

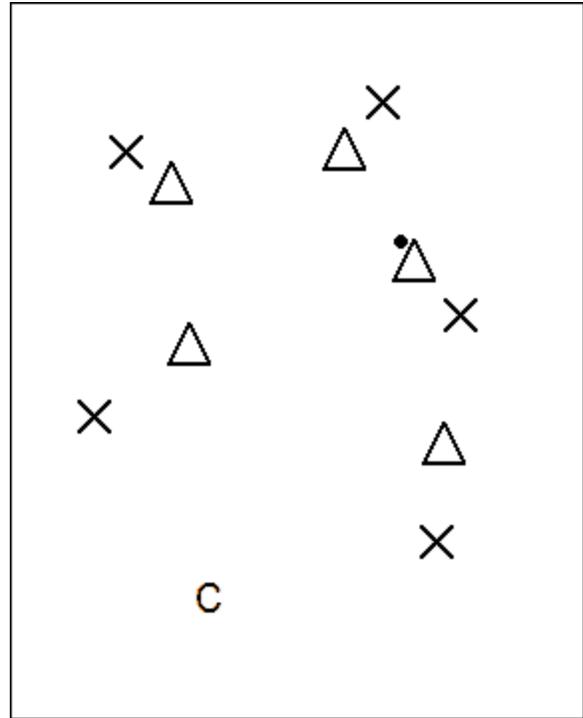
# Basketball Drills

## Passing - 50 Passes

**Set-up** - Two equal teams out on the court.

**The Object** - To make a total of 50 passes. Does not have to be consecutive.

**The Game** - teams play keep away by passing the ball back and forth to team mates. No dribbling is allowed. First team to make a total of 50 passes wins.

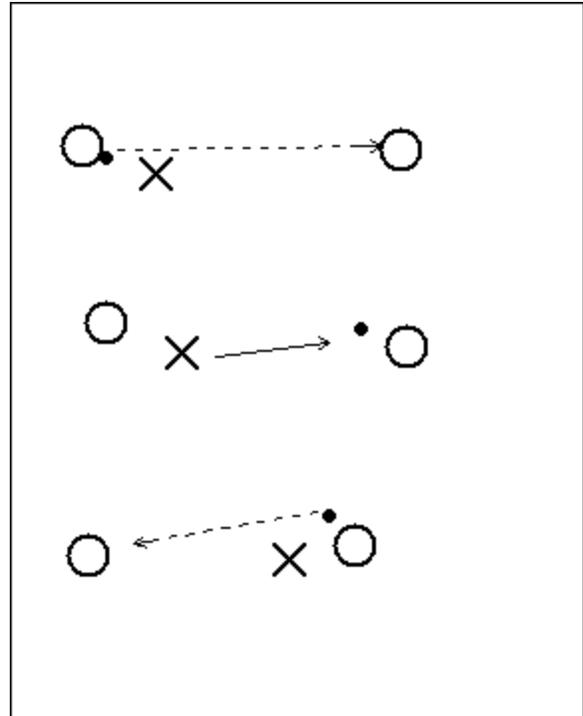


## Passing - Monkey in the Middle

**Set-up** - Three players line up and one person on the end has a ball.

**The Game** - The players on the ends, try to pass back and forth to each other. The players on the ends can dribble toward the person in the middle, but cannot pass them. If the person in the middle gets the ball, the player who made the mistake goes in the middle.

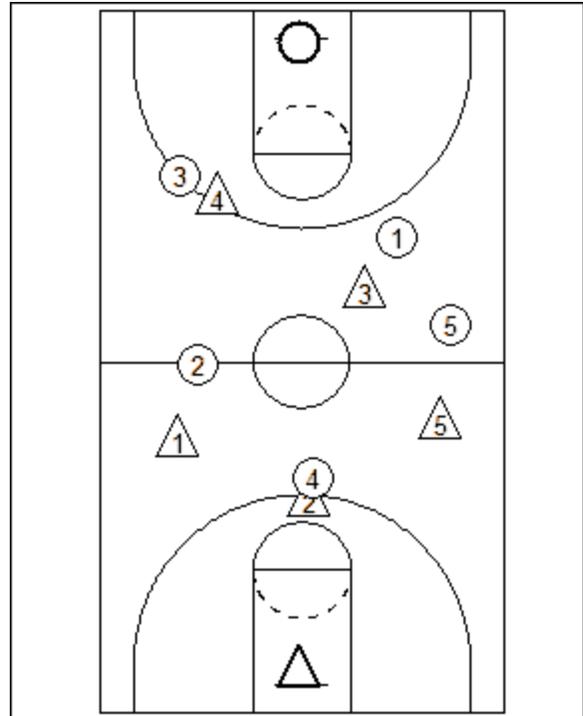
**Variations** - Allow only bounce passes.



