



**Youth Basketball
Drills and Practice Plans**

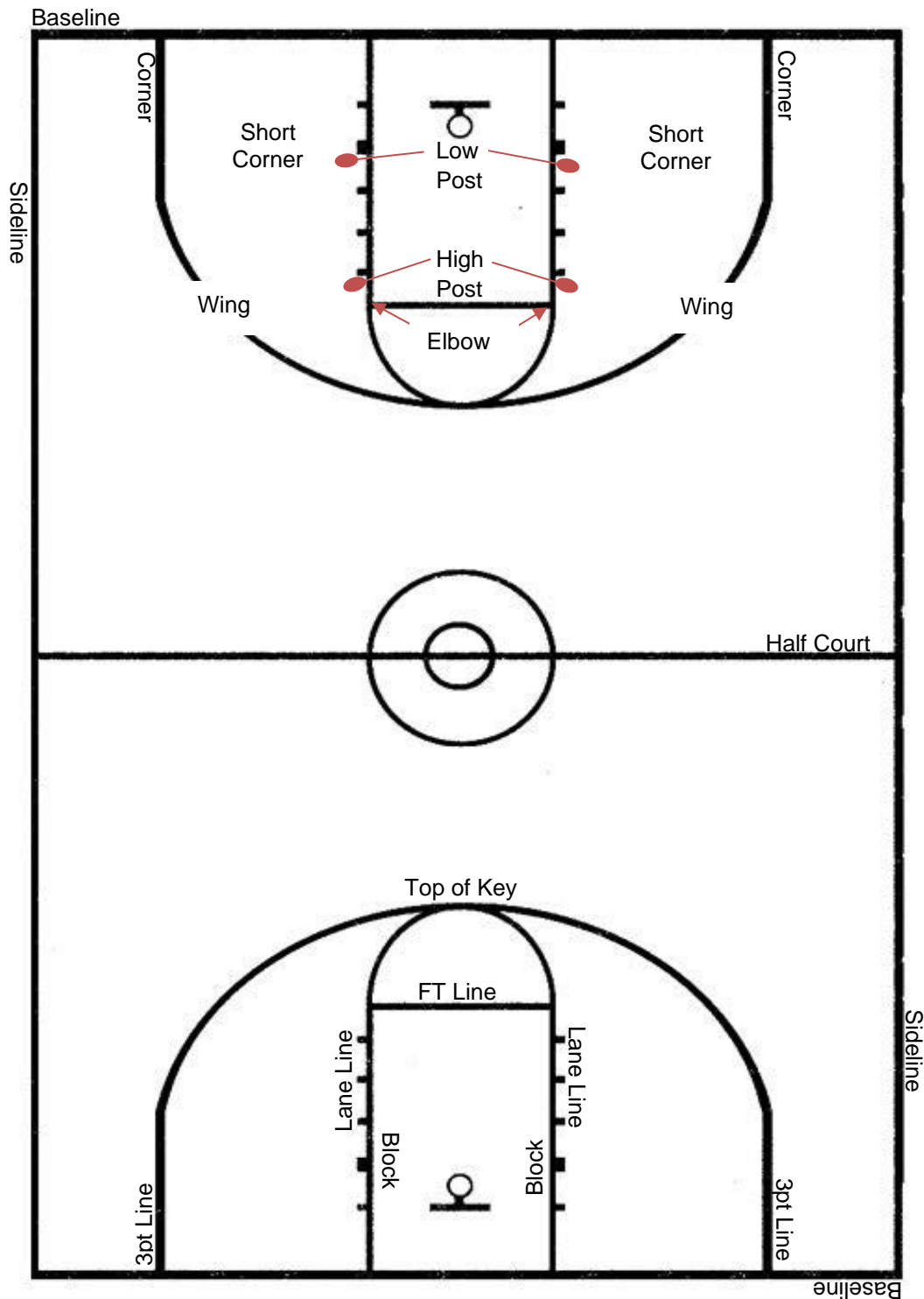


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Court Diagram & Terminology



Check out this link for more details and additional terminology:
<https://www.basketballforcoaches.com/basketball-terms>



