

jr. nba



CANADA
BASKETBALL

JR. NBA YOUTH BASKETBALL DRILL BANK



CANADA
BASKETBALL
PROGRAM

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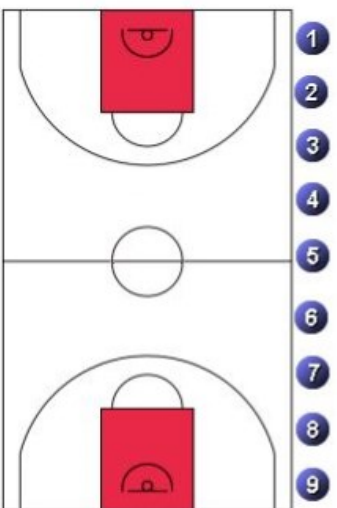
MOVEMENT

DRILL: ANIMAL WALKS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Using different muscles , joints , movements , and body planes to experiment, explore, and discover.	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (See phases—1 per player) + Have players lineup on one of the sidelines 	<ul style="list-style-type: none"> + Encourage players to have fun with the activity and make the sounds of the animal + Emphasize big movement that challenge the players balance and coordination + Use a broad range of fundamental movement skills including agility, balance, and speed

EXECUTION
<ul style="list-style-type: none"> + Choose an animal for the players to imitate—have one player demonstrate for the group + Have all other players imitate the animals either stationary or moving forwards + Have players suggest their own

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Horse (galloping) + Bear (walking on hands and feet) + Crab (walking on hands and feet, belly up) + Frog (low squat jumps) + For added difficulty, add a basketball for players to balance on their bodies (where possible) 	<ul style="list-style-type: none"> + Give each player a basketball to use and balance as they make their animal walk + Allow them to choose how they incorporate the basketball into their movement + Create a version of the game where the coach calls out places on the floor that players must move to 	

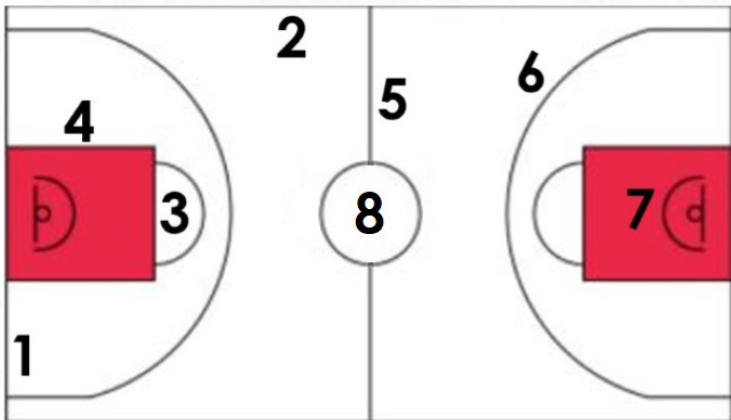
MOVEMENT

GAME: LEARN THE COURT

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Become familiar with the different lines and areas on the basketball court	MOVEMENT SPEED BALL-HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (see phases) + Have players spread out throughout the gym without a basketball to start 	<ul style="list-style-type: none"> + Ensure players are quick to move to the spots + Help players begin to understand the different spots

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue, coach will call out a part of the court + Players will need to dribble their basketball to that spot and jump stop when they think they are there

PHASE A	PHASE B	DIAGRAM	
<ul style="list-style-type: none"> + Have players move around the floor through different movements (jumping, hopping, skipping, running (forwards/backwards), bear crawl, crab walk) + Have last player call out the next line + When players are comfortable, give each player a basketball and have them move from line to line while dribbling 	<ul style="list-style-type: none"> + Give players an option of lines, have them decide which one they want to go to + Have the last players that get to the lines perform an exercise + Change the movement/dribble pattern players use while moving from space to space 	<ol style="list-style-type: none"> 1. Baseline 2. Sideline 3. Free-throw Line 4. Lane Line 	<ol style="list-style-type: none"> 5. Centre Line 6. Three-point Line 7. The Key 8. Centre Circle
			

MOVEMENT

GAME: LINE TAG

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve directional movement at different speeds. Improve court awareness and vision.	MOVEMENT BALANCE COORDINATION SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + SNYB Reversible Jerseys + Assign 2-4 players to be "it", giving them a jersey colour + Explain that all players - including those who are it - can only run on the gym floor lines + Have all players spread out in the gym standing on a line 	<ul style="list-style-type: none"> + Encourage fair play and sportsmanship between all players + Stress safety, ensuring that players are aware of others around them

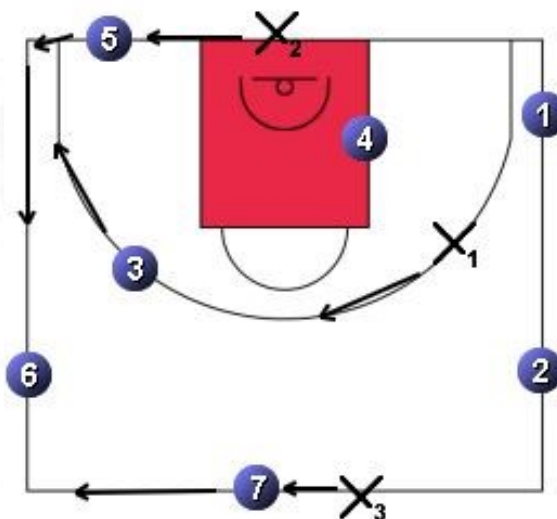
EXECUTION

- + Players attempt to escape from those who are "it" while remaining on the gym floor lines
- + If a player is tagged, the player who is "it" switches colour with that player
- + If a player falls off their line while being chased, they are "it"
- + If a player who is "it" falls off their line while tagging another player, they remain "it"

PHASE B

DIAGRAM

- + If players need more of a challenge, allow them to run only on designated lines
- + Add a basketball to the chasers for added difficulty
- + Add a basketball to the runners for added difficulty



MOVEMENT

GAME: DEAD ANT TAG

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn the fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none">+ SNYB Reversible Jerseys+ Outline the boundaries of the playing area, ideally half of a basketball gym+ Select 3 players to be "it" wearing white, and have the rest of the players spread out throughout the open space wearing colours	<ul style="list-style-type: none">+ Encourage players to keep their heads up+ Have players communicate to one another when they need help

EXECUTION
<ul style="list-style-type: none">+ On the coach's cue, have the people who are "it" try to tag the other players+ If a player is tagged, they stop where they are, and lie on the ground on their back with all four limbs in the air+ In order to be freed, they need 4 different players to tag each of the limbs that are in the air+ Rotate the players who are "it" so everyone has a chance to be the chaser

MODIFICATIONS
<ul style="list-style-type: none">+ Give every player a basketball to use while playing, normal ball-handling rules apply, when players are tagged, have them balance the ball on their chest while they wait to be saved+ Rather than run, have players perform a different type of movement in order to get around the gym

MOVEMENT

GAME: DOG, CAT, CHICKEN

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn fundamental movement skills. Focus on agility and speed, increase heart rate.	MOVEMENT BALANCE COORDINATION AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + SNYB Reversible Jersey and Basketballs + Have all of the players line up beside one another along the end line of the gym + Place one player in the middle of the gym as the "Wolf" + Ask every other player to decide in their own mind and without telling anyone else, if they are a dog, a cat, or a chicken + Whatever animal they pick, they must stay that animal for the duration of the game, unless they get tagged by the Wolf 	<ul style="list-style-type: none"> + Encourage players to work on change of speed and change of direction movements + Make sure when players tag, they do so safely

EXECUTION
<ul style="list-style-type: none"> + Once everyone has decided, call out ONE of the 3 animals + Anyone who has picked that animal must now try to get to the other side of the gym without getting tagged by the Wolf + Any player who is tagged becomes a Wolf. All wolves must return to the centre circle before the coach calls out the next animal + Play this game in quick succession and allow the last animal(s) standing to be the first wolf/wolves for the next round + Give everyone a basketball to use and allow players to work on their ball handling ability

MOVEMENT

GAME: TIC-TAC-TOE RACE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Encourage quick movements and decision making under pressure.	MOVEMENT BALANCE COORDINATION AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs (optional), bean bags, and hula-hoops/painters tape + Divide into teams, 2 teams per game + Set up a 3x3 grid with hula-hoops to make a Tic-Tac-Toe board + Teams line up 10-20m away from the board 	<ul style="list-style-type: none"> + Drive knees and arms when sprinting + Bend knees and get low when making turns + Communicate with teammates

EXECUTION
<ul style="list-style-type: none"> + Teams race to complete a Tic-Tac-Toe on the board. Players take turns (against the other team) placing items on the board + Once all 3 items are on the board, players must move an item already in play + Play quick games, rotating teams regularly

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + Add a basketball for players to dribble up and down the court to the grid + Change the movement players use to get to the grid (eg. hopping instead of running) 	<ul style="list-style-type: none"> + Add a fourth item per team for players to use so there is only one free space + Players must then box each other out to move their item first 	

MOVEMENT

GAME: MEMORY CHAIN

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Using a variety of movements and body planes. Experimentation, exploration, and discovery through movement.	MOVEMENT BALANCE COORDINATION BALL-HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (optional) and Cones + Distribute cones randomly throughout the gym + Explain the game to the group. Divide the group into teams of 4-6 	<ul style="list-style-type: none"> + Emphasize to players to keep their heads up + Emphasize movement over speed

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + The first player moves to a cone and performs an action, movement, or skill + The next player imitates the first player, then moving to a new cone for a new action + The third player imitates the first two, then moving to a new cone for a new action + The game continues with each successive player repeating the previous actions + Add basketballs for added difficulty and choice 	

MOVEMENT

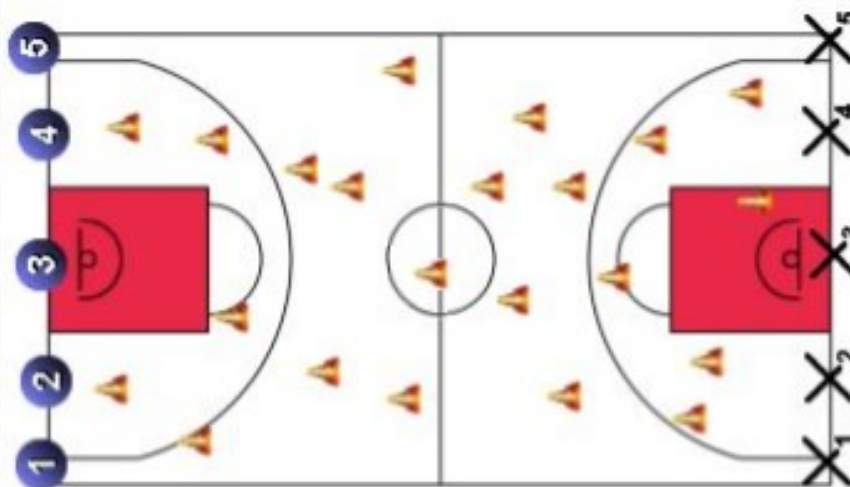
GAME: VOLCANOES AND VALLEYS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn the fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT BALANCE BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Randomly place cones around the gym so that half look like volcanoes (point up) and half look like valleys (point down) + Divide players into two teams + Assign one team valleys and the other volcanoes 	<ul style="list-style-type: none"> + Coach players to get low to the ground to flip their cones over + Keep their eyes up while dribbling + Ensure they keep their dribble alive as they flip cones

EXECUTION
<ul style="list-style-type: none"> + On the coach's whistle, players run around the gym and flip over as many cones as possible + Valley players want to flip volcanoes (to make valleys) + Volcano players want to flip valleys (to make volcanoes) + Play for a short period of time (approx. 1 minutes) before totaling the volcano and valleys + The team with the most cones flipped to their side, wins! + Create a rule where players need to touch a wall after flipping

DIAGRAM



MOVEMENT

DRILL: TENNIS BALL COORDINATION

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve athletes coordination and hand speed.	COORDINATION BALANCE MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Tennis Balls and Basketballs + Have players find space throughout the gym with a tennis ball in their hands 	<ul style="list-style-type: none"> + Have players focus on the tennis ball + Ensure players are low in ready position ready to move with the tennis ball

EXECUTION
<ul style="list-style-type: none"> + Have players go through a series of tennis ball coordination exercises + Add a basketball to be dribbled for added difficulty, in this case, have players remain primarily focused on the tennis ball

SUGGESTIONS
<ul style="list-style-type: none"> + Throw the ball up in the air and clap as many times before catching it again + Throw the ball in the air with one hand and catch with the other, while clapping + Throw the ball in the air and clap in front of your body and behind your back until the ball comes down to be caught + Throw the ball up in the air clap once in front of your body and one under each leg before catch + Throw the ball up in the air and catch behind your back

MOVEMENT

DRILL: MIRROR DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach the players to use a change of pace to lose their defender.	MOVEMENT AGILITY SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none">+ Basketball+ Have players lineup on one of the baseline in pairs with a partner beside them	<ul style="list-style-type: none">+ Emphasize a change of pace in players+ Getting low changing directions

EXECUTION
<ul style="list-style-type: none">+ One player is the leader who is using different paces of forward movement to lose their partner or shadow+ Have players stay on their “railroad” so that they aren’t able to move laterally, only forwards and backwards+ The leader attempts to see how many times he/she can make the follower move in front+ Add a basketball for difficulty+ Increase the playing area surface

MOVEMENT

GAME: CHUCK THE CHICKEN

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve passing and receiving skills. Get athletes used to game-like scenarios. Foster team spirit and unity.	MOVEMENT FOOTWORK PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Split the players into even teams + Have one team line-up along the length of the gym, with players standing one behind the other with the line reaching from one baseline to the other + Give the basketball to the player at the end of this line + Tell all players in that line that they have lost their dribble and all they can do is pivot + Have the other team start with their hands all touching the SAME wall of the gym 	<ul style="list-style-type: none"> + Coaches may wish to monitor the running team, blowing a whistle to signify each point scored (by each wall touched) + Play to a predetermined number of points, and mix the team up with each new round to keep the dynamic fresh, fast, and fun!

EXECUTION
<ul style="list-style-type: none"> + On the coach's whistle, the players with the basketball passes the next person in line + Once this player catches the ball, they can pivot and pass to the next person in line and so on + While one team passes the basketball in this manner, the other team (operating as a unit) must run to touch as many walls as they can before the basketball reaches the other end of the that line + The team running to touch the walls can only leave a wall and move on to the next once ALL of their team members have both hands on that wall. Each time a team touches a wall, that team gets a point + The team touching the walls must contact all four walls before they can return to the first wall that they touched + When the team passing the ball gets the ball to the front of the line, the player in the front yells "Chuck the Chicken!" and tosses the ball wherever they want it in the gym being careful not to throw it at the players racing to touch the walls + At this point the teams switch roles + The team that had been passing the ball starts to touch walls to gather points + The team that had been touching the walls runs over to the ball, forms a line, and starts passing the ball from one baseline to the other

MOVEMENT

GAME: SPIDER'S WEB

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn the fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and SNYB reversible + Give 2 to 5 players each a coloured pinnie to identify them as "It". The "Its" are the spiders + Spiders are looking to catch (tag) flies + Pinnies are to be carried not worn 	<ul style="list-style-type: none"> + Ensure players are catching the ball with their feet pointed at the rim + Coach players to use the 1-2 step into their shot

EXECUTION
<ul style="list-style-type: none"> + A spider can tag a fly in any of two ways: they can throw a web (pinnie) and touch a fly OR they can tag a fly with their free hand, the one not holding the pinnies + When the fly is tagged by the spider, the fly turns into a spider and runs to get a coloured pinnie + The last fly or flies remaining are the winners and get to start the next round as spiders + Add a ball for spiders and flies to use when chasing and running + Incorporate different movements

MOVEMENT

GAME; FOX IN THE HENHOUSE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Identify 2 to 5 players and give them each a coloured pinnie to mark them as "it", these are the Foxes + All other players are chickens, they must stay away from the foxes and avoid being tagged + The Foxes can only move around the gym by following the lines on the gym floor + The Chickens can only move around the gym by avoiding all of the lines on the gym 	<ul style="list-style-type: none"> + Have players focus on keeping their head and eyes up at all times to see where they are running to + Ensure players are staying low allowing them to change directions easily

EXECUTION
<ul style="list-style-type: none"> + If a Fox tags a Chicken, the Chicken must sit down + A Chicken can save another Chicken, by gently tapping him or her on the head + Play this game in quick successions and have the Foxes trade frequently to change up the game dynamic + Add a basketball for both Chickens and Foxes to use

VARIATIONS
<ul style="list-style-type: none"> + When a chicken is tagged, they must go into "plank position" + When a chicken is tagged they become a "doorway" standing on a line with their legs spread, so that Foxes must crawl through their legs, these players can be saved + Switch the rules, Chickens need to run on the lines, and the Foxes need to avoid the lines

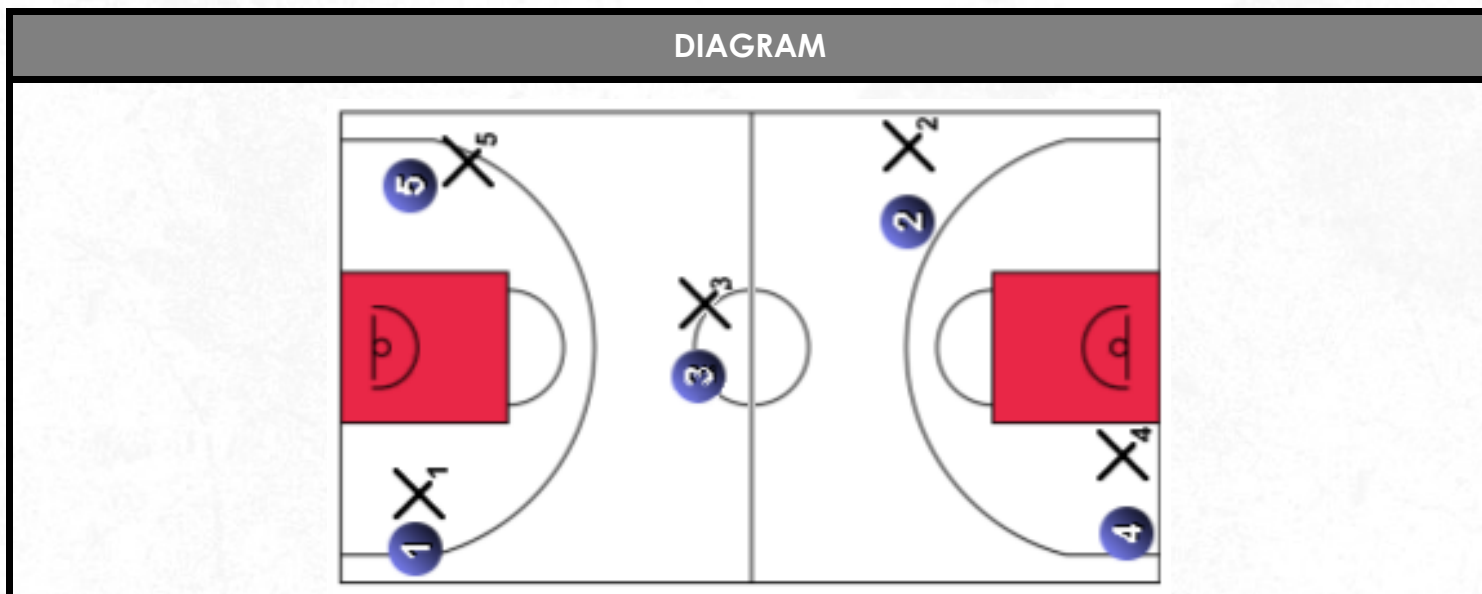
MOVEMENT

GAME: PARTNER TAG

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn the fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT BALANCE AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have each player pick a partner + Have the partners find their own spot in the gym and stand right beside one another + Have the partners decide who is going to be partner A and who is going to be partner B + Partner A's goal is to stay away from partner B for 10 seconds + Partner B's goal is to tag partner A before the 10 seconds runs out 	<ul style="list-style-type: none"> + Remind players to keep their eyes open and their heads up - and be sure to watch out for others! + Ensure that player A is keeping their eyes on the rim + Ensure player B is keeping their eyes on player A and what they might be doing

EXECUTION
<ul style="list-style-type: none"> + When all partners are ready, call out: "Partner A, Go!" Wait approximately 3 seconds, and then call out: "Partner B, Go!" + If someone catches his or her partner, have both players immediately sit down so that they are less of an obstacle for others + At the end of each round, have the partners switch roles



MOVEMENT

GAME: PREDATOR/PREY

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn the fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT COORDINATION BALANCE AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have all players lineup behind one another anywhere in the gym to determine an order + Once all players are in line, they CAN NOT change their position in the line + The objective of the game is to catch the person who is immediately in front of you without being caught yourself by the person behind you 	<ul style="list-style-type: none"> + Ensure players are catching the ball with their feet pointed at the rim + Coach players to use the 1-2 step into their shot

EXECUTION
<ul style="list-style-type: none"> + Once every player in line knows who they are chasing, tell them that the game will start in 10 seconds + At this point, players can go wherever they want in the gym (they are no longer in line), and once they coach gest to 0 the game begins + The most important part of this game is that if someone gets caught they must drop to one knee and immediately say the name of the person that they are chasing to the person who just tagged them + This means that the person who JUST TAGGED THEM is now chasing the next person in line + Give every player a basketball to increase the difficulty

MOVEMENT

GAME: FROGS AND FISH

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve jumping and hopping ability of athletes in a game like scenario.	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Cones , Hula Hoops and Beanbags + Divide the players into 2 groups, "Frogs" and "Fish" + Setup a football like field using the cones + Place the beanbags in one of the end zones 	<ul style="list-style-type: none"> + The "defender" should be in ready position, turning their head to see all 4 cone spots + Players at the cones should use non-verbal cues (eye contact, hand signals) to communicate switches + If it is too difficult for the "defender" to steal a cone spot, make the group's square larger

EXECUTION
<ul style="list-style-type: none"> + Have the athletes practice both hopping (taking off and landing on ONE foot) and jumping (taking off and landing on TWO feet) + Once comfortable, have the Frogs, who will hop, and the Fish, who will jump, lineup in one end zone together + On the coaches cue, have the frogs and toads move from one end zone to the other to collect the beanbags by hopping and jumping + Play until all of the beanbags have been taken across + Switch players roles from Frogs to Fish to ensure all players are practicing both skills

PHASE A	PHASE B
<ul style="list-style-type: none"> + Add Hula hoops for the Frogs and Fish to jump in + When they get to a Hula hoop, have them perform and action, like a jumping jack or squat + Create a rule where Frogs and Fish need to get to a certain number of lily pads in order to cross 	<ul style="list-style-type: none"> + Add hungry fish to the game, players that are able to run and tag the Frogs and Fish, if they tag them, they have to return back to the beginning + Use lily pads as safe zones for the frogs and the fish to stay while they avoid the hungry fish

MOVEMENT

GAME: STEERING WHEEL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve players lateral quickness, speed, balance, and agility.	MOVEMENT SPEED BALANCE AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Have 2-4 players stand equally spaced out around the centre circle + Select one player as the "driver", they are "it" + The rest of the players are being chased 	<ul style="list-style-type: none"> + Ensure players are staying low with their knees bend to move quickly + Ensure when players are changing directions, they are transferring their weight properly from one leg to the other and not putting them selves at risk by hyper-extending