## Passing - Three Man Weave

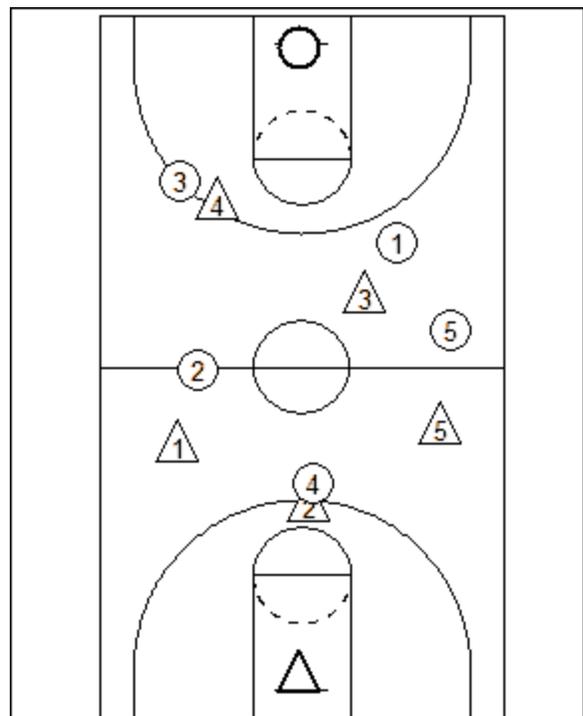
**Set-up.** Three lines at the baseline. The players in the middle line each have a basketball.

The middle person (#1) who has the ball starts by passing the ball to the side (this case to player #2 on the left). Player #1 that passed the ball then runs behind player #2. Player #2 passes it to player #3 and runs behind that player.



Player #3 then passes to Player #1 and runs behind that player. Continue sequence down the court. Finish with a lay-up.

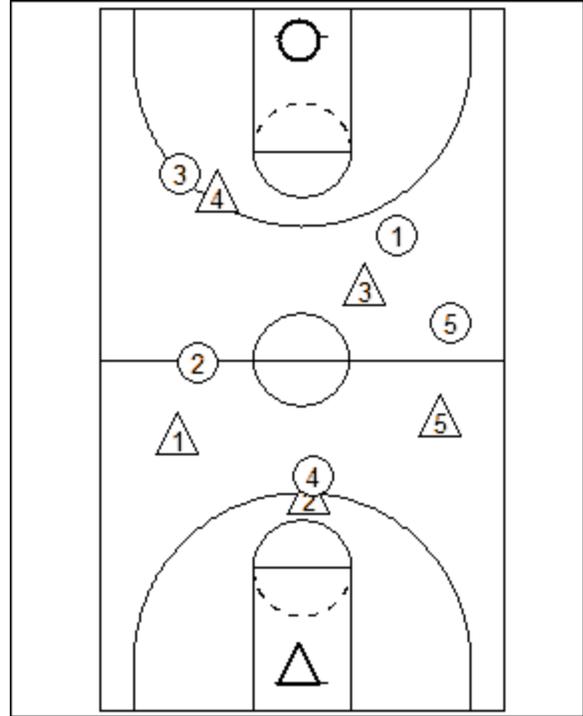
Player runs all the way around the court and continues.



## Passing - The Chair Game

**Set-up.** Two equal teams with a chair under each of the baskets. Jump Ball Start and no dribbling is allowed.

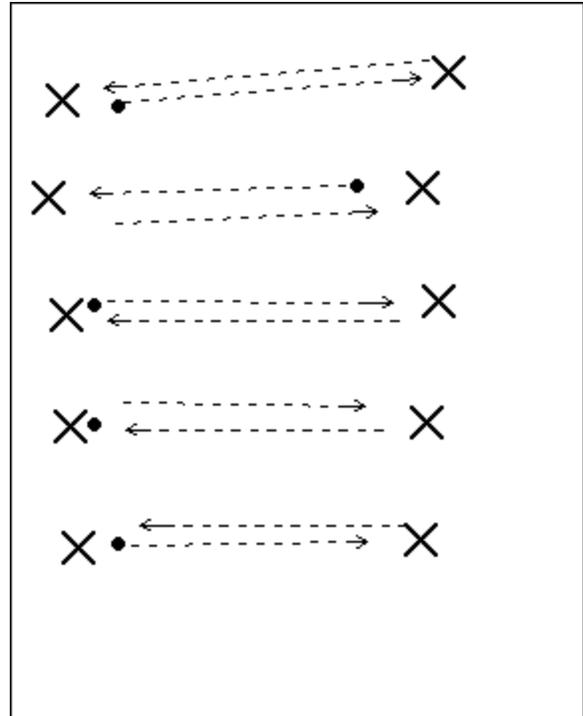
**The Game** - Teams try to pass the ball up the court to one of their teammate who is sitting in the chair. Switch Goalies.



## Speed Passing

**Set-up.** Pair up players. One ball per group.

**The Drill** - Players work together to see how many passes they can make in 30 seconds. Alternate types of passes. Chest, bounce, overhead.



