

coaching made easy

Training Drills



The National Coaching and Accreditation Scheme (NCAS) was established in 1978 with the primary aim of up-grading and expanding coaching expertise across a wide range of sports. Basketball Australia has embraced this scheme since its inception.

This Resource Manual is a substantial revision on previous editions and supports the new NCAS structure for Basketball Australia's Club Coach Level (equivalent to the previous NCAS Level1) many thanks to the numerous coaches who have been kind enough to have input into these resources over the years and in the current upgrade. The manual remains the basis of Basketball Australia's NCAS Club Coach course however has been produced in separate booklets to make it easier for coaches to identify specific information they are seeking

This resource is not designed to have all coaches around Australia doing the same thing, rather it is to allow coaches at all levels to perform more effectively and constructively. The application of knowledge remains flexible according to the talent and ability of the individual coach and the athletes they are working with.

Introduction

Australia has a proud history in basketball and in 2004 was ranked 3rd amongst all nations. This success is due in no small way to the tireless work of coaches throughout the country, from "learn to play" programs right through to the Boomers and Opals.

The National Coaching and Accreditation Scheme (NCAS) was established in 1978 with the primary aim of up-grading and expanding coaching expertise across a wide range of sports. Basketball Australia has fully embraced this scheme since its inception and has developed, in conjunction with the Australian Sports Commission, a systematic and on-going educational program for basketball coaches.

Basketball Coaching Made Easy has been formulated to provide the background of knowledge and expertise for aspiring basketball coaches. This course applies covers general coaching principles and applies them specifically to basketball, with an emphasis on having sound knowledge of the skills and principles of basketball as well as better organisation of practice sessions, appropriate methods of teaching and correcting techniques and methods of analysing an athlete's performance.

There is a wealth of resources available to coaches – a simple search on the internet will identify many hundred websites with an amazing array of information. There are books and videos on all aspects of basketball coaching and a visit to the National Sports Information Centre at the Australian Institute of Sport is a must for any coach visiting Canberra. Indeed your local library is often a great source of coaching material.

With all this information available a coach could easily find enough drills to fill many years of training sessions! Drills are the "tools of the trade" for coaches but the art of coaching is about the teaching points that you highlight in a given drill. Coaches must focus on the teaching points as these are what make their players better!

Basketball Australia's responsibility in coach development is to provide the overall philosophy and direction to help coaches of all levels through development and delivery of learning opportunities that equip basketball coaches to meet the needs of the athletes that they coach.

Basketball Australia's role in coach development is to provide the strategic framework, leadership, direction and investment to support and align the learning opportunities and activities to enable quality coach development. The Coach Development Framework and National Curriculum aligned to the National Pathways provides and underpins the philosophy and direction for coach development.

The following foundation principles have been identified;

- Coaching is central to participation and performance in basketball and also benefits the community where it is largely responsible for participants enjoying quality experiences through our sport.
- Basketball Australia's Coach Development programs addresses issues associated with the current coaching environment and is aligned to athletes' needs.
- It will deliver a co-ordinated coaching approach that links regional and national activities and outcomes.
- The Basketball Australia Coach Development program represents a genuine commitment to ensuring that the key players in coaching work more collaboratively for the benefit of athletes, complementing the efforts of the many committed coaches and coaching programmes operating around Australia.
- Accordingly, the resulting programs and resources have been developed by coaches for coaches and belongs to the Australian basketball community. Basketball Australia has been the facilitator in this process.

Whether you are coaching a team of beginners who are just learning to love the sport or a representative team "Basketball Coaching Made Easy" has information relevant to you. For further information on coaching clinics or resources contact your State/Territory Association or log onto the Basketball Australia website, www.basketball.net.au.

Enjoy your coaching!

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PASSING DRILLS

Pepper Passing Drill

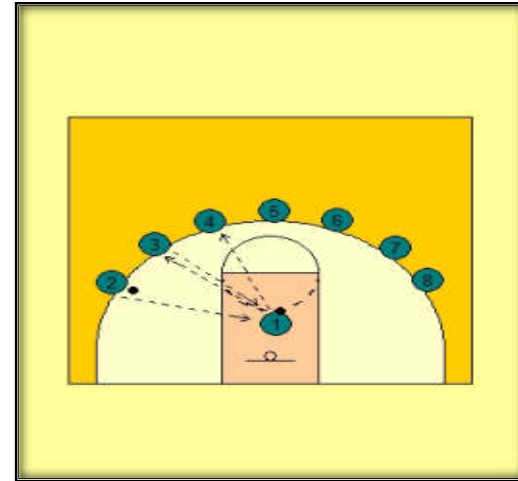
Purpose: Quick Hands and reaction time
A variety of passing techniques

Method:

- O1 and O2 begin with basketballs
- O1 passes to O3 at the same time O2 passes to O1
- O1 then passes to O4 while O3 passes to O1
- The drill continues around the semi-circle as many times as desired by the coach.

Making the drill more challenging:

To increase difficulty the coach can then bring in a rule where O1 cannot pass next to the person to whom they made the first pass. Therefore they cannot pass to O2 next to the ball but can pass to any other player in the semi-circle.

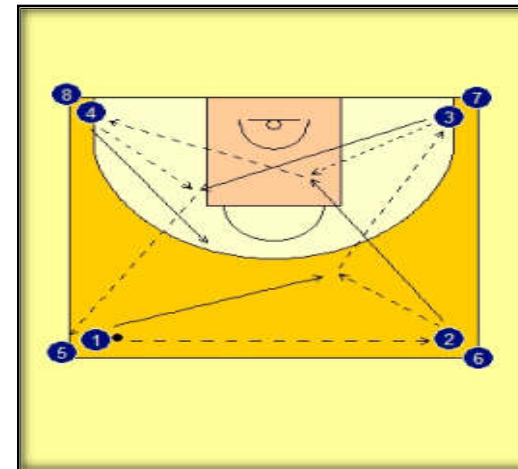


Four Corner Passing Drill

Purpose: A variety of passing techniques
Passing in traffic (players running everywhere)

Method:

- O1 and O3 commence with basketballs.
- O1 passes to O2 and cuts to the diagonally opposite line (O3 & O7).
- O2 passes back to O1 who passes to O7.
- O1 joins the end of the line (behind O7).
- After passing O2 cuts to the diagonally opposite line and receives a pass from O7.
- At the same time as O1 passes to O2, O3 starts by passing to O4.
- O3 cuts to the diagonally opposite line and receives a pass from O4.
- O3 passes to O5 and joins the end of the line.
- O4 after passing to O3 cuts diagonally opposite to receive a pass from O5.
- O5.
- O4 passes to O6 and joins the end of the line.



PASSING DRILLS

Five Star Passing Drill

Purpose:

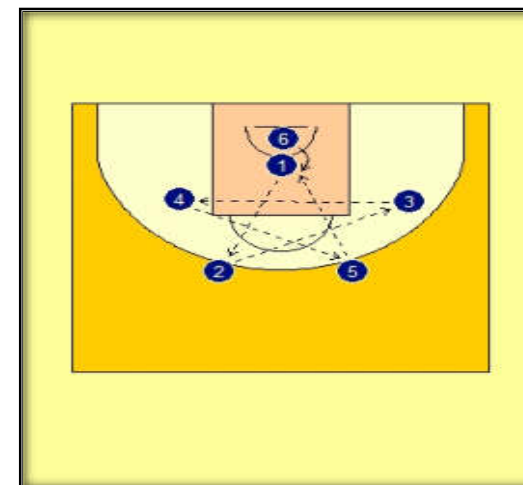
Good warm up drill
Quickness, accuracy, concentration

Making the drill more challenging:

Rather than O5 passing to O6, they can shoot a lay-up, which O6 rebounds. O5 then joins O6's line.

Method:

- O1 begins with ball.
- O1 passes to O2 and follows pass to join O2's line.
- O2 passes to O3 and follows pass to join O3's line.
- O3 passes to O4 and follows pass to join O4's line.
- O4 passes to O5 and follows pass to join O5's line.
- O5 passes to O6 and follows pass to join O6's line.

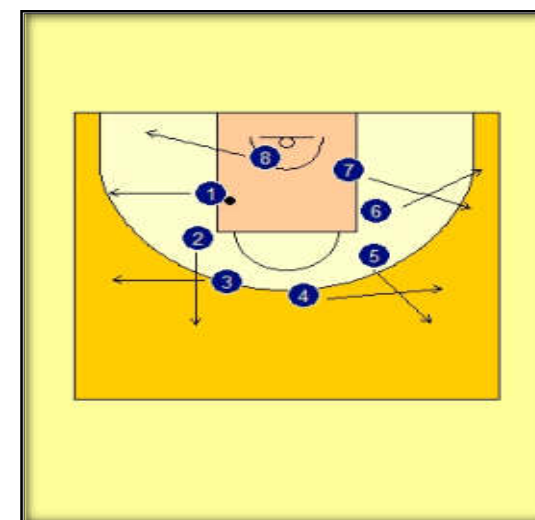


Scattered Circle Passing Drill

Purpose: Team communication
Lead passing
Accuracy

Method:

- Players form a circle.
- Ball starts with O1 who hands off to O2, O2 hands off to O3, O3 to O4
- Ball continues around circle as each player hands it to the person to their right.
- Each player must note the player they hand the ball to.
- Upon the coaches' signal, players break from the circle and scatter in the half court.
- Each player must locate and pass to the person who they handed the ball to in the initial circle.
- Each player must call and move for the ball. All players must continue to move.



PASSING DRILLS

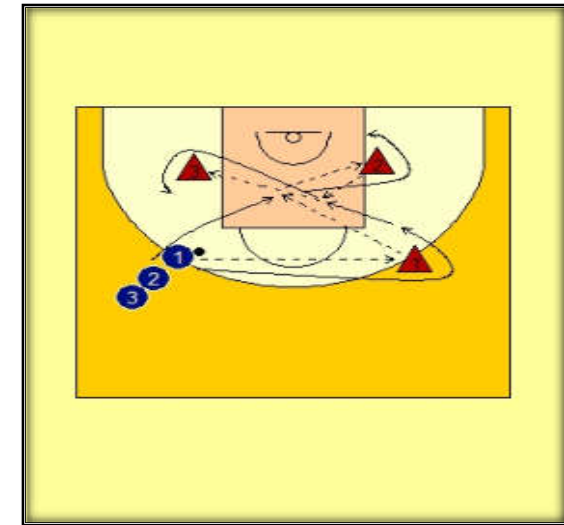
Three Corners Passing

Purpose:

Teach a variety of passes
Players running, receiving and passing

Method:

- O1 starts with a basketball.
- O1 passes to X1 and runs around Triangle 1.
- Triangle 1 passes to O2, O2 passes to Triangle 2 and runs around Triangle 2.
- Triangle 2 passes to O1.
- O1 passes to Triangle 3 and runs around Triangle 3.
- Triangle 3 passes to O2, O2 passes to O3.
- Both O1 and O2 re-join lines behind O3 and O4.
- O3 and O4 are now in drill.
- Triangle 1, Triangle 2 and Triangle 3 remain as passes, until the coach rotates

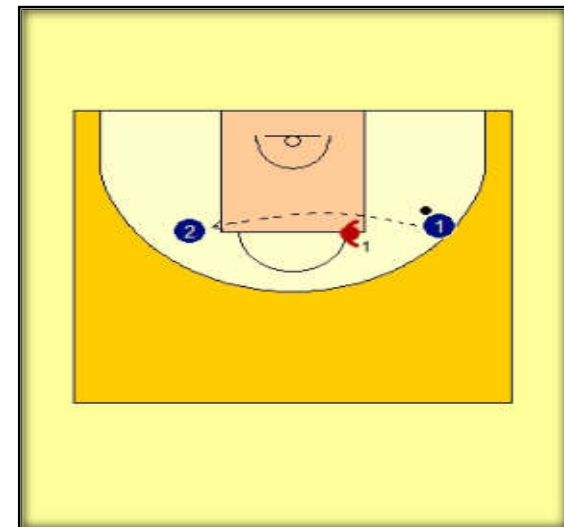


Deflections Drill (also called Piggy in Middle)

Purpose: Teach passing and use of pass fakes under pressure
N.B: the player in the middle should 'drop step' in the direction of the pass. So, if the pass went past their left hand side, they must drop step with their left foot.

Method:

- "3 Player Drill"
- O1 and O2 start opposite in stationary positions.
- X1 starts in the middle and attempts to deflect the ball.
- O1 and O2 must pass until X1 touches the ball.
- X1 then takes the place of the player who passed poorly.

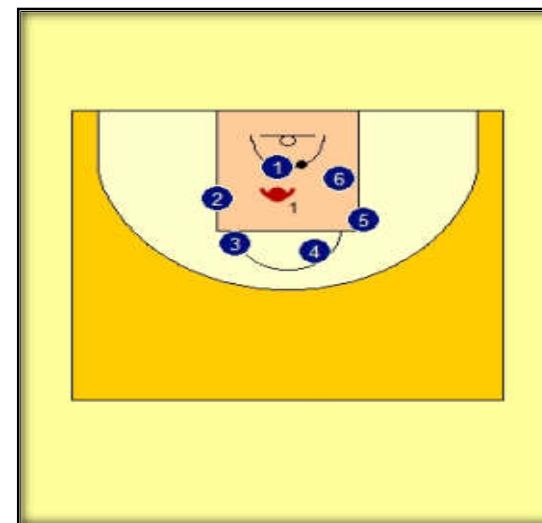


PASSING DRILLS

Circle Drill

Same as Deflections drill above except that there are more players involved.

- X1 starts in the circle and attempts to gain deflections.
- Upon a deflection they replace the player who made the pass.
- A rule may be included that prevents a pass being made to the players on either side of the player with the ball.
- Two or more players can be placed inside the circle.

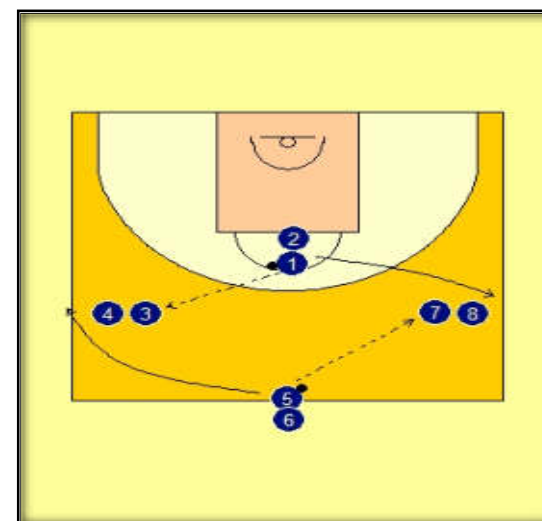


Diamond Passing

Purpose:

Method:

- Players line up in shape of diamond
- Pass right cut left
- Pass left cut right
- Add different types of passes;
 - Chest pass, push pass, overhead pass etc.



