

BASKETBALL LEAGUE

Stretch (every week)

Warm up (every week)

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.

Partner Basketball Passing Drills

1. Two Line Partner Basketball Passing Drills - The players will make the following passes back and forth to each other: Chest Pass and Bounce Pass. Players should practice the proper footwork when passing and catching the basketball.

2. Moving Pairs Basketball Passing Drills - Players will divide up on the court with a partner and a basketball. The passer will make the following passes: Chest Pass and Bounce 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 - 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

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. The players should work on making quick, accurate passes, being alert, and working with their teammates. Player #1 then switches until all 6 players are player #1.

2. 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 and 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.

3. Circle Basketball Passing Drill - Players will divide into groups of five. The players should make a circle about the size of the jump ball circle or a little bigger.

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 and bounce pass.

4. 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.

5. 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 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.

11-13 Year olds ONLY

- **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.

Group Basketball Dribbling Drills

- **Knock out**
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.
- **Dribble Relays**
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 Shooting Fundamentals

- 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. Line Form Shooting- 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 - 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 - 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 - 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/passer.

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.

2. One-on-One Basketball Shooting Drills - 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 defense.

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 defense at this point. The shooter should rebound the ball until a shot is made. Players then switch positions.

Group Basketball Shooting Drills

1. Elbow Shooting Drill - 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.

2. Full-Court Basketball Shooting Drills - 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.

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. **Grab Ball Rebounding Drill** - 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** - 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.

3. Four Line Offensive Rebounding Drill - 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.

4. 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.

Group Basketball Rebounding Drills

1. Circle Rebounding Drill - 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 center 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. One-on-One Rebounding Drill - 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 (defense) 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.