



62 COVID- FRIENDLY BASKETBALL DRILLS



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INTRODUCTION

Welcome!

This booklet features 62 COVID-friendly drills based on the following criteria:

- (1) Everyone uses their own basketball
- (2) No contact between players

I encourage coaches to focus mainly on shooting and dribbling, as I believe that's the best way to keep players interested and focused in practices where we can't utilize direct competition between players.

If you have distancing rules, please take that into account when planning which drills to use at your next practice. Most drills can be easily modified to suit.

Please take a moment to read the article on the next page, where I'll share 10 important tips to keep in mind when running practices in the COVID era.

Feel free to reach out if you have any questions!

- Coach Mac

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RUNNING A BASKETBALL PRACTICE IN THE COVID ERA

The COVID-19 pandemic has impacted lives across the globe.

As doctors and scientists work diligently to get the virus under control, the rest of us are left trying to figure out how to best live our lives in the COVID era.

Basketball coaches are no different. It's a complicated and confusing time, and our players need us now more than ever.

While different areas may have different restrictions, most places are starting to open gyms for coaches to run practice. If you are starting to get your players back on the court, consider the following tips to help conduct safe, productive practices.

TIPS FOR RUNNING EFFECTIVE PRACTICES WITH RESTRICTIONS

Tip #1 - Don't Cancel Practice

Some coaches have decided to cancel practices because they believe there's no benefit with a plethora of restrictions.

You may be asked to coach or practice in masks. Perhaps players are not allowed to share basketballs. You may even have to keep players socially distanced while they are on the court.

While none of these rules are ideal for playing basketball, you can still be productive while also providing your players some semblance of normalcy. If you structure your practice effectively, your players will get better despite the restrictions.

Tip #2 - Be Clear About Your COVID Rules

The virus is very serious and must be treated as such. Don't be the coach who tries to ignore the restrictions. It's important to be clear about what's expected of players when they're on the floor.

You probably want to articulate this information before players arrive for practice so they know what to expect, based on the rules outlined by your club or organization. A text message or email outlining the expectations will ensure players are prepared and will save you from spending too much of your practice time explaining the rules.

Tip #3 - Check in With Your Players

While everyone will be eager to get back into the flow of practice, it's important to take a few minutes and check on your players.

Quarantining has negatively impacted the mental health of many young people, and some families have been hit harder by COVID than others.

Coaches play a crucial role in the lives of their players, so just offering support and checking in periodically can make a big difference.

Tip #4 - Focus Mostly on Shooting and Dribbling

If your school or area doesn't allow sharing basketballs, you may be limited in what you can do with your practice time.

However, players can make significant improvement in their shooting and dribbling skills with focused individual practice.

If you have a gym with side baskets, many players can get shooting reps without sharing a ball and with staying properly distanced. Stationary and on-the-move ball-handling drills can also be used to help players improve.

Tip #5 - Plan Your Practices

Because you'll be limited in what you can and can't do, it's even more important to plan your practices, as it could be difficult to come up with ideas on the fly.

Before the start of practice, consider the restrictions and map out what you plan to do to maximize your practice time.

You'll also want to give increased attention to logistical matters:

- Where players will stand if they are not in a drill
- When and how they will get water
- What equipment is needed for practice
- etc.

Tip #6 - Use a Variety of Drills

Players get bored doing the same thing each practice session.

Slight changes in drills make a big difference and can keep your players engaged. It may be helpful to make a list of various drills that help players improve a specific skill.

For example, if your goal is to help your players improve their dribbling, you may have five drills that serve this purpose. You may choose a few to use each practice, or you could even let players choose individually or collectively which ones they want to use each day.

Tip #7 - Change Drills Frequently

Continuing from the last point, don't spend too long on each drill. It's human nature to get bored doing the same thing over and over. Keep practice fun and fast-moving.

Tip #8 - Find Ways to Build in Competition

COVID restrictions may limit the amount of traditional basketball competition you're allowed to include in your practice sessions. For example, you may not be allowed to let players scrimmage or participate in competitive small-sided games.

However, you can still find ways to get your players competing.

Two forms of competition come to mind:

1. Competition against your teammates
2. Competition with yourself

You may consider timing shooting drills and asking players to count their makes in the allotted time frame. This will increase the intensity of your practices and will keep players engaged.

If most of your practice will focus on building skills, you might want players to log their personal scores on various drills. This lets them compete with themselves and track their improvement.

For example, if a player makes 15 Mikan layups in a minute on Friday but ups his score to 25 by Friday, he will know his hard work is paying off.

Tip #9 - Be Flexible

COVID has forced everyone to constantly adjust plans. The same is true for basketball coaches.

It's smart to have some "back up" drills in mind in case players get bored, and it's a good idea to consider what adjustments could be helpful if more or fewer players show up to practice.

Tip #10 - Stay Positive and Bring Energy

Running a socially distanced basketball practice may feel awkward at first.

Players and coaches may feel separated by space and masks. Coaches typically love to see high fives and fist bumps, but those acts of camaraderie are probably not allowed during this unconventional time.

However, players and coaches can still bring tremendous energy to the gym. If your players initially struggle with this, do it yourself! Show your players you're excited to be back in the gym with them.

Playing sports is an important aspect of many young people's lives, and we should all be thankful for the opportunity to practice, even with some restrictions. Be positive and make a point not to complain about the situation.

Your players probably already hear enough negativity at home or on the news. Make basketball practice the highlight of their day!

Conclusion:

The pandemic has handed us all a difficult situation.

It's up to us to make the best of it for the sake of our players. It will be good for their mental and physical health to get back into the routine of playing basketball.

Teams that utilize this time to build a connection and enhance their players' skill sets will have a tremendous advantage in their next season – whenever that will be.

HOW TO READ THE DIAGRAMS

1

This symbol indicates an offensive player that does not have possession of the basketball. The number will be between 1 and 5.

①

When a number is surrounded by a black circle this indicates that they are on the defensive team. The number will be between 1 and 5.

①

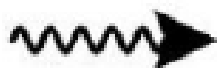
This symbol indicates an offensive player that does have possession of the basketball. The number will be between 1 and 5.



A straight, full-coloured line indicates a player is making a cut.



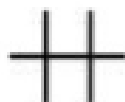
A dotted line indicates a player is making a pass.



A zig-zag line means a player is dribbling the basketball.



A line that ends with another line indicates a player is setting a screen.



This symbol similar to a hash indicates a hand-off between two players.



This symbol will represent either a cone or a chair depending on what you have available to you.

3 LINES

HOW THE DRILL WORKS

Two teams play against each other on opposite ends of the court. 3 lines and 2 basketballs for each team. Players shoot, rebound their own shot, and move to a different line.

PURPOSE

A great drill to work on being in stance ready to shoot the basketball. A great drill if you've got a large group and only one court to use.

SETUP

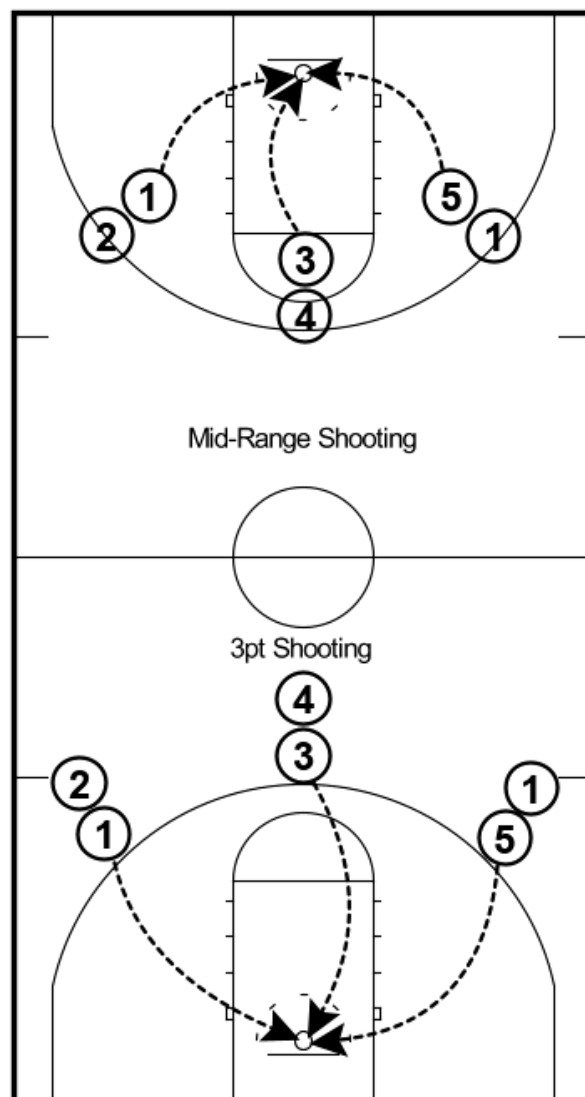
- 3 lines for each team at mid-range to three-point distance.
- 1 basketball per person.
- Need at least 6 players on each team.

INSTRUCTIONS

1. On the coaches call the players with the basketball's begin shooting.
2. After shooting players must rebound their own shot and move to one of the two other lines.
3. This process continues for the coaches set amount of time. Usually 2 - 3 minutes.

SCORING SYSTEM

- Teams receive 1 point per made shot.
- The team with the most made shots in the set amount of time wins.



VARIATIONS

Different Distance - Instead of shooting from mid-range you can extend it back to three-point range.

4 Lines - If you have more players you can extend to 4 lines. I wouldn't ever go to 5 lines at one end of the court as it becomes way too crowded.

Rebound Points - You can add the rule that if players rebound the basketball without it bouncing on the ground then they can put the ball back in for one point.

COACHING POINTS

- Players **MUST** rebound their own shot.
- Players should be in stance to shoot the ball when it's their turn to shoot.
- This means their knees should be bent and their back should be straight.
- Players should hold their release until the ball either hits or enters the basket. Be balanced before and after the shot.

4 STATION SHOOTING

HOW THE DRILL WORKS

The basketball court is split up into 4 quarters and becomes 4 shooting stations. Players are in pairs or small groups and perform the designated shot at each station. After a certain amount of time everyone rotates. This continues until all groups have completed each station.

PURPOSE

A fun variation to common shooting drills. Gives the players a variety of shots and different moves from all over the court.

SETUP

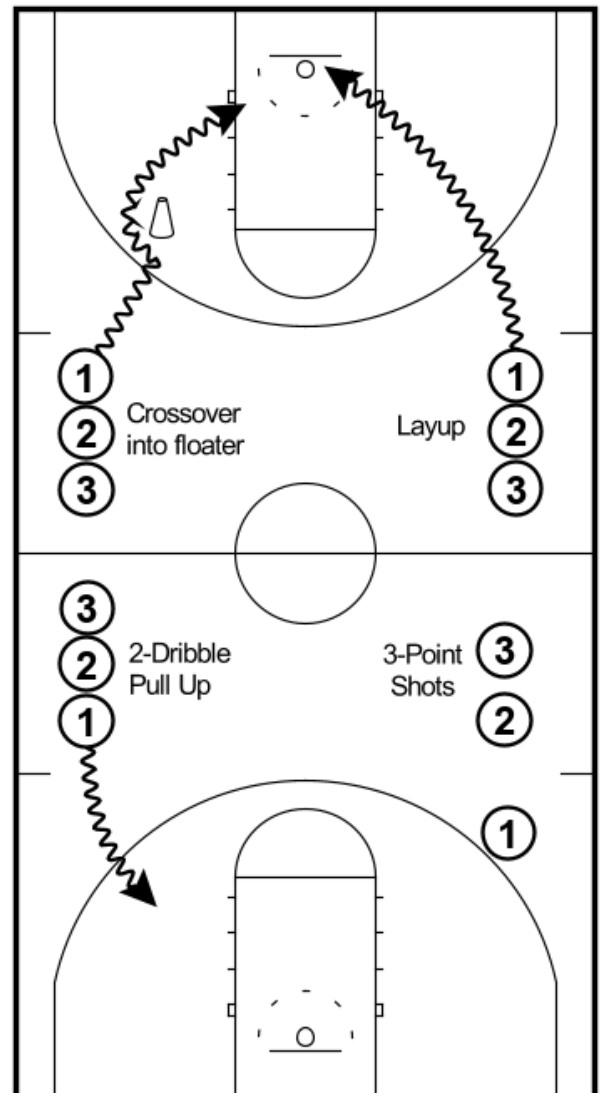
- Coach will need a stopwatch or something to track the time at each station.
- Split your team up into 4 different groups.
- Decide on what shot will be executed at each of the 4 stations and set up each station accordingly.

INSTRUCTIONS

1. Station Ideas:

- Mid-range jump shots.
- Three-point shots.
- 1-dribble pull up shots.
- 2-dribble pull up shots.
- Floater.
- Layups.
- Post up.
- Dribble move into a shot.
- Etc.

2. Explain each station to all players and tell



them how long they'll spend on each station.

3. Start the timer when everyone is set up and begins shooting at their station.
4. Every 2 or 3 minutes blow your whistle or call out for each group to rotate station.
5. The drill concludes when every group has been at every station.

VARIATIONS

Different Shots at Stations - There's an unlimited amount of different shots for each station so make sure you don't bore your players by performing the same shots every practice.

More Stations - Occasionally when I've had very large groups and only two rims, I add two extra groups that perform free-throws at each end.

Competitive - Mark down the scores each group gets at each station and then compare them against each other at the end of the drill.

COACHING POINTS

- There's no time to waste so players must hustle between different groups.
- Make sure all players understand each station before you begin so that there are no questions half-way through the drill when groups rotate.
- While running the groups through each station, emphasize the key points that you want them to focus on.

5 SPOT VARIETY

HOW THE DRILL WORKS

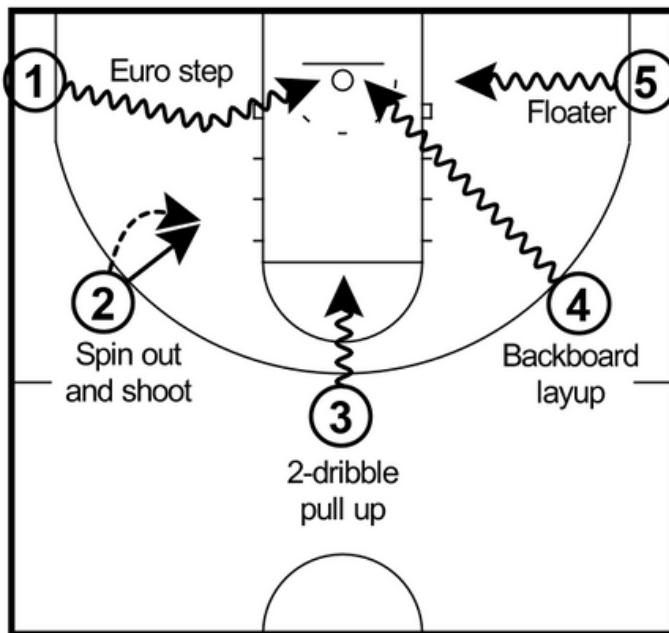
All players grab a basketball and line up behind the same cone. Each player takes five different shots from 5 different cones. The core five shots are three layups and two jump shots.

PURPOSE

A great drill for practicing a variety of shots from all over the floor. While I'm usually against lines, this drill moves quite fast and the players will never be standing for too long.

SETUP

- Place 5 cones three feet outside the three-point line at 5 different spots on the court. Both baselines, both wings, and the top of the key.



- All players need a basketball.
- All players line up behind the same cone.
- We don't want more than 7 players in this drill at one time. If you have a lot of players, use both ends of the court.
- The players will do a full round of each shot before changing shots so you must tell them which shot they'll be shooting first.

INSTRUCTIONS

1. Each player will shoot five shots:

- a. A floater
- b. A layup off the backboard
- c. Two dribble pull-up shot.
- d. Spin the ball out in front, catch and go directly into a shot. (catch and shoot)
- e. A euro step.

2. All players are in the same line on a baseline cone.
3. If the coach decides to start with a floater, the first player in the line will take a few dribbles in, take a floater, and make or miss will join the next cone.
4. As soon as the first player in line shoots the ball, the next player starts dribbling in. This continues until all players have taken a shot from the first cone.
5. When the last person has finished at the first cone, the first player in line on the second cone will repeat what they did on the previous cone. This continues until everyone has shot from all the cones.
6. The players end up on the first cone again, the coach picks the new shot, and the same routine happens. Do this for all four different shots.

VARIATIONS

Add Different Shots - The five I mentioned at the start are the staples we use every time in this drill. But if you'd like you can add the different shots like a three-point shot, a reverse layup, a power layup, etc.

All Shots on Same Cone - Instead of the players rotating straight onto the next cone, if you'd like they can just join the end of the same line and go through all the different shots before moving to the next cone.

COACHING POINTS

- Players should use some kind of triple threat move to beat their imaginary 'defender before beginning their dribble. Just dribbling in without considering that a defender will be in front of you isn't game-like!
- Players must dribble in with speed and attack the rim. No point using the drill if they dribble in half-speed since it's not game-like.
- Players should be taking long steps on the layup to be under control and balance, and then jumping high on the second step before finishing at the ring with the required move.

10 SPOTS

HOW THE DRILL WORKS

Each player will take 4 shots from 10 spots around the perimeter. A three-point shot, one-dribble pull-up, mid-range shot, and a layup.

PURPOSE

This drill works on a variety of shots from all over the court. It's a great drill for players to getup a lot of repetitions.

SETUP

- One ball between each player.
- No more than 6 players at each ring.

INSTRUCTIONS

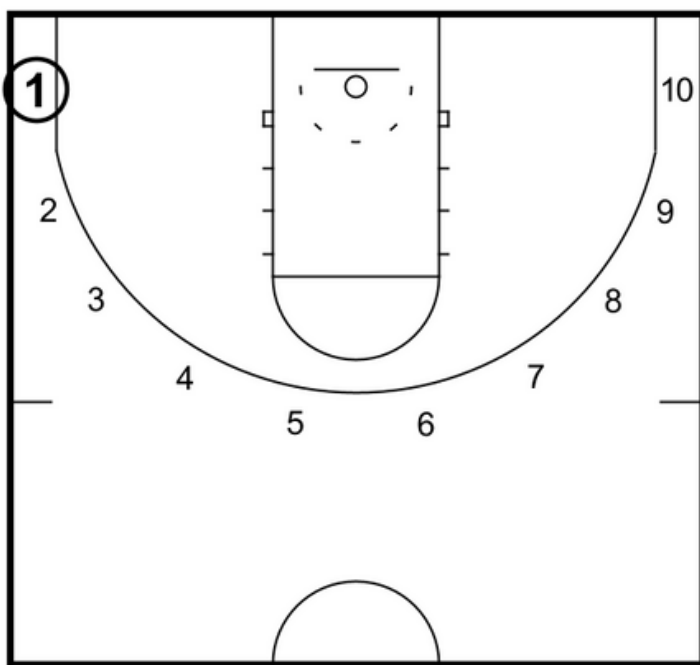
1. The player starts the drill with a three-pointer.
2. The player retrieves their own rebound, returns to the first spot (behind the 3pt line), and then takes a one-dribble pull-up.

3. This time the player returns to the mid-range for the mid-range shot.

4. And finally the player returns to the spot behind the 3pt line, and attacks hard for the layup.

5. After the layup, the player moves to the next spot and starts again with a three-pointer.

6. This continues until the player has shot 4 shots from all 10 spots on the floor.



SCORING SYSTEM

- 3 points for the three-point shot, 2 points for the pull-up, 2 points for the mid-range, 1 point for a layup.
- Players keep their own score until the end of the round.

VARIATIONS

Different Shots - Feel free to take-away or add any extra shots you want. Some teams won't have players that can shoot the three-pointer. In that case your players can shooter just three shots.

COACHING POINTS

- Players must be balanced before and after shooting the ball.
- Attack hard on the layup.
- Players should be getting distance with their one-dribble pull-up. Don't allow players to simply bounce the ball and barely move before shooting.

30 AND 1

HOW THE DRILL WORKS

Players will split up into groups and compete against each other. The coach picks three different spots on the floor that each group must make 10 shots from and then to finish the game the group must make one long-range shot as the game-winner. Equaling 31 made shots.

PURPOSE

A fun, competitive shooting drill that works on shots from different spots on the court including a long-range game-winner.

SETUP

- Split players up into groups of preferably between 3 and 5 players. Though any number will work.
- Each player has one basketball.
- Tell the players the three spots they will shoot from before the half court shot. The traditional spots are 10 made shots from the block, the elbow, and the three-point line before the one made half-court shot.



INSTRUCTIONS

1. On the coaches call, players start shooting from the first spot.
2. The players rotate through taking their shot, rebounding, and dribbling back to their line.
3. Once the team has made 10 shots they move on to the next spot. The other team must keep shooting until they make 10 from each spot. All groups do not change when one team makes 10.

4. The first team to make 10 from three spots and then make the long distance shot wins!

SCORING SYSTEM

- All shots are worth 1 point.
- The first team to 31 points is the winner.

VARIATIONS

Shooting Spots - You can pick any three spots on the floor for players to shoot from, including:

- Layups
- Baseline
- Wing area
- Anywhere around 3-point arc.
- Etc.

Long Distance Shot - The long distance shot is a great part of this drill because the players love it and it gives all groups a chance to catch up and win. If you have younger players you can make the three spots closer to the basket and then finish with a three-point game-winning shot or a half-court shot for older age groups.

COACHING POINTS

- Players should be down in a stance before shooting the ball.
- Players must be hustling after the missed shot to get the rebound and dribble the ball back to their line. Stress the quicker they get the ball after a miss, the more shots the team gets.
- Try to make the groups as even as possible.
- If you play the game more than once, switch a few of the players over to even the groups up after the first round.

HOW THE DRILL WORKS

Each group will be competing against each other to be the first group to reach 31 points. The players will each take three shots - one from the 3-point line, one from outside the key, and one inside the key - and have the potential to score 6 points before the next player in the group shoots.

PURPOSE

To work on shooting from all different spots on the basketball court while under pressure and at game speed.

SETUP

- Split the players you have up into 4 even groups and get them to form a line outside the 3-point line on each wing.
- 3 - 5 players in each team.
- Each player needs a ball.

INSTRUCTIONS

1. On the coach's whistle, the first person in each line will take a shot from the three-point line. If they make it, their team receives three points.
2. Irrelevant of whether the shot is made or not, the shooter will get the rebound, retreat outside of the key, and take another mid-range jump shot. This shot is worth two points.
3. The player will again rebound their shot, and this time they're allowed to take a shot



inside the key. This shot is worth one point.

4. They then rebound the ball once more and return to the back of the line. The next player in line now shoots.

SCORING SYSTEM

- The game has no time limit. The goal is to score 31 points as a group. When a group reaches 31 points they call out '31' and are the winning team.
- The points are scored as follows:
 - Three-point shot - 3 points
 - Outside the key - 2 points
 - Inside the key - 1 point
- Each player has a maximum of three shots each time it's their go.

VARIATIONS

Youth Players - Instead of shooting from the three-point line, have each group start on the elbow. This means the first shot is from the elbow (worth 3 points), the second shot is from outside the key (worth 2 points), and the third shot is from inside the key (worth 1 point).

Different Target Amount of Points - Instead of playing to 31, you can play till 11, 21, or even 41.

COACHING POINTS

- The player's shooting form is paramount. Make corrections to any poor technique you see.
- Assign a designated player from each group to be the score keeper. I've noticed in the past if you don't they'll likely get mixed up. But when someone is given the role it makes it more important and they pay attention.
- Groups will rotate positions after a team wins that round. I usually get my teams to play four rounds so they will shoot from each wing on the court.
- Make sure players are hustling after each rebound so their teams get to take as many shots as possible.

50 SHOTS

HOW THE DRILL WORKS

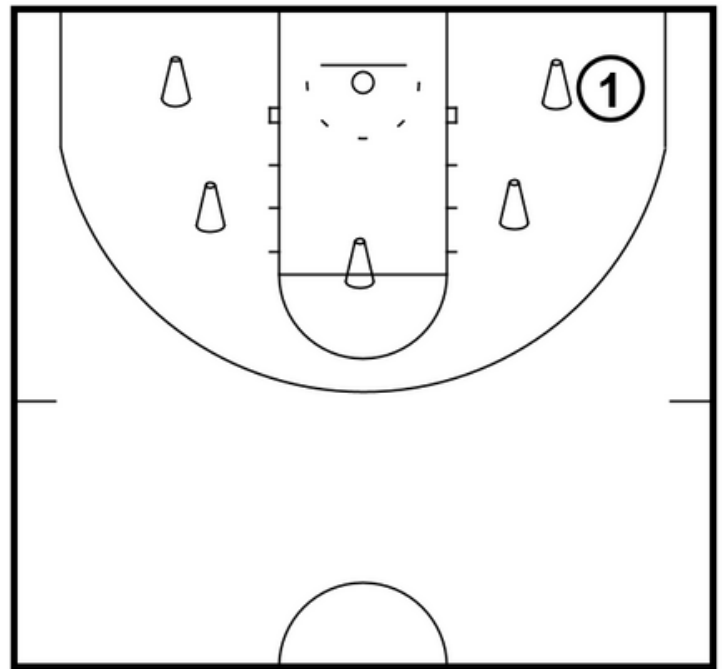
Split your group up into two teams, one at each end of the floor. The goal is to make 50 shots. 10 makes from 5 different spots on the floor.

PURPOSE

A drill that allows players to work together and encourage each other. Great for getting in lots of shooting repetitions.

SETUP

- Split the group of players you have in half and create two teams.
- One basketball per player.
- Place 5 cones on the court in the 5 spots where the players should be shooting from.



INSTRUCTIONS

1. On the coaches call the first player in line shoots from the first spot.
2. They rebound their own shot and dribble back to the end of the same line.
3. This continues until the team has made 10 shots from one spot. They then move onto the next cone.
4. This continues until a team has made 50 shots all up and they are the winner.

SCORING SYSTEM

Whichever team is the first to make 50 shots wins.

VARIATIONS

Different Amount of Makes - Instead of 50 makes you can increase or decrease the number. You can also change how many they need to make from each cone.

More Teams - If you have lots of players you can create up to 4 teams instead of two. Start two teams at each end on different sides of the floor. If they meet in the middle get them to shoot from their respective sides of the cone.

Time Limit - Whichever team has the most amount of made shots when the clock runs out wins the game. The coach determines the amount of time allocated for the drill.

COACHING POINTS

- Players should be in a low stance before shooting. Players should be balanced before and after the shot!
- Must hustle after rebounds to give your team more shooting opportunities.
- Players shouldn't rush the shot just because it's a race. It will often lead to players leaning forward on their shot and becoming off-balance.
- Players MUST rebound their own shot.

