

# Basketball Idea Swap #1

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## **-Basketball Idea Swap! -**

Dear Coach,

Thanks to all those who contributed. There are some real goodies in the pages below (I've already "stolen" some of these ideas for myself!).

If you'd like to contribute more ideas to our community send an email to [pat@coachpatanderson.com](mailto:pat@coachpatanderson.com). Make sure you write "Basketball Idea Swap" in the subject line.

Enjoy!  
*Coach Pat*

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### **From Karen...**

Your player starts out at the right hand corner of the foul line, dribbles in for a lay up, lets the ball drop and sprints to the foul line, goes back in for the ball and puts it up again, then darts to the opposite corner of the foul line..I pass it to her and she shoots a corner shot.

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### **From James...**

We line our guys up behind the backboard, as if they are lining up for a free throw.

They sprint to the Elbow.  
Slide across to the other Elbow,  
then back to the other Elbow.  
and back to the other Elbow.  
Back peddle back to underneath the backboard.  
ALL STEPS WITH THEIR EYES CLOSED.

It helps them get an understanding of were they are on the court and to be able to measure distance in regards to how many steps off you can play and how far does 3 or 4 steps cover for each player.

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### **From Gregg...**

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I utilize this drill to improve dribbling, pivot, jump stop while also working their conditioning.

The girls dribble around the outside of the court with their outside hand, when I blow the whistle they jump stop and then quickly pivot and start dribbling the opposite direction with their outside hand. I do this for 5 or 6 minutes emphasizing head up, control and other proper dribbling fundamentals. I alter the pace from slow to fast.

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### **From Raoul...**

Here is a drill for players who are not physical enough (a problem I have been having with my team of freshmen). It is very simple.

This is a one-on-one drill. The team lines up around the circle at half court. The coach calls two players to step inside the circle, one on each side of the line. At the whistle, the players have 15 seconds to try to push each other outside the circle. The player who gets pushed out does five push-ups. If neither get pushed out, both do five push-ups. This gets players accustomed to contact and to the push-and-shove that occurs down low.

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### **From Michael...**

Easy, simple and very effective drill. Two lines, out of bounds at low post. (Let's call the left line "A" and the right line "B". Two basketballs, one with the first player in line B and on with the second player in line A. To start, the first player in line A sprints along the paint and around the elbow, across the free throw line to the opposite elbow. He receives a pass from the first player in line B and takes a jumper. Immediately after making his pass, that first player in the B line sprints up his side of the paint, our around the shooter he just passed to, to his opposite elbow. He receives a pass from the second player in line A and takes a jumper. That player then sprints around the shooter he just passed to, and takes a pass from the next player in line B. And the drill continues in that fashion.

A couple of additional logistical points for the drill. The shooter gets his own rebound and delivers it to the opposite line that he received the pass from. He then goes to the back of the line that he received the pass from. So think about it this way, a shooter at the right elbow, gets his rebound and gives the ball to the next available player in the left line.

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He then goes to the back of the right line.

This is a great drill for catching a pass on the fly, getting to a certain spot, getting square to the hoop, and concentrating on being under control at full speed. We mix up the passes, and make a competition in practice about how many we make in two minutes.

It's all a very impressive looking pre-game drill once the boys get it down. (Looks almost like they're well coached)!!

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### **From Brandon...**

#### Transition Drill

Separate your team and put half on one side and half on the other standing foul line extended out of bounds. Play 4 on 4. The only way to come off the floor and get a break is to get a rebound. If you get a rebound you must outlet to your new player coming in and the defense has to communicate who they have defensively. Even on a made basket whoever gets the rebound still outlets. Have your new player coming into the game yell outlet. This is a fast pace game and makes your defense communicate on help. It also lets your kids face real situations. You can even do the drill with 5 on 5 or 3 on 3.

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### **From Michael...**

I coach a lot of little kids, 6 and 7 year olds. They have a tendency to lose interest real quick. To combat this I keep my practices short and the drills are always a game, like simon sez dribbling and simon sez defense (simon sez put your arms up, slide your feet). Every drill also has a prize for everyone. These little tactics make it fun for even the most inept youngster and teaches them as well.

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### **From James...**

the one thing I would like to add is about getting the best out of your team. I coach middle school kids and the one thing I have learned is not all of them are on the same level. don't slow down the learning of the 1,2,&3 best players, so the 10,11,&12 can catch up. you need to separate them in practice as much as possible to keep them learning in a pace suited for each group. don't hold anyone back get the others to catch up. this is NOT to say only coach the good ones. coach them all the best you can just don't hold your team back. just get them all to excel the best they can which is different for some. thanks let me know what you think.

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**From Tony...**

At least once a week I end my practice with "let's make a deal."  
I talk with my coaches & we come up with something we want the kids to work on.  
I coach girl's high school & girl's travel U10's and it works well with both.  
I ask the players to chose Door #1, Door #2, or Door #3.  
The best part is the interacting between them to pick a door.

Behind the doors could be  
sink a foul shot at each basket, or sink a jumper from the elbow at the main baskets, 5  
pushups & 5 sit-ups, run two "4 in 15s (4 sidelines in 15 seconds), or a left-handed lay-up  
at each basket and so on.

I usually increase the suspense by saying if you had chose door #2 here is what you  
would have got.

--/--

**From Ben...**

This might not be the newest ideas on the block, but I have implemented this into my  
game plan and we have been able to beat teams that are more athletic or bigger than us,  
but not as quick in their minds. We make up defensive sets. We run three different  
presses during a game. We have each press matched up with some style zone and some  
style of man to man. If we make a basket we go to whatever press we are in, and if they  
break it we fall into a zone of some style. If we miss the bucket we go immediately into  
the matching man to man. We call these sets just like offensive plays. For example  
defense "1" would be a faceguard off a miss but a 1-2-1-1 press on make falling into a 1-  
3-1 if they break the press. Defense "2" would be a basic man to man off a miss but a 1-  
3-1 full court trap off a miss with a 2-3 if they break the press. The thing about this is not  
that we are great defensive players (our total attendance in our high school is only about  
60 students) but we are able to keep the offensive team out of a set rhythm. Last year we  
were 17-9 and this year we are playing an even tougher schedule and this defensive  
scheme is working well. Just a thought. Thanks for all you do.

