

# BASKETBALL DRILLS

## OFFENSIVE FUNDAMENTALS

I. **BALL HANDLING** - Dribbling is like eating candy - a little is ok but too much will make you sick. Use your dribble for a purpose, like to advance the ball up the court.

- A. *Keep ball low*
- B. *Control with fingers*
- C. *Keep body in athletic position*
- D. *Head up, eyes forward*
- E. *Be able to use both hands effectively*
- F. *Types of dribbles*
  - 1. *Speed*
    - a. Get from one point to another as quick as possible
    - b. Push ball out in front
    - c. Keep ball at approximately waist level
  - 2. *Crossover*
    - a. Plant same foot as hand being used to dribble
    - b. Take other foot in opposite direction forming a V cut
    - c. As you change hands with the dribble, cross the ball over in front by keeping it low
    - d. Push ball back out in front after changing hands with the dribble
  - 3. *Spin*
    - a. Plant opposite foot of hand being used to dribble
    - b. Swing other foot behind while pulling the ball around 180 degrees
    - c. Next dribble will now be with the opposite hand
  - 4. *Stutter*
    - a. Come to a stop while maintaining control of the basketball
    - b. Bang feet quickly - foot fire
    - c. Go by the defense explosively
    - d. Use a crossover step and push ball back out in front in same hand as which player wishes to go
  - 5. *Head and Shoulders Fake*
    - a. Used when coming off a speed dribble
    - b. Come to a sudden slow down while keeping the ball under control more to the side
    - c. Freeze defensive player, use a head and shoulder fake to get them off balance
    - d. Get back to maximum speed as quickly as possible
  - 6. *Behind-the-Back*
    - a. While going forward pull ball around back as opposite foot steps forward
    - b. Ball continues to be dribbled with opposite hand

7. Crossover Between Legs

- a. Plant the opposite foot as hand being used to dribble in the front of your body
- b. Put the other foot behind
- c. The opposite hand goes behind the back
- d. Push the ball through between the legs catching it with the opposite hand
- e. Push the ball back out in front after changing hands with the dribble

8. Offensive Back Down Court Dribble

- a. Keep your body between the defensive player and ball
- b. Going left: look over left shoulder
- c. Keep left arm up to ward off defense
- d. Dribble with the right hand
- e. Going right: look over right shoulder
- f. Keep right arm up to ward off defense
- g. Dribble with the left hand

II. **SHOOTING** - The team that wins is the one that puts the most points on the scoreboard at the end of the game. To be a winner, a team must be composed of shooters but make sure to exercise good judgement in your shooting as knowing when not to shoot is as important as knowing how to shoot.

A. Lay-ups

1. Concentrate on target on backboard
2. Extend shooting arm toward target
3. Jump off foot opposite the shooting hand
4. Drive same leg as shooting hand up toward basket
5. Think soft

B. Ready Shoot

1. Foot closest to ball should be pointed towards ball
2. Opposite foot should be pointed towards basket
3. Hands should be extended out with shooting hand palm facing ball and the opposite palm facing up
4. After you catch the ball you should square up with your shoulders and feet facing the basket
5. Knees should be bent; flex legs for power and rhythm
6. Extend ball out in front of body and dip slightly so shooting hand goes on top of the ball
7. Knees should extend as shooting arm extends, the shooting hand now comes underneath the ball
8. Eyes should be on target
9. Push your hand through the ball at the peak of your jump
10. Maintain a rhythm: ready - catch and square  
shoot - dip and push through
11. Make the last dribble hard when shooting off the dribble

### III. INSIDE MOVES

#### A. *Positioning*

1. Always be on the block or above it
2. Wide base, elbows up, knees flexed
3. Give target for pass
4. Always receive pass with both feet on the floor
5. Be active with the feet in order to maintain position on defensive player
6. Adjust to the defensive man
  - a. *If guarded behind*
    1. Keep feet wide and try to keep contact with defensive player by using the buttocks
    2. Elbows should be up about shoulder height
    3. Knees flexed
    4. Present a target
    5. Move toward the pass slightly
  - b. *If fronted*
    1. Turn sideways to intersect the defense at a 90 degree angle
    2. Press against the buttocks with your hip and thigh closest to defender to move player off the lane
    3. Use forearm closest to hold off defense
    4. Ask with opposite arm extended
    5. Move towards the ball on pass, use your body and opposite arm as a shield

