

Basketball Terminology

Baseline- End line beneath each basket.

Foul Line- Free throw line.

Key or Foul Lane- Also known as “paint.” 12 inch wide rectangular area from baseline to foul-line with circle at top.

Elbow- Area of court where foul-line and side of key meet.

Crossover Dribble- A dribble in which ball is moved from one hand to the other while dribbler changes directions.

Pivot Foot- Foot staying in contact with a spot on the floor while moving the other foot to adjust position of the body or to evade a defensive player.

Jump-stop- Action of coming to complete stop where both feet land in a spot simultaneously.

Assist- Pass that leads directly to a teammate scoring a basket.

Bank Shot- Also called “using the glass” means a player shoots so that ball hits the backboard prior to going in.

Wing- Area just on or outside 3-point line even with the foul-line. (foul line extended)

Block- Rectangular block on outside of key by baseline.

Post-up- Getting an offensive position near the basket along the key.

Drop Step- Also called “Reverse pivot”. When posting-up, taking a step backwards, towards basket and behind defender in order to move around him.

1+1- Free throw where making the first earns a second shot.

Triple Threat position- the position when a player facing a defender receives a pass but has not dribbled yet. The offensive player's feet are slightly wider than shoulder width and slightly on the balls of their feet, their knees flexed, with both hands on the basketball in front of them or almost resting on their thigh, presenting the defender with an opponent able to move in any direction. One foot is held as the pivot and the other slightly ahead. From this, the player can choose from three options: to shoot, to dribble (drive) past the defender or to pass it to a teammate. There are also options to get the defender out of their defensive stance by using jab steps and shot fakes.

FUNDAMENTALS

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https://youtu.be/KYct_U274JA

Shooting: Square up to basket, feet shoulder-width apart. Right foot slightly in front of left foot for right-handed shooter(opposite for left). Ball should sit in fingertips and pads of shooting hand, not in palm. Wrist cocked back so player sees wrinkles where back of hand meets wrist. Non-shooting hand on side of ball for control. Elbow directly under the ball and bent at 90 degrees. Receive pass in ready position, knees bent, hands ready with fingers pointing up. Eyes on rim(target). Upon jumping to shoot, elbow and knees should straighten at the same time. Follow-through: Wrist should flick forward with fingers pointing down. Good follow-through creates needed backspin to create a “soft” shot. Land in the same spot or slightly in front of spot player left. Visit link below to see a demonstration of everything explained above.

<https://youtu.be/nWgcOIUQM4U>

Rebounding: Block out by finding opponent and backing into him. Move opponent back, away from rim. Arms out to prevent him from escaping past. Go to ball coming off rim. Jump to ball. Grab ball firmly. Come down holding ball strongly, out and away from body.

<https://youtu.be/fvu-QCVfBzU>

Passing: Hands on side of ball, thumbs behind ball in fingertips and pads of hands, not the palm. Knees bent, step toward target. Follow-through: After passing, palms of player's hands should be facing out, thumbs down, fingers pointing towards target. Backspin on pass.

<https://youtu.be/SbOxamKvzY>

Defense: Stance: Player should bend knees, as if sitting in chair. Back straight up, head up, feet outside of shoulder width, on balls of feet (not heels), hands out to prevent shots and passes. Slide: Moving laterally while maintaining defensive position by sliding feet together and apart.

<https://youtu.be/U1mKIHF6TT0>

Dribbling: Dribble with fingertips and pads of hands-do not slap with palm. Eyes up looking at court- do not look at ball.

<https://youtu.be/vb6GO-KayYA>

Pick and Roll: an offensive play in which a player stops to screen (block) a defender for the teammate handling the ball and then slips behind the defender to accept a pass as the handler makes a move towards the basket.

<https://youtu.be/ffjo8ReDzhA>

PRIMARILY FOR GRADES (1-4)

DRIBBLING

Stationary Dribble: All players on the baseline with a ball. Have players start in ready position (feet apart, toes pointed forward, knees bent) and with ball in Triple Threat position. Have them dribble with the right hand. Vary between low/high/hard/ soft/ wide. Have them dribble with left hand. Add more options as they develop. Front Crossover in front, pull back and forward.

Red-light/Green light: Have all players line up on the baseline with a ball. On your whistle the players begin dribbling towards the other baseline. Have them walk for the first couple of rounds. On the next whistle the players must stop either with a stride stop or jump stop and get into the “ready-triple threat” position. If they lose control of their ball or don't immediately stop they must return to the baseline. The first player to make it to the opposite baseline is the winner. On the return trip have them use the left hand. Progress to having them run and dribble.

Queen/King of the Court: All players with a ball in designated area ($\frac{1}{4}$ court, $\frac{1}{2}$ court or full court depending on skill of the players) the smaller the court the more difficult the drill. On your whistle all players begin dribbling and moving around trying to knock or tap other players balls out of bounds. If a player's ball is knocked out of bounds or if the player steps out of bounds, they are out. The last player still dribbling in bounds is the Queen or King of the court. Do several rounds. You can progressively make the playing area smaller as the number of players is reduced.

