

## Basketball drills

### *Stretching*

**Triceps stretch** - Pull your elbow behind your head, using your opposite arm to stretch the tricep muscle (the back part of the upper arm) and top of the shoulder. Hold then switch arms.

**Side stretch** - Stand with arms straight over your head, bend sideways from the waist and lower the arm on the side your bending towards down to your knee. Follow it with your other arm, slightly bent and just behind your head. Feel the stretch at your side; don't lean forward. Hold and repeat on the other side.

**Butterfly** - Sit on the floor with the soles of your feet together, grab your ankles. Gently pull yourself forward, using your elbows to slowly push your knees toward the ground.

**Hurdler's stretch** - Sit on the floor, with one leg bent beside you, the other straight out in front (a hurdler's position). Keep your leg straight and knee on the floor, slowly bring your chest down toward your knee. Hold the position. Then lean back as far as you can and hold it. Switch legs and repeat.

**Calf and Achilles stretch** - Stand facing a wall at arm's length with your heels on the floor and your back straight. Reach out and touch the wall, then slowly back your legs away from the wall to maximize the stretch. Make sure that the heels stay on the ground during this stretch.

**Up and over** - Lie on your back, raise both legs up and over your head and try and touch the floor with your toes. Place your hands on your hips for support. Keep the legs straight for maximum stretch. Hold for 10 seconds, lower the legs, and repeat three times.

**Spinal twist** - Starting in a seated position on the floor with your legs straight, take your left leg, cross it over your right knee, and place your left foot flat on the floor. With your right arm, reach around your bent leg as if trying to grab your left hip. Take the left arm and put it behind you as you slowly turn your head toward your left shoulder. Hold. Then cross the right leg over your left, and repeat the same stretch on the right side.

**Lower leg stretch** - Sit upright on the floor with one leg straight and the other positioned so that its heel touches the opposite thigh. Exhale, bend forward at the waist, and grasp your ankle or foot. Slowly turn your ankle inward. Hold and repeat on opposite leg.

### *Footwork & Balance*

**Start & Stop** - Using the two free throw line extended, half court and opposite baseline as stop marks sprint from the baseline and execute jump stops at each line. Do the same coming back using one-two stops.

**Diagonal run** - Starting in the corner of the court sprint diagonally to the free throw land, make a sharp cut sprint to the sideline and change directions again. Sprint and change directions until you reach the baseline. Go to the other side of the court and do the same going back to the other baseline.

**Pivot Drill** - Holding a basketball and using your right foot as a pivot foot, pivot in different directions, making sure you move only on the ball of your foot. Make a forward pivot, then come back with a reverse pivot. Change to the left foot as a pivot foot and repeat.

**Run & Pivot** - Using the Start & Stop drill, execute pivots at each line that you stop, using the right foot as a pivot the first line and the left as a pivot at the next line.

**Slide to the Side** - Player takes a defensive position directly under the basket. A coach with two basketballs stands at the free throw line. Drill starts with the coach rolling a ball to one side of the player.

The player will slide to the ball, pick it up and make a pass back to the coach. As the pass back to the coach is made, the coach will roll the other ball to the other side of the player forcing the player to slide to that ball, pick it up and pass the ball back to the coach. Drill continues until the ball passes the player and reaches the baseline. The coach can make this more difficult by increasing the distance from the player that he rolls the ball.

**Straddle the Line** - The drill combines the basic footwork movements of right in front/right in back, side to side and half eagles while straddling a line. Have players line up facing the coach with each straddling a line in a defensive position. At the signal each of the players will perform one of the footwork movements without stepping on the line. Perform each footwork movement for 15 to 20 seconds.

**Foot Fire** - This drill will help to teach your players to keep their feet moving. Have the players spread out, bend their knees and flex at the waist. At your signal have them move from foot to foot (staying in the same location) as quickly as possible. Use hand and voice signals to have them do quarter turns, half turns and jumps.

**Pivot Away, Two on One** - Players form three lines at half court. Player in the middle line sprints to the free throw line and receives a pass from a coach. One player from each of the other lines follow this player and play defense. The player with the ball must keep the ball away from the two defenders by pivoting and moving the ball. Coach will count to four then the player with the ball will try and split the defenders and make a drive to the basket. Players rotate to different lines when they have completed the drill.

### *Defense*

**Slide drill** - Stand midway between two lines about 20 feet apart. Assume a defensive position with your knees bent, head up and arms out. Slide back and forth and touch the lines with your feet, making sure that your feet do not touch each other as you slide.

**Lane slide drill** - Starting on the block in a defensive position, slide across the free throw lane to the other block and touch it with your inside hand. When you have touched the block slide back to the other block and touch it with your inside hand. Continue the defensive slide for one minute.

**Inside the Ball** - The idea of this drill is to teach the players to get back on defense and in position to play defense (between the ball and the basket). Drill can be done with one player or five players. Start with players on the baseline and the coach with a ball. Roll the ball towards the opposite basket. Players run towards the basket when the ball is rolled and their object is to take up a defensive position inside the key between the rolling ball and the basket before the ball gets to the free throw line. The ball can be rolled from different spots on the court and at different speeds.

