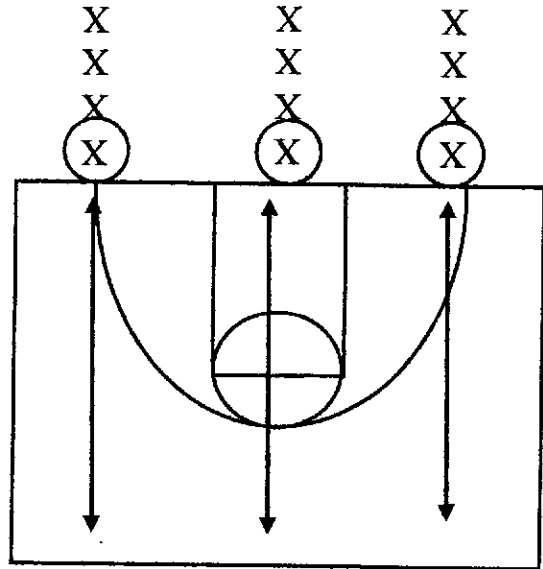
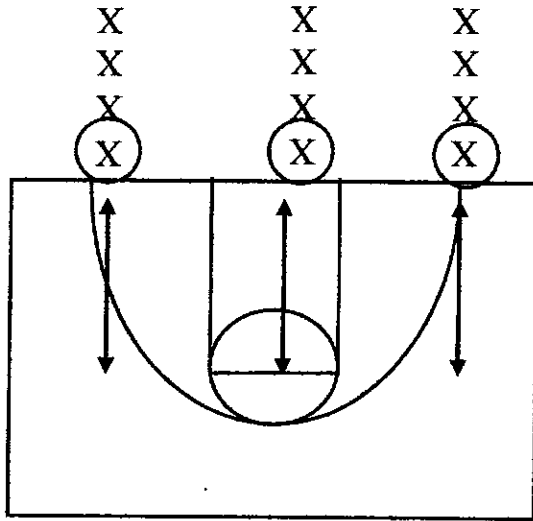


**Dribbling
&
Passing Drills**

Crusader Dribbling Drill



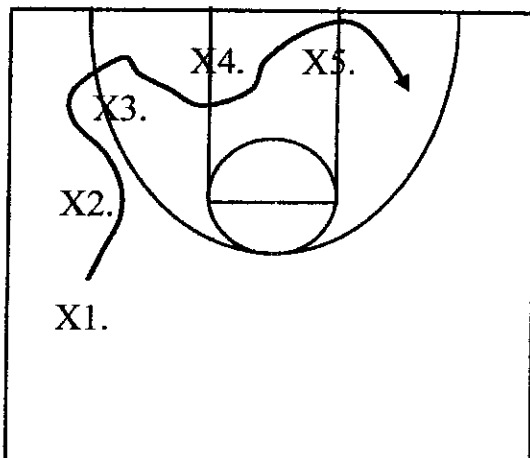
Crusader Dribbling Drill:

- First player in each line dribbles with right hand to foul line extended, then dribbles backwards to her/his starting spot.
- Continue through all players in the line.
- Once first person is back at the front, s/he dribbles to half court with her/his right hand, then dribbles backwards to his/her starting spot.
- First team to get all players through wins. (you can extend the game by having teams go through twice)

Variations:

- Dribble out and back with left hand
- Dribble out and back with two balls (alternating bounce or simultaneous bouncing)
- Speed dribble
- Extremely low dribble
- Between the legs
- Behind the back

Snake Dribbling Drill



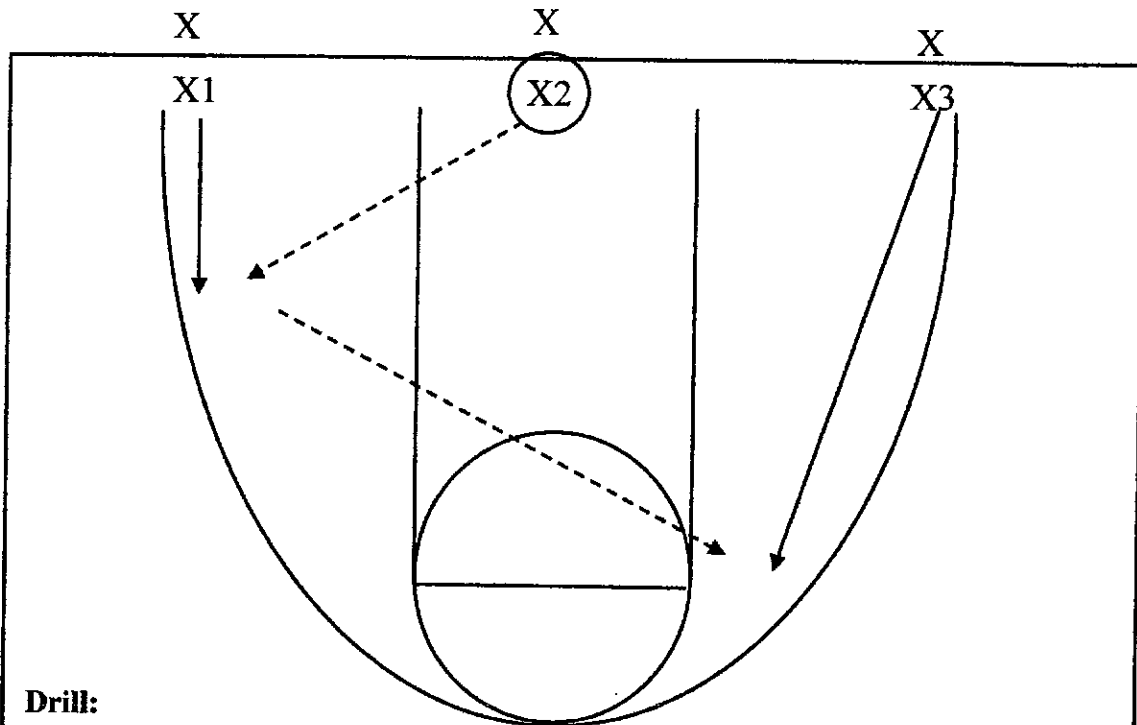
Instructions:

- Everyone has a ball. Team gets in a line and starts dribbling around the perimeter using a slow jog.
- Players should make sure to leave space between themselves and the player in front of him/her.
- On whistle, last player in line sprints to the front of the line by weaving in and out of her/his teammates.
- Sprinter should always have ball in outside hand as they dribble through the line.
- Continue until all players have had an opportunity to sprint to the front.

Potential Issues during the drill:

- Spacing between players. Younger kids will tend to bunch up. Throughout the drill, keep reminding them to stay spread out so their teammate can fit through the space.
- Snake line starts running too fast. Remind snake to stay at a slow jog so sprinter is able to get to front.

Providence College (PC) Drill



Drill:

-Players weave the full length of the court. The first player to receive a pass at the opposite end foul line, jump stops and bounce passes to the opposite side wing cutting in for a lay-up.

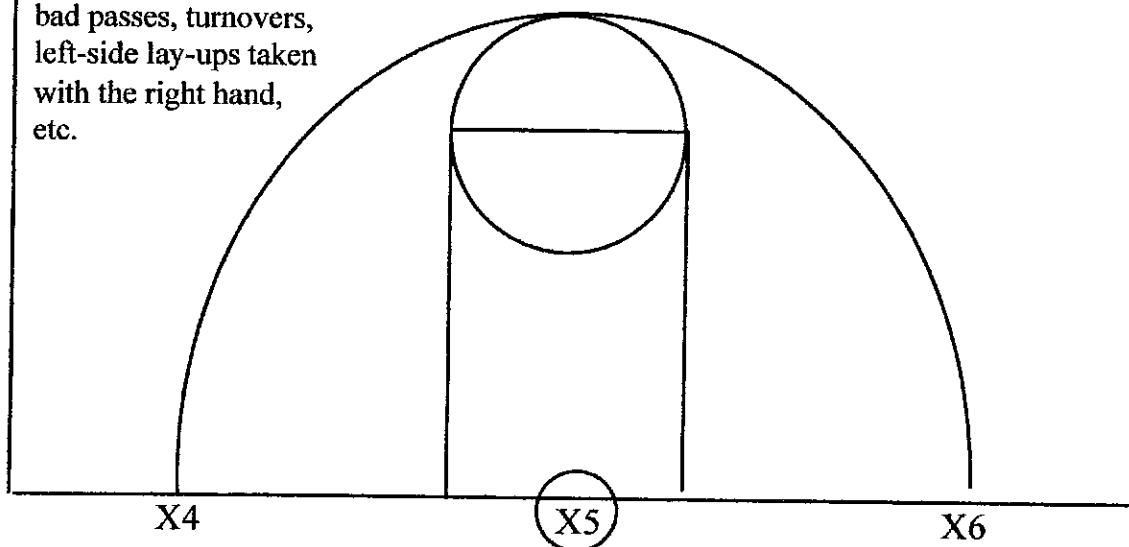
- As soon as the X1, X2 and X3 start their lay-up, X4, X5 and X6 start weaving to the other end of the court. (beginners will need to be prompted to get going. They will be pre-occupied watching the other team take the lay-up)

- Play continues back and forth for 3 minutes. Set a goal for how many lay-ups the team can make in 3 minutes. Team should count out loud, tracking their makes. If they achieve goal, deduct a sprint at the end. If they miss the goal, they owe a sprint.

Keys to success: Good Passing.

