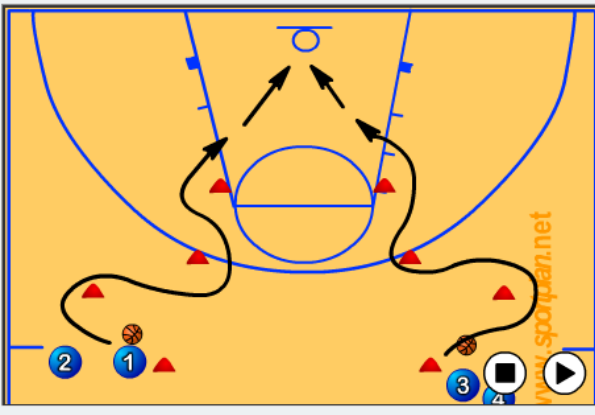


Changing Hands



Description

Player 1 dribbles the ball with their right hand, change to the left and then go for a lay up shot. Player 2 starts with the left hand, then changes to the right before attempting a lay up.

Coaching Points

- 1st change must be a cross over dribble
- Knees flex and a change of hand in the low dribble
- Progressions - teach between the legs, behind the back, spin dribble.

Cat and Mouse

Description

Set up two wide cones with 2 teams facing each other. Both teams are going in the same direction around the cones. The goal is to catch up with the other team to tag or over take them. The team that does this is the winner. Each player will complete a full circle around both cones before passing to the next player.

Coaching Points

Try to make two evenly matched teams to make this drill more interesting. Which team will get all their players around the fastest?

1 on 1 continuous

Description

Split into 2 lines and have a line on either side of the court.

One player in the middle with a basketball.

The player in the middle will pass to the 1st player in one of the lines. After the pass is made that player will go and defender the receiver of the pass.

They will play 1v1. Only 1 shot is allowed.

Once a shot has been taken the ball will be passed to the opposite line where the offensive player will become the defender.