#### B. *Types of moves*

1. *Power move*
  - a. Feet should be parallel with the backboard
  - b. Give ball fake
    1. Take ball out of chest at a 45 degree angle
    2. Raise ball up to top of head level
  - c. Jump up and in towards the basket
  - d. Use strong hand to shoot
  - e. Use arms and body to protect the ball
2. *Jump hook*
  - a. Turn body sideways so it is in a direct line with hoop
  - b. Jump off both feet
  - c. Use far hand from defense to shoot
    1. Thumb should come up your side to full extension
  - d. Get closer arm to defense up to protect shot
3. *Drop steps*
  - a. Drop baseline foot
    1. Drop foot directly towards basket
    2. Take one dribble with far hand from defense
    3. Come to a jump stop with feet parallel to hoop
    4. Execute a power move
  - b. *Drop foul-line foot*
    1. Drop foot directly towards basket
    2. Take one dribble with far hand from defense
    3. Take tow steps and head toward opposite box
    4. Execute a jump hook

- d. Overhead
    1. keep ball over top of head, use two hands
    2. Throw and follow through (thumbs down)
    3. Used to outlet
  - e. Behind the Back
    1. Step forward with foot opposite passing hand
    2. Wrap ball behind back pointing fingers toward target
- B. Receiving passes
1. Look ball into hands, use hands as a cushion
  2. Always run over toward the pass; meet the ball

## V. OUTSIDE MOVES

- A. Receive pass and get into ready shoot position
1. Do not put ball on floor immediately
  2. Turn and face basket
  3. Protect ball
  4. Try to get into shooting range
- B. Jab step series
1. Use same foot as shooting hand for jab step
  2. Other foot is the pivot foot
  3. Jab step form
    - a. Throw it towards the defense
    - b. Make it short and quick (don't overextend)
    - c. Use the ball of your foot
    - d. Use ball fake also
  4. Types of moves
    - a. Jab step - jumper
      1. Throw jab step
      2. Go straight up for jumper
      3. Use when defense moves to prevent drive
    - b. Jab step - extend - drive
      1. Throw jab step
      2. Extend jab step foot past defense
      3. Use hand away from defense to dribble
      4. Use when defense stays or comes forward
    - c. Jab step - crossover - drive
      1. Throw jab step
      2. Use a crossover with jab step foot
      3. Extend foot past defense
      4. use hand away from defense to dribble
      5. Use when defense over adjusts to side
    - d. Jab step - one dribble - jump shot
      1. Throw jab step
      2. Take one hard, quick dribble to jab step foot side or to opposite side using a crossover
      3. Use hand away from defense to dribble
      4. Go straight up for jump shot
      5. Use when defense goes back on jab
    - e. Ball fake series
      1. The same series can be used only executing the ball fake
        - a. The ball goes up as the knees go down

- c. Player nearer the basket
  - 1. Uses the screen
  - 2. Gives a target
  - 3. Looks for jump shot, pass inside or to drive
- 3. Up or Back
  - a. Both offensive players are away from the ball with one close to the basket and the other on the perimeter
  - b. Player nearer the basket
    - 1. Sets a screen for teammate
    - 2. If defense switches, then screener seals to try to receive pass on path to basket
    - 3. If defense stays, then screener steps back for the jump shot after setting the screen
  - c. Player on the perimeter
    - 1. Comes off the screen
    - 2. Cuts hard to basket to look for pass
- 4. Baseline or Cross
  - a. Two players are on the boxes
  - b. Ballside box
    - 1. Screens away for opposite box
    - 2. Then seals back to ball
  - c. Weakside player uses screen to receive pass

