

PRACTICE 5



WARM UP	SKILL DRILLS	SKILL DRILLS	DEVOTIONS	SKILL DRILLS	
Dynamic Stretching/ Running	Dribbling	Passing	Devotion/Prayer/ Memory Verse	Shooting	
:00–:05	:05–:15	:15–:25	:25–:33	:33–End	

WARM UP

- **High Knees:** Start on the baseline and run to half court, emphasizing a high knee kick.
- **Backward Kicks:** Start on the baseline and run to half court, emphasizing kicking backwards.
- **Karaoke:** Start on the baseline facing the sideline. Criss-cross legs, alternating in front and behind.
- **Defensive Slides:** Slide to half court facing the sideline. Slide back to the baseline facing the same sideline.
- **Toy Soldiers:** While walking to half court, alternate high leg kicks, keeping legs straight. While kicking the leg as high as possible to stretch the hamstrings, touch that foot with the opposite arm. When that foot touches the ground, repeat that exercise on the other leg and so forth. It should be a continuous motion.
- **Jumping Jacks:** Do jumping jacks for 20 or 30 repetitions.
- **Lunges:** Alternate legs while lunging to half court.
- **High Skips:** Skip to half court. With every skip, try to jump as high as possible.

DRIBBLING SKILL DRILLS

- **Stationary Dribbling:** Each player has a ball and dribbles in place, with the opposite hand up to serve as a guard hand from the defender. The player should be in a low stance and bending at the knees rather than the waist, with the back straight (as if sitting in an imaginary chair). The player will begin dribbling with the right hand (knee high) for 30 seconds, then switch to the left hand. After another 30 seconds, switch to crossover dribbles, or v-dribbles, in front of the player's body. Crossover dribbles alternate from the right hand to the left hand. For advanced players, they can also try one-handed side v-dribbles on the side of their body, dribbling front to back so that the ball is traveling in a v pattern. Try this with both the right and left hands.
 - *Main Points: Stance (like sitting in a chair), dribbling height (knee high), eyes and head looking up (not watching the ball)*
- **Jump Stop Dribbling:** Players from 3 or 4 lines on the baseline. The first player up in each line has a ball and is in triple threat position. When the whistle blows, players dribble full speed toward the other end of the court. When the coach blows the whistle the second time, the players immediately pick up the ball and jump stop. The next whistle signals them to begin dribbling again, and the following whistle signals them to jump stop. Continue this until players reach the other end of the court. This drill can be repeated with left-hand dribbling.
 - *Main Points: Keep weight back and knees bent when jump stopping in order to a complete stop without traveling*

PASSING SKILL DRILLS

- **2-Ball Passing:** Each player finds a partner and lines up across from each other. Both players have a ball. One player will focus on making chest passes while the partner will simultaneously be making bounce passes. Both players will be passing at the same time and catching the others' pass at the same time. This drill can also be done like the 2-man passing drill, where players will make passes while shuffling down the court.
 - *Main Points: Focus on making good passes and catches at the same time*
- **2-Man Passing:** Two lines are formed on the baseline: one in the corner and one in line with the lane. Balls should all be in one line, and each player should be matched up with a player in the other line. The first player from each line starts out facing each other. They will make passes back and forth to half court, maintaining spacing the whole time. The outside line will be sliding down the sideline, and the inside line will be sliding equal to the lane extended. Once the players reach half court, have them switch sides and go back down the opposite sideline towards the baseline where they started, so that it can be a continuous drill. After doing chest passes a couple times, have them work on bounce passes while doing the same drill.
 - *Main Points: Good passes, court spacing, footwork*

DEVOTION

SHOOTING SKILL DRILLS

- **Layup Lines:** Players form two lines at half court, one near each sideline. The right line starts with the balls. The first player in line will dribble the ball in for a right hand layup, while the player on the left side will run in and rebound the ball. The players then switch lines. Practice this drill for both right side and left side layups.
 - *Main Points: 45 degree angle to the basket, shoot with right hand on right side, shoot with left hand on left side, jump off inside leg, only 2 steps to shoot once dribble is picked up*
- **Around the World:** Players take shots from the baseline, the wing, the free throw line, the opposite wing, and the opposite baseline. If players are in teams this can be done as a competition. Each team has to make 10 shots at each spot before moving on to the next shooting spot. The goal is to get through all five spots and then come back around again to the spot they first started from. For more advanced players, this drill can also be done by moving all shooting spots outside the three point line.
 - *Main Points: Player shoots and rebounds own ball (follow your shot)*
- **Free Throws:** Players work on shooting free throws and perfecting shooting form. The acronym BEEF can be helpful for teaching proper shooting form. "B" stands for "balance," so the shooter should have a good stance with the knees bent. "E" stands for "eyes" because the shooter must pick out a target and keep his or her eyes fixed on that spot. The second "E" stands for "elbow;" it is important that the shooters elbow is directly under the ball as it sits in the shooting hand so that the ball goes straight when shot. "F" stands for "follow through;" after the ball is shot, the shooting arm should be fully extended with the wrist flexed toward the basket.
 - *Main Points: Work on shooting form, develop a comfortable rhythm at the free throw line*