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Here are some drills that Senior national team coach Allison McNeill did with the NEDA guards this morning. Some of the loading the drill ideas are ways that you could expand the drills as the players master the concepts.



Stationary dribble to wall pass

The players work on stationary push, pull dribbles across the front of the body.

After two dribbles the player makes a one handed pass to the wall. After catching the ball the player now uses the other hand.

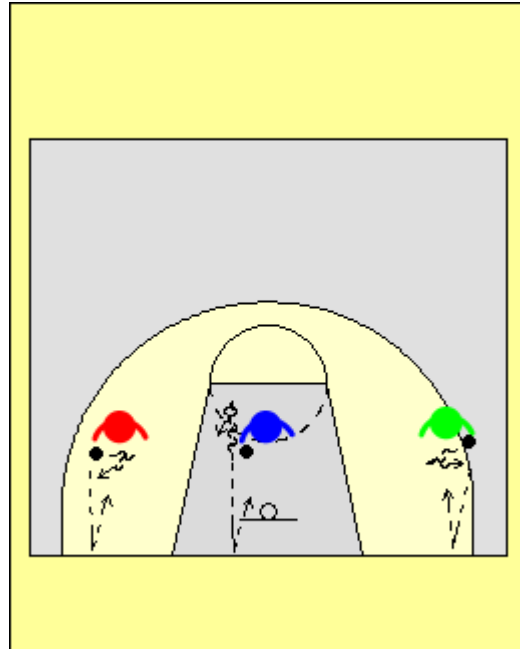
Dribbles

- push pulls
- front to back

key points

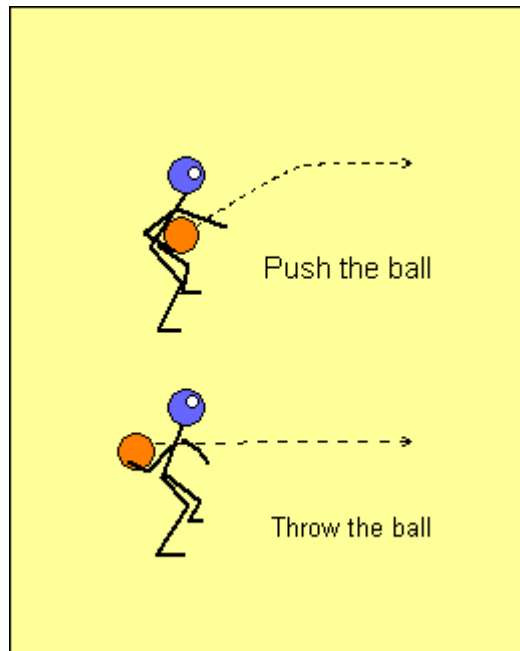
- athletic stance
- eyes up
- low quick dribbles
- move the hand around the ball to push and pull it, not always on top slapping at the ball.

Note: you can load the drill with any stationary dribble and pass you wish the players to make.



Point of emphasis

When passing the ball with one hand (or a light touch with the other hand) watch to see if the athlete pushes or throws the ball. When the ball is thrown the athlete will rotate the hand behind and under the ball and pull it back. This allows the player to exert more force on the pass.



Partner passing

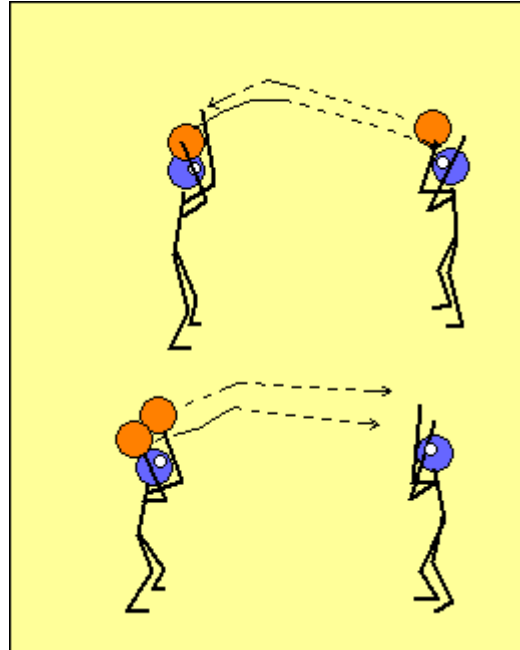
Each player starts with ball in the right hand. Both players pass the ball at the same time to the left hand of their partner. Catch with one hand and pass it back.