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**From Liane...**

A good fitness drill and fast break, also determining who can throw a decent baseball  
pass. Players line up at centre court on sideline with ball in hands of second and fourth

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person. 1st person in line runs the lane to basket receiving a pass from the second person in line. She follows the pass to get the rebound before it hits the floor and the 1st person runs the lane the full length of the court and receives the baseball pass from the rebounder who then runs full length of court for rebound and outlets it the shooter who passes to next person in line.

Use two balls to keep the drill active.

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### **From Rick...**

In order to keep the kids motivated, we instituted an awards board and celebrated smaller accomplishments, so many rebounds, points, etc. As long as the kids were giving it their all, that is all we could expect. I would keep the practices varied with different drills along with practicing fundamentals, plyos, film, motivational movies.

At the end of the season, the senior captain 800 point career scorer, said that this was the best season he had even though the record did not show it.

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### **From Troy...**

A good fitness drill and fast break, also determining who can throw a decent baseball pass. Players line up at centre court on sideline with ball in hands of second and fourth person. 1st person in line runs the lane to basket receiving a pass from the second person in line. She follows the pass to get the rebound before it hits the floor and the 1st person runs the lane the full length of the court and receives the baseball pass from the rebounder who then runs full length of court for rebound and outlets it the shooter who passes to next person in line. Use two balls to keep the drill active.

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### **From Jim...**

simply drill, but my 8th graders love to compete against each other..so we pair off into two teams..One team goes to one basket, and the other goes to the other basket..we then do a series of game speed drills, 25 right side layups, yelling out as they make them..first team to 25 wins. the losers then run to the winners side and drop to do 20 sit-ups, then run back to other side, as they then face off for 25 left sided lay-ups...Losers will run over to other side to do 20 push-ups this time..

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you can continue drill doing 25 free throws, or 25 shots made from each side, etc., each time have losers run to do sit-ups or pushups in front of the winners..great way to get them warmed up in an aerobic game speed fashion and the winners always make sure every sit-up and lay-up is counted!!

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**From Steven...**

It's a variation of the Sumo box out drill. ( My girls love the drill ) One player is at the free throw line facing the basket and another behind her facing the other basket. When I blow the whistle the player behind has to spin around and try to get to the basket while the girl facing the basket tries to box her out. I use the key as a boundary.

**From Lane...**

One of my favorite ways to teach the transition has been to line my team up on the free throw line extended. I have between 6 and 10 kids on the line. I simultaneously pass the ball to someone on offense and call out the name of a defender. The offense begins working the ball up court, while the defense has to get back and organize themselves. The catch is that the person who I named on defense has to touch the out of bounds line underneath the basket before they can go back on defense, creating a temporary advantage for the offense to exploit.

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**From Dave...**

In an effort to emphasize passing over dribbling, we start every drill with a "fake" and a "pass". My hope is that this emphasis will carry over into the games when they are under pressure.

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**From Mark...**

I came to realize that with any sport you play, the mental aspect is just as important, if not more, than the physical aspect. I participated in sports thinking that to be better, your physical skills had to be perfected. But, when the pressure of competition came into to play, my success and that of my teams didn't happen the way I planned. Lack of mental skills hurt our success.

So, with my team this time around, I wanted to build team comradery and rapport, as well as help the kids handle the pressure of competition. We spent a day doing activities where we didn't play basketball. We played dodgeball, watch a movie, had pizza, and a team discussion.

With dodgeball, the team openly critized each other on what each one was doing wrong,

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how to improve, and what needed to be done in order to win. It was like they all became coaches and relied on each other for the team's success. We watched the movie "Hoosiers" to show that no matter how insurmountable the odds are, heart and determination could overcome anything. After having pizza, we had a team discussion, similar to that in the movie "The Replacements" starring Keanu Reeves. I had each player talk about what they feared (concerning basketball) and what they needed to do in order to overcome it. This was pretty eye opening. The leaders of the team exemplified their leadership by being honest and open, showing no matter your role on the team, we all have room for improvement. With the bench players seeing this, I saw it was a relief for them to know that we all have the same battles and obstacles to overcome. I gave them some mental drills to help with their development and try to help them overcome their obstacles.

Ever since then, at every practice all players now support each other no matter how well or poorly they are playing. Each player has now become each other's coach. They help each other during drills, taking each one aside and explain what they did wrong or right, and the most important thing, they motivate each other to become not only better players, but a better team. It's almost like I don't have to be there. The season is starting up soon and I feel no matter how many wins we get this season, this season is already a success.

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#### **From Lucinda...**

Tip: when dealing with "kids with attitude" I have a method that works very well. If I see a girl getting an attitude or getting very angry on the court during a game... I point at her and she has to stop and do 2-3 jumping jacks right where she is or I pull her from the game....it has worked great with kids who have anger management problems on and off the court.

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#### **From Tom...**

I coach mostly 5th - 8th grade girls. I feel I have excellent drills to improve their skills. In fact, if they do them at each practice, you see immediate improvement. My favorite drill I do as a team competition. You normally need side baskets to utilize time. The team that scores the most wins and the others must run.

I put one team of 3 under the basket with two balls. Each ball is on each low block. One girl will simply do as many layups as possible in one minute. Her job is to go in a direct line from ball to ball, using left hand and right hand on each side. The second girl is under the basket facing the shooter. Her job is to catch or rebound ball as it comes through the hoop and pass to the third girl. The third girl is also facing the shooter in the paint. She must use a defensive slide and receive the pass from girl # 2 and place the ball on the opposite low block from the shooter. #2 must slide her feet and move in a semi-circle motion to make sure she stays

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out of shooters way. As a snapshot, as the shooter does her lay-up, the # girl should be placing the other ball on the other block. When it is run correctly, it looks great. Make sure #3 rotates to #1 so they shoot while they are tired. You add score of all three players and highest score wins.

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### **From George...**

This is a ballhandling drill called dribble tag. This works best in a half court setting. Every player is dribbling a basketball. One player carries a flag of some sort, (uniform, pennie, etc.) He is "it". Every one constantly dribbles working with both hands and dribbling moves, i.e. crossover, stutter dribble, behind the back, etc. The dribbler with the flag, while he dribbles, tries to tag someone else. If successful, he hands off the flag and the new player is "it". You can do this for any amount of time you want but 7/8 minutes is usually enough.

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### **From Jason...**

We do a drill in practice that works on chasing down loose balls and then one on one defense. Coach stands in the middle of the floor under the basket, a line of players in each corner of the court. Coach rolls the ball down the court and the players chase after it. The guy who gets it becomes the offensive player, the other guy the defensive player. The offensive player brings the ball back down to the original side of the floor. The defender must keep him from scoring. This works really well on full court man defense, because the defender must guard his man all the way back down the floor. We have found this is a great drill and the players really love it!!

