

Portland Youth Basketball Drill Book

Table of Contents

Shooting Drills.....	2
Passing Drills.....	5
Ball Handling Drills.....	7
Defensive Drills.....	9
List of other Resources.....	12

Shooting Drills

Team Lay-up Drill

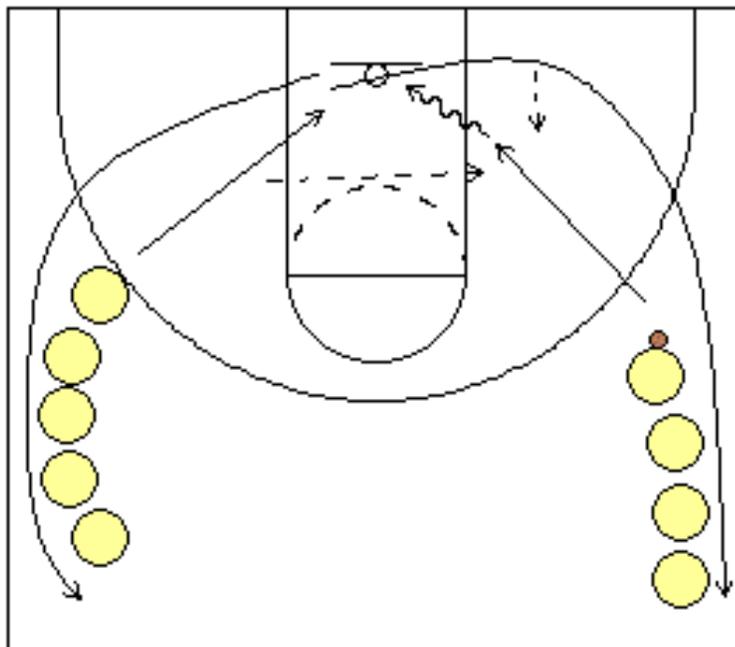
This drill develops skills to drive and shoot a layup.

Place the team in 2, single file, lines each starting at the three point line with the players facing the front of the line and the hoop.

The line on the right side of the hoop has the basketballs and will be shooting layups while the players in the left side will be rebounding the balls.

The player in front of the right line, with the ball, dribbles to the hoop and shoots a layup. The player from the front of the left line follows the shot and rebounds the ball and takes it with him/her to the back of the right line. The player who shot the ball jogs to the back of the left line.

Lines switch roles and repeat.



Individual Lay-up/Put-back Drill

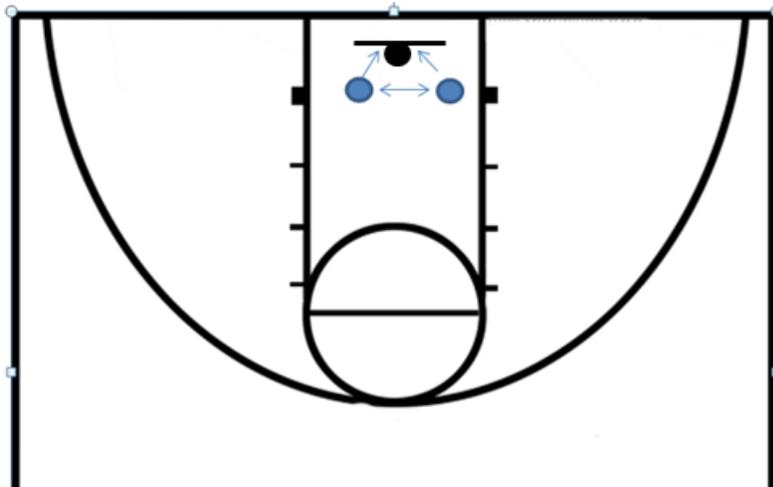
This drill develops skills to rebound and shoot close range “put-back” shots.

Place one player 2 feet in front of the hoop with one basketball in his or her hand.

The player starts on the right side of the hoop and shoots the ball off the backboard. The player rebounds the ball and attempts that shot until he or she scores.

Once he or she makes the shot, the player shuffles to the left side of the hoop and shoots another shot. He or she rebounds the ball and attempts the same shot until he or she scores.

This drill can be timed and players can easily see their progress throughout the season. As they improve they will make more layup/put-back shots in the same period of time and speed up their shot.



