

# CRNGBB: Drills for Feeder Programs



# Suggestions for a Youth practice

1. Shooting Habits
2. Individual Development
  - a. Passing & Catching
  - b. Footwork – Playing on balance and pivots
  - c. Incorporate ball handling
3. 1 on 1 Play Everyday
  - a. Closeouts
  - b. Full court for pressure
4. Don't try to do too much at once
  - a. Pick an objective or two, focus on that objective
  - b. Build up through progressions (teach a concept 2 on 2 or 3 on 3 and then work on it 5 on 5)
5. You might not be able to play man to man defense in games, but incorporate it in practice.



# Passing and Footwork



# Snake the Tree - First Step Drill([Click Here](#))

Emphasis: Get by and around the tree, and then keep them behind you (Click Link above to watch)

Sequence:

- Shot fake and drive by
  - Elevate toes and shoulders, sell eyes to the rim - take up space with first step
- Jab and go
  - Step away from where you want to go - rip hard below knee
- Step into, square, and go
  - Emphasis: Stick leg right into the middle of the defenders leg, lean into hip, and then open up and go into jab/rip



# USA Dribble Pivot and Pass ([Click Here for Video](#))

## Types of Passes

### 1) Bent Elbow Bouncepass

- a) Ball should be thrown from hip and ball should land  $\frac{2}{3}$  of way to target
- b) Fake one to make one

### 2) Bent Elbow Chest Pass

- a) Ball should be thrown from

### 3) Pound 3x pocket pass

Emphasize: Step to receive the pass, pass to the shot pocket

[Amended version for younger players](#)



# Star Passing ([Click here for video](#))

## Goal

- 10 Layups in a row in 2 minutes

## Emphasis:

- 1) Yell the name of the person you are passing to
- 2) Hands up to receive pass - run “through” the ball on the catch
- 3) Pass to the target hands – step to pass



# Passing Tag ([Click here for video](#))

- Each court will have two teams split evenly.
- 5 minutes on clock.
- Team A starts with the ball and they pass to teammates - no dribbling is allowed. Their goal is to tag a member of Team B with the ball. When tagged, the player is out.
- Team A keeps the ball until they turn it over (drop pass, walk, etc.). Team B gets the ball and both teams keep going until there is a turnover.
- On turnovers, the other team gets to bring one player in.
- Hint: Goal is to keep sprinting and try to pass to corner and opposing player.

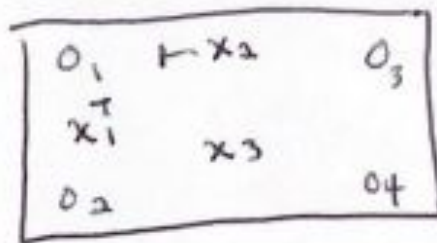
After 5 minutes, the team with the most remaining players wins.



## 4 v 3 Passing

Goal: Offense is using ball fakes, selling lies with their eyes, and trying to complete as many passes as possible.

- Everytime there is a turnover, it changes possession.
- 4 offensive players vs. 3 defensive players who are in passing lane.
- Offense can flash into open spaces but must keep one foot inside the set region (usually use a volleyball box).





# Individual Shooting



# KEY FUNDAMENTALS OF THE SHOT SEQUENCE:

## 1) Position 1: The Catch Point

### a) Balance

- i) Feet under hips
- ii) Butt down - Chest up

### b) Starting point – Ideal to catch with ball on dominant hip

## 2) Position 2: The Release Point

### a) Hand and elbow under the ball In line with dominant leg

### b) Ball at/about eye level

### c) Guide hand merely helps us hold the ball

## 3) Position 3: The Release and Follow through

### a) Extend and release ball off fingertips

### b) Hold follow through at the target

### c) Shoot through the guide hand – guidehand fingers point to target

### d) Stay on balance



# Key Explanations

- 1) Building proper alignment and base
- 2) Starting Point
- 3) Set Point
- 4) Follow Through
- 5) Adding your Guidehand
- 6) Sequence and Timing



# IG - Mason.Elite Basketball

Highly recommend following this on Instagram for youth shooting workouts.