Key points

- ❑ The players must work together to develop a rhythm.
- ❑ As they improve, throw the ball harder and straighter.
- ❑ keep the ball above the head with the elbows high

One player two balls

Now one player starts with both balls and passes both balls to their partner at the same time.



Two ball to wing entry from the swing, dribble move to score

The guard starts at half with two balls. He/she dribbles to the swing spot and makes a one hand pass to the wing with the outside ball. He/she then makes a dribble move to score with the other ball.

Dribble moves

- ❑ Inside out
- ❑ cross over
- ❑ hesitation

Score

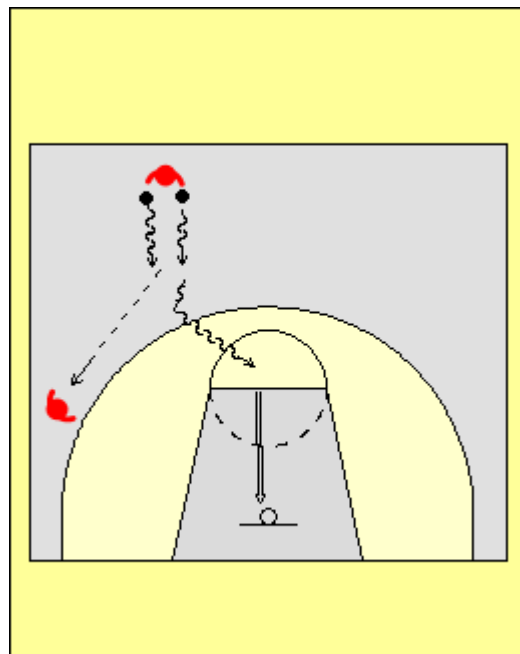
- ❑ pull up jump shot
- ❑ runner
- ❑ underhand lay up

Point of emphasis

- ❑ The pass should be thrown to the outside of the wing with power.
- ❑ Do not allow a weak bounce pass.
- ❑ The dribble moves need to be made while staying low. Very often the players will raise up after passing.

Load the drill

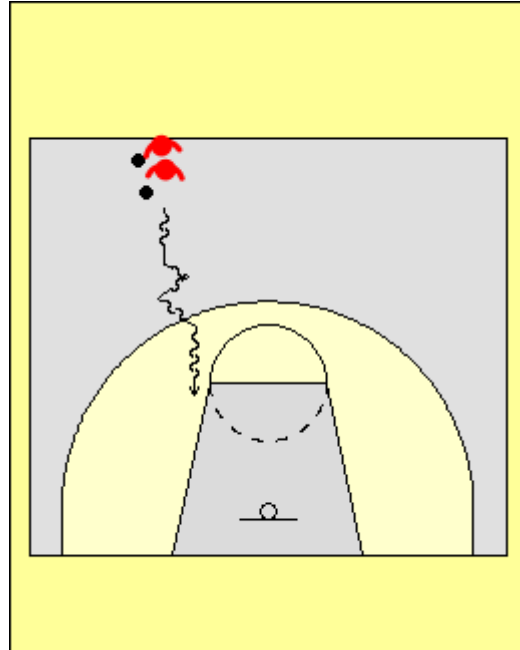
- ❑ Have the wing cut, time the entry pass
- ❑ The player could shoot and cut back for a return pass for a second shot.
- ❑ Add guided defense on the second ball



Dribble moves to score

The guard starts with the ball at half and attacks the swing position. We want the moves made while staying low and moving forward.

- inside out cross cross - eyes up, add some body lean.
- between the leg, behind the back spin - if the player can do this with only one dribble for each move it is great.