EXECUTION
<ul style="list-style-type: none"> + The game begins as soon as the driver moves + The players must stay on the centre circle line at all times + The driver, is trying to tag all of the other players on the steering wheel + Therefore, as the driver moves one way, the rest of the players will move in that direction as if they are a part of a steering wheel + When the drive catches one of the other players and tags them, that player is out of the game for that round + Play until all players have been tagged + Change up the movements players are allowed to make + For added difficulty, have players face outside of the circle

MOVEMENT

GAME: HOT DOG TAG

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn the fundamental movement skills. Focus on agility and speed. Increase heart rate.	MOVEMENT AGILITY SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + SNYB Reversible Jerseys + Have all players choose a partner and then lie down on their stomachs beside their partner so they are resting on their elbows + Select 2 or 4 players to remain standing + Identify half of your standing players as "it" by having them carry (not wear) a coloured pinnie + The other standing players are "runners" 	<ul style="list-style-type: none"> + Ensure players are keeping their eyes up and looking around the floor for their next escape + When basketballs are involved, ensure players are focusing on keeping their dribble alive

EXECUTION
<ul style="list-style-type: none"> + The object of the game is for the "its" to catch the "runners" by tagging them. If a runner is tagged by an "It", the "It" immediately hands over the pinnie and becomes a runner (they switch roles) + For runners to be safe, they can lie down next to a partner group on the ground and the person on the other side (not the player beside) is now up and is a runner and has to find another group to be safe next to + To increase difficulty, add more runners or people who are it to make the game faster + Change the movement, speed, walk, running, two foot hops, one foot hops, etc. + Introduce basketballs to the game to work on ball handling

DIAGRAM

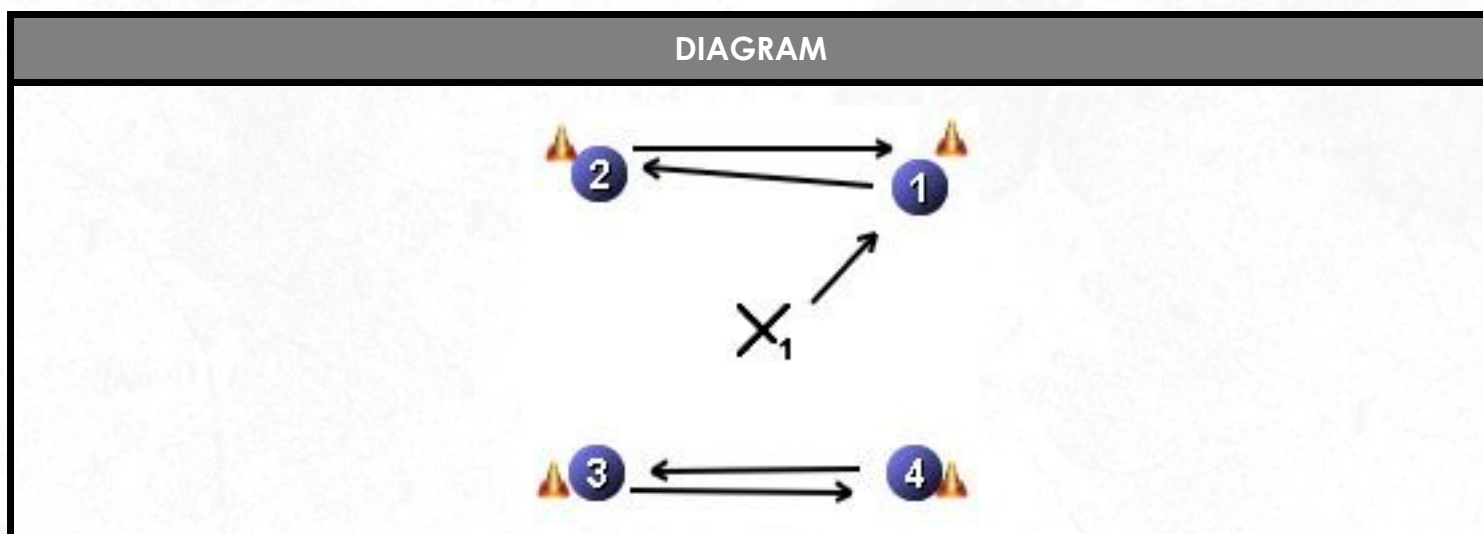
MOVEMENT

GAME: 4 CORNERS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Get players to communicate and learn when to cut.	MOVEMENT AGILITY SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Cones + Place four cones in a square (You will have to judge the size based on the speed of your players. Set up multiple squares if you have more players/varying skill levels) + Four players will take a position at each cone and one player is in the middle + This game can also be played with a triangle 	<ul style="list-style-type: none"> + Encourage players to use non-verbal communication + Coach players to look to cut at the back of the player in the middle's head + Promote a low athletic stance for quick movements + When changing direction, ensure players are transferring weight effectively

EXECUTION	
<ul style="list-style-type: none">+ The players on the outside score one point every time they move from one pylon to another+ The player in the middle can get out of the middle if he/she can move to an open pylon before one of the perimeter players+ They have to communicate with a teammate and convince him/her to trade places. This involves trust	<ul style="list-style-type: none">+ They are allowed to fake and move back to their original pylon+ They should learn to attack the back of the middle players head+ It is a very boring game if everyone plays not to lose and stands still+ The players will have to take risks



FOOTWORK

DRILL: PARTNER RUNNING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve leg strength. Develop acceleration and lower body power.	FOOTWORK BALANCE COORDINATION SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Cones and Basketballs (optional) + Have all players find a partner (ideally of similar height) + Assign all players as Partner A or Partner B 	<ul style="list-style-type: none"> + Ensure Partner A (the runner) makes powerful steps, and uses their arms in opposition + Ensure Partner B (the resister) is strong and stable, and back-pedals at an appropriate speed

EXECUTION
<ul style="list-style-type: none"> + Partner A will run first, with Partner B providing resistance + Partner B faces Partner A, placing their hands on his/her shoulders + Partner A begins to run forwards, leaning forwards and driving their knees high + Partner B provides resistance, slowly backpedaling as Partner A moves forwards + Run a specified distance (i.e. to half-court), then switch roles

LOADS
<ul style="list-style-type: none"> + Have players perform the same drill with backpedaling instead of running + For older groups, have Partner B release on a whistle, allowing Partner A to sprint 4-5 steps + Give Partner A a basketball to dribble while facing resistance + Use two basketballs for added difficulty + Provide resistance for half of the court and then once the player with the ball gets to half or 3/4 court, take off the resistance and have them finish for layup

FOOTWORK

DRILL: MILITARY DRILL

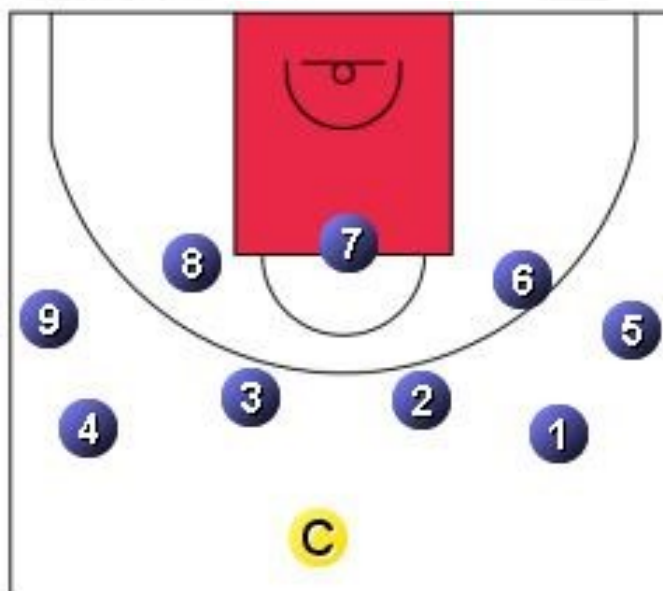
GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve fundamental defensive positioning and movement. Develop conditioning and defensive effort.	DEFENSE FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + No Equipment Needed + Have the group space out in lines throughout the gym, everyone facing the coach + Ensure each player has enough space around them to move about freely 	<ul style="list-style-type: none"> + Encourage energy and effort + I.C.E. (Intensity, Concentration, Energy) + Encourage players to be low and in ready position at all times

EXECUTION

- + Using various defensive cues, execute a "military style" boot camp routine
- + Give plenty of rest breaks throughout to allow players to recover and stay fresh
- + Have players repeat the defensive cues called out by the coach (Ready position. Charge. Stutter steps. Defensive slides. Close-outs. Drop steps. Shot)

DIAGRAM



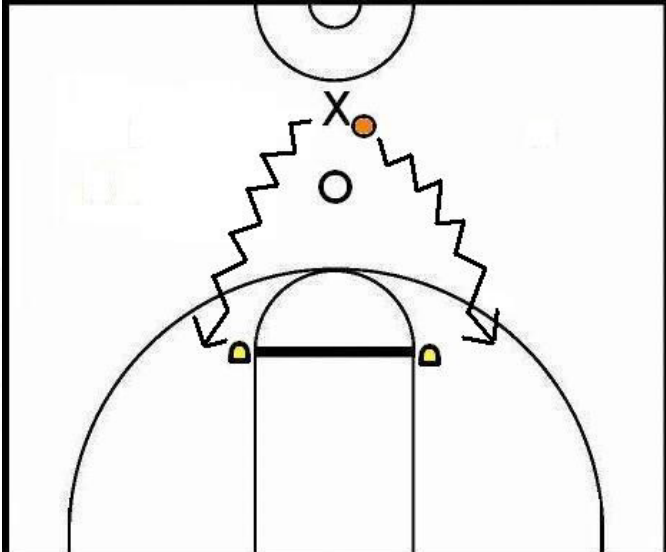
FOOTWORK

DRILL: THE FUNNEL DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop defensive slides and drop steps in a game-like situation.	FOOTWORK DEFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Place 2 cones near the elbows of the key + Begin with one defender and one ball handler + All other players will line-up off to the side 	<ul style="list-style-type: none"> + Ensure the defender is getting low and moving their feet + Coach defenders to anticipate the offensive players movements and beat them to the spot + Ensure defenders don't cross their feet

EXECUTION
<ul style="list-style-type: none"> + The ball handler tries to attack between the cones, getting to the paint for a lay-up + The goal of the defender is to funnel the offense outside the cones and into the corners + The drill ends either with a shot and rebound or a turnover + Have players switch roles their next attempt at the drill

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + Ensure the defender is guided to start + Have pairs keep score between themselves to incorporate competition + Initiate the drill with a defensive close-out, starting the offense slightly further back + Challenge defenders to the ball handler as many times as possible with drop steps 	<ul style="list-style-type: none"> + Have the two players play a short possession of 1 on1 after the funnel is passed + Vary finishes and finishing angles at the rim 	

FOOTWORK

DRILL: ARCH CLOSEOUTS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve and develop defensive closeout footwork.	FOOTWORK DEFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Cones (where necessary) + Space 3 players out on the 3-point line, at the top and on the wings, each with a ball + These offensive players will remain stationary, using only pump fakes or jab steps + All other players line up at the baseline under the basket 	<ul style="list-style-type: none"> + Ensure players are staying low with their arms out + Players want to react while the ball is in the air and thus move on the pass, not on the catch

EXECUTION
<ul style="list-style-type: none"> + The first player will close-out the offensive player on one wing, then backpedal to the key + They will then repeat and close-out the next player + As players complete each close-out, have the next player in line begin theirs

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + When players closeout, have them shade left, right, or flat + Use coaches or cones for the 3 offensive spots to allow for more player repetitions + Add additional close-out spots for a conditioning challenge 	<ul style="list-style-type: none"> + On the coaches cue, have players play out a possession of 3-on-2 or 3-on-3 (however many defenders are on the floor) 	

FOOTWORK

DRILL: DEFEND THE MIRROR

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve defensive reactions. Develop off-ball offensive fakes and hesitations.	FOOTWORK BALANCE AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Cones + Pair players off, ideally with similar speed and agility + Place pairs throughout the gym, using lines to denote boundaries for each group + Have partners face each other along their lines + No basketballs to start 	<ul style="list-style-type: none"> + When changing directions ensure players establish a plant foot to load their weight onto + Make sure the knee does not go outside of the foot on the plant + Make sure the mirror is moving as fast as they can

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + One player will begin as the "offense" while their partner will be the "defense" + The goal of the drill is for the defender to mimic the movements of the offensive player + Be sure to keep players within a designated area so they do not collide with other groups + Go for a timed round (approx. 30 seconds) before having players switch roles 	

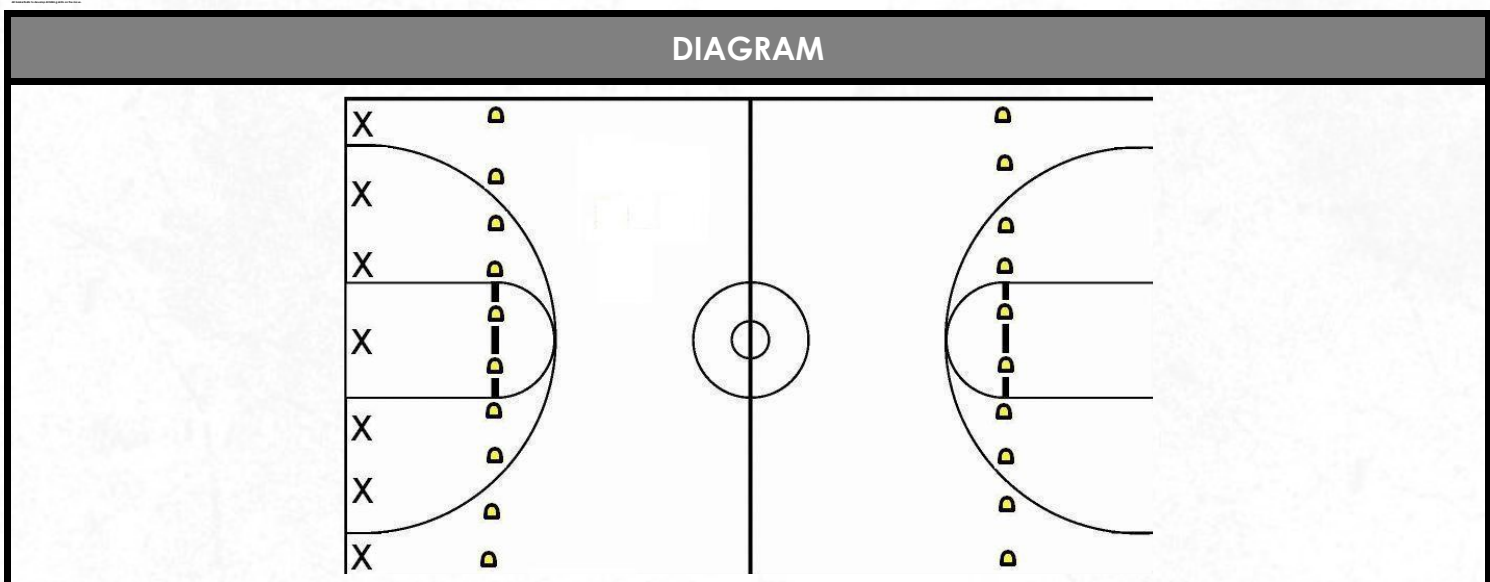
FOOTWORK

DRILL: REACTIVE RUNNING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve speed and change of direction. Develop acceleration and deceleration.	FOOTWORK BALANCE SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Cones + Divide the court into sections (using gym lines or cones) + Have players space out along one baseline + Explain that you will call out "Walk", "Jog", "Run", or "Sprint" at each line 	<ul style="list-style-type: none"> + Coach players to lean forward and take powerful steps to speed up + Coach players to drop their hips and take quicker steps to slow down + Challenge players with abrupt or unpredictable changes in speed

EXECUTION
<ul style="list-style-type: none"> + Players move across the gym at the speed called by the coach + Call out different speeds as players approach each line + Have players make a cut at each line (moving down the court, in a zig-zag pattern) + Have players come to a complete stop (using stutter steps) and into ready position + Add basketballs to develop dribbling skills on the move



FOOTWORK

GAME: HAM, CHEESE, CHICKEN

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve reaction speed and change of direction. Develop acceleration, deceleration, starting, and stopping.	FOOTWORK BALANCE SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (See phases) + Assign one baseline as "ham", one as "chicken", and the centre line as "cheese" + Have players start at "ham" 	<ul style="list-style-type: none"> + Ensure players are using proper footwork to stop at each of the lines + Ensure the initial focus of the game is on the footwork of the players stopping at the lines

EXECUTION
<ul style="list-style-type: none"> + Call one line at a time; players will move to each line as it is called + You can signal a line based on whistle blows (1 for ham, 2 for cheese, 3 for chicken)

PHASE A	PHASE B
<ul style="list-style-type: none"> + Have players come to a complete stop (using stutter steps) and into ready position + Have players use different fundamental movements (not always running) + Use movements like side shuffling, skipping, hopping, bear crawling, backpedaling, carioca/grapevine, bounds/broad jumps, crab walk, etc + Give players a basketball for added difficulty 	<ul style="list-style-type: none"> + Select three players to play in the middle as defenders, without a ball + If one of the defenders tags one of the runners, then they switch places + Give the defenders a basketball as the game progresses + Add more lines (e.g. the free-throw lines) to increase the complexity + To further decision making, group lines together (all sidelines are "ham", all baselines are "cheese", all free throw lines are "chicken", all circles are "turkey")

FOOTWORK

DRILL: KEY SLIDES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop and improve defensive footwork and defensive slides.	FOOTWORK BALANCE DEFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (See phases) + Divide players into teams, assigning each team to a basket + Players will go one at a time, competing against the other teams at the other baskets 	<ul style="list-style-type: none"> + Ensure players are low to the ground + Ensure players don't cross their feet as they slide + Coach players to transfer their weight from one leg to the other as they change direction without the knee going outside of the foot

EXECUTION
<ul style="list-style-type: none"> + Players execute defensive slides from one side of the key to the other + Time rounds (approx. 30 seconds) + Have teammate count how many times across each player makes in the allotted time + Ensure proper technique, as proper form and position will break down

PHASE A	PHASE B
<ul style="list-style-type: none"> + Lengthen the time of each round to add difficulty + Have athletes hold a basketball extended out in front of them for a conditioning challenge 	<ul style="list-style-type: none"> + Add a coach at the top of the key to guide players in the direction of their slide. Hold up one hand either left or right and that will direct the player in the direction they have to slide + This will also ensure they are looking up at all times

FOOTWORK

GAME: CROWS AND CRANES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach players to accelerate quickly and to handle the ball at speed.	FOOTWORK BALL HANDLING MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players partner up with someone of similar speed + Find a suitable distance between the two players + One group is called crows the other cranes 	<ul style="list-style-type: none"> + Ensure players respect the safety line and stop chasing after a certain point to give players a safe run-off area

EXECUTION
<ul style="list-style-type: none"> + When "crows" is called the "crane" chases the "crow" attempting to tag him/her + When "crane" is called, the "crows" chase the "cranes" + Have a safety line to give players a no-tag zone + Do not use a wall + Keep score

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + When the coach calls "change" the players change direction and the chaser is now trying to avoid being tagged + Introduce a basketball for players to use + Have the chasers try and knock the ball away rather than just tagging + You can vary the direction the players move. Side-ways, backwards, etc. 	<ul style="list-style-type: none"> + When the coach yells "score" players attempt to score on the basket they are running to next + The first player to scores wins + Game could turn into a 1-on-1 transition possession 	

FOOTWORK

DRILL: PIVOT DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach players to correctly perform the four basic pivots.	FOOTWORK BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players line-up at the top of the key + The first player in line is without a basketball + Everyone else has a ball 	<ul style="list-style-type: none"> + When pivoting, ensure players are low and in ready position or triple threat + As players pivot with the ball, ensure the ball is protected with a rip or a sweep

EXECUTION
<ul style="list-style-type: none"> + The first player runs to the right elbow and completes a jump stop + He/she then executes a right back pivot, pops out to the wing area and receive the pass from player 2 + The player then executes a right front pivot and dribbles in to score a lay up + After passing player 2 goes to the left elbow executing a left back pivot and a left front pivot on the catch from player 3

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + For players struggling with the concept of the pivot, have them perform the drill without the basketball + For players who really understand, have them pivot all the way around ending up at the right place for the next step in the drill 	<ul style="list-style-type: none"> + Add guided defenders onto the wings for the players pivoting to pivot through and score + Add a guided defender at the rim to challenge shots and lay-ups 	

FOOTWORK

DRILL: CATCH AND PIVOT

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce pivot footwork to athletes and have them become comfortable protecting the ball through pivots.	FOOTWORK BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players line up along the baseline with a basketball each 	<ul style="list-style-type: none"> + Ensure that players are catching the ball with a 2-foot jump stop, on balance + Ensure players keep their eyes up and protect the ball as they pivot

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue, have players self-toss the ball out in front and catch the ball with a jump stop + Catch the ball in triple threat with knees bent, eyes up, back straight, and ball on the hip + From triple threat, have players front pivot all the way around + When they get back to the beginning, have them self-toss, catch, and front pivot on the other foot + Repeat again but with back pivots for each foot + Perform this up and down the floor + Incorporate rips and sweeps into player pivots to aid in protecting the basketball

PHASE A	PHASE B
<ul style="list-style-type: none"> + As the players get more and more comfortable with the pivots, have them practice pivoting before attacking the rim + Have players get to one of the elbows at one of the keys in the gym 	<ul style="list-style-type: none"> + Have players practice their pivots around a cone for an attack + When players are comfortable, introduce a guided defender in place of a cone to pass

FOOTWORK

DRILL: CLOSEOUT & CUTOFF

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve players ability to guard the basketball and use proper closeout footwork.	FOOTWORK DEFENSE BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Divide players into partners, with one ball per pair + Players should stand about 5 metres apart 	<ul style="list-style-type: none"> + On the closeout, ensure that players are remaining low with their knees bent + Ensure players are keeping their hands high up to contest shots

EXECUTION
<ul style="list-style-type: none"> + The player with the ball rolls the ball to their partner and sprints to closeout + Closeout with high hands and but down low + Use one hand to take away a pass (ball-side) and the other hand to take away the dribble

PHASE B	PHASE C
<ul style="list-style-type: none"> + Have players force either right, left, or closeout square + Have the offensive player play guided offense where they take one control dribble + The defender needs to slide with the ball and recover in front of it 	<ul style="list-style-type: none"> + All players to play a 1-on-1 possession + Have the offensive player attack the side which the defender is giving them (if the defender takes away the right, the offensive player with attack to their left)

LAY-UPS

DRILL: MIKAN DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve lay-up technique (for both hands).	LAY-UPS FOOTWORK REBOUNDING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide players up evenly at each basket. 1 ball per basket 	<ul style="list-style-type: none"> + Ensure players are using the correct hand and elevating off the opposite foot + Ensure players use the backboard on each attempt

EXECUTION
<ul style="list-style-type: none"> + Players will go one at a time starting on one side underneath the rim with the ball + Have players take lay-ups (without a dribble) from each side of the rim + Players will quickly get their rebound after each shot, without letting the ball hit the ground + Play for short, timed rounds (30-60 seconds) and count total made baskets + Incorporate lay-up variations (power or reverse lay-ups) + Challenge players to go for as long as possible without missing a lay-up or rebound

