



LEMANIS BALL HANDLING (PARTNER)

SET-UP:

Athletes partner up, with everyone having a basketball
Stand about 10-15 feet away from one another

EXPLANATION:

1. All athletes are in a triple threat stance
2. Athletes complete the following dribble combination before passing the ball
 - a. Pound -> Crossover -> Pound -> Pass
3. Positive Step towards your teammate as you pass
4. Drill can go to a number of passes, or time.
5. Start on different hand so athletes will pass with other hand.

EXAMPLES OF CROSSOVERS:

Crossover, Between Legs, Behind Back

TEACHING POINTS:

DRIBBLING

- Athletes to stay low in stance
- Ball is to be pounded / crossover below knees

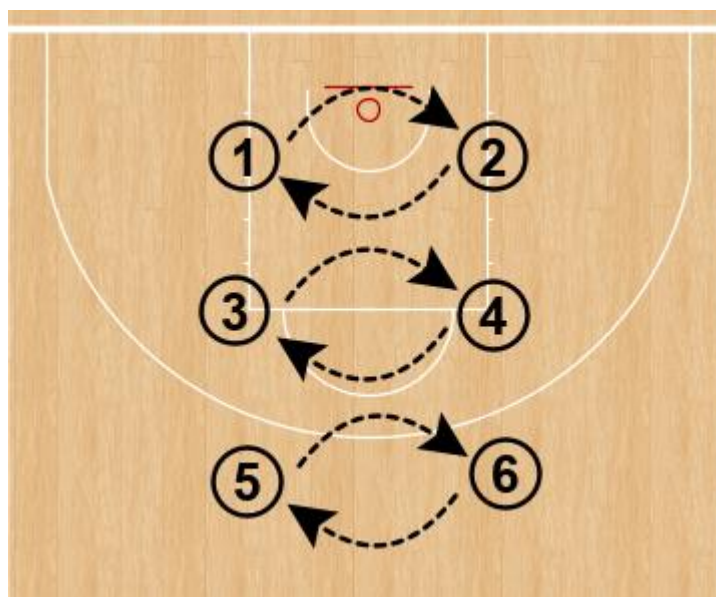
PASSING TECHNIQUE

- Elbow Lock, Wrist Snap

COMPETITIVE:

Make the groups go against one another as a race to number of passes

IMAGE OF DRILL:





CROSS COURT PASSING

SET-UP:

Athletes partner up, with 1 basketball between each group
Cones are set up at various points up court.

EXPLANATION:

1. Athletes to dribble with outside hand around cone, whilst teammate runs around opposite cone.
2. Once dribbler gets around cone, they will throw a one-handed push pass to their teammate who is calling for ball on the run.
3. Athletes will then swoop through to opposite side cone and repeat up the floor
4. After going up and down a few times, put ball on opposite side to get other hand in use.

TEACHING POINTS:

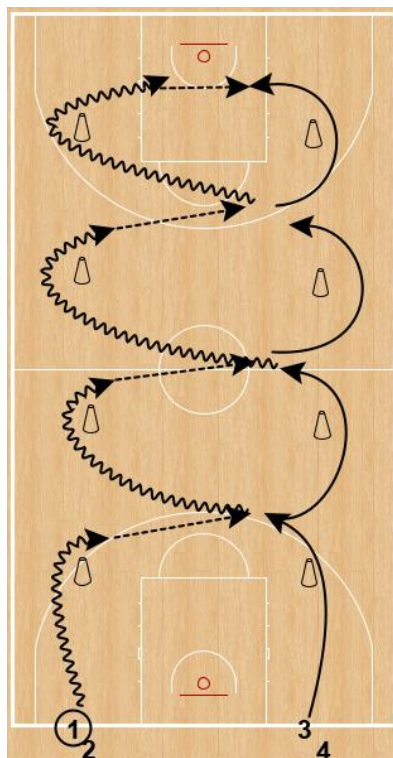
Athletes to throw one-handed pass, this helps with quicker passes
Use voice to communicate with tea-mate that they want the ball

This is a great drill to help athletes catch and pass on the run.

COMPETITIVE:

If there is a missed lay-up give athletes a quick punishment (2 push ups or 5 star jumps etc.)

IMAGE OF DRILL:





MINER PASSING (4v0)

SET-UP

4 basketballs with 4 athletes on the Corners and Wings

4 additional players behind those 4 with basketball

Can have cone at top of smile or emphasis the spot they need to approach.

EXPLANATION

1. 4 players with basketballs will dribble towards the top of smile using the same hand
2. Once they get there, they will jump stop
3. Athletes will pivot towards the next line
4. Make pass towards next line and run behind the next player

TEACHING POINTS

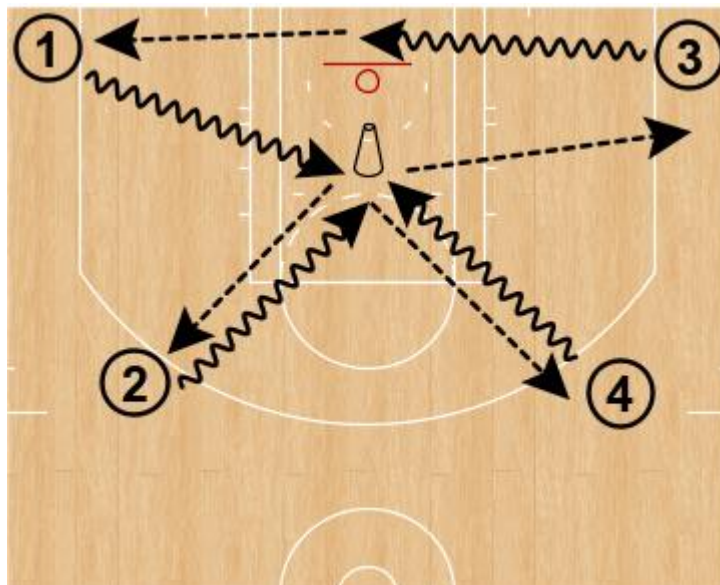
PIVOTING

1. Jump stop nice and low (basketball stance)
2. Pivoting foot is the one that stays on ground.
3. Right foot -> Forward = Right Foot stays on ground, and left foot would move forward towards where pass will go

COMPETITIVE:

Have athletes complete "Perfect Passes" that incorporates both perfect passing and catching.

Image of Drill:





OAKLAND PASSING

SET-UP:

2 Basketballs

Athletes set up -> Block, Wing, Seam on both sides of court.

EXPLANATION:

1. Athletes will always pass and follow to the spot on the floor.
2. If Seam (1) passes to 3, they will go to the 3 spot, etc.
3. Continue to pass basketball around in the diamond shapes.

TEACHING POINTS:

Communication, sprinting to spots is key for a drill like this.

Be aware of other basketballs and where passes are coming from

Always have two hands up to catch the ball.

COMPETITIVE:

Keep track of dropped passes and resets and add a punishment to them.

Add in more basketballs to make it faster.

IMAGE OF DRILL:

