

COACHING HANDBOOK AND LEAGUE RULES

IEM BASKETBALL LEAGUE INC.

913 Ataire Road, Newmarket, ON L3X 1L3

Tel: 905-836-6195

E-Mail: info@iembasketball.com

TEAM NAME: _____

WELCOME TO OUR LEAGUE

Dear IEM Basketball League Coach,

Thank you on being part of the IEM Basketball League (IEM) Program. This program is a member affiliate of Basketball Ontario and is well known in the basketball community throughout Ontario and Quebec. As a proud member of Basketball Ontario, IEM has become the largest basketball organization in the area offering and hosting highly competitive OBA sanctioned tournaments. The program goals are to provide players with a positive learning experience, to provide an opportunity for players to achieve their potential through basketball, and to use sport as a personal development tool.

Please review our website at **www.iembasketball.com** for information on our programs and for schedules, tournaments, pictures and standings.

Do not hesitate to ask questions or voice concerns. We are here to make your experience a good one! Good luck with the upcoming season and we look forward to helping and offering you more opportunities in our sport of basketball. We are all raising the player development standards in Ontario.

Ion Marghetis
President, IEM Basketball League Inc.
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ABOUT THE LEAGUE

All games shall be played in accordance with F.I.B.A.'s "Rules", unless otherwise revised within the IEM Basketball League's "Rules of the Game." These rules are available on our web site at www.iembasketball.com/rulebook.html or at the office at:

913 Ataire Road
Newmarket, ON L3X 1L3
(905) 836-6195

Any comments, suggestions or concerns should be directed to the Board of Directors, at the above address. It is the policy of the IEM Basketball League to offer leagues in individual age groups, wherever possible. It reserves the right to combine age groups, at its sole discretion, if it deems necessary to do so.

House League teams are formed in mid-September and the Convenors are responsible to balance the teams properly so that the level of competition and the players interest are maintained at a high level.

Rep1, Rep2 & All-Star teams are formed in order to provide representation at the Provincial and National level. It provides a higher level of competition for the skilled players, and thus enhances their development

ABOUT THE GAME OF BASKETBALL

Basketball is a game invented for the Canadian climate, by a Canadian, Dr. James Naismith of Almonte, Ontario. Basketball is a game to be played indoors during the long and cold winter months and outdoors during the spring and summer.

Basketball is the only sport that can be practiced and played individually or collectively. One person with a ball and a hoop can spend endless hours of recreation or hard practice, all by himself. Two players can play One-on-One, 21, H-O-R-S-E, or a multitude of shooting contests or variations. Four players can play Two-on-Two at one basket. Six players can play Three-on-Three at one basket, and as many as 24 players can participate in a Basketball game.

Basketball is the only sport that does not require force or violence in order to score. Because of the elevated goal, skill and a soft shot is necessary in order to score. Basketball is a high scoring game, as a matter of fact the highest scoring game among team sports, which means that more players participate in victory and that everyone is rewarded for his efforts. Team members thus share both in victory and in defeat. The result of the game does not reflect the efforts of one player, but of the team.

Basketball is a non-contact sport. The player responsible for contact is penalized immediately. Repetition of mistakes is not allowed either, as five fouls disqualify the player for the game. Also, the acceptance of one's mistakes is encouraged by requesting the players to admit the fault by raising their arm. Basketball is a game of speed, agility and skill. Through its rules it enhances proper body development, coordination, individual skills, running and jumping ability, quick decision making, team work, respect towards the game officials, the law and the opponents.

REGISTRATION TERMS AND CONDITIONS

All payments must be submitted with the Registration Form prior to the start of the Season. Players who have not submitted payment and registration will not be permitted to play any games.

Players must make a full commitment to practices and games. Players must notify their respective coach of absences and players who consistently fail to do so risk being asked to leave the program.

The fee for the program is a flat-rate fee. There will be no adjustments for time off including holidays, missed practices, games and/or missed trips.

Players must make a commitment to the program from September to May.

There will be no refunds for cancellation requests.

Non-attendance by a participant does not constitute a notice of withdrawal. Notices of withdrawal must be made in writing and delivered to the IEM office.

A \$25.00 fee will be charged for all NSF and returned cheques.

ADMINISTRATION POLICIES

Players must ensure all paperwork and registration items are submitted to the IEM office. You will be advised of any missing items.

Players must notify the coach at the start of the season of their vacation dates.

Players must e-mail and/or call the coach if they will miss any practices or games. It is imperative that your team brings the minimum number of players to avoid defaults.

Player families must provide phone numbers and e-mail addresses for any custodial parent.

SCHEDULING CHANGES

Schedules and scheduling modifications will be available on the IEM web site on the front page under "Headlines." Please verify the web site prior to departing for practices and/or games.

IEM Basketball League Phone Number: 905.836.6195

IEM Basketball League Address: 913 Ataire Road, Newmarket, ON L3X 1L3

Web Site: **www.iembasketball.com**

IEM RULEBOOK AND COACHES MANUAL

GENERAL RULES

Schedules shall be provided for the divisions by the IEM Basketball League and distributed by the coach.

The IEM Basketball League shall assign all game officials.

No game shall be played without the presence of a referee. However, in the event of referee unavailability, the game must be played and the coaches shall select a mutually acceptable alternate from either the Coaching staff, or a willing and knowledgeable spectator. The home team Coach, in this case, is requested to note "Default Referee" on the game sheet. It is recommended that the coaches of the two teams share the officiating duties by having one do the first half and the other do the second half.

Practice courts shall be assigned based on availability, by the league. Where multiple teams are assigned to the same court, teams shall divide the available space equally and by acting reasonably. The first team arriving at the court shall have preference to location on the court but shall act in a considerate and reasonable manner; modifying their space usage as other teams arrive and require space.

Where an error occurs and two games are assigned to the same court, the following policy shall apply:

1. Games with out-of-town teams attending shall have first priority, since both the town and the league are being showcased. Should two games with out-of-town competition be assigned, in error, to the same court, the team playing at the highest level in the Pyramid for Play shall take precedence; i.e. Provincial League, Regional League, District League, and House League; in that order. All teams shall notify the office of the conflict and the cancelled game shall be given first priority for rescheduling.
2. All games, including House League, shall have priority over all exhibition games and practices. All teams shall notify the office of the conflict.
3. Where multiple teams are assigned to the same court for practices, teams shall divide the available space equally and acting reasonably. All teams shall notify the office of any conflict.

TEAM SELECTION

Teams shall be composed of players registered with the IEM Basketball League. Only players that are registered, and on the list of players, are eligible to play.

Requests to play together will be granted as long as it does not affect the balance of the division and providing that the league is reasonably able to do so. Requests must be made in writing to the "Fair Play Committee" with details as to the reason for consideration. The league reserves the right to refuse any requests for playing together. Coaches and assistant coaches will be authorized to have one "link" (request) to another player, as per the league policy.

PLAYER RATINGS

Every player shall be assigned a rating within the IEM Basketball League's database. Ratings are not intended to be discussed with players or parents, but are only used to allow the computer to balance skills levels while populating teams.

It is very important that coaches make an effort to properly evaluate their players so that the following year's teams are as balanced as is possible.

TEAM BALANCING

Upon the start of the season, players are not allowed to change teams without permission of the "Fair Play Committee." If, however, it is noted that one or more teams are dominating play within their division, the Director and/or Convenor of that division, with the knowledge of the Board of Directors (or should the Director and/or Convenor be in a conflict situation, with the approval of the Board of Directors), has the right to balance teams before the third (3) game of the season. The teams shall be notified of the player's movement and the player must report to his/her new team for his/her next scheduled game.

UNIFORMS

The league shall provide each player with a proper uniform, including team jersey and shorts. It is required that players wear the complete uniform provided, plus suitable footwear. Basketball shoes, with non-marking soles, are highly recommended. A player can not use equipment or wear anything that is dangerous to himself/herself or another player (including jewelry of any kind).

It is the responsibility of the coaches to ensure that players wear the complete uniform and that it conforms to the requirements in the "Rules of the Game."

Players with no uniform or incomplete uniform will not be allowed to participate in the game.

TEAM RESPONSIBILITIES

The visiting team shall be the first team name on the score sheet and the home team shall be the second team name on the score sheet.

The home team is responsible for:

1. Providing a satisfactory game ball.
2. Providing the visiting team with a properly completed, approved score sheet ten (10) minutes prior to the scheduled game time.
3. Providing the Director and/or Convenor of that division with the completed score sheet within 48 hours.
4. Notifying the Director and/or Convenor of any postponed, abandoned or defaulted game.
5. Providing a suitable scorekeeper for the game.

The visiting team is responsible for:

1. Providing the referee with a properly completed, approved score sheet prior to the scheduled game time.
2. Providing a suitable timekeeper for the game.

EQUAL PLAYING TIME

All players must be given equal playing time during all games, including playoff games, to the extent that such is logistically possible. Every player must play minimum 1/2 of the game. This shall apply to all games during the season.

Although teams are not required to play with an equal number of players as the opposing team, however, in the spirit of fair play, IEM Basketball League recommends even play for all players, wherever possible.

POSTPONE AND/OR CANCEL GAME

Only the referee and/or the IEM Basketball League are authorized to postpone a game. Please refer to the IEM web site at www.iembasketball.com during periods of inclement weather for school closures.

The IEM Basketball League reserves the right to shorten the length of any game, in an attempt to ensure that all games are played. The IEM Basketball League may also cancel any games that, in its sole opinion, it deems does not have a bearing on the final standings of any division.

A parent may withdraw his/her child from any game where he/she feels that a child may be at risk, but does not have the right to cancel or postpone a game.

REFEREES AND SCOREKEEPERS

In order to run a successful basketball league, we need the cooperation of the referees, the coaches and the parents. It is the referee's responsibility to ensure that the game is played within the "Rules of the Game" and to ensure that the game is safe for all participants. It is the coach's responsibility to put a team on the court that plays within the rules; where the players have fun and enjoy the spirit of friendly competition. It is the parent's responsibility to support their children and make the sport a fun and positive experience. Without all of these critical elements working together, the game cannot happen. It is the expectation of the IEM Basketball League that coaches, parents and referees, alike, treat each other with respect and understanding. Coaches, parents and referees are all learning about the game and mistakes will be made. In recognition of this, coaches, parents and referees must make an extra effort to maintain a respectful and enjoyable atmosphere under all conditions. Disrespectful treatment of: referees by coaches or parents; coaches by other coaches; or coaches or parents by referees, all in the presence of the children and their families, will not be tolerated. The IEM Basketball League has created the infrastructure to handle any disagreements away from the court, away from the children and away from the heat of competition. Please adhere to a 24-hour cooling off period before following up disagreements.

To reiterate, coaches and parents must understand that referees will make mistakes. Referees will not see everything that happens on the court. Good referees will never change their call on the advice of a coach. They must never show that a screaming coach, player, parent or bystander can influence their calls. A coach or parent who yells at a referee is not fulfilling his/her responsibility to maintain a respectful and fun atmosphere for all concerned. By the same token, referees must understand that many of the coaches and parents are also learning the game. Respectful explanation of their calls, at an appropriate time, can avoid many problems that result from a misunderstanding of the rules or the call on the part of the coach. It is therefore the responsibility of the coaches, parents and referees to act reasonably and help protect the referees from abuse, verbal or otherwise, regardless of the source including coaches, parents or spectators.

With this in mind coaches will not criticize or question game officials, at any time and shall encourage the same attitude amongst all players, parents, and supporters. Coaches will not approach the referee in order to voice their opinions, unless the opposing coach is present. The Coach should complete a referee evaluation (both good and bad) to assist the league in evaluating the quality of its referees. Evaluations should refer to the date, time and court location; so that, they may be tracked by the referee evaluators.

Any verbal or physical abuse of a referee or assistant referee by a coach, parent or spectator will not be tolerated and will result in an automatic game ejection, an automatic "Hearing" which could result in a further suspension of up to one year, for the first offence. The offending party will be notified of the length of their suspension. Should the offending party wish to appeal the decision, he/she shall be required to attend the next scheduled discipline or appeal meeting and must not participate in any basketball activity until such a meeting is held and a decision is rendered.

The referee controls the game and has full authority to enforce the "Rules of the Game." The decisions of the referee regarding the facts of the game are deemed to be, "In the Opinion of the Referee" and as such, are final. Referees have the right to eject players, coaches or spectators from the gymnasium, if necessary.

The referee is the sole authority for abandoning games.

Referees or their alternate must note on the score sheet the name of the team refusing to provide a satisfactory game ball, a completed score sheet, a suitable scorekeeper and timekeeper for the game.

"No-Shows" by the referee must be noted on the completed score sheet and brought to the attention of the respective Director and/or Convenor of the division as soon as possible.

SUBSTITUTE PLAYERS

The coach is not permitted to "call-up" any player, even if the team is expected to be short of players for a scheduled game. If a team is short of players, less than five (5) players, then the coach has the option to forfeit the game or play the game with the players that are present.

Any team using illegal substitute players shall forfeit the game and the coach shall be suspended for one game. The offending party will be notified in writing of his/her suspension.

LEAGUE STANDINGS & TIE-BREAKERS

Standings will be awarded by giving each team three (3) points for a win, one (1) point for a tie and zero (0) points for a loss.

The Director and/or Convenor of the division shall be the final arbitrator of team standings. Standings for all divisions are available on our web site at www.iembasketball.com or at the office at 913 Ataire Road, Newmarket, ON L3X 1L3 - (905) 836-6195. Any comments, suggestions or concerns should be directed to the Board of Directors, at the above address.

In the event of a tie in the final league standings, the first place position shall be decided by:

1. Most wins
2. +/- Points (i.e. points for / points against)
3. Winning record between the tied teams
4. Playoff game

If a team forfeits a game, then the game shall be recorded as a 2-0 victory/loss.

The Director and/or Convenor of the league have the sole authority to reschedule games. The IEM Basketball League shall assign any game required to be rescheduled, as soon as possible, based on court availability. The IEM Basketball League reserves the right to cancel any rescheduled game that has no bearing on the league standings.

DIVISION CHAMPIONSHIP

The Division Champion shall be deemed to be the team that, during the season, has amassed the most points, based on the criteria, as set out in "League Standing & Tie-Breakers."

PLAY-OFF GAMES & FINALS

Play-off games and finals are usually held in the last weeks of April. It provides an opportunity for all players to experience a different type of tournament play.

All games in the play-offs require a clear winner.

If scores are tied at the end of regulation time, then the teams shall play an extra five (5) minutes. A rest period of two (2) minutes shall be given prior to the start of the first overtime period. Player substitutions may be made at this time, with the permission of the referee. If at the end of the overtime period, the scores are tied, then the teams shall play an additional five (5) minutes. If at the end of the second overtime period, the scores are still tied, then the game shall be decided by free throws taken in accordance with the regulations laid out by the IEM Basketball League's "Rules of the Game."

An award shall be presented to each member of the winning team, in each Division, at the Banquet held on the first week of May.

IEM RULEBOOK (REFEREE HANDBOOK)

FIBA

Federation Internationale de Basketball
International Basketball Federation

PLAYERS

Players are eligible to play only if his/her name has been entered on the scoresheet before the start of the game.

UNIFORMS

All players must wear their complete uniform, and must tuck their shirts into their playing shorts. T-shirts, regardless of style, may NOT be worn under shirts unless the player has written medical permission. Ontario Basketball allows T-shirts to be worn, but must be of the same dominant color as the uniform.

Technical Foul is to be given to each player with non-compliance to the above uniform rule. Technical Foul counts as a personal and team foul and consists of (2) shots for the opponent to be taken prior to the start of the game.

ACCESSORIES

The following accessories are NOT permitted:

Finger, hand, wrist, elbow or forearm guards, casts or braces made of leather, plastic, metal or any other hard substance, even if covered with soft padding. NO hair accessories and NO jewellery of any kind. In addition, Fingernails must be closely cut.

SCOREKEEPERS

Each coach is responsible to assign (1) parent to score and/or time the game. Points per player, fouls and running score must be recorded for each game. In addition, the scorer is required to track all of the players' shifts including substitutions due to medical reasons and/or injuries. Each time a player is on the court for a shift, a checkmark must be made in the space provided on the scoresheet. Scoresheets must be collected by the referee. The referee must then deliver or fax the scoresheets to the IEM Basketball League office. Payment for referees will ONLY be issued when Scoresheets are received.

PLAYING TIME

5-7 Division (INTRO): 8 periods of 5 minutes running time.
8-9 Division (NOVICE): 8 periods of 6 minutes running time.

(Periods END when ball is dead or after a basket is scored for INTRO and NOVICE games)

10-11 Division (ATOM): 8 periods of 4 minutes stop time
12-13 Division (BANTAM): 8 periods of 4 minutes stop time
14-15 Division (MIDGET): 8 periods of 4 minutes stop time
16-17 Division (JUVENILE): 8 periods of 4 minutes stop time

Mens 18+: 2 periods of 20 minutes stop time

30 seconds between periods for ALL DIVISIONS and 5 minutes for HALF TIME

NOTE: If game is running late, then referee will reduce minutes per period accordingly

GAME TIMES

Referee MUST start games ON TIME:

6:00pm games must start at 6:05pm for games that end at 7:00pm
6:00pm games must start at 6:15pm for games that end at 7:15pm
7:00pm games must start at 7:05pm for games that end at 8:00pm
7:15pm games must start at 7:30pm for games that end at 8:30pm
8:00pm games must start at 8:05pm for games that end at 9:00pm

Ending games on time, regardless of what time the game starts, will encourage parents to show up on time.

GAME FORFEITURE

The referee will cancel a game if fewer than (5) players are available to play AND the coach of the default team does NOT wish to play. Teams are allowed to start the game even if they have fewer than (5) players. (5-10) minute grace period from the scheduled start of the game will be permitted for a late team, if requested.

TEAM CAPTAINS

The captain is a player who represents his/her team on the court. He may communicate in a courteous manner with the referee during the game to obtain information, however, only when the ball is dead and the game clock is stopped. The referee should call out for the captains and set the tone for the game by instructing the players what will be tolerated during the game.

EQUAL PLAYING TIME

Coaches are required to provide EQUAL playing time of ALL players present at the game who have been registered with the IEM Basketball League. NO unregistered PLAYER is allowed to play in any game. In addition, all coaches should follow the substitution schedule provided by the league. Sometimes coaches must deviate from the schedule due to players coming in late or leaving early. Please use the honour system. Referees are required to verify the substitution sheet prior to the start of each period.

HALF-COURT RULE

There is a half-court rule for the the INTRO and NOVICE divisions. Once the defensive team has complete control of the ball in their half court, the other team is required to run back to centre court and wait for the opposing team. Full-court is allowed in the last period ONLY.

BALL SIZES

The size of ball is different for each division:

<i>House League:</i>	<i>BOYS</i>	<i>GIRLS</i>
INTRO Division:	Size 5	Size 5
NOVICE Division:	Size 5	Size 5
ATOM Division:	Size 5	Size 5
BANTAM Division:	Size 6	Size 6
MIDGET Division:	Size 7	Size 6
JUVENILE Division:	Size 7	Size 6
MEN 18+:	Size 7	

TIME-OUTS

Each team is allowed (2) 60 second time-outs in the first half, and (3) 60 second time-outs in the second half. There is no carry-over of time-outs from first half to second half.

MAN-TO-MAN

All teams in all divisions must play man-to-man defense. The following defenses are illegal and not allowed:
(1) zone defenses, defensive players covering an area of the court rather than an offensive player.

INTRO Division and NOVICE Division ONLY

- (2) deliberate or intentional double-teaming, also called trapping, a specific player or opponent.
- (3) pressing an opponent, except for the last period of the game.

STATUS OF THE BALL

The ball can be either live or dead. The ball becomes live when (1) during a jump ball, the ball is touched by a jumper (2) during a free throw, the ball is touched by a rebounder (3) during a throw-in, the ball is touched by a player in-bounds.

JUMP BALL and ALTERNATING POSSESSION

A jump ball occurs at the beginning of the first period. In all other jump ball situations teams will alternate possession of the ball for a throw-in at the place nearest to where the jump ball situation occurs. The team that does not gain control of the live ball on the court after the jump ball which began the first period will start the alternating possession. The team entitled to the next alternating possession at the end of any period shall start the next period with a throw-in at the center line extended, opposite the scorer's table.

FREE THROWS

Maximum of (5) players in designated lane spaces are allowed on free throws. Spaces are exclusive to each team and violation by either team (excluding the shooter) is called only if a free throw is unsuccessful. Violation by the free-thrower takes precedence over other violations.

TIMING

The clock stops in the last (2) minutes of the 2nd half and extra periods on made field goals.

IN-BOUNDS CALL

Players are allowed to step on the line as long as they do NOT cross the line completely and have their shoe on the playing area.

BACK COURT

Players are considered to be in the front court once the ball or either foot crosses the mid-court line.

In addition, a front court throw-in can't be thrown to a player in the back court, but can throw the ball over the backboard.

FALLING WITH THE BALL

Player with the ball is permitted to fall to the floor and NO traveling violation will be called.

BASKET INTERFERENCE

Offensive and defensive players may touch the ball once it contacts the rim, unless a period ending horn or a whistle has sounded before. In that case, nobody may touch the ball as long as it has a chance of entering the basket.

FOUL TYPES: IEM RULEBOOK (REFEREE HANDBOOK)

PERSONAL FOULS

No free throws to be awarded to the defensive team on any team control foul. (2) shots to be awarded on the 5th team foul in each quarter. Personal fouls can be called when there is contact by an opponent during a live or dead ball.

TECHNICAL FOULS

Technical fouls can be called on a player that is on the court and/or on the bench. The opposing team gets (2) free throws plus possession at mid-court.

UNSPORTSMANSHIP FOULS

Unsportsmanship fouls are (2) shots and possession at mid-court. The ONLY exception is if the foul occurred after a field goal was made, then (1) shot and possession at mid-court is granted to the opposing team.

EXCEPTIONS: IEM RULEBOOK (REFEREE HANDBOOK)

TRAVELLING EXCEPTION

Referees should allow (2-3) steps in the INTRO division and (1-2) steps in the NOVICE division. Referees should enforce the traveling rule more and more as the season goes on.

DOUBLE DRIBBLING EXCEPTION

Referees should allow (2) per possession in the INTRO division and (1) per possession in the NOVICE division. Referees should enforce the double dribbling rule more and more as the season goes on.

3-SECONDS IN THE KEY EXCEPTION

NO 3-second in the key rule for INTRO and NOVICE division.

OVER-AND-BACK EXCEPTION

NO over-and-back rule for INTRO and NOVICE division.

SEASONAL PLANNING AND COACHING PHILOSOPHY

Involve the team in the discussion and the decisions in establishing the season's program. This will increase the awareness and the commitment to the goals set by the group.

Establish the goals, the priorities and the expectations for the Team, the Players and the Coach.

Fill the "Seasonal Planning Worksheet" by establishing first the areas of concern, then the specific goals to be reached in each area, and finally, the general policy and the strategies to be followed in pursue of the goals.

Conduct a number of planning sessions at the beginning of the year in order to involve the athletes in compiling a comprehensive list of goals that cover all aspects of the program.

Prepare yourself well in advance of the planning sessions. Establish your own personal "Seasonal Planning Worksheet."

Let the group make the planning. You can suggest or hint. The more the group contributes to the planning, the more likely they are to feel committed to the plan.

Be democratic but not "laissez-faire." It is important to be organized, appear confident, goal oriented and committed.

Encourage the group to set consequences for negative behavior, as well as some reward for positive behavior.

Stress fitness and its value. Explain long term benefits.

Teach all players to dribble and drive with either hand.

Teach all players to keep their head up and look for the open man as a very basic reaction.

Teach all players fundamentals of honest man-to-man defense.

Teach all players basic offensive reactions: the "go" or "give and go."

Teams will win more games in the long run if you stress basic skills, both offensive and defensive.

Encourage your players to perform all skills correctly at all times and do not be content to overpower a weak team with sloppy play.

Do not let the success of one player, no matter how talented he/she may be, dominate the team and make the experience less enjoyable for others.

Compile a final "Seasonal Planning Worksheet" reflecting the consensus and distribute for reference as to the required commitment. Copies can also be distributed to parents, teachers and other persons that bear significance to the social world of the group.

Participant Leadership can be a great source of enthusiasm and group morale.

HYDRATION

The Coaching Association of Canada recommends the following:

IMPORTANCE OF FLUIDS

Proper Hydration is important for all athletes in order to:

- 1 - Replace water lost as a result of sweating.
- 2 - Avoid marked decreases in performance that result from hydration.
- 3 - Help maintain core body temperature within acceptable limits during exercise.

EFFECTS OF DEHYDRATION ON PERFORMANCE

Dehydration negatively affects performance and is associated with premature fatigue. This is particularly the case for prolonged aerobic exercises such long distance running or cycling, but athletes competing in team sports or events of short duration can also be affected by dehydration.

Ironically, dehydration reduces the capacity of the digestive system to absorb water. Athletes should not wait until they are dehydrated before they drink, as this slows re-hydration and causes gastric cramping.

FEELING THIRSTY AND DEHYDRATION LEVEL

It is well established that the sensation of thirst is not a good indicator of an individual's level of dehydration. When thirst manifests itself, approximately 2% of body mass has already been lost.

Consequently, one cannot gauge dehydration by referring to the sensation of thirst. Therefore during exercise, it is important to drink on a schedule rather than according to thirst.

If Thirst were the only point of reference used for determining fluid needs following profuse sweating, re-establishing optimal hydration could take 24-48 hours.

DRINKING FLUIDS BEFORE ACTIVITY

Athletes should drink plenty of fluid every day, particularly before a practice session or competition. Athletes who are well hydrated have the following characteristics:

- 1 - Sweating begins sooner, and is more abundant.
- 2 - An enhanced rate of absorption of the fluids consumed during exercise.

In practical terms, this means drinking 1.5 to 2.5 cups or 400 to 600 ml of fluid 2-3 hours before exercise. This allows time for excess fluid to be released as urine before exercise starts. To ensure complete hydration, consuming 0.5 to 1.5 cups or 150 to 300 ml of fluid 15 minutes before exercise is recommended.

DRINKING FLUIDS DURING ACTIVITY

Athletes should drink enough fluid to maintain fluid balance throughout the exercise. The amount of fluid an individual can tolerate during exercise varies from one individual to another, but usually ranges from 10-15 ml per kg of body weight per hour.

Example: Approximate quantity of fluid absorbed by the body in one hour (ml)

Body Weight (kg)	From	To
30 kg	300ml	450ml
40 kg	400ml	600ml
50 kg	500ml	750ml
60 kg	600ml	900ml
70 kg	700ml	1050ml
80 kg	800ml	1200ml
90 kg	900ml	1350ml

Rather than drinking large amounts of fluid at one go, it is better to drink 0.5 to 1.5 cups or 150 to 350 ml of fluid every 15 to 20 minutes or as much as one can tolerate without feeling any discomfort.

Athletes rarely consume enough fluid to maximize the absorption capacity of the digestive system or to balance fluid losses. Increased fluid intake during exercise will improve fluid balance for most athletes.

SPORT DRINKS

Sport drinks containing carbohydrate are recommended for activities lasting more than 60 minutes without interruption. Several studies suggest an improvement in performance as a result of drinking sport drinks, which promote optimal performance by providing fluid and carbohydrates. When exercise lasts less than one hour, consuming a sport drink will probably not improve performance significantly. In this circumstance, drinking water should be adequate unless it is hot and humid, in which case a sport drink is recommended.

STRATEGY FOR ENCOURAGING HYDRATION IN CHILDREN

Recent studies show that children's consumption of fluids is increased when drinks contain carbohydrates 40-80g per L and a little sodium. It is suggested that the coach encourage this type of drink rather than plain water in order to ensure that children take in enough fluids when they exercise in hot weather.

REHYDRATION AFTER ACTIVITY

After an exercise where sweating has been profuse, it is extremely important to replace fluid. This sensation of thirst is not a good gauge. Consequently, forced rehydration is often necessary. It is possible to estimate how much fluid a person has lost during exercise by weighing before and after activity. The difference in kg represents the amount of fluid lost, in litres, since 1 litre of water is equal to 1 kg of water. For each kg of body weight lost, at least 1 litre of fluid plus an extra 0.5 litres should be consumed. It is important to drink more than one litre per kg of body weight lost to account for urinary losses.

The colour and amount of urine are an easy way for athletes to monitor their dehydration level. Scanty, dark urine signals a need for more fluid. In this case athletes should force themselves to drink more fluids. Plenty of clear coloured urine usually indicates adequate hydration.

STRATEGIES TO PROMOTE RECOVERY

Nutrition between Games at Tournaments:

When there are two or more competitions the same day, it is primarily the time available between games that will determine the quantity and type of food consumed.

In general terms it is better to consume snacks high in carbohydrates between each game and wait until the end of the day to consume a more substantial meal. It is also important to ensure that athletes consume enough fluid between each game.

Recommendations for Replenishing Reserves after Activity:

For rapid recovery, it is important that athletes refuel immediately after a practice session or game.

Athletes should to Promote Recovery:

- 1 - Drink plenty of fluids as per the guide previously outlined.
- 2 - Consume carbohydrates soon after activity; as soon as possible after exercise preferably within 30 minutes. This procedure should be repeated every 2 hours until the next meal. This allows the muscle energy stores to be replenished at a faster rate than if the athlete waits until mealtime to consume carbohydrate rich foods. Athletes usually find it easier to consume liquid carbohydrate such as fruit juices rather than solid foods since exercise dulls the appetite.
- 3 - The meal after exercise should be high in carbohydrate, adequate in protein and relatively low in fat. Carbohydrate rich foods should constitute the meals and snacks that follow intense effort to ensure that the carbohydrate stored in the muscle can be replenished quickly.
- 4 - Moderate amounts of salt and a few portions of salty foods should be consumed, for example tomato or vegetable juice, pretzels, cheese or salted nuts.
- 5 - At least three portions of potassium rich foods are recommended such as potatoes (not fried), vegetables, fresh fruit or dried fruit.
- 6 - Think ahead! Non-perishable foods can be brought to the tournament or practice.

TECHNICAL EVALUATION

Player's Name: _____

Technical Skills	Need to Improve	Average	Good	Very Good	Excellent	Remarks
Ball Handling and Control						
Dribbling						
Passing						
Shooting: Lay-Ups						
Shooting: Foul Shots						
Shooting: Perimeter						
Offense						
Defense						
Aggression						
Fitness Level						
Overall						

Non-Physical Attributes (Attitude, Confidence, Work Ethic, Interpersonal Relations, Group Dynamic)

Where do we focus next? _____

Date: _____ Signature of Coach: _____

PLAYER GUIDELINES

We must be honest to the coaching staff and responsible with each other. Coaches must be able to speak to players. Players must be able to speak

We must have respect for each other and our opposition, regardless of their behaviour or attitude.

We must be tolerant, caring and generous. We must accept the weaknesses of our teammates. They are aware of their own weaknesses and are setting goals to improve. Teammates should always encourage each other.

We must be self-critical and be constantly evaluating our abilities.

Players must be dressed in the proper uniform upon arrival at all facilities. This includes tracksuit, jersey, shorts, socks, and shoes.

Players must wear their uniform properly. No undershirts, no shorts rolled down, shirts must be tucked in from the shorts. Long hair must be pulled back from face.

Players must bring their pumped up balls to practices.

There will be no jewelry worn during practices and games. This includes rings, bracelets, necklaces, chains, studs, etc. Hair accessories must be made of soft materials. No metal or hard plastic may be worn in player's hair.

We must be punctual to practices and to games. Players must arrive and be ready at a minimum of 5 minutes before every practice and a minimum of 15 minutes before each game. Players who are late may not start the game.

Call and/or e-mail your coach as soon as you become aware that you will be unable to attend practices or games.

We must have high level work ethic. This includes warm-up, drills and scrimmages. You must get the proper rest, sleep and nutrition to do this.

Review your goal setting regularly. This will help you maintain your motivation working towards your goals.

We will follow the etiquette of greeting all staff and fellow players. We will also have a team huddle before each game. This creates team cohesion.

Positive encouragement of teammates is essential to their success and development.

Abuse of officials, teammates or opposition will not be tolerated. The Fair Play Policy mandated by the OBA will be followed by all players parents and coaching staff.

Players will sit quietly on the bench and focus on the practice and/or game.

PARENT GUIDELINES

IEM will always recognize the efforts and support of parents. However, parents must be aware of the following:

Please get your child to practices and games on time. Commitment and respect are important values that help to develop disciplined players.

Please do not criticize your child's play or abilities in the sport.

Please do not demand too much of your child.

Please do not blame or judge your child.

Please support your child's effort without speaking about specifics of their game or practice. The coaching staff can address specific issues. Comment supportively about your child's effort.

Please do not compare your child to other children as this may create animosity toward fellow teammates and adversely affect team cohesion.

