



# **SMALL SPACE BASKETBALL PRACTICE**

**24 Fun Drills Designed for a  
Half-Court Setting**

**6 Printable Practice Plans**

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## INTRODUCTION

As a coach, we are always trying to squeeze as much information and learning as we can into a very small amount of space and time.

Sometimes you will be lucky, and have an entire gym, with multiple hoops, multiple helpers, and no one looking to kick you off the court so they can start their practice at 8 o'clock sharp.

Other times, you will have a small group, a half court, and a single hoop. That is no reason not to have a full and challenging practice for your team! There are a litany of drills, skills and games that that you can work on in limited space. And often times, those restrictions will end up making for a more efficient practice.

Designing a practice with these parameters in mind can be difficult - that's why we created the Small Space Basketball Practice eBook.

Inside, you will find 24 drills designed to maximize your practice efficiency while working in a small space or half-court setting. We'll cover all skills: shooting, passing, ballhandling, defense and rebounding.

These drills will range from basic, beginner-level drills, to more advanced drills, and everything in between. Each drill also includes simple variations to increase or decrease the difficulty level.

We've even included 6 step by step practice plans which can be used as a blueprint for your next practice - or maybe just a jumping off point for some of your own ideas.

Now let's get to practice!



# BEGINNER DRILLS

# PARTNER FORM SHOOTING

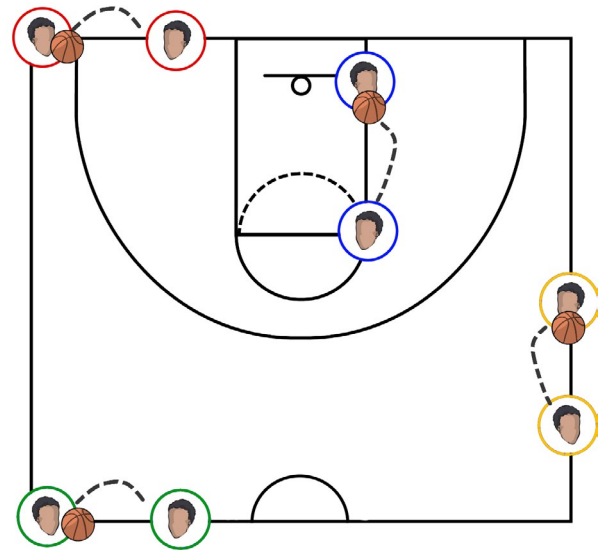


## PURPOSE:

To focus on developing a proper foundation for the jumpshot without the pressure of having to make the shot.

## SETUP:

Players pair off with a teammate and a ball, then go find a line on the court and stand on it about 4-5 feet apart, facing each other.



## INSTRUCTIONS:

1. The players will face each other and the first player will shoot the ball towards their partner, focusing on proper form.
2. When the ball lands, if it lands on the line, the shooter will get 1 point - a make.
3. If the ball misses the line, this is a miss.
4. After a couple minutes to warm-up, make it a competition and see which player can make the most shots out of 10.

## COACHING TIPS:

- During release, players should be focused on their shooting fundamentals or B.E.E.F; Balance, Eyes, Elbow, Follow Through.
- The reason it is important to work on form during a lower stakes shooting game is that when players are so focused on winning the game and making the shot that they may compromise their form. That is the advantage of this drill, they can focus entirely on getting the fundamentals correct without any added pressure.

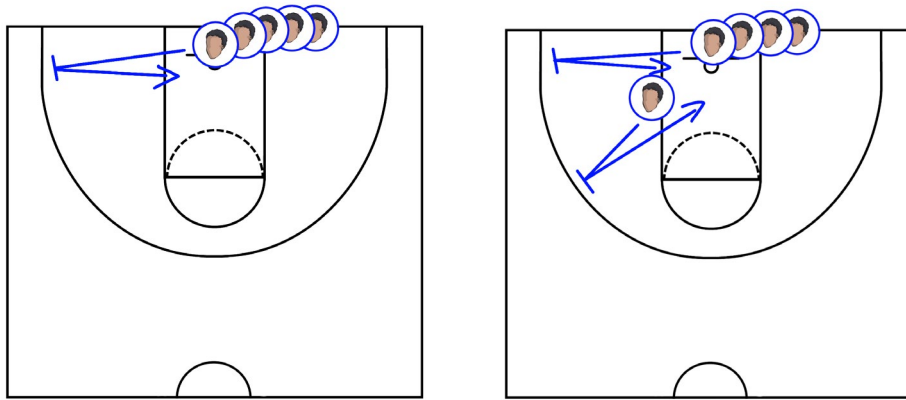
## MAKE IT HARDER

- Challenge the pairs to see who can get the most consecutive 'makes'.

## MAKE IT EASIER

- Get everyone to report their total at the end of the drill and make note of it - then next practice, make it a goal for the team to beat that score!

# NON STOP CLOSEOUT DRILL



## PURPOSE:

To work on conditioning and to improve a player's ability to close out hard with proper technique.

## SETUP:

Have the players get in line underneath the hoop.

## INSTRUCTIONS:

1. On the coach's signal, the first player in line will sprint hard towards the corner, before chopping the feet down hard and getting their butt low and their hands high as they approach the 3 point line.
2. They will then call out 'Shot!' pivot and box out the imaginary shooter.
3. Next, that player will sprint back to the middle of paint, touch the ground, and close out on the wing next.
4. As the 1st player is line sprints out to close out on the wing, the next player in line will close out on the baseline.
5. The drill will continue with each player going around the arc, closing out on the corner, the wing, the top of the arc, and then the opposite wing and corner before heading to the back of the line.

## COACHING TIPS:

- It can be helpful to have a coach or parent stand at the arc with a ball in hand, giving the players an actual person to close out on.

### MAKE IT HARDER

- Time the drill and see how many closeouts the team can accomplish before the timer runs out.

### MAKE IT EASIER

- Instead of having the players perform 5 closeouts, you can simply have them closeout on each wing and the top of the arc.

# FOOTWORK & FOLLOW-THROUGH

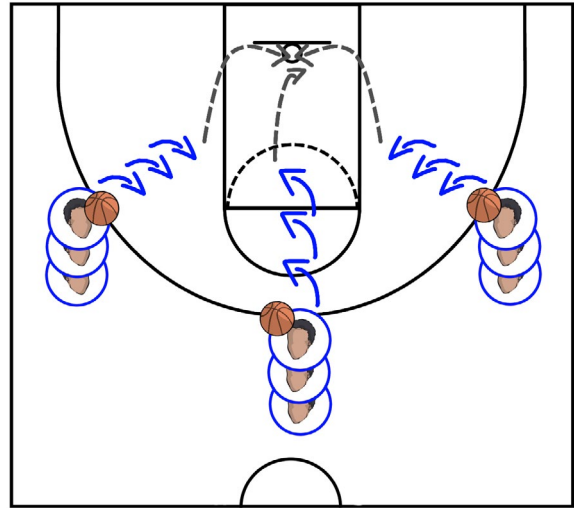


## PURPOSE:

To teach players the correct footwork when either catching with a jump stop or 1-2 step.

## SETUP:

Split the team into 3 lines - one at the top of the arc and one on each wing. All players will need a basketball.



## INSTRUCTIONS:

1. The first players in each line will start in triple threat.
2. They will then take 1 dribble and step forward.
3. The first step should be with their non-shooting hand foot - a right handed player will take their first step with their left foot, followed quickly by their right foot.
4. The player should be gathered in a low, athletic stance, with the ball up on the hip in triple threat, ready to pass shoot or dribble.
5. The players will repeat this 3 times, with the 3rd time having the player follow through and take the shot.

## COACHING TIPS:

- Alternatively, players can come to a jumpstop, meaning they leave their feet and land with both feet on the ground at the same time. Players will have their preference, they can use either method - however if they are using the 1-2 step method it is important they remember that their first foot down must stay down as their plant foot, with their second foot as their pivot foot.

### MAKE IT HARDER

- To get players comfortable performing both gathers, call out 'jumpstop' or '1-2' before the players begin each round - they must then perform the correct gather.

### MAKE IT EASIER

- For younger players, you are better off focusing on the jumpstop - it is the same footwork for both left and right handed shooters, and removes the need for players to maintain the correct pivot foot to avoid travelling violations.



# DANCE-OFF

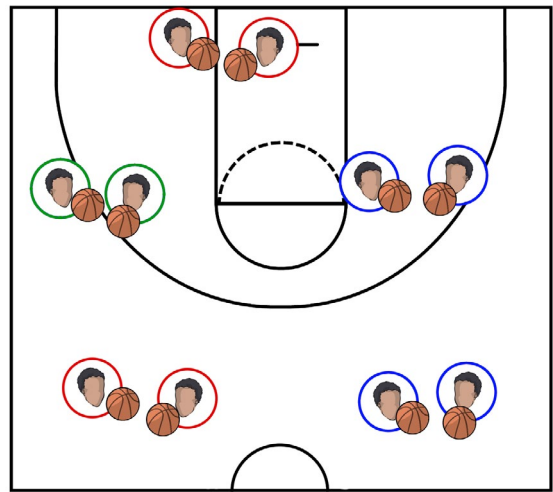


## PURPOSE:

To work on ball handling and teamwork, and communication.

## SETUP:

Pair players off with teammates of similar dribbling ability. Each team will need two balls and to be spread out enough that they can dribble comfortably.



## INSTRUCTIONS:

1. The pairs will come up with a dribble routine that they must coordinate and perform at the same time.
2. The routine must include a variety of skills, should be mostly stationary, and incorporate a balance of both the left and right hand dribbles.
3. Have the players write down their routines and give the players a week or so to continue to practice at home.
4. The next week, each pair will perform in front of the team, who will give scores from 1-10.

## COACHING TIPS:

- It can be fun to put some music on and have the players coordinate their routines to the music. You will generally want a routine of 20-40 seconds. The team with the highest score is the winner and can win some predetermined prize.

### MAKE IT HARDER

- To make the routines more difficult, you can add mandatory techniques - mirroring each other, leading and following, or even passing the balls back and forth during the routine.

### MAKE IT EASIER

- For younger, less experienced players, it can be better to work on a team-wide routine - this way you can create, and use moves that are easy enough to perform for every player on the team.