[Shooting it Straight](#)

[Hand under ball](#)

[5 layers of shooting](#)

[At home Drill Series](#)

[Sequence - Form shooting without ball using target line.](#)



# St. Anthony's Shooting

Time: 2 Minutes

Players must make 2 15 footers in a row from 5 spots

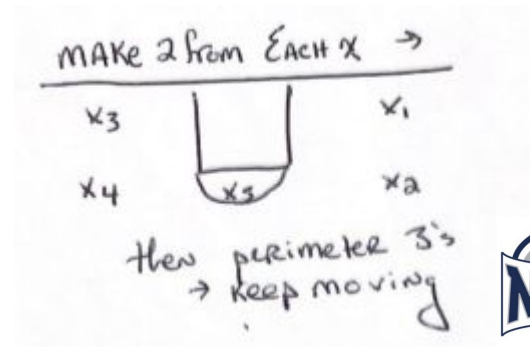
Right Corner – Right Wing → Left Corner → Left Wing → Top of Key

Once the player completes those 5 tasks, the goal is to see how many 3's he can make moving around the perimeter before time runs out

Do not count makes until 5 spots are complete

## Emphasis:

- Passers to the target
- Rebounders - ball doesn't hit the floor
- Shooters - reset



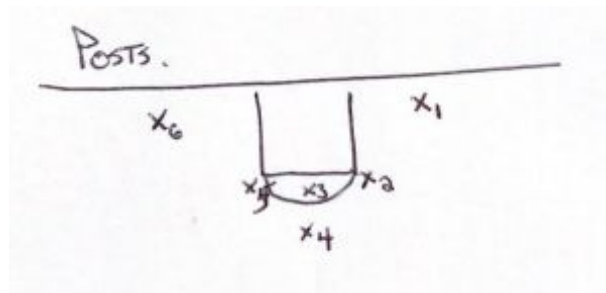
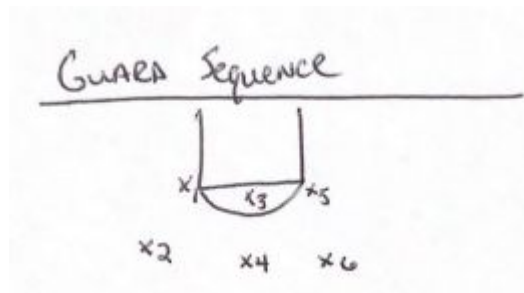
# 6 Spot Shooting

Sequence – 2 shots from:

- Guards: Left Elbow → Left Alley 3 → FT → Top of Key 3 → Right Elbow – Right Alley 3
- Forwards: Left Corner → Left Elbow → FT → Top of Key 3 → Right Elbow – Right Corner

Timed (1 - 2 Mins per shooter) OR

Competition - First players to 7 Makes



# Team Shooting Competition



**Lehigh 7's** — Split team up into groups of 6 or more at multiple baskets.

Spot 1: 7 made righty layups

Spot 2: 7 made lefty layups

Spot 3: 7 made right corner jumpers (2's or 3's or ability dependent)

Spot 4: 7 made right wing jumpers

Spot 5: 7 made point jumpers

Spot 6: 7 made left wing jumpers

Spot 7: 7 made left corner jumpers





# Susquehanna Shooting Sequence

Two lines on opposite wings

- V-cut □ Set up cut into wing (cut should be by volleyball line)
- Pass to outside shoulder
- Catch and square with inside foot

Alternate shots from opposite lines

Link: <https://www.youtube.com/watch?v=fCH-KH3PuOc>

## SEQUENCE

- Make 10 Slice Cut Layups
- Make 10 inside foot 2's
- Make 10 inside foot 3's
- Make 10 Drive and Kick right
- Make 10 Drive and Kick Left



# Finishes/Ball Handling



# Types of Finishes

Power Finish (2 Feet) (Include Prohop over defense)