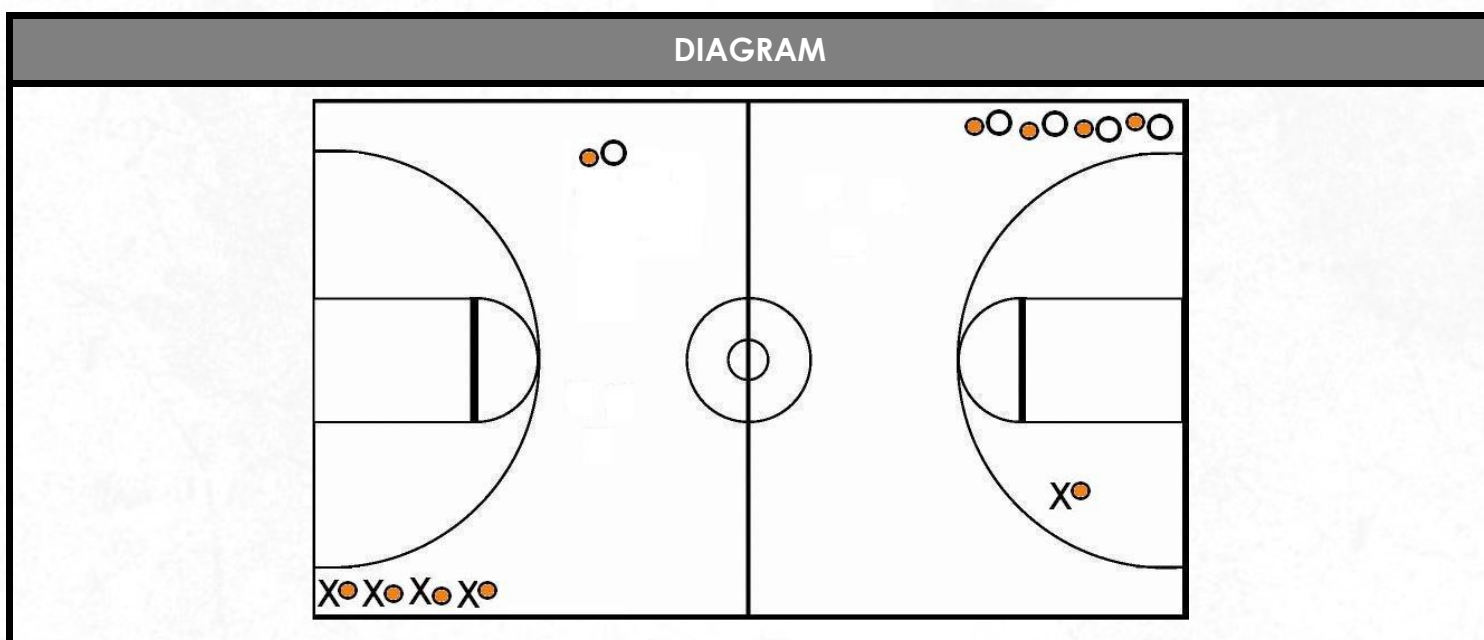
LAY-UPS

DRILL: FULL COURT LAY-UP RELAY

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve lay-up finishing on the run.	LAY-UPS BALL HANDLING SPEED FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide players in two teams, each player with a ball + Have the lines start from opposite corners (on opposite base-lines) 	<ul style="list-style-type: none"> + Coach players to slow down their last few steps in order to finish properly + Pay attention to which hand(s) players are using at each side of the basket + Ensure proper footwork so all players are elevating off the opposite foot

EXECUTION
<ul style="list-style-type: none"> + Players will go one at a time, dribbling the length of the court to finish a lay-up + As soon as a player makes their lay-up, the next player from their team can go + The first team to have everyone finish a lay-up wins + Switch sides and repeat focusing on the other hand



LAY-UPS

DRILL: LAY-UP SEQUENCE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve lay-up techniques for all lay-up types.	LAY-UPS BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Mark 5-6 specific spots at a basket, all within 10-15 feet of the basket + Divide players into groups at each basket with 1 basketball per player + Establish requirements for each spot (i.e. #1 for power lay-up, #2 for reverse lay-up, etc) 	<ul style="list-style-type: none"> + Pay attention to which hand(s) players are using at each side of the basket + Ensure proper footwork so all players are elevating off the opposite foot + Challenge players to speed up and finish as quickly as possible

EXECUTION
<ul style="list-style-type: none"> + One at a time, players will go through the circuit completing all 6 lay-ups + Make or miss they move onto the next one + After the first player goes, they go to the next spot and attempt the lay-up + The rest of the players will follow

PHASE A	PHASE B
<ul style="list-style-type: none"> + Move the cones to specific spots to challenge players from different areas around the rim + Change the lay-up type for each spot + Add point values to each spot, with players earning points in a fixed time + Have players focus on using both hands to finish at the rim 	<ul style="list-style-type: none"> + Add a guided defender to guard the basketball, have the defender shade the offensive player one way or the other + Add a guided defender in the paint for players to have to score through (Don't have the defender block shots, but rather make a "wall" at the rim and contest) + Either guided defenders could be a coach

LAY-UPS

DRILL: CHASING LAY-UPS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach players to accelerate quickly and to handle the ball at speed. To teach players to finish under pressure.	LAY-UPS BALL HANDLING SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have one player at half-court with a basketball and the second player five feet back 	<ul style="list-style-type: none"> + Ensure players keep their heads up + Ensure players are focusing on finishing through contact and choosing the right finish (off one foot or off two feet)

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue the offensive player will race to try and score + The second player, the defender, will attempt to tag the offensive player on the arm, ending the drill + The offensive players are looking to score at speed

PHASE B	PHASE C
<ul style="list-style-type: none"> + Increase the difficulty of the defender by ending the drill on a rebound rather than the tag + Have the offensive player start with the ball on the defenders back 	<ul style="list-style-type: none"> + Start with the players back to back + Start with a rip through + Start 1-on-1 in the middle of the floor, vary pressure (Sag, Hand Pressure, Body Pressure, Bump)

LAY-UPS

DRILL: FIVE FINISHES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop lay-up and scoring abilities with both hands.	LAY-UPS BALL HANDLING COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Place 5 cones along the 3-point line (or 18 feet out), evenly spread out + Players start under the basket 	<ul style="list-style-type: none"> + Ensure head is up while dribbling the ball around the cones + Ensure players are using proper footwork as they go up for their lay-ups (outside-inside) + Ensure players are exploding up to the rim to score with 1-hand

EXECUTION
<ul style="list-style-type: none"> + Players dribble from under the basket around the cone and finishes at the rim + If the lay-up is missed, they go around the cone again + Once all cones have been completed, go again dribbling and scoring with the other hand + Go through these five finishes at each cone: lay-up left and right side of the rim, power lay-up, floater, and runner

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Limit the dribbles allowed to get to the cone and back to the hoop + Add in different footwork (hop, spins, step-through, etc) 	<ul style="list-style-type: none"> + Add a help defender at the rim to deter shots + Force offensive players to use different finishing moves to score at the rim to avoid the defender and use 1 of the 5 finishes 	

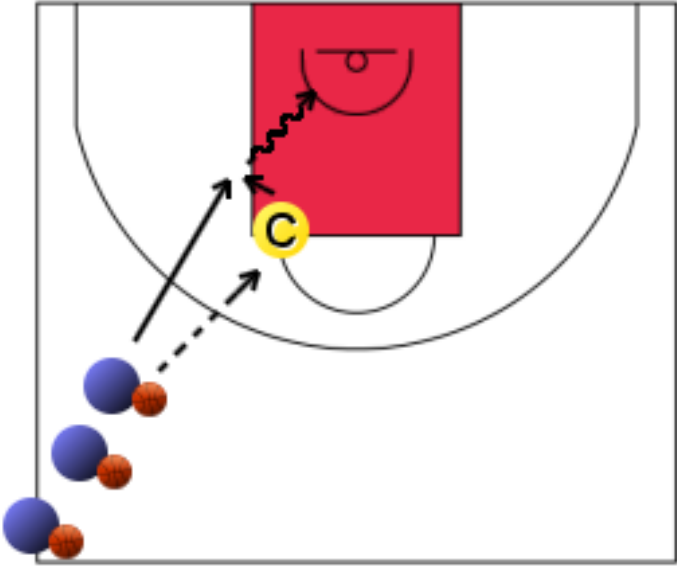
LAY-UPS

DRILL: SPEED LAY-UPS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To work on scoring lay-ups while dribbling or receiving a pass at speed.	LAY-UPS BALANCE COORDINATION SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Players line up from a designated spot, with a coach in front, but off to the side + The coach starts with the basketball 	<ul style="list-style-type: none"> + Ensure players are utilising proper footwork as they attack the basket + Coach players to move as fast as they can + If they lose the ball or turn the ball over, that is okay

EXECUTION
<ul style="list-style-type: none"> + Players receive a pass from the coach and attack the rim for a lay-up at speed

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Change the drill by having the players start with the ball and make a pass to the coach, after they pass have them cut to the rim for a pass back from the coach + Have players work on different finishing moves at the rim 	<ul style="list-style-type: none"> + Allow players to choose between passing to the coach, or attacking them for a guided 1 on 1 situation + Guide players in one direction or the other to start with 	

LAY-UPS

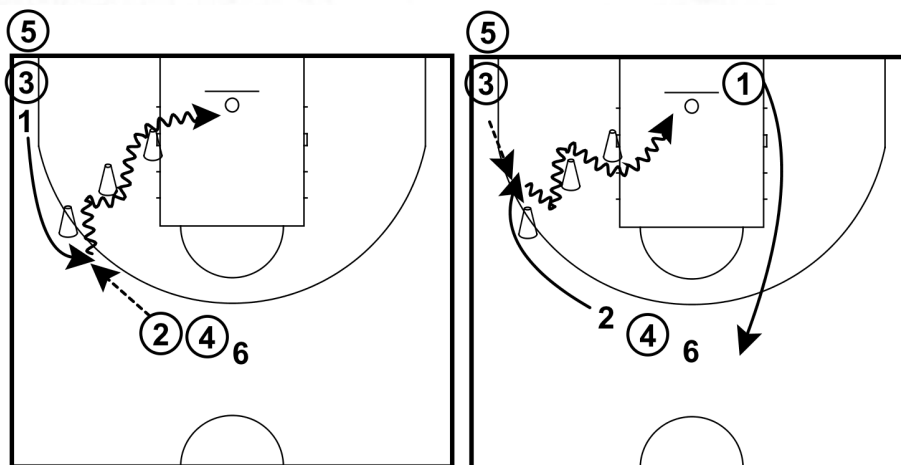
DRILL: THREE CONES (FINISHING AT THE RIM)

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Push the ball in transition with the non-dominant hand.	LAY-UPS BALL HANDLING SHOOTING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Set-up three agility poles or pylons in a row + Have two lines, one in the corner and one at the top of the key 	<ul style="list-style-type: none"> + Ensure players dribble at full speed with the weak hand + Initiate offensive flow with the weak hand, reverse the ball in transition

EXECUTION
<ul style="list-style-type: none"> + The first player curls around the top cone using an outside foot pivot as they receive a pass (outside hand pass) + At the first cone, they use a ball move to beat one defender; at the second cone, they use another move to beat the help defense & get to the rim + Rebound your own shot & take the ball to the other line + Cut immediately after passing to ensure a continuous rhythm of players coming from alternate directions at finishing in traffic

DIAGRAM



LAY-UPS

DRILL: BLAST, CATCH, ATTACK

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach how to catch the ball at game speeds and shoot.	LAY-UPS BALL HANDLING MOVEMENT SHOOTING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have one line at the top of the key with basketballs and another in the corner 	<ul style="list-style-type: none"> + Ensure players are coming to a jump stop as they catch + Coach players to use proper footwork on the lay-up as they go to score

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue, have the players in the corner blast up and receive a pass from the wing + Jump stop on the catch, pivot and attack the rim for a lay-up + The player who scores takes their rebound and becomes the passer for the next player in line

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Vary the attack moves players use on the catch, drive middle or drive baseline + Have players vary their finishes at the rim, left side or right side of the rim + Finish the drill with a rebound 	<ul style="list-style-type: none"> + Add a guided help defender at the rim to force the offensive player to make a decision to score + Force the player to make a decision to score either left or right 	

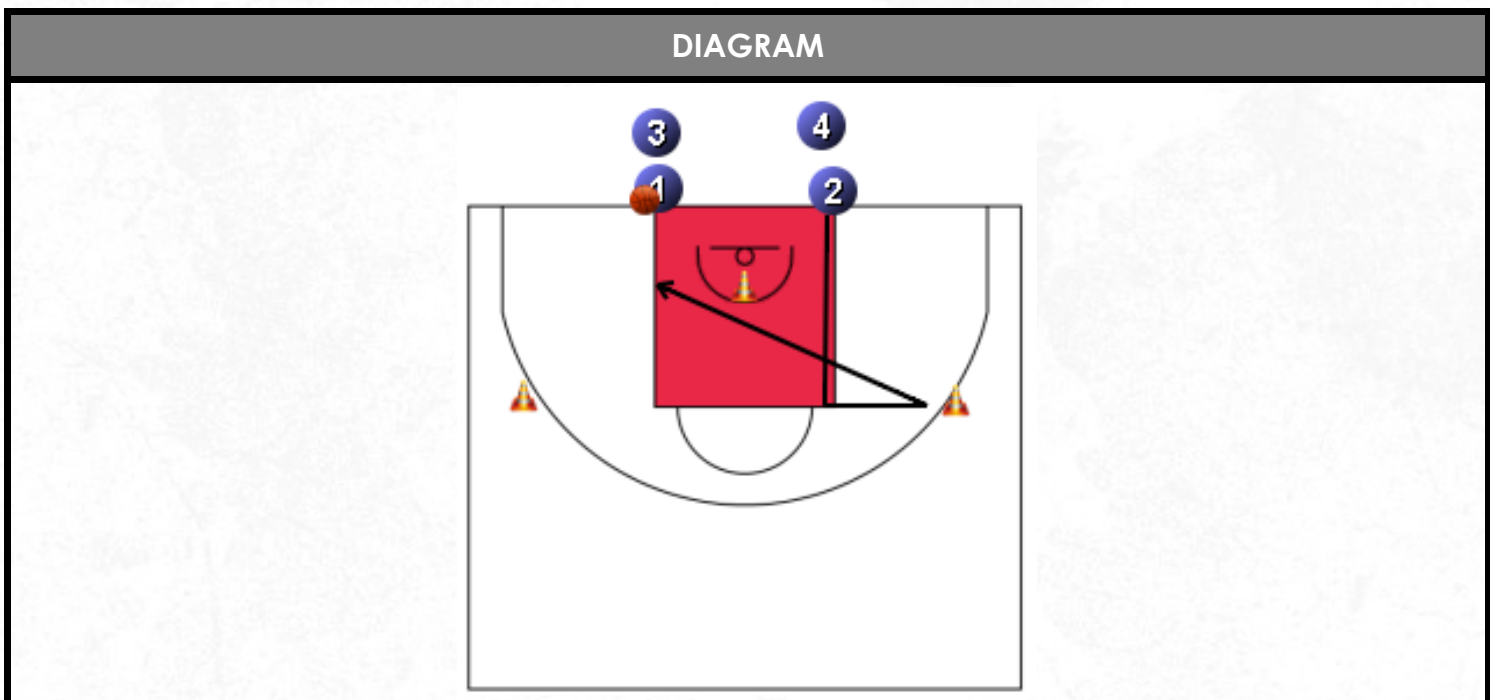
LAY-UPS

DRILL: FAB + MOVEMENT

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach a variety of finishes at basket & some off-ball movement.	LAY-UPS MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Cones + Set-up three cones, one in the middle of the key, and one on each of the wings at the three point line + Split players up into two lines at the lane lines + Every player should have a ball, except for the first player in line 	<ul style="list-style-type: none"> + Ensure players are catching the ball with their feet pointed at the rim + Coach players to use the 1-2 step into their shot

EXECUTION
<ul style="list-style-type: none"> + The first player back pedals with correct technique, facing forwards until he sees the cone (using peripheral vision) + Change direction and run to the cone, hockey stop, and change direction to the basket + Perform a variety of layups i.e. euro step, power layup, standard layup - with correct footwork



BALL HANDLING

DRILL: MARAVICH SERIES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve ball handling and familiarization. Develop hand and finger strength and coordination.	BALL HANDLING COORDINATION BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (See modifications) + Stand in the centre of a gym with a basketball + Have players spread out in a circle, each with a basketball 	<ul style="list-style-type: none"> + Make sure players are keeping their eyes up at you + Ensure players are using proper posture, bending at the knees and not the back + Reassure players losing the ball means they are getting better, by doing something that they aren't comfortable with

EXECUTION
<ul style="list-style-type: none"> + Demonstrate a series of familiarization and stationary dribbling actions + Have players follow along with each. Keep each action short (approx. 30 seconds, or for 10 repetitions) + Remember to do every action with both hands or both directions (when applicable)

MODIFICATIONS	SUGGESTIONS
<ul style="list-style-type: none"> + Add motion to the movements—have players complete the exercise while walking or jogging + Add a passing element by having players pair up and after each completed exercise they exchange basketballs with one another 	<ul style="list-style-type: none"> + Ball slaps (hard and loud, with palms) + Finger Tipping (moving the ball up and above the head and down below the knees) + Ball circles (circling the ball up and down the body, around the head, waist, and ankles) + Leg wraps (from a lunge, circling the ball around each leg, in both directions) + Ball toss (throw the ball in the air, clap as many times as possible before catching it) + Figure-8 wrap (weave the ball in between legs in a figure-8 pattern, in both directions) + North-South dribbles (push/swing the ball forwards and backwards next to the body) + East-West dribbles (push/swing the ball left and right in front of the body, with both hands) + Between the legs dribbles (in a lunge, dribble the ball between the legs using both hands)

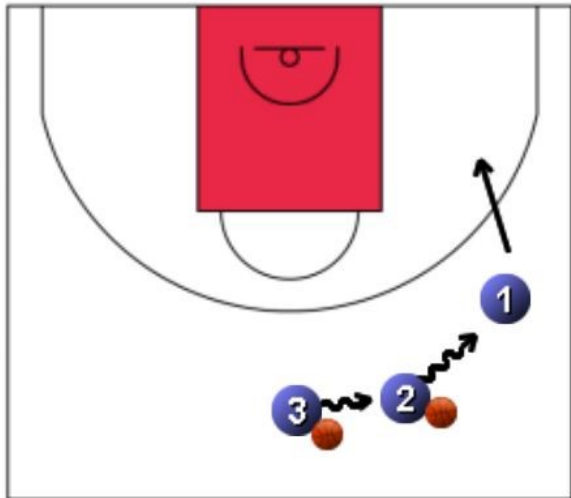
BALL HANDLING

GAME: SNAKE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop awareness of what is happening in immediate surroundings. Be able to copy/ mimic movements.	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (See phases) + Divide players into groups of 3 (or 4 if necessary) + Have players spaced out in the gym., lined up one behind the other in their group with two balls per group + First player is the "head" (without a ball) and acts as the leader. Second player is the "body" (with a ball) and follows the leader, while dribbling. Third player is the "tail" (with a ball) and follows the first two players 	<ul style="list-style-type: none"> + Encourage the "head" to vary their lead (fast, slow, sideways, stopping, sharp corners, etc.) + Coach the followers ("body" and "tail") to dribble with their heads up

EXECUTION
<ul style="list-style-type: none"> + The "head" of each group directs their snake around the gym + The "body" and "tail" of each group follows the leader + Whistle to switch roles: "body" becomes head, "tail" become body, "head" becomes tail

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Player 1 moves around the gym with player 2 and 3 in tow + As player 1 moves throughout the gym, they can stop at hoops and have the tail players take shots on the hoops or make lay-ups 	<ul style="list-style-type: none"> + Have player 1 attempt to lose the players in tow, changing directions or running through other snakes + Ensure player 1 does not go more than 50% of their full speed 	

BALL-HANDLING

GAME: DRIBBLE KNOCKOUT

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve ball-handling and control under pressure while maintaining balance.	BALL-HANDLING BALANCE COORDINATION FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Section off an area of the court with cones + Have player stand inside the area each with a basketball 	<ul style="list-style-type: none"> + Ensure players are playing with their heads up + Encourage players to dribble with their heads up, protecting the ball

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue, have players begin to play against one another attempting to knock their opponents' basketballs out of the coned off area + As players have their basketballs knocked out of bounds, have them make a lay-up at an available hoop in order to return to play. + Alternatively, have players perform an exercise when their ball is knocked out, before returning back to the game

Diagram



BALL-HANDLING

DRILL: TENNIS BALL DRIBBLING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve ball control and dexterity. Learn how to dribble with the finger tips (not the palms).	BALL-HANDLING BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Tennis Balls + Have each player use 1-2 tennis balls (depending on the actions) 	<ul style="list-style-type: none"> + Make sure players are keeping their eyes up + Encourage players to push themselves to where they lose the ball-this shows they are out of their comfort zone/improving + The main concept is that if a player can dribble a tennis ball with ease, then a basketball will be easier

EXECUTION
<ul style="list-style-type: none"> + Perform a series of dribbling actions with tennis balls. Emphasize dribbling with fingertips and keeping the head and eyes up + Put fingers up in the air for players to count and call back to the coach to ensure they have their eyes up

PHASE A	PHASE B
<ul style="list-style-type: none"> + Have players handle the ball on the sideline with no defensive pressure + Dribbling Action Suggestions <ul style="list-style-type: none"> + Dribbling in the right hand + Dribbling in the left hand + Front Crossovers + Behind the Back Dribble + East-West Dribbles + North-South Dribbles + Do a 360 and dribble + Dribble on one knee + Dribble on two knees + Dribble sitting down + Dribble lying down 	<ul style="list-style-type: none"> + Have players partner up with one partner being the ball-handler and the other being a guided defender + Repeat the actions in PHASE A but with guided defender

BALL-HANDLING

DRILL: GLOBETROTTER SERIES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Become comfortable dribbling the ball in all sort of positions	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs, one per player + Have players lineup on one of the sidelines with a ball 	<ul style="list-style-type: none"> + Ensure players are bending at the hips and knees + Ensure players are keeping their eyes up on the coach or are scanning the floor + Ensure the off hand is down protecting the ball

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue have players perform a series of dribbling actions by copying what the coach is doing + Put fingers up in the air for players to count and call back to the coach to ensure they have their eyes up

PHASE A	PHASE B
<ul style="list-style-type: none"> + Have players handle the ball on the sideline with no defensive pressure + Dribbling Action Suggestions <ul style="list-style-type: none"> + Dribbling in the right hand + Dribbling in the left hand + Front Crossovers + Behind the Back Dribble + East-West Dribbles + North-South Dribbles + Do a 360 and dribble + Dribble on one knee + Dribble on two knees + Dribble sitting down + Dribble lying down 	<ul style="list-style-type: none"> + Have players partner up with one partner being the ball-handler and the other being a guided defender + Repeat the actions in PHASE A but with guided defender

BALL-HANDLING

DRILL: 2-BALL DRIBBLING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve ball handling and familiarization. Develop the use of both hands.	BALL-HANDLING BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs 2 per player + Have players partner-up and line up on one of the sidelines + Have the first player in line hold both basketballs + Have the second player stand across from the first player about 5 feet away 	<ul style="list-style-type: none"> + Ensure players keep their eyes up + Encourage players to push themselves to where they lose the ball this shows that they are out of their comfort zone/ improving

EXECUTION
<ul style="list-style-type: none"> + Demonstrate a series of 2-ball dribbling actions. Start with stationary actions and progress to dribbling on the move + Put fingers up in the air for players to count and call back to the coach to ensure they have their eyes up

