



# ***Basketball Fundamental Movement Drills***



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These youth basketball drills are designed to give you a thorough understanding of the basic skills needed to play basketball. Regardless of what level you play or coach at, basic basketball skills are the foundation needed to be successful. In order to improve your game, both as a player and coach, you must understand and master these basic skills of basketball.

Traditionally, basketball players (and even some basketball coaches) spend most of their time practicing the fun stuff. This usually includes offensive skills that involve a basketball. Dribbling, passing, shooting and rebounding. I think this is a mistake! Of course these skills are important, but there is so much more needed to be a complete basketball player.

I encourage you to work on all the skills needed to be a solid youth basketball player. This would include defensive skills and offensive skills without the ball (such as cutting and screening). When these skills are combined with the fun stuff mentioned above - then we have a complete, all-around youth basketball player.

These youth basketball drills will help you develop the fundamental skills needed to improve your game! Having said that let me emphasize a few things first.

- **Players** - As you work on these youth basketball drills you must remember to always have fun! Enjoy the game at all times. This is important to your overall development. You must stay focused, dedicated and work hard in order to see results. It won't happen instantly. But if you keep working at it - you will see results. You will elevate your game to the next level!
- **Coaches** - As you teach these youth basketball drills to your players you must remember to keep practice fun, challenging and competitive. Take into account the various skill levels on your team and be sure to let the players develop at their own pace. They won't all learn at the same pace. Some will pick these new skills up quicker than others. That's fine, as long as they are all working to get better.
- **Parents** - As your child works on these youth basketball drills it's important for you to always love, support and encourage them. They need that more than anything else from you. I encourage you to get involved with the game of basketball in some way. By doing this, you are showing your child that you're interested in the game they love.

Okay, I know, enough talking already. Let's get on with the drills!

# ***Basketball Fundamental Movement Drills***

## ***Drill Pointers:***

- Each drill is done to the opposite baseline, and then back.
- The players should always start the drill in a basic position and be ready to move on the coach's command.
- Players should keep proper floor spacing between the four lines and the players in their group.
- The players should begin either on the coach's command or when the player in front of them reaches the free throw line.
- Each group performs the drills to the opposite baseline, regroups and waits for the coach's command.

## ***1. Stance Check***

**Goal** - To practice getting into and maintaining a basic stance.

**Equipment** - Basketball court, half-court.

**Action** - Players spread out on the basketball court. They get into and maintain a basic stance. The coach or a partner checks for proper stance.

## ***2. Line Starts, Steps, Stops***

**Goal** - To practice starting, pivoting and stopping.

**Equipment** - Basketball court, full-court.

**Action** - Players divide into four groups and form four lines behind one of the baselines. The coach stands at midcourt facing the players. The coach calls out one of the following moves for the players to perform.

### **Moves:**

- Stutter-step - Players start from the baseline and go down court with their hands up, and making their shoes squeak.
- Change of pace - Players will alternate two to three slow and fast moves after making a quick start. Players should use a variety of steps and be quick.
- Pivots - Players will run down the court and come and perform front and rear pivots at the free throw line, midcourt line and opposite free throw line, simulating a game situation.
- Quick stops - Players will run down the court and perform quick stops at the free throw line, midcourt line and opposite free throw line.
- Stride stops - Players will work on forward and reverse movements. Players will run to the free throw line, stop, reverse and run back to the baseline.

This is repeated down the court in the following manner- baseline to half-court line and back to the free throw line, free throw line to opposite free throw line and back to half-court line, half-court line to opposite baseline back to opposite free-throw line and finish up to the opposite baseline.

- Spacing jog - The first four players jog down the court at their own pace. The next player in line starts when the player is 15 feet down court. The players must work on maintaining this spacing. To make this drill more challenging, have the players perform various change of pace and start and stop moves.

## ***More Drills for Youth Basketball Fundamental Movements***

### ***3. Line Quick Jumps***

**Goal** - To practice basic jumping skills needed for shooting and rebounding.

**Equipment** - Basketball court, full court or half court.

**Action** - Players divide into four groups and form four lines behind one of the baselines. The coach stands at midcourt facing the players. The first player in each line sprints to the free throw line performs a quick stop and then performs five quick jumps in place. They repeat this process at the half-court line and opposite free throw line.

#### ***4. Jump Ball Tipping***

**Goal** - To practice the jumping skills needed for the jump ball situation.

**Equipment** - A basketball and the jump circles on the court.

**Action** - Players will practice their basic jumping techniques with a partner at one of the jump circles on the court. The coach or another player will throw the ball up for the jump ball.

### ***Basketball Cuts and Moves without the Ball***

#### ***1. Live Moves without the Ball***

**Goal** - To practice and simulate the basic basketball cuts and moves made without the ball.

**Equipment** - Basketball court, full court or half court.

**Action** - Players divide into four groups and form four lines behind one of the baselines. The players should imagine that the ball is in the centre of the court. They will move from side to side down the court without the ball, performing the following moves.

#### **Moves:**

- V-cut to get open for a pass. Players should v-cut and then come to a quick stop in a triple threat position, simulating catching a pass from a teammate.
- V-cut to get open, then a backdoor cut to get open for a pass. Players should work on proper footwork and make their cuts sharp and quick. Players should keep their hands up ready for the pass.
- Front cut - Players simulate a pass to half court followed by a front cut. To do this players will v-cut away from the pass, make a fast cut to the ball, and then a quick stop at the free throw line simulating catching the ball. The players should then pivot to face the opposite basket, get into a triple threat position and scan the entire court. This action is repeated at the midcourt line and opposite free throw line.
- Rear cut - Players simulate a pass to half court followed by a rear cut. To do this, players will cut toward their pass, make a quick rear cut, and then a quick stop at the free throw line simulating catching the ball. The players should then pivot to face the opposite basket, get into a triple threat position and scan the entire court. This action is repeated at the midcourt line and opposite free throw line.

#### ***2. V-Cut***

**Goal** - To practice the basic basketball cuts and moves used to get open for a pass.

**Equipment** - Basketball court, one ball per group.

**Action** - The players form two lines at each basket. One line (guards) forms at midcourt, to the side of the centre circle. The other line (forwards) forms at the wing position. The players should switch lines after each move is completed. The groups will work on the following moves.

#### **Moves:**

- The forward will v-cut to get open, receive the pass from the guard, then pivot and square up to the basket in a triple threat position.
- The forward will v-cut to get open, but instead of receiving the pass will make a quick back door cut to the basket. The forward should have their hands up and ready for a pass.
- The forward makes a v-cut to get open for a pass. The guard will make a pass to the forward and then make a front or rear cut to the basket. The guard should have their hands up and ready for a return pass (give and go).

#### **Option:**

Once the players are able to make to perform these cuts, are able to catch the ball and face the basket, and are able to stay under control - you can then add two defenders to the drill. Let them play a two-on-two situation.