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### **From Gary...**

Don't know if it is new but, I recently saw the 3 man weave with a twist. Instead of the last player taking a shot only, the other 2 players and the first shooter continued to weave from the sides back and forth until all 3 players had shot a lay up. Then they take off weaving to the other basket and do the same until all 3 shot a lay up. They are done at this point and the next group starts. I'm a coach with limited experience, so, this might be a very common drill, but I had not seen it before.

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### **From Tracy...**

I use a drill called "War" that works well for my guys. It teaches them game intensity and really feeds into each of my players competitive nature.

It's a 5-on-5 drill.

The drill starts with the coach shooting the ball and both offense and defense fighting for the rebound. Even if the shot goes in, they still fight for the rebound. If the offense gets the rebound they play until they get a shot, if it goes in the offense gets 1 point. If the defense gets the rebound or the offense scores, the defense goes down to the opposite basket and try to score, if they do they get 1 point. If the offense gets the rebound or the defense scores, the offense comes back down to their original basket and tries to score again. If they score they get 1 point. If the defense gets a steal, causes a turnover or gets a rebound the drill stops. So for each "turn" the offense has the potential to score 2 points and defense has a chance to score 1 point. After each "turn" the teams alternate starting on offense and defense. Each "turn" starts with the coach shooting the ball.

The "War" is won when one team scores 5 points, the trick is each team only has 10 seconds to score before it's a turnover. The 10 second clock starts when one team has crossed the half court line.

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### **From Ed...**

i use tennis balls for my post players catching drills....they flash, show their hands at the block or post and have to catch the ball--helps their hands and when we go to the basketball it looks like a huge pumpkin--has improved catching of all passes--helps focus too.

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### **From Rob...**

A drill we ran in college (back in the 80s) that I like to run with my team is a layup drill with a chaser. My 9-10 team can dribble by themselves in a drill and they can make a layup by themselves in a drill. But putting a chase defender in there shows you real quick who can get it done in a game situation. In college, we ran this drill the entire length of the court, but I run it from half court with my 9-10 year olds. The dribbler gets about a 2 or 3 step lead ahead of the defender. On the whistle (or GO), the dribbler takes off for the basket with the defender trying to get back to stop the offensive player. The dribbler is forced to go fast and try to use his body to maintain an advantage over the defense. The dribbler also has the challenge of "gearing down" at the end to make the layup. As I like to tell them, "You have to finish. Great speed and dribbling does not help us if you don't

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finish." Some of the ones that are not as fast or can't dribble as well are encouraged to use a jump stop layup instead of a full speed layup.

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### **From Gene...**

4 on 4 on 4 half court competition.

1. Three teams of 4.
2. I color code them Red, Blue, and Gold.
3. 1 team is out of bounds under the basket.
4. Pick 1 color to start on defense, 1 to start on offense, and the other color is out of bounds waiting to come out on defense.
5. There is no out of bounds.
6. If the offense scores they stay on and the new defense jumps in and the unsuccessful defense gets off the court.
7. An outlet pass must be thrown to the coach, and the coach gives it back.
8. If the defense boxes out and gets the rebound they outlet to the coach, and are now on offense.
9. I have them play till a score of 10 is achieved or for 5 minutes. Which ever comes first.

### **Coaching points:**

1. If my point of emphasis is: **boxing out** the defense must **box out** on the rebound or its a violation, and they have to exit - letting the other team come on the court to play defense.
2. If my point of emphasis is: Setting screens the offense must set a legal screen leading to the score or they exit, and the D goes to O and the waiting team comes on as the new D.
3. Your points of emphasis can be what you feel your team needs for improvement.
4. The winning team doesn't have to do whatever penalty you wish to impose.

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### **From Brett...**

-During drills or game situations, if players are not participating, have them dribble with their weak hands. This keeps them active instead of standing around and also works on a necessary skill.

-Dribbling/Ballhandling Skills-Each player starts with two basketballs. Have the players dribble with one hand while rolling a ball with the other. Make sure the "rolled" ball does not get away from them and is kept alongside them. Alternate hands. I have found this a good challenge that players adapt to that works both ball handling and also dribbling skills at once.

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### **From Troy...**

We have two very good drills for our guards and posts to help them finish in traffic. For the guards, it is the split drill. Two defenders stand across from one another about two feet apart at the basket. The offensive player will drive to the basket and "Split" the defenders, jump stop and power the lay-up. The defenders try to strip the ball away as the offensive player goes to the basket. It reminds me of the football runningback who runs through defenders on both sides trying to take th football. This really makes our offensive players learn how to go through traffic under control and be strong.

Another drill we do with our posts is a two on one put back. The offensive player stands between two defensive players on one block while the coach throws the ball over the rim off the backboard. The offensive player (between the two defenders) will go up and get the rebound and put it back off the board. The two defenders will bump the offensive player on the way up to the basket. The offensive player learns to keep the ball above his head and taking it up strong to the basket. We do this drill on both sides of the basket. It is great for the posts so they will keep the ball above their head and go strong. Plus they must get used to contact while concentrating on the basket.

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### **From Ray...**

I currently coach two girl teams - 7/8th grade inhouse and 9th grade school team - and both groups love the '3-Up Shooting Drill'. The objective is to be the first team to go up by three baskets on the other team.

It starts with two teams lined up at each elbow. When I say 'go', the first player in each line begins shooting from the elbow. They must retrieve their own rebound and pass it to the next player in their line.

I usually have the losing team run a couple of laps or a couple of sprints.

It's a fun competition and helps with shooting and conditioning as well.

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### **From Tamara...**

Two lines under the goal standing right at baseline facing the court. Another player stands in the paint few feet in front of the free throw line. First person in each line has

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a ball. One person from the line (doesn't matter who starts) throws the ball to the player on the court. They shoot and get their own rebound. Once the player throws the ball they run out (behind) the person shooting and look for the pass from the other line. They get the pass from the other line, shoot and rebound.

When each player gets their rebound the player in the lines should be waiting for the pass to get ready to feed it back out to the next shooter.

It is a quick drill that makes them think fast, shoot, rebound skills. It was a tad confusing just at the beginning for our 4th grade girls just because it was quick, but they figured it out and love it. Also, a good way to work off the glass.

--/--

### **From Jeff...**

Here are some of my favorite drills (for this year and this team) right now:

**Rebounding drill:** Shell block out drill with shot taken but the rebounders only need to block their guy so well that the ball falls down in front of them.