100 SECONDS

HOW THE DRILL WORKS

Groups of players have 100 seconds to make 21 shots. 7 jump shots, 7 one-dribble jump shots going left, and 7 one-dribble jump shots going right.

PURPOSE

A competitive shooting drill that incorporates time pressure. Players will get up a lot of shots.

SETUP

- Split your team up into groups of 4 or 5.
- 1 basketball per person.
- A stopwatch or device to track time.

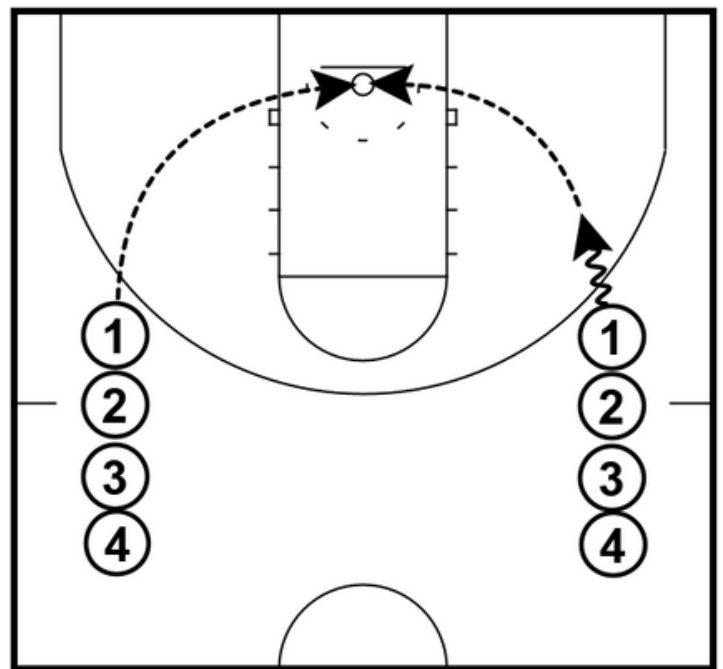
INSTRUCTIONS

1. On the coach's call, the first player in the group takes a jump shot as the coach begins the clock.

2. The second player in line can shoot immediately after the first player.

3. Both players rebound their own basketball and dribble to the back of the line.

4. This continues until the group has made 7 jump shots, 7 one-dribble jump shots going left, and 7 one-dribble jump shots going right, or when the time is up.



SCORING SYSTEM

- The groups must make all 21 shots before the time is up or there is a consequence.

- The consequence I use for this drill is for every shot they fall short of 21, the group must complete a side-to-side sprint of the court.

VARIATIONS

Number of Made Shots - Depending on the age and skill of your group I encourage you to change the number of shots each group must make in 100 seconds. For younger groups I sometimes change to 5 made shots instead of 7 from each.

Different or No Consequence - Instead of side-to-side sprints you can use a different consequence like push ups, sit ups, star jumps, etc.

COACHING POINTS

- Players must be down in a stance before shooting the ball.
- Since this is a time-sensitive drill, encourage players to hustle after their rebounds.
- The player who shoots must rebound their own basketball.
- Players should be creating space on the one-dribble shot. Don't allow players to take a dribble while barely moving.

CROSSOVER SHOOTING

HOW THE DRILL WORKS

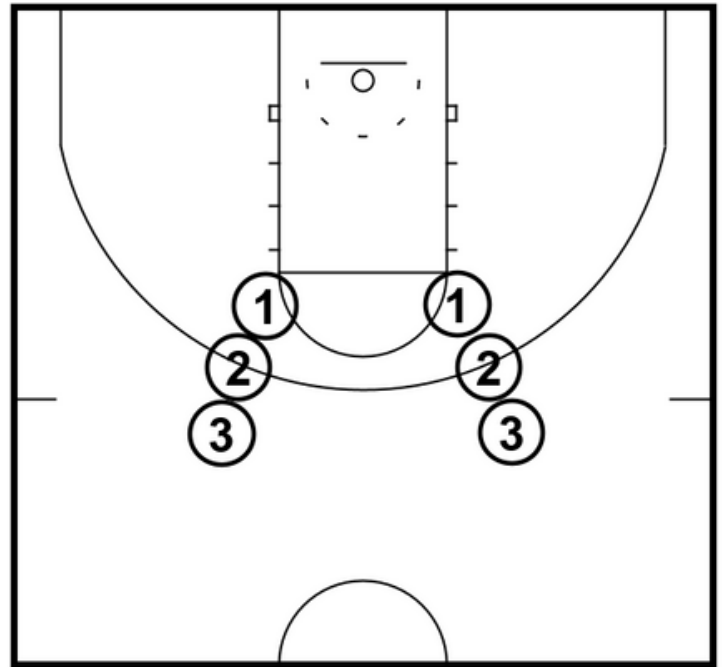
Teams will have a basket each and compete against each other to make a certain amount of shots from certain spots on the court. Teams will be in two different lines and cross over after each shot. Everyone shooting at the same basket is on the same team.

PURPOSE

This shooting drill is guaranteed to improve your shooting from different areas on the court. There is added pressure and competitiveness because the two teams are playing against each other.

SETUP

- Split your players up into two teams. One team at each end of the court.
- Each player will need a basketball each.
- Once you have the two teams, split them up into two lines on opposite sides of the court on the same end of the floor.
- They will be competing against the other groups to make 10 shots from each spot on the floor.
- Minimum of 5 players per team.



INSTRUCTIONS

1. Shooting Spots - You can choose different spots on the floor to shoot from. The most common spots are:

- | | | |
|-----------------|------------------|---------------------------|
| a. Block | c. Elbow | e. Baseline three-pointer |
| b. Short corner | d. Midrange wing | f. Wing three-pointer |

2. On the coach's whistle, players begin shooting and count out loud whenever they make a shot.
3. After shooting on one side of the floor, the player rebounds their own shot, and dribbles to join the back of the other line.
4. This process of shooting, rebounding, dribbling to the other line continues.
5. When a team makes it to the designated number of makes they call out the number and all teams move to the next spots on the floor.

SCORING SYSTEM

- Coach designates the required number of makes at the start of the drill and teams shoot until they reach that number.
- When they reach that number all teams move on to the next spot.

VARIATIONS

Amount of Makes - Vary the amount of shots the players must make depending on the age level and how far out they're shooting from.

Don't Change Lines - An option is to stick with the original method and have players rebound and pass back to the same line instead of crossing over. Both lines are still on the same team and scoring together.

COACHING POINTS

- The players must be chasing down the rebounds after a make or miss. Stress to them that the quicker they get the rebound and dribble to the next line the more shots they will get.
- Make sure you're watching and correcting the shooting form of players.
- Players must be down in stance. Be balanced before and after shooting the ball.
- You can adjust the groups after each game to make it more fair.

DOUBLE SHOT

HOW THE DRILL WORKS

Drill begins with a line behind the first shooter. Every player will take 2 shots from 5 spots around the perimeter. One three-pointer and one one-dribble pull-up. The shooter moves to the back of their line after their second shot. Players keep their own score.

PURPOSE

To practice the mid-range and three-point shot while under the pressure of keeping score.

SETUP

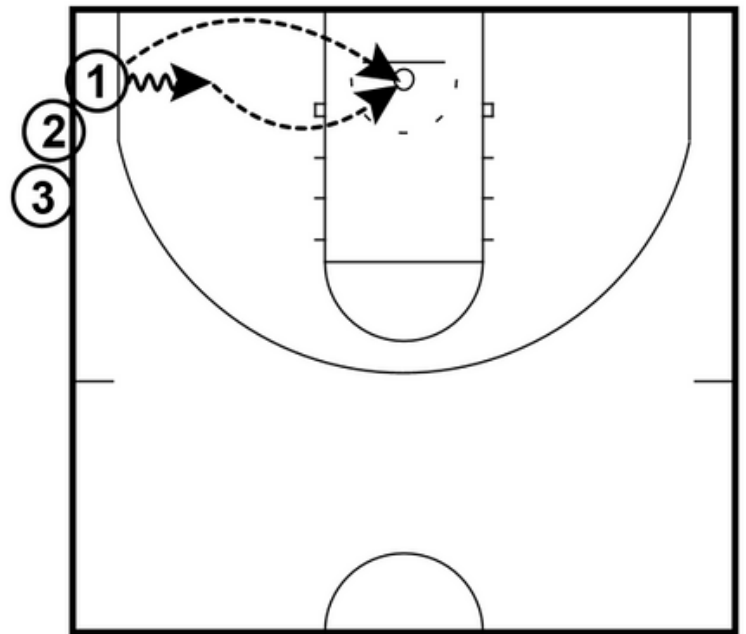
- All players in one line behind the first shooting position.
- No more than 5 players in a group.
- One basketball per person.

INSTRUCTIONS

1. The drill starts with the first shooter taking their first shot from behind the three-point arc.
2. The shooters rebounds their own basketball and dribbles back to the front of the line. The shooter then takes a one-dribble pull-up shot.
3. As the first shooter gets their own rebound, the next shooter shoots their 3pt shot.
4. This continues until every player has shot from all five spots.

SCORING SYSTEM

- Players keep their own score.



- Players get one point for each made shot.
- The target number of makes is decided by the coach and should reflect the age and ability of your team.
- The player with the most points after shooting all shots is the winner.

VARIATIONS

Extra Shots - Instead of one three-pointer and one one-dribble pull-up you can change the shots the players take. For example you can shoot two three-pointers instead of a mid-range shot. I've also had players do one three-pointer, one one-dribble pull-up going left, and one one-dribble pull-up going right.

COACHING POINTS

- Players should be in stance before they shoot the basketball. Be balanced before and after the shot!
- If using the one-dribble pull-up, make sure that the player is getting distance with the dribble and not just bouncing the basketball on the ground for the sake of it.

DOUBLE SWISH

HOW THE DRILL WORKS

The drill is run for a certain amount of time set by the coach. Players must keep shooting until they swish two shots and then the player moves spots. Players count how many times they move spots before the time is up.

PURPOSE

Counting only swishes ensures that players are getting a high arc on their shots and aren't shooting the ball flat.

SETUP

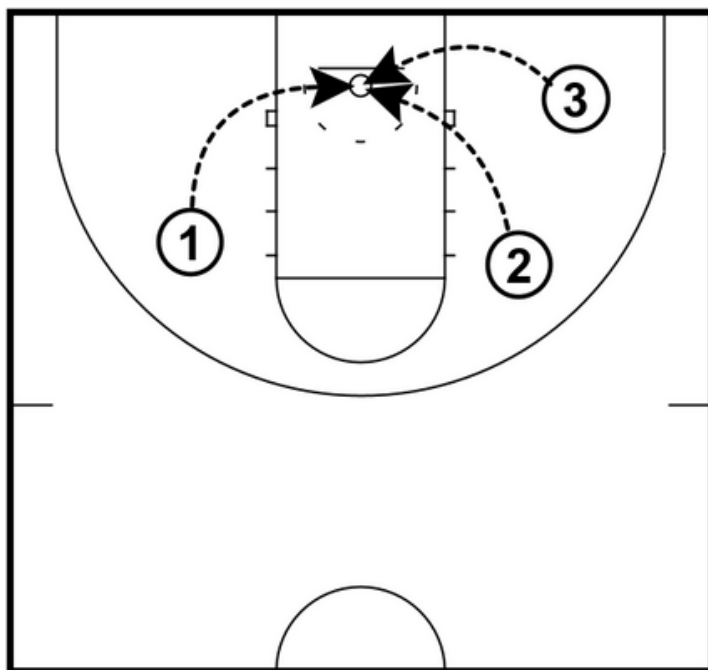
- One basketball between each player.
- A stopwatch to track time.

INSTRUCTIONS

1. When the coach starts the clock the players begin shooting.
2. This player keeps shooting until they've swished two shots from a certain spot.
3. On the second swish the player moves to a new spot.
4. This continues until the time is up.

SETUP

- The drill is run for between 3 and 5 minutes.
- Players must count the amount of times they switch spots.



VARIATIONS

More Swishes - If you've got a skilled shooting team and find two swishes is easy, consider upping that number to 3 or 4.

Add Conditioning - After each missed shot the player has to dribble to half court and back.

COACHING POINTS

- If players are struggling to swish a shot, they probably lack height on their shot.
- A good rule of thumb for shooting the ball with good height is that the elbow of the shooting arm should finish next to the eyebrow.
- Players must be in stance prior to shooting the ball.
- Don't allow players to get to the spot and spend time lining the shot up. The ball has to be caught and shot at normal game speed.

HALF MOON

HOW THE DRILL WORKS

There are 5 spots around the court and each player must make a shot from each of the five spots before swapping over.

PURPOSE

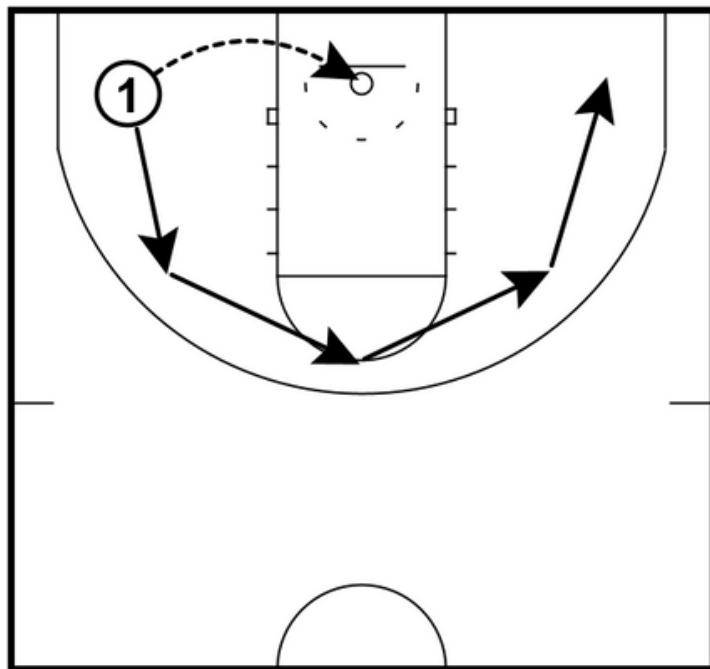
A good drill to add some competition pressure and to get up repetitions from different places on the floor.

SETUP

- One ball for each player.
- Can have a maximum of 5 players on one basket.

INSTRUCTIONS

1. Each player positions themselves on one of the spots to begin.
2. On the coach's call, the players shoot the ball and the drill begins.
3. The shooter must make one shot from all 5 spots on the floor.
4. Once they've made all 5 shots, the player scores one point.
5. This continues until the time is up.



SCORING SYSTEM

- The drill is run for a set amount of time. We usually run it for 3 - 5 minutes.
- Each player receives one point for every full rotation.

VARIATIONS

Make Two Shots - Instead of making a single shot on each spot, the player must make two shots.

Change Shooting Spots - You can change where the shooting spots are. For example you could add some mid-range and some three-point shots.

Add Extra Shots - If you have very talented players maybe five shots isn't enough. Consider increasing that number.

COACHING POINTS

- Players must be in stance before shooting the ball.
- The rebounder must hustle after missed shots so that they can get as many shots as possible.
- Don't put more than 5 players at a single basket or it will become too crowded.

POST PLAY BASICS

HOW THE DRILL WORKS

Players begin the drill on the baseline on the opposite side of the ring to the block they're going to post up on. Players then take it in turns spinning the ball out towards the block, catching the ball, establishing position on the block, and then making a post move after receiving the ball back from the coach.

PURPOSE

To work on scoring moves from the post.

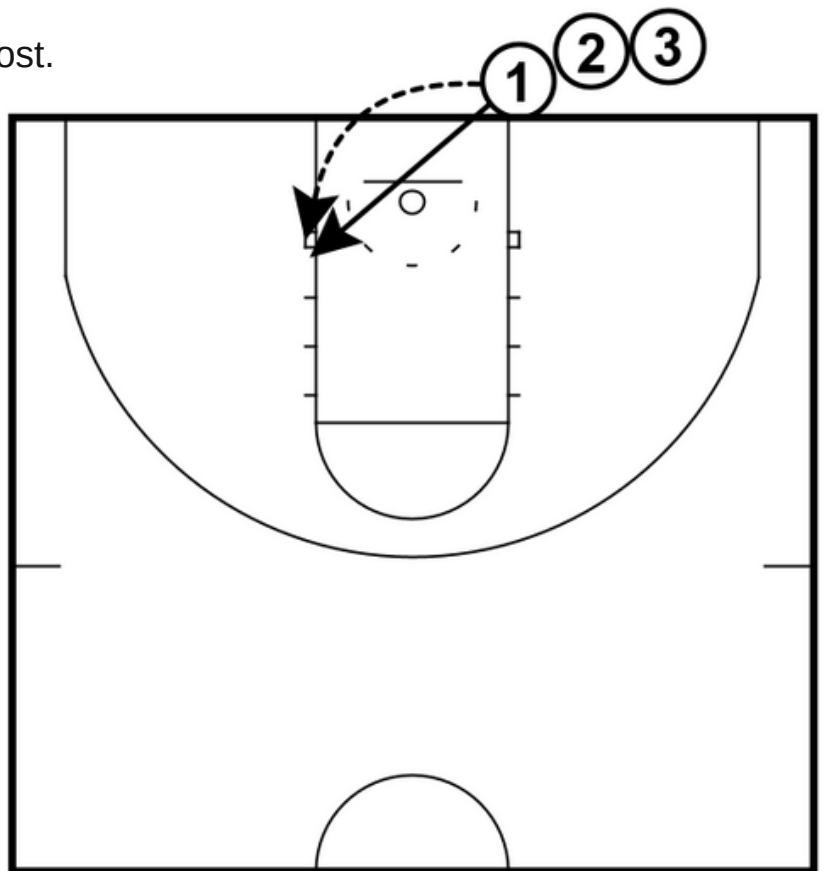
SETUP

- All players have a basketball.
- All players in one line on the baseline.

INSTRUCTIONS

1. Different post moves to use:

- a. Jump hook
- b. Up and under
- c. Reverse pivot into shot
- d. Drop step
- e. Etc.



2. To begin the drill, the first player in line spins the ball out towards the block.

3. The player then catches the basketball at the block

4. The player then makes a post move.

5. After making the shot, the player returns to the end of the line.

VARIATIONS

Call the move - Have the coach call out the move the player should make as they catch the ball. Encourage the players to be able to make a variety of moves on the fly.

COACHING POINTS

- Make sure players are practicing different post moves and not just using the one they're good at every time.
- Using the correct footwork is critical. Make sure all players are doing the moves properly without travelling.

TAKE IT TO THE BANK

HOW THE DRILL WORKS

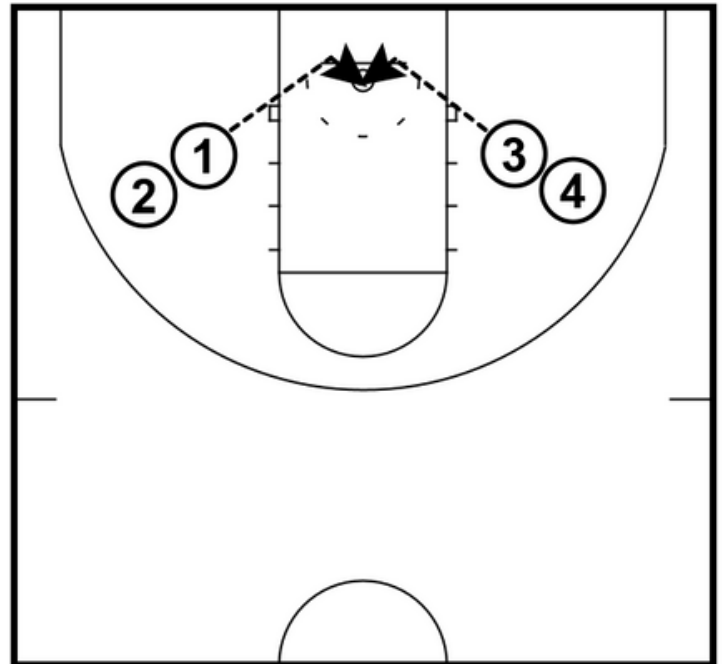
Players line up in two lines opposite each other on an appropriate angle to make a bank shot. The first player in one line shoots, rebounds their own shot, and dribbles to join the back of the opposite line.

PURPOSE

This drill teaches players how to use the backboard when on the correct angle. It's something players must practice because depending on the angle they're on will depend on the spot on the backboard they should aim for and they must get used to that.

SETUP

- Two lines on opposite sides of the floor.
- One basketball at the front of either of the lines.



INSTRUCTIONS

1. The first person in each line shoots and rebounds their own shot.
2. This player dribbles the ball to the back of the opposite line.
3. The next player in each line shoots when the player in front of them has cleared out to rebound their ball.
4. This continues for a certain amount of makes as a team.

SETUP

The coach can either set a certain amount of makes the players must reach, or set a time-limit at the team must see how many shots they can make in that time.

VARIATIONS

Vary Shot Distance - Depending on the age and skill of your players will determine how far out you shoot the bank shot. I start on the blocks with youth teams and obviously the senior teams are further out.

Vary Angle- Bring the lines either closer to the baseline or closer to the middle of the court. If the players are shooting a wider shot, they'll need to aim higher and wider on the backboard. If they're shooting a tighter shot, they'll need to aim lower and closer to the centre of the square.

COACHING POINTS

- Some coaches will tell their players exactly where to shoot the ball off the backboard, this is hard because where the ball should hit the backboard depends on distance and angle of the shot. I recommend explaining this to players but also adding it should be somewhere around the corner of the square closest to them.
- Players must be in stance before shooting the basketball.
- Allow the players to gradually figure out the angles from different distances by themselves.
- Players must call out the score as a team after every made shot.
- Make sure players are hustling after their rebounds.

TITAN SHOOTING

HOW THE DRILL WORKS

Players begin the drill in three lines across the free-throw line on one basket. They must shoot, rebound their shot, and then dribble a certain distance of the floor before returning to any of the lines. The team attempts to make a certain number of shots against a time limit.

PURPOSE

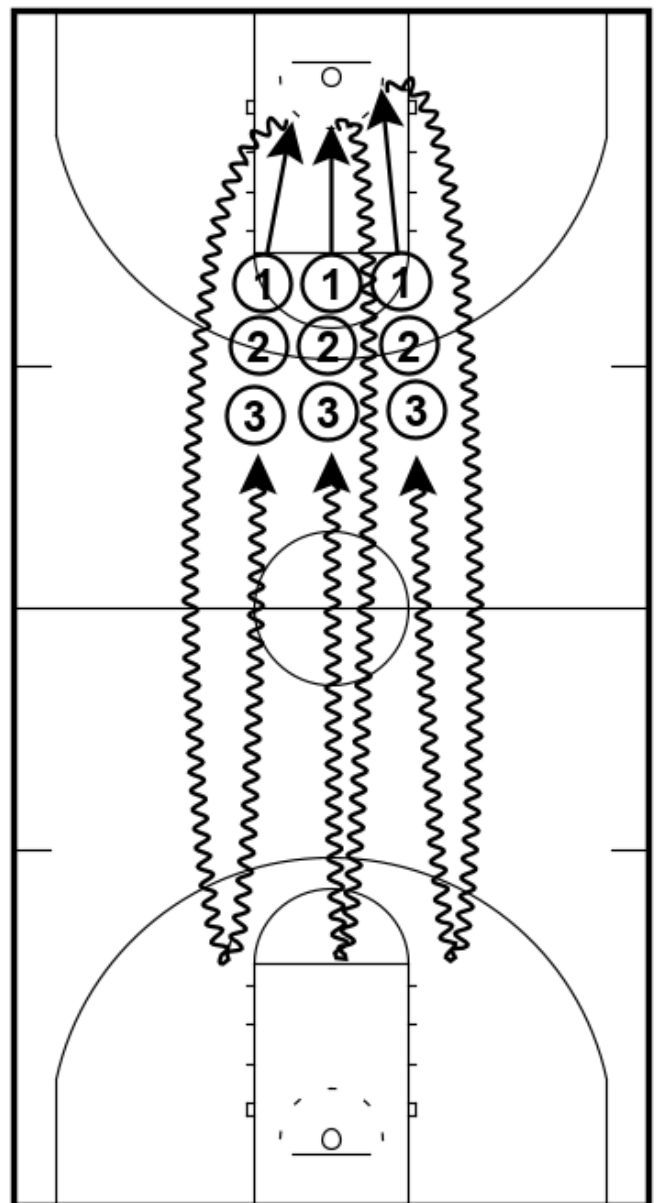
A fantastic team conditioning shooting drill if you have a limited number of baskets.

SETUP

- Only one basket needed.
- Three lines of players. One on each high post and one in the middle of the free throw line.
- Each player has their own basketball.
- The coach picks a line that the players must run to depending on the amount of players and age of the players.

INSTRUCTIONS

1. The first player in each line shoots the ball and gets their own rebound.
2. After shooting and getting their own rebound, the player must dribble to the designated line chosen by the coach and then dribble back and join a different line.
3. This process continues for all players until the time limit is up. Usually run for 2 - 4 minutes at a time.



SCORING SYSTEM

- The coach sets a target amount of makes before the drill and the players have a certain amount of time to achieve it.
- Each basket is worth one point.
- The coach should write down the score at the end of the drill and that can be used as the target to beat whenever you run the drill in the future.

VARIATIONS

Time - I usually run this drill for three minutes but you can change the length depending on the level and age of your players.

Running Distance - Depending on the amount of players and the amount of space you have, you can vary the distance that players run between these four options:

1. No running. Join the end of the line after the shot.
2. Run to half court.
3. Run to the opposite free throw line.
4. Run full court.

Shooting Distance - If you have older players that utilize the three point shot, you can run the Titan Shooting drill from the three point line.

Competition - Instead of setting a target number for your whole squad, you can split the squad into two different teams and run the Titan Shooting drill at opposite ends of the floor against each other.

COACHING POINTS

- Players must be in stance before shooting the ball.
- Make sure the players are sprinting at 100%. This is a conditioning shooting drill.
- Players are tired in the game and so we want them shooting tired in practice.
- Players must chase down the rebound. Emphasize that the quicker they rebound and get the ball back to the next player, the more shots they'll get as a team.
- The entire team counts out loud whenever a basket is made.

TOUGH CATCH

HOW THE DRILL WORKS

Players shoot 20 shots each. Ten from the three-point line and ten from mid-range. Instead of starting with the ball in the hands of the shooter, the shooter shall toss the ball up high, down low, or to the left or the right. The shooter then has to catch and bring the ball into their 'shooting pocket' before shooting the ball.

