

Drills & Tips

The purpose of this drills and tips is to provide parents and coaches with the skills and knowledge to teach the game of basketball; while providing players with the insight to play the game of basketball.

- Teaching the game of basketball should be done in the same manner someone would teach a child multiplication for the first time.
 1. Positive praise & Positive Correction
 2. Start from the Basic
 3. Explain the purpose of learning the skills and how they can be used.
 4. Make learning Fun, Challenging & Exciting.
 5. Use props or equipment to aide in the learning
 6. Be patient
- If parents and coaches want their kids to develop into the best basketball player possible then they should become students of the game themselves.
 - Often parents & coaches want the players to learn but fail to realize that learning starts with teaching and before teaching can happen knowledge and understanding must be gathered.
- Also before Parents & Coaches can coach the must first be able to teach, relate and motivate.

FAQ

At what age can I start teaching kids the game?

It depends of the child's interest level. I started teaching my sons at 1 by introducing them to basic basketball skills with the use of use toys. (Ex. Toddler basketball & court, or watch games with them)

Note ** Never force the game on a child if they don't show any interest.

Children will enjoy the game more at a young age if they see it as bonding time with mommy or daddy.

Play with your child as often as possible,

Key Starting Points

Introduction to age appropriate basketball equipment.

Basketball Size

Ages 1-4 mini basketball
Ages 5-6 Youth Basketball 27oz
Ages 7-12 Youth Basketball 28oz

Basketball Court Size

Ages 1-4 mini basketball courts
Ages 5-6 6 Foot Basketball Court
Ages 7-12 10 Foot Basketball Court

Key Starting Points

Basic Basketball Rules

Double Dribble, Traveling, Out of Bounds

Don't

Don't over coach to the point where you stop the player from being creative, understand that the greatest basketball players make mistakes often and struggle to do basic things like making Free Throws.

Don't embarrass player

Coaches Tid-Bit: During practices, make your players dribble a basketball anytime they have to run (during suicides, laps, etc). Why not? It can only help the younger players with their ball handling skills! Keep a basketball in your player's hands anytime it's possible.

Ball Handling Series

- To become a great ball handler you must be able to dribble just as good with your off hand as you do your strong hand.

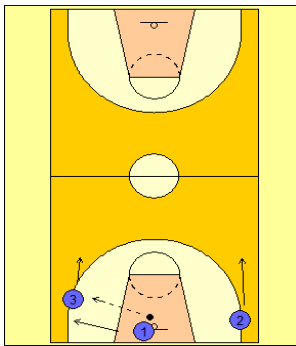
1st Eleven (Heavy Ball –Regular Ball)

- Quick Fingers 30sec Hi & Low
- Finger Rolls 30sec Rt & Lt
- Ball Slaps 30sec
- Ball wraps 30sec around back, head & legs- combo, figure 8
- Quick Feet 30sec
- Lateral Lunges 30sec
- Crab walk
- Push- up passes 10x
- One Ball push-up 10x
- Two Ball Push-up 10x
- Dribbling Setup 10x
- Stationary Dribbling Series
- Hard Dribble Cross Series
- 2 Dribble Rhythm Series
- Tennis Ball Series
- Two Ball Series
- Circle Escape Series
- Connect Four Series
- Blindfold Series
- Parachute Series
- Zig- Zag Freeze Pulls

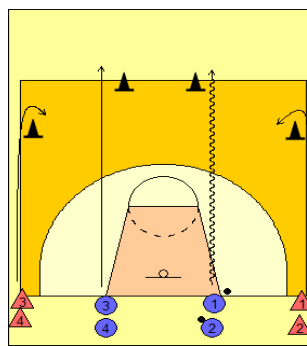
PRACTICE DRILLS & TIPS

1) Stretch (Warm-up) 1 min\

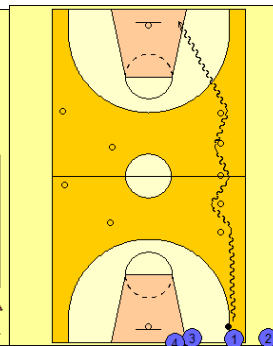
Quick Feet 30 Sec
 Foot Shuffles 30 Sec
 Defensive Slides Foul Line 30 Sec
 Sprint to Foul Line Back Pedal 30 Sec



