

CENTRAL RIVERHAWK BASKETBALL

CORE FUNDAMENTAL DRILLS

**The times listed behind the drill segments represent the time you need to include in your practice plans. Youth practices need to have a large emphasis on skill development.*

I. DRIBBLING AND BALLHANDLING DRILLS [15 MINUTES]

**Emphasize pounding the ball into the floor while keeping the ball knee high or lower other than the speed dribble where you need to dribble thigh high. Players must keep their head up to see the floor.*

CORE DRILLS

1. **Thunder Drill** (Hesitation/Inside-Out/Inside and Out with a Cross/Sit and Split/Regular Crossover)
2. **Tight Chairs** (Hesitation/Inside-Out/Inside and Out with a Cross/Sit and Split/Regular Crossover)
3. **Spread Chairs** (Hesitation/Inside-Out/Inside and Out with a Cross/Sit and Split/Regular Crossover)
4. **Kentucky Dribbling**
5. **Badger Dribble** (Regular Cross/Sit and Split/Behind the Back)
**Variation of this drill is that players would use 2 balls*
6. **2 Ball Dribbling Stationary-** (30 seconds each)
**Demand that they pound the ball into the floor on each dribble!*
 - a. Same-Knee High
 - b. Same-Ankle High
 - c. Same-Head High
 - d. Alternate-Knee High
 - e. Right High Left Low
 - f. Left High Right Low
 - g. Chase (Figure 8-Clockwise)
 - h. Chase (Figure 8-Counter Clockwise)
 - i. Continuous Cross Clockwise
 - j. Continuous Cross Counter Clockwise
7. **2 Ball Active** (Have them dribble the length of the floor and back)
**Demand that they pound the ball into the floor on each dribble!*
 - a. Same-Knee High
 - b. Alternate-Knee High
 - c. Alternate Zig Zag-Knee High
 - d. Alternate Zig Zag with a Regular Cross-Knee High
 - e. Alternate Zig Zag with a Cross Behind the Back-Knee High
 - f. Speed Dribble-Thigh High
 - g. Right is High-Left is Low
 - h. Left is High-Right is Low
8. **Chris Paul Drill**

AUXILLARY DRILLS

1. Attack and Retreat Dribble
2. Raider 8 (Stationary ball handling in a team circle)
3. Kill the Grass
4. Steve Alford Line Drill
5. 1 on 2 Dribbling (Full court in lanes)

II. PIVOTING AND BALL TOUGHNESS DRILLS [5 MINUTES]

**Emphasize sweeping the ball knee to knee and being strong with the ball.*

CORE DRILLS

1. 1 on 0 Pivot Drill
2. 1 on 1 Boss Drill (Defense should foul the offense)
3. 1 on 1 Boss-Make a Play
4. 1 on 1 War

III. PASSING/MOTION OFFENSE DRILLS [5 MINUTES]

**Emphasize that players should call out the names of the players they are passing too. In addition, they should use hand to hand passing and should jump to catch the ball and then work on being boss with the ball upon receiving the pass.*

CORE DRILLS

1. Partner Passing (Chest/Bounce/Wrap Around/Over Head)
2. Platteville Passing (2 Man and 3 Man)
3. 3 on 3 Perimeter Passing
4. 3 on 4 Perimeter Passing
5. Pig in the Middle
6. 3 on 3 Screen and Separate

AUXILLARY DRILLS

1. 5 Star Passing
2. 3 on 5 Full Court-Wisconsin
3. 5 on 7 Full Court-Press Break
4. Indiana 4 Corner Passing
5. Post Passing (2 on 2 or 3 on 3)
6. 3 on 3 Stay in Lanes
7. 4 on 4 Trap Drill

IV. SHOOTING FORM-TECHNIQUE [5 MINUTES]

**Emphasize the proper square up technique and other shooting fundamentals on our checklist.*

CORE DRILLS

1. 25/50/75/100 Percnet Shooting
2. Mass Shooting
3. DPS Shooting
4. Shot Builder
5. Toss-out Square ups

