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|--|---|
|  | Lay-ups-Dribble: lay-ups, pass no dribble lay-ups. Pass and dribble layup drills. Work on technique and finishing |
|  | Footwork: Triple Threat (dribble, pass, shoot). Catch, Pivot to the basket, both feet without traveling, balance, Jump Stops Squaring to the basket by pivoting, then pivot 360 degrees properly as a drill. Pass, jump stop, pivot, pass. |
|  | Shooting Fingertips: point index finger at back-of-rim, jump, plenty of arc, and follow through. Power foot slightly forward. |
|  | Ball Handling: Practice dribbling with both left and right hands. Work stationary drills. Start with ball wrapping drills, around the head, waist, and legs, one leg wraps, figure 8's. Focus on fingertips and proper execution. After stationary, have them dribble and move, eyes up, allow mistakes and always encourage. Left and Right hand dribble drills. See Videos |
|  | Incorporate: Try to incorporate passing dribbling shooting skills in the same drill, Halftime(video). As the skill level improves |
|  | Longer Passing Drills 5 out, ball reversal, flat hard passes. |
|  | Offensive Transition-Fast Break Work on rebounding and outlets to the proper side. Link pass to players ahead of the ball and running lanes, everyone running. |
|  | Deffensive Transition: ensure non-rebounding players head to half court to stop transition. Rebounding player, players below the free throw line, go hard on rebounds. |
|  | Rebounding-Correct Footwork: and positioning, body contact and arm bar, shielding defender from the ball. Free throw, don't step to the basket, step into opponent. ANTICIPATE THE SHOT. |
|  | Screens-Introduce Proper Screening: More pass and screen away. Aim screening in the back pocket of the defender. Plant both fit and cross arms. Your team mate needs to wait for the screen to be put in place before he/she moves. Cutter needs to brush shoulders of the screen ensuring the defender is chasing. |

*Let your players know the boundaries and consequences of actions. Follow through so they know what is expected. You will be pushed. That's normal. Communicate clearly.

DRILL LINKS



SHOOTING

<https://www.youtube.com/watch?v=ZQvx6PXqYI4>

2 BALL DRIBBLING DRILLS

<https://www.usab.com/basketball/media/videos/2014/12/2ball-dribbling-routine.aspx>

under 12's

| FUNDAMENTALS | U12's |
|--------------------------------------|-------|
| Running - Change of pace / direction | M |
| Stopping – jump stops & stride stops | M |
| Pivoting – forward & reverse | M |
| Court terminology | M |

| PASSING / RECEIVING | U12's |
|---------------------------------|-------|
| Catching/receiving (10 fingers) | M |
| Move to ball | M |
| Chest pass | M |
| Bounce pass | M |
| Overhead pass | R |
| Baseball pass | R |
| Pass fakes | R |

| SHOOTING | U12's |
|----------------------|-------|
| Lay-up - strong hand | M |
| Lay-up - weak hand | R |
| Reverse lay-up | R |
| Set shot | R |
| Jump shot | I |
| Foul shots | M |
| Power Lay-up | R |
| Catch & Shoot | R |
| Dribble & Shoot | R |

| INDIVIDUAL DEFENCE | U12's |
|---------------------------------------|-------|
| Defensive stance | M |
| Maintaining position | M |
| Footwork - shuffle/drop-step | M |
| Use of hands | M |
| Turning the dribbler | R |
| Channelling the dribbler | R |
| Man-to-Man - guarding ball handler | M |
| Man-to-Man - 1 pass away, 2 or more | R |
| Defensive Triangle (pointing pistols) | R |
| Jumping to the ball | R |
| Close out | R |
| Defending cutters | I |
| Defending screens | I |
| Defending post players | I |

| TEAM OFFENSE | U12's |
|------------------------------|-------|
| Court spacing | M |
| Ball movement, ball reversal | R |
| Pass, cut and replace | R |
| Give and go | R |
| Dribble entries | R |
| Screen the ball and roll | I |
| Screen away | I |
| Skip passes | I |
| Back screens | I |
| Down screens | I |
| Cross screens | I |
| Offensive alignments | R |
| Fast break | R |
| Motion offensive principles | I |
| Zone offensive principles | I |

| OUT-OF-BOUNDS PLAYS | U12's |
|---------------------|-------|
| Offensive baseline | R |
| Defensive baseline | R |
| Offensive sideline | R |
| Defensive sideline | R |

| REBOUNDING | U12's |
|---------------------------------------|-------|
| Stance, positioning | |
| Protection of ball | |
| Positioning | |
| Offensive - power layup | |
| Defensive - outlet pass/power dribble | |

| DRIBBLING (STRONG & WEAK HANDS) | U12's |
|-----------------------------------|-------|
| Speed dribble | M |
| Control dribble | M |
| Power dribble | R |
| Retreat dribble | M |
| Change of pace/hesitation dribble | R |
| Crossover dribble | M |
| Reverse (spin) dribble | R |
| Behind back dribble | R |
| Between legs dribble | I |

| RULES | U12's |
|-----------------------------------|-------|
| Scoring | |
| Double (illegal) dribble | |
| Travel | |
| Backcourt violation | |
| Jump ball - start of each half | |
| Jump ball - held ball | |
| Fouls - hands | |
| Fouls - blocking | |
| Fouls - on shooter | |
| Five fouls on a player | |
| Eight team fouls | |
| 3 seconds in key | R |
| 5 seconds guarded | R |
| 8 seconds in backcourt | R |
| Jump balls - held ball | M |
| Out of bounds | M |
| Free throws - positions and rules | M |

| JUMP BALL | U12's |
|-------------------------------------|-------|
| Positioning (offensive & defensive) | M |
| Technique | M |
| Plays | R |

| TEAM DEFENCE | U12's |
|------------------------------------|-------|
| Half court - man-to-man | R |
| Full court - man-to-man | R |
| Rotation principles | I |
| Zone press | I |
| Run and jump | I |
| Zone defence (2-1-2, 1-2-2, 1-3-1) | |
| Fastbreak defence | R |
| Trapping | I |



I = Introduced
R = Reinforced
M = Mastered