PURPOSE

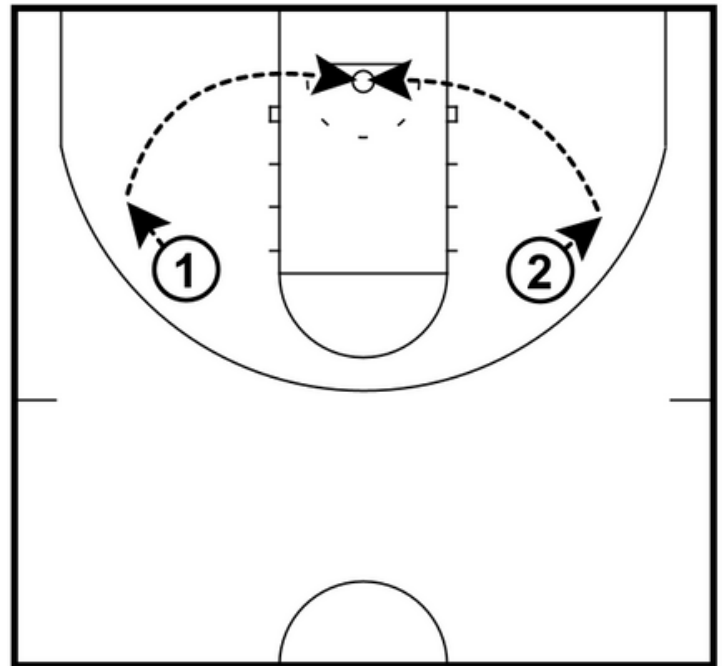
The premise behind this drill is that not all in-game passes are going to be on-target. Players have to learn how to catch out of their comfortable shooting pocket and still go up for a good shot.

SETUP

One basketball between each player.

INSTRUCTIONS

1. The shooter starts with the basketball and tosses the ball into the air, either up high, down low, or to the left or the right.
2. The shooter catches the ball and quickly gets into their comfortable shooting motion.
3. The drill is complete once players have shot 10 reps from both mid-range and three-point territory.



VARIATIONS

Only Mid-Range Shots - If your team isn't strong enough to make shots from the three-point line, have them shoot both sets from mid-range instead.

One-Dribble Pull-Up - Players don't have to shoot immediately, you can have players make the tough catch and then take one-dribble before shooting.

COACHING POINTS

- Explain the importance of this drill and WHY they're practicing it (hint: Not all in-game passes are on target).
- Don't allow players to be silly and throw the ball way out of reach of themselves.
- Encourage players to get their feet under the ball on the catch if the player throws it to their left or right.

BALL OUTS

HOW THE DRILL WORKS

All players have a basketball and start in two lines on the baseline. Taking it in turns, players perform a cut, toss the ball out in front of them, catch the ball for a shot, and then rebound their own ball and join the end of the other line. To avoid sharing basketballs (passing), the player will run holding the ball to make the cut, then simulate catching a pass by tossing the ball to themselves.

PURPOSE

Allows players to practice different types of cuts while getting up lots of shot repetitions.

SETUP

- Two even lines of players on the baseline.
- Every player has a basketball.
- Optional - Two chairs to use as screens.

INSTRUCTIONS

1. Different Cuts:

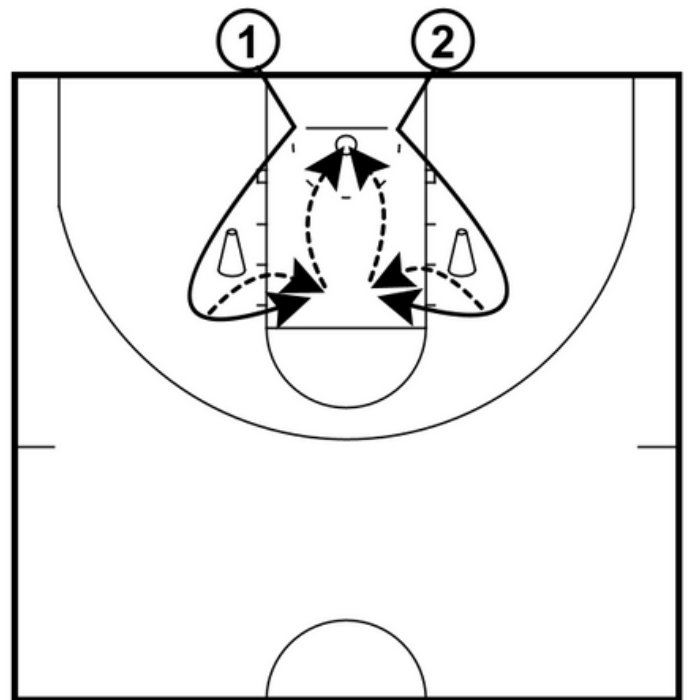
- Curl cut
- Straight cut
- Flair cut
- Backdoor cut

2. When ready, the first player in the line takes a few steps towards the basket to set up their cut.

3. They then explode out from under the rim and make one of the cuts chosen by the coach.

4. They will then toss themselves the basketball and then take a shot.

5. Make or miss, players rebound their own basketball and then join the other line.



VARIATIONS

Different Cuts - Make sure the players are practicing all different cuts and not just sticking to the couple that they find the easiest.

COACHING POINTS

- Players must be taking a few steps under the basket to set themselves up before exploding to receive the basketball.
- Make sure players catch the ball in a low stance, ready to shoot.
- Focus on each individual's footwork. If players travel in practice they'll travel in a game.

LINE SHOOTING

HOW THE DRILL WORKS

Players practice their shooting technique by practicing shooting the ball in the air and attempting to make it land on a line in front of them.

PURPOSE

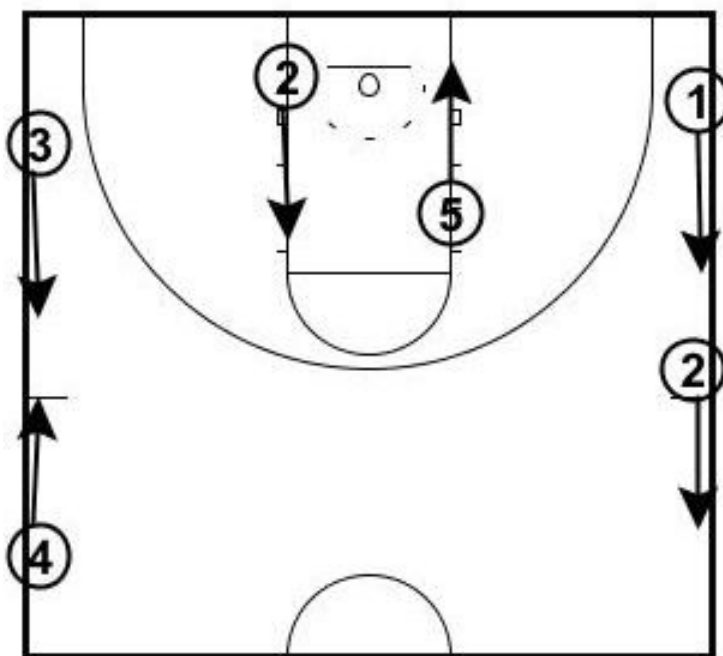
This allows the players to practice their shooting form without trying to score a basket. It's hard to practice technique on a basket because players are more concerned with whether they make the shot or not than they are about their technique.

SETUP

- Every player must have a basketball.
- Every player needs to find a straight line on the basketball court.

INSTRUCTIONS

1. A form shooting drill always begins with the coach giving a quick run-down on the correct form the players should be shooting with.
2. Each player should place their dominant shooting foot on the line.
3. Each player then shoots the basketball in the air to about ring height and holds their follow through until the basketball hits the ground.
4. When the ball hits the floor, the player can retrieve it and shoot from the other end of the line.



COACHING POINTS

- Obviously shooting technique is of prime importance in this drill. Make sure you

go to each player individually and give them feedback on their form and what corrections they need to make.

- Players MUST hold their form until the basketball has touched the floor.
- The dominant shooting foot should be on the line.
- Remind the players why they're working on their shot technique.
- Try to give all players an even amount of attention.
- Coaches must be teaching shooting the same way. We don't want two different coaches telling the kids different ways to shoot and confusing them.

NO BASKETBALL FORM SHOOTING

HOW THE DRILL WORKS

Players form a circle around the coach. The coach then shows them the form they should be shooting with and they practice shooting without a basketball while the coaches make corrections.

PURPOSE

To teach young players the correct shooting form. It's great to practice the technique without a basketball first because then attention is on form and not the basketball.

SETUP

Players form a big group circle around the coach.

INSTRUCTIONS

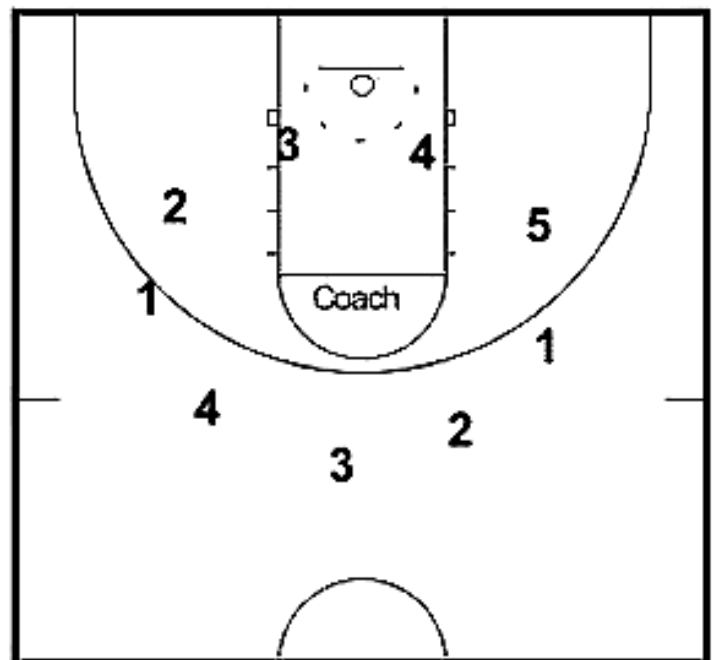
1. The first thing the coach must do is show the players how to shoot with correct shooting form. Main focus should be on:

- Elbow being next to the eyebrow on the follow-through.
- Balance hand staying flat.
- Fingers spread.
- Down in shooting stance before shooting.

2. Once they know the basics all players get into the triple threat position.

3. The coach then calls out 'shoot' and all players pretend to shoot the basketball using correct form. They must hold this form until the coach says 'relax'.

4. Do this about 10 times while making corrections.



VARIATIONS

Shoot a Basketball - You could get your players to shoot a basketball while using this drill but other drills like 'Partner Form Shooting' are better so that you won't have basketballs flying around everywhere.

COACHING POINTS

- Make sure you're taking notice of every player and not just making corrections to a select few.
- All coaches doing the corrections should be teaching shooting the same way. We don't want two different coaches telling the kids different ways to shoot and confusing them.

OFF DRIBBLE FORM SHOOTING

HOW THE DRILL WORKS

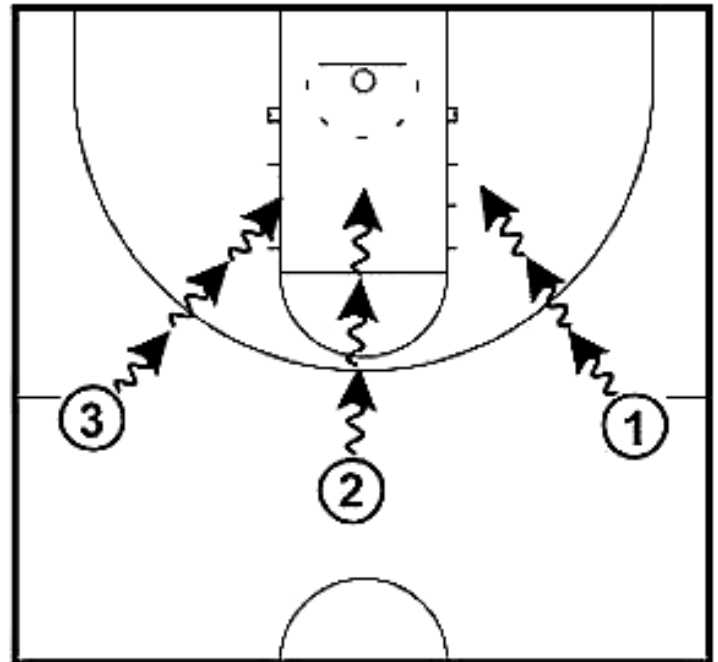
Players practice the 1-2 step or the hop two times with a pump fake and then use the 1-2 step or the hop to shoot a jump shot on the third use of the footwork.

PURPOSE

To teach players to shoot off the dribble using either the 1-2 step or the hop with the correct footwork and while balanced. A great drill for players that are usually off balance when they shoot after dribbling.

SETUP

- Every player must have a basketball
- Three lines a couple of metres out from the three-point line.
- Similar number of players in each line.



FORM INSTRUCTIONS

1-2 Step Shooting Form

- Players start each rep in the triple threat stance.
- Players bounce the ball at the same time that they step with the dominant shooting foot (right foot for right handers and left foot for left handers).
- Gather the basketball by planting the non-dominant shooting foot (which is now their pivot foot) and then shoot as they step through with their dominant shooting foot.

Example - Right Handed Player

- Start in the triple threat stance.
- Bounce the ball at the same time as they step with their right foot.
- Gather the ball by planting the left and then stepping up with the right foot before shooting.

The Hop Shooting Form

- Players start each rep in the triple threat stance.
- Players bounce the ball at the same time that they step with either foot (personal preference).
- They then push off the foot they stepped with into a small hop and land with both feet at the same time before raising up for the shot.

Example - Right Handed Player

- Start in the triple threat stance.
- Bounce the ball at the same time as they step with either foot.
- Perform a small hop and gather the basketball in the air.
- Land with both feet at the same time and raise up for the shot.

INSTRUCTIONS

1. The first thing you must do is show the players the correct footwork to use using the form instructions above.
2. The first player in each line practices the form 3 times. The first two times end in a pump fake and the third time ends in a jump shot.
3. After receiving your own rebound join another line.

VARIATIONS

Add More Lines - If you've got a large amount of people you can add more lines so that players can have more repetitions. Try not to have too many though because it makes it hard for the coaches to watch and make corrections to form.

Use the Hop or the 1-2 Step - Teach the players how to shoot using both and then I believe that you should let each individual player decide which one feels more comfortable to them.

Distance - Adjust the distance away from the ring so that on the third use of the footwork when players shoot, they're shooting from a comfortable distance.

No Line Rotation - If the players get confused or the lines keep having an uneven amount of players, consider telling players to return to the same line after each shot instead of changing.

COACHING POINTS

- Players must be in a low stance throughout the whole drill. If they're already down they'll save time before shooting the basketball.
- Make sure all players are shooting with correct shooting form.
- Make sure the step and the bounce are at the same time or else the player will travel.
- Players should be shooting with balance! Correct players that are falling forwards when shooting after dribbling.
- If players are using the hop, make sure they don't jump too high or they'll be off-balance when they land.

PERFECTS

HOW THE DRILL WORKS

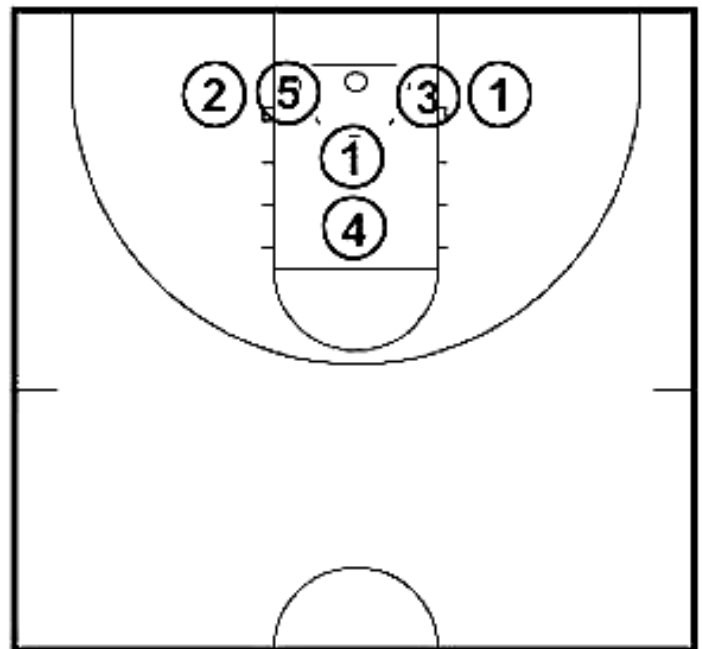
The drill begins with three lines a few feet out around the basket. Players shoot focusing on form and aiming to swish the ball through the hoop, then rotate to the next line.

PURPOSE

A great shooting warm up drill that allows players to work on shooting with the proper form and allows coaches to watch each player and then provide feedback about how they can improve their technique.

SETUP

- Every player needs a basketball.
- Set up three lines around the basket. On both sides and at the top.
- Even number of players in each line.



INSTRUCTIONS

1. The first player in the first line shoots the ball, rebounds their shot, and joins the next line.
2. As soon as the first person's shot has been made or missed, the first person from the second line shoots, rebounds, and joins the third line.
3. Then the first person from the third line shoots, rebounds, and joins the first line.
4. This cycle continues so that no one will ever be shooting at the same time.

SCORING SYSTEM

- Everyone counts their individual makes and misses, or

- The team counts the number of makes and misses together, or
- Team makes a certain amount of swishes.

INSTRUCTIONS

Distance - As the players develop you can start moving them further away from the basket. Form must always be perfect though.

No Line Rotation - I've used this drill with some young players that keep getting mixed up with when to change lines and which one to change to. If you'd prefer you can have the players return to the same line after each shot to make it easier.

One Hand Shooting - Can run this drill using one hand only to shoot the ball. This ensures that players aren't pushing the ball with their off-hand as well.

COACHING POINTS

- Players must be shooting with perfect form every time.
- Hold follow through until the ball has made it through the hoop or missed.
- Coaches should be viewing each player's shooting form from different angles.
- Ask players to hold the basketball unless they're shooting.
- Emphasize to your players how important it is to develop good form on your shot!

SHOOT THE WALL

HOW THE DRILL WORKS

Players each have a basketball and stand about 3 feet away from a high wall. Players then repeatedly shoot the basketball against the wall and catch it.

PURPOSE

A great drill for players to practice shooting technique when you've got a large group of players. It forces the player not to worry about whether the basketball is going in the basket or not and instead focus only on their shooting technique.

SETUP

- All players need a basketball.
- Line all players up about 3 feet away from a wall.

INSTRUCTIONS

1. As always on form shooting drills, make sure to first go through the proper shooting technique that you teach.

2. Players now practice shooting the basketball to about ring height with correct form.

3. They repeat this shooting and catching for a certain amount of time.

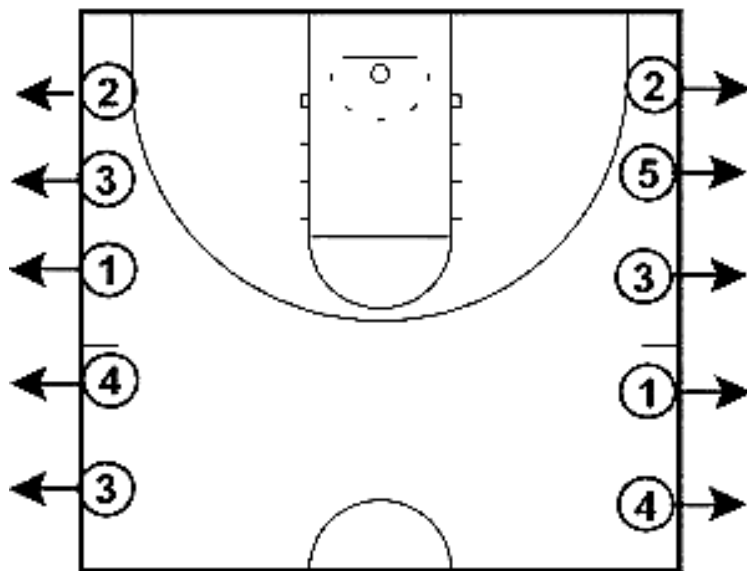
VARIATIONS

Similar Drill - A variation to this drill is the line shooting drill.

Shoot with One Hand - Can run this drill using one hand only to shoot the ball. This ensures that players aren't pushing the ball with their off-hand as well.

COACHING POINTS

- The repeated shooting action can quickly get tiring for young players. Give them



breaks by stopping the drill and demonstrating and correcting a common flaw in the team's shooting.

- While attempting to shoot the basketball to ring height, each player should only shoot as high as they're comfortable shooting with the correct technique.
- Players should hold their follow through until the basketball is at the peak of the shot.

SPIN OUTS

HOW THE DRILL WORKS

Players start on the baseline and spin the ball back to themselves as they practice the correct shooting footwork and squaring up to the basket on the catch. They do this 5 - 6 times in a half circle before finishing with a jump shot.

PURPOSE

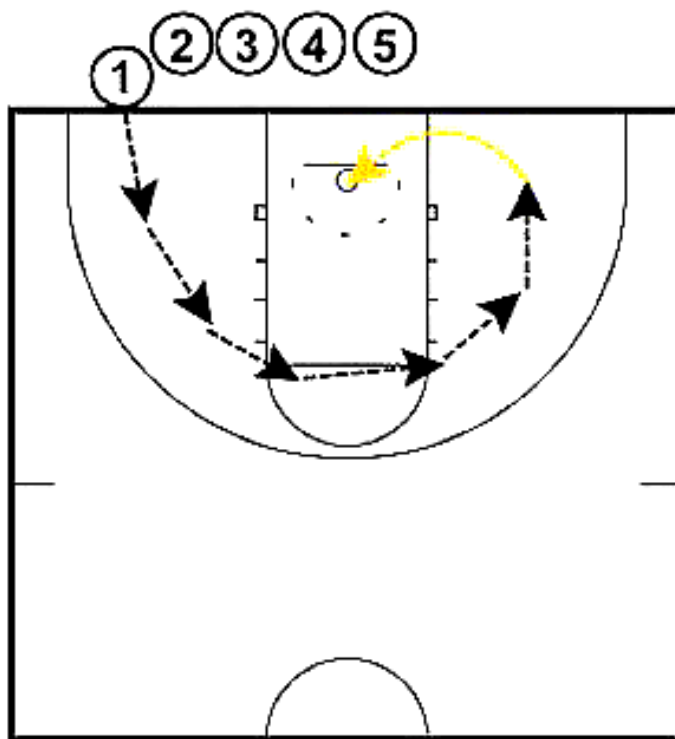
To work on squaring up to the basket by pivoting with the inside foot and bringing the outside foot around.

SETUP

- All players have a basketball.
- All players in one line on the baseline.

INSTRUCTIONS

1. If you've never used this drill before, first teach the players the correct footwork.
2. The first player spins the basketball out, lets it bounce once, and then catches the ball using the correct footwork to square up to the ring, then uses a pump fake to simulate a jump shot.
3. The players continue doing this 5 - 6 times in a half circle around the court.
4. Once the first player has completed two spin-outs, the next player in line starts.
5. Once they get to the baseline on the other side of the floor, they take a jump shot to finish the drill before rebounding the ball and joining the end of the line.
6. The drill is run for 2 or 3 minutes.



VARIATIONS

Change Direction - Make sure you're running the drill starting from both sides of the floor so that the players learn to square up the basket equally well with both feet as the pivot foot.

Change Distance - With older players they run this drill around the three-point line while the younger players run it about mid-range.

COACHING POINTS

- The players should be squaring up and then using a pump fake to simulate shooting a jump shot.
- Players should be low as they catch and turn to square up to the basket.
- The ball should be in the players shooting pocket with their wrist back and ready to shoot the ball.
- Make sure the pump fakes are being performed properly.
- On the last shot players should hold their follow through until they have made or missed the shot.

BASELINE SPIN OUTS

HOW THE DRILL WORKS

Players start in two lines on the baseline, spin the ball out to themselves, take a jump shot, and then join the other line.

PURPOSE

To work on squaring up to the basket and using the correct footwork before shooting.

SETUP

- Every player has a basketball.
- Two even lines on the baseline at mid-range distance.

INSTRUCTIONS

1. Different Shots - Instead of simply catching and shooting players can:

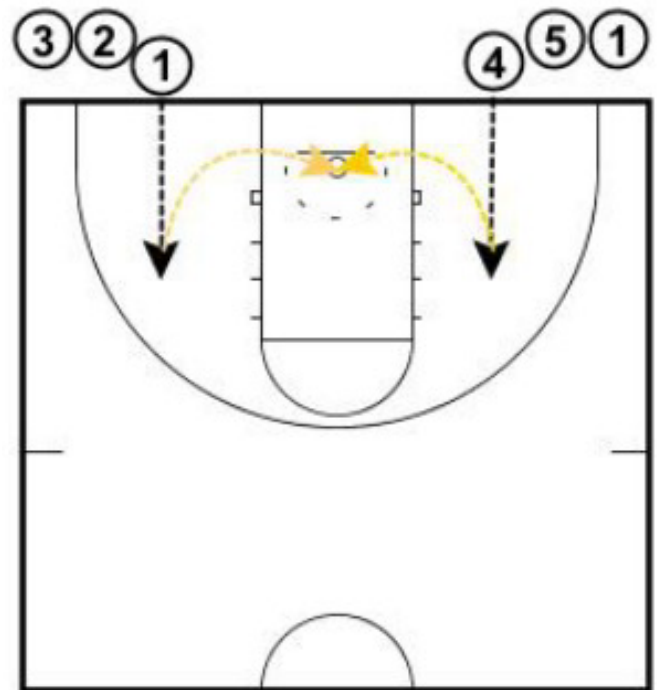
- Drive to the basket.
- Pump fake and drive.
- One-dribble pull-up.
- Two-dribble pull-up.

2. Make sure all players know the correct footwork to use.

3. The first player in each line spins the basketball out to themselves, sprints out and catches the ball after one dribble, squares up to the basket using correct footwork, and then shoots the ball.

4. After rebounding your own basketball, join the opposite line.

5. As soon as the player has rebounded their basketball, the next player in line starts.



INSTRUCTIONS

Competitive - First player to make a certain amount of shots wins.

COACHING POINTS

- Make sure players are switching sides so that they learn to square up with either foot.
- Catch in a low stance with the inside foot as your pivot foot. Square yourself up the basket by bringing your outside foot around.
- Make sure players are always at full speed.
- Players should be landing in a jump stop with both feet hitting the floor at the same time.

PRESSURE JUMP SHOTS

HOW THE DRILL WORKS

Players must complete eight shots (two from each high post) while under the pressure that if they miss the shot they have to join the same line and try again.

PURPOSE

Allows players to practice shooting open jump shots while under mental pressure.