**Zigzag** - This is a defensive slide drill starting in the corner facing the baseline. Using a defensive slide, each player will move in a zigzag pattern from the corner to the elbow, to the sideline, to the center circle and so on, using a drop step every time they change directions. When they reach the opposite baseline they will run to the other corner and repeat the drill going the other way.

**Figure 8** - This is another defensive slide drill. Have the players line up at a baseline corner facing out. Have each player slide along the baseline to the opposite corner. When they reach the corner they will back pedal to half court. When they reach half court they will slide across half court to the other sideline. When they reach the sideline, they will again back pedal to the other baseline. When they reach this baseline they will slide to the opposite sideline. When they reach the sideline they will run forward to half court, slide to the opposite sideline and then run forward to the starting point.

**Triangle slide** - Player starts in a defensive position at the right elbow (as they face midcourt). When the whistle blows they will slide across the lane to the other elbow. When they reach the elbow they will drop step and slide diagonally across the lane to the right block. When they reach the block they will pivot left

and slide across the lane to the left block. When they reach this block they will change direction and close out up to the left elbow. When they reach the elbow they will start the drill again in reverse. The drill will continue for thirty seconds.

**Denial Drill** - Start in the left low block in a defensive denial stance, with your arm in the passing lane. Keep your head looking forward, seeing the ball and your opponent. Keep your knees slightly flexed, your inside arm out in the passing lane behind you. Slide using a fencing step to the wing area as fast and balanced as you can. When you get to the foul line extended, quickly use a retreat step. Don't cross your feet. Quickly open up and pivot when you hit the block skidding across the lane to the other block. Slide out to the other wing using the same denial defensive position and fencing slide. Continue to slide from wing to block to wing for thirty seconds.

**Quick Hands, Quick Feet** - Same as foot Fire (see footwork drills) except that players are in a defensive stance.

**Baseline Full** - Drill involves four players. Two players with balls are positioned at the wing positions, a third offensive player in either of the corners will make moves along the baseline to get free and receive a pass from the players on the wings. The defensive player must try and deny the pass to this player. When the baseline player gets the ball he/she will pivot and face the basket, then make a pass back to the wing player. The drill will continue for thirty seconds.

**Double Team Trap** - Position three offensive players in a triangle arrangement with one at the top of the circle and one on each side of the free throw lane approximately five feet outside the block. Position three defensive players so that there are two above the free throw line in the circle and a third player located in the middle of the key directly in front of the basket. The ball begins in the hands of the player at the top of the key. None of the offensive players may move from their spots on the floor. The drill begins with the ball being passed to one of the low block area players. The closest defender and the player in the middle of the lane double-team the ball, while the third defender splits the difference between the two remaining offensive players. The third defender must be ready to shoot the gap and steal or deflect passes. The offense keeps the ball until three passes are made or the ball is stolen or deflected. Offense will then switch to defense and a new set of offensive players is brought on the court.

**Bull in the Ring Trap** - Three defensive players are needed for this drill. The remaining members of the team form a circle that is sufficiently large to provide a defensive challenge for the three defenders to cover. The defenders are inside the "ring". Any player on the circle may start the drill with the ball. Whoever has the ball may not pass to either of the players next to him/her. The three defensive players must double team the ball and with the help of the third defender steal or deflect passes. When a pass is completed to another player on the circle the defenders must rotate to double-team the ball. Any time a pass is deflected or stolen, the passer replaces the defender and the drill begins again.

**The Shell** - The shell drill is designed to teach team defense. The basis of this drill is to have the defense move as the ball moves. In the beginning of the drill, the offense is stationary, and the offensive players' role is to stay in their positions and pass the ball around the perimeter. As the ball is passed around the perimeter, each defender moves with it. This drill can be done as, two-on-two, three-on-three, or four-on-four. Notice it can't be done with five-on-five because there would be a post player. The shell drill is designed to have a clear middle, with the players around the perimeter and not clogging up the lane. Whatever formation is used, stress the concepts. If a player is guarding the ball, he yells, "I got ball" and guards his man, pressuring the ball, staying low and being active. If the player is one pass away, then he is in the "deny" position with a hand in the passing lane and a low defensive position. If the player is more than a pass away, he is in the "help" position. The "help" position is a position having one hand pointed to his man, the other hand pointed to the ball and one foot on the ball side with the other foot on the help side. He is "splitting the court" because he is directly between the two sides.

Have the offense pass the ball around the perimeter slowly at first, to make sure the players know how to rotate from guarding the ball to denying the ball to helping. Have the defense be active but not steal the ball. The offense is stationary so the defense will have the advantage. Once the players have a good grasp of the defense the coach can yell “go” and the player with the ball can make an offensive move to the basket. Should the offensive player beat the defender another player should be there to help.

When a two-on-two, three-on-three or four-on-four set is used a coach will be the additional man on offense.

**Deny, Corner Trap Drill** - Use both side of a half court with an assistant holding a ball on each wing, free throw line extended. He should hold the ball out with one hand toward the defender. Players will form two lines on the baseline with the first player in line coming up to the free throw line and the second player on the block. The defender at the free throw line will slide over to coach with the ball twice and touch the ball. On the third slide to the ball the coach will pull the ball back and dribble. The defender will force the coach towards the baseline where the player one the block will prevent the coach from going baseline and the two defenders will trap the coach. Once the coach has been trapped the block defender will move to the free throw line and the next player in line will become the block defender. The first defender will rotate to the other side of the court at the end of the line.