## ***Ball Handling Drills***

- 1. Finger Grabs** - Players will hold the basketball with their fingertips, keeping it off of their palms. They will squeeze the ball and rotate it back and forth from hand to hand.
- 2. Ball Slaps** - Players will slap or pound the basketball back and forth from hand to hand. They should pound the ball hard to improve their grip and feel for the ball.
- 3. Tipping Drill** - Players will start with their hands over their head and begin to tap the ball back and forth from hand to hand, only using their fingertips. They will then work their way down to their chest, waist, knees, ankles and then back up to their head. They should keep their elbows straight and control the ball with their fingertips, not their palms.
- 4. Head Circles** - Players will stand with their feet together. They will move the ball quickly around their head in a circular motion. They should work the ball in both directions.
- 5. Waist circles** - Players will stand with their feet together. They will move the ball quickly around their waist in a circular motion. They should work the ball in both directions.
- 6. Leg Circles** - Players will stand with their feet together. They will move the ball quickly around their legs in a circular motion. They should work the ball in both directions.
- 7. Ankle Circles** - Players will stand with their feet together. They will move the ball quickly around their ankles in a circular motion. They should work the ball in both directions.
- 8. Body Circles** - Players will stand with their feet together. They will combine the head, waist and leg circle drills into one. They will start with the basketball at their head, work down to their waist, then down to their legs, and finally to their ankles. They will then work their way back up their body. They should work the ball in both directions.
- 9. Around Each Leg** - Players will stand with one leg forward. They will move the ball quickly around that leg in a circular motion. They will then switch and use the other leg. They should work the ball in both directions.
- 10. Figure Eight** - Players will stand with their legs spread out wider than shoulder width. They will start with the basketball in their right hand. They will move the ball through their legs to their left hand, then around their left leg and back through their legs to the right hand. This forms a figure eight motion. Players should work the ball in both directions.
- 11. Ball Drop** - Players will stand with their feet shoulder-width apart. They will hold the basketball between their legs by putting one hand on the ball in front of their legs and one hand on the ball behind their legs. They will then drop the ball and quickly switch the position of their hands. A simple variation would be to let the ball bounce before catching it.
- 12. Straddle Flip** - Players will stand with their feet shoulder-width apart. They will hold the basketball with both hands in front of their legs. They will drop the ball and swing their hands behind their legs, catching the ball before it hits the floor. They should do this as quickly as possible.
- 13. Toss and Catch** - Players will stand holding the basketball in front of them at waist level. They will then toss the ball up over their head and catch it behind their back. A more difficult variation would be to have the players reverse pivot after they toss the ball up and then catch it behind their back.
- 14. Wall Taps** - Players will stand about three feet from a wall. They will hold the basketball in their right hand, extended above their head. They will quickly tap the ball 10 times off the wall. They will then switch to their left hand. Players should work on controlling the ball with their finger pads, and not the palm of their hands.
- 15. Ricochet** - Players will stand with their feet shoulder-width apart. They will hold the basketball in front of them with both hands. They will quickly bounce the ball between their legs and catch it behind them with both hands.
- 16. Crab Walk** - Players will walk down the court in a bent over position. They will work the basketball between their legs in a figure eight motion as they walk down the court. The players should move at a pace they're comfortable with.

Think about it for a minute. Good dribbling is needed to bring the basketball down the court, start the offense, drive to the basket, and run the fast break and so much more!

The only way to become a good dribbler is to practice a variety of dribbling drills.

By learning and understanding these basketball dribbling drills...

**Players** will be more comfortable handling and controlling the basketball. They will have more confidence in their dribbling ability.

**Parents** will have a better understanding of the various dribbles used in basketball. They will be able to help their child practice and succeed at these dribbling drills.

**Coaches** will have a more thorough understanding of the different drills used to teach dribbling. They will be able to put their players in a better position to succeed on the court.



## ***Dribbling Drills***

### ***Pointers for Basketball Dribbling Drills***

- Players should control the basketball with the padded part of their fingers, known as their finger pads.
- Players should avoid using their palms to control the basketball.
- Players should keep their fingers spread apart while dribbling.
- Players should practice these basketball dribbling drills with both their right and left hand.
- Players should keep their head up while dribbling.
- Players should keep their non-dribbling hand up to shield the defender.
- Players should practice these basketball dribbling drills on their own as much as possible.
- Coaches should use basketball dribbling drills everyday in practice.

## **Stationary Basketball Dribbling Drills**

**Goal** - To practice getting a feel for the basketball and maintaining control while dribbling.


**Equipment** - Basketball court, half-court or full-court. One basketball per player, or one per pair.

**Action** - Players spread out on the basketball court in four lines, facing the coach. Players will be in a good basic basketball position. They will do each of the following basketball dribbling drills for 30 - 60 seconds.

Players should practice the dribbling drills with their dominant and non-dominant hand. Some important points to remember: Players should use their finger pads to control the ball. Players should keep their non-dribbling hand up to shield the defender. Players should work on keeping their head up, not on the ball.

### ***Drills:***

- **Control Dribble** - Players start by dribbling the basketball with their dominant hand. They should work on controlling the ball, keeping their head up and keeping their non-dominant hand up to shield the defender. Players should work on this drill with each hand.
- **High Low Dribble** - Players start by dribbling the basketball at waist level. They then dribble the ball lower and lower until they are down on one knee, maintaining a quick and controlled dribble. Players will then work their way back up to their feet and dribble back up to waist level. Players should work on this drill with each hand.
- **Kills** - Players start by dribbling the ball at waist level. They then quickly dribble the ball as low as they can for a few seconds. Players then return to a waist level dribble and repeat. Players should work on this drill with each hand.
- **Crossover Dribble** - Players will dribble the basketball once with their right hand on their right side. They will then cross the ball over in front of their body to their left hand. They will then dribble the basketball once with their left hand on their left side followed by the crossover dribble back to their right side.

- **Front V-Dribble** - Players will dribble the basketball once with their right hand on their right side. They will then cross the ball over in front of their body, similar to the crossover dribble. Instead of controlling the ball with their left hand, they should then slide their right hand over the top of the ball and dribble it back to the right side. Players should work on this drill with each hand.
- **Side V-Dribble** - Players will dribble the basketball with their right hand on the outside of their right leg. They should dribble the ball forward and backward with the v-dribble described above. Players should work on this drill with each hand.
- **Leg Circles** - Players start with their feet shoulder-width apart. Players will dribble with their right hand around their right leg and then with their left hand around their left leg.  Players will then put their feet together and use both hands to dribble around their legs. Players will then go down on their knees and use both hands to dribble around their body. Players will then bring one knee up and keep one knee down. They will dribble the ball around their body and under their leg and then switch leg positions and repeat.
- **Figure Eight Dribble** - Players will start with their feet wider than shoulder-width. They will start with the basketball in their right hand. They will dribble the ball through and around their legs in a figure eight pattern. Players should start slowly, control the ball and increase their speed when they get more comfortable with the drill.