Jump-Shot Drill

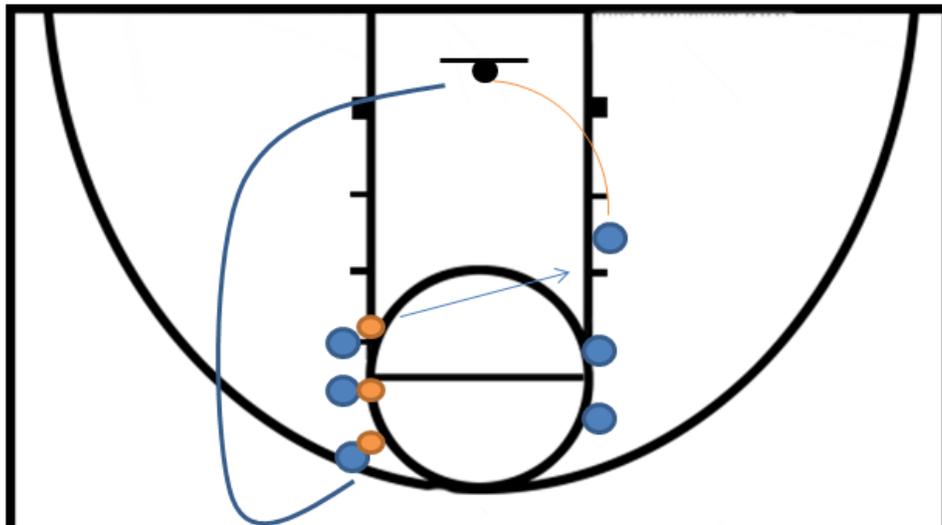
This drill develops skills to shoot mid-range jump shots.

Place the team in 2, single file, lines facing the front of the line and the hoop. The front of each line should be at the elbows. The players in the left line should have the balls, while the players in the right line do not.

The player in front of the left line passes the ball to the player in front of the right line who catches the pass and shoots a jump shot. The player who shoots the ball follows his shot, rebounds the ball and takes it with him to the back of the left (passing) line.

The player who passed the ball jogs to the back of the right (shooting) line.

Lines switch roles and repeat.



Passing Drills

Team Passing Drill

This drill teaches multiple forms of passing, bounce pass, chest pass and overhead pass.

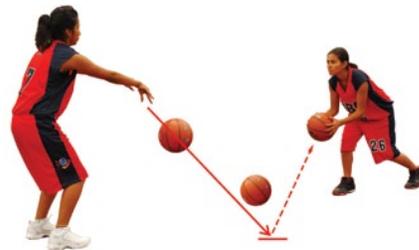
Place the players in two lines. The player in each line should be standing side by side with several feet of space between them. The lines should be facing each other with several feet of space between them.

The players should practice the different forms of passing back and fourth.

Chest Pass



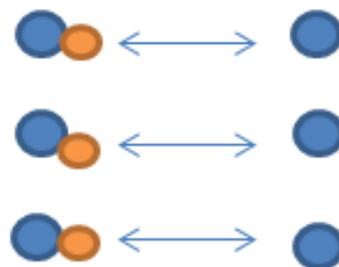
Bounce Pass



Overhead Pass



Team Layout



Passing around a Defender

This drill develops skills passing the ball around opponents.

Two offensive players stand 10 feet apart with one defensive player in between them.

The defensive player does not move during the drill.

The player with the ball steps out and leans around the defender to get an angle to pass the ball to his teammate.

The passing player must maintain a pivot foot during this drill.



Ball Handling Drills

Basic Dribbling Skills

This drill develops basic dribbling in motion skills.

Place the team side by side on the side line of the court. Every player has a ball and dribbles with the right hand as they walk to the other sideline, turn around and walk back.

They must dribble the ball without picking it up the whole time.

Make the players use their left hand and repeat.

Crossover Dribbling

This drill teaches players to change dribbling hands.

Begin by spreading players out and giving each player a ball. The players must dribble back and forth between their left and right hand.

Line the players up in a single file line.

Place a cone, coach or object on the court to represent a defender.

The players must dribble up to the defender with the ball in their left hand, then cross over to their other hand and move past the defender keeping the ball in their right hand.

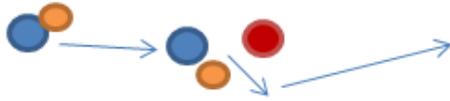


Figure 1: Crossover dribbling

To make this drill more challenging for advanced players, add a second defender and require two crossovers.

Line the players up in a single file line.

Place 2 cones, coaches or objects on the court to represent a defender.

The players must dribble up to the first defender with the ball in their left hand, then cross over to their right hand and move past the first defender. Then they must cross over to their left hand to get past the second defender.

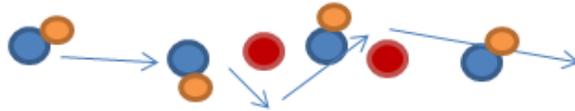


Figure 2: Crossover dribbling with 2 defenders

Defensive Drills

Defensive Slide Drill

This drill teaches proper defensive footwork.

Players should line up in the corner of the basketball court. The first player stands on the court at cone 1, facing the hoop in a square stance, feet wide, low and balanced position. The player shuffles from cone 1 to cone 2 on the elbow, pivots the outside (left) foot back and shuffles to cone 3 on the sideline at half court, pivots the inside (right) foot back and shuffles to cone 4 on the elbow, pivots the outside (left) foot back and shuffles to cone 5 at the corner of the court.

The player jogs down the baseline and repeats the drill on the opposite side of the court beginning at cone 6.

See picture below for the detailed layout of the drill.