3 Man Waive, 2 on 1



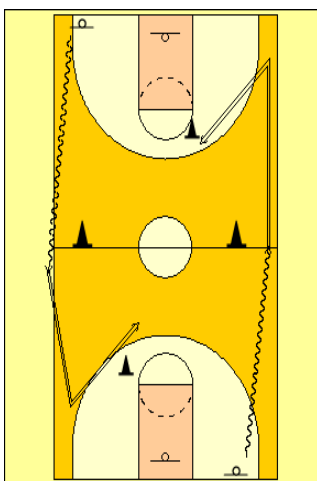
2 on 2 Drill



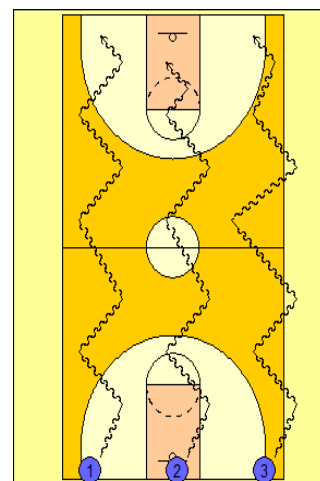
Ball Handling:

- Escape Cross
- Stutter between legs
- Escape & Go

GUARD BREAK

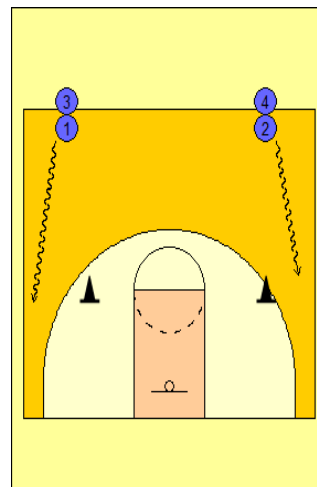


Guard Crawls



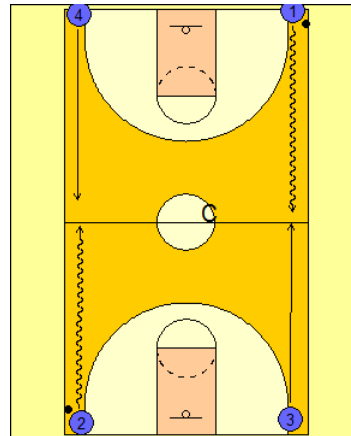
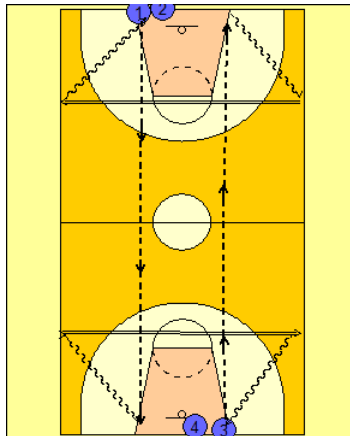
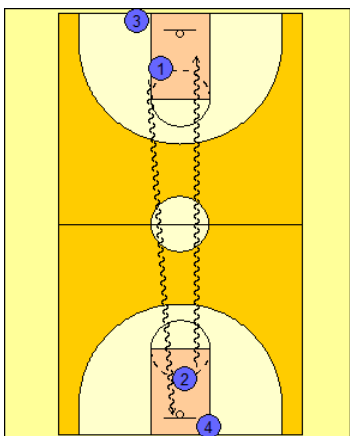
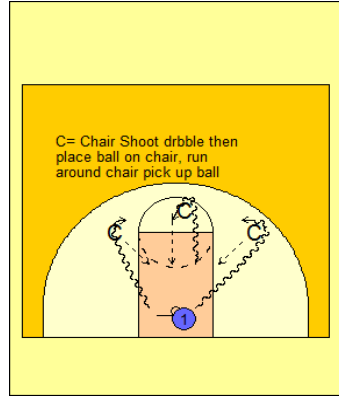
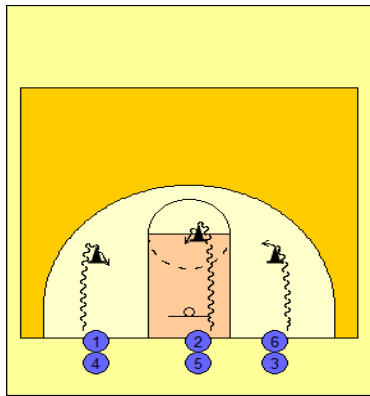
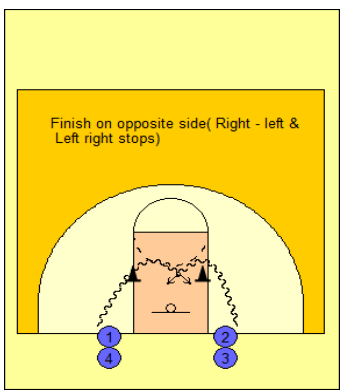
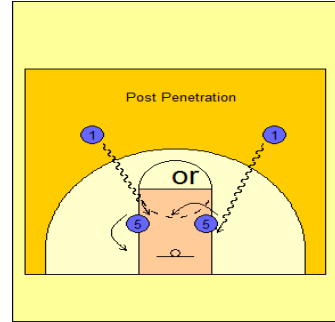
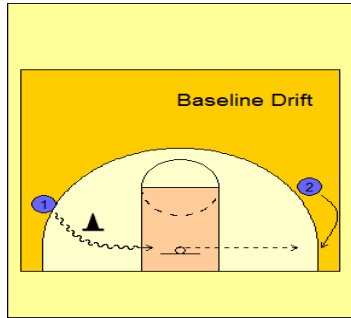
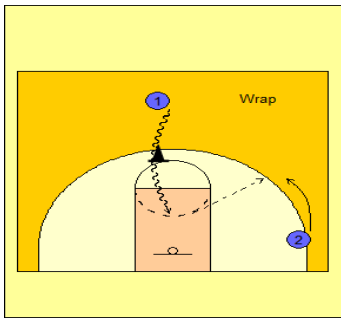
Zig Zag Drill:

- Between Leg,
- Hesitations
- Cross Over
- Spin Move
- Shutter step



Half Spin, Half Spin Counter

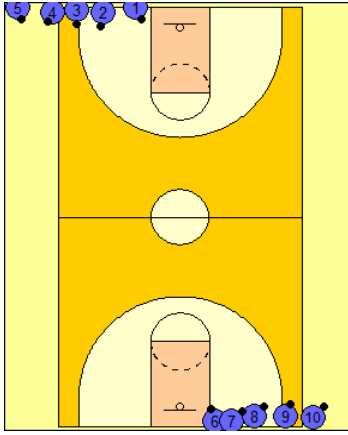
MOVING WITHOUT THE BALL READS



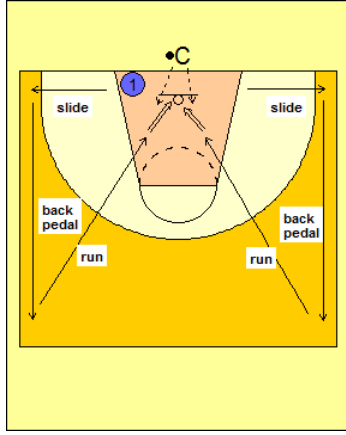
Full Court in 7 to 8 Dribble

7 Min. Drill

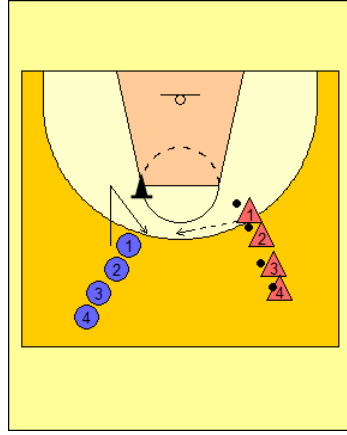
Full Court 1 on 1



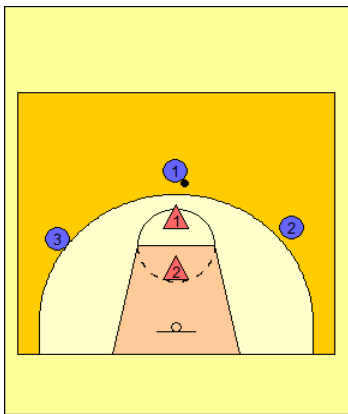
Oval Layup Drill



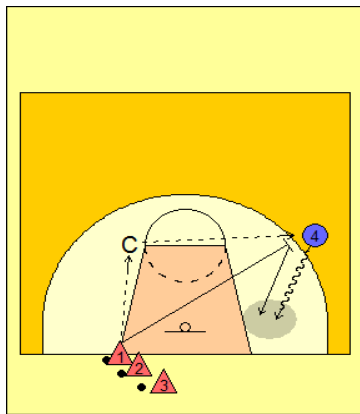
