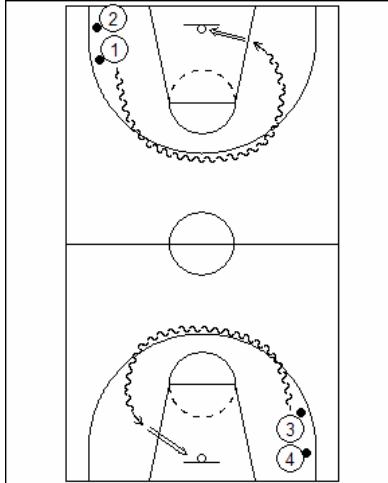


Drills

Circle Game

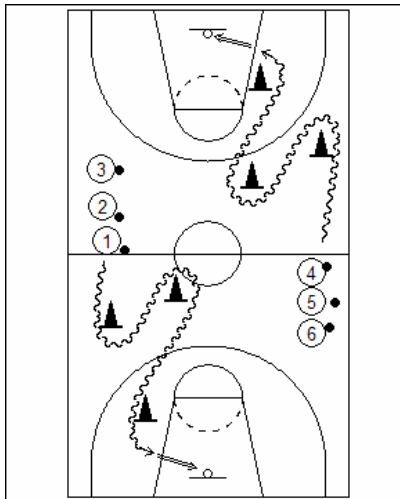


Divide group into two teams (every player has a ball). Players dribble around the 3pt circle and then make a layup. Next player does not go until the player in front makes their layup.

Variation:

- Have players pull up at the block to shoot a short jump shot.

Slalom Dribbling

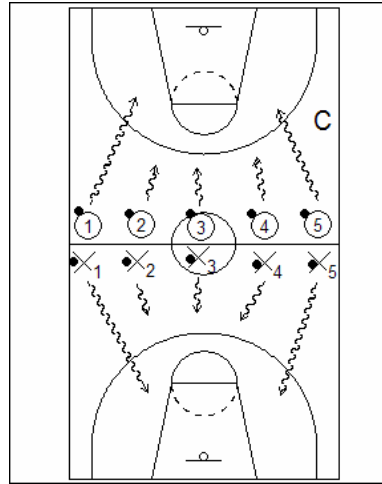


Divide players into two teams (everyone has a ball). Players dribble between and around the witches hats (slalom) and make a layup. The next player does not start until the layup is made and the ball rebounded out of the net.

Variation:

- the team which makes the next baskets in a set period of time wins
- players may pull up at the block and make a jump shot

All to the basket (beginner game)



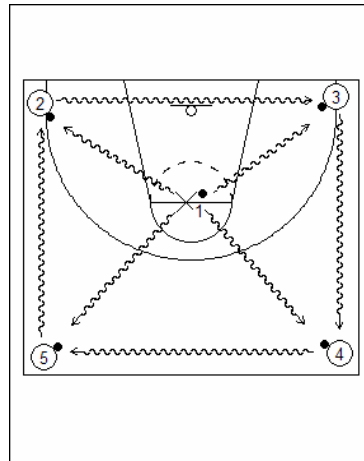
Players are divided into two teams and stand back to back (everyone has a ball). When the coach calls "go", all players dribble towards their basket and make a layup or jumpshot. Those players who score a basket dribble back to the starting point, while those who do not score immediately have three chances to do so. If they do not score after three attempts they return to the starting point anyway.

The team who finishes the game first and has all of their players sitting down wins.

Variation:

- The game can also be started from a sitting position, kneeling down, lying on your back or on your stomach etc.
- use different shots (e.g. layup, pull up jumps shot).

Four Corners Game



Players form a square (everyone has a ball) and one player in the middle tries to occupy a free corner. Coach calls "go" and the players at the corners must change place while dribbling while the player who is "it" must try to occupy a place. The player who remains without a place becomes "it" and the game begins again. It is important to establish the direction of movement at the beginning of the game (e.g. clockwise, counterclockwise or free)