PASSING DRILLS

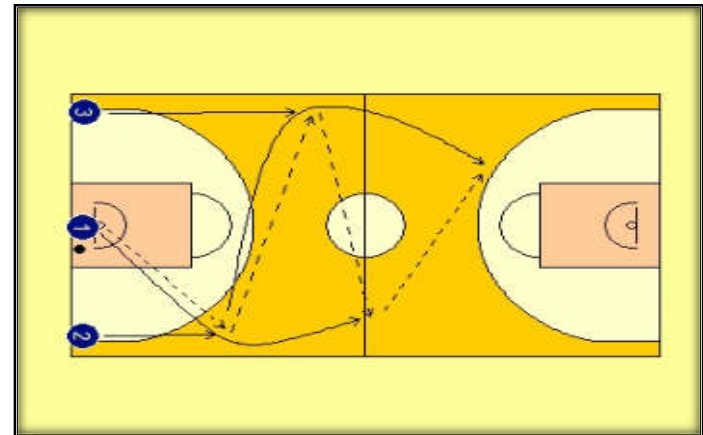
Three Man Weaves

Purpose: Running lanes
Passing and receiving on the run

Method:

- O2 and O3 lead out for the ball.
- O1 passes to O2 and runs behind O2.
- O2 passes to O3 and runs behind O3.
- O3 passes to O1 and runs behind O1.
- The ball continues down the court.
- Players can make a lay-up at the end of the drill.
- Each line should ensure they run wide.

Drill can also be run as a 5 man weave following the same teaching points. In a 5 man weave players run behind two people after making a pass.



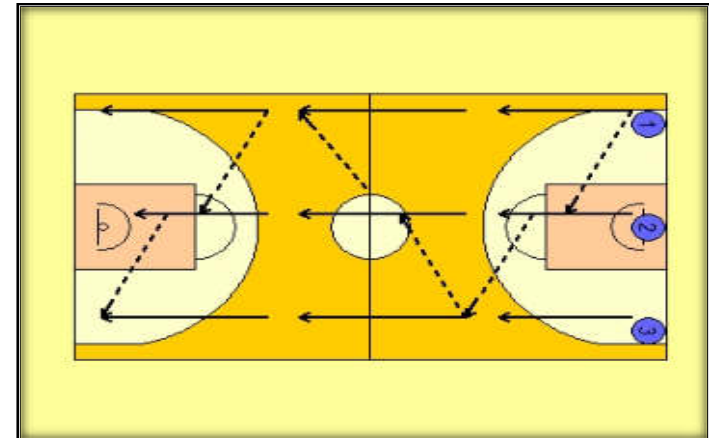
3 Lanes Drill

Purpose: Teaching players to run in lanes
Pass and receive on the run

Method:

- 1 Ball Drill.
- O1, O2 and O3 run straight down their lanes. O1 begins with ball.
- O1 passes to O2, O2 passes back to O1.
- O1 passes to O3, O3 passes back to O1.
- Drill continues down the court.

The player in the middle should run in a 'zig-zag' fashion, leading toward the outside player to receive a pass back.



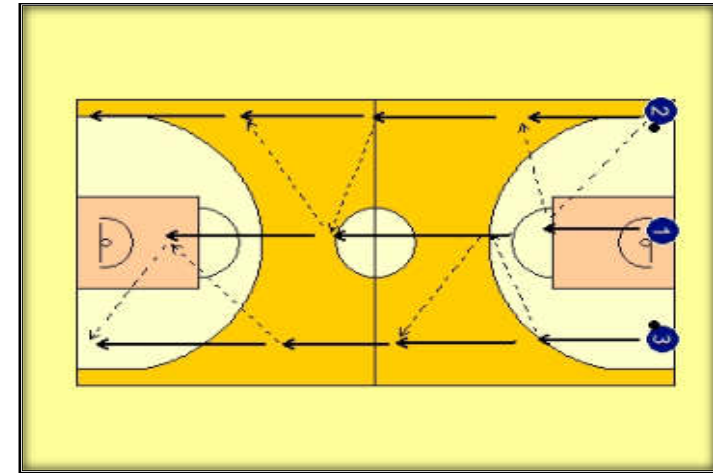
PASSING DRILLS

3 lanes 2 balls

Method:

- O2 and O3 start with basketball.
- O3 passes to O1, O1 passes back to O3.
- O2 passes to O1, O1 passes back to O2.
- Drill continues down the court.

Players on the outside should dribble the ball (with the hand closest to the sideline) while waiting to pass back to the middle. The player in the middle should run in a zig-zag fashion and should turn their head quickly (to see the next pass).

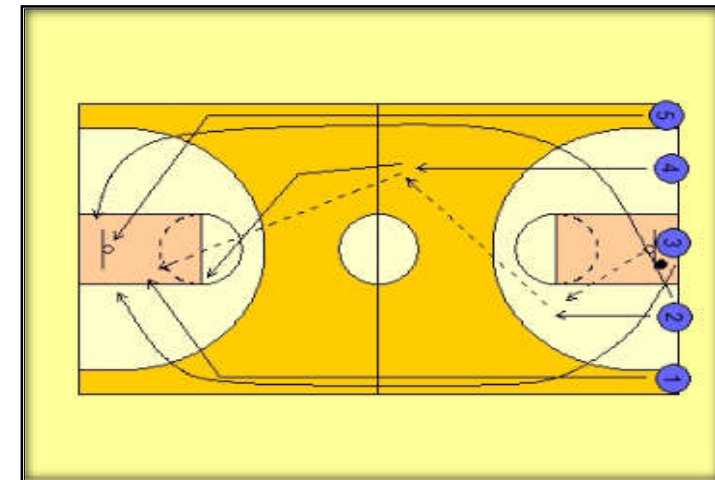


5 Man Weaves

Method:

- Players in 5 lines on the baseline, one player in the centre, and one player each side
- at least 2-3m away
- Start with a ball in the centre line
- When the ball is passed to any player the “passer” runs behind the receiver
- This continues up the court creating a weave
- Remember to keep spacing between players
- No fumbles- no travels - no missed lay ups

Variation: add number of completed circuits up to five with no mistakes



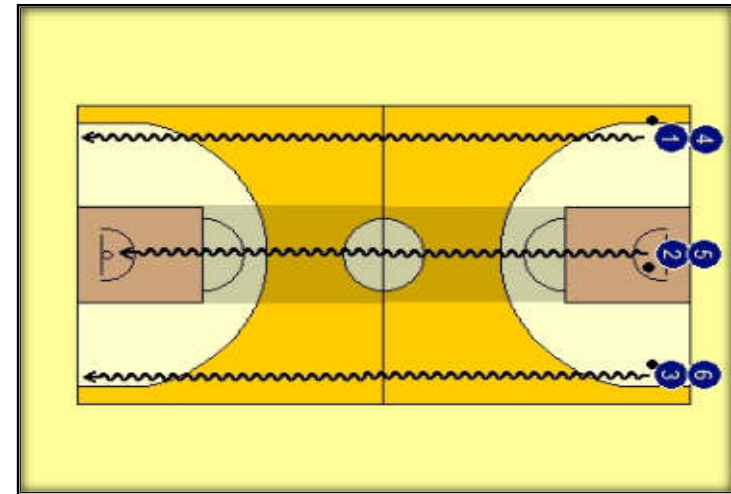
DRIBBLING DRILLS

Corridor Dribbling

Purpose: Dribbling techniques
Dribbling without looking at the basketball

Method:

- Players line up on the baseline in three lines.
- Each line has a corridor within which to dribble.
- Each player at the start of each line dribbles down the court.
- Once they cross foul line extended the next player in the line goes.
- Forming a new line at the end of the court.
- Defence can be added to apply pressure and make the drill more game specific.

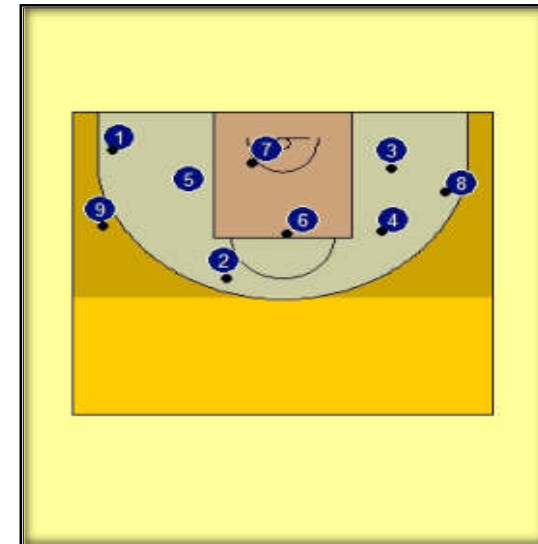


Dribble Knockout

Purpose: To teach players to dribble with head up, while protecting the ball

Method:

- Each player begins with a ball.
- The coach specifies the area within which players are allowed.
- (e.g. Inside keyhole, if ball goes outside the player is ruled out).
- Players must dribble while attempting to knock their opponent's ball outside the area.
- The coach reduces the area as more participants are eliminated.
- The last player remaining is deemed the winner.



DRIBBLING DRILLS

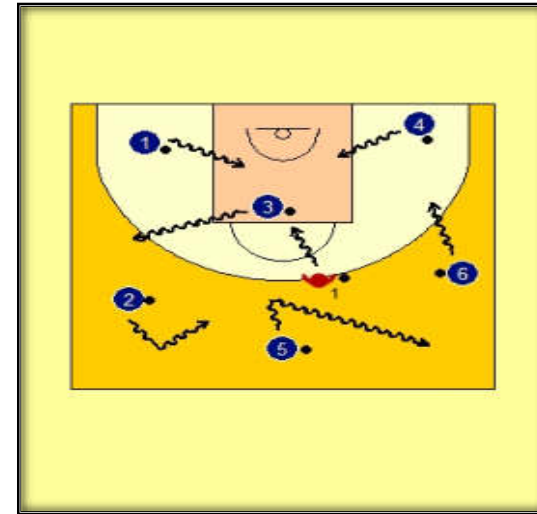
Dribble Tag

Purpose: To teach players to dribble with head up
Teach change of pace, control under pressure

Once a player is out, they should go to the sideline and continue to dribble their ball (while standing still).

Method:

- Each player has a ball in the area designated by the coach e.g.: Half Court.
- One player is chosen as "it" and attempts, while dribbling to tag the other players whilst they dribble.
- Once a player has been tagged or their ball goes out of the designated area they are out.
- Depending on group numbers you may need more than one participant to be "it".

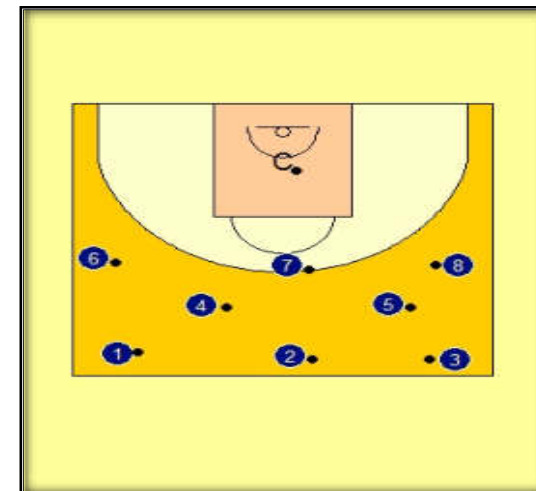


Massed Dribbling Drill

Purpose: Keep head up while dribbling
Using a variety of dribbling techniques
Changing directions quickly whilst dribbling

Method:

- Players spread out on the court as diagrammed.
- Each player dribbles in the direction the coach points.
- This should be done using a variety of dribbling techniques
- (Try using 2 basketballs for each player)



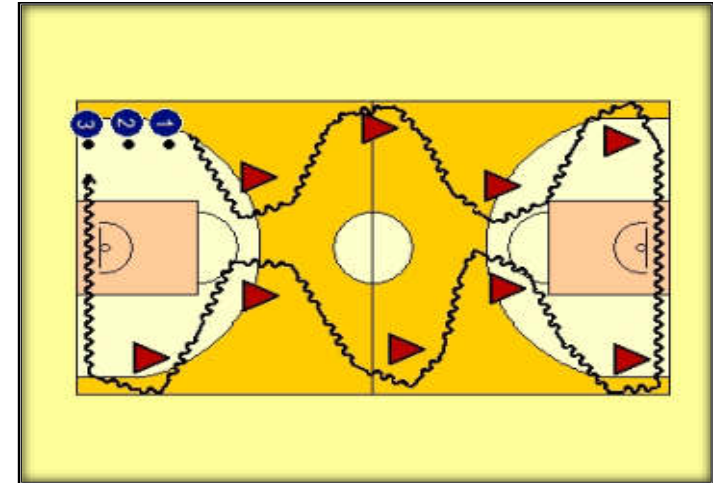
DRIBBLING DRILLS

Obstacle Dribbling

Purpose: To teach quick and sharp changes of direction

Method:

- Coach sets up cones down the court as diagrammed.
- Each participant must move in and out of the cones whilst dribbling.
- The dribbler must alternate hands, keeping the ball in the hand away from the cone.
- All types of dribbles and cross overs should be utilised here.
- The distance of the cones should be shortened to increase the difficulty of the drill.