Snake Dribbling: All players with a ball. Players form a winding line in the middle of the court; they are spaced a few feet apart. The players all begin dribbling while in the line. The player at the end of the line must dribble through the line weaving in and out of the other players until they reach the front of the line and stop (they continue dribbling in a stationary position) each time a player is at the end of the snake they must work their way to the front and stop. You can progress with this drill to having the snake move around the court, have the players in line try to knock the ball away from player attempting to make their way to the front of the line and have players use their non- dominate hand.

Staring Dribble Drill: Pair up players according to skill and size. Have players face each other and hold the ball in whatever hand they wish. On your whistle the players must begin dribbling and staring into each other's eyes. If a player blinks, looks away or looks down at their ball the other player earns a point. They begin a new game. The first player to 5 points wins. You can use many variations of this drill; use their weak hand only, allow them to move around, switch up partners; add a second ball for more advanced players.

SPLAT: All players have a ball and stand with the coach in the center circle in the middle of the gym. The coach has a soft ball (nerf or other soft skin ball). The coach calls out a player's name and throws the soft ball into the air. The player whose name was called puts down their basketball and runs to get the soft ball. All other players dribble as fast as they can away from the player with the soft ball. When the player catches the ball and yells "stop" all players must stop immediately and put their ball down beside them. The player with the soft ball can take 3 steps towards the closest player and try to throw the ball at them. If the target is hit they have to give their ball to the player who got them out and return to the center circle. If the target catches the soft ball or the player throwing the ball misses, the original person stays in the middle. Everyone returns to the middle and the ball is thrown into the air again....the coach calls a new name each time.

Bird on a Wire: All players are on the base line with a ball. One player is the "bird" and is standing on a line that goes across from sideline to sideline. On the coaches command all the players speed dribble across the court to the opposite baseline. The "bird" tries to tag the players trying to cross the court but must stay on the line. They can run all along the line. If a player is tagged they get rid of their ball and become a bird too. Do several rounds. You can vary this by staggering the "birds" on different lines across the court and by having them steal the ball instead of tagging the player.

Sharks and Minnows: All players stand on one end of the gym with a ball. All of these players are Minnows. Pick a couple of players to be Sharks. The Sharks have a ball too. On your command the Minnows try to dribble their ball across the SEA without being tagged by the Sharks, who also must dribble their ball while trying to tag the Minnows. If the Minnow is tagged they become an Octopus and must freeze and put their ball between their feet. The Octopus can tag players but cannot move. Repeat until you have a winner or everyone is eaten. You can make this game more difficult by having the players use their non dominate hand or increasing the number of Sharks. You can make it easier by allowing them to use both hands to dribble or decreasing the number of Sharks or increasing the size of the SEA.

Musical Cones or Hula Hoops: This is a fun dribbling drill that is a twist on musical chairs. Hula Hoops make the game really fun but you can substitute cones if you don't have access to 10 Hula Hoops. Each player gets a hula hoop or a cone and a ball. The players spread out around the court. On your whistle (or if you have music in your gym...when the music starts) the players start dribbling around the court. The coach removes one to the hula hoops or cones. On the coach's next whistle (or when the music stops) the players must speed dribble and get one foot inside the hula hoop, or one foot on the cone. The player without a hula hoop or cone is out of the game. Continue until only one player remains. Vary the game requiring certain types of dribbling or allowing players to knock the other player's balls away during the game.

Dribble relays: Form 2 or 3 teams. The teams are lined up on the baseline. The first 2 players in each line have a ball. On your whistle have players dribble up and down the court as quickly as they can while staying in control. Have players dribble down the court with their right hand and back with their left. Once the player reaches the starting point the next player goes. Remind players to keep their eyes up. You can add things to this drill such as jump-stops w/ pivots at the other baseline and/or have them do a change of direction dribble at the half court, such as a crossover, spin move or step back dribble.

Dribble Around Cones: Divide team into 2 or 3 groups. Have groups line up in a straight line on one base line. Set up cones down the court about every 5 ft. You can have the cones in a straight line or in a zig zag pattern. On your whistle have the first player in the line dribble through the cones and back. Vary this drill by having the players use their non-dominant hand.

Dribble Around Defenders: Have 4 or 5 players stand down the center of the court. These players can't move their feet, but they can use their hands and lean for the ball. The other players start from one end and try to dribble in a weave pattern through the defenders. The goal is to get through the defenders without losing control of their ball or having it touched by a defender.

1 V 1 dribbling: Pair up players according to skill and size. Line up pair either along the base line or across the sideline (depending on how many pair you have. You want each pair to have lots of space) One player has the ball and is on offense. The other player lines up about 3 ft away and is on defense. The object for the offense is to try to dribble the ball across the court, the defense tries to steal the ball or stop the dribble of the offense.

PASSING

Line Coach Pass: Line up all players in a line facing the coach. Each player has a ball. Have each player pass the ball to the coach and the coach passes it back to the player. This is a good drill to introduce passing to players. It allows the coach to instruct all players on the proper passing technique. Have players focus on passing and catching with 2 hands, 2 eyes and 2 feet. Watch for players stepping into the pass and snapping the hands towards the target. Make sure that when receiving the pass the players hands are ready and in the proper position. Do several rounds up and down the line. Show both the chest pass and the bounce pass.

Wall Pass: Each player has a ball. Have players find a spot on the wall. Have player start making a bounce pass to the wall and catching the return. Progress to players performing a chest pass and catching the return.

Partner Pass: Pair up players based on skill and size. Have each pair have a ball. Have pairs stand about 5- 10 ft apart. Have players pass back and forth start with bounce passes and then progress to chest passes. Remind them of good passing and receiving techniques.

Give and Go: Divide team up into 2 lines facing each other about 10ft apart. One ball is needed. The first person with the ball makes a chest pass to the opposite line and then runs to the end the opposite line.

Passing Line Relay: Divide team into 2 equal teams. Line them up across the court from sideline to sideline about 5ft apart. The first player in each line has a ball. They pass the ball to the next player in line. That player must turn 180 degrees using a pivot and passes to the next player in line. This continues to the end of the line and then back to the front. If the ball is dropped or the pivot is not done properly the team must send the ball back to the start to begin again.

Triangle Passing: Divide players into groups of 3. Have each group form a triangle. Have them pass to each other into a clockwise direction. Then have them pass in a counterclockwise direction. Progress with this drill by having the groups of 3 move around the court while continuing to passing and maintain proper spacing.

Monkey in the Middle: This is a great game that will teach players how make a pass under pressure. Divide team up into groups of 3. One ball for each group. One player is in the middle and the other 2 players try to pass back and forth to each other. Instruct players to fake a pass first and then make a pass to their partner. If the defensive player gets a steal or tips a pass they replace the player who made the pass. Do short rounds of 30 seconds each and then switch positions.

Shuffle Partner Pass: Have team divided up into pairs. One ball for each pair. On the coaches command the players run down the court passing the basketball to each other. Once they reach the end they continue back to the starting point. Have players use all kinds of passes.

Rapid Passing: One player is in the center of the key with a basketball. All other players are lined up about 2 feet in from the 3 point arc. On the coaches command the player in the key passes the ball to the player furthest on the left, that player immediately passes the ball back to the player in the center. The player continues passing quickly to the next player all across the line until they have passed to each player. Then the player at the far right takes the center position and the player from the middle gets in line on the far left. Each player rotates through rapid passing. All kinds of passes can be used. Emphasize good form in passing and receiving.

Ultimate Basketball: Divide team into 2 teams of 5. The game is played on the full court. The teams cannot dribble and can only take 2 steps. Teams pass the ball down the court and try to get the ball passed to a player behind the baseline, teams get 5 points for each time they do are able to do that. If a pass is dropped the other team gets possession. First team to get to 20 points wins. Emphasize communication, passing under pressure and getting open for a pass.

4 Square Passing: Set up a large square in one half of the court. Have players divide up on each corner of the square. Each corner has a ball. The coach tells the players what kind of pivot (right/left) they will do and what kind of pass (bounce/chest). On the whistle the first player in each line dribbles to the center of the square, performs the pivot and passes the ball back to the line. The player then follows the pass to the back of that line. After they get the hang of it see how many passes they can do in a row or how long they can go without dropping a pass.

Middle Man Passing: Divide team up into groups of 3. Have the 3 players line up a couple of feet apart in a straight line. Player 1 on the right has a ball and Player 3 on the left has a ball. Player 2 is in the middle. Player 1 passes to player 2; player 2 passes right back to Player 1 and turns to Player 3. Player 3 passes to player 2 who passes it immediately back to Player 3. Player 2 turns back to player 1 to start the whole sequence over again. Do rounds of 30 seconds and then switch positions. Progress to adding a pivot to the drill before the pass.

SHOOTING

Pizza Waiter: This is a silly drill to introduce and reinforce proper shooting form. Have all players in ready position. Have them show you how a waiter would bring you pizza on a tray. Make sure all players have their palm facing up with their arm bent in an L shape under the hand. The elbow should be over the knee and under the hand. As the players show you their Pizza Waiter position, place a ball on their “tray”. Instruct them that a good waiter doesn't drop their food so they need to use their other hand to gently hold the pizza (ball) on the tray. After they are able to show you the proper position have the players toss their “pizza” in the air until you blow your whistle. On the whistle the players should get into their Pizza Waiter position. Make corrections as needed. Do several rounds.

Cookie Jar: Tell players that at the end of their shots they need to be trying to get cookies out of a cookie jar up high on a shelf. Arm extended, wrist bent, fingers down. Have players go through the shot progression without a ball. Have them show you ready-triple threat position, bent knees, pizza waiter, push up with legs, cookie jar. Have them stand around the basket and shoot an imaginary ball several times, this will help them focus on the technique without having to worry about the ball too.

Shoot To Wall: Have players stand 3 feet away from the wall and shoot up to the wall. Players catch the ball and repeat. Make brief adjustments. Help them with verbal cues to remember the shooting sequence. Progress to marking a square on the wall and having them shoot to the target.

Partner Line Shooting: Partners are positioned on a line about 10-15 ft apart. The goal is for the shooter to land the ball on the line. Players should hold the ball in good form, directly over the line. The player shoots the ball up and tries to have it land directly on the line. The partner catches the ball and then it is their turn to try to shoot the ball to land on the line. Teams get a point for every time their ball lands on the line.

Dribble and Shoot: Divide team up into 2 groups. Have groups lined up at half court. Mark spots on both sides of the basket with a cone. Those are the spots that the players will shoot from. On coaches command players from each line dribble down the court stops at the cone and shoots. After making the shot or making 2 attempts the player gets the rebound, dribbles back to the line and passes the ball to the next player in line.

2 on 1 shooting drill: 2 lines are formed at half court. These players are the offensive players. One line is formed under the basket. These players are the defense. On the coaches command the offensive players dribble down towards the basket, pass to the open player and shoot at the basket. The defensive player tries to steal the ball. The defensive player is awarded a point for a steal, or getting a rebound off a missed shot. Players rotate to a different line after each turn.

1-2 Put It Up: Have your team line up across the baseline. All players have a ball. Explain & demonstrate the footwork and shot progression of a layup. Have the players begin walking while dribbling their ball across the court. Give them the verbal cue “pick it up”, players should pick up dribble. Give second verbal cue “1-2 Put It Up”. Players should attempt to step twice...first with the right foot, then the left foot...and then the right hand w/ball and right leg go UP for the shot. Repeat several times.

Lay up lines: Divide team into as many groups as you have baskets. Have players dribble towards the basket and attempt layups. Observe all players and instruct/correct as needed.

DEFENSE

Pistol Defense: Set team up in a 5 v 5 formation with offense and defensive players. Give one player a ball and have all other defends get into the proper defensive position. Have them point their fingers (or pistols) at their player and the ball. Demonstrate how to move and adjust to stay between their player and the basket, while also being able to see the player with the ball. Have offensive players pass the ball around and have the players adjust for each pass. Do several rounds and then switch teams.

Zig-Zag Slide

- Where they go: Two teams lined up in corners. Cones or markers are set up diagonal from each other.
- On whistle, players defensive slide to each cone. When 1st player reaches cone, next goes.
- At each cone, players throw open arm and should to make drop step to get into position to slide to next cone.
- Key Point: Focus on good stance, hands up, stay low. Step-slide pointing toe of lead foot. Do not cross feet or kick them together.
- Make it a game: Relay race sliding down, sprinting back, touching all markers.

Stance and Slide

- Where they go: Line players up at lane-line (outside of key), facing mid-court. Right foot touching the lane-line.
- On whistle, player gets in defensive stance.
- Next whistle, players slide to other side of lane and touch line with left foot. Continue back and forth for 30 seconds.
- Key point: Lead foot should be pointing in direction player is sliding.
- Make it a game: coach blows whistle and points left or right to vary direction of players.

Slide to Side

- Where to go: Two teams lined up in corners. One team on offense, each with ball.
- On whistle, offensive player dribbles to each cone. Defensive player slides in good stance, staying a half step in front of dribbler.
- At each cone, offensive player uses change of direction dribble (crossover, between legs, etc.)
- Key point: Defensive player should be at arm's length from dribbler.
- Make it a game: Upon reaching final cone, offensive player dribbles on breakaway to basket. Defender tries to stop lay-up. Offense and defense then switch.

PRIMARILY FOR GRADES 5-12

SHOOTING DRILLS

Right and Left Handed Lay-Up (All Ages)

- Where they go: Players start on right wing at three point line.
- Dribble in and shoot right-handed lay-up.
- Rebound ball, dribble to opposite three point line, touch with foot and change hands. Dribble in with left hand and shoot left-handed lay-up.
- Key Point: Should push off with left foot when shooting right-handed lay-up and vice versa.
- Make it a game: See how many made in one minute going full game speed.

Bank Shot from Block (shooting with the backboard)

- Where they go: Two lines of players on each block.
- First player shoots bank shot then rebounds ball and passes to opposite line. After passing, player goes to end of line that they passes the ball to.
- Next player shoots from other side and drill continues, alternating lines.
- Variation: You can have your team step out and shoot from the elbow or three point line. (Do not shoot bank shots from those two positions).
- Key Point: Aim for top corner of square on backboard.
- Make it a game: First player to make 5 shots wins.

Spot Shooting

- Where they go: Group of 4 or more players lined up at one spot on the floor. Group has two balls.
- First player shoots and follows shot for rebound. Next player goes. After passing to next-in-line, shooters go to end of same line.
- Players keep shooting from that spot for 1 minute. Shoot from all five spots around the court. Shooting spots include: both corners, both wings, and top of the key.
- Make it a game: Run drill with 2 different groups. See which group makes the most shots after the time is up that you set for them.

V-Cut Jumpers

- Where they go: Two lines of players at a 3-point line, foul line extended area. All players have ball except first player in one line.
- Player without ball (shooter) sprints to block, then makes V-cut to foul line and receives pass from first player in the opposite line.
- Shooter follows shot, gets rebound, goes to end of opposite line. Passer then makes V-cut, becomes new shooter, receives pass from other line, and drill continues.
- Key Point: Emphasis on squaring up and pivoting into shot.
- Make it a game: Everyone shoots from both sides. Tally shots made for team.

Knock Out

- Where they go: All players line up behind the free throw line. First two players have balls.
- Object is to make a shot before next-in-line (person behind you) makes a shot. Player who shoots and misses must rebound the ball and make the shot before the person behind them.
- Make a shot, pass to next player in line.
- Player who can't make shot before next player makes one is eliminated.
- Make it a game: last player left wins

Dribble Move Jumper

- Where they go: Players form two lines at mid-court. Chair or cone can be placed outside of three point line.
- Players dribble toward obstacle and make a dribble-move past it, then continue toward the basket. Take jump shot at 12-15ft. Rebound and go to opposite line.