Practice Drills

| Drill Type | Drill Options | Coaching Points |
|---|--|--|
| Dynamic Warm-Ups No ball warm-ups | <ul style="list-style-type: none"> • Heel Walk • Knee Hug Calf Raise • High Knees • Butt Kicks • High Skips • Front to Back Jog • ½ Court Slides | <ul style="list-style-type: none"> • Toes high to the ceiling • Bringing knee up high to the chest and pulling in tight (hug) while simultaneously doing a calf raise • Light jog bringing knees higher than the waist • Light jog with heels to the butt • Skipping as high as possible lifting hand high as you would in layups and rebounding • Jog to half court and backpedal to baseline. • Starting at the corner, player slides to the elbow, executes a forward pivot and slides to half court sideline. Slide to opposite sideline then to elbow with a reverse pivot. |
| Stationary Ball Handling With ball warm ups | <ul style="list-style-type: none"> • Ball Slap • Fingertips • Ball Circles • Single Leg Wraps • Figure 8 • Front to Back Toss (Between Legs) • Overhead Toss • Behind the Back Toss • One In, One Out • High Knee Figure 8 | <ul style="list-style-type: none"> • Warming hands up • Toss the ball hand to hand without palming while moving arms up and down • Moving the ball around the head, waist, and knees • With one leg forward, wrap the ball around leg a few rotations and then reverse direction • Alternate leg wraps in figure 8 patterns – reverse direction after a few repetitions • With a wide stance, lightly toss the ball while catching the ball alternating hands in front and back of legs • Toss ball overhead and then catch behind the back • Toss the ball from hip to opposite shoulder • While holding the ball with one hand in front of the leg and one in back, toss the ball then twist, rotating the hands from front to back • Figure 8 pattern with high knees |



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| <p>Stationary Dribbling <i>Emphasize that to be a great ball handler means to keep the ball "Low & Tight" – the ball should be low to the floor and tight to the body. In game dribble height should never be above the waist.</i></p> | <ul style="list-style-type: none"> • Pound • V-Dribble • Crossover • V-Cross • Front to Back • One Leg Dribble • Figure 8 Dribble • 1 Hand Figure 8 | <ul style="list-style-type: none"> • With a hard dribble simply pounding the ball without allowing the ball to go above the chest • One hand at a time, dribble the ball in a V pattern from side to side • Changing hands from left to right • Combine a V-Dribble and a Cross • With one leg forward dribble forward to backward • With one leg forward, dribble around the leg a few rotations then alternate direction • Dribbling around the legs in figure 8 pattern alternating hands • Dribble around the legs in figure 8 patterns with one hand at a time |
| <p>Stationary Passing</p> | <ul style="list-style-type: none"> • Bounce • Chest • Overhead • Push • Step By • Behind Back | <ul style="list-style-type: none"> • Elbows out, thumbs down. Regardless of how long the bounce pass is, the bounce should be two thirds the distance • Hit the target with power, no lobs • Ball above the head passing with a slight arc • One hand passing, bounce, chest • Fake overhead, step to the side and pass from the shoulders • Players standing sideways, passing the ball behind the back, alternate bounce/no bounce |
| <p>Motion Dribbling <i>These can be done going line to line or from wings, going to basket, or finishing with different lay ups.</i></p> | <ul style="list-style-type: none"> • V-Dribble • Inside Out • Crossover • Between Leg • Behind Back • Hesitation • Hesi-Cross | <ul style="list-style-type: none"> • One hand at a time, dribble the ball in a V pattern from side to side • Without placing the hand under the ball, roll the hand from inside out • Changing hands from left to right • Crossing over between legs • Crossing over behind the back • While dribbling toward the defender, slow your speed, raise up slightly and blast past defender • Same as above only adding a crossover. Can also cross between leg or behind the back |



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| | <ul style="list-style-type: none"> • Stutter Step • Stutter Step, Cross • Pull back • Pull back, Cross • Dribble Jab • Cross Jab | <ul style="list-style-type: none"> • Same as Hesitation only adding stutter steps • Same as above only adding a crossover • While dribbling toward the defender, when defender rushes aggressively, pull back dribble by turning body sideways, protecting the dribble by dribbling secure on the side of the back leg • Same as above only adding a crossover • While dribbling the ball at defender, jab the foot opposite, on the upside of the dribble • While dribbling the ball at defender, cross the ball over, while jabbing the opposite foot the other way |
| <p>Dribble Combos Combine dribbles starting stationary and then on the move from sideline to sideline.</p> | <ul style="list-style-type: none"> • Inside Out, Cross • Inside Out, Between Leg • Inside Out, Behind Back • V-Dribble, Cross • Double Cross, Between the Leg | <ul style="list-style-type: none"> • See above |
| <p>2 Ball Dribbling Emphasize wide stance, butt down, body up (no slouching).</p> | <ul style="list-style-type: none"> • Same time • Alternate • Windshield • Front to Back (Same & Alternate) • High-Low • Cross • 1 Leg (Forward/Reverse) • Figure 8 • Repeat Cross • Scissor • Behind Back • Juggle Dribble | <ul style="list-style-type: none"> • Both basketballs bounce at same time • Basketballs bouncing one at a time • Side to side (double-V) • Same as windshield only front to back • Alternate dribble with one ball high, the other low • Same time dribble adding double crossovers • While dribbling both balls, dribble 1 of them around the leg • Alternate 1 ball at a time around each leg • Crossing both at same time, continuous • Dribble both twice, then one through the legs twice • Dribble both twice, then one double cross behind back • Cross one and toss one hip to hip |