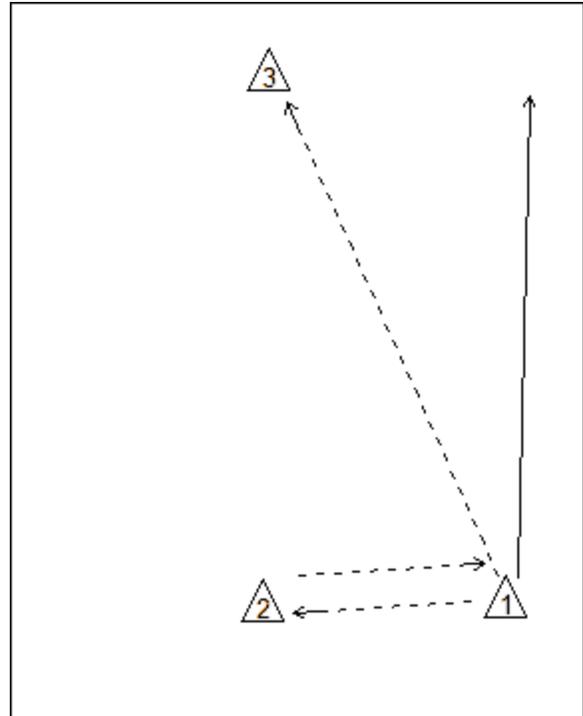
## Passing - Bounce Bounce Overhead

**Set-up.** Divide players into groups of 3

The Activity- 1 makes a bounce pass to 2.

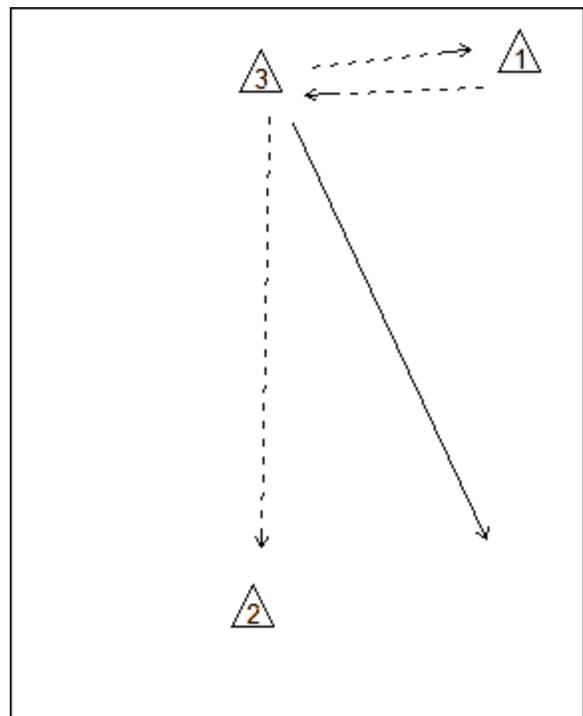
2 makes a bounce pass to 1.

1 makes overhead pass to three and runs into space near 3.



Drill repeats- This time 3 makes a bounce pass to 1. 1 make a bounce pass to 3. 3 makesa overhead pass to 2 and runs into space near 2.

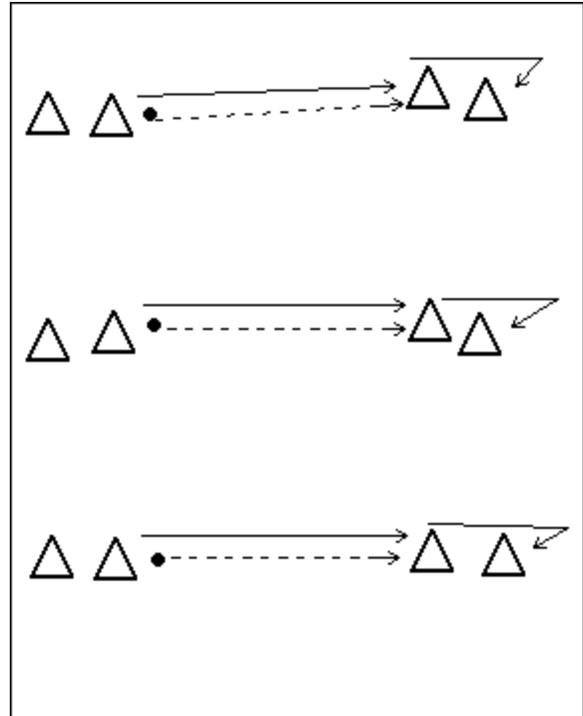
**Variations-** Vary types of passes.



## Passing - Pass and Pressure

**Set-up.** Two lines about 6 to 12 feet apart. First player in one line has the ball.

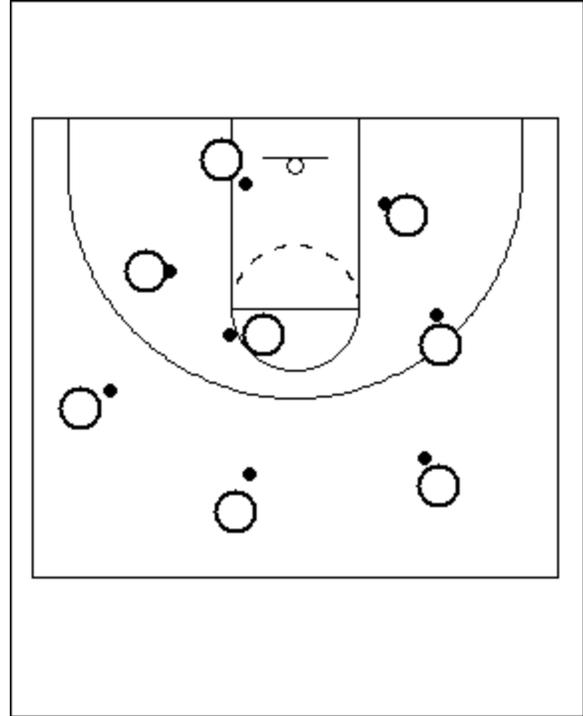
**The Drill** - The first person in the line passes to the player opposite of them and then follows to pressure the next pass.



