

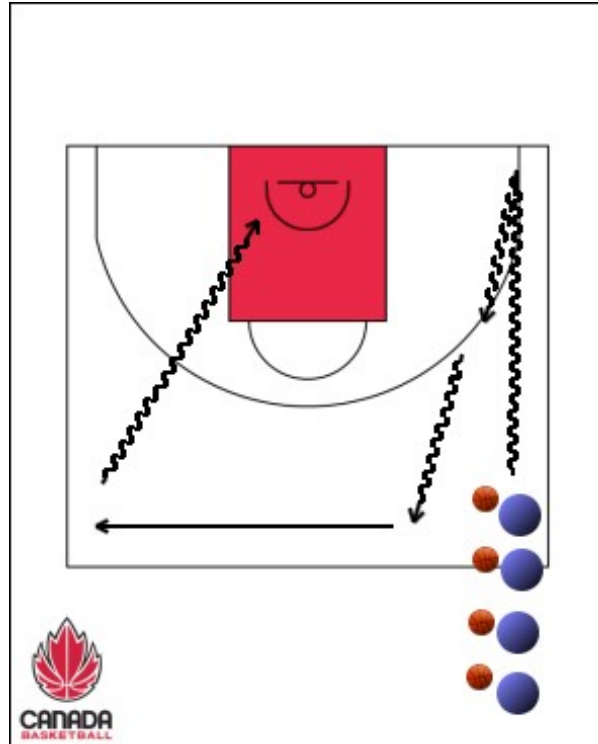
Drill

Drill: Dribble Slide layup

Goal: Improve footwork, condition

Equipment/# players needed: x players x balls

Sketch:



Description: A fairly simple but effective conditioning drill.
6 or more players, each player a ball.

First the players dribble to the corner, and make a reverse dribble to keep their body between ball and the (imaginary) defense.

Speed dribble to the mid line.

Hold the ball, (or if you have ball racks place the ball in the rack), while doing defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.

Finally speed dribble and left handed lay-up.

After 2 minutes rotate to the other side.

(Based on a drill by Peter Nijdam)

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling
 Dynamic 1 on 1 Footwork
 Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens
 Shooting Static 1 on 1

Phase(s): A B C D

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