

# BASKETBALL PRACTICE AT HOME

## Warm ups

- 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. 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.

## **Triple Threat**

1. At the sound of the whistle you have them make take two dribbles forward and come to a jump stop landing in the triple threat position.
2. Check that they are in a good triple threat position stance and blow the whistle again, for them to repeat the first action.
3. Keep this up until they reach the opposite baseline.
4. Begin by concentrating that they stay low and have good foot positioning.
5. Check for balance and that the ball is in tight also.
6. With time as they get the basic foot positioning down go through the triple threat stance guidelines above to make sure that they not only their foot work but their upper body is in a good triple threat position.

## **Pivoting**

1. Keep one foot planted and rotate 180 degrees.
2. Ball should be held in triple threat position.

## **Passing Fundamentals**

- Passing should be the first option to move the ball up the court.
- Practice passing against a wall or with a friend. Set a target and aim for it.
- Run when passing on the move, don't shuffle your feet - this slows you down.
- Always pass ahead of the receiver on the move.
- Always be a good receiver, show ten fingers and call for the ball.
- After you receive the pass get into a triple threat position, ready for action.
- Step when making a pass. This will improve your power and balance.
- Fake a pass before you make a pass. This will keep the defense off balance.
- Fake high - pass low. Fake low - pass high. Again, keep the defense guessing and off balance.
- Practice all passes with both hands. Improve your weak hand.

## **Basketball Passing Drills**

**1. Wall Passing** - Players will stand 5 - 10 feet away from the wall. They will start by chest passing to a target on the wall. To do this, players will start with the ball in triple threat position. Players will then perform a set of 10 chest passes to the wall then catching the ball with two hands then returning to a triple threat position.

Note: Mix in bounce passes against the wall when comfortable with the chest passing. To make it more challenging, players should pass the ball against the wall while moving in both directions. While practicing these basketball passing drills, players should focus on proper passing technique and form at this point.

## **Basketball Dribbling Fundamentals**

- Knees bent, back straight, head up, protection arm (or non-dribbling arm) up.
- Use finger tip control with a loose wrist.
- Keep your dribble low - avoid dribbling above your waist.
- Look at the basket, but see the whole court. This increases your court vision and makes you more of an offensive threat.
- Put your protection arm up at all times.
- Practice dribbling at different intensities and speeds.
- Learn to pass accurately off the dribble.
- Practice dribbling with both the right and left hand.
- Practice twice as hard on your weak hand until it is as strong as your dominant hand.
- In general, when going to your left - dribble with your left hand and when going to your right dribble with your right hand.

### ***Dribbling 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.

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

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.
- **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.

## **Basketball Shooting Fundamentals For Success**

- Preparation is the key to good shooting. Always catch the ball in the triple threat position and be ready to shoot.
  - If you don't have a shooting technique - you need to develop one!
  - Always remember BEEF - (Balance, Eye, Elbow, Follow-Through) when shooting.
  - Use the techniques of BEEF as a checklist when shooting.
  - Always hold your follow-through after shooting. This is the only thing that will show you why you made or missed a shot.
  - Learn from your previous made and missed shots. Record these in your memory and learn from them.
  - Don't look at the ball through-out the shot. Your focus should be on the basket.
  - When you receive a pass, square up to the basket in a triple threat position and look at the basket. This will help you see the whole court.
  - A ball handler who looks at the basket is more of a threat than the one who doesn't.
  - The non-shooting or support hand does not shoot the ball. It helps protect the ball and keep it stable.
  - When you finish your shot - your elbow should be above your eyebrows, your fingers should be pointing at the rim, and your palm should be parallel to the floor.
  - When shooting remember to lock your elbow and snap your wrist. Your wrist should be loose on the shot.
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- On your jump shot, shoot the ball as you come to the top of your jump. Not during or after your jump.
  - Keep your feet, head, and shoulders square to the basket on your shot. Don't turn them to the side.
  - Jump straight up on your jump shots. You should avoid fading away or floating to the side.
  - Keep your elbow under/behind the ball as you are preparing to shoot.
  - Practice shooting with a purpose and at game intensity.
  - Always work to get open to receive the ball within your shooting range.
  - Learn to shoot from any location on the court, within your range. This makes you more of a scoring threat.

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

**1. Wall Shooting - Set Shots** - 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** - 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. Shooting - Lay-ups** - Players will start at one of the baselines facing half-court. The player 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. 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. Shooting - Jump Shots** - Players will start at one of the baselines, facing half-court. The player 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

**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.**

## **Defensive Fundamentals**

- Stay low. Your feet should be shoulder-width apart. Your hands should be up and out at 45 degrees about chest height.
- Force your opponent out of the middle and to the side. This is done by playing slightly to one side of them.
- Know which hand is your opponent's weak hand.
- Overplay your opponent's strong hand side to force them to dribble the ball with their weak hand.
- In the open court beat your opponent to a spot where they want to go. This forces them to change their direction or pace.
- Play tight defense on your opponent. Get close to them to take them out of their comfort zone.
- If your opponent beats you, pick out a spot down the court and run hard to get back in front of them before that spot.
  
- When the ball becomes dead, get tight up on your opponent and hover over the ball.
- Put a hand up in front of your players face to obstruct a good view of the basket.
- Yell "SHOT!" when the shot goes up so your teammates know to box out and rebound.

- Stay between your man, the ball and the basket whenever possible.
- Always know where the ball is when you are on defense. Be aware of your man and the ball at all times.
- If a player has not used their dribble, don't defend them too tightly.
- Avoid jumping on shot fakes, or taking backward steps on foot fakes. Maintain your defensive position.
- Most offensive players will make a fake before they do something. Learn to expect the fake and react to it accordingly.

## **Rebounding Fundamentals**

- Getting good position is the key to good rebounding.
- Players should anticipate where the missed shot will rebound to.
- The ball is more likely to rebound to the opposite side from where the shot was taken.
- When getting in position for the rebound it is important to make contact with your opponent by pivoting into them.
- When boxing out your opponent, keep a low base with the knees bent and hands up.
- When you've established a good box out position, go toward the basket for the rebound.
- After getting the rebound hold the ball at chest height with elbows out. This is called chinning the ball.
- The outlet pass should be made as quickly as possible after a defensive rebound.
- After getting an offensive rebound in close to the basket, players should go up strong for a shot or lay-up.
- After getting an offensive rebound further away from the basket, players can shoot if they're open or pass to an open teammate
- When your opponent shoots the ball, watch how they follow their shot. They are often the best judge of where the rebound will go.
- After boxing out the shooter, try to beat them to that spot.
- Boxing out your opponent may result in you or a teammate rebounding the basketball. It is important to box out as a team.

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

**1. Wall Rebounding Drill** - 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.

