).
3. Follow the pass and set a screen for the ball-handler (and then roll off the screen).
4. V-cut and replace self.
5. After a cross-court "skip" pass (example from O3 to O2), slide out of the defender's (who should be in "helpside") line of vision and go backdoor to the hoop.
6. After a wing passes into the low post, he/she should slide down to the corner. If the post player is double-teamed, the corner is usually the easiest pass back outside and is often open for the three-point shot.

Point-Guard Give 'n Go Drill

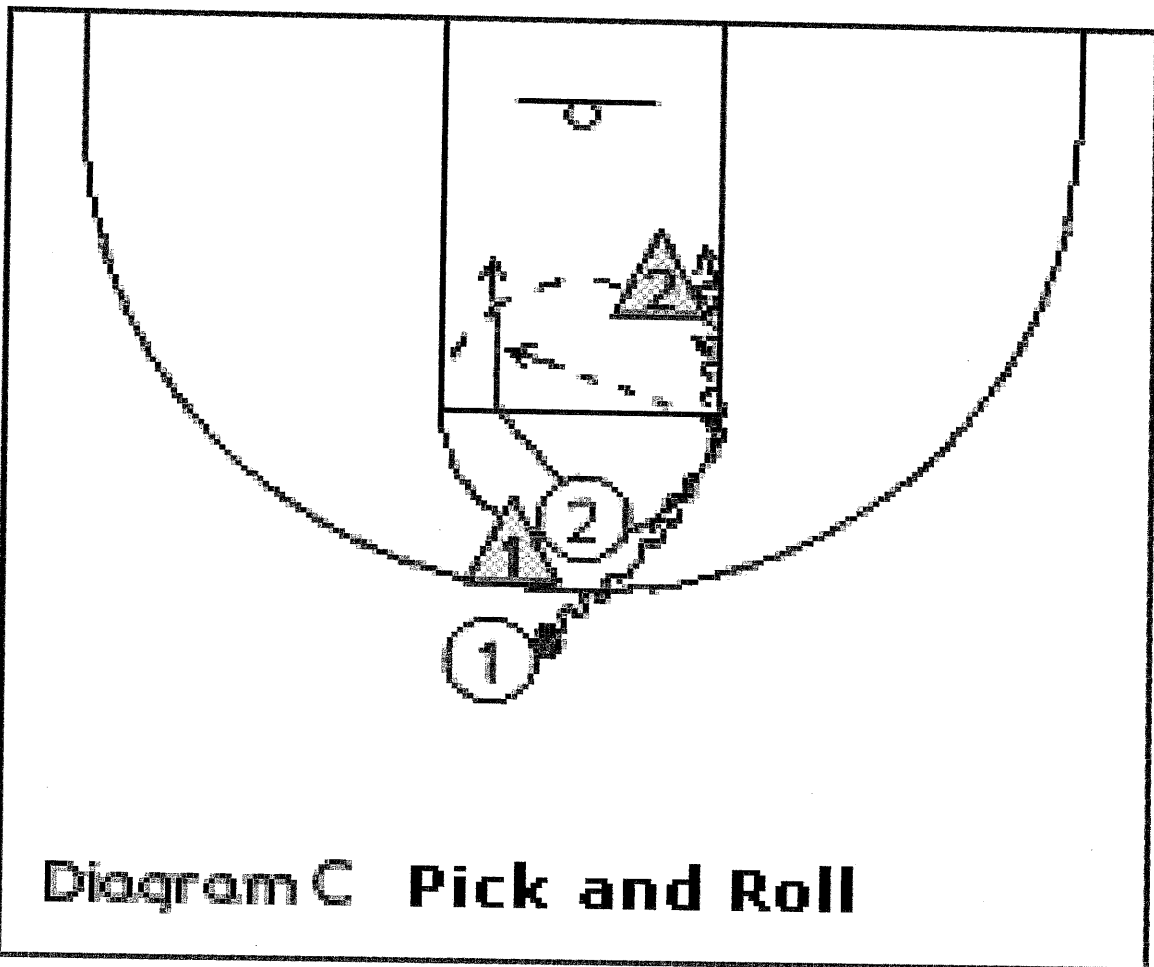
Again, use the 2-on-2 setup. The X2 defender plays "soft" and allows the pass from O1 to O2. O1 fakes left, and makes the basket cut looking for the return pass from O2. Have the X1 defender play token defense at first. Then "go live". If the X1 defender over-plays the passing lane (because he knows the drill), then the point guard can fake the cut and pop back out for the pass and outside shot. If the X2 defender "cheats" toward the passing lane, then O2 can fake the pass, and dribble-penetrate to the hoop.



On-Ball Screen and Roll Drill

Again, use the 2-on-2 setup. O1 has the ball. O2 comes from his wing and sets a screen for O1. O1 dribbles around the screen to the hoop. O2 seals the X1 defender and rolls to the hoop. For correct screening techniques see "Setting Screens".

Also reverse the rolls. Have O1 pass to O2 on the wing and then follow his pass and screen for O2. O2 goes around the screen and takes it to the hoop, while O1 seals and rolls to the hoop after the screen.



Down-screen Curl Drill

Teach your wings how to down-screen for the low post. The low post player curls around the screen for the pass and jump shot. Work both sides of the floor. Start with the #5 defender playing token defense, and progress to hard defense.

