

1-2-2 passing

Description The drill starts with 4 players on the floor located at these different spots: #1 is located at the 3pt line, #2 is located at the closest time line. #3 is located at the opposite time line. #4 is located at opposite 3 pt. line. The rest of the team is lined up under the basket in a single file line.

Instructions Each player in line has a b-ball. The first player passes to #1 who is running at an angle towards receiver #2, who catches the ball on the run {at angles} and proceeds to pass to receiver #3 who also catches the ball at an angle {on the run} and then passes to #4 who then shoots a lay-up. The next player in line goes when receiver #3 touches ball.

Players minimum 8

Tips Concentrate on making good lead passes, catch and throw without turnovers see how quickly players can get the ball down the floor.

Skills Passing and Catching

PERMALINK www.degerstrom.com/basketball/drills/276/

2 on 8 Press Drill

Description Players should get a partner - try to have a forward and a guard in each group.
The first two will attempt to inbound the ball on the baseline.
The other eight players (4 groups of 2) will play defense in the following areas:
2 from the baseline to the foul line extended (denying inbound pass).
2 from the foul line extended to half court.
2 from half court to the foul line extended at the far end of the court.
2 from the foul line extended to the basket at the far end of the court.

Instructions Partners attempt to move the ball all the way up the court to score at the opposite basket.
Each group of 2 defenders plays man to man once the ballhandlers reach their area.
Once the ballhandlers leave the previous area, those defenders drop out.
Defenders should look to double team the ball whenever possible.

Players at least 10

Tips Offense should not dribble when the ball is passed to them until they look to see if their partner is open.
Player without the ball should cut to receive the ball AHEAD of

their partner in the middle of the court whenever possible.

Skills Press Break

PERMALINK www.degerstrom.com/basketball/drills/277/

3 Line Passing Drill

Description We alternate this drill nightly with our individual ballhandling drills. Start out with three lines and a ball in the middle line. Start all series with a strong rebound off the glass. We want to go get the ball at the peak of the rebound and secure the rebound with both hands. I want to see them turn to the outlet. The receiver must step to the outlet and call for the ball. We then do a progression of drills from here:

- Three man weave.
- Rebound/outlet/long pass.
- Rebound/outlet/sideline pass/flash post.
- Rebound/outlet/tip drill.
- Rebound dribble out/jumpstop-rush drill.

Players Team

Tips

- Weave: The passer must call the receivers name out.
- Long pass: Step to outlet and lead the shooter.
- Flash Post: Have your manager defend post so we know where we want the ball to be entered from either top or side.
- Tip Drill: Rebounder passes to outlet who throws long pass to opposite sideline. He then passes off board to rebounder who passes off board to outlet man.
- Rush Drill: Rebounder takes ball off board and dribbles to half-court and uses a jump stop. The wings start about the volleyball lines and run to touch the baseline and sprint to halfcourt. The rebounder then chooses a side to throw to and the person who doesn't receive the ball becomes the defender for know what has become a 2 on 1 advantage. The defender must try to take a charge or interrupt the flow of the shot by the offensive player.

Variations We have a down and back on any breakdown of fundamentals. Example: would be a bad pass. Travel or missed lay-up. Not communicating. This is a great warmup drill to begin practice.

Skills Passing/Receiving/Concentration

PERMALINK www.degerstrom.com/basketball/drills/278/

3 on 3 Pass/Cut

Description 3 on 3 Full Court No Dribble

Instructions Player 1 takes ball out of bounds and attempts to inbound to Players 2 and 3. Defensive players are denying and applying pressure on the ball. Play continues until both team have had an offensive opportunity.

Players 6-9

Tips This is a drill to illustrate the 'habit' of immediately dribbling. It also teaches movement without the ball. Players need to drive defenders away from the ball, then return hard back to the ball. This drill also works on balance since the dribble cannot be used when catching a ball on the run. All offensive movement should be straight lines.

Skills Defense/Offense/Conditioning

PERMALINK www.degerstrom.com/basketball/drills/279/

4-man passing

Description There are four players in the middle one on each corner of the lane. The two players on the left side face the left sideline and the two players on the right face the right sideline. Outside of those four people there is another four people. Those four all have a ball and each one is facing one of the inside four people about 8 feet apart.

X. O1 O2 .X

X. O3 O4 .X _____ baseline

This is the set up.

Instructions The X's pass the ball into the O's the O's pass it back then move. The O's which are on the baseline pivot right and go to the top spot on the opposite side. The O's who are already on the top shuffle down to the baseline spot. The X's then pass the ball to the O's they pass back and the drill is repeated.

X. O4 O3 .X

This is the way it should be after the first rotation.

X. O1 O2 .X

Players 8

Tips Make sure your inside players are defensive shuffling from spot to spot.
Stress the proper passing form.
For every mishandled pass 10 pushups on the fingertips (As a team).

Variations Instead of using 4 game balls, make one of the balls weighted and another on bigger.

Skills Passing, Communication, defensive shuffling

PERMALINK www.degerstrom.com/basketball/drills/280/

5 Man Weave

Description Begin with 5 players at one end of the court. Pass and go behind (weave) the person shooting the lay-up and the person who passed the ball to shooter immediately sprint to cover the defensive basket. The closest person to the rebound takes the ball out of the basket and passes to nearest offensive person to initiate a 3 on 2 situation. At the other end of the court play continues until the two defenders secure the ball via rebound/steal or the offense scores.

Players 10 or more

Tips Bad passes, or dropped passes leading to a sloppy weave. Have players hustle back and start drill over. This is a good lead drill after warm-ups and stretching

Variations Rebounder immediately takes the ball out of the basket and starts upcourt for a quicker transition. Shooter and rebounder must inbound versus other three players in a full court situation.