## Dribbling- Dribble Tag

**Set-up.** Everyone has a ball. Might want to limit area.

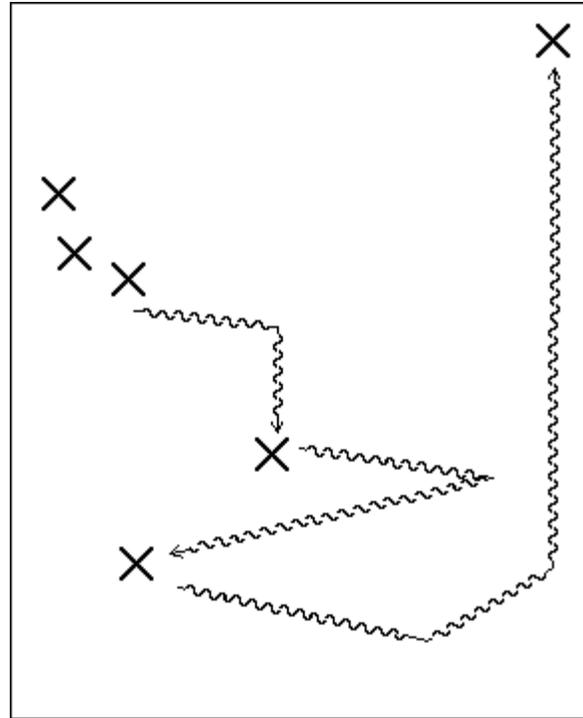
**The Activity** - everyone dribbles B-ball and they play tag. Players must be in control of ball when they tag someone.



## Dribbling - Follow the Leader

**Set-up.** One line of players each with a ball.

**The Drill** - follow and copy the leader who moves around, dribbles with different hands or body parts and attempts “tricks”.



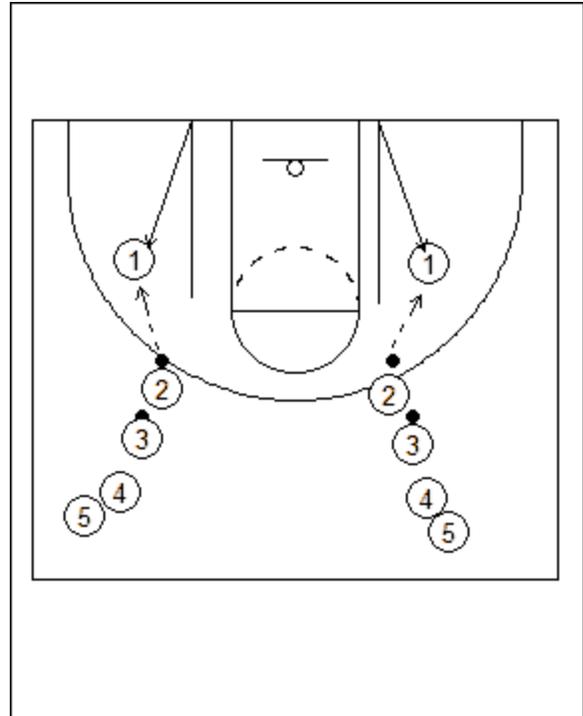
## Shooting - V-Cut Pass and Shoot

**Set-up.** Two equal lines. The first player in each line DOES NOT have a basketball.

**The Activity** - begins with the first player in line making a "V-Cut" at the baseline and pops back out to about 12 feet away from the basket and calls for the ball by showing ten fingers to player #2.

Player #2 passes the ball to player #1.

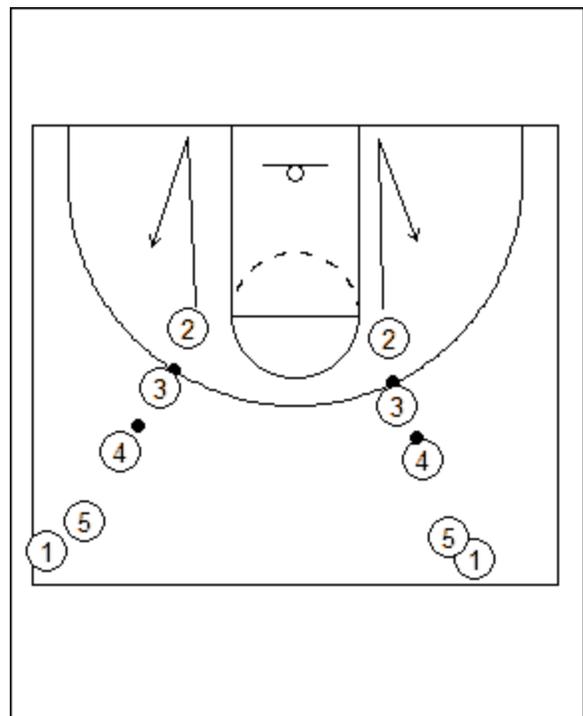
Player #1 shoots and gets his own rebound.



Player #1 then goes to the back of the line giving his ball to #4.

Since player#2 gave his ball to player #1, he now makes a V-cut to the baseline and the activity **repeats** itself.