## ***Full Court Basketball Dribbling Drills***



**Goal** - To practice dribbling and controlling the basketball.

**Equipment** - Basketball court, full-court. One basketball per group.

**Action** - Players will form four lines at one of the baselines, facing the coach who is at half-court. Players will perform the following basketball dribbling drills by dribbling down the court with their right hand and back with their left hand. They will then pass to the next player in line for their turn. Players should work on controlling the basketball and keeping their head up to see the court. They can do this by focusing on the opposite basket.

### ***Drills:***

- **Control Dribble** - Players control dribble down the court with their right hand and return with their left.
- **Speed Dribble** - Players speed dribble down the court with their right hand and return with their left.
- **Change-of-pace Dribble** - Players dribble down the court alternating between the speed dribble and control dribble. They should dribble down with their right hand and back with their left.
- **Crossover Dribble** - Players will use the crossover while dribbling down the court and back in a zigzag pattern.
- **Reverse Dribble** - Players will use the reverse move while dribbling down the court and back in a zigzag pattern.
- **Behind The Back Dribble** - Players will use the behind the back move while dribbling down the court and back.
- **Between The Legs Dribble** - Players will use the between the legs move while dribbling down the court and back in a zigzag pattern.
- **Pull Back and Crossover Dribble** - Players will use the pull back and crossover move as they dribble down the court and back.

## ***Group Basketball Dribbling Drills***

### **1. Dribble Tag**

**Goal** - To practice dribbling and controlling the ball in a competitive situation.

**Equipment** - Basketball court, half-court. One basketball per player.

**Action** - Players will maintain and control their dribble inside the three point area. At the same time, they will try to knock the ball away from the other players. A player is eliminated from the game if they: Loose

their ball, double dribble, step out of the area or stop their dribble. As the group gets smaller, reduce the playing area to the foul lane.

## **2. Dribble Relays**

**Goal** - To practice dribbling and controlling the ball in a fast, full-court situation.

**Equipment** - Basketball court, full-court. One basketball per group.

**Action** - Players will form four lines at one of the baselines, facing the coach at half court. The first person in line has the basketball. They will speed dribble to the opposite baseline and back, using their right hand down and left hand back. They will then pass the ball to their teammate for their turn. The first team to return all of their players wins the race.

A variation on this basketball dribbling drill would be to have the players dribble to the free throw line and back, then the half-court line and back, then the opposite free throw line and back, and finally the opposite baseline and back. These are great for dribbling and conditioning!

**Basketball Passing Drills** are often the most overlooked and neglected aspect of the game. Players and coaches spend most of their offensive time practicing dribbling and shooting - which are very important individual skills.

However, for the team to be successful, players must develop their passing and catching skills. There is nothing more important to team success than good passing!

The only way this is accomplished is by practicing a variety of basketball passing drills. The skills of passing and catching go together. The drills below are labelled as passing drills - but they are obviously working on the catching end of it as well.

By learning and understanding these basketball passing drills...

**Players** will become effective at passing and catching the basketball. They will be more aware of the importance of good passing. They will also have a better understanding of the various passes used.

**Parents** will have a better understanding of the passes used during the game of basketball. They will have the ability to help their child practice and succeed with these various passes.

**Coaches** will be able to teach their players the skills needed to be effective and efficient passers. They will be able to show their players the importance of good team passing.

## **Individual Basketball Passing Drills**

### **1. Wall Basketball Passing Drills**

**Goal** - To practice the skills of passing and catching without a partner.

**Equipment** - One basketball per player. Wall space, a 3' x 3' target can be added if desired.

**Action** - Players will stand back 10 feet from the wall to start. Players will pass the basketball against the wall, trying to hit their target with each pass. As they pass the ball, they should leave their feet on the floor.

They will then catch the basketball as it bounces back to them. As they catch the ball, they should have their feet in the air and then come to a quick stop. The players will practice the following passes: Chest Pass, Bounce Pass, Overhead Pass, Baseball Pass, and Push Pass. As the players' accuracy improves, have them continually move back further from the wall.

## **Partner Basketball Passing Drills**

### **1. Two Line Partner Basketball Passing Drills**

**Goal** - To practice the skills needed to pass and catch properly with a partner.

**Equipment** - Basketball court. One basketball per pair.

**Action** - Players will form two lines along the free throw lane lines. Partners will be facing each other. The coach will stand in a position to be able to see all players.

The players will make the following passes back and forth to each other: Chest Pass, Bounce Pass, Overhead Pass, Baseball Pass, and Push Pass. Players should practice the proper footwork when passing and catching the basketball.



## ***2. Moving Pairs Basketball Passing Drills***

**Goal** - To practice the skills needed to pass and catch properly while moving.

**Equipment** - Basketball court. 20 square feet of space for each pair. One basketball per pair.

**Action** - Players will divide up on the court with a partner and a basketball. The passer will make the following passes: Chest Pass, Bounce Pass, One-Hand Bounce Pass, Overhead Pass, Baseball Pass, and Push Pass. The receiver will work on getting open using various cuts and moves.

When the pass is made, the receiver will catch the ball with their feet in the air, come to a quick stop and then pivot to face the passer in a triple-threat position. The players will then switch roles.

## ***3. Two-Man Slide Basketball Passing Drills***

**Goal** - To practice the skills needed to pass and catch properly while moving.

**Equipment** - Basketball court, full-court. One basketball per pair.

**Action** - Players will form two lines, 10 - 15 feet apart, at one of the baselines. Each pair will slide down the court to the opposite baseline while making chest passes back and forth to each other.

The players should not dribble the basketball, travel or cross their feet. The next pair in line will start once the first pair reaches the top of the key. The players should work on proper passing and catching fundamentals as they are sliding down the court.

## **Group Basketball Passing Drills**

**Goal** - To practice the skills needed to pass and catch the basketball in a group situation. Players will also work on their eye-hand coordination and peripheral vision.

**Equipment** - Basketball court, full-court or half-court. One or more basketballs per group.

**Action** - Players will divide into groups to perform the following drills. They should concentrate on the proper fundamentals needed to make quick, accurate passes - as well as good catches.

**1. Rapid Fire Basketball Passing Drill** - Players will divide into groups of six. One player (#1), with a basketball, will stand at the free throw line facing his teammates. The other players will form a semi-circle from one side of the free throw line to the other, facing the passer.

One player (#2) in the group will also have a basketball. Player #1 will make a chest pass to any player in the group. As he does this player #2 makes a chest pass to player #1. This action is continued with two balls being passed back and forth between player #1 and all the players of the group. The players should work on making quick, accurate passes, being alert, and working with their teammates.

