

### Reg Drill

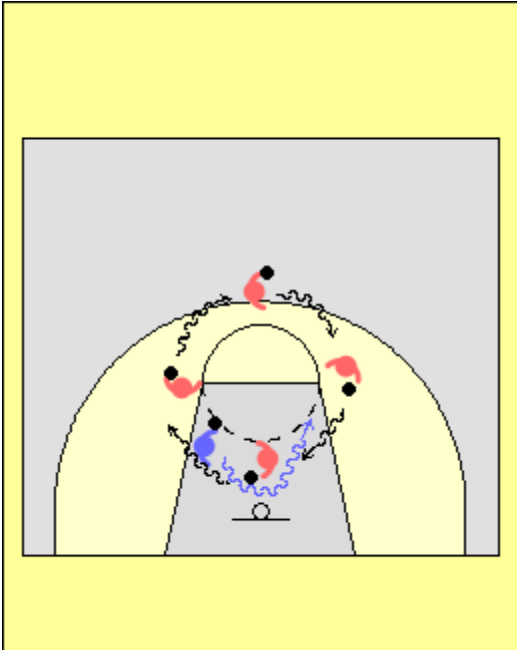
Players start in a line on the baseline. The first player jogs at an even pace in a straight line to half court. The 2<sup>nd</sup> player starts to jog when 1<sup>st</sup> player reaches the foul line (this may vary with the size and age of group). The 3<sup>rd</sup> player starts when 2<sup>nd</sup> player reaches the foul line. This continues at an even pace until all players are jogging. On the way back the players weave between the advancing players. When returning to the starting point the player continue back to allow everyone a chance to weave.

#### Key points:

- Eyes up
- Keep your spacing
- Sharp cuts not wide circles

#### Load the drill:

- Pace of players – I usually start with walking. The weaving players work on getting skinny as they go around the players walking straight. As the improve change the speed.
- Type of movement – side shuffles, high knees, kick the butt, carioca
- Everyone has a ball – different types of dribbles
- Change hands at each player you weave.
- Add "ten fingers" to which the player must pass.

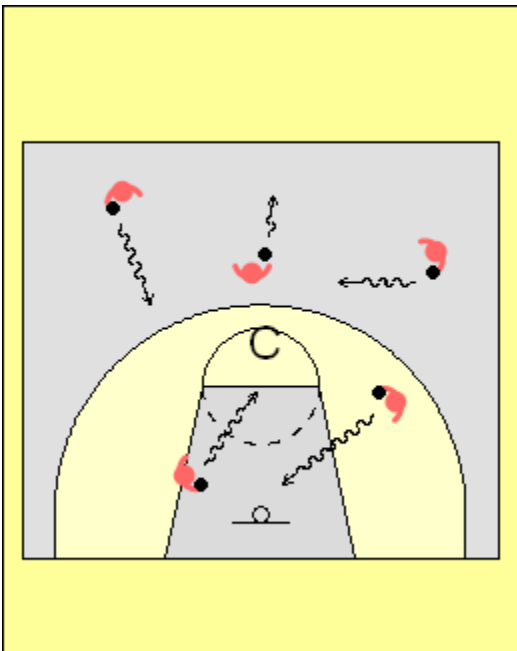


### Circle Reg drill

This is a similar concept to the Reg drill only now the players are moving in a circle. The coach calls a player's name. This player leaves the circle and weaves around the other players in the opposite direction.

#### Load the drill:

- Change the direction of the dribbles in the circle.
- Change the speed - walk, shuffle .
- Number of players weaving.
- Add ten fingers
- Change the shape - have the players dribble a square or any pattern you wish. the concept remains the same. One group of players go straight the others must weave.



### Random dribbling (traffic signals for the younger players)

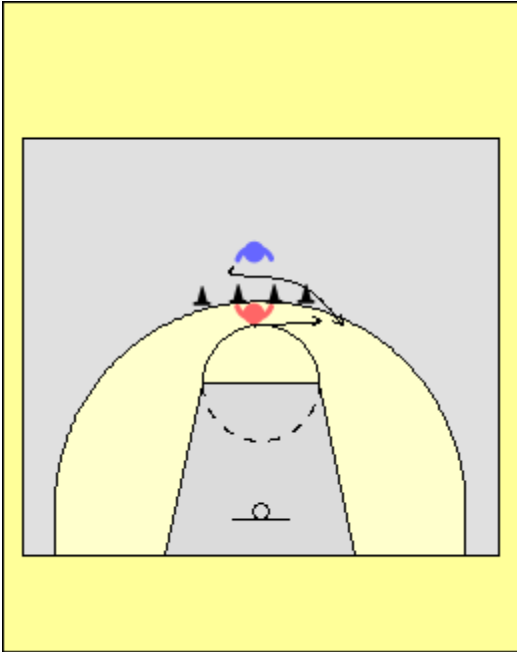
Every player has a ball and is randomly dribbling in a designated area. The coach gives visual signals:

- Red - stop and pivot
- Green - go
- Yellow - hesitation dribble

You can use cones, pinnies or anything with a colour. We want it to be visual not auditory.

