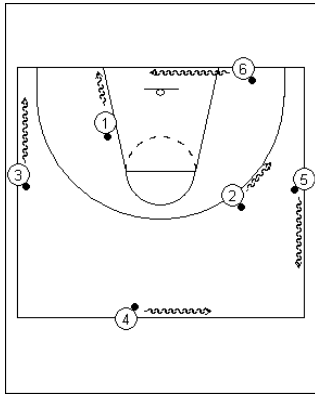


Drills of the month

This month we feature a variety of drills that may be done with players of all ability and age levels.

Dribbling Drills

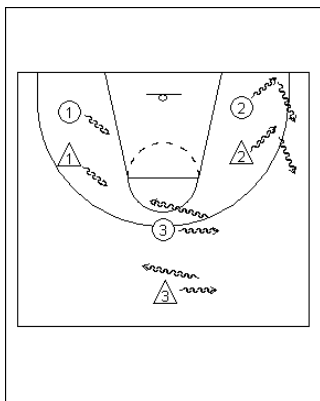
Pac Man



All players have a basketball. Coach nominates 2-5 players to be "ghosts" (depends on the size of your group).

The object of the game is for all players to dribble on any lines on the court. The ghosts have to dribble and chase all the other players. Once you get tagged you sit on the line and act as a road block (no one can go past the road block except the ghosts). The game is over when every player is caught.

Mirror Dribbling

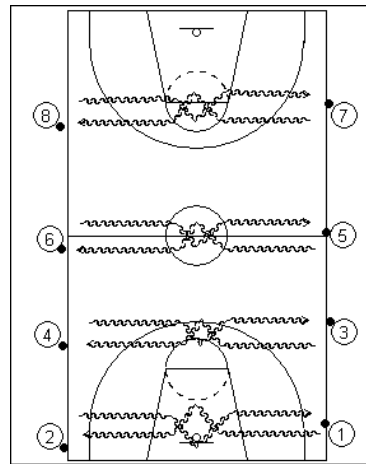


Players work in pairs facing each other. One player takes the lead while the other player mirrors the type of dribble. While mirroring, the opposite player should try and maintain close contact with the lead dribbler.

Players should vary the type of dribble while using the whole court. Players change the leader after 10-15 seconds.

Emphasis: is on players making a good change of direction and pace (speed).

Partner dribbling (Chicken)



Players face opposite one another on the sidelines. All players start on the coach's instructions or whistle.

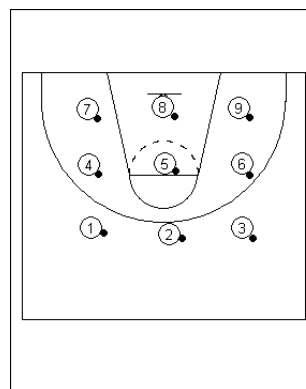
Players dribble towards one another and make a dribble move in the middle of the court (crossover, between the legs, behind the back, spin etc.).

Once both players hit the opposite sideline they change direction and repeat the sequence till they are back where they started.

Note, players start in a stance with the ball, dribble fast towards one another, then play "chicken" before changing direction.

Vary drill be using both hands and using different dribble moves in the middle, including combinations (eg, between the legs/ crossover).

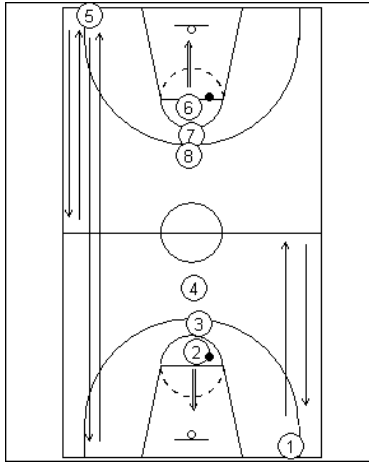
Mass Dribbling



Players dribble on the spot using both the right and left hand. Different types of dribbles may be used:

- side (up and back)
- front (left to right)
- crossover dribble in front (below knees)
- protection dribble (ball at back of back foot, non-dribbling hand out in front)

Free Throws



A simple but effective drill to shoot free throws with concentration.

8 or more players 2 or more balls.

A player shoots 2 free throws in a row.

If he misses 1 he runs to the mid line and back to the base line.

If he misses 2 he runs to the mid line to the base line to the end line and back to the base line.

If player makes both free throws they do not run. Instead, they help rebound.

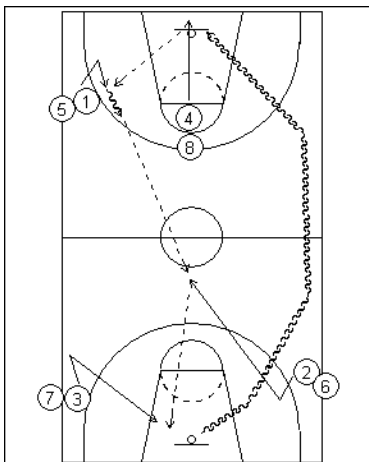
In this case 1 has missed 1 shot and 5 has missed 2 shots.

Shoot 5 or more sets of 2 free throws.

Father Judge Drill

This is a great warmup drill that covers the areas of:

- passing and catching
- making leads
- dribbling
- footwork
- rebounding



The drill starts with a rebound by player 4 who makes an outlet pass to player 1. Player 1 then makes a hard dribble towards the middle of the court and makes a pass to player 2. Player 2 catches the ball and "rips" it through to make a pass to player 3 (who is making a back cut). After player 3 has made a layup (power) they then dribble as fast as they can full court (beat the buzzer).

Rotations are:

- 1 to 2
- 2 to 3
- 3 to 4
- 4 to 1

Variations: Can make player 4 take the ball out of bounds on a made layup. Also, player 3 may play defense on player 5 after making the layup (conversion from offense to defense)

Skipping Workout

Skipping is a great conditioning exercise. A skipping rope is one of the first things I give to all my athletes. Skipping will assist with footwork and coordination.

Why not use the following skip workout:

- * How many jumps can you do in 20-30 seconds?
- * Skip for 20-30 seconds and then go onto the next jump.
- * Start skipping for 3 minutes and build up to 5 minutes plus.
- * Use this as a warm-up in conjunction with ball handling and dribbling before stretching

1. Jump both feet
2. Right foot only
3. Left foot only
4. Forward and back with both feet
5. Forward and back with right foot
6. Forward and back with left foot
7. Side to side with both feet
8. Side to side with right foot
9. Side to side with left foot

Advanced

10. Triangle both feet
11. Star jump
12. Letter "W" jump
13. Double jumps

For more great information on skipping, including how to measure your rope so it is the right length, and how to turn your rope click on the following link:

<http://www.mysportsguru.com/CDA/Article/1,1093,1-1004-1463-2000,00.html>

Remember that a skipping rope can be taken anywhere with you!