

DEFENSE

1) “COACH SAYS”

HOW TO SET IT UP:

- Get all athletes to spread out on the baseline (about arms width apart)
- Once they are in the lines, have them all face you (you will be on the sideline- so they should be facing the sideline)
- You will explain a number of different defensive components that “coach” will say throughout the drill
- The commands are as follows:
 - “This way!” (You point left/right and they will need to complete **two** slides in that direction saying “slide, slide!”)
 - “Fire feet!” (You will give jazz hands and they will need to stay in fire feet until *coach says* “stop” or gives a different command)
 - “Defense!” (You will put a fist in the air and everyone will need to get into a defensive stance shouting “I Love Defense!!!” and hold it until *coach says* “stop” or gives a different command)
 - “Shot!” (You will pretend to shoot it and everyone will need to take a closeout step- you will show them a closeout first- with a high hand up as if a shot were about to go up and hold it until *coach says* “stop” or gives a different command)

HOW IT WORKS:

- If you know how to play “Simon Says”, then you will know how to play this
 - You are “Coach”- whatever exercise “coach says” is what the athletes have to do
 - If you say an exercise without saying “coach says” and an athlete does it, they will have to go back to the baseline to restart
 - If they follow directions to “coach”, then they continue moving forward with each exercise
- Once directions are given and all athletes are lined up on the baseline and the drill begins when coach announces it and starts to say his commands starting with coach says “DEFENSE!”

HOW TO WIN:

- Whoever gets from one side of the baseline to the other first WINS
- The athletes that do not do as “coach says” must go back to the baseline and restart
- The athletes that do as “coach says” continue to follow the commands until they reach the other baseline

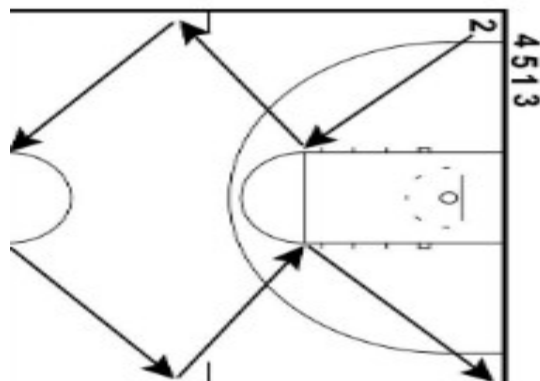
COACHING POINTS:

- Mix it up between giving a command with *coach says* first and then giving some without *coach says* so that they have to pay attention
- It is best if you do the exercise with them so that they do it correctly
- Bring a lot of energy and excitement to this drill to make it fun!!

2) DEFENSIVE RELAY RACES

HOW TO SET IT UP:

- Split athletes into two even teams and have the line up on opposite corners of the baseline
- Set up cones in the 4 designated areas (from baseline to baseline) outlined below



HOW IT WORKS:

- Teams will be racing each other trying to complete the defensive slides in between each cone as quickly as they can going down and back (from baseline to half court and back)
- One athlete from each team will start, when they finish they must tag their next teammates hand in line and then the next athlete can start and so on.

HOW TO WIN:

- Whichever team has all of the athletes finish the relay first will win

COACHING POINTS:

- Make sure to explain that athletes need to face the same direction the entire time they are sliding so that it works both sides
- Explain the important of low but quick slides; keeping your feet from touching; and keeping hands out and active (SHOW THEM WHAT A GOOD DEFENSIVE SLIDE LOOKS LIKE)
- Instruct the athletes on the baseline to clap and cheer for their teammates as much as they can
- You can always make this drill longer or do it multiple times if you think the athletes need to work on their defensive slides
- Bring a lot of energy and excitement to this drill to make it fun!!

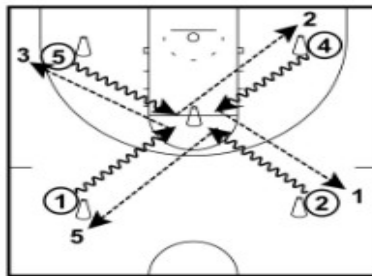
¹ Retrieved from <http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

FOOTWORK

1) FOUR CORNERS DRILL²

HOW TO SET IT UP:

- Set cones up in the designated areas below:



- Split athletes up into four even lines and have each line go to a different cone
- Give each athlete at the front of the line one basketball

HOW IT WORKS:

- The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use. You can teach the following (depending on ability and experience):
 - Right Reverse
 - Left Reverse
 - Right Front
 - Left Front
- When the coach calls out 'go', each player with a basketball dribbles in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.
- The next player in the line that catches the basketball does not start until the coach has called out 'go' again.