**2. Triangle Basketball Passing Drill** - Players will divide into three groups. Each group will form a line 15 feet from the other groups. The three lines should form a triangle. The players will make the following passes: Chest Pass, Bounce Pass, and Overhead Pass.

The first player in one of the lines will start with the basketball. They will make a chest pass to the player to their right and then sprint to the end of that line. This action will continue around the triangle in the right direction. The coach should have the players work on the bounce pass and overhead pass. This drill should be done in the right direction as well as the left direction.

**3. Monkey In The Middle Basketball Passing Drill** - Players will divide into groups of three. The groups will spread out throughout the gym. Each group will have two offensive players and one defensive player. The offensive players should face each other about 12 feet apart. The defensive player stands between the offensive players about two feet from the player with the ball.

The offensive players will use the chest pass, bounce pass, and one-hand bounce pass. The offensive players cannot move more than one step to either side and cannot throw lob passes over the defenders head. The offensive players must work on good ball fakes and quick passes. Players should switch positions after 30 seconds.

**4. Circle Basketball Passing Drill** - Players will divide into groups of five. Each group will be positioned at one of the jump ball circles. The players should be one step outside of the circle.

The players will pass the basketball across the circle to a teammate who will catch it and then make a pass to another teammate. This action will be continued with the players working on the chest pass, bounce pass, one-hand bounce pass, overhead pass and push pass.

**5. Circle Basketball Passing Drill 2** - Players will divide into groups of five. Each group will be positioned at one of the jump ball circles. The players should be one step outside of the circle.

The players will pass the basketball around the outside of the circle to a teammate who will catch it and then make a pass to another teammate. This action will be continued with the players working on the chest pass, bounce pass, one-hand bounce pass, overhead pass and push pass.

**6. Three Man Basketball Passing Drill** - Players form three lines, about 15 feet apart, at one of the baselines. They will run down the court in straight lines while making chest passes back and forth to their teammates.

The player in the middle line will start with the basketball. The passing pattern will be: Middle line to right line back to middle line to left line back to middle line and repeat. The players should work on quick, accurate passes to their teammates.

**7. Three Man Weave Basketball Passing Drill** - Players form three lines, about 15 feet apart, at one on the baselines. They will run down the court in a weaving manner while making chest passes to their teammates.

The player in the middle line will start with the basketball. The players will start running down the court. The player in the middle will pass the ball to the player in the right line who is weaving into the middle line. The passer then runs to the area that was just vacated by the receiver. The receiver then repeats this action with the player in the left line.

The players must remember that the ball should stay in the middle of the court. This is done by passing the ball to the player who is entering the middle lane. As players get more confident with this drill, a lay-up can be added to the end of the drill.

## ***Basketball Shooting Drills***

Without a doubt, players practice **Basketball Shooting Drills** more than any other fundamental skill of the game. Shooting the basketball is fun!

Every player loves to be able to shoot the ball through the hoop. It's what basketball is all about!

To become a great shooter, players must dedicate themselves to working on basketball shooting drills that will help them improve their skill level. Yes, I believe any player can become a great shooter - if they are willing to work at it.

By practicing and understanding the basketball shooting drills below...

**Players** will develop the proper shooting mechanics and fundamentals needed to succeed. Their comfort and confidence level will increase as they work on these basketball shooting drills.

**Parents** will develop a better understanding of the various skills their child needs to become a good shooter. They will be in a better position to help their child with these drills and monitor their progress.

**Coaches** will be able to give their players the skills needed to become good at shooting the basketball. Their players will have a better understanding of what it takes to improve their shooting.

## ***Basic Basketball Shooting Drills***

### **1. Wall Shooting - Set Shots**

*Goal* - To practice the proper shooting form and technique of the set shot.

*Equipment* - Wall space for each player. One basketball per player.

*Action* - Players will stand 5 - 10 feet away from the wall. They will start by form shooting to a target on the wall. To do this, players will start with the ball in their shooting hand with their palm facing up. They will then rotate the ball up into the shooting position. The off-hand should not touch the ball at this point.

While practicing these basketball shooting drills, players should focus on proper shooting technique and form at this point. After 20 form shots, players can place their off-hand on the basketball and practice 20 more form shots.

## **2. Wall Shooting - Jump Shots**

*Goal* - To practice the proper shooting form and technique of the jump shot.

*Equipment* - Wall space for each player. One basketball per player.

*Action* - Players will stand 5 - 10 feet away from the wall. They will start in a triple threat position and shoot jump shots to a target on the wall. Players should focus on proper shooting form and footwork.

## **3. Line Form Shooting**

*Goal* - To practice the proper shooting form and technique of the set shot and jump shot.

*Equipment* - Basketball court, full-court or half-court. One basketball per pair.

*Action* - Players will form two lines 10 feet apart, facing their partner. One player in each pair will start with the basketball. The players will practice form shooting back and forth to their partners.

Players should start with the ball in their shooting hand with their palm facing up. They will then rotate the ball up into the shooting position. The off-hand will not touch the basketball at this point. Players will perform 20 form shots each.

Next, players will place the off-hand on the basketball and take another 20 form shots each. Next, players will perform 20 jump shots each. Players should focus on proper shooting form and technique.

*Note:* As they are performing these basketball shooting drills, the players should be moved closer to or further away from each other, depending on how they are shooting the ball to their partner. If they are struggling with their form at the 10 foot distance, move them in a little. On the other hand, if their form and technique are good, move them back to 15 feet.

## **4. Four Line Shooting - Lay-ups**

*Goal* - To practice the proper shooting form and technique of the lay-up.

*Equipment* - Basketball court, full-court or half-court.

*Action* - Players will form four lines at one of the baselines, facing the coach at half-court. The first player in each line will start by dribbling an imaginary basketball toward the free throw line area. As they approach the free throw line, they will perform the proper footwork and shooting form to shoot an imaginary lay-up.

They will repeat this at the half-court line and opposite free throw line. Once they pass the first free throw line, the next player in their group will begin. The players should practice both right and left handed lay-ups.

*Note:* Once players are comfortable with the proper footwork needed for a lay-up, a basketball can be added to this drill.

## **5. Four Line Shooting - Jump Shots**

*Goal* - To practice the proper shooting form and technique of the jump shot.

*Equipment* - Basketball court, full-court or half-court.

*Action* - Players will form four lines at one of the baselines, facing the coach at half-court. The first player in each line will start by dribbling an imaginary basketball toward the free throw line area. As they approach the free throw line, they will perform the proper footwork and shooting form to shoot an imaginary jump shot.

They will repeat this at the half-court line and opposite free throw line. Once they pass the first free throw line, the next player in their group will begin.

*Note:* Once players are comfortable with the proper footwork and shooting form needed for a jump shot, a basketball can be added to this drill.

## **Partner Basketball Shooting Drills**

### **1. In-And-Out Basketball Shooting Drills**

*Goal* - To practice moving to get open, passing and catching, proper shooting form and technique, and rebounding in a game situation.