Skills passing,shooting,transition defense/offense

PERMALINK www.degerstrom.com/basketball/drills/281/

5 ball 3 man weave

Description To begin with, you need a player in all four corners of the court with a basketball. You also need a player at the end of the court, underneath the basket, with a basketball. Along with this player, there needs to be two players out in the corners who will be passers with the middle player, and then eventually shooters at the other end of the floor.

Instructions The player at the end of the court underneath the basket starts with a pass to either side. These two players then advance up the court with the middle-man. The player in the middle only makes two passes. He then ends with a lay-up at the opposite end of the court. After the second pass has been made back to the middle-man, they then cross, coming toward the players standing in the corner with the basketball. They call out the passers name and receive the pass for a jump shot. Coaches, you can choose what type of shot or pass you would like to have made. The passers then become the players who will make the return trip down the floor with the middle-man, who gets his own rebound. The same procedure is taken with the return trip. However, there should be a man waiting in the middle to start the next trip down the floor.

Players 7

Tips

- Communication
- Sharp passing
- Hard cuts to the passers
- Vary passes made (i.e. ball fake and a bounce pass)
- Vary shots taken (i.e. shot fake, one dribble right or left for a jump shot while the opposite side uses a shot fake and drives it to the basket.
- Stay wide as you run the floor
- Can give players a time limit and a certain amount of points to make.

Variations Players running sidelines do not have to cross with middle player.

Skills Passing, shooting, and communication

PERMALINK www.degerstrom.com/basketball/drills/282/

5 FOR 5

Description PLAYERS 1 HAS A BASKETBALL AND IS UNDER THE BASKET ON THE END THAT YOU START ON. PLAYERS 2 AND 3 ARE BEHIND THE BASELINE IN THE OUTSIDE LANES. PLAYER 4 IS UNDER THE BASKET

ON THE OTHER END OF THE COURT BEHIND THE BASELINE. PLAYERS 5 AND 6 HAVE A BASKETBALL IN THE OUTSIDE LANES BEHIND THE BASELINE ON PLAYER 4'S END OF THE COURT. PLAYERS 8 AND 9 ALSO HAVE A BASKETBALL BEHIND 2 AND 3. THE REST OF THE TEAM DIVIDES INTO PLAYERS 1,2,AND 3'S LINES. FIVE BALLS ARE USED AND THE DRILL IS RUN FOR 5 MINUTES.

Instructions THE DRILL BEGINS WITH A PASS TO THE RIGHT FROM PLAYER 1 TO 2. THEY EXECUTE A THREE-MAN WEAVE WITH ONLY 3 PASSES MADE AND FINISHING WITH A LAYUP. THE OTHER 2 PLAYERS RECEIVING A PASS FROM 5 AND 6 FOR A 15-16 FOOT SHOT OR a 3-POINT SHOT.

PLAYER 4 GETS THE BALL AND PASSES TO THE RIGHT TO PLAYER 5 WITH PLAYER 6 JOINING THEM IN A 3 MAN WEAVE TO THE OTHER END. ONLY 2 PASSES ARE MADE WITH PLAYER 6 SHOOTING A LAYUP. PLAYERS 4 AND 5 RECEIVE A PASS FROM PLAYERS 8 AND 9 FOR A 15-16 FOOT SHOT OR 3 POINT SHOT. PLAYER 7 GETS THE BALL OUT OF THE BASKET WITH 8 AND 9 THREE MEN WEAVING TO THE OTHER END. THIS CONTINUES FOR 5 MINUTES WITH A LAYUP WORTH 1 POINT, 15-16 FOOT SHOT WORTH 2 POINTS, AND A 3 POINT SHOT WORTH 3 POINTS.

Players 9

Skills Shooting Off the Pass

PERMALINK www.degerstrom.com/basketball/drills/283/

5 on 5 no dribble

Description This is a great drill for working against a press. Teams simply play 5 on 5 full court however they are not allowed to dribble.

Players 10

Tips Focus on players coming back to the ball, looking upcourt, throwing two handed chest passes, v-cutting and aggressively attacking the basket. Also emphasize spacing and screens.

Skills Moving w/o the ball, triple threat, concentration, passing, vision, catching

PERMALINK www.degerstrom.com/basketball/drills/284/

Boomer Drill

Description Five basketballs are needed and ten or more people are needed for this drill to work. It involves passing the length of the court and then finishing in jump shots and lay-ups.

Instructions Players make a line under one basket with one ball. There is also a line at both sides of the foul line extended at the end that the line under the basket is. The second people in line at the foul line extended have a basketball. There is also a person either side of the foul line extended at the other end also with balls.

The first player under the basket has a ball, they pass to the first person in the line at the foul line extended. They get the ball back at about half way and then pass to the person running on the other side. They should then receive the ball back in time to lay the ball up without bouncing it. The two people who were running in support cross over and get the ball of the people at the other end and do a jump shot from about the foul line. The person who laid the ball up rebounds the ball and does the same thing with the other people and the same thing happens. The people who did the jump shot relocate to where they received the pass from. When the first round has been completed the drill starts again.

Players 10

Tips Should be performed as if in a game situation on a fast break.

Skills Communication, Passing, Shooting

PERMALINK www.degerstrom.com/basketball/drills/285/

Celtic Drill

Description Two Players (C) are on the half court line, on the left and right side of the jump circle. Two players (A) with the balls are standing under the two baskets. The rest players (B and D) are in the 4 corners of the full court. The both players with the ball start at the same time.