Slide Back pedal layup



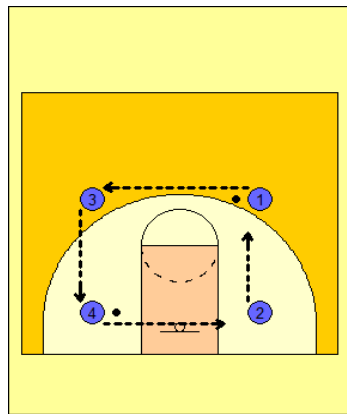
1 on 1 Box Out



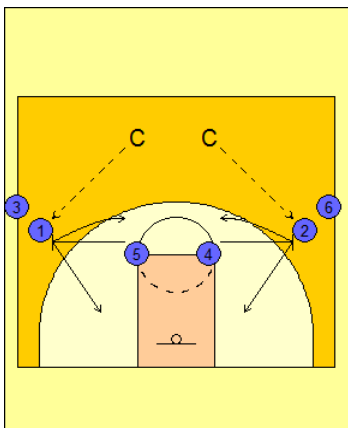
Triangle Shell



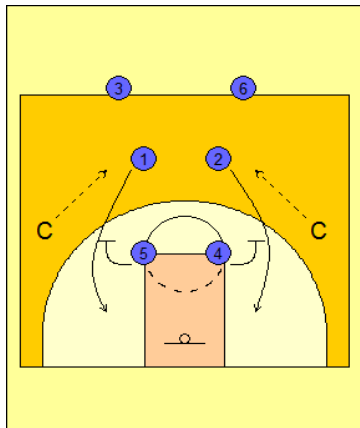
Triangle Closeout/ Box out



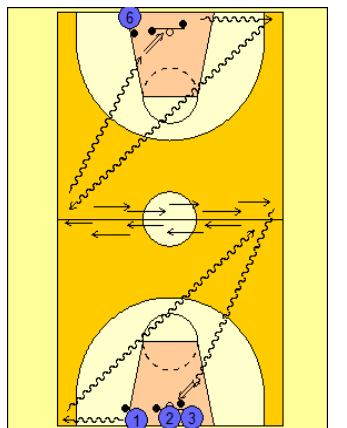
2 Ball Box Passing



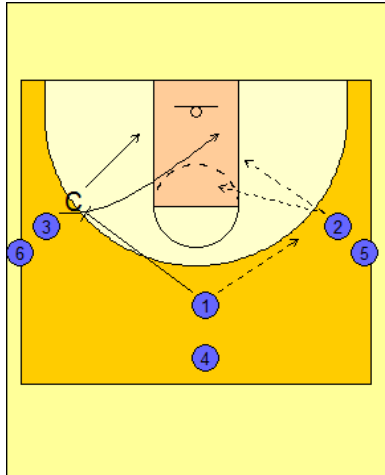
Pick & Roll Jump Shot



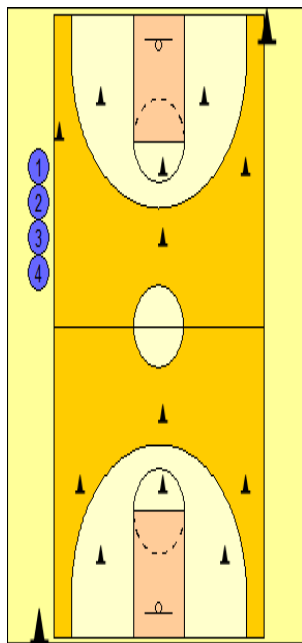
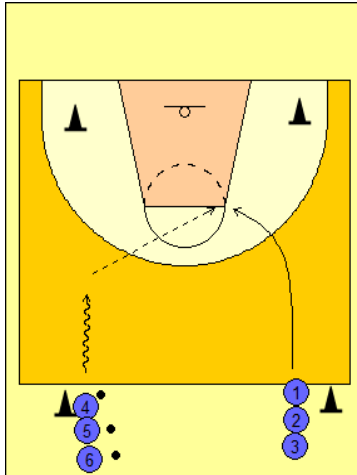
Call for the Screen