SETUP

- 4 lines of players on each elbow. Can be as many players as you like.
- One basketball per person.

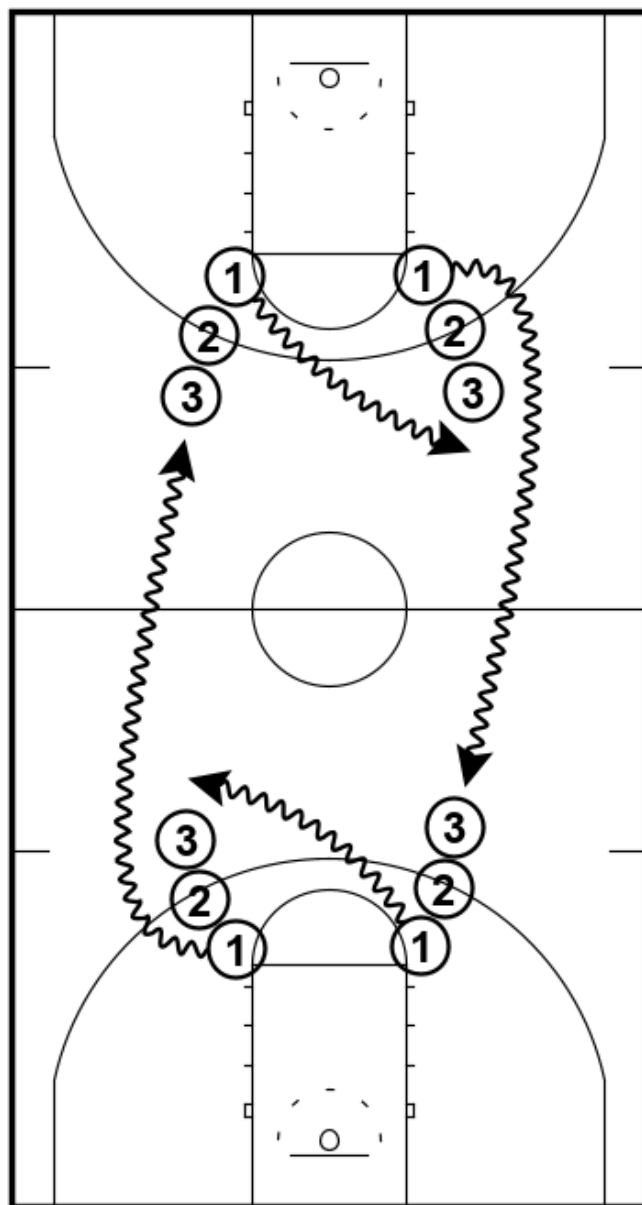
INSTRUCTIONS

1. When the coach says to start, the first person in each line takes a shot.
2. If they make the shot they move to the next line, if they miss they join the same line to try again.
3. This process continues until a player has made a total of eight shots.

SCORING SYSTEM

- Each player counts their own amount of makes until they reach eight made shots (make two shots from each elbow).
- You can decide whether to stop after

there is a winner or keep playing until everyone is finished depending on the amount of time you have.



VARIATIONS

Shot Distance and Location - Change the shot distance depending on age and put cones where you want the four shots taken from. I have used this drill with very young youth players and shot from the block and with older players shooting from the three-point line.

Swishes Only - A tough variation of this drill that I've used before is that only swishes count. This should be left to the more advanced teams, but it does make this drill interesting!

COACHING POINTS

- There will always be one line that inevitably ends up with most of the players in it and it becomes a big pressure shot. Watch it, it's fun!
- Make sure players hustle after their rebound and don't just walk and not care because they missed their shot.
- Make sure players are shooting with good technique. Some players have a tendency to get nervous and shoot off-balance or not follow through on their shot completely.
- Players must give each other room to shoot. Don't stand too close behind the shooter to put them off.

FAST BREAK ATTACK

HOW THE DRILL WORKS

Using both ends of the court, players attack the chair at the top of the key at full speed and perform a dribble move to score. After the score they dribble in and out of the cones on the other side of the floor before joining the other line in the middle of the court.

PURPOSE

To practice dribble moves into a variety of shots going at full speed. Also a great drill for working on dribbling skills.

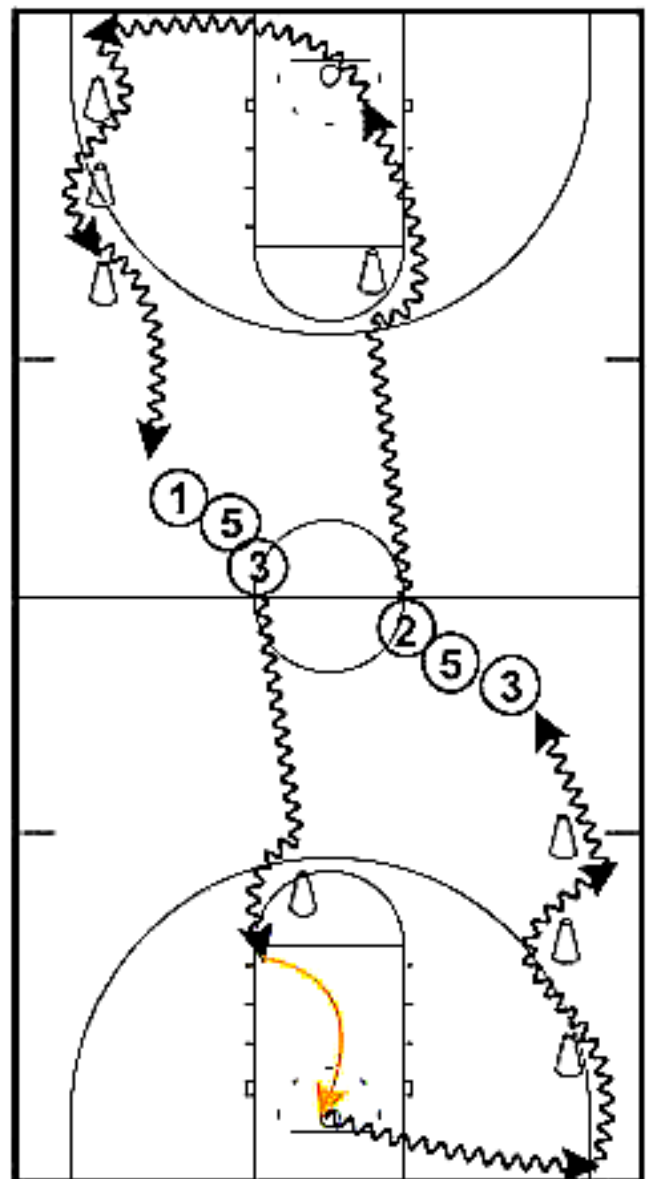
SETUP

- Two lines of players at the middle of the court facing different directions on opposite sides of the circle.
- Every player has a basketball.
- A chair near the top of the key on both ends of the court.
- Optional: Cones set up on either side of the court for players to practice extra dribbling on the way back to the line (as diagrammed).

INSTRUCTIONS

1. Different Shots to use:

- Hesitation dribble into a layup or floater.
- Hesitation dribble into a jump shot going either direction.
- In-and-out dribble into a layup or floater.
- In-and-out dribble into a jump shot going either direction.



- Between-the-legs dribble into jump shot.
 - Behind-the-back into a layup.
 - Spin dribble into a floater.
 - Etc.
2. First you must explain which moves the players will be using at the chair/cones and make sure that every player knows how to correctly perform the move.
 3. Once everyone knows how to perform the moves, the first player in each line attacks the cone at the top of the key, performs the dribble move and finishes with the shot.
 4. As soon as the first player has shot the basketball the next player in each line starts attacking the cone.
 5. After shooting, each player rebounds their own shot and dribbles to the baseline corner towards the cones.
 6. They then perform the required dribbling moves around the cones before joining the end of the other line.
 7. This continues for 3 - 5 minutes.

VARIATIONS

No Extra Dribbling - You can skip the dribbling on the side of the court if you only want to focus on shooting. Players rebound their own shot and join the next line without extra dribbling work.

Different Shots/Dribble Moves - Make sure you change up which dribble move and shot type the players are working on. Be creative.

Competitive - Get each player to count their made shots. First to reach a certain amount is the winner.

Cone Position - Instead of placing the cone in the middle of the floor you can place it on the wing instead.

COACHING POINTS

- Players must ATTACK the cone from the half-way line. They won't improve if they're only dribbling half-hearted.
- Watch each players' footwork on the dribble moves and make sure they're doing it correctly.
- On pull up shots, make sure players aren't falling forward and off-balance.
- Players must keep their heads up at all times throughout the dribbling part of the drill.

FAST BREAK JUMP SHOTS

HOW THE DRILL WORKS

Players all have a basketball and line up in two lines facing opposite directions at half way. Each player takes it in turns of attacking hard off the dribble and making a variety of shots from around the free-throw line. Players rebound their own shot and return to the end of the next line.

PURPOSE

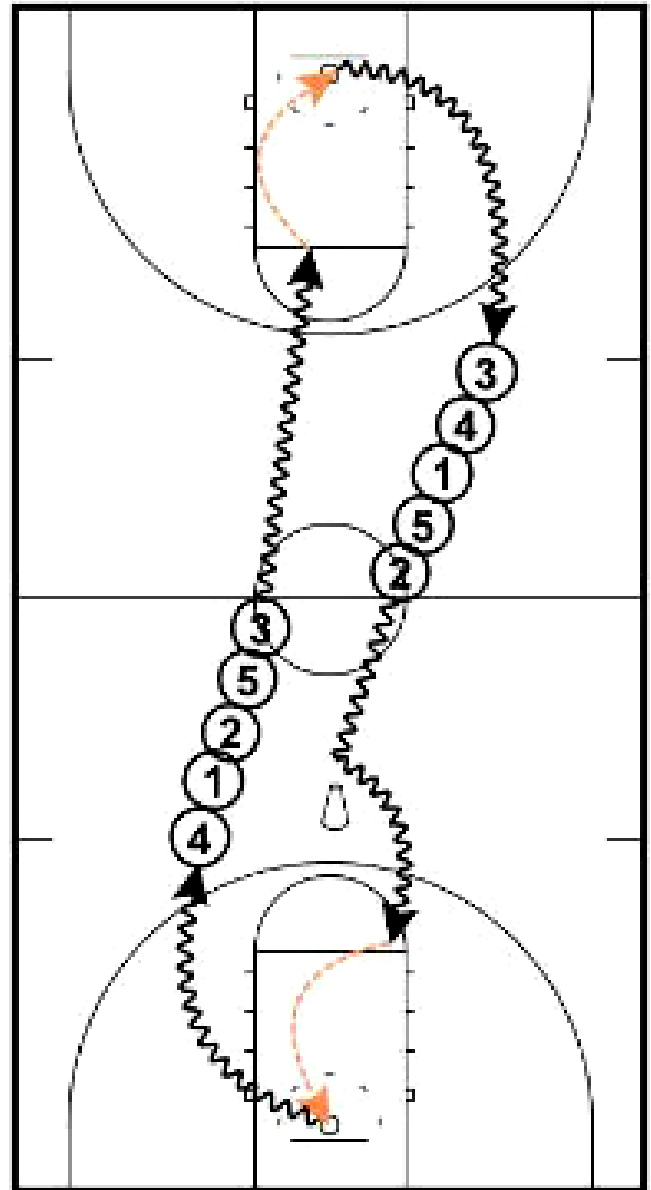
Teaches players how to balance themselves when going into a shot at full speed. This requires great footwork and body control.

SETUP

- Players all line up in two even lines at half way.
- Each player has their own basketball.
- A cone or coach depending on the shots your players will take.

INSTRUCTIONS

1. Different shots:
 - Straight line dribble into pull-up.
 - Make a move at the cone and pull-up.
 - Hesitation pull-up into layup or floater.
2. The first player in each line attacks hard and pulls up at the free-throw line for a jump shot.
3. As soon as they shoot, the next player in each line can start.
4. After shooting, each player rebounds their own shot and joins the end of the next



line.

5. The drill is run for between 2 - 4 minutes.

VARIATIONS

Different Shots - Don't stick to the same shot. Use all three types that are listed in the setup section of this drill.

Competitive - To make the game more competitive have the players count their own number of made shots and the first to reach a target amount of makes wins.

COACHING POINTS

- Players should be going straight up on their pull-up. Make sure players aren't leaning forward and off-balance.
- Players must attack at game-speed from mid-court.
- Make sure players aren't travelling before they raise up for the shot.

FULL COURT CONTINUOUS

HOW THE DRILL WORKS

Players continuously jog around the court in a large team circle while performing layups or small jump shots off the block.

PURPOSE

A great warm up drill to get the players legs moving while still shooting and dribbling a basketball. A much better alternative than the players running outside or around the court with no basketball.

SETUP

- Every player needs a basketball.
- One single line on the baseline or at half court to begin the drill.

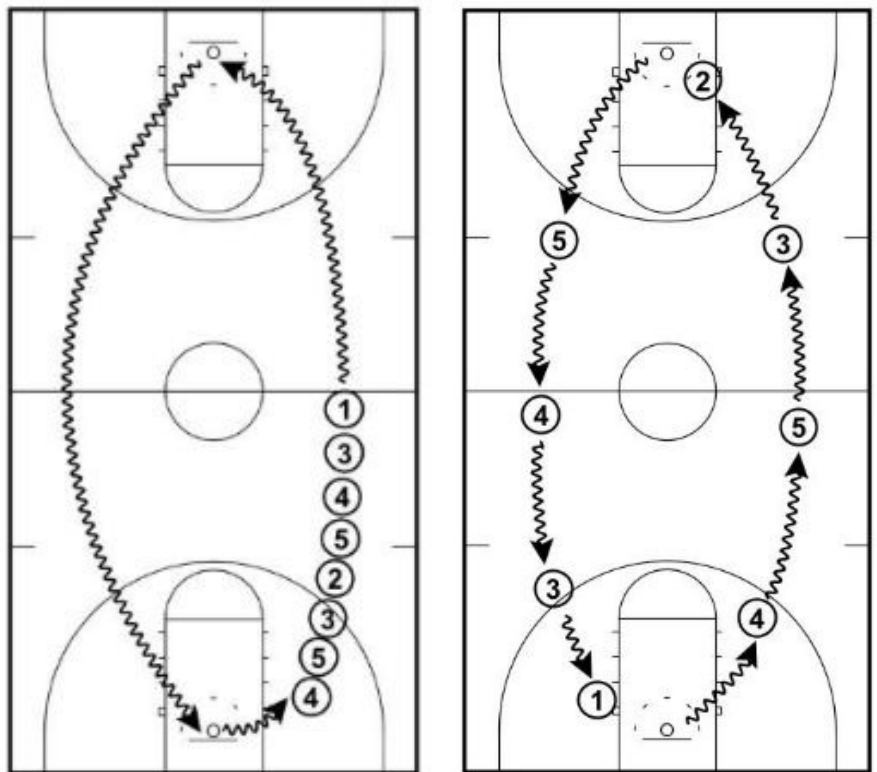
INSTRUCTIONS

1. When the coach says to start, all players begin taking off from the start line trying to space themselves out a reasonable distance apart depending on how many players you have.

2. Players continually do full court layups or jump shots off the block for the amount of time set by the coach. Usually between 2-4 minutes.

VARIATIONS

Jump Shots - Instead of layups players can pull up from the block for a small bank shot. I wouldn't shoot much further out or it will result in players chasing basketball's everywhere, messing up the drill.



Change Directions - Half way through the drill change the direction so that players are practicing dribbling and performing layups with their opposite hand.

Competitive - Get each player to count the amount of missed layup they shoot and have a consequence for each miss. This puts pressure on every shot.

Pass and Receive Back - Put a coach on the high post and have players pass the coach the basketball before spotting up and receiving the ball back for a shot.

COACHING POINTS

- Players should have their heads up at all times when dribbling the basketball.
- Players should not overtake each other.
- Start the drill off slow but gradually get the players moving faster and faster.
- Correct footwork on all shots is crucial.
- If using the coach, target hands should be up to receive the basketball.

SPEED SHOOTING

HOW THE DRILL WORKS

Three groups line up along the baseline. The first player in the group sprints the floor with the ball, pulls up for a shot, rebounds, then sprints back down the other end and shoots, rebounds, and passes to the next player in line.

PURPOSE

This drill makes sure the players are fatigued when shooting the basketball and works on players learning to decelerate and be on balance when shooting the ball.

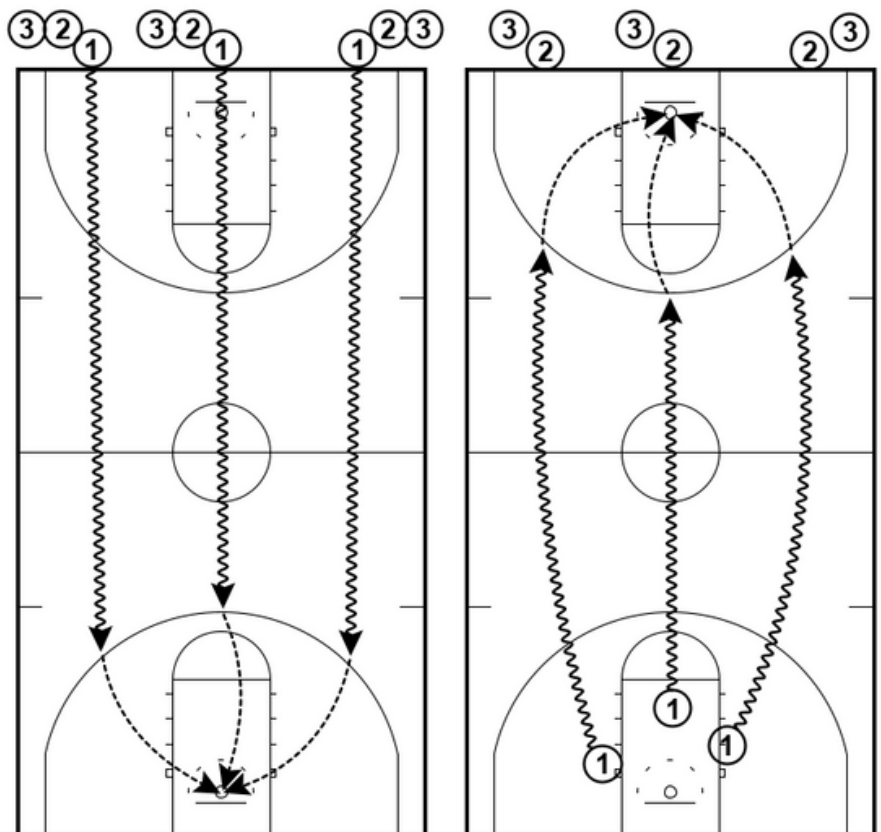
SETUP

- Split the team up into no more than 4 groups (3 works best).
- Best run with 3 or 4 players in each group.
- Each player has one basketball.
- Spread the groups out evenly along the baseline.

INSTRUCTIONS

Players will either shoot a three-point shot or a mid-range shot.

1. On the coaches call, the first player with the ball sprints to the other end of the court with the basketball before pulling up from either behind the three-point line or from mid-range.
2. Upon shooting, the player rebounds their own shot and sprints to the other end before pulling up and shooting again.



3. They then rebound their own shot and pass it to the next person in line. The next person cannot move from the start until they receive the basketball.

4. The next player repeats.

SCORING SYSTEM

- **Group Scoring** - Each group keeps their own score for a certain amount of time, or
- **Total Scoring** - First team to reach a certain amount of made shots wins.

VARIATIONS

Shooting Distance - If you have a weaker shooting team you can have them pull-up from mid-range instead of the three-point line.

Number of Groups - Groups should contain no more than 4 players and there should be no more than 4 groups at one time.

COACHING POINTS

- Players must be on-balance when shooting.
- Make sure players aren't so occupied with following their shot that they don't shoot the ball with the correct form.
- Only follow your shot once you've completed the full shooting motion.
- Players should be SPRINTING up and down the court with the ball.
- Make sure players aren't travelling while decelerating from a sprint to shooting the basketball.
- Players must keep their head up when dribbling or there will be collisions.

DRIBBLER SCREEN SHOOTING

HOW THE DRILL WORKS

Three lines of players behind 3 sets of cones and chairs. Players weave in and out of the cones before setting themselves up to use the chair as a screen which they come off for a jump stop. Players collect their own rebound and then join the next line.

PURPOSE

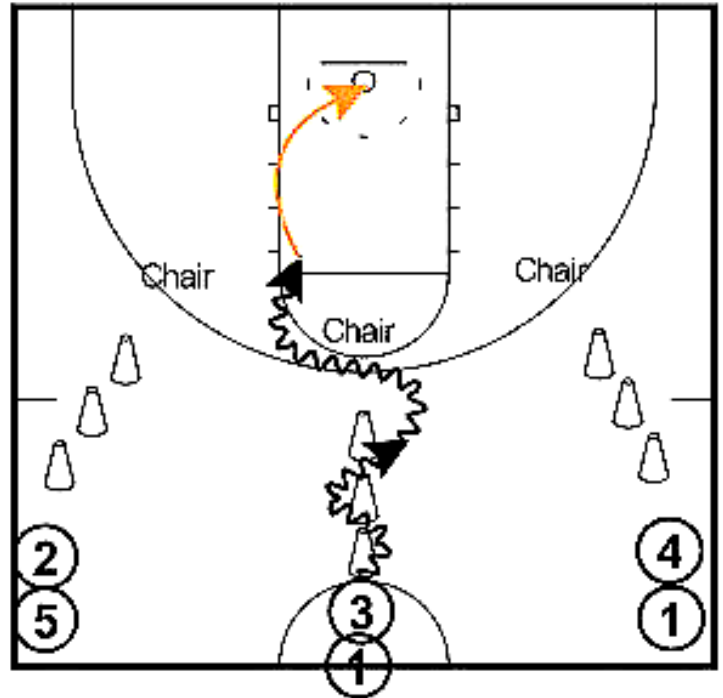
Teaches players how to change speed coming off a screen before pulling up quickly for a jump shot.

SETUP

- Set up 3 sets of 3 cones for players to weave in and out of and a chair that players will use as the screen.
- Every player has a basketball.
- Tell the players if they're rotating to the left or right after each shot.

INSTRUCTIONS

1. First, tell the players which side to dribble past the first cone. If you choose the left, all players will end up shooting on the right side of the screen which allows good spacing.
2. The first player in each line begins the drill by weaving in and out of the cones with their heads up.
3. These players then set themselves up to use the screen and then make sure to change speed and explode while keeping close to the chair.



4. Take one or two dribbles off the screen and then pull up for a quick jump shot.
5. Players rebound their own shot and then rotate by joining the end of the next line.
6. After the player in front of you has shot the basketball coming off the screen, the next person begins dribbling through the cones.

VARIATIONS

Competitive - Teams - Instead of rotating groups, players stay on the same line on a team. The teams compete against each other to see who can make the most amount of shots.

Competitive - Individuals - The coach sets a target amount of makes and the first players to reach that number wins.

No Dribbling Cones - If you just want players to work on the ball screen action then you can take the dribbling out of the drill.

COACHING POINTS

- Players must keep their heads up during the dribbling phase of the drill.
- Explode off the screen using one or two dribbles. Don't allow players to go half-hearted because that won't work in a game.
- Make sure to swap which sides players are coming off the screen half way through the drill so that they practice using both hands.
- Players must be balanced when rising up for the shot.

CIRCLE LAYUPS

HOW THE DRILL WORKS

A team of players at each basket compete against each other to make the most amount of layups with a single basketball around a small course.

PURPOSE

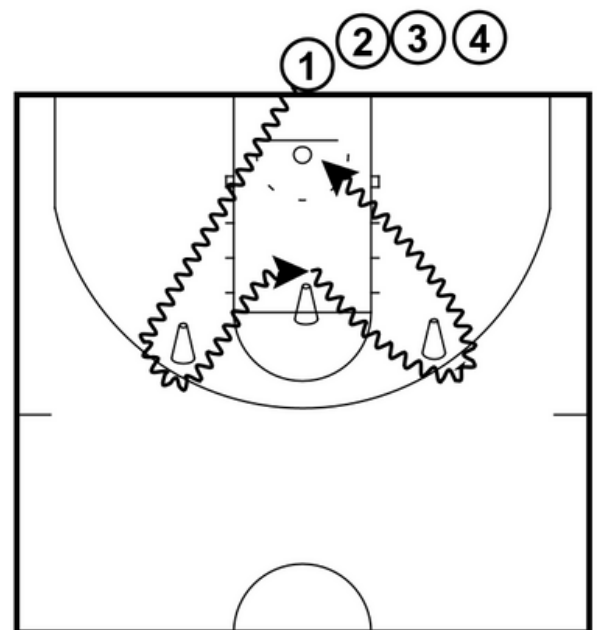
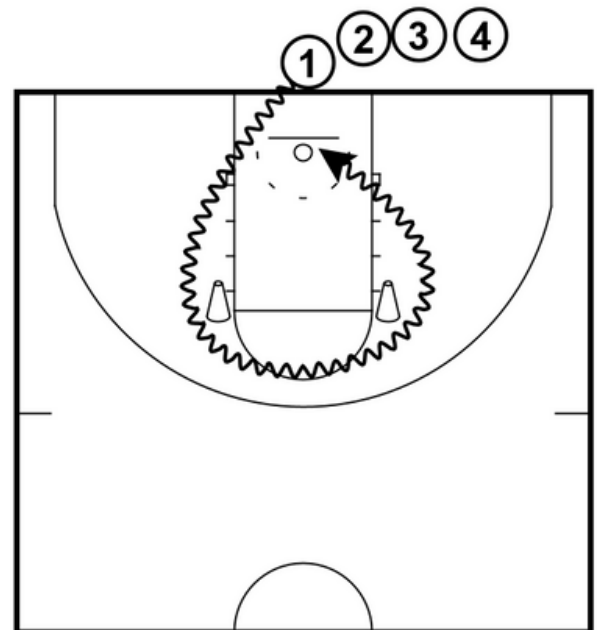
A fun team drill to work on dribbling and finishing layups at high speed while under the pressure of time and score.

SETUP

- Split the group into teams of between 3 and 7 players and give each team their own ring.
- Set up cones to make a small course that the players must dribble around. Take note of the two diagrams and you'll get the idea.
- One basketball for each player.

INSTRUCTIONS

1. On the coaches signal the first player in line with a basketball dribbles around the course as quick as they can and finishes with a layup.
2. After the layup they grab their own rebound.
3. As soon as the first player has made it halfway around the course, the next player goes.
4. This continues for the amount of time set by the coach. Drill is usually run for 1 - 2 minutes at a time.



SCORING SYSTEM

- Each layup is worth one point and the entire team must count together.
- The team that finishes with the most amount of points when the time is up is the winner.