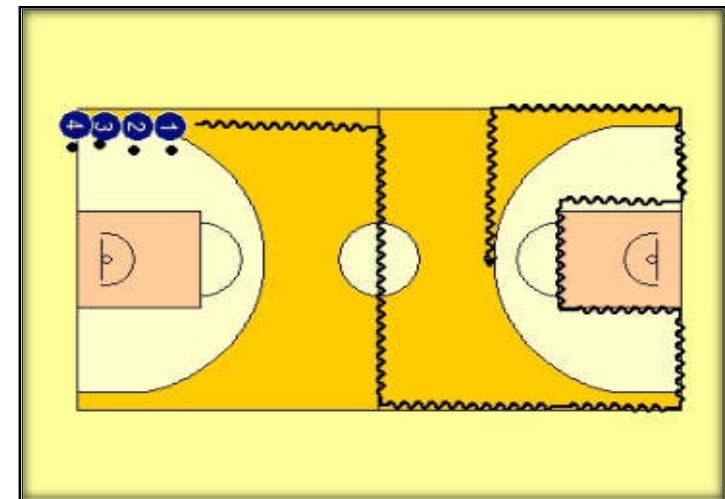


Follow the Leader

Purpose: Dribbling techniques
Eyes up when dribbling

Method:

- Players start in baseline corner as diagrammed.
- The player at start of the line is the leader.
- The player at the start of the line may follow any line on the court.
- Each player must follow and execute the same skills as the person in front of them.
- The coach may call “change”. On this instruction the player last in the line becomes the leader.



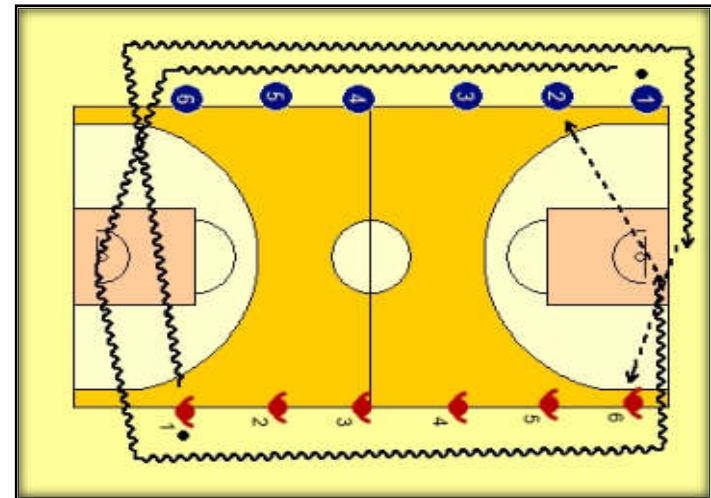
DRIBBLING DRILLS

Dribble Race

Purpose: To teach players to execute dribble skills at speed and under pressure

Method:

- Two teams are selected and commence opposite each other.
- Number each player in the group.
- Player 1 starts with the ball at opposing ends as diagrammed.
- Both players complete a circuit around both groups before handing it off to the next dribbler player 2.
- Include a lay-up at each end.

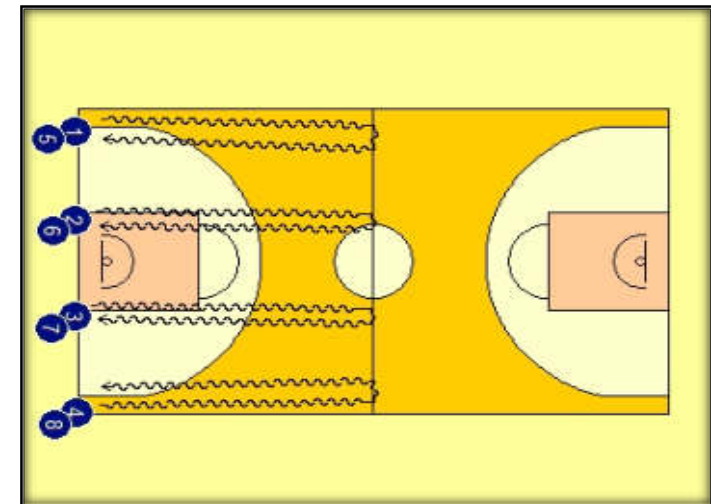


Dribble Relay

Purpose: To teach players to execute dribble skills at speed and under pressure

Method:

- Players line up on baseline
- Dribble to half court right hand
- And return left hand
- Team the completes required number of trips wins



DRIBBLING DRILLS

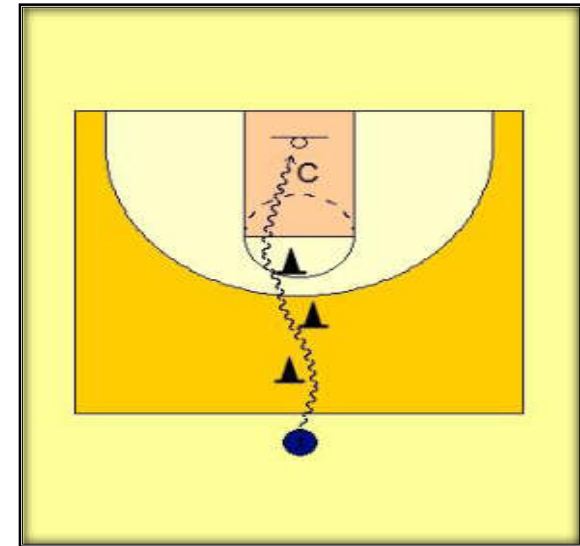
Three Cones

Purpose: To teach players to execute dribble skills at speed and under pressure.

Method:

- Players starts on the other side of half-court.
- Ball starts in right hand and player does an inside-out dribble at the 1st cone followed by a quick crossover at the 2nd cone and then another inside-out (now with left hand) at the 3rd cone.
- Player should get to rim in 1 dribble and finish with the strong hand (Left on left side and Right on right side). Make 4 on each side

*Coach may use a pad to create contact at the rim.

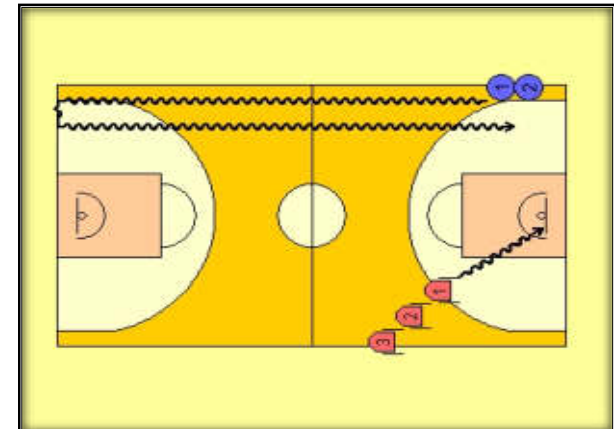


Dribbling v Shooting Relay

Purpose: To teach players to execute dribble skills and make layups at speed and under pressure.

Method:

- Players are divided into 2 groups, dribbling group and shooting group
- As a group, each player in the dribbling team dribbles from 1 baseline to the other and back again twice
- At the same time, the shooting team makes as many layups as they can in the time it takes the dribbling team to complete their task
- Reverse roles
- Winning team has the most layups made at the end of the rotation
- Use right and left hand shooting and dribbling



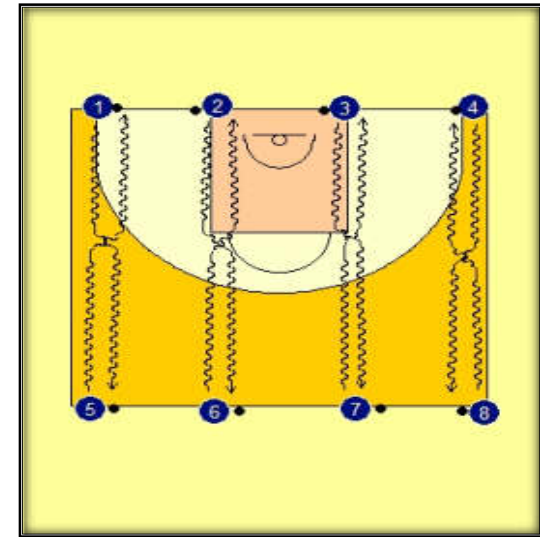
DRIBBLING DRILLS

Crossover Dribbling

- **Purpose:** Develop footwork and dribbling skills through participants skills in keeping their heads/eyes up while dribbling the ball.

Method:

- Partner's line opposite up on baseline and half court.
- At half way point player must perform a dribble skill e.g. crossover, behind back, between legs, onside
- Key is to perform the skill the opposite way to the other player so that you do not collide with your team mate.
- Can be performed as a race

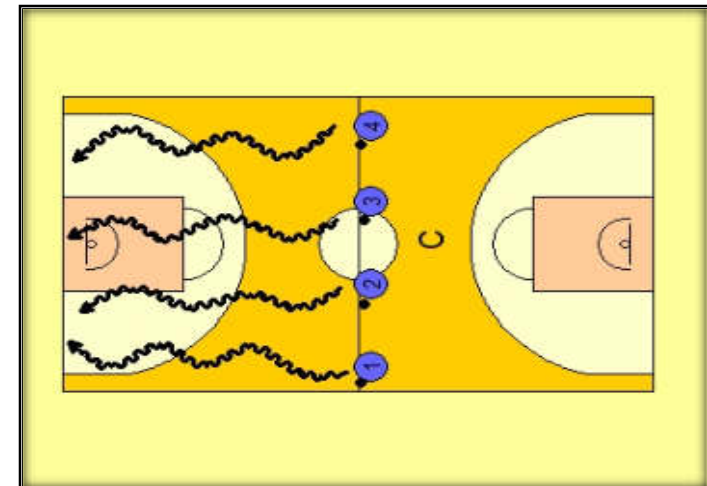


Heads Up - Direction Change

Purpose: To develop participants skills in keeping their heads up while dribbling the ball. Introduces an understanding of a reverse pivot in a game situation (dribbling backwards requires a reverse pivot).

Method:

- Players organised in lines of 5 - 6 in the centre of the court
- The aim of the game is for the players to dribble in the direction that the coach is pointing, using the controlled dribbling stance, while maintaining control of the ball
- The players are only to dribble three steps in the direction the coach points
- As they progress change directions more often



DRIBBLING DRILLS

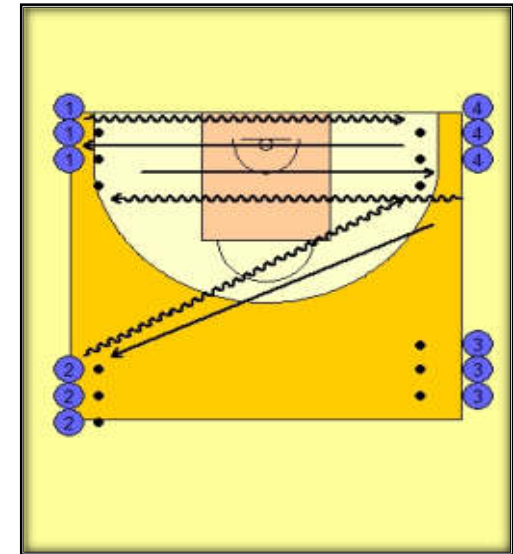
Rob the Nest

Purpose: Develops dribbling and ball handling skills through the fun sense approach

Method: Place a hoop (bin) in each corner of the half court and one in the middle

- Place 3-5 balls in each hoop (bin)
- Have four even teams in each corner of the half court
- On "go" 1 player from each team steals a ball from another hoop and dribbles it back to their hoop
- Once the ball is back in their hoop the next player goes after another hoop to steal another ball
- This continues until each player has been at least 2 times

Game ends in time limit or at coaches discretion

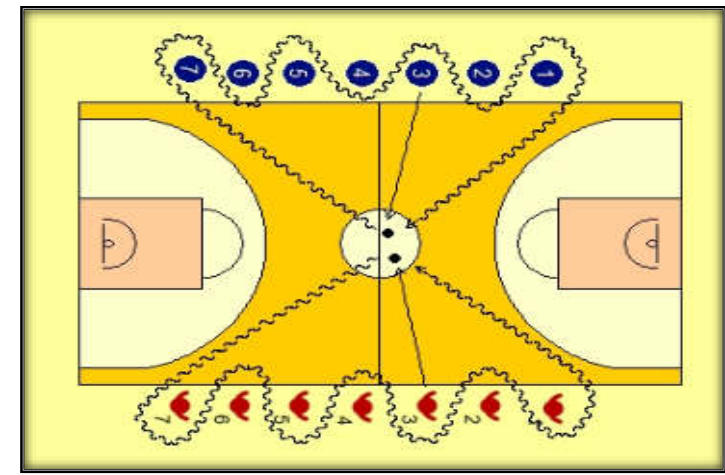


Snake Dribble

Purpose: Develops dribbling and ball handling skills through the fun sense approach

Method:

- Players line up on sides of court and each player is given a number.
- When coach calls number player sprints to ball in centre circle.
- Player dribbles out to his team then dribble weaves through team mates till end off line.
- First team finished all players though wins.



SHOOTING DRILLS

Shot Check (one handed shooting)

Purpose: To teach correct shooting technique, especially with the preferred hand keeping the ball at waist height.

Stance

- Good balance - knees bent - head up
- “Nose behind toes” and head in the middle of the stance
- Eyes on the target and shoulders square to target
- “Shooting” foot pointing to your target

Method:

- Assume correct shooting stance.
- Basketball starts in one hand, right hand for right side, left hand left side.
- The ball is shot using one hand concentrating on correct technique especially ‘lock and snap’.

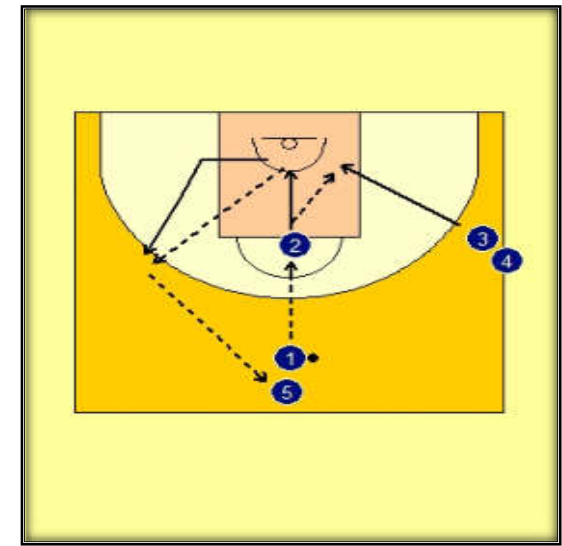


Cincinnati Lay Up Drill

Purpose: Combining passing, receiving, lay-ups, jump shots

Method:

- O1 passes to O2, O1 takes O2's position.
- O2 passes to O3 who performs a lay-up or jump shot.
- O2 becomes the rebounder, O3 continues to receive an outlet pass on the opposite side of the court.
- O3 joins the line where O1 started.
- O2 joins the line where O3 started.