COACHING POINTS:

- Each player must be pivoting the same direction so that two balls don't end up being passed to one line. Do make sure to reverse the direction half way through the drill.
- Use front and reverse pivots and make sure players aren't traveling.
- Explain to the players it's better to jump stop with a small hop. The higher they jump, the more off-balance they'll be when they land.
- Make sure that athletes are chinning the ball after the jump stop and while they pivot

² Retrieved from <http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

2) RED LIGHT GREEN LIGHT

HOW TO SET IT UP:

- Get all athletes to spread out on the baseline (about arms width apart) with a basketball

HOW IT WORKS:

- If you know how to play “Red Light Green Light”, then you will know how to play this
- The coach will shout “red light” (stop) and “green light” (go) throughout the drill
- The only difference is that instead of running on green and stopping on red, athletes will be dribbling on green, and JUMPSTOPPING on red
- If an athlete does their jump stop incorrectly, does not chin the ball, doesn’t follow directions (for example, goes when you say “red light” or stops when you say “green light”) or messes up their dribble, they must go back to the baseline and restart

HOW TO WIN:

- Whoever gets from one side of the baseline to the other first WINS

COACHING POINTS:

- Wait until all athletes have stopped (or gone back to the baseline to restart) before giving the next command
- Go through each aspect of the drill first and show them what each thing looks like:
 - Jump Stopping
 - Dribbling into a jump stop
 - Chinning the ball
- Use hand signals as well so that athletes focus on looking up when they are dribbling

DRIBBLING

1) SHARKS AND MINNOWS³

HOW TO SET IT UP:

- The drill starts with you selecting one or two 'sharks' who will be the taggers.
- Everyone else will start on the baseline and have a basketball. These are the 'minnows'.

HOW IT WORKS:

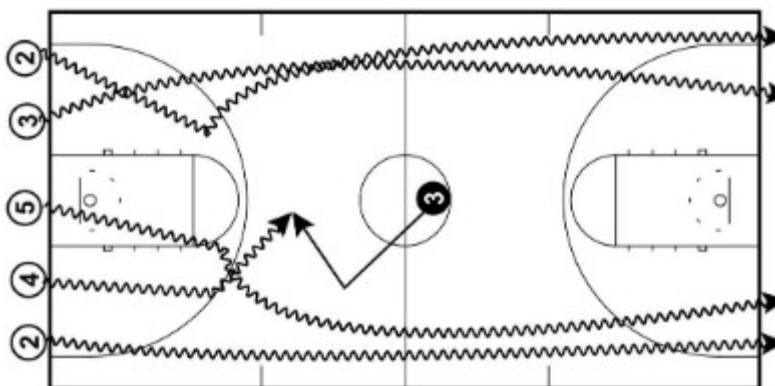
- If you know how to play "Sharks and Minnows", then you will know how to play this
- Instead of running, minnows will be dribbling from one end to the other (including sharks)
- The aim of the game is for the minnows (dribblers) dribble from baseline to baseline without getting tagged by the sharks (taggers).
- On the coach's call, the minnows must attempt to dribble to the other baseline without getting tagged by a shark.
- If a shark does tag them, they must stand in the spot they were tagged, place the basketball between their feet, and now are scarecrows. If a minnow comes within reach of them, they can tag them to get them out.

HOW TO WIN:

- The last player alive that hasn't been tagged is the winner.

COACHING POINTS:

- As always, if there's a dribbling violation by a minnow they are immediately out (but keep in mind skill, experience and ability before calling a violation- and be clear on what a violation is)
- Scarecrows should stationary dribble the ball in a good stance while they try to tag other minnows. This stops them moving too far and cheating.
- Implement a time limit if players are taking too long to get from one side to the other.



