

# Youth Coaching Clinic

**7:30-9:00**

Dynamics Knee-ups-High Knees / High Kicks-But kicks / Lunges-Jog / Quick skips-Bounders  
Lateral Slides – Def. Slides / Karaoke / Ankles-Jog

## Dribbling:

Ball Handling Drills:

Stationary Dribbling: (Stance, Push the ball, below hip, Where does it bounce?)

On the move: (Down & Back, Hesitation, X-Over, R's & L's?? Head up?)

Dribble Games: (Dribble tag, Dribble K.O, Dribbling Mino's?)

## Passing:

2-man parter passing series: (Chest/Bounce/Overhead, Push-passes, Post-entry pass)

Shuttle Passing: (Organize to involve multiple players)

3-Man Weave: (Variations)

Indiana 4-Corner Tips: (Passing Technique, communication, & Pivoting)

Passing Games: (Circle Clap, Machine Gun/Water Gun!)

## Shooting: [Catch/Turn/Dip/Guide Hand/Finger/Eyes/Hop/Sweep?]

Perfect/Wall Shots: (Technique)

Lay-ups: (Plant foot, angle)

Blocks: (Catching & Shooting)

Spot Shooting: (Partner shooting)

Harvard Shooting: (3-Players 1 or 2-balls)

## Higher Level Shooting:

2-Ball / 3-Ball (Shooting, rebounding, passing, moving, ready to shoot, Communication)

StoneHill Spots (Same as spot shooting, adding a scoring system)

**Shooting Games:** Beat The Pro / Bird-Cage / Jaguar Shootout (K.O increases bad habits)

## Offensive Breakdown Drills:

V-Cuts: (Catch & Rip = Triple Threat)

Back-Doors: (Sell & Communicate)

2v1 Cut off Screen (Practices setting, using, reading screens properly) (Add 2<sup>nd</sup> passer)

3v3 PLAY! (Let them play, breakdown your rules, spacing, cutting, over-dribbling)

**TRANSITION:** (3v2, 3v2-2v1, 5v0 Resp, 2v0 Outlet drill, 3v0 Break, 5-Across Transition)

## Higher Level Drills

Drive & Kicks/Dish

Baseline Cuts & Elbow Scores

Lakers

Skip Series



### Basic Defensive Breakdown Drills:

- UCLA (Def basic stances, turns, slides, jump-ball?)
- Zig-Zag (Sliding stances, adding jump-turn, Sprint?)
- Foul lane Zig-Zags: (Make zig-zags important!)
- 1v1 Deny (Positioning, technique, & awareness)
- 1v1 Closeouts (Technique of sprinting out to a shooter)

### Higher Level Def Drills:

- 1v1 Deny on each Wing (Stance, footwork, body positioning)
- 3v1 Closeouts (Great for reacting to a dribbler and getting into a 3v3 def. focus scrimmage)
- 4v0 Shell (Defensive positioning, ball-u-man principles)
- Circle Transition (Def responsibilities in transition)

### Rebounding:

- Umbrella (Box out technique & footwork basics)
- Jump Ball (Ripping the ball at apex)
- Sumo (Box-out game)
- My-Ball (Ripping the ball)
- 3-Man Box-Out (3-5 seconds, corner of court)
- 4v4 Reb Shell (Team Box out competition, game-like)

### Plays?

6-Spots = Motion

8:45 – Q & A: