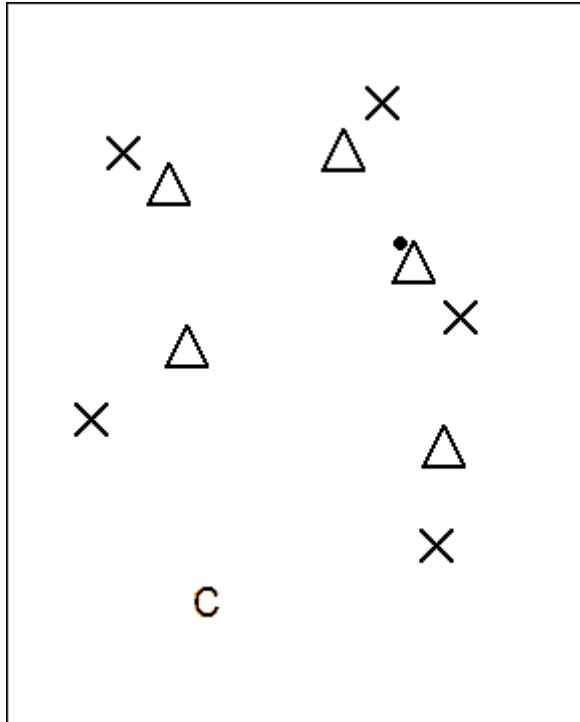


Basketball Coaching 101

50 Passes

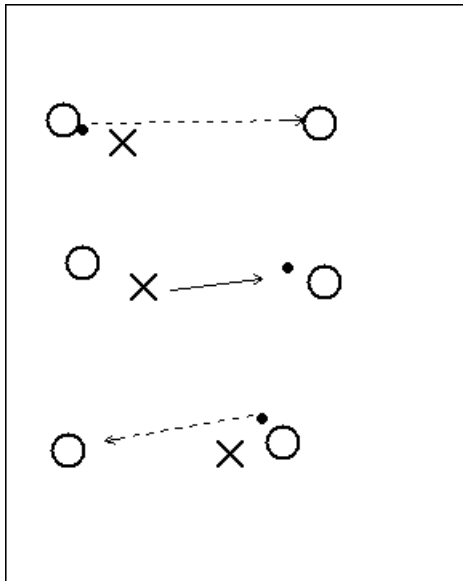


Set-up. Two equal teams out on the court.

The Object. To make a total of 50 passes. Does not have to be consecutive.

The Game - teams play keep away by passing the ball back and forth to team mates. No dribbling is allowed. First team to make a total of 50 passes wins.

Monkey in the Middle



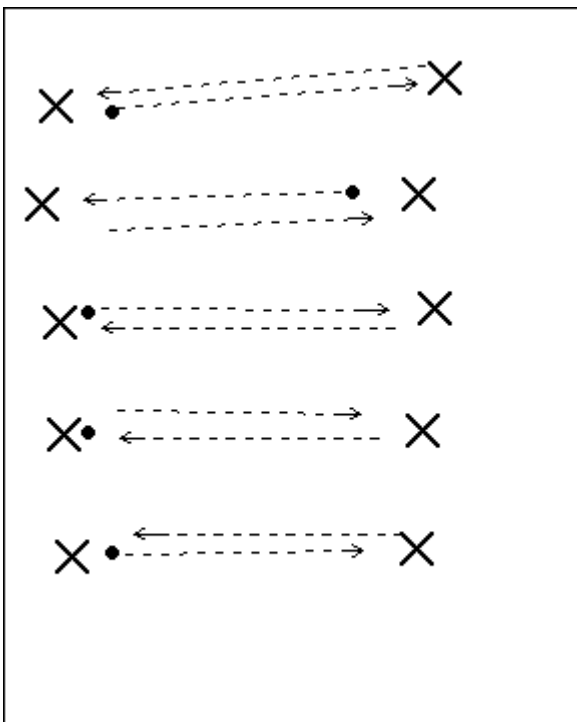
Set-up - Three players line up and one person on the end has a ball.

The Game - The players on the ends, try to pass back and forth to each other. The players on the ends can dribble toward the person in the middle, but cannot pass them. If the person in the middle gets the ball, the player who made the mistake goes in the middle.

Variations - Allow only bounce passes.

Basketball Coaching 101

Speed Passing



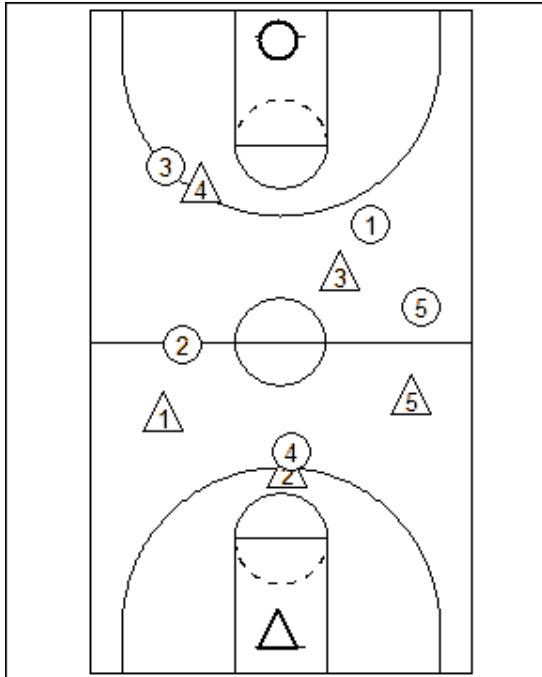
Set-up. Pair up players. One ball per group.

The drill - Players work together to see how many passes they can make in 30 seconds.

Alternate types of passes. Chest, bounce, overhead.

Basketball Coaching 101

Chair Game

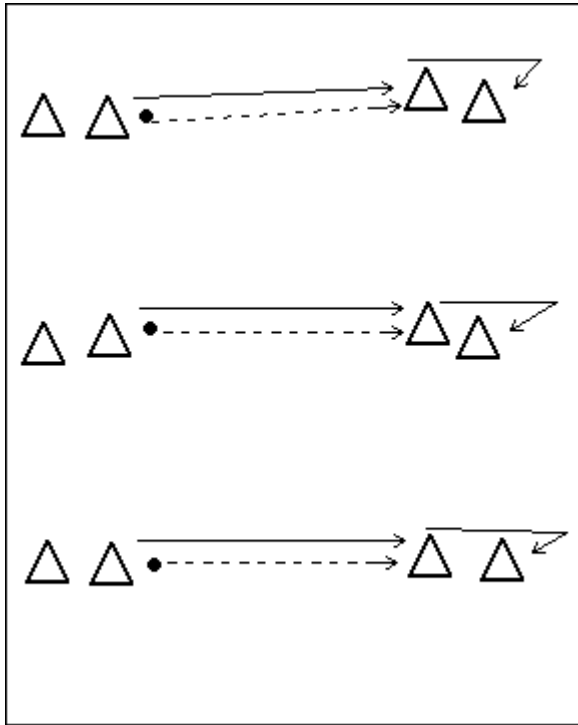


Set-up. Two equal team with a chair under each of the baskets. Jump Ball Start and no dribbling is allowed.

The Game - Teams try to pass the ball up the court to one of their teammate who is sitting in the chair. Switch Goalies.

Basketball Coaching 101

Pass and Pressure

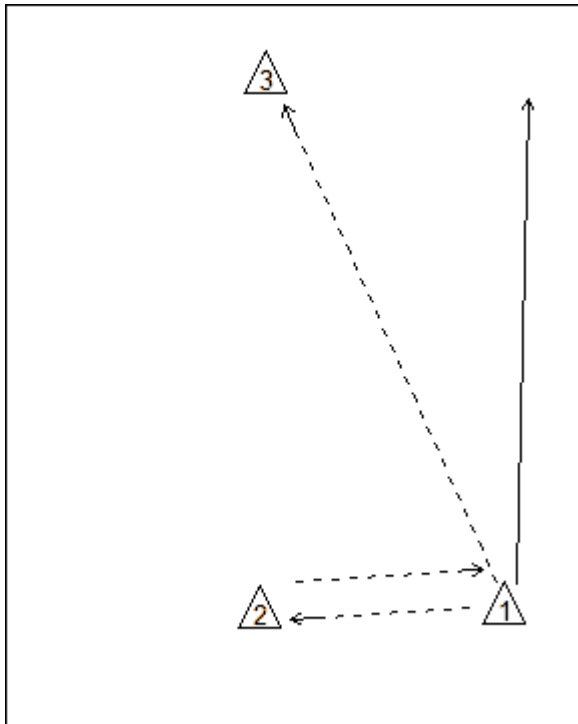


Set-up. Two lines about 6 to 12 feet apart. First player in one line has the ball.

The drill - The first person in the line passes to the player opposite of them and then follows to pressure the next pass.

Basketball Coaching 101

Bounce Bounce Overhead

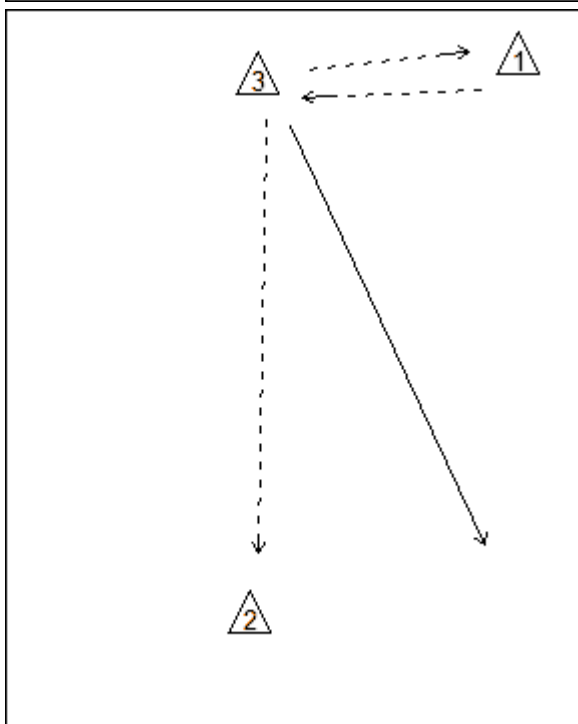


Set-up. Divide players into groups of 3

The Activity- 1 makes a bounce pass to 2.

2 makes a bounce pass to 1.

1 make a overhead pass to three and runs into space near 3.

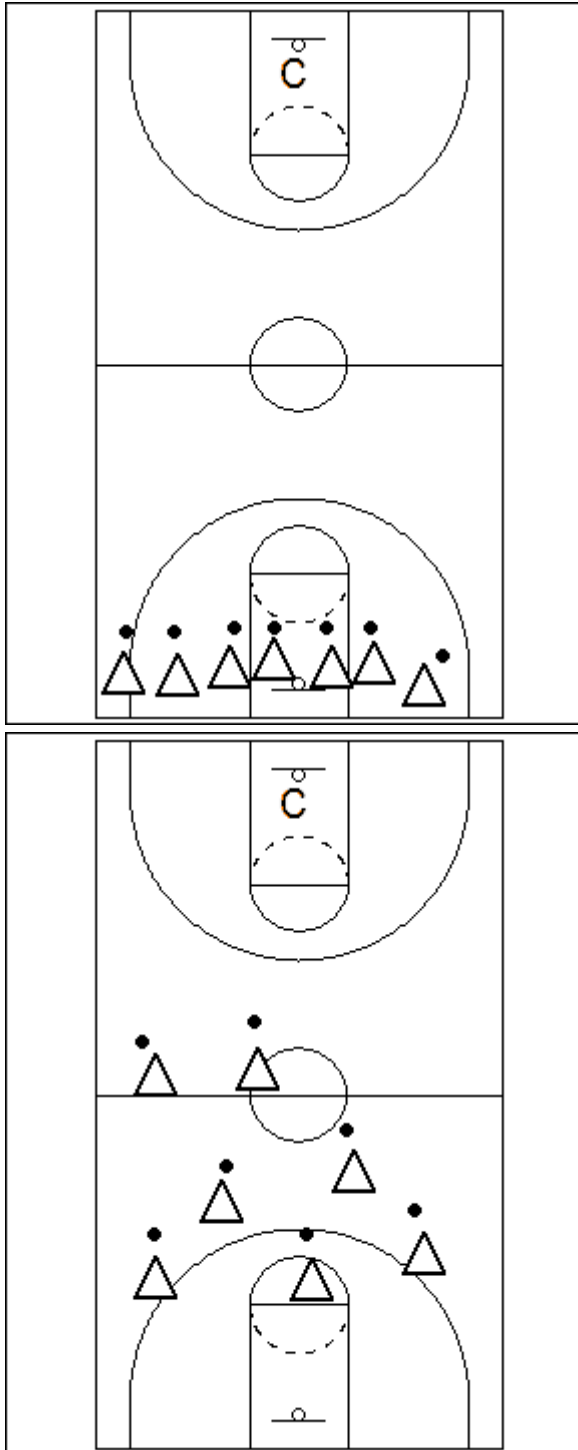


Drill repeats- This time 3 makes a bounce pass to 1. 1 make a bounce pass to 3. 3 makes a overhead pass to 2 and runs into space near 2.

Variations- Vary types of passes.

Basketball Coaching 101

Red Light Green Light



Set-up. All the players line up on the baseline with a basketball.

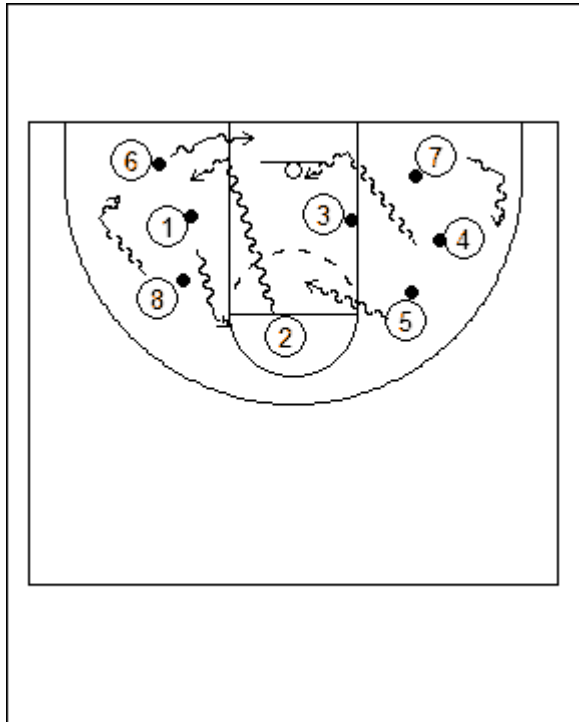
The Activity - Just like the game played when you were a kid. Players start dribbling the basketball. Coach turns his/her back and yell green light. Players dribble towards the coach.

When the coach yells "red light" players stop advancing down the court but MAINTAIN thier dribble. Once the Coach yells "Red Light" he/she turns towards players. Any player still dribbling towards the coach when the coach turns, has to start all over again at the baseline.

First player to reach the coach wins.

Basketball Coaching 101

Knockout



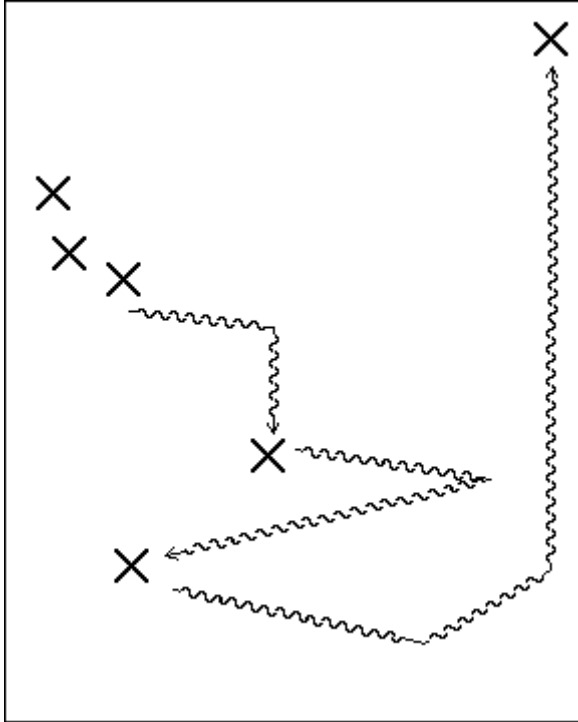
Set-up. Each player dribbles a basketball within a predetermined area (for 8 players e.g. inside the zone).

The Game- Each player tries to knock out the other players' balls or force him/her to double dribble or force the player out of bounds. Winner is the one who is last dribbling.

Variations- Can only dribble in back court.

Basketball Coaching 101

Follow the Leader

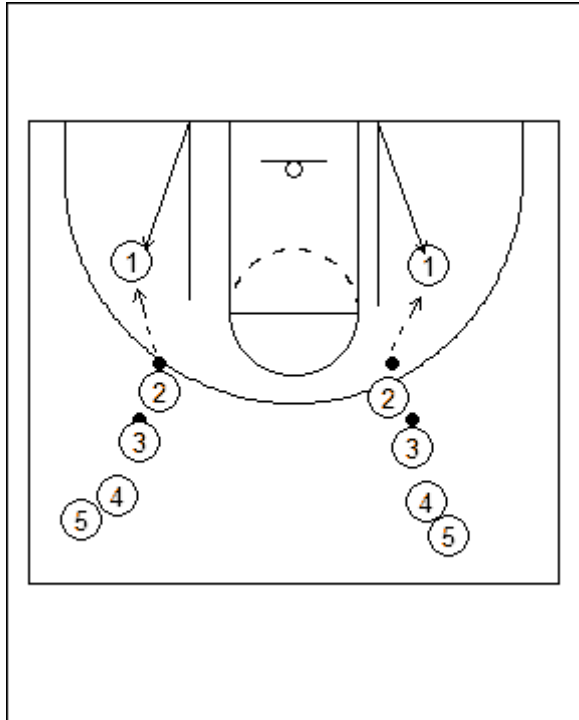


Set-up. One line of players each with a ball.

The Drill - follow and copy the leader who moves around, dribbles with different hands or body parts and attempts "tricks".

Basketball Coaching 101

V-Cut Pass and Shoot Drill

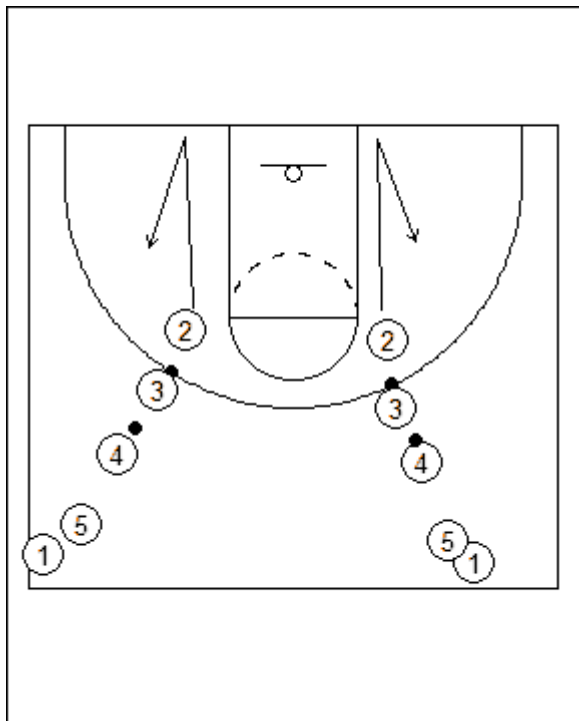


Set-up. Two equal lines. The first player in each line DOES NOT have a basketball.

The activity - begins with the first player in line making a "V-Cut" at the baseline and pops back out to about 12 feet away from the basket and calls for the ball by showing ten fingers to player #2.

Player #2 passes the ball to player #1.

Player #1 shoots and gets his own rebound.



Player #1 then goes to the back of the line giving his ball to #4.

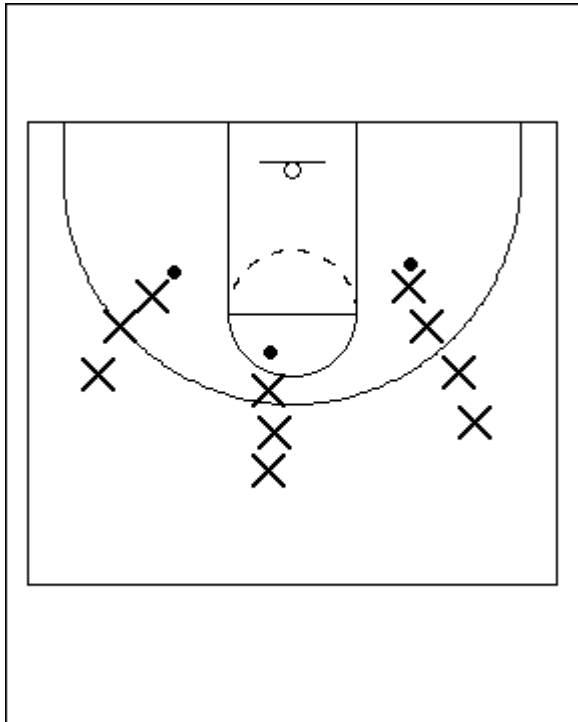
Since player#2 gave his ball to player #1, he now makes a V-cut to the baseline and the activity **repeats** itself.

Coaching Points- Catch and square up to the basket.

Basketball Coaching 101

Bombs Aways

Set-up. 3 lines of players about 8 to 13 feet away from the basket.

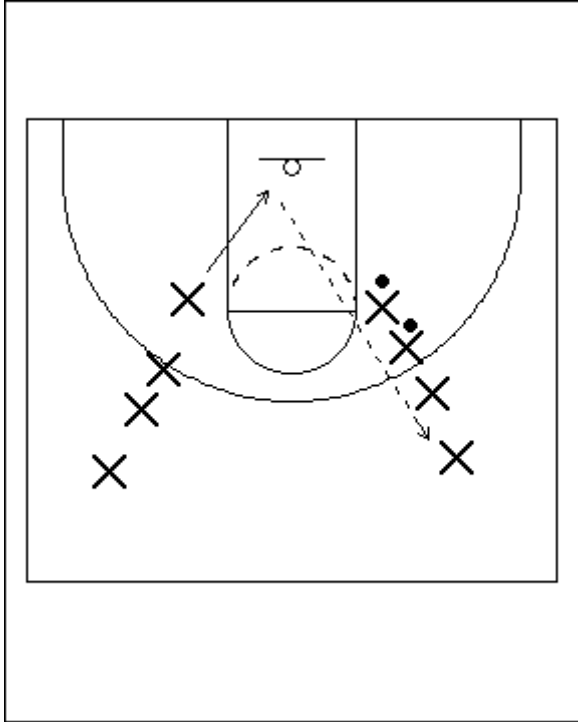


The Activity - Players take shots from the spots, go after their own rebound, pass it to the next guy and line. They go to the end of the line. Play for a set amount of time.

Coaching Point- Turn it into a competition where players keep track of how many shots they got in.

Basketball Coaching 101

2 Line Lay-up Drill



Set-up. Two lines facing the basket. One line is the Layup line, the other line is the rebounding line. First two players in the playup line have a basketball.

The drill - First player in line with a ball dribbles the ball to shoot a lay-up. Shooter joins rebounding line. Rebounder joins shooting line.

Coaching point- Aim ball and push it in small square on the back board.