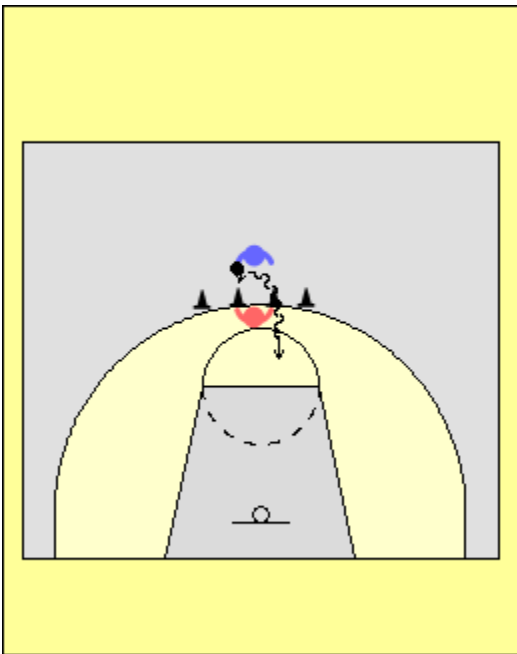
#### Load in other signals:

- Arrow - change direction or hands
- Blue – score a basket



## Faking

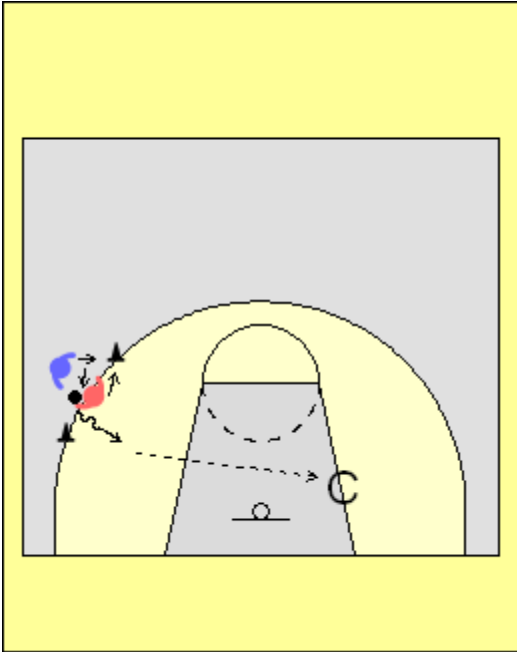
Place for small pylon in a row. The width is big enough for a person to fit between. The object is for one player to run past the outside pylon without being tagged by the defender. The players learn to use fakes and have explosive starts.



## Load the drill

- **Add a ball** - now the player is working on going by the defender in a north south direction. At first the defence is guided. The offensive player must brush the hip of the defender and go between the defender and the outside pylon.
- **The defender has arms** – now the player must work and going thorough arms not around them
- **Work on your various fakes;** jab and shot fakes.

The defence is working on getting their chest in front of the offensive player.



### Pylon Drill 1 on 1 live

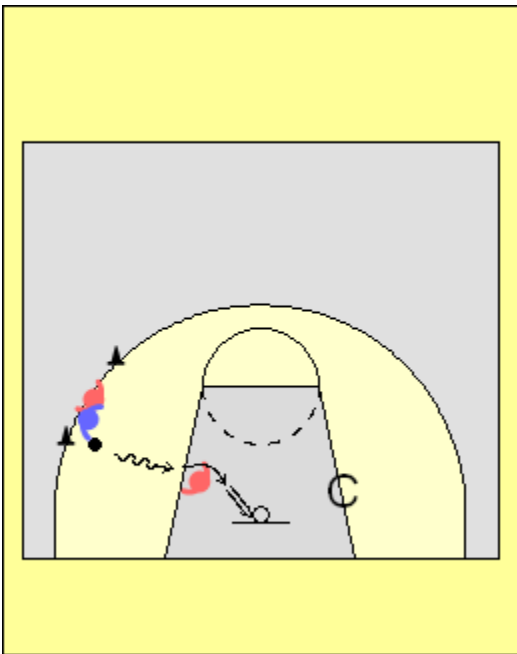
Players play 1 on 1 between the pylons.