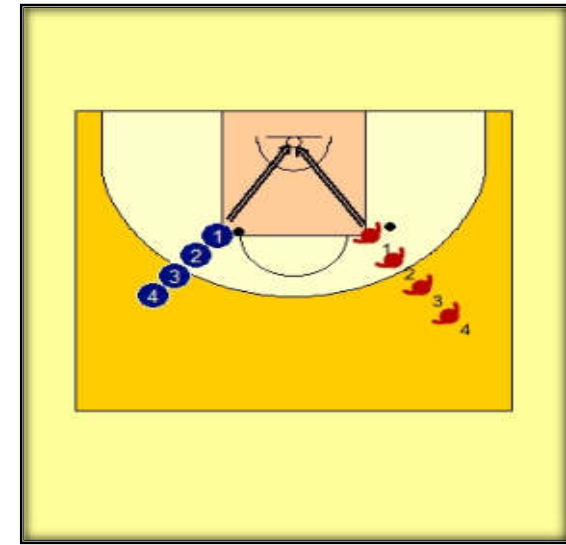


Twenty One

Purpose: To execute correct shooting technique in a competitive situation.

Method:

- This drill can be played between two players or between two teams.
- Each line competes until they reach twenty one.
- This drill can be played from anywhere on the court but for the purpose of the diagram from the elbows of the keyway.
- Each line has one ball, each player takes their turn in shooting the ball.
- Each player can score a possible three points.
- Two points is awarded on the first shot and if rebounded on the full the player then gains a second shot which is worth one.
- The ball is then returned to the line for the next player's turn.

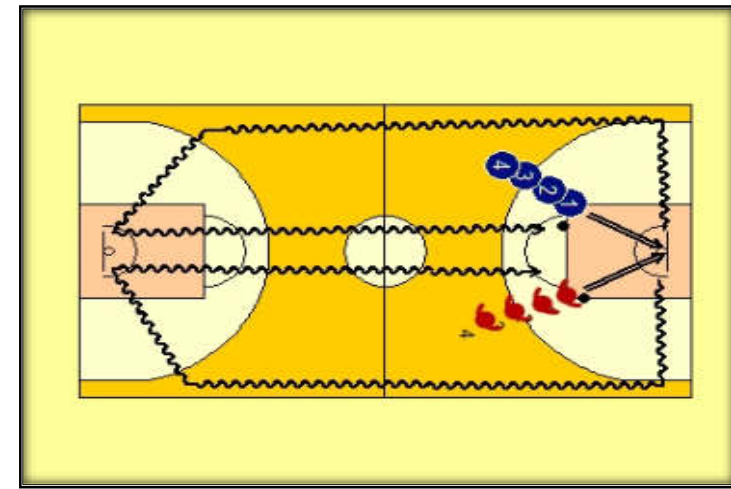


Drill #2 – '31'

As above with two teams

Method:

- Each line has one shot from elbow of key worth two.
- Upon rebounding each player must dribble to the other end to perform a lay up worth one.
- They must then return to opposite end to shoot a free throw worth three.
- A possible 6 points can be scored by each participant.



SHOOTING DRILLS

Purpose:

Teaching shooting in a competitive, pressure situation

- **Method:**
- Three shooters start with basketballs while four rebounders start under the basket.
- Shots taken in the drill must be outside the key.
- Each shooter must make three shots in a row to score one point.
- Once they reach three, they change places with a rebounder.
- This drill continues for three minutes or until a team reaches 15.
- Where possible two groups of seven should compete against each other.

3-2-1

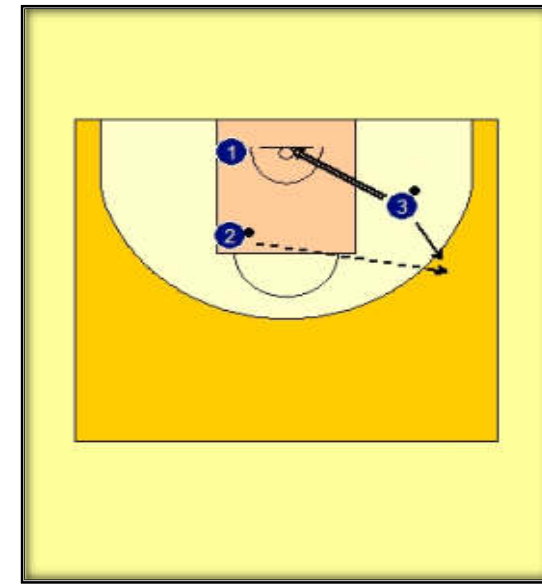
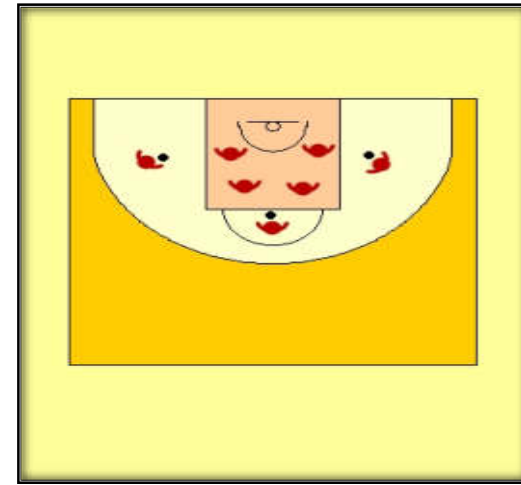
Purpose:

Shooting in competitive situations Execute a variety of shots

Drill:

- Each player is designated a role: shooter, passer and rebounder.
- Players perform each role for one minute.
- Shooter begins by taking a shot outside the key.
- Shooter moves back beyond the three-point line to take a shot.
- Shooter hustles in to perform a lay-up.
- Continue for one minute.
- Passer and rebounder return the shooter the ball as quickly as possible.

Keep score: Outside key 2 points; Beyond three point line 3 points;
Lay up 1 point



SHOOTING DRILLS

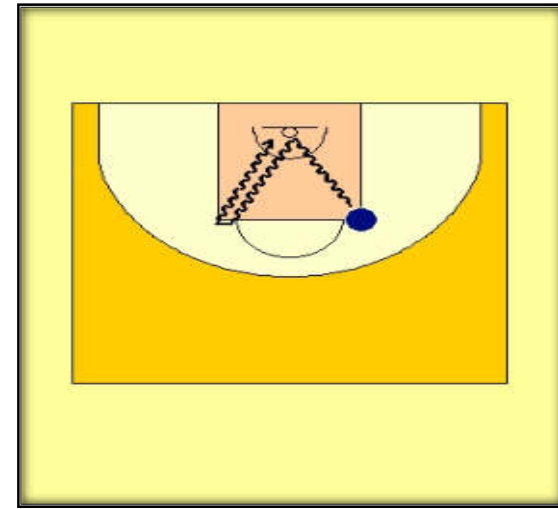
X-Out Lay Ups

Purpose: Performing lay-ups from both sides of the key Executing at top speed

Method:

- Starting from the elbow each participant performs a lay-up from the right-hand side of the court.
- Rebounding and dribbling out to the opposite elbow and execute a lay-up from the opposite side.
- Continues touching each elbow and making lay-ups in a set time (eg 1 minute).

The player's first step to the basket should be with the foot closest to the middle (as they face the basket). They take one dribble on this step. This will ensure correct footwork.



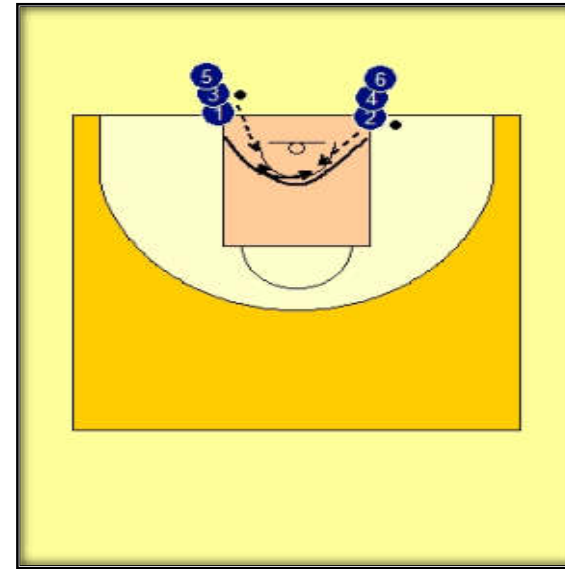
Continuous Shooting

Purpose: Taking a variety of shots as a warm-up or in a competitive situation

Method:

One line starts with a ball in the hands of the first person in line. The other with the ball in the hands of the person second in line. In the line without a ball, the player circles around the basket to receive ball and shoot it, from the opposite line from which the pass was made. Upon passing the ball, the passer cuts around the shooter to receive the ball from the opposite line.

Shooters must rebound their own shots and pass back to the line from which the pass was made.



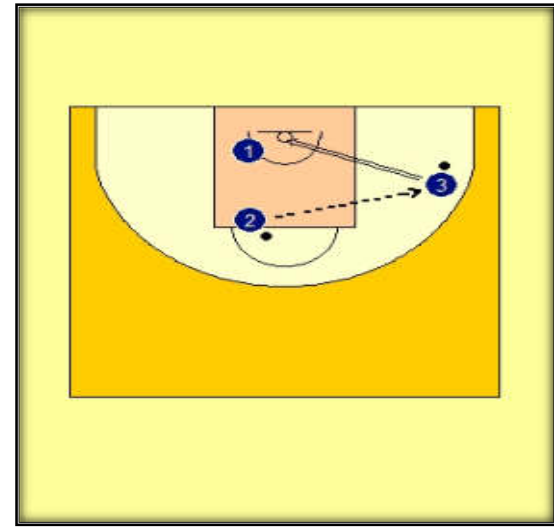
SHOOTING DRILLS

Rapid Fire Shooting

Purpose: Teaching players to catch and shoot
Working on releasing the ball quickly in game situation

Method:

- Each player performs each role for one minute.
- One rebounder O1, one passer O2, one shooter O3 and two basketballs.
- The shooter relocates on the perimeter for one minute taking as many shots as possible.
- The rebounder and passer must get the shooter the ball as much as possible during this minute.
- The rebounder will rebound and quickly pass to the passer who in turn will pass the ball to the shooter.

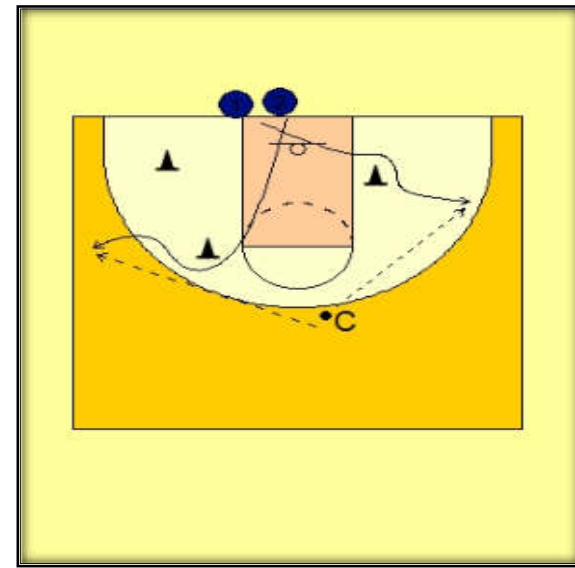


Shooting off leads

Purpose: Teaching players to catch and shoot
Working on releasing the ball quickly in game situations

Method: Players start on baseline and cut over cones to catch pass from coach in shooting position

- Flare cuts
- Curl cuts
- Back cuts
- Turn out cuts



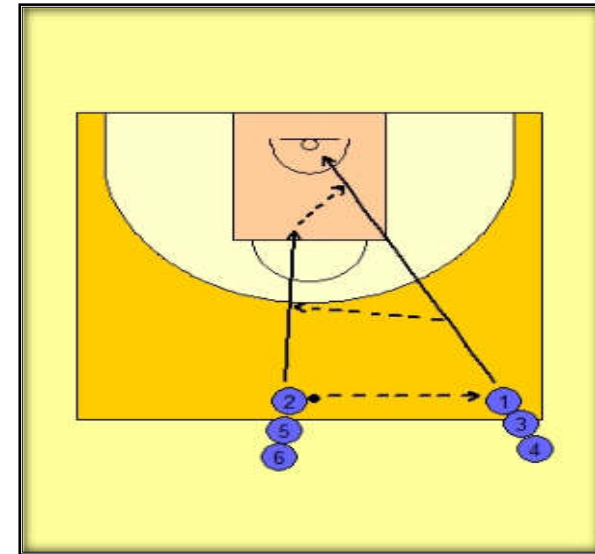
SHOOTING DRILLS

3 Pass Shooting

Purpose: Teaching players to catch and shoot
Working on releasing the ball quickly in game situations

Method:

- 2 lines at half court as per diagram
- Ball is in middle line
- Player make 3 passes for a lay-up or pull up jump shots
- Once completed swap lines
- Change top opposite side of floor
- Vary with changes to score/time

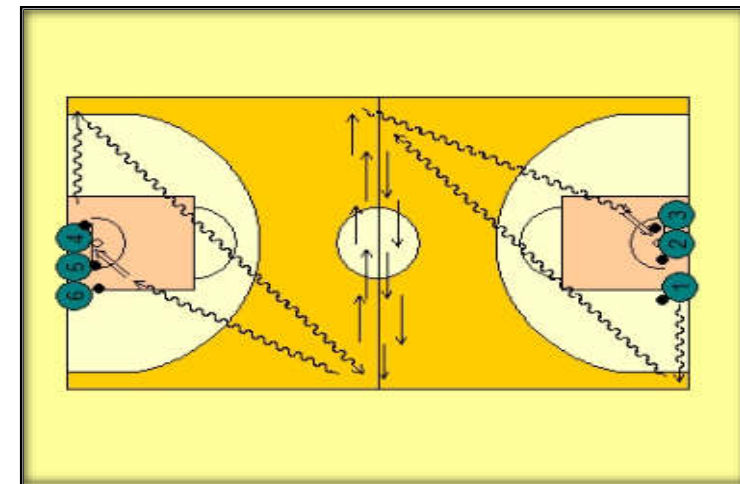


Dribble-Slide_Lay Up

Purpose: Teaching players to make lay ups in game
Situations

Method:

- 6 or more players, each player a ball.
- First the players dribble to the corner, and make a reverse dribble to keep their body between ball and the (imaginary) defense.
- Speed dribble to the mid line.
- Hold the ball, (or if you have ball racks place the ball in the rack), while doing defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.
- Finally speed dribble and left handed lay-up.
- After 2 minutes rotate to the other side.