³ Instructions retrieved from <http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

2) MUSICAL DRIBBLING

HOW TO SET IT UP:

- You will need a radio, speaker, or stereo for this game
 - If you do not have one, you can always just blow your whistle to start/stop the dribbling
- Players will spread out along the full court holding basketballs

HOW IT WORKS:

- Players will be instructed to start dribbling once they hear the music start
 - They can dribble wherever they would like but **MUST STAY IN BOUNDS OR THEY ARE OUT**
- When the music is playing, players start dribbling and try to keep their balls away from other players
- When the music stops, each player has to set their ball down and then go and find another ball before the music starts
- Once the balls are set down, the coach will take one ball away before the music start again (like music chairs) to eliminate a player
- Whichever player ends up without a ball before the music starts up again is “out”
- The players that are out will be sent out of bounds to dribble in place until the game is over

HOW TO WIN:

- The last player alive that has a ball wins

COACHING POINTS:

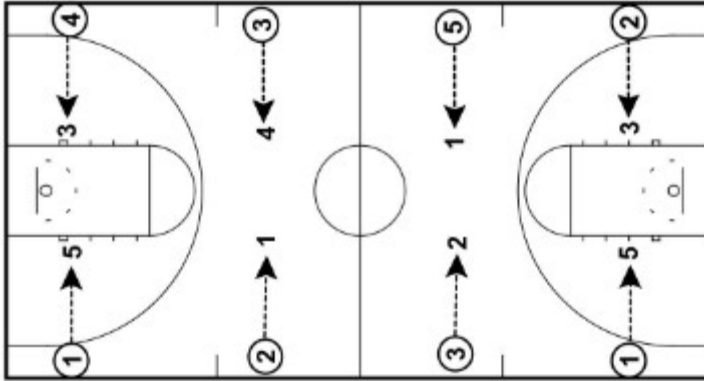
- Make sure that you pay attention to the players that are “out” so that they continue to dribble the ball and feel included (you can even have one of them start taking the balls out one at a time)
- Instruct players to move around and keep their eyes up when dribbling

PASSING

1) MONKEY IN THE MIDDLE

HOW TO SET IT UP:

- After going through normal two man passing drills (bounce pass, chest pass, overhead pass, baseball pass etc.), split all athletes into teams of three and have them spread out along the cones in the following areas:



- Each team will have one ball
- Designate a monkey to be in the middle

HOW IT WORKS:

- Each team will have two passers and one monkey
- The monkey will try to steal the ball
- The two passers will try to pass the ball to their partner without turning it over
- Once the passer turns it over, that passer will become the monkey and the monkey will become a passer, and so on until the time is up

HOW TO WIN:

- Whichever person becomes the monkey the least, in the time allotted for the game, wins

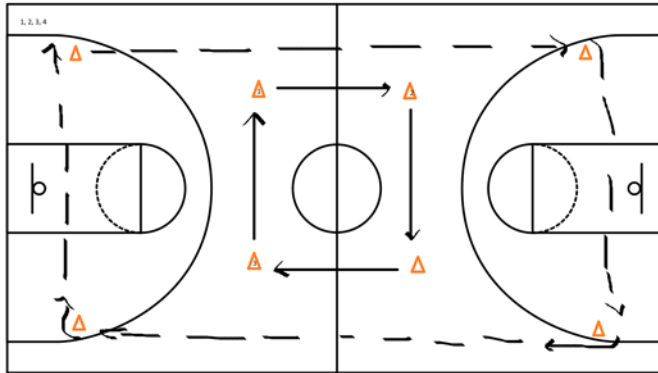
COACHING POINTS:

- First make sure that you go through passes with players before starting this
- Athletes are allowed to pivot but cannot dribble or run with the ball- pay attention to this and instruct athletes on how to fake before a pass
- If a monkey goes for a long time without getting to pass, have them switch and become a passer

2) PASSING RELAY

HOW TO SET IT UP:

- After going through normal two man passing drills (bounce pass, chest pass, overhead pass, baseball pass etc.), split all athletes into two teams and have them go to designated positions (straight line= passing, dashed line= dribbling):



HOW IT WORKS:

- Players in the middle square (one at each cone) will pass the ball around the outside of the cones while the other team has each player complete the dribbling relay around the outside cones in a square
- Once a team completes the dribbling relay, the passers stop and switch to the relay and vice-versa

HOW TO WIN:

- Whichever team has completed the most passes while the other team is completing the dribble relay wins

COACHING POINTS:

- Make sure that players are giving good passes
- Start with bounce passes and then continue to progress to other passes as players get better
- Instruct all players passing to count out the passes OUT LOUD

SHOOTING

1) GOLDEN CHILD⁴

HOW TO SET IT UP:

- The first step is to split your group up into two similarly even teams.
- The dribbling team must all have a basketball and they should be lining up at one of the corners of the baseline.
- The shooting team will have one or two basketballs and will be lined up around the free-throw line or closer depending on age and skill.



HOW IT WORKS:

- The drill begins with the coach calling out 'go!' which triggers both teams to start.
- For the dribblers, the goal of the game is to make as many home run's as they can. A home run is when a dribbler makes it all the way around the outside of the half court and back to the line.
- The shooters must attempt to get them out by making a shot. If a shot is made the shooters must call out 'STOP' and the current dribbler must freeze. The next dribbler can begin immediately when this happens.
- If they make it home, they get one run and can join the end of the line to run again.
- This continues until all the dribbling players are out and then the teams switch roles.

HOW TO WIN:

- The team with the most amount of runs at the end of the game wins.

COACHING POINTS:

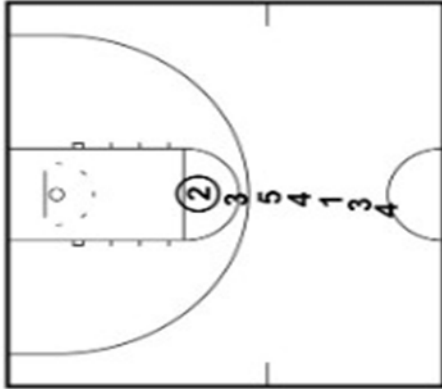
- The shooting team players must rebound their own shot and pass it back to the next person in line.
- If your players are struggling to make shots, consider splitting the shooting team in two and putting them on either elbows or even closer so that they have more chance of scoring.
- The coach must pick the golden child or there will be upset kids!

⁴ Retrieved from <http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

2) TITANIC

HOW TO SET IT UP:

- Split players into two equal teams
- Have each team line up at opposite free-throw lines (or closer depending on level)
- The player in the front of the line will have a basketball
- The free-throw line and behind is the ship (or the Titanic)
- The key is the ocean



HOW IT WORKS:

- The player in the front of the line will shoot and get their rebound
- If the shot goes in they will pass the ball to the next player in line and head to the back of the line (they are still on the ship keeping it afloat)
 - If there are people in the ocean when the shot goes in, the person who has been in the water the longest gets to go back on the boat (behind the free-throw line and gets another opportunity to shoot)
- If the shot does not go in, that player will pass the ball to the next person and stand in the key (they are now in the ocean and waiting to get back on the ship)
- This goes on until all of the players miss the shot and go in the ocean ("are ship-wrecked")

HOW TO WIN:

- Whichever team keeps their team afloat the longest (once the other team "sinks") wins

COACHING POINTS:

- Make sure to focus on form shooting and encouraging good footwork
- Have the players that are in the "ocean" rebound for the players in the "ship" and cheer them on

LIVE BASKETBALL

1) STEAL THE BACON⁵

HOW TO SET IT UP:

- The drill is set up by splitting your group into two teams and lining each half up along opposite sidelines.
- For example, let's say there are 12 players' total and 6 players on each team. You will give the each individual player on each team a number from 1 – 6.
- The drill requires one basketball and it always starts with the coach.

HOW IT WORKS:

- The drill begins with the coach throwing a basketball out into the middle of the court and calling out a few numbers between 1 and 6.
- If the coach wants to play games of 3 on 3, they might call out "1, 4, and 5!" If this happens, numbers 1, 4, and 5 from both teams come out and play a game of 3 on 3 until a score occurs.
- The coach can play games with any number of players from 1 on 1 to 6 on 6.

HOW TO WIN:

- First team to the designated number of points (or with the most points for a designated number of times) wins

COACHING POINTS:

- Try to match the best players up against each other.
- Throw the basketball out to the advantage of one side each time because you don't want players running into each other as they scramble for the basketball.
- Finish off the drill by calling everyone in!

⁵ Retrieved from <http://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

2) 5-MAN CONTINUOUS

HOW TO SET IT UP:

- Place 10 poly spots around the perimeter (3pt line) with each poly spot at least a foot from the 3pt line.
- Place a large cone at each block

HOW IT WORKS:

- The drill begins with a one guard front, two baseline wings and two side wings.
- The guard passes the ball to either the right or left wing.
- Once the ball is passed he/she cuts to the basket on the side he/she passed the ball to.
- After they cut to the basket, have them replace themselves to the opposite side of the court from which they passed.
- The rest of the team fills in the empty spot, making sure there is one poly spot between them and the next teammate.

HOW TO WIN:

- To add a competitive component to the drill, make modifications such as, 5 complete passes before making a pass for a lay-up.

COACHING POINTS:

- Be sure to mix up the cuts (i.e. V-cuts, back cuts, etc)
- Depending on how quickly they grasp the drill you can add in screening away after the pass
- Have them call for the ball as they cut (communication is key)
- Start the drill with no defense and then slowly add defenders