#### Key points:

- Eyes up
- Use fakes – remember that a change of direction is not a fake. Encourage faking.
- Go north south and **KOB** (keep on the body) of the defender.

#### Load the drill

- Play from different positions
- Vary the space between the pylons.
- Vary the distance from the hoop
- Vary the distance the players start from the pylons
- Add “ten fingers” – player must scan the basket at all times.



#### Help defender

Now the player must read what type of lay up to use based on the help defence.

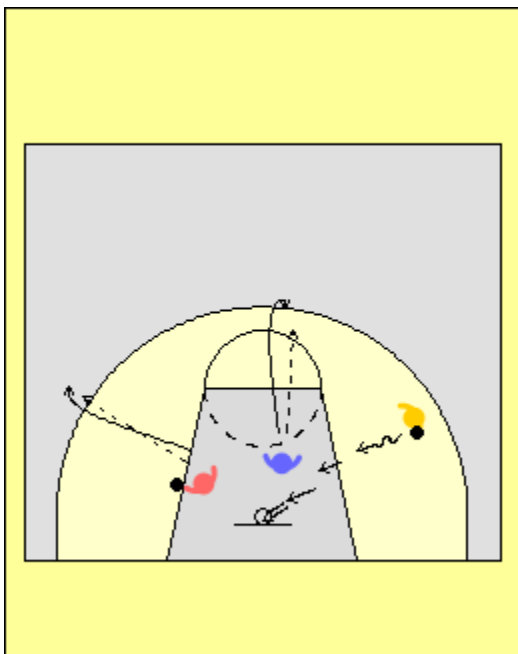
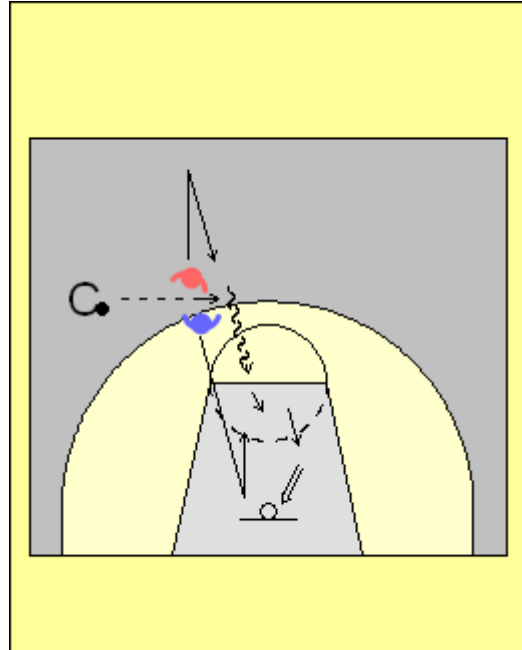
- Straight 1-2 if no help
- Power
- Zig-zag or Ginobli.
- Pull up
- Combine the” ten finger” pass with help.

### Live one on one

The coach starts with the ball. The offensive and defensive players start in line with the coach. On "go" the offense back pedals three steps (a line on the floor or a pylon helps) the defense goes back four steps. Lead the pass into the offensive player who attacks with speed.

#### Load

- confined space in which to score, (width of the narrow key)
- Different angles
- No spins, or stopping

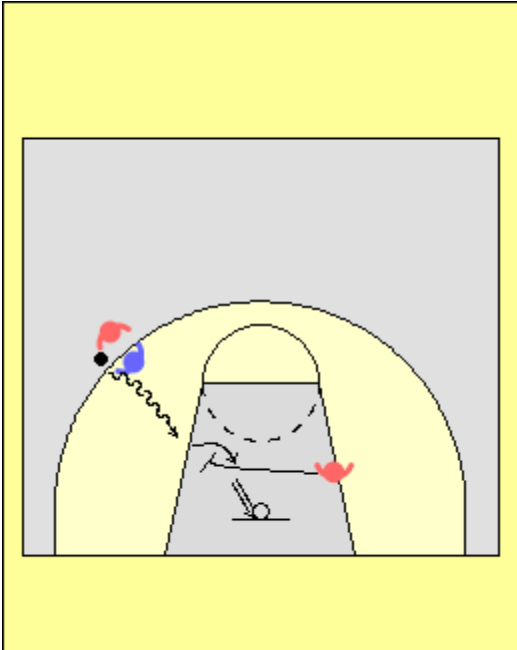


### Self-toss lay ups

Each player has a ball. They start with their backs to the basket. Do a self-toss, run out and stop, catch the ball and pivot. The players must attack the basket with their eyes. If the basket is open drive for the lay up. If another player is in the way they must pivot until the opening appears. One strong dribble. The players must keep their eyes up and work on taking safe lay ups.