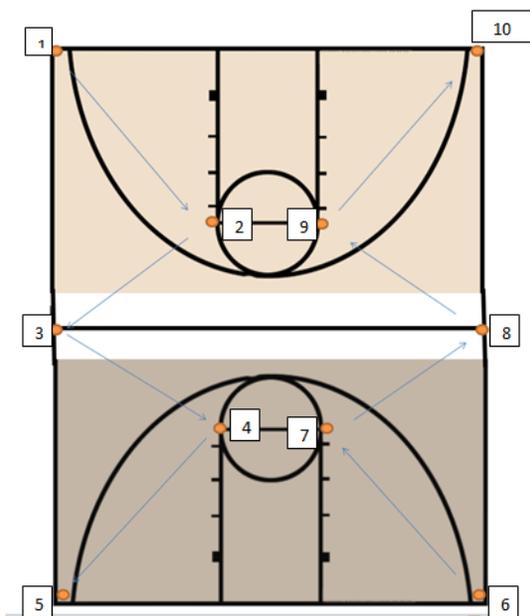


Figure 3: Defensive slide drill

Defensive Rebounding Drill

This drill teaches boxing out and rebounding after shots.

The offense spreads out around the key with one player holding the ball at the free throw line. The defensive players match up with the offensive players and stay between the hoop and the player they are guarding. The offensive player with the ball shoots the ball over the defender and each defensive player boxes out the offensive player they were guarding and tries to get the rebound.

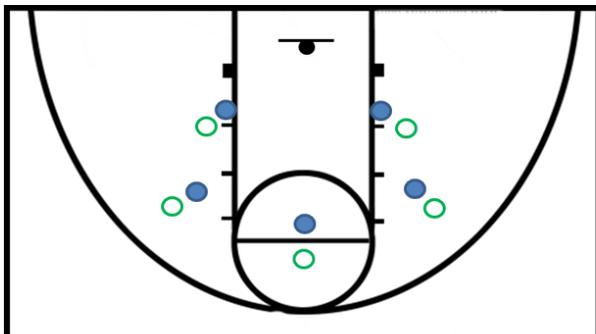


Figure 4: Defensive rebounding

Putting the Drills Together

Combine drills to complete the instructional learning process and develop more complete skill sets.

Use the cross over dribbling to get around and opponent and shoot a layup or jump shot.

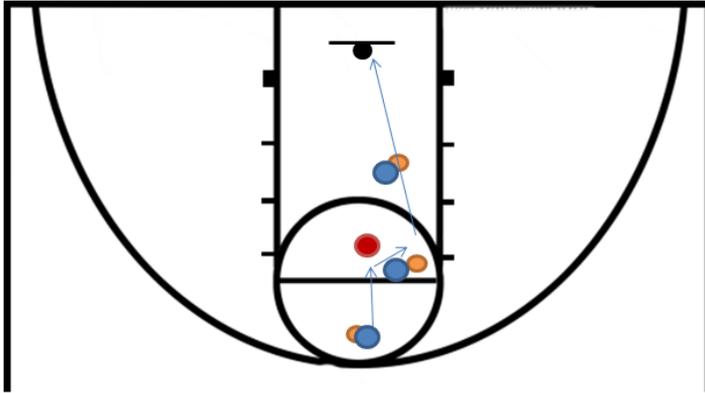


Figure 5: Crossover dribbling/shooting drill

Combine cross over dribbling with defensive sliding.

One player dribbles from cone 1 to cone 2 with the ball in his left hand and a defender shuffles in front of the offensive player, cutting him off at cone 2. The offensive player crosses over and dribbles with his right hand toward cone 3 while the defensive player shuffles along and cuts him off at cone 3. The offensive player crosses over and dribbles with his left hand toward cone 4 and a defensive player shuffles in front of the defender cutting him off at cone 4. The offensive player crosses over and dribbles with his right hand toward cone 5 and a defensive player shuffles in front of the defender cutting him off at cone 5. The players jog down the baseline and switch roles at cone 6. The player who was on defense is now on offense and the player who was on offense is now on defense.

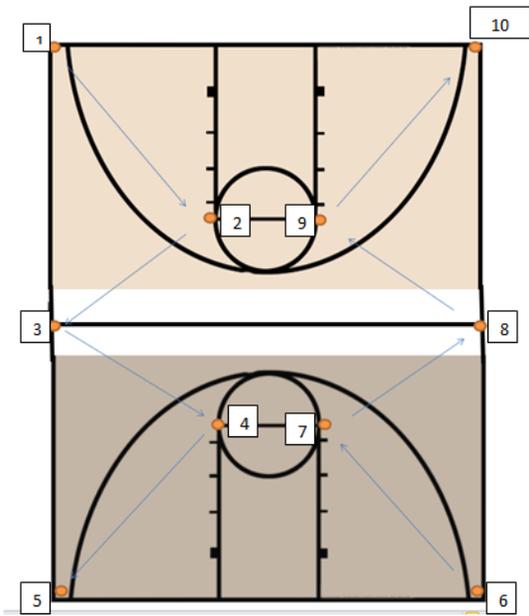


Figure 6: Crossover dribbling with defensive sliding

More Resources

<http://www.coachesclipboard.net>

<http://www.basketballforcoaches.com>

www.breakthroughbasketball.com