The staff and parents must understand a player's limitations. Positive reinforcement and clear, calm communication will help players acquire skills and realize their individual potential. Blaming, judging, comparing and criticizing will simply undermine self-confidence. Players must feel the support of their authority figures. Basketball must be gratifying and encouraging and fun. Players must be able to work freely in a calm and encouraging environment. The sport of basketball should be a positive personal development tool for your child.

We request that parent's refrain from talking to each other during practices. If a parent is coaching their child from the sidelines during practices or games, the coach will have the option of asking the parent to refrain from this behavior and/or ask the parent to leave the gym.

INJURY GUIDELINES

When the athlete sustains an injury in practice or during a game, the coaching staff assesses the injury, may move the athlete from the floor, treat the injury and speak to the parent, if required. Parents should stay away from their children unless asked to by the coaching staff to assist. Coaches should be notified prior to the start of practice or game if a player has sustained an injury outside of basketball or is not feeling well. All players with chronic medical conditions such as asthma, diabetes or allergies must have their medications with them at the team bench in an easily identified athletic bag. Tying a bright coloured ribbon along with a large name tag is recommended.

COACHES AND PARENTS RESPONSIBILITIES

COACHES RESPONSIBILITIES

Coaches must encourage parents to accompany their children and attend the practices and games. A coach shall not transport or remain alone with any of his/her players; with the exception of their own children. Should the coach notice an unattended child, he/she will attempt to get another parent to remain with him/her until the child is picked up. He/she will report the occurrence to the league office. In the event that all other parents have already left, he/she should remain with the child until picked-up and should immediately report the occurrence to the office. Should the parent fail to assure that a designate parent is available and the event continues to occur, the parent shall face disciplinary action, which could include player suspensions and the possible removal of the player from the league.

A coach is responsible for the team under his/her care including his/her staff, parents and supporters and must fulfill his/her team responsibilities.

It is the responsibility of the coach to make himself/herself fully aware of, and uphold, the Rules, Policies and Procedures of the IEM Basketball League and report any exceptions.

The coach shall, at all times, act in a professional and constructive manner and maintain a positive attitude towards all, while representing the interests of the league and his/her players.

It is the responsibility of the coaches to protect the referees from abuse, verbal or otherwise, regardless of the source; including parents and spectators.

It is the responsibility of the coach to distribute all materials provided by the league, to each player, including any practice balls, flyers, rules, schedules etc.

PARENTS RESPONSIBILITIES

It is the responsibility of the Parent (or their designate) to accompany and stay at the court of play with a child. A coach can't transport or remain alone with any of his/her players, with the exception of his/her own children. Should the coach notice an unattended child, he/she will ask another parent to remain with him/her until the child is picked up. He/she will report the occurrence to the league office. Should the parent fail to assure that a designated parent is available and the event continues to occur, then the parent shall face disciplinary action, which could include player suspensions and the possible removal of the player from the league.

It is recommended by the IEM Basketball League that parents attend all of their child's practices and games, giving them moral support.

No parent, spectator or coach may sit behind the basket and/or end line.

No parent, spectator or coach may enter gymnasium facilities wearing winter boots or outdoor footwear.

No parent or spectator shall enter the court of play during the game or at any stoppage of play, without the permission of the referee.

It is the responsibility of the parent to make himself/herself fully aware of the Rules, Policies and Procedures of the IEM Basketball League.

DISCIPLINE COMMITTEE AND RULES

DISCIPLINE

The IEM Basketball League deals with any misbehaviour by its members through a Discipline Committee. The Discipline Committee shall consist of the President of IEM Basketball League Inc. and the Director and/or Convenor of the division.

Players ejected from a game shall be notified in writing of the length of their suspension.

A Player, Coach, Team Official, Parent or Spectator ejected from a game shall be notified in writing of the length of their suspension.

Should an offending party wish to appeal the decision, then they shall be required to attend the next scheduled discipline meeting.

Any Player, Coach, Team Official, Parent, Spectator and/or Team may be subject to disciplinary action for flagrant or persistent violation of IEM Basketball League's "Rules of the Game."

Decisions of the Discipline Committee may be appealed, with cause, in writing, to the Board of Directors. The decision of the board shall be final.

Any decision regarding discipline and suspensions, which can't be satisfied during the current season, shall extend into any of the following seasons.

FAIR PLAY CODE FOR COACHES

I will encourage my players to be true team players and work for the good of the team.

I will remember that winning isn't everything and work to make sure my players also have fun and improve their skills.

I will always encourage my players to play fairly and obey the rules of the game.

I will respect the officials by accepting all of their decisions, even if they make mistakes, in order to set a good example for my players. (Remember that our volunteer refs are doing their best)

I will encourage, support and do my best to give equal playing time to each of my players to help them to achieve their personal best in basketball.

I will recognize and give credit for the efforts and ability of all of my players regardless of their skill level.

I will treat coaches, opponents and all of my players with respect.

I will help my players to enjoy each game they play – win, lose or draw.

FAIR PLAY CODE FOR PLAYERS

I will do my best to be a true team player and work for the good of the team.

I will remember that winning isn't everything and that having fun with friends and improving my skills are also important.

I will play fairly and obey the rules of the game.

I will respect the officials by accepting all of their decisions.

I will work at achieving my personal best and not get discouraged.

I will learn to recognize and give credit for the efforts and ability of other players, teammates or opponents.

I will treat other players, coaches and opponents with respect.

I will enjoy each game I play – win, lose or draw.

SPECIAL BALL HANDLING AND SHOOTING DRILLS

- SKILLS NO.1 SET-SHOTS: NUMBER OF BASKETS IN 60 SECONDS - SHOTS MUST BE OUTSIDE THE KEY
- SKILLS NO.2 DRIBBLE: FASTEST PLAYER TO DRIBBLE UP AND DOWN THE COURT TWICE
Encourage players to do this drill using both the right and left hand.
- SKILLS NO.3 BALL CONTROL: NUMBER OF TIMES PLAYER CAN MOVE BALL AROUND THE WAIST IN 60 SECONDS
Encourage players to do this drill keeping their head up and/or keep their eyes closed.
- SKILLS NO.4 FIGURE-8: NUMBER OF TIMES PLAYER CAN FIGURE-8 AROUND THE LEGS IN 60 SECONDS
Encourage players to do this drill keeping their head up.
- SKILLS NO.5 FOUL-SHOTS: NUMBER OF BASKETS OUT OF 10 SHOTS
- SKILLS NO.6 RUNNING: FASTEST PLAYER TO RUN UP AND DOWN THE COURT TWICE
- SKILLS NO.7 FASTBREAK: FASTEST PLAYER TO DRIBBLE AND MAKE A LAY-UP ON BOTH BASKETS
Encourage players to do this drill using both the right and left hand.
- SKILLS NO.8 BALL HANDLING: NUMBER OF TIMES PLAYER CAN DRIBBLE AROUND THE LEG IN 60 SECONDS
Use the right hand to dribble around the right leg, and left hand to dribble around the left leg.
Encourage players to do this drill keeping their head up.
- SKILLS NO.9 3-POINT: NUMBER OF 3-POINT BASKETS OUT OF 5 SHOTS
- SKILLS NO.10 FIGURE-8 DRIBBLE: NUMBER OF TIMES PLAYER CAN DRIBBLE AROUND THE LEGS IN 60 SECONDS
Dribble the ball around the right and left leg in a figure 8 fashion keeping both feet on the floor.
Use the right hand to dribble around the right leg, and left hand to dribble around the left leg.
Encourage players to do this drill keeping their head up.
- SKILLS NO.11 FINGER-TIP: LENGTH OF TIME PLAYER CAN PASS THE BALL BACK AND FORTH OVER THEIR HEAD
Player's hands and arms should be raised above the head at all times.
Throw the ball from one hand to the other until ball is dropped.
Players should use their fingertips to throw the ball from hand to hand.
Encourage players to do this drill keeping their eyes closed.

Benefits - Players learn the feel of the ball. Players learn basketball stance positions and drills help to strengthen wrists and lower arms.

Variation - Have players use larger balls and/or medicine balls. Increase number of repetitions.

60 MINUTES SELF-IMPROVEMENT PLAN

DRIBBLING

Dribble in correct form, forward, backward, stop, start, change hands, circle forward and back etc.
(5 MINUTES)

PASSING

Use all types of passes correctly against the wall with bounce to floor and return, if alone, or to each other in dual situation.
(5 MINUTES)

ALTMAN JUMPS

Jump and touch rim or backboard or net depending on height. Jump repeatedly six times without shifting weight on contact with floor. Rest for 10 seconds and repeat several times.
(5 MINUTES)

REBOUND CONTROL

For 2 to 3 minutes each, rebound the ball against the backboard using each of four techniques: two hand, left hand, right hand, alternate left, right, two hand.
(10 MINUTES)

DEFENSIVE SLIDES

Assume correct defensive position, slide forward, backward, left, right. Use 3 step slide and stop, change direction.
(5 MINUTES)

LAY-UP SHOTS

Shoot 50 shots in 5 minutes using drive from top of foul circle, recover, shoot, recover, etc. Lay-up shots from right, left, down center, cross over, cross under, etc.
(5 MINUTES)

DEFENSIVE RUNS

Assume correct defensive stance, run 5 steps, stop, change, run forward, backward left, right. Fast. Keep balance on stopping.
(5 MINUTES)

INTERMEDIATE SHOOTING

Shoot 20-25 shots in 5 minutes. Shoot 15-21 feet out. Follow shot after follow-through, before it touches floor, return to shooting area, shoot, follow return, etc. Try for 10-13 or more of 25 attempts
(5 MINUTES)

ROCKHURST SPECIAL

From the free-throw line run and jump high to touch backboard on alternate right and left side of the rim, run back to foul line, run touch backboard, then back to foul line. Continue at high speed for at least 12 trips in one minute, rest 10 seconds, continue. 50 trips or more in 5 minutes is good
(5 MINUTES)

COURT-LENGTH SPRINTS

Sprint the court length at top speed, walk across the end line at moderate speed, sprint the length of the basketball court again, etc.
(10 MINUTES)

BASKETBALL DRILLS

Although, there are age levels on these drills, by no means, does this mean that 17 year olds shouldn't be doing drills that 6 year olds can do (Example: Form Shooting). It also does not mean that 11 year olds can't perform drills that 15 year olds can't do. Of course, a group of 12 year old talented kids that have played since 6 years old are going to be able to do some advanced drills. In contrast, some 12 year old kids should be using all the drills under Elementary Level.1, because they have never played before. This is just a standard to provide some clarity for the coach.

FORM SHOOTING

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill will improve shooting form and develop good shooting habits, so once players get in a game, they will consistently use proper form without thinking about it. This simple drill is critical for youth player and can greatly improve shooting percentages for all types of players. All youth coaches should run this drill almost daily.

First of all, it's important to understand that this drill requires you and all your players to pay very close attention to the details. It also requires a lot of repetitions. This is all about developing perfect shooting form, so once you get in a game you use the proper form without even thinking about it.

INSTRUCTIONS

NOTE: For the First time around, you'll need to demonstrate proper technique to all your players.

01. Each player needs to grab a basketball and find a basket. It works best to have three players (or less) at each basket. Two players on each side of the basket and one in front.
02. Each player should stand about 2-feet from the basket (do not stand farther back).
03. For right handed shooters, your right foot should be centered with the basket and pointing directly towards the middle of the basket.
04. Your left foot should be positioned shoulder width apart in a comfortable position. Most players leave their left foot slightly behind the other foot. The left foot should be pointing in the relative area of the basket, but probably should not be pointing directly at it. Most players feel the most comfortable with their left foot pointing just to the left of the basket.
05. Bend your knees at a comfortable angle somewhere around 45 degrees.
06. Now, if your feet are aligned properly, then the rest of your body should follow suit.
07. Hold the ball in your hand, palm facing up. Your non-shooting hand can dangle to the side.
08. Slowly bring the ball in and hold it as if you were shooting with one hand.
09. Your arm should form a 90 degree angle.
10. Your tricep should be parallel to the floor and directly above your right leg.
11. Your wrist should be bent with fingers spread out. The ball should be sitting on your finger pads NOT your finger tips.
12. Your index finger should be at the center of the ball.
13. Pause. This is when you make sure your arm, feet, and everything else is in the correct form.
14. Look at the front of the rim.
15. Proceed to shoot with one hand, leaving your off hand to the side. The player should use his/her legs in every shot. At the end of the shot the player should be up on his/her toes. This is very important because players generate most of their strength from their legs to shoot the ball to the basket.
16. Hold your follow through. Tell your players "It's like reaching into a cookie jar."
17. Grab the ball and repeat the process.
18. Get the ball quickly, but don't hurry your shot. Take your time!
19. Each player should perform a minimum of 20 repetitions, but 50 or 100 would be better.

PROGRESSION

As players master this skill, you can progress to other variations:

01. Use two hands instead of one. Just make sure the off hand is on one side of the ball and not used to propel the ball.
02. Do a jump shot. You should still stay 2-feet from the basket.
03. Flip the ball to yourself, pivot, and shoot a jump shot. Again, stay close to the basket and make sure you have proper form, even though you are going slightly faster. Do not sacrifice form.

For more advanced players, you should commonly start with one hand form shooting and progress all the way to pivots. You should generally spend a few minutes on each progression, and check all the players to make sure their form is not slipping.

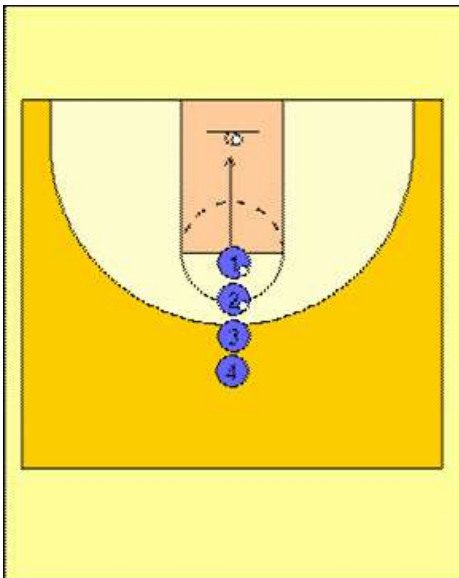
POINTS OF EMPHASIS

Continually tell the players to:

01. "Hold your follow through."
02. "Take your time, and always make sure your form is perfect."
03. "Bend your knees."
04. "Do not stand back too far! Stay just a couple of feet from the basket."

MOTIVATION and TEACHING TIPS

- Tip#1 - Tell your players "Once you get good at it, don't think you can stop. There are NBA players who do form shooting every day!".
- Tip#2 - Assign a coach to each basket to make sure the players are using proper form. Help them correct any problems. If they don't do it properly, this drill is a waste of time.
- Tip#3 - Make sure your players do not dip one shoulder or lean too far forward. When shooting, you want your players to have an erect torso. Use the phrase "shoot tall".
- Tip#4 - If you as a coach do not know all of the aspects of proper shooting form, consider picking up a good shooting video. The basics are covered above, but there are more things to look for, like hand placement on the ball, and so on.



RUNNING

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is simple, but it will help your players condition themselves. It will teach them how to sprint up and down the court, and improve their endurance.

INSTRUCTIONS

01. Form multiple lines, depending on the number of players.
02. On the whistle, players will sprint down the court.
03. Players must touch the opposite baseline with their hand, turn around, and sprint back.
04. The player that finished 1st will be rewarded by getting a drink of water.
05. The remaining players will re-execute the drill again.
06. This drill will continue until the last player runs the drill by themselves.

POINTS OF EMPHASIS

Continually tell your players to:

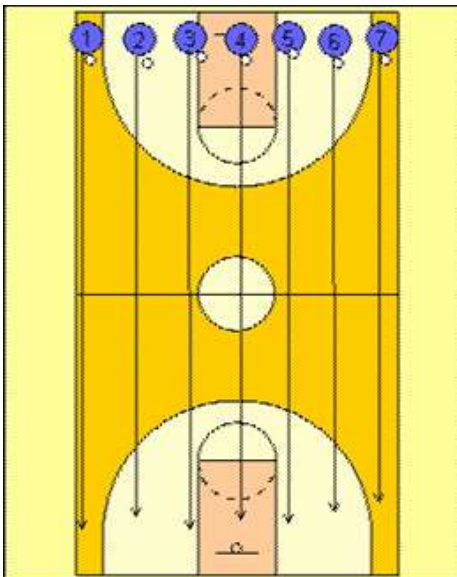
01. "Keep your head up when running and don't look at your teammates."
02. "You must touch the line with your hand."
03. "If you put your mind and heart into it, then you'll come out on top."

MOTIVATION and TEACHING TIPS

Tip#1 - This drill is a great way to keep your players conditioned. Use this drill as a break from some of the more necessary, tedious parts of the practice. It should also be used as the last drill before a scheduled water break.

Tip#2 - If players do not touch the line with their hand, then disqualify them and make them run up and down the court an additional time.

Tip#3 - If you want to change the drill before each water break, then introduce a basketball, where the players must dribble up and down the court instead of running.



PARTNER SHOOTING

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This helps the players improve shooting off the pass. It simulates a shot being kicked out from the post.

INSTRUCTIONS

01. Player 2 passes the ball to Player 1.
02. Player 1 has the ball and shoots.
03. Player 1 runs after the rebound.
04. Player 2 positions themselves somewhere on the court.
05. Player 1 passes the ball to Player 2.
06. Player 2 shoots, gets their rebound.
07. Player 1 repositions themselves on the court to shoot.
08. Player 2 passes him the ball.
09. Player 1 shoots, gets their rebound, and passes to Player 2.
10. Repeat this over and over.

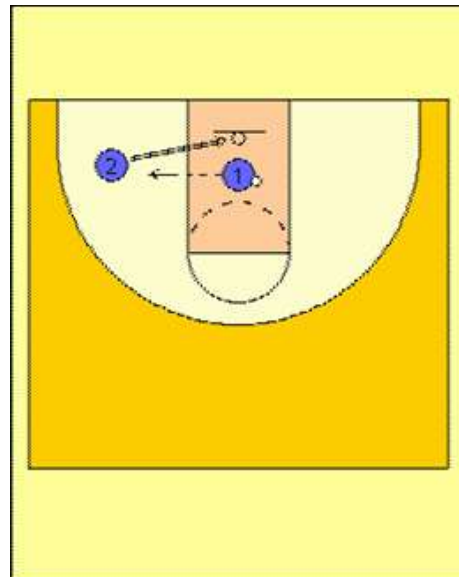
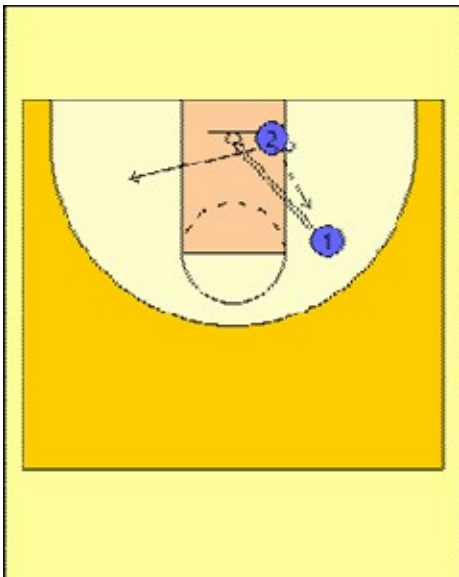
POINTS OF EMPHASIS

Make sure players are moving to different spots on the floor and emphasize good fundamentals on the shot and the pass.

MOTIVATION and TEACHING TIPS

Tip#1 - See which 2 players can make the most shots in 30 to 60 seconds.

Tip#2 - You could also add the variable after Player 1 passes the ball to Player 2. Player 1 goes to box out Player 2 after they shoot (only for a brief second). This will help work on shooting and boxing out (rebounding).



KNOCKOUT

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

Your players will love this drill! This is a great drill to break up the monotony of practice while also helping your players deal with pressure situations, namely, free throws late in the game. Hitting free throws down the stretch can be the difference between a win and a loss.

INSTRUCTIONS

01. Line your players up at the free throw line in single file. Give the first two players in the line a basketball.
02. On your whistle, the first player in line will shoot a free throw. If they make it, they will retrieve the ball and pass it to the next person in line without a basketball. If they miss, they must retrieve the ball and make a lay-up.
03. The next player in line is allowed to shoot a free throw as soon as the previous player's ball hits the rim or goes through the net. If the previous player misses, the next player is attempting to make a free throw (or rebound shot) before that player makes their rebound shot.
04. If the scenario in step 03 occurs, then the previous player has to sit out for the rest of the drill.
05. This process continues until only one player remains.

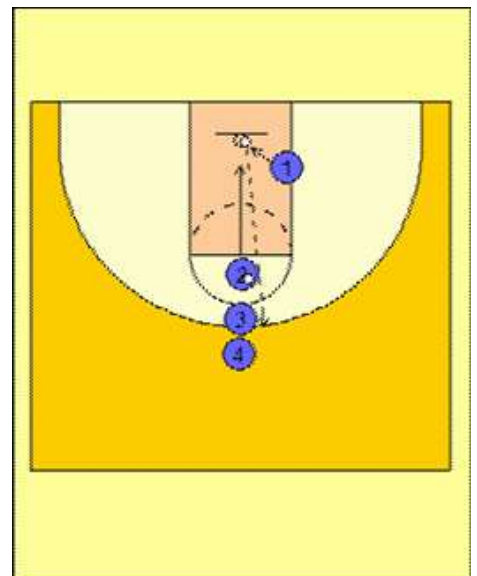
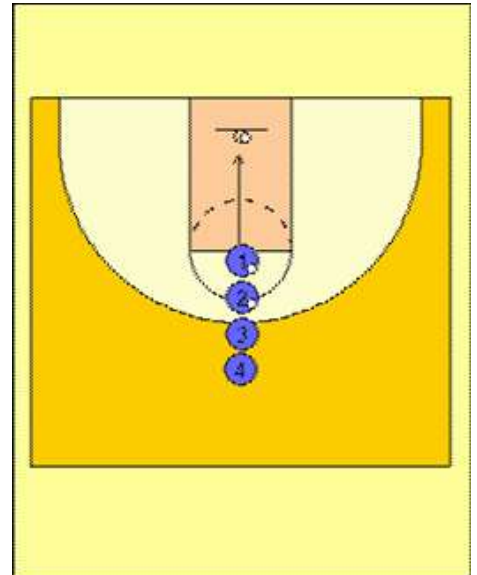
POINTS OF EMPHASIS

Continually tell the players to:

01. "Stay behind the free throw line before shooting."
02. "Wait until the ball hits the rim on the free throw before going to rebound it."
03. "Avoid rushing too much to prevent ruining your shooting mechanics."

MOTIVATION and TEACHING TIPS

- Tip#1 - This drill is a great way to keep your players from getting bored. Use this drill as a break from some of the more necessary, tedious parts of the practice.
- Tip#2 - Set up a situation for them, for example, if a player makes this free throw, tell them there will be no running at the end of practice. This will put a little added pressure on the individuals.
- Tip#3 - If you notice some of your players starting to cheat (shooting in front of the free throw line and/or knocking another player's ball away), then make them sit out until the next game.
- Tip#4 - Have fun!



HALF MOON

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This is a fun drill that does it all. It teaches players how to catch and shoot, follow their shot, slide out to a shooter, and make good passes.

INSTRUCTIONS

01. Divide your squad into two teams. Scatter your players around the three point line on each end of the court. For youth players have them about 10 to 15 feet away from the basket.
02. Give the ball to one player in the corner (on each end of the court).
03. On the whistle, the player on each side of the court that has the ball will take a shot. They will follow their shot and pass it to the next player.
04. The first shooter will then slide out and put pressure on the new shooter.
05. This process will continue until one team reaches a set number of baskets and is declared the winner.

POINTS OF EMPHASIS

Continually tell the players to:

01. "Get the shot off quickly by getting prepared before you catch the ball and make sure your knees are bent and feet are square to the basket before catching the ball."
02. "Refrain from sacrificing good shooting form by taking a quick shot."
03. "Go straight up with the jump shot and don't start going after the rebound before the ball leaves your hand."
04. "Focus on jumping straight up and down."

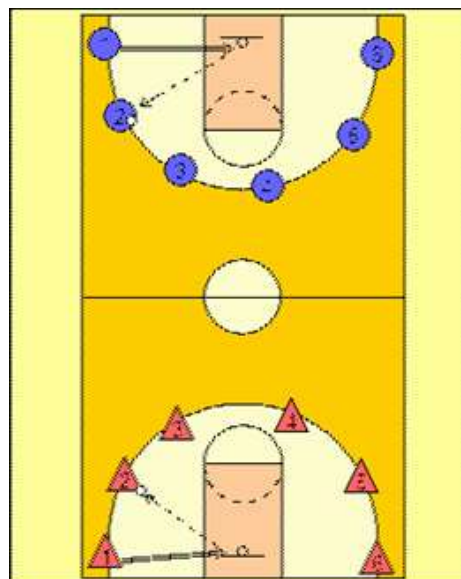
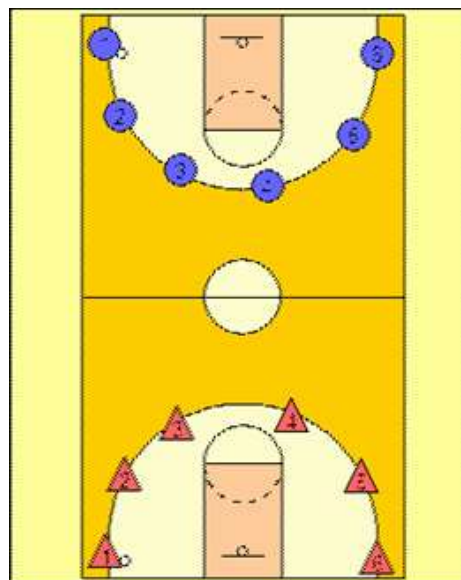
MOTIVATION and TEACHING TIPS

Tip#1 - It is very important to make sure your players are always using good shooting form and technique. Continually watch them and immediately fix any problems. Feet should be square to the basket, knees bent on the catch, follow through, and so on.

Tip#2 - Make sure your players jump straight up and land exactly from the point they jumped. It makes the player's shot difficult to block. If you find the players are lunging forward or not landing where they first jumped, then tell them they cannot cross the 3- point line until the ball hits the rim.

Tip#3 - After the first game, have the players switch sides of the court.

Tip#4 - Make it a best of 3 or 5 series to add extra intensity to the drill (more competitive by rewarding the winner).



JUMPERS & FREE THROWS

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This is a fun, competitive, and great all around shooting drill that players enjoy. The drill will improve jump shooting, free throws, and lay-ups.

INSTRUCTIONS

01. Divide your squad into three teams. One player should line up on the free throw line and the rest of their team standing behind. Another two players should be on either wing, inside the three point line, their teams lined up behind them.
02. On the whistle, the first player in each line will attempt a jump shot and then follow the shot. If it goes in, then the player will make a lay-up. If it doesn't go in, then the player will sprint to the other end of the court and make a free throw with one of the three basketballs lying along the free throw line.
03. The second player in line will repeat this process. Each basket (except for the free throw) is worth one point. The first team to get to a set number of points wins the game.

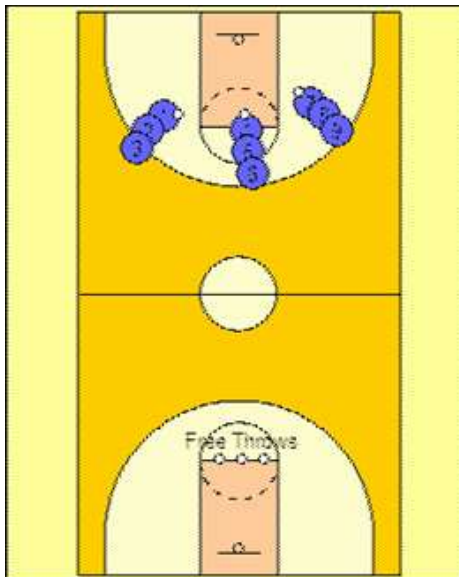
POINTS OF EMPHASIS

Continually tell your players to:

01. "Make sharp passes to your teammates."
02. "Shoot the free throw like in a real game situation."
03. "Make the lay-up with the correct hand (right hand on right side, left hand on left side)."
04. "Put the ball back on the free throw line after making the free throw."

MOTIVATION and TEACHING TIPS

- Tip#1 - You can make a rule that states that no more than one player from each team can shoot a free throw at one time. This will make it a bit harder for the team to score points at the other end of the court.
- Tip#2 - If you want the drill to go faster, then have one of the coaches rebound the free throws so players don't have to chase after the ball every time they miss. For conditioning purposes, it is good to make the player run after their own rebound.



PASS AND RELOCATE

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill will teach your players to move without the ball and to be ready to shoot off the move.

INSTRUCTIONS

01. The offensive player will start on the wing with a basketball. The post player will be located on the block.
02. The offensive player will pass the ball into the post, run to the corner, receive a return pass from the post, and take a jump shot.
03. The offensive player will remain in the corner, and the post player will return the basketball to them. The offensive player will then make a pass into the post again, run back to the wing, and take another jump shot.
04. Repeat this drill as necessary, using both sides of the court to work on the drill.

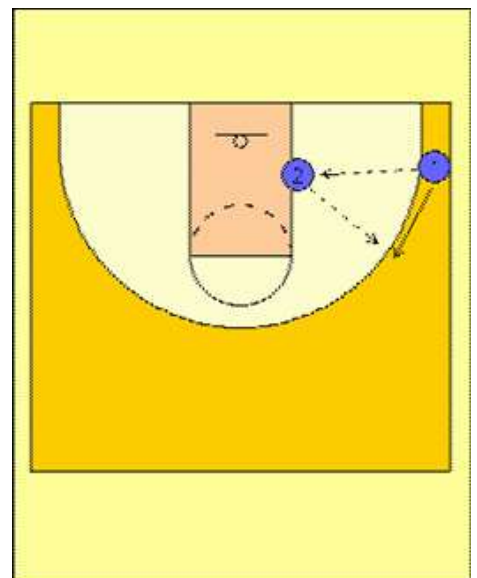
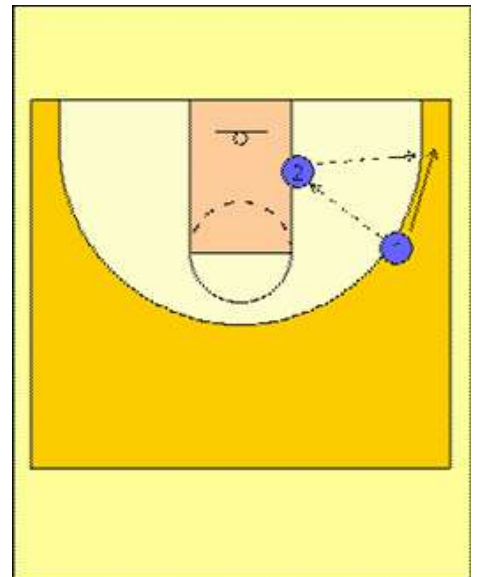
POINTS OF EMPHASIS

Continually tell your players to:

01. "Be ready to shoot before the ball arrives."
02. "Make different kinds of passes into the post, pretend there is a defender in front of you trying to deny the pass into the post."
03. "Run hard to the spot you are going to shoot from (game speed), jogging to a spot will get you nothing but a seat on the bench in a game situation."

MOTIVATION and TEACHING TIPS

- Tip#1 - Run this drill from the left hand side of the court as well so players can adjust to both sides of the court.
- Tip#2 - If you want to make the drill a bit more challenging, then put a defender on the ball before it goes to the wing. This will force the offensive player to work a little bit harder to achieve the purpose of the drill.
- Tip#3 - The offensive player doesn't always have to catch and shoot immediately. Put a wrinkle in the drill by letting the offensive player take a hard dribble to one direction or the other before taking the shot. You can also add a pump fake and hard dribble before taking the shot.



BANG BANG!
(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill will help players develop a quick shot off the pass. If players can master a quick and accurate shot, then the defense will have an extremely hard time stopping your team.

INSTRUCTIONS

01. Position a player on each wing and one at the top of the key. One of the wing players will have the ball to start.
02. The wing player with the ball will fake a pass to the post and then fire an overhead pass to the point. The point will then throw a chest pass to the other wing.
03. The wing that is receiving the ball should catch the ball, pivot so they is squared up to the basket, and take a shot. For youth players have them about 5 to 10 feet away from the basket.
04. The shooter follows his/her shot and throws it back to the starting point. Everyone that was in the front of the line will rotate counter clockwise to the back of the line.
05. The process will start over again, and will be repeated until the coach feels the drill is being run correctly.