#### Load the drill

Add a coach who may show "ten fingers" or step in to be a help defender.

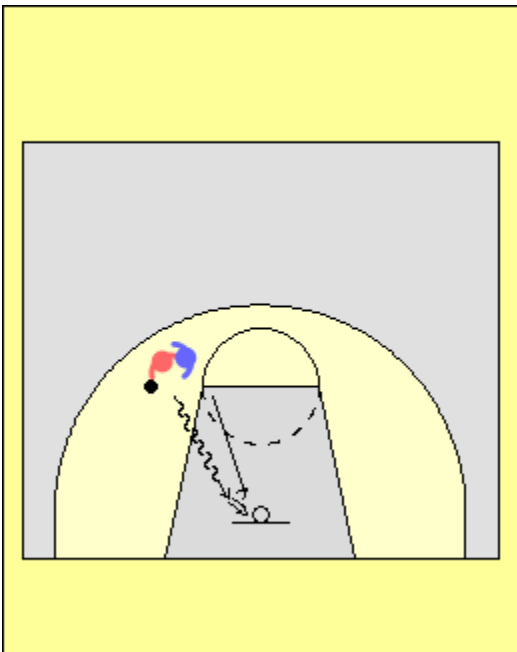


### **Bulldog**

The player tosses the ball out like the previous drill. A defender follows and puts tremendous pressure on the offensive player. He/she must pivot and protect the ball. Drive to the hoop when the basket is open.

### **Load the drill**

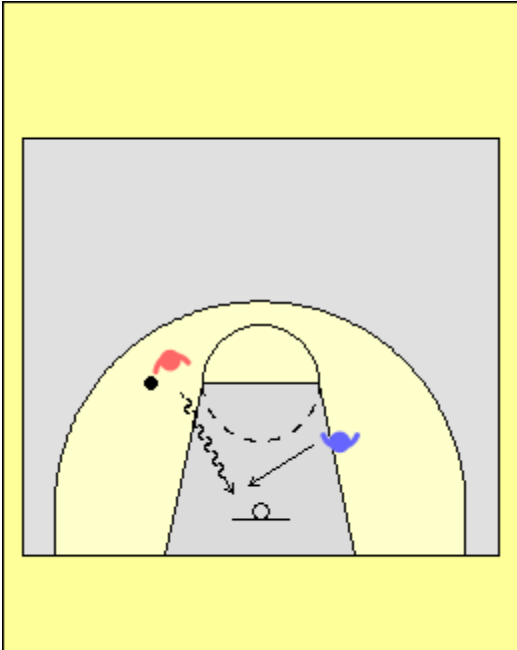
A coach or third player can show ten fingers or be a help defender. It is also a good idea to clog the drive line and then clear out to indicate when the basket is open for the drive.



### **Contested lay ups**

The offensive player starts in a strong triple threat position. The defender splits the offensive player's inside foot (this allows an advantage to the offence). When the offensive player moves the defence can defend the inside of the offensive player.

The player switch roles and then switch spots.



### Contested shot block

This time the lay up is taken with a help defender coming to block the shot. The defence moves on the first movement of the offence.

It is important to teach the defence how to properly block a shot. On the right hand side use your left hand. On the left hand side use your right. Go behind the dribbler, not in front.

If the offence is too slow take the charge.

Again work the different spots and angles. As players improve combine the contested lay up with the shot blocker. In this instance the player may want to have a pass option as we know someone should be open.

### 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.

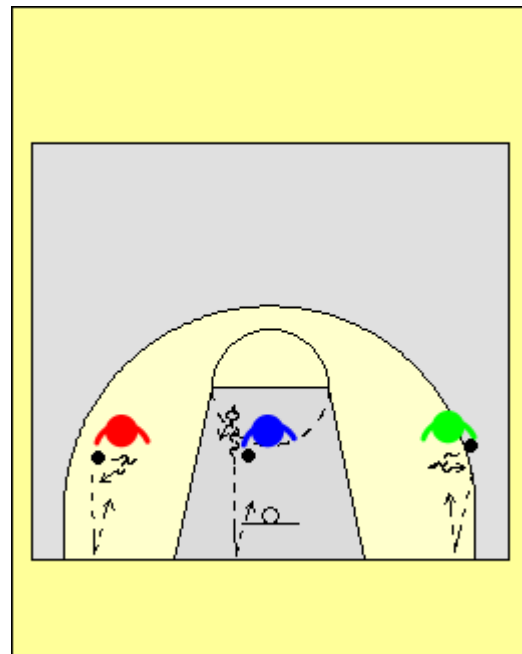
#### Dribbles

- 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.