Instructions The first pass goes to the next player (B) in the right corner. After his pass he's running to the other side and gets the ball back from player (B). The passer (B) runs to the next spot at the half court line.
Then he (A) passes to the player (C) at the half court line and receives the ball back. The passer (C) runs to the next spot at the corner.
Then he (A) passes to the player (D) in the right corner, gets his ball back and makes a lay-up. After his lay-up he runs in the left corner.
Player (D) makes the rebound and it starts new.

Players 8+, 2 balls

Tips Use this drill for warm-up, start slow and go for quicker passes and runs.
You can also say, that the players have to make at example 50 baskets in 3 minutes or more or less. So use this drill for speed drills after stretching.

Variations Say the type of passes: Chest, bounce, overhead or the player must make one dribbling before he passes.
Good players should make speed changes, that means, after the pass he increases his speed (important for hard cuts).
It's possible to make this drill with more than two baskets. Of course, you must have more players. I've done this drill with 7 balls at the same time yet.

Skills Passing, Shooting, Rebounding

PERMALINK www.degerstrom.com/basketball/drills/286/

CELTICS

Description first player with ball at the sideline (freethrowline extended)
second player at the elbow
third at baseline (between zone and corner)
4th at the elbow on the other zone
same at the other side of the court
1st player passes to third, third to second, second to 4th
third runs wide and receives pass from 4th for lay-up
He rebounds his shot and becomes first player on the other side
rotations: 1st-2nd-3d etc
2 balls needed

Instructions players must call for ball ('BALL') no ball hits the ground

Players 8

Tips emphasize on speed and sharp passes
use game like passes

Variations jumpers instead of lay-ups
requested number of baskets in some time

Skills passing, catching

PERMALINK www.degerstrom.com/basketball/drills/287/

Chair Game

Description Two equal teams and a chair under each basket. One player from each team sits in the chair and acts as a goalie. Start the game with a jump ball. No dribbling is allowed and players must play man to man defense. The ball must be passed up the court without touching the floor. To score a point the offense must pass the ball to their goalie.

The player to pass it to the goalie takes his/her place on the chair and the defense gets the ball out of bounds.

A violation of a rule results in a turnover.

Players Even Teams (8- 12 players)

Tips Stress denying the ball on defense and moving without the ball on offense.

Variations A rule which works well with younger children is making them square up when they catch the ball.
If chairs are unavailable one player may stand in the key and to score a point a bounce pass must be successfully made to him/her.

Skills Passing, Denial Defense, and Movement without the ball

PERMALINK www.degerstrom.com/basketball/drills/288/

Circle Jerk

Description In center court all players stand facing in a circle, one player gets in the middle.

Using two balls the player in the center is chest passed the ball alternately and keeps feeding the two balls in a clockwise manner until he has completed a full circle, then reverse and complete a counter clockwise circle.

Then take turns being the player in the center.

Instructions The goal here is to move as fast as possible and keep both balls alive and in the air.

Players 5+

Skills Ball Handling

PERMALINK www.degerstrom.com/basketball/drills/289/

Come Back to the Pass

Description Set 4 players up, 1 in the frontcourt between 3/4 mark and baseline line on the sideline and one on the same spot, other end of the court. The remaining two players set up other side of the court. Four spots need to be filled.

Instructions Start on the right side. Passer throws ball off back board to start drill, ball side player yells outlet, she catches and turns to the outside, as this is happening the next player up the same side line, v-cut's away from the ball, and times it, to come back to the pass, she calls 'ball'. Never lose sight of the ball, even when they are cutting hard away, always have target hand and see the ball. She goes in for the lay-up, then outlets it to the next side, the outlet person needs to go away hard from the ball by v-cutting then coming to the pass. Key is to always see the ball even though you are cutting away. This is a continuous drill.

Players 8, best to have 12.

Tips Works on seeing the ball when they are running the lanes, v-cuts to get up, target hand for passer, pivoting to the outside in the back court (prep for a trapping situation), works on passing long passes, don't need to dribble. I allow, one or two dribbles if the next receiver is not ready as if it were game tempo, so we push the ball hard up the court. We have to make a certain amount of lay-ups and perform all the skills correctly. Right now I only have 9 players due to injuries and this drill will not only work on skill but also get them in shape.

Variations Work on both sides of the court.

Skills Seeing the ball, Passing, coming back to the pass, lay-ups

PERMALINK www.degerstrom.com/basketball/drills/290/

Confusion

Description Organize players into four groups. Utilize the 4 corners of the half court. Baseline meets sideline left and right and mid court stripe at sideline left and right. Left and right as viewed by coach standing under basket. As with 90% of all drills the man goes to back of line he passes to. Mid-court Right (MCR) attempts a left-handed lay-up and rebounds their own shot. They then chest passes to the baseline right corner who overhead passes cross court to the mid-court left who in turn Chest passes to the Baseline corner Left who then bounce passes to the right mid court line that is coming in for a left handed lay up

Instructions TO GO TO LINE THAT YOU PASS TO AND RUN NOT WALK> COME TO all PASSES> COACHES BE CERTAIN THAT ALL PASSES ARE DONE PROPERLY. Practice does not make perfect, perfect practice makes perfect.

Players Minimum 8, 12 or more preferred

Variations Exact reverse for Right handed lay-ups.

Skills Passing (overhead, chest and bounce passes) PLUS Lay-ups

PERMALINK www.degerstrom.com/basketball/drills/291/

The Devil Has Landed

Description Drill is good to get players use to passing and receiving on the move. Also requires some thinking.