## X. MOVEMENT WITHOUT THE BALL

- A. *Always make sharp, hard cuts*
- B. *Types of moves*
  - 1. V Cut
    - a. Bring the defense away from the ball by taking three or so steps down to the hoop
    - b. Pivot hard on baseline foot and explode back to ball
  - 2. L Cut
    - a. Start low box, cut hard up to high box
    - b. Pivot hard off inside foot and open up to the ball on the wing
  - 3. Split and Spin
    - a. Cut hard into your defensive player
    - b. Split them with the foot closest to the ball
    - c. Spin, seal and ask for the ball
  - 4. Backdoor
    - a. Player comes out toward ball and plants for foot from basket and pivots back
    - b. Pushes off that foot and cuts back to basket
    - c. Does not turn back to the ball
    - d. Outside arm should be showing a target
- C. *Getting open to receive a pass*
  - 1. Take defensive player to the basket on a hard cut
  - 2. Make outside foot (foot closest to the sidelines) the foot closest to the basket
    - a. Plant it and pivot so as to face back out away from basket
    - b. Extend other leg back out
  - 3. Move quickly away from basket and give outside arm as target to receive pass

- e. Offensive player can go in two directions;
  - 1. If going to the side that defensive person is overplaying, then defense swings the up foot in the stance back and shuffles to get body in front of offensive player.
  - 2. If going to the side that defensive person is not overplaying, then defense must shuffle quickly in order to place body in front of offensive player
- 2. *Straight up concept*
  - a. Defensive player is positioned in a defensive stance to be head-to-head with offensive player
  - b. Defensive player must be prepared to shuffle in either direction in order to maintain position on offensive player
- D. Dictate to player with ball; be aggressive
- E. Defensive player should be one arm's length away from the offensive person with the ball
- F. When offensive player picks up the dribble-
  - 1. Defensive person should get up as close to offensive players as possible without fouling (belly up)
  - 2. Use hands to harass offensive player by following the ball
  - 3. If offensive player takes ball above the head, then defensive person brings arms up and crosses them in front of opponent's face
- G. Defense against the shot
  - 1. *Outside jumper*
    - a. May use one of two methods:
      - 1. Crowd offensive player by taking step toward offensive person and extending arms straight up in the air; do not leave floor
      - 2. Jump straight up and extend one arm to contest the shot - do not leave floor until offensive player leaves floor
    - b. Never foul on a long-distance shot
- H. Concentration point must always be on the mid-section of the offensive player

II. **OFF-THE-BALL DEFENSE** - Defense is 5% inspiration and 95% perspiration. Play defense first with the head, then the feet, and last with the hands. Play aggressive, alert, thinking defense before your player gets the ball. do not allow her to get the ball in an area close to the basket. -The best defense is played before she gets the ball.

- A. *Deny position*
  - 1. *Body position*
    - a. Should be facing the offensive player
    - b. Must be between the ball and the player being guarded
  - 2. *Position of arms*
    - a. Far arm from basket should be extended out into the passing lane with palm facing the basketball
    - b. Inside arm should be chest high with elbow out so that forearm is facing offensive player
  - 3. *Head Position*
    - a. Players should see both the ball and the player being guarded

- b. Defensive player guarding the person using the screen
    - 1. Fight over screen on ball side; step over screen
    - 2. Be physical
    - 3. Continue to play offensive player using the pick
  - c. Defensive player guarding the person setting screen gives help to teammate in order to give person time to get over
- F. *Communication with teammates*
- 1. Call out all picks
  - 2. Also call out "help", "shot", etc.
- G. *Taking a charge*
- 1. Make sure feet are planted in offensive player's path
  - 2. Get body in position
    - a. Knees flexed in basketball position
    - b. Arms up at chest level with elbows out
  - 3. When contact is made by offensive player
    - a. Fall backward to prevent taking full brunt of charge
    - b. Extent of backward fall will depend on amount of contact and momentum of offensive player
    - c. Bend your knees
    - d. Throw arms up and back on contact after giving a slight push to offensive player to protect against excessive contact
    - e. Tuck your chin
    - f. Make a moaning sound when hit
  - 4. When hitting floor try to land on buttocks and slide

III. **DEFENSIVE REBOUNDING** - Rebounding comes down to one basic fact of life - "How much you want the ball". It does not make any difference how tall you are, how quick you are, how strong you are, or how high you can jump. It all depends on "how much you want the ball". You have got to be mean, aggressive, something of an animal. Rebounding is 75% desire and 25% ability. Be rebound conscious. Assume that every shot will miss and that the rebound can be reached. Most games are won by the team that controls the boards.