Elbow Jump Shot

- Where they go: two lines of players at elbow. One ball in each line.
- Players shoot jump shots. Follow shot and rebound the ball. Then pass to the opposite line and sprint to the end of that line.
- Next player shoots ball from other side and drill continues, alternating lines.
- Key point: receive pass in good shooting position, square to basket, knees bent, hands ready and fingers pointing up.
- Make it a game: See how many whole team can make in two minutes or see which player is first to make five shots.

Form Shooting

- Where they go: using proper shooting fundamentals, player shoots from each spot on the floor.
- Must make five shots from each spot.
- Can bank shots in from spots 2 and 4.
- Key point: player can get own rebounds or coach/player can rebound.
- Make it a game: Who can get the record for the fastest to make 5 from each spot.

Jump Shots With Defense

- Where they go: Two players work together. Player 1 has ball under basket. Player 2 stands just inside 3-point line in the short corner.
- Player 1 passes to player 2, then sprints to contest player 2's jump shot and rebounds the ball. Switch positions after doing that five times.
- Continue until each player has shot from all five spots on court.
- Key point: Shooter can use shot fake and one-dribble jump shot.
- Make it a game: see who makes the most out of five. Rotate in 2 new players and play off until one champion.

Post Moves

- Where they go: Players form line on left side block. Coach or player on right side of court at 3-point line.
- Pass to coach/player and cut to right side block. Coach/player passes to player on block outside of lane. Player with back to basket. Players work on following post moves.
- Drop step baseline for power lay-up
- Drop step to middle for jump shot or hook shot
- Square-up jump shot (baseline and middle)
- Square-up shot fake (middle and baseline lay-up)
- Key point: Work both sides. Later, can add defender.

Pull-Up Jumpers

- Where to go: Three lines of players at mid-court.
- Players dribble 12-15 feet, full up and take jump shot. Rebound own shot and rotate lines.
- Variation: older players may shoot 3-pointers.
- Key Point: Pull up on balance, square to basket, use proper shooting form.
- Make it a game: Determine a number of shots team must make in a given time frame. Make that amount of shots to avoid running sprints.

X-out Lay Up

- Where to go: Player starts on right elbow.
- Dribble in and shoot right-handed lay-up
- Rebound ball, dribble to opposite elbow, touch with foot and change dribbling hands. Dribble in with left hand and shoot left-handed layup.
- Key-point: Should push off with left foot when shooting right-handed lay-up and vice versa.
- Make it a game: See how many you can make it one minute.

Spot 50 (Advanced players)

- Where they go: Player starts in one corner of the court with two minutes on the clock.
- You can shoot three pointers if you are a good shooter, but most will stay 2 steps inside the three point line.
- Another teammate will be rebounding for you and passing you the ball.
- When the clock starts you have to shoot 10 shots at all five spots on the court.
- When the time runs out you add up all your shots you made out of 50 shots (if you make it all the way around).
- Make it a game: You can turn it into a competition and have everyone participate in the drill to see who makes the most.

Foul Shooting Games

- Where they go: Two groups of players, evenly divided, lined up along each side of foul lane. One shooter

Choice of multiple games:

- Each player shoots 2. Team with most in wins
- Each player shoots 1+1. Team with most in wins
- Each player shoots 2. Both teams must combine to make X%, or all run sprints
- Players keep shooting until they miss. All players try to rebound missed shot. Get rebound= go to shooter. Players rotate rebounding positions after each miss. First to 10 points wins.

PASSING DRILLS

Two Pass Lay-In

- Where they go: Two lines of players, Line A on right side behind 3-point line, B directly at top of circle. Each player in Line A with ball.
- Player A passes to B, then sprints to basket and receives pass from B and shoots lay-up.
- Player B will follow pass and rebound ball. Player A goes to end of Line B. B dribbles to end of line A.
- Key Point: Work right hand, then left hand.
- Make It a Game: How many consecutive lay-ups can team make?

Two Ball Passing Drill

- Where they go: Players line up with partner 12-15 feet away.
- Pass ball back and forth between partners. One player throws bounce pass, other player throws chest pass.
- Switch passes after 30 seconds.
- Key Point: Can do stationary or moving, with players sliding to mid-court and back.
- Make it a game: Two-team race down and back.

Pivot and Pass

- Where they go: Lines of players at baseline. At least 2 players per line.
- First player in line dribbles to foul line and does jump stop (jump and land on both feet at the same time).
- Player does reverse pivot (spin away from ball), or forward pivot (spin toward the ball). Pass back to next in line, then sprint to end of the line.
- Key Point: Stay low and balanced when pivoting.
- Make it a game: Player sits down when done. First team with everyone sitting wins.

Stationary Passing Drill 1

- Where they go: Players line up with partner 12-15 feet away (adjust with age of players). Pass ball back and forth between partners.
- Chest Pass: Pass to chest area, just below chin of partner.
- Bounce Pass: Ball should be bounced on floor, 3/4 distance to partner. Follow-through same as chest pass. Ball should come to receiver's waist.
- Key points: Hands on side of ball, thumbs behind, using fingertips. Knees bent, step towards target. After pass, palms should be facing out, thumbs down, fingers pointing towards ball. Ball should have backspin.