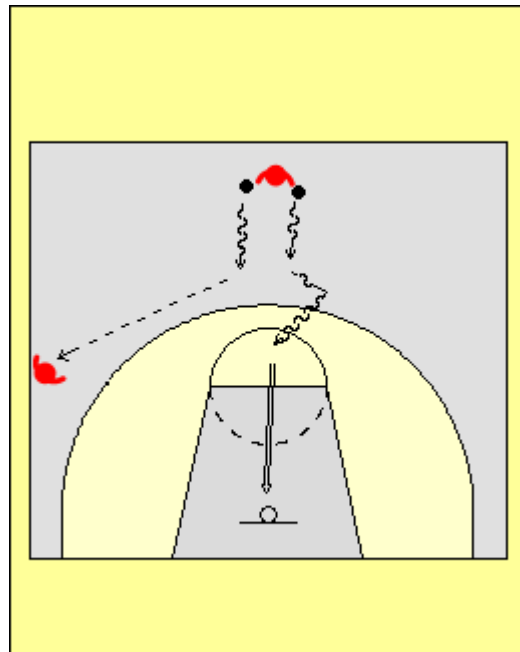
Two ball to wing entry from the top, dribble move to score

This is the same as the other drill, but now the pass is made from the top. It requires a longer throw.

Mix up the dribble moves and scoring moves.

Load the drill

Have two wing players. Pass to the one who shows ten fingers.

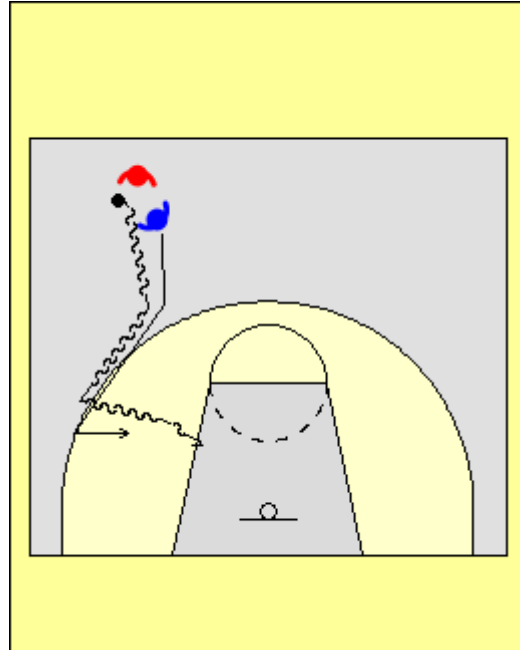


Side pick dribble

The offensive player starts with a ball at mid court. A defensive player is giving a guide. Start by pushing the defender to the middle of the court. If you start to dribble directly at the sideline you will get pinched by the defender and the sideline.

Once you have taken the defender below the imaginary pick you now attack by first getting the ball in the left hand (on the right hand side of the floor). This could be a between the leg, pull back cross or a Magic Johnson change eyes dribble (this is a lazy spin dribble where you get the ball on the other hip by presenting your back to the defender).

The guided defender puts his/her forearm on the dribblers hip and pushes (right forearm for this example) at the same time the defender reaches for the ball with the other hand (left hand). The offensive player must be in a low balanced position to resist the push and knock away the arm of the defender who is reaching for the steal. Go through the arm, do not let yourself get pushed off the line of the basket. This is advanced guard skills but a necessary one to teach. Players cannot get pushed off there line and allow defender to reach.

