

Warm Up

Stretching

There are a variety of stretching exercises that can be used as a warm up before drills are practiced. Here are a few to help a player warm up...

Hamstring stretch – This can be performed in two different ways. 1) Have players get in a circle shoulder width apart. Players should spread their legs shoulder width and bend down and touch their toes. The player can remain in a touching toe position for 30 seconds. 2) Player can cross his or her right leg over the left leg and bend down and touch their toes. Player should remain down for 30 seconds. After 30 seconds, the player can place their left leg over the right leg and do the same for 30 seconds.

Arm stretches – 1) Players line up at shoulder width. With their arms extended over their heads, players stand on their toes and reach as high as possible. 2) Players raise their arms shoulder height and rotate them in a circular motion. The players can rotate their arms front wards and then backwards.

Running

- 1 ***2 Laps around the gym*** – 1 lap in each direction.
- 2 ***Line Drills*** – Start from the baseline, baseline to foul line and back, baseline to half court and back, baseline to other foul line and back, baseline to other baseline and back. Do this twice.

Dribbling

- 1 ***Stationary Dribbling*** (Alternate left and right hand) – Player stands in one spot dribbling with the right hand and then left hand.
- 2 ***Right Hand Up, Left Hand Back*** - Player dribbles to a designated spot on the floor with his/her right hand. Once the player gets to that spot they will turn around and dribble back with their left hand.

Right Hand, Left Hand Full Court – Player starts at the baseline and begins to dribble to the foul line. When the player reaches the foul line he will stop and dribble the ball 3 times. After the third dribble, the player will go to half court stop and dribble 3 times. The player will continue this drill to the next foul line and base line. After completion of the right hand, the player will go back doing the same drill with his or her left hand.

Weak Hand Dribbling – Player stands at the left box of the basket and dribbles up the court with his or her left hand (if he or she is right-handed) When the player reaches the opposite basket, they attempt a left-handed lay-up. The player rebounds the shot and dribbles with the left hand to the other basket. When the player reaches the basket, he or she will make a left-handed lay-up.

- 1 ***Obstacle Course*** – Coach sets up a number of cones or spots that can be dribbled around using right and left hand.

Passing

Chest pass – Have players pair off and face each other at a distance of 5 to 7 feet between them. Players will attempt a chest pass by extending their

right leg out and then extending their arms out while releasing a pass to the chest of their partner. The coach's focus should be on the on how the player executes the pass. The player receiving the pass should have their hands up towards their chest ready to catch the ball and provide a target for the passer.

Bounce Pass – The motion is the same as the chest pass except the passer will bounce a pass to his partner. The player's arm extension is critical in this drill. The player must extend the arms in order for the ball to bounce properly to his partner. The player receiving the pass should have their hands up towards their chest ready to catch the ball and provide a target for the passer.

Overhead Pass – In this drill, the player must hold the ball completely over his or her head. The motion to pass is the same as the chest and bounce pass drills. Coaches should watch that the players don't throw the ball too hard to their partners.

Shooting

- 1 ***Stance (Without ball, with ball)*** – Coach's can demonstrate the proper shooting position and release. First without the ball and then with ball. A player should have his right hand under the ball with the elbow in an L-shaped position. The left hand should be placed on the side of the ball. If the player is left handed, then they will hold the ball the opposite way. Players should practice flicking their wrist without the ball as a means for the coach to observe their mechanics.
- 2 ***Lay-Ups*** – The players form two lines facing the basket at half court. Line 1 is formed along the right sideline and Line 2 along the left. Beginning from the right side, the player will dribble with his right hand to the basket and make a right handed lay-up off the backboard. The players on line 2 are responsible to rebound and pass the ball to the players on Line 1. Lay-ups should be done from the left side as well. The emphasis of this drill is to have the players make lay-ups off the backboard while learning to dribble and shoot the ball with either hand.
- 3 ***Middle 5*** – Coach has the player's line up in a straight line 5 feet

from the basket, directly in front of rim. The coach passes the ball to the player and the player attempts a shot from the designated spot. The player must catch and shoot. No dribble is allowed

- 4 ***Corners*** – Same as the Middle 5 drill except that the players will attempt to shoot from the corner of the basket. Players should catch and shoot the ball without a dribble.

Quick Shot – This drill can be performed with 2 or 3 players. Player 1 is the rebounder and player 2 is the shooter. Player 1 begins the drill by passing to player 2 who is in a shooting position preferably 7 to 10 feet from the basket. Player 2 shoots and player 1 rebounds and passes to player 2. Player 2 tries to make as many shots in 30 seconds. Players switch positions and begin the drill again.

Three Man Weave – This drill is started by having 3 lines formed at half-court. Line A starts in the middle. Line B is formed on the right sideline. Line C on the left sideline. Player on line A begins the drill by making a chest pass to player B who is cutting to the right elbow of the foul line. Player A, after making the pass will run behind player B and cut to the basket for a lay-up. Player C will cut to the left elbow of the foul line to receive a chest pass from player B. Player B, after making the pass to player C will run behind player C and cut to the basket for the rebound. Player C will feed player A bounce pass for a lay-up. Player C will go to the corner to receive an outlet pass from player B. Please note: This drill is simple but, can be confusing for the younger players. Coaches should perform the drill slowly several times so that the players get an understanding of where they are supposed to go.

Defense

Defensive Stance – Each player should have their feet as wide as or wider than his shoulders. The player should have a staggered stance with the toe of his back foot about 3 inches behind the heel of his front foot. The hips and rear end should be down with his

head and shoulders slightly forward. The arms should be up and ready to move.

Drill for Assuming Stance- Form 2 lines along the base line. The first line will start jogging forward toward the coach and on the whistle; they will assume a good defensive stance. The players will stay in this stance while the coach makes any corrections necessary. On the signal from the coach, the players will jog forward and again assume their stance on the whistle. After the first line has moved from one end of the floor to the other, the next line will run the drill.

Triangle Drill - Coach's can form 2 groups and have the players line up under the basket. Line A on the left side and Line B on the right side of the free throw lane. On the whistle, the first two players will get in a defensive position and slide to the corner of the floor. As they reach the corner, they sprint towards their coach who is at the top of the key. Upon reaching the coach, the players sprint backwards with their hands up to the point where they began.

Rebounding

Boxing Out – There are no easy methods for mastering the techniques of rebounding. When doing rebounding drills, the following fundamentals must be stressed:

1) Find your man. From your defensive position, master the art of boxing out with a reverse pivot. In this method you cover more

space and get more body contact on your opponent.

- 2) Jump from your toes. Most players jump flat –footed. Jumping off your toes with your arms extended can add 3 inches to your jump.
- 3) Never get stuck underneath the basket. Reposition yourself if your opponent has better position.
- 4) Once you have the rebound, get rid of the ball quickly by making a good outlet pass to the same side you're on.
- 5) Second efforts in rebounding are very important. On the offensive boards, a good second effort for the ball can result in many second chance points. On the defensive boards, second efforts limit the opposition to one shot.

Ready Explode – In proper rebounding position coach will yell ready and then blow the whistle. Once the whistle is blown players will jump (explode) as high as they can extending both arms upward. Do this first with no ball then individually with the ball.

Team Scramble Drill – Two teams are formed in this drill. The defensive team faces the offensive team in a circle at half court. The coach places the ball on the floor. On the whistle, the defensive players turn and box the offensive players making contact and keeping their opponent away from the ball for 3 to 5 seconds.