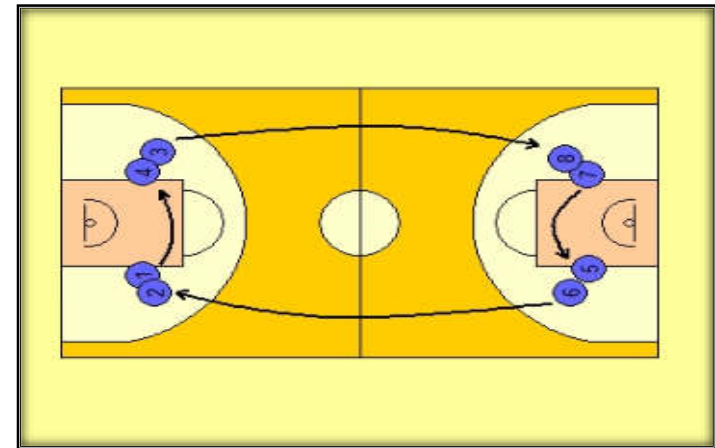


SHOOTING DRILLS

Sevens

Method:

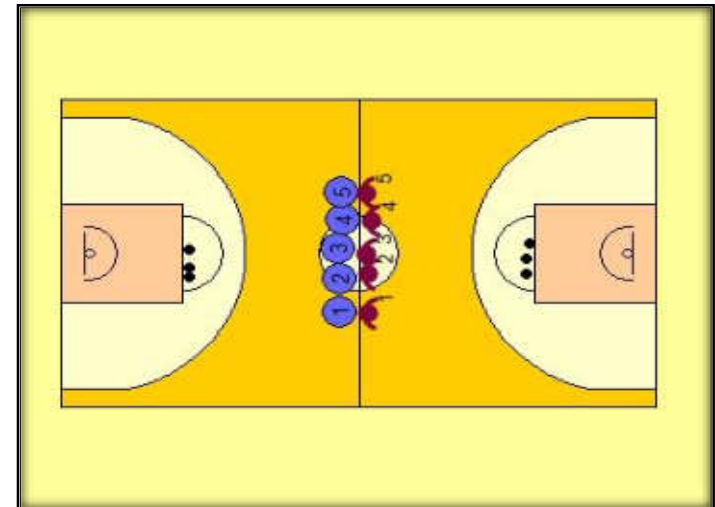
- Divide players into equal groups
- Players shoot from designated spots, within their range
- Baseline, low post, high post, elbows, 3pt line, top of key
- Each shot is worth 1 point
- First team to 7 points wins



Numbers Shooting

Method:

- Two team line up at half court facing baskets
- Players are given a number
- Coach calls a number and that player runs to designated shooting spot and takes shot, rebounds and places ball back in spot
- Can play with multiple balls
- First team to required score wins

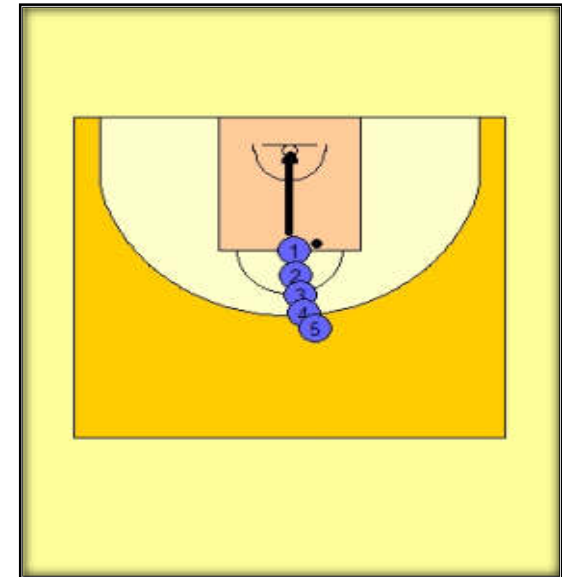


SHOOTING DRILLS

Elimination

Method:

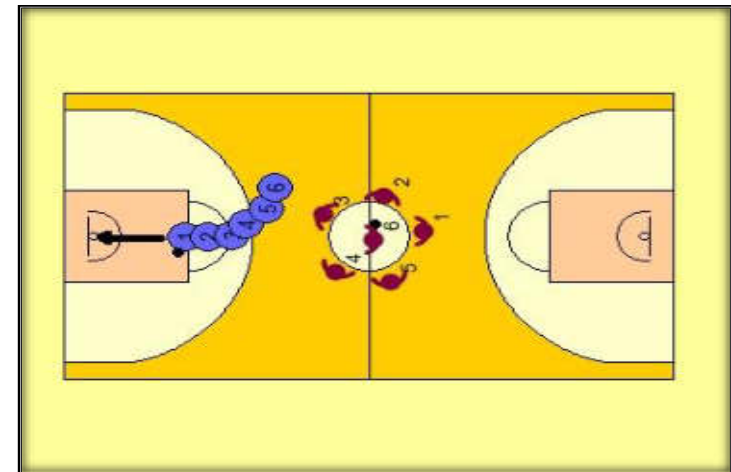
- Players line up in designated shooting spot
- If the player in front makes shot the immediate player behind has to make shot or is eliminated
- If shot is missed player behind can miss and stay in game



Circle Pass Shooting Race

Method:

- Teams line up at designated shooting spot and at centre circle
- Team at the centre circle passes to centre man and back till they have been around circle 3 times and all players have been involved
- At the same time the Shooting team takes shots one after the other till circle team has completed their circuit
- Teams swap over and team with most made baskets win



BODY MOVEMENT- FOOTWORK DRILLS

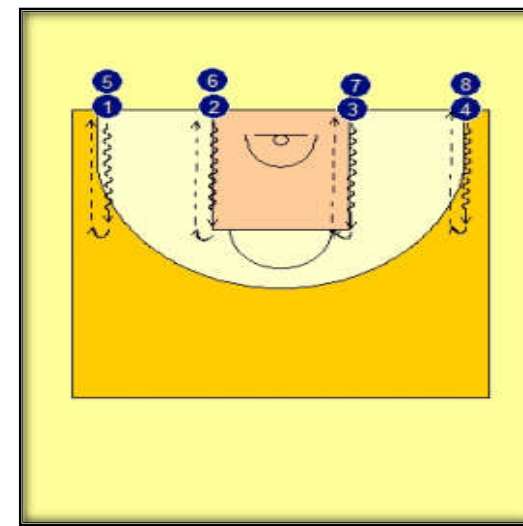
Stop - Pivot - Pass

Purpose:

Teach players to stop, pivot and pass

Method:

- Four lines are made on the baseline.
- Each line is designated a corridor within which to work with.
- Player at the front of each line with a basketball.
- The player with the ball dribbles out to the foul line performs a jump or stride stop.
- Upon stopping the player then performs a forward or reverse pivot to once again face their line.
- They then pass to the next person in line.

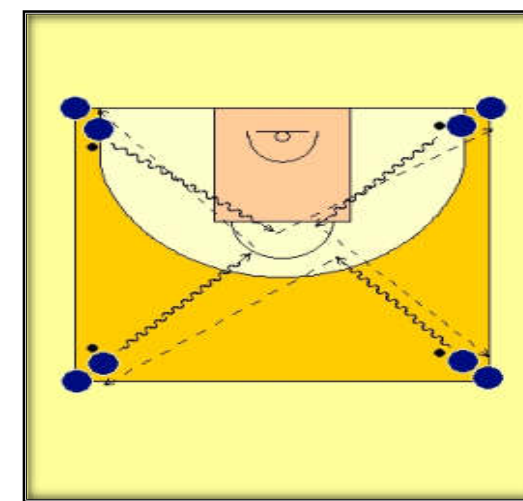


Clover Leaf Pivot Drill

Purpose: Teach players to stop, pivot, pass and receive

Method:

- Four lines are made at each corner of half court.
- Each line starts with a basketball.
- On the coach's command, each player at the start of the line dribbles to the centre of the half court and executes a jump or stride stop as desired by the coach.
- They then perform a forward pivot and pass to the next line they end up facing.
- Each player then follows their basketball to join a new line.
- Add reverse pivots.



BODY MOVEMENT- FOOTWORK DRILLS

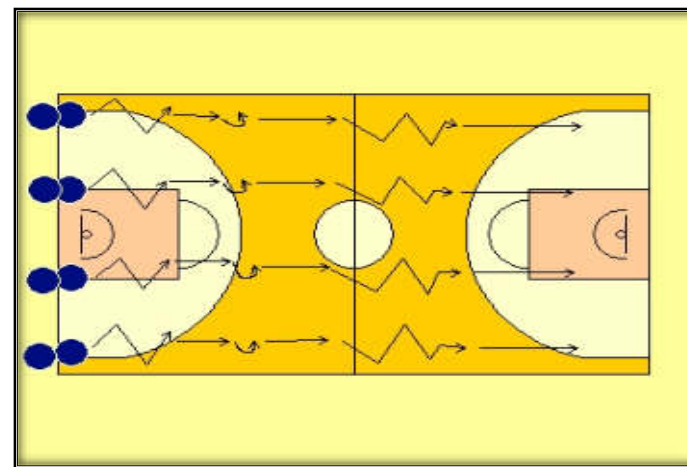
Corridor Footwork

Purpose:

Teach correct fundamentals of steps, starts, stops, jumps, pivots and stutter steps

Method:

- Four lines are formed on the base line.
- Players perform skills as directed by the coach.
- Here coaches can either ask players to execute skills at specific points or have players execute skills on the coaches command.

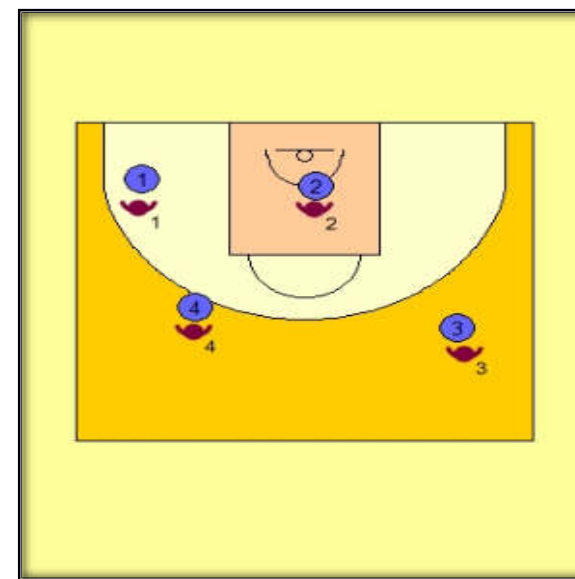


Mirrors

Purpose: Warm-up game for multi-directional movement.

Method:

- Both partners take up a basketball ready stance ($\frac{1}{2}$ squat) position facing each other.
- Each partner grabs the others' shirt.
- Partner 2 needs to mirror the movements of Partner 1 & ensure that partner 1 doesn't break the hold of partner 2's shirt.
- Athletes begin on coaches cue and stop after 20 – 30secs
- Partner 1 can move sideways & back.
- After the prescribed time partner 1 then needs to mirror the movements of partner 2.
- Space athletes out around the court, ensuring they are matched-up with somebody approximately the same height, build etc.
- Athletes begin on coaches' cue and stop after 20 – 30secs. Continue this for 2 sets.



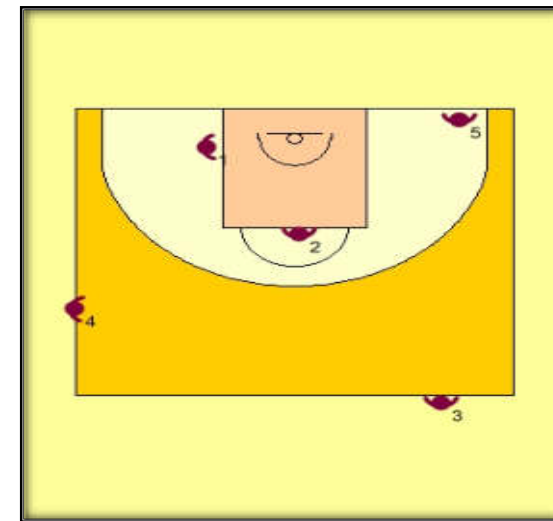
BODY MOVEMENT- FOOTWORK DRILLS

Line Dancing

Purpose: To teach athletes how to land correctly, control their landings & keep good ankle/knee/hip alignment.

Method:

- Athletes balance on 1 leg (left) & jump laterally (sideways) onto the other leg (right).
- The athlete must be able to land on the opposite foot without the original jumping foot touching the ground or the athlete losing balance.
- Space athletes out around the court, preferably on a line. Athletes jump 8 times, then rest then jump another 8 times.