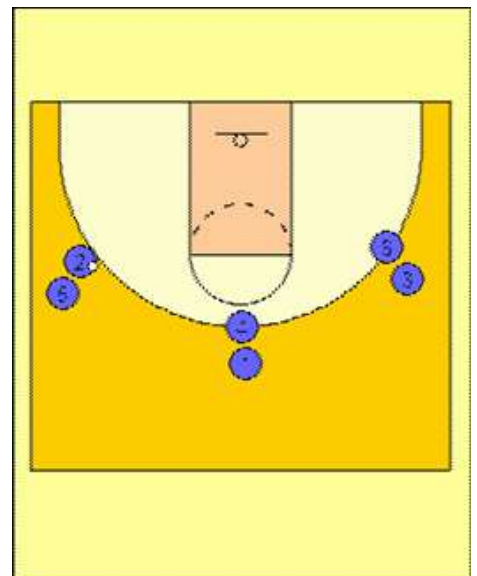
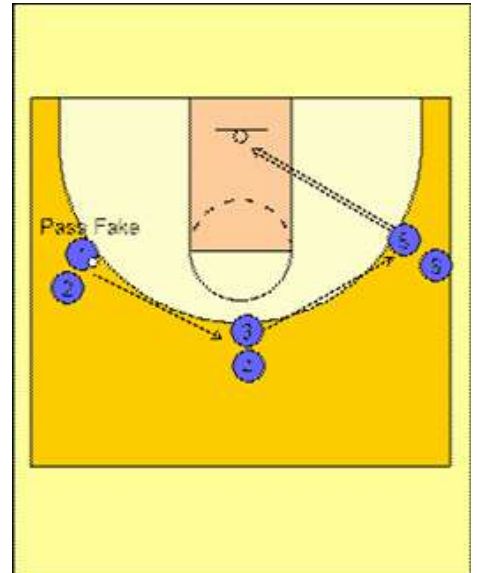
POINTS OF EMPHASIS

Continually tell your players to:

01. "Be ready to shoot before the pass gets there. Your knees should be bent right before you receive the pass."
02. "Provide a target with your hands where you want the pass."
03. "Make sure your feet and shoulders are squared to the hoop as the pass is being delivered."
04. "Don't just pass it in your target's general direction, aim for the target's chest."
05. "Always make crisp passes."

MOTIVATION and TEACHING TIPS

- Tip#1 - Run this drill in a clockwise fashion as well so players don't get used to going to only one side.
- Tip#2 - If you're looking for a time frame to use this drill, then set a number of baskets that have to be made before the team can move on to the next part of the practice. This will keep it interesting while at the same time accomplishing the intent of the drill.
- Tip#3 - The diagram shows the players standing by the three point line. If you are coaching younger players, then it might be a good idea to have everyone move in five feet (or more) so the players are able to maintain good shooting form.



PULL UP JUMPERS

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This is a simple yet effective drill that will teach players how to shoot an under control pull-up jumper. Mastering the jump shot off the dribble is an important skill for all players.

INSTRUCTIONS

01. Have your players start a line at the top of the key. The first two players in line should have a ball each.
02. The first player in line will take one hard dribble to either elbow. The player will then pull up and take a jump shot.
03. When the first player gathers in their rebound, the second player in line will begin the same sequence.
04. The first player will then pass the ball to the next player in line and sprint to the back.
05. The process will continue until you feel it is necessary to rotate or move on.

POINTS OF EMPHASIS

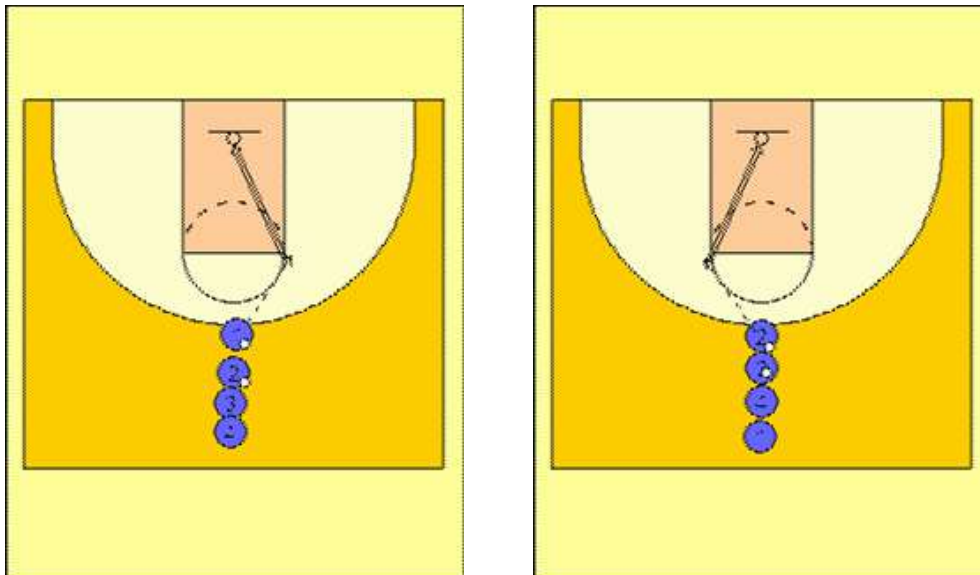
Continually tell your players to:

01. "Practice your form, this drill is not a race, so don't treat it like one."
02. "Make sure you are not drifting while you are shooting your jump shot. When you jump from a spot, you should land on the same spot."

MOTIVATION and TEACHING TIPS

Tip#1 - The spot the players take their shot from doesn't necessarily have to be the elbow, and the spot they start their dribble does not have to be the top of the key. Move your locations around a little bit and keep the drill interesting.

Tip#2 - Instead of just running to a spot, the players can run to a stationary defender instead. This will force the player to shoot over someone, making this drill more game like.



CUT AND CURL (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach players how to use their teammates' screens to create an open shot for themselves. A team using screens to get each other open can be a deadly scoring combination.

INSTRUCTIONS

01. The first player in line will start with the basketball on the wing. They will then pass it to the coach at the top of the 3-point line, cut hard to the basket, and then pop out and receive a return pass from the coach.
02. The player will then pass the ball back to the coach again and run around cones set up at various points in and around the paint.
03. The player will arrive at the free throw line, receive a final pass from the coach, square up, and then take a jump shot.
04. This player will then circle to the back of the line, and the next player in line will do the same thing that player 1 just completed, followed by player 3, player 4, etc.

POINTS OF EMPHASIS

Continually tell your players to:

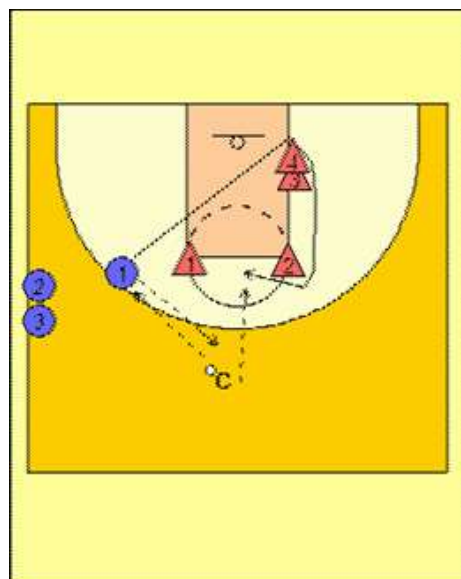
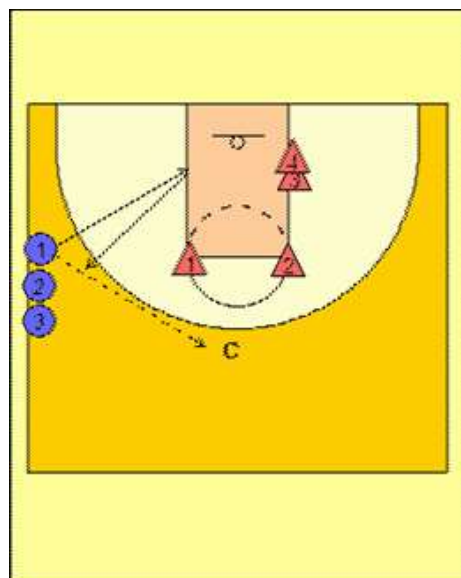
01. "Sell your cut, pretend that a defender is right there guarding you."
02. "Run very close to the cones as you're running off the phantom screens."
03. "Stay low when cutting, so your knees are bent when you catch the ball (Reggie Miller of the Indiana Pacers always stayed low and mastered this technique)."
04. "Square up to the basket before taking the jump shot."
05. "Make sure to make crisp chest passes."

MOTIVATION and TEACHING TIPS

Tip#1 - The screeners don't necessarily have to be stationary cones, they can be players. If you so choose, you can put an actual defender on the offensive player as well. This will force the cutter to rub off the screens, shoulder to shoulder, so they can get open.

Tip#2 - It might not be a bad idea to run this drill at a slower pace initially, and once the players get the hang of it, work your way up to game speed.

Tip#3 - Keep track of makes and misses, by player, for motivation. Reward the winner.



FAST BREAK SHOOTING (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will help teach players to quickly run down the court on transition and improve their ability to make transition jump shots under control.

INSTRUCTIONS

01. Align your players as shown in the diagram. All the corner players should have a ball, as well as the player at the free throw line.
02. The drill starts with the players in the top corners passing the ball to the players at the elbow closest to them.
03. The two players that just received the ball and the player that is at the free throw line will all take a jump shot. They will then get their own rebound.
04. The player initially at the free throw line will give an outlet pass to one of the corner players and then run behind that player. The player that received the pass will then dribble to the middle of the court and head to the opposite end.
05. These two players, along with the other corner player, will sprint down to the other end of the court. The two players running down on the wing that don't have a ball will receive a pass from the two players in the corner that haven't been part of the drill yet.
06. All three of these players will now take a jump shot.
07. The drill will continue with this sequence until the coach feels it is necessary to move on.

POINTS OF EMPHASIS

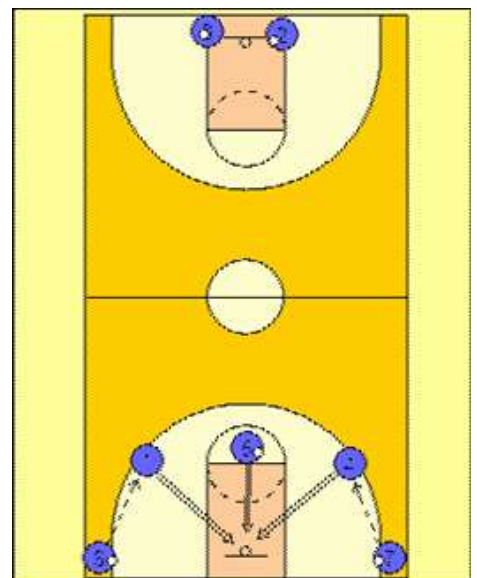
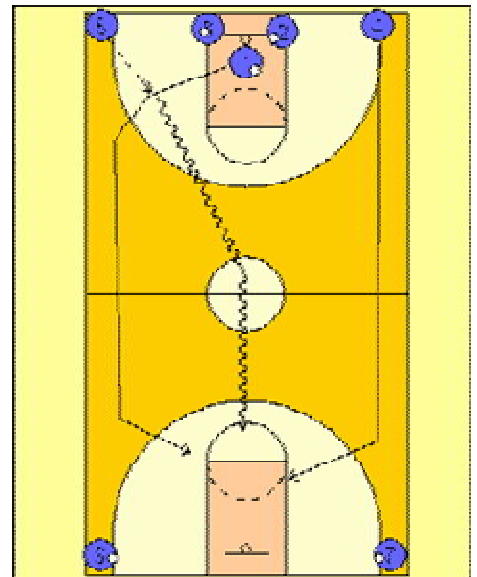
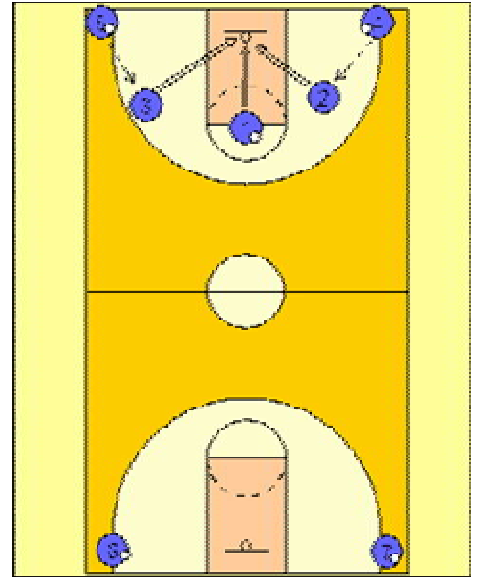
Continually tell your players to:

01. "Go straight up with the jump shot and don't let your momentum carry you forward during the shot itself."
02. "Work on getting the shot off quickly without ruining your form."
03. "Extend your dribble so you can run down the court just as fast as the players on the wing."

MOTIVATION and TEACHING TIPS

Tip#1 - Make sure the players are going at full speed. By being able to knock down jump shots off the fast break, your players will make a defender's head spin because he won't know whether to protect the basket from a lay-up, or jump out at the shooter.

Tip#2 - You can assign the middle shooter to pass the ball to one specific corner, but it may be best to keep the element of surprise in the drill. Have the middle shooter randomly pass the ball to either corner.



PENETRATE AND KICK (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to help players develop quick and accurate passing skills to set up the jump shot.

INSTRUCTIONS

01. Position a player on each wing and one at the top of the key. One of the wing players will have the ball to start.
02. The wing player with the ball will fake a pass to the post and then fire an overhead pass to the point.
03. The point player will then throw a chest pass to the other wing player.
04. Once the ball is reversed to the other side, the wing player with the ball will penetrate to the middle and kick it out to the other wing behind the three point line.
05. The shooter follows their shot and throws the ball back to the starting point.
06. Everyone that was in the front of the line will rotate clockwise to the back of the line.
07. The process will start over again and will be repeated until the coach feels the drill is being run correctly.

POINTS OF EMPHASIS

Continually tell your players to:

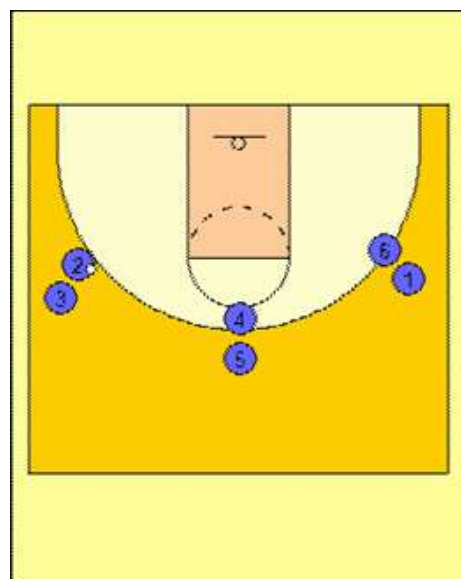
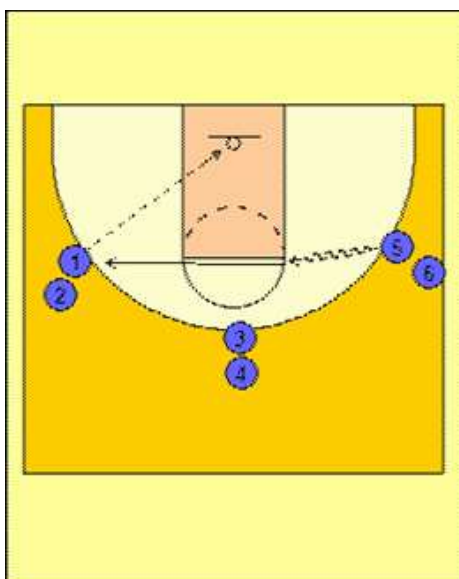
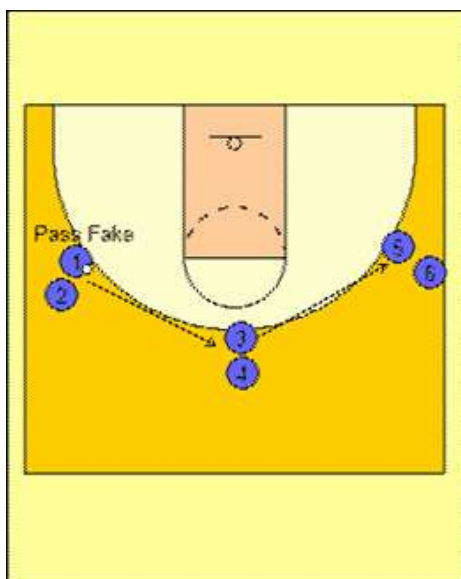
01. "Square up to the basket before taking a shot."
02. "Don't just pass it in your target's general direction, aim for the target's chest."
03. "Take a hard dribble into the middle and pretend that you're blowing by a defender."

MOTIVATION and TEACHING TIPS

Tip#1 - Run this drill in a counter clockwise fashion as well so the players don't get used to always going to one side.

Tip#2 - If you are looking for a time frame to use this drill, then set a number of baskets that have to be made before the team can move on to the next part of practice. This will keep it interesting while at the same time accomplishing the intent of the drill.

Tip#3 - The diagram shows the players standing by the three point line. If you are coaching younger kids, then it might be a good idea to have everyone move in five feet (or more) so the kids are able to maintain good shooting form.



ABOVE GROUND
(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will improve conditioning, passing on the run (fast break), and shooting off the break. It's also aimed at giving the team a sense of accomplishment by working together to score a set amount of points without allowing the ball to hit the floor.

INSTRUCTIONS

01. Divide your squad into three lines along the same baseline. Every player in the middle line will have a basketball.
02. On the whistle, the first player in each line will begin running down the court, passing the ball between each other.
03. When the players reach the other end, one of the players will take a jump shot (not a lay-up). If they make it, then they get two or three points, depending on where the shot was taken from.
04. If the player misses the jump shot, then the ball is NOT allowed to touch the ground, otherwise the team's score resets to zero.
05. If the ball does not touch the ground, then the teammate who rebounded the ball can put the ball back and earn one point for the team.
06. This group stays at this end and waits for the other groups to complete the drill. The drill will repeat itself going down to the other end.

POINTS OF EMPHASIS

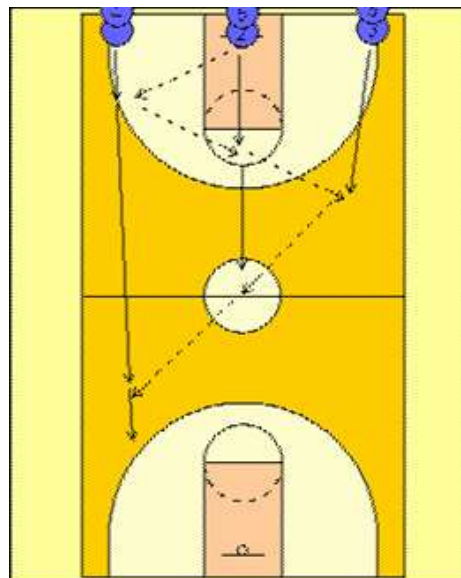
Continually tell your players to:

01. "Set your feet before taking the jump shot."
02. "Make crisp, catchable passes."
03. "Keep the ball from hitting the ground."
04. "Get in a good rebounding position."

MOTIVATION and TEACHING TIPS

Tip#1 - This drill is a great way to end practice, but it can also be a discouraging way to end practice, if you set the amount of points required too high. Set a reasonable goal for these players initially, and once they get better, then raise the stakes.

Tip#2 - After the players have run down the court, have them rotate to the right, so everybody runs the drill from a different spot.



RAPID FIRE 3 BALL

(AGE LEVEL – ELEMENTARY LEVEL.HIGH SCHOOL+)

DRILL PURPOSE

This drill is designed to enhance three-point shooting fundamentals while on the move. It is easy to shoot a three-point shot standing still, but shooting it well on the move is difficult and can be a great asset for your team.

INSTRUCTIONS

01. Three offensive players will be spread out around the perimeter with a ball.
02. Three rebounders, one for each player, will be waiting under the basket.
03. On the whistles, the perimeter players will shoot and move to a different spot on the floor. The rebounders will retrieve the ball and pass it to the same player every time.
04. In order to receive a return pass, the perimeter players must call for the ball and be ready to shoot.
05. This drill should last anywhere from two to five minutes, and the player that makes the most three pointers is the winner.

POINTS OF EMPHASIS

Continually tell your players to:

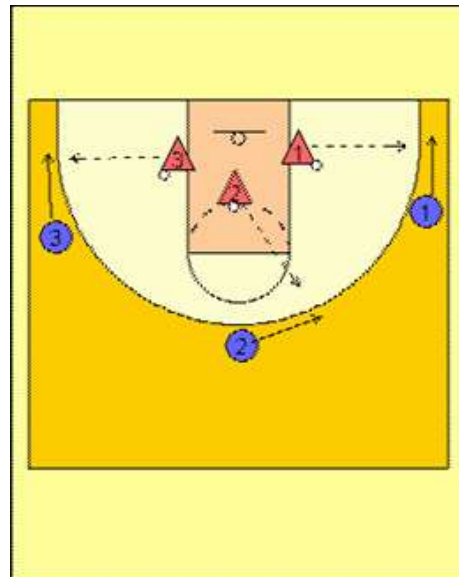
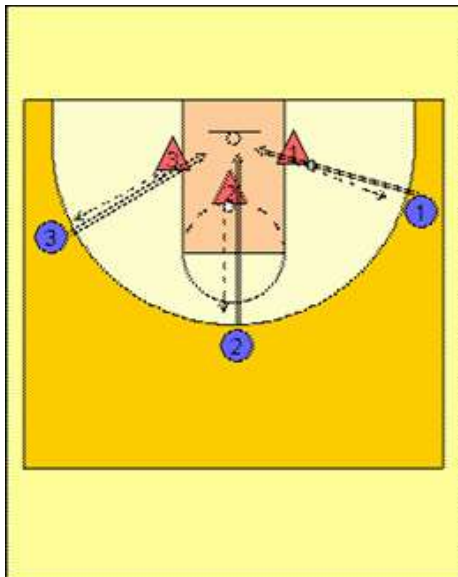
01. "Make sure you are squared up to the basket before you attempt your three-point shot."
02. "Always hold your follow through."
03. "Run hard to the spot you are going to shoot from, jogging to a spot will get you nothing but a seat on the bench in a game situation."

MOTIVATION and TEACHING TIPS

Tip#1 - For younger players, it may be a good idea to have the players somewhere inside the three point line.

It may be difficult for some to get the ball all the way to the basket at such a young age, so pulling everybody in five to ten feet might be better for everyone.

Tip#2 - With all the pressure to win the competition, you may notice players starting to lose their good shooting form. If this is the case, then take away the competition part and have the players focus solely on good shooting form.



1-ON-1 REBOUNTING

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill works great to improve players' footwork for blocking out and also teaches players to maintain contact while blocking out.

INSTRUCTIONS

01. Player-A should face Player-B about two to three feet of apart.
02. Place a ball 5 to 10 feet behind Player-A.
03. On either the whistle or when you say go, Player-A will try to keep Player-B from getting the ball for a duration of 3 to 5 seconds.

POINTS OF EMPHASIS

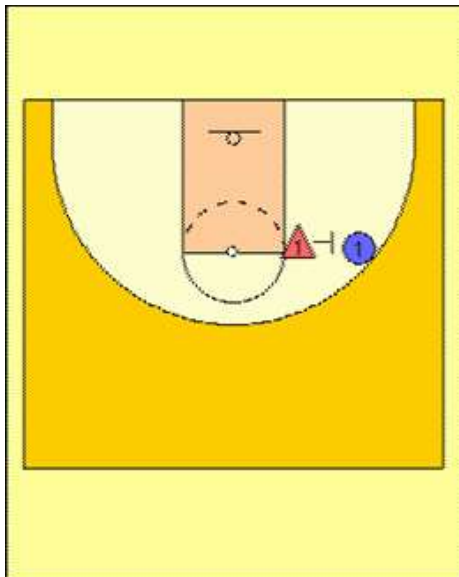
Continually tell your players to:

01. "When blocking out make sure Player-A takes his left foot and steps across his/her body to put it on the outside of the foot of Player-B."
02. "Player-A should drop step with his right foot to create full contact while blocking out."
(The right foot of Player-A should be outside of the right foot of Player-B)
03. "Make sure Player-A stays low and wide. Feet of Player-A should be wider apart than the feet of Player-B. Player-A should stick both of his/her elbows straight out (BUT DO NOT SWING THE ELBOWS). The arms should stay in a stationary position."
04. "Player-A needs to slide his feet to maintain contact with Player-B."

MOTIVATION and TEACHING TIPS

Tip#1 - If the defensive player does not keep the player away from the ball for three to five seconds, then have the defensive player either do push-ups, sit-ups, or run.

Tip#2 - While performing this drill be sure that the offensive player does NOT dive towards the ball. Many players have lost teeth diving after the ball, as well as landing on each other's heads, legs, arms, etc. This is how broken arms, fingers, and legs occur.



THE REBOUND GAME

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is designed to teach your players the proper way of boxing out while on the defensive end.

INSTRUCTIONS

01. Divide your squad into groups of three and have two of those groups come to the paint area. One group is the defense, the other offense.
02. Two coaches or players not in the drill will stand at either elbow. One of the coaches/players will have the ball.
03. On the whistle, the defensive players will block the offensive players out. The coaches/players will pass the ball between each other until eventually one takes a shot.
04. If the defense secures the rebound, then they earn a point. The defense will then rotate out, the offense rotates to defense, and a new group comes in on offense.
05. If the offense gets the rebound, then the teams will not rotate, because the defense needs to secure a rebound before sitting out.

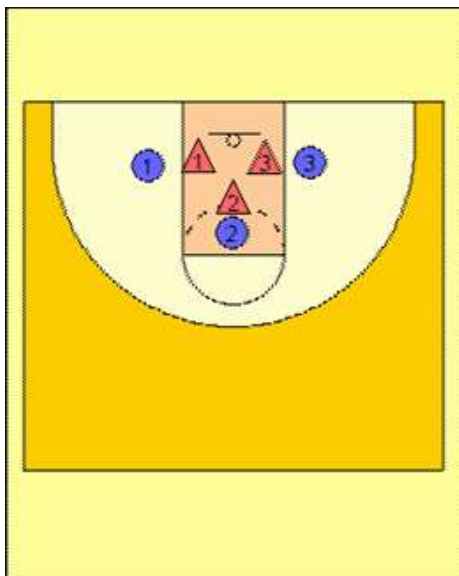
POINTS OF EMPHASIS

Continually tell your players to:

01. "Get in a good blocking out position."
02. "Be aggressive and go to the floor to get the ball if you have to."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make sure the elbow coaches/players are moving the ball amongst each other so players have to adjust to the ball being in a different location. This will help make the point of keeping their eyes on their player and the ball.
- Tip#2 - If you have 12 players, then you could have two groups at a hoop, and two groups at another hoop. You could still make the defense secure a rebound before they rotate to offense. You could also add a scoring system. The offense gets 1 point for a put-back and/or the defense gets 1 point for securing a rebound.
- Tip#3 - Before you shoot, make sure your players are in a proper defensive position (seeing the man and ball). This will better simulate game situations and develop good habits for your players.



NUMBERS GAME

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach a player to find his/her responsibility and box him/her out. Proper boxing out will result in a lot of one-and-done for the opposing team, which will make it very hard for them to beat you.

INSTRUCTIONS

01. Divide your squad into two groups of 5 players.
02. Send one set of players to one end of the court and the second set to the other end.
03. Have the players set up as shown in the diagram.
04. The players on offense will have 10 seconds to get open.
05. If one (or both) of these players get open, then the player at the free throw line can pass the ball to them.
06. If the offense scores a basket, then they get one point.
07. If the offense doesn't get open in 10 seconds, then the player at the free throw line will throw up a missed shot, and the players will then go for the rebound.
08. The defense should be finding their responsibility and block him/her out.
09. The offense will raise one arm and hold up a number of fingers.
10. Whichever team gets the rebound will be rewarded with one point. The defense will be awarded one point if they can both tell how many fingers their responsibility was holding up.
11. Players will run this drill until each has been on offense and defense 3 to 5 times.

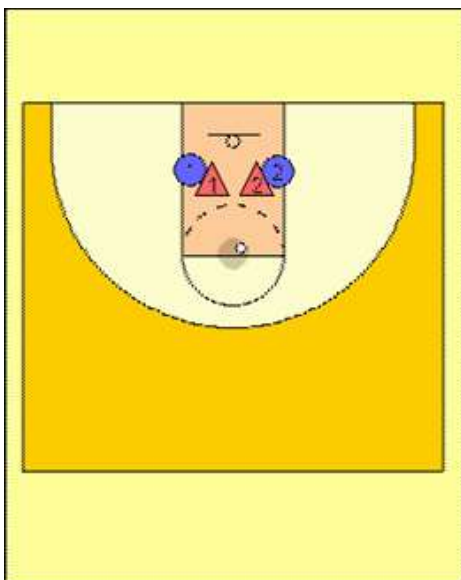
POINTS OF EMPHASIS

Continually tell your players to:

01. "Get in proper rebounding position."
02. "Put a hand in the passing lane so the passer can't get an open lane to pass the ball."
03. "Go up for the rebound with both feet and arms extended."

MOTIVATION and TEACHING TIPS

Tip#1 - If you would rather be the one passing the ball and/or shooting it after 10 seconds, then make sure you are splitting your team into groups of 4 not 5.



REBOUND MACHINE

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will improve timing while jumping for rebounds and teach players to keep the ball above their head for put-backs.

INSTRUCTIONS

01. Three players and a ball should be located as shown in the first diagram.
02. Have the player with the ball throw up a missed shot so that the rebounder can get the rebound.
03. The rebounder should go up with both feet and arms extended and either tip the ball back in or catch it and make a lay-up on the other side of the hoop.
04. The players will then rotate clockwise and start the drill all over again.

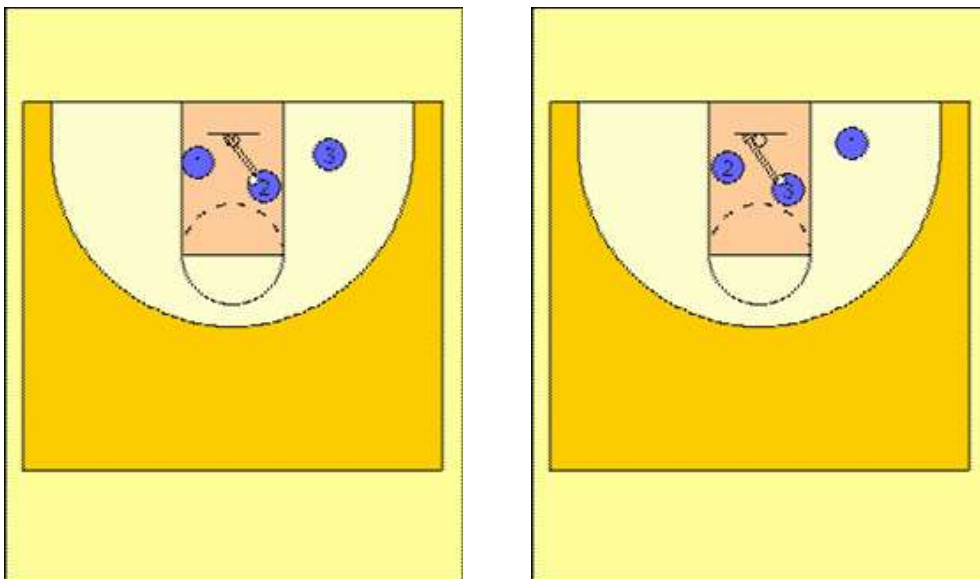
POINTS OF EMPHASIS

Continually tell your players to:

01. "Go up strong with both feet to grab the rebound."
02. "Make sure that you are under control before you go back up for the lay-up."
03. "Use the rim to shield your lay-up from getting blocked."
04. "Keep the ball above your head."
05. "Use your wrist and fingertips to propel the ball towards the rim while executing a tip."

MOTIVATION and TEACHING TIPS

Tip#1 - The general rule of thumb for this drill is that younger players are more likely to make a lay-up instead of a tip. The tip is much easier for taller and stronger individuals because they are already closer to the basket because of height and have more strength in their wrists and fingertips.



Two-MAN BOXOUT (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill helps players improve both their blocking out away from the ball and blocking out on the shooter.

INSTRUCTIONS

01. Player 1 starts out on the dotted line inside the free-throw lane.
02. Player 2 and 3 are positioned on opposite elbows.
03. Player 4 is positioned at the top of the key.
04. Player 4 has the ball and passes it to Player 2, who will then shoot.
05. Player 1 goes to the opposite elbow and boxes out Player 3. (Away from Ball Block-Out)
06. Player 1 then gets the rebound and passes it to Player 2, who will then shoot again.
07. Player 1 then goes to box out the shooter. (Shooter Block-Out)
08. Player 1 must get 2 consecutive rebounds before he is relieved from the position.