Instructions Use half of the court- have four lines one in each corner. Opposite lines need a basketball. Players should look like they are lined up in a huge box. Players a and b pass the ball to their right and cut across the rectangle for a return pass once they receive it pass ball to player in front of you and go to end of line.

Players 10 or more

Skills Chest and Bounce Pass

PERMALINK www.degerstrom.com/basketball/drills/292/

Five Point Passing

Description Quick paced passing drill to develop hands and concentration.

Instructions Have four players stand in a rectangle with one player in the middle of the rectangle. For the rectangle positions I use the ends of the foul line and the two bottom positions of the lane. The players are going to pass the ball to one another and then GO to the position they passed to. The player in the middle of the box starts with the ball and throws it to one of the corners - lets say, to the spot at the end of the foul line. That player passes down the lane and goes to that position. That player passes diagonally across the box, to the remaining end-of-the-foul-line and goes to that position. That player passes down the lane and goes there. That player passes diagonally and goes there. etc

Players 5

Tips

- If you run this with five players, each player ALWAYS passes to the same person.
- Start in slow motion, because this is a difficult drill to run initially.
- Snappy passes all above head level puts the most pressure on good hands.
- Players must RUN to the new position to clear through the lane before the next diagonal pass.
- Looks good as a warm up drill before the game.
- You can feed in sixth, seventh etc players by forming a line at one of the corners - when the players pass to that position they go to the back of the line. Start with five players initially.

Skills Passing

PERMALINK www.degerstrom.com/basketball/drills/293/

Four Corners

Description Improves passing

Instructions Get on one end of the court about four people in each corner.
Get two balls, and the balls have to be diagonal from each other.
Each person with the ball passes it to their right and they cut through the middle of the court looking for the ball back. Then they pass it to the corner diagonal to them and they get in the back of that line.
You will stay in the same two lines through out the drill. You need to do it in 30 seconds without dropping the ball.
(optional)

Players 12

Skills Passing

PERMALINK www.degerstrom.com/basketball/drills/294/

Four Corner X Drill

Description Have four lines in the four-corners of a half court. With right hand, front player in all four lines dribbles to a jump stop at free throw line (simultaneously). They pivot and spin to the right, making a pass to the next line, and then follow their pass and go to the back of that line. After a few turns, do the same drill with a left-hand dribble and pivot to the left, etc.

Players 8+

Tips Make sure the dribblers keep their heads up. Keep the four lines moving together. This makes a nice pre-game warm-up drill--it gives the players a good feel for the ball and the opportunity to get their footwork together--when everybody's in synch.

Variations Mix up the passes, going from chest pass to a bounce pass, etc.

Skills Dribbling, Jump Stop, Pivot and Pass

PERMALINK www.degerstrom.com/basketball/drills/295/

Four Corners drill

Description Set up with 3 players in each of the four-corners of the half court area. The first player in the bottom corner has the ball and he/she passes to the first person in the next corner and receives the return pass the person that passed the second pass cuts into the lane for the pass from the person in corner three. Each person makes two passes and goes to the end of the next line with the person in the last corner taking the lay-up.

Instructions The ball must never touch the floor the team would be expected to at least get 50 right hand lay-ups in a row without a miss. Make at least 50 left hand in a row.

Players 12

Tips Keep the drill as up tempo as possible make the team reach there target and better it each week it gives them a sense of achievement and also something to aim for come down on them very hard if they don't reach there target each week.

Variations Play defense against the cutters as the player master the drill it will make it harder for them to make the basket and also heighten their level of awareness.

Skills Passing and lay-up's

PERMALINK www.degerstrom.com/basketball/drills/296/

Gap, Kick, Swing

Description This drill will teach offensive players to attack gaps in defenses, make the extra pass, and spot-up shooting. Defensive players will learn help and recover defense, along with boxing out.

Instructions Set-up 3 offensive players (one at the top of the key; one on each wing) and three defensive players. Instruct the defensive players to play token defense, but to cut-off all penetration. Start with the ball on the wing. Penetrate the gap between the two defenders. Once the penetration is stopped, kick the ball out to the player at the top of the key that will swing it to the opposite wing for an open jump shot. Defenders must box out.

Players 6

Tips Make sure that when penetrating, your players attack north-south, not east-west. Teach them to penetrate until their progress is stopped. Your defensive players will also be able to concentrate on help and recover defense.

Skills Attacking gaps in zone, making the extra pass, wing shooting

PERMALINK www.degerstrom.com/basketball/drills/297/

GO GO

Description THERE IS A PLAYER OR LINE OF PLAYERS AT EACH OF THE 4 HASH MARKS. THERE IS ALSO 1 PLAYER UNDER EACH BASKET WITH A BALL. THE PLAYERS WITH THE BALL WILL PASS TO THE PLAYER AT THE FIRST HASH MARK WHO THEN PASSESS IT BACK. THE ORIGINAL PLAYER THEN PASSESS TO THE NEXT LINE (AT THE HASH MARK) AND AGAIN RECIEVES IT BACK WHILE GOING IN FOR A LAYUP. THE FIRST HASH MARK MAN MOVES TO THE SECOND HASH MARK. THE SECOND HASH MARK MAN FOLLOW THE ORIGINAL PASSER IN FOR THE LAYUP, GETS THE REBOUND AND CONINUES DOWN THE OPPOSITE SIDE OF THE FLOOR. WE USUALLY HAVE THEM MAKE AS MANY LAYUPS IN A ROW AS WE HAVE PEOPLE. WE DO THIS LEFT AND RIGHT HANDED. THE ORIGINAL PASSERS SPRINT AS THEY PASS AND SPRINT IN FOR THE LAYUP.