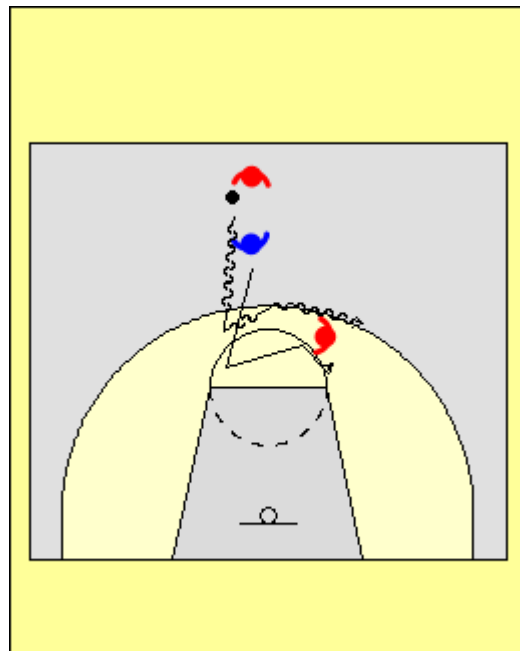


Use of middle ball screen

This time the guard works the defender into the middle ball screen. Take the defender below the line of the pick. Read the defender. If he or she goes under stop behind and play cat and mouse (wait to see which side the defender appears). If he or she goes over the top, go tight to the pick and the step back. Here we are simulating that the defender of the picker is sagging.

Load the drill

Have someone show ten fingers at various times to test the vision of the offensive player.



Crab dribble to pop back progression

The hop back is a very important skill for all players to learn. It is a great move to make space and keep a tough defender off balance.

Progression #1

Start with the ball on the back hip. Lean forward putting the majority of your weight on the lead leg (There should still be some on the back leg). Players must feel this position. Make the defender think you are driving.

Progression #2

Hop back to an open balanced position. The player needs to cover some space but remain low and loaded.

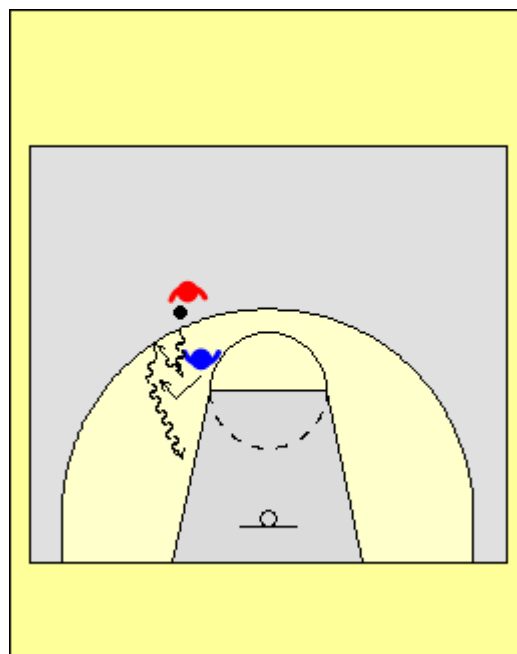
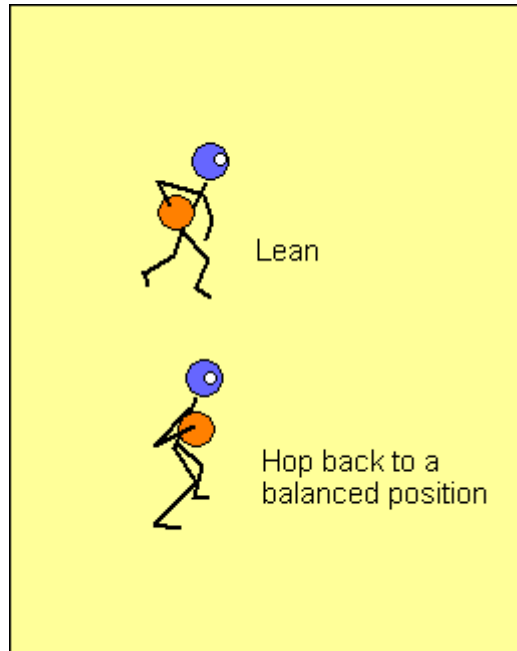
Progression #3

Hop back to a low loaded position but stutter the feet.

Progression #4

Add the dribble. They must put themselves in the same leaning position. Hop back and keep the ball alive. Make a dribble move by the imaginary defender. Players must visualize the angles at which he/she will attack. Too many players when practicing on air dribble into the chest of the imaginary defender or go to wide.

Play against a guided / live defender



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