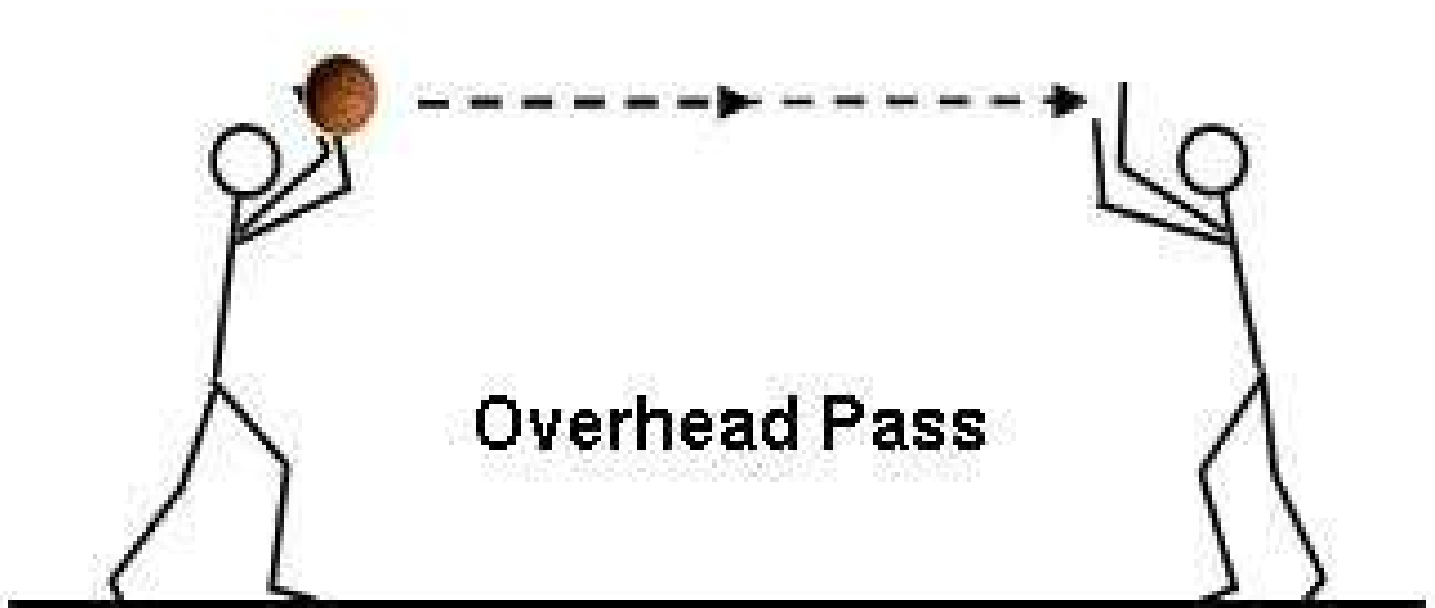


Olivette Parks & Recreation Youth Basketball Drills Packet

For Coaches



Pre-K & Kindergarten



Musical Basketball



Like musical chairs, but with basketballs, this game requires one ball per player and a source of music. Put all the balls in a circle and have kids, similar to musical chairs, walk around the balls while music plays. Once the music stops, the players grab a basketball and shoot. Once a player makes a basket, he sits down to show that he's finished. The last player standing is out.



Dribble Tag



While dribbling the basketball, and without double-dribbling or traveling, players must tag other players. Once other players have been “tagged”, they are out of the game. All players can have a basketball in this game or just the players who are “it.” Play this game within a specified area (half-court for example) and the winning player is the last one remaining.



Red Light, Green Light



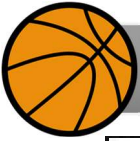
Have all the players line up on the base line with a ball. Coach yells “green light” and players move forward as quickly as possible while dribbling the ball. When the coach yells “red light”, the players must stop and maintain their dribble. Send back to the start any player not dribbling in control. The winner of the game is the first to cross the opposing end line. Coaches can mix in a “yellow light” as well.