Reverse

Hook

Up and Under

Rondo

Rondo to Up and Under

Spin

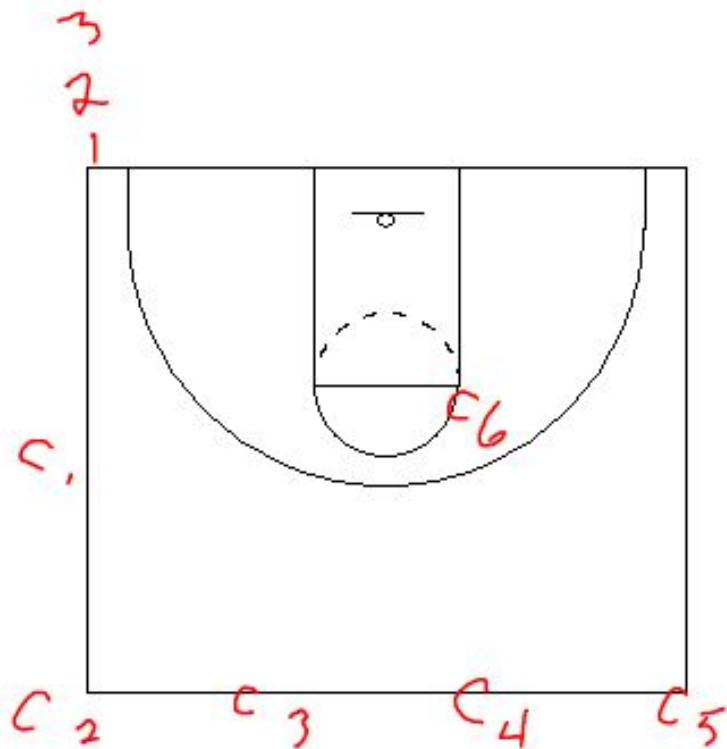
Half-Spin

## Emphasize:

- 1) **Drive by the defense** – *Keep going and finish*
- 2) **Shoulder to Chest** – *play on 2*
  - a) Use Patience and Pivots
- 3) **If beat to spot** - *change directions*
- 4) **Draw help** - *pass to where it came from*



# Chill Drill



1 will start on baseline -- in and outs right hand only  
Speed dribble from C1 to C2. Spin dribble and switch hands at C2.

Ball is now in the left hand. Drive from C2 to C3, and then back up dribble, protecting the ball away from imaginary defense. Quick Crossover after two backup dribbles, and then drive as hard as you can with ball in right going to C4.

At C4, halfspin (ball stays in right).

At C5, behind the back (ball is now in your left)

Drive hard to C6, and come to a near stop -- hesitation and change hands to drive hard to basket.



# Diamond Chair Drill ([Watch Video Here](#))

Sequence – Choose finishes

- Crossover
- Through the leg
- Behind the back

## TEACHING POINTS

- Step away from where you are crossing over
- Explode from last chair to basket



# Drew Hanlen - NBA Trainer Handling

Drew Hanlen says the best handlers are able to do three things - dribble with speed, dribble with control, and change direction. Here are some drills that work on those things:

**Drill:** Drew Hanlen Ball Handling Drills: [CLICK HERE](#)

In the video, renowned NBA Skills Trainer, Drew Hanlen, gives a series of ball-handling drills for players to help them improve their control and ability to handle quickly. The series goes through the following progression:

1. Control
  - a. Pounders → 5 Hard – 5 Quick
  - b. Pounders → East and West / North and South
2. Quick
  - a. Go as fast as you can both directions
    - i. Get comfortable switching hands → snap ball from hand hand
  - b. Between Legs
  - c. Behind the back
3. 30 seconds Free Reign



# Xavier - 150 Killer

## **DRILL:** Handling Drill: 150 Killer

[Click here for Video](#)

Players will complete:

- 1) 25 Quick low dribbles (Called “Kills” Ankle High)
- 2) 25 Pound Dribbles (Knee High)
- 3) 25 V Dribbles (in Front side to side)
- 4) 25 V Dribbles (On side front to back)
- 5) 25 pound - crossover- crossover
- 6) 25 pound - between legs - crossover



