

14

BONUS BASKETBALL DRILLS (EASTER SPECIAL)



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All-Star Skills Challenge

How the Drill Works:

The team is split into 2 groups who will compete against each other in an 'All-Star Skills Challenge' race. This will feature numerous obstacles and challenges players must complete. Each player takes it in turns completing the course and then returns back to their team for the next person in line to go.

Purpose:

This is a fun and challenging drill that will work on a number of different skills in a game that all players will love. This includes dribbling, passing, and shooting.

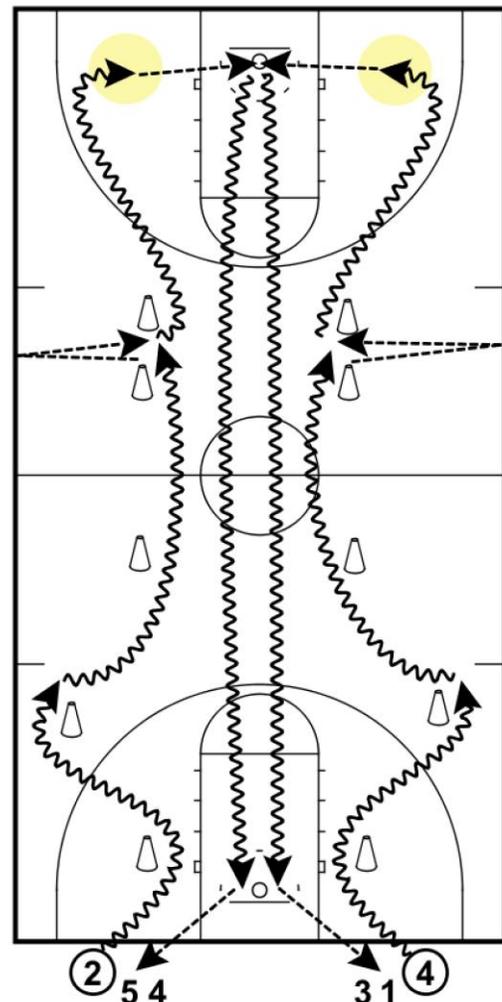
Setup:

- Start by splitting your team up into two even groups.
- All players line up in a straight line on the baseline and the first player in line has a basketball.
- The coach must then create a 'skills challenge' course which should include a dribbling challenge, two shots, and a passing challenge if possible.

Instructions:

(Instructing the diagram attached to this drill).

1. The drill begins with the first players in line weaving in an out of 3 cones.
2. They then come to a two-cone gate where they must make an overhead pass off the wall. If you have a target to aim at on the wall of your gym, use it.
3. Players then dribble down to the end of the court and must make a shot from the short corner.



4. The final leg of the all-stars course is a speed dribble down the middle of the court and then finish with a layup before passing to the next player in line.
5. The winning team is the first group that can get all their players to successfully complete the course.

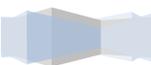
Variations:

The 'Skills Challenge' Course - Coaches can create any course they want! Change up the dribbling drills and shot types players must complete. The list is endless!

More Groups - Depending on the number of players you have and how the course is structured, consider adding a third group or even a fourth group.

Coaching Points:

- No cheating. Keep an eye on both teams and make sure they all players complete every obstacle and challenge successfully.
- When using shooting drills, put a limit on attempts. Some of the weaker players will feel horrible if it takes them 10 shot attempts to make it. Instead, all players move on to the next challenge after the third shot attempt even if it's unsuccessful.
- Make a big deal about the importance of players encouraging each other throughout the drill.
- This is a great drill to finish practice with to end on a high note!



Back-to-Back Layups

How the Drill Works:

Players partner up and start on the half-court line with their backs to each other. The player on offense is facing the designated rim and attacks on “go!” while the defender tries to catch up and challenge the layup.

Purpose:

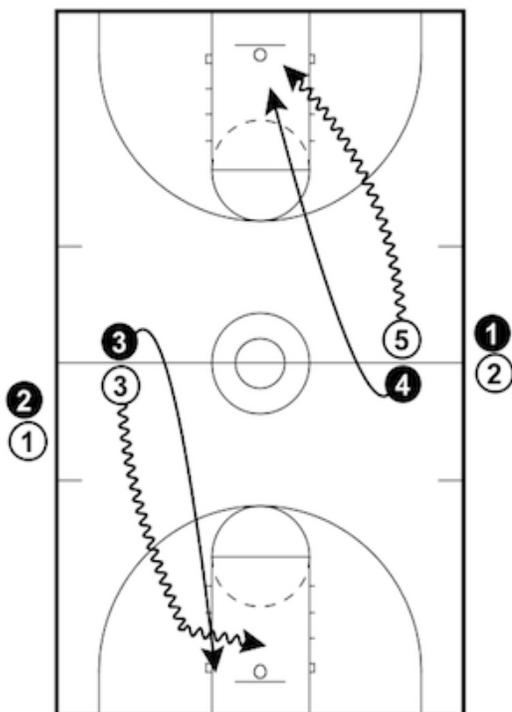
Great 1-on-1 drill that can be used with only a couple of players or with a large group. From a defensive perspective, it’s working on recovery from a disadvantage and challenging a shot without fouling. From the offensive perspective, it’s developing the ability to attack the rim and finish while under pressure from a trailing defender.

Setup:

- Players find a partner and one basketball between them.
- Two pairs start on the half-court line, one on each side of the court.
- For each of two pairs, players start back-to-back with the offensive players facing different baskets.
- The rest of the players wait at the half-way line outside the court.

Instructions:

1. On the coach’s “go!”, the offensive players start dribbling towards their designated rim attempting to score while the defense turns and chases their opponent attempting to challenge the shot.
2. As soon as the previous pair starts attacking the rim, the next two pairs take their positions on the half-court line.



3. Once the first two pairs finish, they rotate to the end of the line on the other side of the floor and switch their roles for the next round while the next two pairs start on the coach's call.
4. The drill runs continuously in this manner for a set period of time depending on the size of the group and age level.

Variations:

Competition - Each player keeps their own score to get the winner of each pair after the set period of time.

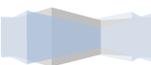
Change Partners - Instead of having the same partner on each possession, players swap partners each time they set up at half way. If you have odd numbers at practice this will suit your team.

Opposite Hand Only - Only allow the offensive player to dribble with their opposite hand.

Increase the Distance Between Partners - If you're coaching a very young team, instead of starting the players back-to-back, have the defender start 2m behind the offensive player with their back turned.

Coaching Points:

- It's important that the defenders learn and practice challenging shots at the rim without fouling their opponent.
- Don't allow the offensive player to fade away on their layups. Encourage them to attack the hoop and don't be scared of contact.
- Switch which direction players are attacking half way through the drill so that players are practicing attacking the hoop with both hands.
- Teach defenders not to challenge the shot by flying by for a block attempt. They need to be near the rim in position for a rebound in case of a missed layup.



Blind Minefield

How the Drill Works:

Players get into pairs with one basketball while a coach spreads cones, chairs, and other obstacles around the court. One of the players is then blindfolded and must be guided through the obstacle course by their partner while dribbling a basketball.

Purpose:

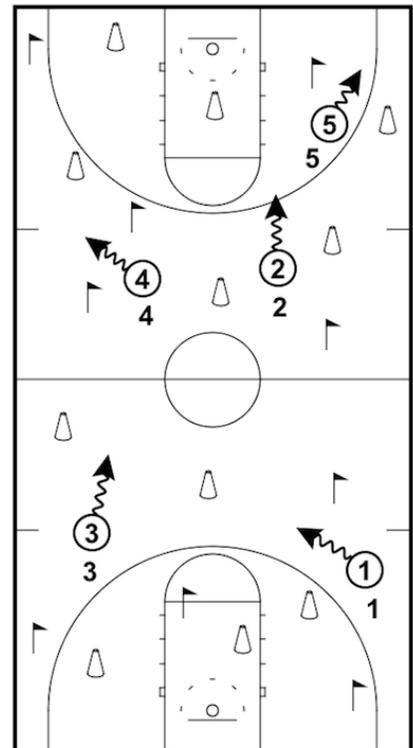
This is a fun drill that works on ball-handling and teamwork. It's a fantastic team building exercise and can be great for an ice-breaker early in the season when players don't know each other.

Setup:

- All players find a partner and get one basketball.
- A coach or parents places obstacles like chairs, cones, D-men, bins, and other obstacles around the playing area.
- All players line up on the baseline.
- This drill can be run in the half-court or full-court and can be ran from sideline-to-sideline or from baseline-to-baseline.

Instructions:

1. On the coach's call, the blindfolded player starts dribbling the basketball and steps on the court from the baseline. From there, it is up to their partner to guide them through the minefield ahead.
2. The partner does this by giving commands such as — “two steps forward”, “three steps left”, “walk straight”, or any other command that they think will be effective.



3. Whenever the coach blows their whistle, the blindfolded player must switch which hand they're dribbling the basketball with.
4. If the basketball is fumbled, the partner is allowed to retrieve the ball and hand it back to the blindfolded player so that they can continue.
5. The drill is over when all players have reached the end line.
6. Once that happens, players switch roles and head back down the opposite end of the court.

Variations:

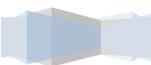
Start Again - When a player fumbles the basketball or runs into an obstacle, they must return to the start of the game and try again.

No Opposite Hand - If your players aren't skilled enough to dribble blindfolded with one hand, allow them to keep the basketball in their dominant hand.

No Basketball - If you just want to use this drill as a team building exercise, run the drill without a basketball and allow the players to practice communication with each other.

Coaching Points:

- The blindfolded dribbler should be down in stance so that they have good control of the basketball.
- Don't allow players to be silly. Remind them before you begin the drill that they're in full control of their partners actions and being silly could potentially result in injuries.
- Don't use any obstacle that make injure a player!
- No running. Players are only allowed to walk during this drill in case they trip and fall.
- Players must stay within the playing area. Don't allow players to dribble straight down the sideline to the end.



Bullseye Shooting

How the Drill Works:

Four groups of players compete to score an exact number of points by taking shots from different areas of the court that are worth a specific amount of points. The first group to reach the exact number set by the coach is the winner.

Purpose:

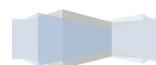
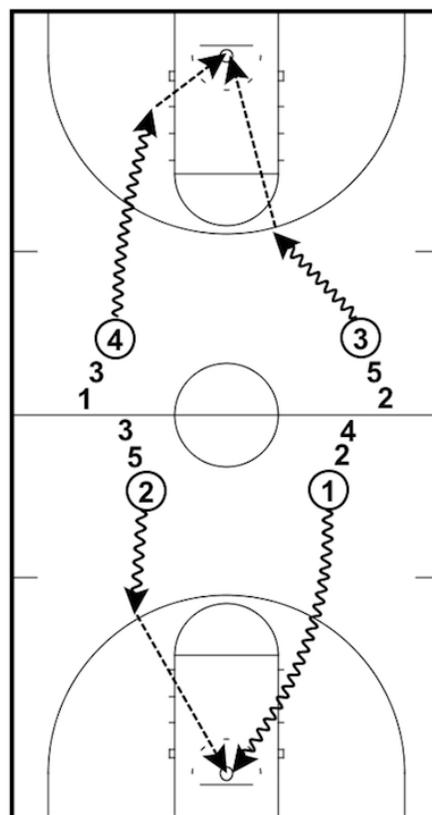
A fun shooting drill that requires teamwork, communication, and good shooting from different areas of the court. This is a great drill to start or finish practice with!

Setup:

- Split the team up into four groups of players and set them up just inside the half way line on opposite sides of the court.
- Each team starts with one basketball.
- Shot outside the three-point line = 5 points.
- Shot outside the key but inside the three-point line = 3 points.
- Shot inside the key = 1 point.

Instructions:

1. To start the drill, the coach calls out a number between 10 and 20. Whichever number the coach calls out, all teams are aiming to be the first to reach that number.
2. All players only get one shot attempt and can shoot from the three-point line, midrange, or perform a layup.
3. After taking one shot, regardless of whether the shot is made or missed, the shooter rebounds their own basketball and passes to the next player in line.



4. The first team to land on the EXACT amount of points that coach called out at the start of the drill is the winning team. For example, if a team needs 4 points to win, they can hit a midrange shot and then make a layup.

Variations:

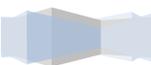
Number of Teams - The number of teams competing and the amount of players in each team will depend on the size of your group and the court space available.

Time Limit - Instead of giving players a specific number to reach, put several minutes on the clock and challenge them to see how many points they can accumulate in a specific amount of time.

Points System - Feel free to change up the points system from 5, 3, and 1 to any numbers you'd like. For example, you find your players are just shooting layups, increase the number of points they will receive for a midrange and three-point shot to encourage them to take it.

Coaching Points:

- When taking a midrange shot, players aren't allowed to land in the key after the shot. This rule prevents players from running up and performing a 'long layup' for two points.
- Ensure players are shooting on balance. Many kids have a tendency to lean forward when they're shooting off the dribble.
- Players must hold their follow through. Don't allow kids to start chasing their rebound before they're finished their entire shooting routine. If they're doing that, there's no point practicing!
- Players must catch the basketball at the start of their line. Don't allow kids to run in and get a jump start on their turn.
- Teams must communicate loudly with each other so that all players are on the same page when it comes to what score they're on.



Dead End

How the Drill Works:

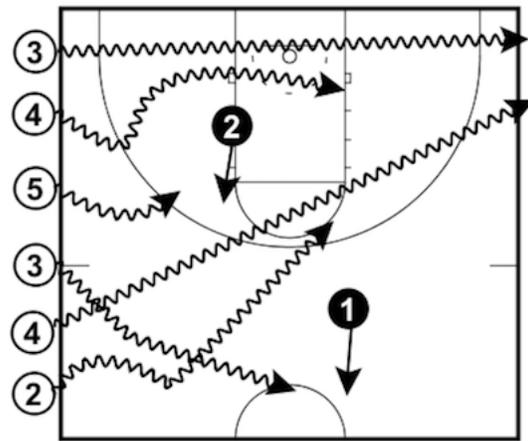
This drill is played sideline-to-sideline. Two defenders start in the middle of the court while the rest of the players line up on one of the sidelines with a basketball. The offensive players aim is to cross from sideline to sidelines as many times as possible within a certain amount of time. Each time an offensive player is tagged by a defender, they lose two 'runs'.

Purpose:

This is a great drill to improve ball-handling skills and also to work on conditioning. Offensive players are forced to keep their head up so that they don't run into any teammates and also so that they know where the defenders are at all times.

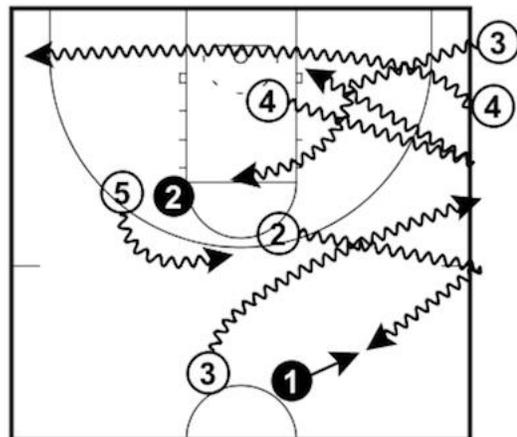
Setup:

- This drill can be run either in the half court or third of a court depending on the amount of players you have.
- Two defenders start in the middle of the court. Preferably with different coloured jerseys on.
- The rest of the players each have a basketball and start on one sideline.



Instructions:

1. The drill starts with the coach setting a timer for a specific amount of time (for example, 2 minutes), and then calling out 'go!' to start the drill.
2. The offensive players then proceed to dribble from sideline to sideline as many times as possible within the specific amount of time.
3. Each time an offensive player makes it from one sideline to the other, they get one 'run'.



4. When an offensive player is tagged by a defender or when the coach points out that a player made a dribbling violation, they lose 2 runs.
5. When the time is up, the player who achieves the most runs is the winner.
6. After that, switch the two defenders with two of the offensive players and run the drill again!

Variations:

Points System: Instead of one run for each time a player makes it to a sideline, you can give them one run for each up-and-back they complete.

Size of the Court - Increase or decrease the space you give your team depending on how many players you have at practice.

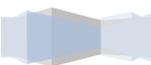
Number of Defenders - Similar to the previous point, if you have a large group of players, you probably want more than 2 defenders. If you have a small group, 1 defender may be enough.

Defenders Dribble - One fun variation to this drill is getting the defenders to dribble a basketball too. This will make the drill much easier for younger and less skilled players.

Defenders Must Steal the Ball - Instead of simply being tagged, to take points off an offensive player the defenders must steal the basketball from them.

Coaching Points:

- Make sure defenders aren't picking on specific players. A defender isn't allowed to target one offensive player and tag them over and over again.
- Encourage players to keep their heads up at all times. They must be able to see where the defenders are and also where their teammates are.
- If a player has clear space in front of them, encourage them to speed dribble by pushing the basketball out in front.
- Once a player has been tagged, the defender who tagged them must leave them alone and pursue another offensive player.



4. The passer is allowed to make a skip pass to their teammate on the opposite wing if they choose to which gives the offensive player an opportunity to seal their opponent if they attempt to prevent the pass by staying in front.
5. The offensive player has 5 - 7 seconds to establish position, receive the pass, and then score preferably without dribbling.
6. They then join the end of the line and swap roles as the next pair of players lines up and begins the drill.

Variations:

One Dribble - While we would prefer players to seal and score without dribbling, you can allow players to take a dribble or two if necessary.

Starting Positions - In the original version, the defender starts in front of the offensive player. You can make the drill harder or easier for the offense by starting the defender next to them or behind them. This allows them to practice multiple ways of sealing their opponent.

Coaching Points:

- If the defender attempts to cut off the passing lane, seal behind. If the defender plays behind, seal in front.
- If you can, have players fill the passing roles as it's great practice for them to get the basketball inside. Doing so requires smart passing and on-point timing and accuracy.
- This drill will be physical. You'll have to determine if it's appropriate for your team.
- Allow players to be aggressive and physical but don't allow anything over the top that may result in an injury or players getting angry at each other.
- On the inside catch, the offensive player should be looking to make an immediate move to score.



Exhaustion

How the Drill Works:

Players get into pairs with one basketball between them. One will be the shooter and the other the rebounder to start the drill. The shooter must sprint a suicide taking a specific shot after each run. Once they've completed the suicide, the players switch roles.

Purpose:

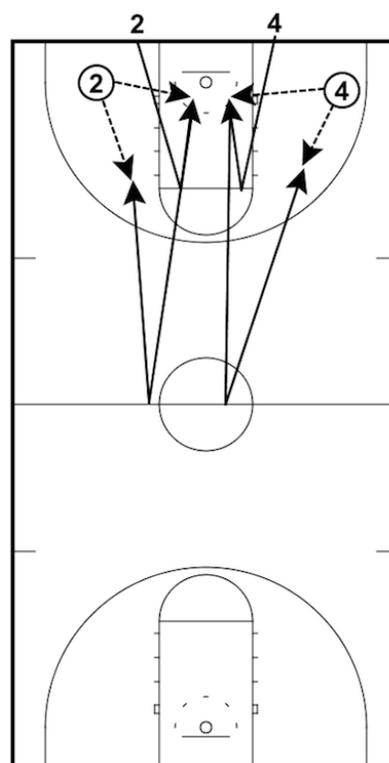
This is a great drill for adding conditioning work to a shooting drill. Players can work on a large variety of shots and up to 12 players can complete the drill at one time.

Setup:

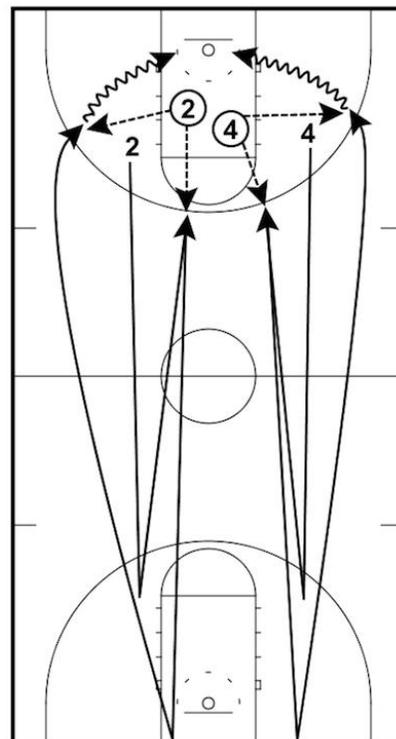
- All players find a partner and get one basketball between them.
- Players decide who will be the first shooter and who will rebound.
- The shooter lines up behind the baseline.
- The rebounder starts with the basketball.

Instructions:

1. On the coach's call, the shooter sprints to the free-throw line and returns receiving a pass from their partner leading to a layup.
2. Immediately after the layup, the shooter turns and sprints to the half-court line and then returns and receives a pass from their partner for a midrange shot.
3. After this, the shooter sprints to the opposite free-throw line and returns and receives a pass from their partner for a three-point shot.
4. Finally, the shooter sprints to the opposite baseline and returns and receives a pass from their partner for a two-dribble floater.



5. After the final shot, the shooter rebounds their own basketball as the player who was rebounding sprints to the free-throw line and completes the same sequence as the first shooter.
6. Each player must complete the sequence three times to finish the drill.



Variations:

Different Shots - Instead of the four shots outline in the instructions above, the coach can get their players to complete any kind of shot during their four trips down the floor.

Must Make the Shot - In this variation, players must make the required shot before moving on to the next level. This may result in players sprinting to the same line 3 or 4 times.

Touch Baseline - After each shot, players must sprint and touch the baseline instead of immediately turning and running to the next line.

More or Less Sprints - In the original version of this drill, each player must complete the sequence three times. You can increase or decrease this.

Coaching Points:

- Passes must be on-time and on-target. Lead the shooter into their shot.
- Rebounders must chase the basketball quickly. If the shooters are sprinting the floor (as they should be), rebounders don't have much time before they'll need to pass.
- If running the drill at both ends of the floor, remind players to stay out of each other's way when a teammate is shooting.
- Make sure players are shooting with good form. As they'll be tired and also catching while on the run, many players will catch and shoot off balance if they're not held accountable.
- Shooters should be calling for the basketball and showing target hands.



Free Throw Rebounding

How the Drill Works:

With one of the offensive players on the free-throw line, two teams of three players compete at pursuing a rebound after a free-throw shot.

Purpose:

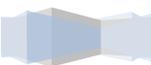
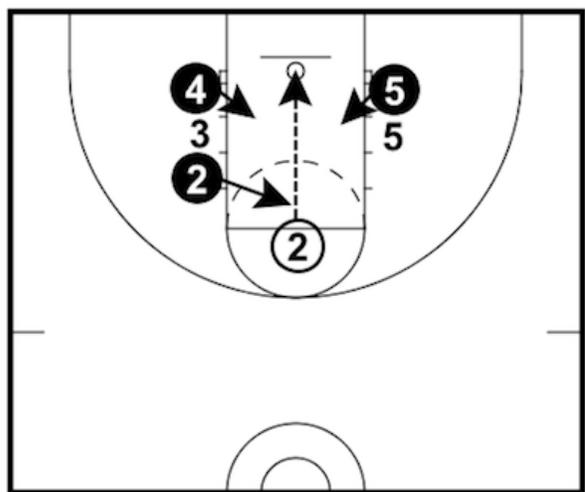
This competitive drill simulates in-game free-throw situations and is a fantastic drill to teach new players their responsibilities during a free-throw. Players learn how to properly box out and hold their position to secure a rebound just like they would during a game.

Setup:

- Two teams of three players.
- Both teams line up in the proper spots for a free-throw. One team on defense and the other team on offense. With one of the three offensive players on the free-throw line as the shooter.

Instructions:

1. The offensive player on the free-throw line starts the drill with a free-throw shot.
2. As soon as the basketball leaves the shooter's hands, both teams pursue the rebound. The defenders attempt to box out their opponent and get the rebound, while the offensive players attempt to get into a good position for the offensive rebound.
3. Whether the shooter makes or misses the free-throw, the basketball remains live until one of the players secure it.
4. If the free-throw shooter makes the shot, they receive 1 point for their team.



5. If one of the defensive players secures the rebound after a make or miss, the defensive team earns 1 point.
6. If one of the offensive players secures the rebound after a make or a miss, the offensive team earns 2 points.
7. The teams rotate the roles and the shooter after each repetition so that each player shoots a total of 3 shots. The team with the most points after all of the players are finished wins the game.

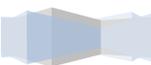
Variations:

Change the Points System - Feel free to vary the amount of points the defense and offense receive for grabbing a rebound.

More or Less Shots - Depending on the amount of time and players you have, you can decrease the amount of shots each player takes to 1 or even increase it to 5.

Coaching Points:

- The players shooting the free-throw should be going through their entire free-throw routine on each repetition.
- Make sure the defender closest to the free-throw shooter is boxing out the shooter.
- The free-throw shooter cannot cross the line until the basketball has touched the rim. That's a violation in games so we make it a violation in practice.
- Encourage the low defenders to step across, make contact, and then hold the opponent back instead of stepping towards the rim. Players should be looking to create as much room in front of them as possible for the basketball to drop to.



Opposite Attack

How the Drill Works:

One defender starts in the bottom corner of the half-court and an offensive player starts in the opposite corner of the half-court with a basketball. On the coach's call, the offensive player attacks the rim while the defender closes out and attempts to get a stop.

Purpose:

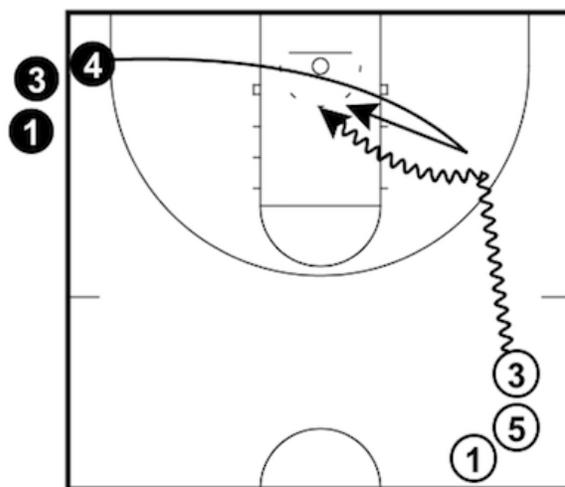
This is a great drill for players to practice finishing at the rim with a variety of moves while attacking a close out. The offense is forced to be creative as the defense can close out hard or soft.

Setup:

- Form two lines. One in the bottom corner of the half court and the other in the opposite corner of the half court.
- All the players at the half-way line start with a basketball.

Instructions:

1. On the coach's call, the first player on offense starts attacking the rim while the first player in the defensive line sprints across to close out and challenge the shot.
2. The offensive player can decide to pull up for a shot or attack the defender and attempt to score at the rim.
3. After the shot, the two players switch lines and the next two players line up to start.
4. The drill continues in this way for a specific amount of time.



Variations:

Limited Dribbles - Give the offensive players a specific amount of dribbles they're allowed to take before taking a shot. My recommendation is 3 - 4 dribbles. This prevents players from stopping behind the three-point line and forces them to attack.

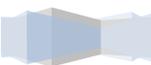
Offensive Player Distance - You can vary the distance that the offensive player starts from the hoop. This will change the distance that the two opponents meet.

Opposite Hand - Make sure that half way through the drill you make each group switch sides so that players are practicing attacking the defense with both hands.

No Three-Point Shots - If your players start shooting too many three-pointers, don't allow them.

Coaching Points:

- Don't allow players to continually pull up for three-point shots. Encourage them to attack the defense and attempt to score at the rim.
- The defenders should be closing out with one high hand and their weight back to absorb the drive.
- Make sure players aren't attacking the same direction every time. Encourage players to be creative and use both their left and right.
- The defense should be practicing challenging the shot attempt without fouling the offensive player.
- Players must quickly move off the court so that the next two players can start!



Pack Line Positioning

How the Drill Works:

Three offensive players are positioned around the three-point line with three defenders guarding them. The offensive players pass the basketball around while the defense continually adjusts their defensive positioning aiming to always be in the correct spot. After a certain number of passes, an offensive player shoots and the three defenders must box out and secure the rebound.

Purpose:

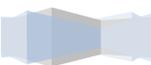
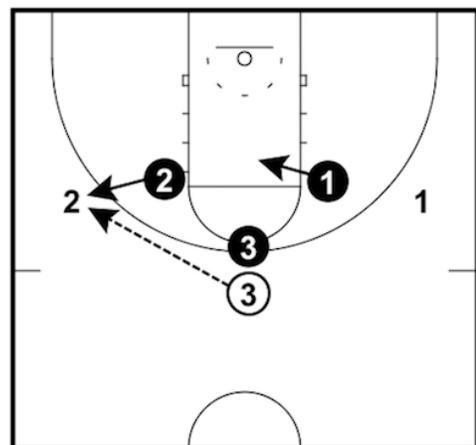
This drill allows defenders to practice where they should be on the floor depending on the location of the basketball. They'll also work on communication, closing out, and boxing out their opponent when a shot is taken.

Setup:

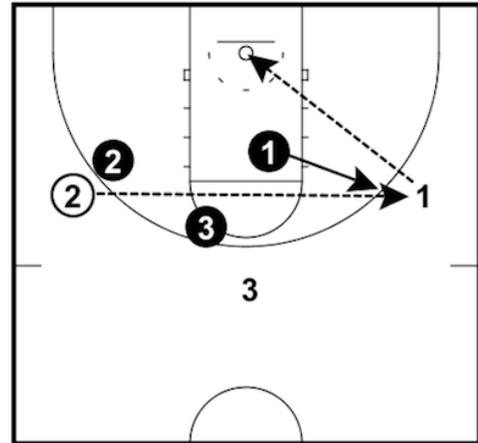
- Three offensive players set up around the three-point line. One of them has a basketball.
- A defender guarding each of the offensive players. All starting in the correct position.
- The rest of the players lined up behind the offensive players.

Instructions:

1. On the coach's call, the offensive players start passing the basketball to each other. This can be a pass to the person closest or a skip pass across court.
2. As the offense passes, the defenders adjust their positions. There should always be an on-ball defender and two help defenders.
3. The offensive players remain stationary throughout the drill until one of them takes a shot.



4. After 6 - 8 passes (or on the coach's call), an offensive player shoots the basketball.
5. When this happens, all defenders must establish position and aim to rebound the basketball while keeping the offensive players off the boards.
6. If a defensive player rebounds, the drill is over.
7. If an offensive player rebounds, the game is live until a score or a stop.
8. The offensive players become defenders, the defenders join the back of the line, and three new offensive players enter the drill.



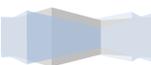
Variations:

2-on-2 or 4-on-4 – This drill can be run with any number of players. As long as the focus stays on correct defensive positioning and then securing the defensive rebound.

Coach Decides When to Shoot - Instead of one of the players deciding when to shoot, the coach will call out 'shoot' and the next offensive player to touch the basketball will take the shot.

Coaching Points:

- There is no out-of-bounds in this drill. Players must pursue the basketball until either the offense or the defense secures it.
- Defensive players must make contact with their offensive opponent and then pursue the basketball. Don't hold the box out.
- Loud communication is incredibly important during this drill. Defenders must let their teammates know where they are.



Ship Out

How the Drill Works:

This full-court drill starts with two teams of five players competing against each other. Every time a player scores, they're removed from the game. This continues until one team has eliminated all 5 of their players.

Purpose:

This is an intense drill that will teach your players how to attack and defend in advantage or disadvantage situations. Another benefit is that it forces the less skilled players on your team to attack when the more skilled players have been eliminated.

Setup:

- Split the team up into groups of 5 players.
- Two teams of five players start on the court.

Instructions:

1. The game begins with both teams competing against each other in a 5-on-5 situation until someone scores a basket.
2. When a player does score, they're immediately removed from the game. This results in the opposition team attacking in a 5-on-4 situation.
3. If they score, the drill becomes 4-on-4. If they don't, and the other team manages to score again, it will become 5-on-3.
4. This means that the team who is trailing will always have an advantage of an extra player or two which will hopefully keep the game close.
5. The drill continues like this until one team has eliminated all 5 of their players and they're declared the winner.



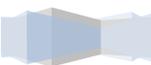
Variations:

3-on-3 - The same drill can be ran 3-on-3 in the half-court instead of 5-on-5 full court.

Two Baskets - Instead of one, players have to make two baskets before they're removed from the game. These don't have to be consecutive.

Coaching Points:

- When a team has the advantage of an extra player, they must space the floor correctly in order to get a player open and take the best shot possible.
- Make sure players who have scored are encouraging their teammates from the sidelines!
- When at a disadvantage, players can't match up one-on-one. Players must be willing to scramble to another opponent and should do their best to cover help position at all times.
- If players are holding the basketball up too long, give them a shot clock.



Shot Clock Transition

How the Drill Works:

Two teams play a regular full-court game with only 12 seconds to shoot the basketball each time they take the possession otherwise they get a shot clock violation.

Purpose:

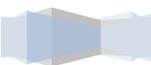
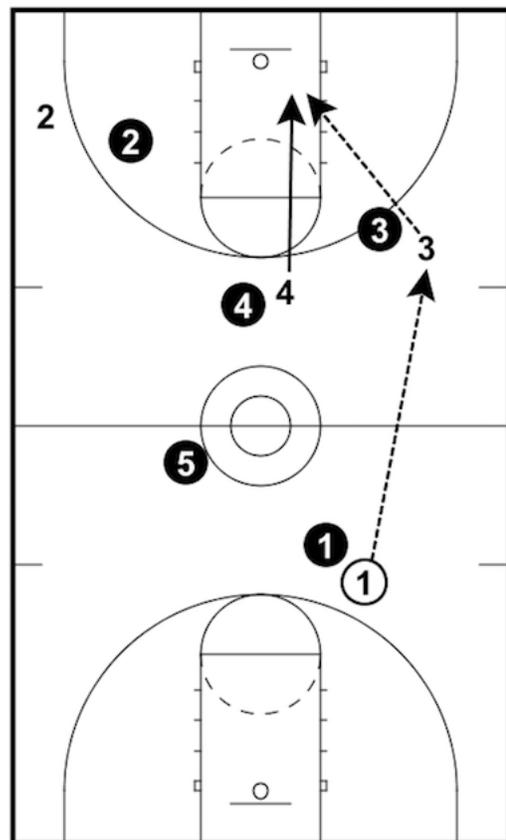
A high intensity drill working on offense and defense by encouraging quick transition which forces players to play fast, think ahead, and get out of their comfort zones.

Setup:

- Two teams of 5 players start on the court. Preferably with the different coloured jerseys for each team.
- Use a shot clock if possible. If not, have an assistant coach or parents use a stop watch and count down out loud whenever there's less than 5 seconds on the clock.

Instructions:

1. The drill starts with a jump ball and the teams play a live 5-on-5 full-court game.
2. The team in possession of the basketball has 12 seconds to advance down the court and create a good shot opportunity. Each time there is a change of possession, the coach restarts the shot clock.
3. If a team fails to shoot within a 12-second period, a shot clock violation is called and the basketball changes possession.
4. The two teams compete for a set period of time or until one of the teams reaches a set amount of points (for example, 15 points). The score is kept in the same way as a real game.



Variations:

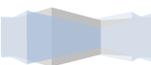
Quick Strike - Instead of giving points based on where the shot was taken from, teams are rewarded for quick scores based on how many seconds are left on the clock. For example, if the ball falls through the net with 4 seconds left on the clock, the team receives 4 points

Different Time Limit - Depending on the age of the players and their abilities, you can adjust the time and set the shot clock to 10 or 15 seconds for each possession.

4-on-4 – Instead of playing 5-on-5 game, you can have two teams of four players playing a game. Or even a 3-on-3 game if you have a smaller group of players.

Coaching Points:

- Players should be advancing the basketball over half way as quickly as possible. This means rebounding a looking for a quick outlet and then pass to a teammate up the court.
- Don't expect order from the start. Your players are going to look out of control at times as they're forced to get out of their comfort zones. This will benefit them in the long run.
- This shouldn't result in the best player going one-on-one from the top of the key on each possession. Encourage players to move the basketball and look for a good shot.
- Call out the final 5 seconds of the shot clock so that players are aware.



Snake Speed

How the Drill Works:

Players all have a basketball and start in one of the corners of the court. They will then practice changing speeds while dribbling using 4 lanes on the court. Players jog to the free-throw line, speed dribble to the opposite free-throw line, and then jog to the baseline.

Purpose:

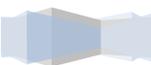
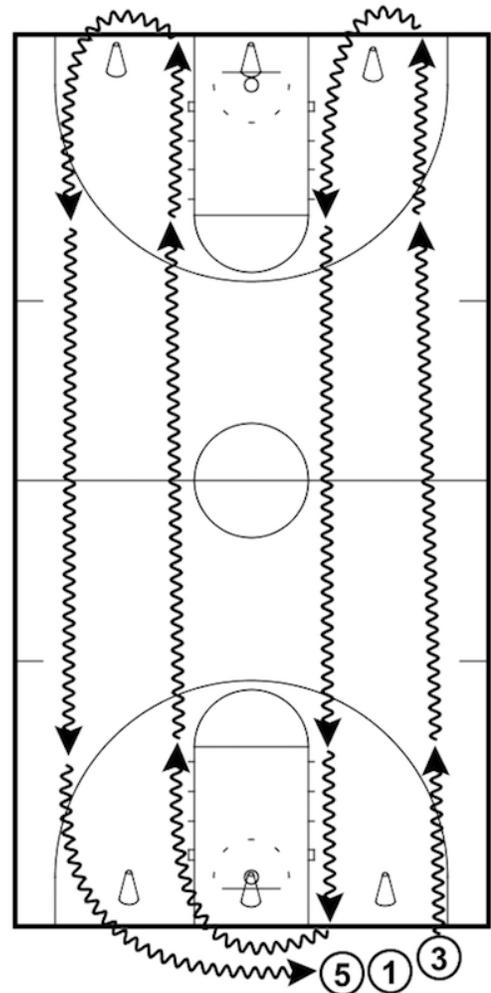
This drill will allow players to practice changing speeds while dribbling. Being able to do this is important to blow by a defender, beat a press, keep a defender off balance, blow by full-court pressure, and a number of other reasons.

Setup:

- All players start the drill with a basketball.
- All players line up in one corner of the basketball court.
- Three cones spaced apart at each end of the court to create dribbling lanes.

Instructions:

1. On the coach's call, the first player in line starts jogging to the first free-throw line.
2. When they reach it, they immediately explode into a speed dribble until the opposite free-throw line where they must quickly slow down while in control and dribble around the cone before completing the same process in the next lane.
3. As soon as a player crosses the half-way line, the next person in line can start.
4. Once a player has completed all four trips down the floor, they will then join the end of the line and start again.
5. The drill continues like this for a set amount of time.



Variations:

Opposite Hand - Make sure that players are practicing their speed dribble with both hands. You can make specific lanes right handed and left handed or get your players to complete the course entirely right-handed and then again entirely left-handed.

Speed Sections - Instead of jogging to the free-throw line and then speed dribbling to the opposite free-throw line, your players could speed dribble to the free-throw line, jog to the opposite free-throw line, and then speed dribble to the baseline.

Dribbling Moves - Using these four lanes can also be convenient for working on dribbling moves (crossovers, behind-the-back, spin move, etc). Don't limit yourself to speed changes!

Coaching Points:

- There must be a very clear change of speed by the players at each section.
- When speed dribbling, encourage players to push the basketball out far in front and then sprint up to the basketball. Don't dribble at hip height on the side of your body.
- Eyes up!
- Being able to slow down with the dribble under control is just as important as being able to explode quickly from a jog to a sprint. Players must understand that.



Weave Rebounding

How the Drill Works:

Three players execute a 3-man weave from the half-court line. After three passes, the player who receives the last pass takes the shot. The player who received the first pass will then attempt to block out the third player who is attempting to dart in for a rebound.

Purpose:

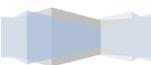
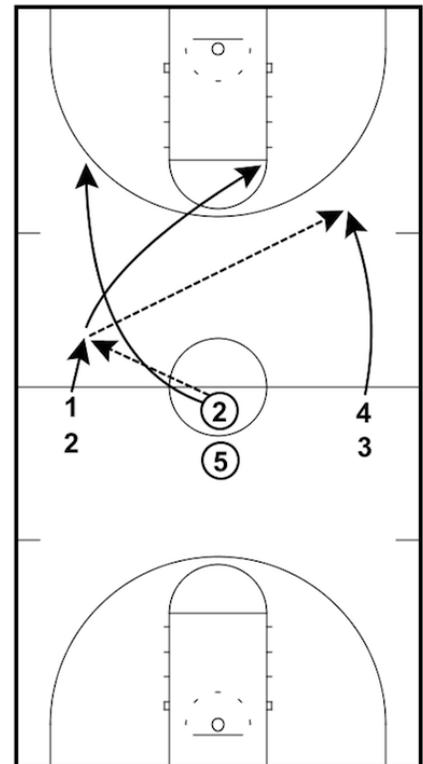
This drill teaches players how to gain correct position and legally make contact and box out an opponent who is sprinting in for an offensive rebound. It's a great one-on-one drill and good for working on both offensive and defensive rebounding.

Setup:

- Three players line up across half-way with the rest of the players behind them.
- The players in the middle line have a basketball.

Instructions:

1. The drill starts with the middle player passing to either the teammate on their right or left and then weaving behind the player they pass to.
2. The first receiver will catch and immediately bullet a pass across the court to the opposite teammate who should catch just outside the three-point line.
3. The second passer immediately sprints towards the key to establish defensive rebounding position.
4. The player with the basketball then skips the pass across court to the player who started with the basketball who will then shoot. This can be either a three-point or two-point shot.
5. On the shot, the second passer (who is now a defensive player) will attempt to box out and secure the defensive rebound while the third passer (who is now an offensive player) is sprinting in also looking to secure the rebound.



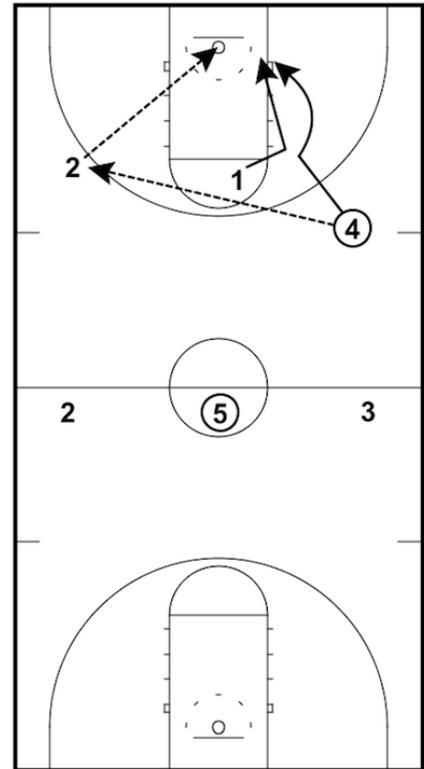
6. If the offensive player rebounds the basketball, the two player compete one-on-one until a score or a stop.
7. If the defensive player secures the rebound, the drill is over and all three players return to half court and join a different line.

Variations:

Dedicated First Pass - Instead of allowing the middle player to choose who to pass to, they must pass to either the left or the right every time to start the drill.

2-Point or 3-Point Shot - Depending on the age and the skill level of your players, decide whether they should be shooting a three-point or midrange shot.

No Offense and Defense - Instead, simply have the two non-shooters competing against each other to secure the rebound.



Coaching Points:

- The defensive rebounder must look to make contact with the offensive player to stop them from sprinting in and getting a running jump. They must be taught how to do this legally.
- If the shot is made, the basketball is still live until one of the players has secured a rebound.
- Teach players to make contact and then pursue the basketball. Don't hold the box out or the defensive player will eventually get around it.
- Passes should be flat, hard, and on-target.
- Move off the court quickly once the rebound has been secured so that the next group of players can start the drill.

