

Coaches Guide: Skills & Drills

Ball Handling-

Coaching points: On all ball handling drills remind players to keep their heads and eyes up. Stay in a stance. "Do not give up your stance".

Stationary Progression:

1. **Pound the ball** -Right/Left Hand
2. **V-dribble** -Short and Long both hands
3. **Crossover Dribble** -"Cross"
4. **Windshield Wiper** -Right/Left hand -Front and Side -1 or 2 balls
5. **2 dribble Cup**- Right/Left hand 2 dribbles. Slap ball to cup ball in triple threat.
6. **2-dribble Cross** - Pound the Ball/Cross
7. **2 ball dribble**-Pound/alternate/windshield wiper/v-dribble
8. **Power Dribble**- Right/Left Hand
9. **Ball Wrap**-Around one or both legs -10 reps each -Waist and knees.
10. **Figure Eight** -Between legs without dribble -10 reps each
11. **Spider**- Keep ball between legs and switch hands back & forth -10 reps
12. **Blurr** - Around right leg/left leg. Figure eight using the shortest possible dribbles. Dribble FAST!
13. **Down on right knee**-Keep dribble
14. **Sit down**- Keep dribble
15. **Up to left knee**- Keep dribble
16. **Cross**- Dribble twice with right hand/Cross/dribble twice left hand/Cross - Repeat.

Full Court Dribbling Progression:

1. **Cross**- Creeping -Chairs with a Cross -1 or 2 balls
2. **Two ball dribble** - Down the court in zig-zag
3. **Speed Dribble**
4. **High Knee dribble**
5. **Three Dribble Cross**-full court
6. **Three Dribble Double Cross**-full court
7. **Three Dribble windshield wiper**- full court
8. **Power Dribble/Power Glide**
9. **Speed to ½ court/Power 2nd half** -Right/Left
10. **Speed with stride stops**-pound ball
11. **Backing up**-speed/stride stop/back/speed (whistle forward/back)
12. **Speed/stride stop/back up** (whistle stop/go)
13. **Hard Stutter**-Change of pace
14. **Hard Stutter/Cross**
15. **Hard Stutter/Double Cross**
16. **Inside Out** -Windshield wiper off dribble
17. **Stride/Back/Cross** -Push the ball with opposite hand zig/zag

Shooting Fundamentals

1. Foot position - Ball between ankles – Right handed- right foot slightly forward.
2. Left handed- left foot slightly forward.
3. Hand Position - Make a T (Check Hand position) Shooting hand thumb is the cross at the top of the T
4. Shooting Position - Lock it in
5. Shoot - Hold the follow through (Get non-shooting hand off of the ball)
6. Emphasize shooting with one hand!
7. Practice at basket at close range.
8. Slowly increase range. When they go back to old habits, they need to move closer to the basket!
9. Discourage shooting at 10' hoops until 4th or 5th grade.

Shooting Progression

10. One hand-5 swishes close to the basket
11. One hand-5 swishes middle of key
12. One hand-5 swishes from free throw
13. Two hands-5 swishes from free throw
14. Spin out-5 swishes from head of 3 point key
15. Spin out-5 swishes from each wing
16. Spin out-Pump left from left wing (crossover) Make 10
17. Spin out-Pump right from left wing (open) Make 10
18. Repeat 7-8 from the right wing
19. Make 10 mixed shots from each wing
20. Make 10 free throws in a row

Drills

1. Power Lay-up from a speed Dribble.
2. Progress
3. Footwork drills with or without a ball. One-count/Forward Pivots/Reverse Pivots
4. Dribble Tag
5. High Skips with no ball can progress to learning how to jump off one foot for a lay-in
6. Sweep and attack. See the “Cone Drills & Ball Handling” video below.
7. 1 on 1 work
8. 2-line Passing using shot fakes or pass fakes. Short hop as you catch ball:
 - a. Pump fake/step right/pass right (no bounce)
 - b. Pump fake/step left/pass left (no bounce)
 - c. Pump fake/step right/bounce pass right
 - d. Pump fake/step left/bounce pass left
 - e. Fake left/Cross/Pass right
 - f. Fake right/Cross/Pass left
9. Drop step Power Moves
10. Transition Drill

Additional Video Resources:

- Start at 22:30 of the video <https://www.youtube.com/watch?v=yrBMSMyGpbk>
- Cone Drills & Ball Handling Video Guide:https://www.youtube.com/watch?v=dR_ws4NN85E