### *Passing & Receiving*

**Intensity Passing** - Stand about three feet from a teammate and snap off chest passes back and forth, concentrating on making crisp chest high passes. Look the ball into your hands when receiving. Reel off 10 passes and catches, then move back a foot. Finish with 10 passes from six feet apart. Perform this drill as fast as you can without getting sloppy.

**Defender in the Middle** - Two offensive players stand about ten feet apart with a defender between them. The passers use different passes to get the ball past the defender. Defender stays in the middle until he/she touches a pass.

**Triangle Passing** - Players form three lines, two at each of the half court corners and one inside the free throw lane. Players pass to the line to their left and then go to the end of the line that they have just passed to. Coach can change directions at any time during the drill or add an additional ball. Emphasize good passes and the receiver meeting the pass. Make quick, sharp passes.

**Pass and Cut (Box Passing Drill)** - Divide team into four groups and position them in the corners of a half court (you can have them move in a few steps if they are younger and don't have the strength to make passes to the middle of the circle). The first player in one line passes the ball to the first person in the line to his/her immediate right and then cuts diagonally across the square. At the mid point of the square the player receives a return pass from the player that received the initial pass. The cutting player then passes the ball to the first person in the line towards which she/he is cutting and goes to the end of that line. The player that received the first pass then cuts diagonally across the middle receives a pass and then passes to the first person in line that she/he is headed to. Players will continue to cut towards the middle and receive passes. Reverse the direction after several passes have been received by each player.

Addition: Have a coach or additional player stand in the free throw circle and make the players cutting catch the ball in front of this “defensive” player.

**Diamond Passing (similar to Box Passing Drill)** - Start in same positions as the Box Passing Drill. Two balls are used instead of one. The first person in one line (A - player on the left) and the first person in line to that player's immediate (B - player on the right) left should have a ball. These two players start their movements at the same time. Each player passes the ball to the first person diagonally across the square and then follows the pass along the right side of the direction of the pass and takes a position at the end of that line. The player that receives the pass from (A) makes a pass to the first person in the line to

his/her immediate left, follow their pass on the left side of the direction of the pass and takes a place at the end of the line. The player that receives the pass from (B) makes a pass to the first person in the line to his/her immediate right, follows their pass on the right side of the direction of the pass and takes a place at the end of the line. Balls are now at the starting points and the next players will continue the same pattern. Players need to pay attention to cutting players and other balls. They also need to avoid crossing over passing lanes and getting hit by the ball.

**Star Drill** - Five groups of players are needed for this drill. Place a group at each corner of the half court and one at the baseline under the basket. Have the groups at the corners take one or two steps in towards the free throw circle. Ball starts with the first person in line on the baseline. Ball will be passed to the first person in line to the right near the half court line. Passer follows the ball to the right of the direction they pass and go to the end of that line. Receiver passes to the line diagonal from them, again following to the right of the direction of the pass. Receiver of this pass passes to their right to the line in the other baseline corner and follows the ball to the right of the direction of their pass. This receiver passes diagonally to the other line near the half court line and follows the ball. This receiver passes to the line under the basket, follows the ball and then the pattern begins all over again. After several passes change the direction of the passes - going to the left instead.

Addition: You can add a lay-up to the end of this drill by eliminating the last pass to the player under the basket and having the player in the second line near the half court line dribble the ball in for a lay up and having the player under the basket rebound and outlet to the other line near the half court line to start the pattern over again.

**Pass & Catch** - Divide the team in half and have them line up under each basket near the right block. The first person in line will go to the free throw line at the opposite basket and the second person in line will go to the right side free throw line extended area closest to their line. Two balls are needed for this drill. Drill is started with a rebound at each end. Rebounder gets the ball pivots and makes an outlet pass to the player in the free throw line extended area. Rebounder then runs the right lane (between the outlet player and the side line, gets a return pass and dribbles to half court. A pass is then made to the player at the free throw line with the passer (the original rebounder) still running towards the opposite basket. Player will receive a return pass from the player at the free throw line and make a lay-up. Player at the beginning of the line under this basket takes the ball as it comes out of the basket and makes an outlet and starts the drill on their side of the court. Players at the free throw lines and extended areas do not move (replace them periodically).

Addition: Take out the dribble to half court and make the pass from the outlet player a lead pass with a touch pass to the player at the free throw line.

**Two ball rapid fire** - Have five players stand in front of you about 5 to 6 feet away. Your teammates are one arm's distance from each other. You have one ball and one of the five other players also has a ball. As you pass quickly to one of the players, the other ball will be passed back to you. Make as many passes as you can in one minute.

**Two ball passing drill** - Two players each with a ball stand about six feet apart. One player will throw bounce passes and the other will throw chest passes. Each will pass the ball to the other at the same time, so as soon as you have passed the ball you need to get ready to receive a pass. Switch the type of pass that each will throw after a minute.