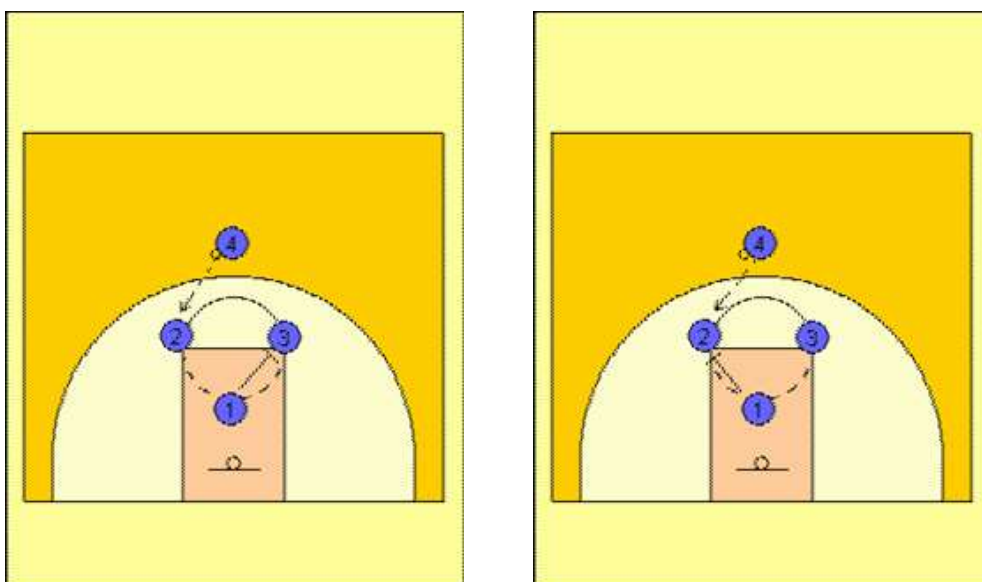
POINTS OF EMPHASIS

Continually tell your players to:

01. "Make sure you get low and wide and maintain contact while blocking out the offensive player."

MOTIVATION and TEACHING TIPS

Tip#1 - Tell the players if they get very good at this, then it will decrease the other team's scoring opportunities while increasing their own.



BE AGGRESSIVE!
(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach players how to rebound and go right back up with a shot. This will help your team become fearless down low so they can dominate the inside game.

INSTRUCTIONS

01. Position your players around the hoop as shown in the diagram.
02. Have a coach (or player) throw up a missed shot from the free throw line. The players in the paint will all attempt to get the rebound.
03. The player that gets the rebound is not allowed to dribble, and must go right back up with the ball and make a shot.
04. The only way a player can be finished with this drill is if they make 3 shots over the course of the drill. Once a player is finished, another player can be rotated in.
05. Continue this drill until everyone has had a chance to participate at least once.

POINTS OF EMPHASIS

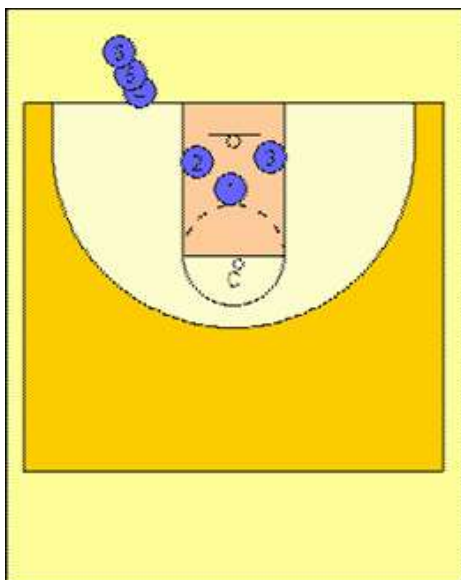
Continually tell your players to:

01. "Catch the rebound with both hands over your head."
02. "Use the rim to shield yourself from getting blocked."
03. "Refrain from dribbling."
04. "Don't bring the ball back down to your waist, keep it above your head."
05. "BE AGGRESSIVE!"

MOTIVATION and TEACHING TIPS

Tip#1 - If you want the rotations to move faster, then set the bar at 1 basket or 2 baskets per rotation.

Tip#2 - You could also split your team into groups of 4 or 5 players and have the drill at multiple baskets.



JUMP STOP DRILL

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This is a very important drill that all coaches should use. It will improve your player's balance, reduce travels, improve pivoting skills to create space, and improve confidence.

INSTRUCTIONS

01. Line your players up on the baseline. If you have more than 10 players or a small court, then you'll need to divide them into multiple groups because they won't have enough space.
02. Have each player spread out with about 5 feet between them, so they have enough room for pivoting.
03. When you blow the whistle, all players should start running at $\frac{3}{4}$ speed.
04. At various intervals, blow the whistle and yell out their pivot instructions.
05. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.
06. The sequence for the players consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to the starting position, and stay in triple threat position until the whistle blows again.
07. Watch every player to make sure they perform the jump stop and pivot properly.
08. If anyone traveled or if they are goofing off, then make them start over again, back at the baseline.
09. If everyone does it correctly, then blow the whistle again. All players should start running.
10. At various intervals, blow the whistle and yell out their pivot instructions.
11. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.
12. You should run this drill so players run down the court at least 5 times.

POINTS OF EMPHASIS

Continually tell your players to:

01. "Don't travel! Stay low when pivoting. Keep your knees bent and butt down, in a good triple threat stance."
02. "Don't get out of your triple threat stance until you hear the whistle. You always want to stay low, for better balance."

MOTIVATION and TEACHING TIPS

Tip#1 - The motivation aspect of this drill is simple. If they do it wrong, then have them all go back to the baseline and start over again.

Tip#2 - It is important to always mix things up and keep your players guessing. You should mix up the number of times and locations that you blow the whistle. You might want to let them run all the way without blowing the whistle once. Next time, you blow the whistle 4-5 times.

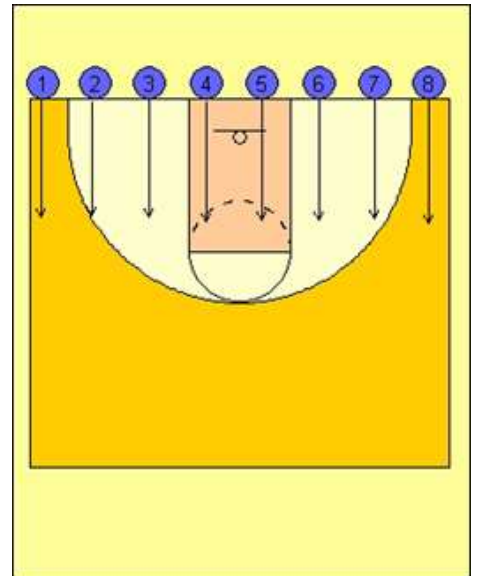
Tip#3 - Vary the speed your players run. Start out with half speed, then progress all the way to full speed.

Tip#4 - Add a ball. Generally, you should use a ball for this drill and have them dribble while they are running. However, you might want to start without a ball, especially when first teaching younger players how to run this drill. Players will benefit from this drill with/without the use of balls.

Tip#5 - Make sure ALL players pivot PROPERLY. Their butt should be down, knees bent, with feet shoulder width or wider. The pivot should be a full 180 degree turn, and then back again. Some players will have trouble with this at first or they might just do partial pivots. Therefore, keep on them to do it right. It's an important skill to master.

Tip#6 - You might want to use this as part of your warm up routine at the beginning of every practice. This drill saves time because the players work on important skills and warm up at the same time.

Tip#7 - You really should run this drill almost every practice, especially if you have players at the high school level or younger. At the minimum, run the drill every other practice.



PARTNER DRIBBLE, PASS, PIVOT, PASS DRILL (AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This is one of the best youth basketball fundamental drills around. It is great because the player can get many repetitions in a short amount of time and they work on many of the most important basketball fundamentals at once: dribbling, passing, pivoting, ball swings, jump-stops, and the triple threat stance. If this drill is done correctly, then it can also improve their explosiveness tremendously.

INSTRUCTIONS

01. The player starts out with the ball on the baseline with a partner facing them in a good defensive stance.
02. The player takes 2-3 explosive dribbles with either hand.
03. The player then comes to a jump-stop. (Over exaggerate jump-stop)
04. The player will then pivot 180 degrees. As he pivots, he should swing the ball into a triple threat position while leading with their elbow. This movement, called "Ball Swing", will keep the defensive player from smothering the offensive player.
05. Next, the player should throw a crisp pass to their partner.
06. Next, the player should sprint and follow their pass and get in a good defensive stance as if they were guarding their partner.
07. The next player repeats the process.

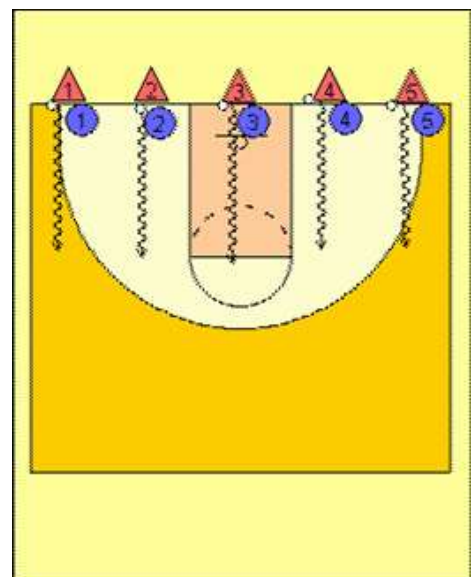
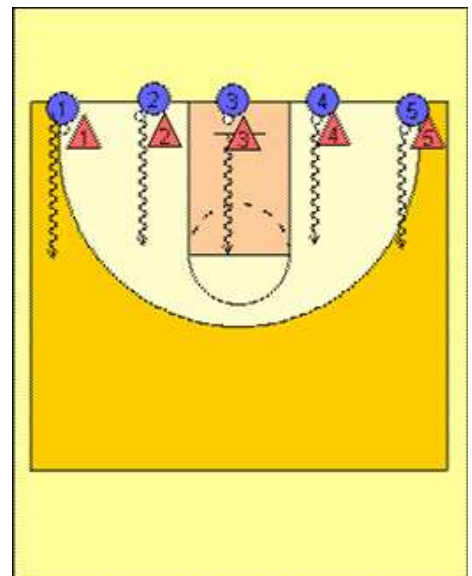
POINTS OF EMPHASIS

Continually tell your players to:

01. "Your first step should be long and explosive past the defender."
02. "Focus on long, explosive strides with every step."
03. "If you are dribbling with your right hand, then your first stride should be with your left foot."
04. "If you are dribbling with your left hand, then your first stride should be with your right foot."
05. "You should explode by the defender shoulder-to-shoulder. This will make it much more difficult for the defender to recover on defense."
06. "Make sure your hard dribbles are fast, yet under control."
07. "Your jump-stops should be EXAGGERATED."
08. "Make sure you are in good balance and you pivot into a good triple threat position before passing."
09. "Most importantly, be quick and crisp, appear as if you are on the attack at all times."

MOTIVATION and TEACHING TIPS

- Tip#1 - If the player loses balance, travels or loses the ball, then make them start over until they complete the drill correctly.
- Tip#2 - Have them perform 4-5 repetitions with each hand.
- Tip#3 - Instead of trying to have them perform all the pivots during this drill, you dedicate 1 practice to front pivots and another practice to reverse pivots. If you have enough time, then you could perform both front and reverse pivots.
- Tip#4 - It is best to perform this drill with a partner and have them spread across the baseline with their partner. This enables them to do many repetitions rather than waiting 30 seconds in between repetitions if you were only going to have 2-3 lines.



THE ALL-AROUND OFFENSIVE FOOTWORK DRILL (AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill will teach your players how to cut, and when perfected, will allow them to get open whenever they want.

INSTRUCTIONS

01. Line your players up as shown in the first diagram. The player that will eventually do the cutting will always start with the ball.
02. To get started, the cutter should pass the ball to the player top of the key.
03. Next, the first cut will be a "slash and seal", in which the player will run to the block and then cut out to the wing. It is called "slash and seal" because as the player is making the cut, they will slash their arm over the top of the defender's arm, thus sealing the defender from getting in the passing lane.
04. The player will make a quick post-up, then cut straight to the wing. It is important to get the defender on your back before cutting to the wing.
05. The player will then receive a pass from the point guard and will square up to the hoop, execute a shot fake, and pass it back to the point guard.
06. The next cut will be a triangle cut, in which the player cuts towards the basket, plants their right foot on the block, then cuts towards the elbow, and then back to the wing. The player will catch a pass again, square up, and make a shot fake.
07. In the final step, the player will pass the ball back to the point guard and drift towards the baseline. The player then will sprint to the wing and make a back cut. The point guard will pass the ball to the player, and they will finish with a lay-up.

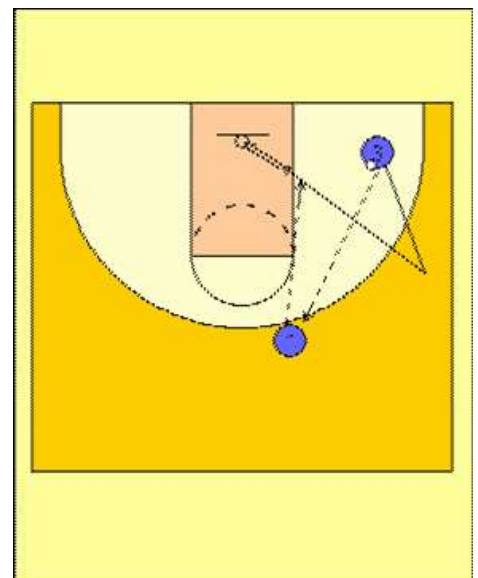
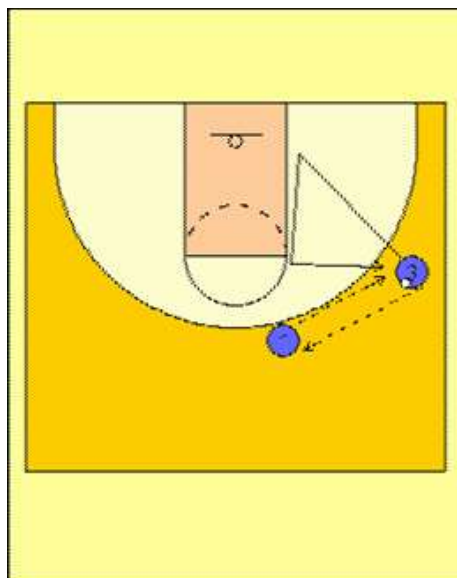
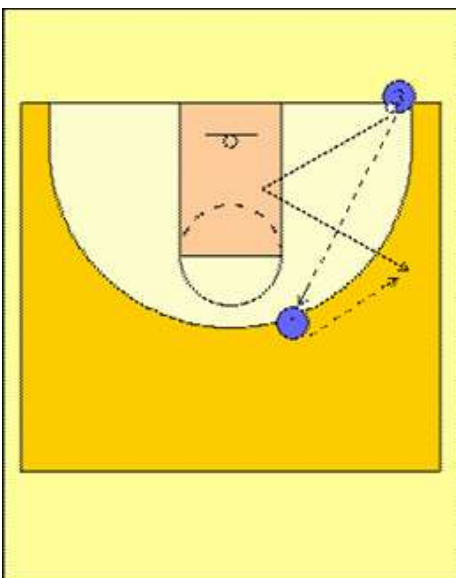
POINTS OF EMPHASIS

Continually tell your players to:

01. "Square up to the hoop by executing a reverse pivot and ripping your elbows past the defender's hands."
02. "Sell your shot fake and make it believable."
03. "Sealing the defender on the first cut is critical. Learning this skill will allow you to get open at any time during a game."

MOTIVATION and TEACHING TIPS

Tip#1 - You never want your player to fake a back cut because it can result in a turnover very easily. Make sure your players know this so they don't try to get too cute with their cuts in a game situation. That's why it is recommended you use the "slash and seal". If done properly, it works every time, and you won't need to fake back cuts, thus reducing turnovers.



TWO BALL SHOOTING: WING CUTS (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

Two ball shooting drills are great because they are fast-paced and you can take a high number of shots in a short amount of time. Players also tend to enjoy this fast-paced drill. This particular drill is designed to teach players to make a sharp cut, catch, and shoot before the defender can recover.

INSTRUCTIONS

01. Three players and two basketballs will be required.
02. One player, the shooter, will be near the top of the key, the passer will be on the left wing, and the rebounder will be underneath the basket.
03. The shooter is going to make a quick V-cut towards the basket and then back out.
(The shooter must be ready to catch and shoot the ball after the V-cut.)
04. The passer on the wing will deliver a chest pass to the shooter, and the shooter will square up to the basket and attempt a jump shot.
05. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer.
06. The rebounder will then prepare to gather in the rebound of the shooter's shot.
07. The process will continue until you feel it is necessary to rotate or move on.

POINTS OF EMPHASIS

Continually tell your players to:

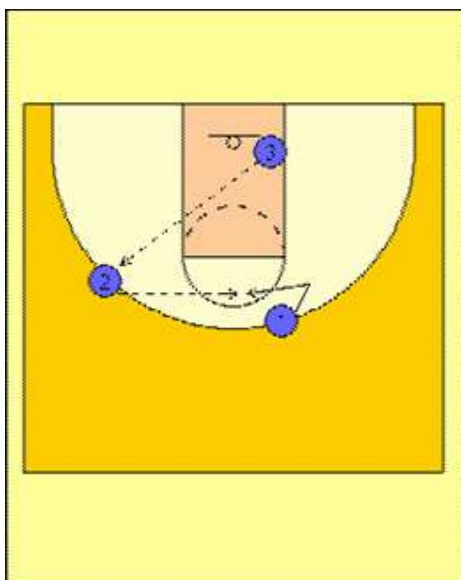
01. "Cut hard and pretend there is a defender present."
02. "Square up to the basket before you shoot."
03. "Make good passes, since it is much easier to make a shot when receiving a good pass."
04. "This is a fast-paced drill, rebounders and passers you need to be moving quickly!"

MOTIVATION and TEACHING TIPS

Tip#1 - You can run this drill from anywhere on the court. You can position the player who is shooting at the top of the key, the three-point line, the corner, or the opposite wing.

Tip#2 - You can also position the passer inside the three-point line and have the player pass the ball inside and relocate along the perimeter.

Tip#3 - For extra motivation, keep track of the made shots and reward the players with the most baskets.



TWO BALL SHOOTING: DOWN SCREENS

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This is a great shooting drill that is fast-paced and simulates game situations. This drill is designed to teach players how to come off a low post screen and free themselves from a defender. This drill uses a team concept to create an open shot.

INSTRUCTIONS

01. Three players and two basketballs will be needed.
02. One player, the shooter, will be near the low post, the passer will be at the top of the key, and the rebounder will be underneath the basket.
03. The shooter is going to come off a down screen from an imaginary post player and pop out to the wing. (The shooter must be ready to catch and shoot after coming off the screen)
04. The passer at the top of the key will deliver a chest pass to the shooter, and the shooter will square up to the basket and attempt a jump shot.
05. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer.
06. The rebounder will then gather in the rebound of the shooter's shot UNLESS the shot is missed by the shooter and bounces to their side of the court. In this case, the shooter will follow their shot.
07. The process will continue until you feel it is necessary to rotate or move on.

POINTS OF EMPHASIS

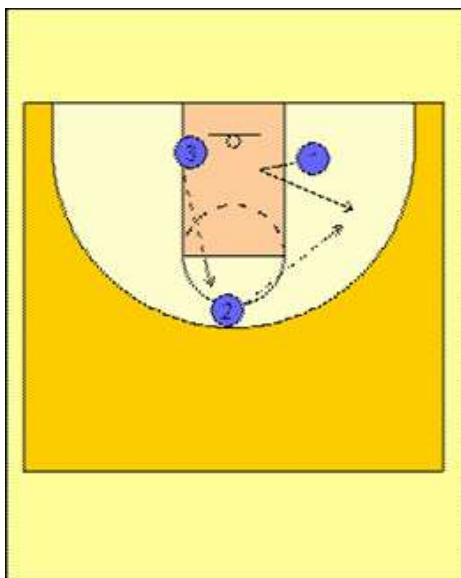
Continually tell your players to:

01. "Come off the screen as quickly as possible as you would in a game situation."
02. "Square up to the basket before you shoot."
03. "Make good passes, since it is much easier to make a shot when receiving a good pass."
04. "Always follow your shot!"

MOTIVATION and TEACHING TIPS

Tip#1 - Following your shot is one of the least noticed (and practiced) parts of a team's offensive structure. The act of following your shot can create an extra chance to score points on the offensive end, and it will always keep the defense on their toes. Preach this aspect of the game to your players and make sure they do it as often as possible.

Tip#2 - If you have a fourth player available, stick them down in the post to be the screener. If you have a fifth player, then have them play some token defense against the offensive player.



TWO BALL SHOOTING: BACK PICKS

(AGE LEVEL – ELEMENTARY LEVEL.HIGH SCHOOL+)

DRILL PURPOSE

This drill is designed to teach players how to make a flare cut. This particular drill is designed to teach players to make a sharp cut, catch, and shoot before the defender can recover.

INSTRUCTIONS

01. Three players and two basketballs will be needed.
02. One player, the shooter, will be near the wing, the passer will be at the top of the key, and the rebounder will be underneath the basket.
03. The shooter is going to come off a back pick from an imaginary post player and make a V-cut towards the sideline. (The shooter must be ready to catch and shoot the ball after the V-cut.)
04. The passer at the top of the key will deliver a lob pass to the shooter, and the shooter will square up to the basket and attempt a three-pointer.
05. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer.
06. The rebounder will then gather in the rebound of the shooter's shot.
07. The process will continue until you feel it is necessary to rotate or to move on.

POINTS OF EMPHASIS

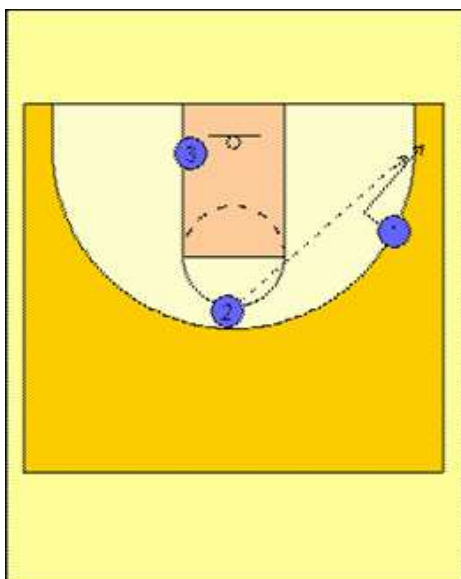
Continually tell your players to:

01. "Come off the screen as quickly as possible as you would in a game situation."
02. "Square up to the basket before you shoot."
03. "Make good passes, since it is much easier to make a shot when receiving a good pass."

MOTIVATION and TEACHING TIPS

Tip#1 - This is also a good setup for a "roll" by the screener if the play is executed quickly enough. This could be a wrinkle in the drill, that may work for your basketball team, and create easy scoring opportunities by having the shooter make a pass to the rolling post player for an easy basket when the defender over commits.

Tip#2 - If you have a fourth player available, stick them down in the post to be the screener. If you have a fifth player, then have them play some token defense against the offensive player.



TWO BALL SHOOTING: SKIP PASSES (AGE LEVEL – ELEMENTARY LEVEL.HIGH SCHOOL+)

DRILL PURPOSE

This drill is designed to teach players how to use the skip pass to become a serious three-point threat.

INSTRUCTIONS

01. Three players and two basketballs will be needed.
02. One player, the shooter, will be near the wing, the passer will be at the top of the key, and the rebounder will be underneath the basket.
03. The player at the point will dribble towards the shooter on the wing. As soon as the point player begins to do this, the wing player will move to the opposite side.
04. The point player will then stop and fire a skip pass over the wing player.
05. The wing player will square up to the basket and attempt a three-pointer.
06. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer.
07. The rebounder will then gather in the rebound of the shooter's shot.
08. The process will continue until you feel it is necessary to rotate or to move on.

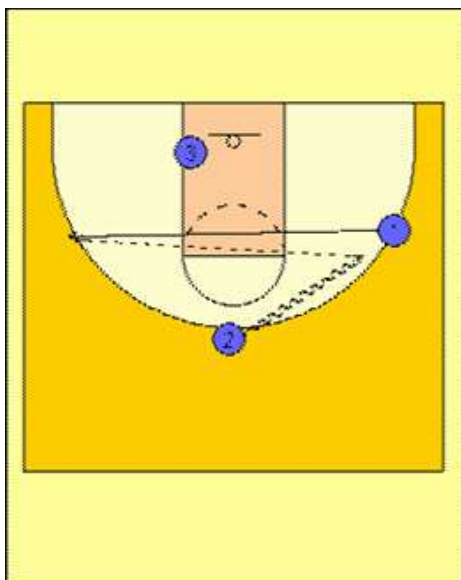
POINTS OF EMPHASIS

Continually tell your players to:

01. "Sell the dribble, make the defensive believe you really have intentions of going to the basket with the dribble. This way, the defender will commit to stopping the drive and you should have an open lane to make your pass."
02. "Square up to the basket before you shoot."
03. "Make good passes, since it is much easier to make a shot when receiving a good pass."

MOTIVATION and TEACHING TIPS

Tip#1 - Skip passes and baseball passes may be hard to make for younger players. If this is the case, then run the drill in closer quarters. Instead of both players going all the way to the wing, have them both stop somewhere in between the top of the key and the wing. This will make the pass more manageable and will keep the turnover count low.



POST MOVES

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

The purpose of this drill is to help your post players polish and refine their post moves. It will help your post players develop better footwork and develop a softer touch on their shots.

INSTRUCTIONS

01. Two basketballs are placed on the left and right side of the hoop.
02. Have the first post player in line come out and stand either in front of the ball facing the hoop, or behind the ball with their back to the hoop.
03. When the whistle blows, the player should make an instructed post move (drop-step, turnaround jump shot, hook-shot, up-and-under etc.), shoot the ball, then run over to the other ball and make another post move.
04. After they shoot the second ball, they will go over to the baseline and jump rope until the second post player finishes the same routine.
05. This process will continue until everybody has gone through the drill at least 4-5 times.

POINTS OF EMPHASIS

Continually tell your players to:

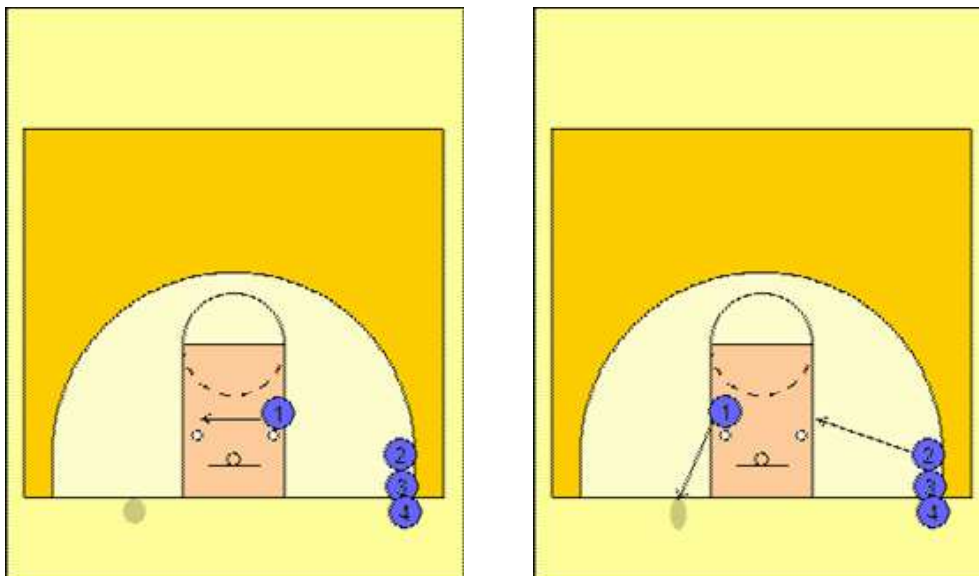
01. "Mix up the post moves, don't use the same move every time."
02. "Push yourself at the jump rope station."
03. "If possible, use the backboard to help your shot."
04. "Focus on proper footwork."

MOTIVATION and TEACHING TIPS

Tip#1 - If you feel the need, put another post player on defense and make it more difficult for the offensive player to execute their moves.

Tip#2 - A post player should develop a good post move and a counter move. For example, Kareem Abdul-Jabbar had the sky hook, but when that wasn't there, he faked the sky hook and did an up-and-under move. It's more important to become really good at a few moves (drop-step, up-and-under) than just OK at a bunch of moves. If a player picks up these moves, then they can progress onto other moves.

Tip#3 - Instead of jumping rope, a player could work on their ball-handling moves.



DROP STEP

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is designed to teach your low post players how to get into a good scoring position down low and use a drop step to lose the defender.

INSTRUCTIONS

01. The post player will NOT begin on the block, but the first marker above the block. The wing player should be positioned with a ball outside the 3-point line, free throw line extended.
02. The post player will get into a wide stance with elbows out and then call for the ball.
03. When the ball is received from the wing player, the post player will then execute a drop step and power dribble to the opposite side the defender is playing.
04. This move should give the offensive player enough room to go up strong for a short jumper or a lay-up.

POINTS OF EMPHASIS

Continually tell your players to:

01. "Keep the power dribble low so you don't expose the ball to the defense."
02. "Point your inside shoulder to the basket when executing the drop step and dribble."
03. "Stay wide and don't let your defender get around you."

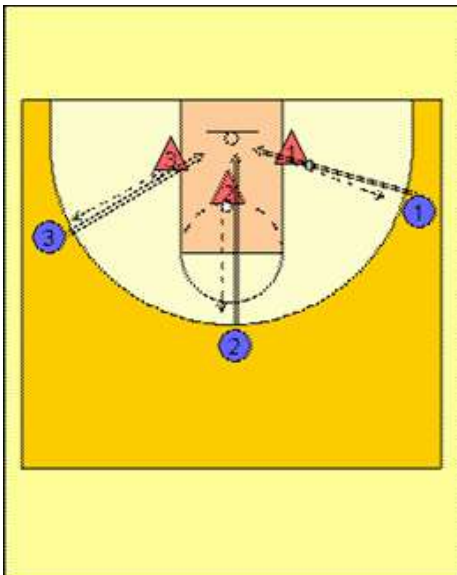
MOTIVATION and TEACHING TIPS

Tip#1 - Run this drill from both sides of the court, as well as in the middle of the key, so the post players don't get used to only making these moves from one side of the court.

Tip#2 - To begin this drill, run it without a defender and let the post player practice good form.

Tip#3 - Obviously the post player won't always have one-on-one coverage. Throw a wrinkle into the drill and have another player double team the post player. The post player should then kick the ball out to the vacated spot, leaving a player wide open for a shot.

Tip#4 - The offensive player will want to execute their drop step around the defender's leg. This way the offensive player will be in good scoring position.



ROUND THE BLOCK

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is designed to teach your post players the art of a turnaround jump shot.

INSTRUCTIONS

01. The post player will have a basketball, and they will start out on the low block of their choice.
02. The post player will shoot a turnaround jump shot, get the rebound, and move to the other block.
03. Again, the post player will shoot a turnaround jump shot, get the rebound, and move to the other block.
04. The process will continue until you feel it is necessary to move on to a different drill.

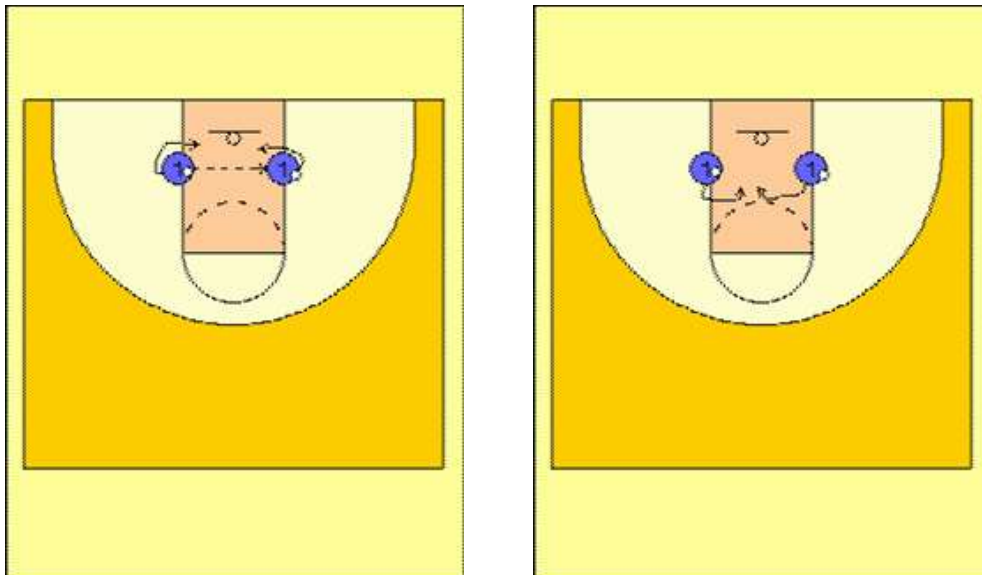
POINTS OF EMPHASIS

Continually tell your players to:

01. "Receive the ball, square up to the basket, and then shoot."
02. "Go after the rebound aggressively, and don't let the ball touch the ground."
03. "If possible, use the backboard to help your shot."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make sure the post player is executing the turnaround jump shot pivoting towards the middle of the court and pivoting towards the baseline.
- Tip#2 - Make sure the post player is squaring up before taking the shot, NOT just throwing the ball over their shoulder.
- Tip#3 - If you want to make the drill a bit more challenging, then put a stationary post defender on the ball so it's more like a game situation. This will force the post player to shoot over someone instead of just shooting at whatever level feels comfortable for them.