VARIATIONS

Change the Course - The design of the course is up to you. I like to keep them small and have the players dribble in a tight space but you can make anything you want!

Change Direction - Have the players start from the other side and it will mean they have to dribble with the other hand and lay the ball up with their opposite hand.

COACHING POINTS

- Players must be dribbling with their head up and using the correct dribbling hand.
- Everyone must be dribbling as quick as they can. Don't allow players to go through the motions.
- Everyone must call out the score after each make. Loud!
- Players should be taking long steps for their layups and raising high off the second step.
- Make sure players are attacking the ring on the right angle and not fading away towards the baseline.

LAYUP TECHNIQUE

HOW THE DRILL WORKS

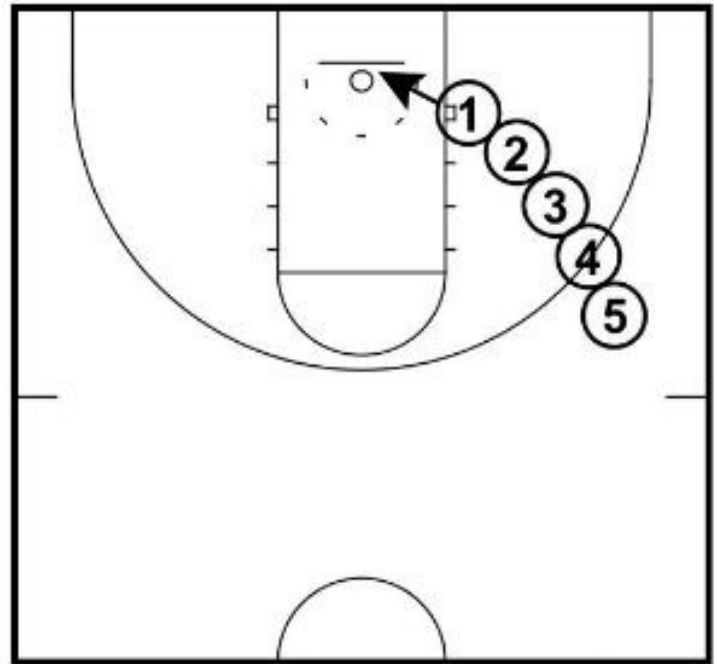
Players practice performing a layup off 1 step, 2 steps, and then a layup after dribbling the basketball.

PURPOSE

Developing great layup technique for all players. It's important that players master the basic technique before they use them in practice and games at game pace.

SETUP

- All players need a basketball.
- One line of players starting on the block.



INSTRUCTIONS

1. The coach must explain and demonstrate how to perform the layup from each spot before the players practice.
2. The players start on the block, take one step with the foot closest to the middle of the court, and finish the layup.
3. Once a player completes their layup they join the end of the line.
4. Continue this for a couple of minutes before moving back.
5. Next players take one step back from the block to perform a two step layup (place a cone if you have one so the players always know where to start from). Players step first with their outside foot, then inside foot before laying the ball in.
6. Lastly, the players all line up behind a cone at the three-point line and practice dribbling in and performing a layup.

VARIATIONS

Both Sides - Players must learn how to perform a layup with the right technique using both their left and right hand.

COACHING POINTS

- Layup technique for both sides of the floor is always step with the outside foot first, then finish the layup jumping high off the inside foot.
- Encourage your players to try and 'swish' the ball off the backboard so that they make the layup without the ball touching the ring.
- This is a great drill to use with beginners who are just learning the game until they get a grasp of how to perform a layup.

SPEEDY LAYUPS

HOW THE DRILL WORKS

Players line up in two lines on the baseline of opposite corners of the court. The first player in line dribbles as fast as they can to the opposite ring and finishes with a layup. They then rebound their own shot and pass it to the next player in line on the baseline who repeats the same process.

PURPOSE

To practice finishing layups at the rim under control after sprinting the full court. A lot of youth players struggle with the footwork after running full court. Also works on dribbling at full speed.

SETUP

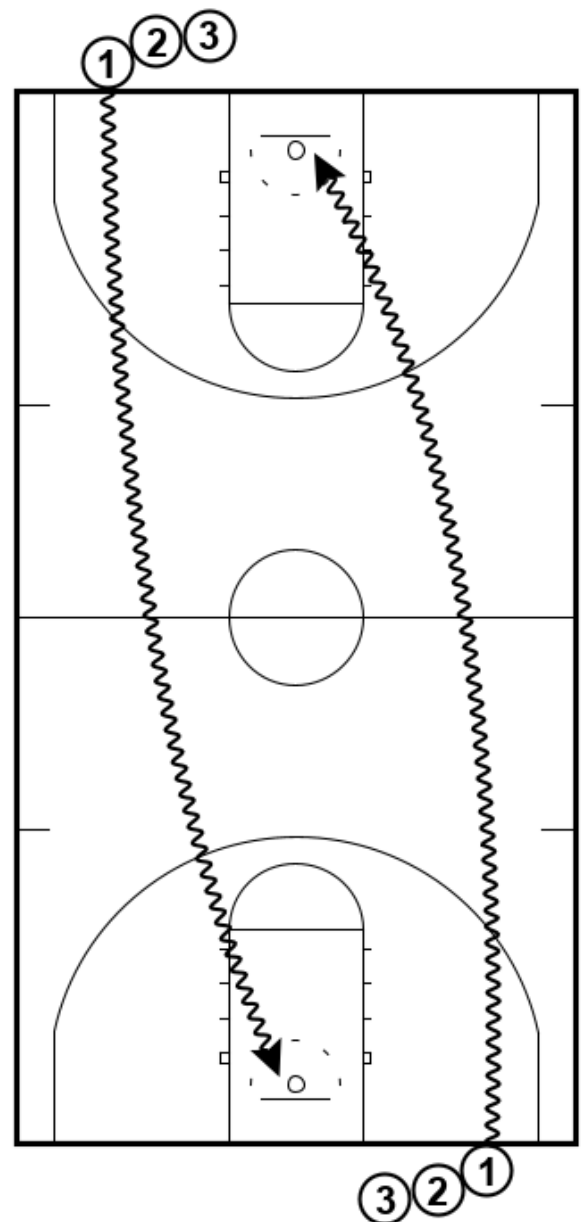
- Two lines of players on the baseline at opposite corners.
- Each player has a basketball.

INSTRUCTIONS

1. On the coach's call, both players with basketball's dribble down the court as fast as they can towards the opposite ring and finish with a layup.
2. They both rebound their own basketball and dribble to the back of the other line.
3. The next dribbler begins as soon as the player in front of them crosses half court.

SCORING SYSTEM

The coach sets a certain amount of time and a target amount of makes and the team has to attempt to score that many layups in the set time.



VARIATIONS

Limit Dribbles - Limit the amount of dribbles players can take from one end of the court to the other. The amount of dribbles the players can take will depend on their age and skill.

Change Directions - As both groups will always be using the same hand, make sure half way through the drill you get each group to swap sides of the court so they're laying up and dribbling with their left hand.

COACHING POINTS

- Players should try to take the least amount of dribbles possible when sprinting up the court.
- Find a parent to keep track of the amount of made layups. It's hard to focus on players' footwork and technique when you're trying to keep score as well.
- Players should be attacking the ring at the correct angle and not fading away out of bounds.
- Make sure the players are decelerating and taking long steps on the layups to balance themselves and ensure the layup will go in.

FREE-THROW CONTEST

HOW THE DRILL WORKS

Split the team up into two even groups. One group at each ring. Every player must shoot 2 free-throws. All free-throws are worth 1 point. Add up the score as a group and compare. The losing group must do a consequence.

PURPOSE

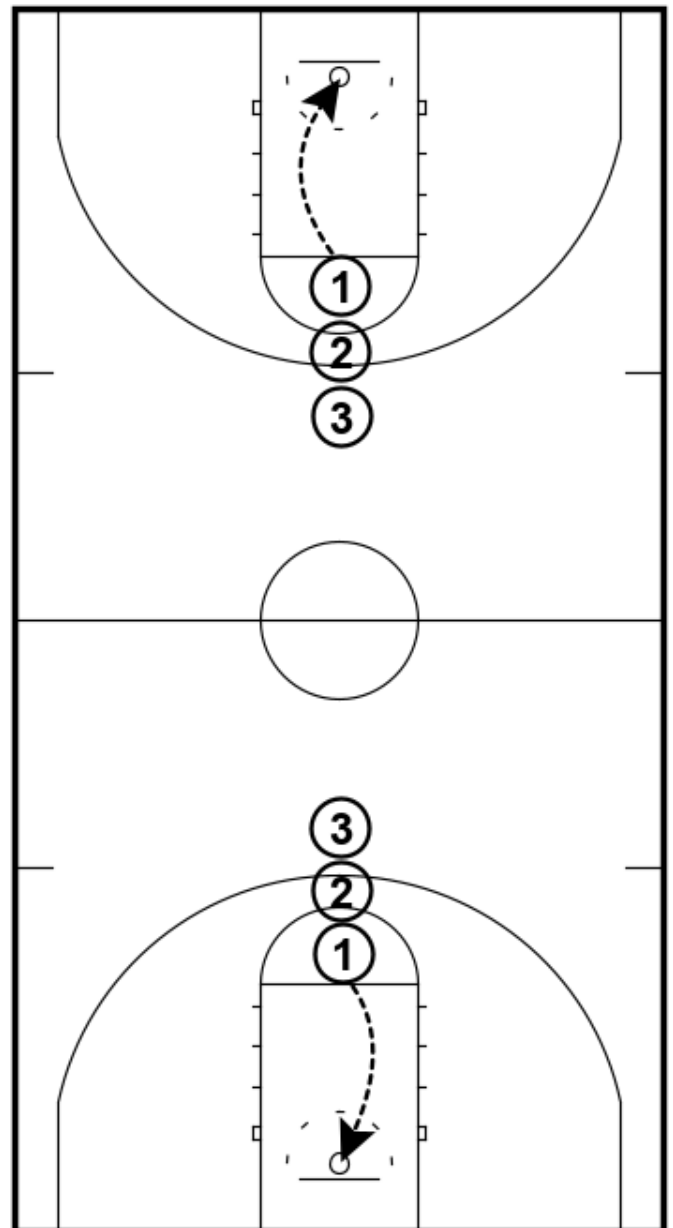
This drill puts pressure on the shooter to make their free-throws and also adds some fun into free-throw shooting.

SETUP

- Split the team up into two even-numbered groups.
- One basketball per player.

INSTRUCTIONS

1. The first player for each group shoots both their free-throws and receives one point for each made shot.
2. Players in each group rotate and the next player shoots and adds their points onto the first player's score.
3. This continues until all players in the group have shot both their free-throws.
4. Finally, each group calculates their total score and then compares with the other group. The losing team receives a punishment. This can mean a lap of the court, two up-and-backs, 10 push-ups, etc.



VARIATIONS

Shoot More Than 2 Free-Throws - Instead of only shooting 2 free-throws each, you can make this number anywhere from 2 - 5 free-throws.

Odd Number of Players - If you have an odd number of players have one player from the group with less players shoot twice.

COACHING POINTS

- Players must complete their entire free-throw routine.
- Players should always be encouraging each other. We don't want to see any poor sportsmanship such as expressing disappointment in a teammate after a missed shot.

BASELINE FREE THROWS

HOW THE DRILL WORKS

The team lines up on the baseline. Players take it in turns of shooting one free-throw each. Each time a player misses the whole team has to dribble up and back or perform a consequence.

PURPOSE

This drill puts extra pressure on the shooter at the line to make the free-throw. The pressure makes the free-throw much more realistic and game-like.

SETUP

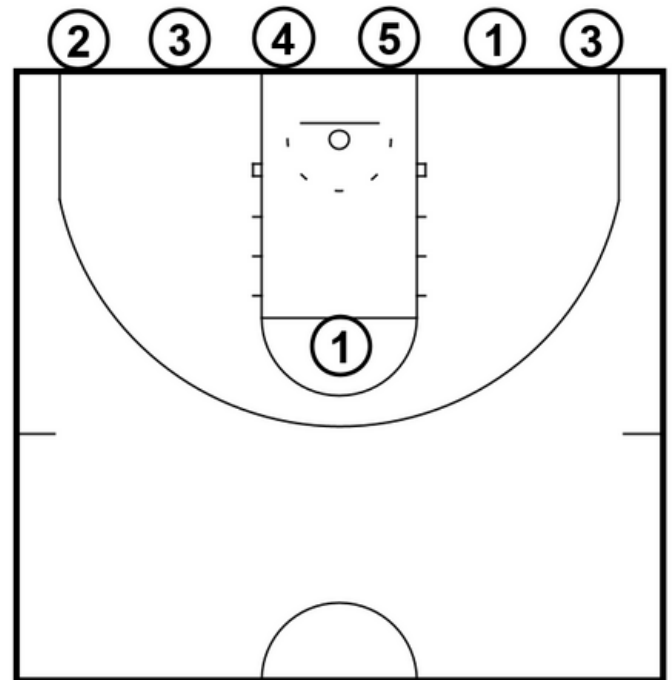
- All players line up along the baseline.
- One basketball per player.

INSTRUCTIONS

1. The coach picks a player to shoot first and they go to the line while everyone else waits on the baseline.

2. If the shooter misses the free-throw the entire team has to dribble up the court and back.

3. Change shooters until all players have had the opportunity to take a shot.



VARIATIONS

Different Consequences for Missing - Instead of an up and back on every miss, you can change things up each miss. For example players might do the crab dribble, a suicide, 10 star jumps, 10 push ups. Be creative.

2 Consecutive Makes - Instead of only making one shot, older player have to make two consecutive free-throws to avoid the consequence.

COACHING POINTS

- Players should be using their normal in-game free-throw routine when shooting their free throw.
- Make sure players are encouraging each other and not getting angry at one another when there is a missed shot.
- Players must sprint hard up and down the court after a miss. No jogging!
- Be sure to make it clear that they aren't allowed to dribble the ball on the baseline, only when running up and down the court.

IN-A-ROW

HOW THE DRILL WORKS

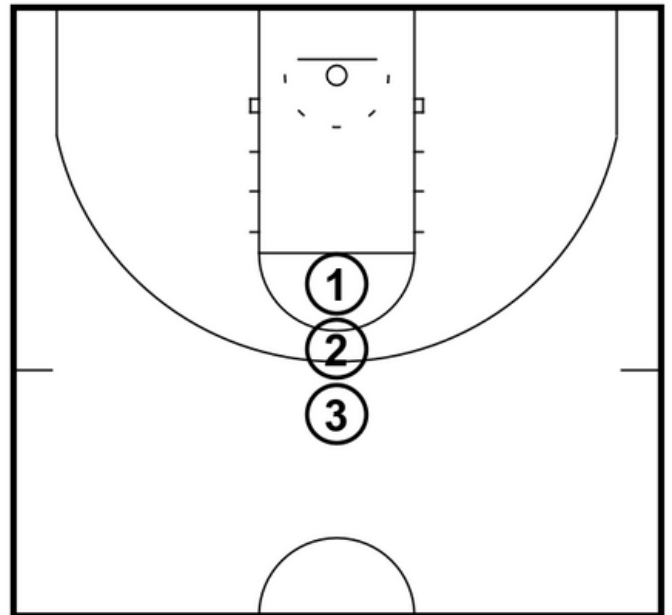
Players get in groups of 3 - 5 on each ring. They then take it in turns trying to make a certain amount of free-throws in a row. If a player misses, it's the next player's turn to shoot.

PURPOSE

This drill puts a lot of mental pressure on the shooter to make consecutive free-throws.

SETUP

- 3 - 5 players at each group starting in a circle around the key.
- One basketball per player.
- A stopwatch to time the drill.
- Coach decides on how many free-throws in a row a player must make. This can be anywhere from 2 - 6 depending on age and skill.



INSTRUCTIONS

1. The first player shoots until they miss.
2. If the first player makes all free-throws in a row, they finish the drill and can rest.
3. If the first player misses before making the required amount of shots, they join the end of the line and wait till their turn again.
4. This continues until all players have made the required amount of shots or the time is up.

VARIATIONS

Consequences - After a miss a player must perform a consequence. For example, run and up-and back or run a lap of the court.

Must Make First Shot - Instead of potentially going out on the first free-throw, the shooter keeps shooting until they make their first shot and then they will go out when they miss their next shot.

Time Up! - After a certain amount of time and after each player has had a fair amount of chances, you can call 'time up!' and the players that still haven't finished must perform a consequence.

Number of Makes - Depending on the age of the players, change how many shots they have to make in a row.

COACHING POINTS

- Players must complete their entire free-throw routine.
- Players must SPRINT the court for their consequences. No jogging.

LAPS

HOW THE DRILL WORKS

Players get in groups of 3 - 5 at each basket. They take turns shooting 2 free-throws each. There are running consequences for missing.

PURPOSE

Free-throws should always be shot when fatigued. The running in-between the shooting makes sure players are fatigued like they would be during a basketball game.

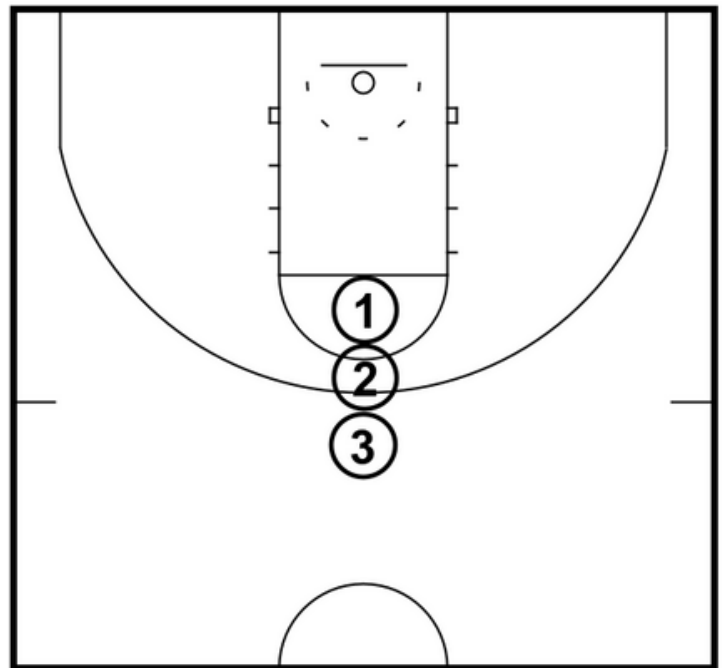
SETUP

- 3 - 5 players at each basket.
- One basketball per player.
- A stopwatch or way to keep time.

INSTRUCTIONS

Consequences:

- If a player makes both free-throws, they don't have to run.
- If a player misses one free-throw, they have to run an up-and-back, while dribbling.
- If a player misses both free-throws, they have to run a lap of the entire court, while dribbling.



1. Players set up in a circle with one player at the free-throw line.
2. The first player shoots both free-throws and then performs the consequence if they need to.
3. Players then rotate clockwise and the next shooter takes their shots.
4. This continues for the desired amount of time by the coach. I recommend 5 minutes.

VARIATIONS

Change the Consequences - Instead of having the players run you can have them do push ups or sit-ups for example. Be creative!

COACHING POINTS

- Players must complete their entire free-throw routine.
- Players must SPRINT the court for their consequences. No jogging.

AROUND THE WORLD

HOW THE DRILL WORKS

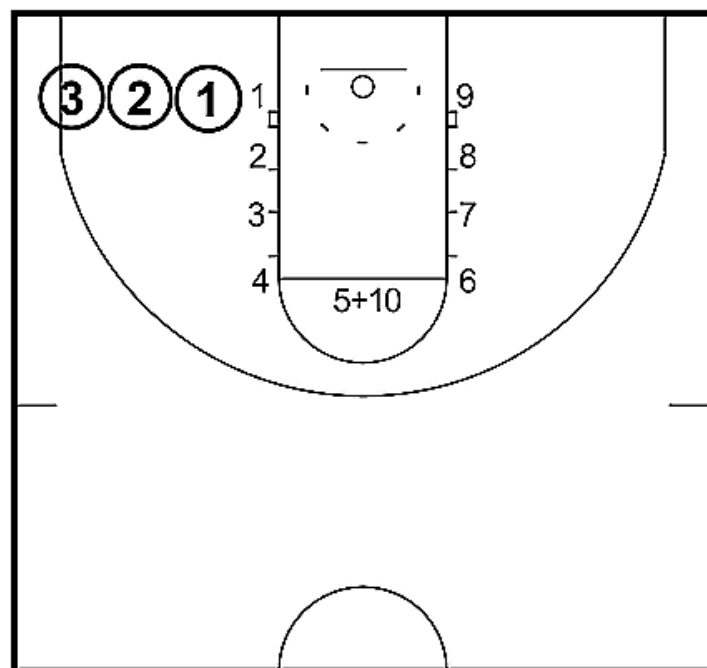
Players are split into teams and then compete against the other team to make 10 shots each from 10 different spots around the key.

PURPOSE

A fun kids drill that has all players working as a team and encouraging each other as they practice shooting from close range around the key.

SETUP

- One basketball per player.
- No more than 5 players in each team.
- Each team must have a basket to themselves.



INSTRUCTIONS

1. When the coach says 'Go', the first person in line shoots from the first spot, rebounds, and dribbles back to the end of the line.
2. This continues until all the team has made 10 shots from the first spot.
3. When the 10th shot is made, the entire team moves on to the next spot and they keeps shooting until they've made 10.
4. This continues until the team has made 10 shots from all 10 spots on the diagram. 9 around the outside of the key and then a free-throw to finish for the 10th shot.

VARIATIONS

Everyone makes one shot - Instead of making 10 shots as a team, when a player

makes a shot they move onto the next spot and encourage their teammates while they wait. If they miss, they join the end of the same line and each player keeps shooting at the same spot until they make the shot before moving onto the next spot.

Number of Made Shots - 10 made shots can be a lot to a young team. Instead of 10 makes you can pick any number. With some of my youngest teams we start out with just 3 makes.

Different Shooting Spots - The shooting spots for around the world don't have to be around the key. You can move them out to mid-range or even three-point range.

COACHING POINTS

- All players should be encouraging each other.
- Make sure the players are all shooting with the correct form and holding their form until the ball has touched the ring.
- On the free-throw the players should be going through their full routine.

CORNERS

HOW THE DRILL WORKS

Players start in two even lines on opposite corners of the court. There are no teams. The first players in each line are against each other to be the first to make two layups at opposite ends of the court. The player that loses is out.

PURPOSE

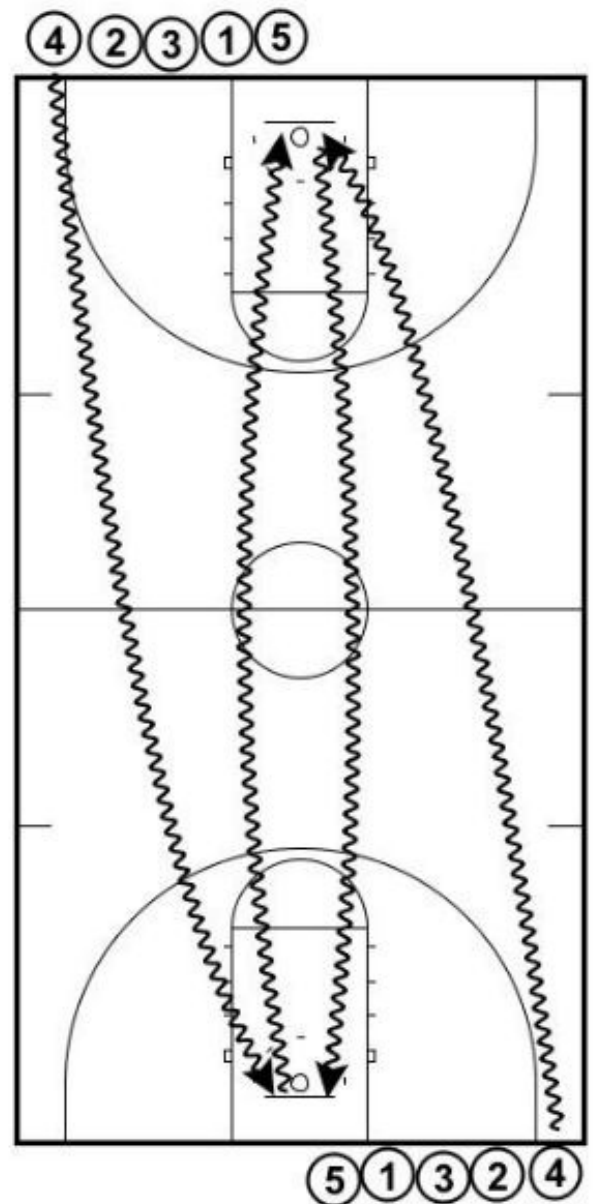
A fun game that all players love. Works on layups and dribbling at full speed while under pressure.

SETUP

- Split the team up into two groups and send each group to an opposite corner of the court.
- One basketball for each player.
- Coach has a whistle or a loud voice.

INSTRUCTIONS

1. When the coach blows the whistle, both players dribble as fast as they can to the opposite end of the floor to make a layup.
2. After they make the shot, they must rebound their own shot and dribble to the opposite end of the floor again and make another layup.
3. The first player to make two layups is the winner and joins the end of the line. The player that loses is out and must sit in the middle of the court and wait for the others to finish.



VARIATIONS

Opposite Hand - Switch the sides of the court for each time and then they must dribble and perform a layup with their left hand.

Different Shot - Instead of layups players must make a shot from outside the key. For older players they might have to make a shot from outside the three-point line.

More Layups - For the last two players (the grand final), sometimes I've had them make 3 or 4 layups instead of 2.

COACHING POINTS

- The biggest problem with this drill is the amount of standing around the players do when there's a large group. But since every practice the players beg me to play this game, I figured I better include it!
- I've occasionally had a silly kid who's out and while sitting in the middle tries to trip or steal the ball from one of the players dribbling. Watch out for that.
- Don't allow players to throw the ball out in front of themselves or else the dribbling part of the drill will be pointless.
- Encourage players to slow down on the layup and jump up high while under control instead of sprinting too fast and throwing it hard off the backboard.