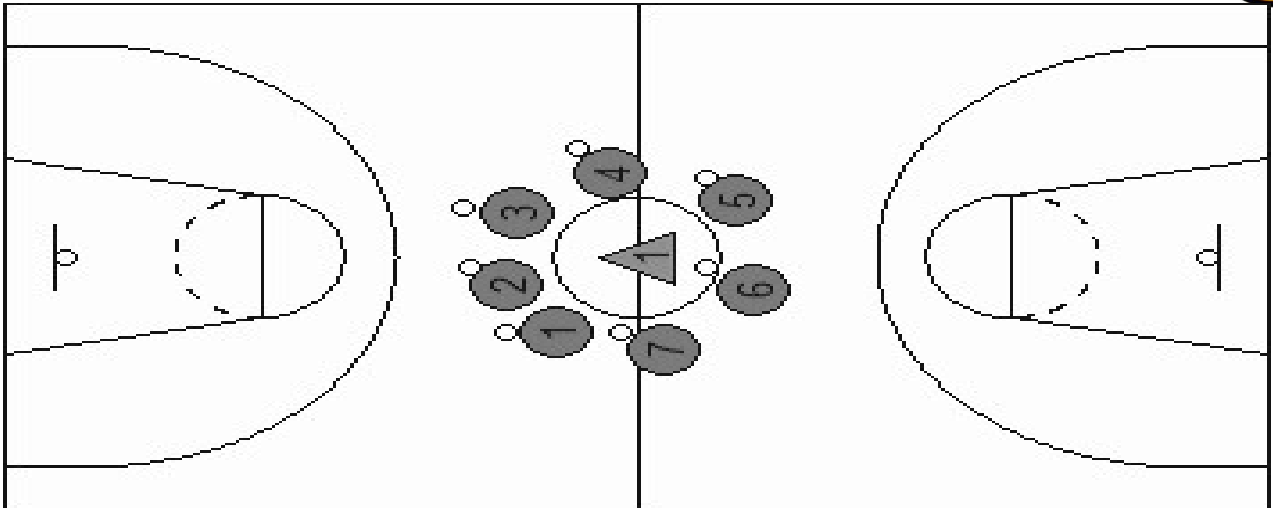
Catch the Cows



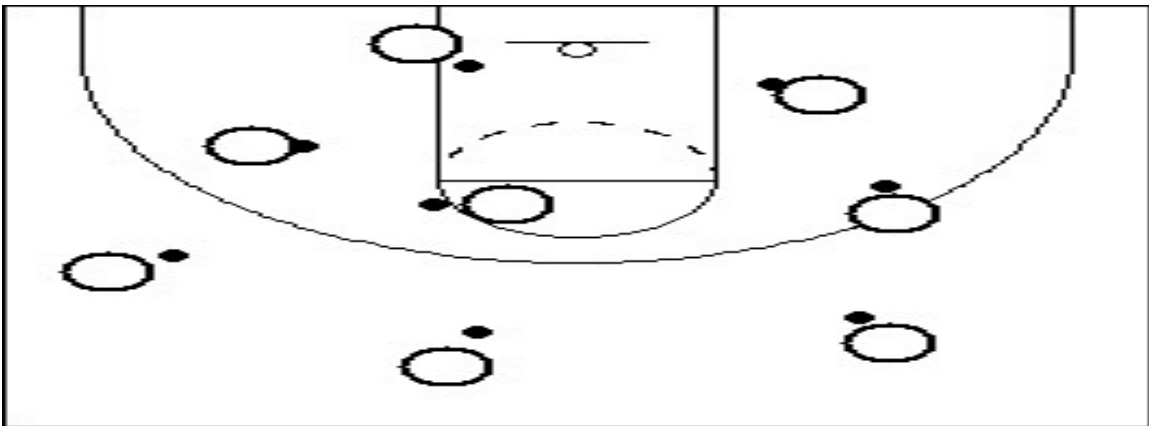
Create two teams amongst the players and put the two teams on opposing base lines from each other. Roll multiple balls onto the court (spread the balls out). Explain to the kids that sometimes on a farm, the cows break loose from their pens and the farmers have to round up the cows and put them back in their pens. The “cows” are the balls and the “farmers” are the players with the basket being the “pen.” Once the whistle blows, both teams run after the balls (the cows) and have to dribble the balls (without traveling or double-dribbling) and shoot them back into their own hoop (the pen). The winning team can be determined by how fast all the balls (cows) are shot back into the basket (pen).