**Full Court Four Line Passing** - Players get into four lines at the baseline. Players progress the ball down the court by passing and moving in their lines only. Note, to create traffic and make it harder, players in line 1 are passing across to line 3 and back and players in line 2 are passing to line 4 and back. As players get to the free throw line extended at the opposite end, outside players cut to the basket for pass and lay-up. Inside and outside players exchange lines and players return back down the court.

**Pepper drill** - Players form a semi-circle around one of the players. Player in the middle should take one step forward (this insures that this player must use peripheral vision to see the players on either end of the semi-circle). The player in the middle has a ball and the player on one end of the semi-circle has a ball. The player in the middle passes the ball to the player next to the player on the semi-circle that has a ball. He then receives a pass from the player on the end of the semi-circle and passes to the next player around the semi-circle. Player in the middle will continue to receive passes and make passes around the semi-circle until he reaches the end. He will then start the passes going back towards the other end of the semi-circle.

**Three Man Weave** - Players form three lines on the baseline. Player in the middle has the ball. Ball is passed in a weave pattern as the players move up the court. Players cut behind the person that they have passed to. Player receiving the ball just outside the key makes a hard drive to the basket. After the basket is made, the player that did not make the final pass or the shot will rebound and start the drill going back the other direction.

**Five Man Weave** - Similar to the three man weave except with five players on the baseline and the passer having to go around two players after each pass.

**Pairs Passing, Find the Receiver** - Start with a line under the basket. The first player in line speed dribble out to the three point line, makes a jump stop and a reverse pivot. While the first player is dribbling, the next player in line sprints out to either corner (mix it up so the passer has to look to find the player). The player at the three point line makes a pass to the player in the corner, cuts to the basket and receives a pass back and finishes with a lay-up. Player in the corner rebounds the ball and dribbles out to the three point line and the next player in line cuts to a corner. Drill helps to have the players locate their teammate before passing and to make a move after making the pass.

**Press Break Passing Drill** - Use three lines (offensive players) for this drill and get three assistants to play defense and a coach to inbound the ball. Two lines are at the half court line on either side of the circle and one line at the side line (extended from the free throw line). Two defenders will try and trap the ball after it is inbounded and the third defender will split the gap between the two players at half court trying to intercept the pass. The offensive player near the free throw line extended receives an inbound pass and immediately looks for an open receiver (one of the two players from the half court lines) and will make a correct pass with “zip”. Use head and shoulder fakes to help free up the receivers.

### *Dribbling & Ballhandling*

**Dribble Tag** - Everyone, including the coach, has a ball, and is dribbling. You are “it” and while dribbling must tag another player, who becomes “it”. You can change the rule at any time - making players dribble with only their left hand or decreasing the space in which you can dribble.

**Dribble - In, out, watch out** - Place cones or other obstacles in a line either from side line to sideline or baseline to baseline (about five to six feet apart). Line up the team behind the start line (baseline or side line) with a ball for every player. At the signal the first player will dribble around the cones toward the opposite line. After the first player has gotten to the second cone the next player will start. Each subsequent player will start after the player in front of them has gone past the second cone. When the players reach the last cone, they will go around the cone and head back to the start. As players cross each other they will have to look up in order to avoid running into each other. Continue the drill with the players going back and forth through the cones at least twice in each direction.

**Steal the Ball (Terminator)** - Have all players dribbling a basketball while at the same time trying to knock away their teammates’ balls. When a player’s ball is knocked out of bounds, he is out of the game. Again, you can increase the difficulty of the game by making players dribble with their off hand and decreasing the playing area.

**Crossover** - Dribble the length of the court making four distinct crossovers, making sure that to change directions sharply with a hard and low crossover dribble. Do the same coming back.

**Hesitation and Spin Drill** - Make three change of pace (hesitation dribbles over the length of the court. On the way back perform three spin dribbles. Repeat the drill using the opposite hand.

**Full Court Speed Dribble** - Dribble the length of the court using a speed dribble, pushing the ball out in front and allowing it to come up about waist high. Dribble with the right hand one way and the left hand coming back.

**Blurr** - Start the drill with the legs about shoulder width apart. One hand will be on the ball in front of the legs and the other hand will be on the ball in the back of the legs. Then flip the ball in the air and reverse the positions of your hands. Catch the ball with your fingertips and try and go as fast as you can for thirty seconds. The ball will appear to sit between your legs if executed properly.

**Straddle Flip** - Start with the legs about shoulder width apart and knees bent. Your hands are in front holding the basketball. Let go of the ball or flip it very slightly up in the air between your legs. Now bring your hands to the back of your legs and catch the ball before it hits the ground. Now flip the ball in the air again and bring your hands back to the front as quickly as you can. Drill as fast as you can without dropping the ball. Do this for thirty seconds.

**Rhythm** - Take the ball around the right leg. Grab the ball with the left hand in front, right hand in back. Drop the ball and quickly reverse your hands and catch the ball after one bounce. Move the ball back to start around the left leg. Continue the same movement for thirty seconds.