**Coaching Points-** Catch and square up to the basket.

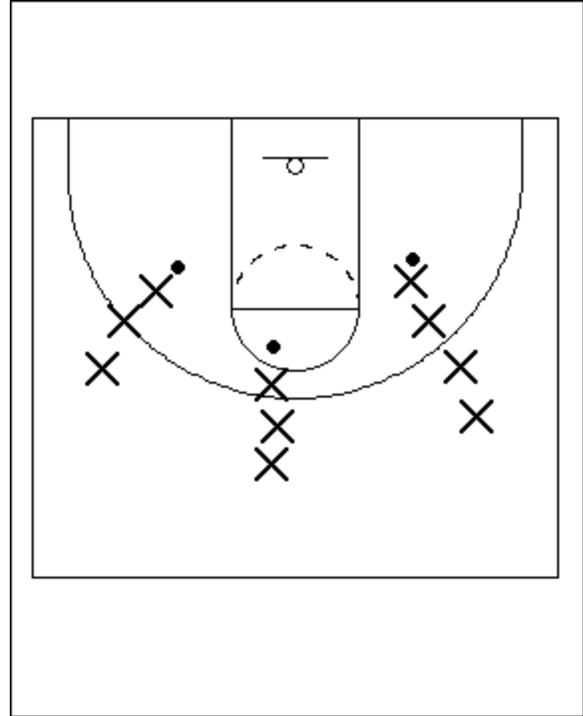


## Shooting - Bombs Away

**Set-up.** 3 lines of players about 8 to 13 feet away from the basket.

**The Activity** - Players take shots from the spots, go after thier own rebound, pass it to the next guy and line. They go to the end of the line. Play for a set amount of time.

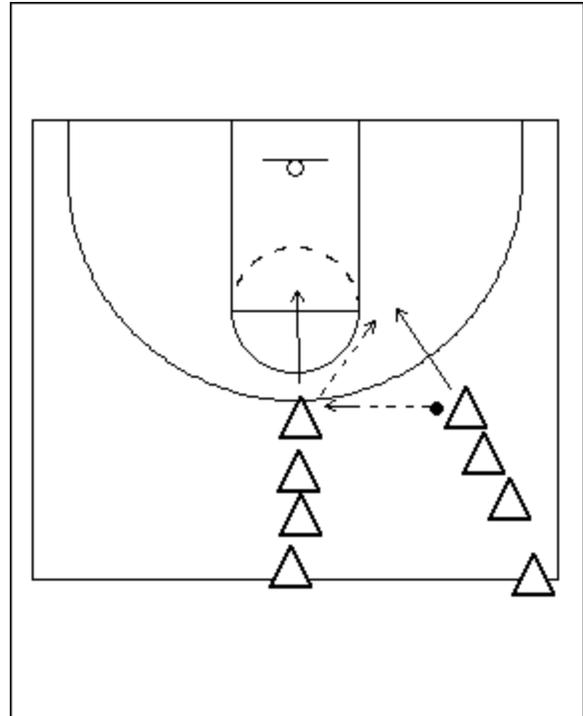
**Coaching Point-** Turn it into a competition where players keep track of how many shots they got in.



## Shooting - Pass and Cut

**Set-up.** Two lines facing the basket. One line will pass and cut to the basket. The other line will pass and rebound

**The drill** - Shooter passes the ball to teammate and cuts towards basket for return pass. Player does a lay-up.

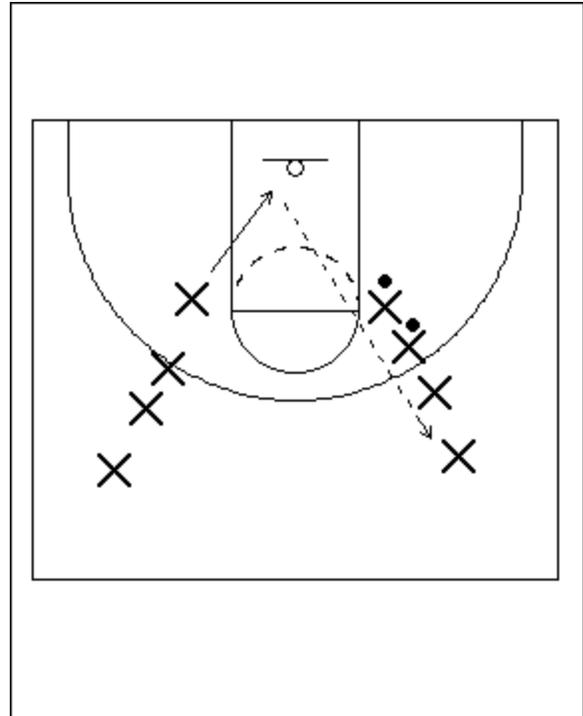


## Shooting - 2 Line Lay-up Drill

**Set-up.** Two lines facing the basket. One line is the Layup line, the other line is the rebounding line. First two players in the playup line have a basketball.

**The drill** - First player in line with a ball dribbles the ball to shoot a lay-up. Shooter joins rebounding line. Rebounder joins shooting line.

