

Ball Scramble

Description Players start in a confined area. Each player has a ball.

Instructions On command, everyone drops ball and runs to half court or bleachers, etc. and returns. While the players are running, coach removes one ball. Player without ball is out. With fewer players, start to reduce area.

Players any number

Tips Encourage going after the ball. Hustle. Reward winner by sitting out next round or X number of sprints, etc.
Time - 5-10 minutes

Variations Remove more than one ball. Player without ball, goes for a jump ball.

Skills Reaction to Loose Ball

PERMALINK www.degerstrom.com/basketball/drills/526/

Bean Bag Game

Description Players must be able to continue dribbling the ball while picking up and dropping bean bags.

Instructions Using half court place one team at center court, and one team at the corners of the baseline.

Each team has one ball.

Place bean bags in key circle in a pile.

On coaches comand one player from each team dribbles into the key, while still dribbling the players must bend down and pick up a bean bag each.

They must then dribble back to their team while still dribbling deposit the bean bag and give the ball to their next team member.

This process continues until all bean bags are gone, then they are able to steal bean bags from the other teams.

After two minutes the team with the most bean bags wins.

NOTE: Only one bean bag is able to be taken at a time.

Players 6 or more

Tips Make sure all players keep dribbling all the time.

Variations Add in more teams.
Add more players into each team.
Extend time of each game.

Skills Dribbling Control

PERMALINK www.degerstrom.com/basketball/drills/527/

Gopher Ball

Description Players start at 1/2 court circle or free throw circle. Teach players to react quickly to loose ball. - Go quickly into Offense.

Instructions Players lay down on stomach with eyes closed. Toss ball into air and blow whistle. Players scramble for ball.

Players any number

Tips Encourage going after the ball. Offensive skills - Passing
Time - 5-10 minutes

Variations More than 2 players
More than 1 ball
Pass the ball to someone standing nearby.
Have the player that recovers the ball score.

Skills Dribbling - Ball Handling - Reaction to Loose Ball

PERMALINK www.degerstrom.com/basketball/drills/528/

Head's Up

Description Easy dribbling drill for all ages

Instructions Minimum of two players spaced 5-8 feet apart (depending on age level).
Each player has a basketball and one has a wiffle golfball or ping pong ball.
Dribbling with your good hand (proper form required) you underhand pass the ping pong ball back and forth while dribbling. If you miss the ping pong ball dribble to get it and continue the drill.
Switch to your off hand and continue drill (5-10 min drill total)

Players Min 2

Tips When they switch to their off hand it might help to have a person behind each player to catch the ping pong balls. Watch out they are everywhere!

Skills Dribbling

PERMALINK www.degerstrom.com/basketball/drills/529/

Hot Hands

Description This is a fun and easy way to teach children what traveling is and how to avoid doing it.

Instructions You cannot dribble the ball in this game! The player who receives a pass can take two steps and then has to pass the ball to someone else. As soon as the player receives a pass, he/she is required to count out loud the steps he/she takes. If the player exceeds the two steps, the coach stops the game and this player is replaced by someone on the bench (if there are any).

Players 6 to 10 (2 teams)

Tips This exercise is sometimes difficult to 'get going'. Try and start it at a slow pace so that younger players can understand fully the point of this drill.

Skills Passing and not to travel

PERMALINK www.degerstrom.com/basketball/drills/530/

Keep It Bouncing

Description This is a nice way to improve dribbling skills and play a game at the same time. Every player has a ball in a measured area.

Instructions While dribbling try to tap the other players ball out of bounds. Second dribble is not allowed. When your ball goes out of bounds you must do 5 push ups or run one lap, after you did that you can join the group again.

Players 5-12

Tips Make sure the kids keep their head up, use both arms. The more they try to tap away other players balls (in stead of just protecting their own ball) the better dribblers they become.

Variations Make the court smaller or bigger. I think it is not a good idea to keep on playing till there is one person left. The players with the poorest dribbling technique will be out first and therefore he (who needs it the most) has not much practice time.

Skills Dribbling

PERMALINK www.degerstrom.com/basketball/drills/531/

PCPP(stands for pass, catch, pivot and pass)

Description Three players are lined up in a straight line approx. 30ft. apart
A player on either end starts with the ball.

This players slap on the ball starts the drill and is a signal for the player in the middle to cut towards him to receive a pass from him.

The middle player cuts towards the passer, receives the pass that is thrown to him and completes a legal stop(jump stop or one two stop).

After making the catch and stop, this player makes a legal pivot and passes to the player on the other end. After this pass is caught by the ender the middle player cuts towards the ender and receives a return pass from him where upon the middle player again completes a legal stop, pivot and passes to the player on the other end.

Instructions For youth players I would switch the middle man after he has made anywhere from 5 to 10 passes or or you could do the drill for 30 to 45 sec. and then rotate players so that everybody in the drill gets a shot in the middle especially.

Players 3

Tips Vary the spacing, number of passes or the time limit with different age groups
This drill will help your player develop the habit of meeting a pass that is thrown to them. It will help develop their hands and pivoting footwork.

Skills Passing, meeting the pass, catching, Stopping(jump stop, one two stop,) pivoting.

PERMALINK www.degerstrom.com/basketball/drills/532/

'Pin' Ball

Description Players start in a confined area. Each player has two cloths pins clipped on the back of their jerseys about shoulder blade level.