Stationary Passing Drill 2

- Where they go: Players line up with partner 12-15 feet away (adjust with age of players). Pass ball back and forth between partners.
- Overhead Pass: Ball above head. Step to target. Follow-through with palms facing out, thumbs down, fingers pointing to target.
- Push Pass: One hand behind ball. One-handed pass to partner. Step to target. Both chest and bounce passes. Use both hands.
- Wrap-around Pass: Step over pivot foot and make push pass to partner
- Make it a game: Which pair gets most in 30 seconds?

Three Against One

- Where to go: three players form triangle 10-12 feet apart. Defender in middle.
- Outside players pass to each other while the defender tries to deflect or steal the ball
- Key Point: Use ball fakes, proper passing technique.
- Make it a game: Defender who deflects or steals the ball trades places with passer.

Man in the Middle

- Where to go: Two lines of players 12-15 feet apart, one defender in middle. First player from line A passes to first player in line B, with defender guarding passer.
- Defender tries to intercept or deflect. Passer follows pass and sprints to guard player who received it. Defender to end of line. Pass back to line A and continue.
- Key point: Use ball fakes. Utilize pivot foot to step around defender.
- Make it a game: If pass is deflected or intercepted, all players except the defender have to sprint to mid-court and back.

Four Pass lay-up

- Where to go: three lines. Players (A,B,C) starts at far foul line. (Younger players may start closer to basket).
- A and B make three chest passes while running down the floor.
- Player C sprints floor as if filling lane on fast break. On 4th pass, player B makes a bounce pass to C, who makes the lay-up.
- Key point: Work both left and right sides.
- Make it a game: Turnover or missed lay-up = 10 pushups for all 3 players.

Middleman

- Where to go: Three lines of players at baseline. Player 1 and “Middleman” have ball.
- Players run down-court as Middleman passes to player 2, then receives pass from player 1. Middleman passes right back to player 1 then receives pass from player 2. Must catch and pass without traveling.
- Key Point: Younger players can use one ball with Middleman simply alternating passes to player 1 and 2.
- Make it a game: Player must throw a different type of pass than one just received (bounce, chest, overhead, etc.).

Star Passing

- Where to go: 5 players, (A, B, C, D & E). A is under basket. Other players position themselves equidistant apart to be points of the star.
- A passes to B and then follows pass to replace B. B passes to C, C to D, D to E. E then passes next player in “A” line and then goes to end.
- Key Point: Younger players can do drill without following passes.
- Make it a game: E dribbles in to shoot lay-up. Next in line rebound and continues. Record for fastest time for all players to rotate through.

Wheel Drill

- Where to go: Player or “wheel” in lane in front of basket, with ball. Remaining players spread behind 3-point line.
- Wheel passes to Player 1, who passes back. Then to 2, 3, etc. and back down to Player 1. Rotate new player in to be Wheel
- Key Point: Use all variety of passes.
- Make it a game: Add 2nd ball, held by Player 1. Wheel passes to Player 2 and then Player 1 passes to Wheel. Wheel then passes to Player 3, and Player 2 passes back to Wheel etc.

Full Court Lay-up

- Where to go: Player 1 with ball on baseline. Remaining players spread in zig-zag formation down-court.
- Player 1 makes chest pass to each player while running down court. Receives final pass and shoots lay-up.
- Key Point: Players rotate back one position each. First to receive inbounds pass becomes player 1. Shooter moves to final passer.
- Make it a game: Player who misses lay-up is eliminated. Keep going until one player has not missed. Last one left wins.

Three Player Weave

- Where to go: Three lines (A, B, C). First player in Line B starts with ball.
- Players advance ball as B passes to A and runs behind player A. A passes to C and runs behind player C. C passes to B and runs behind player B. B again to A and so forth, continuing down- court. No dribbling or traveling.
 - Object is to have final pass in sequence result in easy lay-up. (may dribble once before shooting)
- Key Point: Learn when to take lay-up or when to make one more pass.
- Make it a game: Move from line A to B to C. Earn 1 point for each lay-up and 1 point for each assist. Tally points after 10 minutes.

BALL HANDLING DRILLS

Down and Back

- Where they go: Three lines of players. One ball each line.
- Players dribble full or half court, down and back, as quickly as they can.
- Must use opposite hand coming back.
- Key Point: Keep ball waist-high, eyes up, not looking at ball.
- Make it a game: Relay race between teams.

Crossover Dribble Drill

- Where they go: One ball for each player.
- In stationary position, player dribbles ball back and forth from hand to hand in front of body, below knees for 30 seconds.
- Option: Have player step one foot forward and do same drill between legs.
- Key Point: Good stance, knees bent, head up.
- Make it a game: Players count how many dribbles they can get in 15 seconds.

View link below to video that includes many great dribbling drills to conduct at a practice.

<https://youtu.be/ihDQ6UYpxlQ>

Behind the Back Drill

- Where to go: Players in equal lines. One ball at the front of each line.
- Player dribbles ball back and forth behind back alternating from right to left hand.
- Key point: Younger players who find drill too difficult should do it with the ball in front of them, then gradually try to work to back.
- Make it a game: Players all line up at baseline. Begin moving forward on whistle. On next whistle, stop moving, but maintain dribble. Move forward again on whistle and so on. Lose ball-go back to start. First to mid-court wins.