PHASE A	PHASE B
<ul style="list-style-type: none"> + Stationary: <ul style="list-style-type: none"> + Simultaneous dribbling (bouncing both balls simultaneously, at various heights) + Piston dribbling (alternating the bouncing of balls, at various heights) + North-South dribbles (push/swing the balls forwards-backwards next to the body) + East-West dribbles (push/swing the balls left-right in front of the body) + Cross-over (switch hands, crossing both balls over the opposite hand) + Figure-8 + Movement: <ul style="list-style-type: none"> + Simultaneous dribbling + Piston dribbling + Zig-Zag (3 dribbles left, 3 dribbles right) 	<ul style="list-style-type: none"> + Have the partner without the basketballs be the guided defender and provide pressure to the ball-handler while they dribble + Repeat the actions in PHASE A but with guided defense


BALL-HANDLING

DRILL: CONE DRILLS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve ball handling and dribbling. Develop agility and movement skills with the ball.	BALL-HANDLING BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Place cones around the gym in a pattern + Depending on numbers, set-up multiple "courses" to maximize participation 	<ul style="list-style-type: none"> + Ensure players are getting low to the ground as they attack the cones + Ensure players are dribbling with their eyes and heads up

EXECUTION
<ul style="list-style-type: none"> + Have players work their way through the cones, keeping control of the basketball + Encourage players to go as fast as they can without losing the ball

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Have players only use their non-dominant hand to improve dexterity + Have players work their way through the drill dribbling two balls + Advanced players can practice their crossovers at corners and turns 	<ul style="list-style-type: none"> + Have players pair up to add a defender (ensure partners switch roles) 	

BALL-HANDLING

GAME: SIMON SAYS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve ball handling and dribbling. Develop awareness and keeping the head and eyes up.	BALL-HANDLING BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players spaced out in front of you, each with a ball and a personal bubble of space 	<ul style="list-style-type: none"> + Encourage players to focus on the instructions rather than the skill + Ensure players have their heads up at all times

EXECUTION
<ul style="list-style-type: none"> + Call "Simon says" before describing or demonstrating a dribbling action + Include a variety of actions, calling "Simon Says" before each one + Players follow along, mimicking the action. Intermittently, call for a dribbling action without calling "Simon Says" + In this case, players who mimic the action must to an exercise like, running and touching the wall before coming back + Invite players to play the role of "Simon" and lead the group + Have players who are caught mimicking without "Simon Says" perform and exercise

BALL HANDLING

DRILL: 1 ON 1 GRID

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop 1-on-1 offensive and defensive skills.	BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Use cones to divide the court into a grid (for example, splitting the gym into quarters) + Split players into small groups, assigning each group to a grid area, 1 basketball per group + One player will start on offense, on one end of the grid area + Another player will start on defense, on the other end of the grid + All other players will line up off their grid area 	<ul style="list-style-type: none"> + Ensure players keep their heads up to avoid collisions + Coach players to stay low and protect the basketball + Try to have players always facing the other end of the grid, players should not turn their backs to their defenders

EXECUTION
<ul style="list-style-type: none"> + The offense has to advance the ball to the other side of the court (staying inbounds) + If the offense gets to the line, they earn 1 point + If the offense picks up their dribble or commits a turnover, the defense earns 1 point + Rotate players through the drill (offense to defense) before joining the line + Ensure players get an equal opportunity to play both offense and defense

PHASE C	PHASE D
<ul style="list-style-type: none"> + Play to a certain number of points + Control the pressure put on by the defenders (sag, hand pressure, body pressure, bump) + Change the grid size to be smaller and make it more difficult for the offensive player + Add a time limit (approx. 10 seconds) that is appropriate to the skill level of your team 	<ul style="list-style-type: none"> + Play the possession to a score + Have the offensive player get to the edge of the grid and look to make a lay-up + Rotate players from one grid to another (such as having winners play winners)

BALL HANDLING

DRILL: DRIVE & DISH

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve on-ball awareness and patience. Develop offensive attacking and passing.	BALL HANDLING PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide players into groups of 5-6 + Assign each group a basket. 3 players on offense; 2 on defense + Additional players will watch from off the court and will rotate through the drill 	<ul style="list-style-type: none"> + Emphasis on the ball handler making the right decision whether to score or pass to an open player + Ensure the defenders do not commit to a player until the basketball enters the paint

EXECUTION
<ul style="list-style-type: none"> + Groups will play short possessions of 3-on-2 + 2 offensive players will start at the blocks, their teammate at the top with a ball + 2 defenders will guard the 2 low offensive players (leaving the ball unguarded) + The ball-handler will attack the paint, forcing the defenders to react + If a defender leaves to stop the ball, the attacker should finish with a shot or lay-up + Rotate players through all positions, changing up the teams

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + Adjust the starting position of the ball-handler or other offensive players + Keep score, awarding points for made baskets and rotating teams (offense to defense) 	<ul style="list-style-type: none"> + Add in an extra defender on the ball handler with their back to the ball, play out of that situation + For advanced players, progress to 4-on-3 possessions 	

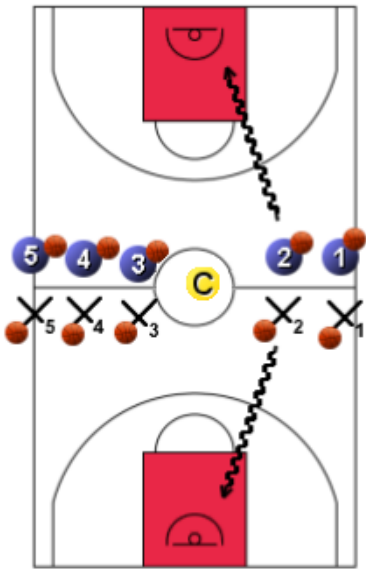
BALL HANDLING

GAME: DRIBBLE SCORE RACE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach players to attack the basket in a vertical fashion.	BALL HANDLING LAY-UPS SHOOTING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + The players are divided into two teams + Each player has a ball and lines up on opposite sides of the centre line + The players given numbers 	<ul style="list-style-type: none"> + Emphasize proper footwork when attacking the rim + Encourage players to come to a two-foot stop before they go up to score

EXECUTION
<ul style="list-style-type: none"> + When the coach calls the number, in this example "2" + Both number 2's dribble in to score a shot + The player stays until scoring and then returns + You can have more than one pair go at a time + Keep the kids active

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Work on different finishes + Use both hands to finish + Use two balls to dribble down the floor with and score with both balls (advanced) 	<ul style="list-style-type: none"> + Combine this drill with crows and cranes - the players must concentrate on a number being called crows or cranes 	

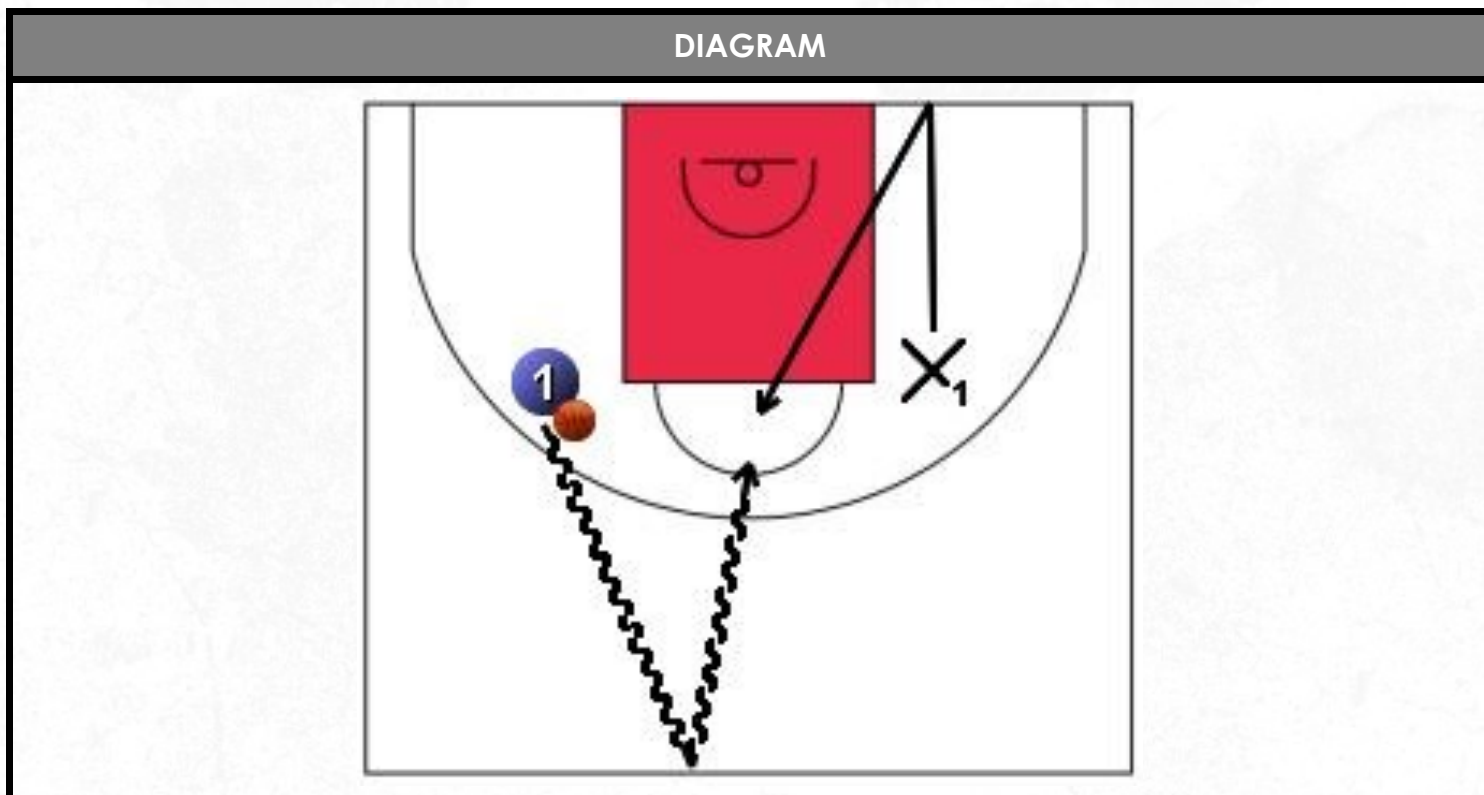
BALL HANDLING

DRILL: BODY FAKES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach players how to attack a lone defender who is protecting the basket.	BALL HANDLING MOVEMENT FINISHING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Make two lines at the foul-line extended + One line has basketballs the other does not 	<ul style="list-style-type: none"> + Encourage the defender to escape the paint to play defense + Encourage the offensive player to attack the defender at full speed

EXECUTION
<ul style="list-style-type: none"> + The player with the ball starts the drill by dribbling to half-court + At the same time the defender runs to touch the baseline + The two players now play 1-on-1



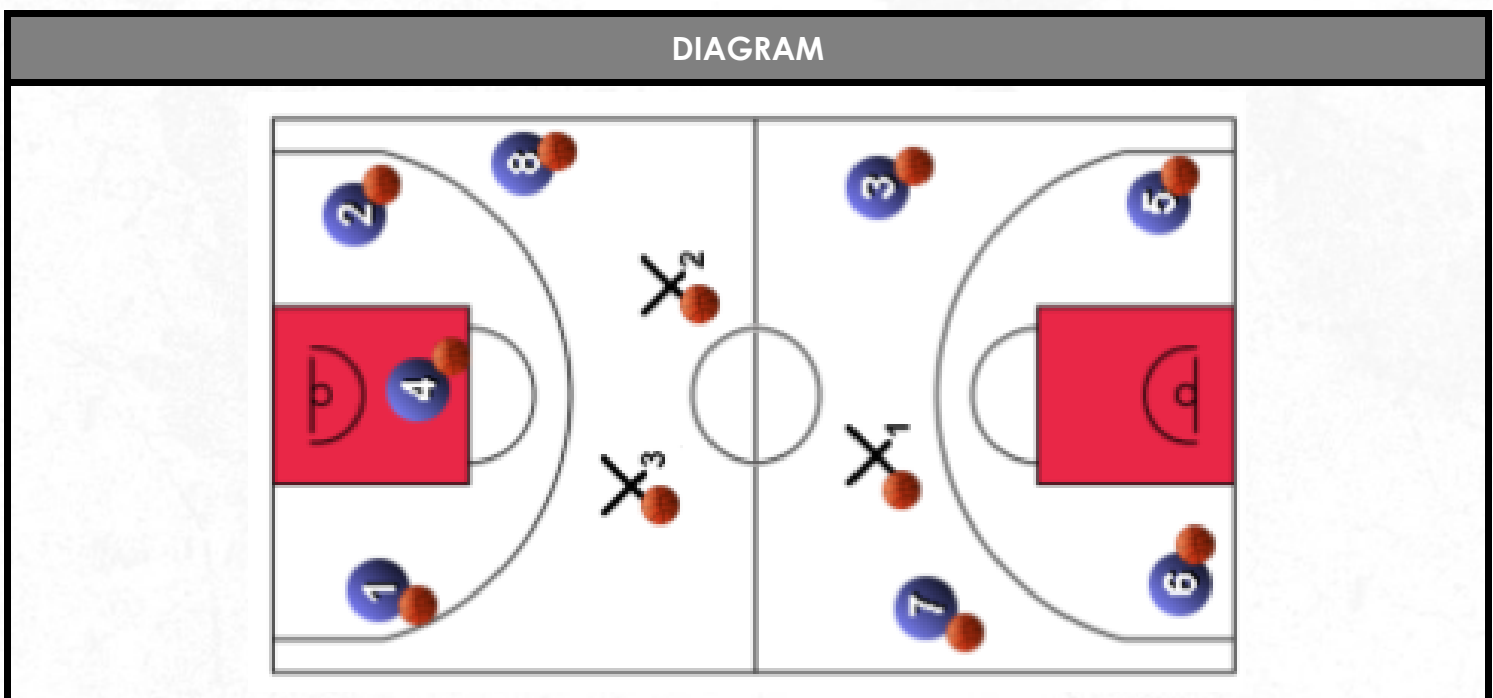
BALL HANDLING

GAME: DRIBBLE TAG

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To improve players' ball handling and ability to dribble under pressure.	BALL HANDLING MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + All players have a ball and are spread out around the court or specified area + In this instance, three players are chosen as "it" 	<ul style="list-style-type: none"> + Ensure players are keeping their heads up to see the court at all times + Ensure players are dribbling with the ball out in front of them and protecting it at all times

EXECUTION
<ul style="list-style-type: none"> + When the coach says "go", the players who are "it" try to tag the other players while dribbling the ball + When tagged you have a number of options; <ol style="list-style-type: none"> 1. Have players perform a task and then return (good way to put in basketball skills i.e. lay-up) 2. Become "it" - two options here, keep going until only one remains or the old "it" is now being chased 3. Frozen and wait for a teammate to unfreeze him/her (this can be done in a variety of ways)



BALL HANDLING

GAME: NEWSPAPER DODGEBALL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Get players moving using movements skills to warm-up	BALL HANDLING MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and balls of newspaper + Divide the group into two teams + Everyone has a ball and is dribbling + Half of the players have newspaper balls 	<ul style="list-style-type: none"> + Ensure players are maintaining their dribble as they move around the floor + Ensure players are keeping their heads up and staying low to move quickly

EXECUTION
<ul style="list-style-type: none"> + On the coaches cue, the player with the newspaper balls are trying to hit the other players with newspaper balls + Players must maintain their dribble while throwing + Action once hit is decided by coach (do an activity before rejoining the group, join the other team, exchange places with person who hit you with the ball) + To increase difficulty: <ol style="list-style-type: none"> 1. Have players throw with their non-dominant hand only 2. Allow players to pass the newspaper balls within their teams 3. Allow tagging players only rather than throwing

BALL HANDLING

DRILL: SCANNING DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve players' ability to scan the floor for meaningful information as they move.	BALL HANDLING AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Coloured indicators + Have four coaches at all sides of the gym, and section off an area of the gym for the players to dribble within (if you don't have enough coaches, ask parents or have players volunteer to fill spots) + Give each coach a different colour pinnie or hand signal 	<ul style="list-style-type: none"> + Ensure players are dribbling with their heads up throughout the gym + Encourage players to move their heads while keeping their body straight

EXECUTION
<ul style="list-style-type: none"> + As the players run the floor they are constantly scanning + In fact with young children have them repeat the phrase rim, right, and left + As the children look at the rim they must call out the signal they see + They then look to their right and call out that signal and finally look to the left + Add the "10 fingers" rule - Anytime one of the coaches shows "10 fingers" the player must pass the ball to the coach who immediately passes the ball back + Play for a certain time limit or for a certain number of actions

BALL HANDLING

GAME: BASKET WALL BALL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Provide players the opportunity to improve their dribbling in game-like scenarios.	SHOOTING PASSING FOOTWORK RECEIVING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players pick a partner and get one basketball + Each player is competing against his or her partner + The objective of the game is to either score or hit the rim/backboard + If players hit rim or backboard they get 1 point + They get 3 points for a score 	<ul style="list-style-type: none"> + Ensure players are keeping their dribble alive + Encourage players to keep their eyes and head up at all times + Make sure multiple games aren't happening at the same hoop

EXECUTION
<ul style="list-style-type: none"> + 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, it is a turnover and they must give the ball to the other player + Ensure that players are within 8-10 feet before they shoot + Neither partner can score at the same basket more than once in a row

BALL HANDLING

DRILL: DRIBBLE, SLIDE, LAY-UP

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve footwork and conditioning through applied ball handling.	BALL HANDLING PASSING LAY-UPS FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players lineup on one of the sides along the half-court line 	<ul style="list-style-type: none"> + Ensure players are catching the ball with their feet pointed at the rim + Coach players to use the 1-2 step into their shot

EXECUTION
<ul style="list-style-type: none"> + First the players dribble to the corner, and make a reverse pivot to keep their body between ball and the (imaginary) defense + Speed dribble to the mid-line + Hold the ball, while doing defensive slides parallel to the half court line to the other side + Pivot to face the offensive basket + Speed dribble and take a lay-up at the rim + After two minutes rotate to the other side, or a number of repetitions

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Vary the hand the players use while dribbling + Vary the finishes at the rim (middle, baseline, floater, runner, etc.) + Introduce a coach at the centre-line for players to give and go with while they do their defensive slides 	<ul style="list-style-type: none"> + Add cones for players to make a decision while attacking the rim + Add a guided defender in place of the cone for the defender in place of the cone on the perimeter to create a real read + Add a defender in the paint to force players to make a decision 	

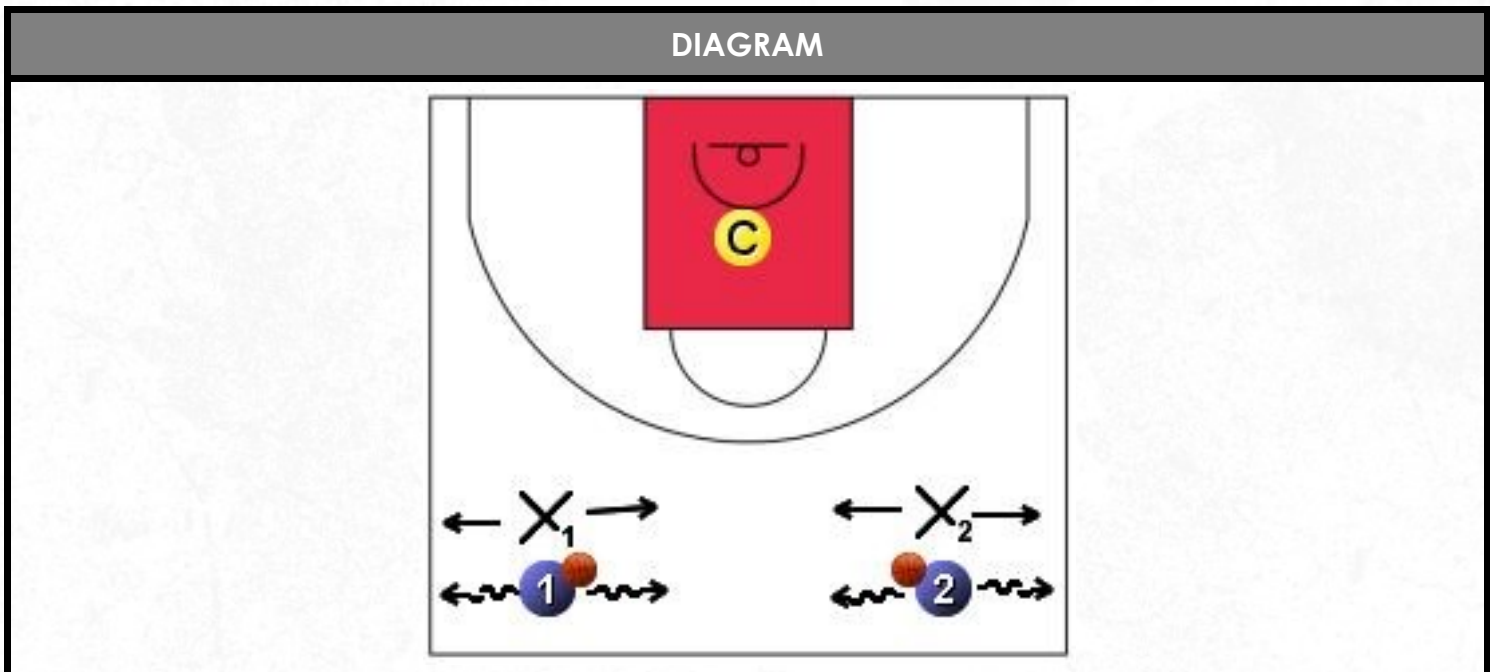
BALL HANDLING

GAME: EYES UP DRIBBLE TO RIM

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Help players develop confidence handling the ball under pressure.	BALL HANDLING COORDINATION BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Split players get into pairs; one with the basketball and one as a "guide" defender + Players will start between the 3-point line and half-court line + As coach, stand on the baseline under the hoop 	<ul style="list-style-type: none"> + Ensure players are keeping their eyes up on the rim + Ensure players are protecting the ball as they dribble around the perimeter

EXECUTION
<ul style="list-style-type: none"> + Coaches hold up a series of fingers for players to call back + Ball-handlers dribble around in the space above the 3-point line, while defenders put on medium pressure + Players keep eyes up on the coach, calling back the numbers + Incorporate a penetration aspect to the game, where when you put up a certain hand signal they get 10 seconds to try and get into the paint under defensive pressure



BALL HANDLING

GAME: SPEED DRIBBLING RELAY

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce players to dribbling at full speed.	BALL HANDLING COORDINATION BALANCE SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none">+ Basketballs+ Split players into even teams spaced out on the baseline	<ul style="list-style-type: none">+ Ensure players are pushing the ball out in front and not to the side+ Ensure players eyes are up and looking where they are wanting to go

EXECUTION
<ul style="list-style-type: none">+ Players take turns speed dribbling down the floor+ Have players use both right and left hands+ Perform different moves to start the drill (sweep, rip, crossover, backwards, on their backs)+ The first team with all of their players down and back wins the relay+ Switch teams frequently to adapt the competition level