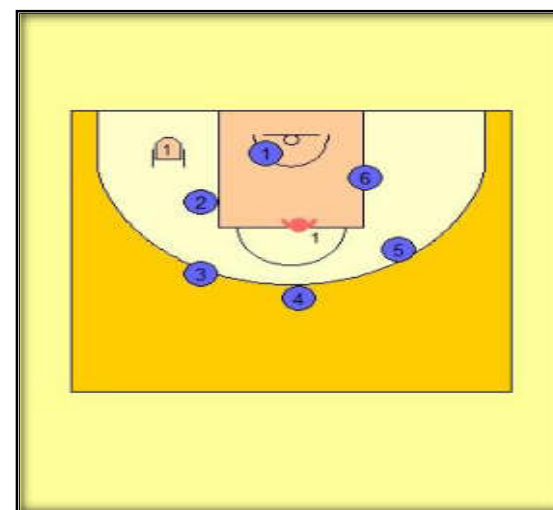
Cat and Mouse

Purpose: Predominantly a warm-up game

Method:

- Players form a circle and hold hands
- Two players are selected to be a cat and a mouse
- The cat starts standing outside the circle
- The mouse starts inside the circle
- The cat must try to catch the mouse
- The other children protect the mouse by letting the mouse pass under their arms but not the cat

Note: the mouse can only stay in the circle for 5 seconds



BODY MOVEMENT- FOOTWORK DRILLS

Red Light – Green Light

Purpose: Develop footwork skills through the fun sense approach
Improves awareness and listening skills

Method:

Players line up on baseline

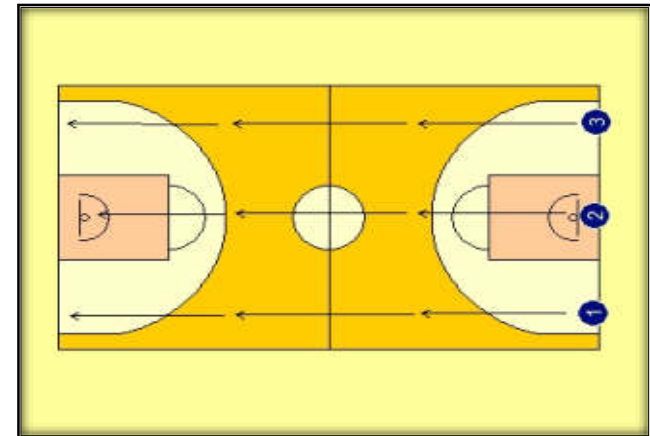
Coach says “green light” and players start jogging

When coach says “red light” players stop with a jump stop into the basketball stance

When coach says “green light” players move

If players are too slow to stop you may send them back to the baseline

Generally run game for 5 to 10 minutes



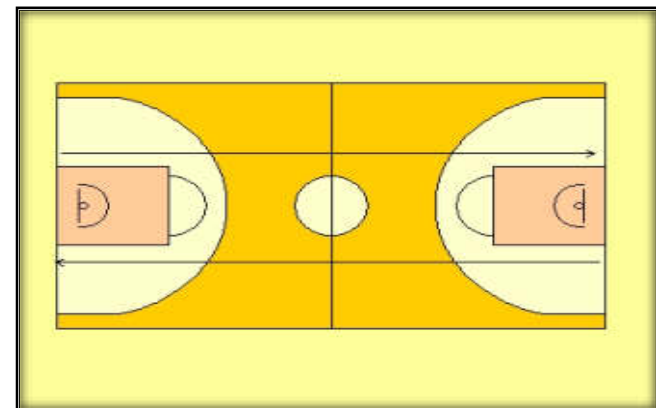
Ship – Shark – Shore

Purpose: Develop skills through the fun sense approach
Improves awareness and listening skills

Method:

- Players line up on baseline
- When coach says “ship”, “shark”, or “shore”, players must run to the designated line
- The last one to make it to the line is out
- You can trick the players by saying “shore” when they are on the “shore” line, if player moves they are out
- Or you can trick them by saying “shore” and running to the “ship” line if a player runs the wrong direction they are out
- Last player left is the winner

Players must use jump stop/stride stop when stopping at the designated line



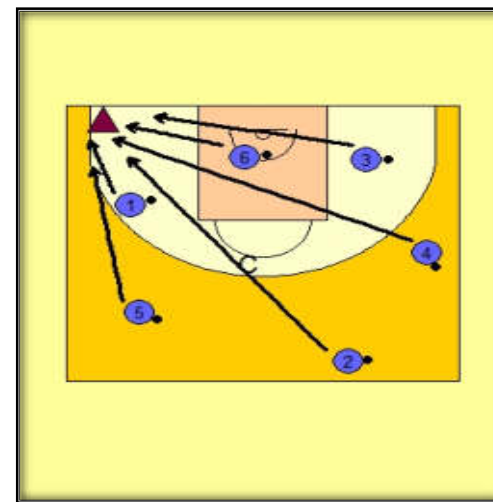
BODY MOVEMENT- FOOTWORK DRILLS

Ball Scramble

Purpose: Predominantly a warm-up game
Helps to teach scrambling for a loose ball
Develops awareness of the movements of other players within a boundary
Teaches skills in a fun sense situation

Method:

- Players start in half court area, each with a ball
- On command, everyone drops their ball, runs to a designated spot and returns
- While the players are running, coach removes one ball
- When the players get back they must all try and get a ball
- Any player without a ball is out. With fewer players, start to reduce area



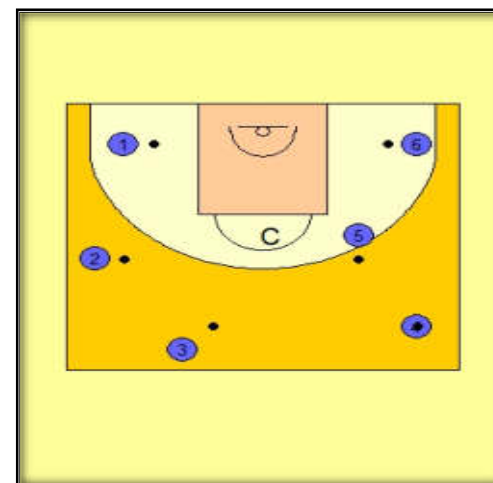
BALLHANDLING

Coach Says (Simon Says)

Purpose: To develop players' ambidexterity, coordination and ball handling skills

Method:

- Coach demonstrates and players perform the following ball handling skills: Fingertip tapping, body wraps (head, legs, waist), single/double/combination knee wraps, figure 8.
- Introduce the new skills of: Spider dribble, straddle flip, blur.
- Utilise these skills into coach says (Simon says)
- Remembering that in Simon says the coach can perform a skill but say another
- If any player performs a skill that the coach hasn't said they are out
- Last person left wins



BALLHANDLING

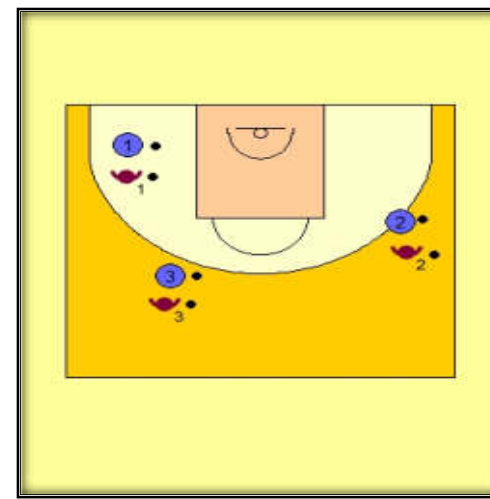
2 Ball Drills

Purpose: To develop coordination through the use of ball handling skills

Method: (2 balls per participant)

- Participants in partners
- Perform below skills to participants
- Alternating dribbling the balls
- Simultaneously dribbling the balls
- Rapid fire—Dribbling as fast as you can at knee height
- Magic five—Every 5th dribble hands swap over and then back
- Figure eight—Wrapping around one leg than another
- Pendulum—Swinging the ball as wide as possible

The participants must then try these skills for a designated time (30sec - 1min)
They then swap over to the other partner be able to do these skills.



REBOUNding DRILLS

Mass Block-Out Drill

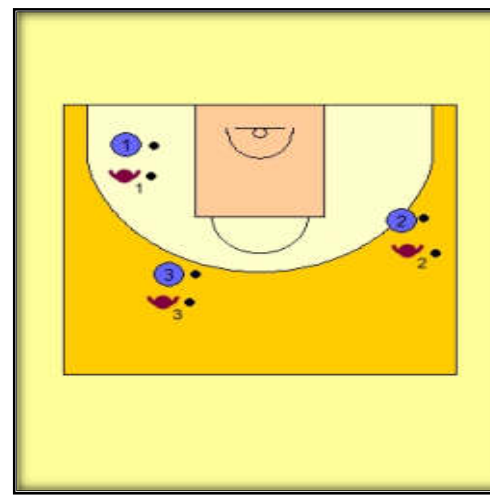
Purpose:

Teach correct technique when blocking out

Method:

- Form three or four lines across the court.
- Upon the coach's command have each player demonstrate correct block out techniques.
- The coach yell's "shot" to simulate a shot being taken in a game, with players reacting needing to block out.

Coach can also have players call 'shot' to reinforce them communicating loudly.



REBOUNDING DRILLS

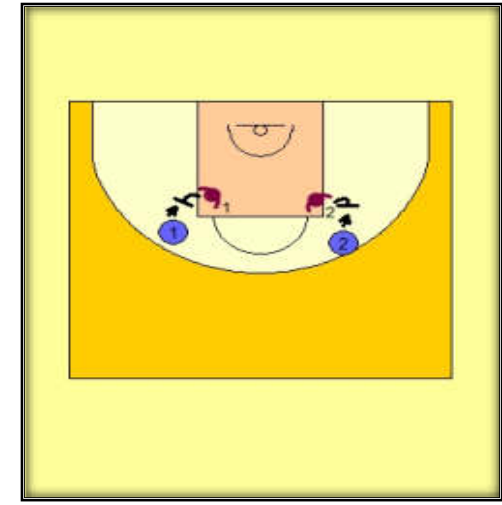
Two Man Block-Out

Purpose: Emphasise correct blocking out technique in a competitive situation

Method 1: Four lines are made at each corner of half court. Two players face each other one offence, one defence. Each line starts with a basketball. Upon the coach yelling “shot”, the defenders block-out their opponents. On the coach’s command, each player at the start of the line dribbles to the centre of the half court and executes a jump or stride stop as desired by the coach.

Method 2:

- As above except this time the coach actually shoots the ball.
- They then perform a forward pivot and pass to the next line they end up facing.
- Upon calling “shot”, defenders must block out their opponents.
- Each player then follows their basketball to join a new line.
- This drill can be continued further to include two, three, four and five pairs of players. Add reverse pivots.

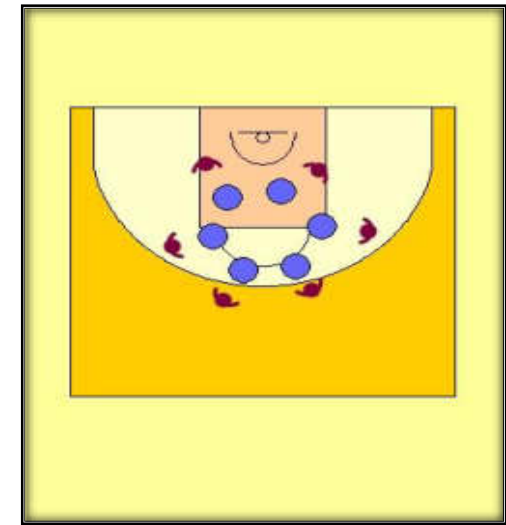


Circle Block-Out

Purpose: Emphasise correct blocking out technique in a competitive situation

Method:

- Players pair off and form a circle
- One player is designated offence, the other as defender.
- A ball is placed in the middle of the circle.
- Upon the coach yelling “shot”, each defender must block out and keep their offensive opponent from reaching the basketball.



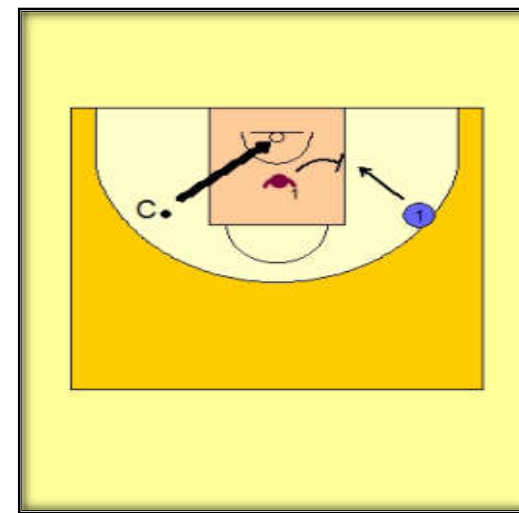
REBOUNDING DRILLS

Help Side Block-Out

Purpose: Teaching rebounding techniques for the help side defender

Method:

- Coach shoots the ball from opposite wing
- Help side defender must block out defence and gain possession of the ball.
- Help side defender must block out defence and gain possession of the ball.
- Once in possession an outlet pass is made to the coach.



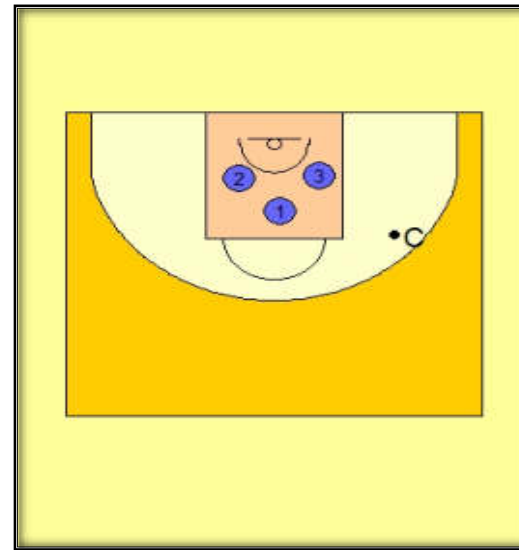
Hamburger Drill

Purpose:

Developing an aggressive approach to rebounding
Developing the ability to make shots under pressure

Method:

- Three players commence in the keyway.
- The coach starts outside the key and commences the drill by shooting the ball.
- Players attempt to block out and rebound basketball.
- The first player to score three baskets is the winner.
(NOTE: be wary of using this drill with beginners)



REBOUNDING DRILLS

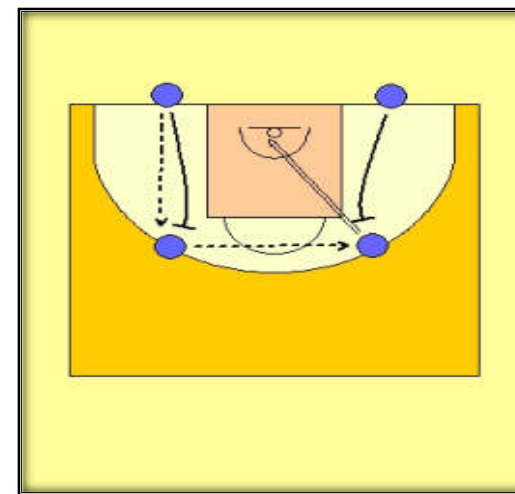
1v1-2v2 Block-Out

Purpose:

Teach help side defence, close out and block out techniques

Method:

- Lines are formed behind the baseline.
- Offensive players start beyond the three point line.
- As a pass is made from one line, players must close out their opponent.
- A pass is then made by the offence and upon receiving the ball the player looks to score.
- Upon a shot or drive each player must block out.