Musical Basketball



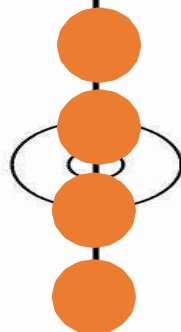
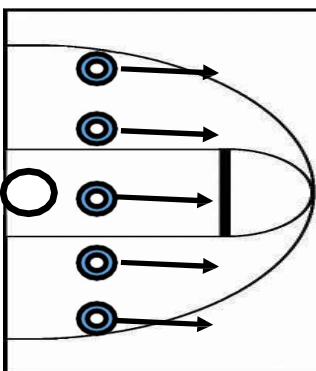
Dribble Tag



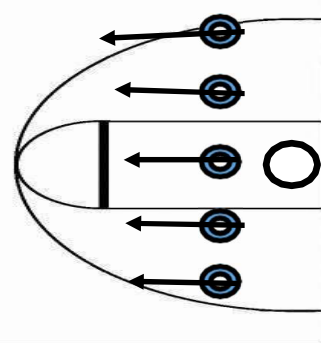
Catch the Cows



TEAM 1



TEAM 2



1st & 2nd Grade



Musical Basketball



Like musical chairs, but with basketballs, this game requires one ball per player and a source of music. Put all the balls in a circle and have kids, similar to musical chairs, walk around the balls while music plays. Once the music stops, the players grab a basketball and shoot. Once a player makes a basket, he sits down to show that he's finished. The last player standing is out.



Basic Offensive Spacing



Position five players spaced out evenly around the three-point line. A coach with a ball stands near the baseline on one side of the backboard. The drill begins with the coach passing to any of the players on the three-point line. Whoever catches it immediately drives toward the hoop. The driver then passes to any of the players on the three-point line. The player who passes the ball needs to fill a vacated spot along the perimeter. He or she needs to be 10 to 12 feet away from the person closest to them. Next, the player who caught the ball drives to the basket then passes the ball to another player. This continues until the coach yells “shot “ and the last player with the ball shoots a layup.



