



## **WARM UP & STRETCH**

1. Stretch for about 10 minutes.
2. Start with a light jog to warm up, followed by other exercises.

## **DRIBBLING OFFENSIVE SKILL TRAINING**

- Always stress to the players to “look up” while dribbling and /or while doing ball handling drills.
- All players should dribble “hard and low” at all times. This will ensure that the players will not develop bad habits with their ball handling.
- Players should not dribble faster than they are able to. Dribbling is about having control of the ball.

## **HAND CONTROL**

- Have the players start by standing in place and dribbling with the strong hand for 15 seconds.
- Switch to the other hand, and dribble again for 15 seconds.
- Continue switching the ball from each hand for another minute, dribbling for 15 seconds in each hand. It’s important to learn ball handling and control with both hands.

## **DRIBBLING ON THE MOVE**

- While dribbling, travel down the length of the court. Stopping at the end of the court.
- Switch to the other hand, and dribble to the other end of the court.

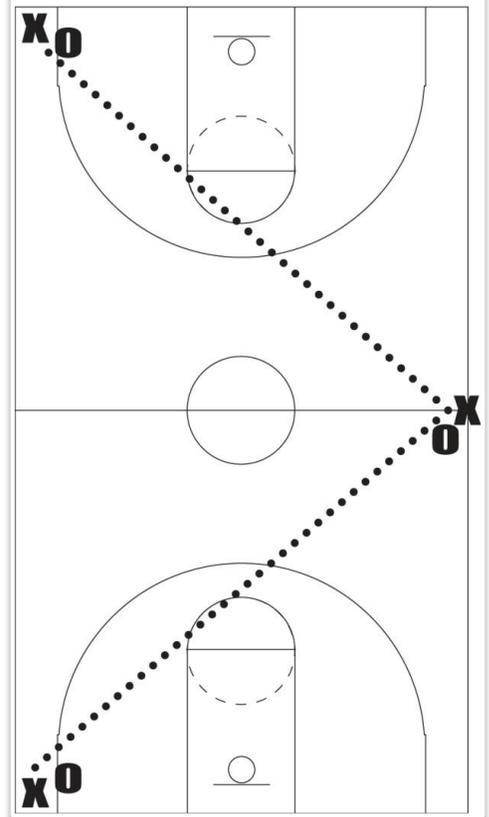
## **OBSTACLES**

- Eventually, set up obstacles along the length of the court.
- Have players weave between the obstacles, while maintaining the dribble, up and down the court.

## **ADDING DEFENSIVE PLAYER**

- Have the player start dribbling at one corner of the court.
- Use another player, as a defensive player, to shadow the dribbling player.
- Both players should walk or run at a diagonal to the other side to half court line.
- Then turn and walk or run at a diagonal to the other corner of the court.
- Have the players switch roles and repeat.
- Eventually, add obstacles along the way for both players to maneuver around.

## **DEFENSIVE DRIBBLING** Diagram 1





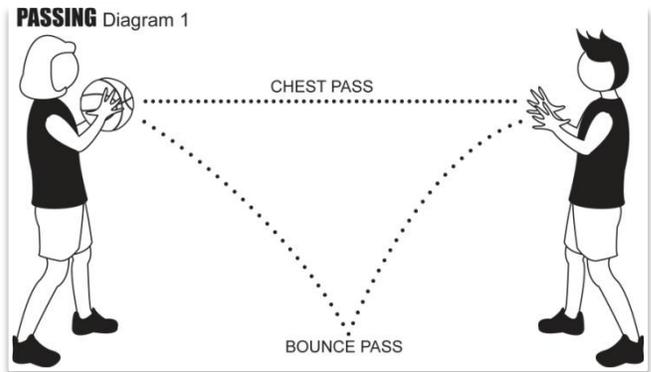
# NATIONAL YOUTH SPORTS BASKETBALL PRACTICE ACTIVITIES

*This packet serves as a handy reference for suggested skill-building activities. Practices listed are not required.*

## PASSING OFFENSIVE SKILL TRAINING

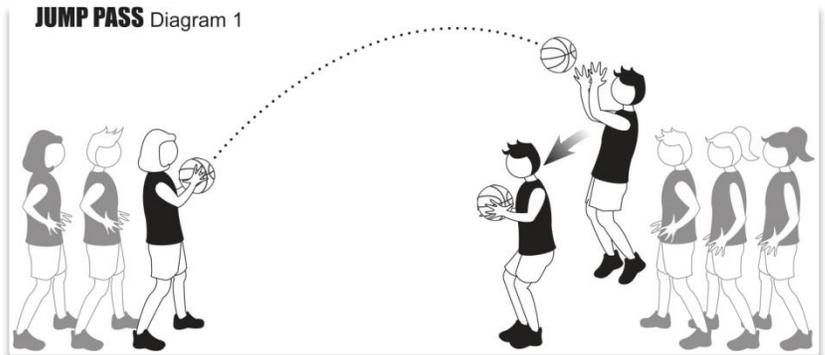
### CHEST PASS

- Pair off players and have them stand across from each other, 10 feet apart.
- Have the players hold the ball with both hands at chest-level.
- Each player needs to straight pass the ball back and forth, keeping the ball at chest-level the whole time.
- Advanced players can run up and down the court while chest passing.



### BOUNCE PASS

- Pair off players and have them stand across from each other, 10 feet apart.
- Holding the ball at chest-level, players need to bounce the ball back and forth.
- Ball should bounce only once during the pass.
- Advanced players can run up and down the court while bounce passing.



### JUMP PASS

- Form players into 2 single file lines. The front of each line should face the other line.
- Each line should pass the ball to the player in the opposite line.
- The receiving player should meet the pass with a jump stop, which is a small leap towards the ball, landing with both feet.
- After this drill, each player goes to the end of the opposite line.

## SHOOTING & REBOUNDING OFFENSIVE SKILL TRAINING

### LAYUP DRILL

- Form 2 single file lines at the free-throw line, facing the basket.
- Have the first player in one of the lines dribble towards the basket, finishing with a layup.
- The player in the second line runs towards the basket to catch the layup, if it misses the basket. The player would bring the ball back to the first line.
- After this drill, each player goes to the end of the opposite line.



**DEFENSIVE SKILL TRAINING**

- Defense is man to man only, no zone or double-teaming.
- Stealing of the ball while controlled by offensive player is not allowed.
- No slapping or reaching in at the ball.

**STANCES**

- The proper defensive stance is with the knees slightly bent, hands out, head up, while always moving.
- Remind the player that the ball should remain between them and their opponent.
- Defensive players should also stay between their opponent and the basket.

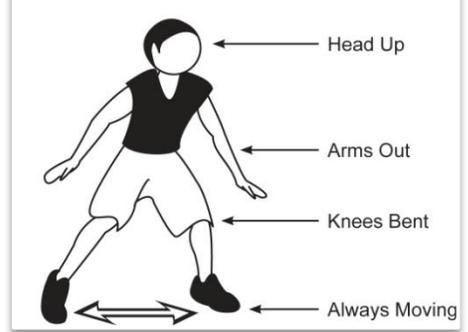
**SLIDE STEPPING**

- Have the players spread out and facing the coach.
- Each player should stand in the defensive stance.
- Point in a direction and have the players move in that direction, while maintaining the defensive stance.
- Player's feet should not cross when moving.
- Point in different directions throughout the drill.

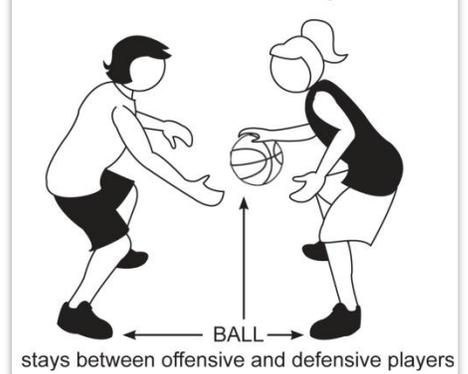
**REBOUND DEFENSE**

- Form 2 single file lines at the free-throw line, facing the basket.
- One line will signify offensive players. The other line will be defensive players.
- The first player in the defensive line will step forward to face the first player in the offensive line, standing in the defensive stance.
- The first player in the offensive line will have to catch the rebound ball.
- Make a shot at the basket.
- Watch the players to make sure no fouls are made.
- After this drill, each player goes to the end of the opposite line.

**DEFENSIVE STANCE** Diagram 1



**DEFENSIVE STANCE** Diagram 2



**REBOUND DEFENSE**

Diagram 1