**Loose ball drill:** I love this drill to get the aggressive attitude going. Put the ball in the njump ball circle. Divide the team with half at one baseline and the other half at the other baseline. Blow the whistle and then the two players first in line go after the ball aggressively. The one gets it is on offense. They then play one on one until the offense scores or coach blows the whistle.

**Free throw drill:** I do this in the middle of practice.

Have everybody line up around the free throw lane. One person shoots two free throws. If he makes them both no running. If he misses any of the two, it is one down and back (or killer) for the entire team for each miss. Once done, it's back on the line for another 2 free throws for the next person. Go through the entire team. Gets them concentrating and also learn how to shoot free throws when they are tired.

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### **From Sam...**

Here is my idea.

I call it the turnover drill.

I use this drill in practice when my guards are not taking care of the basketball. Lazy passes, too fancy of passes etc.

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I have them all line up at mid-court (the entire team) and run as fast as they can toward me. I have the basketball. When they are just about to get to the freethrow line I throw the ball the other direction and they have to go get it. Hence turnover. I do this about ten time and we return to our practice. It makes them think about the result of a bad pass. It is a good conditioning drill also.

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### **From Steve...**

One of the things that I get big requests from my girls 9 and 10 and my boys 13-15 teams is to scrimmage. For me scrimmaging would often be least productive time of practice as I watched the group totally ignore whatever we had been teaching. Several years ago I read how Dean Smith use to run his scrimmages. He would score points making the extra pass, defensive stops or whatever he was teaching that day. I now run almost all scrimmage time that way. I explain to the 2 teams what I will score points for that day. I always give assist plus basket extra value --4 point play here are some of the others:

- \* Set a good pick --1 point
- \* executive pick and roll --1 point (you can get 4 more on top if you score on the assist)
- \* Defensive stop--1 point (this includes getting back to stop break-blocked shots etc.)
- \* Rotating correctly man on man--1 point(looking for who's on help)
- \* Offensive rebound--2 point
- \* defensive rebound-- 1 point

Once kids get the hang of how to score points can mount rather quickly. In order to keep track I usually have myself track one squad and assistant track another. One additional benefit is a team can come back quickly as 4 or 5 point plays are possible and scoring while on defense is possible. I reinforce this during actual games by tracking Rebounds, assists, Picks, and defensive stops. Player who accumulates most is our MVP of the game.

I should say I keep inter squad scrimmages to no more than 25% of practice. (1 hour practice 15 minutes or 2 hour practice 30 minutes)

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### **From Jerry...**

We call it the Laker Drill because at one time the Los Angeles Lakers always ended their practices with this fun drill. But we have added to it over the years to make it our own here at Etobicoke High School in Toronto.

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We split the teams in half and put one team at one elbow and one at the other. You shoot and get your own rebound and then pass back to your teammate. First team to 10 wins...you have to win by two AND if you get "three up" at anytime that game is over and you get one game. Then we move our two teams to the baseline facing each other and they shoot and rebound and pass back to their team...first team to 7 wins this game and they get a game. Same rules apply throughout...must win by two and if your team goes "three up" that game is over. Then we move the two teams to three point land and play to 5...same rules apply. This segment is worth 2 games so if one team is down 2 games to none they can still win this segment and force a tie-breaker back at the elbow where we started to win it all again playing to 10.

Winners each get a candy bar for their efforts.

--//--

### **From Michael...**

Here are two that I like to do as warmups. I doubt originated this, but here are they are.

1. Circile pass drill- team circles around one player.(this is a good drill to build hand eye coordination, passing skills and learning to move and pass)
  - a . One person passes to central player, who passes to the next person around the circle.
  - b. The person who passed to the central circle goes to the center and the center person takes their place.
  - c. This alternates around the circle in either direction with either bounce or chest passes.
  
2. Alternate layup drill(I hate the traditional layup drill so I started my kids doing this drill)
  - a. Two lines under the basket facing out. coach stands at foul line.
  - b. Player A from one of the lines starts without the ball and circles out around the coach and back towards the basket.
  - c. Player A receives a pass from other line, Player B.
  - d. Player B then circles around the coach to receive a pass from the other line.
  - e. Shoot layups or jump shots.
  - f. Good, fast paced action with little standing around as in the traditional layup drill

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### From Stephan...

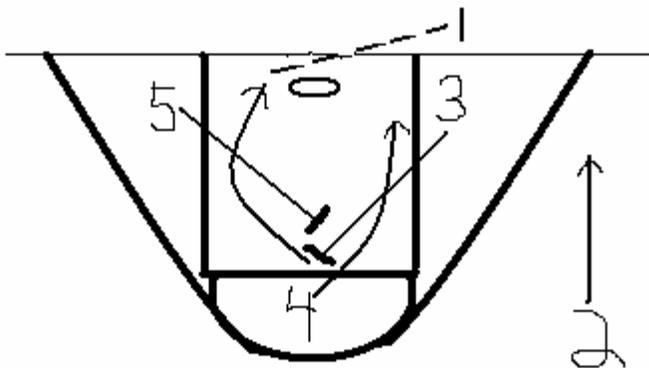
I like to run a shell drill when practicing defense.

I have 5 offensive players outside the 3 pt line with their defender. each player 1 pass away must deny, while the others are in the help position., as the ball is passed along the arc, the players either move to their O player or into the help position. This helps the players realize that they don't have to consistently be covering their man, but learn to help when your more then 1 pass away.

--/--

### From Jerry...

Here is an inbounds play that we run that works pretty well, we call it pickle (pick the picker).



3 will go set a pick for 4, 4 will roll to basket, 5 will set pick for 3, 3 will roll to basket for lay up, 5 will step behind free throw line for recovery or for relief, 2 will break for corner

**PICKLE**

--/--

### From Ed...

Here is the drill I always start my practice with and it has given the players great improvement:

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### One Hand Shooting:

Starting with the ball in one hand in a set position and ready for the lift and release of the ball, and the other hand at the side; the player is in front of the rim so he/she has to lift the ball to get it over the rim; the player pushes with the legs for power, the arm is parallel with the floor, follow through and hold the arm until the ball goes into the net. I recommend daily five shots in front of the rim, on the side using the backboard. This drill is done with both hands.

--/--

### From Dave...

#### Lay Up Relay Race

You need 6 baskets.

Divide the team in 2 groups. The 2 groups start at opposite ends of the gym.

