

Basketball Training Drills

Dribbling

Points of Emphasis:

- Dribble with eyes up
- Using finger pads to control the ball
- Work both the left and right hand
- Making mistakes is okay, that is how you learn and get better

Beginner Dribbling Skills (Stationary Dribbling Progression)

- Have all the athletes line up along the sideline or the baseline, each having a basketball (if you do not have enough balls for all your players, you can have the other players do a drill that doesn't require a basketball and then have them switch after a period of time).
- Here are the beginner drills you can do:
 - o Right Hand [Pound Dribble](#)
 - o Left Hand Pound Dribble
 - o [Half Circle](#) Right Hand
 - o Half Circle Left Hand
 - o [Continuous Cross Overs](#)
 - o [One Dribble Cross Overs](#)
 - o [Control Dribble](#) Right Hand
 - o Control Dribble Left Hand
- Make sure to demonstrate the dribbling technique to the athletes

Advancing Dribbling Skills (Moving Dribbling)

- To advance the above drills, ask your athletes to perform the drill by walking forward for a specified distance
- Once this is achieved, then ask the athlete to perform the drill at game pace for a specified distance



Footwork

Jump/Hop Stop or 1-2 Stop

- The jump or hop stop is used at the end of dribbling, catching and receiving a pass, going into a finish or jump shot. On defense, it is used to close out and get into the base defensive positioning after moving.

<https://www.youtube.com/watch?v=jgqdv9ySjYM>

Pivots and Counters

| Pivots | Counters |
|--------|--|
| Front | Step-Through |
| Back | Sweep or Step-Through |
| Drop | Back Pivot (AKA: Reverse Pivot and Inside Pivot) |

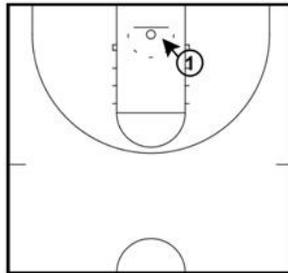
<https://www.youtube.com/watch?v=S9eWP-Qg7Jg>

https://www.youtube.com/watch?v=Z3t0EoPK9_U

Lay Up

Progression 1: 1-Step Lay Up – Footwork Emphasis

- Have your athletes start close to the basket with their right foot forward and left foot back
- Then have the athletes bend your knees and get low so they are ready to explode
- Have them take a step with their left foot, jump and shoot the lay up
- Repeat
 - Right-Handed Lay Up – Right Foot Forward
 - Left-Handed Lay Up – Left Foot Forward



Progression 2: 1-Step Lay Up – Eyes and Hip Pocket Emphasis

- When practicing a right handed lay up, teach the athletes to start with the ball on their right hip pocket and focus on keeping it on that side of their body as they go up through their shooting motion
- This shields the ball from the defense
- Repeat the previous drill, but this time put emphasis on keeping the ball in their hip pocket
 - Right Handed Lay Up – Right Hip Pocket
 - Left Handed Lay Up – Left Hip Pocket

Progression 3: 1 Dribble Lay Up

- Just like in the first progression, have your athletes start with their right foot forward and their left foot back. Have them take one dribble, and then shoot the lay up.
- Repeat the same thing on the left side, starting with their left foot forward
- After the athletes have mastered the lay up with one dribble, have them move back to add in additional dribbles, eventually working back to the 3 point line
 - Footwork for right-handed lay up: Left – Right – Left
 - Footwork for left-handed lay up: Right – Left – Right





Passing

Information on Passing:

What makes a simple pass complete? An on-time and on-target catch is considered a "complete pass". Catch the ball with your eyes and hands in a ready position to receive the basketball. Attack, meet and grab the pass. Do not wait on the pass to come to you. Teach beating the opponent to the basketball every time possible.

When a defender is on the ball, you have 5 open windows to pass the ball:

- Over the defender's head
- Next to defender's right ear
- Next to defender's left ear
- Low right side of defender
- Low left side of defender

Practice passing through all windows against imaginary, stationary, and "live" defenders.

Two types of Passing: Air and Bounce

- Air pass travels: A pass that travels through the air. Effective bounce passes bounce up as high as they were executed. On both type of passes, stay low and maintain balance and control to an intended target.
- Pass with both hands. Effective players are not wed to the dribble and know how to pass the ball on a moment's notice. This comes into play when a player has to use their weak hand to make a pass to a guarded or open teammates.