Between The Legs

- Where to go: Players in equal lines. One ball at the front of each line.
- Player dribbles ball around right leg 30 seconds in each direction. Repeat with left leg, then figure-eight.
- Key point: Keep ball below the knees at all times.
- Make it a game: Coach commands “right leg,” “left leg,” “reverse” or “figure-eight.” See who can maintain dribble the longest.

Dribble Weave

- Where they go: Players with ball at corner of baseline and sideline. Four cones, chairs or balls spaced down sideline.
- Players must dribble-weave through obstacles to mid-court, then dribble to basket for lay-up.
- Key point: Keep ball in outside hand and use crossover dribble to change hands.
- Make it a game: two teams race. Must make lay-up and pass to teammate going next.

Escape Drill

- Where to go: Player with ball at baseline. Two defenders at foul line elbows.
- Dribbler tries to dribble past defenders and get past mid-court line.
- Defenders try to steal or tip the ball without fouling.
- Key point: Success depends on being able to move past with ball and keep it low to ground when defenders are near.
- Make it a game: Make it to mid-court, stay in against two new defenders.

Fingertip Control Drill

- Where they go: Player places ball on floor in front of feet.
- Keeping legs and arms straight, player goes down and flips ball from hand to hand, using only fingertips.
- Keep ball off floor over toes for 15 seconds, then move up to waist level for 15 seconds, then move about head.
- Key point: Maintain good form with arms and knees locked.
- Make it a game: Coach calls out “feet,” “waist,” or “head” in random sequence. See who stays alive longest without dropping ball.

Protect the Ball and Dribble Knockout

- Where to go: Each player, with ball, within half-court boundary.
- Players try to knock ball loose from other players while maintaining their own dribble.
- Key point: Success depends on ability to dribble with both hands.
- Make it a game: Lose ball and sit down. Last one in wins.

Machine Gun Dribble

- Where they go: One ball for each player.
- In stationary position, player dribbles ball waist-high as hard and fast as possible for 30 seconds. Repeat with opposite hand.
- Do same with ball below knee level. Then 2 balls at the same time.
- Key Point: Control with fingertips and pads of hand. Do not slap at the ball.

Two Ball Slide

- Where they go: Player starts at baseline, just outside of key , with two balls.
- Dribble both balls forward to just above free-throw line. Then dribble while sliding to opposite side of the free-throw line.
- Dribble backwards to end of line, then while sliding back to start.
- Make it a game: See who completes circuit fastest.

Wrap Around Drill

- Where they go: Players in equal lines. One ball at front of each line.
- Player takes ball and wraps it around right leg 10 times in each direction. Repeat with left leg, then both legs (with feet together), and then waist.
- Key point: Around legs, ball should stay below the knees. Player should be in good stance with knees bent and head up. Do not look at the ball.
- Make it a game: Fastest to complete entire sequence without dropping the ball is the winner.

Zig-Zag Drill

- Where they go: Players with ball at corner of baseline and sideline.
- Player dribbles to elbow, makes crossover dribble, then dribbles to corner with other hand. Waits for rest of players to follow-suit.
- Dribble back to elbow and then corner, this time switching hands by dribbling between legs.
- Key point: Can also use behind-the-back dribble (advanced).
- Make it a game: Relay race between teams to mid-court and back using both dribble moves.

Wake Up Drill

- Where they go: Players in equal lines. One ball at front of each line.
- First players in each line step out. On whistle, pound ball from hand to hand. End of line after 30 seconds. Two reps each players.
- If enough balls available, eliminate lines and have each player with a ball
- Key point: Use fingertips and pads of hand. Do not use palms.
- Make it a game: Players count how many touches they can get in 30 seconds.

DEFENSIVE DRILLS

Zig-Zag Slide

- Where they go: Two teams lined up in corners. Cones or markers are set up diagonal from each other.
- On whistle, players defensive slide to each cone. When 1st player reaches cone, next goes.
- At each cone, players throw open arm and should to make drop step to get into position to slide to next cone.
- Key Point: Focus on good stance, hands up, stay low. Step-slide pointing toe of lead foot. Do not cross feet or kick them together.
- Make it a game: Relay race sliding down, sprinting back, touching all markers.

Close Out and Contain

- Where they go: Defender starts at baseline under the basket. Offensive player on top of key, behind 3-point line.
- Defender rolls ball to offensive player and sprints out to “close out” and guard. First time through, offense stays stationary. Next time through, offense dribbles twice to left or right.
- Key point: Defender should have inside foot and hand nearest opponent so as to force him away from basket, to sideline or baseline.
- Make it a game: After completing stationary and 2 dribble sequence, offensive player can try to score. Made basket=Offensive player wins. Rebound=Defender wins.

Visit link below to see the drill in action and how to properly run it.

https://youtu.be/3suVMBw6w_Y

Stance and Slide

- Where they go: Line players up at lane-line (outside of key), facing mid-court. Right foot touching the lane-line.
- On whistle, player gets in defensive stance.
- Next whistle, players slide to other side of lane and touch line with left foot. Continue back and forth for 30 seconds.
- Key point: Lead foot should be pointing in direction player is sliding.
- Make it a game: coach blows whistle and points left or right to vary direction of players.

