

**Framingham Jr. Flyers Travel Youth Basketball
Evaluation Session
Grades 6-8**

1) 5 Minutes: Five Man Weave Down, 3 on 2 Back

(Guy who shoots the lay-up, and the guy who passed to the shooter, get back on D. Other three push ball on offense—ball in middle, two wings sprint floor out wide).

Points of Emphasis: Bounce pass to player shooting the lay-up. Sprint the floor. Top and Bottom guy on Defense, top guy stop ball with a jab and retreat, bottom guy takes first pass (then top guy sinks into the hole to the level of the ball).

2) 5 Minutes: Two Man Break (See Drill Packet)

NAME OF DRILL:	2 man Break		
OBJECTIVES OF DRILL:	1. running the floor	4.	
	2. open floor offense	5.	
	3.	6.	
PROCEDURE:	Post rebounds - outlet pass Wing dribbles middle to opp. FT line Post runs sideline - bounce pass - lay up Return - change positions		
TEACHING POINTS:	1. call "ball" + "outlet"	5.	
	2. run floor hard + wide	6.	
	3. jump stop - bounce pass	7.	
	4. shade to elbow	8.	

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3) 5 Minutes Stationary Ball-Handling

Stand in athletic stance, on balls of feet, knees slightly bent. Dribble 10 dribbles at ankle, then 10 at knee, then 10 waist, then 10 shoulder, then back down. Then, switch hands. Do this several times.

*With all ball-handling drills, stress:

A) Butt Low (A way to say this is “seat down”)

B) “Eyes Up”

C) “Pound It” (In other words, dribble the ball with strength, try to push it as if trying to make a dent in the floor.)

*Emphasize dribbling ball on *finger pads* (Not on the palm, not on the fingertip)

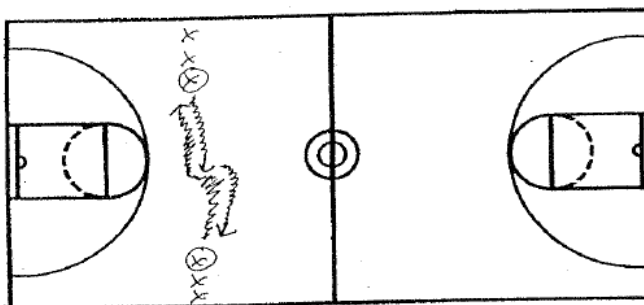
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4) 10 Minutes Mirror Drill (See Drill Packet)

NAME OF DRILL: Mirror Drill

OBJECTIVES OF DRILL: 1. improve ball handling 4. _____
2. individual offense skills 5. _____
3. 4 primary dribbles 6. _____

PROCEDURE: Set up lines 20-30 feet across from each other
- each line has a ball
- players dribble at one another to make moves
- 4 moves - stop & go, crossover, between legs, inside-out
- work right & left hands
- finish with a jump stop - pass to opp. line - go to end



TEACHING POINTS: 1. dribble no higher than knees 5. change speed - slow to fast
2. don't lift up on stop & go 6. change direction on change of ha
3. pull ball back slightly on 7. heads up - don't kill each other!
4. change of hands dribbles 8. _____

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5) 5 Minutes Defensive Stance/Foot Fire/Slides

STANCE: Bend knees, hands wide, palms up, don't bend at waist, fingers flexed, on toes, feet shoulder width apart.

SLIDES: Do not cross feet, do not bring feet together, do not hop, move with short, choppy, sliding steps, TALK. (Have fun with this, make noise, get them fired up).

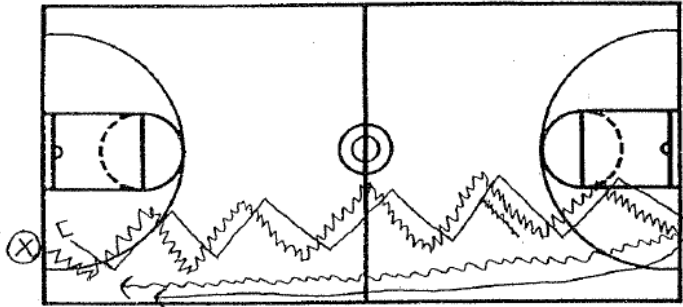
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6) 5 Minutes Zig-Zag Drill (See Drill Packet)

NAME OF DRILL: Zig-Zag

OBJECTIVES OF DRILL: 1. on ball D _____ 4. _____
2. ball pressure _____ 5. _____
3. pursuit D _____ 6. _____

PROCEDURE: Off. 2-3 dribbles - change direction
D - nose on ball - get outside shoulder - force change
- return full speed - off. can't change hands
~~_____~~



TEACHING POINTS: 1. slide - don't cross feet _____ 5. _____
2. dictate - don't follow _____ 6. _____
3. ~~_____~~ _____ 7. _____
4. keep cross hand low - don't reach _____ 8. _____

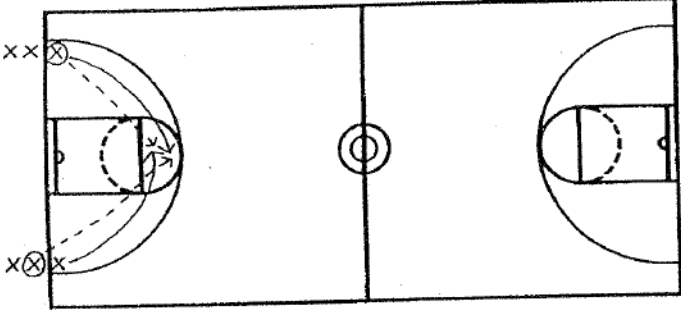
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7) 5 Minutes "Arc Shooting" (See Drill Packet)

NAME OF DRILL: Arc Shooting

OBJECTIVES OF DRILL: 1. shooting off pass 4. _____
 2. pass to shooting pocket 5. _____
 3. _____ 6. _____

PROCEDURE: Line in each corner (w/ ball)
 - pass to FT line
 - shooter rebounds - takes ball to opp. line
 - passer cuts to FT line for shot
 - continuous - set time + target FGM



TEACHING POINTS: 1. cutter - show hands 5. _____
 2. - catch ball loaded 6. _____
 3. - catch on inside foot 7. _____
 4. good passes - call names 8. _____

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8) 5 Minutes "Chair Shooting" (See Drill Packet)

NAME OF DRILL: Chair Shooting

OBJECTIVES OF DRILL: 1. reading screens 4. form + footwork
 2. shooting off pass 5. rhythm + consistency
 3. quick release 6. _____

PROCEDURE: Coach w/ ball in gd. spot - line on weak side wing.
- chair as wing screener
- curl or fade for shot - shooter rebounds
- flare - shooter starts w/ ball in gd. spot
- add rips to rim or shot off dribble

TEACHING POINTS: 1. set up D before cut 5. _____
 2. call cut - show hands 6. _____
 3. catch ball on inside foot 7. _____
 4. come tight off screens 8. _____

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9) 5 Minutes "3 Man Motion" (See Drill Packet)

NAME OF DRILL: 3 man Motion

OBJECTIVES OF DRILL: 1. moving w/o the ball 4. _____
 2. using screens 5. _____
 3. spacing 6. _____

PROCEDURE: Pass + screen away - continuous
- can be run w/o ball/with or without D
- top or side triangle
- add weakside wing

TEACHING POINTS: 1. V cut to get open 5. screener calls name
 2. screener + cutter cut to 6. _____
 3. set up screen 7. _____
 4. catch ball on inside foot 8. _____

10) 10 Minutes Scrimmage