

INTRODUCTION TO SKILLS AND DRILLS

THE FOLLOWING SECTIONS REVIEW THE FUNDAMENTAL SKILLS OF BASKETBALL, EXPLAINS WHY EACH IS IMPORTANT, AND EMPHASIZES THE BASIC TEACHING POINTS OF EACH SKILL. TO HELP YOU TEACH YOUR PLAYERS THE FUNDAMENTAL SKILLS OF BASKETBALL, NUMEROUS DRILLS ARE INCLUDED ON OUR WEBSITE AT...

ELEVATEEBC.ORG - USE YOUR COACHES LOG IN SO THAT YOU MAY DOWNLOAD THEM.

MOST DRILLS INVOLVE MULTIPLE SKILLS, WHICH WILL ALLOW YOU TO TEACH MORE BASKETBALL IN YOUR HOUR OF PRACTICE EACH WEEK. USE ONE TO TWO PLAYERS TO DEMONSTRATE A SKILL AND DRILL BEFORE RUNNING THE DRILL AS A TEAM. THIS IS ESPECIALLY IMPORTANT AT THE FIRST FEW PRACTICES WHEN COACHING YOUNGER PLAYERS. ENCOURAGE YOUR PLAYERS TO WORK HARD. BE SURE YOU HAVE THE ENERGY NECESSARY TO MINISTER TO THEM. ENGAGE THEM BY CHALLENGING THEM TO DO THEIR BEST, HAVE FUN, AND IMPROVE EACH WEEK!

TO USE THE WEBSITE, SIMPLY CLICK ON THE DOWNLOAD LINK AND THE VARIOUS SKILLS AND DRILLS WILL BEGIN TO BE DOWNLOADED.

EACH SKILL IS EXPLAINED IN DETAIL AND ALSO INCLUDES SEVERAL DRILLS THAT SHOULD BE USED TO REINFORCE THE SKILL.

BASIC FOOTWORK SKILLS

DESCRIPTION: PROPER FOOTWORK PROMOTES BALANCE, QUICKNESS, AND READINESS TO MAKE SOMETHING HAPPEN ON THE COURT. BEING PROFICIENT AT THIS SKILL WILL IMPROVE A PLAYER'S PERFORMANCE BOTH OFFENSIVELY AND DEFENSIVELY. THE FOLLOWING LIST OF TEACHING POINTS SHOULD BE EMPHASIZED AT EVERY PRACTICE.

FOOTWORK TEACHING POINTS

- PROPER BALANCE
- POSITION – FEET SHOULDER-WIDTH APART AND SLIGHTLY STAGGERED
- BEND THE KNEES— WEIGHT IN CENTER OF BODY
- POSITION YOUR CENTER OF GRAVITY LOW TO THE GROUND
- KEEP YOUR HEAD UP — SEE THE COURT BE READY TO MOVE

1. FOOTWORK LINE DRILLS

DESCRIPTION:

- PLAYERS FORM LINES ON BASELINE OR SIDELINE – TWO PLAYERS DEEP
- USE CONES OR MARK THE COURT FOR STARTING/STOPPING SPOTS – MINIMUM 3 SPOTS
- NO BASKETBALL NECESSARY – PLAYERS DRIBBLE AND HOLD IMAGINARY BASKETBALL
- PLAYERS WILL START/STOP ON VOICE COMMAND OR WHISTLE
- PLAYERS SHOULD STOP AT EACH SPOT WITH JUMP STOP AND LAND IN TRIPLE THREAT POSITION
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR PROPER BALANCE
- SECOND PLAYER IN LINE STARTS AS THE PRECEDING PLAYER LEAVES FIRST SPOT
- ROTATE THE FOLLOWING FOOTWORK LINE DRILLS:
- JUMP STOP/TRIPLE THREAT
- JUMP STOP/TRIPLE THREAT/RIGHT FRONT PIVOT
- JUMP STOP/TRIPLE THREAT/LEFT FRONT PIVOT
- JUMP STOP/TRIPLE THREAT/RIGHT REVERSE PIVOT
- JUMP STOP/TRIPLE THREAT/LEFT REVERSE PIVOT

HAVE EACH PLAYER RAISE HIS OR HER HAND IN THE AIR THAT COINCIDES WITH THE DESIRED PIVOT DIRECTION. THIS WILL HELP EACH PLAYER PIVOT IN THE CORRECT DIRECTION.

VARIATION: ADD BASKETBALLS AFTER YOUR PLAYERS UNDERSTAND THE ABOVE CONCEPTS. ALLOW THEM TO PRACTICE THE ABOVE SKILLS AFTER PICKING UP THEIR DRIBBLE AND RECEIVING PASSES.