Each player must go around the gym and complete a lay-up at all 6 baskets.

Next player starts after the previous player completes their 6th lay up and passes the ball.

If you have an odd number, somebody goes twice.

Losers run.

--/--

### From Brian...

i coach 10 & under - so this stuff works for young kids against a zone.

out of bounds play.

run a stack, ball side.

2 throws the ball in.

1 is at the block, 5 behind him, 3 behind him and 4 up above the elbow.

play begins:

1 turns outside and up the stack to pick for 3, 3 pops to the corner, at the same time 1 picked for 3 then 5 steps to his left to pick the middle of the zone. As soon as 5 moves to pick inside, the 4 shoots down the lane to the ball, easy layup. The 3 in the corner is the outlet and open shot to this play. Timing is everything but it works well for us.

Drill:

One of my favorite drills is a dribbling drill that give all players a basketball in their hands and they are confined to half court. The objective is to knock the ball out of

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someone's hands while constantly maintaining your ball. Any dribbling violation, or loss of control of the ball results in that person being put out of the game. Once there are 2 people left then they go to the circle in middle to finish the game.

In order to compete here you must apply all aspects of your dribbling skills and court awareness.

--/--

### **From Ron...**

My girls like to do this once in a while. They have a blast and it gets very competitive. It's an old kid's game I adapted to basketball.

2 teams - one on each sideline and each with their own basket to defend. Each team numbers their players (make sure each team has the same numbers) and I stand in the middle calling out numbers to come out and try to score against each other. I throw the ball up and the fun begins. Call out 1 number, or a group of them and they have 10 seconds to score. The first team to 10 (or whatever you decide) wins. I usually let most fouls go as long as it's not too rough.

--/--

### **From Allen...**

This is a good box out and rebound drill to get your players thinking. 5 offensive players are spaced evenly around the 3 point arc to start. 5 defenders are line up shoulder to shoulder on the base line in the paint. The offensive players are numbered 1 to 5 from left to right, a point that should be emphasized to the defense.

1 coach stands behind the defenders with a ball.

Rules:

The coach throws the ball to any player on offense as the defense is looking straight ahead.

While throwing the ball the coach calls numbers 1-5 in any random order.

From left to right, defender 1 always takes the first number called, defender 2 takes the second number called and so on.

All five players must sprint to their designated check in a controlled close out manner and box out that player.

Player that receives the ball will take a jump shot.

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The defender on the ball is not allowed to block the shot, but must challenge the shooter and box out.

Offense is not allowed to move until the shot goes up and then they must battle for the rebound.

If the offense gets the ball, the defense does push ups or points are awarded and subtracted (however the coach seem fit to run it, I like push ups).

If the defense gets the rebound, then that is what is expected.

If the shot is made, we keep going (that is a good thing).

After 3 times through, switch offense to defense.

--/--

### **From Jeff...**

A quick and easy foot drill:

#### **DOTS**

Find a spot off to the side of the gym floor where there is at least five feet of width, running the length of the court. We use the floor space under the bleachers that are pushed back, that way the dots can remain in place for the season. Place five small pieces of electrical tape on the floor in the shape of the five on dice, keeping about two feet in between each dot. Have enough sets of dots that you can do the drills in pairs, alternating between two players to stay fresh, so if you have ten players on the team, you will need five separate sets of dots. We usually do this after stretching, to get the blood flowing. It's also a good motivational tool, when the intensity is lacking during practice.

The foot drills are hopping from dot to dot, using both feet together, left foot only, right foot only and hop scotch style. We start all players facing the same direction, on the same dot for each set. For the two foot, left and right foot drills, we usually start on one of the two lower dots, jump to the middle dot, then up to the top dot across from where you start, then jump laterally across to the opposite dot, back to the middle, and then the lower dot opposite. Finally, jump laterally back to the dot from which you started. This is done facing the same direction, so there is both forward and backward jumping. Hopscotch is done just like the kids game, where both feet start on the lower dots, then jump coming together on the middle dot, and then spread back to the two upper dots. Jump, reverse spin, start with one foot each on the upper dots, come together on the middle dot and then spread on the lower dots, jump, reverse spin and repeat.

Depending on the conditioning level, we usually run 15 seconds to 30 seconds for each drill. We usually run two sets of each foot style, for eight total rotations per player. This is a good foot work, coordination, balance, and leg strengthening drill. We will set a goal number to complete for each set, or run a timed event to see who gets the most. We may

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also run it as a timed event, but not a speed event, using it to see who can run the drill the most technically accurate. The drill can be completed in between 5 and 10 minutes.

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**From Brian...**

one of my drills due to the fact i coach seven eight graders is a dribbling and lay up drill with four balls. one line under each basket at each end and then to kids on each side at mid court. the drill starts wiith righty dribbling and lay up and then we switch to lefty as well. you can focus them on dribbling correctly in open court as well as get them acustomed to the fast break lay up

--//--

**From William...**

We do this drill called Hubie Brown. This is a transition drill that works on passing, communicating, and being able to make layups. Here's how it goes: The 5 starts under the basket. The 1 & 2 start on the elbows. The 3 & 4 start Free throw line extended. The 5 passes to the 1. The 1 passes to the 2. The 2 passes to the 3. Then the 3 bounce passes to the 4 for a layup. Now, after the 4 makes his/her layup, the 5 must get the ball out of the net and pass to the 2 this time going back down the court. The 2 to 1, 1 to 4, and then 4 to 3. That is 1 repetition. you can work your team up to 4 full reps. Here is the good part. If one of the players drop a pass, miss a layup, or the post does not get the ball out of the net that team must start over again. this is a great drill for conditioning because the players have to sprint every time down the court. Remember to tell the players to switch positions every time they come up to complete a repetition.

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**From Joel...**

Something that get my girls really like at start of practice and at start of all games is to say their team name, Lady Falcons while they go around the courts in defense position and pivot at each corner. When they get back we huddle up and have hands all in and shout Lady Falcons . I know its just a pre - stretch thing we do, but really helps gets the Adrenalin pumping.

--//--

**From Terry...**

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A big problem in coaching young kids in a CYO league (Catholic Youth Org.) is playing time. There are league rules about minimums (such as; at least one quarter or equal to, some leagues say a continuous quarter). Well we all know that when you coach by yourself it is difficult to track so usually you end up playing everyone a continuous quarter it's easier that way; but maybe not what's best for the team. So what we do is recruit a parent to keep track of playing time. It's best to recruit a different parent each game. That way they see the equality in playing time. Also we can substitute freely, be competitive, and the kids get their fair share of playing time. We also recruit a parent to keep track of stats such as, turnovers, rebounds, steals and assists so they can keep track of how each player is performing, understand why some kids may play in key situations. It prevents them from just focusing on their own son. Hope this helps.

--/--

### **From Cindy...**

Here's an out of bounds play under the basket that is so simple and works so well for our 8th grade boys:

Set up: box with 4 & 5 on the blocks, 1 & 3 on the elbows, 2 passing it in (1, 2, 3 are interchangeable)

Ball is on right side of basket so 2, 5, & 3 are all in a line: 2 out of bounds passing in, 5 on the block and 3 on the elbow on the right side of the basket.

Execution: 2 slaps the ball and yells go. 5 & 3 run across the lane to set picks for 4 and 1. 4 and 1 run through the lane to take up the positions just vacated by 5 and 3. Now here's the simple easy part that almost guarantees 2 pts: The opposing team is focused on 4 and 1 coming off the picks. 2 fakes to them. Once 5 sets his pick, he pivots and opens himself to the basket and receives the pass in. Shoots an easy shot from the left block.

When the other team stays put to defend 5, we give it to 4 for the easy shot from the right block.

I'm sure this is play is used by other coaches but is so slick and easy that I have used it for as young as 3rd graders with great success.

--/--

From Loren...

### **Defense: Close Out, Slide, Recover Drill**

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This drill evolved over time and focuses on proper technique throughout the drill. It helps to have an assistant coach placed at the opposite baseline to insure the players finish strong.

Set up:

Two lines at the baseline facing the elbow. Place a coach at each elbow with a basketball. On the head coach's whistle the players will close out to the elbow (I encourage the players to make a lot of noise closing out, one hand up, one hand back) once the defender has properly closed out they do three strong slides towards the extended free throw line then sprint recover down court. I have the coaches watching to make sure the players are looking back for the ball during their recovery. Once the players finish, they do five push ups and five set ups to keep them occupied while the rest of the players finish the drill.

I do this drill in every practice along with a box close out drill. The drill last from 5 minutes to 10 minutes depending on if the players are closing out, sliding and recovering properly and in game speed mode.

The benefits of this drill has virtually stopped our opponents from scoring off of transition breaks, we're stopping baseline drives more effective by using the slides, and we're discouraging shots because our players are closing out faster to the ball.

--/--

**From Phil...**

I've been coaching my daughter for the past 4 years in our local youth league and one of the drills I like to do is a variation of the standard Lay Up Drill. There are 2 lines one shooting and one rebounding at the top of the key. A defender (usually myself) stands somewhere in the paint and forces the ballhandler to make decision - either drive to the basket or pass it to the rebounder, depending on where the defender is positioned, for the better shot. As an additional facet I'll have one of the players box out the defender and try to get a missed shot for an easy put back.

This drill has many of the fundamentals in it. It teaches decision making, court awareness, passing, shooting, rebounding and boxing-out not to mention to play as a TEAM. It a quick drill that tries to simulate game conditions.

--/--

**From Dave...**

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Our Varsity High School team has been working on offensive sets and I found that one of the best ways to give the guys a “new” look is to take the basic offensive set and either invert it or shift it to “the opposite side”.

It’s a great way for them to take the principles of our “double stack down low” and create a “high double stack” The team is able to pickup on the concept very quickly since they have already learned where to be, who to screen and where they should go. They really got excited about the fact that they could take a basic offense and “jazz it up”

The best music to my ears was when the guys started high fiving each other and saying “Hey it’s really working!”

--//--

### **From Tommy...**

I coach 7th and 8th graders. They all want to shoot 3 pointers but most of them are not physically strong enough to shoot the ball that far out without altering their shooting motion. I have each kid start about out about 5 feet from the basket. If they can comfortably shoot from that distance, they take a step back. As long as they can shoot with their normal motion, they continue to get farther from the basket. When they reach the point that they can no longer shoot from a comfortable range, we make sure they understand what points on the court they should be shooting from.

Also, we I have the kids lay on their backs and shoot the ball several feet in the air making the ball return right in front of their face. This teaches them correct rotation on the ball while shooting.

--//--

### **From Dave...**

I coach 7th and 8th grade girls and they were having a difficult time with the concept of rotating back in a trapping press and dribbling with their heads up. Here's a drill I started last week and we already had much better success in this past weekend's game.

Split the court in half lengthwise (sideline to basket).

One girl with the ball at the base line.

One girl at ball side foul line elbow.

One girl near sideline halfway between half court and foul line extended.

One girl at ball side of jump circle.

The girl with the ball must beat the initial trap, and subsequent traps, the length of the court all while dribbling with her head up to see where the next trap is coming from.

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The two closest defenders initially try to force the ball to the sideline and trap.

If the offense beats the trap, the back defender has to be ready to set another trap with the defender who is closest to the ball.

The third defender now leap-frogs up court, rotating around to look for another trap if the offense successfully beats the 2nd trap.

Repeat process the length of the court.

A second offensive player can then be added to flash middle for a pass, putting more pressure on the defense to communicate and improve court awareness.

--/--

### **From Kevin...**

My drill:

Simple but very successful with beginners...

### **SHIP WRECK:**

Scatter several mats and benches around the gym. All the young players have a ball . Tell them that there has been a ship-wreck and the mats and benches are floating pieces of debris that they are safe on. Coaches and a few players are the SHARKS.... One coach will have a whistle and players have to move to another piece of debris when whistle is blown. If one of the sharks tags a players, they can either become sharks or be taken to the fish net. In our case we put them in overturned hockey nets until the game is completed....

8-10 year olds love this game!! It makes them dribble fast.. They love to be chased safely. And they like the role play immensely...They even love being put in the net.

They beg to play this game.....

--/--

### **From Brian...**

3 on 3 rebounding drill. Have 3 players around perimeter and 3 under the basket ready to match up. 3 around perimeter have hands up and ready to receive pass for shot. Coach passes ball to 1 of the 3 around perimeter and 3 come out make contact, boxout and make sure offensive 3 do not get rebound or else it is a lap for each offensive rebound. Drill goes until defense gets rebound or offense scores on rebound. If initial shot goes in you play as miss. Make sure defense yells, "Shot". Good aggressive drill.

