

## **USCBC Training Plan 1**

Warm-up:

### **Fundamentals: choose from the attached**

#### **Dribbling**

Dribbling stance (stationary)

Dribbling down the court – eyes up. Hold up fingers for kids to call out so you know their eyes are up.

#### **Focus 1**

#### **Positioning**

1. Throw-ins

How to seal the defence: for a throw in or on court

**(practice along the side-lines one on one with an in-bounder)**

1. Running the lanes
2. Covering the key

#### **Get position to receive a pass**

How to seal the defence: for a throw in or on court

**(practice along the side-lines one on one with an inbounder)**

Wing and receive the pass around the key

#### **Points of emphasis**

1. **Always be square to the basket** ready to drive, shoot or pass (ball in pocket)
2. No turning backwards, no players behind the ball carrier, sharp passes.
3. No standing still to receive a pass

Tie it all together

#### **Scrimmage** – should see

1. Player in Tripple Threat position
2. Correct positioning for the pass in
3. Setting up the key – player position
4. Dribbling – all eyes up

## **Tony Bennett's All-American Ball Handling Work Out**

### **Non-Dribbling in Place:**

1. Ball Slaps
2. Outstretched Arms (elbows locked) pat ball back and forth on finger tips
3. Right Leg Circles
4. Reversed Right Leg Circles (go the opposite way)
5. Left Leg Circles
6. Reversed Left Leg Circles (go the opposite way)
7. Figure Eight
8. Reversed Figure Eight (go the opposite way)
9. Double Flip (hold the ball with two hands in front and then drop the ball and catch it with two hands in back before it hits the ground)
10. Single Flip (hold the ball with one hand in front and one in back, drop the ball and reverse hand positions and catch the ball before it hits the ground)
11. Single Flip / Double Flip (alternating)
12. Figure Eight Around the Ankles Double Flip

### **Dribbling in Place:**

1. Right Hand High Dribble then Slam Down Low (looking over your left shoulder)
2. Left Hand High Dribble then Slam Down Low (looking over your right shoulder)
3. Side to Side Right Hand
4. Side to Side Left Hand
5. Front to Back Left Hand
6. Front to Back Right Hand
7. Side to Side Left Hand Behind the Back
8. Side to Side Right Hand Behind the Back
9. Crossover Dribble Left to Right in Place
10. Dribble Around Right Leg
11. Dribble Around Left Leg
12. Figure Eight Dribble with Right Hand Only
13. Figure Eight Dribble with Left Hand Only

14. Spider Dribble (two taps in front, two taps in back...)

15. Scissors Dribble (between legs in place)

**Keys for Maximum Gains**

Do them quick and fast both ways.

Try to keep head up for all of them.

**SPEED** is the most important thing.

Spend about 15 seconds for each drill.