

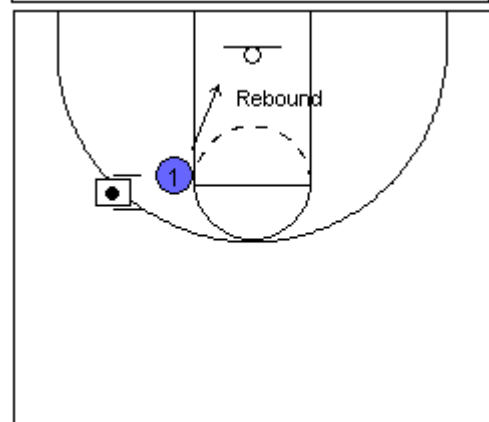
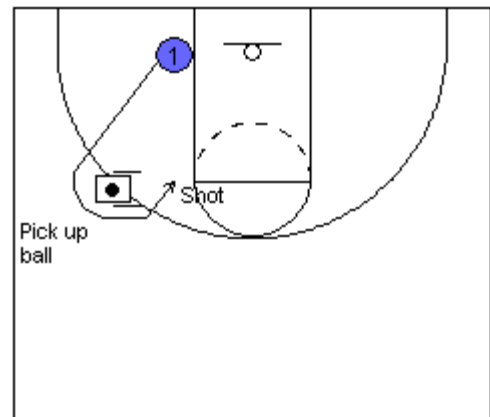
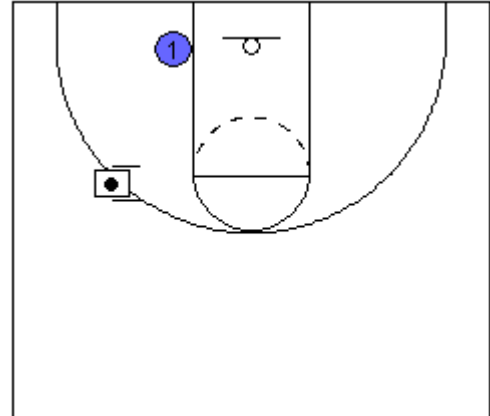
Chair Curl

Drill Purpose (All Ages)

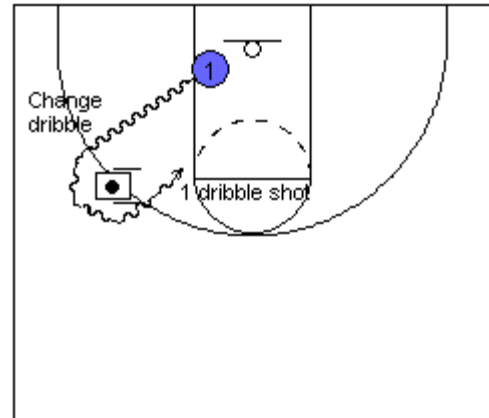
This is another great multi use drill. It combines shooting, ballhandling and speed and high intensity change in direction.

Instructions

1. Place a chair, facing sideline, at the foul line extended, within the shooter's range.
2. Player starts on the same side block.
3. Player sprints and curls around the chair, catches pass from coach or player, steps into jump shot.
4. After shooter takes the jump shot, he chases down the rebound (puts it in if the jumper was missed - always end on a make).



5. The player then makes a 1 or 2 change dribble move back around the chair and takes a 1 dribble jump shot.



Points of Emphasis

- Keep your head up.
- Use your finger tips when dribbling (not your palms).
- Teach mentality. There is too much dribbling for no reason in our game today. I like to teach that the primary purpose for putting the ball on the floor is to get a lay-up. If you don't have an opportunity, don't put it on the floor.
- Basketball is a game of length. Work on lengthening the dribble. Work to get your opportunities with 1 dribble. You don't beat defenses with your dribble. You beat people with your feet; you SEPARATE from your defense with the dribble.
- Basketball is also a game of angles. Try to move in straight lines. Whenever you make an "East-West" move (something that takes you toward the sideline), re-capture a "North-South" path (direct line to the basket) as quickly as possible.
- Don't do things in 2 dribbles that you can do in 1.
- Practice outside your comfort zone. Experiment; go faster than you are used to, use your imagination. When working on new skills, don't be concerned with losing the ball. Just pick it up and do it again.