- A. *Positioning*
- 1. Distance from basket
    - a. Make sure not to get caught too far under the basket
    - b. Distance depends on length of shot taken by offense, the longer the shot, the more distance needed between the basket and the defensive rebounder
  - 2. Boxing-out
    - a. make contact with offensive player immediately
    - b. Wide base with the feet
    - c. Knees flexed
    - d. Buttocks down so as to sit on the offensive players' thighs
    - e. Elbows up so arms from shoulder to elbow are approximately parallel to the floor
    - f. Forearms extended up in the air, ready to grab rebound
    - g. Two methods by which to make initial contact with offensive player:



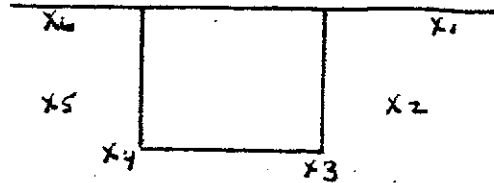
## DRILLS

### STATIONARY BALL DRILLS:

1. Bounce and Catch - Spread your legs and bounce the ball hard through your legs and catch it by moving your hands behind your back. Throw the ball back to front, continue the process for 30 secs.
2. Walking - Crouch down and walk forward, moving the ball between your legs from one hand to the other with each step. Try to increase your speed, continue the process for 30 secs.
3. Around One Leg - Spread your legs and move the ball around one leg as quickly as possible. Reverse the direction and change legs. Drill lasts 30 secs.
4. Around Both Legs - Put your feet together and move the ball around your legs as quickly as possible for 30 secs. Reverse directions for same amount of time.
5. Around the Waist - Place the ball in either hand and take it behind the lower back, catch it with the other hand, and in one continuous motion bring the ball around to the front. Go as quickly as possible, and do the drill for 30 secs. Change directions.
6. Around the Head - Place the ball in either hand, and with shoulders back take the ball behind the head, catch it with the opposite hand, and bring it around to the front. Repeat the process with a continuous motion for 30 secs and repeat the process by moving the ball in the opposite direction.
7. Head, Waist, and Leg Drill - Start with the ball in either hand and take it around the head to the other hand. In one motion take the ball around the waist and down around the legs. From the leg, take the ball around the waist to up around the head again. Do it as quickly as possible, repeat the process moving the ball in the opposite direction for 30 additional secs.
8. One-Hand Bounce Between Legs - Use one hand to control the ball. Start with the ball in front, in either hand, player takes the ball around one leg and bounces it once between the legs. Catch it in front of your body with the same hand. Repeat as quickly as possible then follow the same routine with the other hand for 30 more secs.
9. Two Balls Through the Legs - Begin with a ball in each hand, take the balls behind your legs and at the same time bounce them between your legs. As soon as they bounce once, bring your hands back to the front and catch both balls with your right and left hands. Continue doing this for 30 secs as quick as possible.
10. Two Ball Alternating Drill - have a ball in each hand and begin the drill by taking the right-hand ball behind your legs and bounce it between them, bring the right hand to the front to catch it. As you are about to catch the ball with the right hand, take the left-hand ball behind the legs and bounce it between them just as before. Continue the drill alternating the two balls. Keep working at it!

### SIX POINT SHOOTING:

Start at x6 with a 3 point shot, rebound, toss ball back out to x6 area, ball fake, 1 dribble and shoot, rebound, toss ball back out to x6 area, ball fake and drive to the hoop. Take 5 foul shots and repeat from x5. Do all the spots and keep the total score, try to beat yourself each time.



### PLUS-MINUS FREE THROW GAME:

Shoot foul shots starting at 0, each miss counts as -2 points, each make counts as +1, play to a game of +5.

### MIKAN DRILL:

Start under the basket, face out of bounds, with your strong hand, step and make a baby hook. Catch the ball, step across and make the same shot with the weak hand and continue. Do for 30 secs.

### 2 BALL MIKAN:

Same as Mikan drill but with 2 balls. As you shoot, catch it with the hand you shot with, and shoot the other ball.

### 2 BALL CARNIVAL:

Stay in a stationary spot under the basket, use 2 balls and don't move. Shoot, switch the other ball to your shooting hand and shoot, use your other hand to catch and switch it to your shooting hand. Do one set right handed and one set left. Keep the ball up. Do for 30 second sets.

### X-OUT:

Start on elbow, one dribble cross-over lay-in. Then go to the opposite elbow, and repeat.