Players MINIMUM OF 6

Skills LAYUPS, PASSING, CONDITIONING

PERMALINK www.degerstrom.com/basketball/drills/298/

HP Bounce It Drill

Description This is a drill to practice the bounce pass and a full speed lay-up. It can be expanded to include a defensive player to practice lay-ups under pressure as well.

Instructions Two lines are formed: one at the top of the key outside of the 3 point line (A line) and the other at the wing position outside of the 3 point line(B line), both facing the basket. A1 cuts to the block, makes a hard cut back to the elbow, then receives a pass from B1, who cuts hard to the basket, receiving a bounce pass from A1 and shoots the lay-up. Player A1 rebounds. Players switch lines.

Players 6 minimum

Tips Always practice left and right side lay-ups. Always practice at game speed...the cut, the pass, and the lay-up. Passer should try to imagine a defensive player on him, and try to pass around.... not through! Rebounder should never allow the ball to touch the floor...take it right out of the net, or if missed, put it back in the basket.

Variations In order to practice pressure lay-ups, we sometimes will have the player who made the lay-up stay to play defense on the next drill. But the key is that the defensive player must stay in the center of the key until Player B gets the pass from Player A.

Skills Bounce pass, lay-up

PERMALINK www.degerstrom.com/basketball/drills/299/

King's Drill

Description This drill utilizes the entire court and the whole team. It improves passing abilities greatly. Every person must be able to lead the sprinting runner. Teamwork and speed also are required.

Instructions 4 players will need to be placed next to the out of bounds line free throw extended (1 player at each side and end). 2 players must be placed at center court back to back (One facing the scorers table and one facing the other way). The rest of the team must be split up evenly (2 groups) and each group must line up under each basket. The first player in each line will have a ball. He (A) will then pass to the man standing free throw line extended at his right. That player will then pass it back to (A) while A is sprinting towards the opposite hoop. Once A gets the ball back he will immediately pass it to the man at half court. The man at half court will pass it back to A very quickly, A then passes the ball to the player who is standing at the free throw line extended area. That man will pass it back to A where he will make a lay-up. The next man in line will rebound the ball and do the same thing at the opposite end of the court. As you can see, the drill will operate much faster than I have explained it but it is the most helpful drill for any level of basketball as it improves passing greatly.

Players At least 12

Tips If a lay-up is missed, add a sprinting penalty to be performed by the team after the drill.
5 minutes is usually enough time.
Rotate passers after 2 1/2 minutes.
Encourage speed!

Skills Passing, Speed, Coordination, Teamwork

PERMALINK www.degerstrom.com/basketball/drills/300/

Lead Pass to Lay Up

Description Form two lines under basket on either side of lane. Players partner up with someone in opposite line. Player #1 without ball starts at elbow player #2 with ball starts on baseline.

Both players sprint toward opposite end basket and player #1 makes pass over imaginary defender trailing player #2.

Player #2 catches ball and goes in for lay up.

Players change positions to come back the other way.

Players 2-3

Tips Emphasize that the pass should be out in front of leading player and toward basket.

This is an excellent drill for younger players who have a bad habit of making short passes or throwing ball out of bounds.

Variations A third player may be added to act as defender trailing lead offensive player. This gives the player with ball someone to actually pass the ball over.

Skills Passing ball to player over the top of defense

PERMALINK www.degerstrom.com/basketball/drills/301/

Leading Baseball Pass Drill

Description Because of the shortage of coaches using the full court in training in Australian junior basketball, players forget to look up the court after taking a rebound. The ball is delivered to the nearest guard, and the offence only begins after the half way line. By teaching players triple threat and this long court drill we have become a formidable team, and often beat teams due to the help of a few fast breaks.

Instructions Start with 3 guards on 3 point line, standard position [point, and 2 wings]. Place an obstacle next to one of the wings. Then the point should pass the ball to the wing with the chair next to him. The now weakside guard should run around the chair, and look for the ball at half way line. The point will run in, take the rebound and pass it to the running player. All players should run up the court -remembering to follow a running player just in case he misses. Hand targets should be displayed by runner/s and ball should be to the hand or in front.

Players 3

Tips Make sure players call for the ball and display a hand target when they want the ball. Make sure the remaining shooter and rebounder follow the ball to get a rebound if any, or to be able to full court press.

Variations There are heaps, this is a very open drill!

Skills Long Court LEADING Passes

PERMALINK www.degerstrom.com/basketball/drills/302/

No Dribble 3 on 2

Description Fast paced drill designed to teach players to think look before you dribble.

Instructions Set your team up in 3 lines at the half court stripe. Have 2 men on defense and have 3 men at a time come in and score a Lay-up, without ever dribbling or walking.

Players Team

Tips Push your team hard to move quickly and catch the defense out of position.
Push your defense to anticipate and use peripheral vision to make the play.

Variations Give them 1 dribble per drive to get quick decisive penetration near the basket.
Move your first pass from the center to the outsides to force your defense to think and react.

Skills Quick Look Passing and Give and Go Mentality

PERMALINK www.degerstrom.com/basketball/drills/303/

No dribble weave

Description Set up a basic weave drill under one hoop. Continue the weave drill but not allowing the players to take a dribble, therefore the ball is needed to move quickly from their hands to avoid traveling violation.

Instructions When you are set for a weave have three defenders on the opposite end ready for the offense and let them apply moderate pressure, you may not want any defense the first couple of times until your team understands completely.

Players six or more

Tips Encourage the players to not hold the ball or dribble. This forces the player to get rid of it quickly and begin to use their mind as to where to place the ball.