V. SHOOTING- GAME PREPARATION [15 MINUTES]

**Emphasize shooting at game speed and intensity while using the proper form.*

CORE DRILLS

1. Partner Shooting
(No dribble/1 Dribble/Shot Fake and 1 to 2 Dribbles/Alternate Jump Shot and Lay-up)
2. 3 Man 2 Ball Shooting-Hand in the face
3. 3 Man Platteville for Shots/4 Man Platteville for Shots
4. Line Shooting

AUXILLARY DRILLS

1. 2 Minute Shooting
(Make 5 baskets at each of the 5 spots on the floor designated by the Coach)
2. 1:30 Minute Shooting
(2 Baskets in a row at each of the 7 Spots on the floor designated by the Coach)
3. Chair Shooting (1 Ball, 2 Chairs)
4. Oklahoma Shooting (60 Seconds)
(Must get at least 22 Shots off and make 16 or it isn't good enough)

VI. PERIMETER AND POST SKILL DEVELOPMENT [10 MINUTES]

**Emphasize working at game speed and intensity.*

CORE DRILLS

1. Six Ways to Finish
 - a. High Off the Glass
 - b. Reverse Lay-up
 - c. Stockton
 - d. Power Lay-up
 - e. Vicious Pivot
 - f. Hips Through
2. Jab Series
 - a. Jab and Go
 - b. Jab and Rip
 - c. Jab and Jumper
3. Post Series
 - a. Drop Step Baseline
 - b. Drop Step Middle
 - c. K-Love Baseline
 - d. K-Love Middle
 - e. Up and Under Baseline
 - f. Up and Under Middle

AUXILLARY POST DRILLS

1. Tip-in Drill
2. Baseline Spin Outs
3. Wall Drill
4. X-Out Drill
5. Box Drill
6. Chair Drill
7. Short Corner Drill
8. Mikan and Reverse Mikan Drill
9. Rip and Chin Drill
10. Block to Block Drop Steps

VII. DEFENSE [15 MINUTES]

**Emphasize the proper stance and defensive techniques such as vision, on the ball and off the ball defense drills.*

CORE DRILLS

1. On the Ball Defense
 - a. Trace
 - b. Pop-up and Back
 - c. 2 Dribble Slide to Dead Call
 - d. 1 on 1 Close-outs
 - e. 1 on 1 on the side
 - f. 2 on 2 on the side
 - g. 3 on 3 on the side
 - h. 3 on 3 on the top
2. Off the Ball Defense
 - a. Vision Drill
 - b. Ball Side/Help Side
 - c. Defending Down/Cross/Back/Ball Screens
3. Team Defense
 - a. 4 on 4 Shell
 - b. 4 on 4 Helpside
 - c. 5 on 5 Shell
 - d. 4 on 5 Open Post
 - e. 4 on 5 Open Perimeter
 - f. 5 Man Change Drill

VII. REBOUNDING DRILLS [5 MINUTES]

**Emphasize boxing out by having the defensive players put their butt into the offensive player's thighs and maintaining contact before attacking the ball. Offensive players need to attack each rebound like it is a loose ball.*

CORE DRILLS

1. 5 on 5 Team Rebounding (Keep score, losers run)
2. 5 on 5 Perimeter Rebounding
3. 1 on 1 Box Out
4. 4 on 4 Shell Rebounding (Coach yells shot and defense holds their box outs for 2-3 seconds)
5. Rebounding by Numbers
6. 3 on 3 Rotate the Box

AUXILLARY DRILLS

1. Weakside Rebounding Drill
2. 2 on 1 Rebounding
3. Rip it Drill
4. 5 on 5 Michigan State Rebounding
5. Manhattan 1 on 1 on 1 Rebounding
6. 3 in a Line Block Out

VIII. MOTION OFFENSE [15 MINUTES]

**Emphasize spacing, ball movement and player movement including cutting and screening.*

CORE DRILLS

1. 4 on 0 All Cuts
2. 4 on 0 Cuts and Screens
3. 4 on 4 Live
4. 5 on 0 All Cuts
5. 5 on 0 Cuts/Screens
6. 5 on 5 Live