**Run Dribble Run** - Team can be split into four groups (each group should have at least two players). Groups are spread along the baseline with two basketballs for each group at the half court line. On signal the first player in line sprints to half court picks up a ball and dribbles to the opposite baseline. There the player places the ball on the line and sprints back to half court, picks up the other ball and dribbles to the starting baseline and places the ball on the line. As soon as the ball is placed on the baseline the next player picks up the ball, dribbles to half court and places the ball on the ground. The player then sprints to the opposite baseline picks up the ball and dribbles back to half court and places the ball on the line. He then sprints to the starting baseline and the next players start as soon as he crosses the line. Coach can change parts of the drill as he wants (left hand dribbles only, one cross over for each basketball, other offensive moves ion combination.

**Cat & Mouse** - Mark off a circular area on the court and divide the team in half. Form two lines at opposite sides of the circle with the line inside the circle. At the signal the first player in each line will dribble clockwise around the circle trying to catch up and tag the player from the other team. If he does not catch and tag the other player within one circle he gives the ball to the next player in line and that player continues the chase. Game continues until one player catches and tags another player. You can have the players change directions and dribbling hands any time during the game (a good time would be when one player is starting to close in on another). You can also decrease or increase the size of the circle.

### *Rebounding*

**Superman** - Start standing on the block outside the foul lane. Face the basket and toss the ball over the rim to the opposite side of the backboard. Aim high on the backboard, then go and get the rebound. Take a step inside the lane and catch the ball outside the lane on the other side. Turn to the basket tossing the ball over the rim against the backboard on the other side. Continue rebounding for thirty seconds.

**Figure Eight Tip Drill** - Start with two players on the right side of the basket and one on the left side. Ball starts on the right side with the first player passing the ball off the backboard towards the left side and the player on the left rebounding. Player that passed the ball off of the backboard will go behind the player rebounding and the rebounding player will pass the ball off of the backboard to the remaining

player on the right side. Ball will be passed and rebounded in a figure eight (or weave) fashion for one minute.

**Survive and Thrive** - Three players form an arc around the basket in the free throw lane and a coach takes a shot at the basket (missing on purpose). All three players attempt to rebound the ball without fouling the other players. The player that rebounds the ball becomes the offensive player and the other two become the defense. The player that rebounds the ball attempts to make a basket. All shots must come within the key. The offensive player has the option of outletting the ball to the coach and setting up for a return pass. Once the player makes three baskets, another player replaces him. The remaining players retain their scores.

**Circle Box-out Drill** - Have players get into position around the free throw circle. Players should be paired up (guards with guards, forwards with forwards, centers with centers). Have defensive players spread around the circle and offensive players outside the circle. Players should be facing each other. The coach places the ball in the center of the circle and blows the whistle. Defenders should immediately pivot, put their backsides into the offensive players and keep them outside the circle away from the ball. They should box out for a count of 5. Offense and defense will then switch.

### *Shooting*

**On Your Back Drill** - Lie flat on the floor and hold the ball in shooting position: elbow in, ball on the pads of your fingers, off hand on the side of the ball and the ball above your shoulder. Shoot the ball as you would at the basket, snapping your wrists and rolling the ball off your fingertips so it will come down in your hands. If it does, you've got the right shooting position. Repeat shooting so that the ball comes back down to your hands ten times in a row.

**Intensity Lay-up** - Shooter starts with the ball near the foul line and passes the ball to another player in the wing area and cuts sharply to the basket. Player in the wing area returns the ball to the shooter who does a lay-up (dribbling only if necessary). Shooter rebounds the ball and dribbles back to the foul line and repeats the drill. Do this for thirty seconds. Drill should be done on both the right and left side (using both the right and left hands to dribble and shoot). Drill can be done with the shooter cutting to the basket then stopping when they receive the pass and shooting a short jump shot instead of a lay-up.

**Inside the Lane** - Divide the team in half with one line at the wing area about 10-15 feet away from the elbow and one line at the free throw line extended area on the opposite side of the court. Line in the wing area starts with the ball. Player on the opposite side comes across the free throw lane and receives a pass, jump stops and forward pivots towards the basket. Square to the basket and go up for the shot. Shooter follows the shot and returns it to the passing line. Shooter and passer switch lines.

**Two Ball Lay-up Drill (30 second drill)** - Three people are needed for this drill. One at the free throw line to replace the basketballs, one near the basket to rebound and pass balls to person at the free throw line and one running the lay-up drill.

Place a basketball at each elbow. Person doing the drill starts at the baseline under the basket. At the whistle, run to either basketball, pick it up and dribble back to basket for lay-up. Continue past the baseline and touch the nearest wall or a mark on the floor at least three feet past the baseline. After touching the wall (or mark) run back to pick up the other ball and do another lay up. After each lay up the player under the basket will rebound the ball and pass it to the player at the free throw line to have them replace a ball at the elbow. Player doing the lay-ups will continue doing lay ups for thirty seconds.

**Two Ball Shooting** - Four players are needed for this drill. One player serves as the rebounder and the other players are positioned across the free throw line extended with a player on each wing and the shooter on the free throw line. Each of the wing players has a ball. The shooting player moves across the free throw line to the elbow and receives a pass, squares to the basket and shoots. He then slides to the

other elbow receives a pass, squares and shoots. After each shot the rebounder recovers the ball and passes it back to the wing. The drill should run for times varying from 30 seconds to one minute. The drill can also be run from the elbow to the corner or the corner to the free throw line extended.