Skills fast paced movement of ball under pressure

PERMALINK www.degerstrom.com/basketball/drills/304/

Passing game shooting drill

Description One person is at the top of the key with another at the corner and there is a line with two balls in it found in between those two players. This is done on both sides of that half court.

Instructions The first person in line passes the ball to either one of the men standing at the top of the key or the corner. After he does that he picks for the man that he didn't pass the ball to as he picks for that person make sure that he calls the name of that person he is picking for they make think that its stupid but it will help there game more than any thing. As that person comes off the pick the other person holding the ball pass it to him he catches and shoots and after the shoot he goes and gets the board and takes to the other line and gives it to the person without the ball. This should be happening in the other line at the same time. You do this drill for five minutes and depending on the skill level they should be able to make a certain amount in that time.

Players 10

Tips The most important part of the drill is shooting technique coming off the pick. Make sure they have proper foot work coming off the pick planting there inside foot while going around the pick and landing with a two foot quick stop with good balance so that there able to go straight up with there jump shoot. Another important part of the drill is start setting good pick that why this drill is good for every age level from beginners to the most advanced levels. But the part that might not seem important to most people is the talking aspect. All the good college teams have incredibly good communication. When they set picks they say the name of the person that there picking for it keeps people from getting confused and it just make teamwork much better.

Skills Shooting, passing and picking

PERMALINK www.degerstrom.com/basketball/drills/305/

Passing Skills Drill

Description Pass, close out, pass, close-out. Conditioning, defensive stance, good pass, call for ball, jump to ball, get in triple threat and dribble/pass.

Instructions Two players on baseline, one facing them at free-throw line. 1st player on baseline rolls ball to player at free-throw line and closes out. The second person at baseline gets in stance and calls for ball, showing hand for target. Player with ball gets two dribbles max and passes to person calling for ball. Pass must be to side with hand out, not into body. Players calling for body jumps to ball and immediately gets into triple threat position. Passer closes out and person with ball becomes passer.

Players 3 minimum

Tips This drill incorporates good passing, triple threat by person asking for ball, and conditioning. All 3 players rotate every position, passer, defender and asking for ball. Passer must pass to hand asking for ball from the same side as person asking with ball, no crossover passes. Defender must close out, shadow ball and immediately ask for ball after pass is made. The player asking for ball must make themselves big, by spreading out and good position and jump to the ball, then getting in triple threat position and be ready to pass, dribble immediately. Great for conditioning!

Variations Use 4 players in a line so they get a little breather, if you like. We have all 14 players in 4 lines with 4 balls. you can do drill with 2 dribbles max, 1 dribble, no dribbling, etc.

Skills Passing, close outs, jump to the ball and dribbling

PERMALINK www.degerstrom.com/basketball/drills/306/

Passing Split

Description Passing Split incorporates chest passing a conditioning.

Instructions 2 Players each stand on opposite sidelines facing middle court.
3rd player stands in middle.
Middle player starts with ball.
Chest pass is made to player 1 and pass is returned to middle player.
Middle player then turns and dribbles before chest pass to player 2.
Time 1 minute intervals before changing player in middle.

Players Minimum 3 - Groups of 3 required

Tips Make sure player does not stand in middle and just pass.
Make sure they move to the person they are passing to.

Variations Start with 2 times per player then increase number.

Skills Chest Pass

PERMALINK www.degerstrom.com/basketball/drills/307/

The Post Feed Kick Out Drill

Description To be able to post up or to kick it back out to the SG.

Instructions The SG starts with the ball at the left wing of the arc. The PF moves to catch the ball near the low left post, who then posts up on his man. (This will draw the SG's check.) Now he can take the shot or kick it back out to the SG who has moved either to the corner or near the top of the key.

Players 6

Tips If the SG has not moved when he passed the ball to PF then this makes him easy to find again. The SG should move so that his check takes longer to find him.

Variations This drill/play can be used for any player and on either side of the court.

Skills Shooting, Passing

PERMALINK www.degerstrom.com/basketball/drills/308/

Scramble Passing

Description 6/9/12/15 players scramble passing drill. Make half court groups of three. One ball each group every player in each group has a number (1,2,3,)

Instructions Group A passes the ball; 1 to 2 and 2 to 3 and 3 back to 1. We do this in the 3 groups and after passing the ball we move to another spot. After receiving the ball you make a square up move no dribble !!! Scramble the 3 groups so that everybody is moving on the same halfcourt

Players 6 to 15/18

Tips Verbals cues are; square up; catch; fake and make; to learn passing and moving in the traffic with more than 10 players

Variations You can do it with 2 balls in each group and holding one ball dribbled (alive) to control the pass out of the dribble.
Call reverse and we turn the passing from 1,2,3 to 3,2,1
Use more players than 3 or mix up the groups 2 of 3 and 2 of 4 players.

Skills passing

PERMALINK www.degerstrom.com/basketball/drills/309/

Three-man passing

Instructions Line three players up in a line about fifteen feet apart (adjust to skill level.) Call players L, C, and R. Start with L and R facing toward center and C facing R. L and R each holding the ball. Drill begins as R makes sharp chest pass to C, who quickly passes back to R. As soon as pass is made to R, C pivots to face L, who makes the pass to C as he is turning. C again catches the ball and passes back to L, and rotates back to receive the pass from R. This goes for about a minute or so, when the Coach stops the drill by having C hold the ball. Then C trades places with either of the other players and the drill begins again. Keep switching the players until all have been in center at least once (I try to have them do it twice.)

