

WHS

Basketball Drills

(*=Drill that we will do almost every practice.)

*Ball Handling:

Ball-Pops	Around legs/waist/head
Around each leg (solo)	Figure 8 (in air)
Figure 8 (Dribble)	Spider
Toss & Catch	Rhythm Dribble
Pound Dribble	Two-Ball Handling drills

*Dribbling:

Pound Dribble	High/Low cross-over (Front & behind)
Pendulum dribble	Mirror Dribbling
1 v 1 zig-zag: <i>cross-over, spin dribble</i>	
* <u>Two-Ball Dribbling</u> (<i>alternate; 1 high-1 low; dribble fig. 8; simultaneous high & low; cross-over; behind back</i>)	
Dribble attack series: <i>Cross-over, hesitation, cross-over-step-back, inside-out</i>	
* <u>Cone Dribbling</u>	

Passing:

Partner Passing: <i>chest, bounce, one-hand (fake & make), over-head snap</i>	
* <u>Machine gun</u>	*5 Star
*St. A's	* <u>3-man weave</u> (Tight & Wide)
*Nike Passing (1-Hand pass/catch)	Shuttle pass
Indiana 4-corner tips	Syracuse 1
Indiana Full court tips.	

Rebounding:

*Umbrella reb.	* <u>1 v 1 rebound challenge</u>
2 v 2 rebound continuous	* <u>4 v 4 rebound competition</u>
*3-Man Box Out Drill	*Sumo-MyBall-JumpBall (series)
*5 v 5 Reb. Transition	4 v 4 v 4 Reb. Comp. (w/Outlet)

Shooting:

*Perfect shooting	Havelcheck shooting
*Free Throws (several variations)	Uconn foul shooting
<u>Partner shooting</u>	*6-minute shooting
5-spot shooting	P-C shooting
*Spot shooting (& 3-man)	*Mikan drill (Progression)
2-Ball shooting	*Beat the pro!
Bird Cage	*Block to Block
JAGUAR SHOOTOUT	

Transition:

*5 on 0 (Fast break responsibilities)
*11-man
4v4 add a fifth
*Circle Transition

Outlet drill
*3v2 - 2v1
*4-44

Offense:

*5 v 5 Shell
2 v 2 Shell
*5 v 0 Plays
Big & Small breakdown drills: (*Post- Block to block; Perimeter-pass & screen away*) (*Flex Cuts*)

3 v 3 Shell

*Offensive challenge

*Plays (Every Option)

Defense:

*Shell drill
*UCLA
*2 v 2 (Strong & Weak side)
Z-slide-Drill
Deny post (all angles)
*Circle Transition
*5 v 3 Add 2

Shell 4 v 5

*1 v 1 zig-zag (game/quick feet)

*3 v 3

Defensive challenge

*Bull in the Ring

4-44

TEAM