FOLLOW THE LEADER

HOW THE DRILL WORKS

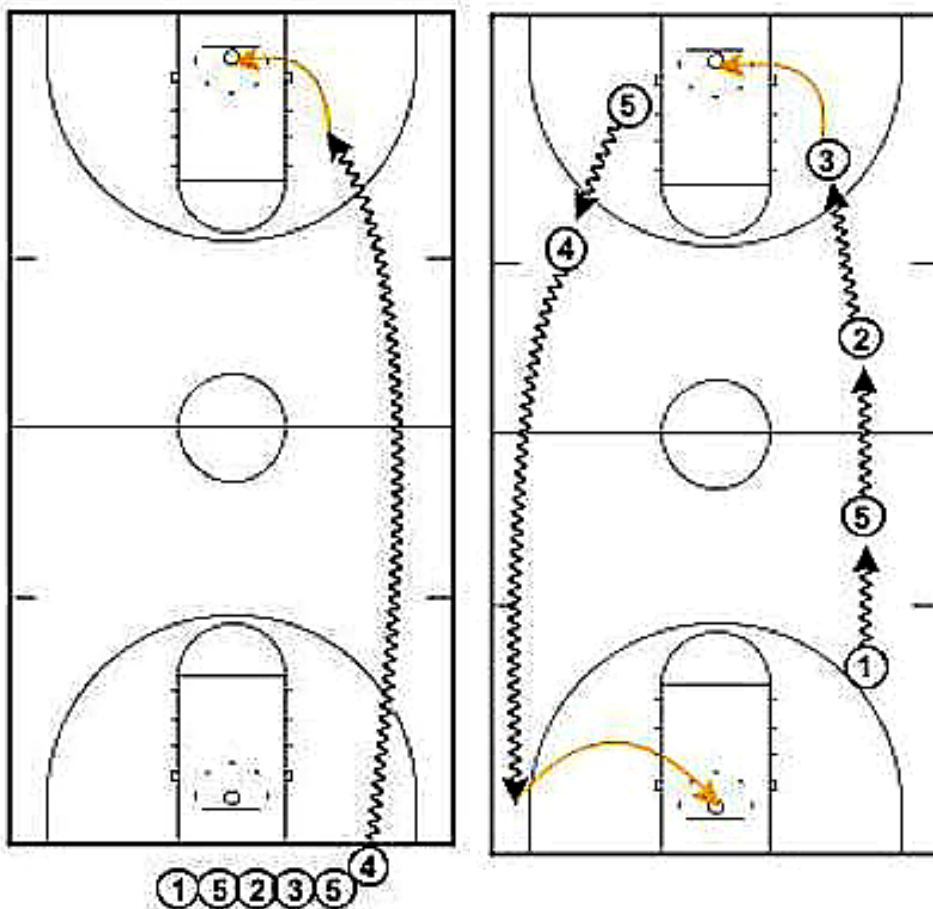
Players all start in a line on the baseline on the right side of the court. The first person in line dribbles down the court and takes a shot from anywhere on the right half of the court. The rest of the players are spaced out about 3 metres apart and will all shoot this shot too. Everyone rebounds and stays in their line as the same happens going back down the court. Every lap the person in front goes to the end of the line and there's a new leader.

PURPOSE

A full court drill for conditioning as well as working on your players' jump shot and ability to communicate between each other.

SETUP

- Every player has a basketball.
- All players in a straight line along the baseline.



INSTRUCTIONS

1. The first player begins the drill by dribbling to the other end of the court.
2. Players space themselves out about 3 - 5 metres apart and start following when it's their turn.
3. The first player pulls up for a jump shot from anywhere on the right side of the court.
4. The rest of the players, as they're following the first player, also pull up from the

same spot on the court.

5. After the rebound the first player continues down to the other end of the court and makes a jump shot.
6. The rest of the players again mimic the first player.
7. All players rebound their shot and line up along the baseline again. The first person in the line goes to the end and there's a new leader.

VARIATIONS

Add a Dribble Move - Place chairs at the half-way line on either side of the court and players have to perform a dribble move each time they pass the chair.

Change Direction - Half way through the drill make sure to change directions so that players can practice on the left side as well.

COACHING POINTS

- Found this to be a great player communication drill. If a player is collecting their rebound or doesn't know what the next shot or dribble move is then it's up to them to talk to their teammates.
- Players must keep their head up when dribbling.
- Make sure players aren't off-balance when they pull up for a jump shot. Young players have a tendency to fall forward when shooting off the dribble.

GAME WINNER

HOW THE DRILL WORKS

Every player takes a single shot from a distance far outside their comfortable shooting range. Players that make this shot get a reward.

PURPOSE

A great drill to finish off practice with. The players always look forward to this drill in practice and it always causes everyone to finish practice laughing and with a smile on their face.

SETUP

- All players line up in one line far out from their comfortable shooting range.
- All players have a basketball.

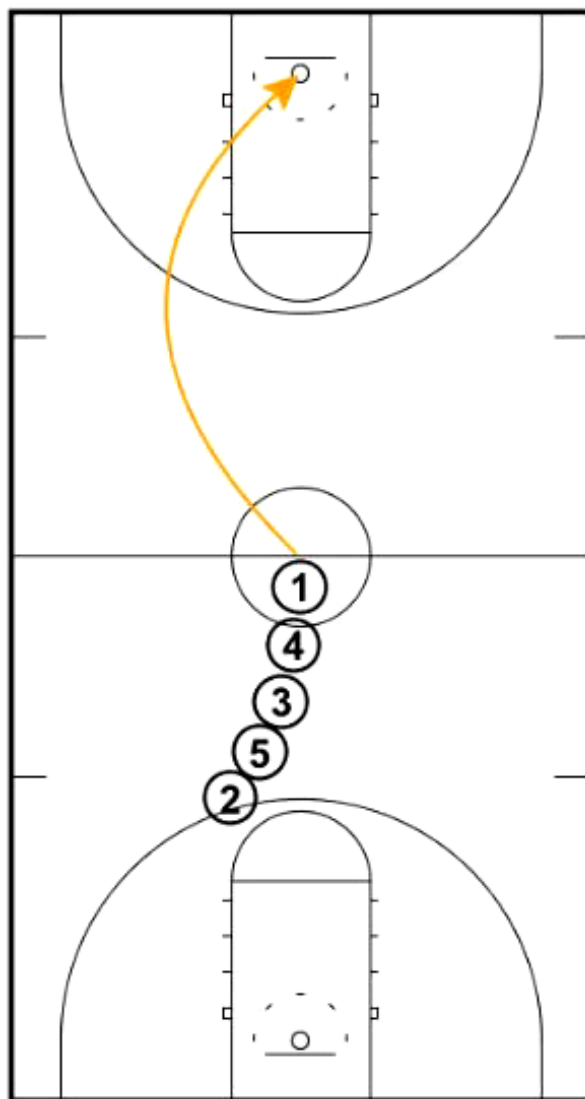
INSTRUCTIONS

1. One by one, the players take it in turns taking one shot each from this distance.
2. Players that make the shot are entitled to a reward of some sort.

VARIATIONS

One Winner - If two or more players make the shot and you only want one winner, have them shoot again until one of them makes the shot.

Distance of Shot - For older players we usually use the half-way line. For youth players, it varies. Really young players can shoot from the three-point line if they'll struggle to get it in.



COACHING POINTS

- This drill is meant to be fun to conclude practice. Make sure you're joking around with the players.
- Make sure there's no one under the ring that will get hit from a wild shot attempt.
- Make sure you take a shot too!

GOLF

HOW THE DRILL WORKS

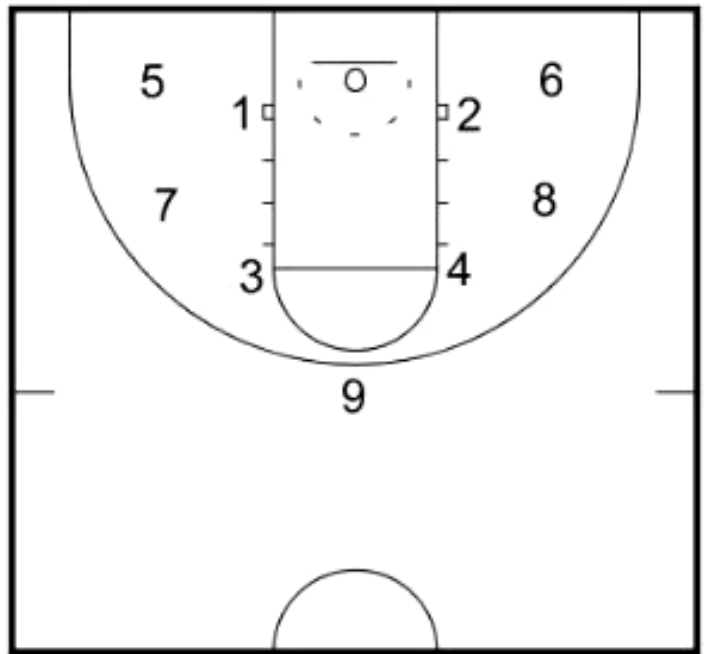
There are 9 different shooting spots on the court. Players take it in turns and must make a shot from each of the 9 different spots. The player with the least amount of attempts after 9 holes is the winner.

PURPOSE

A fun shooting game that adds pressure on every shot attempt.

SETUP

- The coach first decides 9 different spots on the floor that the players will shoot from.
- Players use their own basketball.
- All players lined up behind the first hole (first shooting spot).



INSTRUCTIONS

1. Players all line up behind the first hole.
2. The first player in line shoots until they make the basket. The coach or a parent must write down how many attempts it takes them to make the shot.
3. This continues for all players from the first hole.
4. When everyone's made a shot at the first hole, they all move onto the second and repeat the process.
5. This continues until all 9 holes have been completed by all players.

SCORING SYSTEM

- Count the amount of shots it takes each player to make a basket from each spot.
- The player with the least amount of attempts overall after 9 holes is the winner!

VARIATIONS

Maximum 5 Shots - After 5 shots the player must move onto the next hole and they receive 5 as their score for that hole.

More or Less Holes - Instead of only playing 9 holes, why not play more?

COACHING POINTS

- Make the shooter become the rebounder after each made basket.
- This can be a time-consuming drill but it's a drill the players do have a lot of fun with.
- I'd advise against it if you have a big group.

ON THE RACK

HOW THE DRILL WORKS

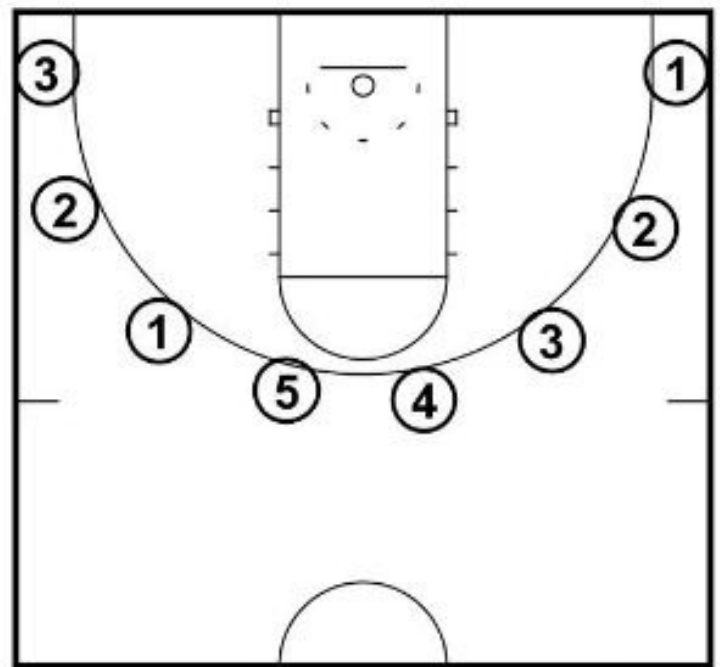
On the rack is a three-point shooting drill. Players take it in turns shooting from a spot around the three-point line. If the player before you makes their shot there is 1 'on the rack' and if you miss you lose a point.

PURPOSE

A fun three-point shooting game that works on shooting while under pressure.

SETUP

- Players find a spot around the three-point line that will be the only place they can shoot from for the rest of the game.
- All players start on 3 - 5 points.
- The first player to shoot will be a player closest to the baseline. Doesn't matter if the drill goes left to right or right to left.



RULES

1. The game must be played in order around the three-point line and each player only takes one shot turn.
2. For every shot that is successful, 1 point goes 'on the rack'.
3. If consecutive shots are made in a row they add up on the rack.
4. The player that misses when there are points on the rack, loses that amount of points off their score.
5. Once a player has lost points for missing, the amount of points on the rack is cancelled back to zero.

EXAMPLE

- All players starting on 5 points.
- (1) takes the first shot of the game and misses. He loses no points since there are none on the rack.
- (2) takes their shot and makes it. There is now one point on the rack.
- (3) takes their shot and misses. They are now on four points since they lost one point because there was one on the rack.
- (4) and (5) both make their shots. There are now two points on the rack.
- The next (1) in line misses and loses two points since there are two points on the rack. They are now on 3 points.
- The game continues until there is only one player left and they are the winner of the game.

VARIATIONS

Missed Shots - Players lose one point for every missed shot even if there are no points on the rack.

Half Court Shot - When a player is eliminated they get one chance to save themselves by shooting a half court shot. If they make it they come back into the game on the same amount of points as the player with the highest point total.

PRESSURE

HOW THE DRILL WORKS

Players take it in turns shooting free-throws. If the player before you makes the free-throw you are under pressure and must make the shot or you are out of the game.

PURPOSE

As the name suggests, pressure is designed to put the players under pressure at the free-throw line to simulate the pressure of an in-game free-throw.

SETUP

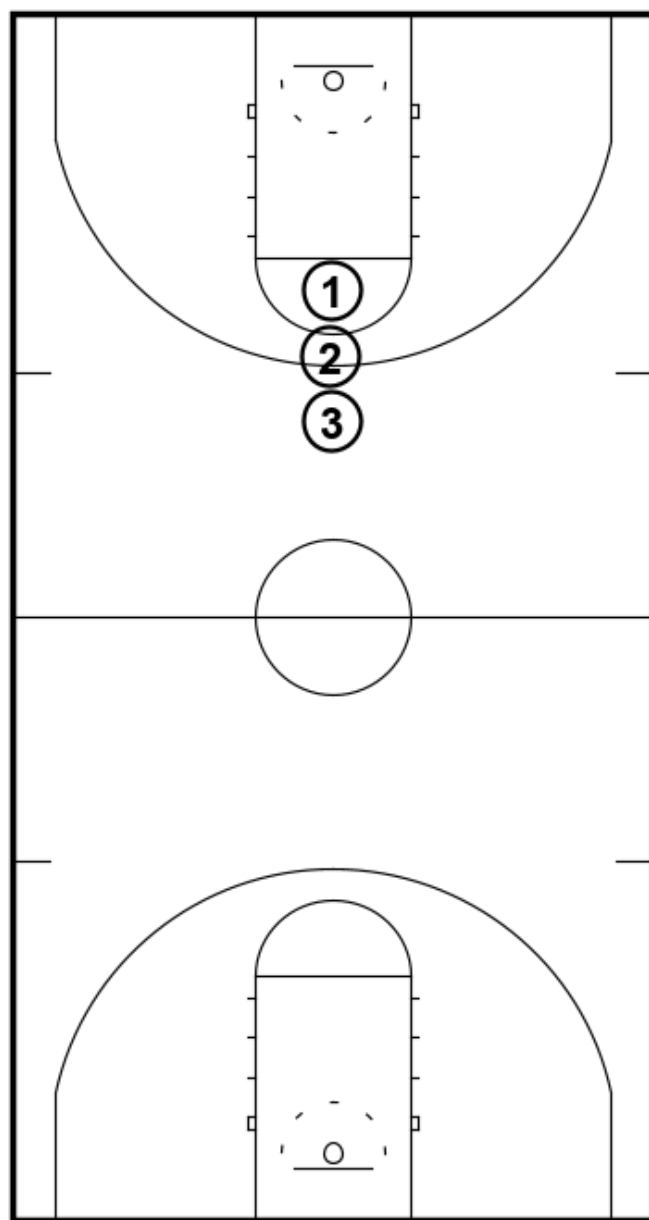
- All players participating lining up in a straight line from the free-throw line.
- One basketball for each player.

INSTRUCTIONS

1. When the player in front of you makes a shot you are under pressure.
2. If you miss a shot while under pressure you're out.
3. If you make a shot while under pressure, the pressure continues on to the next person until someone misses.
4. Once someone misses the pressure shot and goes out, there is no pressure until someone makes another shot.

VARIATIONS

Jump Shots - While this was created as a free-throw drill, there's no reason you can't use it to put pressure on other shots on



the court. You can use this drill on any shot.

Pressure Continues - Traditionally, when the player under pressure makes the shot the pressure is cancelled out. A way to make the game quicker is once someone makes a free-throw the pressure never cancels. The first person to miss is out.

COACHING POINTS

- Make sure the players are going through their full free-throw routine.
- Don't allow players to put each other off at practice. I find this leads to players getting angry at each other and ruining the game.
- Keep in mind this drill involves a long line which we're against for youth basketball practice. I don't recommend using this in the middle of practice but just at the end as something fun as the players cool down.

THREE POINT BOMBS

HOW THE DRILL WORKS

Separate your players into teams. Everyone at one basket is on a team and has a basketball each. As a team they continually shoot from the three-point line and see how many makes they can get as a team in a certain amount of time.

PURPOSE

To get lots of repetitions into the three-point shot while the players are fatigued from chasing the basketball after every shot.

SETUP

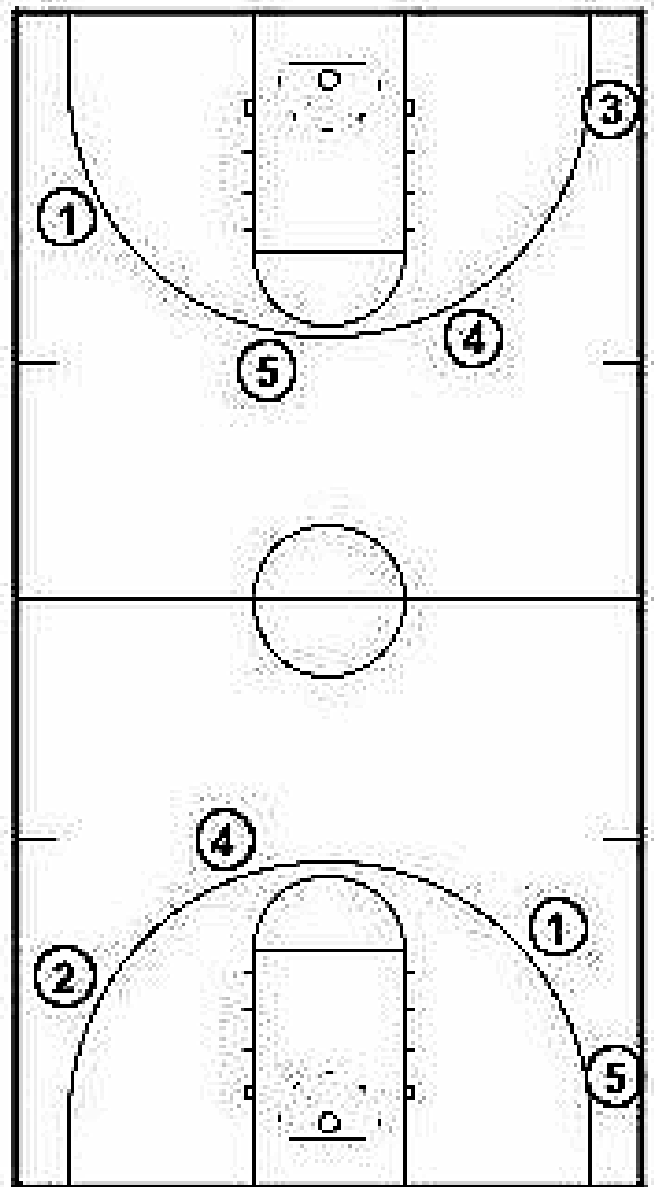
Split players up into even groups on each basket that you have available. Every player has a basketball.

INSTRUCTIONS

1. On the coaches 'go' all players start shooting three- pointers.
2. Every time a three-pointer is made the shooter calls out the number that the team is up to.
3. Players continue to rebound their own ball, retreat to the three-point line, and then shoot until the time is up or a team reaches the target number of made shots.

SCORING SYSTEM

- Every made three-point attempt is worth one point.
- Time Limit - Run the drill against a time limit and see which team can



make the most three-pointers in a certain amount of time, or

- **Certain Number of Makes** - Instead of using the time limit, allow the teams to keep shooting until a team reaches a certain amount of makes determined by the coach.

VARIATIONS

Solo Scoring - Instead of scoring as a team, have each player keep their score individually and compete against everyone else.

Distance - This drill can also work from mid-range if you've got a younger team. Just make sure they're shooting from a reasonable distance and not too close.

COACHING POINTS

- Players must rebound and shoot their own ball.
- Everyone on the team should be counting loudly after every make.
- Players must be hustling and not just jogging, we want the players to get up as many repetitions as possible and be fatigued while doing it!
- Make sure players don't follow their shot too early. This will disrupt their shooting form.

55 SECOND DRILL

HOW THE DRILL WORKS

Players complete four lengths of the court against the clock (not necessarily 55 seconds) while performing a variety of dribbling challenges.

PURPOSE

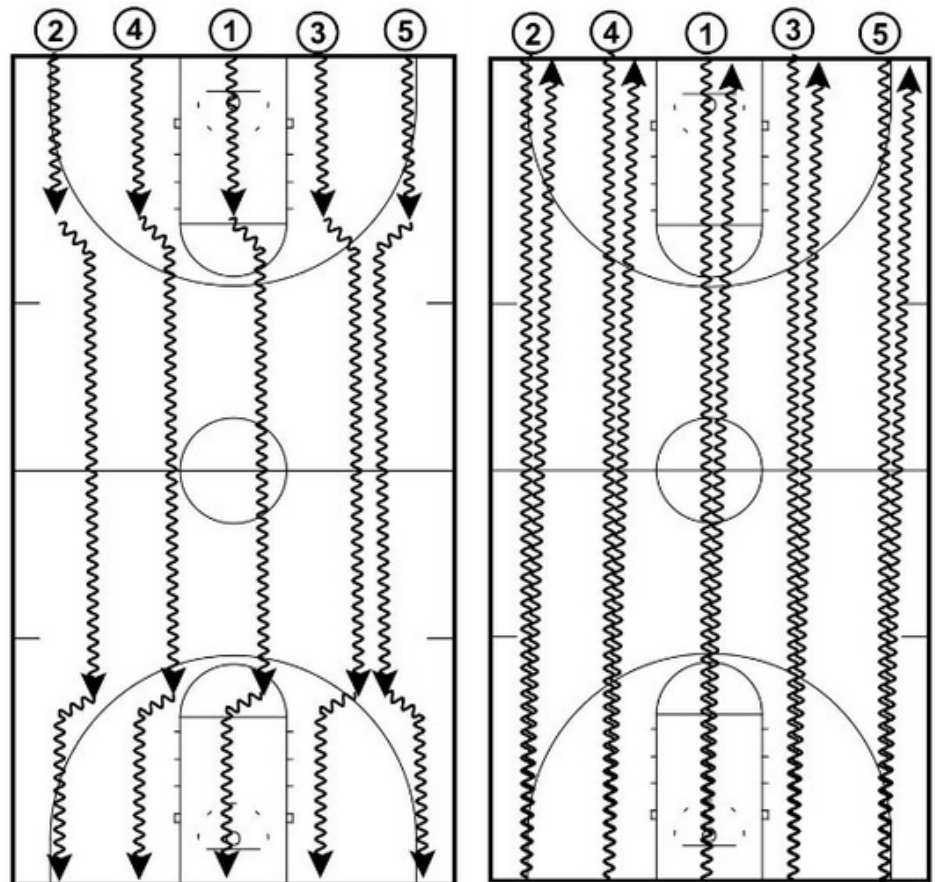
This is a great drill for developing dribbling skills while also incorporating conditioning.

SETUP

- 4 - 5 players along the baseline. They should be an even distance apart.
- Each player needs a basketball.
- The coach must have a stopwatch or a way to time the drill.

INSTRUCTIONS

1. The first up-and-back consists of players dribbling to the end of the court with their right hand, and then back with their left hand.
2. For the second up-and-back each player must perform two dribble moves each direction. These can be through the legs, behind the back, crossovers, in-and-out dribble, spin move, etc. Must be 4 different moves.
3. The third up-and-back consists of the pretzel walk going forwards, and then on the way back players must perform the pretzel walk going backwards.



SCORING SYSTEM

- This drill is scored by time.
- Players must finish the drill as fast as possible. A good time for a high school player is 55 seconds. For younger players, perform the drill once and see what they get and then try to beat it every time you run the drill.

VARIATIONS

Add More Lengths of the Floor - This is a very customizable drill. Feel free to add anything you want to the drill but make sure to increase the time allowed.

Change the Dribbling Moves - For example you might not want your players to do the pretzel walk and instead choose for them to dribble up and down the floor backwards.

COACHING POINTS

- Players must be keeping their heads up throughout the entire drill.
- Players must push as hard as they can throughout the entire drill. Don't let any of them slack off!

DRIBBLE COURSE

HOW THE DRILL WORKS

Players complete a course that will allow them to practice different dribbling moves. The coach can customize the drill to what their team needs to work on.

PURPOSE

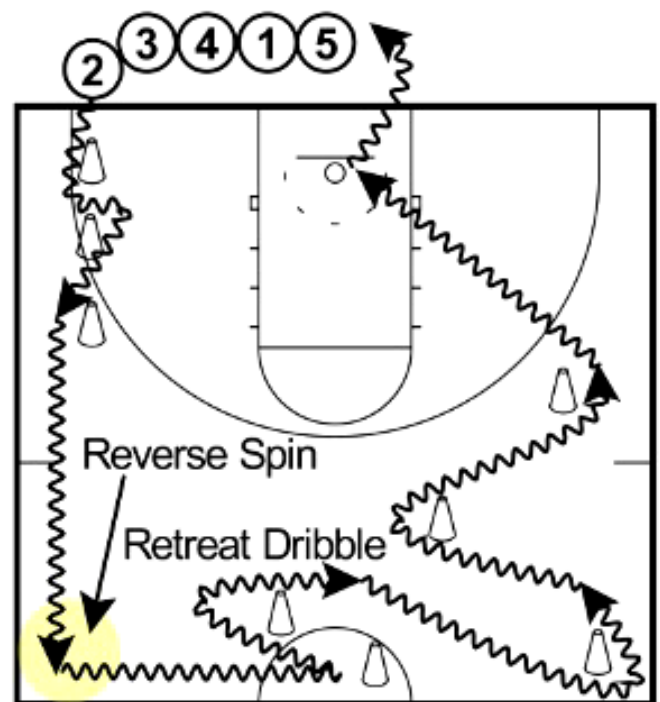
The drill is designed to improve the dribbling and ball-handling skills of the players on your team by working on different moves that they would use throughout a game.

SETUP

- Every player has a basketball.
- All players begin the drill on the baseline in the corner of the half-court.
- Cones or D-Men if you have them.

