

STRATHCONA BASKETBALL ASSOCIATION



2022 Coaches Clinic

Ball Handling / Dribbling Drills

Ball warm-up

For all age groups

Get the kids in a circle (Each kid should have a ball for this.)

- Smack the ball (5-10 times)
- Move the ball around the waist (5-10 times)
 - Then move to around the head
 - Then move down to around the knee
 - Older kids have them try around the ankles
- Tip / dribble the between each hand only use finger tips for this
 - Start at the waist
 - The move to above the head
 - Then move to around the knees

Dribbling

- With their right hand dribble the ball. The ball should be bounce to waist height (5-10 times)
- Switch to their left hand dribble the ball
- Get the to dribble the ball really hard with each hand (5-10 times)
- Get then to dribble from the right hand to the left hand crossover dribble

- Get them to dribble from side to side (this is for older kids)
- You can add a bunch of different ones that you want here.

Follow the Lead

U-7

Simple Drill

Coach / Assistance Coach leads the kids around the gym.

Tip: Try to stay on the painted line with the kids. Get them to use the right hand and switch to the left hand.

TAG

Have the kids play freeze tag

Have the kids dribble with a ball while playing the game. (With no boundaries)

Phase-2

Add boundaries to the game

- Example add outbounds. If they step out they freeze at the spot.
- If they lose their ball and it goes out boundaries they freeze at the spot where the ball goes out.

U-9 / U-11

Keep Away

Everyone plays (Including coaches)

- Everyone dribbles the ball and tries to knock away the other player's ball. If they lose the ball they are out.
 - Start with the whole gym and after a minute or two start to reduce the size of the court.
 - Then reduce to half the court.
 - Then to three point line
 - Then reduce to the key
 - Then reduce to half circle
- By using these you start to teach the different parts of the court

Tips: This is good for kids to keep their head up while dribbling and avoiding other players.
Another tip is how to protect the ball from other players

Another Keep Away Drill

One person starts as the person it (or defense). The goal for the person is to knock away the other player's ball.

Start this with everyone at one end of the gym and the defender at the other end of the gym. Once the coach says go, the offensive player's start to head to the other side of the gym. The defender should try to knock the offense player's ball only once they have gone over half court. If the defender doesn't get anyone you go again. If he does get an offensive player, they now join the defensive team. You keep this going until you have one offensive player left and he is the winner.

If you start another game the winner from the first game is the defender.

Goals:

- Dribbling with your head up
- How to protect the ball from stealing the ball.
- How not to foul the offensive player.

Passing

Line Passing (All groups should be doing this drill)

Have the kids from two lines.

This drill you'll want to work on the fundamental skills of passing.

- Chest Pass
- Bounce Pass
- Overhead Pass

U-7 you want them about 5-8 feet away from each other.

U-9 you want them about 8-10 feet away from each other.

U-11 you want them about 10-15' feet away from each other.

Skills that you are looking for are kids to step into the pass and their thumbs to be pointing down.

Kids receiving the pass to move towards the ball and catch it and have their hands ready for the pass. Make sure that they land with a two foot stop.

The bounce pass you want them to bounce the ball $\frac{2}{3}$ of the way to their partner.

After a few weeks of this drill you can add other things into the drill. Pivot foot. Add two balls to the drill.

Four square Passing

You set-up four cones in a square. Get one player to start in one corner and another player in the opposite corner.

Player 1 passes the ball to player 2. Once player 1 has completed the pass he moves to one of open cones. Then player 2 passes the ball to Player 1 then player 2 moves to an open cone.

Again watch how they are passing the ball. How they are catching the ball.

With this drill we are introducing the concept of give and go. This is important for the kids to understand.

Hot Seat Drill (U-11)

This drill you need to have your eyes on the ball at all times.

You need four players for this drill.

Get three of them to line up in a straight line. The fourth player will line on the middle player about 6-8 feet away.

Player1 - Player 2 - Player3

- Player 4 -

Player 1 has a ball and player 4 has a ball to start the drill.

Player 4 has to pass the ball over to one of the players without the ball. Once that is done Player 1 will pass the ball to Player 4. Now player 4 has to pass the ball to a person that doesn't have the ball and it can't be the player that just passed the ball to him.

Pass and Close Out

The players split into two lines and then face one and another. You need only one ball for this drill.

Player 1 passes the ball to player 2. Once player one has passed the ball player 1 runs to player 2 to close out and play defense. Player 2 has to wait for player1 to close out before passing the ball. Player 1 then tries to make it difficult for player 2 to pass the ball. Player 2 passes the ball to Player 3.

Once they get the understanding and the basic skills are good. Allow the Defender to steal the ball from the passer.

SHOOTING

Form shoot

1. Feet – “Base” (meaning shoulder width apart and squared to basket)
2. Knees – “Bent”
3. Elbow – “Over Knee, Under Ball”
4. Wrist – “Wrinkles
5. Hand – “Space” (hand is NOT flat against ball, space in palm)
6. Fingers – “Spread” (comfortable, not too far apart)
7. Thumbs – “T” (when the ball is held correctly, the thumbs form the letter T)
8. Eyes – “Radar” (look at your target, the hoop)

Partner Shooting

Break into groups of two or three on each basket.

One player 1 shoots the ball and player 2 tracks the rebound down. Player moves to a new location and receives a pass from player 2. Then player 1 shoots the ball again... Switch after five attempts.

Follow the leader part 2

Have the kids spread out in the middle of the gym. One the your command gets to do hot feet. The slide to left / right then you can choose forward and backwards. Once the understand the drill you can add scramble where the fall to the floor for a lose ball and scramble to get back up.

Side to Side Defense

Set up cones about 10 feet apart.

This drill works on the kids movement of their feet.