### SUPERMAN DRILL:

Start at the second lane marker, throw the ball hit off the backboard so it comes off the opposite corner. Sprint across the lane and rebound the ball outside the key. Make a power move off of two feet and continue on the other side.

### OVERTHROWS:

Start on the block, throw the ball off the glass to the opposite side, rebound it and score.

### REBOUND SCORE:

Start on the elbow, throw it off the glass, catch it, take it up strong with power move, as you progress add a ball pump fake.

### PASSING AND CATCHING:

All drills are performed against the wall. Stand approximately 8 feet away. Perform each of the following passes for 15 secs each; 1.) two hand overhead pass 2.) chest pass 3.) pass fake-pass 4.) ball fake-step around 5.) behind the back pass in both directions 6.) bounce and 7.) bad pass.

VI. **OFFENSIVE REBOUNDING** - One of the most overlooked reasons for victory in basketball is rebounding. The more you rebound, the more you control the ball; if you control the ball, you get more shots. More shots lead to more field goals, which leads, finally to victory!!!

- A. *Crash boards consistently*
- B. *Follow all your shots*
- C. *Avoid box-out*
  - 1. *Fake and Go Opposite* - before defense makes contact fake in one direction and quickly go in the opposite
  - 2. *Spin* - attack middle of defensive player's feet and spin
  - 3. *Pressure and Spin* - apply pressure to one side of defense and spin in the opposite direction
- D. *Keep the ball up*
- E. *Taps*
  - 1. Control ball with fingers
  - 2. Use tap to keep ball alive when unable to control ball cleanly

## VII. **SETTING AND USING SCREENS**

- A. *Setting Screens*
  - 1. Flex knees
  - 2. Hands should be on chest with elbows slightly out
  - 3. Make contact as long as player can see screen (if can't see screen, then must give one step)
  - 4. Maintain wide base with feet
  - 5. Must remain stationary; can't move once contact is made
- B. *Using Screens*
  - 1. Set up defense moving in opposite direction
  - 2. Wait for screen-better to be late than early
  - 3. Make sure to run defense into screen
  - 4. Be ready to adjust cut or move if defense cheats
- C. *Types of Screens*
  - 1. *On-the-ball or Two-player game*
    - a. Sets a screen for the player with the ball
    - b. Player with the ball uses the screen to drive to hoop, shoot a jumper, or pass
    - c. Person setting screen rolls to the basket after contact
      - 1. Pivots on far foot from teammate
      - 2. Swings other foot in direction of dribbler
      - 3. Puts inside arm up to give a target
      - 4. Cuts on a line to the hoop
  - 2. *Down*
    - a. Both offensive players are away from the ball with one close to the basket and the other on the perimeter
    - b. Player on the perimeter
      - 1. Goes down and sets a screen for teammate
      - 2. Pivots on inside foot and swings other back to the ball (opening up to ball after screen)
      - 3. Tries to pin defensive player on back

4. Turn and Face basket
  - a. Use one of two types of pivots
    1. Reverse pivot (swing non-pivot foot away from defense)
    2. Inside pivot (swing non-pivot foot in toward defense)
  - b. Pivot on baseline foot
    1. Bring ball up as turning to show defense the ball
    2. Read the defense
    3. Two moves possible:
      - (aa) If defense gives room - shoot
      - (ab) If defense plays tight
        - (1) Use a crossover step
        - (2) Take one dribble
        - (3) Jump stop with feet parallel to hoop
        - (4) Execute a power move
  - c. When receiving the ball
    1. Keep ball chinned
    2. Look over baseline shoulder to read defense
  - d. Take what the defense gives
    1. If defense is on baseline, drop step foul line
    2. If defense is on foul line side, drop step baseline
    3. If defense plays straight up, turn and face

IV. **PASSING AND RECEIVING PASSES** - The pass is the most effective way of advancing the ball and is the basis of all moving plays. Anytime a basketball is thrown, it must be caught.

