**Dribbling & Ball Handling**

1. Talk about dribbling – the only way to move with the ball
2. *Explain* - double dribble
3. *Explain -* Traveling
4. *Teach* - Control with fingertips
5. *Teach* - “Push” the ball; don’t “Slap” at it
6. *Teach* – Do NOT watch the ball
7. *Practice* - Dribbling with each hand while standing in place; gradually move around
8. *Activity* – Play “Follow the Leader” on court lines with continuous dribbling
9. *Activity* – Play “Follow the Leader” on court lines – Switch hands at every turn or whistle
10. *Activity* – Play Freeze Tag (inside 3-point arc)
11. *Activity* – Do ball tapping or handling drills
12. *Activity* – Dribble on one knee
13. *Activity* – Relay races
14. *Activity* – Dribble through obstacle course (using cones or other items)
15. Other drills as developmentally appropriate and FUN for the kids

**DEFENSE**

**Talk about Defense**

Explain words “Offense” and “Defense”

Defense is JUST AS Important as Offense

Explain how to challenge player without fouling

Keep your man between you and basket

Describe difference between a “Zone” v “man to man”

Teach “Defensive position”: crouched, both hands up, slide or shuffle step

Activity – Practice “Defensive position”: All kids facing coach as coach dribbles in different directions

Activity – Have coach guard player with hands behind his back. Cut off advancement to basket

Activity – Have player guard coach

Activity – Practice 3 v 2. (Two kids in a zone, 3 kids doing perimeter passing)

Activity – 1 on 1 (Offensive player dribbling, trying to advance ball toward goal; defensive player cutting off but not trying to steal the ball)

Other drills as developmentally appropriate

**PASSING**

Talk about passing

***Explain*** - It’s just as important as shooting because it allows the OTHER person to score

***Demonstrate*** - 2 hand chest pass (position and movement of THUMBS)

***Demonstrate*** – Don’t “throw” it, “snap” it

***Demonstrate*** – It is important to make it easy place to catch it

***Demonstrate*** – Why the Bounce pass is usually the BEST pass when defender is near

***Activity*** - Pair off and stand on either side of lane. Pass to partner

***Activity*** – Back lines up and have kids dribble 2 or 3 times and then pass to partner

***Activity*** – Pass to moving target

***Activity*** *–* Set up 3 v 2 and show how to get the open man a good shot by good passes

Many other drills combining movement, as developmentally appropriate

**Shooting**

**Talk about shooting – Emphasize open shoots, practice confidence**

**Teach to shoot with ONE hand, let the other guide**

**BEEF** B Balanced stance

E Eye on rim

E Elbow in close to body

F Follow Through

Practice one-handed shooting “in the air”—no basket

Lie on their bask and practice pushing ball straight up with one hand

Drill practice CLOSE to basket

Emphasize FORM

**Receive the ball in Triple threat position:** (Pass or shoot or dribble)

**LAY-UPS**

**Demonstrate**

If right handed, jump off left leg (vice versa for lefties); Show which is LEFT LEG

Have kids stand in line facing you and practice taking one step onto LEFT leg and then jump

Practice jump off left leg and raise right arm as if shooting

Practice Lay-up WITHOUT a ball – several times

Explain that layups are done while dribbling

Demonstrate the BEST angle to approach the basket

Explain about using the backboard and the “Square” on the glass

Explain about NOT stopping but running through the shot and off to next line

Incorporate rebounding line

Incorporate pass from REBOUNDER to OUTLET to FIRST PERSON IN SHOOTING LINE

Incorporate pass from SHOOTER to REBOUNDER back to SHOOTER (on the move)