# Catch and Drive: ELBOW SCORING

## Sequence

- Offense starts in Alleys/Top of Key/Wing
- Throw ball to yourself
- Footfakes
  - Jab/Rip
  - Shotfake & Go
  - Middle Jab and go
- Pick group of finishes (work on a finish for 1:30)





## 2 v 0 V-Cut Finishes ([Click here for video](#))

Setup: - Line in each alley; Line on wings

Emphasis

- Wing v-cut and come to ball – show target hand
- Alley – Pass to the target hand
- Catch, square – jab/rips or middle jabs
- Finishes
  - Baseline Drives (Inside Hand, Pro-hop Power Finish, pull up jumper)
  - Middle Drives (multiple pivots)



# John Leonzo – Finishing Drills

## Types of Finishes (Game Footage)

## Finishing Warm-up Drill

## Cutter 1 v 1



# 1 on 1 Emphasis & Drills



# No Straight line takes – Guarding the Ball

## Keys to a good defensive stance

- Butt down, chest up
- Feet maintain a wide base (feet need to be at least under hips)
- Active hands
- Relaxed movement
  - It is not always a step and slide
    - Must be able to maintain stance but turn and run

## Oregon Women's Defensive Stances



# Guarding the ball - NO STRAIGHT LINE TAKES

Dictate the offense to their weak hand

- Position body so that offense has to go through you to get strong hand. Be relatively square to offensive player.
  - If guarding a right handed player, your right foot should be in line with offenses groin.
- Active hands
- On dribble, stay on their strong hip; don't let them spin back to strong hand.
  - If you start to get beat, spring to stay in front, but stay on that hip.



# Examples

[JD: Clip 1](#) -Watch #12. As the offensive player gets an advantage, he stays on the players hip, but sprints to stay with the player

[JD Clip 2](#) → JD gets on a side, dictates direction, and when offense gets advantage, he sprints to get back, but prevents from turning back



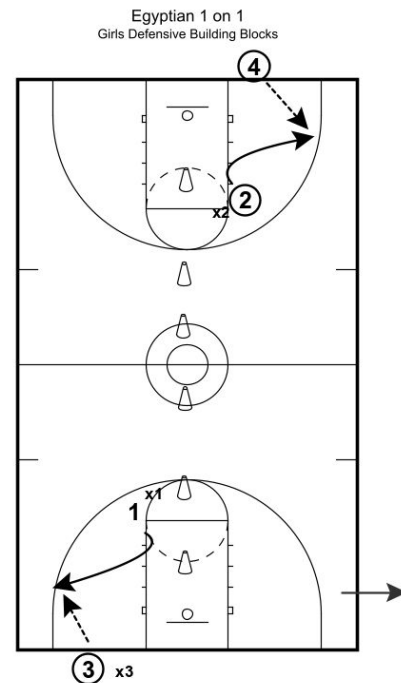






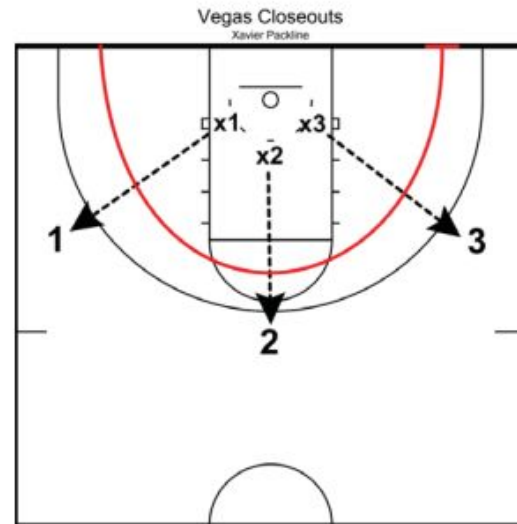
# Egyptian 1 on 1 (Full court 1 on 1)

- **SETUP**- Offense/Defense start at elbow; they only can play in the alley from middle to sideline. (We usually play on left side of floor)
  - A third offensive player inbounds the ball to the offensive player
- **Offensive Points of Emphasis**
  - Catch turn and face
  - Change speeds, use your weak hand to set up your strong hand.
- **Defensive Points of Emphasis**
  - Side position – don't give up long entries.
  - Force to weak hand
  - Stay on strong hip – if offense gains advantage, sprint to get back in front
    - Don't allow them to get back to strong hand