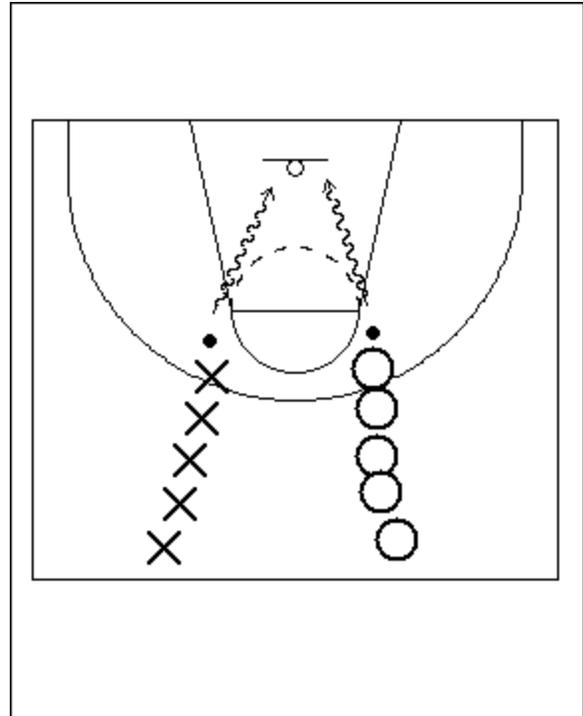
**Coaching point-** Aim ball and push it in small square on the back board.



## Shooting - Layup Relay

**Set-up.** Create two teams by forming two lines of players as shown in diagram. First player in each line starts with a basketball.

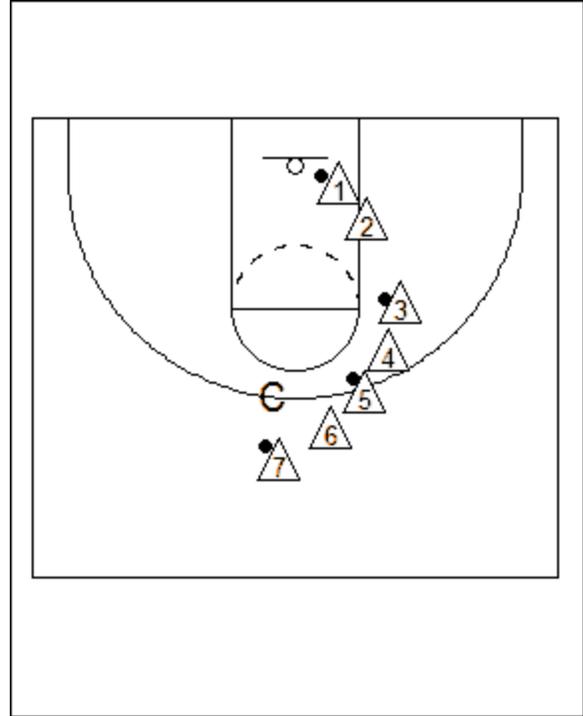
**The Activity** - First player in each line dribbles to basket and makes a layup and gets their own rebound. Players dribble back their line and passes ball to next player in line. The activity repeats. First team to have all their players make a layup wins.



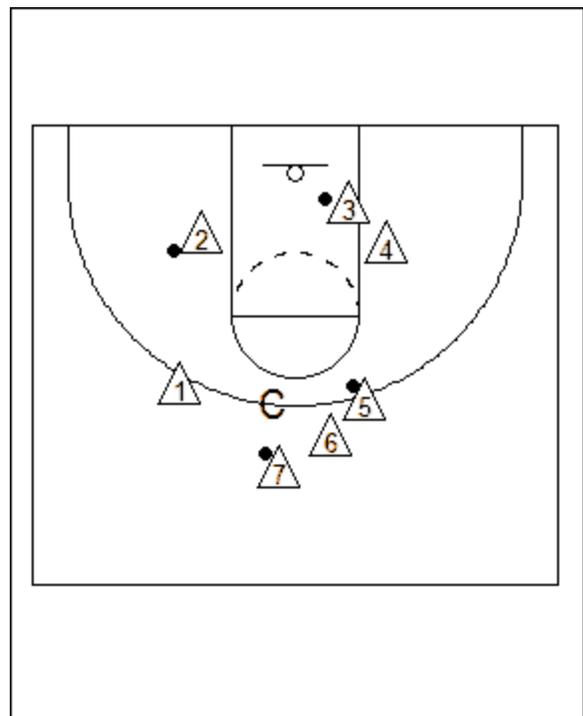
## Shooting - Circle Layup

**Set-up.** Odd number of players line up for a lay-up drill. Every other player has a basketball.

**The Activity** - #1 goes to the basket for a lay-up. #2 follows #1 without a basketball.



When #1 makes the layup, he leaves the rebound for player #2. Player #1 does not have a basketball now and #1 hustles to run behind player #7 who does have a ball. And next time through, player #1 will grab rebound from #7. #3 and #4 continue the drill as players #1 and #2 did.