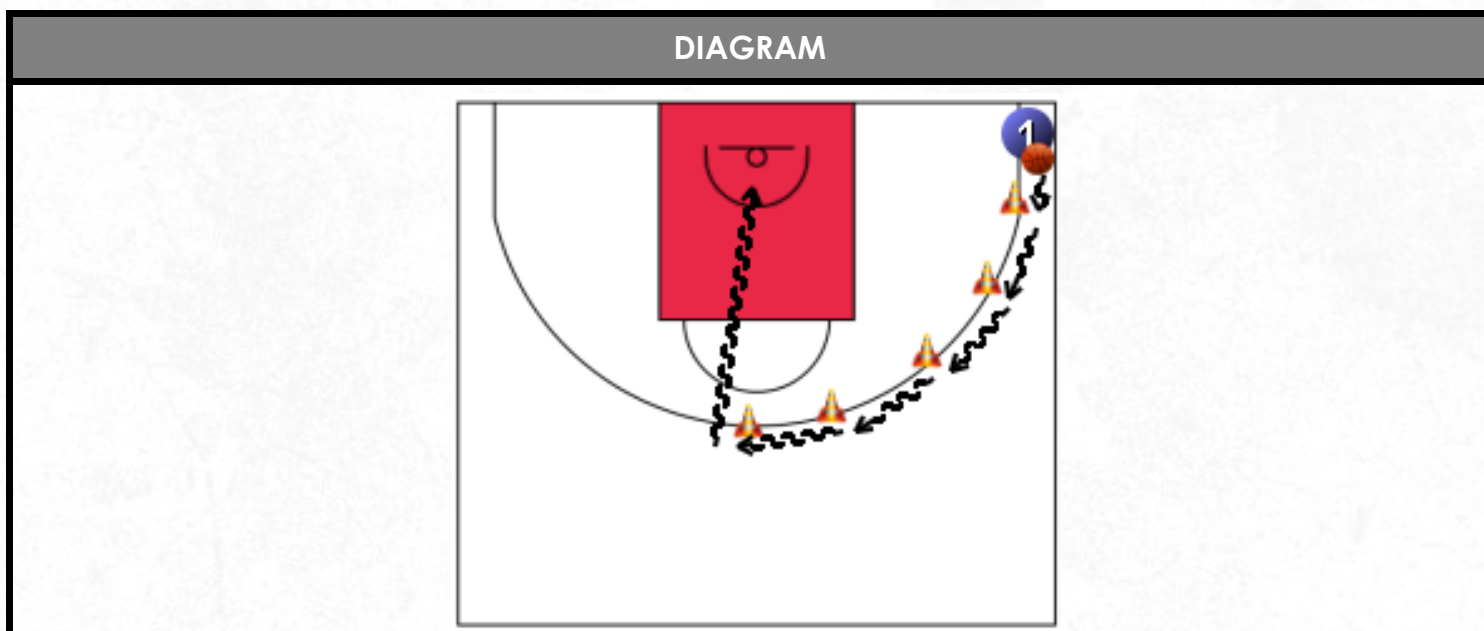
BALL HANDLING

DRILL: PICK-UP DRIBBLING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve players ability and comfort when dribbling the basketball.	BALL HANDLING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Cones + Have players lineup at the bottom of the three point line along the baseline + Each player has a basketball + Setup cones along the three point line from the corner to the top 	<ul style="list-style-type: none"> + Ensure players are keeping their eyes up at all times when they go to pick up the cones + Ensure players are pounding the ball the entire way through

EXECUTION
<ul style="list-style-type: none"> + One at a time, players will start in the corner and make their way to the top of the three point line while dribbling with their outside hand + With their inside hand, they will pick up the cones as they pass them and put them back down in the same spot + Once they reach the top of the key, have them get low and explode into a crossover to attack the rim + Switch sides after a certain amount of time to ensure players develop both hands



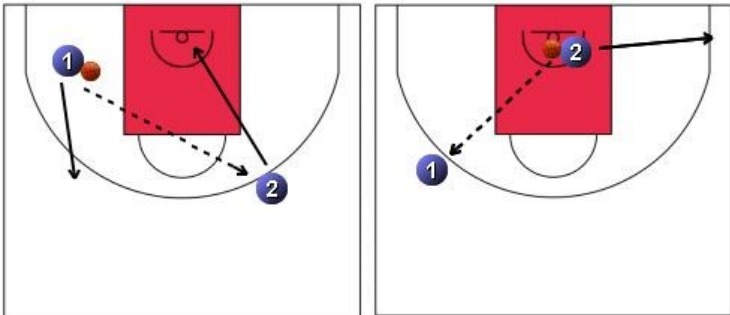

SHOOTING

DRILL: PARTNER SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve shooting the ball off of the catch.	SHOOTING PASSING RECEIVING REBOUNDING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs — 1 per pair of players + Have players find a partner, each pair with a basketball + Spread pairs out to a basket, using all available baskets 	<ul style="list-style-type: none"> + Ensure players are in ready position before they get the ball + Teach players to communicate, calling the names of the teammates they are passing to + Encourage players to challenge themselves and their partners to make more shots

EXECUTION
<ul style="list-style-type: none"> + The first player will take their shot, get their rebound, and pass to their partner, and find a new spot on the floor + Their partner will then take a shot, get their rebound, and pass back to the first player + Play for a set amount of time, or to a total number of shots

PHASE A	PHASE B
<ul style="list-style-type: none"> + Have players shoot from the same spots, or change positions with each spot + Have players take one dribble before taking their shot 	<ul style="list-style-type: none"> + Have players close-out to their partner after making a pass. (No shot blocking/contesting) + Make it a competition, playing first to make a set number of shots. (This is advanced and should only be used when players have adequate form for the distance they are shooting)
	

SHOOTING

DRILL: FROG FORM SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve shooting technique. Develop the use of legs for power in shooting.	SHOOTING BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players lineup on one of the baselines or along a wall 	<ul style="list-style-type: none"> + Ensure players are sitting back on their heels, with the butt down and the toes squared + Coach players to use only one hand to shoot, keeping their non-shooting hand by their side + Teach players to hold their follow-through, flicking their wrists to "reach into the cookie jar"

EXECUTION
<ul style="list-style-type: none"> + Have players start close to the rim with the ball at their feet + Players must squat down low (like a frog) to pick up the ball + Ensure players sit back on their heels, keeping a big chest and straight back + From here they can take their jump shot + Ensure players finish with their arm long and extended (like a frog jumping)

MODIFICATIONS
<ul style="list-style-type: none"> + Slowly take steps away from the rim or wall to increase the distance of the shot + Have players aim for a certain point on the backboard for added difficulty + Have players self-toss and catch the ball into Frog stance + Have players partner up and pass the ball to each other, as they catch, have them drop into frog stance and shoot the ball up in the air to their partner

SHOOTING

GAME: 7-UP

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve shooting and control under pressure.	SHOOTING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Have players line up at the free-throw line (or another designated spot), each with a ball + Depending on numbers, have multiple games going at multiple baskets 	<ul style="list-style-type: none"> + Ensure athletes are following the Up, On, In shooting mechanics (REFER TO COACH MANUAL FOR MORE INFO) + Up: Ball is on the hip in triple threat + On: Ball is lifted straight up in the air + In: Legs explode up into the shot, holding follow-through on release

EXECUTION
<ul style="list-style-type: none"> + The object of the game is to not get points + Players alternate shooting one at a time from the free-throw line or other designated spot + If a player makes their shot, there is now "1 in the bucket" + If the following player makes their shot, there is now "2 in the bucket" + If a player misses their shot, that player gets all the points that were in the bucket. When a player has 7 or more points they are eliminated for that round + Ensure players keep track of their own score; the last player standing wins

SHOOTING

GAME: SHOOTING STARS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve shooting off of the catch. Improve shooting under pressure.	SHOOTING PASSING RECEIVING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Divide players into teams, each at their own basket + Make sure each team has two (or more) basketballs + Assign 5 shooting spots (along both baselines, both wings, and in the middle) at a distance appropriate for your players 	<ul style="list-style-type: none"> + Teach players to communicate, calling the names of the teammates they are passing to + Coach players to follow their shot and chase their rebound

EXECUTION
<ul style="list-style-type: none"> + Teams are competing to be the first to hit 5 shots at each of the 5 spots + All teams will start at the same spot at their own basket (on one of the baselines) + On the coach's whistle, the first player for each team will take their shot

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Players get their own rebound, pass to the next player, and join the back of the line + When a team hits 5 shots at a spot, they have "won" that spot + At this point, ALL teams will rotate to the next spot, competing for that new spot 	<ul style="list-style-type: none"> + On the rebound, have players closeout to the next player in line + Have the player closing out to the ball focus on proper closeout footwork + Once on ball, have the player "shade" the offensive player to get the shot the coach is looking for (jump-shot, pull-up going left, pull-up going right, etc.) 	

SHOOTING

GAME: KNOCKOUT GRADUATION

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve shooting and rebounding under pressure.	SHOOTING REBOUNDING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Assign each basket in the gym a "level", 2 basketballs per basket + Divide players evenly among the baskets, with more of the older players at the lower levels + Players line up at each free-throw line, first 2 players with the basketballs 	<ul style="list-style-type: none"> + Ensure players are using proper shooting form + Coach players to be "shot ready" before they are passed the ball

EXECUTION
<ul style="list-style-type: none"> + Play a "never ending" game of Knockout (i.e. bump without the "bumping") at each basket + The first player shoots, and if they miss they continue to shoot until they score + Once the first player shoots, the second player takes their turn. As players score, they pass the ball to the next player in line + A player is "knocked down" a level if the player behind them scores before they do + If a player scores before the player in front of them, they "graduate up" a level + The game ends after a certain amount of time, or on the coach's cue

SHOOTING

DRILL: ITALIAN SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop shooting in transition skills as well as shooting off of the catch.	SHOOTING PASSING FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Lines form in each corner of the full-court with balls at the front of the line + In the middle of the court, there are three players & the middle player has the ball + Extra players line up in the corner & wait their turn 	<ul style="list-style-type: none"> + Ensure players are communicating as they pass the ball , especially when making an outlet pass + Ensure players are using proper footwork as they catch the basketball prior to shooting (focus on inside-outside footwork on the shot)

EXECUTION
<ul style="list-style-type: none"> + When the drill begins, the middle player outlets the ball to one of the wings + The other wing runs to the basket & receives a pass for a lay-up + The players try to score with a minimum number of passes & dribbles + Everyone follows their passes; the two players who do not score receive passes from the corner for a shot + The player who scored takes the ball out of bounds for the inbounds & stays in the drill + The passers who were in the corners are now in the drill + The in-bounder makes an outlet pass to one player & the other runs to the rim + The non-scoring players get passes from the corners and the rotation is the same as it was at the other end

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Increase the distance of the shot + Add in a score limit that players need to reach + Add in a time limit that those players need to reach that score in 	<ul style="list-style-type: none"> + As players pass the ball, have them closeout on shooters 	

SHOOTING

DRILL: STEP-BACK BUILD UP

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach the step back, how to read when to use it, and appropriate counters.	SHOOTING FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Start with one line on the wing without a ball and a second line on the other wing with a ball 	<ul style="list-style-type: none"> + Ensure players are stepping back using proper footwork + Coach players to stay on balance as they step back and rise into their shots + Remain square to the hoop, don't fade

EXECUTION
<ul style="list-style-type: none"> + Have the first player in the line without a ball attack the elbow and v-cut to the top of the key + Have them catch the ball and take a sweep back dribble to the side they came from and perform a step-back jump shot at the elbow + Passer joins the other line, shooter grabs rebound and joins passer line

PHASE A	PHASE B
<ul style="list-style-type: none"> + Have players vary the distance from which they take their step-back from + If players are having difficulties, have them take their shot closer to the hoop + Practice going off of either foot going either direction 	<ul style="list-style-type: none"> + Add a defensive line next to the offensive line + Have both players go from the wing to free throw line off a dynamic catch and sweep back and attack the elbow + The guided defender can use bumping pressure on dribbler + When they get to elbow area, execute a step-back and get square with vision + Each player gets 3 in a row with same read before switching guides

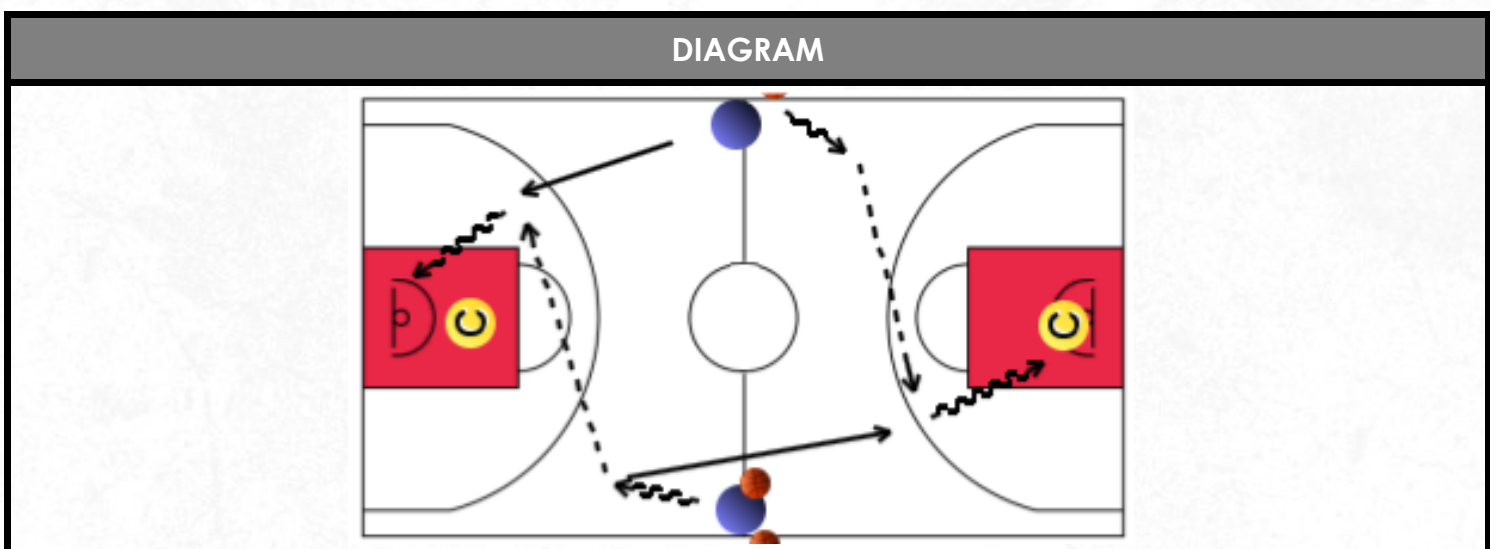
SHOOTING

DRILL: TWO LINE FULL COURT SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To improve players' ability to full court pass. Improve players' ability to finish at game speed.	SHOOTING MOVEMENT PASSING BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have two lines at centre each facing opposite baskets + Every player has a ball except one at the front of one of the lines + Have coaches under the baskets contesting shots and lay-ups 	<ul style="list-style-type: none"> + Ensure players are changing directions after the pass effectively + Ensure players are leading their teammates to the rim with the pass

EXECUTION
<ul style="list-style-type: none"> + The player without the ball starts to run to one of the two baskets + The player with the ball on the opposite side of the court takes two dribbles in the same direction and makes the pass to the player running to the hoop + The player receiving the pass continues in and scores the basket + The player who passed stops, changes direction and heads to the opposite basket + This cues the next player to take two dribbles and make a pass + The drill continues with players alternating the basket they attack



SHOOTING

DRILL: TWO LINE SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To improve players scoring ability off of the catch. To improve footwork when attacking off of the catch.	SHOOTING FOOTWORK RECEIVING PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have two lines, one on either free-throw line extended + Everyone has a ball except for the first player in one of the lines 	<ul style="list-style-type: none"> + Emphasize that players utilize the 1-2 step on the catch (inside outside) to ensure proper balance + Ensure player are getting low as they come to receive the pass and can then explode to the rim or up for a shot

EXECUTION
<ul style="list-style-type: none"> + Have the player without a ball start and cut across the key to receive a pass from the other line + Use 1-2 footwork on the catch (inside-outside)

SUGGESTIONS	DIAGRAM
<ul style="list-style-type: none"> + Curl to a jump shot + Curl to a finish + One dribble sweep back into a shot + Two dribble pull-up + Two dribble step back + Attack middle floater 	

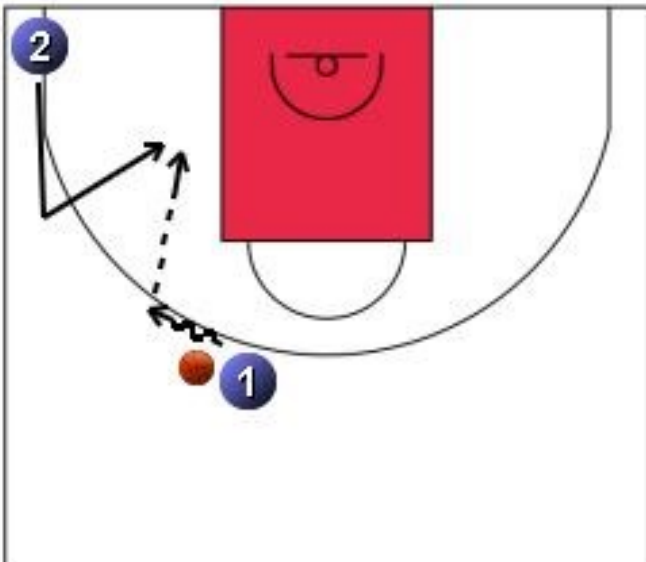
SHOOTING

DRILL: WING SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach how to catch the ball at game speeds and shoot.	SHOOTING PASSING FOOTWORK RECEIVING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have one line at the top of the key with basketballs and another in the corner 	<ul style="list-style-type: none"> + Ensure players are catching the ball with their feet pointed at the rim + Coach players to use the 1-2 step into their shot (inside-outside)

EXECUTION
<ul style="list-style-type: none"> + The player at the top of the key dribbles the ball towards their teammate, who blasts out of the corner + The ball handler throws a one-handed pass to the cutter who takes a long step into the shot, executes a 1-2 step & shoots the ball + The passer goes behind the shooter & lines up in the corner + The shooter rebounds the ball & takes it to the top of the key

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Involve different finishes (rip-through, pull-ups, etc.) + Have players challenge themselves from different distances + Change up the spot on the floor where the player's receive their pass + Utilize different passes 	<ul style="list-style-type: none"> + Two coaches play guided defense + When players are comfortable, add a guided defender as a help defender to deter lay-ups at the rim 	

SHOOTING

DRILL: SCOTTISH SHOOTING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn to perfect basic footwork for finishing in the paint & shooting.	SHOOTING FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Players line up at the free throw lane & the baseline + The first player does not have a ball but the next players do 	<ul style="list-style-type: none"> + Emphasis the use of 1-2 footwork on the catch before the shot + Ensure players curl wide to the spot rather than running straight to the spot

EXECUTION
<ul style="list-style-type: none"> + The first player curls through & gets a pass from the player on the other side + After passing, the passer cuts through & gets a pass from the opposite side + Rebound your own shot & take the ball to the other line + Throw one-handed passes with the outside hand + Increase the distance to which player are shooting from + Vary the finishes on the catch players use

DIAGRAM
<p>1) Outside-Inside Power Lay-Up 2) Rondo Pivot</p> <p>3) Scola Pivot 4) McHale Pivot</p>

SHOOTING

GAME: OCTOPUS SHOTS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach players how to shoot with a bit of pressure.	SHOOTING BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball , 1 per player + Select 4 to 6 players to be the Octopi and have them spread out in the gym at different baskets + Have all other players get a ball and line up beside one another along the end line 	<ul style="list-style-type: none"> + Ensure players are using their legs to get power into their shot + Coach players to keep their eyes on the rim

EXECUTION
<ul style="list-style-type: none"> + When the Octopi players yell "Octopus", all the other players have 30 seconds to score one basket on any hoop, and make it back to the end line + The Octopi's' only job is to wave his/her arms around and try to make it difficult for the players to score a hoop + Octopi are not allowed to block shots + Encourage the Octopi to be goofy as they wave their arms and run around + At the end of 30 seconds, players who have not scored a basket must put their ball away and join the Octopi + If 30 seconds is too long, shorten the time to increase the intensity + Re-start the game often, and always start with a different Octopus in the middle to keep the game fresh and fun

SHOOTING

GAME: KNOCKOUT

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Expose players to shooting quickly under pressure.	SHOOTING PASSING REBOUNDING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Players line up at a hoop at a specified line. (e.g. the free throw line). The first two players start with a ball. 	<ul style="list-style-type: none"> + Ensure players are using proper shooting techniques (up, on, in) + Ensure eyes are looking at the rim at all times

EXECUTION
<ul style="list-style-type: none"> + This is essentially "Bump", without the actual bumping of balls + The first player shoots, and if they miss continue to shoot until they score a basket + Once the first player shoots, the second player takes their turn + As players score, they pass their ball to the next person in line and join the back of the line + If a player scores before the player in front of them, the player who shot is first "out" + Both players return their balls to the next players in line + The player who scored joins the back of the line

SHOOTING

GAME: SHOOT TO SAVE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Get players moving around and warmed up. Get players shooting under pressure.	SHOOTING BALL HANDLING MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and pinnies + Give 3 to 5 players each a pinnie and have them hold (not wear) the pinnie to identify them as "its" + Give all players, including the "its", a ball 	<ul style="list-style-type: none"> + Ensure players get their shots off quickly if they want to avoid being tagged + Ensure players who are shooting are looking up at the rim when they shoot

EXECUTION
<ul style="list-style-type: none"> + The object of the game is to avoid being tagged by an "it" + All players start dribbling anywhere in the gym, trying to keep from being tagged by the "its" + If an "it" tags a player, then this player must immediately run underneath a hoop, put his or her back against the wall, and hold the ball up over his or her head + To be freed, a player frozen beneath a hoop must have his or her hoop scored on by a player who is still in the game + Change "its" often to keep the game fast and fresh + If too many players are consistently stuck under hoops, cut down on the number of "its" + If a player shoots and misses a hoop, then it can be a rule that they must visit another hoop to shoot before they return to the hoop where they just missed + You could either have players be safe when they are in the process of saving someone, or allow them to be fair-game

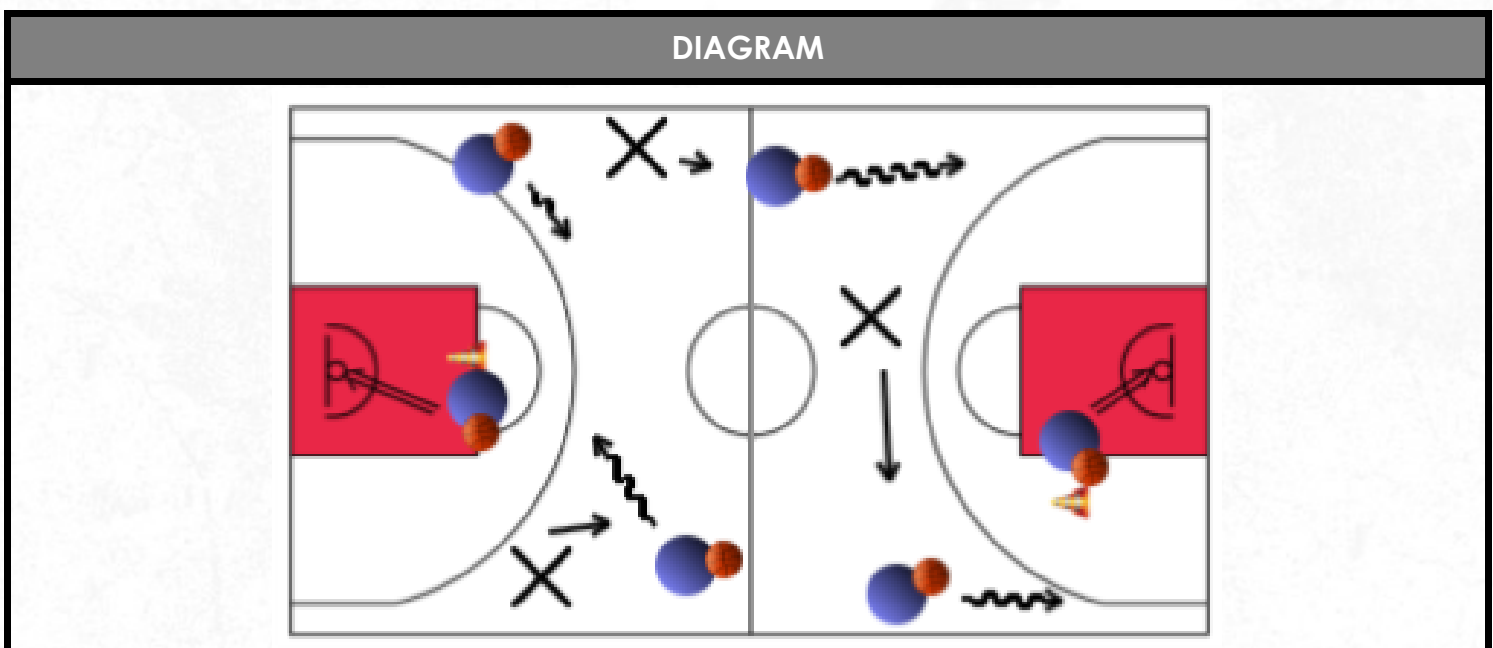
SHOOTING

GAME: SPOT SHOTS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop skills and understanding of shooting. Get athletes used to game-like scenarios.	SHOOTING BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Select 3-5 players to be "It" and identify them as having a different coloured pinnie + Set one cone out in front of each hoop at varying distances + Have everyone get a basketball 	<ul style="list-style-type: none"> + Ensure players are catching the ball with their feet pointed at the rim + Coach players to use the 1-2 step into their shot