**Golf** - Nine spots are identified on the floor (can use corner, short corner, elbow, free throw line extended - on both sides of the court - and top of the circle). These spots are the “tees” from which the players shoot. Players can compete against each other in this drill. Each player must make a shot from each of the nine spots. All attempts count as a stroke and the player with the fewest shots upon completing all nine shots is the winner. A perfect score would be nine shots. For younger players the shots can be shorter or you can count rim shots.

**Circle Lay-ups** - For this drill you need to split the team in half with one line at each edge of the free throw lane on the baseline (facing the full court). A coach or player should be placed in the middle of the lane just beyond the front of the rim. Each line will have a ball, with one of them in the hands of the first player in line and one of them in the hands of the second player in line. The drill starts with the player without the ball circling the coach in the middle of the key and coming back towards the other line. He/she receives a pass and does a lay-up. As soon as the player in line passes the ball to the circling shooter, he/she goes around the coach and receives a ball from the other line and does a lay-up. Each player gets their own rebound (or ball coming through the net) and gives it to the next person in the line in front of them. They then go to the end of that line. The drill continues with players passing and circling the coach. You can continue the drill until a certain number of lay-ups are made in a row. You can extend the drill by having the coach step back. You can also have the players shoot from the elbow or closer instead of lay-ups.

**Knockout (Bump)** - Players form a line at the free throw line with the first two players having balls. First player shoot his ball from the free throw line and if he misses he follows his shot and shoots until he scores. He then gives the ball to the next player in line. Once the first player has shot, the player behind can shoot. If the player behind scores before the player in front, the first player is out of the game. Once player has scored and returned the ball to the next player in line, he goes to the end of the line. Last player left wins the game. This game (drill) can be done from different shooting spots.

**Mushball** - Drill starts with one player on each side of the free throw lane in the low block and all of the rest of the players in a line at the free throw line. The shooter (at the free throw line) shoots until she misses, scoring one point for each made free throw. Free throw lane rules apply, players on the lane cannot enter the key until the ball hits the rim and the free throw shooter cannot jump the line. On a missed free throw all three players go for the rebound and attempt to score. The rebounder is on offense and the two other players on defense. A basket counts for two points. Players cannot go further than one step outside of the key. Play continues until a basket is scored, the ball leaves the field of play or a violation occurs. Then players rotate, with one of the players on the lane going to the end of the free throw line and the other two taking a position on the lane. Encourage strong moves to the basket. There are no fouls in mushball (except flagrant ones).

**Twenty-seven** - This is a shooting game with the first player to reach twenty-seven points being the winner. Each player is given three shots. The first shot from a designated spot (free throw, three point shot or closer for younger players) is worth five points. The second shot is from the spot the ball is retrieved from after the first shot is worth three points. The third shot is a lay-up worth one point and is worth one point. Lay-up must be shot after the player touches a spot on the floor and drives to the basket. Maximum number of points per turn is nine. Game is over when all players have had an equal number of turns and one or more have reached twenty-seven.

**10-5-10-5** - Select a pair of spots equal distance from the basket, on opposite sides of the court. Two players will start from opposite spots and shoot from alternate spots until one has reached ten baskets. Players may pass each other on the spots as rebounds are not fielded equally and rebounding and getting to the other spot quickly is all part of which shooter gets to ten made shots first. When one player has

made ten shots, the players will stop and shoot alternating free throws until one has made five (equal number of shots will be given in this part of the game). Players will then move to a second set of equal distance spots and again shoot until one has ten baskets. This will again be followed by alternating free throws until one gets five. The winner is the player with the most baskets.

**Close-out Shooting Drill** - Use three players at each basket with one ball. Start with two players on the right wing (one with the ball) with one player on the left wing. Player with the ball takes a shot and gets the rebound and passes to the player on the left wing and defensively closes out with hands up to distract the shooter. Don't actually block the shot. The shooter can take one quick dribble sideways to get open. Shooter will then follow his shot, rebound and pass to single player at the opposite wing and defensively close out. Shooter follows the same procedure as the previous shooter. Rotation will continue for several minutes. Shot positions can be changed. Make sure that passes are crisp and accurate, the player sprint, the defense makes good close-outs and the shooters are squared to the basket and using good shooting technique.

**Offense & Inbounding** - Drills in this area are the result of teaching parts of the game in other areas. Movements include footwork, cuts, screens, pivots, dribbling and passing (and of course shooting). The drills listed include: Pick and roll, pass and screen away, and give and go. All should be practiced so that players are aware of what to do if the defense reacts in different ways. Players should be instructed as to what offensive moves to make, the proper direction to pivot and the location of screens.

There are many different inbound plays, the simplest of which involve lining up in a box with players on the blocks and elbows or in a line along the foul lane line. Box inbound plays will have screens form the strong side to the weak side or from the block to the elbow or diagonally from the block to the opposite elbow. Line inbounds plays involve various movements towards the key away from the key and towards the basket. (These plays will be added to this booklet at a later time)

The #1 play (**Taisho or Rotation**) combines a series of offensive movements and screens and can be taught in sequences as part of the other offensive drills. The play features movement of the ball from one side of the court to the other with identical movements on either side. This play or a variation of the play is run by most of the teams in the organization. (This will be added to the booklet at a later time).