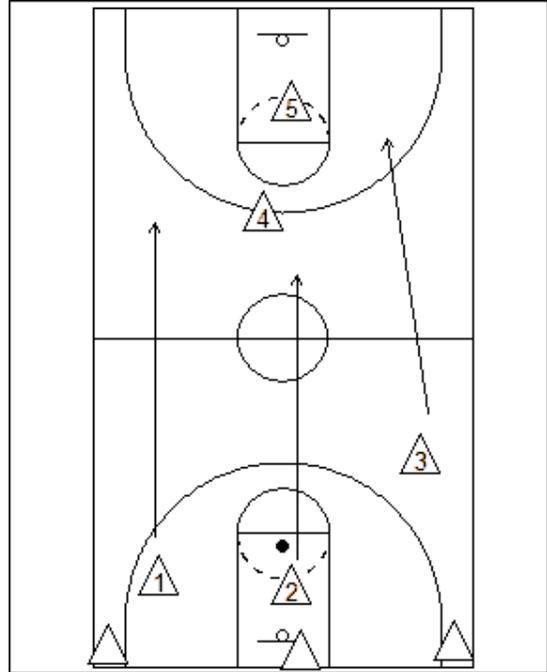


### Offense and Defense -3 on 2 2 on 1

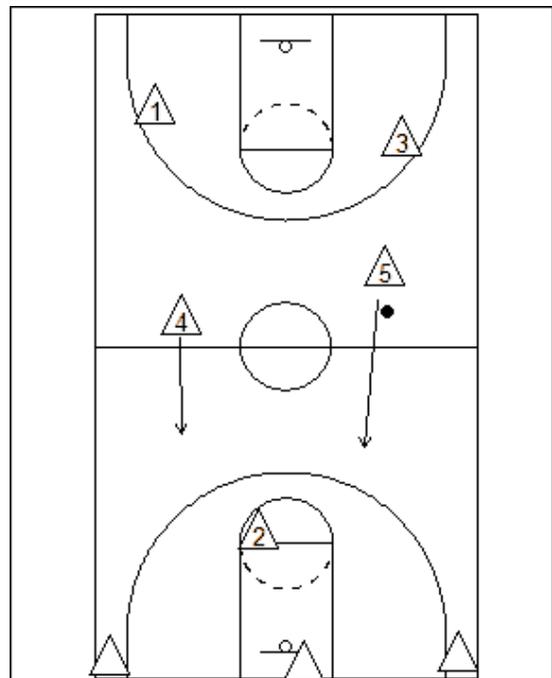
**Set-up.** Form three lines of players on one baseline. One player with the ball. In the other end of the court have two players.

**The Activity** - The first group of three 1,2,3 work their way down the court and try to score on players 4 and 5 (3v2).

In this example, let say #2 shoots.



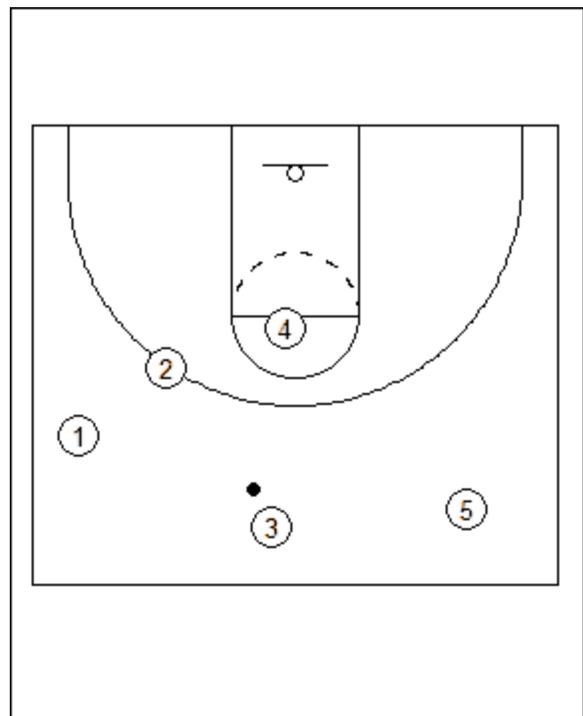
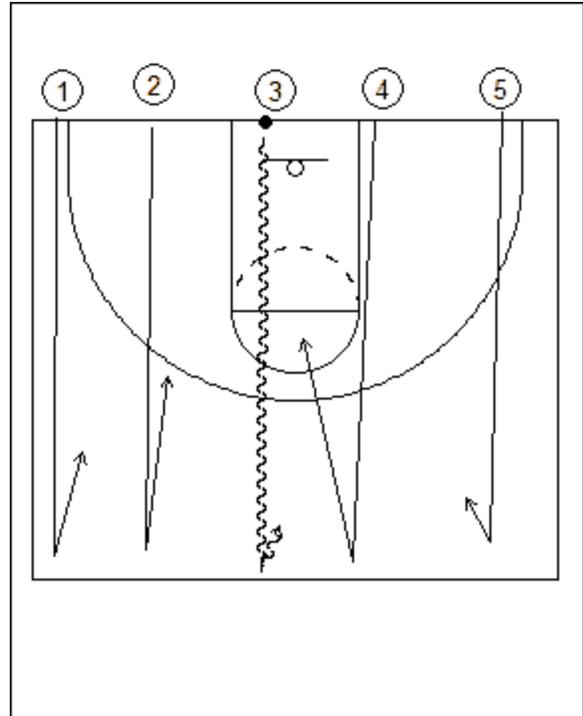
After player #2 shoots, Players 4 or 5 grab the rebound and Players 4 and 5 then try to score on the other basket while #2 (the player who shoots the ball, or the players that make a bad pass) has to hustle back and play defense. This the 2 verse 1.



## Offense and Defense -3 on 2 Half Court

**Set-up.** 5 players along the base line. The middle player has a basketball. On the coaches command, all 5 players run to half court.

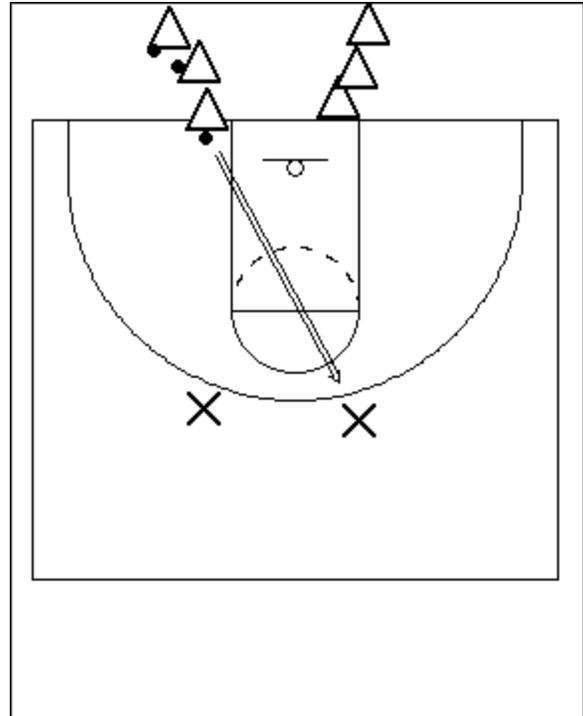
**The Game** - When all the players hit half court, they turn back towards the basket. The two very outside players 1,5 and the middle player are on offense. 2 and 4 play defense. They get one shot. Send 5 more to keep the game going fast.



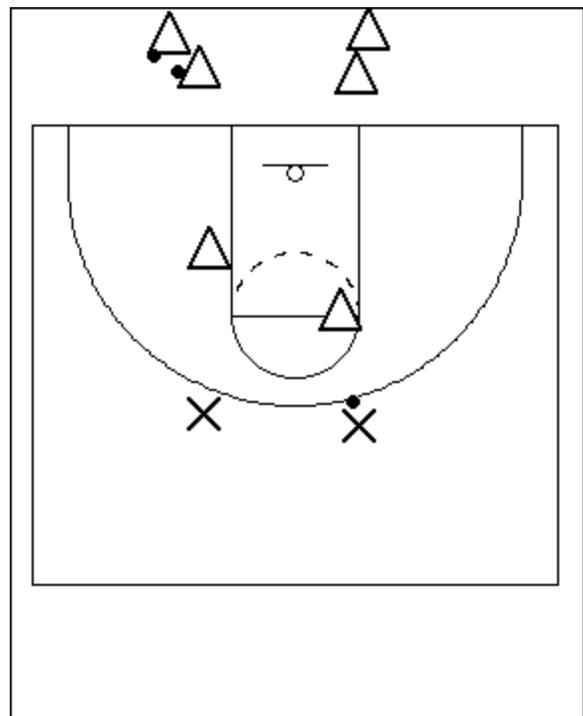
## Offense and Defense - 2 on 2

**Set-up.** Form two lines under the basket. And two players out on the court.

**The Game** - Triangle Rolls the ball out to one of the X players (doesn't matter which one).



Once X get the ball, the two triangle players come in and they play 2 on 2. After one shot, play is dead. They triangle players now start out in the court, and two new triangles start by rolling the ball out.



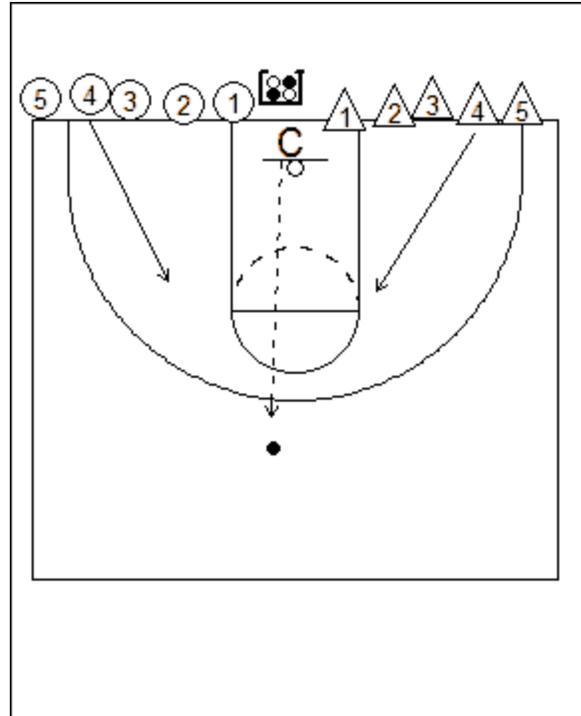
## Offense and Defense - Numbers Game

**Set-up.** Have players line up on the baseline and assign the players numbers.

**The Drill** - the coach rolls or tosses a ball to the center of half court and calls out a number. In this case, #4.

The two players assigned #4 attack the basketball, the player the wins the ball first is on offense and tries to score on the basket by the coach. Players are allowed one shot.

**Variations** - Call two numbers.



**Offense and Defense - No Dribbling Scrimmage**

**Set-up.** 3 on 3 or up to 5 on 5

**The Game** - No dribbling scrimmage.

**Variations-** Can only dribble in back court.