2 Ball Passing

- Alternate Chest/Bounce
- Left/Right Toss
- Left/Right Bounce
- Behind the Back Wrap
- Behind the Back Bounce
- Around Leg/Bounce
- Leg/Cross/Pass
- Partner passing with one player passing a chest pass, the other a bounce pass
- At shoulder height (no lobs), shoulder to shoulder, pass to partner left to right at the same time
- Same as above only with a bounce/push pass
- Players standing sideways with same shoulders toward their partner. Bring the pass from the front, wrapping it around the back, delivering the ball hip high
- Same as above only with a bounce pass
- While facing partner, wrap the ball around leg then bounce pass. Players must do the same leg at a time to avoid the balls hitting one another.
- While facing partner with a square stance, step forward with one leg, cross between leg, step back then cross the other way then pass. Can alternate chest and bounce passes.



Sample Practice Plan – Week 1

| Time | Drill | Emphasis/Focus |
|---------|---|---|
| 5 mins | Dynamic Warm-Ups <ul style="list-style-type: none"> • Butt Kicks • High Skips • Front to Back Jog | <ul style="list-style-type: none"> • Important to insist maximum effort |
| 5 mins | Stationary Ball Handling <ul style="list-style-type: none"> • Ball Slaps • Fingertips • Ball Circles | <ul style="list-style-type: none"> • Eyes up/Head up |
| 5 mins | Stationary Dribbling <ul style="list-style-type: none"> • Right Hand Pound • Left Hand Pound • V-Dribble | <ul style="list-style-type: none"> • Wide stance, butt down, body up. Increase ball control and dribble speed. |
| 5 mins | Stationary 2 ball Dribbling <ul style="list-style-type: none"> • Same time • Alternate • Front to Back | <ul style="list-style-type: none"> • Same as above. Also explain how 2 ball dribbling helps develop the weak hand. |
| 5 mins | Passing (1 & 2 ball) <ul style="list-style-type: none"> • Push • Step by • Behind Back | <ul style="list-style-type: none"> • Make sure players get in the habit of showing hands to the ball. Hit the target. |
| 3 mins | Water Break | |
| 5 mins | Motion Dribbling (going to the basket with layups and jump shots) <ul style="list-style-type: none"> • Misc. dribbles, include combos and change of direction and speed | <ul style="list-style-type: none"> • Low & tight. Head fakes with shoulders selling the fakes. |
| 12 mins | Game Strategies <ul style="list-style-type: none"> • Defense • Offense • Press Break • Inbound Plays | <ul style="list-style-type: none"> • Press break, full ct. press, half ct. press, rebounding, spot back, communication |
| 15 mins | Scrimmage | <ul style="list-style-type: none"> • Stop play occasionally for teaching points |



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| Team: | Practice Length: |
| Date: | Focus: |

| Time | Drill | Focus Areas |
|---------|--|-------------|
| 5 mins | Dynamic Warm-Ups <ul style="list-style-type: none"> • • • | |
| 5 mins | Stationary Ball Handling <ul style="list-style-type: none"> • • • | |
| 5 mins | Stationary Dribbling <ul style="list-style-type: none"> • • • | |
| 5 mins | Stationary 2 ball Dribbling <ul style="list-style-type: none"> • • • | |
| 5 mins | Passing (1 & 2 ball) <ul style="list-style-type: none"> • • • | |
| 3 mins | Water Break | |
| 5 mins | Motion Dribbling (going to the basket with layups and jump shots) <ul style="list-style-type: none"> • • • | |
| 12 mins | Game Strategies <ul style="list-style-type: none"> • • • • | |
| 15 mins | Scrimmage | |