Reminder: You don't need a lot of plays for the team to be successful. It doesn't matter whether the other team knows what is coming, if your team executes the play properly an opportunity will present itself.

**Penetrate & Dish** - This drill is designed to teach and work on the skills of dribble penetration into the key and passing the ball off to a teammate that has placed themselves in a good position. The drill is run from a 3 on 2 set, with the ballhandler either at the top of the key or at the wing position. Have the ball handler undefended with a defender on each of the other two offensive players. Ballhandler should split the defenders with a dribble penetration and the other two offensive players must read the defense (see who leaves to defend the ballhandler and get into good offensive position. Ballhandler can either pass off to the offensive player in the best position or continue to penetrate to the basket if the defenders sag off. This can also be run in a 4 on 3 or 5 on 4 set.

### *Combination Drills*

**Four person-dribbling; pivoting; passing** - Divide the team into four groups and position them in the corners of a half court. The first player in each of the four lines begins the drill with a basketball. The drill begins with the first player in each line dribbling towards the free throw circle. At the circle each player does a jump stop, a reverse pivot and a pass to the first person in the line to their immediate left. The players making the pass then proceed to the end of the line to which they passed the ball. Players

receiving the ball duplicate the actions of the first group. Drill can be done with or without a basketball. Direction of the drill should be reversed after all have done it a few times.

**Z Drill (without and with the ball)** - Add an offensive player to the Zigzag Drill (see defensive drills). Defensive player will shadow the moves of the offensive player as he makes the zigzag pattern up the court. Offensive player will use jab steps to change directions (pushing hard off the outside foot). This should be done without the ball first. Don't let the offensive or defensive players get lazy just because there is no ball involved. When the players reach the baseline they will switch positions. Once the players have shown good defensive and offensive movement, you can add a ball to the drill and have the offensive player practice change of direction dribbles (crossovers, between the legs, behind the back, etc.)

**Fast Break with Lay-up** - Divide the team into three groups with one group directly under the basket on the baseline and the other two on the same baseline on either side. The first player in the center line will have the ball and begins the drill by dribbling up-court to the opposite free throw line. Players on the outside run up the court along side the dribbler. The dribbler will do a jump stop at the free throw line and pass to either of the wing players who will shoot a lay-up. The player that does not get the pass will rebound the ball. Drill will continue with the rebounder in the center with the shooter and dribbler filling the lanes going the other way.

**Fast Break Rebound & Outlet** - Divide the team into two groups with one under the basket and one along the side line (free throw line extended). Drill starts with a ball tossed against the backboard and the player under the basket rebounding, pivots and outlets the ball to the player near the sideline. This player dribbles the ball up court towards the opposite free throw line. Player that rebounded runs the court between the free throw lane and the side lines on the side that he outlet the ball. Dribbler does a jump stop at the free throw line and makes a lead pass to the trailer for a lay-up. Player that does the lay-up circles back to the other side free throw line extended area waiting for an outlet and passer rebounds the lay-up and outlets the ball. Drill continues going to the other basket with the next rebounder getting the ball and making an outlet pass. As soon as the first lay-up is performed at the opposite end the next set of rebounder and outlet can go.

**Break & Go** - Position two players at the elbow and one near the basket as a rebounder. Drill starts with a rebound. As the rebounder gets the ball, players at the elbows outlet to the free throw line extended area. Rebounder outlets to the player closest to his position. Other player breaks to the top of the key to receive the second pass coming from the wing area. Rebounder and player that received the outlet pass fill the outside lanes and trail center player who dribbles the ball down the court. Center player advances ball to opposite free throw line and passes the ball to either side or shoots.

**Air It Out** - Divide team into two groups. Position one group on the baseline outside the free throw lane and the other group at the sideline near the free throw line extended area. Two balls should be available for this drill. Drill starts with a rebound by the first person in the baseline group. An outlet pass is made to the player in the sideline group. This player dribbles the length of the court and makes a lay-up. The original rebounder trails the play and rebounds the made lay-up, steps out of bounds. The shooter breaks to the opposite wing and runs down the sideline. The rebounder throws a baseball pass leading the shooter who makes a lay-up on the other basket. Again the passer trails the play and rebounds and puts back any missed lay-ups. The next pair of players goes as soon as the lay-up is made at the opposite basket.

### *Triple threat drills*

**One on one jab drill** - Place basketballs on five spots around the perimeter of the court (at least 20 feet away from the basket). Pick up the first ball and get in triple threat position and make a jab move on an imaginary defender - jab and drive, jab and crossover, or jab and shoot. After completing the move go to the next ball and make a different jab move. Do this for all three balls.

**Jab step drill** - Place a ball in front of you. Pick up the ball and get in a triple threat position. Make a jab and dribble one quick dribble right. Get back in a triple threat position and jab and make a cross over dribble left. Repeat each jab step and dribble three times in each direction. Do the same drill adding two dribbles off each jab step.

