

# Drill

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**Drill: Basket Wall Ball**

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<b>Goal:</b>	-Provide players the opportunity to improve they dribbling -Get athletes used to game-like scenarios -Get athletes' heart rate up (warm up)	<b>Equipment/# players needed:</b>	• 1 basketball per group of two.
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**Sketch:**

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- Description:**
- Have players pick a partner and give one basketball to each group of 2.
  - Each player is competing against his or her partner.
  - The object of this game is to either score or hit the rim/backboard.
  - If players hit the rim and/or backboard, then they receive 1 point.
  - If players score a basket, then they receive 2 points.
  - One player starts with the ball and tries to dribble towards any hoop in the gym, while their partner defends them.
  - If players lose their dribble, this is a turnover - they must hand the ball over to their partner. At this point partners have now reversed roles, switching from offense to defense.
  - Initially have players only attempting shots from the key (paint area) of any given basket.
  - If players shoot and receive either 1 or 2 points, the ball is turned over to their partner, and the game resumes once they start to dribble.
  - Once you've shot at a basket – scoring a point or not - neither you nor your partner can shoot at that particular basket again until either you or your partner has shot at at least one other baskets.
  - If a shot doesn't hit anything (rim or backboard), the ball is still live and either player can get the rebound. Whichever partner gets the rebound starts on offense.
  - Play until a predetermined number of points are reached or until a specified amount of time has elapsed.
  - Change partners often to keep the game fresh.

Variations:

- If a shot doesn't hit anything (rim or backboard) then this is a turnover. The partner defending the shot gets the ball and is now on offense.
- Increase the distance of shot allowed to "within the 3-point arch".

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

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

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

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**Phase(s):**  A  B  C  D

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