WALTON MOVE

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach your post players how to get into a good scoring position down low, leaving the defender helpless to stop them.

INSTRUCTIONS

01. The post player will begin by approaching the low block, getting in position by putting their body against the defender.
02. The post player will be facing the defender as the point guard brings the ball up the court.
03. When the point guard is in position to make a pass, then the post player will turn around, and seal the defender with their "donkey" on the defender's thigh.
04. The post player will receive the pass, and then make a low post move to score a basket.

POINTS OF EMPHASIS

Continually tell your players to:

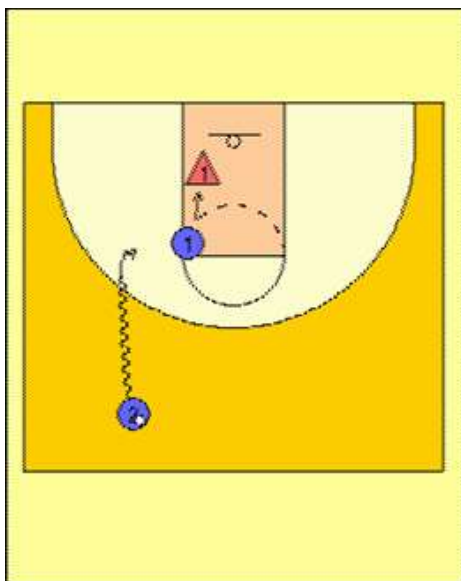
01. "Be aggressive, and don't be afraid of a little contact."
02. "Walk into the defender and use a back pivot to seal him behind you."
03. "Keep your elbows out wide, with your hands facing forward to help seal the defender and give the passer a target to pass to."
04. "Always stay low when sealing the defender (LOW CENTER of GRAVITY). The lower you are, the stronger you are. If you stand up right, then you'll get pushed around."

MOTIVATION and TEACHING TIPS

Tip#1 - Run this drill from both sides of the court.

Tip#2 - Reward the post player by letting them do the drill again if they successfully make a post move and score a basket.

Tip#3 - Try focusing on having the players become good at a select few post moves. Once they have mastered 2-3 post moves, then have them try others. But until then, keep it simple.



POST SCREEN – SHOOT & CUT (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to improve your post player's shooting ability and develop good habits in the post by following their shot.

INSTRUCTIONS

01. The post players will position themselves outside the key, foul line extended.
02. The first post player in line will come into the paint and set up their defender as if they were going to set a screen for a teammate.
03. The post player will then either flash high or low to the ball, whichever appears to be more open.
04. The passer located on the opposite wing will then pass the ball to the post player.
05. When the post player receives the ball, they will take a shot, following their shot every time.
06. If the player flashes low, then the shot should be a lay-up.
07. If the player flashes high, then they should square up to the basket, and then shoot.
08. The drill ends for the shooter when the shot goes into the basket, therefore put backs may be necessary to complete the drill.
09. The shooter will then give the ball to the rebounder and cycle to the back of the line.
10. The process will continue with the next post player in line.

POINTS OF EMPHASIS

Continually tell your players to:

01. "Move quickly so you can get lots of shots, this is a fast paced drill."
02. "You want to get a good shot in or near the paint."
03. "Follow ALL SHOTS you take, even if the basket is made."
04. "If you miss a shot, then go back up strong, and complete a lay-up."

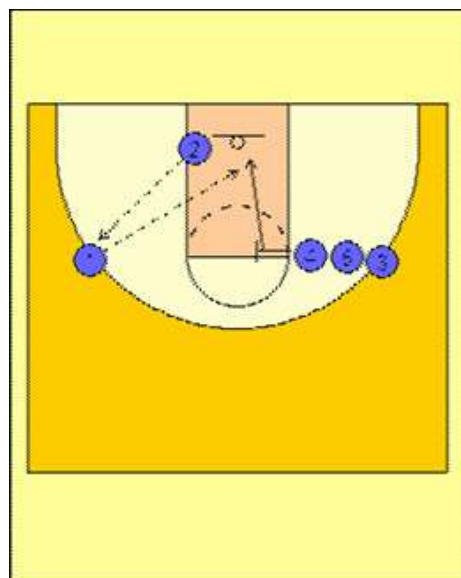
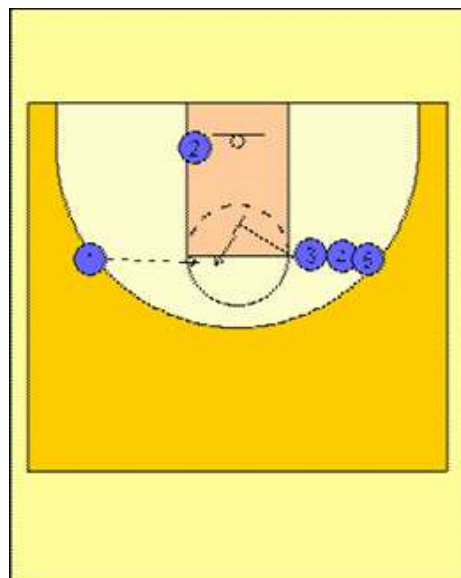
MOTIVATION and TEACHING TIPS

Tip#1 - Make sure your post players are varying the flashes they execute. Some players really like to take outside shots, and some really like to take lay-ups.

Tip#2 - Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.

Tip#3 - If you want to make the drill a bit more challenging, then put a stationary post defender in the paint so it's more like a game situation. This will force the post players to sell their screens and require them to shoot over someone instead of just shooting with no defender.

Tip#4 - To make things competitive, keep track of the jump shots made for each player (or team). You could even run this drill on both ends of the court and reward the winning team.



POST SHOOTING SHAPE UP (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill helps your post players develop good habits after setting screens, so they learn always to shape up and get in good position for a shot after setting the screen.

INSTRUCTIONS

01. This drill will involve a passer that will always be located at the wing, a post player, and a rebounder that will always be located under the basket.
02. The first post player in line will come from the baseline into the paint and set up their defender as if they were going to set a screen for a teammate. At this point, the post player will have their back away from the ball.
03. The post player, after setting the screen, will do what is known as a "shape up", so they are facing the ball. You can see from the diagram that this movement will be a little bit more than a pivot. The post player will show a target, arms extended, and then call for the ball.
04. The passer located on the wing will then pass the ball to the post player. When the post player receives the ball, they will then take a shot, following their shot every time.
05. The drill ends for the shooter when the shot goes into the basket, therefore put backs may be necessary to complete the drill.
06. The shooter will then give the ball to the rebounder and cycle to the back of the line.
07. The process will continue with the next post player in line.

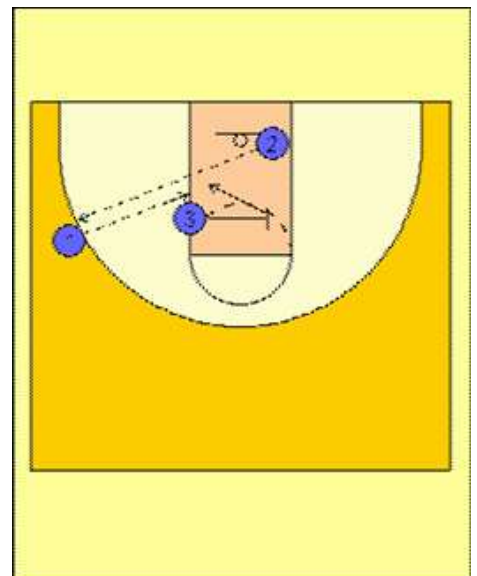
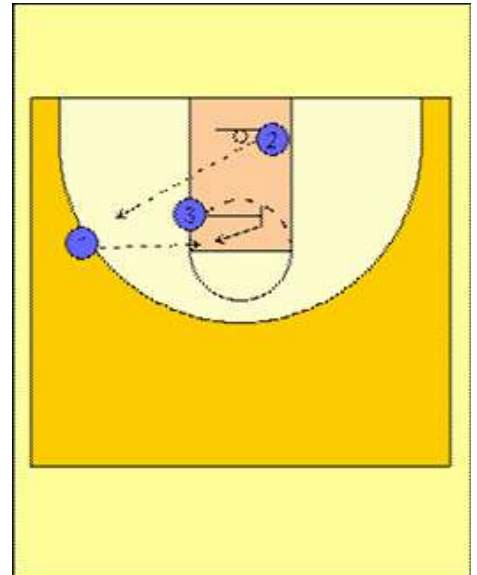
POINTS OF EMPHASIS

Continually tell your players to:

01. "Extend your hands, so the wing player knows you're ready for the pass."
02. "You want to get a good shot in or near the paint."
03. "Follow ALL SHOTS you take, even if the basket is made."
04. "If you miss a shot, then go back up strong, and complete a lay-up."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make sure your post players are varying the flashes they execute. Some players really like to take outside shots, and some really like to take lay-ups.
- Tip#2 - Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.
- Tip#3 - Showing a target is something that can really help a player. Successful players always have good targets, and in return, create more accurate passes.
- Tip#4 - Calling for the ball is another underrated facet of the game that can also help your team become that much better. Alerting the ball handler that you are open can be the difference between an easy two points and a turnover.



POST SHOOTING SEQUENCE (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This is a good drill to simulate game shots for a post player. It will also improve your post player's screening form and footwork, both of which can create a lot of lay-ups throughout the course of a game.

INSTRUCTIONS

01. The post player in line will start on the wing. They will sprint down to the block to set a screen.
02. The player will face the ball, call for the ball, and shoot it once the passer on the wing has delivered it.
03. The player then will turn around and sprint back up to the wing.
04. The player will set another screen, face the ball again, and take another shot.
05. Finally, the post player will flash to the ball at the free throw line, receive a pass from the passer, square up to the basket, and take a jump shot.
06. The rebounder will rebound the 1st and 2nd shots, but the 3rd shot will be rebounded by the shooter.
07. The shooter will then give the ball to the rebounder and cycle to the back of the line.
08. The process will continue with the next post player in line.

POINTS OF EMPHASIS

Continually tell your players to:

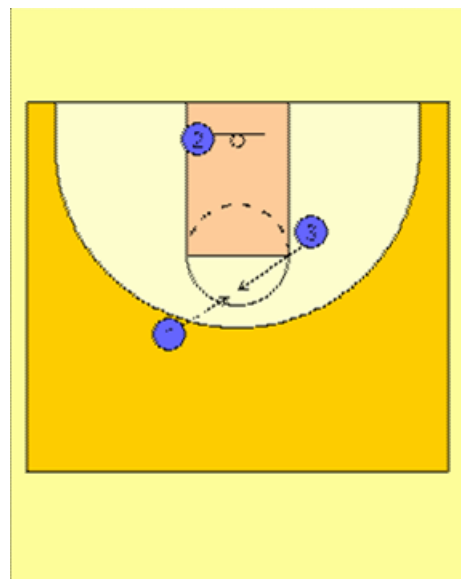
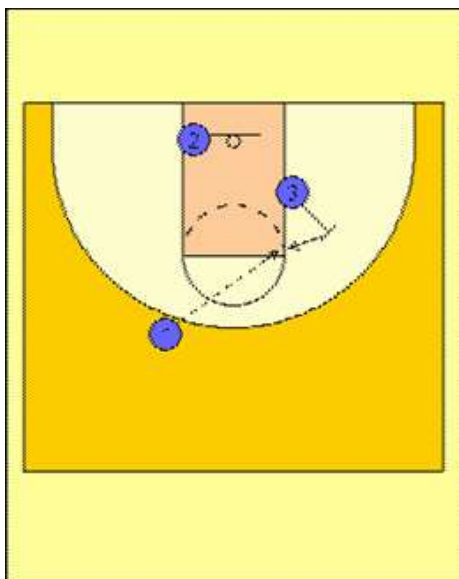
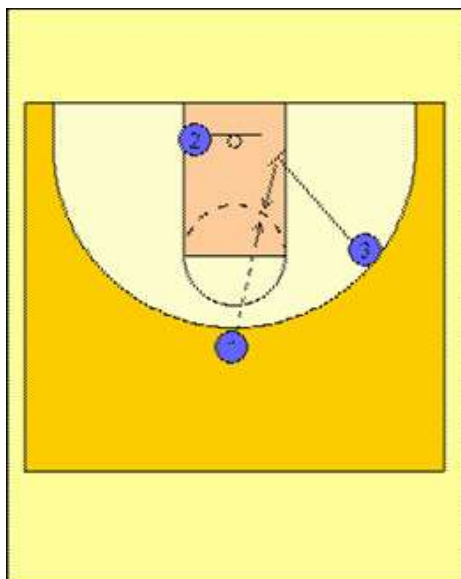
01. "Square up to the basket after receiving the ball each time."
02. "Follow your final shot."
03. "Sprint to your next destination, don't jog."

MOTIVATION and TEACHING TIPS

Tip#1 - This drill sets a great example for moving without the ball continuously. Make sure your players know that moving without the ball is another factor in becoming a better team.

Tip#2 - Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.

Tip#3 - Again, you can keep track of the shots made to keep things competitive and to motivate the players to stay focused.



JUMP HOOK

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach your low post players the art of the jump hook. When executed properly, there is absolutely no defense against it.

INSTRUCTIONS

01. The post player will begin not on the block, but the first marker above the block.
02. They will get into a wide stance with elbows out and then call for the ball.
03. When the ball is received from the wing, the post player will then execute a drop step and power dribble to the opposite side the defender is playing.
04. The post player will then go up strong and shoot a jump hook. When executing the jump hook, the inside shoulder and elbow should be pointing at the defender so there is no way they can get a hand on the ball.

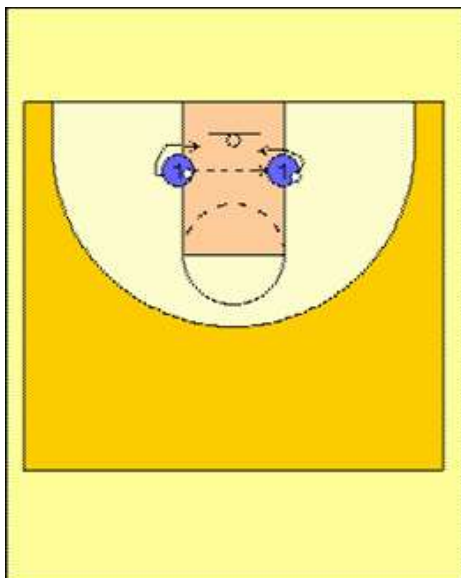
POINTS OF EMPHASIS

Continually tell your players to:

01. "Keep the power dribble low, we don't want to expose the ball to the defense."
02. "Point your inside shoulder to the defender when executing the jump hook."
03. "Get in the habit of using your non-shooting hand if the situation calls for it."

MOTIVATION and TEACHING TIPS

- Tip#1 - Require your players to make a certain number of shots in a row before they can move on. This will give them extra motivation and focus.
- Tip#2 - Run this drill from both sides of the court so the post players don't get used to only making these moves from one side of the court. It is important to have them practice this move going towards the baseline and the middle of the court.
- Tip#3 - It may be hard for players to use their non-shooting hand while attempting a jump hook, but developing the use of both hands with the jump hook can make this move even more unstoppable. Defenders will never know which way to commit if both hands can be used equally well.
- Tip#4 - This is a great drill to work on by oneself. The jump hook itself will rarely be used more than 5 or 10 feet from the hoop, therefore players can execute the drill by themselves and rebound their own shots.



UP AND UNDER

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is an excellent counter move to the turnaround jump shot. If a player can perfect these moves, they can be very dominant in the post.

INSTRUCTIONS

01. The post player will begin not on the block, but the first marker above the block.
02. They will get into a wide stance with elbows out and then call for the ball.
03. When the ball is received from the wing, the post player will plan to take a turnaround jump shot in the paint. In this drill, the defender will beat the post player to the paint.
04. Since the jump shot will no longer be an option, the post player will fake the shot, and then take a crossover step under the defender.
05. If the player pivots on their right foot, then their crossover step will occur with their left foot.
06. If the player pivots on their left foot, then their crossover step will occur with their right foot.
07. The post player will jump straight up using the glass on the shot.
08. The post player can also take one power dribble and lay the ball off the glass jumping off both feet.

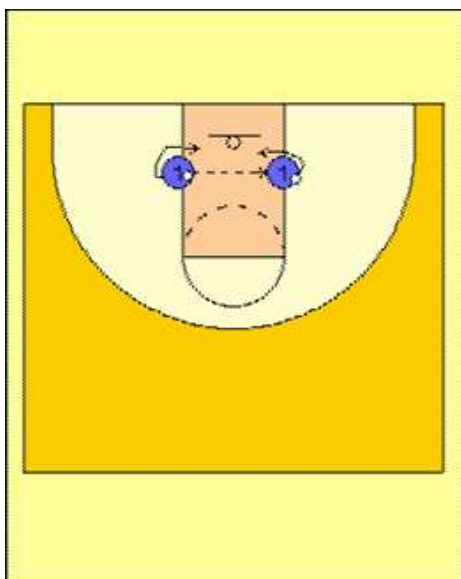
POINTS OF EMPHASIS

Continually tell your players to:

01. "Keep the power dribble low, don't expose the ball to a help side defensive player."
02. "Use the proper hand when shooting the lay-up (left side, left hand)."

MOTIVATION and TEACHING TIPS

- Tip#1 - Run this drill from both sides of the court so the post players don't get used to only making these moves from one side of the court. It is important to have them practice this move going towards the baseline and the middle of the court.
- Tip#2 - Executing a crossover step is not only useful for post players, but can also create space for a point and/or wing players. Make sure your other players are watching this drill closely.
- Tip#3 - It is important to work on this drill with or without the dribble.



REVERSE PIVOT

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach your low post players how to deal with a defender playing defense directly behind them. A reverse pivot can help your team score many baskets throughout the course of the game.

INSTRUCTIONS

01. The post player will begin not on the block, but the first marker above the block.
02. They will get into a wide stance with elbows out and then call for the ball.
03. When the ball is received from the wing, the post player will make a reverse pivot move away from the defender. This should create a little space and give the post player enough time to take a jump shot.
04. The post player can also fake a jump shot after the reverse pivot and go past the defender as the defender jumps to attempt to block the shot.

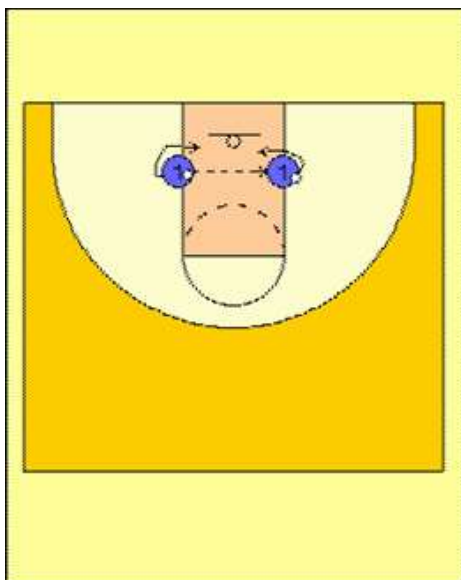
POINTS OF EMPHASIS

Continually tell your players to:

01. "Go straight up with the ball, don't fade away."
02. "Make a move based on how the defender reacts to the pivot."
03. "Keep your elbows out wide, with your hands facing forward to help seal the defender and give the passer a target to pass to."
04. "Always stay low when sealing the defender (LOW CENTER of GRAVITY). The lower you are, the stronger you are. If you stand up right, then you'll get pushed around."
05. "Always call for the ball."

MOTIVATION and TEACHING TIPS

Tip#1 - If you find that one of your post players is making the same move every time (faking or taking the jumper), then tell the defender to really cheat and commit to the post player's pattern. This will force the post player to make a different move, or at the very least, will teach them a lesson on being too predictable.



KING OF THE COURT (AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This is a tremendous drill that teaches players to keep their head up and look around the court while dribbling.

INSTRUCTIONS

01. Have the players spread across half of the court.
02. Players should try to knock the ball away from the other players.
03. If a player loses control of the basketball or another player touches their basketball, then the player is then eliminated from the game.
04. When eliminated, the player will go to the other half of the court and work on ball handling drills.
05. As players are eliminated or a certain amount of time passes, make the boundaries smaller.

POINTS OF EMPHASIS

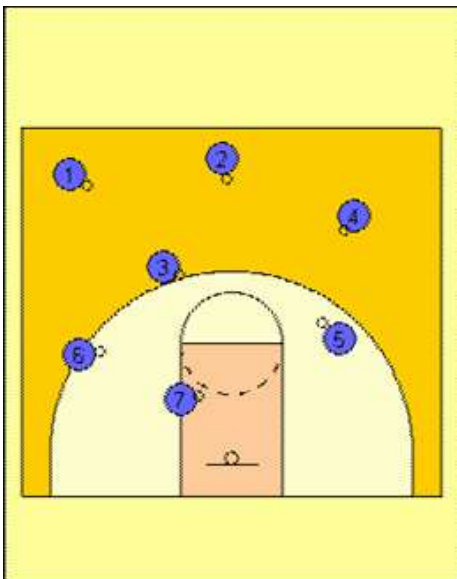
Continually tell your players to:

01. "Make sure you are using proper dribbling form."
02. "NO carrying the ball, NO traveling, NO double-dribbling etc."
03. "Make sure you are dribbling with your finger-tips, NOT with your palm."
04. "Protect the ball with your body and opposite arm."
05. "Always keep your head up and scan the court."

MOTIVATION and TEACHING TIPS

Tip#1 - If a player, double dribbles, travels etc., then they are also eliminated. You want the players to practice the right way, so players do not develop bad habits.

Tip#2 - As a coach, you always want your ball-handlers to be "strong with the ball", because every little bump is not going to be called during a game. As a result, allow some bumping during this drill. This will get players use to game-like situations where a foul may not be called or missed. By no means, should you allow a player to tackle or even give a moderate shove to another player. This will cause a player to get injured and is not the right way to play the game. Make sure to let the players know that there is no fouling, and you can judge the amount of bumping or fouling you will allow.



DRIBBLE RELAYS

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is simple, but it will help your players improve their ball-handling skills. It will teach them how to sprint up the court without losing the control, and improve their endurance.

INSTRUCTIONS

01. Form at least 2 lines, 3 lines if you have 12+ players.
02. Have the first 2 players in each line get a basketball.
03. On the whistle, each team starts.
04. The first player will dribble up and down the court as quickly as possible.
05. Players should dribble down with their right hand, and come back dribbling with their left hand.
06. When the 1st player reaches the 2nd player in line, the 2nd player begins.
07. The 1st player will pass the ball to the 3rd player in line.
08. Continue until the last player has finished.

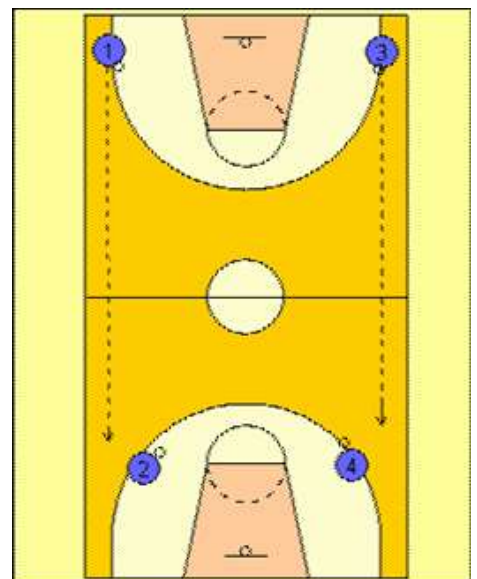
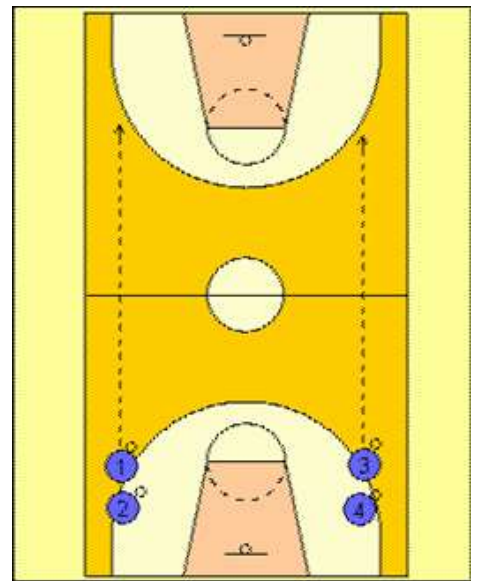
POINTS OF EMPHASIS

Continually tell your players to:

01. "Keep your head up when dribbling."
02. "Keep your eyes looking straight ahead and NOT down at the ball."
03. "Keep your dribble at or below your waist."
04. "Use your fingertips, don't use the palm of your hands to dribble."

MOTIVATION and TEACHING TIPS

- Tip#1 - If the players do not follow your points of emphasis, make them start over. Do not let them settle for mediocrity. Make them work to get it done right.
- Tip#2 - If a player loses control of the ball, then make sure they get the ball and start from the point where they lost control. Otherwise, the players will fumble and kick the ball down the court, and the drill will lose its purpose.
- Tip#3 - To keep players from looking at the ball, you could position yourself at one end of the court and make sure the players maintain eye contact with you.
- Tip#4 - Let the players know that if they do this drill correctly (head up, etc.) it will help them find open players, see the defense while dribbling, and decrease the number of turnovers.
- Tip#5 - To add competitiveness to the drill, you could have the losing team run laps, do 15 push-ups, etc. You could also reward the winning team. Sometimes, if you don't provide rewards and punishments, the players won't work as hard.



DRIBBLE DRIVE

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is designed to teach players how to make moves to shake off defenders and keep their dribble under control.

INSTRUCTIONS

01. Players will all line up where the sideline and baseline meet.
02. All players must have a basketball.
03. On the whistle, the first player in line will dribble up to a cone that is set up and make a move of their choice (behind the back, between the legs, crossover, spin move, etc.) and move on to the next cone.
04. As soon as the first player passes the first cone, the next player in line will begin.
05. This process will continue until everyone is finished.
06. More cones will be set up at various points on the court, and different dribble moves of the player's choice will be executed at each cone.
07. When the player reaches the opposite baseline, they must make a power lay-up.
08. Players will then rebound their own shot and sprint to the other end and make another lay-up.
09. Players will then rebound their own shot again, and go to the back of the line.
10. The process will continue until you feel it is necessary to move on to a different drill.

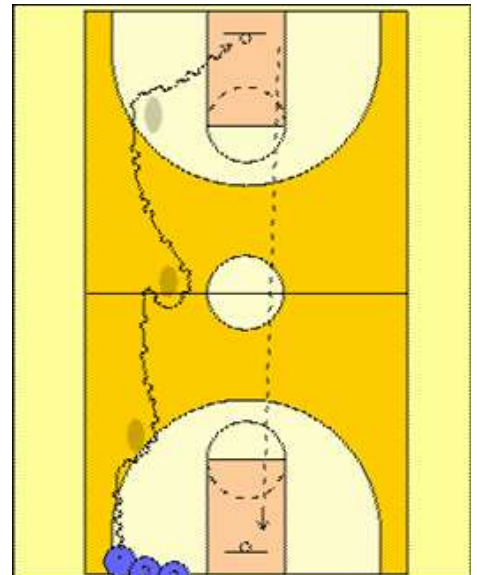
POINTS OF EMPHASIS

Continually tell your players to:

01. "Mix up the dribble moves you do at each cone."
02. "Keep the ball under control."
03. "Make the lay-up with the correct hand (right hand on right side, left hand on left side)."
04. "Keep your head up and don't look at the ball."
05. "Keep your knees bent, not upright, when making your move. Staying low and keeping your knees bent allows you to blow past the defender faster."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make your players perform this drill with their right and left hand, emphasizing the hand in which the player has the least confidence.
- Tip#2 - Using a stationary defender instead of cones is also an option. If you want, have the defender challenge the dribble a little bit, instructing them to take a swipe at the ball as the player goes by.
- Tip#3 - Make sure your players are keeping their dribble below their waist at all times. If the players start dribbling the ball too high, then it becomes much easier for the defender to steal the ball.



DRIBBLE MOVES

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is designed to teach your players how to execute dribble moves that will help them blow past defenders.

INSTRUCTIONS

01. There are three different drills that can be worked on, and all that is required is some space to operate.
02. Form multiple lines, depending on the number of players.
03. All players must have a basketball.
04. On the whistle, the first player in line will dribble down the court performing the three dribble moves.
05. Firstly, the player is going to make a hesitation move. The player will dribble down the court at full speed, then come to almost a complete stop, and finally blow past the defender.
06. Secondly, the player will do a variation of the hesitation move. This time, the player will come to almost a complete stop and switch hands with the dribble. This will freeze the defender, allowing the player to switch hands with the dribble again and blow past the defender.
07. Finally, the player will execute a behind the back dribble. When done correctly, the player will hardly lose a beat, and the change of direction will allow the player to blow by the defender with ease. They should put the ball behind their backs 1 or 2 steps away from the defender.
08. The process will continue until you feel it is necessary to move on to a different drill.

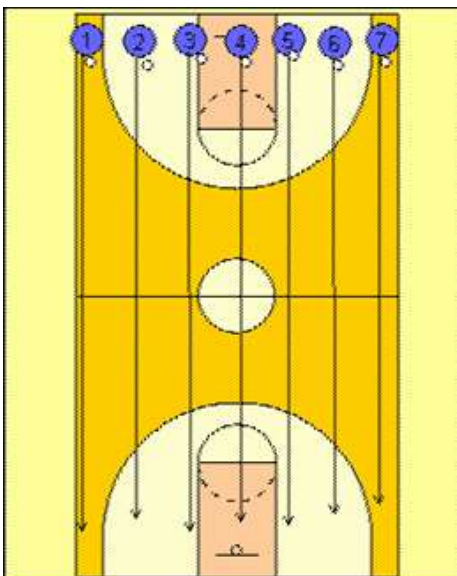
POINTS OF EMPHASIS

Continually tell your players to:

01. "Keep the ball low when dribbling."
02. "Keep the ball under control."
03. "Go only as fast as you feel comfortable when dribbling."
04. "Run by the defender as close to them as you can and don't go wide giving the defender a chance to recover."
05. "Keep your head up and don't look at the ball."
06. "Keep your knees bent, not upright, when making your move. Staying low and keeping your knees bent allows you to blow past the defender faster."

MOTIVATION and TEACHING TIPS

Tip#1 - If using a real defender helps the players work harder, then by all means use one. Using a stationary object, like a chair, is also a viable alternative.



PASS AND ZIGZAG (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach basic passing and dribbling techniques, thus giving your offense a better opportunity to create scoring chances.

INSTRUCTIONS

01. Position 1st and 2nd players 10 feet apart from each other on one side of the baseline.
02. Position 3rd player on the other baseline. This player will be on the opposite side of the 1st and 2nd players.
03. The 1st and 2nd players will shuffle to the half court line, throwing chest passes to each other the whole way. At the same time, the 3rd player will be dribbling around cones that are set up in a zigzag pattern from the baseline to the half court line.
04. When the 1st and 2nd players reach the half court line, the player closest to the sideline will continue to move, dribbling the ball to the opposite basket for a lay-up.
05. The 1st player will rotate to the end of the line at the dribbling station.
06. The 2nd player will rotate to the end of the line at the other side of the passing duo.
07. The 3rd player will finish dribbling to half court, then throw a chest pass to the coach who will be standing between the half court line and the basket.
08. The coach will throw the ball back to the 3rd player at the appropriate time, allowing the player to make a lay-up without having to dribble the ball.
09. The 3rd player will then rotate to the passing station, being the passer on the inside.
10. This sequence will continue until deemed fit to stop.