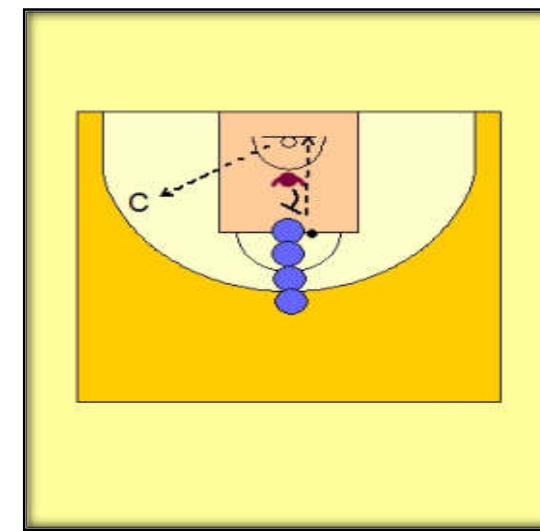
Rebound – Outlet Drill

Purpose:

Teaching rebounding and outlet techniques

Method:

- One line is formed under the basket.
- The first player in the line is the defender, the second player is the offence.
- The offensive player starts with a ball, which is thrown against the backboard.
- The defender must block out the offensive player and then gain possession of the ball.
- Once in possession an outlet pass is made to the coach.



INDIVIDUAL DEFENCE

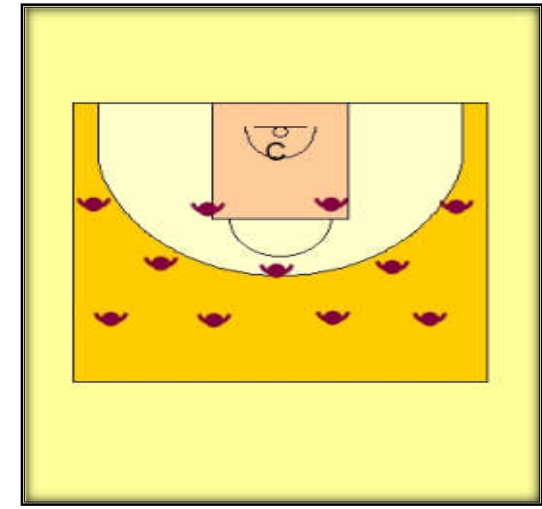
Mass defensive Slide drill

Purpose: Teaching correct defensive stance and footwork

Method:

- Players form lines across the court.
- Player's react to coach's commands.
- Commands
- Say "Stance", each player assumes correct stance.
- Point directions, each player must slide in that direction
- Also includes a drop step.

NOTE: Limit the time on this drill. It is very physically demanding.



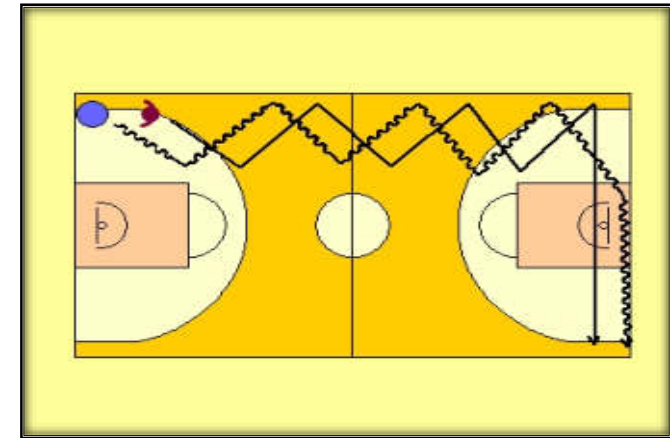
Corridor Defensive Slide

Purpose:

Teaching defensive stance, footwork and hand position

Method:

- Players form lines on the baseline.
 - Each line is designated a corridor within which to work.
 - This drill works by player's zig-zagging down the court.
 - With or without a player dribbling.
- NOTE: Other rules that may be incorporated include turning the dribbler and/or channelling the dribbler



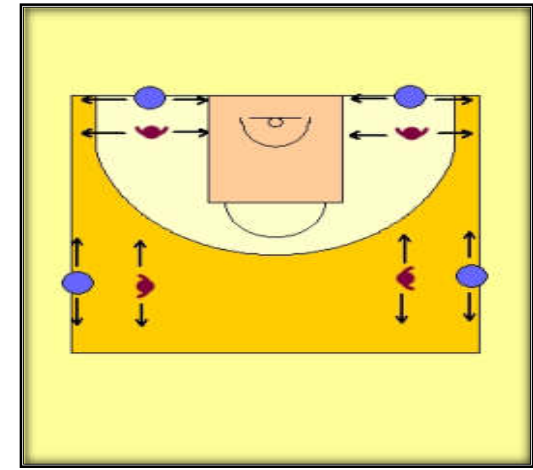
INDIVIDUAL DEFENCE

Mirror Drill

Purpose: Teaching defensive stance, footwork and agility

Method:

- Players begin in pairs facing each other.
- The coach designates an area within which the pair will work, in this case between the baseline and foul line extended.
- One player in each pair is designated as the leader.
- The leader slides within the area while the opponent mirrors the leader's movements.

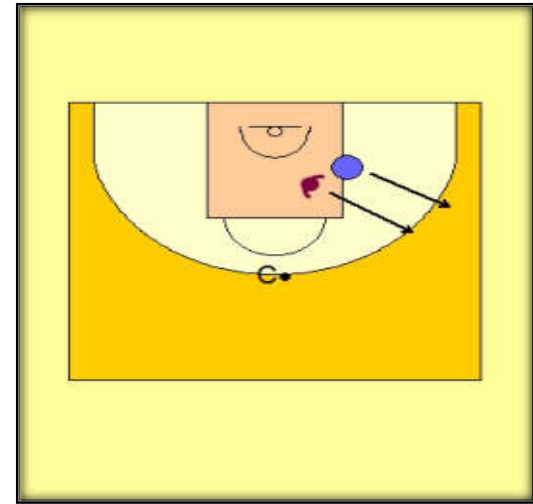


Denial Drill

Purpose: Teaching denying a lead

Method:

- O1 makes a forward lead
- X1 defends this forward lead
- Making this challenging:
- Have players defend three leads without a basketball.
- Then have them defend three leads with a basketball.
- Then play live where the ball may be passed to the cutter at any time.



INDIVIDUAL DEFENCE

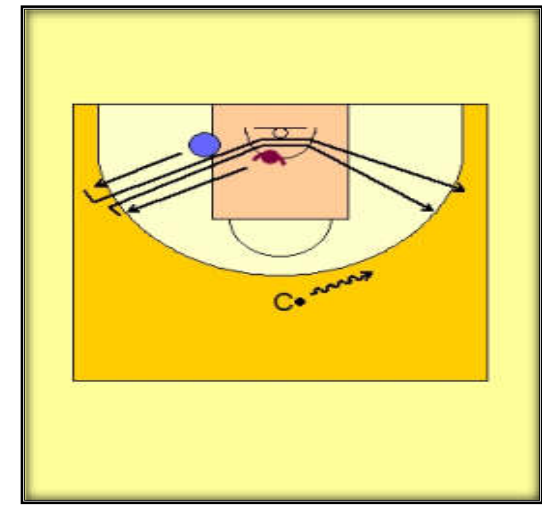
Back Cut/Lead Denial Drill

Purpose:

Teaching forward lead denial and defence of the back cut

Method:

- O1 executes a forward lead, then sprints a back cut to the opposite side of the court.
- Upon the cutter back cutting, O2 will pass to O3.
- X1 must deny the forward lead, then defend the back cut.
- X1 continues to defend the player out to the opposite side of the court

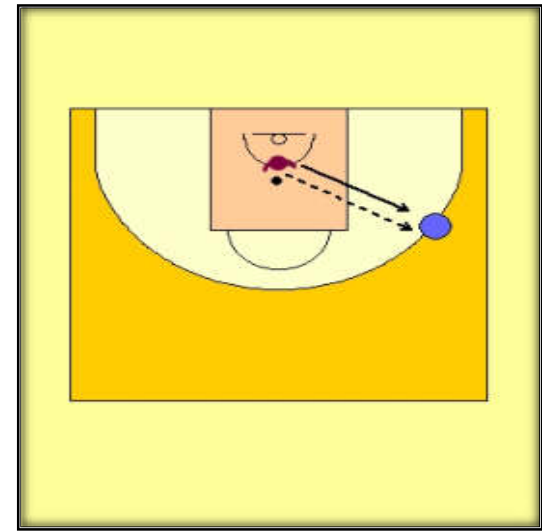


Close Out Drill

Purpose: Teaching close outs and block outs

Method:

- X1 starts on the baseline with a basketball.
- O2 starts beyond the three point line in front of X1.
- X1 passes the ball to O2 and proceeds to close out.
- As soon as O2 has the ball it becomes live.
- O2 may shoot or drive.



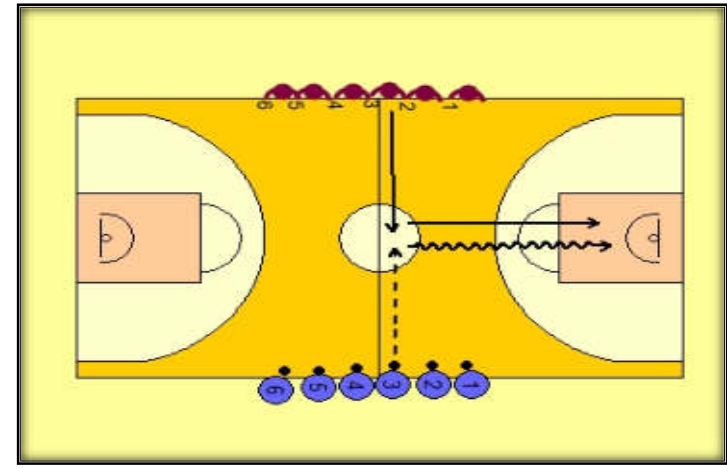
INDIVIDUAL DEFENCE

Pick up and chase

Method:

Player from Group 1 rolls the ball out to the middle of the court to a player from Group 2, and follows the rolling ball. Player from Group 2 picks up ball and attempts to score at either basket. Player 2 may use a fake towards opposite basket **before** dribbling. Play 1v1 to basket.

Player from Group 1 chases player from Group 2 and attempts to defend. As soon as first pair moves towards goal, next pair commences. Players must change lines after each turn. Keep individual scores.

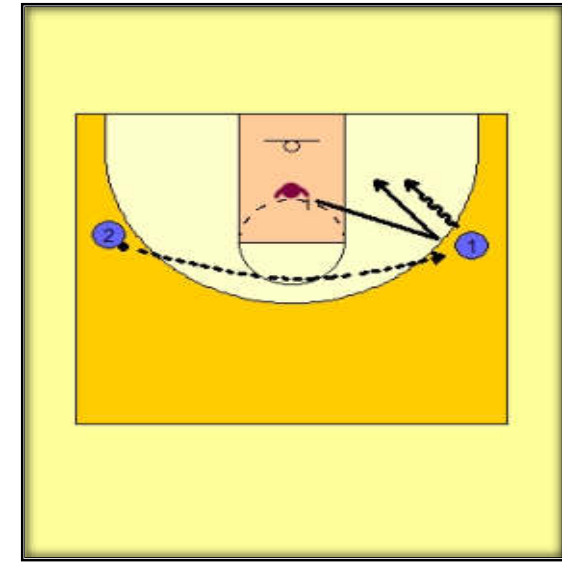


Fly with the Ball

Purpose: To teach proper close out techniques
Contain penetration

Method: Offensive players are positioned on each wing. Defensive player on high split. As pass is thrown defensive player closes out and forces handler to corner-baseline. No uncontested shot, no middle penetration, effective hand pressure. Passer becomes next defender.

- If shot missed and defender rebounds play 2v2 to opposite end
- Same drill from guard spot
- Same drill wing to corner pass



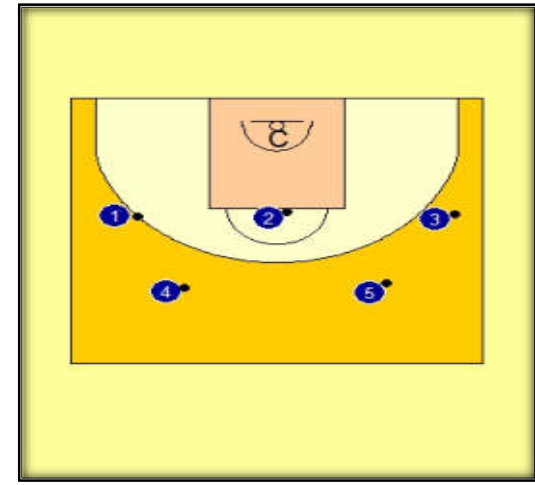
INDIVIDUAL OFFENCE

Individual Offensive Moves

Purpose: Teaching and rehearsing a range of individual offensive moves in a non-competitive situation

Method:

- Each player has a basketball.
- Players execute a range of skills as instructed by the coach.
- These include shot fake, drive fake, on-side and cross over moves.
- The coach will increase the complex of the combinations as the skill level of the player's increases.

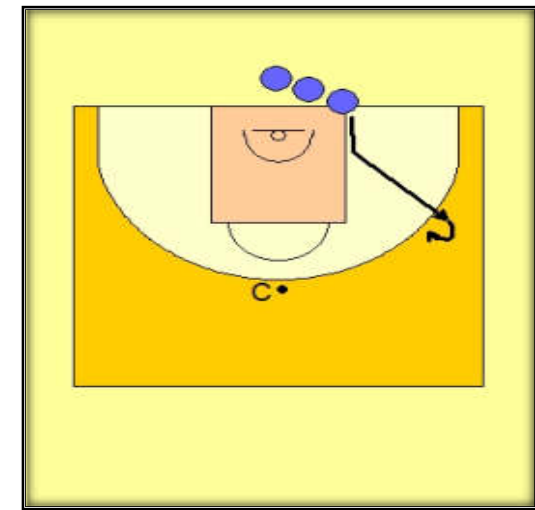


Lead- Catch-Drive/shoot Drill

Purpose: Teaching players to execute individual offensive moves after making a lead.

Method:

- Two lines are formed a passing line (at the top of the key) and a cutting line (on the baseline).
- O1 performs a forward lead.
- Upon completing the cut, the ball is passed to the player who then executes an individual offensive move (as directed by the coach e.g. shot fake and crossover to a lay-up).
- To make this drill more challenging add defence and play one on one upon O1 catching the ball.