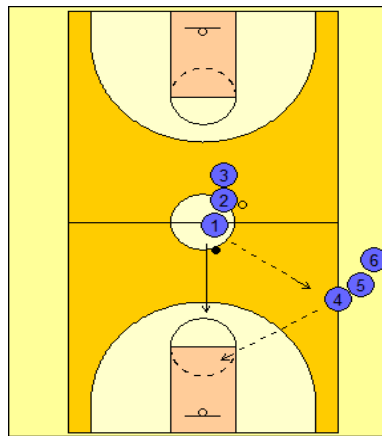
Defensive Slide Drill



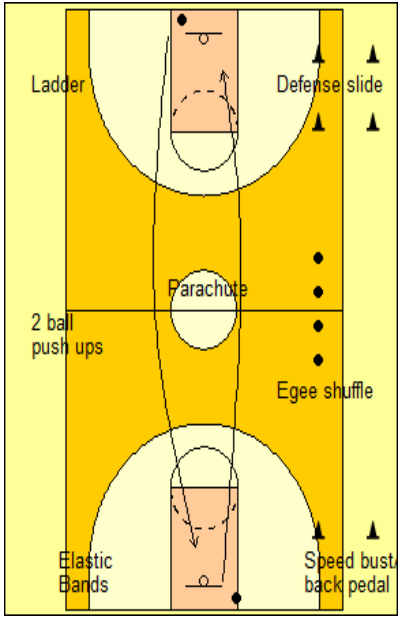
Pass & Screen Away



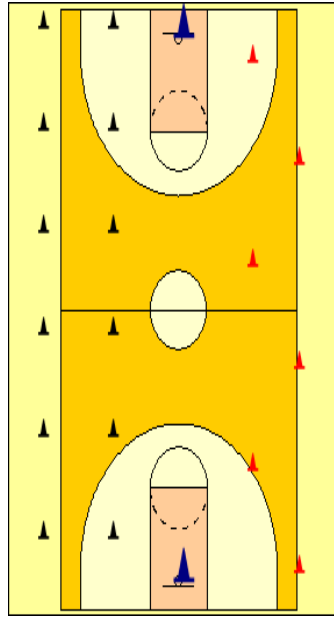
Escape Drill



Pass & Cut

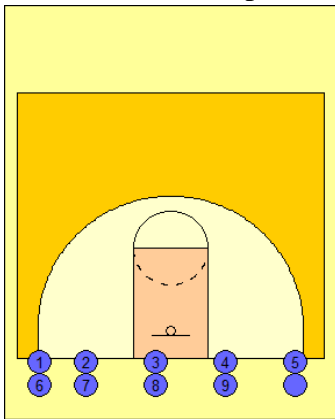


Stations

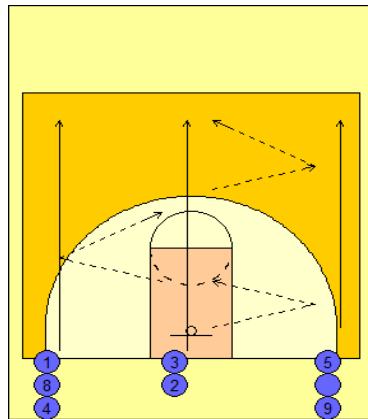


Defensive Slide Drill

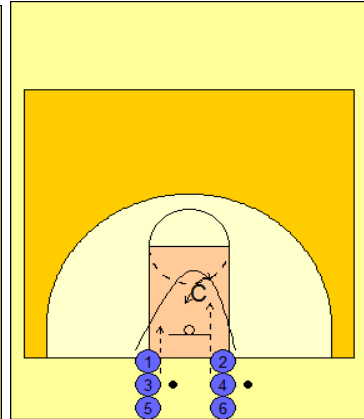
Pre Game Warm-up



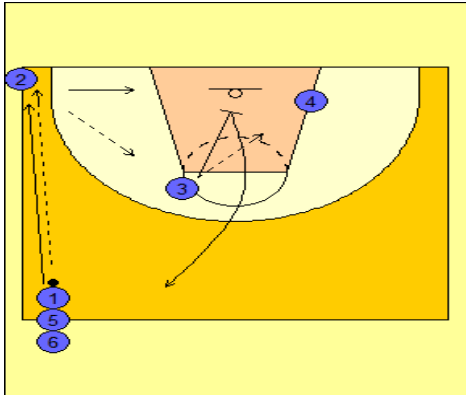
High Knee, Jog, Slide



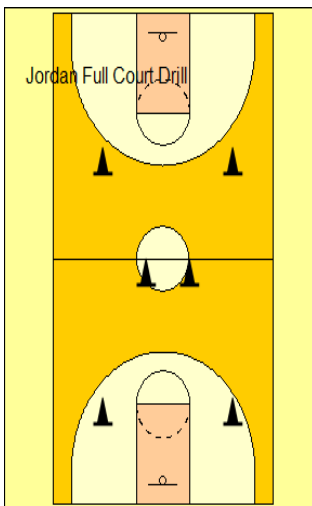
3 man to a Waive



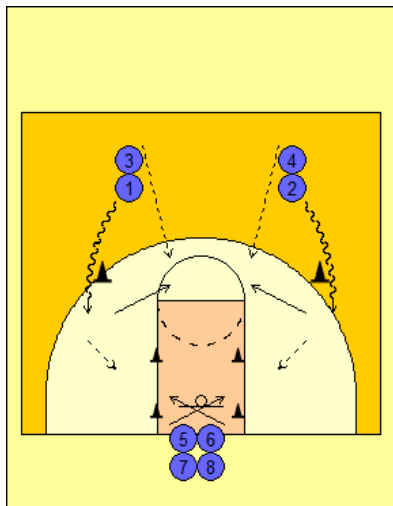
Curl Layups & Jump Shoots