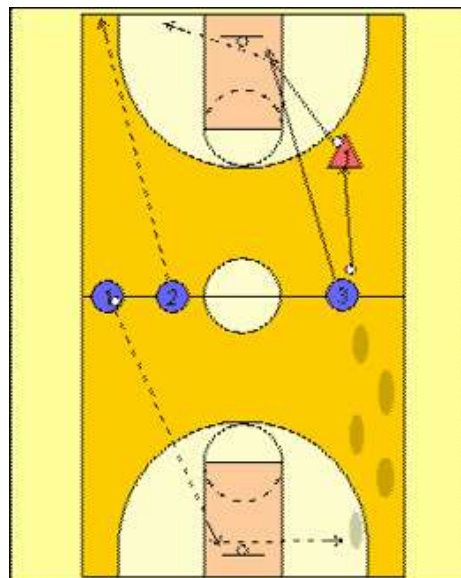
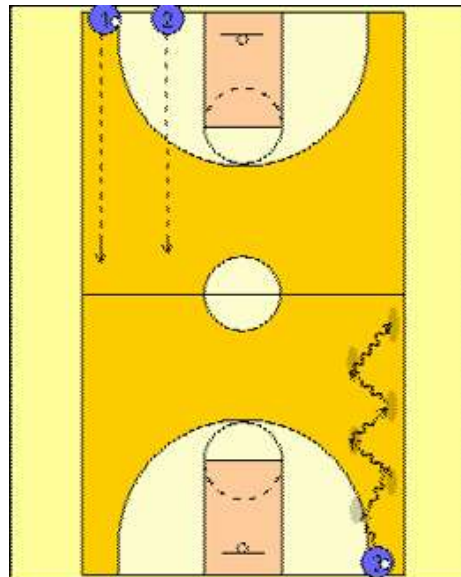
POINTS OF EMPHASIS

Continually tell your players to:

01. "Throw the chest passes to the other player's chest."
02. "Go as fast as you can WITHOUT losing control of the ball."
03. "Concentrate on putting the ball softly off the backboard when shooting the lay-up."
04. "Rotate to the correct spot so the drill runs smoothly."
05. "Keep your head up and don't look at the ball."

MOTIVATION and TEACHING TIPS

- Tip#1 - If the players don't follow your points of emphasis, then make them continue the drill until they do it right. Don't let them settle for mediocrity.
- Tip#2 - Keeping the ball under control is vital in making this drill run successfully. Continue to tell your players that staying under control is the #1 priority in this drill.
- Tip#3 - All young players want to shoot the ball often and score lots of points, but it is important for them to know that becoming a good dribbler and/or passer can lead to some very good scoring opportunities. Tell your players that these drills will help them reach their ultimate goal of scoring lots of points.



BLEACHERS

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach players how to keep the ball under control while dribbling, thus reducing the chance of careless turnovers during a game situation.

INSTRUCTIONS

01. Line up all the players at the bottom of a set of bleachers.
02. Each player should have a ball in hand.
03. On the whistle, the players will start slowly making their way to the top, dribbling the ball on each row of bleachers.
04. When everyone reaches the top, the players will wait for the coach's signal, and start dribbling down the bleachers again, dribbling the ball on each row once again.
05. Never perform this drill at any sort of running speed.
06. The drill should be run until the players can move freely up and down the bleachers without stopping.

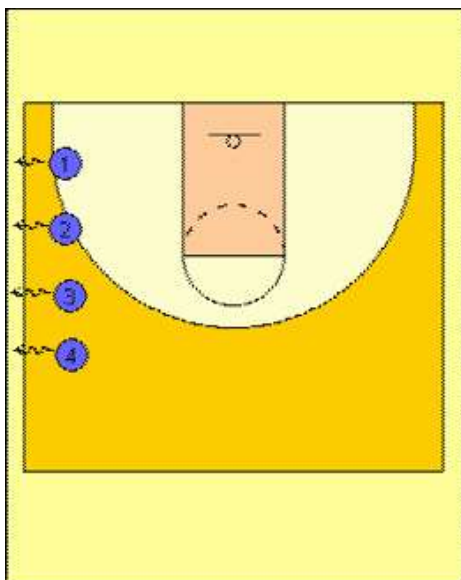
POINTS OF EMPHASIS

Continually tell your players to:

01. "Maintain a slower pace to prevent injury to yourselves and others."
02. "Keep the ball under control."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make your players perform this drill with their left and right hands. Once they get good enough with both hands, have them alternate hands, performing crossover dribbles at each row of bleachers.
- Tip#2 - Make your players encourage their teammates. The team must wait to come down the bleachers until the last player reaches the top.
- Tip#3 - This drill can become dangerous if executed too quickly. Make sure your players don't begin moving too fast up and down the bleachers.



FULL COURT LAY-UP (MINIMAL DRIBBLE) (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to cover a lot of ground with very few dribbles. This will make your team faster and better with the dribble, especially on a fast break.

INSTRUCTIONS

01. Position three players on the court as illustrated in the diagram.
02. Player 1 should have a ball in hand.
03. On the whistle, Player 1 will take one dribble and pass the ball to the player at mid-court.
04. Player 2 will receive the ball and take one dribble towards the basket and pass the ball to the player at the foul line extended.
05. Player 3 will receive the ball and dribble to the basket and make a lay-up.
06. Players will follow their passes and wait for the next ball down the line at the next position on the court.
07. The next player can go as soon as the first ball has reached Player 3 at the foul line extended.

POINTS OF EMPHASIS

Continually tell your players to:

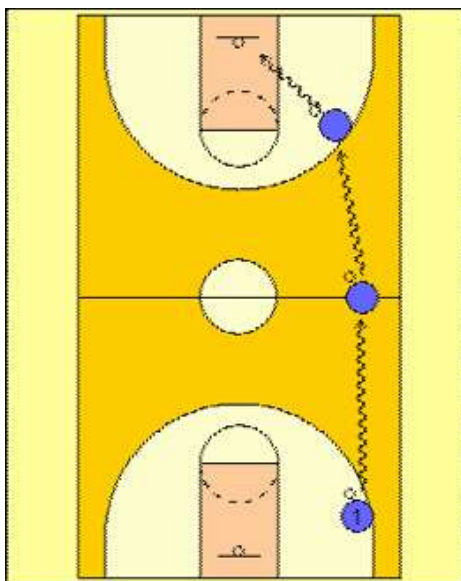
01. "Throw two handed chest passes to the other players down the court."
02. "Go as fast as you can WITHOUT losing control of the ball."
03. "Concentrate on putting the ball softly off the backboard when shooting the lay-up."
04. "Make sure that by the time you get in position to shoot the lay-up, you are under control."

MOTIVATION and TEACHING TIPS

Tip#1 - Run this drill from the right side of the court as well as the left side of the court, so players can practice dribbling and shooting with both hands.

Tip#2 - This can turn into a good conditioning drill as well. Let your players make the lay-up on one end and have them sprint dribble down the court on the opposite side to the other basket.

Tip#3 - It may be necessary to insert an extra dribble in the beginning until the players get the hang of the drill.



DRIBBLING MANIA

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach players how to elude defenders with the dribble, creating opportunities to score on the offensive end while at the same time protecting the ball.

INSTRUCTIONS

01. The 1st player in line will start out with a basketball in hand, dribble to position 1 (triangle 1 on the diagram).
02. At position 1, the player will execute a crossover dribble. The crossover should go from the right hand to the left hand, and should be kept as low to the ground as possible.
03. At position 2, the player will execute another crossover dribble. The crossover should go from the left hand to the right hand, and should be kept as low to the ground as possible.
04. At position 3, the player will execute a spin move, crossing the ball from their right hand to the left hand in the process. The player should end up facing the opposite sideline when the move is completed.
05. At position 4, the player will execute a hesitation dribble, pretending they are guarded by multiple players. After slowing down and backing up just a bit, the player will then crossover and blow past the double team.
06. At position 5, the player will execute a between-the-legs dribble and then a low crossover. At the end of position 5 the ball should be in the same hand it was in when the player arrived at position 5.
07. The player will then continue dribbling until position 6, where they will execute a behind-the-back dribble from the right hand to the left hand and then head towards the basket.
08. With the ball still in the player's left hand, the player will make another crossover dribble at the 3-point line, and continue on to the basket and make a right hand lay-up off 1 leg, or a power lay-up off 2 legs.
09. The 2nd player in line will start when the 1st player reaches position 3 etc.
10. The process will continue until you feel it is necessary to move on to a different drill.

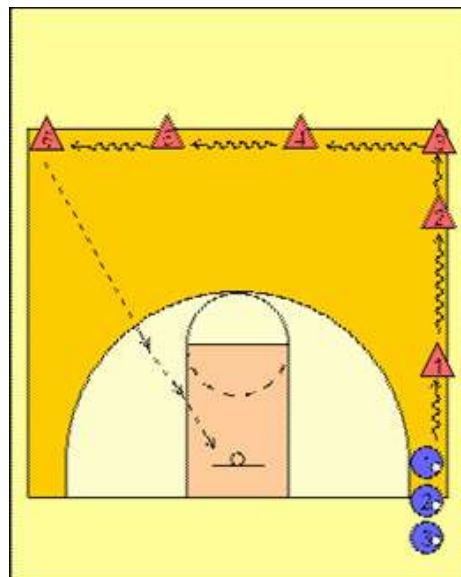
POINTS OF EMPHASIS

Continually tell your players to:

01. "Look up when dribbling."
02. "Go at a pace that is comfortable for you, and with time, you will get better, and gradually gain speed."
03. "Make sure you are not palming the ball."
04. "Imagine a defender in front of you at every station, since there will be somebody there in an actual game."

MOTIVATION and TEACHING TIPS

- Tip#1 - Run this drill from the opposite side of the court as well, so both hands are strong when it comes to dribbling.
- Tip#2 - Many variations of this drill can be created. If this is too much for your kids to remember, then take a couple steps out. If this drill gets too easy for your players, then add a couple more stations, possibly a real defender at a given station, etc.
- Tip#3 - Being a good dribbler can create great team scoring opportunities. If your players can understand the benefits of good ball handling, then they will perform the drill with more vigor, and better results will be obtained.



GAUNTLET

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will help players develop great ball-handling skills when running down the court.

INSTRUCTIONS

01. Players will be divided up into 2 teams. One team (the offense) will line up on the baseline. The other team (the defense) will line up in 15-20 foot intervals all the way up the sideline.
02. On the whistle, the first player in line will dribble up to the first defender and make a move of their choice (behind the back, between the legs, crossover, spin move etc.) and move towards the next defender.
03. The defenders will try to get a swipe at the ball and try to knock it away from the offensive player. The defenders are stationary, so this will be their only defense that is allowed.
04. The player will then dribble to the next defender and make another move of their choice, and continue down the sideline making moves passing all the defenders.
05. As soon as the first player gets past the first defender, the next player in line will begin.
06. When the player passes the last defender, they will make a power lay-up off 2 legs.
07. After getting their rebound, the player will sprint down the court and make a lay-up off 1 leg.
08. The process will continue until you feel it is necessary to move on to a different drill.

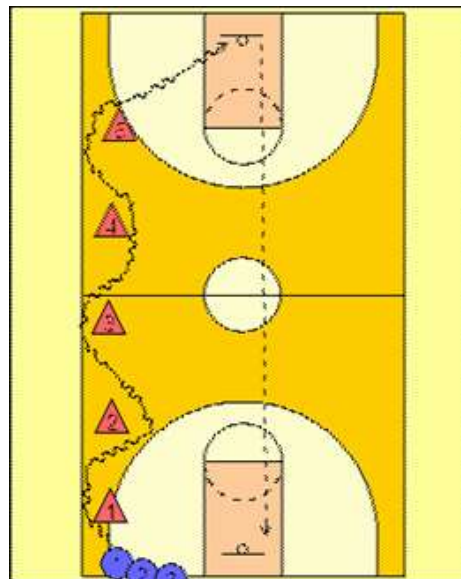
POINTS OF EMPHASIS

Continually tell your players to:

01. "Mix up the dribble moves you make at each defender."
02. "Keep the ball under control."
03. "Dribble with the correct hand. If you are on the left side of the defender, then dribble with your left hand. If you are on the right side of the defender, then dribble with your right hand."
04. "Shoot the lay-up with the correct hand. If you are on the left side of the basket, then shoot with your left hand."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make your players perform this drill with both their left and right hands.
- Tip#2 - Remind your defenders to remain stationary, because these players will have a tendency to get a little more aggressive in their pursuit of the ball than they should.
- Tip#3 - Make sure your players are keeping their dribble low at all times. If the players start dribbling the ball too high, then it becomes much easier for a defender to steal the ball.
- Tip#4 - If you have younger or lesser developed players, then they should only perform a couple of dribble moves. You could start out with crossovers and spin moves.



THREE-ON-THREE

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill will teach players how to handle the fast break both on the offensive and defensive end.

INSTRUCTIONS

01. Three offensive players will line up across the baseline, with three defensive players lined up directly in front of them at the free throw line.
02. The coach will pass the ball to one of the offensive players on the baseline.
03. The player that is guarding the offensive player with the ball must sprint to the baseline.
04. The other defensive players will sprint back and defend the developing fast break.
05. The defensive player that sprinted to the baseline will run back on defense after touching the baseline, but by this time, should be trailing considerably.
06. The offense should have their shot off by the time the last defender gets back into position.

POINTS OF EMPHASIS

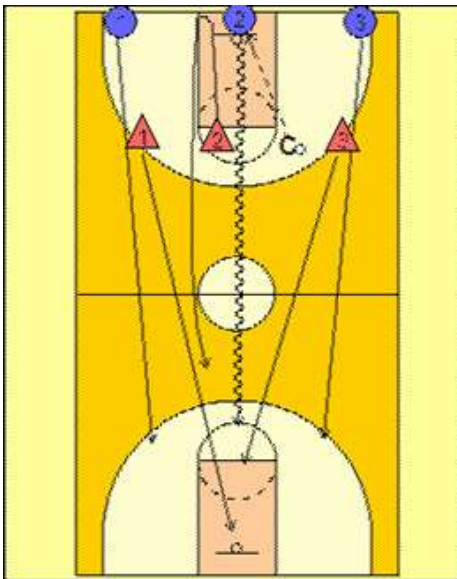
Continually tell your players to:

01. "Get the ball to the middle of the floor, balance the floor."
02. "The offensive player should make the defensive player commit to them before passing the ball."
03. "If the defender does not commit to you, then drive to the basket and make a lay-up."

MOTIVATION and TEACHING TIPS

Tip#1 - You can run this drill as a competition, with points being awarded for the offense and the defense. The first team to reach a pre-determined number of points is the winner.

Tip#2 - Make sure the players understand that hustling back on defense is very important. They should never give up or let the opponents score a fast break, otherwise that easy basket they gave up could be the difference in the game.



PARTNER PASSING WITH ONE DEFENDER (AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill will help with accuracy of passing and will force the players to use ball-fakes. The defensive player improves hand-eye co-ordination trying to shield and deflect passes.

INSTRUCTIONS

01. Have (2) players about 12-15 feet apart facing each other.
02. Have (1) player placed between the players, as a defender.
03. Have the offensive players start with a ball.
04. The defender will harass the offensive players by mirroring or shielding the ball.
05. The offensive players will use any sort of pass and/or fake to get the ball to the other offensive player.
06. If the ball is tipped or touched, then the offensive player who threw the ball becomes the defense.

POINTS OF EMPHASIS

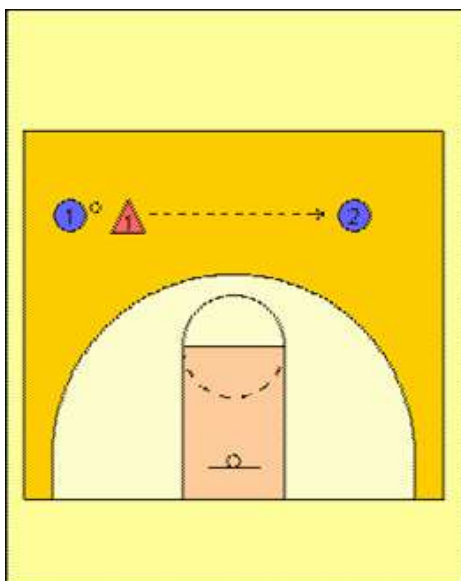
Continually tell your players to:

01. "Pass-fakes!!! If you do not practice pass-fakes, then as the competition increases and you get older, you will constantly have your passes tipped and intercepted by defensive players. It is vital to your development that you practice pass-fakes."
02. "Use your pivot to create space between you and the defender."

MOTIVATION and TEACHING TIPS

Tip#1 - Tell your players, if they want to become a good offensive player, then they will need to practice pass-fakes. If they do not, then they will not succeed as an offensive player.

Tip#2 - Make sure that the offensive player does not start attempting to pass the ball until the defender is guarding him. Otherwise, the (2) offensive players will continually pass the ball above the defender's head, thus making the drill ineffective.



MACHINE GUN PASSING

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is perfect if you have players that have been dropping passes and/or if you just want to improve their passing and catching. It is great for improving hand-eye coordination.

INSTRUCTIONS

01. Form a line with six players (Player-1, Player-2, Player-3, Player-4, Player-5, Player-6).
02. Player-1, Player-2, Player-3, Player-4, Player-5, Player-6 should be about 4-5 feet apart.
03. Have another player (Player-7) stand about 12-15 feet away facing the other six players.
04. Player-1 and Player-7 start with balls.
05. Player-7 will then pass the ball to Player-6, and simultaneously, Player-1 will pass the ball to Player-7.
06. Player-7 will then pass the ball to Player-5, and simultaneously, Player-6 will pass the ball to Player-7.
07. Player-7 will then pass the ball to Player-4, and simultaneously, Player-5 will pass the ball to Player-7.
08. Player-7 will then pass the ball to Player-3, and simultaneously, Player-4 will pass the ball to Player-7.
09. Player-7 will then pass the ball to Player-2, and simultaneously, Player-3 will pass the ball to Player-7.
10. Player-7 will then pass the ball to Player-1, and simultaneously, Player-2 will pass the ball to Player-7.
11. Repeat the process over and over.

POINTS OF EMPHASIS

Continually tell your players to:

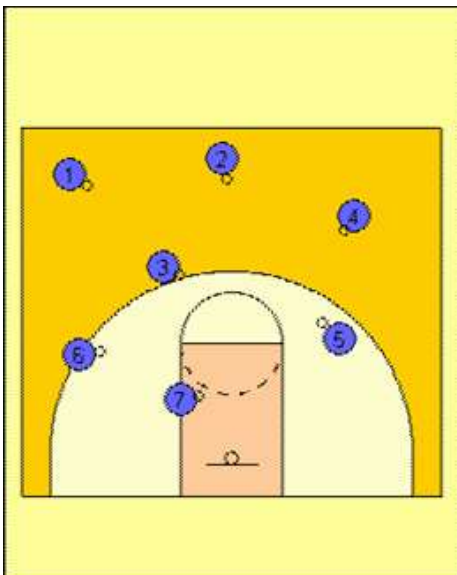
01. "You want to do this drill as quickly as possible. It improves your hand-eye coordination and the amount of time it takes a player to make a pass. Focus on making quick SNAP-passes."

MOTIVATION and TEACHING TIPS

Tip#1 - Make sure the players are making accurate passes and not just flinging the ball everywhere. To add a competitive aspect, see who can make the most accurate passes within 20 seconds. To be accurate, the ball must not be above the head or below the waist or two feet to the right or left.

Tip#2 - This drill might be best done with 3-4 players, because the players will get confused with what person to throw the ball to when there is more than 4 players.

Tip#3 - The player who wins can be rewarded with no conditioning for the day, or at least something in that area.



FOUR CORNERS PASSING (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to help your players develop great footwork while incorporating some passing into the drill.

INSTRUCTIONS

01. Have your players split up and go to all 4 corners of 1-half of the court.
02. Before the whistle, the coach will call out which pivot (right, left) the players must perform.
03. On the whistle, the first player in each line will dribble a basketball towards the middle half of the court.
04. The players will then execute the pivot instructed by the coach.
05. After completing the pivot, the players should be facing one of the four corners.
06. The players will then pass the ball to the next player in line and follow the pass to the back of that line.
07. Continue this drill until you feel it is being performed correctly.
08. Ideally, all the players will be in sync throughout the drill.

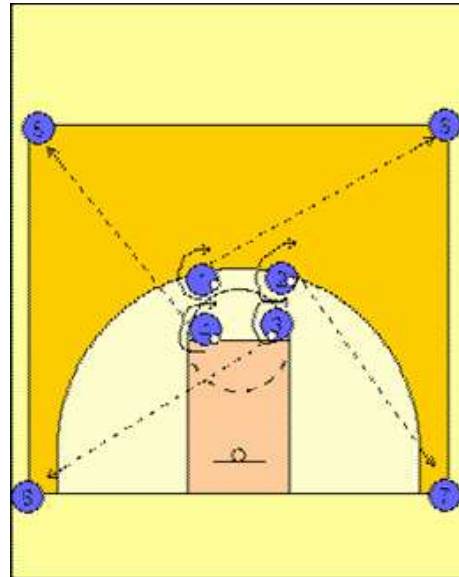
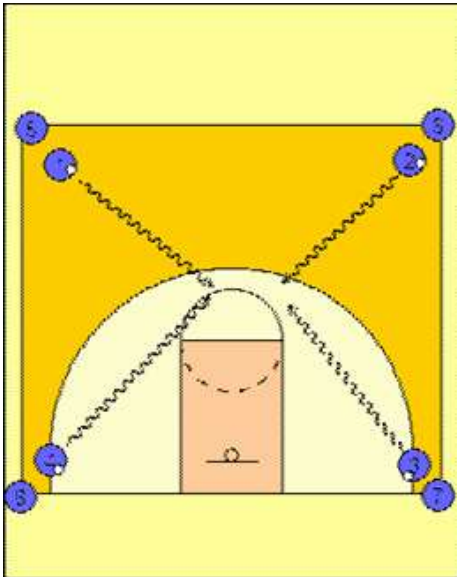
POINTS OF EMPHASIS

Continually tell your players to:

01. "Make sure you are pivoting and NOT travelling. One foot must be planted at all times."
02. "Make a crisp pass to the next person in line, either a bounce pass or chest pass."

MOTIVATION and TEACHING TIPS

Tip#1 - After the players get the hang of the drill, add a competitive aspect. For example, see how long they can go without dropping the ball.



FULL COURT PASSING (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to help your players control their passes even when running down the court at high speeds. If a player can make a pinpoint pass on the run, then they become a valuable asset to the team.

INSTRUCTIONS

01. Have your players lined up as shown in the diagram.
02. There will be (4) basketballs in play at all times.
03. On the whistle, the first player in line with the ball will pass to the player on the elbow closest to them.
04. After the player passes the ball they will then run down the sideline.
05. While on the run, the player will receive the pass back from the player on the elbow.
06. The player will then pass the ball to the next player on the elbow, down the court.
07. After the player passes the ball they will then continue running down the sideline.
08. While on the run, the player will receive the pass back from the player on the elbow.
09. The player will then finish with a drive to the basket and make a lay-up.
10. The player will then rotate to the opposite sideline and start the drill again.
11. The next player in line should start the drill as soon as the player in front of them has reached half court.
12. Players on the elbow should rotate roughly every 2-3 minutes.

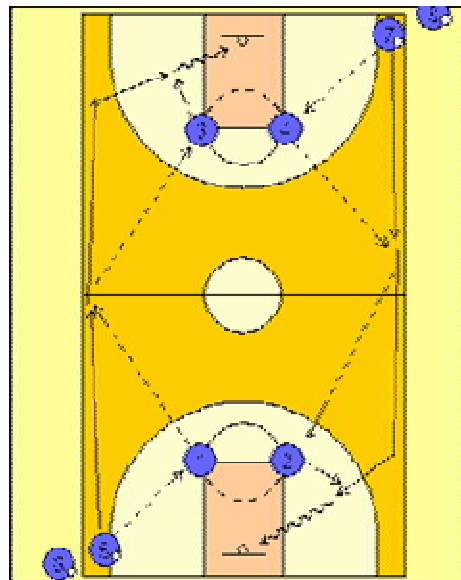
POINTS OF EMPHASIS

Continually tell your players to:

01. "Make sharp passes to the elbow player's chest."
02. "Refrain from dribbling."
03. "Make the lay-up with the correct hand (right hand on right side, left hand on left side)."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make sure your elbow players are doing a good job of leading the passer as they sprint down the court. Forcing a player to stop their forward momentum can be the difference between an easy lay-up and a broken fast break.
- Tip#2 - Have your elbow passers mix up the way they pass the ball to their teammates. Throw a chest pass, then a lob pass, then a bounce pass, etc.
- Tip#3 - If you have enough numbers, then this could be turned into a race. The winner being the first group to finish the drill correctly (lay-up made) one time through. This will force the players to run the drill harder, thus getting some conditioning in as well.



LANE PRESSURE PASSING (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to help your players break a full court press. It will teach them to always meet their pass, reduce turnovers, and how to get open without the ball.

INSTRUCTIONS

01. This is a full court drill with 3 offensive players and 3 defensive players.
02. The object of the offense is to advance the ball down the court and break the defense.
03. The defense will be playing man-to-man full court defense.
04. The court will be divided into thirds, and each offensive player may remain ONLY in 1 section of the court throughout the drill.
05. The player in the middle will start with the ball, and the offense will try to advance the ball against the defense by passing it back and forth to one another.
06. The offensive players will ONLY be allowed to take (1) dribble before passing it.
07. The offensive players will NOT be allowed to make lob passes to any of the wing players.
08. The defense will be trying to steal the ball at all times.
09. Continue this until a turnover is committed or the offense makes it down the court.
10. Rotate the offense and defense and begin again.

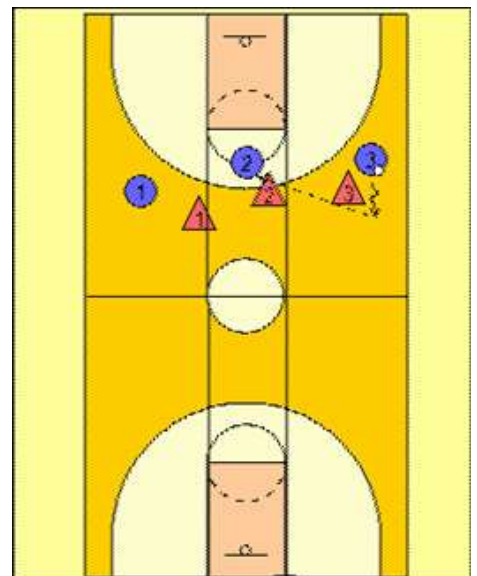
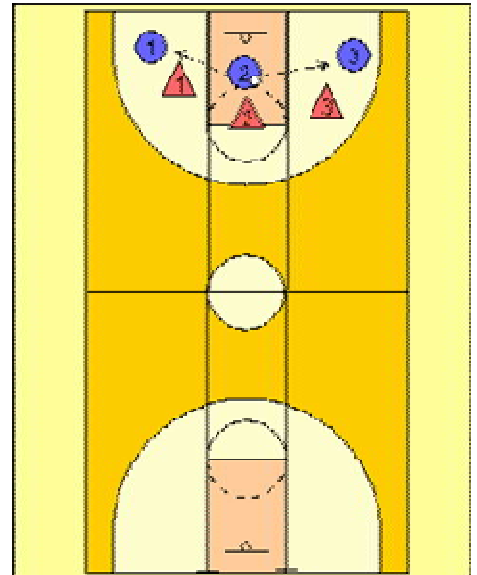
POINTS OF EMPHASIS

Continually tell your players to:

01. "Move the ball quickly so the defense doesn't have time to adjust and get a hand in the passing lane."
02. "Make sharp cuts, both V-cuts and backdoor cuts, to create space between yourself and the defender."
03. "Make sure you are coming to the ball as it is being delivered to you. If you are not aggressive, then the defender will have time to get a hand in the passing lane and deflect the ball."

MOTIVATION and TEACHING TIPS

- Tip#1 - In a game situation, players will only have 8 seconds to get the ball past the half court line. Install a little extra sense of urgency in your offensive players by counting to 8 during the drill.
- Tip#2 - Feel free to let your players attempt to make a lay-up or a short jumper after the press has been broken. However, it doesn't do a whole lot of good to let the drill extend an extra 30 seconds while the players are looking for a quality shot. Make some sort of cut off point where you whistle the play dead and start over again.
- Tip#3 - If you choose to implement a competitive aspect to the drill, then a scoring system in which the offense gets a point for a made basket, and the defense gets a point for forcing a turnover, is always an option that can make the drill more fun and competitive.



MUSICAL SLIDE

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill will teach players the proper defensive stance and improve their lateral quickness, which will increase their ability to shut down their opponent.

INSTRUCTIONS

01. Place (2) chairs about 15 feet apart, and have a player sit in one of them.
02. On the whistle, have the player raise their "donkey" up about 3 inches above the seat of the chair, and perform a defensive slide to the other chair.
03. Make sure the player's arms are extended, and they maintain proper form when they move from chair to chair.
04. Once the players understand this concept, set a group of chairs up in a large circle.
05. The amount of chairs should be (1) less than the total amount of players (12-players, 11-chairs).
06. Have the players gather in a circle around the chairs, and let them know that on the whistle, they are to move around until the whistle sounds a second time.
07. Upon hearing the whistle, the players must find a chair to sit in by moving in a defensive slide.
08. With this process, 1-player will be eliminated.
09. As the players are performing a defensive slide, the coach should remove (1) chair from the circle.
10. After several rounds, the 1-player left will be declared the winner.

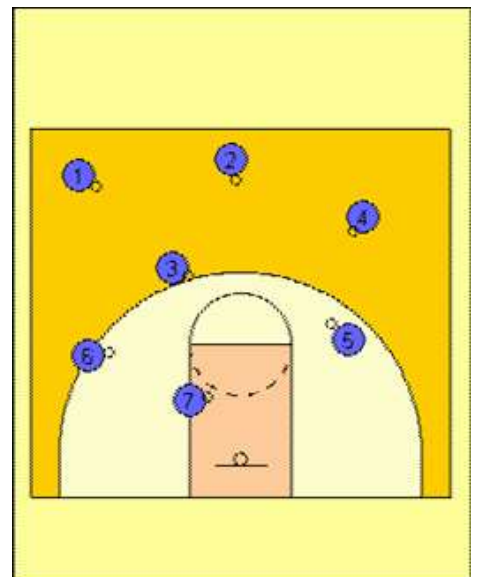
POINTS OF EMPHASIS

Continually tell your players to:

01. "Keep your defensive stance low to the ground, remember, 3 inches means 3 inches."
02. "Move quickly, but make sure your feet aren't clicking together while you are sliding."
03. "Keep the pushing and shoving to a minimum."
04. "Always maintain proper form (feet wide, low base, and don't let your feet come together)."

MOTIVATION and TEACHING TIPS

- Tip#1 - If you want to combine conditioning with the defense in this drill, then have the players that are eliminated from the game do a set number of wind sprints after they are eliminated.
- Tip#2 - At the beginning of the drill, the (2) chairs can be closer or further than 15 feet apart. 15 feet is just a guideline.
- Tip#3 - During the defensive slide, you could designate (left, right) to mean the players must rotate in the opposite direction. It will keep the players from getting bored from moving in only 1 direction.



DEFENSIVE SLIDE

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill will improve defensive form and quickness.

INSTRUCTIONS

01. Have the desired number of players line up on opposite sides of the lane, with the same number of players in each lane, if possible.
02. When the whistle blows, the first player in each line will sprint to the free throw line and make a 180 degree turn, thus facing the baseline.
03. The players will then do "foot fires" (tapping their feet in place as fast as possible) until the whistle is blown again.
04. When the whistle is blown again, the first group will slide to the sideline closest to them and continue with "foot fires". The second group of players will sprint to the free throw line and make a 180 degree turn and repeat what the first group of players did.
05. When the whistle is blown again, the first group will slide to the mid-court line. The second group will slide to the sideline closest to them and continue with "foot fires". The third group of players will sprint to the free throw line and make a 180 degree turn and repeat what the second group of players did.
06. Repeat this process until all groups have arrived at the mid-court line, and then start over again.

POINTS OF EMPHASIS

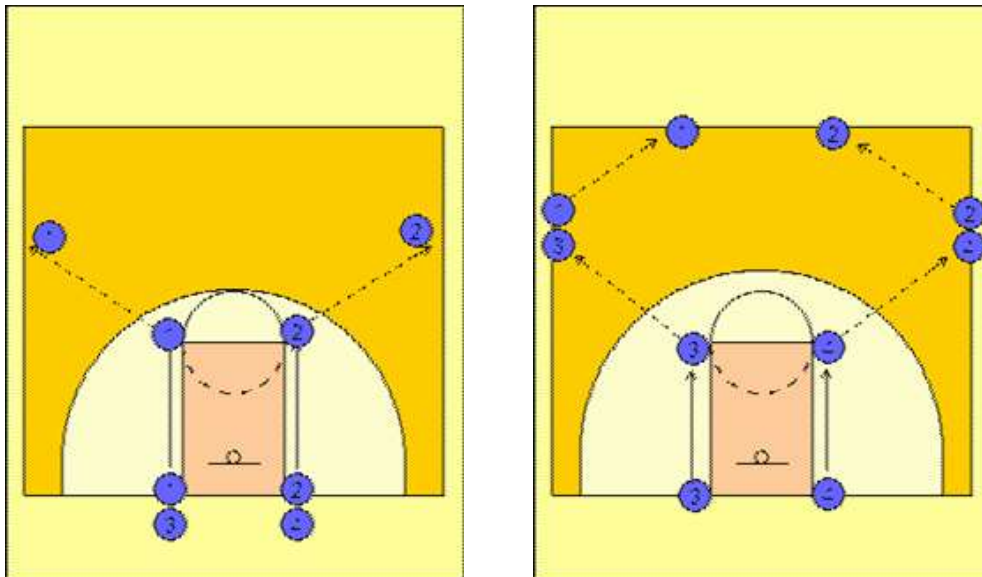
Continually tell your players to:

01. "Keep your head up and arms out while you are sliding, and remember, avoid clicking your feet together."
02. "Work on your defensive form first, and once your technique is correct, then start working on speed."