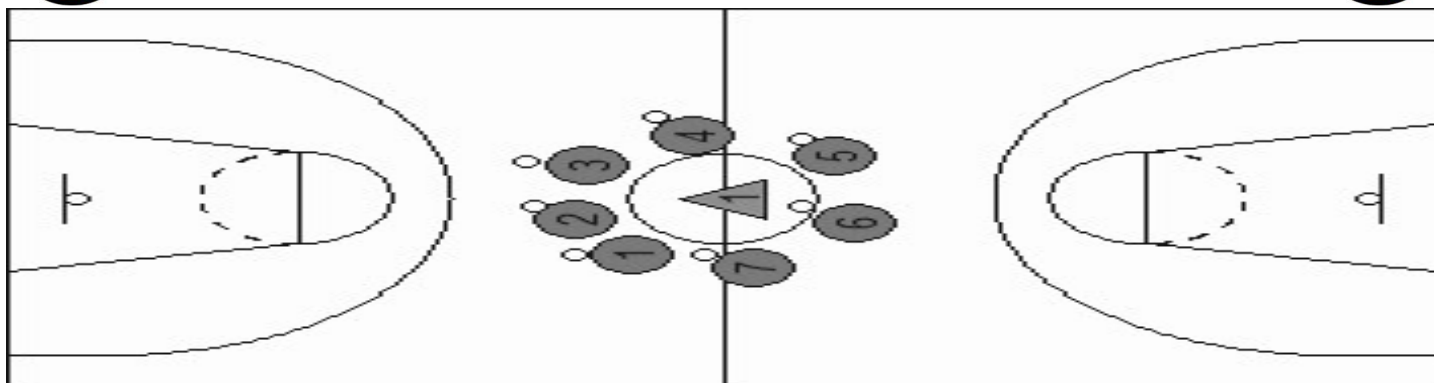
Dribble Survivor



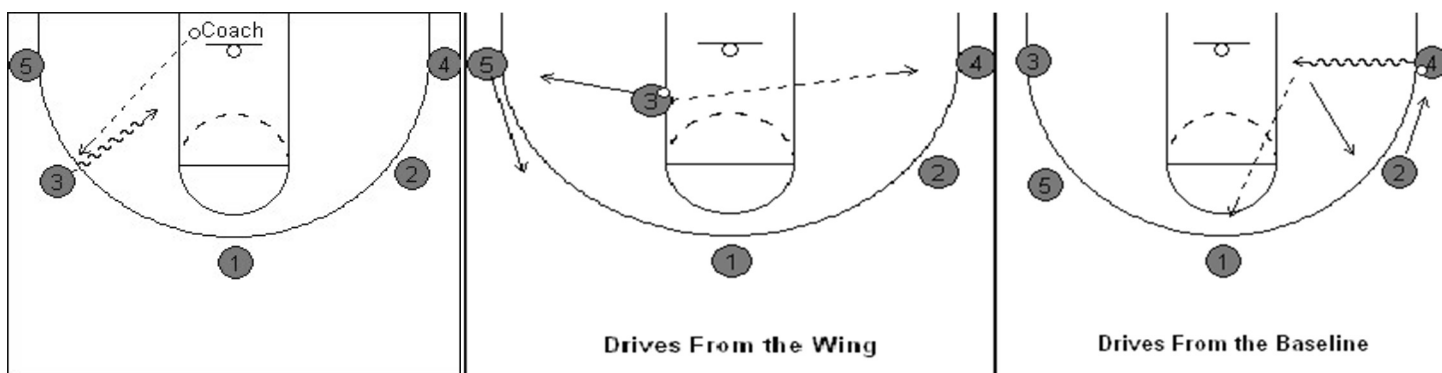
Specify the size of the “island” (perhaps half-court). While staying on the “island”, players must dribble their own ball (without traveling or double-dribbling) and simultaneously try to knock other player’s balls “off the island.” If a player’s ball goes outside the specified “island,” then that player is out. Play until one player remains. A good game for the coaches to play with the kids as well.



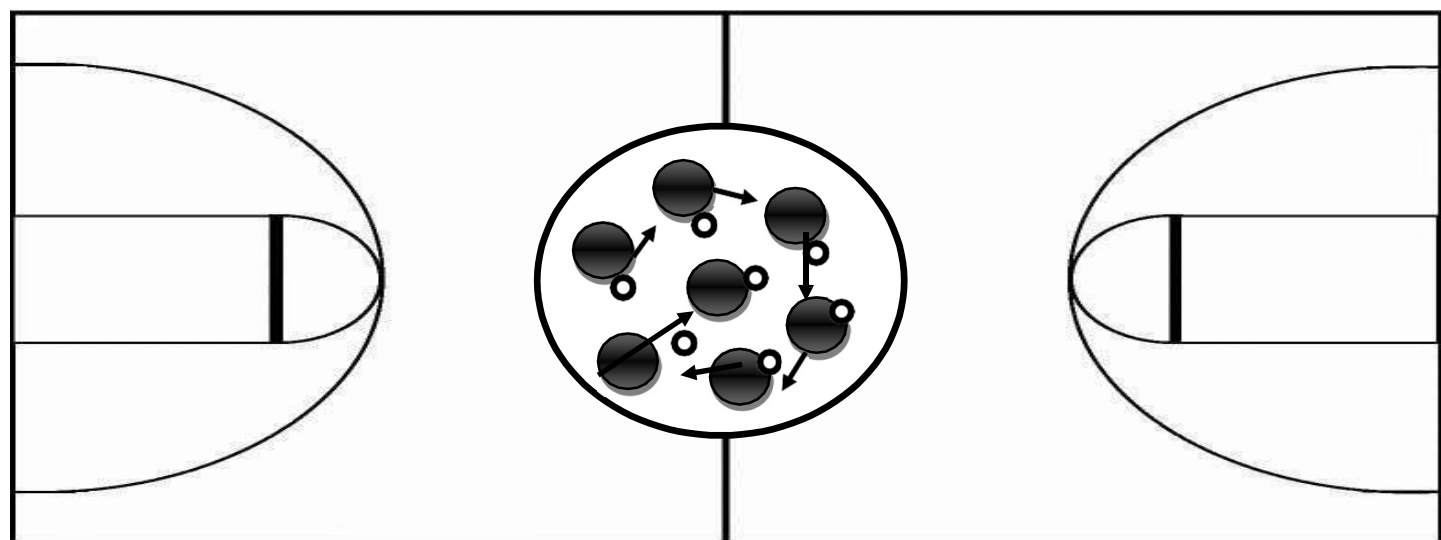
Musical Basketball



Basic Offensive Spacing



Dibble Survivor



3rd and 4th Grade



Wing 1-on-1

Coach is on top on the right side with the ball. Coach calls "Go." First player in each line sprints to touch a spot on the baseline in the middle of the lane. After touching spot, players race to the right wing. Coach passes to the 1st player out to the wing. Other player becomes defense. Offensive player must make offensive move against live defense.

3-on-3 No Dribble Keep Away

The team on offense keeps the ball for two minutes, which is one round. The team with the ball gets one point every time they complete a pass to a teammate. There has to be a pass every five seconds. If the team does not pass within the five seconds, they lose a point and the counting starts over. The coach will count the seconds out loud. A steal taking more than five seconds to pass, dribbling, or a pass that goes out of bounds erases a point, but the 'offense' gets the ball back for the remainder of the round. After one round, the offense and defense change roles and you play round two.