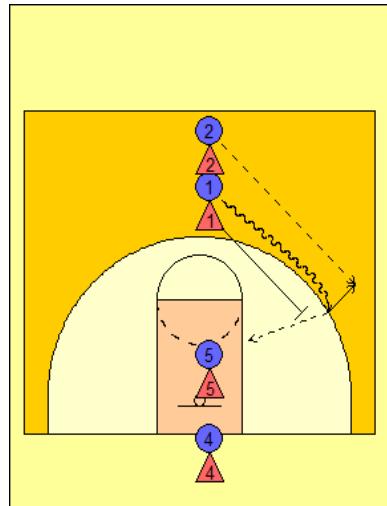
Speed Layup Drill



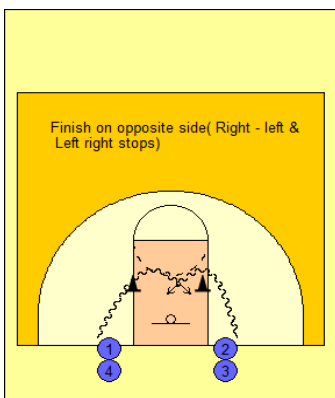
Jordan Full Court Drill



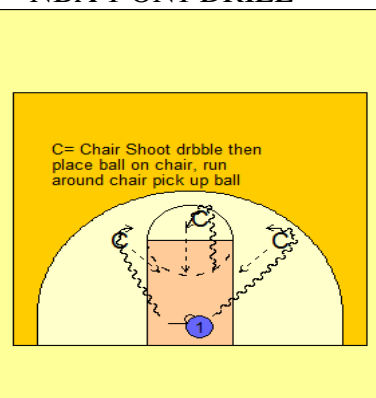
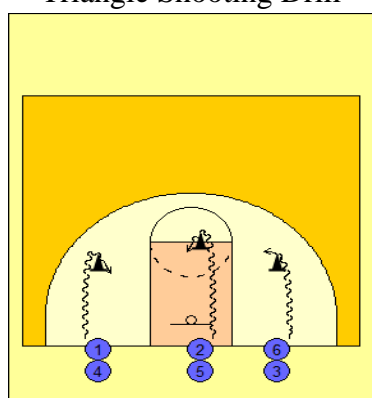
Triangle Shooting Drill



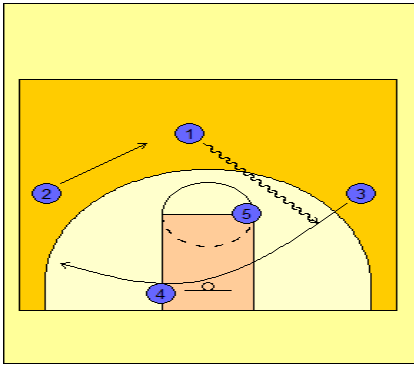
NBA 1 ON1 DRILL



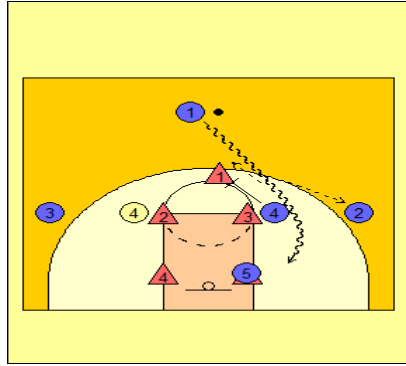
Finish on opposite side (Right - left & Left right stops)



C= Chair Shoot drbble then place ball on chair, run around chair pick up ball

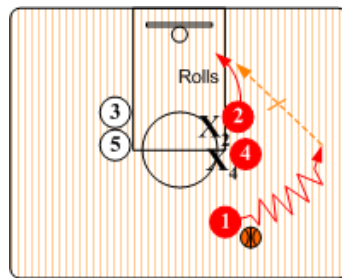
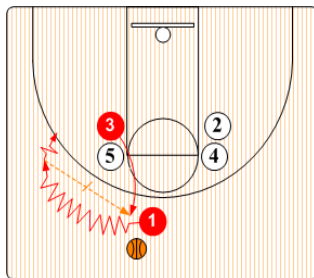
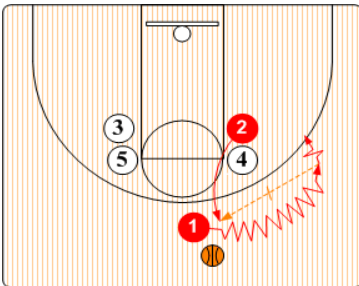