Players 3 per group with two balls per group

Tips Have the passes start out slow at first, especially the first time you run the drill. Make sure the center man pivots on one foot - watch the footwork. Also, watch the center man and stop before he gets too tired or he may not be able to keep up with the other two.

This drill is good at teaching handling the ball, on footwork and on conditioning as the center cannot go long without getting winded.

I have used this drill with all skill levels from 3rd to 8th grades, boys and girls.

Skills Passing and receiving the ball; quick footwork on pivoting; Quick hands

PERMALINK www.degerstrom.com/basketball/drills/310/

Touch pass/ Speed pass

Description Two lines, one on each side of paint spaced one arms length from each other staggering from side to side.

Start with 1 ball and pass across to other player. End player passes over to the first. As you work through the drill keep adding balls. As they progress you should be able to end up with 1 less balls than players in the drill.

Good for beginners and intermediate levels.

Teaches touch passing and the proper way to catch the ball.

Players odd number minimum 5

Variations Can also make it a moving drill by alternating the end player. In this drill the end player takes the ball with to the beginning of the line either dribbling to the spot or running.

Skills Quick passing / no look

PERMALINK www.degerstrom.com/basketball/drills/311/

Triangle Drill

Description Set up 3 lines of girls facing toward the middle of a circle at the 12,4 and 8 spots. The drill starts with a pass in one direction and the girl then running to the end of the line in the opposite direction. You can change directions and have them doing either chest or bounce passes. A coach in the middle of the circle can add defense and give the girls the option of what type of pass to use. When this is mastered, move under a basket and run the same drill with a bounce pass to a girl that puts it up for a lay up. The girl in the line under the basket comes out to box out the girl who made the first pass. It can be practiced from either side. You can then do the same thing with set or jump shots being made instead of the lay up, with the shooter following her shot and the girl under the basket working with her to box out the other girl.

Instructions This is a great warm up drill prior to a game in that it re-enforces fundamentals.

Players 6-9 or more

Tips Stand in the middle of the circle to keep them focused. Do not let the lines become unbalanced. This drill teaches moving without the ball, cutting to the open spot, and, most-importantly, concentration while on the court.

Variations Indicated above. Use the same basic triangle to teach passing, shooting, movement etc.

Skills Can be used to learn and practice passing, shooting, moving without the ball

PERMALINK www.degerstrom.com/basketball/drills/312/

Weave down break back

Description 3 MAN weave down with lay-up, shooter gets on rebound dribbles back in middle other 2 run lanes wide , jump-stop bounce pass lay-up. YOU may also use jump shots, or 3pt. shots.

Players 3

Tips make them run wide jumpstop off 2ft. step an pass, make the layup or go again.

Skills Passing, dribbling, jump-stop, lay-ups, conditioning

PERMALINK www.degerstrom.com/basketball/drills/313/

Weave Jump Shots

Description This drill is a half court drill that can be used for warm-up before a game. There are three lines at half court with the middle line having a ball. There are two players under the goal with balls where the lane markers would extend out of bounds.

Instructions The three lines run a basic three man weave with the middle-man always shooting the lay-up. After the two outside men have made their initial pass, they sprint back to just inside or outside the three-point line and receive a pass from the two men under the basket. They shoot a quick jump shot without dribbling and rebound their own ball. They take the place of the players under the goal and the passers fill in the lines at half court. Players alternate lines when coming back to mid-court

Players 6 or more

Tips Stress good passes and quick shots by the outside players receiving passes.

Variations Liven up this drill by allowing an alley-oop pass to the middle man instead of a layup.

Skills Lay-ups, Passing and Shooting off the pass

PERMALINK www.degerstrom.com/basketball/drills/314/

TWO MAN CELTIC DRILL

Instructions player 1 has the ball and stands just outside the three-second area. player 2 stands in the outlet area (top of the key extended).

player 1 throws an outlet pass to player 2.

player 2 drives wide the full length of the court for a layup.

player 1, after throwing the pass, sprints to the furthest foul line, turns around, heads back down the court, and looks for a long pass from player 2.

After shooting his layup, player 2 gets his own rebound, takes one dribble away from the basket, and throws a long baseball pass to player 1 who is going toward the basket. player 2 sprints to rebound player 1's layup before it hits the floor.

PERMALINK www.degerstrom.com/basketball/drills/315/

PITCH AND FILL DRILL

Instructions player 1 stands under the basket with the ball. player 2 stands in the outlet area (top of the key extended).
player 1 throws an outlet pass to player 2.
player 1 sprints widely around player 2 and up the court.
player 2 receives the ball and pushes it at top speed up the middle of the court to the furthest foul line.
When player 2 reaches the foul line, she comes to a jump stop and throws a bounce pass to player 1 who is cutting to the basket.
player 1 shoots a layup.
player 2 follows for the rebound as player 1 sprints to the outlet area.
The players switch roles and repeats the drill going the other way.

Tips Other passes can be thrown to the player cutting to the basket, including a pass off the dribble for a layup or a chest pass for a baseline jump shot.

Variations The players repeat the drill until ten layups have been made.

PERMALINK www.degerstrom.com/basketball/drills/316/

BAD PASS DRILL

Instructions player 1 stands in the low post. player 2 has the ball and stands at the top of the key.
player 1 flashes into the lane.
player 2 throws a bad pass to player 1.
player 1 catches the ball and passes it back to player 2 who immediately throws player 1 another bad pass.
player 1 catches the ball and passes it back to player 2 who again throws a bad pass to player 1.
After player 1 catches the ball, she turns and scores.

