



ALLEY DRILL

SET-UP:

Athletes partner up, with 1 basketball between each group

EXPLANATION:

1. Offence goal is to try and get around defender to half court.
2. Defence goal is to stay in front of the offensive player and not allow them around.
3. Play within a small cylinder on court to encourage tougher defence.

TEACHING POINTS:

DEFENCE STANCE

- Athletes to stay low with legs bent
- Footwork is Big -> Bigger
- Encourage defenders to be "arms distance" away from offensive player

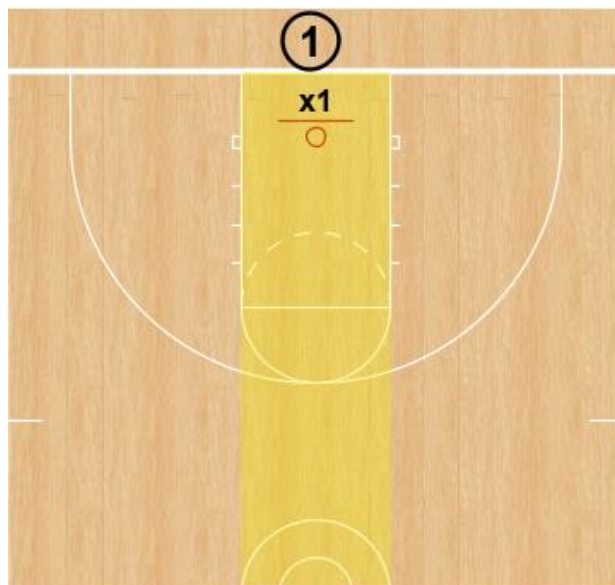
OFFENCE

- Keep ball below knees when completing cross overs towards Half Court Line

COMPETITIVE:

Count the amount of times the offensive player has to "crossover" and reward the athletes with most crossovers.

IMAGE OF DRILL:





JJs REBOUNDING

SET-UP:

Two even groups, one on baseline (1), one on elbows (x1)

Have 1-2 basketballs depending on level of athletes and understanding of drill.

EXPLANATION:

1. Players pass the ball around the baseline, up the lane line and across free throw line.
2. Last player after those passes will shoot the ball
3. As passes are happening, defenders (baseline group) will cross over and box out team shooting
4. Offence goal is to get as many offensive rebounds as possible.
5. Defence goal is to get as many defensive rebounds as possible.

TEACHING POINTS:

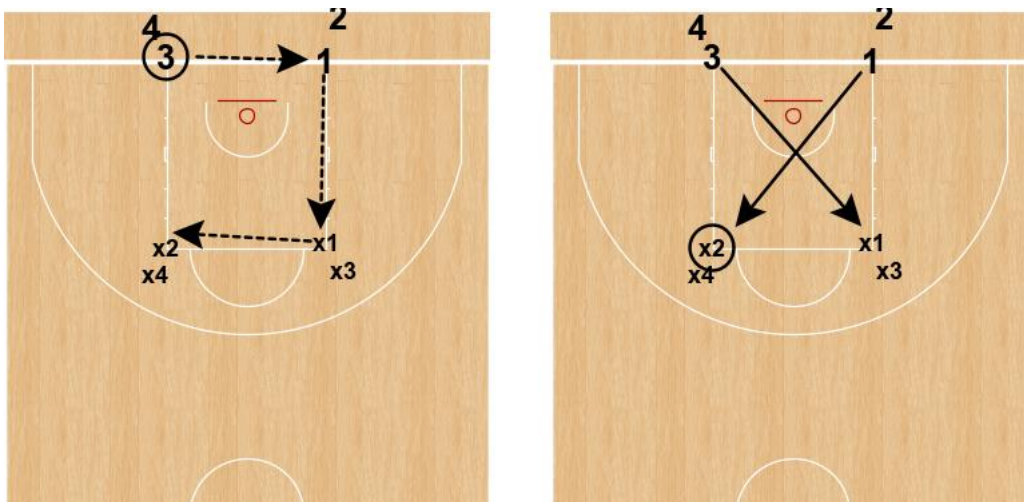
BOXING OUT

- Hit and Go Get
 - o Hit the offensive player, do not wait for them to come towards you.
 - o Hit them with an arm bar to protect yourself
 - o Go Get the rebound

COMPETITIVE:

Give each team 90 seconds to do the drill, once both teams have had the opportunity to rebound, you will have a winning team. Have punishments set for the team who didn't win.

IMAGE OF DRILL:





2v2 STAY/GO

SET-UP

Two even groups, one on baseline, one at half court.

Have 1-2 basketballs depending on level of athletes and understanding of drill.

EXPLANATION

1. A defensive player (x2) with the ball passing to wing player for closeout.
2. On pass out, 2 can dribble attack towards the baseline to put defensive team into rotations.
3. X1 will call Stay or Go depending on where the defender is
 - a. Stay = Defender is attached to the hip and pushing offensive player to behind the backboard
 - b. Go = Defender can see the jersey number of the Offensive player and tells teammate to go
4. If GO, the x2 defender will need to GO and find another player to guard
5. If Stay, the x2 and x1 defender will STAY on their player.

TEACHING POINTS

Ensure you have clear communication from the athletes when calling stay and go

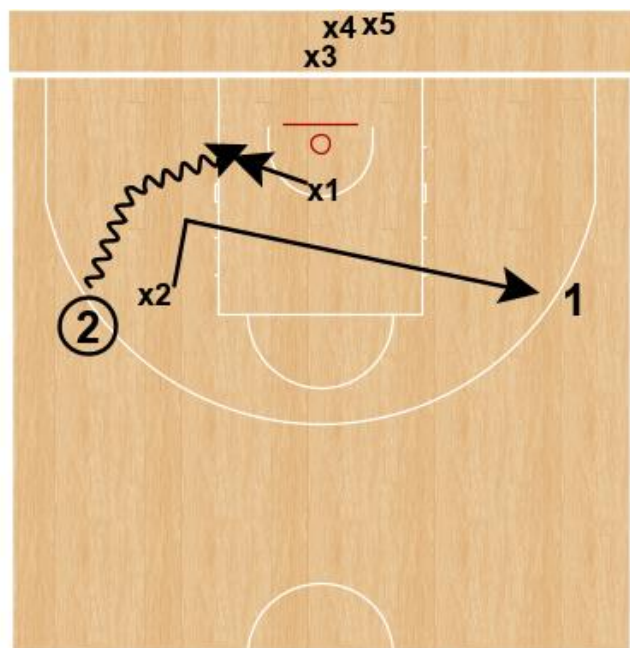
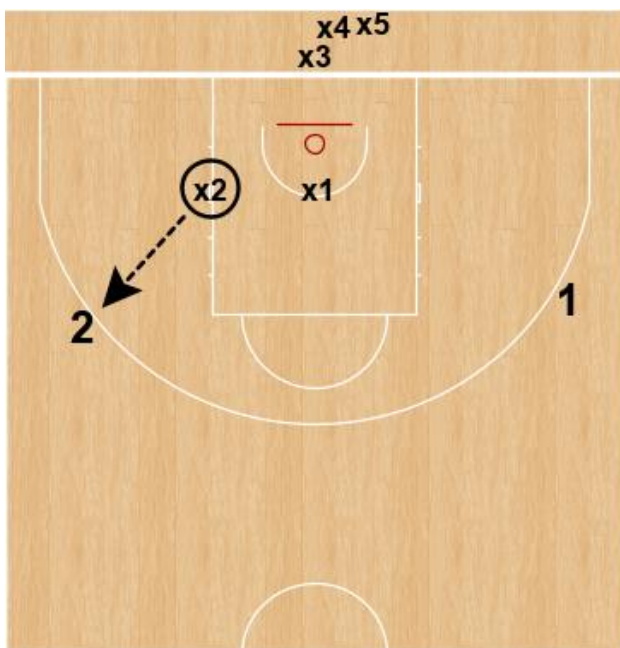
The first word they say is correct (even if it seems wrong)

Defending athlete under hoop (x1) says stay or go on very first offensive player dribble.

COMPETITIVE:

Have teams get certain amount of stops prior to changing onto offence.

Image of Drill:





1v1 VARIATIONS

SET-UP:

Partner Up – 1 ball between each duo

EXPLANATION:

1. Athletes to play 1v1 in various spots with various situations.

1v1 allows quicker decisions, more repetitions and a way for kids to “figure it out”

TEACHING POINTS:

Offence – Early Contact with defender, then late separation when attempting the shot

Defence- Early Contact to push offensive player to behind back board or over the elbows

Coaches – add a time limit (not dribble limit) to drills

COMPETITIVE:

Keep track of makes and have a winner at the end.

THERE IS AN EXTERNAL DOCUMENT WITH 1v1 VARIATIONS