2. PIVOT FOOT DRILL

DESCRIPTION:

- PLAYERS SHOULD SPREAD OUT IN YOUR PRACTICE AREA – NO BASKETBALL NECESSARY
- PLAYERS START IN TRIPLE THREAT POSITION, PROTECTING AN IMAGINARY BASKETBALL
- INSTRUCT PLAYERS TO ESTABLISH A PIVOT FOOT
- PRACTICE HALF-TURNS AND FRONT/REVERSE PIVOTS
- REPEAT WITH OPPOSITE FOOT ESTABLISHED AS THE PIVOT

VARIATION

ADD BASKETBALLS AND DEFENDERS AFTER YOUR PLAYERS UNDERSTAND THE ABOVE CONCEPTS. ALLOW THEM TO PRACTICE THE ABOVE SKILLS AFTER PICKING UP THEIR DRIBBLE AND RECEIVING PASSES.

3. PIVOTING WITH A DEFENDER

DESCRIPTION: THIS DRILL TEACHES PLAYERS TO EVALUATE SHOOTING, PASSING, OR DRIBBLING OPTIONS BEFORE AUTOMATICALLY DRIBBLING UPON RECEIVING A PASS:

- PLAYERS SHOULD FORM TWO LINES ON THE BASELINE: OFFENSIVE AND DEFENSIVE
- OFFENSIVE PLAYER STARTS NEAR THE BLOCK AREA AND TAKES TWO TO THREE STEPS TOWARD MIDDLE OF LANE AREA TO SET UP HIS OR HER DEFENDER BEFORE A STRONG V-CUT TO THE WING AREA TO RECEIVE A PASS
- DEFENSIVE PLAYER ALLOWS OFFENSIVE PLAYER TO RECEIVE THE PASS
- OFFENSIVE PLAYER RECEIVES THE PASS AND “SQUARES UP” TO THE BASKET IN TRIPLE THREAT POSITION
- OFFENSIVE PLAYER SHOULD PIVOT AGAINST SOFT DEFENSE AND KEEP THE BASKETBALL AWAY FROM THE DEFENSIVE PLAYER; DO NOT ALLOW DRIBBLING
- OFFENSIVE PLAYER SHOULD HOLD THE BALL NO LONGER THAN FOUR SECONDS (TO TEACH THE FIVE-SECOND VIOLATION)
- OFFENSIVE PLAYER PASSES THE BASKETBALL BACK TO THE COACH WHEN INSTRUCTED
- PLAYERS RETURN TO THE BACK OF THE LINES AND ROTATE OFFENSIVE/DEFENSIVE POSITIONS

VARIATION

IF YOUR TEAM HAS TWO COACHES, WORK TWO PLAYERS ON EACH SIDE OF THE BASKETBALL GOAL. THIS ALLOWS YOUR TEAM MORE REPETITIONS.

4. TRIPLE THREAT POSITION DRILL:

DESCRIPTION:

- POSITION THE BASKETBALL IN THE “SHOT POCKET” WITH SHOOTING ELBOW OVER KNEE
- HAVE “STRONG HANDS” WITH POSSESSION OF THE BASKETBALL SO THAT DEFENDERS CANNOT EASILY KNOCK THE BALL AWAY
- PROVIDES A PLAYER THE OPTION TO PASS, SHOOT, OR DRIBBLE

5. JUMP STOP:

DESCRIPTION:

- THIS SKILL TEACHES A PLAYER HOW TO ESTABLISH A PIVOT WITH EITHER FOOT OFF A DRIBBLE OR PASS
- JUMP LOW TO THE FLOOR (LIKE SITTING IN A CHAIR), NOT A HIGH JUMP
- LAND BOTH FEET ON FLOOR AT THE SAME TIME – REQUIRES GOOD BALANCE
- LAND ON FLOOR IN TRIPLE THREAT POSITION
- USE WHEN CATCHING A PASS; TEACH “BALL IN AIR/FEET IN AIR” CONCEPT

6. FRONT PIVOT AND REVERSE PIVOT

DESCRIPTION:

- LIFT HEEL, PROTECT BALL, STAY LOW, AND LEAD WITH ELBOW
- ALLOWS A PLAYER TO PIVOT IN ONE OR MORE DIRECTIONS BY KEEPING ONE FOOT PLANTED ON THE GROUND
- ALLOWS AN OFFENSIVE PLAYER TO MOVE AWAY FROM DEFENDERS, WHILE PROTECTING THE BASKETBALL
- SKILL IS ALSO IMPORTANT FOR SETTING SCREENS AND REBOUNDING