Flex

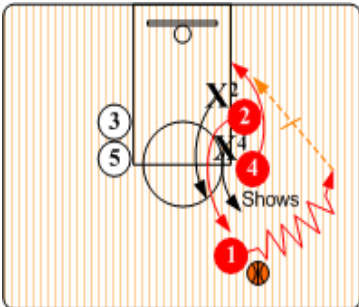


Gold

Stack Offense

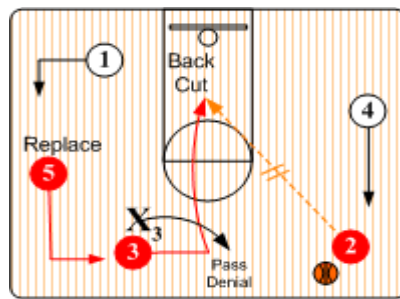
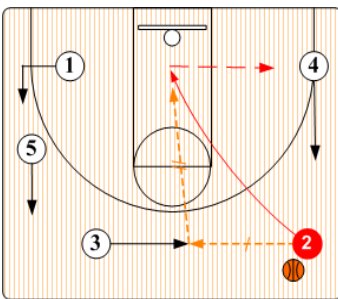
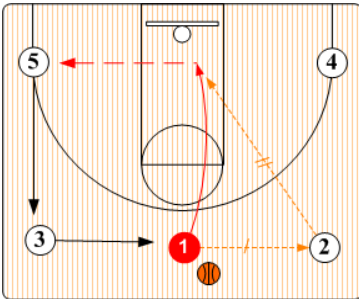


Basket Rolls

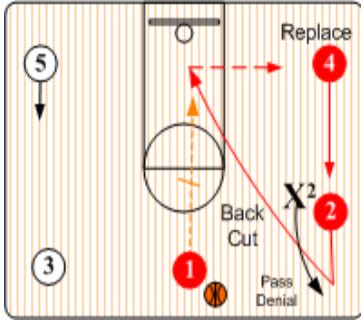


Basket Rolls

SPREAD Offense

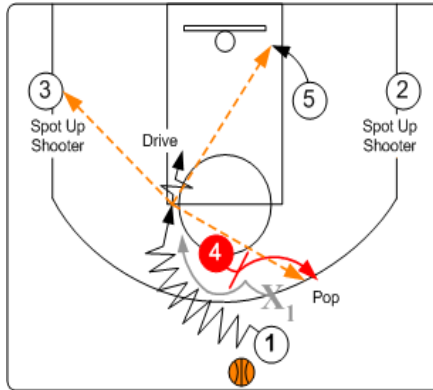
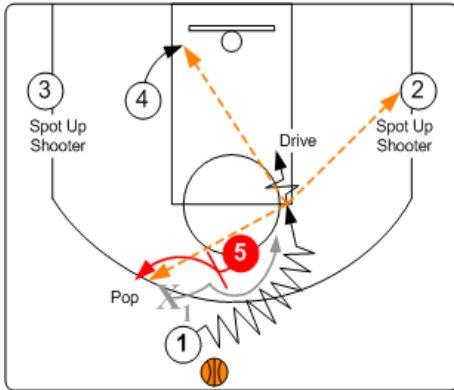


Back Cut Counters

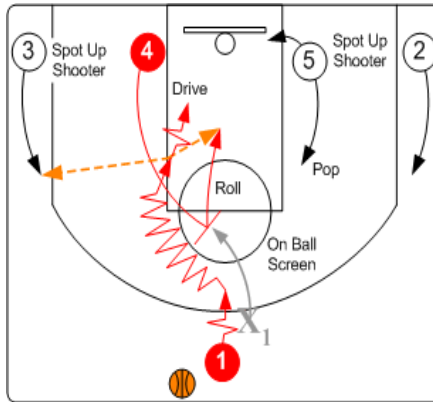
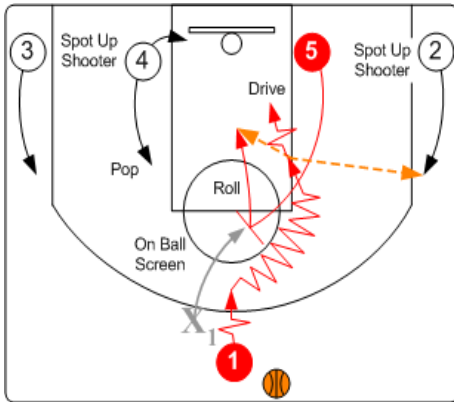