# PRESSURE SHOOTING



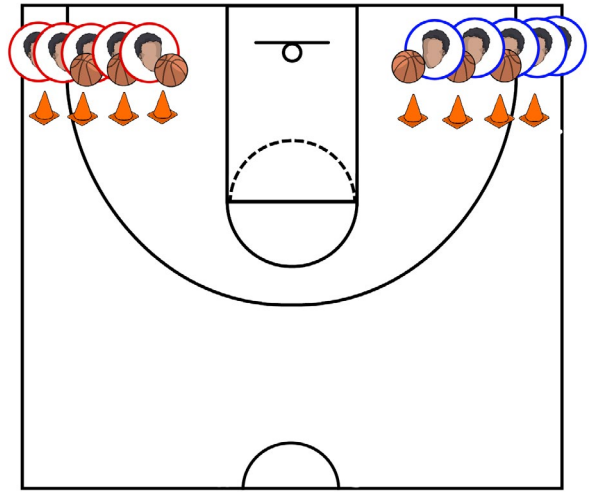
## PURPOSE:

To work on shooting fundamentals in a competitive game-like environment.

## SETUP:

You will need 8 cones - these are to designate the 4 shooting spots along each baseline, starting at 3 feet away, then 6 for the second spot, 9 feet for the third spot, and 12 feet for the final spot.

Split the team into two groups, each with two basketballs, and have them form a line at the first spot.



## INSTRUCTIONS:

1. On the coach's signal, the first player in each line will shoot, collect their rebound, and return to the back of the line.
2. As soon as the first shot goes up, the next player in line will let their shot go.
3. Each spot is 'gated', and you must make a certain number of shots at the previous spot to unlock it.
4. They must make 4 shots at the first spot, 3 shots at the 2nd spot, 2 shots at 3rd spot, and 1 shot at the final spot.
5. The first team to hit the required number of shots from each location wins.

## COACHING TIPS:

- The point of this drill is to emphasize proper shooting form first and foremost - so make sure to pull aside any kids that may need a few adjustments (B.E.E.F.), and give them the coaching they need.

### MAKE IT HARDER

- Make the minimum number of makes 5, or move the cones to outside the 3-point line. Or, only count swishes as made shots.

### MAKE IT EASIER

- Bring the shooting locations in closer for a group of players who are just getting the hang of the fundamentals, placing cones down every two feet instead of every three.

# BATTLE ROYALE

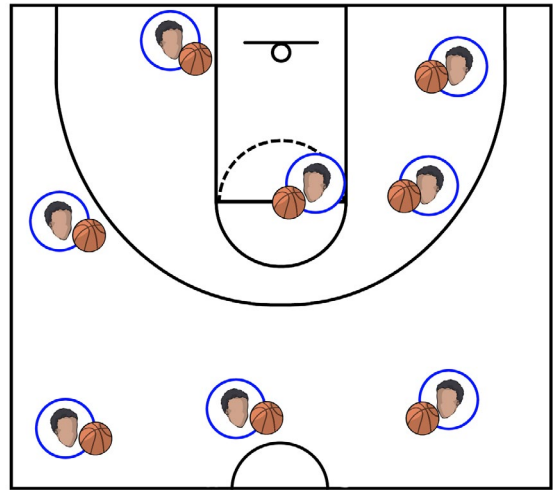


## PURPOSE:

To work on ballhandling, court awareness and control in a fun competitive game.

## SETUP:

Have each player grab a ball and spread out in the halfcourt.



## INSTRUCTIONS:

1. On the coach's signal, all the players will dribble around in the halfcourt and try to knock each other's balls loose.
2. If a player loses control of their ball or commits any kind of violation - double dribble, travel, etc. - they are eliminated.
3. When players are eliminated they must leave the area and proceed to work on solo ball handling drills.
4. After every couple minutes, shrink the play area - down to half the court, and eventually down to a quarter court to really up the intensity.
5. The last player to keep his dribble alive has won the battle royale!

## COACHING TIPS:

- Make sure to emphasize the players keep their heads up and stay in a low athletic stance, using their off-hand to protect the ball.
- This is a really fun game for the kids, with a familiar concept - survive as long as you can while the play area shrinks - the kids will pick it up quickly.

### MAKE IT HARDER

- Have players use their weak hand only, or dribble 2 basketballs at the same time.

### MAKE IT EASIER

- For players with less confidence and skill dribbling, the eliminations may come a bit too quickly - one way to make the drill a bit more accessible is by giving each player 3 lives.

# LUMBERJACK DRILL

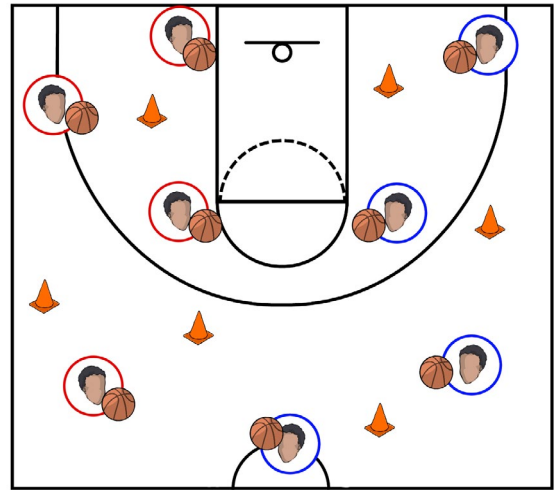


## PURPOSE:

To work on ballhandling, awareness, and playing under control.

## SETUP:

Divide the team into two even teams, all with a basketball. You will also need about 5 cones, although you can play with more.



## INSTRUCTIONS:

1. Team 1 is the lumberjack team - they are trying to 'chop' down as many of the cones as possible - all while maintaining their dribble.
2. The other team are trying to protect the cones, and they are even allowed to pick cones up that have been 'chopped' down, and replant them.
3. If a player loses control of their dribble, they must chop down or replant a cone for the opposite team - if a lumberjack loses their dribble, they must pick a cone back up, if the planters lose their dribble, they must knock a cone over.
4. Set a timer for 30 seconds, lets the players play, then call out freeze when time is up - for every cone knocked over, the lumberjacks get 1 point. For every cone still standing, the planters get two. Tally up the points and crown the winner!

## COACHING TIPS:

- There is a lot going on in this drill - encourage players to attempt different strategies - a weaker ballhandler may focus on protecting their dribble, whereas some of the more comfortable dribblers may look to go on the attack.

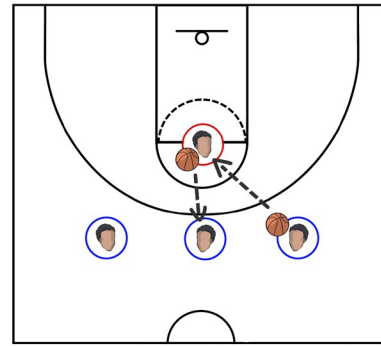
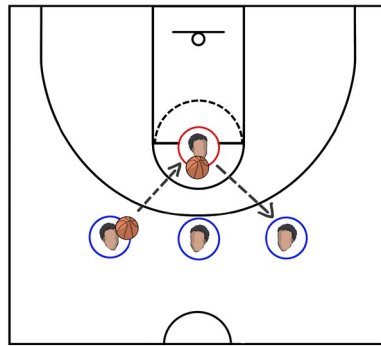
### MAKE IT HARDER

- For a real challenge, have all players complete the drill while only using their weak hand!

### MAKE IT EASIER

- For players at a lower skill level, it can be more enjoyable to add an excess of cones (5 extra for example), allowing players to focus on their own task and not be as concerned with protecting or knocking over the small number of available cones

# PISTON PASSING



## PURPOSE:

To work on passing accuracy and concentration in a high stakes situation.

## SETUP:

Have 4 players line up in a triangle - one with a ball, facing 3 teammates, one of which will also have a ball. The player at the top of the triangle should be about 5 feet away from his teammates, who should have a couple feet of distance between themselves as well.

## INSTRUCTIONS:

1. The players will face each other and the first player will shoot the ball towards their partner, On the coach's signal, the drill will begin with the player at the top of the triangle making a pass to the player at the opposite end of the line.
2. Immediately on making that pass, his teammate will pass him the ball.
3. After catching that pass, the player will pass the ball quickly to the player in the middle of the triangle, before receiving a pass back from the player the initially passed to.
4. The drill will continue like this, like a series of pistons passing the ball back and forth as quickly as they can.

## COACHING TIPS:

- Make sure players aren't just lazily flinging passes back and forth - each pass should be a crisp, firm chest pass, hitting the player directly in the target of their hands.

### MAKE IT HARDER

- The name of the game is speed - challenge players to see who can get the most accurate passes without a drop or a missed pass in 30 seconds.

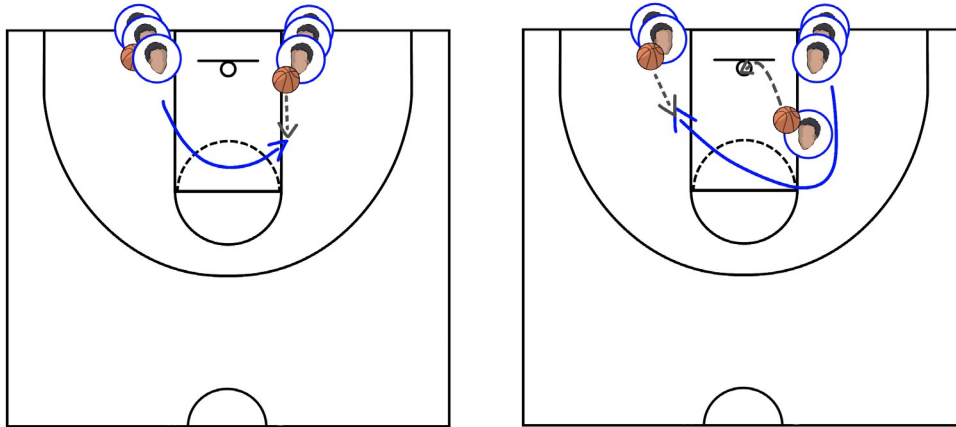
### MAKE IT EASIER

- For younger players, feel free to walk them through the drill, helping them slowly learn where each pass goes - we aren't focusing on speed with them, but on accurate passes and making the right decisions under pressure.



# INTERMEDIATE DRILLS

# CURL, CATCH & SCORE



## PURPOSE:

To work on a variety of shots while getting loose in a fun team-friendly environment.

## SETUP:

Split the team into two lines on the baseline - the first player doesn't need a ball, but the second player in that line and the first player in the next line will both need a ball.

## INSTRUCTIONS:

1. On the coach's signal, the first player in line will sprint forward and curl around the free throw line before coming back down the opposite lane line.
2. That player will receive a pass, gather and finish, before collecting their rebound, giving the ball to the line of the side they finished on, and heading to the back of that line.
3. After making the pass to the player curling around the paint, that player will curl around the outside and look to receive a pass and finish on the opposite side of the paint.
4. The drill will continue like this until each player has made a shot.

## COACHING TIPS:

- This is a fantastic way to warm-up before a game or practice - you can even adjust the finishes - layups, power lay-ups, short bank shots, elbow jumpshots and 3 pointers.

### MAKE IT HARDER

- Add in more difficult types of finishes - floaters, jump hooks, reverse layups, dunks etc.

### MAKE IT EASIER

- Have coaches make the passes from below the hoop so the players can just focus on catching and finishing.

# CLEANING THE GLASS DRILL

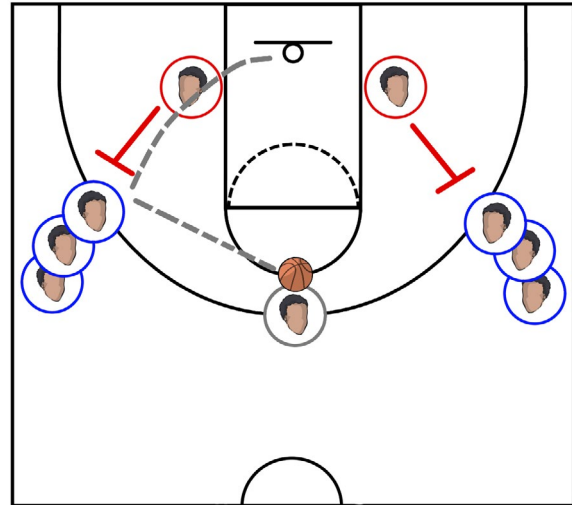


## PURPOSE:

To work on rebounding and to reward toughness and physicality down low.

## SETUP:

Split the players into 2 lines and have them line up on each wing. The first player in each line will step down to the block. You will also need 1 coach at the top of the key with a basketball.



## INSTRUCTIONS:

1. The drill will begin with the coach passing to one of the two wing players.
2. That player will catch the ball and shoot.
3. The two players down on the block will attempt to box out the offensive players and secure the rebound.
4. Every time a team secures a rebound, they get 1 point.
5. If the defense gets the rebound, they stay on defense, and the offense goes to the back of the line.
6. If the offense gets the rebound, they switch to defense, and defense goes to the back of the line.

## COACHING TIPS:

- compromise their form. That is the advantage of this drill, they can focus entirely on For this drill there are no boundary lines - players will continue to fight for the ball - however you should still establish some safety guidelines - if the ball hits the bleachers, its dead, for example.

### MAKE IT HARDER

- For older, more established players, you can let the drill get more physical than you might otherwise - you won't get every "over the back" call down in the paint, so learning how to create space and be strong with the ball is of utmost importance.

### MAKE IT EASIER

- You can give the defense more of an advantage by asking the shooting duo to keep one hand behind their back while rebounding. This will allow the defenders to focus on rebounding position and boxing out (instead of chasing the ball immediately)



# PRINCETON DRILL

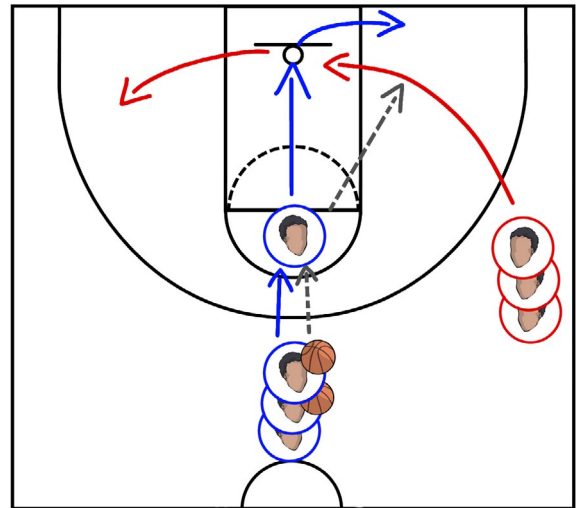


## PURPOSE:

A fantastic warm-up drill that will get players loose while giving them a chance to work on making accurate passes and finishes in a game-like situation.

## SETUP:

Split the players into 2 lines, one at the top of the arc, and one on the wing. The first person in line at the top of the arc will step forward to the free throw line, while the next two players in line will start the drill with a basketball in hand.



## INSTRUCTIONS:

1. The drill will begin with the player at the front of the line at the top of the arc making a pass to the player at the free throw line.
2. When this pass is made, the first player in the line on the wing will make a cut to the hoop.
3. The player at the free throw line will make a bounce pass to the player cutting to the hoop, who will finish the layup and run through to present as an outlet pass on the opposite sideline.
4. The passer will collect the rebound, and pass to the outlet man, who will then make a pass to the line at the top of the arc.
5. Each player will follow their initial pass to that line: 3 point line -> FT line -> Wing -> 3 Point line.

## COACHING TIPS:

- This drill is a great way to teach players how and when to use certain passes on the court - bounce passes, chest passes, overhead passes, etc. Make sure to pause the drill, and maybe even play dummy defense for 1 rep to illustrate where and when players should be making the pass

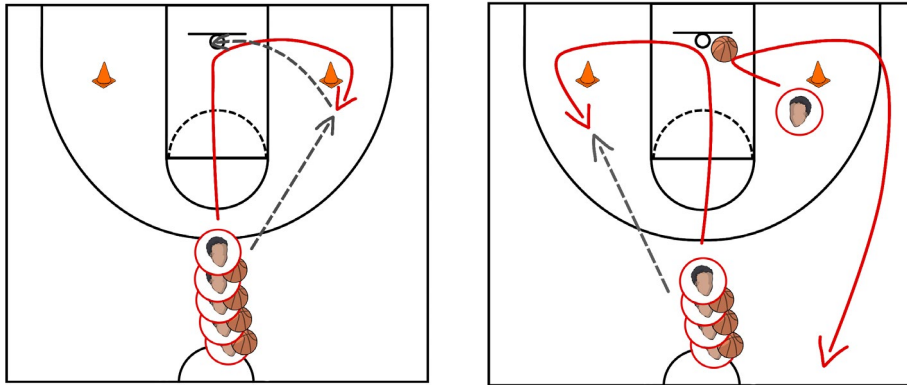
## MAKE IT HARDER

- Challenge the team to see how many consecutive layups they can make in 5 minutes - then mark

## MAKE IT EASIER

- Have a coach or parent make the bounce pass and collect the rebound.

# CURRY SHOOTING



## PURPOSE:

To work on off-ball movement, footwork, balance and shooting in a competitive environment.

## SETUP:

Have the players form a line at the top of the arc all with a basketball except the first player in line. Lastly place 2 cones several feet away from the block.

## INSTRUCTIONS:

1. The players will face each other and the first player will shoot the ball towards their partner, The drill will begin with the first player in line sprinting towards the hoop, then planting and curling out around a cone back towards the ball.
2. The next player in line will pass them the ball and cut through the paint and out and around the opposite cone.
3. On the catch, the player will either jumpstop or 1-2 step into the jumpshot and release before grabbing their rebound and heading to the back of the line.
4. The drill will continue like this for 5 minutes, with the players calling out each make.

## COACHING TIPS:

- Getting the fundamentals correct without any added pressure. The idea is for the player to simulate running off of a screen along the baseline and shooting on the catch. While we will begin initially running off the baseline screen, this drill is a great opportunity to work on a variety of screen types, including a fade out to the corner, or a v-cut, using the screen to get open on the wing.

## MAKE IT HARDER

- Challenge the team to see which player can be the first to make 5 jumpshots, with the rest of the team running sprints if they lose.

## MAKE IT EASIER

- Shrinking the court may be a good idea for younger, less experienced players - try moving the passer line down to the free throw line, and the cones down to the block.

# SHELL DEFENSE DRILL

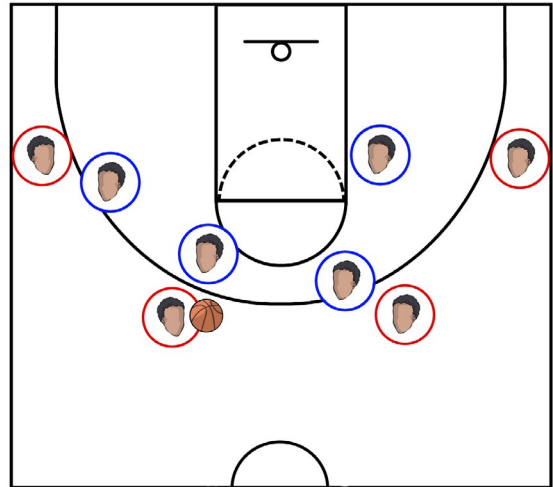


## PURPOSE:

To work on defensive rotations, teamwork and communication in a drill that is focused on defensive performance.

## SETUP:

Divide the team into two teams of 4, and have them matchup as best they can by size and skill. The offense will start with the ball.



## INSTRUCTIONS:

1. The drill is live - the teams are playing 4 v 4, however the only way you can score points is on defense.
2. Every time the defense gets a stop - finished with defensive rebound - they get a point.
3. If the offense scores or the defense commits a foul, the offense and defense switch and the drill continues.

## COACHING TIPS:

- It is important in this drill to be ready to make the players freeze so that you can step in and offer teaching points. The main emphasis should be on correct defensive positioning - the defense should always imagine that there is a line between their man and the ball, and as a rule of thumb, they should always be half-way up that line, pointing at both their man and the ball.
- We also really want to emphasize communication - on a shot, players should call out 'rebound!', when they are defending the ball, call out 'ball!'. All the greatest defensive teams have a foundation of strong communication, and this drill is a great opportunity to establish that.

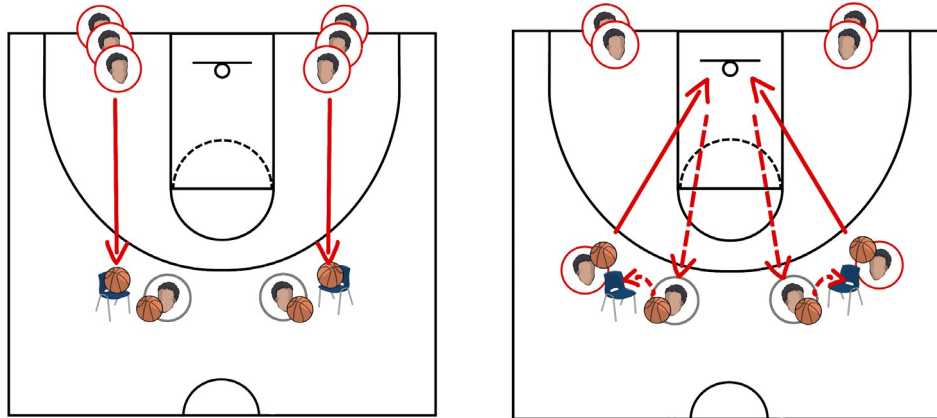
## MAKE IT HARDER

- To really challenge the defense, you can make the drill a 3 on 3 drill, forcing the defense to really hustle to cover all lengths of the court.

## MAKE IT EASIER

- For less experienced players, it can be helpful to put restrictions on the drill so that the team gets more out of it - for example we like to run this drill with no dribble until 4 passes have been made - this way the defense gets a chance to work on rotations, and the game doesn't devolve into players selfishly chucking up shots.

# CHAIR DRILL



## PURPOSE:

To work on footwork, ballhandling and finishing in a game-like situation.

## SETUP:

Place two chairs where the lane line and the arc meet, and put a basketball on each chair. You will also need a coach or parent beside each chair with a basketball. The rest of the team will split into two lines at the baseline and the lane line.

## INSTRUCTIONS:

1. On the coach's whistle, the first player in each line will sprint to the chair, grab the ball and get into triple threat position.
2. They will then sweep and go to the hoop, using as few dribbles as possible, and finishing with the correct hand on the correct side of the hoop.
3. The coach will immediately place the next ball on the chair, as the player who just finished the layup will return the ball to the coach via outlet pass and go to the back of the line.
4. The next player in line will take off for the chair as soon as their teammate has attempted their lay-up.
5. Whichever team makes 21 layups first wins!

## COACHING TIPS:

- The beauty of this drill is that it is a great framework to work on a variety of skills. Beginning with the sweep, you can have players incorporate jab steps, pump fakes, dribble moves - feel free to get creative, and maybe even take some suggestions from the players for moves they'd like to practice!

### MAKE IT HARDER

- For more advanced players, you can incorporate jumpshots as well - starting with pull up mid-range shots, but eventually extending the range out to 3 if the skill level allows for it.

### MAKE IT EASIER

- For younger players to keep the drill moving crisply, it can be a good idea to move the chair down to the elbow - this will keep the drill contained and moving at good pace.

# FAST BREAK FINISHING

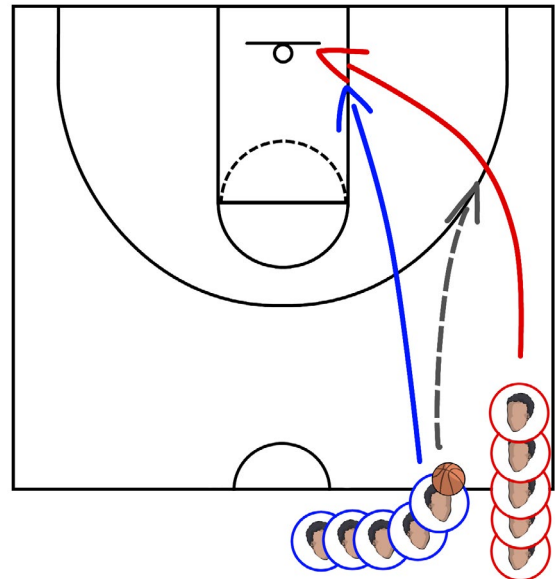


## PURPOSE:

To work on finishing under pressure.

## SETUP:

Players pair off with a teammate and a ball, then go. Have the players form 2 lines - one at halfcourt, and one at the hash mark. All the players in the line at halfcourt will need a ball.



## INSTRUCTIONS:

1. On the coach's signal, the player with the ball will throw a lead pass out in front of the player in the line in front of him.
2. That player will chase the ball down and attempt to finish with a layup as the passer chases him down from behind.
3. After the layup, make or miss, the two players will head to the left side of the court and start two lines there - the player who just took the layup at halfcourt with the ball, and the passer on the hash mark.
4. Once each player has attempted a lay-up on the right side of the court, the drill will continue on the left side of the court.

## COACHING TIPS:

- As it is with all of our drills, our first priority is safety - players should be in control and making a safe play on the ball. For that reason, you will want to stiffly penalize anyone who fouls in this drill - subtract points from their total.
- On offense, it is key they get the correct technique for the speed dribble, or the defense will always catch up to them. Players should push the ball out in front with enough space that they can get to a full sprint - it can often make it easier by alternating the hand they are using to push the ball in front.

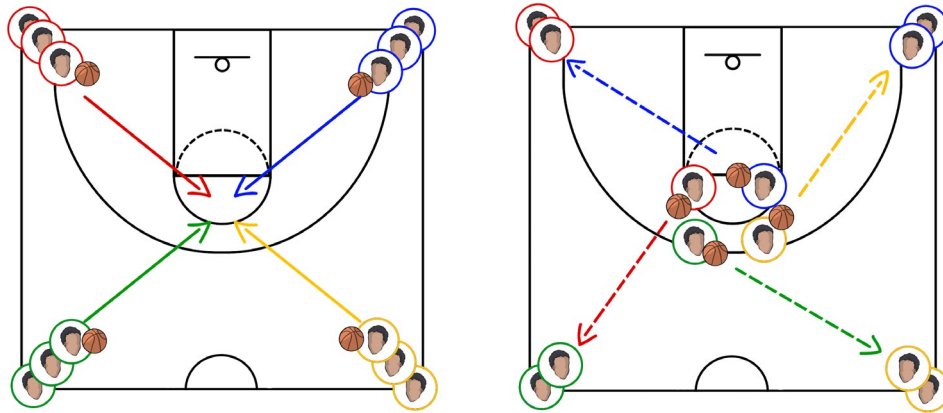
## MAKE IT HARDER

- For more advanced players, encourage the use of reverses as well as using the off-hand to protect the layup hand while going for the finish.

## MAKE IT EASIER

- For players at a lower skill level, encourage them to use a jumpstop and a power layup at the hoop - the jump stop is always a great fundamental to focus on at the younger levels as it will encourage staying calm and under control at all times.

# LAKER PASSING



## PURPOSE:

A great warm-up drill that incorporates passing, teamwork, footwork and communication.

## SETUP:

Split the team into four equal groups, and have them form a line in each corner of the halfcourt. The first player in each line will need a ball.

## INSTRUCTIONS:

1. On the coach's whistle, the first player in each line will dribble hard directly towards the center of the halfcourt.
2. Once they approach the middle, they will come to a jump stop.
3. They will then pivot to their right, and make a pass to the player at the front of the line in that corner.
4. They will then run to the back of that line, while the next 4 players continue the drill.
5. After a couple reps, put on a timer and see how many passes the team can complete in 6 minutes!

## COACHING TIPS:

- Here is a rhythm to this drill, and when the team is really humming they will all be working in unison. You'll want to begin by simply focusing on chest passes, but like any passing drill, you can always use the setup to work on a large range of skills - bounce passes, overhead passes, wraparounds - etc.!

## MAKE IT HARDER

- As an added challenge, if anyone drops a pass at anytime, or travels, reset the entire teams score back to zero.

## MAKE IT EASIER

- Alternatively, instead of focusing on a high score, for younger players you may want to change the focus to simply getting the correct movements down - no punishment for mistakes, no high score tally - just getting the correct fundamentals down.

# ALL-STAR DRILL



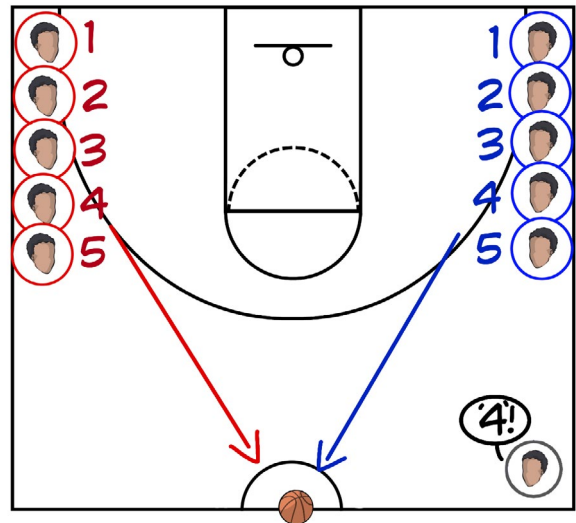
## PURPOSE:

To develop a winner's attitude and get players ready to compete at all times.

## SETUP:

Divide the team into two groups - ideally about even in terms of size and skill.

Assign each player a number between 1 and 5 on both teams - again, it is key you try and make these matchups as fair as possible, especially the first time out. Both teams will line up on opposite sidelines, and the coach will place a ball directly on the halfcourt line.



## INSTRUCTIONS:

1. The coach will begin the drill by calling a number from 1-5 out.
2. Whichever 2 players have been assigned that number will sprint from the sideline and attempt to get the ball first.
3. From there, the two players play 1 on 1 to the first basket.
4. If their teammate scores, that team is awarded 1 point.
5. After each round, the ball is reset at halfcourt and the coach again calls out a number.
6. First team to get to 11 wins.

## COACHING TIPS:

- While we are okay with a little more physicality than normal, we still want this to remain a clean drill, so don't be afraid to call fouls before things get out of hand - especially during a drill that gets as competitive as this one does.

## MAKE IT HARDER

- One way to make the drill more challenging is to assign one line numbers and the other line letters - this way you can dictate different matchups each time out.

## MAKE IT EASIER

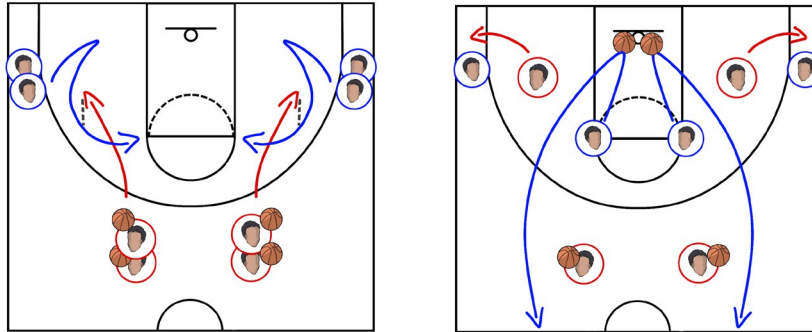
- It can also be a good idea as the coach to start with the ball - this way you can roll it in certain directions if you want to give a player a better chance at getting on offense and scoring.



# ADVANCED DRILLS



# DRIBBLE HANDOFF



## PURPOSE:

To work on maintaining balance and proper fundamentals while shooting off of movement in a competitive environment.

## SETUP:

Split the team into four lines - two at the top of the arc with basketballs and another two lines, one in either corner.

## INSTRUCTIONS:

1. The drill begins with the players at the top of the arc dribbling down towards the corner, directly at the line of players there.
2. The player will stop several feet short of the line, queuing the first player in line to take one step baseline, plant, and cut around the ballhandler.
3. The ballhandler will hand the ball off to his teammate, who will gather in triple threat and shoot in one smooth motion.
4. After handing the ball off, the player will head to the back of the corner line.
5. After making their jumpshot, the player will grab the rebound and head to the back of the line at the top of the arc.
6. The drill continues like this, with the players making as many jumpshots as they can in 5 minutes.

## COACHING TIPS:

- The dribble hand-off is an underutilized play at lower levels, and that is mostly because players are unfamiliar and therefore uncomfortable with both executing and shooting off of the manoeuvre - but all it takes is a little practice!
- The reason it is important to work on form during a lower stakes shooting game is that when players are so focused on winning the game and making the shot that they may compromise their form. That is the advantage of this drill, they can focus entirely on getting the fundamentals correct without any added pressure.

## MAKE IT HARDER

- While you'll want to begin focusing on 15-18 footers, once players are comfortable with the technique, and especially if they are a little bit older and stronger, you'll want to move the shot back to the 3 point line.

## MAKE IT EASIER

- For younger players, focus instead on finishing with a dribble and a layup at the hoop - this will allow for more reps and a greater understanding of the fundamentals.

# PHONE BOOTH 3 ON 3

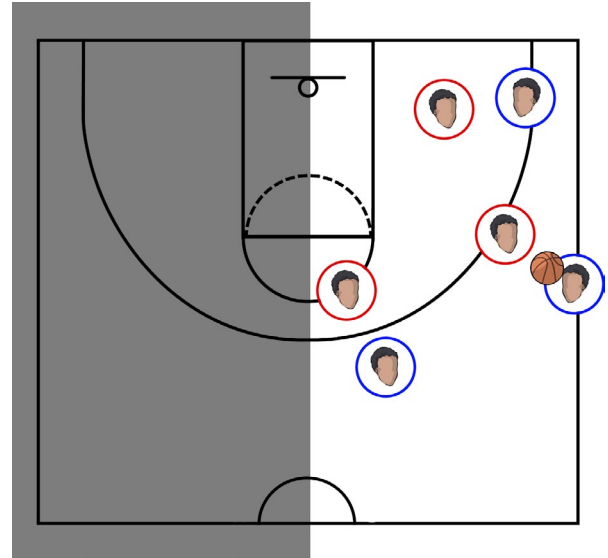


## PURPOSE:

A highly competitive drill that is conducive to teamwork and creates a game-like competitive environment.

## SETUP:

Divide the team into groups of 3. Have the first 2 groups step onto the court and matchup by size and skill as best they can. One team will start with the ball on the sideline.



## INSTRUCTIONS:

1. The drill begins with the inbounder passing to a teammate - and that point the drill is live.
2. The team may pass, dribble, screen - whatever they like to try and score - the only thing they cannot do is use the other half of the court.
3. The first team to score wins and stays on, with the losing team stepping off and a new group of 3 stepping in on offense.
4. The goal of the game is to stay king of the court as long as possible.

## COACHING TIPS:

- Any fouls should result in either an immediate loss for the defense or a single free throw for the offense - we want to encourage tough physical play, but we want to train our players to play defense with their feet and their hips, not their hands.

### MAKE IT HARDER

- Everyone likes scoring, but to really up the intensity of the drill, you can make the focus defensive. The inbounders try to score - if the defense gets a steal, block, or defensive rebound, they get the point and get to stay on the court, with a new team rotating in on offense.

### MAKE IT EASIER

- Give the offense more opportunities to score by putting the defense at a disadvantage. For example, have them start the drill lying face down on the ground, or play defense with their hands behind their backs.

# KYRIE DRILL

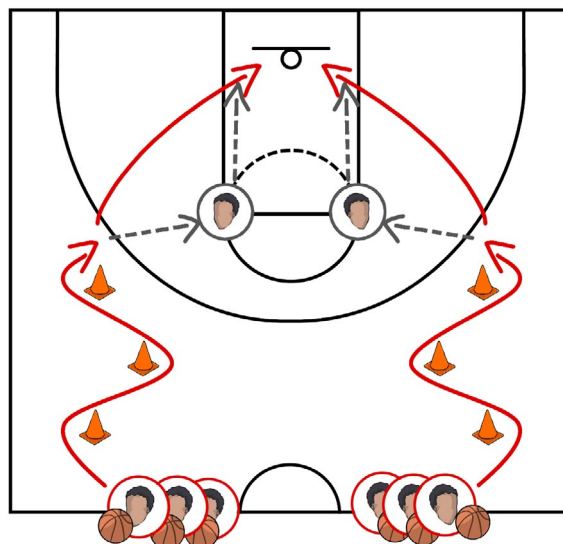


## PURPOSE:

To work on ball handling and finishing in a game-like situation.

## SETUP:

You will need six cones, setup in two mini slaloms, starting at halfcourt and working their way to the wing. You will also need 2 coaches/parents to stand at the elbow. The players will be split into 2 lines, all with basketballs on either side of halfcourt.



## INSTRUCTIONS:

1. On the coach's signal, the first player in line will dribble hard out to the first cone, crossover, and dribble to the next cone.
2. The player will crossover at all 3 cones before making a pass to the coach at the elbow.
3. The player will then cut to the hoop, receiving a bounce pass and finishing with the outside hand.
4. The player will then grab their rebound and head to the back of the opposite line.

## COACHING TIPS:

- While you'll want to start with simple crossovers, try changing necessary dribble moves to get players to work on a variety of skills. You can have them go through the legs, behind the back, spin moves - or even a combination of moves!

### MAKE IT HARDER

- Instead of throwing a bounce pass, have the coach throw a high lob pass and see which player can finish the alley-oop layup!

### MAKE IT EASIER

- Instead of having players pull 3 crossovers, at the lower levels it is more than fine to start the drill with one simple move, a pass and a cut. This will prevent players from getting bogged down in a part of the drill that may be out of their skill range.

# 4TH QUARTER SHOOTING

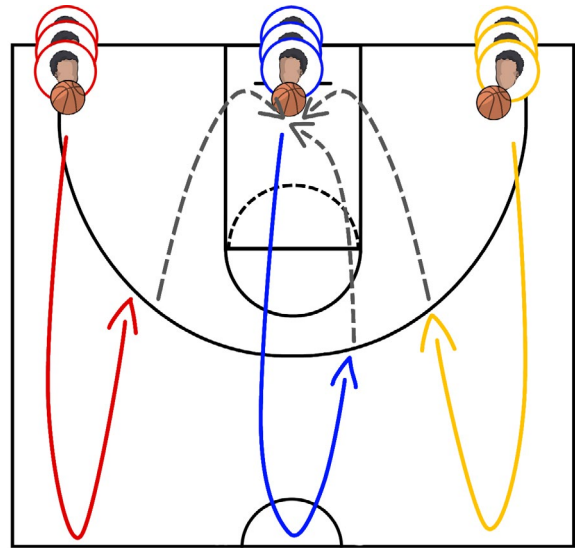


## PURPOSE:

To work on shooting fundamentals in a competitive environment where fatigue will become a factor, much like the 4th quarter of a basketball game.

## SETUP:

Split the players into 3 teams and have them form 3 lines on the baseline. The first player in each line will need a basketball.



## INSTRUCTIONS:

1. On the coach's signal, the first player in each line will dribble as fast as they can out to halfcourt, and then back towards the hoop, where they will take a pull-up jumpshot.
2. The player will then grab their rebound, dribble out to halfcourt again, come back down and take another jumpshot.
3. They will then grab their rebound, pass to their next teammate in line, and get in the back of that line while their teammate shoots.
4. For each made shot, that team receives 1 point.
5. Run the drill for 5 minutes - whichever team has the most points, wins!

## COACHING TIPS:

- You can make quite a few adjustments to this drill, playing to total score, changing shot locations - it makes for a fun competitive drill no matter what! Just remember that players will be tired, and when players get tired, their form will often begin to breakdown. As such, make sure you are focusing on range appropriate shots for your team's experience level and age - we don't want them chucking up 3 pointers and ruining their form in the

## MAKE IT HARDER

- For older more experienced players, have both shots be 3 pointers to keep the challenge high. This will also create longer rebounds, making the drill even more tiring.

## MAKE IT EASIER

- To make this drill easier, have players take either 1 or both shots as layups at the hoop - they will still get to work on conditioning, finishing under pressure, and competing with their teammates.

# X CLOSEOUT DRILL

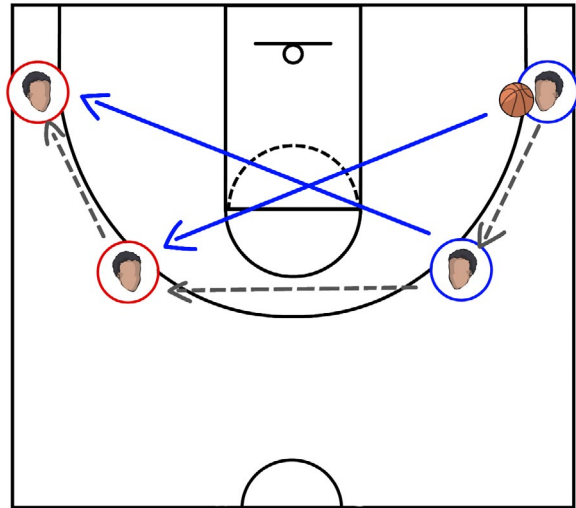


## PURPOSE:

To work on closing out under control, team defense and competitiveness.

## SETUP:

Divide the team into groups of 2, and have the first four players start on the court - one team on the left corner and wing, the other team on the opposite corner and wing. The player in the right corner will start with a ball.



## INSTRUCTIONS:

1. The drill will begin with the ball being passed from the corner to their teammate on the wing.
2. That player will then throw a skip pass to the opposite wing.
3. As this pass is in the air, the player in the corner will sprint across the floor to closeout on the player on the opposite wing.
4. After being closed out on, the player who received the skip pass will pass to their teammate in the corner.
5. On this pass, the player on the far wing will sprint across the floor to closeout on the ball in the corner.
6. At this point, the drill is live, and the 4 players play 2 on 2.
7. Once a team scores, the other team leaves the court, and the winners line up on the left corner as two new players step onto the right corner and wing.

## COACHING TIPS:

- Be sure to emphasize the importance of getting the butt low, chopping the feet down, and mirroring the ball with the hands as the key to a strong closeout.

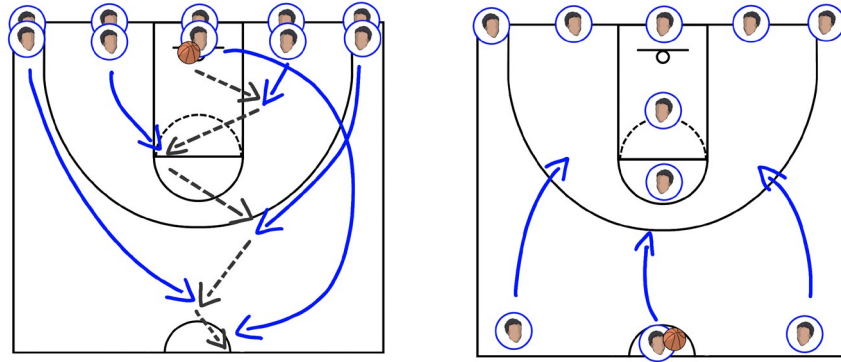
### MAKE IT HARDER

- To make this drill more difficult, we like to limit the offense to 3 dribbles. This will force players to be make a read, make a decision, and make a move. Feel free to penalize players for lazy closeouts as well by simply giving their team a loss if the defense isn't closing out with the right technique or intensity.

### MAKE IT EASIER

- To prevent the offense from being too aggressive and not allowing our defenders to work on their technique, make the offense wait for the coach's signal before they are permitted to attack the closeout or make the next pass.

# 5 MAN WEAVE, 3 ON 2 BACK



## PURPOSE:

To work on passing and communication as well as transition offense and defense.

## SETUP:

Put the team into 5 lines along and have them spread out along the baseline - one directly under the hoop, one outside each lane line, and the last 2 lines starting at the corner three. The player in the line in the center will start with a ball.

## INSTRUCTIONS:

1. The drill begins with the player in the center passing to either side of him and following his pass.
2. That player will then throw a lead pass to his teammate on the opposite lane line, and follow behind that pass.
3. Next, that player will make a pass to the line that left the opposite corner, all the way out wide, and follow that pass as well.
4. Lastly, that player will pass over to the opposite wide line, and follow that pass.
5. This will lead to the final pass, which should be from the player who started in the far outside line to the player who started the drill.
6. Once the ball reaches halfcourt, the last player to touch the ball will put the ball on the ground and run back to the paint to play defense.
7. The 2nd last player to touch the ball will join him on defense.
8. The rest of the players must touch halfcourt, at which point they will grab the ball and play a quick 3 on 2 transition situation.
9. Make or miss, the rep ends, and a new 5 step in to continue the drill.

## COACHING TIPS:

- Begin by literally walking through the drill, explain the passes and rotations step by step. Once players have that down, you can move up to 50% speed, and eventually full speed once they are fully comfortable.
- Also - you'll want players to get a quick shot up in transition - after 2 passes or several seconds, whistle the play dead if the offense hasn't shot yet.

## MAKE IT HARDER

- To up the intensity, have players run sprints or do push-ups every time they make a wrong pass or rotation in the weave.

## MAKE IT EASIER

- For younger players, you can run the exact same drill, just with 3 lines and a 2 on 1 in transition.

# DRIVE AND KICK

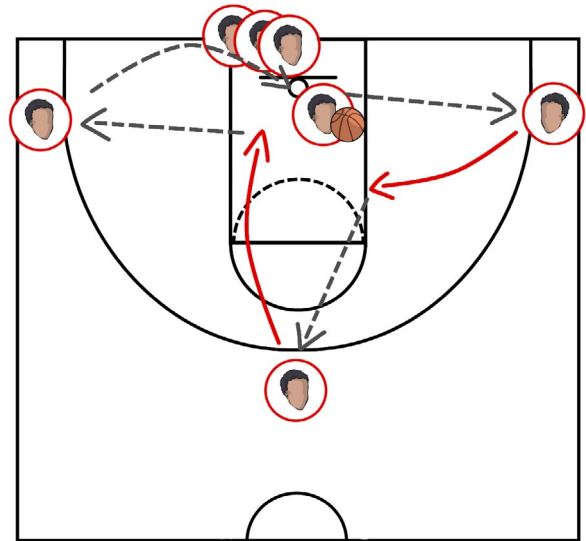


## PURPOSE:

To work on ballhandling, shooting, and a players ability to read and react appropriately to the defense.

## SETUP:

Have the players form a line underneath the hoop, and have the first four players step out onto the court - one in each corner, one at the top of the arc and one underneath the hoop with a ball.



## INSTRUCTIONS:

1. The drill will begin with the player under the hoop making a pass out to the corner.
2. That player will catch the ball, pump fake, sweep and drive to the middle of the court.
3. They will come to a jumpstop in the paint, pivot, and kick the pass out to the top of the arc.
4. That player will also catch the ball, pump, drive and kick, out to the corner.
5. This player will catch and shoot.
6. Each player will follow his pass, lining up where the player they just passed to had been earlier, with the rebounder stepping out from the line underneath the hoop.
7. Every time the player hits the corner 3, we put 3 points on the board.
8. The goal of the game is for the team to get as many points on the board as possible in 10 minutes

## COACHING TIPS:

- We want to emphasize the jumpstop on the pass so as to eliminate the possibility of a travelling violation on the pass - it's also a great way to stop under control in the paint, allowing the player to stay strong with the ball and shoot or pass as they see fit.

### MAKE IT HARDER

- For an even bigger challenge, take away 1 point every time the shooter misses - or if anyone on offense travels or makes a sloppy pass.

### MAKE IT EASIER

- Remove one of the lines, so players make one penetration, then pass for a shot. Have the final shot from 5-15 feet instead of all the way at 3 point range. You can also add an extra way for the players to get points - if they collect the rebound and get the putback without the ball hitting the ground, award the team 2 points.



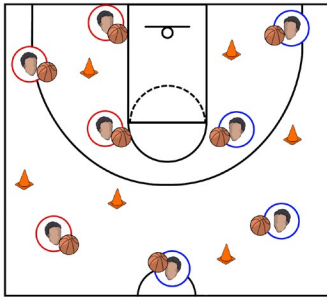
# PRACTICE PLANS



# BEGINNER PRACTICE PLAN (60 MINS)

**Dynamic Warmup:** (5 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

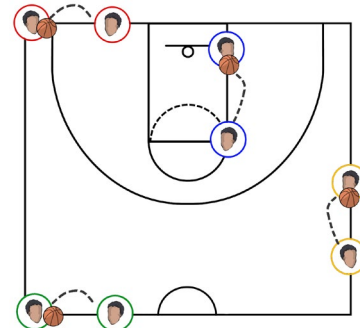
## LUMBERJACKS



### 5-10 MINUTES

One team tries to knock over cones while the other team picks them up, all while maintaining their dribble.

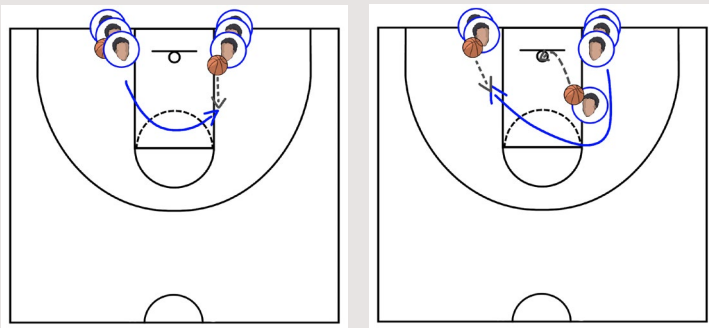
## PARTNER FORM SHOOTING



### 5-10 MINUTES

Players partner up, then take form shots, trying to land the ball on a line in front of their partner.

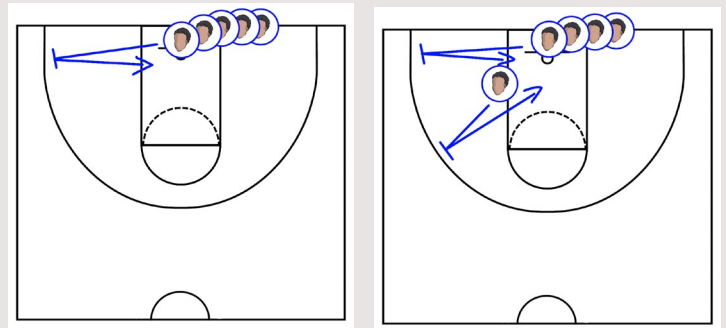
## CURL, CATCH & SCORE



### 5-10 MINUTES

Players curl across the lane, receive a pass and shoot.

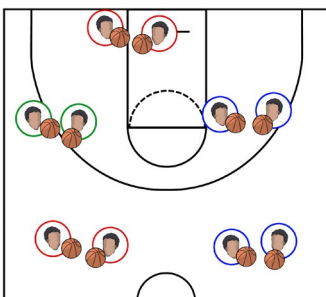
## NON-STOP CLOSEOUT DRILL



### 5 MINUTES

Players close out to the 3-point line, sprint back to under the basket, then repeat at 5 spots around the arc.

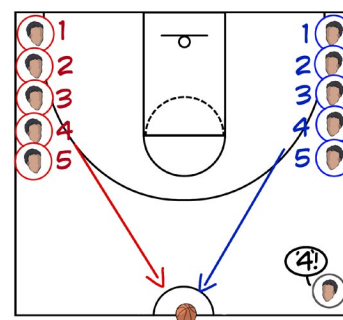
## DANCE-OFF!



### 5-10 MINUTES

Players partner up and create ballhandling routines they can perform for their teammates.

## ALL STAR DRILL



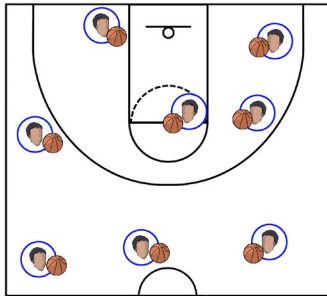
### 10-15 MINUTES

Coach calls out a number to create 1v1 through 5v5 mini-scrimmages.

# BEGINNER PRACTICE PLAN (60 MINS)

**Dynamic Warmup:** (5 Minutes): High Knees, Side Shuffle, Carioca, Backpedal

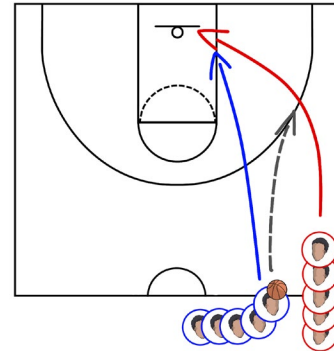
## BATTLE ROYALE



**5 MINUTES**

Players try to knock away their teammates ball while maintaining their own dribble.

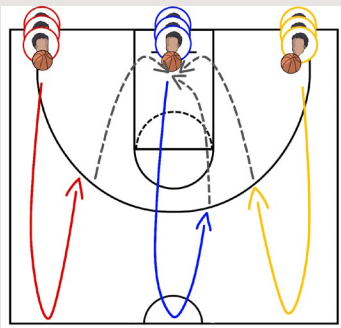
## FASTBREAK FINISHING



**5-10 MINUTES**

Players throw a lead pass to a teammate, then try to catch them before they can finish a layup.

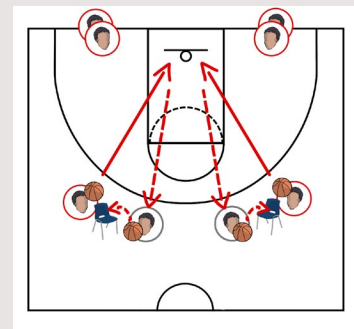
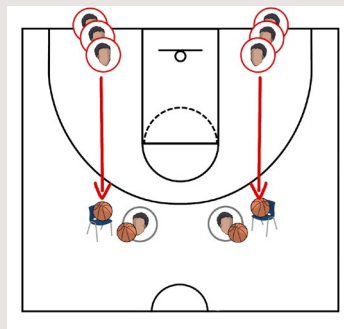
## 4TH QTR SHOOTING



**5-10 MINUTES**

Players dribble full speed to half court, then turn back and shoot.

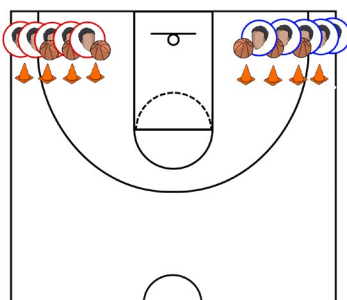
## CHAIR DRILL



**5-10 MINUTES**

Players sprint to the chair, grab the ball, then drive in for a layup.

## PRESSURE SHOOTING



**5-10 MINUTES**

Teams compete to make shots from four different locations.

## HALF COURT SCRIMMAGE

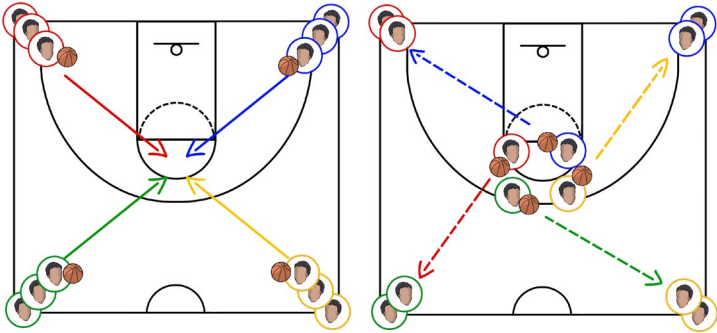
**10-15 Minutes**

Play short 3 on 3 or 4 on 4 games. Winner stays on. Other players practice ballhandling on sidelines.

# INTERMEDIATE PRACTICE PLAN (90 MINS)

**Dynamic Warmup:** (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal, Form Shooting

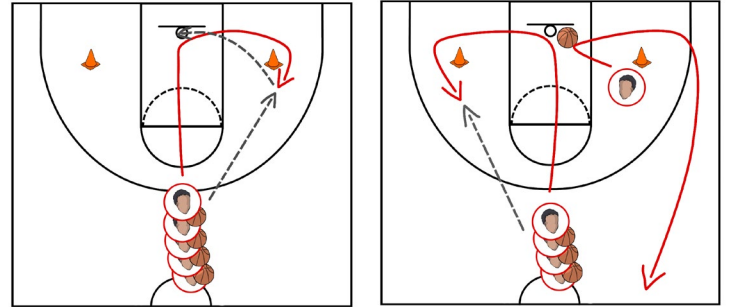
## LAKER PASSING



**5-10 MINUTES**

Players dribble to the middle, reverse pivot, and pass to the line on their right.

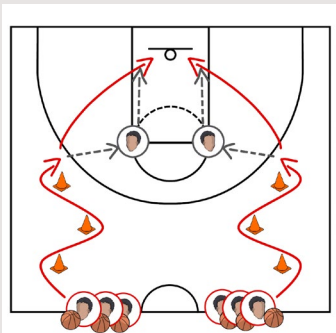
## CURRY SHOOTING



**10-12 MINUTES**

Players run around a cone, using it as flare screen, then catch and shoot.

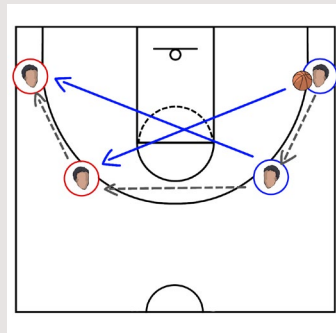
## KYRIE DRILL



**5-10 MINUTES**

Players make a series of crossover moves through cones, then finish with a layup.

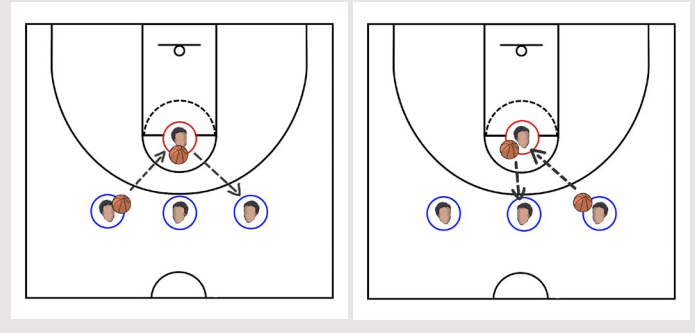
## X CLOSEOUTS



**5-10 MINUTES**

Players swing the ball to the opposite corner, close out, then play 2 on 2.

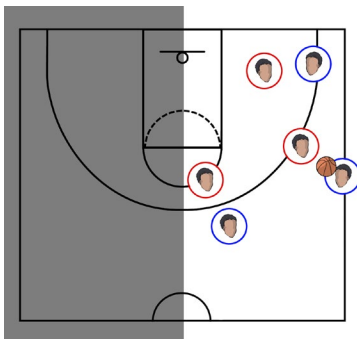
## PISTON PASSING



**5-10 MINUTES**

4 players set up in a triangle formation, then quickly pass the ball back and forth through the middle man.

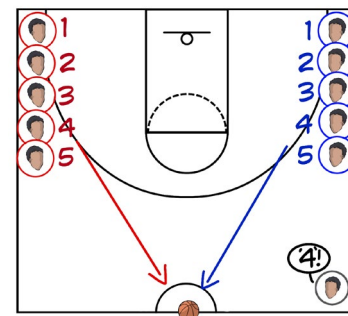
## PHONE BOOTH 3 ON 3



**10-15 MINUTES**

2 teams play a 3 on 3 game using only one side of the court.

## ALL STAR DRILL



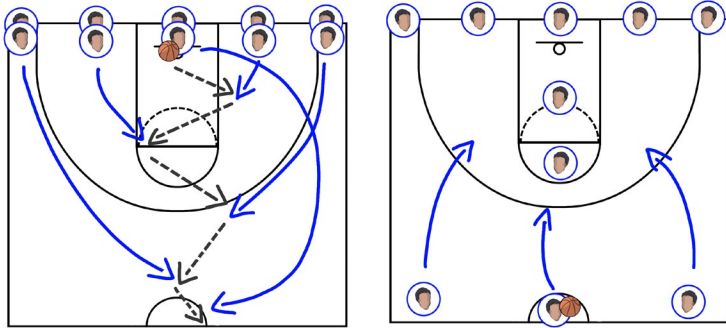
**10-15 MINUTES**

Coach calls out a number to create 1v1 through 5v5 mini-scrimmages.

# INTERMEDIATE PRACTICE PLAN (90 MINS)

**Dynamic Warmup:** (10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal, Form Shooting

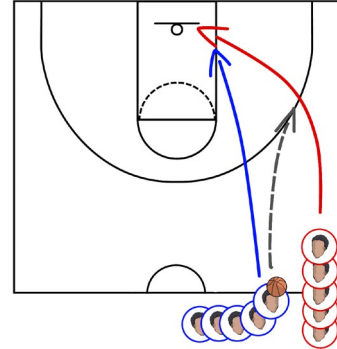
## 5 MAN WEAVE, 3 ON 2 BACK



### 5-10 MINUTES

5 players weave to halfcourt, then play a 3 on 2 coming back.

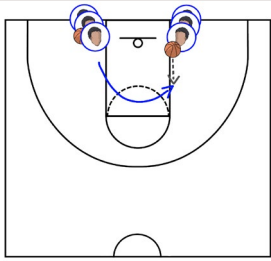
## FASTBREAK FINISHING



### 5-10 MINUTES

Players throw a lead pass to a teammate, then try to catch them before they can finish a layup.

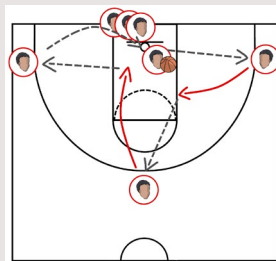
## CURL, CATCH & SCORE



### 5-10 MINUTES

Players curl across the lane, receive a pass and shoot.

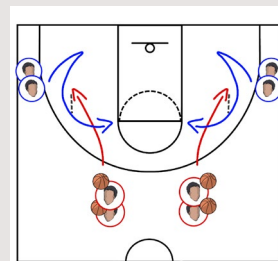
## DRIVE AND KICK



### 5-10 MINUTES

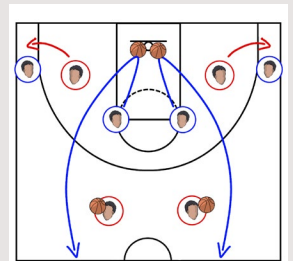
Players penetrate to the basket, then kick the ball to a teammate for a shot.

## DRIBBLE HANDOFF

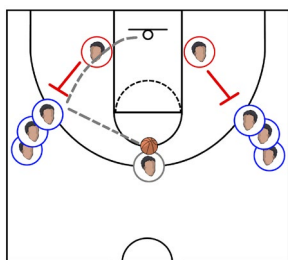


### 5-10 MINUTES

Players receive a dribble handoff, curl to the hoop and score.



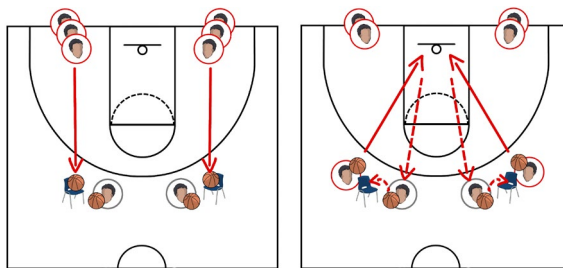
## CLEANING THE GLASS



### 5-10 MINUTES

Coach passes to a shooter, defenders box out and secure the rebound.

## CHAIR DRILL



### 5-10 MINUTES

Players sprint to the chair, grab the ball, then drive in for a layup.

## HALF COURT SCRIMMAGE

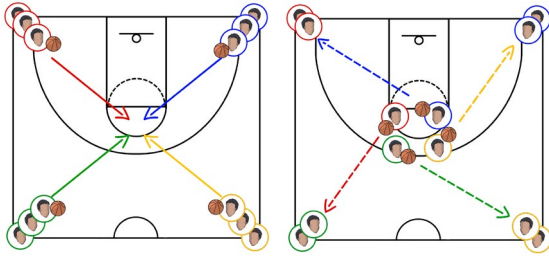
### 10-15 Minutes

Play short 3 on 3 or 4 on 4 games. Winner stays on. Other players practice ballhandling on sidelines.

# ADVANCED PRACTICE PLAN (120 MINS)

**Dynamic Warmup:** (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal, Form Shooting

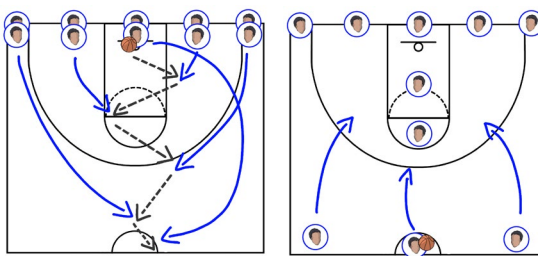
## LAKER PASSING



**5-10 MINUTES**

Players dribble to the middle, reverse pivot, and pass to the line on their right.

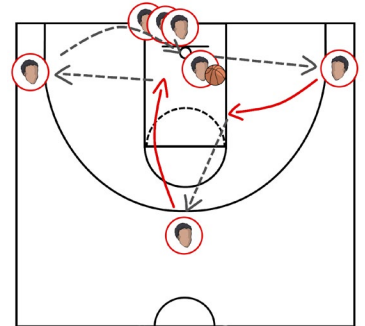
## 5 MAN WEAVE



**5-10 MINUTES**

5 players weave to halfcourt, then play a 3 on 2 coming back.

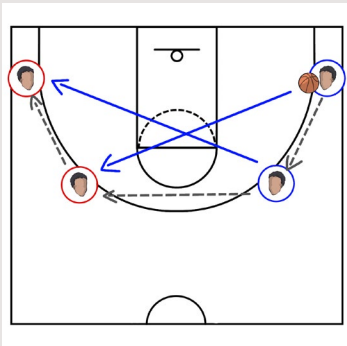
## DRIVE AND KICK



**5-10 MINUTES**

Players penetrate to the basket, then kick the ball to a teammate for a shot.

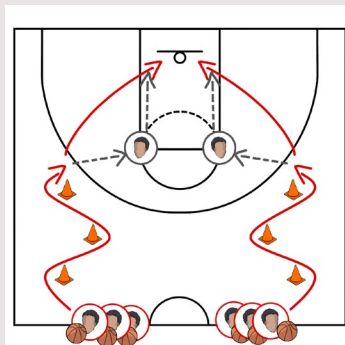
## X CLOSEOUTS



**5-10 MINUTES**

Players swing the ball to the opposite corner, close out, then play 2 on 2.

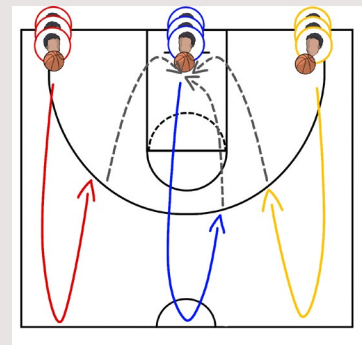
## KYRIE DRILL



**5-10 MINUTES**

Players make a series of crossover moves through cones, then finish with a layup.

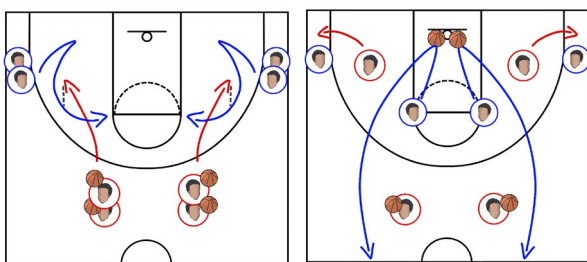
## 4TH QTR SHOOTING



**5-10 MINUTES**

Players dribble full speed to half court, then turn back and shoot.

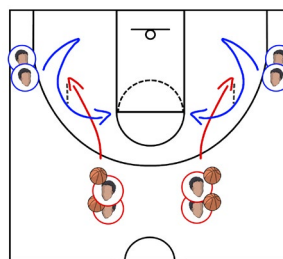
## DRIBBLE HANDOFF



**5-10 MINUTES**

Players receive a dribble handoff, curl to the hoop and score.

## ALL-STAR DRILL



**5-10 MINUTES**

Coach calls out a number to create 1v1 through 5v5 mini-scrimmages.

## HALF COURT SCRIMMAGE

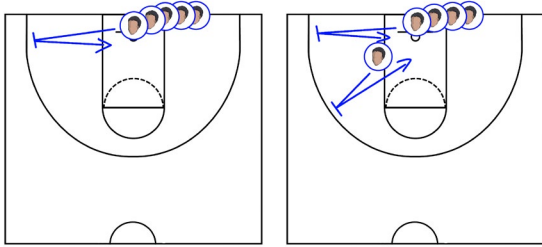
**10-15 Minutes**

Play short 3 on 3 or 4 on 4 games. Winner stays on. Other players practice ballhandling on sidelines.

# ADVANCED PRACTICE PLAN (120 MINS)

**Dynamic Warmup:** (5-10 Minutes): High Knees, Side Shuffle, Carioca, Backpedal, Form Shooting

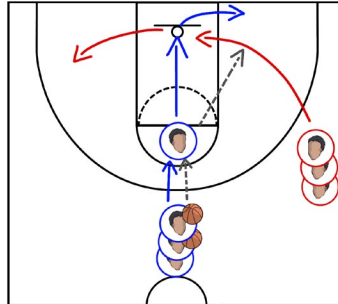
## NON STOP CLOSEOUTS



### 5-10 MINUTES

Players close out to the 3-point line, sprint back to under the basket, then repeat at 5 spots around the arc.

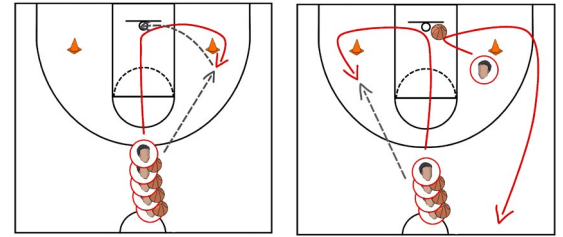
## PRINCETON DRILL



### 5-10 MINUTES

Players pass to the free throw line, then to a wing cutting back door for a layup

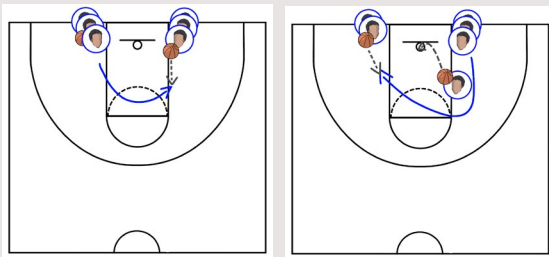
## CURRY SHOOTING



### 5-10 MINUTES

Players run around a cone, using it as flare screen, then catch and shoot.

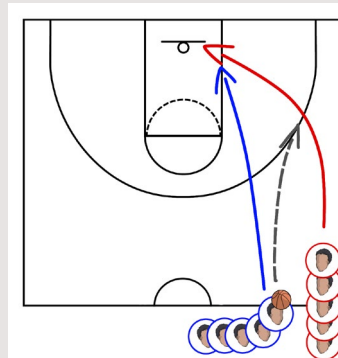
## CURL, CATCH & SCORE



### 5-10 MINUTES

Players curl across the lane, receive a pass and shoot.

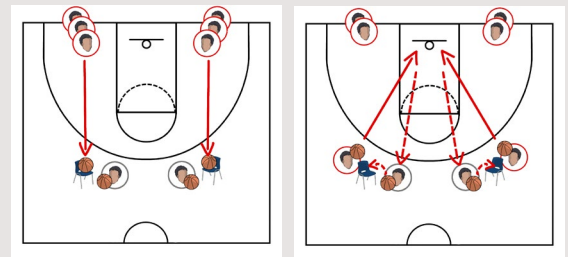
## FASTBREAK FINISHING



### 5-10 MINUTES

Players throw a lead pass to a teammate, then try to catch them before they can finish a layup.

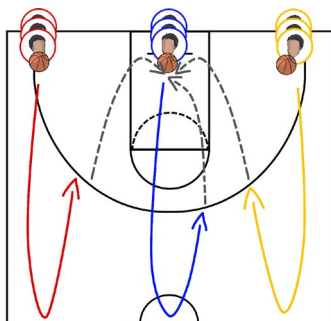
## CHAIR DRILL



### 5-10 MINUTES

Players sprint to the chair, grab the ball, then drive in for a layup.

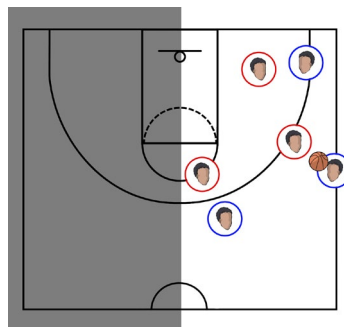
## 4TH QTR SHOOTING



### 5-10 MINUTES

Players receive a dribble handoff, curl to the hoop and score.

## PHONE BOOTH 3 ON 3



### 5-10 MINUTES

2 teams play a 3 on 3 game using only one side of the court.

## HALF COURT SCRIMMAGE

### 10-15 Minutess

Play short 3 on 3 or 4 on 4 games. Winner stays on. Other players practice ballhandling on sidelines.