**3 on 2/2on 1** - This drill starts with two players at the opposite side basket, one at the free throw line and one in the middle of the key. These players will start the drill as defenders. All other players will start in three lines on the opposite baseline (in the same set up for a three man weave). Drill starts with the ball in the middle line. A pass is made to one of the outside lines and this player brings the ball up the middle of the court with the original passer filling the outside lane vacated by the new dribbler. The three offensive players will advance the ball and challenge the two defenders. The offense will only get one shot at the basket. Whether the basket is made or not the two defenders will get the rebound and head towards the other basket with the player that shot the ball in the 3 on 2 situation now becoming the defender. You can vary the person that is the defender on the 2 on 1 portion of the drill (the player in the middle of the court, the player that made the last pass, shooter or person that lost the ball).

**Free throw 2 on 1/1 on 2 to Half Court** - Drill starts with one player on the free throw line and two players lined up on the free throw lane. Player at the free throw line takes a free throw. If the basket is made, one of the two players on the lane will take the ball out of bounds and inbound to the other. If it is missed, one of the players will rebound and start towards the opposite basket, the player that shot the ball must touch the baseline before he retreats and plays defense. When the two players have made a basket or the one player gets a rebound, the one player will head back towards the other basket with the two players trying to trap him in the backcourt. Drill ends when the one player is either stopped in the backcourt or he crosses the half court line.

**2 on 1 Blitz** - Drill is similar to the Free Throw 2 or 1 drill, except that another defensive player is added to help with the 2 on 1 portion of the drill. When the two players have advanced the ball past the half court line, another defensive player that is waiting at the half court sideline will run along the half court line to center court then come to the assistance of the one player.

**3 on 2 Blitz** - Same as 2 on 1 Blitz except with 3 versus 2 on the court before an additional defensive player is added.

**Retreat and Defeat** - Divide the team into three lines and position them across the baseline facing the full court. The first person in each line is then repositioned across the free throw line extended facing the players on the baseline. These three players are the defense. The coach standing on the free throw line will start the drill by tossing the ball to the first player in one of the lines. That player and the first player in each of the other two lines begin a fast break moving the ball to the middle and filling the lanes. The defensive player directly in front of the player that receives the ball from the coach must move forward and touch the baseline before retreating and playing defense. The other two defenders can retreat as soon as the offense moves forward. The coach goes to the other end of the court and runs the same drill going back the other way.

**Bull Rush** - Divide the team into two equal team. Each team stands on the baseline corner facing the full court. One player from each team participates in the drill. The coach stands under the basket and rolls the ball out towards mid-court. When he says "go" the first player in each line runs for the ball. The player that gets the ball dribbles back to the basket and the other plays defense. If the ball is stolen, they switch roles (offense and defense). Time limit of thirty seconds. You can make the players come back to the basket or go full court to the opposite basket. You can do this with two players from each team or three players and not dribbling.

**Piston Full Court Offense Defense Drill** - Pair players up with each pair having a ball. Both players will be on the baseline with the first player sprinting up to the wing towards the other basket and the player with the ball inbound to that player. The ball receiver will speed dribble up the court and go hard for a

lay-up. The passer will become a defender and sprint the length of the court trying to catch up and prevent the lay-up. At the opposite end of the court the shooter will rebound the lay-up and become the inbounder going the opposite direction. The next pair will go when the first pair has inbounded on the opposite side.

**Hustle Drill** - Divide team into two groups and spread each group on either the baseline or the sideline. Give each player a number and have the players sit or squat on the floor facing away from the court. A coach will place a ball equal distance from each team and then yell out a number. The player from each team that has that number will run out on the court pick up the loose ball. The player that gets to the ball first will be on offense and the other player will be on defense. Keep playing until the offense scores or the defense gets the ball. One point is awarded for getting the ball and another if the offense scores. If the players are on the baseline, they must go back to the basket nearest to their team.

Variations: More than one number can be called out and you can require that no dribbles be used. If the defense fouls, then the offensive player can shoot a free throw and score if the free throw is made.

**11 Man Drill (Full Court)** - This is an 11-man drill but it probably better if you have more than 11 players for the drill. The drill starts with a 3 on 2 situation on one half court, two defenders on the other half court and two lines on each sideline (each one between the half court line and the top of the key). Ball starts at the point in the 3 on 2 situation. The three offensive players will only get one shot at the basket. When the shot is taken (even if it is made) one of the defenders will rebound the ball and quickly outlet to one of the players near the sideline and the rebounder and the two outlet players will head towards the other basket for a 3 on 2 situation. The two players that started out on defense will go to the outlet lines (on their side of half court) and the two remaining offensive players will stay in the key to play defense. On the other side of the court the 3 on 2 situation again will only have one shot and then the rebounder will outlet and go the other way in a 3 on 2 situation. Defensive and offensive players rotate as noted previously.

**7 Man Half Court Drill** - This is a half court version of the 11 Man drill that can be done if you have less than 11 players. Again you will start in a 3 on 2 situation. Two players will be in the key to play defense and the offensive players will start on the baseline with one player under the basket and two lines spread wide near the three point line. Ball starts with the player under the basket who outlets to one of the players to his side headed towards half court. Player with the ball goes to the middle of the court and all three players go to half court and touch the line. They then turn and go 3 on 2 versus the defensive players. The same rules as in the full court drill apply. One shot only and the player that rebounds the ball now runs to the center under the basket and outlets to either of the other two players from the lines to his side. The remaining offensive players now become the defense and the defensive players go to the end of the two lines.