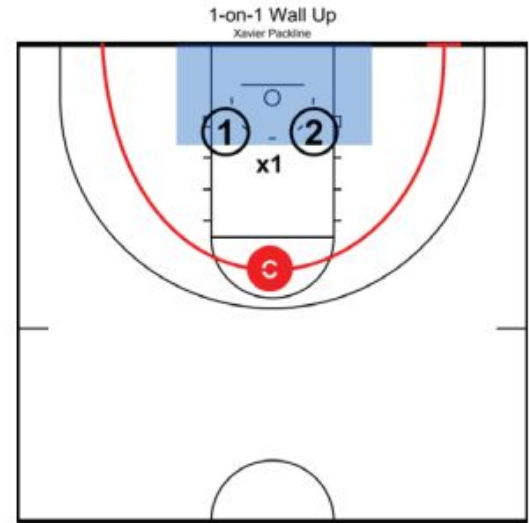
## Vegas Closeouts (Dummy and Live)

- **Early season/preseason teaching closeouts. We will first then live 1 on 1**
- **SETUP:** Offense on Wings. Defense starts on blocks w rolls ball to offensive player.
  - Defensive Emphasis:
    - Sprint outside shoulder forcing weak hand
    - High Hand with lead leg to take away jumper; wide hand to
    - Stay down on shot fakes
    - Cut off driving lane.



# Wall Up Drill

- Teaches how to defend within postbox without fouling
- **Setup:**
  - Coach will lob ball off of backboard to offensive player (1 or 2)
  - Offensive player will rebound the ball, and x1 will “wall up”
- **Defensive Emphasis**
  - Push 1 out of postbox with hips
  - Show the ref your hands → Keep hands up and behind ears
  - Do NOT leave your feet
  - Try to leverage body position to take away the offensive players
- [Alternate 1 on 1 Version \(Click Here\)](#)



# Hot Potato ([Click here for Video](#))

Goal: Teach players how to rip to create an advantage and then keep an advantage.

- Players will pass back and forth on wing until a coach says GO
- Player on the baseline will catch, rip and go to the basket.
- Offensive objective is to shield the defense
- If you are ahead of defense keep them behind you
- If they are on your shoulder jump into them.
- Defensively, try to get back in front of the offense, but most importantly, WALL UP and don't foul!



# UCLA 1 on 1 ([Click here for video](#))

## Sequence:

- Players pass back and forth shot ready on the catch. Offensive player should catch and be ready to jab/shot fake and looking to attack. If they don't have anything they give ball back to defense.

## Teaching Emphasis:

- Catch to score; be shot ready, if not, utilize foot fakes/shot fakes to move defense
- Attack the defense - take what it gives you



# Skip Closeouts

- Teach players positioning and closing out.

Skip Closeouts  
Girls Defensive Building Blocks



x1 starts pressuring the ball.

On the flight of the pass, they sprint to the gap, yelling gap.

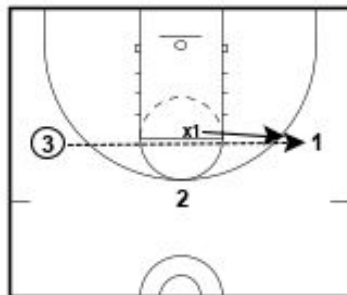
Skip Closeouts  
Girls Defensive Building Blocks



2 reverses to 3.

On this pass, x1 sprints to help line yelling "Help." They need to keep butt to baseline and have vision of who they are guarding and the ball.

Skip Closeouts  
Girls Defensive Building Blocks



3 skips it to 1. Should be an over the head snap pass.

Make sure 1 is ready to receive pass.

x1 sprints to closeout. Emphasize reacting on the flight of the ball.

Closeout with a high hand and outside offensive players shoulder forcing the ball handler to their weak hand.

Play 1 on 1 live.