EXECUTION
<ul style="list-style-type: none"> + The object of the game is to avoid being tagged by an "It" while dribbling around the gym + Players tagged by an "It" must immediately dribble over to a cone, stand beside it, and attempt to score in the corresponding hoop + They only get one shot, if they miss their shot, they must hold their ball high over their head (to show the its they are trying to score and not currently playing) and immediately run to another cone at another hoop to try to score + Once they score, they are back in the game



SHOOTING

GAME: BASEBALL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce how to make shots in a pressured environment.	SHOOTING MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Start with two teams, one in the corner (everyone with a basketball), and the other at the free-throw line (with one basketball) 	<ul style="list-style-type: none"> + Ensure players are remaining focused while shooting + Ensure that players dribbling around the outside are keeping their heads and eyes up to see where they are going

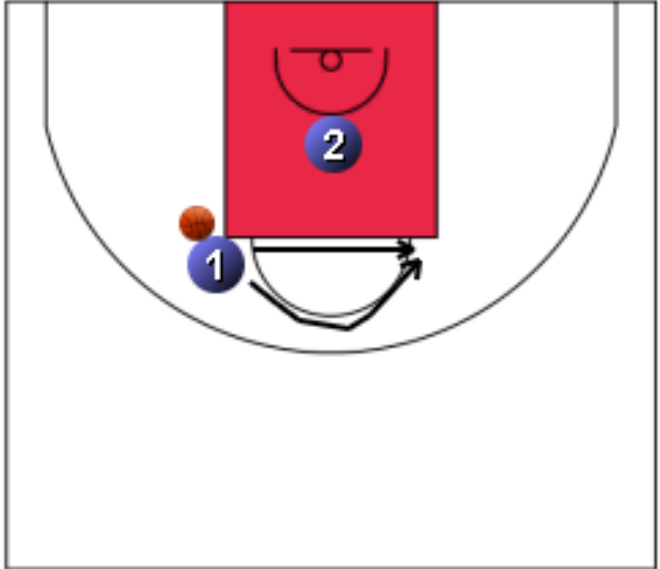
EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + On the coach's cue, both teams will start + One by one, the players in the corner will dribble around the half-court to the end of their line + At the same time, the team at the free-throw line will try to make a shot + If the shooting team makes a shot they yell "Stop" + If there is a player running, they are now frozen in place + If the runner makes it all the way to the end of the line, their team gets a point + When all players have been frozen, the teams will switch roles 	

SHOOTING

GAME: PLUS 2, MINUS 1

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce players to a game that they can play outside of practice	SHOOTING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players partner up with one basketball at a hoop + The first player shooting starts at one of the elbows 	<ul style="list-style-type: none"> + Have players focus on proper shooting mechanics + Make sure players are low and shot ready as they come into the shot

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + Have the one player go from elbow to elbow shooting shots + If they make the shot, it is plus 2 and if they miss the shot it is minus 1 + Shoot until a player either get to minus 5 or plus 7 + If a player gets to plus 7, they get one point + The first player to three points wins + Players have 2 options of moving from elbow to elbow: they can either slide across the free-throw line, or they can slide around the key 	

SHOOTING

DRILL: PENETRATE AND KICK

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce players to penetrating principles and basic movements	SHOOTING PASSING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players lineup in two lines at the free-throw line extended + Have one line be the "drift" line and the other line be the "penetrate" line + Everyone has a basketball except for the first person in the "drift" line 	<ul style="list-style-type: none"> + Make sure players are communicating their movements by either saying "drift" or "zipper" as they make their cut + Ensure players are catching the ball shot ready in triple threat position

EXECUTION
<ul style="list-style-type: none"> + On the coach's cue, the first player in the "penetrate" line penetrates to the baseline + As that happens, the drift player drifts to the corner to receive a pass for a shot (player can drift to short corner if necessary) + After the pass, the player who penetrated makes a "zipper" cut up the middle of the floor and receives a pass from the next person inline in the "drift" line + The next player in the "penetrate" line goes baseline and the player who made the "zipper" pass is now the "drift" in the corner + Switch the sides of the penetration after a certain time or shots taken

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Allow players the option of penetrating to the middle (through the nail) and passing to the drift from there (drift still goes to the corner) + Allow players the option to shot fake and drive to the rim for a lay-up 	<ul style="list-style-type: none"> + Add a guided defender to force the player penetrating to penetrate either baseline or middle + Add a guided defender on the drift player to force a shot or a drive 	

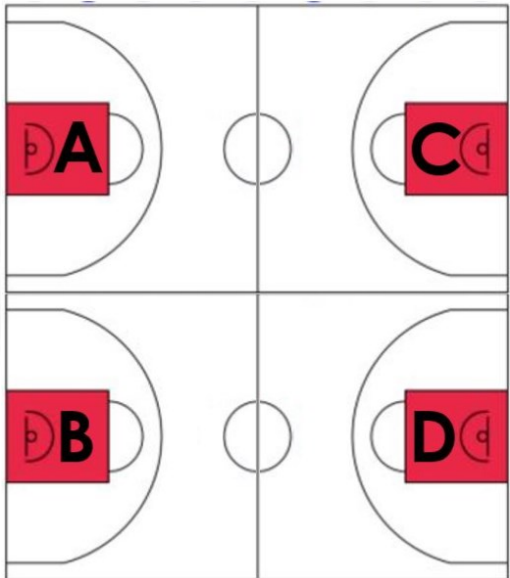
PASSING

GAME: CASTLE BATTLE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve passing and receiving skills. Get athletes used to game-like scenarios. Foster team spirit and unity.	PASSING RECEIVING SHOOTING LAY-UPS	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. EXECUTION D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Pinnies + Divide players into 4 teams, assigning each team a basket + If possible have each team wear a different coloured pinnies + Place balls in the middle of the gym, there should be one ball per two players 	<ul style="list-style-type: none"> + Encourage players to space out throughout the gym + Coach players to ensure they have heads up at all times + Ensure players are communicating with one another so they see the passes coming to them

EXECUTION
<ul style="list-style-type: none"> + Players are not allowed to dribble with the ball; to move the ball around the gym, teams must pass with their teammates + The object of the game is to score on the other team's baskets (castles) while protecting their own

PHASE C	PHASE D	DIAGRAM
<ul style="list-style-type: none"> + Have players focus on making great passes + Vary the pressure the defense is allowed to provide when defending the pass. Consider (hand pressure vs body pressure) + The same considerations should be made for players receiving + Add one dribble to create space prior to a pass 	<ul style="list-style-type: none"> + Allow defense to play full pressure on defense in defending the pass + Allow defenders to fully defend the receivers to make receiving a pass difficult 	

PASSING

DRILL: WALL PASSING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce passing types and fundamentals.	PASSING COORDINATION RECEIVING REBOUNDING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball (See phases) + Have players space out around the gym, in front of a wall + Initially, players should stand approx. 10 feet away from the wall 	<ul style="list-style-type: none"> + Make sure players are looking at where they want to pass + Encourage players to step in the direction of the pass, and catch the ball on the return with two hands

EXECUTION
<ul style="list-style-type: none"> + Have players practice each type of pass (one-hand push pass [both hands], bounce pass, etc.) + Emphasize proper technique for both passing and receiving + As players become comfortable, have them move further away from the wall

PHASE A	PHASE B
<ul style="list-style-type: none"> + Have players perform a sequence of passes (i.e. bounce, bounce, push, bounce, alternating left and right) + Have players stand closer to, or further away from, the wall + Perform passes (bounce and push) with both hands 	<ul style="list-style-type: none"> + Have players partner up, one player with the ball the other player behind them + Stand 10 feet away from the wall + As the player passes the ball off of the wall, have them jump to catch and land in quarterback stance + Have the player behind act as a defender on the catch and force the offensive player to take one dribble + Switch roles each time

PASSING

GAME: 20 PASSES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To improve moving without the ball to get open and passing under pressure.	MOVEMENT BALANCE COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Depending on numbers, use cones to setup a playing area, or just use the normal court lines + Divide players into two teams and have them spread out throughout the playing area 	<ul style="list-style-type: none"> + Encourage players to communicate on the floor + Teach players to find open space

EXECUTION
<ul style="list-style-type: none"> + The object is to pass the ball between your teammates 20 times without dribbling, traveling or fumbling the ball + If any of the above three things happen, the other team immediately grabs the ball and starts to pass + The players without the ball can move to get open

PHASE C	PHASE D	DIAGRAM
<ul style="list-style-type: none"> + To start, have players play guided defense on the player with the ball + Adjust the pressure from the defense as needed (sag, hand pressure, body pressure, bump) + Allow players 1 dribble to get around a defender, only if needed + Limit the number of passes a group needs to get to, only if needed 	<ul style="list-style-type: none"> + Have players play full defense attempting to stop the pass + Don't allow players with the ball to take any dribbles + Add an additional basketball for added difficulty on the defense 	

PASSING

GAME: BALL-TAG

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve moving without the ball, creating separation through fakes, hesitations, change of pace, and develop	PASSING RECEIVING SPACING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Depending on numbers, use cones to setup a playing area, or just use the normal court lines + Select 2 or 3 players to be "it" and have them wear a different colour of their reversible SNYB jersey, have them start with the ball 	<ul style="list-style-type: none"> + Encourage players to communicate when passing the ball + Encourage players to look for and take open space + Teach players to think ahead of the pass, this about where the ball is going to be

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + Players who are "it" work together to pass the ball in order to tag others + Players with the ball cannot take steps (other than their pivot) or dribble with the ball + When a player gets tagged with the ball, they join the "it" team (and change colour) + Add more balls as the "it" group grows 	

PASSING

GAME: DENY THE TOUCHDOWN

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve deny stance and defensive positioning, while improving passing on the move.	PASSING FOOTWORK DEFENSE OFFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Mark clear boundaries and end-zones, creating a "football field" playing area. Set-up multiple play areas (depending on numbers and available space) + Divide players into teams of 3-4, assigning 3 (or more) teams to each playing area + One team starts on offense at their own end-zone, with another starting on defense + Additional teams will wait off the court, and will rotate in throughout the drill. 1 basketball per area 	<ul style="list-style-type: none"> + Emphasize proper ball denial + Emphasize cutting to open space + Coach players to experiment with fakes and change of direction moves

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + The offense passes the basketball into the opposite end-zone for a "touchdown" + The offense is not allowed to dribble the basketball, moving the ball by passing it + The defense must prevent passes, using deny position and defensive positioning + If the offense gets the ball to the opposite end-zone, they earn a point + Rotate teams (from offense to defense) and have new teams enter the drill on offense 	

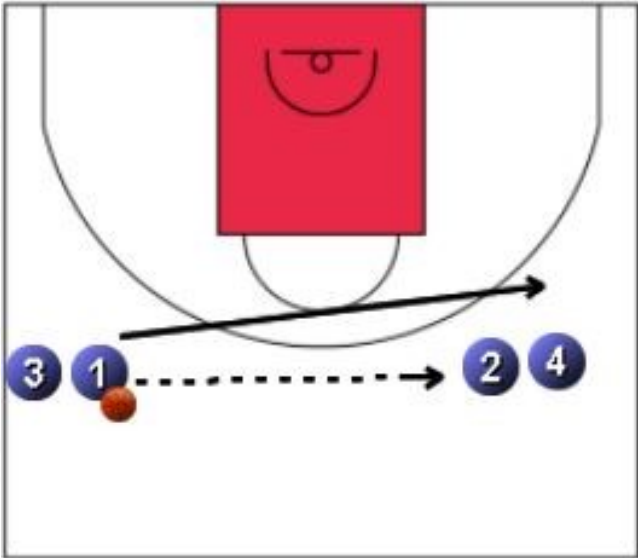
PASSING

DRILL: PASS & REPLACE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve passing and catching. Develop the idea of cutting after a pass.	PASSING RECEIVING COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide the players into small groups of 3-5 + Have each group break into 2 lines, with 1 ball at the front of one of the lines + Initially, lines should be approx. 10-15 feet apart 	<ul style="list-style-type: none"> + Ensure players are calling out names before they pass to promote communication + Make sure players are looking where they want to pass + Ensure players are stepping in the direction they want to pass

EXECUTION
<ul style="list-style-type: none"> + Have players start by passing to their opposite line + After each pass, players will follow their pass to join the back of the opposite line

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Increase the distance, having lines take a couple steps back to make longer passes + Have players alternate the types of passes they make (one-handed push pass, bounce pass, overhead pass) 	<ul style="list-style-type: none"> + Add defense by having the player closeout to the player they passed to and play guided defence + Allow a dribble, so passers can escape their defender with one dribble before passing + Introduce a pass fake to get around the defender 	

PASSING

DRILL: PARTNER PASSING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve passing and receiving.	PASSING BALANCE RECEIVING COMMUNICATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players find a partner and a ball + Players should form two lines, standing across from their partners + Initially, players should stand approx. 10-15 feet away from each other 	<ul style="list-style-type: none"> + Ensure passers to step into the pass and follow-through with their hands + Ensure catchers are providing a target for the pass + Teach players to communicate, calling the names of the player they are passing to + Encourage players to speed up their passes to challenge themselves

EXECUTION
<ul style="list-style-type: none"> + Have players practice each type of pass (one-hand push pass [left and right hand], bounce pass, etc.) + As players become comfortable, have them move further away from their partners

PHASE A	PHASE B
<ul style="list-style-type: none"> + Add a second ball, having one partner do a push pass and the other do a bounce pass + Add movement, having partners run up the floor while passing back and forth, keeping hips and feet running straight and turning the upper body to pass 	<ul style="list-style-type: none"> + Add a third player, having them defend the passer (i.e. monkey in the middle)

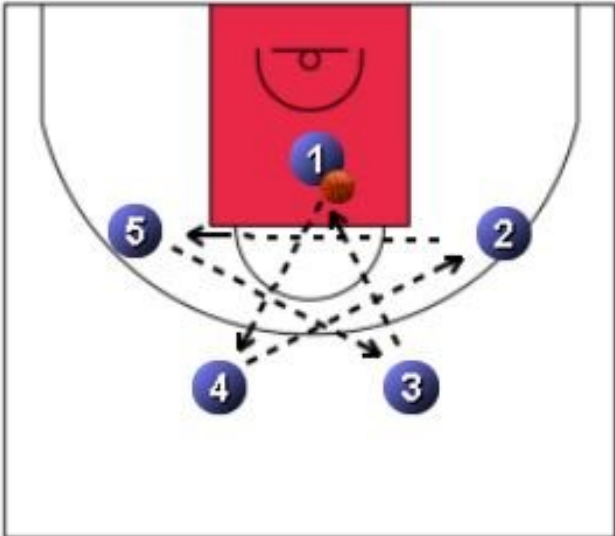
PASSING

GAME: STAR PASSING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve passing and receiving.	PASSING RECEIVING COORDINATION SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Divide players into small groups of 5 or 6 + Have each group spread out in a circle (or star) with 1 basketball 	<ul style="list-style-type: none"> + Coach passers to step into the pass and follow-through with their hands + Ensure catchers are providing a target for the pass + Teach players to communicate, calling the names of the player they are passing to + Encourage players to speed up their passes to challenge themselves

EXECUTION
<ul style="list-style-type: none"> + Determine a pattern for the ball to work its way around the circle + A suggested pattern is "passing two to the right" (see Diagram) + Each player should receive and make a pass before the pattern repeats

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Spread out so passes are further away + Have players practice each type of pass + Slowly introduce more balls into the drill, further challenging concentration + Reverse the pattern, flipping the direction of the passing pattern 	<ul style="list-style-type: none"> + Introduce 5 defenders to act as guided defenders attempting to disrupt passes 	

PASSING

DRILL: STEVE NASH PASS SERIES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve passing and catching with one-hand. Develop hand strength, dexterity, and ball control with both hands.	PASSING RECEIVING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players find a partner and a ball + Players should form two lines, standing across from their partners + Initially, partners should stand approx. 10-15 feet away from each other 	<ul style="list-style-type: none"> + Teach players to start slow and controlled, speeding up as they become comfortable + Challenge players to go as long as they can without dropping a ball or missing a pass + Have players take a step back to challenge their strength and accuracy

EXECUTION
<ul style="list-style-type: none"> + Demonstrate a series of one-hand passing and catching actions + Both partners will execute the actions simultaneously, with opposite hands + Perform a set number of each (approximately 10) for both hands, then move on to the next action

PHASE A	PHASE B
<ul style="list-style-type: none"> + Increase distance + Try and complete "X" number of passes in a row + Bounce passes + Lift passes + Behind the back passes 	<ul style="list-style-type: none"> + Add in a defender to the mix to guard the passer + Once they pass have the defender closeout onto the player with the ball and defend their pass back

PASSING

GAME: KEEP AWAY

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop offensive spacing and movement. Improve passing against a defense.	PASSING RECEIVING CUTTING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Cones + Divide players into groups of 6 (for 2 teams of 3), 1 basketball per group + Assign groups a specific area of the gym (ideally at baskets) and include boundaries 	<ul style="list-style-type: none"> + Make sure players use pass fakes when looking to make a pass + Have player utilize the 1 hand push pass + Ensure players are stepping around their defender to make the pass

EXECUTION
<ul style="list-style-type: none"> + Teams play "keep away" with the basketball, passing between themselves + On a turnover, the opposite team earns possession and the drill continues + Play to a certain time limit then switch players in the middle

PHASE B	PHASE C
<ul style="list-style-type: none"> + Make a rule where the defender needs to be guarding the ball before the player with the ball can make a pass + Limit the kinds of passes players are allowed to make + Have the defender closeout to the passer shading one specific way + Use timed rounds (approx. 1 minute) for teams to complete as many passes as possible + Track points (first to 15 or 20) where each completed pass is an earned point 	<ul style="list-style-type: none"> + Play around the perimeter of one of the hoops + On a whistle, or certain number of passes completed, have the offensive team attack the hoop + Have players play a small game of 2 on 2 or 3 on 3 until there is a score, then switch the offense and defense

PASSING

DRILL: PASS, CUT, FILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve offensive spacing and movement. Develop off-ball movement concepts.	PASSING RECEIVING CUTTING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Cones + Divide players into teams of 3, with 1 basketball per group + Position 1 player at the top of the key/3-point line, and the other 2 on either wing 	<ul style="list-style-type: none"> + Ensure players understand the concept of replacing and filling a vacant spot on the floor + Focus on passes being on-time and on target

EXECUTION
<ul style="list-style-type: none"> + Explain that each spot should always be filled, and players need to cut after a pass when a player leaves their spot, another player should cut to fill that vacated spot + Try not to script movements; let players play as they see fit

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Have players score after a certain number of passes or on the coach's whistle + For advanced groups, introduce a 4th offensive player (and therefore the 4th offensive spot) 	<ul style="list-style-type: none"> + When players become comfortable, introduce a guided defense 	

PASSING

DRILL: GIVE & GO's

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop tandem passing and scoring. Improve general offensive and defensive positioning and awareness.	PASSING CUTTING OFFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Assign a passer, who will begin with the ball at the top of the key/3-point line + Assign a cutter, who will begin at one of the wings, and a defender to guard the cutter + All other players will line up off the court 	<ul style="list-style-type: none"> + Encourage players to use proper footwork on their cuts + Have players communicate when making the pass to ensure they lead correctly

EXECUTION
<ul style="list-style-type: none"> + The cutter works to get open and receive a pass on the wing + The passer then makes a basket cut, looking to score at the rim + Rotate players through positions (defender to cutter to passer) before joining the line

PHASE B	PHASE C
<ul style="list-style-type: none"> + Have the defender be guided, allowing the offensive player to make the right read and cut + Have the lay-up/score be uncontested + Adjust the starting spots of the cutter and passer to make use of the whole court + Initiate the drill from half-court, so the passer takes 3-4 dribbles before passing 	<ul style="list-style-type: none"> + Finish the possession 1-on-1 with an advantage + As players become more comfortable, add a 2nd defender to guard the top player + Include a 2-on-2 possession (ending in a shot and rebound) for a more advanced group

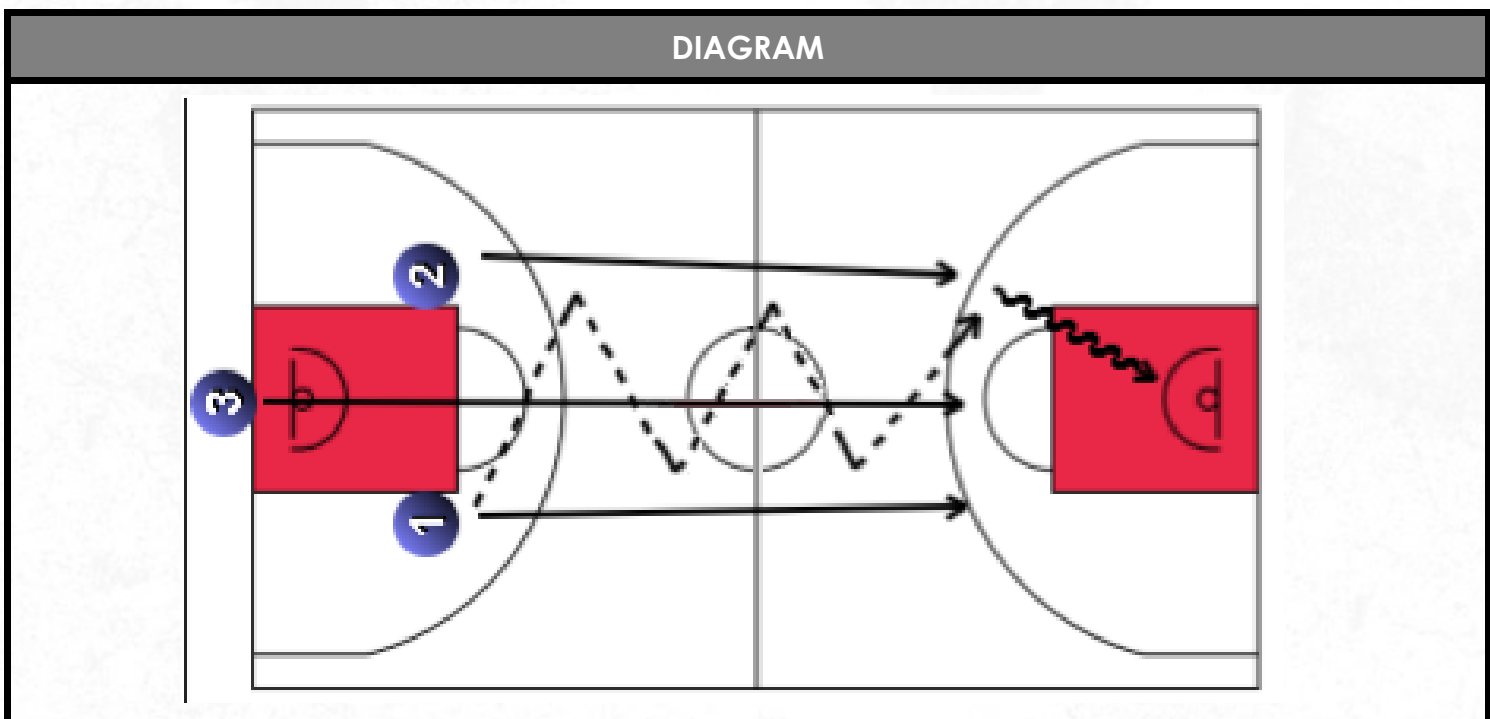
PASSING

DRILL: 1-ON-2 CHASE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To teach players to pass at speed and to take care of the ball.	PASSING BALL HANDLING SPEED	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Two players on offense starting at the elbows of the key, one of which has a ball + A third player is starting under the hoop and is on defense 	<ul style="list-style-type: none"> + Look to use proper footwork when finishing at speed + Finish high off the glass for a lay-up + Sprinting back in transition to recover