Back Cut Counters

Mid Screen

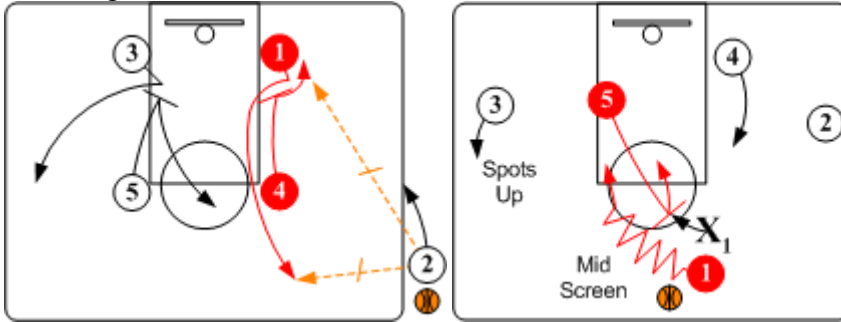


1 - 4 Low Variation

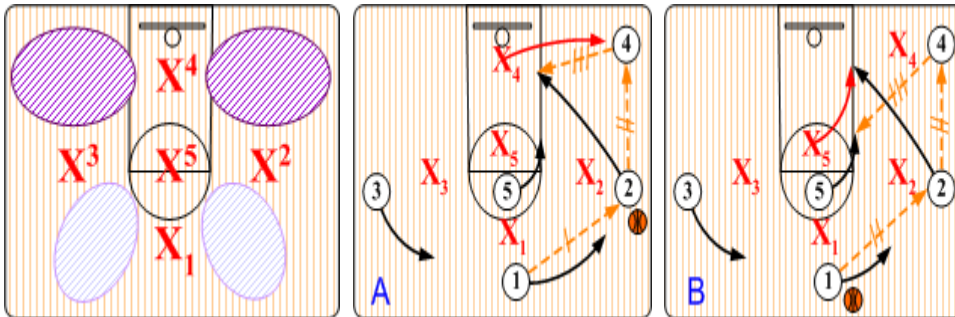


Slide Line Out of Bonds

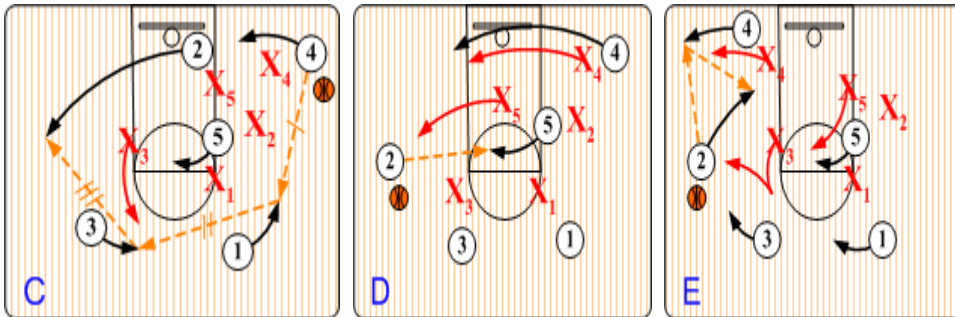
Box Alignment - "Mid Screen"



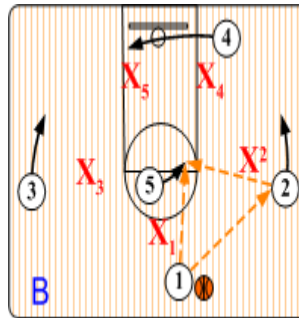
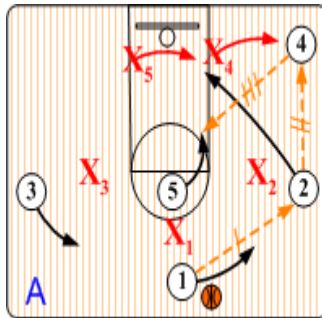
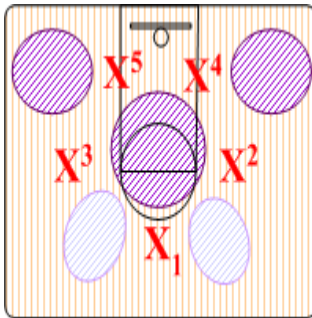
Clock vs 1-3-1



Ball Reversal



Clock vs 1-2-2



Ball Reversal