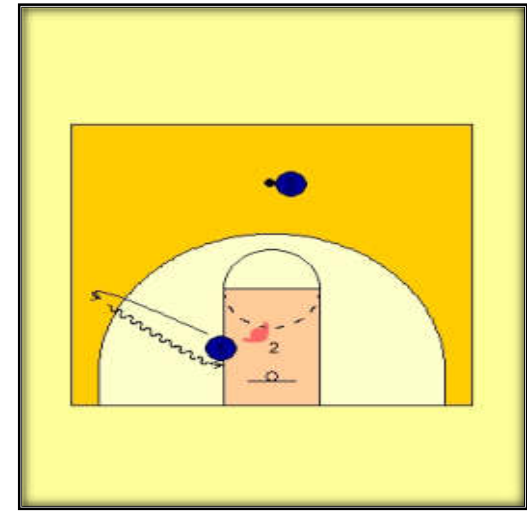


INDIVIDUAL OFFENCE

Catch and Drive Footwork (v denial pressure)

Method: (outside/side line foot is pivot foot, reverse pivot, L & R sides)

- Catch, 'rip through' drive to the basket, layup, one dribble
- Catch, 'rip through' drive to the basket, reverse layup, two dribbles
- Catch, 'rip through', one dribble jump shot



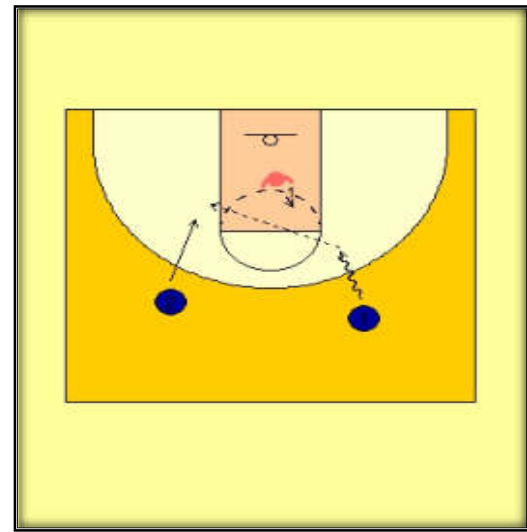
Driving lane-Passing lane principles

Purpose: Learning 2v1 offensive play

Method:

- O1 drives towards basket
- X1 commits to driving lane
- O2 puts ball in passing lane to O1

**If X1 does not commit to defending the driving lane O1 keeps ball in driving lane
If defender commits to defending the driving lane – put the ball in the passing lane**



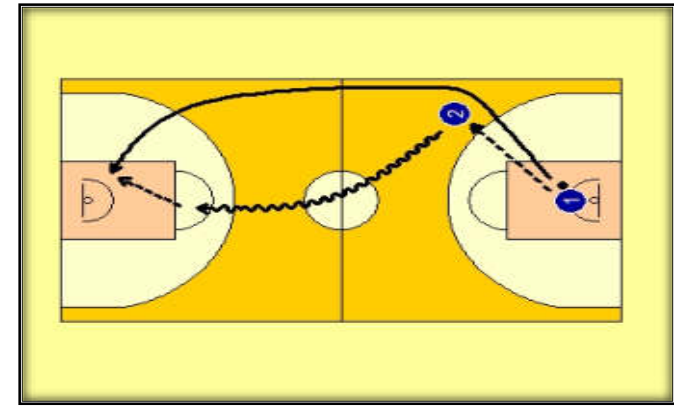
OFFENSIVE TRANSITION

2 v 0 Transition

Purpose: Teaching rebounding and outlet pass techniques
Teaching the dribbler to use minimum dribbles to push the ball down the court
Teaching players to fill the lanes and to run hard

Method:

- O1 throws the ball against the backboard, rebounds it, and forward pivots to outlet the ball to O2.
- O2 on receiving the ball using a maximum of three dribbles to move the ball down the centre of the court from the backcourt to front court.
- O2 Sprints to the outside lane, bouncing off the sideline as diagrammed to complete a lay-up at the other end.

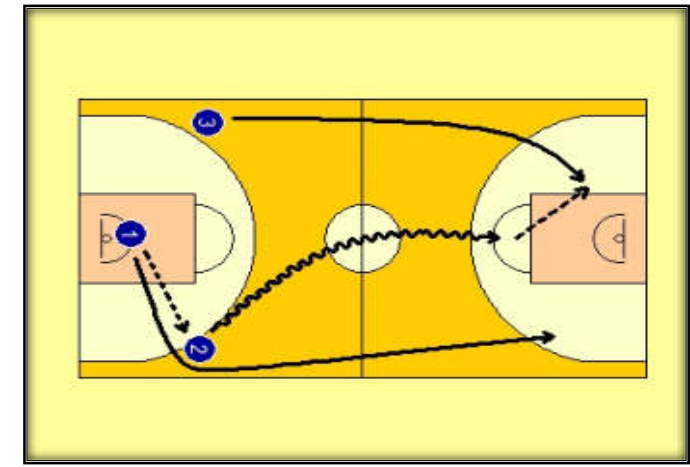


3 v 0 Transition

Method:

- Three players now run the drill O1 rebounds and outlets to O2.
- O2 dribbles hard down court, while O1 and O3 run the lanes.
- O2 has the option of passing to either O1 or O3 for a lay-up or pull up shot.

More players can be included in the drill to incorporate 4 on 0 and 5 on 0 transition. Introduce different receivers and shots.



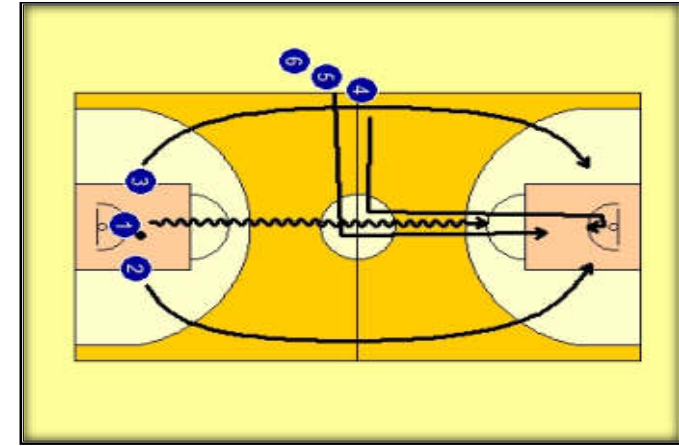
DEFENSIVE TRANSITION

3v2 – 2v1

Purpose: Teaching both offensive and defensive transition

Method:

- Players begin with two lines either side of the centre line. O1 starts as the defender while O2 and O3 are on offence playing 2 on 1.
- Once play has ended through a score or turn over, O1, O2 and O3 convert to offence and attack the opposite end.
- O1, O2 and O3 fill the lanes and attack the opposite end.
- As soon as O1, O2 and O3 have possession O4 and O5 sprint into the centre circle and defend O1, O2 and O3 in a 3 on 2 situation.
- Once O4 and O5 gain possession they continue to the other end to play 2 on 1.
- O6, upon O4 and O5 gaining possession, hustles to the centre circle to become the next defender.

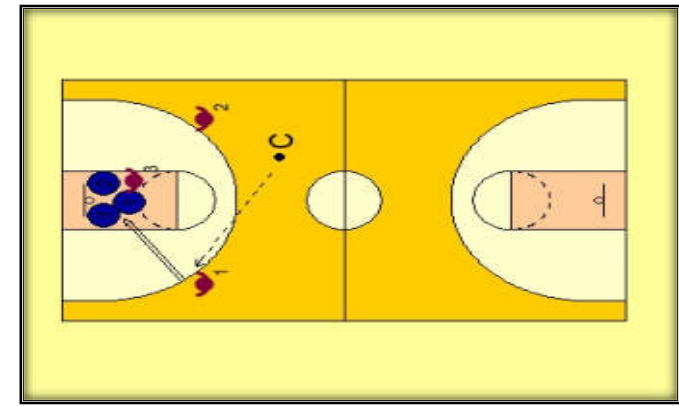


3v3 Defensive Transition

Method:

- Coach passes ball to either wing (O1,O2) who takes shot
- Opposite wing sprints to **'safety'**
- Shooter moves to high post to cover long rebounder and to defend outlet receiver
- O3 vigorously contests offensive rebound and challenges outlet pass or inbound pass

1. The first responsibility is to protect the basket.
2. The second responsibility is to channel the ball and prevent a quick second movement.
3. The next responsibility is to match up with the most dangerous receiver.



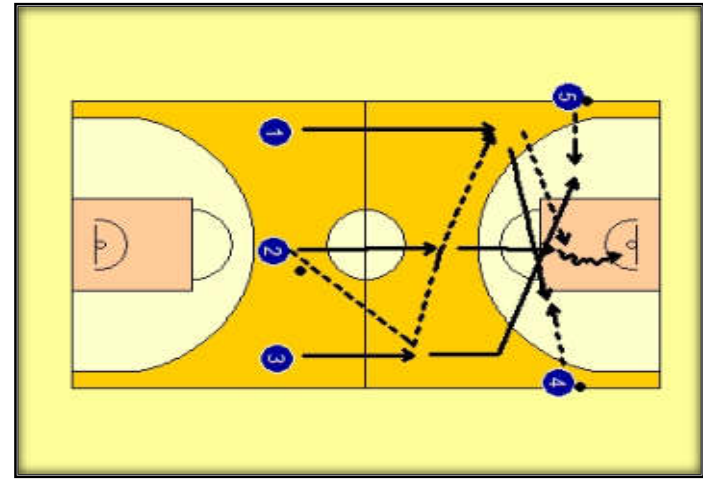
COMBINATION DRILLS

Tennessee Drill

Purpose: Teaching correct shot technique, communication, passing and receiving in competitive situations.

Method:

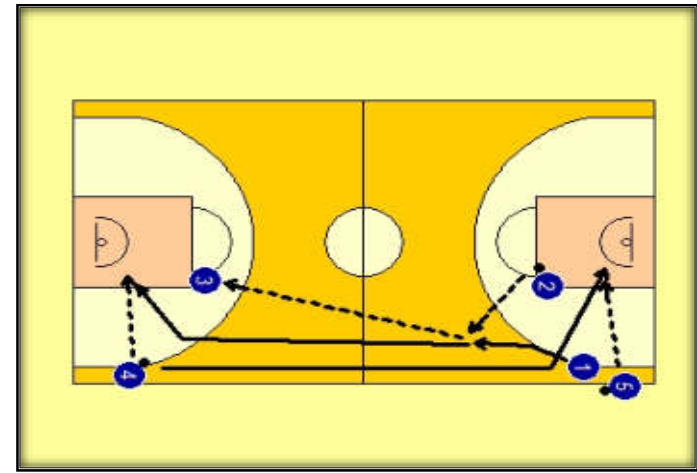
- An excellent warm up activity.
- 01, 02 and 03 run in lanes down the court. 01 passes to 02 who passes to 03 who passes to back to 02 and so on.
- Upon reaching the three-point line at the opposite end, 02 performs a lay up and joins the line under the basket.
- 01 and 03 change sides to receive the ball from both 04 and 05 respectively and take shots from the elbow of the key.
- They then follow their shot gaining the rebound and take 04 and 05's positions.
- 06 then passes to both 04 and 05 who proceed down the court.
- Upon reaching the key 06 completes a lay-up, while 04 and 05 receive the ball from 07 and 08 to catch and shoot from the elbow.
- The drill continues following the same routine.



Purpose: Teaching passing, receiving, lay-ups, communication

Method:

- The drill can be run both sides of the court simultaneously.
- 01 leads out to receive the ball from 02.
- 01, on receiving the ball, passes to 03.
- 01 continues down the court to receive the ball from 04.
- 01 shoots a lay-up, and takes 03's position.
- 04 leads out to receive the ball from 03.
- 03 joins the line in which 04 began.
- 04 passes to 02 and continues down the court to receive the ball from 05 and proceeds to do a lay-up, then taking 02's position. 05 leads out to receive from 02.
- 02 then joins the line where 05 began. The drill continues following the same routine.



MODIFIED GAMES

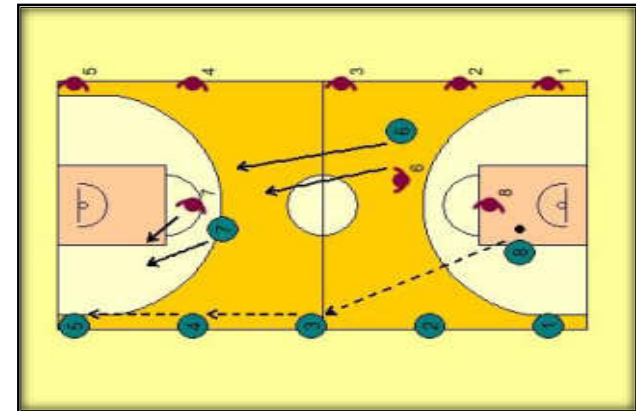
Sideline Basketball

Purpose: To incorporate a variety of skills into a fun modified game for to enjoy and develop all skills through the fun sense approach.

Method:

- Divide into 2 equal teams.
- Three offensive and three defensive players on court.
- The players spread out along the side of the court, each team having their own side.
- Each game starts with a jump ball.
- The sideline players may pass the ball down the line until the ball reaches the half court line. Once the ball reaches the half court line, a sideline player may pass the ball into their team waiting on the offensive side of the court players may pass between players on the court and on the side. The object is to score a basket.

Variations: Allow or No Dribbling - Add reduce players (3v3,4v4,5v5)



Golden Child

Purpose: To incorporate a variety of skills into a fun modified game for players to enjoy and develop all skills through the fun sense approach.

Method:

- Split participants into a 'shooting' and a 'running' team
- Designate an area for the runners to run around (1/2 court)
- On coaches call the first runner begins to run
- The Shooting team must score a basket before the runner makes it home (back to where they started) They do this by having one shot, getting the rebound and passing the ball to the next person in the line
- They continue until either the runner makes it home or they successfully make a basket
- If the runner makes it home they get one point for their team
- If the shooting team makes the shot the runner must freeze where they are
- This continues until the last runner which is called the 'Golden Child', who has the opportunity to unfreeze every player that is frozen
- Teams change over (can be played for any number of innings)