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### **From Barry...**

One of my favorite drills to run is 4 on 4 on 4. It covers many different aspects of basketball---playing together, offense, defense, transition, decision-making, gives players several chances to handle the ball, 4 v. 2, conditioning, shooting, rebounding, communication, etc. It is a full court drill. Divide your players into 3 teams of 4 players. Give them different colored pinnies or shirts. To start the drill one of the team lines up across the half court line. Two players from another team are at one end defending one basket while 2 players from the third team are defending the other basket. The remaining players are out of bounds at half court. The team starting the drill can go toward either basket creating at first a 4 on 2 situation. As soon as the ball reaches half court, the 2 players at halfcourt must sprint and get one foot in the center circle and then head to the basket to help their teammates. If the defense gets a rebound, they proceed

toward the other end of the court with the original offensive team playing pressure defense until half court. When the ball hits the half court line the 2 players from the team at the other end get a foot into the center circle and go to help their teammates. Play continues back and forth until one team scores 5 baskets (or whatever the coach desires). If a basket is scored the defensive team takes the ball out of bounds while the defensive team plays pressure man to man defense (up to half court where they get off the court and reset for the next trip down the court). Hope this makes some sense.

--/--

### **From Bob...**

The toughest part of the program with 10-13 kids is keeping them all focused and in tune so drills that move quickly and include multiple touches keep them in the game. The more they touch the ball the better they will become as long as the touches are correct. progressive drill.

Basic lay up drill with an outlet pass to side. Emphasizing correct bounce outlet pass to side and then crisp pass to ball handler Making sure rebounder does not overcommit (too far under basket)

next step is adding two more passes. Lay up. outlet pass. pass to ball handler who in turn passes back to outlet person then goes to basket for a lay up receiving a bounce pass from outlet man.

The final progression is the final pass to the rebounder for the shot.

Lay up, outlet pass. Pass to ball handler pass back to outlet. ball handler cuts to basket receives bounce pass instead of layup man then bounce passes to rebounder who then shoots. both players then converge for rebound

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Important to have the spacing and speed so final shooter gets the ball going to the basket not waiting for a pass already underneath basket. For drill to work players have to get crisp passes and quick touches.

--//--

### **From Mike...**

GETTING PLAYERS TO BOX OUT (and not look up and “bird watch”)

Every time I watch film on high school teams, colleges, and even pro games, I see a large majority of players looking up at the ball when a shot is made.

After many, many frustrating attempts to stop this...I've created something that helps.

### **BIRD WATCHING DRILL A REAL NICE BOX OUT DRILL**

Divide all players into teams of 3 on 3 (or 4 on 4...but I like 3 on 3 better)

Coach stands under basket (important!)

One team is OFFENSE

The other team DEFENSE

They play a normal 3 on 3

When the shot goes up, each defensive player finds the closest player to him/her....

...WITHOUT EVER LOOKING IN THE DIRECTION OF THE COACH

As they step in from of him/her, they must LOOK DOWN AT THE FLOOR and KEEP EYES ON THE FLOOR

while continuing to box offense out until the ball bounces 1-2 times. (coach's preference)

The Offense continues to try to get the ball while defense MUST KEEP EYES ON THE FLOOR while still boxing.

Only after the bounce(s) can the defense look up and grab the ball.

If Offense gets the ball, they get 2 points.

If Defense gets the ball, 1 point.

If Offense scores they get 1 point.

6 points Win – Losers run 3 laps within 45 seconds or run a 4th.

Defense sits. Offense becomes Defense. New team enters the drill.

Note: Keeping their heads down for such a ‘ridiculous’ amount of time is the only thing that trains them NOT to look up in a game.

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This drill is designed for the Defense to lose.....  
...but if they start winning, you know your team is starting to do the right thing.

--/--

### **From Carolyn...**

I enjoy running a 2 on 1 triangle building drill, until we build to 4 on 4 on 4. This drill simply involves reaction, defensive communication, attacking the hoop, smart basketball...

We start with 2 On 1, my defensive players holds the ball at the free throw line, with offense on each block. The defense passes to one of the offensive players turns and sprints to half court finds the ball and defends the 2 on 1. The building process continues by adding a defensive player just out of bounds under the basket, 2 On 2, then we throw in another offensive player on the wing directly out from the blocks. My third defender would then go to half court, then an offensive player on the opposite wing, if I want to hit 4 on 4 full court I will add the 4th defender on the wing behind the baseline. Ultimately we will go 4 on 4 on 4. Purple will attack 3 gold defenders, with the 4th gold player at half court waiting for the ball to cross half court, once it does the 4th player will sprint and touch mid-circle the engage in defense. The white team will then move on to the court waiting for the gold team to take over offense and attack at the opposite end. With one white waiting on the sideline at half court. As the purple teams scored or lost the ball offensively they then become defense waiting for the white team to take over the ball at the other end and attack them. Purple will need to communicate with each other and send one player to the half court sideline to engage the team once the ball again crosses half court. They must pay attention and move quickly as a turn over may return the action right back at them. To challenge and induce conditioning I will change up the defensive positioning and start with only two defenders, while the other two are sprinting to the sideline half court then to the mid-circle to engage the four on four.

I enjoy this drill, you will see communication pick-up, reaction time, thinking and conditioning. Enjoy!

--/--

### **From Dave...**

The thing that has my 8th grade players thrilled this year is that I asked them to show me their favorite spot on the floor for taking their favorite shot. I then asked them to tell me how they would like to receive the ball to get their favorite shot (e.g., going to their left and receiving the ball from the post or wing). I then designed a play for each player that went into the playbook. On a squad of 14 players, I ended up with five different plays (4 players liked the left elbow, 4 liked the right elbow, etc.). We run the plays out of a basic motion set. I promised all 14 players that at one time during the season we will dial up their play. They love it.

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### **From Chad...**

I have done something with my point guards that has seemed to make a difference in the speed at which they get the ball down the floor.

After they were warmed up, I have them individually start from the baseline and sprint at 100% to the free throw line on the other end. (Have them run through the line and not stop as they get there.) I was timing them with a stopwatch from the free throw line. I had them do this three times and took the best time. This encourages competition between the players as all of them want to have the best time. Now the kicker... We do it again, but this time they dribble a ball while running the same distance. You will find, as they will too, that their times are slower with the ball. They will try to correct this the second time by dribbling faster, but dribbling the ball harder/faster does not mean that your feet are moving any faster. After this illustration, teaching them how to speed dribble seems to make more sense to them. We start again from the baseline with instructions to not touch the ball more than three times between the baseline and free throw line. Teach them to "pass it to themselves" in the open court in a fast-break situation. They learn to push the ball away from them at a great distance, and catch up to the ball at a full sprint. You will see that, with repetition, their times of sprinting and speed dribbling will get closer together.