A. Passing

1. Most important thing is to find a target and hit it
2. Make a pass catchable
3. Read the defense and pass away from it
4. Types of passes

a. Chest

1. Ball is thrown out of the chest with two hands
2. Hands are on either side of the ball
3. Extend arms and follow through - thumbs pointing downward

b. Bounce

1. Can use one or two hands.
2. Pick a spot on the floor to hit so that ball comes up between thigh and waist level of receiver

c. Baseball

1. Throw with strong hand
2. Use other hand to help hold ball until ready to release ball
3. Throw off side of head
4. Follow through straight with wrist (do not turn wrist sideways)
5. Used in long-distance passing

## DEFENSIVE FUNDAMENTALS

I. **ON-THE-BALL DEFENSE** - Playing good defense is more a matter of attitude, desire and concentration than it is proper execution of skill. Defense is as important as offense. A player should never have an "off-night" on defense.

### A. *Stance*

1. Feet approximately shoulder-width apart
2. Weight evenly distributed on balls of feet-heels should not leave ground
3. Knees flexed
4. Buttocks down so that chin is directly above the knees
5. Head up
6. Elbows slightly flexed with arms just outside the body line
7. Hands positioned with palms up
  - a. Hands are used to harass player with ball but head should not dip forward
  - b. Hands should move in an upward direction when harassing

### B. *Foot movement*

1. Feet never touch
2. Feet never cross
3. Types of movement
  - a. Side-to-Side or Defensive Shuffle
    1. Step with foot in the direction in which you are going (if going right, step with right foot)
    2. Opposite foot is used to push off, kept close to the ground, and moved not closer than 12 inches toward the other foot
    3. Feet should never be closer than 12 inches apart
  - b. Retreat Step
    1. Pivot on back foot
    2. Swing front leg behind the pivot foot while still facing forward (never turn back to the ball)
  - c. Diagonal Step
    1. pivot on foot opposite of the direction the offensive player goes (offensive player goes to left, pivot on right foot)
    2. Swing other foot 60 degrees to 90 degrees by opening up (still facing offensive player)

### C. *Position on player with ball*

1. *Half-player ahead concept*
  - a. Try to force offensive player to go in one direction
  - b. The up foot in the defensive stance should be outside the foot of the offensive person, which is the direction defensive player is trying to take away (Example: if taking away and offensive player's right, then up foot should be outside offensive player's right foot)
  - c. Offensive player's foot should point directly between the defensive person's feet
  - d. Shoulder of offensive player should point directly in the middle of the defensive body (if taking away right, then right shoulder of offensive player intersects middle of defensive person's body)

4. Foot Position

- a. Players must use defensive shuffle in order to maintain position
- b. Two options to defend a backdoor cut:
  1. On backdoor cut by offense, use forearm to slow down the cut by the offense and continue to maintain original offense and continue to maintain original position
  2. Use forearm to slow down cut by offense, but open up to the ball
    - (aa) Pivot on foot closer to basket
    - (ab) Swing other foot in the direction of the ball until it is past the inside foot in order to open up fully
    - (ac) If offense comes back out to receive ball, pivot on same foot and swing other back to get into the original deny position

B. *Always be prepared to help out teammates*

1. Further the defense is from the ball, the further the defensive player may be away from the person being guarded
2. Always maintain ball-you-man principle
3. Be able to see both the ball and the player being guarded at all times; form a triangle
4. When guarding a person without the ball, as soon as defense sees an offensive player attempt a dribble penetration, defense moves in the direction of the dribbler

C. *Front all cutters to the basket*

1. If guarding person with ball, as soon as pass is made, move in the direction of the pass (jump towards the ball in order to make offensive player cut behind and make contact
2. If guarding a player two or more passes away from the ball, defense must step into cutting lane in order to front the cutter

D. *Defending the low post players*

1. Be active with the feet
2. Attack offensive player depending upon the position in the low post
  - a. If low post is below the box on the foul lane, try to attack for position from the foul line side
  - b. If low post is above the box on the foul line, try to attack for position from the baseline side
3. Maintain contact with offense when playing defense in the low post

E. *Defense against the pick*

1. Switching
  - a. Defensive player on person setting the screen picks up offensive player using the screen
  - b. Offensive player on person using the screen picks up offensive player setting the screen
  - c. Either defensive person may call "SWITCH"
2. Help-and-Recover Technique
  - a. Defensive player guarding the person setting the screen
    1. When offensive player comes off the screen, step out to make offense go wide
    2. Lock other foot with player setting screen
    3. Recover as quickly as possible to guard person setting screen