MOTIVATION and TEACHING TIPS

Tip#1 - This is not a competition, so let your players know that form is much more important than speed initially.

Tip#2 - Let your players know that defense is just as important as scoring baskets. Good defenders are just as valuable to the team as good scorers.



LANE SLIDE (AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill tremendously improves your lateral quickness and speed defensively. It's a great way to improve your man-to-man defensive skills at practice or by yourself.

INSTRUCTIONS

01. Players should start with their outside foot touching the line anywhere from the block to the elbow of the free throw lane.
02. Have the players get into their defensive stance: "donkey low", on the balls of their feet, legs slightly wider than shoulder width, knees bent, back bent slightly forward.
03. The players should then slide across the lane and touch the opposite line with their outside foot.
04. Once they touch the opposite line, they should slide back and touch the line where they started.
05. Players should do this as quickly as possible for 20-30 seconds.

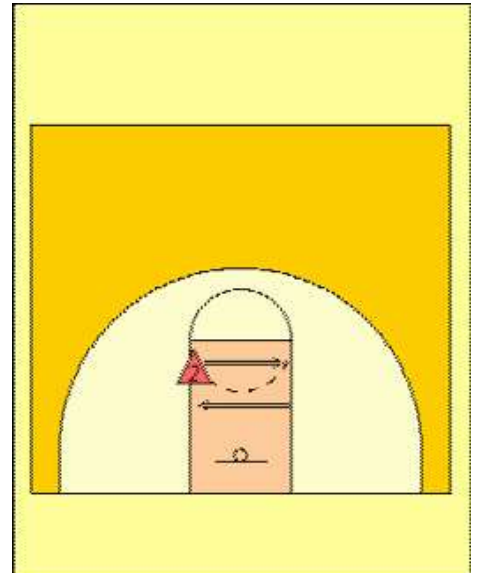
POINTS OF EMPHASIS

Continually tell your players to:

01. "Maintain a good defensive stance."
02. "Slide as quickly as possible, but avoid clicking your feet together."
03. "Keep your head up and arms out while you are sliding."
04. "Your feet should never cross."
05. "Don't bounce up and down, your head should stay on a level pane."

MOTIVATION and TEACHING TIPS

- Tip#1 - Re-occurring theme in these drills is to keep them as competitive as possible. If you are going to do this in practice, then you could have each player go for 20-30 seconds and see who can perform the most repetitions.
- Tip#2 - To keep players from crossing their feet or clicking their heels, you tell them that their lead foot is in a race with the back foot (if you are sliding to the right, then your right foot would be your lead foot). You never want the back foot to catch the front foot. Let them know, they still want to push off the back foot for power.
- Tip#3 - At first, the proper defensive stance will feel awkward for most players. You could start out doing lane slides at 50% speed or 75% speed until they become more accustomed to the defensive stance.



ONE-ON-ONE

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is beneficial for both offensive and defensive players. It is designed to teach offensive players how to elude defenders with the dribble, while teaching defenders how to guard good ball handlers. Both skills are vital to a team's success.

INSTRUCTIONS

01. Match up an offensive and a defensive player at the top of the key or the wing.
02. You may have up to (3) groups of two players on 1-half court, as is shown on the diagram.
03. Each offensive player will be holding a ball.
04. The offensive player will try to shake off the defender with 1 or more moves.
05. The defender will try to maintain good defensive position and prevent the offensive player from getting by.
06. Rotate positions every 2-3 possessions.

POINTS OF EMPHASIS

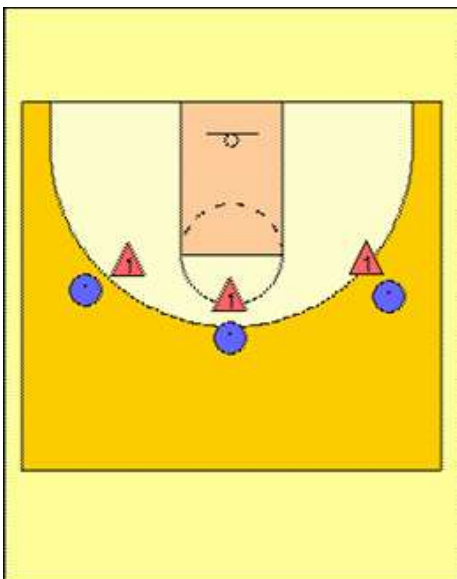
Continually tell your players to:

01. "Keep your dribble low and protect the ball from the defender."
02. "Don't let the defender get a hand on the ball and knock it away."
03. "Watch the offensive player's mid-section while on defense and NOT the ball. Watching the ball will only get you in trouble."
04. "Keep your hands out while on defense. This makes you appear much wider than you really are."

MOTIVATION and TEACHING TIPS

Tip#1 - You can give your offensive player the option to go for a lay-up if the player eludes the defensive player.
If you choose to do this, then you may not want to have (3) groups doing the drill on 1-half of the court.

Tip#2 - You can turn this drill into a competition, with points being rewarded for a basket and for defensive stops.



FRESNO DRILL

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is fantastic with the fundamentals for on-ball defense, and communication.

INSTRUCTIONS

01. The players will spread across the court with enough space so they can slide.
02. The players will be facing the coach and the coach should be positioned underneath a basket.
03. There should be plenty of room for the players to slide up and down the court.
04. The coach will have a ball, and every time the coach slaps the ball, the players will yell "BALL."
05. The coach will dribble the ball with his right hand (45 degree angle) towards the players.
06. The players will perform a defensive drop step with their left foot and slide to their left with the coach as if they were guarding him.
07. The coach shall then cross-over to his left hand and dribble the ball with his left hand (45 degree angle) towards the players.
08. The players will perform a defensive drop step with their right foot and slide to their right with the coach as if they were guarding him.
09. The coach will then pick up the ball, and the players will jump forward, and yell "DEAD BALL".
10. The coach will then take a step towards the players.
11. Players yell, "UHHHH!" and fall backwards as if they took a charge.
12. Repeat this drill several times.

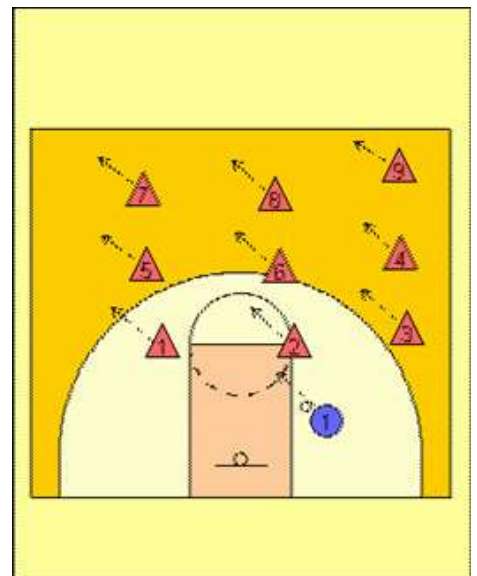
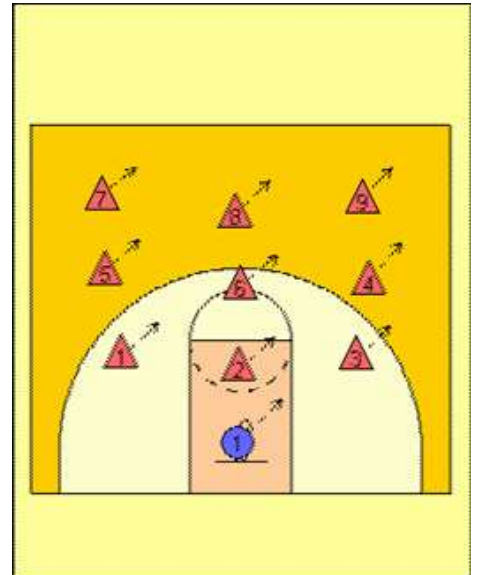
POINTS OF EMPHASIS

Continually tell your players to:

01. "Make sure you are yelling "BALL DEAD, DEAD, DEAD..." etc. This is practiced for game-like situations when the crowd is noisy, and you need your teammates to hear you."
02. "Make sure you are using proper defensive techniques."

MOTIVATION and TEACHING TIPS

- Tip#1 - You could tell them that major college basketball programs and pro teams still practice this drill.
- Tip#2 - You could have the players start out with a foot-fire (while in a defensive stance, moving their feet as quickly as possible while on their fronts of their feet).
- Tip#3 - You could also pick up your dribble, thus forcing the players to shield or mirror the ball with their hands. For example, if you have the ball on your right-side, then the players should have their right-hand straight up, and their left-hand shielding the ball.



RECOVERY DRILL

(AGE LEVEL – ELEMENTARY LEVEL.1+)

DRILL PURPOSE

This drill is designed to build defensive speed, helping your team recover quickly, and stop the offense from getting an easy basket. An indirect benefit from this drill is getting your players into better physical condition.

INSTRUCTIONS

01. Divide the court into (3) lanes, positioning cones on each side of both free-throw lines and at mid-court.
02. Players will be positioned on the corners of the baseline.
03. On the whistle, the first players in each line will sprint to the first set of cones.
04. Once the players reach the first set of cones, the next in line will proceed.
05. Once the players reach the first set of cones, they will slide to the sideline, ending half way between the first and second set of cones.
06. The process will be repeated until they reach the other baseline (sprint, slide, sprint, slide, etc).
07. Once the players have reached the far end of the court, they will go to the center lane, in between the cones, and run backwards to half court.
08. Once they have reached half court, they will sprint back to the opposite line they started in.

POINTS OF EMPHASIS

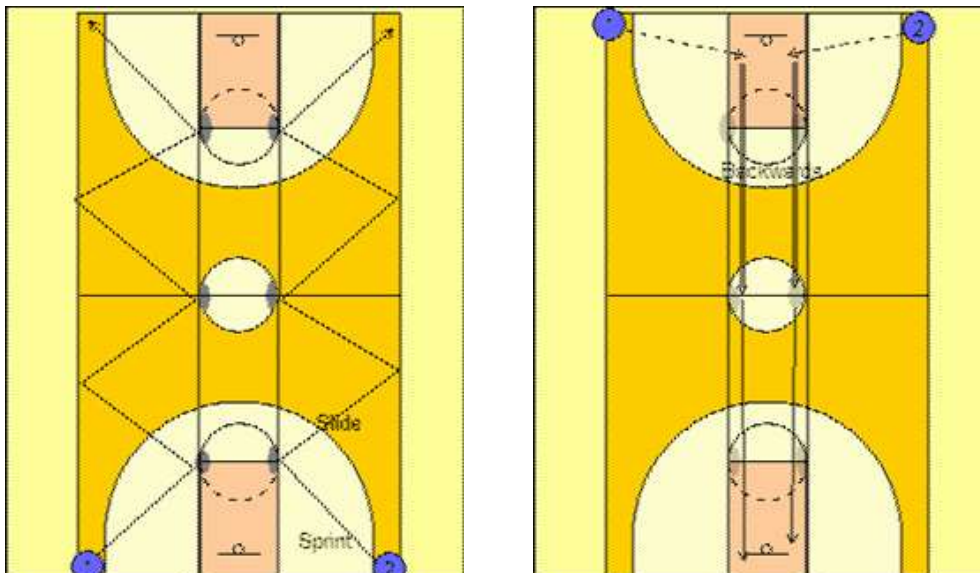
Continually tell your players to:

01. "Stay low while you are in your defensive stance."
02. "Keep your feet from clicking together while you are sliding."
03. "Pretend there is an offensive player trying to get by you."
04. "When sliding, back pivot each time you reach the line and change directions."

MOTIVATION and TEACHING TIPS

Tip#1 - Make sure that everyone is running this drill at full speed. Being able to recover on defense can prevent a lot of easy scoring opportunities for the offense. Therefore, make sure your team knows that this drill is one of the keys to winning a basketball game.

Tip#2 - Feel free to turn this drill into a competition, but penalties for incorrect form may be necessary to keep the players from cheating.



FORWARD DENIAL

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is designed to put pressure on the offense and create fast break opportunities for your team. Denying the passing lane will force the opposition into turnovers and lead to very easy points.

INSTRUCTIONS

01. Position an offensive player at the top of the key and on the wing.
02. Have a defender guard the wing player.
03. The ball should be in the hands of the player at the top of the key.
04. Ideally, the defender will be in a position where their hand is in the passing lane, and they can see the ball and the opponent at the same time.
05. When the whistle blows, the player will attempt to make V-cuts and/or backdoor cuts to free themselves from the defender.
06. The player with the ball will attempt to pass to the wing player.
07. Repeat this process, and then rotate the players.

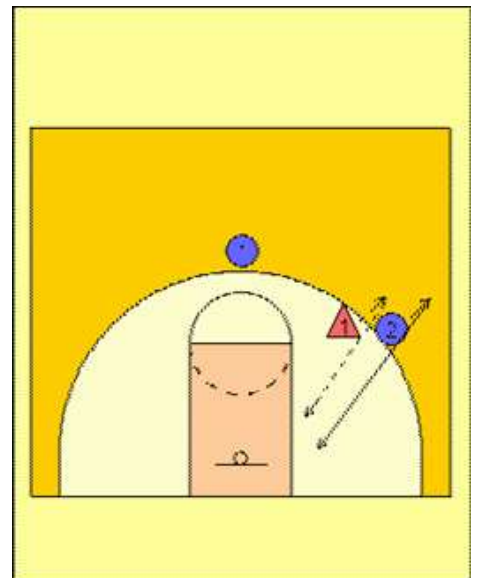
POINTS OF EMPHASIS

Continually tell your players to:

01. "See the ball and the player you are defending at the same time."
02. "Keep your hand in the passing lane."
03. "Don't over commit, as this could result in a backdoor cut for the opposition."
04. "Work hard to get open with V-cuts and/or backdoor cuts, thus making the defender work hard too."
05. "Make sure your passes are crisp and not lazy."
06. "Maintain your defensive stance when denying the ball, do NOT run backwards and forwards."

MOTIVATION and TEACHING TIPS

- Tip#1 - Make sure that everyone is running this drill at full speed. The passer should make crisp bounce and/or chest passes, the cutter should make sharp cuts and work hard to get open, and the defender should work hard to stay between the player and the ball.
- Tip#2 - You might have to show the players how to make a defensive stance when denying the ball. Using a defensive slide is much easier than running forwards and backwards, and it allows you to maintain good balance. It usually takes a few attempts for the players to figure out that this actually works much better, but keep on them to do it right.
- Tip#3 - Let the wing player go in for a lay-up if they make a good backdoor cut to free themselves up. It slows the drill down a bit, but rewards the offensive player for working hard.



COMPLETE MAN-TO-MAN (PART-I)

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will help the players develop good defensive habits so they are always in the right position for almost any man-to-man situation they will encounter on defense.

INSTRUCTIONS

01. You will put your players in many different situations in this drill. You should spend a few seconds for each situation to make sure the defending players are in the proper position.
02. "P" indicates point guard and/or ball handler in all the diagrams.
03. The first situation will be defending the passing lane and helping out with penetration (diagram 1).
04. The second situation will be the offensive wing player going down to the post as the point guard dribbles on the wing. The defender will work on post defense (diagram 2).
05. Repeat the drill over and over again, and rotate the player's positions.

POINTS OF EMPHASIS

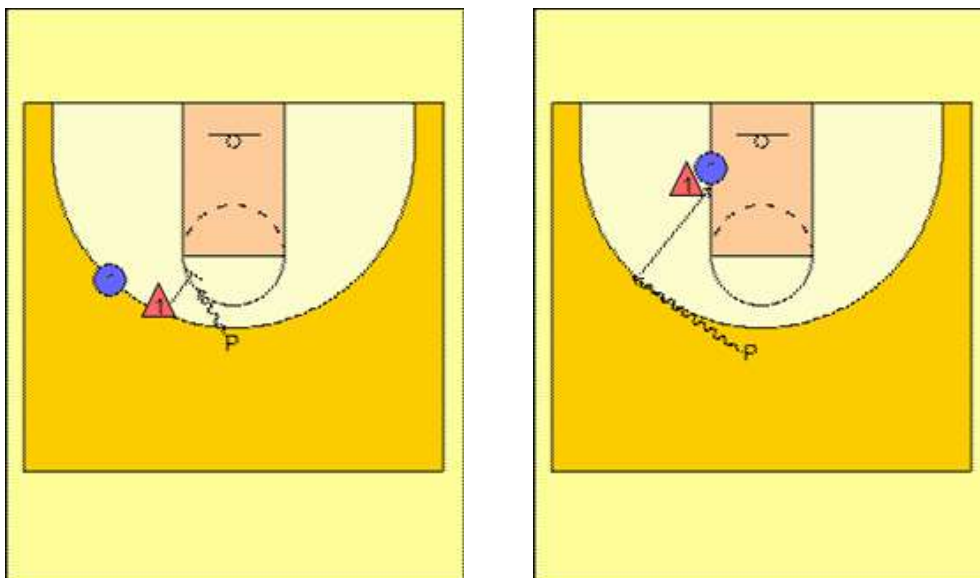
Continually tell your players to:

01. "See the player and the ball at all times."
02. "Get your hand in the passing lane if your player is (1) pass away."
03. "Maintain a good defensive stance with your knees bent."
04. "Make sure that you, as defensive player, are always in position."

MOTIVATION and TEACHING TIPS

Tip#1 - This is a great skeleton drill for your players, but the real test is how they handle these situations when there are more than just 3-players on the court.

Tip#2 - Make sure to have the person handling the ball to fake penetration a few times, so you can determine that the defensive player is watching the player he is guarding and the person who has the ball.



COMPLETE MAN-TO-MAN (PART-II)

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will help the players develop good defensive habits so they are always in the right position for almost any man-to-man situation they will encounter on defense.

INSTRUCTIONS

01. You will put your players in many different situations in this drill. You should spend a few seconds for each situation to make sure the defending players are in the proper position.
02. "P" indicates point guard and/or ball handler in all the diagrams.
03. The third situation will be the offensive player moving to the opposite wing, away from the ball handler, and the defender will work on seeing the offensive player and the ball simultaneously. The ball handler will throw a skip pass to the offensive player and the defensive player will close out and defend the ball (diagram 1).
04. The fourth situation will be the offensive player passing the ball back to the point guard from the wing, and make a flash cut to the middle. The defender will deny the pass (diagram 2).
05. Repeat the drill over and over again, and rotate the player's positions.

POINTS OF EMPHASIS

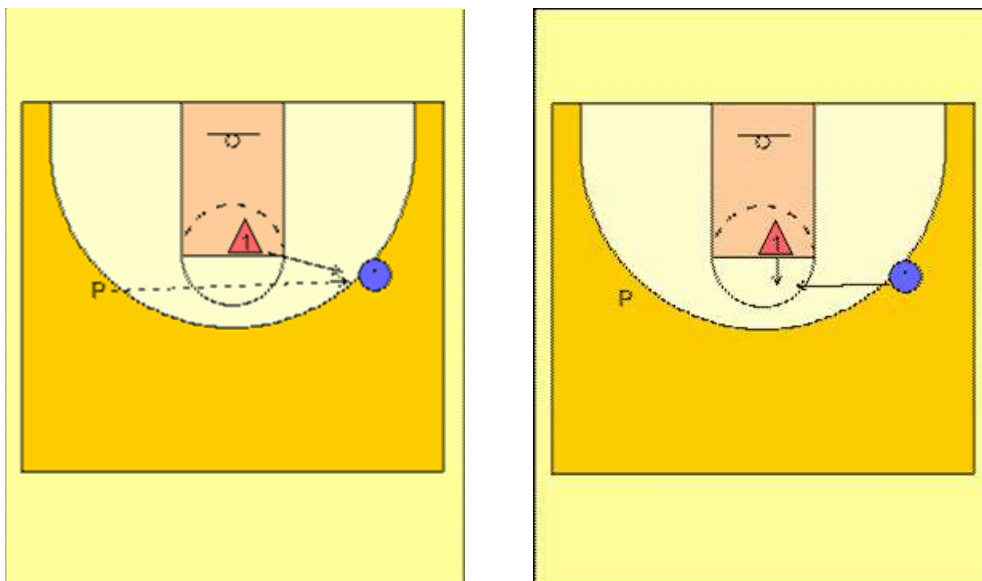
Continually tell your players to:

01. "See the player and the ball at all times."
02. "Get your hand in the passing lane if your player is (1) pass away."
03. "Maintain a good defensive stance with your knees bent."
04. "Make sure that you, as defensive player, are always in position."

MOTIVATION and TEACHING TIPS

Tip#1 - This is a great skeleton drill for your players, but the real test is how they handle these situations when there are more than just 3-players on the court.

Tip#2 - Make sure to have the person handling the ball to fake penetration a few times, so you can determine that the defensive player is watching the player he is guarding and the person who has the ball.



CLOSE OUT **(AGE LEVEL – JUNIOR HIGH+)**

DRILL PURPOSE

This drill is designed to teach players how to close out on the offensive player, so the offensive player does not explode past them.

INSTRUCTIONS

01. The defensive player will start out on the block with the ball.
02. The player will then pass the ball to the offensive player on the wing.
03. The defensive player will sprint halfway to the offensive player and then break down into a defensive slide.
04. The offensive player will fake a shot, and bring the ball down.
05. The defensive player will have their arms raised and extended to contest the shot, pass or dribble.
06. If the offensive player is right-handed, then the defensive player will raise his left hand to defend the shot, and extend the right hand out to defend the pass or dribble.
07. If the offensive player is left-handed, then the defensive player will raise his right hand to defend the shot, and extend the left hand out to defend the pass or dribble.
08. At this point, the offensive player will dribble twice to one side or the other, and the defensive player's goal is to prevent the offensive player from getting by.

POINTS OF EMPHASIS

Continually tell your players to:

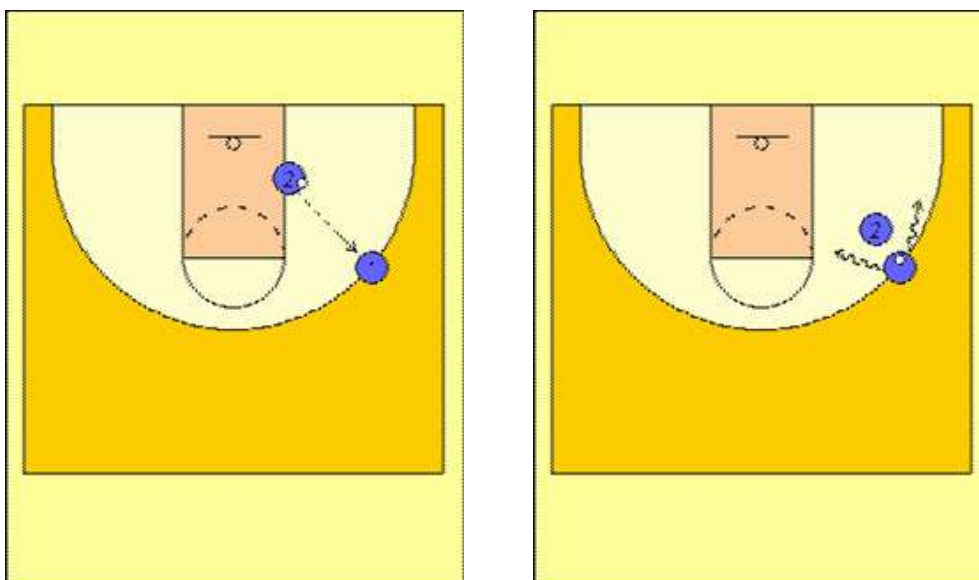
01. "Close out on the offensive player as fast as you can, yet under control, because if you close out too fast, then the offensive player will explode right by you."
02. "Use your arms to your advantage on defense, put them up when contesting a shot and out when defending against the pass or dribble."
03. "Take your two dribbles at game speed and work hard to get by the defender."

MOTIVATION and TEACHING TIPS

Tip#1 - You can turn this drill into a 1-on-1 game if you want to have a little more fun with it. Instead of just taking two dribbles to one side or the other, let the offensive player try to score on the defender.

Tip#2 - To keep the defensive player honest, you can allow the offensive player to shoot the ball instead of just faking it. This will teach the defender to keep their hands up while contesting the shot.

Tip#3 - This drill doesn't have to be done from the wing, it can be done from anywhere on the court.



TRANSITION DEFENSE (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to help your team recover quickly after a turnover or a made basket and prevent fast break points.

INSTRUCTIONS

01. Divide your squad into teams of 5 players.
02. When the coach blows the whistle, the offensive player with the ball will set the ball down. This will be treated as a turnover, and the offense will hustle back to play defense.
03. The defender closest to the ball will pick it up and pass it to the point guard.
04. The point guard will push the ball up the court and try to get a quick fast break basket.
05. If a basket is scored, then play it like a regular game and have the players scored upon inbound the ball and try for a quick fast break.
06. If a basket is NOT scored, then set up the offense and start the drill over again.

POINTS OF EMPHASIS

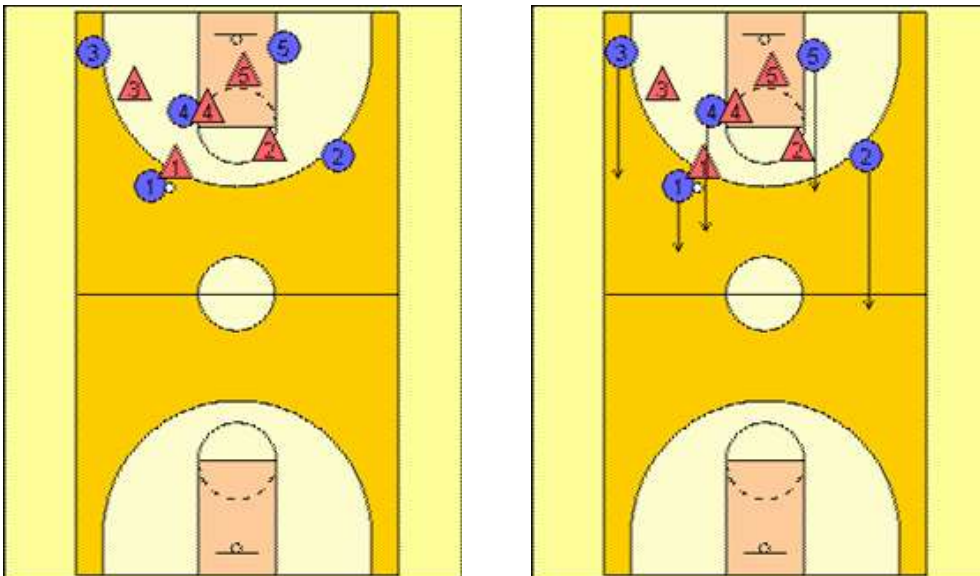
Continually tell your players to:

01. "Keep sight of the player you are guarding."
02. "Make the extra pass, if necessary, to get an easier shot."
03. "The defense should always sprint back down the court and then locate their player."
04. "The defense should always be stopping the ball."
05. "You need to talk on defense, and call out the person that you are guarding."

MOTIVATION and TEACHING TIPS

Tip#1 - Vary locations of your turnovers so the team can practice for all types of transitions on defense.

Tip#2 - You'll probably want to require your players to always guard someone different when the ball is put down. This will better simulate game situations and force the players to talk on defense.



TWELVE GAME DEFENSIVE DRILL (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This is a competitive drill that will help your defense get more deflections, take charges, and force more turnovers.

INSTRUCTIONS

01. This drill is played just like a regular 5-on-5 game, but the scoring and possession rules are a little bit different.
02. On offense, (2) points are awarded for a 2-point basket, (3) points for a 3-point basket, and (1) point is rewarded for being fouled by the defense.
03. On defense, (1) point is rewarded for the deflection of a pass, rebound, steal, and/or forcing a turnover. In addition, (2) points are awarded for taking a charge.
04. If the offense scores a basket, then they retain possession of the ball.
05. However, if a defender forces a turnover or gets control of the ball, then the offense and defense will switch.
06. Continue this game until 1 team reaches 15 points.

POINTS OF EMPHASIS

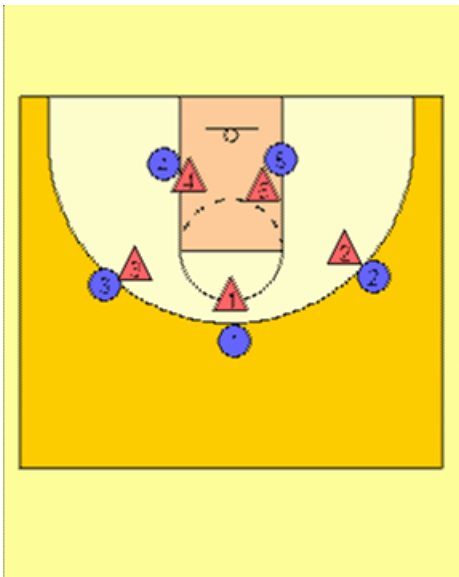
Continually tell your players to:

01. "Take good shots, and make crisp passes."
02. "On defense, make sure you can see your player and the ball at all times."
03. "Always have a hand in the passing lane."
04. "If you want to win, then take lots of charges and get lots of deflections."

MOTIVATION and TEACHING TIPS

Tip#1 - The drill could get a little rough without referees, so assign somebody to referee, or just do it yourself.

Tip#2 - If you have enough coaches and players, then this can be played on both ends of a court, as long as there is supervision at each end.



DOUBLE TROUBLE

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to put pressure on the basketball, helping the defense learn how to create turnovers, and teaching the offense to move the ball quickly to avoid pressures.

INSTRUCTIONS

01. This drill will only take half of the court.
02. The defensive players will outnumber the offensive players by 1-player.
03. The extra defensive player will double-team and trap the player with the ball.
04. The object of the drill is to be the 1st team to get (20) points.
05. Each basket the offense makes is (2) points, and the defense receives (2) points for each defensive stop.
06. After a pre-determined amount of turnovers, points, defensive stops, etc., the offense and defense should switch, so everyone gets a chance to be on both offense and defense.

POINTS OF EMPHASIS

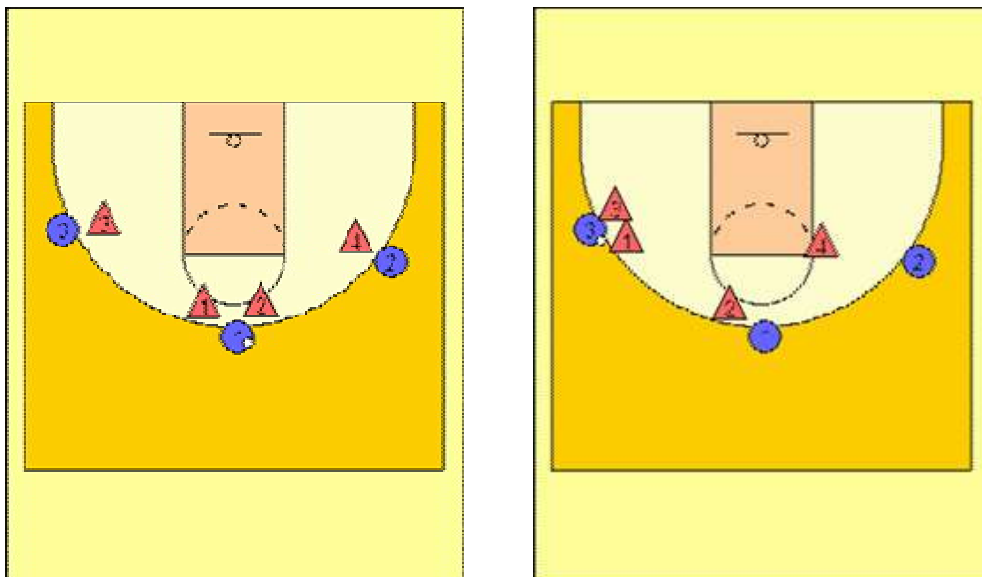
Continually tell your players to:

01. "Put pressure on the ball handler."
02. "Move the ball quickly and do not give the defenders time to double team you."
03. "Work for a good shot, since this is much better than attempting a 25-foot jump shot."