Basic Type of Passes

- Chest (hands on side of ball)
- Push with left and right (one hand behind ball... similar to shooting grip)
- Bounce
- Overhead
- Wrap around (step around)

Passing Drills:

- Pair Passing: Players are paired up and face one another about 8 feet apart. They then pass back and forth, making sure that they step toward their partner to pass and step to the ball to receive. Coach calls the type of pass to be thrown (see Basic Types of Passes). Gradually, partners move further apart as they are comfortable and accurate. After a few minutes, progress to the next step. Using the same setup as previously listed, players shuffle from baseline to baseline, passing the ball back and forth. Speed of their

movement and distance of the pass is determined by each player's ability. This is not a race and the objective is for players to learn to pass on the move. The coach can determine which type of pass is used.

- Pass and Pivot Drills: <https://youtu.be/6zQidtye3Xs>
- Pass and Cut: <https://youtu.be/inc4zolizEI>

Shooting

Block Shooting: Have your athlete practice 10 shots from the same location using the same rhythm before moving to a new location (no defense).

- To advance the block shooting you can add in a dribble or a cut to the ball
- Have your athlete practice for multiple areas on the court
- Start close to the hoop and work your way away
- This drill will help to build confidence in your athletes

[Shooting Drills for new athletes](#)



Offense

Motion Offense Drills

Dribble Penetration Shooting Drill - Wing Movements

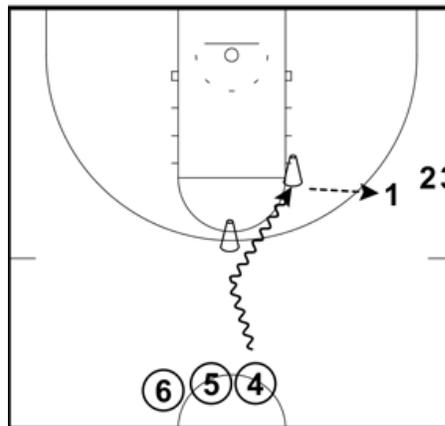
In this drill there are 4 options for attacking the defense:

- Stay
- Curl Up
- Fade Down
- Backdoor

Stay

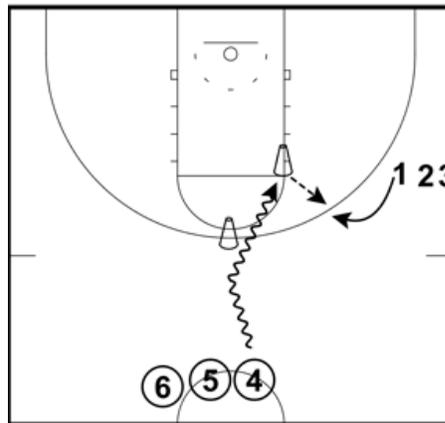
4 makes dribble move at first cone, comes to a quick stop at second cone.

As 4 reaches 2nd cone, 4 passes to 1 who STAYed on the wing.



Curl Up

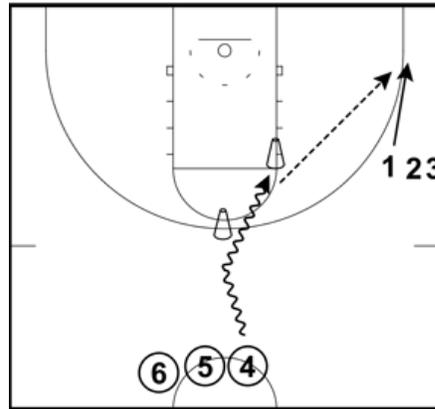
As 4 reaches 2nd cone, 4 passes to 1 who CURLed UP to the top.





Fade Down

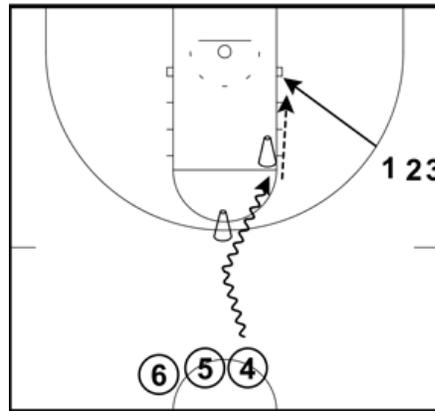
As 4 reaches 2nd cone, 4 passes to 1 who FADEd DOWN to the corner.



Backdoor

As 4 reaches 2nd cone, 4 passes to 1 who cut BACKDOOR to the basket.

On this drill, you'll want fake high, then pass low to simulate what would happen in a game. Or if you have elite athletes, you could work on lob passes.



Defense

[Man to Man Drills](#)

[2-3 Zone Defense](#)

Rebounding

[1 on 0 Rebounding Drills](#)

[2 on 2 Rebounding Drill](#)

- This drill can also be done without the “game” component
- Coach shoots, defense boxes out and tries to get rebound
- If the defense doesn't get the rebound, offense can shoot and defense will try to get the rebound again