--/--

### **From Darin...**

Another brilliant idea to help coaches. Here is a drill that I have been using for years in my practices. Its called "Four 1 and 1's"

We have had such a problem with free throws especially after running during the game so this drill combines running and free throws. I usually do this drill right after we have done a drill that includes a lot of full court running. Each player is going to shoot four 1 and 1's. If the player misses after the first shot of the one and one then she sprints four walls (starting from the free throw line from where she is shooting and touching the walls at the end of each baseline four times.) If she misses the second shot of the one and one then she sprints two walls. Or, she makes both free throws and doesn't have to run. Repeat this four times. Its a great motivator to make your shots when your tired.

--/--

### **From Dan...**

I have a drill that I have used with my grade school teams. It is a drill that combines executing a V-Cut, pivoting, and One on One moves. I have a coach as the passer to a

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player who executes a V-cut against a defensive player to get open either at the top of the key or on either of the wings. Once the player executes a good v-cut to get open, he receives a pass from the coach. Once he catches the pass, the player pivots on one foot, either the right or the left (and have them do both during the course of the drill), executing front and reverse pivots, protecting the ball from the defensive player, (emphasizing swinging the ball low or high, but not in the middle of the body) for anywhere from 15 to 30 seconds. Then the coach blows the whistle to signal that the offensive player should execute a one on one move against the defensive player and try to score. The defensive player should put as much pressure on the ball as he/she can, and make sure the offensive player protects the ball. Also, the offensive player should try to execute a good offensive move once he makes his one on one move (jab step, shot fakes, crossover dribble, etc.) and attempts to score. Once shot is taken, the offense should follow shot, and the defensive player should block out. This drill helps the younger players develop the ability to pivot, protect the ball, and learn some moves to get to the basket. The defensive player learns to pressure the ball, block out, and hustle to stop the offensive player. I try to use this at every practice to reinforce the many skills that are used in the drill.

--/--

#### **From Barry...**

I coach junior soccer (we call it football in the U.K!!) as well as basketball and a lot of the drills I do especially on conditioning and speed can be adapted to basketball. So how about this one?

This makes sure players can make that vital shot towards the end of the game when they are tired or have run the length of the court several times in quick succession.

Start on the baseline run shuttles to markers (set at distances you see fit) then run to a 5 metre box set out with cones/discs. The player takes up defensive stance and goes around the box always facing the basket, so from 1st disc side step left to 2nd then shuffle forward to 3rd side ways to 4th until he/she are back at the start. Then they run to the centre circle pick up a ball and dribble slalom style through cones to the basket for a lay up or jump shot from a specified point.

They jog back to the beginning to start again. Do as many reps as you decide to replicate game conditions, having to make shots when you are breathing heavy is far harder than just standing on the spot making shot after shot. To make it competitive divide into two teams and see how many shots the teams make in a given time or the first to make ten baskets.

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#### **From Doug...**

I have a shooting drill that my players like and I get focus shooting from them with it. I call it 15-10-5-1. It has help me send about dozen games in over time over the last two season and that does not count the wins it has created on last second shots.

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I break the team into two groups and they compete for the best record and passes on certain drills during practice.

15 - lay ups ( must start from three point line, sometimes I start at half court)

10 - Jump shots from the elbow

5 - three pointers

1 - half court shot

The winning group is the one that makes the half court shot first. I will sometimes allow the other group a chance to tie if they are both at the half court distance.

--/--

### **From Jack...**

Very simple tip that I came up with at practice has turned us into a very successful defensive club, ever since our first game. I keep touting to the girls I coach to watch the waste when playing defensive ball, and in the first game they just didn't listen and we lost.

After that I purchased the song by Shikira, Hips don't lie, and played in practice and the girls got into watching the hips on the girls when playing defense. Needless to say, we have been averaging 6 steals a game and haven't lost since.

The girls do not leave their feet on defense, no headfaking to distract them, and we are playing with confidence.

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### **From Jon...**

Among other things I've coached an adult rec team, guys who are in it for fun, and not really too focused on skill improvement anymore, though they did still want to get better as a team. In other words, they all still came to practice, but wanted to scrimmage, scrimmage, scrimmage, and didn't have a lot of patience for drills. So I got them playing series of 5 (or sometimes 10) point games, and in each game the captain from each team would come to me for a piece of paper. On the paper were written things like

- the ball must be sent into the post at least once every offensive set
- fast break points are double this time

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- you must score from the paint
- offensive rebounds are worth a point
- a steal is worth a point
- your team will lose a point any time you are scored on by a fast break

What was written on these pieces of paper was shared with the captain's team, but kept secret from the other team. I knew what was on it, and kept score. The point of it was to practice, via scrimmage, a particular skill our team had shown itself to be lacking in the last couple of games. Overall it worked out pretty good.

--/--

From Bob...

A drill that my 4th grade boys team begs me to let them do at EVERY practice is Animal Ball. I started using this drill a few months ago to increase my teams aggressiveness in rebounding and it has worked very well. I don't do this at every practice because I want the drill to retain its appeal with the boys.

I use a couple of variations. Sometimes I set the drill up as an "every man for himself" situation (my favorite) with each player competing against the others. At other times I split the group into two teams and have them compete team to team. We run the drill only on half court. The rules are that there are very few rules. The only rules I give the boys are:

You have the dribble the ball

You can't tackle another player

No intentional tripping

With those as the only rules you tell the guys to go for the ball and score as many buckets as they can. To compete with any chance of winning this "game" (especially every man for himself), the boys have to be physical on the boards. You should save this for the last 5 to 10 minutes of a practice.

I also give an "Animal of the Game" award after each game to reward the player who has demonstrated physical play, especially in rebounding. The rewards can be as simple as candy, a certificate for ice cream, sports arm bands, etc.

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**From Ningi...**

I have a great passing drill that works great with my group of high school basketball team. The name of the drill is called PASS BOX SPINTS:

1. Place 6 cones on the Half court. 1 on each Corner Baseline 1 on each corner half court line and 1 on each sideline midway between baseline and base line:

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2. Have 6 players stand behind each cone.
  3. Place 2 basketballs one each corner cones.
  4. Pass the ball to the right and sprint to the opposite cone.
  5. Continue passing for 2 minutes - 5 minutes. rotate next 6 players
- \* You can extend the cones to full court. Baseline Midcourt Baseline on each side.
- //--

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