MOTIVATION and TEACHING TIPS

Tip#1 - If you run the drill on both sides of the court, then the team to get (20) points does not just have to be with each half of the court, it can be with all 4-teams that are participating.

Tip#2 - If the offense is succeeding more than you think they should, then putting another defensive player on the floor is an option, and the offense will be challenged that much more.



POST DOUBLE DOWN (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will teach your players how to properly double down on the post player.

INSTRUCTIONS

01. The coach ("C" on the diagrams) will start on the wing with a basketball.
02. An offensive and defensive player will be located on both the block and the free throw line.
03. An option for this drill is to have another offensive and defensive player located on the opposite wing of the coach or player.
04. The coach will throw the ball to the offensive player on the block.
05. Then the defensive player at the free throw line will come down and double team the post player.
06. If you choose to have the offensive and defensive player on the opposite wing, then the defensive player will rotate and guard the offensive player at the free throw line, taking over the spot that was vacated by the double team.
07. The offensive player on the block will try and score a basket with both defensive players trying to prevent the basket from being scored.
08. Repeat the drill over and over again, and rotate the player's positions.

POINTS OF EMPHASIS

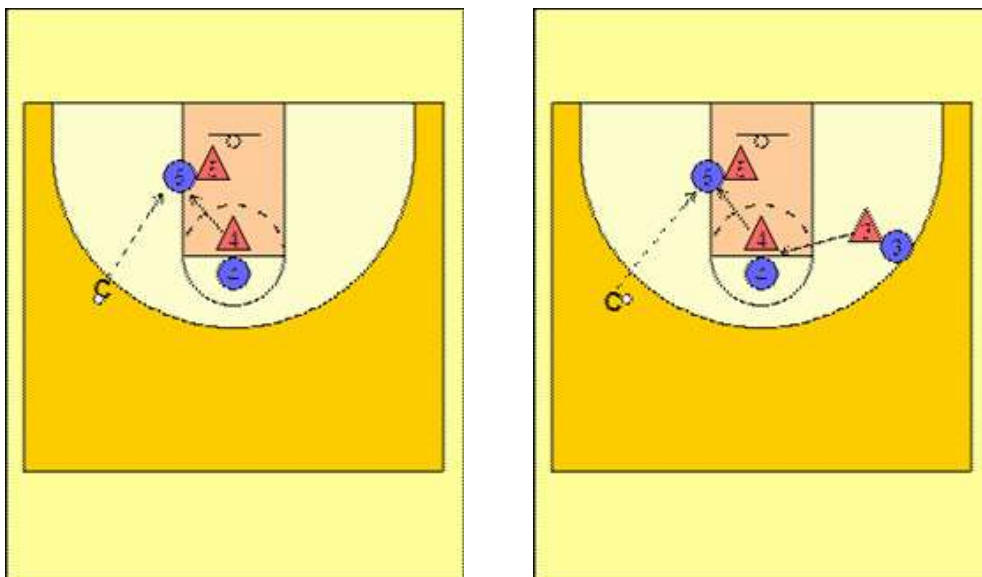
Continually tell your players to:

01. "The double team should be very quick, so the post player does not have time to react and forces a turnover."
02. "Stay in a good defensive stance at all times."
03. "Harass the offensive post player, but do NOT commit a foul in the process, BE SMART."

MOTIVATION and TEACHING TIPS

Tip#1 - Run this drill as a walkthrough first so the players can see the purpose for doing this drill. Then, slowly pick up the speed until the drill can be run at full speed.

Tip#2 - You may want to start without the opposite wing players initially, and then build up to the more complicated version of this drill, depending on your player's skill level.



DEFENDING THE PICK AND ROLL (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to teach your defensive players what to do in the event of a screen.

INSTRUCTIONS

01. There will be 3 offensive and 3 defensive players. One offensive and defensive player at the top of the key, another on the wing, and another in the corner.
02. For the first part of this drill, the point guard on the wing will dribble towards the corner, and the offensive player that is currently in the corner will come up and screen the defensive player.
03. The defensive player has a few options when attempting to avoid the screen. [1] They can call for a switch with the defender that is guarding the screener, or [2] They can slide between the screener and the ball handler, or [3] They can go around the screen and take the long route back to the ball handler.
04. For the second part of this drill, the point guard on the wing will dribble towards the top of the key and the post player will set a screen.
05. Both defenders will converge on the point guard and double team the player.
06. At this time, the post player will roll to the basket, and the defender in the corner will come over and prevent the pass to the post.
07. If the pass goes to the corner, then everyone on defense should recover to their initial responsibility.

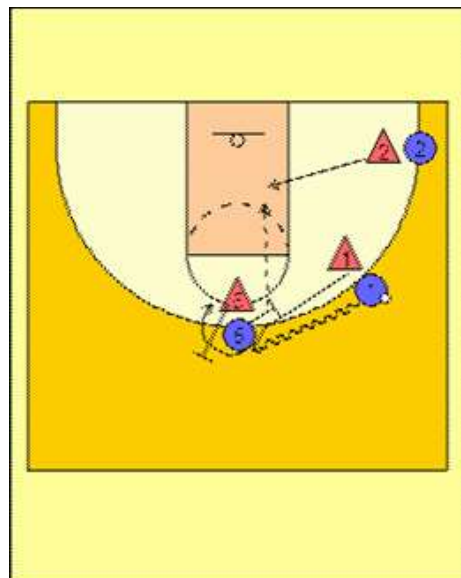
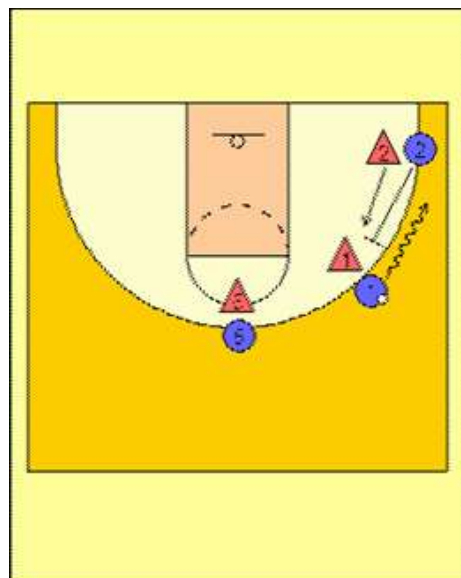
POINTS OF EMPHASIS

Continually tell your players to:

01. "Set solid, stationary screens."
02. "Run as close to the screener as possible when handling the ball, because this will make it much harder for the defense to slip between you and the screener."
03. "Mix up where the pass goes during the drill."
04. "Talk with each other and let each other know when a screen is coming and when a defensive switch is in order."

MOTIVATION and TEACHING TIPS

- Tip#1 - Run this drill from the left hand side of the court as well so players can adjust to both sides of the court.
- Tip#2 - Communication between defenders when dealing with a screen is vital for the success of the drill. Make sure your players are yelling out "SWITCH" or "SCREEN" every time the situation comes up. Communication can also prevent injury, because running into a screen at full speed can be dangerous.
- Tip#3 - Defense involves EVERY player on the court. It only takes (1) player to make a defense break down and give up an easy basket. Therefore, make sure your players are doing this drill and all other defensive drills correctly.
- Tip#4 - Try to be consistent in teaching how you want to defend against a screen. Teach your players to either switch on the screen or fight right through it. This way, less confusion will occur between the defenders.



FLASH PASS **(AGE LEVEL – JUNIOR HIGH+)**

DRILL PURPOSE

This drill is designed to deny the low post pass and keep the ball out of the paint.

INSTRUCTIONS

01. For this drill, there will be (3) offensive players and (1) defensive player.
02. The coach will position (2) offensive players on the wings and (1) offensive player in the post.
03. The defender should be positioned so that their back is almost to the ball. Ideally, the defender will be in a position where their hand is in the passing lane, and they can see the ball and the opponent at the same time.
04. When the whistle blows, the offensive player on the wing will attempt to make a pass to the offensive player in the post.
05. The defender will deny this pass by keeping their hand in the passing lane, moving with the player they are defending.
06. If the wing player cannot make the pass, then they will pass the ball to the other wing, and the post player will flash across the lane and attempt to receive a pass from the other wing.
07. Again, the defender will deny the pass, maintaining good position between the player and the ball.
08. This process will continue for several repetitions, and then the players should rotate.

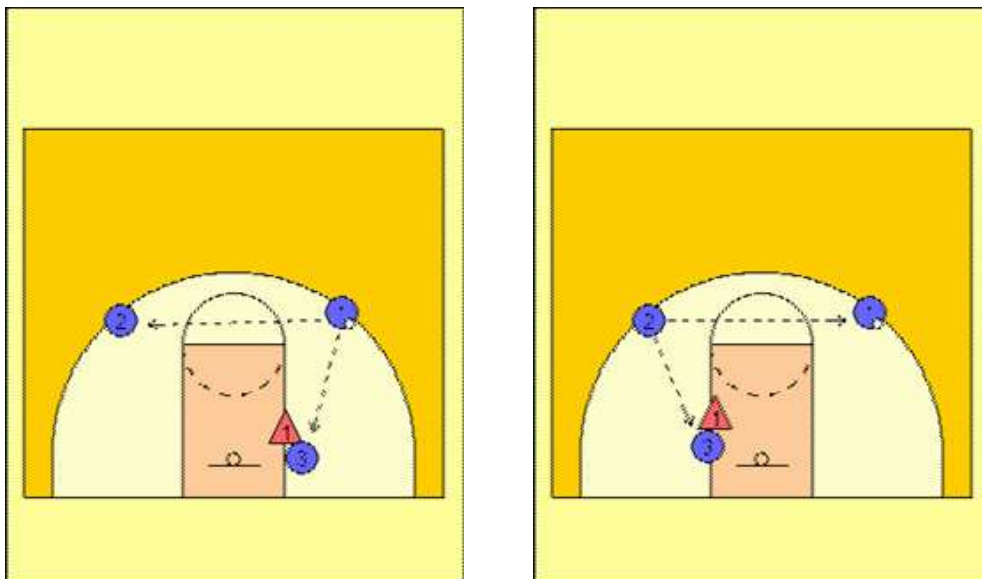
POINTS OF EMPHASIS

Continually tell your players to:

01. "Be aware of where the ball is at all times."
02. "See the ball and the player you are defending at the same time."
03. "Keep your hand in the passing lane."
04. "Don't over commit, otherwise, this will open up a backdoor cut for the opposition."

MOTIVATION and TEACHING TIPS

Tip#1 - Let the players on the wings make some cuts to the top of key to ensure that the defender can see the man and the ball at the same time. Make the cuts deliberate at first, and then, once the player gets the hang of it, run those cuts at game speed.



THREE-ON-TWO BREAK (PART I) (AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is designed to teach players how to take advantage on the fast break, creating easy baskets for themselves and their other teammates.

INSTRUCTIONS **THREE-ON-TWO BREAK (PART I) AND TWO-ON-ONE BREAK (PART II)**

01. Put (2) players at one end of the court and (3) players at the opposite end.
02. The group of (3) players should have a basketball.
03. On the whistle, the player with the ball will start dribbling towards the defense. The other offensive players will sprint ahead of the dribbler, balancing the floor on each side.
04. The player with the ball will dribble until 1 of the 2 defenders commits to them.
05. They will then pass the ball to the open offensive player on either side, and ideally, a lay-up will ensue.
06. If an extra pass is needed, then tell your players to make that pass.
07. The player who either takes the shot or turns the ball over will sprint back to the other end of the court and player defense.
08. The original defenders will become the offensive players and execute a 2 on 1 fast break.
09. Continue this drill with groups of (5) players until lay-ups are being made with regularity.

POINTS OF EMPHASIS

Continually tell your players to:

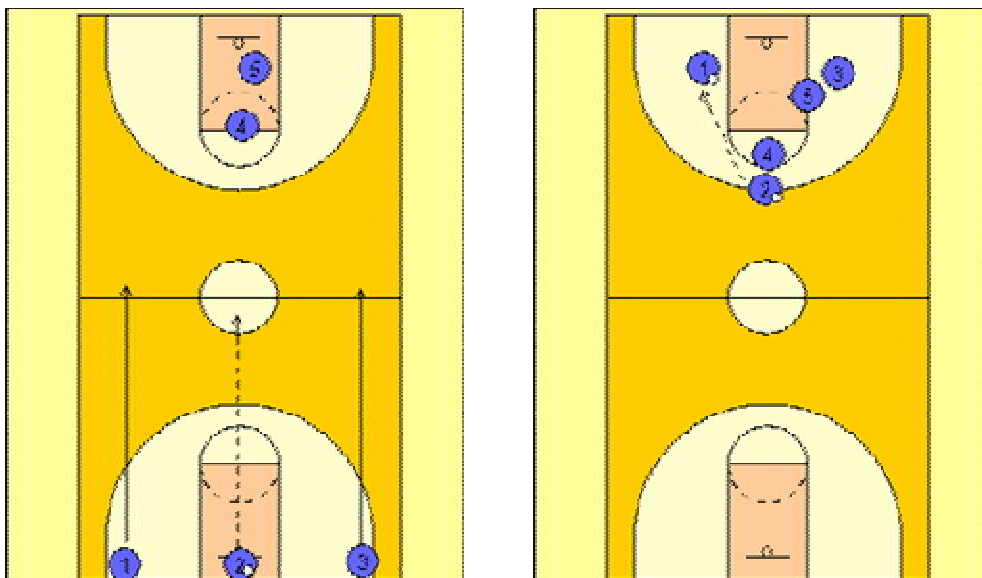
01. "Make the defender commit to you before you even think about passing the ball."
02. "Look up while dribbling and see the entire floor."
03. "Take care of the ball, control the ball, we don't want turnovers."

MOTIVATION and TEACHING TIPS

Tip#1 - Keeping the ball under control is vital in making this drill go successfully. Continue to tell your players that staying under control is just as important as making the lay-up at the other end.

Tip#2 - All young players want to shoot the ball and score lots of points, but it is important for them to understand that being unselfish is a key to making a fast break go successfully.

Tip#3 - A variation to include is no dribbling throughout the drill at first, then progress to dribbling once the players reach half court. It helps break the habit of catching and instantly dribbling. After catching the ball, it is important to emphasize seeing the defense, and reacting to what is given to them.



TWO-ON-ONE BREAK (PART II)

(AGE LEVEL – ELEMENTARY LEVEL.2+)

DRILL PURPOSE

This drill is designed to teach players how to take advantage on the fast break, creating easy baskets for themselves and their other teammates.

INSTRUCTIONS **THREE-ON-TWO BREAK (PART I) AND TWO-ON-ONE BREAK (PART II)**

01. Put (2) players at one end of the court and (3) players at the opposite end.
02. The group of (3) players should have a basketball.
03. On the whistle, the player with the ball will start dribbling towards the defense. The other offensive players will sprint ahead of the dribbler, balancing the floor on each side.
04. The player with the ball will dribble until 1 of the 2 defenders commits to them.
05. They will then pass the ball to the open offensive player on either side, and ideally, a lay-up will ensue.
06. If an extra pass is needed, then tell your players to make that pass.
07. The player who either takes the shot or turns the ball over will sprint back to the other end of the court and player defense.
08. The original defenders will become the offensive players and execute a 2 on 1 fast break.
09. Continue this drill with groups of (5) players until lay-ups are being made with regularity.

POINTS OF EMPHASIS

Continually tell your players to:

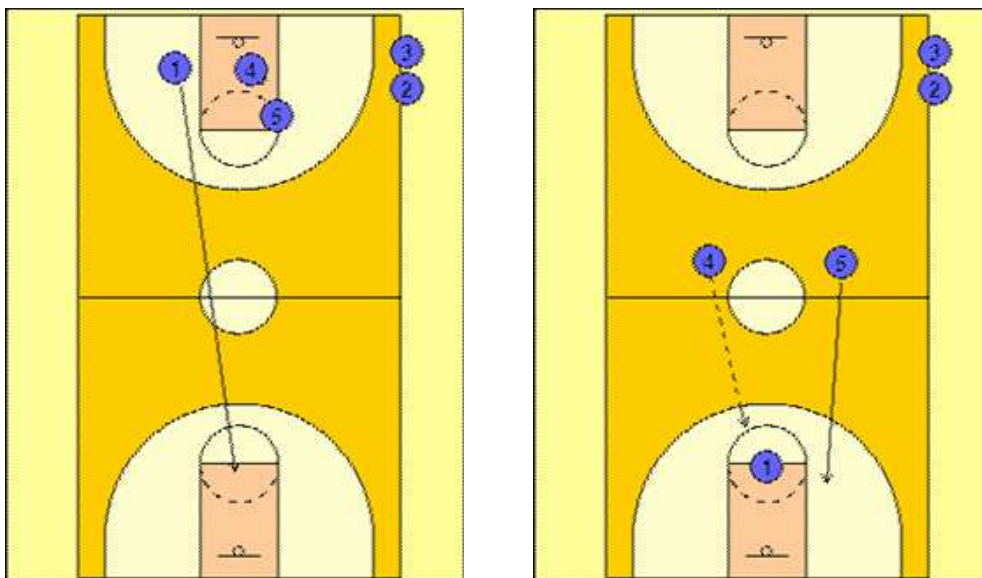
01. "Make the defender commit to you before you even think about passing the ball."
02. "Look up while dribbling and see the entire floor."
03. "Take care of the ball, control the ball, we don't want turnovers."

MOTIVATION and TEACHING TIPS

Tip#1 - Keeping the ball under control is vital in making this drill go successfully. Continue to tell your players that staying under control is just as important as making the lay-up at the other end.

Tip#2 - All young players want to shoot the ball and score lots of points, but it is important for them to understand that being unselfish is a key to making a fast break go successfully.

Tip#3 - A variation to include is no dribbling throughout the drill at first, then progress to dribbling once the players reach half court. It helps break the habit of catching and instantly dribbling. After catching the ball, it is important to emphasize seeing the defense, and reacting to what is given to them.



FREE PRESS: SPIN DRIBBLE OUT (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will teach guards how to beat the double team by executing a spin move. This should create an offensive advantage at the other end of the court.

INSTRUCTIONS

01. Have (1) offensive player on the baseline ready to in bound the ball.
02. Have (2) offensive players line up at the free throw line and the top of the key.
03. On the whistle, the player at the free throw line will come up and set a screen for the player at the top of the key.
04. The player coming off the screen will sprint towards the ball and receive a pass somewhere near the player in bounding the ball with their back towards both the baseline and the sideline.
05. Have (2) defensive players attempt to trap the ball handler.
06. The ball handler should attack 1 of the defensive players in the trap, before it develops.
07. As the trap is forming, the ball handler will execute a spin move dribble, sealing the defender by getting their body past the defender's knee.
08. When dribbling away, keep the dribble extended in front so it can't be knocked away from behind.

POINTS OF EMPHASIS

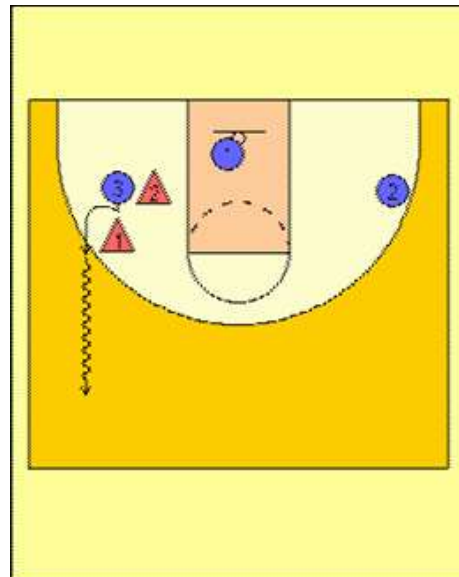
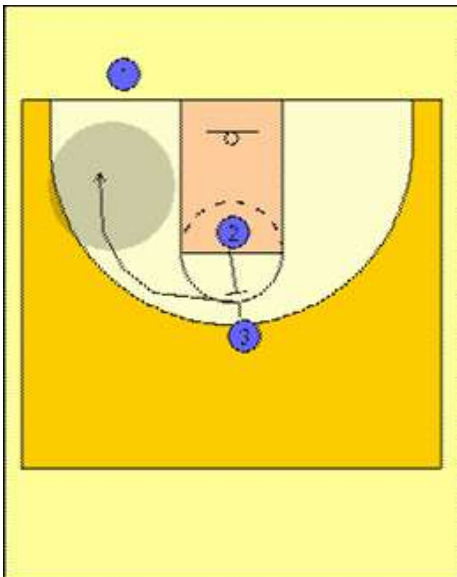
Continually tell your players to:

01. "Come off the screen at the top of the key hard and fast."
02. "In order to prevent a double dribble, make sure to keep your hand on top of the basketball."

MOTIVATION and TEACHING TIPS

Tip#1 - It is very important to practice this drill, so the offensive player will have faced this situation prior to a game. When the player sees this situation during a game, they will not panic and turn the ball over.

Tip#2 - Make sure that the defenders are attacking the offensive player, otherwise the offensive player will not be used to the intensity level during an actual game.



FREE PRESS: STEP THROUGH (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill will teach guards how to beat the double team by executing a step through move.

INSTRUCTIONS

01. Have (1) offensive player on the baseline ready to in bound the ball.
02. Have (2) offensive players line up at the free throw line and the top of the key.
03. On the whistle, the player at the free throw line will come up and set a screen for the player at the top of the key.
04. The player coming off the screen will sprint towards the ball and receive a pass somewhere near the player in bounding the ball with their back towards both the baseline and the sideline.
05. Have (2) defensive players attempt to trap the ball handler.
06. The ball handler will fake a pass over the top of the trap which will cause the defense to rise up.
07. When the defense rises up, the ball handler will split the trap, by taking ONE long and hard step. The ball handler will take their first dribble after getting through the trap.
08. When dribbling away, keep the dribble extended in front so it can't be knocked away from behind.

POINTS OF EMPHASIS

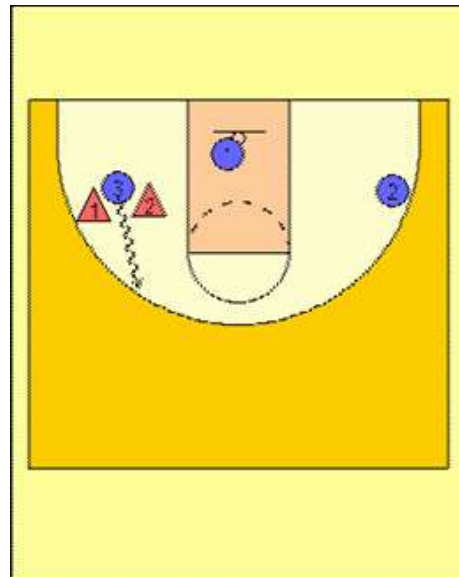
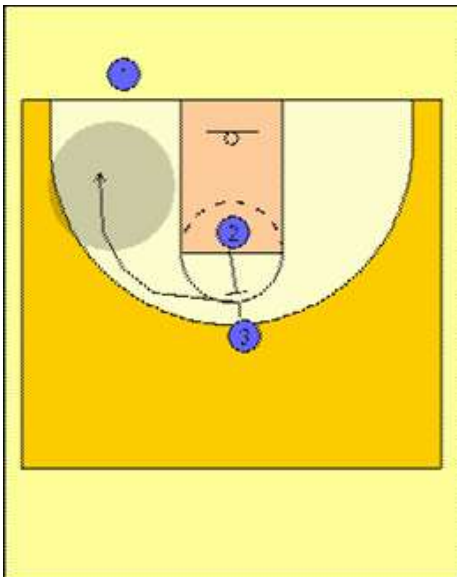
Continually tell your players to:

01. "Come off the screen at the top of the key hard and fast."
02. "Convince the defense that a pass will be thrown over the trap."
03. "Keep a pivot foot planted before you dribble, it is very easy to travel in this situation."

MOTIVATION and TEACHING TIPS

Tip#1 - Make your players aware of the 8 second violation. Put a little extra pressure on your offensive players by counting out loud the number of seconds the ball has been in the backcourt. This will give the players a sense of urgency and will make the drill feel much more like an actual game.

Tip#2 - Pay attention to the ball handler's pivot foot to make sure he is executing the step-through properly.



FREE PRESS: WRAP AROUND PASS (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This drill is designed to give your team a better chance of beating the press by making the right pass to a teammate.

INSTRUCTIONS

01. Have (1) offensive player on the baseline ready to in bound the ball.
02. Have (2) offensive players line up at the free throw line and the top of the key.
03. On the whistle, the player at the free throw line will come up and set a screen for the player at the top of the key.
04. The player coming off the screen will sprint towards the ball and receive a pass somewhere near the player in bounding the ball with their back towards both the baseline and the sideline.
05. Have (2) defensive players attempt to trap the ball handler.
06. The ball handler will then either pass to the in bounder or the sideline player.
07. The determining factor as to where the ball handler should pass is the way the trap is set up.
08. If the trap allows more of an opening to pass to the in bounder, then have the point guard make a wrap around pass.
09. If that option is not available, then make an overhead pass to the opposite sideline player.
10. When dribbling away, keep the dribble extended in front so it can't be knocked away from behind.

POINTS OF EMPHASIS

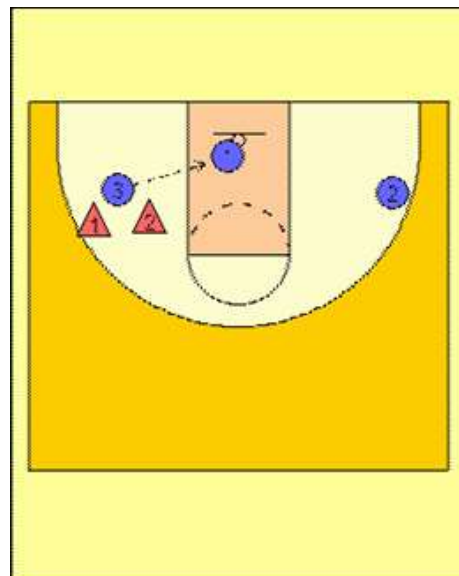
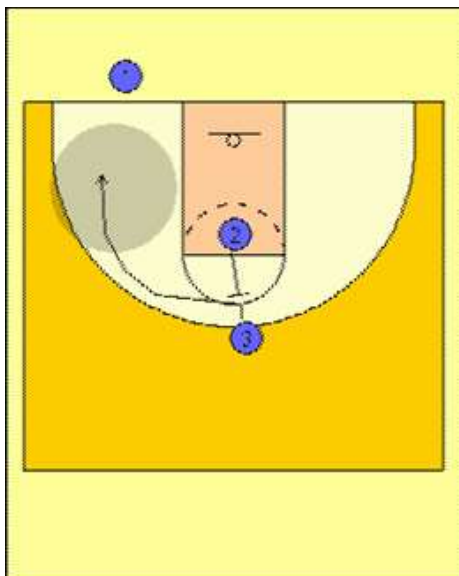
Continually tell your players to:

01. "Come off the screen at the top of the key hard and fast."
02. "Sell your ball fake, and make the defense commit one way and pass the other way."
03. "Refrain from panicking, 8 seconds is longer than it may seem."

MOTIVATION and TEACHING TIPS

Tip#1 - Put an extra defensive player in the drill so the passing lane is not so wide open when the initial ball handler attempts to make the pass.

Tip#2 - The pass fake is very important in this drill. On top of opening up the other passing lanes, it will get the defenders off balance and create dribbling lanes to break the press.



FAST BREAK SHOOTING (AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This is a fun and competitive drill that improves all aspects of the fast break such as shooting, running the floor, passing, and conditioning.

INSTRUCTIONS

01. Have (3) players along the baseline, with the point guard under the basket with the ball and the other players at the wings 20-25 feet from the point guard, near the sidelines.
02. Have the point guard dribble out to the free throw line and choose a wing player to pass the ball to.
03. After the pass, the wing player will pass the ball to the other wing player sprinting down to the 3-point line.
04. The wing player who sprinting down the court will spot up and shoot a 3-pointer.
05. The first wing player who initially passed the ball will rebound the ball and get it back to the point guard.
06. The point guard will then dribble up to the half court line and pass the ball to the initial shooter.
07. The initial shooter who sprinting down the court will spot up and shoot another 3-pointer.
08. The rebound will be hauled in by the same rebounder as last time. They will then pass it to the same point guard, and they will dribble back to the half court line and pass the ball to the initial shooter 1 last time.
09. The shooter will take 1 final shot, and the next group of players will begin.
10. The object of the drill is to have your shooter make 3 consecutive shots.
11. If this goal can be accomplished a set number of times in a period of time, then reward the team.

POINTS OF EMPHASIS

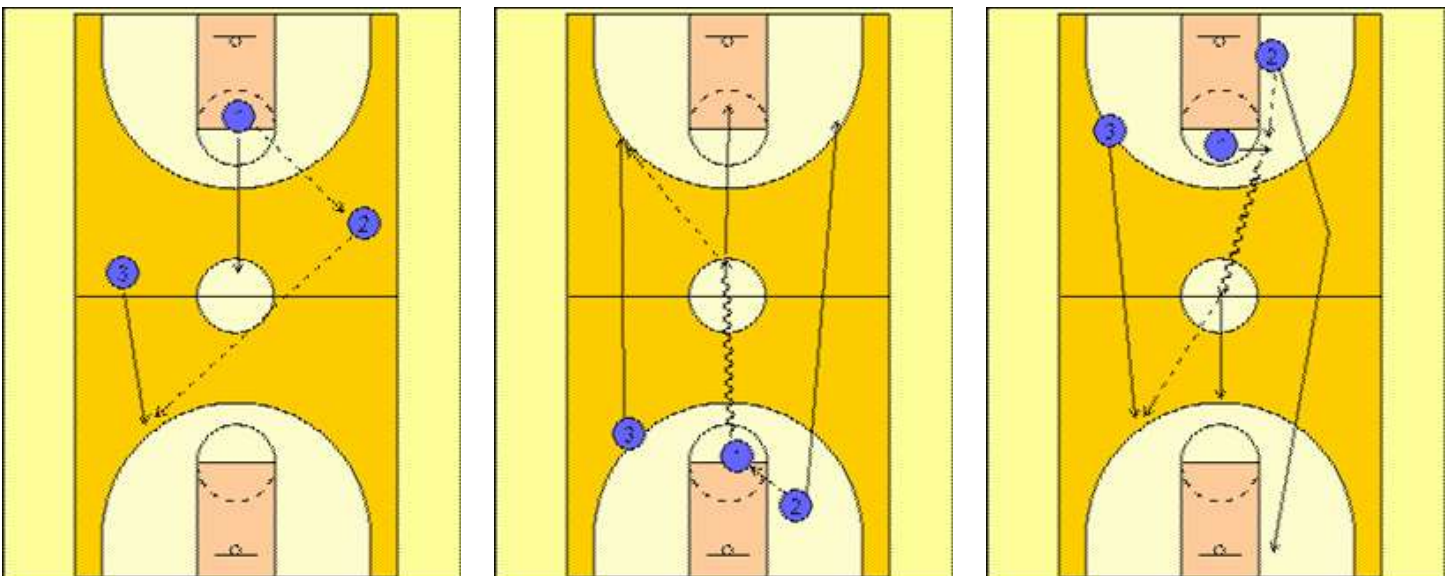
Continually tell your players to:

01. "Make good passes to the shooter."
02. "Get your shot off quickly."
03. "Control your forward momentum when shooting, and go straight up."

MOTIVATION and TEACHING TIPS

Tip#1 - If you don't like the fact that only one player shoots the ball throughout the course of the drill, then change it so multiple players can get involved in the shooting.

Tip#2 - If three shots are too much to ask of your players, then take it down to two, or take closer shots, or bump up the time allotted to make these shots.



TWO MAN BREAK

(AGE LEVEL – JUNIOR HIGH+)

DRILL PURPOSE

This is a fast paced drill that will get players used to sprinting up the floor, passing on the run, and hitting jump shots when running the floor hard. NCAA teams run this drill to improve their transition game.

INSTRUCTIONS

01. Divide your squad into (2) teams. Put the teams on opposite baselines as per the diagram.
02. Have the first player in line for each team go out to the wing.
03. Have the second player on each team hold a basketball.
04. The player with the ball will pass the ball to the wing player and will sprint to the other end of the court.
05. The wing player will dribble to the middle of the court and fire a pass to the sprinting inbounder.
06. The inbounder will then take a quick 3-pointer from the wing.
07. This drill will be running on both sides of the court, and will continue until the coach feels that it is necessary to move on.

POINTS OF EMPHASIS

Continually tell your players to:

01. "SPRINT down the court. Pretend there is a defensive player trying to stop you."
02. "Make good passes to the shooter."
03. "Get the shot off quickly, but do NOT sacrifice your form."
04. "Control your forward momentum when shooting, and go straight up."

MOTIVATION and TEACHING TIPS

Tip#1 - The younger the player, the closer to the basket they should be when taking the jump shot. Remember, good shooting form is much more important than the distance the kids can shoot from.