Tips This drill teaches confidence, improves 'bad hands', and helps hand-eye coordination. It is especially helpful for big, young players.
The passes should not come in any particular pattern. Vary placement and type of pass.

PERMALINK www.degerstrom.com/basketball/drills/317/

MAN IN THE MIDDLE DRILL

Instructions player 1 and player 2 stand 3-4 meters apart. player 1 has the ball. player 3 is the defensive player, and stands between players 1 and 2.

player 3 guards player 1 and tries to deflect the pass from player 1 to player 2.

player 1 works on ball fakes and steps through the defense to make the pass.

When player 2 receives the ball, player 3 hustles over to contest player 2's pass to player 1. player 2 must wait until player 3 is on him before he attempts a pass.

player 3 stays in the middle and defends both passes until he gets three deflections.

Players rotate so that all three defend the passes.

Tips All passes should be hard and crisp, using either one or both hands. The players are encouraged to pivot widely to escape the defender.

In addition to being a good drill for learning passing under pressure, this is also a great conditioning drill for the one defending the passes.

PERMALINK www.degerstrom.com/basketball/drills/318/

PASSING AND SCORING UNDER PRESSURE DRILL

Instructions player 1 has the ball and stands under the basket. player 2 and player 3 stand on each side of the baseline.

player 1 throws the ball off the backboard and makes an aggressive rebound.

As soon as player 1 grabs the ball, player 2 and player 3 sprint to the outlet areas.

player 1 then throws an outlet pass to either player 2 or player 3.

player 1, player 2, and player 3 now stay in their lanes and pass the ball up the court by passing the ball from sideline to middle to sideline and back.

The first pass received by either player 2 or player 3 beyond the half court line is taken on the dribble to the basket for a layup.

The player on the opposite side of the player making the layup hustles and contests the layup.

player 1 rebounds the shot and the drill is repeated.

Tips This should be a continuous drill, with the players switching places, making sure everyone gets to try every position. There should be no dribbling until the ball is across half court. And of course, the players should avoid travelling when passing the ball back and forth.

PERMALINK www.degerstrom.com/basketball/drills/319/

TEAM POST DRILL

Instructions Players start at the wing and post positions on each side of the key while the other players line up in two groups at the top of the key. The first player in each line has a ball.

The first player in each line passes to the wing player, using a chest pass.

The wing player on each side passes to the post player, using a bounce or lob pass.

The post player on each side pivots and throws an outlet pass to the first player in the opposite line.

The first player in the line moves to the wing, the wing moves to the post, and the post moves to the end of the opposite line (everyone follows their own pass).

Tips When passing to the wing, players should try to pass to the outside of the imaginary defender.

When passing to the post, players should try to get their hands past the imaginary defender.

Players can promote good communication skills by calling out each receiver's name during the drill.

PERMALINK www.degerstrom.com/basketball/drills/320/

RAPID-FIRE DRILL

Instructions The player stands about a meter from a wall.

The player throws a hard chest pass against the wall and continues throwing the ball in a rapid-fire fashion against the wall.

As she throws the ball, the player should back up gradually until she stands 3-4 meters away from the wall.

The player should continue throwing the ball as she moves back toward the wall until she again stands a meter away from it.

Tips The player should begin with about twenty-five passes and work up to fifty passes.

The player should vary the drill by throwing over-the-head or baseball passes.

PERMALINK www.degerstrom.com/basketball/drills/321/

ALL TYPES

Instructions YOU NEED 4 GROUPS, MAKING THE POINTS OF A SQUARE TWO OF THE GROUPS HAVE A BALL, THEY ARE STANDING NEAR EACH OTHER, THE IDEA IS THAT THEY HAVE TO MAKE A CERTAIN AMOUNT OF PASSES IN AN ALLOTTED TIME, THE THING IS THEY HAVE TO USE ALL TYPES OF PASSES, EG, BOUNCE, CHEST, OVERHEAD, BEHIND THE BACK, AND IF ANY PASS IS REPEATED STRAIGHT AFTER ANOTHER PERSON HAS USED IT THEN THEY GET PUNISHED

Submitted by MARK CURRAN (PRICECAVS@HOTMAIL.COM)

PERMALINK www.degerstrom.com/basketball/drills/322/

Step and Pass

Description Works on passing the ball while in motion

Instructions You will need at least two people for this drill.
Start of with a line in the middle of the foul line and another line on the out-of-bounds line. Start with the ball at the foul line. Face each other then start to side step down the court giving each other a chest pass every 2 or 3 steps.

Variations Instead of just a chest pass, also try a bounce pass and a over the head pass.

Submitted by Josh (Leoni87@aol.com)

Date 2001-11-21

Team/school Magiacins

PERMALINK www.degerstrom.com/basketball/drills/323/

Pass & Go Circle

Description Nice drill for (starting) players to learn to pass quickly and go after the pass.

Instructions Make a circle at midcourt, diameter about 4 meters. One player in the middle. First player passes to middle player, and goes after his pass. Middle player passes to next player in circle (clockwise) and moves into circle to place previous player came from. Ball may not touch the ground, use chestpasses.

Players 6 or more (up to 10-12).

Tips Make it a competition by demanding 100 passes from middle to outside of circle without dropping the ball. If ball hits floor, start over again, and let players count loudly. If done well, also try overhead passes.

Variations Let players increase and decrease diameter during drill. Vary direction also during the drill.

Skills Passing, Move after pass.

Submitted by Coach Rob

Date 2002-01-08

URL <http://www.geocities.com/bcvuas/>

Team/school Boys and Girls teams 11-18

PERMALINK www.degerstrom.com/basketball/drills/324/