Instructions On command, everyone goes after cloths pins on everyone else. Winner is player with most pins.

Players any number

Tips Helps young players with aggressiveness.
Hustle. Reward winner by sitting out next round or X number of sprints, etc.
Time - 5 minutes

Variations Increase or decrease number of pins. Limit area, if out of bounds then pins don't count. You are out when you loose both your pins.

Skills Reaction - Aggressiveness

PERMALINK www.degerstrom.com/basketball/drills/533/

Red Light Green Light

Description Everyone starts at the baseline with a ball. When the coach says 'green light', the player starts to dribble and walk. When the coach says 'red light', the player stops.

Players any number

Tips For the younger kids just learning, tell them this is not a race. When 'red light' is said, let them pick-up their dribble. As the level of play increases, different variations could be things like walking backwards, making it a race, using opposite hands, or any errors in dribbling having the player to go back to start. You can also use a whistle; one blow signifies 'green light' and two whistles mean 'red light'.

Skills Dribbling

PERMALINK www.degerstrom.com/basketball/drills/534/

Sideline Lay-Ups

Instructions The O's pass to the outlet line. The line to their left if they are going to shoot left handed lay ups and vice versa. The O then runs the floor to receive a bounce pass at the other end. X throws a baseball pass down the sideline. Then pass to the foul line, the x at the foul line gives a bounce pass to O for the lay-up. X's always follow their pass to the next line. X at the foul line get the rebound of O and are the next shooters.

Players 12-20

Tips With two balls, shoot to get 20 makes in two minutes with 4-6 graders. Try 25 in junior high and 30 with Varsity players.
Double this when adding the third and fourth ball.

Variations When the players can run the drill with two balls, add two more. Just start with 4 O's, one on each block.

Skills Lay Ups, Bounce, Baseball, and Chest Passes

PERMALINK www.degerstrom.com/basketball/drills/535/

Speed Dribble

Description Players start at 1/2 court or baseline. Each line or player has a ball. Objective is to reduce the number of dribbles. Very good for young players.

Instructions Let the players cover the required distance and count their dribbles. Have them cover the same distance and reduce the dribbles by 1. Repeat and reduce by 1 again. Continue reducing until you have increased speed.

Players any number

Tips Head up - Two Speed Steps - Ball Control - Balance.
Increase speed and endurance.
Also good to help practice fast break.
Time - 5-10 minutes
It took my 5th grade girls 6 dribbles to go from 1/2 court to baseline. We reduced it to 2-3 dribbles and stopped in bounds.

Variations Off hand - Full court - Start or End with a Pass or Shot
Obstacle Run - Cross-Overs. Finish with a lay-up.

Skills Dribbling - Ball Handling

PERMALINK www.degerstrom.com/basketball/drills/536/

Speed Lay-up Drill

Description Coach times player for 1 minute; team counts aloud number of shots made and encourages player along the way.

Instructions Player with a basketball stands to the right of the basket, coach says 'GO' and player shoots a layup (using backboard) from right side... then miss or make goes to left side. She continues to alternate sides, team counts how many are made in one minute.
Coach may decide to give stronger players 45 seconds, weaker players 1 minute +.

Players 1 at a time

Tips Discourage dribbling between shots... we don't want young players developing the bad habit of putting the ball down in the key. It enhances the skill of getting the rebound and putting it right back up.

Variations Instead of alternating sides...
Right side for one minute continuously.
Left side for one minute.
This is a great drill to practice at home with a friend or a parent.
Keep a record of your personal best... and keep trying to get better!

Skills Lay-ups using the backboard

PERMALINK www.degerstrom.com/basketball/drills/537/

Variation of Red Light Green Light

Description Teaches kids to dribble in all directions and control the ball.

Instructions Have a group of kids start at one baseline, don't bunch them too closely together. Each child in the group has a ball. When the facilitator shouts green light the children dribble forward, blue and they dribble left, yellow they dribble right, and of course red they stop. All during this drill the children keep dribbling.

Players About 20 per rep.

Tips This drill teaches kids that they are not limited to dribbling in one direction.

Variations Instead of left and right use a color, other than red and green, to dribble moving backward too.

Skills Dribbling.

Submitted by D. Hibbs

Date 2002-03-07

Team/school West Bradford Youth Athletics, Pennsylvania

PERMALINK www.degerstrom.com/basketball/drills/538/

Heads Up Direction Change

Description Teach players to dribble with heads up

Instructions Along the center court line space out 4 to 5 players facing you. You should be off the court at center court. Instruct your players to move while dribbling in whichever direction you move - side to side, forward and backwards. Change direction without words so they have to keep their eyes on you. As they progress change directions more quickly and move faster.

Players Any number

Tips Loss of dribble during the drill should have some penalty.

Skills Dribbling

Date 2002-04-13

PERMALINK www.degerstrom.com/basketball/drills/539/

Quick

Instructions In a circle, you in middle. The kids copy you running on the spot, jumping etc. When you say quick they get into the defensive position. However if you say get down they continue to do what they were beforehand they are only out if you see them.

Players 5 upwards

Tips Try to say 'quick' in the middle of a sentence.

Variations Triple threat position.
Teaches the kids to listen to the coach carefully all the time.

Skills Improves reaction time on defence

Submitted by Matt Edge (mattedgeinleeds@hotmail.com)

Date 2002-03-15

Team/school Fly

PERMALINK www.degerstrom.com/basketball/drills/540/