INSTRUCTIONS

1. The drill begins with all players on the baseline with a basketball.
2. The first player in line completes the dribble slalom through the 3 cones.
3. They then speed dribble to the corner before slowing down and completing a reverse spin at the corner.
4. After the first player has completed the reverse spin, the next player in line starts.
5. Players then perform a retreat dribble at the next set of cones.
6. They then perform a wider slalom making sure to use both hands.
7. Finally, they finish the course with a layup, mid-range shot, or three-point shot before joining the end of the line.



VARIATIONS

Create Your Own Course – Improvise and experiment with different types and combinations of dribbling moves. The list of potential courses you can create is endless!

Weak Hand Only – A fun variation I sometimes use in the drill is to get players to only use their weak hand. Doing so will get them out of their comfort zone and improve it.

COACHING POINTS

- Players must keep their heads up while completing the course.
- The course must be completed at game speed. Encourage your players to push themselves!
- Make sure to go through all the different stations/moves with the players before starting the drill so that they understand how to perform them.

FOLLOW THE LEADER

HOW THE DRILL WORKS

Players will form one line and follow a leader as they dribble around the lines of the court. The leader will change every couple of minutes so that everyone has a turn at being the leader.

PURPOSE

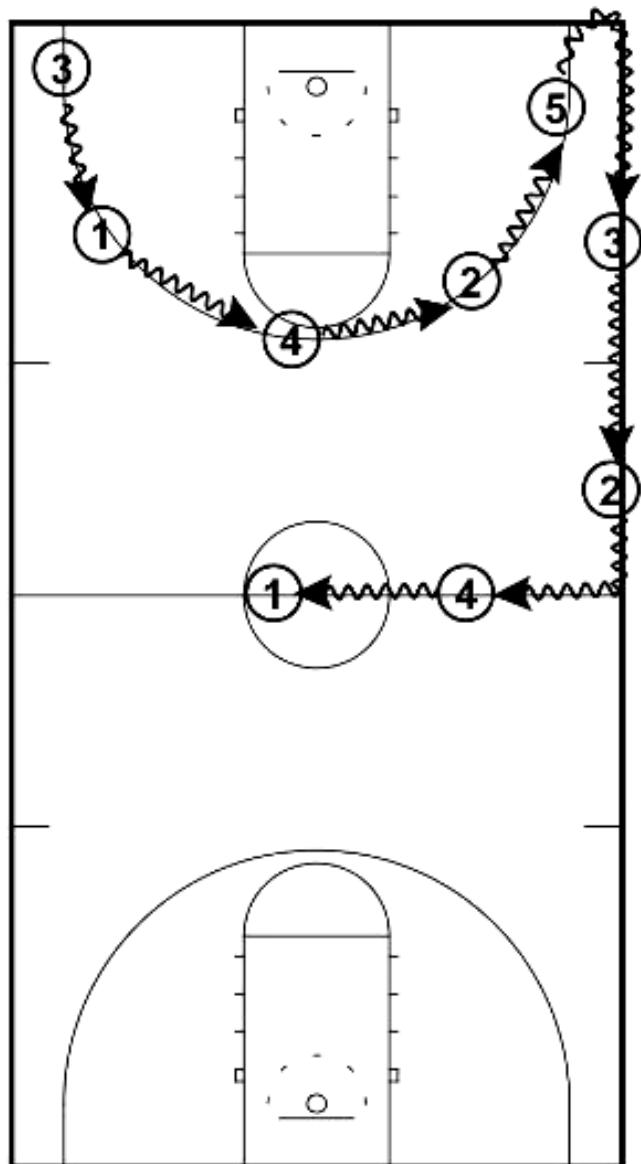
This is a great drill for players first beginning to learn how to dribble a basketball. This game makes it easy to teach the basics while still holding the player's attention.

SETUP

- Everyone starts with a basketball and all players line up in a straight line along the baseline.
- When everyone's lined up, the coach picks a direction (either right or left) for the whole group to face. This will be the direction the group dribbles and the first player in line becomes the first leader.

INSTRUCTIONS

1. The leader of the group starts the drill off by dribbling anywhere they want on the court as long as they stay on the lines.
2. The other players must follow the leader as they dribble around the court while staying in a single file.
3. After a minute or so, send the leader to the back of the line and the next player in line becomes the new leader.



4. The drill is over once all players have had a turn at being the leader.

VARIATIONS

Dribble Moves - If your team finds dribbling on the lines too easy, incorporate dribbles moves each time the players turn. The leader performs any type of dribble move and the rest of the players must perform the same one at the corner.

COACHING POINTS

- If the player that's leading is better than their teammates, ask them to slow down so the others can keep up with them.
- No overtaking another player unless they lose their basketball and leave the line.
- Make sure the players are dribbling with their opposite hand too!

FULL COURT DRIBBLING

HOW THE DRILL WORKS

Players dribble full laps of the court finishing with layups on each end. The coach can add cones/chairs to act as obstacles that players must dribble around on each lap of the court.

PURPOSE

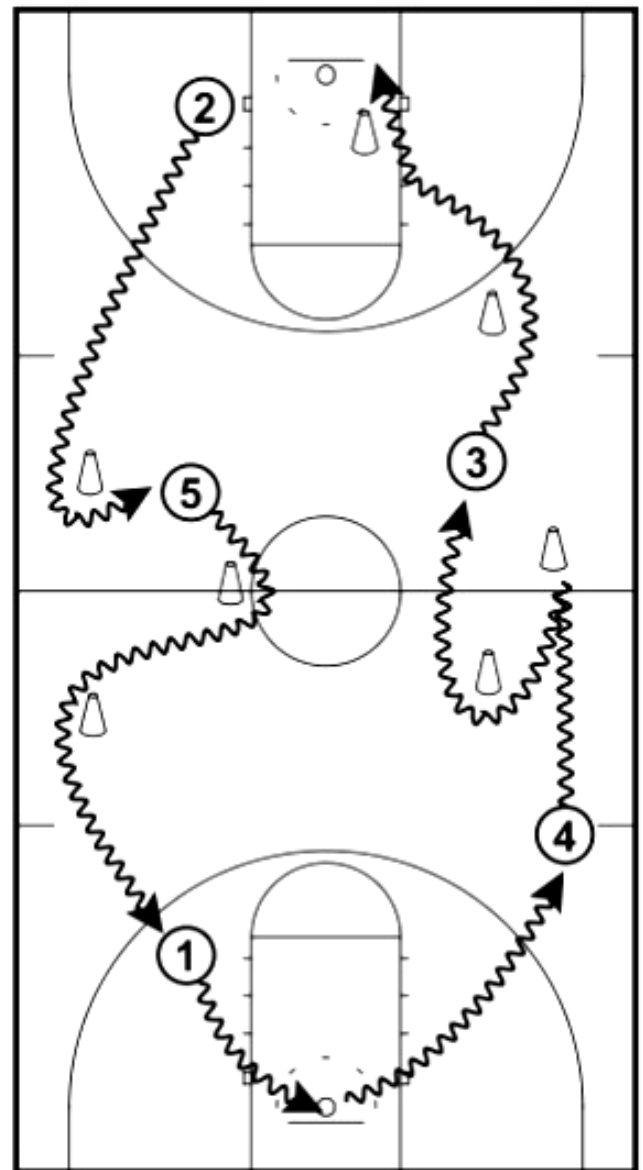
A great warm-up dribbling drill to get players moving and handling the basketball. The dribbling course on the floor can be highly customised and the intensity can be adjusted to focus more on conditioning the athletes.

SETUP

- Split the group up into two lines and start them in a straight line at half-way on opposite sides of the court. This will provide even spacing.
- Each player has a basketball.
- If you want to, set up a small dribbling course using cones or chairs on the wings.

INSTRUCTIONS

1. Both lines start dribbling around the court in the same direction gradually spacing themselves out from the people behind and in front of them.
2. The players continue dribbling around the court completing the dribbling course and finishing with a layup on each length of the floor.
3. Mid-way through the drill, the coach calls



out 'reverse!' and players swap directions for the remainder of the drill.

VARIATIONS

Dribbling Course - Be creative in setting up the dribble course for your team. Include as many chairs and cones as you like to make it different!

Specific Dribbling Moves - Select specific dribbling moves that players must complete at certain stages of the course. For example, behind-the-back, in-and-out, retreat dribble, etc.

Different Scoring Moves - Instead of finishing with regular layups, elect variations that players must complete on each basket. For example, euro step, floater, reverse layup, etc.

COACHING POINTS

- Adjust the intensity of this drill depending on the goals of the drills and which stage throughout practice you use the drill. You don't want players going 100% if you're using it for a warm up!
- Ensure players are dribbling with their heads up.
- Players should be making a noticeable change of speed when they're performing dribbling moves. Explode out.
- Focus on the footwork of the players when they're performing the different dribble moves and when they're finishing at the basket.

HALF-COURT RELAY

HOW THE DRILL WORKS

The group is split up into teams who compete in a relay race from half-way. Each player must dribble down to the rim they're facing, make a shot, and then dribble back to the end of the line.

PURPOSE

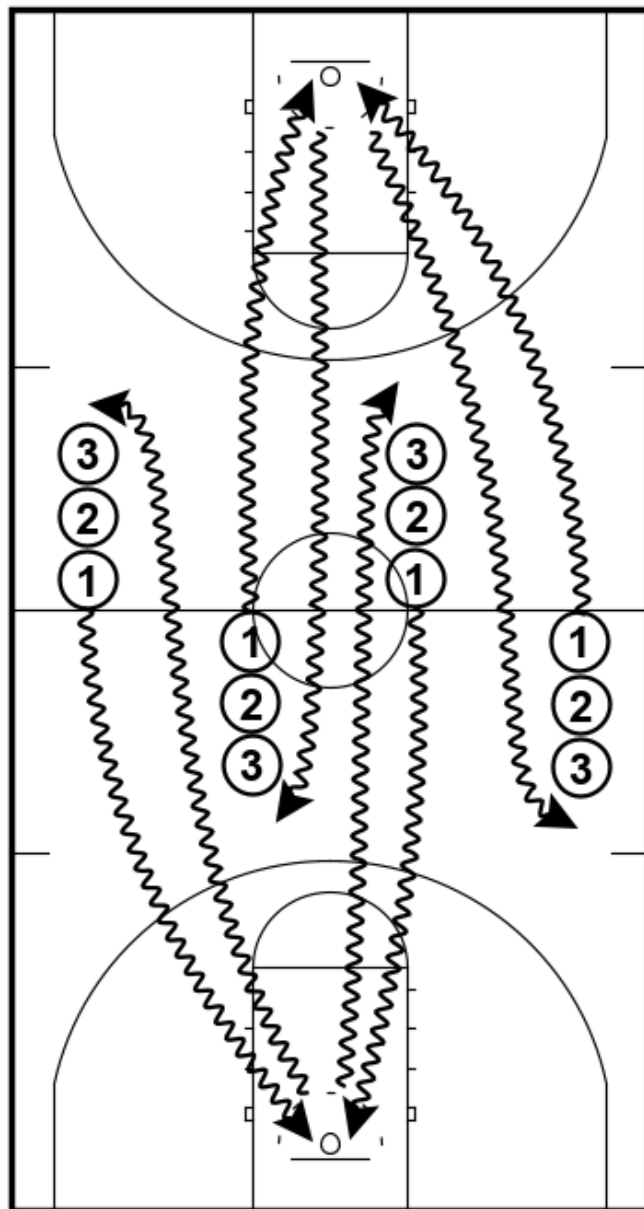
A fun drill for kids that works on dribbling the basketball as well as shooting or finishing at the rim with a layup in a team environment.

SETUP

- Divide the group into 2 - 4 teams of players.
- Each team is lined up behind the half-court line facing the basket they'll be shooting on.
- Each player has a basketball.

INSTRUCTIONS

1. On the coach's whistle, the first player in each line speed dribbles towards the basket and scores a basket as quickly as possible.
2. After making the shot, the player quickly dribbles the basketball back to their line.
3. The next player in line will then complete the same trip by dribbling towards the basket, scoring, and then dribbling back.
4. The drill continues like this for a set amount of time or until one team has scored a specific amount of baskets.



VARIATIONS

One Shot - If you're using this drill with very young players who struggle to make a shot, have them take one shot and then return to the line whether the shot is made or missed.

Opposite Hand Dribbling - In this variation players are only allowed to dribble with their opposite hand. You can even challenge specific players by having them use this rule.

COACHING POINTS

- As this is a beginner drill, focus on the fundamentals. Players should keep their head up while dribbling the basketball and do your best to encourage players not to travel.
- Focus on layup footwork. Players should be stepping right-left for a right hand layup and left-right for a left hand layup.
- The fewer the amount of players in each line the better. Having fewer players will give every player more dribbling and shooting repetitions.

PARROT DRILL

HOW THE DRILL WORKS

Players find a partner and stand 2 metres away facing each other with a basketball. One player is the leader and one is the follower. The leader continuously performs stationary dribbling moves while the follower must attempt to mimic them and keep up.

PURPOSE

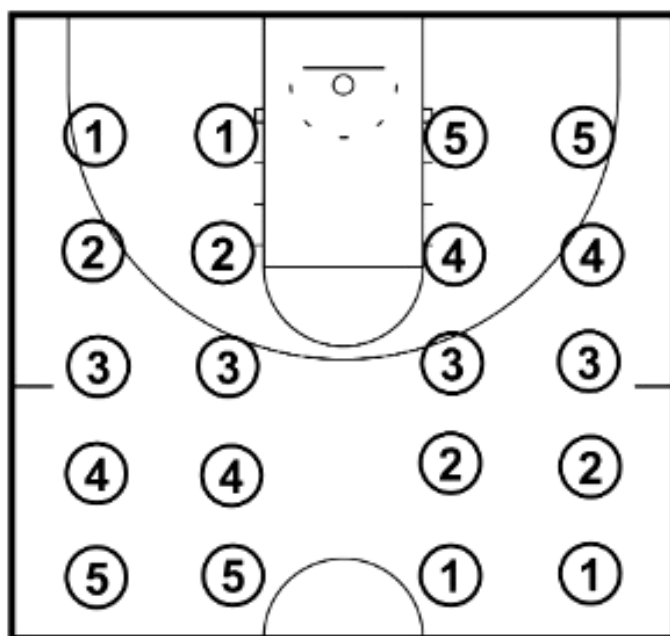
A fun drill for improving a player's ball-handling ability. The follower is forced to keep their head up throughout the drill and the leader must be creative and constantly improvise.

SETUP

- All players find a partner.
- Every player must have a basketball.
- Players line up approximately 2 metres away facing each other.

INSTRUCTIONS

1. The drill begins with the coach choosing a leader from each of the pairs.
2. The coach then starts the drill by calling out 'Go!' or blowing a whistle.
3. The leader immediately starts performing stationary dribbling moves or ball-handling moves.
4. The follower must keep their head up and do their best to mimic exactly what the leader is performing.
5. Every 30 seconds the coach must call out 'Switch!' and the players swap roles.



COACHING POINTS

- Players can either use dribbling moves (behind the back, through the legs, crossover, low dribble, high dribble, in-and-out dribble, etc) or ball-handling moves (around the waist, around the head, around one leg, candy cane, etc). Let them get creative and have fun!
- Encourage players to push themselves out of their comfort zones. Praise the players who are working hard even if they lose the basketball.
- Watch that players aren't dominating the basketball with their strong hand. All players must be working hard to improve their weak hand.

PIRATE NAVIGATION

HOW THE DRILL WORKS

One player has their eyes closed and their partner must direct them to the end of the court using their voice to navigate their partner around the cones. The first pair to pick up the tennis ball at the end is the winner.

PURPOSE

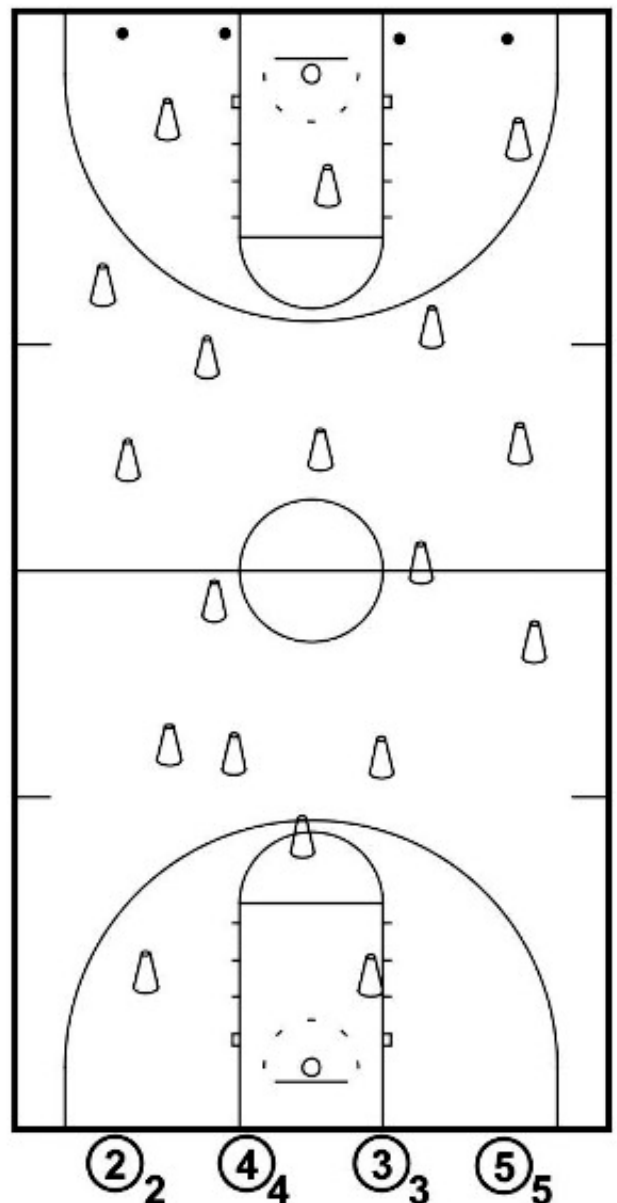
This is a super fun drill for young players to develop their sense for the basketball and also to work on building team chemistry, leadership, communication, and trust between players.

SETUP

- Each player must find a partner and get one basketball between the pair.
- All pairs start behind one of the baselines.
- The coach randomly scatters cones and other objects around on the court.

INSTRUCTIONS

1. The drill starts with each pair of players deciding which one will be blind and which one will be the navigator.
2. Once everyone is in position, the coach calls out 'go!' and the players begin dribbling slowly up the court.
3. The navigator follows closely behind the dribbler and must use voice commands to direct them around the objects on the court and towards the end of the court.



4. If the blind player loses the dribble or makes contact with one of the objects, the pair must return to the baseline and start again.
5. The first pair to navigate successfully through the course and cross the baseline are the winners.

VARIATIONS

Sideline to Sideline - Instead of covering a distance as large as the full court, run the drill from sideline to sideline. This can even be done in the half-court if you have a small number of players.

Knockout - After each round, eliminate the team who came last. The last team standing wins!

Difficulty - Gradually adjust the difficulty of the drill depending on the skill level of your players. You can do this by only allowing players to dribble with their non-dominant hand, or increasing the number of obstacles on the course.

COACHING POINTS

- Encourage players to start the drill by dribbling slowly and under control. As the pairs improve their communication, they can then speed up.
- The navigator is never allowed to touch the blind player while they're on the course. You'll be surprised how quickly players become frustrated and will attempt to physically direct their partner.
- Take a mental note of which players respond well to instruction and which players get frustrated quickly. You'll learn a lot about your players.

RED LIGHT, GREEN LIGHT

HOW THE DRILL WORKS

This drill involves players dribbling up and down the court and the coach calling out 'Go' and 'Stop'. When the coach calls out go, the players dribble. When the coach calls out stop, the players perform a jump stop. Can also add pivots.

PURPOSE

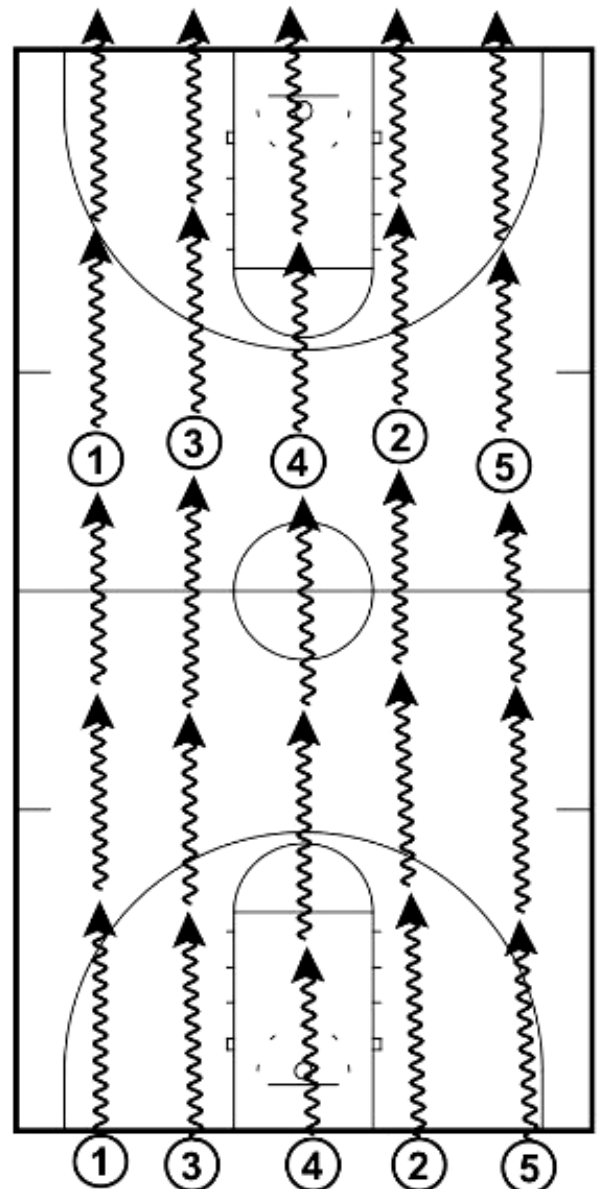
This is a perfect drill for teaching the jump stop and pivoting. It's one of the few drills I use with all youth basketball teams.

SETUP

- The drill starts with every player lined up along the baseline holding a basketball.
- If you have more than 10 players, I recommend creating two lines.

INSTRUCTIONS

1. Everyone starts on the baseline in the triple-threat position.
2. The coach will then lead the players up the court by calling out 'go' and 'stop'. On go, the players begin dribbling at a comfortable pace towards the opposite end of the court. When the coach says stop, the players must immediately perform a jump stop.
3. This continues until the players reach the other end of the court.
4. Once your players are comfortable with the jump stops and are performing them



correctly, you can make the drill more advanced by adding pivots.

5. You can either say 'pivot' and allow them to pivot either way. Or you can be specific and say 'right foot pivot' or 'left foot pivot'.

VARIATIONS

Pivots - Once the players have got experience using the jump stop, consider adding both front and reverse pivots to the drill.

Stride Stop - Instead of using the normal jump stop, have your players stride stop.

COACHING POINTS

- Players must not jump too high on the jump stops.
- Make sure players are in good stance when they land after the jump stop. Knees bent and head up.
- If adding pivots, make sure players don't raise out of their stance when pivoting.

RETREAT ATTACK

HOW THE DRILL WORKS

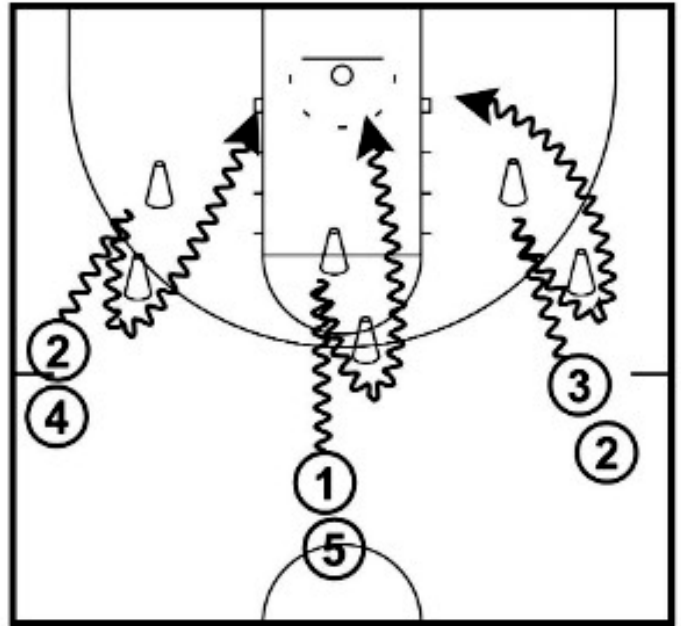
Players attack hard at the front cone. When they reach it, players protect the basketball and retreat dribble out past the first cone using two dribbles. They will then make a dribble move and attack the rim with a layup or mid-range shot.

PURPOSE

This drill will simulate getting trapped and needing to use the retreat dribble to get out of trouble while protecting the basketball from the defenders. Then attacking the rim after beating a defender with a dribble move.

SETUP

- Place two cones on both wings and at the top of the key. The front cone should be slightly to the left or right depending on which way you want the players to attack the rim.
- Players form lines approximately 3 metres behind the cones.
- All players have a basketball.



INSTRUCTIONS

1. The first player in each line begins the drill by attacking the front cone with 2 - 3 hard dribbles.
2. When the players reach the front cone, they decelerate and protect the basketball by turning to the side and keeping their arm bar up.
3. Players then slide back for two dribbles until they're higher than the first cone.
4. Players will then use a dribbling move (crossover, behind-the-back, through-the-legs, etc) and drive above the first cone to the rim using 1 - 2 dribbles.

5. Once a player has started this drive, the next player from the same line can start.
6. After finishing the shot, players rotate lines.

VARIATIONS

One Cone - The first cone helps because it simulates a defender stepping out on the retreat dribble, but it's not 100% necessary. If you don't have enough cones, use one cone so players know where to stop and then have them retreat and drive.

Two Groups - Having 3 groups at one end of the court can often be very congested in the lane. If you don't have many players, use two groups (1 on each wing).

Scoring Variations - After the dribble move at the top, players can finish with a regular layup, floater, power layup, euro step, mid-range shot, etc.

COACHING POINTS

- The player must protect their dribble when retreating by turning their body to the side in the opposite direction to where they'll be driving, ensuring their arm bar is up, dribbling the basketball behind their back foot, and by staying in a low stance.
- Make sure players are keeping their heads up when retreating. They must be able to see the floor to know where the defenders and traps will be coming from.
- When crossing over for the drive, players should push off the trail foot and push the basketball out in front to ensure an explosive drive.
- The less dribbles on the drive to the hoops, the better. Challenge your players to get to the hoop and finish on one dribble.