Slide to Side

- Where to go: Two teams lined up in corners. One team on offense, each with ball.
- On whistle, offensive player dribbles to each cone. Defensive player slides in good stance, staying a half step in front of dribbler.
- At each cone, offensive player uses change of direction dribble (crossover, between legs, etc.)
- Key point: Defensive player should be at arm's length from dribbler.
- Make it a game: Upon reaching final cone, offensive player dribbles on breakaway to basket. Defender tries to stop lay-up. Offense and defense then switch.

Slide and React

- Where they go: Player or players start in middle of key in good defensive stance.
- Coach points to one corner of the key. Player slides to that corner and then back to the middle.
- Before returning to the middle, coach points to another corner. Work 30 seconds, rotate in new player.
- Key Point: Can be done with multiple players spread over court.
- Make it a game: Coach points behind, over shoulder, players race to mid court.

Slide and Attack

- Where they go: Two Players 15 feet apart at mid-court, each with ball. Defender on each player.
- Offensive player dribble at game speed to respective sidelines. Defender slides, staying half-step ahead of offense.
- At sideline, offensive player picks up dribble. Defender jams in closely and mirrors ball with hands.
- Key Point: Work mid-court to sideline, then sideline to baseline. Players should go twice from all 4 spots.
- Make it a game: When going to baseline, if offensive player can get around defender on baseline side, defender must do 10 push-ups.

Race to Defend

- Where they go: Two lines behind baseline. One team is offensive, other is defense. Cone for each team is setup behind the 3 point line.
- Offensive player dribbles around his cone and towards the basket. Defender sprints around his cone and gets in defensive position to guard.
- Key point: Defenders should learn to anticipate a spot to setup so they have time to react and not commit a foul.
- Make it a game: If player with ball scores both players go to end of the same line. If the defensive player gets a stop they switch lines.

Defensive Boards

- Where they go: Offensive player away from basket. Defender nearer to basket. Coach shooting from foul line. Both go for rebound after shot.
- Key point 1: Defender should step towards basket to see which way opponent plans to cut. Pivot into offensive player, knees bent, hands up, using rear-end, back and shoulders to block player from going to ball.
- Key point 2: Defenders should make contact, then release and go to ball. Drill can be done with 1 on 1, up to 5 on 5.
- Make it a game: Defense gets one point for each rebound, loses point for each offensive rebound. Switch offense to defense after each shot. Play to 5.

Deny The Ball

- Where they go: Coach or player at top of 3-point line. Offensive player starts on wing, guarded by defender
- Defender has near hand and foot in passing lane between coach and offensive player, denying pass. Offensive player cuts to basket and back, trying to get open should step towards basket to see which way opponent plans to cut. Pivot into offensive player, knees bent, hands up, using rear-end, back and shoulders to block player from going to ball.
- Key point: Defender stays in stance, arm's length away.
- Make it a game: If offensive player catches pass, 5 seconds to shoot. Player battle for rebound. Offensive player scores = moves to defense against new opponent. Defender gets rebound = stays in at defense with new opponent. See who stays at defense most consecutive.

Slide and Talk

- Where they go: Players lined up under basket. Cones or markers at points shown on diagram.
- First player sprints to Spot #1. When 5-6Feet away, break down into defensive stance and touch #1. Player slides in defensive position to #2, then #3 then goes to end of line.
- When 1st player reaches foul line, next goes, and so on with all players.
- Key point 1: Players must talk while sprinting past foul line to avoid contact with teammates sliding from #2 to #3.
- Make it a game: Coach says, “Reverse,” players go from #1 to #3 to #2

Deny to Help Slide

- Where they go: Two passers behind 3 point arc, one on right, other on left. One offensive player on each wing, with a defender
- Passers move ball back and forth. When ball is on left side, defender responsible for left wing tries to deny pass in. Other defender slides over near middle of lane (help slide). Passers move ball to right side, right defender denies pass and other defender slides to help side.
- Key point: Passers move ball back and forth several times.
- Make it a game: Finally, ball is passed in and players go 2 on 2 until made basket or defensive rebound.

Post Defense

- Where they go: Offensive player and defender in lane, in front of basket. Three passers at top of key and on wings.
- Offensive player cuts from block to block trying to get open. Passers move ball around perimeter trying to pass it in.
- Defender stays between man and ball with near hand and foot in passing lane, denying the pass.
- Key point: Defenders should be body-to-body with offensive player (above).
- Make it a game: If pass completed, offensive player tries to score. Both go for rebound. Score=defender stays in. Deny pass or get rebound, new defender comes in.

Catch- Up Drill

- Where they go: Three offensive players at baseline, each with defender 15 feet away. Coach in middle with ball.
- Coach passes to any offensive player. Offense then advances ball up floor as fast as possible, trying to score. Defense must get back, stop ball, and match up with offense. After basket or defensive stop, 3 new offensive players step to baseline, last trio of offense becomes defense.
- Key point: Defenders should sprint back and, after crossing mid-court, turn and backpedal while pointing toward their man and communicating with each other.
- Make it a game: Defensive player matched up with player who catches ball from coach must sprint to baseline, then catch up.