*Equipment* - Basketball court, one basket per pair. One basketball per pair.

*Action* - Players will divide into pairs. Each pair will go to a basket and have one basketball. One player will start as the shooter and the other will be the rebounder/passers.

The rebounder will start with the basketball. The shooter must make various cuts to get open, call the passer's name, and then receive the pass for a shot. The shooter will rebound their own shot and continue shooting until a basket is made.

After a shot is made, the original shooter will then pass to the original rebounder who now gets open for a shot. The players should focus on proper shooting technique and take shots within their shooting range.

*Variations:*

- 30 Second Shooting - The shooter will make moves to get open and shoot for 30 seconds while the other player rebounds and passes. Players then switch positions.
- 5 Shots - The shooter will make five shots while the other player rebounds and passes. Players then switch positions.
- 10 Shots - The shooter will make moves to get open for shots directly off of the pass, and from shots off of the dribble. The shooter must make 10 shots from various locations while the other player rebounds and passes. Players then switch positions.

## **2. One-on-One Basketball Shooting Drills**

*Goal* - To practice proper shooting form and technique, passing and catching, making moves to the basket, and rebounding in a game situation.

*Equipment* - Basketball court, one basket per pair. One basketball per pair.

*Action* - Players will divide into pairs. Each pair will go to a basket and have one basketball. One player will start as the shooter and the other will be the defender. The defender will start with the basketball under the basket while the shooter will be at the free throw line. The defender will roll the basketball to the shooter and then close out to play token defence.

The shooter will pick up the ball get into a triple threat position and then perform one of the following moves: Jump shot, Fake shot followed by one dribble to the right or left and then pull up for a jump shot, Fake shot followed by a right or left drive to the basket for a lay-up. The defender only applies token defence at this point. The shooter should rebound the ball until a shot is made. Players then switch positions.

*Note:* As the players' skill level advances, this can become a live ball one-on-one drill.

## **Group Basketball Shooting Drills**

### **1. Elbow Shooting Drill**

*Goal* - To practice moving to get open, passing and catching, proper shooting form and technique, and rebounding in a game situation.

*Equipment* - Basketball court, one basket per group. One basketball per group.

*Action* - Players will divide into groups of 6 at each basket. Each group will divide into two lines, one at each wing area. The left line will start as the passers and the right line will be the shooters.

The passers will start in a triple threat position, make quick passes to the shooter, and then rebound the shot. The shooters will start at the wing; make a cut toward the baseline and then v-cut back to the right elbow (the corner of the free throw line and the free throw lane).

The shooter will then perform the following moves: Jump shot, Fake shot followed by one dribble to the right or left and then pull up for a jump shot, Fake shot followed by a right or left drive to the basket for a lay-up. After the shot and rebound, the players will switch positions. Once each player has taken the above shots two times, the lines will switch assignments.

*Note:* Players should make game speed cuts, passes, catches and shots. This is a great shooting drill that allows the players to get in a lot of shots and drives to the basket.

*Note:* Once the players learn the back-door cut, it can be added to this drill. The shooter would cut to the baseline, then v-cut to the elbow. Instead of receiving the pass, they would then cut back door for a pass and lay-up.

## **2. Full-Court Basketball Shooting Drills**

*Goal* - To practice dribbling, running the court, proper shooting form and technique for the lay-up and jump shot, and rebounding.

*Equipment* - Basketball court, full court. Two basketballs.

*Action* - Players will divide into two groups. The groups will start at separate baselines, facing the court. The groups should be on the right side of the backboard, and the first player in line should have a basketball.

The players will speed dribble down the court and execute a right handed lay-up. They will continue to shoot until the shot is made. When the shot is made, the next player in line at that basket will rebound the basketball and dribble down the court for their lay-up.

Players should dribble down the court under control and execute the proper footwork and shooting form for a lay-up. Once each player has made four shots, the groups can switch to the left side of the backboard and execute left handed lay-ups.

*Variations:* The players can also practice these basketball shooting drills by taking jump shots at the right and left elbows. The drill would run as described above; however, the players would pull up for jump shots instead of driving in for lay-ups. Any missed shots would be rebounded by the shooter and followed up with a lay-up.

## ***Basketball Moves with the Ball***

### **Perimeter Basketball Moves**

#### **Pointers**

- Live Ball Moves will include: Direct Drive, Hesitation Move, Rocker Step and Crossover Step.
- Dribble Moves will include: Control Dribble, Speed Dribble, Change-of-Pace Dribble, Crossover Dribble, Reverse Dribble, Back-up Dribble, Between the Legs Dribble and Behind the Back Dribble.
- Dead Ball Moves will include: Jump Shot, Fake Shot and Jump Shot, Step through Shot, Crossover Move and Spin Move.

#### **1. Perimeter Line Drills**

*Goal* - To practice live ball moves, dribble moves, and dead ball moves.

*Equipment* - Basketball court, full-court. One basketball per line.

*Action* - Players divide into four groups and form four lines at one of the baselines. Players will make their basketball moves to the opposite baseline and back in the following manner: Live ball moves to the free throw line - Dribble moves to the opposite free throw line - Dead ball moves at the opposite basket. Players should make a basket to complete this circuit. They will then repeat the process back to their basket.

Players should focus on proper technique and footwork. They should perform these moves at game speed. Players should practice using both feet as their pivot foot.

#### **2. One Man Outside Moves**

*Goal* - To practice live ball moves, dribble moves and dead ball moves.

*Equipment* - Basketball court, full-court. One basketball per player.

*Action* - Players will divide up into groups of six at each basket. Each player will have a basketball and be positioned around the three point line facing the basket. The players will give themselves an underhand spin pass to start the drill. They should catch the ball with their feet in the air and land on both feet. They will then pivot to face the basket, in a triple threat position.

Players will then practice various live ball moves, dribble moves and dead ball moves as they drive to the basket for a shot. Players should focus on proper technique and footwork. They should perform these moves at game speed. Players should practice using both feet as their pivot foot.

#### **3. One-on-one Outside Moves**

*Goal* - To practice live ball moves, dribble moves and dead ball moves in a live ball situation.

*Equipment* - Basketball court, full-court. One basketball per group.

Action - Players will divide into groups under each basket. Half of the group (defence) will be under the basket. The other half (offense) will be at the top of the key.

The defender starts the drill by making a chest pass to the offensive player and then closes out to play defence. The offensive player must catch the ball, get into a good triple-threat position, read the defender, and then either take a shot or make an outside move and drive to the basket. Players will switch lines after their turn.

This is a live ball drill. Players should play until a shot is made or the defender gains possession of the ball by stealing or rebounding it. This drill can also be run as a two-on-two drill.

## **Post Basketball Moves**

### **Pointers**

- Post Moves will include: Post Shot, Power Move or Drop-Step, Wheel Move and Facing Moves.
- Facing Shots will include: Jump Shot, Fake Shot then Jump Shot and Crossover Post Shot.
- Players should practice their moves using both feet as their pivot foot.

### **1. One Man Post Moves**

Goal - To practice various post moves.

Equipment - Basketball court, full court. One basketball per player.

Action - Players will divide up into groups at each basket. Each player will have a basketball and be positioned at one of the low post positions with their back to the basket.

The players will give themselves an underhand spin pass to start the drill. They should catch the ball with their feet in the air and land on both feet. They will then perform one of the following post moves: Post shot, Power Move, Wheel Move, and Facing Shots.

Note: Players should practice these post moves to the baseline and to the middle.

Note: Once players develop good post moves, a defender can be added to the drill for a live ball situation.

### **2. Five in a Row Post Shooting**

Goal - To practice various post moves.

Equipment - Basketball court, full court. One basketball per player.

Action - Players will divide up into groups at each basket. Each player will have a basketball and be positioned at one of the low post positions with their back to the basket. The players will give themselves an underhand spin pass to start the drill. They should catch the ball with their feet in the air and land on both feet.

Players will make five baskets for each of the following moves: Power move from the low post, Post move from the low post, Wheel move from the low and middle post, facing move from the elbow.

Note: Players should complete this circuit from the right side of the court and then repeat it from the left side.

### **3. Feed the Post Drill**

Goal - To practice various post moves, post defence, moving without the ball, and passing and catching.

Equipment - Basketball court, full court. One basketball per group.

Action - Players will divide into groups of four at each basket. Each group will divide into offense and defence - positioned at the low post and on the wing. The groups will then play in a two-on-two situation.

The perimeter offensive player will start with the basketball and work to make a good pass to the post player. The post player should work to get open and maintain good post position. Once the post player receives the pass, they will perform one of the following post moves: Post shot, Power Move, Wheel Move,

and Facing Shots. Once the defence gains possession of the basketball, either by a steal or rebound, the teams will switch roles.

Note: The groups should work on both the left and right side of the basketball court.

Note: The players should work on the proper fundamentals of passing and catching, defence, post play and rebounds.

## ***Basketball Moves with the Ball***

### **Perimeter Basketball Moves**

#### **Pointers**

- Live Ball Moves will include: Direct Drive, Hesitation Move, Rocker Step and Crossover Step.
- Dribble Moves will include: Control Dribble, Speed Dribble, Change-of-Pace Dribble, Crossover Dribble, Reverse Dribble, Back-up Dribble, Between the Legs Dribble and Behind the Back Dribble.
- Dead Ball Moves will include: Jump Shot, Fake Shot and Jump Shot, Step through Shot, Crossover Move and Spin Move.

#### **1. Perimeter Line Drills**

Goal - To practice live ball moves, dribble moves, and dead ball moves.

Equipment - Basketball court, full-court. One basketball per line.

Action - Players divide into four groups and form four lines at one of the baselines. Players will make their basketball moves to the opposite baseline and back in the following manner: Live ball moves to the free throw line - Dribble moves to the opposite free throw line - Dead ball moves at the opposite basket. Players should make a basket to complete this circuit. They will then repeat the process back to their basket.

Players should focus on proper technique and footwork. They should perform these moves at game speed. Players should practice using both feet as their pivot foot.

#### **2. One Man Outside Moves**

Goal - To practice live ball moves, dribble moves and dead ball moves.

Equipment - Basketball court, full-court. One basketball per player.

Action - Players will divide up into groups of six at each basket. Each player will have a basketball and be positioned around the three point line facing the basket. The players will give themselves an underhand spin pass to start the drill. They should catch the ball with their feet in the air and land on both feet. They will then pivot to face the basket, in a triple threat position.

Players will then practice various live ball moves, dribble moves and dead ball moves as they drive to the basket for a shot. Players should focus on proper technique and footwork. They should perform these moves at game speed. Players should practice using both feet as their pivot foot.

#### **3. One-on-one Outside Moves**

Goal - To practice live ball moves, dribble moves and dead ball moves in a live ball situation.

Equipment - Basketball court, full-court. One basketball per group.

Action - Players will divide into groups under each basket. Half of the group (defence) will be under the basket. The other half (offense) will be at the top of the key.

The defender starts the drill by making a chest pass to the offensive player and then closes out to play defence. The offensive player must catch the ball, get into a good triple-threat position, read the defender, and then either take a shot or make an outside move and drive to the basket. Players will switch lines after their turn.

This is a live ball drill. Players should play until a shot is made or the defender gains possession of the ball by stealing or rebounding it. This drill can also be run as a two-on-two drill.

### **Post Basketball Moves**

#### **Pointers**

- Post Moves will include: Post Shot, Power Move or Drop-Step, Wheel Move and Facing Moves.
- Facing Shots will include: Jump Shot, Fake Shot then Jump Shot and Crossover Post Shot.
- Players should practice their moves using both feet as their pivot foot.

### **1. One Man Post Moves**

Goal - To practice various post moves.

Equipment - Basketball court, full court. One basketball per player.

Action - Players will divide up into groups at each basket. Each player will have a basketball and be positioned at one of the low post positions with their back to the basket.

The players will give themselves an underhand spin pass to start the drill. They should catch the ball with their feet in the air and land on both feet. They will then perform one of the following post moves: Post shot, Power Move, Wheel Move, and Facing Shots.

Note: Players should practice these post moves to the baseline and to the middle.

Note: Once players develop good post moves, a defender can be added to the drill for a live ball situation.

### **2. Five in a Row Post Shooting**

Goal - To practice various post moves.

Equipment - Basketball court, full court. One basketball per player.

Action - Players will divide up into groups at each basket. Each player will have a basketball and be positioned at one of the low post positions with their back to the basket. The players will give themselves an underhand spin pass to start the drill. They should catch the ball with their feet in the air and land on both feet.

Players will make five baskets for each of the following moves: Power move from the low post, Post move from the low post, Wheel move from the low and middle post, Facing move from the elbow.

Note: Players should complete this circuit from the right side of the court and then repeat it from the left side.

### **3. Feed The Post Drill**

Goal - To practice various post moves, post defence, moving without the ball, and passing and catching.

Equipment - Basketball court, full court. One basketball per group.

Action - Players will divide into groups of four at each basket. Each group will divide into offense and defence - positioned at the low post and on the wing. The groups will then play in a two-on-two situation.

The perimeter offensive player will start with the basketball and work to make a good pass to the post player. The post player should work to get open and maintain good post position. Once the post player receives the pass, they will perform one of the following post moves: Post shot, Power Move, Wheel Move, and Facing Shots. Once the defence gains possession of the basketball, either by a steal or rebound, the teams will switch roles.

Note: The groups should work on both the left and right side of the basketball court.

Note: The players should work on the proper fundamentals of passing and catching, defence, post play and rebounds.

## ***Basic Basketball Rebounding Drills***

### **1. Grab Ball Rebounding Drill**

**Goal** - To practice the skills needed to grab and hold the basketball after a rebound.

**Equipment** - Basketball court, full-court or half-court. One basketball per pair.

**Action** - Players will divide into pairs and spread out on the basketball court. One player (rebounder) will start with the basketball. The other player (defender) will be positioned directly in front of the rebounder.



The rebounder will hold the basketball overhead with a firm grip. The defender will grab at the basketball attempting to steal it away from the rebounder. The rebounder will pull the ball away, pivot away from the defender, and keep the ball overhead simulating an overhead pass.

Players will grab five rebounds each and then switch positions.

## **2. Four Line Defensive Rebounding Drill**

**Goal** - To practice the skills needed to properly rebound the basketball from a defensive position.

**Equipment** - Basketball court, half-court. One basketball.

**Action** - Players will form four lines starting at the baseline and spread out to the mid-court line. They will be facing the coach positioned on the sideline. Players will start in a good defensive position, simulating that they are guarding the coach.

The players will slide defensively as the coach moves left or right. When the coach yells "shot" the players will perform the proper footwork and technique needed to box him/her out. They will then jump to rebound, grab the ball, pivot and make an outlet pass.

**Option** - The coach can dribble a basketball left or right and then perform a shot. As he does this the players will get a hand up to disrupt the shot, and then perform the proper footwork and technique needed to box out. They will then jump to rebound, grab the ball, pivot and make an outlet pass.

## **3. Four Line Offensive Rebounding Drill**

**Goal** - To practice the skills needed to properly rebound the basketball from an offensive position.

**Equipment** - Basketball court, half-court. One basketball.

**Action** - Players will form four lines starting at the baseline and spread out to the mid-court line. They will be facing the coach positioned on the sideline. Players will start in a basic offensive position.

When the coach yells "shot" the players will make a move to get past their imaginary defender, perform a quick jump, simulate grabbing and rebounding the basketball, "chin" the ball while landing, and perform an offensive scoring move on an imaginary basket.

**Option** - This rebounding drill can also be done with four lines being formed at the baseline. Four players would go at one time performing the above actions at the free throw line, half-court line and opposite free throw line.

## **4. Wall Rebounding Drill**

**Goal** - To practice the skills needed to properly rebound the basketball.

**Equipment** - Basketball court. 5-10 feet of wall space per player. One basketball per player.

**Action** - Players will stand 10 feet away from and facing a wall. They will toss the ball up against the wall so that it bounces back above their head. Players will perform a quick jump, reach up and grab the ball, chin the basketball, and land on two feet in a stable position.

**Option** - When the players become comfortable with rebounding the ball they can work on the following skills: 1. Pivot left or right and simulate making an outlet pass to start the fast break. 2. Work on an offensive scoring move using the wall as their target or basket.

**Note** - This rebounding drill can also be performed using the backboards, instead of a wall.

## **Group Basketball Rebounding Drills**

### **1. Circle Rebounding Drill**

**Goal** - To practice the skills needed to properly box out and rebound the basketball.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will divide into groups of six or more and position themselves around one of the jump ball circles. The players should pair up with teammates that are the same size and preferably the same position.

One partner will be the offensive player and the other will be the defensive player. The offensive players in the group will stand on the outside of the circle, while the defensive players will stand on the inside of the circle. The offensive and defensive players should face each other.

The basketball is placed in the centre of the circle. When the coach blows the whistle, the offensive player makes a move to get past the defender and to the ball. The defensive player should use the proper footwork to pivot and box out the offensive player. The defender should continue to box out for five seconds. The players then switch positions.

## 2. Taps Rebounding Drill

**Goal** - To practice the skills needed to properly jump, catch and rebound the basketball.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will divide into groups of six and position themselves at one of the baskets. The players will form a line facing the basket. The first player in line will start with the basketball.

They will toss the ball off the backboard, run in, jump high for the ball, catch the ball, and tap it off the backboard for the next player in line. As this is happening, the next person in line should be running in and preparing to jump for the ball. After each turn the players quickly run to the end of their line for their next turn.

**Note** - This is a continuous drill. The ball should not touch the ground!

**Option** - This can also be run as a full-court rebounding drill. The players would form one line at each of the main baskets, and would face the opposite basket.

The first player in line would dribble the ball down the court, toss it off the backboard, jump to catch it, and then tap it off the backboard for their teammate who is directly behind them. After doing this, they would quickly run to the other line and head back down the court to repeat this at the other basket.

**Note** - This was my high school coach's favourite rebounding and conditioning drill. He also used it if he needed to get our attention. As soon as he yelled "Taps-two minutes" we knew we were in trouble. We would have to run this full-court drill for two minutes without having the ball touch the ground. As soon as the ball touched the ground, coach added another minute.

Believe me, this is a great rebounding and conditioning drill. When a coach uses drills like this, which incorporate conditioning with the skill being taught, then there is no need to spend time running sprints at the end of practice.

## 3. Figure 8 Rebounding Drill

**Goal** - To practice the skills needed to properly tip the rebounded basketball.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will divide into groups of three and position themselves at one of the baskets. Two players will start outside of the right block area, and the other player will be outside of the left block.

The player on the right side closest to the basket will start with the basketball. They will toss the ball off the backboard to the player on the left side and then quickly run behind that player. As the ball is bounced off the backboard the player on the other side will quickly jump, catch the ball, and toss it back off the backboard to the other side.

The players will continue this pattern of catching, tossing or tipping, and running behind the opposite line for a certain number of repetitions or a certain time period.

## 4. Two Line Rebounding Drill

**Goal** - To practice the skills needed to properly box out, go aggressively toward the basketball and rebound.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will form two lines at each of the main baskets. One line (offense) will be positioned past the top of the key; the other line (defence) will be positioned at the baseline. The coach will stand at the top of the key with a basketball. The first offensive player will start at the free-throw line and the first defender will be directly in front of them in a good defensive position.

The coach will shoot the basketball, attempting to miss it, and the offensive player will aggressively move to get past the defender for a rebound. The defender will perform the proper footwork and technique to pivot and box out the offensive player.

If the defender gets the rebound, they should pivot and make a quick outlet pass to the coach. If the offensive player gets the rebound, they would make an offensive move to score. The drill is continued until the defender gains possession of the ball.

**Option** - This can also be run as a two-on-two or three-on-three rebounding drill. The additional players would be positioned on the wings, corners, or post areas.

## **5. Survival Rebounding Drill**

**Goal** - To practice the skills needed to properly box out and go aggressively toward the basketball for a rebound. To practice proper defensive play and offensive moves to score.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will form groups of four at each basket. One player will be designated as the shooter and will be positioned at the top of the key. They will shoot the ball, attempting to miss, to start the drill. The other three players will be positioned in the lane, attempting to rebound the shot.