EXECUTION
<ul style="list-style-type: none"> + On the whistle, the two players on offense pass the ball back and forth as they move up the floor + The defensive player chases them all the way down + After the ball is scored it is 2-on-1 coming back to the other basket + The person who shot the ball goes back on defence



PASSING

DRILL: 2-ON-1 IN TIGHT SPACES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To work on offensive execution on 2-on-1 situations. To work on defensive execution on 2-on-1 situations.	PASSING BALL HANDLING OFFENSE DEFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none">+ Basketballs+ Have two players standing anywhere along the perimeter on offense+ Have a defensive player standing in the middle of the key with a basketball	<ul style="list-style-type: none">+ Coach the offense to make the right pass, looking for the open player+ Coach the defense to force the offensive player to pass+ The goal is to take away the initial score

EXECUTION
<ul style="list-style-type: none">+ The defender starts with the ball+ They may pass to either player, that is how the drill starts+ The offensive players are trying to score on the defender

PASSING

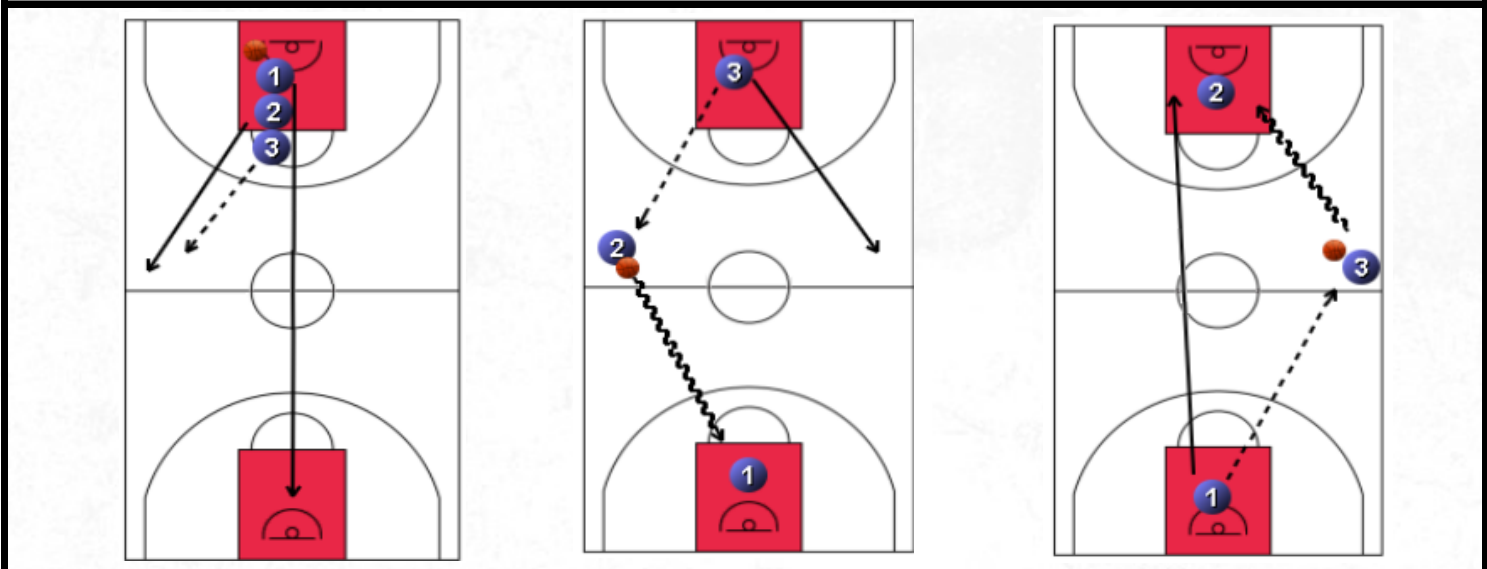
DRILL: 1-ON-1 OUTLET TO 2-ON-1 OUTLET

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Push the ball downhill. Learning to stay under control & finish.	PASSING BALL HANDLING REBOUNDING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Three players lineup one behind the next under the basket in a line, facing the backboard + The first player in line has the basketball 	<ul style="list-style-type: none"> + Each time a player comes down with a rebound they should land in quarterback stance, ready to outlet + Emphasis sprinting with the ball up the floor when attacking

EXECUTION
<ul style="list-style-type: none"> + The first player throws the ball off the backboard & sprints back to mid-court + The second player tips the ball to keep it alive & runs to an outlet position + The third player rebounds the ball & outlets it for a 1-on-1 + After the 1-on-1, the defender rebounds the ball & outlets to the third player (the player who rebounded the ball at the other end & threw the outlet pass) + Those two attack the player who was just on offense 2-on-1

DIAGRAM



PASSING

DRILL: CLOCK WALL PASSING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To build shoulder strength, endurance, and assist players in building coordination in catching and passing.	PASSING BALL HANDLING COORDINATION MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Players start with a basketball at a wall + The players get down in athletic stance close to the wall + The ball is held above the head with an extended arm 	<ul style="list-style-type: none"> + Ensure players keep their knees bent low to the ground + Focus on extended arm being used against the wall for power

EXECUTION
<ul style="list-style-type: none"> + The ball is dribbled against the wall quickly and with power + The player now moves to different positions on the wall keeping the dribble alive + When the coach calls "change" the players change direction and the chaser is now trying to avoid being tagged + You can vary the direction the players move (sideways, backwards, etc.) + You can add a ball to be dribbled for added difficulty

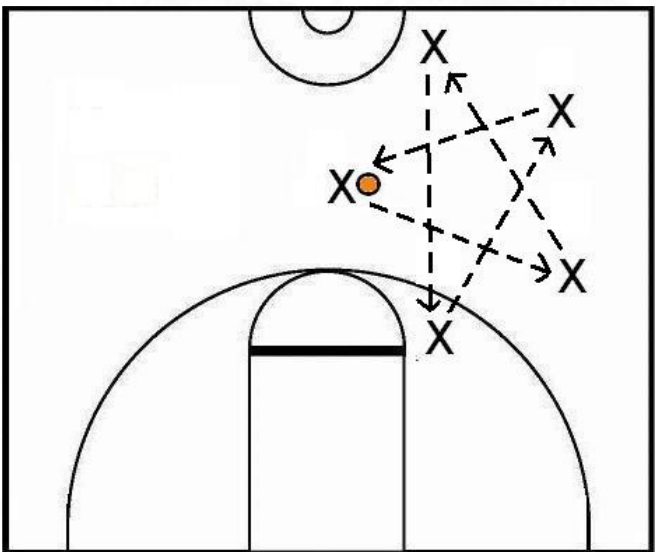
PASSING

DRILL: FIVE STAR PASSING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop dribbling and passing ability/ confidence in traffic.	BALL HANDLING MOVEMENT LAY-UPS	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Set up five lines, one at the top of the key, one on each wing, and one in each corner + There should be at least 2 players in every line + The ball starts at the top of the key 	<ul style="list-style-type: none"> + Drop hips, stay balanced & keep a low dribble + Ensure players communicate well while passing + Encourage players to keep eyes up looking where they are going to pass and where the pass is coming from

EXECUTION
<ul style="list-style-type: none"> + The dribbler takes one dribble left, crosses over & takes a dribble with the right hand before passing the ball with one hand (skip one player to the right) + Follow the pass & join the end of that line + The next player catches the ball, executes the same ball move & passes ahead + The pattern should form a star

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Execute various ball moves + Pass the ball with the left hand + Add additional balls (up to five) to increase the challenge 	<ul style="list-style-type: none"> + With one ball, allow players to make the decision of where they are going to make the pass + The rest of the players can make own rad or follow the pattern + Change patter after 5 passes 	

PASSING

DRILL: GIVE AND GO, PASS AND FOLLOW

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Work on basic basketball skills and concepts.	PASSING BALL HANDLING COORDINATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have one line starting where the sideline meets the mid-court line + Have a second player at the top of the key and a third player in the corner on the same side as the first line 	<ul style="list-style-type: none"> + Ensure players are communicating on the pass as they move the ball around + Coach players to limit their dribbles in between passes (should only need 2-4) + Ensure players have their heads up at all times

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + The first player at the front of the line passes to the player at the top of the key + They then sprint to the hoop and get a pass back from the second player for a lay-up + The second player follows the shot and grabs the rebound + They then pass to the player in the corner, who dribbles up the sideline and makes an outlet pass to the next player in line + Follow your pass for rotations 	

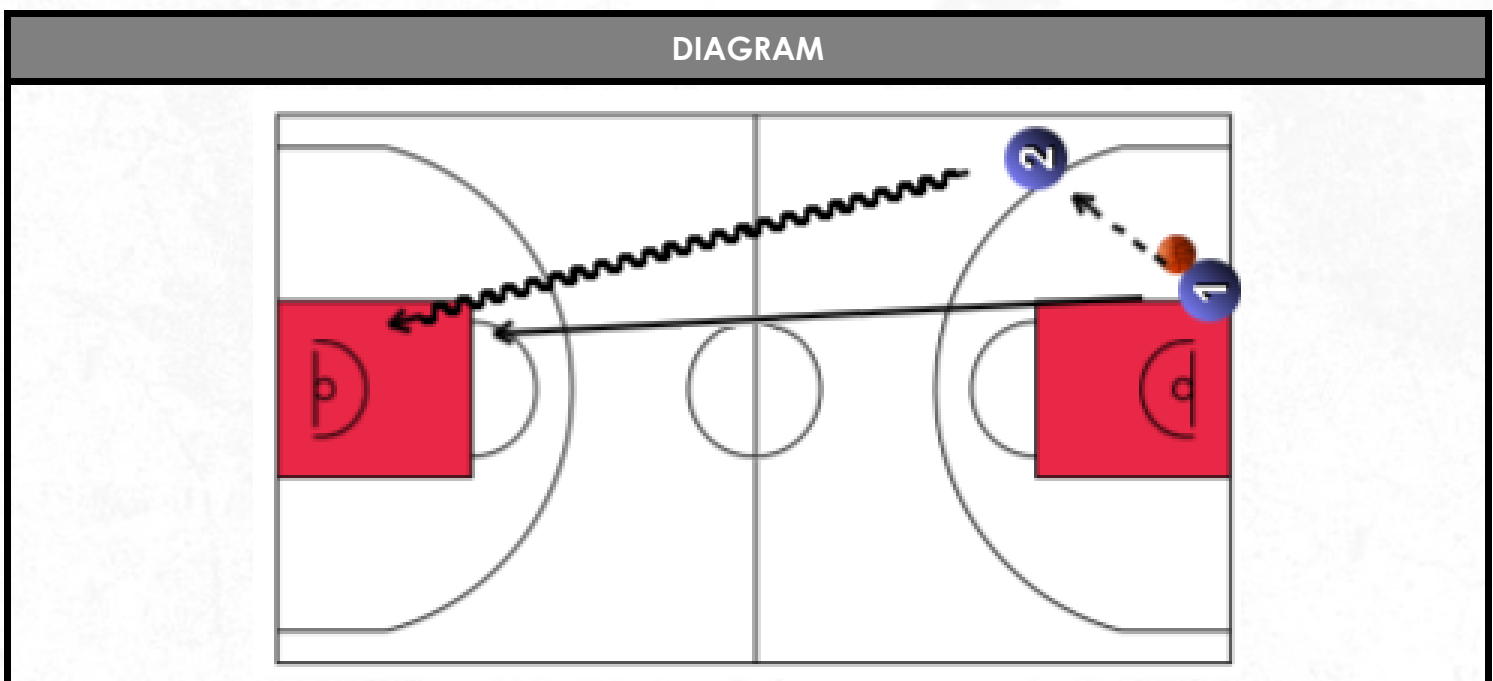
PASSING

DRILL: PASS AND CHASE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach players to accelerate quickly and handle the ball at speed. Teach players to finish under pressure.	PASSING MOVEMENT BALL HANDLING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have one player start on the baseline at the lane line with a ball + Have another player start on the wing without a ball 	<ul style="list-style-type: none"> + Coach the chasing player to run directly to the rim, rather than trying to follow the player with the ball + Ensure the player dribbling the ball up the floor is pushing the ball out ahead and sprinting to make the lay-up

EXECUTION
<ul style="list-style-type: none"> + As soon as the baseline player passes the ball to the player on the wing, the chase is on + The player now with the ball must sprint down to the end of the floor for a lay-up + The player who is chasing must try to tag the offensive player on the arm, ending the drill + Change the starting positions of either player to adjust the difficulty for either player + Have players play a full possession of 1-on-1 back down the court



PASSING

DRILL: 2-BALL PARTNER PASSING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Allow players to become comfortable passing and receiving quickly.	PASSING RECEIVING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Break players into partners, spaced on either side of the key, and give each pairing two basketballs 	<ul style="list-style-type: none"> + Ensure players keep their eyes up looking at the player they are passing to + Control the rate of passes to ensure players have the time to catch the second ball coming to them + Encourage communication between players

EXECUTION
<ul style="list-style-type: none"> + Go through a progression of partner passing (See suggestions for different types of passes) + Increase the distance of the pass + Involve a third passer (forming a triangle)

SUGGESTIONS	
<ul style="list-style-type: none">+ Bounce Pass & Chest Pass (x15)+ Right-Hand Push Pass (x15)+ Left-Hand Push Pass (x15)+ Right Pound Dribble, Right Push Pass (x15)+ Left Pound Dribble, Left Push Pass (x15)	<ul style="list-style-type: none">+ Right-Hand Bounce Pass (x15)+ Left-Hand Bounce Pass (x15)+ Right to Left Crossover, Left-Hand Push Pass (x15)+ Left to Right Crossover, Right-Hand Push Pass (x15)+ Creative Combination (x20)

PASSING

GAME: BASKETBALL-GOLF

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Teach how to catch the ball and pass to one another at game pace	PASSING SHOOTING FOOTWORK RECEIVING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players pick a partner and get a ball + Have all players start inside the centre circle of the gym + Tell them that everyone has lost their dribble and can only pivot, but you can move without the ball 	<ul style="list-style-type: none"> + Ensure players are using their pivots to create good passing angles + Encourage players to communicate when passing and to make good passes

EXECUTION
<ul style="list-style-type: none"> + The object of the game is to pass the ball with your partner in order to get as close to a hoop as possible before shooting + For this game, a golf "hole" is a hoop + Tell the players that they have 2 minutes to score as many holes as they can + On your whistle, start your watch or check the clock, and allow all players to head out onto the course + If a player shoots at a hole and scores, then they've succeeded on that hole and can move onto the next one + If a player shoots at a hole and misses, then the partner must still head on to another hole, however, they must return to that hole that they missed to try again + Any group that manages to do all holes and make it back to the center circle before the time expires has set a course record + Switch partners often and have players try to beat the course record!

PASSING

DRILL: REBOUND, OUTLET, FINISH

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Learn how to start a play in transition by looking down the floor and pushing the ball.	PASSING BALL HANDLING MOVEMENT REBOUNDING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have two lines, one underneath the basket, on the side, and another in the corner + Give every player in the line under the basket a ball + The first player in the line under the basket will walk out in front of the backboard + The first player in the line by the corner will start on the wing, everyone else will stay in the corner 	<ul style="list-style-type: none"> + Make sure that on the rebound the player comes down and lands in quarterback stance ready to make a pass + Ensure sure that the player on the wing is cutting towards the basketball to receive the initial outlet pass

EXECUTION
<ul style="list-style-type: none"> + The drill starts with the player with the ball throwing the ball off the class and exploding up to grab it with two hands + As they land with the ball, they land in quarterback stance + Once landed they reverse pivot to see the floor, take a look down the floor, then pass it to the teammates on the wing who is cutting towards the ball + After making the initial pass the rebounder sprints up the side line and down the floor. The player with the ball dribbles middle and as they are ready to make a pass, come to a jump stop and makes a strong pass to the player cutting down the wing.

PHASE A	PHASE B	DIAGRAM
<ul style="list-style-type: none"> + Add a second offensive player on the wing to act as another offensive option + Have the rebounder take two dribbles before they make an outlet pass down the floor 	<ul style="list-style-type: none"> + Add a guided defender to guard the rebounder as they come down with the ball + Add a guided defender on the wing to deny the outlet pass 	

PASSING

DRILL: BAKER PASSING SERIES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Encourage players to pass using one hand.	PASSING BALANCE RECEIVING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have players partner up with one or two basketballs between them (2 basketballs for more advanced players) 	<ul style="list-style-type: none"> + Ensure players are stepping in the direction they want to pass and communicating clearly + Ensure players keep their eyes up at the player they are passing to

EXECUTION
<ul style="list-style-type: none"> + Have players run through a series of different passing exercises for 10-15 reps before moving on to the next pass (See suggestions for passing ideas)

SUGGESTIONS	
<ul style="list-style-type: none">+ Right-Hand 1 Dribble (using only your right hand)+ Left-Hand 1 Dribble (using only your left hand)+ Right-Hand 2 Dribbles. Left-Hand 2 Dribbles+ Left Dribble / Crossover / Right-Hand Pass+ Right Dribble / Crossover / Left-Hand Pass+ Scoops (for hand-eye coordination)	<ul style="list-style-type: none">+ Dribble Scoop. 2 Dribble Scoop+ Air (keeping the ball above the shoulders)+ 1 Dribble Air. 2 Dribble Air+ Right Dribble / Crossover / Left-Hand Air+ Left Dribble / Crossover / Right-Hand Air+ Behind the Back Bounce

PASSING

GAME: BASEBALL-BASKETBALL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Help players understand the importance of passing in a cross-sport environment.	PASSING MOVEMENT FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Cones + Divide two players into two teams + One team will start on offense "at bat", lined up at one baseline + The "batter" will stand just below the hoop at the baseline + The other team will start on defense "in the field" + One player will act as the "pitcher" starting at the top of the key (or 3-point line) with the rest of the team spaced out in the gym + Use four cones to make the bases, taking up the bulk of the gym space 	<ul style="list-style-type: none"> + Make sure players are communicating on the passes that they make + Encourage players to come up with the fastest ways of passing to all team members to stop the player from running + Ensure players who are on the baseline waiting to receive a pass are engaged physically in some way

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + Batters take turns (there are no outs) and do not stay on as runners + Once their turn is over they get out of the play area for the next batter's turn + To start a play, the "pitcher" will push-pass to the "batter" + The "batter" will then throw the ball UNDERHAND into an open area of the court + The team on defense must retrieve the ball and make a pass to EACH player in the field, finishing at the pitcher + While the team is passing the ball, the "batter" runs as many bases as possible + Once the ball is back to the "pitcher", they must stop running + Each base passed is worth a point (i.e. getting to second base is 2 points) + "Batters" can make multiple trips around the bases if possible + Once every player on offense has had a turn to bat, switch the roles of the team + Variation: Allow every player to run through the bases on a "throw" and count points based on players who get to home 	

PASSING

GAME: SPUD

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce passing in the a game-like but static environment.	PASSING MOVEMENT AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have all players form a circle in the gym + Place one player in the centre of the circle(s) and give them the ball 	<ul style="list-style-type: none"> + Ensure players are getting low and quick to react to the basketball so they can catch the ball with ease + Ensure players who are open in the SPUD round are read to receive a pass as they will be coming at them quickly

EXECUTION
<ul style="list-style-type: none"> + The player in the centre must call the name of someone else in from the circle and then immediately throw the ball as high in the air as they can + If the ball is caught inside the centre circle by the player whose name was called, then that player calls out a new name, and throws the ball in the air + If the ball lands inside the centre circle and is not caught by the person whose name was called, all other players have 2 seconds to sprint as far away as they can from the player who failed to catch the ball + After two seconds, the coach blows the whistle and all players must freeze + The player who failed to catch the ball now has a SPUD round—they have 10 seconds to pass with as many other frozen players as possible + After 10 seconds, they throw the ball up, call a name, and the game continues + If the ball lands outside the centre circle, regardless of how large, then the person who threw the ball has a SPUD round + If your players never drop the ball, keep expanding the circle until the game provides a real challenge

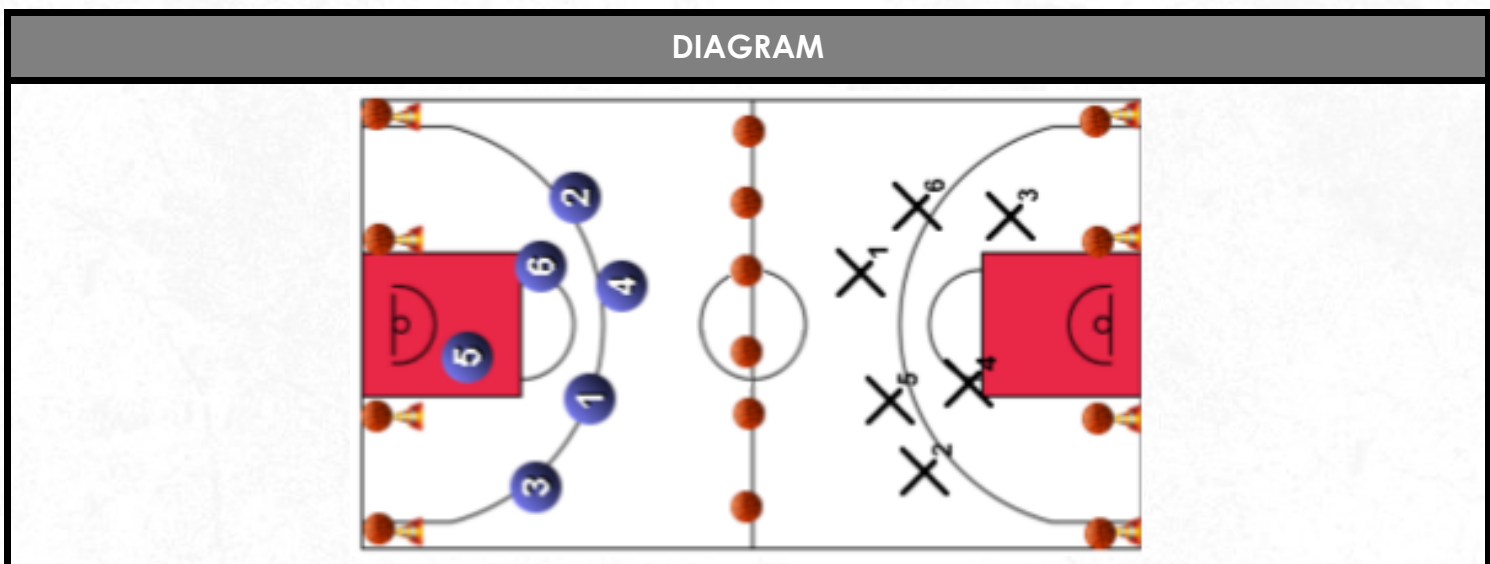
PASSING

GAME: KING PIN

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Get players comfortable with throwing the ball in a new context and improve physical literacy in athletes.	PASSING MOVEMENT AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Cones + Divide players into two teams, have them stand on either side of the gym + Setup 4 cones with basketballs on them (to keep the basketballs from rolling away) on each baseline + Place the rest of the basketballs along the centreline 	<ul style="list-style-type: none"> + Ensure players understand how to roll the ball with aim + Ensure when players are changing directions they are planting their outside leg and getting low to transfer weight