SIDELINE SCREENS

HOW THE DRILL WORKS

Players form two lines near half-court. Each line dribbles down to the screen on their side of the court and uses a variety of moves and finishes to score off the sideline screen. After scoring, players switch lines so they practice on both sides of the court.

PURPOSE

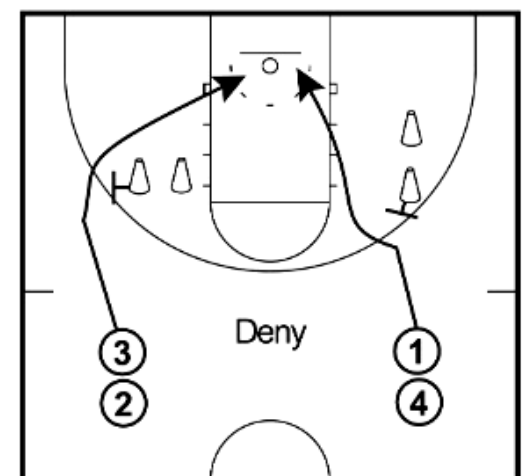
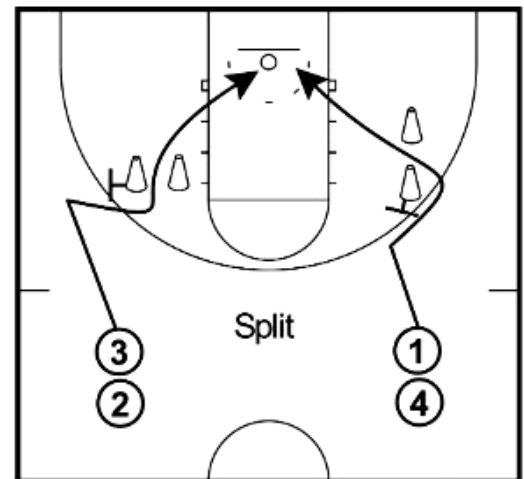
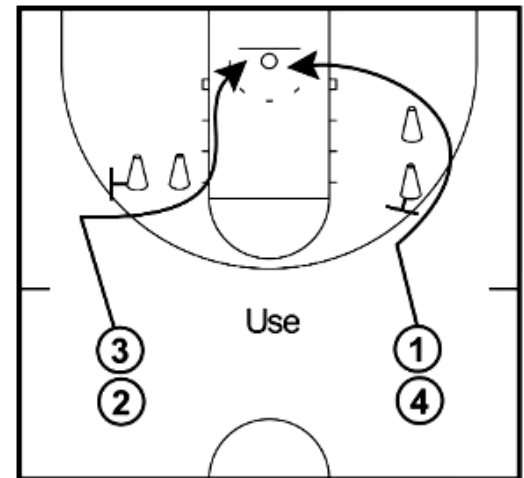
This drill will improve each player's ability out of pick-and-roll situations as the ball-handler. Players will practice a wide variety of moves and also finish at the rim with a wide variety of shots.

SETUP

- Place two cones on each wing as shown in the diagram. This ensures a 'screen' is set towards the middle and one set towards the baseline.
- Players are split up into two lines near half-court.
- Every player has a basketball.

INSTRUCTIONS

1. The first player in each line dribbles down towards the screen pretending to set up their defender.
2. Players then either deny, split, or use the screen depending on what the coach instructs the players to work on (I've attached images of all options).
3. Once players have used a move on the screen, they can then finish at the basket with a variety of finishes or pull up from midrange.



4. After players have had their shots they join the opposite line so that they're practicing on both sides of the court.

5. The next player in line begins immediately after the player in front has attempted their shot.

VARIATIONS

Using the Screen - There are 3 ways a player can use the screen off the dribble. Either by denying the screen, splitting the screen, or by using the screen (shown in images).

Dribble Moves - When dribbling past the screen, players can use a crossover, behind-the-back, through-the-legs, hesitation, spin move, in-and-out, etc.

Finishing the Shot - After the dribble move, players can pull up for a mid-range shot or finish at the rim using a layup, floater, euro step, reverse layup, power layup, etc.

COACHING POINTS

- Very important that players are changing speed when they're making their dribble moves off the pick-and-roll. They must practice this during practice.
- Correct footwork is the key to being fast and efficient when using dribble moves.
- Keep an eye on your team's footwork and correct when necessary.
- Players should be attacking the rim with pace. Remember that players will play as they practice!
- Remember to switch the direction of the screens on each side of the court mid-way through the drill so that players are practicing on both sides of the court.

SPEED CHANGE

HOW THE DRILL WORKS

Players complete full-court layups in a large circle changing speeds when they pass different cones. This can be used for hesitation practice or simply changing the speed of a dribble.

PURPOSE

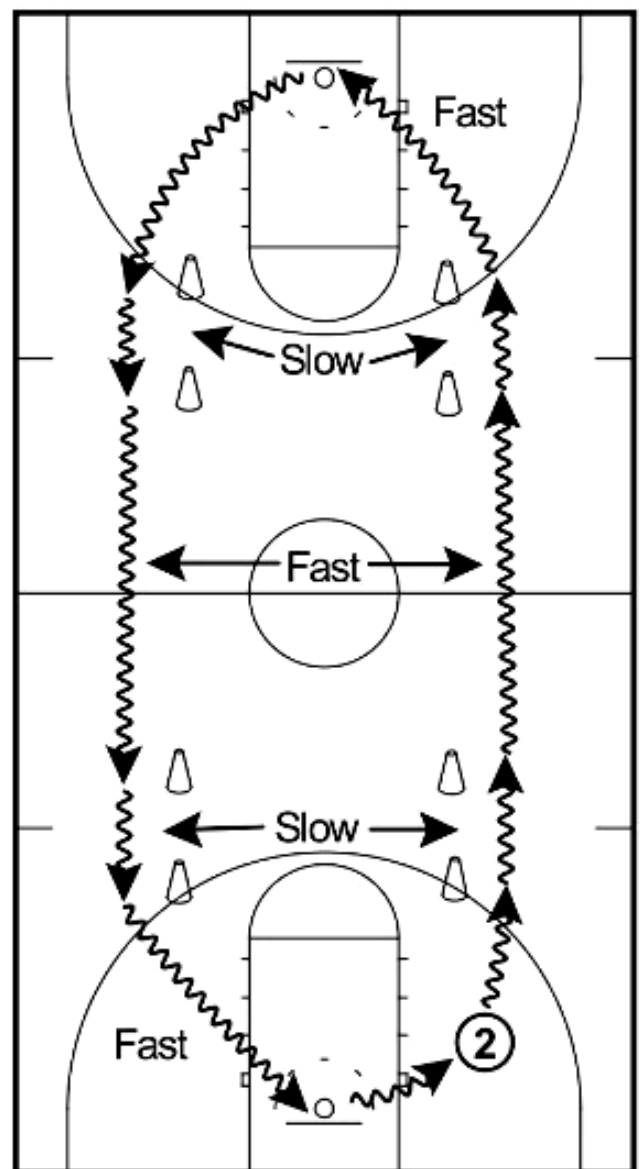
This drill allows players to practice quickly changing speeds during a game. Being able to change speeds is one of the most overlooked areas of being a great dribbler.

SETUP

- Set up 4 cones on either side of the court. Two cones should be paired up close to the free-throw line at both ends of the court as shown on the diagram.
- Every player has a basketball and starts behind the baseline.

INSTRUCTIONS

1. The first player in line starts by dribbling down one side of the court with their outside hand.
2. When they reach the first cone, they must slow down their dribble.
3. When they reach the second cone, the player must quickly change speed and explode out dribbling down the court.
4. The same process happens at the opposite end of the court before speed dribbling in to finish the layup.



5. The player completes the same process as they dribble back down the opposite side of the court.
6. The next player in line begins as soon as the player in front has passed the first set of cones.
7. Eventually all players should be dribbling on the court in a large circle.

VARIATIONS

Hesitation Move - In the original players simply change speeds during the drill. For variation, have players perform a hesitation move before exploding out with their dribble. This refers to quick, sharp steps before pushing the basketball out in front.

Change Direction - Make sure that you change directions of the drill halfway through so that players are practicing the same moves on their opposite hand.

COACHING POINTS

- If you have them available to you, use different colors for the cones. Yellow cones can indicate slowing down, and green cones can indicate speeding up the dribble. This gives players a visual reference.
- There must be a noticeable change of pace when players are performing this drill.
- Players should lift their head up quickly and look to where their teammates would be or the rim when slowing down. This is a great way to get the defense out of their stance.
- Players must push the basketball out in front on the change of pace or the hesitation move.

STATIONARY DRIBBLING SERIES

HOW THE DRILL WORKS

All players have a basketball and find a spot on the floor where they can see the coach and have space to dribble. The coach then takes them through a series of stationary dribbling and ball-handling drills.

PURPOSE

Simple ball-handling drill to use with younger players. Players work on keeping their heads up while performing a variety of creative dribbling and ball-handling moves to improve their feel for the basketball.

SETUP

- Players spread out on one half of the court facing the coach.
- All players have a basketball.
- The coach stands at the front of the group with a basketball.

INSTRUCTIONS

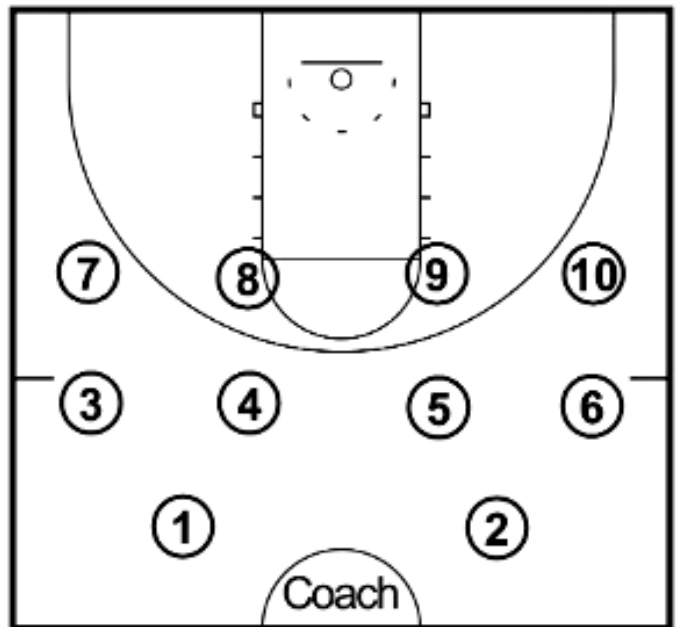
1. The coach stands at the top and calls out a variety of different dribbling and ball-handling drills listed below.

2. Each drill should last 15 - 30 seconds depending on the level of the players and which drill the players are doing.

3. The entire set should last approximately 5 minutes.

DRILLS

A. Ball slaps



- | | |
|--|-----------------------------|
| B. Ball flips | O. Dribble around left leg |
| C. Pound dribble (waist height) - right hand | P. Dribble around right leg |
| D. Pound dribble (waist height) - left hand | Q. Figure 8 dribbling |
| E. Shoulder high dribble - right hand | R. V dribbling on each side |
| F. Shoulder high dribble - left hand | S. Wraps around head |
| G. Low pound dribble - right hand | T. Wraps around waist |
| H. Low pound dribble - left hand | U. Wraps around legs |
| I. Continuous high to low | V. Candy cane |
| J. Continuous crossover | W. Wraps around right leg |
| K. In-and-out crossover | X. Wraps around left leg |
| L. Behind-the-back continuous | Y. Figure 8 wraps |
| M. Through-the-legs continuous | Z. etc... |
| N. Scissors | |

VARIATIONS

Count Numbers Out Loud - A great game to have players to keep their heads up is to hold up numbers from 1 - 5 with one hand. The players must keep their heads up while performing the drills and yell out which number you're holding up.

COACHING POINTS

- Encourage players to push themselves out of their comfort zone once they understand the drill. Players should be making occasional mistakes or they're not going hard enough.
- Use drills that you think are slightly out of the ability of the players you're training. It's a great way for players to get creative and improve their dribbling.
- Don't allow the players to simply go through the motions!

FREE-THROW REBOUNTING

HOW THE DRILL WORKS

All players start in a line behind the free-throw line. Each player takes turns throwing the ball up and off the backboard, catching the ball as high as possible, and finishing with a power layup.

PURPOSE

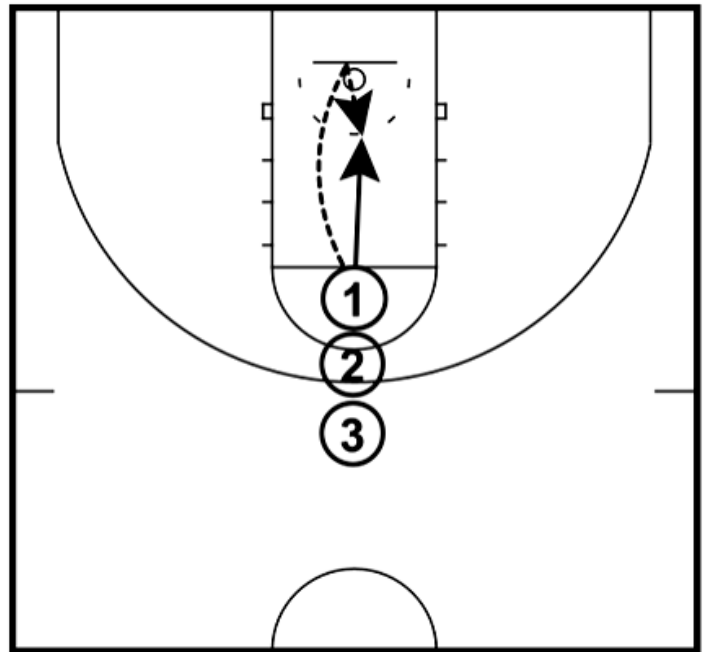
Practice catching rebounds as high as possible, and finishing with a strong layup.

SETUP

- One basketball per player.
- One line behind each free-throw line, facing the backboard.

INSTRUCTIONS

1. The first player in line throws the ball up and off the backboard, and runs forwards.
2. The player jumps as high as possible off two feet, and catches the ball over their head.
3. The player lands, pivots towards the basket, and jumps off two feet finishing with a powerful layup.
4. The player keeps rebounding and shooting until they've made the shot.
5. Once the shot is made, the player dribbles to the back of the line.



VARIATIONS

Shoot the free-throw - To build up the ability to anticipate where a missed shot is going, have the players shoot a free-throw, rather than throwing the ball against the backboard.

Fake before shooting - Have the player make a shot-fake after rebounding the ball. This player should then pivot and finish with a power layup at the basket.

COACHING POINTS

- Jump and land on two feet. Jumping and landing on one foot increases the risk of ankle injury.
- Catch the ball above the head with outstretched arms. Increase your odds of getting a rebound in a match by becoming comfortable rebounding the ball as high as possible!
- Shoot game-like layups. For more advanced players, make sure they're not shooting the layup from right in front of their forehead. Keep the ball away from where the defence will be contesting in a game!

BLOCK REBOUNTING

HOW THE DRILL WORKS

Players line up behind the block, facing the basket. Players take turns throwing the ball against the middle of the backboard, and catching the rebound on the other side of the basket. After catching the rebound, players will pivot and make a power layup.

PURPOSE

Learning to catch rebounds outside of where the player is standing when a shot is attempted. Develop tenacious rebounders.

SETUP

- One basketball per player.
- One line behind either block, at each end of the court.
- Maximum 6 players per basket.

INSTRUCTIONS

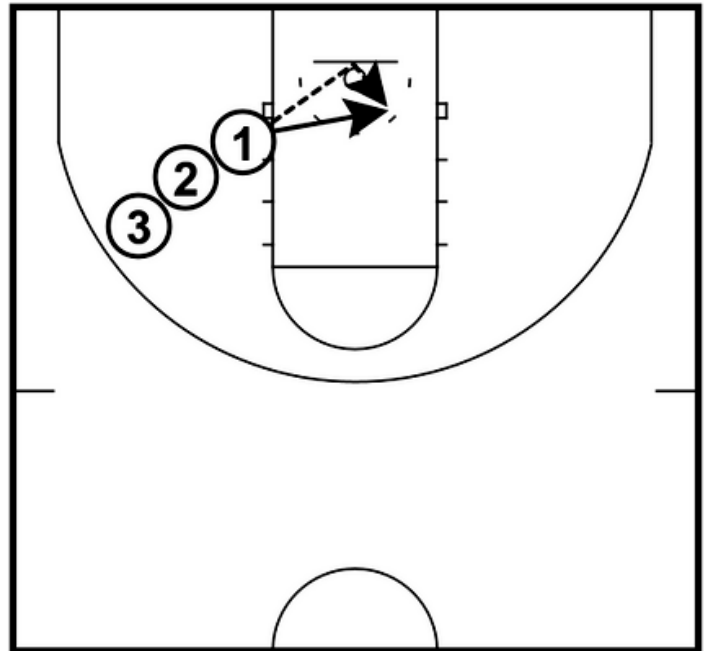
1. The first player in line throws the ball off the middle of the backboard, and sprints to the other side of the basket to catch it.

2. Off two feet, the player jumps and catches the ball above their head, and lands with two feet.

3. After landing on two feet, the player pivots towards the basket and finishes with a layup, jumping off two feet.

4. The next player in line throws the ball off the backboard once the first player has cleared the keyway, and begun a new line on the other block.

5. The drill continues from the other block once everybody has had a turn.



VARIATIONS

Two rebounds - After catching the first rebound, the player throws the ball off the middle of the backboard again. He runs and catches the ball back on the other side of the rim, before finishing.

Different finishing moves - Players can practice a variety of useful moves for finishing around the basket during this drill:

- Up and under
- Jump Hook
- Drop step (with a dribble)
- Floater

COACHING POINTS

- Catch the ball above the head. Players need to be able to gather rebounds as high as possible to increase their chances of grabbing a rebound in the game.
- Jump through their rebound. To develop athleticism, make sure the players are jumping forwards towards the ball as they catch it. This will increase the amount of area they can rebound the ball during a game.
- Shoot game-realistic layups. Consider the fact that your layups will likely be highly contested during the game. Use your body to shield your shoot, don't just face the basket and shoot the ball through your forehead!

WALL PASSING

HOW THE DRILL WORKS

Players practice a variety of passes against the wall.

PURPOSE

Develop a variety of passing techniques to use in the game.

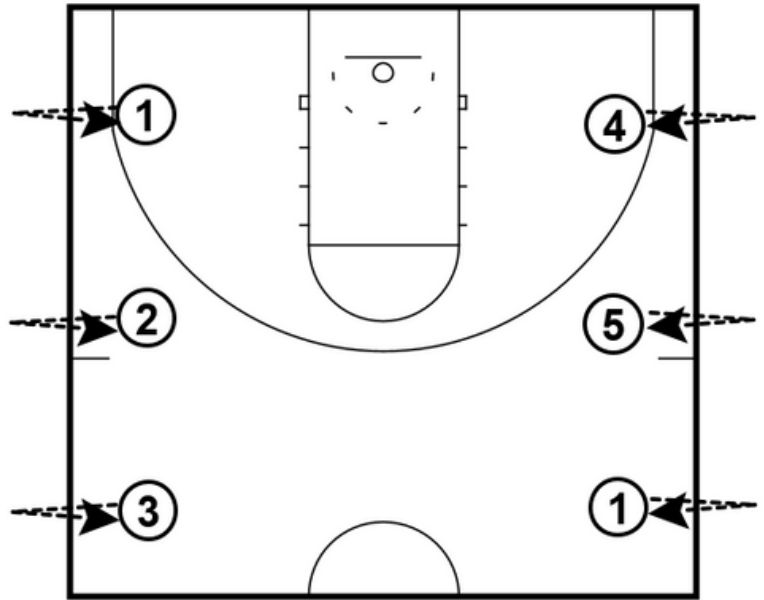
SETUP

- Each player has a ball.
- Players are spaced out, facing the wall from 5 paces back.

INSTRUCTIONS

1. Each player faces the wall, and attempts a variety of passing techniques.

- Chest Pass
- Bounce Pass
- One-handed Push Pass
- Overhead Pass (move a few steps back)
- Baseball Pass (move a few steps further back)
- Pivot and One-Handed Pass



VARIATIONS

Aim for a brick - If your wall has bricks (or something to aim at), try and hit the brick each time you throw a pass.

Passing race - Make an amount of passes before your teammates do!

COACHING POINTS

- Watch for correct footwork. Make sure the players are stepping towards the wall as they make their pass.
- Make sure to give technique advice if your players need it.

DEFENSIVE COURSE

HOW THE DRILL WORKS

Players work through a series of movements which will help their defensive ability.

PURPOSE

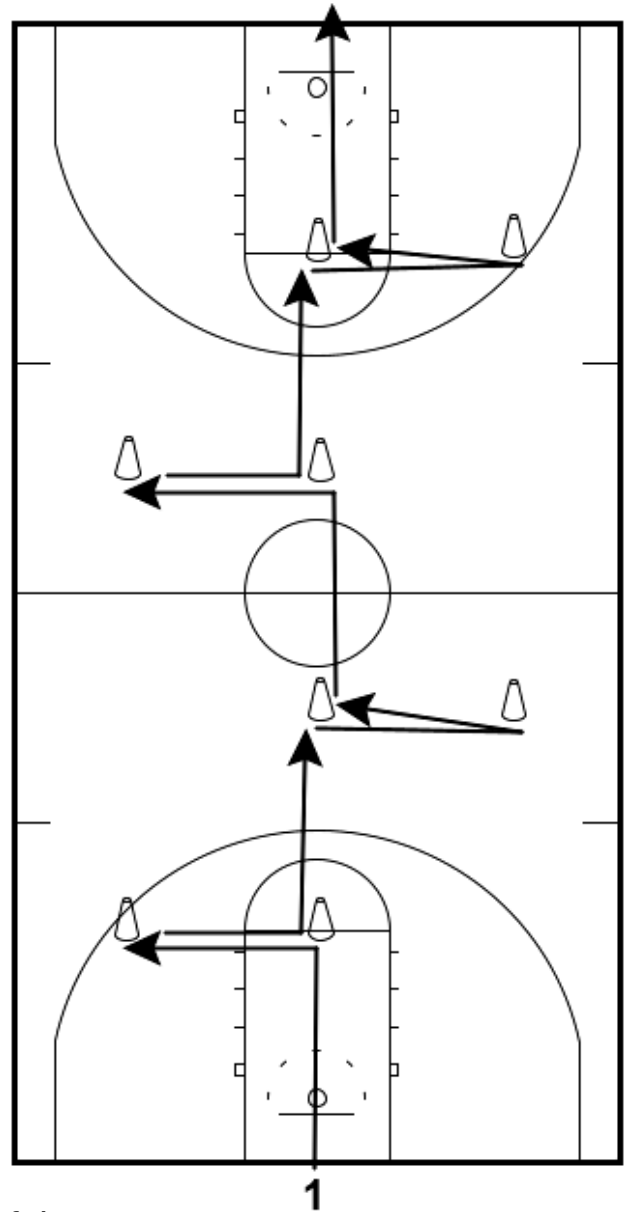
Increase defensive speed and agility.

SETUP

- Cones are set as shown in the diagram.
- One line of players behind the first cone.

INSTRUCTIONS

1. The first player in line sprints and uses 'close-out' technique towards the cone in front of them.
2. They then plant their right foot and push off to the left, using 'defensive sliding' technique towards the cone to the left.
3. They then plant their left foot, and run back towards the cone they closed out to. Their chest needs to remain pointing forwards, while they run to the right.
4. They then close out to the next cone in front of them.
5. The next player in line goes once the player in front of them has begun closing out to the next cone.



VARIATIONS

Move the cones - Feel free to change the placement of the cones to make the movements for the players different.

Time Trial - Time the players as they move through the course. Make sure they don't shortcut, make sure they use proper technique!

COACHING POINTS

- Demand your players move as fast as possible. If they begin to slow down, give them a rest. They need to learn to move very quickly to play great defence in the game.

BALL CLOSEOUTS

HOW THE DRILL WORKS

Players close out to balls placed around the three-point-line, working on their technique.

PURPOSE

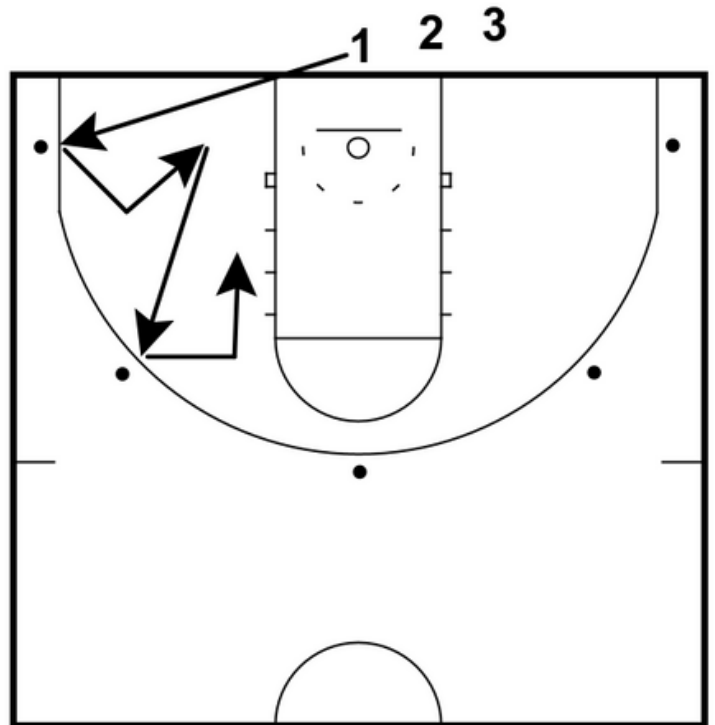
Develop ideal closeout technique, to shut down opponents during the game.

SETUP

- 5 basketballs are placed on the 3pt line, spaced out entirely around the perimeter.
- One line of players under the basket.

INSTRUCTIONS

1. On the coaches signal, the first player in line closes out to the first basketball.
2. The player then slides twice diagonally to his left, and twice diagonally to his right.
3. The player then sprints to close out to the next basketball, repeating the slides.
4. Once the first player is out of the way, the next player goes.



VARIATIONS

Varied directions - The coach will point in the direction the player will slide, each time the players close out.

Rebound - On each repetition after sliding, the players turn and run into the keyway, and jump for a 'rebound'.

COACHING POINTS

- Make sure the players are moving as quickly as possible between each basketball. Demand hustle!
- When players slide, make sure they remain on balance.
- Make sure the players are in a low stance once they have closed out on the ball!