The player that rebounds the basketball will become the offensive player, while the other two will be the defenders. The offensive player must work for a good shot. All shots are taken in the lane. A player can pass out to the shooter and then get open for a pass and shot.

The player that rebounds a made or missed shot must immediately pass the ball to the shooter and then get open for a pass to start their turn on offense. The first player to score three points becomes the shooter. The other players keep their points as the drill continues.

**Note** - This is an aggressive rebounding drill with a lot of contact. There is no out-of-bounds used in order to teach the players to go after the ball in an aggressive manner.

I would use an out-of-bounds rule for younger players to prevent them from running into the wall or bleachers. Fouls are not called unless they are excessive and blatant. Players must work on good scoring moves, passing and catching, solid defence, and proper rebounding. Just a great all-around drill!

## **6. One-on-One Rebounding Drill**

**Goal** - To practice the skills needed to properly box out and rebound.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will divide into groups of six at each basket. The players will form two lines at each basket. One line (offense) will be at the wing and the other line (defence) will be at the baseline.

The defensive player will start about five feet away from the offensive player with the basketball. They will start the drill by making a pass to the offensive player who will then take a good shot.

As soon as the shot is taken, the defender should use the proper footwork and technique needed to pivot and box out the offensive player. The shooter should go aggressively to the basket for a rebound.

Once the defender gains possession of the ball they should turn and make a good pass to the next shooter in line who should be in a good position ready to shoot. The next defender should already be in a good defensive position ready to defend and box out.

**Note** - The shooting line could also be positioned at the top of the key or the corner to practice different rebounding angles.

**Option** - This could also be a live ball drill if the offensive player gets the rebound. The players would then play one-on-one until the defender gains possession of the ball.

**Option** - This drill could also be run as a two-on-two or three-on-three drill. The additional players would be positioned on the wings, corners, or post areas. The shot would still be taken from the wing in this drill.

## ***Drills For Youth Basketball Defence***

### **1. Youth Basketball Defence - Stance Drill**

**Goal** - To practice the proper defensive position and stance.

**Equipment** - Basketball court, full-court or half-court. One basketball.

**Action** - Players will form four even lines and spread out on the court facing the coach who will be positioned on the sideline. Players will be in the basic defensive position/stance and will be prepared to move according to the following actions by the coach.

#### **Coach's Action - Defensive Action**

1. Triple threat position - Basic defensive position.
2. Back dribble - Forward defensive slide.
3. Dribble drive right - Defensive angle slide left.
4. Dribble drive left - Defensive angle slide right.
5. Side dribble right - Defensive side slide left.
6. Side dribble left - Defensive side slide right.
7. Basketball overhead - Defensive position with hands around the ball.
8. Shooting the basketball- Hand up, yell "shot", box out, and rebound.

### **2. Youth Basketball Defence - Zigzag Drill**

**Goal** - To practice the proper footwork needed to perform the defensive angle slide down the court.

**Equipment** - Basketball court, full-court.

**Action** - Players will form four lines at one of the baselines. The coach will be positioned at half-court. The first player in each line will step on the court with their back to the coach. On the coach's command, the players will perform the defensive angle slide in a zigzag manner down the court. Once the players cross half-court, the next player in line can begin.

**Note** - The coach should start all players in the same direction to avoid collisions.

**Note** - Players should concentrate on maintaining the proper defensive stance the entire way down the court - even as their legs begin to fatigue. This will help improve their endurance on defence.

### **3. Youth Basketball Defence - O vs. D Zigzag Drill**

**Goal** - To practice the proper footwork needed to perform the defensive angle slide against an offensive player.

**Equipment** - Basketball court, full-court. One basketball for every other person in line.

**Action** - Players will form four lines at one of the baselines. The coach will be positioned at half-court. The first player in each line will step on the court with their back to the coach. The next player in line will have a basketball.

On the coach's command, the offensive players will perform a dribble drive right, followed by a crossover dribble, followed by a dribble drive left. The defensive player will perform the proper defensive angle slide needed to keep the offensive player in front of them. Once the players cross half-court, the next two players in line can begin. The players will switch roles at the other end of the court.

**Note** - Players should concentrate on maintaining the proper defensive stance the entire way down the court - even as their legs begin to fatigue. This will help improve their endurance on defence.

**Note** - Players should work hard to keep the offensive player in front of them. They should also work to cut off their dribble drive, forcing them to use the crossover dribble.

**Option** - This can be also be a live ball drill. In this case the offensive player tries to beat the defender down the court, while the defender tries to steal the basketball or force a turnover.

### **4. Youth Basketball Defence - One on One Drill**

**Goal** - To practice the proper defensive footwork needed to prevent the offensive player from scoring a basket.

**Equipment** - Basketball court, full-court. One basketball per group.

**Action** - Players will divide into groups under each basket. Half of the group (defence) will be under the basket. The other half (offense) will be at the top of the key.

The defender starts the drill by making a chest pass to the offensive player and then closes out to play defence. The offensive player must catch the ball, get into a good triple-threat position, read the defender, and then either take a shot or make an outside move and drive to the basket. The defender needs to be prepared to read the offensive player and play proper defence against the move. Players will switch lines after their turn.

**Note** - This is a live ball drill. Players should play until a shot is made or the defender gains possession of the ball by stealing or rebounding it.

**Note** - This drill can also run as a two-on-two or three-on-three drill.

## **5. Youth Basketball Defence - Shell Drill**

**Goal** - To practice the proper defensive positioning, footwork and fundamentals against an offensive team in a controlled setting.

**Equipment** - Basketball court, full-court or half-court. One basketball per group.

**Action** - Players will divide into groups of five. Depending on the number of players on your team, this drill will take place at one or more baskets.

One group will be the offensive team. They will be positioned around the perimeter in the following manner - one player at the top of the key, one player at each of the wings, and one player at each of the corners. The other group will be the defensive team. Each defensive player will guard an offensive player.

As the offensive team passes the ball around the perimeter, the defensive team will practice proper on-the-ball, off-the-ball, and help-side defence. The defensive players should concentrate on proper defensive stance, footwork and movement. While also working on seeing the basketball and their opponent at all times.

**Note** - This drill should be run slowly at first. Stop the action after each pass and check for the proper defensive positioning. Once the defensive players are comfortable with this drill, speed up the action - slowing it down or stopping it as needed.

**Option** - This drill can also start from different offensive alignments, such as a 1-2-2 or 1-3-1. This will help the defence understand their responsibilities against different offensive sets.

**Option** - Movement can also be added to this drill. After an offensive player makes a pass, they can cut to the basket looking for a return pass. This will help the defensive team work on defending a cut and helping out their teammates.

These are some of the basic drills for helping your players improve their youth basketball defence. As with any aspect of basketball, there are hundreds of drills to help teach proper defence. These drills should give all coaches a solid foundation that will help them establish their defensive strategies and techniques.