EXECUTION
<ul style="list-style-type: none"> + The rules to this game are similar to that of dodgeball + The objective of the game is to knock all of the other teams basketballs off of the cones + Players must stay on their half of the court at all times + Players are only allowed to role the basketballs underhand along the ground in order to knock the balls off + If a player roles a basketball and an opposing player is hit by the ball, they need to stop, drop a ball if they are holding one, and do 10 jumping jacks before they can return to play + Players are not allowed to be within three feet of the cones to guard them



PASSING

GAME: FAST PASS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve the ability of athletes to make quick, fast passes.	PASSING MOVEMENT	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Depending on numbers, split players into either 2 or 4 even teams + Have each team line up, spread out on a baseline underneath a hoop + Place one ball per team inside the centre circle of the gym (you can use a hula hoop or pinnie to keep them from rolling away) + Give each player on every team a number (1-10) 	<ul style="list-style-type: none"> + Ensure players are making quick quality passes to their teammates + Encourage players to communicate with those they are passing the ball to

EXECUTION
<ul style="list-style-type: none"> + When you call out a number, all of the players who have been assigned that number race out, pick up a ball, and race back to their team + Once back at their team, they must pass the ball to each member of their team + This continues as they move down the line of players on their team (make sure that players are passing, not handing the ball back and forth down the line) + Once finished, the player must race back to be the first person to place their ball back inside the centre circle, first player to do this gets a point + Play to a specific number of points or until everyone has had a turn to be the runner + Add ball handling to the game to increase the challenge + Add an element of scoring by creating a rule where, once all team members have completed a pass with the person whose number was called, this person must take the ball and score a basket + Increase the difficulty of the game by defining a minimum passing distance for players to make passes from (i.e. the free-throw line)

PASSING

GAME: 50 PASSES

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
To improve moving without the ball to get open. To improve passing.	PASSING MOVEMENT RECEIVING FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Divide players into two equal teams. With no more than five players on per team at a time + The game is played in the half-court of a gym 	<ul style="list-style-type: none"> + The "defender" should be in ready position, turning their head to see all 4 cone spots + Players at the cones should use non-verbal cues (eye contact, hand signals) to communicate switches + If it is too difficult for the "defender" to steal a cone spot, make the group's square larger

EXECUTION
<ul style="list-style-type: none"> + The first team to make 50 passes is the winner of the drill (not in a row) + You are not allowed to dribble the basketball + A dribble or a turnover (travel, out of bounds) changes possession + After you made a pass and before you can receive another one, you have to touch the baseline first + If you catch another pass before having touched the baseline, this is also considered a turnover and changes the possession of the basketball to the other team + At the start and on any turnover you start over at mid court

PHASE C	PHASE D
<ul style="list-style-type: none"> + Adjust the pressure of the on ball defense and adjust between (sag, hand pressure, body pressure, bump) + Limit the number of seconds a player can have with the ball before making a pass, after the set time it is a turnover + If needed, allow players one escape dribble to lose the defender and create a passing lane 	<ul style="list-style-type: none"> + Allow players to play defense without any restrictions both on ball and off-ball + Load the drill in various ways to encourage players to practice different skills + Add scoring: if you score a basket, you add 5 extra passes + Increase the number of passes to make the drill more difficult + Allow coaches to play defense only to

REBOUNDING

DRILL: BACK-TO-BACK BOX-OUTS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve box-out technique and position. Develop lower body strength.	REBOUNDING BALANCE FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Divide players into pairs, ideally of similar size/height + Players will stand back-to-back across centre court (each facing a baseline) + Before starting, players should get low and wide (box-out position) 	<ul style="list-style-type: none"> + Encourage players to get low and use their feet + Ensure players don't cross their feet as they battle for position

EXECUTION
<ul style="list-style-type: none"> + On the whistle, players will try and push their partner away from the centre line + Play for short timed rounds, then reset + Switch partners regularly to keep things interesting and competitive

PHASE A	PHASE B
<ul style="list-style-type: none"> + Rather than timed, have players try to get their opponent back to a certain line (5 feet away) + Have players use their shoulders only + Have one player be offense and one player be defense. Have them both face the same way. Have the defender try and keep the offensive player on their side of the line 	<ul style="list-style-type: none"> + Have one player be offense, and the other player be defense + Start with a basketball between the defenders legs + Have the offensive player attempt to steal the basketball while the defensive player boxes the offensive player out from the ball

REBOUNDING

DRILL: WALL TAPS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve elevation and extension when re-bounding.	REBOUNDING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Have players space out around the gym facing a wall without a basketball + Before starting, players should raise their arms straight above their head 	<ul style="list-style-type: none"> + Encourage players to work hard and not give up, challenging their highest jump + Ensure players keep their arms raised for the entire drill

EXECUTION
<ul style="list-style-type: none"> + On the whistle, players will jump as high and as fast as they can + On each jump, players will tap the wall with BOTH hands + Have players note their highest jump; use that as a goal for each other jump + Play for short timed rounds, then reset

PHASE A	PHASE B
<ul style="list-style-type: none"> + Introduce a basketball to the drill and have players tap the walls with basketballs + Make sure players are loading up their legs and exploding up to the wall + Use this as a conditioning drill for athletes 	<ul style="list-style-type: none"> + Introduce a guided defender and have players wall tap under pressure + On the coach's whistle, have players land in quarterback stance and switch with the defender

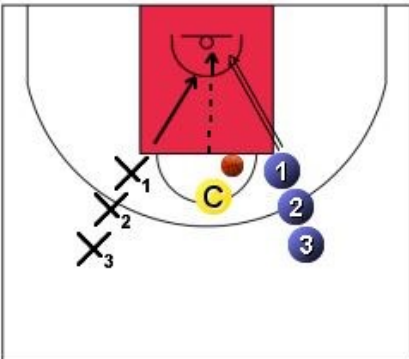
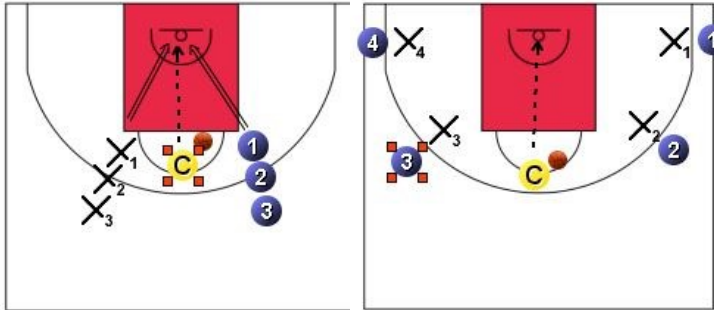
REBOUNDING

DRILL: COMPETITIVE REBOUNDING

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop in-game re-bounding ability	REBOUNDING BALANCE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Initially start players competing 1 on 1 + Players will stand next to each other in front of the rim (in the key) + A coach will start with a ball (outside the key) 	<ul style="list-style-type: none"> + Ensure players are using their legs only, and not their arms to gain leverage or position + Coach players to stay as low as possible to get leverage on their partner + Coach players to keep their back straight, core strong, and arms up

EXECUTION
<ul style="list-style-type: none"> + The coach takes a jump shot (missing intentionally) + Player will attempt to box each other out and gain control of the rebound + Each rebound is worth 1 point

PHASE B	PHASE C
<ul style="list-style-type: none"> + Have players line-up in two lines on either side of the hoop, or on each elbow. One line is offense, the other is defense + Assume the rebound is a defensive rebound, the defender is going to grab the ball + Have the offensive player play guided offense and fight for, but not grab the rebound 	<ul style="list-style-type: none"> + Have players start from a jogging circle, so players start from new positions each time + Assign offense/defense, where defense starts with "inside position" on the offense + Introduce team rebounding, competing 2-on-2 or 3-on-3. Have players start from a joggings circle, so players start from new positions each time 

REBOUNDING

DRILL: GO-GET-IT DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve crashing the glass from a distance. Develop lower body explosiveness and power.	REBOUNDING BALANCE PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide players evenly at each basket, with 2-3 balls per group + Place a coach at each basket, standing in the middle of the key + Players line up approx. 10-15 feet away from the basket + Stand one player near the sideline, operating as the "outlet" 	<ul style="list-style-type: none"> + Ensure the throws off the backboard are high enough and far enough + Coach players to explode towards the ball, and land strong and with a wide base + Teach players to land in "quarterback stance" with the ball on their shoulder and body turned 90° to see the floor + Teach player to communicate, calling the names of the teammates they are passing to

EXECUTION
<ul style="list-style-type: none"> + The player passes their ball to the coach, who then throws it high off the back board + The player then explodes to retrieve the ball, ideally before it hits the ground + Once a player has the ball, they land like a quarterback and pass to the outlet line + The outlet then rotates to the line, and the rebounder rotates to the outlet

PHASE A	PHASE B
<ul style="list-style-type: none"> + Vary the throws (start easy and work up to throws that are wider and farther) + Have players finish the rebound (with a lay-up or power lay-up) before passing to the outlet 	<ul style="list-style-type: none"> + Add a third line to play defense on the player rebounding the ball + Have the rebounder land with the ball and take two dribbles before passing to the outlet player + Have the defender shade either middle or sideline

REBOUNDING

DRILL: MCHALE REBOUNDING DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Rehearse skills & techniques for offensive and defensive rebounding.	REBOUNDING BALANCE PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Have one player with a ball at a basket to start, with no defenders 	<ul style="list-style-type: none"> + Ensure players are landing in quarterback stance with their eyes looking down the floor + Coach players to explode up and meet the ball in the air rather than having it just drop down to them

EXECUTION
<ul style="list-style-type: none"> + Have the player throw the ball up off the glass, explode up with two hands + As the player lands, have them land like a quarterback, body turned 90 degrees to the back board with the ball over their back shoulder, ready to throw + Front pivot and throw it off the glass again

PHASE A	PHASE B
<ul style="list-style-type: none"> + As the players become more comfortable rebounding the ball, add in an outlet pass line + Have the rebounder pass to the outlet player (anywhere on the floor, coach can move this player around) and have them exchange lines, the rebounder becomes the outlet, the outlet becomes the rebounder 	<ul style="list-style-type: none"> + Add in a guided defender to defend the against the rebound, have them stand in one spot to start to make boxing out easy and then lightly defend the outlet pass + Have the rebounder take one dribble as they land to create space from the defender before they make their outlet pass + Add a defender on the outlet player to make the outlet catch more difficult

OFFENSE

GAME: 3 ON 3 CONTINUOUS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce 3-on-3 offensive and defensive concepts.	PASSING BALL HANDLING SHOOTING OFFENSE/DEFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide players into teams of 3 or more + Assign 3 (or more) teams to a basket + 1 basketball per basket 	<ul style="list-style-type: none"> + Pause the game to explain rules, concepts, or challenges (do this sparingly) + Teach players to communicate, calling the names of the teammates they are passing to + Encourage communication on defense, emphasizing defensive cues

EXECUTION
<ul style="list-style-type: none"> + One team starts on offense, one team starts on defense, one team wait at half court + Teams will play one possession of 3-on3, ending with a shot and rebound + On the rebound, the ball is passed to the coach + The team on offense rotates to defense, the team on defense rotates off + The coach then passes to the new team (waiting at half) who will initiate their offense

PHASE C	PHASE D
<ul style="list-style-type: none"> + Track points to add an element of competition + Used timed rounds or rotate teams to new baskets + Control the level of pressure allowed by defenders (sag, hand pressure, body pressure, bump) + The controlled pressure will give the offense the time to think and make plays 	<ul style="list-style-type: none"> + Allow players to play freely with no restrictions + Continue to pause the game as needed to talk about concept + For advanced players, play with teams of 4, for a game of 4-on-4

OFFENSE/DEFENSE

GAME: GRADUATION TOURNAMENT

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop 3-on-3 offensive and defensive concepts.	OFFENSE DEFENSE	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs + Assign each basket in the gym a "level", 1 ball per basket + Divide players into teams of 3; place 2 teams at each basket to start 	<ul style="list-style-type: none"> + Pause the game to explain rules, concepts, or challenges (do this sparingly) + Teach players to communicate, calling the names of the teammates they are passing to + Encourage communication on defense, emphasizing defensive cues

EXECUTION
<ul style="list-style-type: none"> + Play short games of 3-on-3 at each basket (ensure a tie-breaker method is in place) + When a team wins at their basket, they graduate up a "level" + When a team loses at their basket, they move down a "level"

PHASE D	DIAGRAM
<ul style="list-style-type: none"> + Use timed rounds or rotate teams to new baskets + Allow players to play freely with no restrictions + Continue to pause the game as needed to talk about concept + For advanced players, play with teams of 4-on-4 	

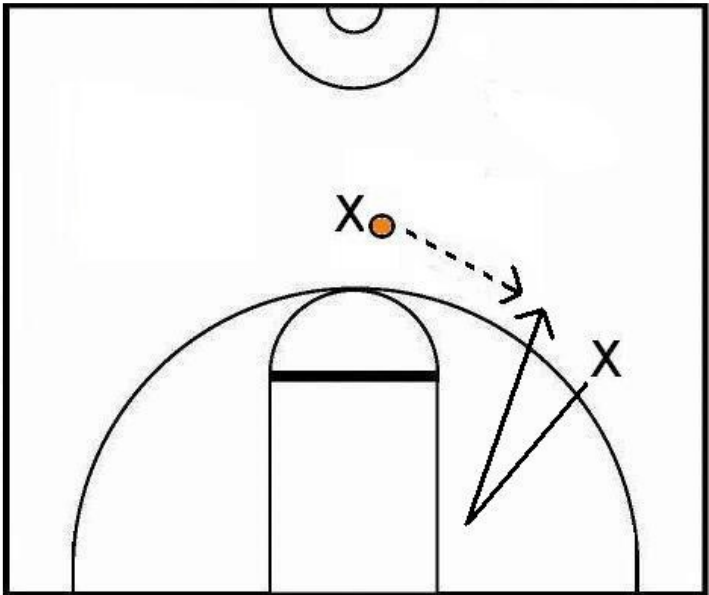
OFFENSE

DRILL: V-CUTS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Improve creating separation through fakes, hesitations, and change of pace.	OFFENSE CUTTING PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Assign a passer, who will begin with the ball at the top of the key/3-point line + Assign a cutter, who will begin at one of the wings, and a defender to guard the cutter + All other players will line up off the court 	<ul style="list-style-type: none"> + Introduce the drill without a defender for younger groups + Pay attention to which hand(s) players are using at each side of the basket

EXECUTION
<ul style="list-style-type: none"> + The cutter works to separate themselves from their guided defender + Rotate players through positions (defender to cutter to passer) before joining the line + Execute the drill from both sides of the court

PHASE A/B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + If players struggle to get open, remove the defender to focus on the movements + Adjust the starting spots of the cutter and passer to make use of the whole court 	<ul style="list-style-type: none"> + Include a 1-on-1 possession (ending in a shot and rebound) for more advanced groups + Have players make a read on the best option based on how their defender is playing them 	

DEFENSE

DRILL: ZIG-ZAGS

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop and improve defensive slides and drop steps.	DEFENSE FOOTWORK	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball and Cones + Pair players off, with 1 basketball for each pair + Outline clear boundaries for the drill, using only the width of the court + Alternatively, use cones to mark a zig-zag pattern up the length of the court + Start players at the baseline, one pair at a time 	<ul style="list-style-type: none"> + Ensure the offensive player is playing low to the ground + Make sure the defensive player is sliding while not crossing their feet + When the defender changes direction, ensure they are using a drop step to change

EXECUTION
<ul style="list-style-type: none"> + One player will provide guided offense, moving up the court in a zig-zag pattern + Their partner will practice defensive slides and drop steps + At the end of the court, have partners switch roles and repeat the drill going back

PHASE B	PHASE C
<ul style="list-style-type: none"> + Have the defender guide the offensive player through change of directions after two or three dribbles + Allow the offensive player to make the decision of changing directions however never beating the defender + Have players do this the full length of the court 	<ul style="list-style-type: none"> + Once players are comfortable with the movement, have them play a 1 on 1 possession once they get to half-court + Vary the pressure allowed by the offensive player + Limit areas of the court that the offensive player is allowed to use (e.g. only use the left side of the floor)

DEFENSE

GAME: KING OF THE DEFENSE

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop team defensive awareness and communication.	DEFENSE PASSING BALANCE COMMUNICATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Divide players into teams of 2-3 + Assign 3-4 teams to a basket, with 1 basketball per basket 	<ul style="list-style-type: none"> + Have defenders focus on keeping the player with the ball in front of them + Ensure any "help" defenders are communicating and in position to help on a breakdown

EXECUTION
<ul style="list-style-type: none"> + Teams play brief games of 1 possession + If the offense scores they become the defending team, and the defense rotates off + If the defense gets a stop, they remain on defense and the offense rotates off + Note that the new team (rotating in) always starts on offense

PHASE C	PHASE D
<ul style="list-style-type: none"> + To maximize player repetitions use as many baskets as possible (1 coach per basket) + Control the pressure allowed by the defense (sag, hand pressure, body pressure, bump) + Award points for defensive efforts like steals, communication, or diving for loose balls 	<ul style="list-style-type: none"> + Have teams play a 2-on2 possession, ending in a shot and rebound + Don't allow the coach to be an outlet option + Run a mini-tournament style competition, tracking teams total stops

DEFENSE

DRILL: 2 ON 2 HELP

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Introduce help defensive positioning and awareness. Improve off ball movement, passing and scoring.	DEFENSE FOOTWORK COMMUNICATION	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + 2 players on offense, starting on either wing + 2 players on defense, guarding both wings + Coach stands at the top of the 3-point line with the ball + All other players will line-up off the court 	<ul style="list-style-type: none"> + Ensure players are staying low and able to move + Ensure defenders are using defensive cues

EXECUTION
<ul style="list-style-type: none"> + The offensive player works to get open and receive a pass from the coach + The on-ball defender guards the ball; their partner will run to the key to provide help + The offense passes the ball back to the coach, to reset + Perform a series of repetitions from both sides, so defenders understand help position + Rotate teams (from offense to defense) before joining the line

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + To maximize player repetitions use as many baskets as possible (1 coach per basket) + Have teams play a 2-on2 possession, have offensive players play guided offense and play to what the defenders give them 	<ul style="list-style-type: none"> + Have teams play a 2-on2 possession, ending in a shot and rebound + Vary the pressure applied by the offensive players 	

DEFENSE

DRILL: SHELL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop team defensive awareness and communication.	DEFENSE COMMUNICATION FOOTWORK AGILITY	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + 3 players on offense, starting on either wing and at the top of the key + 3 players on defense, match up with offense + All other players will line up off the court 	<ul style="list-style-type: none"> + Defense should be constantly communicating their position to others on the floor + Emphasis proper footwork when moving from spot to spot and on closeouts + Encourage players to stay low with their hands up and active

EXECUTION	
<ul style="list-style-type: none"> + On the coach's cue, the offense will pass the ball around the 3-point arch + Offense cannot move, dribble, or take a shot (this is for the benefit of the defense) + On each pass, defensive players will move and adjust with the ball + Defender guarding the ball should be in defensive stance, calling "ball" 	<ul style="list-style-type: none"> + Defenders guarding one pass away should be in deny stance, calling "deny" + Defenders guarding two passes away should be in help (pistol stance), calling "help" + Go for short shifts, switching offense and defense

PHASE B	PHASE C	DIAGRAM
<ul style="list-style-type: none"> + Have offensive players take one dribble before they pass the ball out to a teammate + This will force defensive players to move with the dribble and react accordingly 	<ul style="list-style-type: none"> + For advanced players, play a live possession ending in a shot and rebound + Begin the game on the coach's cue of "hit" or "shot" + Add an extra offensive player and defender to make the shell 4-on-4 	

DEFENSE

GAME: SERBIAN CLOSEOUT DRILL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Develop the ability to closeout at game speed & get into defensive position.	DEFENSE BALL HANDLING PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketball + Start with three defensive players along the baseline and three offensive players along the perimeter + Have one of the defenders start with the ball on the side of the baseline 	<ul style="list-style-type: none"> + Teach players to closeout to the basketball under control + Encourage players to communicate on defense, using cues like "help" "deny" and "ball" + Ensure offensive players are not leaving too early

EXECUTION
<ul style="list-style-type: none"> + The ball starts in one corner & the defenders pass it down the line + As soon as a defender passes the ball, they sprint to the opposite man to closeout + The last defender passes it to the offense who begins to swing the ball along the perimeter + Once the ball reaches the last player, the ball is live + The ball can be skipped directly to the last offensive player on the opposite wing

PHASE C	PHASE D	DIAGRAM
<ul style="list-style-type: none"> + Limit the amount of dribbles the offense is allowed to take (one dribble then has to pass) + Control the direction of the closeout (baseline only, force middle, etc) 	<ul style="list-style-type: none"> + Let players play with no limitations on offense or defense 	

OFFENSE

GAME: BRAZILIAN BASKETBALL

GOAL	SKILL FOCUS	LTAD STAGE	PHASE
Get players playing basketball in a fast paced, high stimulus environment.	OFFENSE DEFENSE SHOOTING PASSING	FUNDAMENTALS (6-9) LEARN-TO-TRAIN (9-12)	A. INITIATION PLAY B. GUIDED PLAY C. LIVE PLAY D. COMPETITIVE PLAY

SET-UP	KEY TEACHING POINTS
<ul style="list-style-type: none"> + Basketballs and Pinnies + Split players up into 3-6 teams, each at a basket with one basketball (teams should have at least 4 players on them) + Tell the players that the basket they are at now, is their home basket + All players start touching their ball underneath the hoop 	<ul style="list-style-type: none"> + Encourage players to communicate who is going to defend and who is going to attempt to score + Remind players to compete with respect and fair play + Help players understand the importance of both sides of the basketball

EXECUTION	DIAGRAM
<ul style="list-style-type: none"> + On the coaches cue, have players attempt to score on another team's home basket + If a team is scored on, that team is out for that round and must return to their home hoop and sit down + Play until there is only one team remains, that team is the winner + After 3-5 games, have teams rotate hoops + All regular basketball rules apply except for out of bounds lines + Players may pass to players on other teams if they would like to use teamwork to score on another team + Add or remove basketballs to the game to increase the pace of play 	