Form Shooting

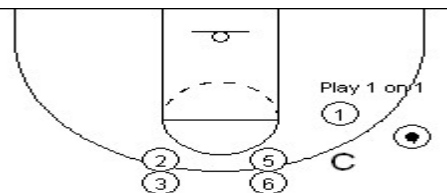
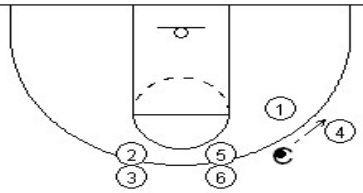
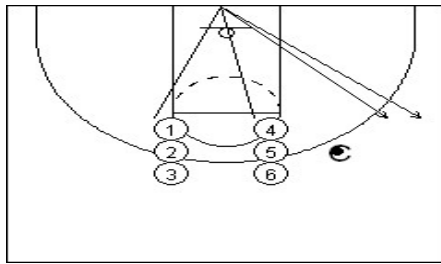
The drills is best with three players at a time. Each player will stand two feet away from the basket. There will be two players on each side of the basket and on in front. For right handed shooters, your right foot should be centered with the basket and pointing directly towards the middle of the basket. Your left foot should be positioned shoulder width apart in a comfortable position. The left foot should be pointing in the relative area of the basket. Bend your knees, at a comfortable angle somewhere around 45 degrees. Hold the ball in your hand, palm facing up with your non-shooting hand down by your side. Your shooting arm should form a 90 degree angle. The player should shoot the ball with one hand. They will get their own rebound and repeat the process 20 times.

Snake Dribbling

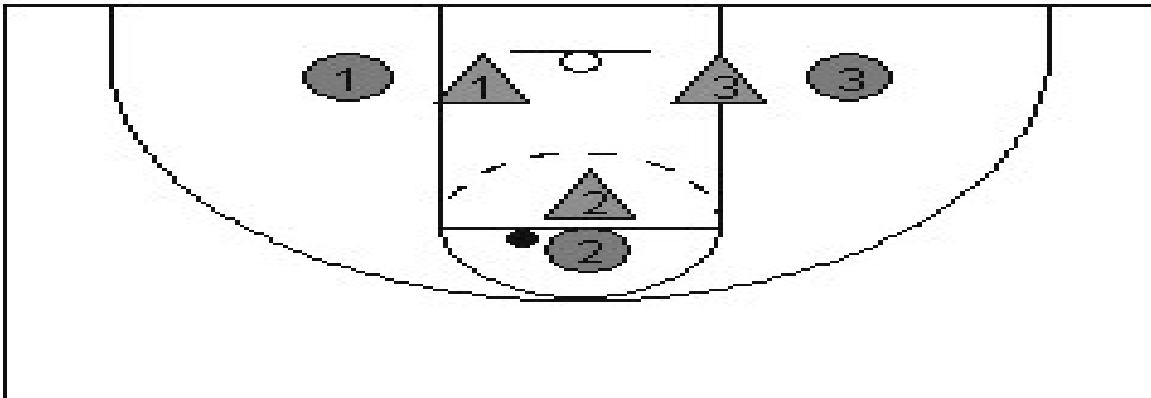
You'll need one ball for each player. Have all players form a winding line that resembles a snake, each with a ball in their hand. The last person in line must dribble the ball low with their head up through the snake, until they reach the front of the line and stop. Each time a player becomes the tail of the snake they must work their way to the front and stop.



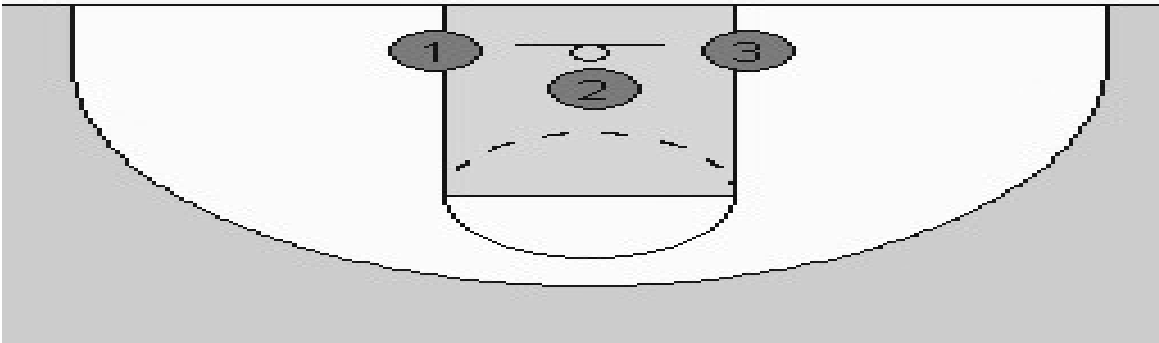
Wing 1-on-1



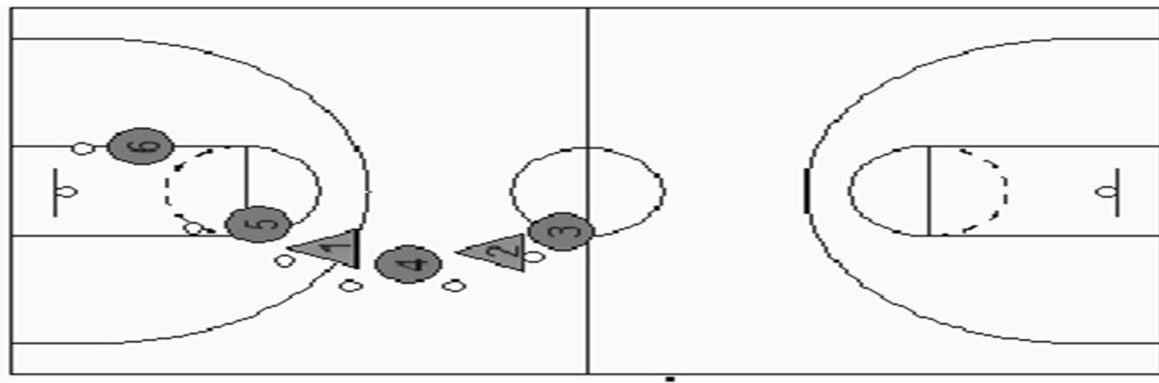
3-on-3 No Dribble Keep Away



Form Shooting



Snake Dribbling



Other Suggested Drills



Duck Duck Goose: The fox dribbles around the outside of the circle tapping each player on the shoulder saying “duck” quickly. Once the fox says “goose” and taps the player they must dribble around the circle. The goose will chase the player in the same direction. If the fox reaches the gap with the ball before they are tagged they are safe. The goose then becomes the new fox. If the fox is tagged they must go again.

Around the World: To setup an around the world, you will simply find a variety of different spots on the court that your players can shoot from. If they make the shot, they will move to the next spot. If they don’t, they will keep shooting until you make it

Passing Game: Have the players get into groups of two and begin Stationary passing. They must make 10 passes if they drop a pass they must start over keep going until every team has finished without a drop pass. Variations of this is to have players moving and passing to a teammate,) catching on the move, catching the ball with 2 hands...2 eyes, and 2 feet:

Simon Says: The coach starts the game being Simon. Then you play it just like Simon Says except with a basketball. For example: "Simon says everyone dribble with their left hand" "no stop" if someone gets out have them do 2 layups and shoot 2 shots and then let them in the game

Knockout: The players form a line at close shooting range with the first two receiving basketballs. The first player shoots, and if he or she misses, the second player can "knock out" the first player by making the basket before the first player is able to corral the rebound and put his or her ball in the basket. If the first player is able to make the shot before the second player, they pass it to the next player in line, who then tries to knock out the second player while the first player returns to the end of the line. The game goes on until all but one player is knocked out.

Clap Pass: You get all the players circled around you. You pass the ball to random players in the group. The player must clap before they catch the ball. They sit out if: They don’t catch the ball, they don’t clap, and they clap when you fake a pass to them. You can also bring a second person in the center to pass a second ball

Monkey in the Middle: You can do this drill two different ways either by team or break the players up into groups of 3. 1 player starts with the ball and they have to use a chest pass to deliver the ball to another team mate. The player in the middle has to try and intercept the pass, if the pass is intercepted the passer must go in the middle and the player in the middle moves to the outside. Give the person in the middle a chance to close out before passing the ball. Use different passes i.e. chest pass, bounce pass.

Quick: In a circle, you in middle. The kids copy you running on the spot, jumping etc. When you say “quick” they get into the defensive position. However if you say get down they continue to do what they were beforehand they are only out if you see them. Try to say 'quick' in the middle of a sentence. Teaches the kids to