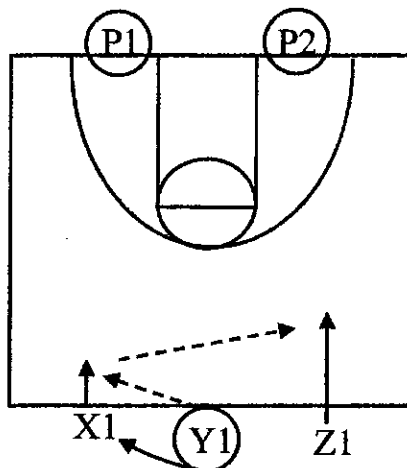
Variations:

Deduct a point for bad passes, turnovers, left-side lay-ups taken with the right hand, etc.

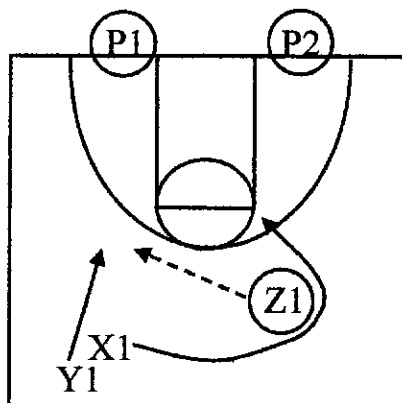


½ Court Weave / 3 Shooters Drill

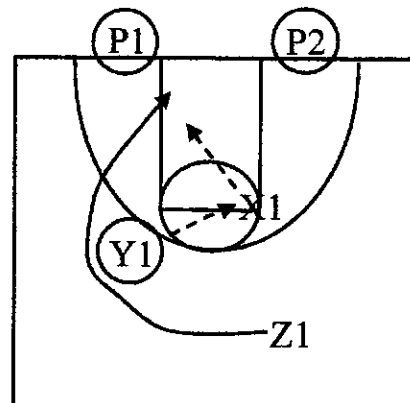
(players should understand how to do the weave before learning this drill.)



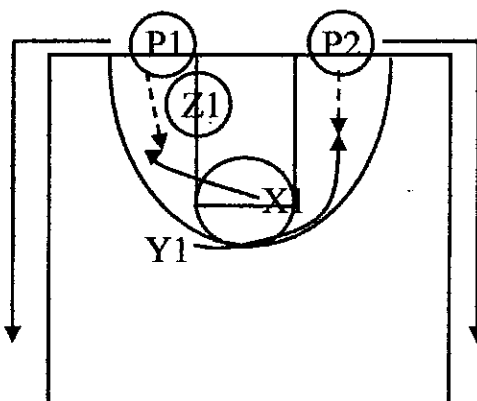
- X1, Y1 and Z1 start weave toward basket.
- Y1 passes to X1 and follows her/his pass BEHIND X1
- X1 passes to Z1 and runs BEHIND Z1



- Z1 passes to Y1 and cuts to basket running BEHIND Y1.
- Y1 passes to X1 who jump stops at the elbow.



- Z1 receives a bounce pass for a lay-up from X1.



- Z1 takes the lay-up, gets his/her rebound, and sprints the sideline (not up the middle) to get back in line at the other end.
- Y1 cuts hard BEHIND X1, looking for a pass from P2.
- P2 passes to Y1 then sprints the sideline to get in line at the other end.
- X1 cuts hard toward P1 to receive the pass.
- P1 passes to X1 then sprints the sideline to get in line at the other end.
- X1 and Y1 shoot, get their own rebound and become the 2 new passers (P1 and P2).

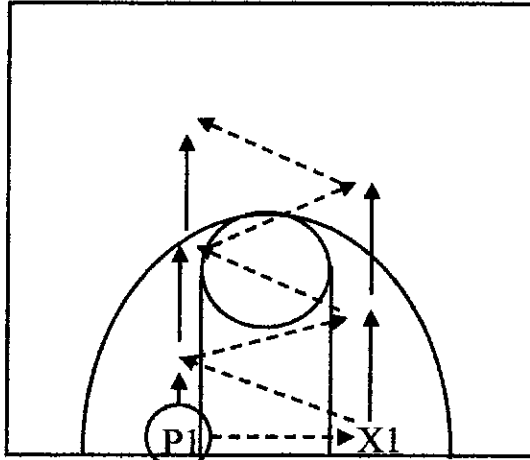
Variations:

- Lay-up Shot: Jump stop lay-up, jump stop lay-up with pump fake, one dribble for reverse lay-up.
- Jump Shot: Shot fake – hard dribble right – shot. Shot fake – hard dribble left – shot. Shot fake – explode to hoop for lay-up. Any shot fake sequence can be used with this drill.

Coaching Tips:

- Players should run hard through the drill.
- Mandatory bounce pass for a lay-up, mandatory jump stop at the elbow.
- Key to scoring: Good passing
- Players must sprint the sideline when returning to the line in order to avoid getting hit with the ball or running into their own player.
- Team Challenge: How many points can you score in 3 minutes? Lay-ups worth 1, jump shots worth 2, 3-pointers worth 3. Try to beat your record. For more advanced teams, deduct points for bad passes, travel violations, not sticking to the rules (jump stop at elbow, bounce pass for lay-up).
- Can be used as a conditioning incentive. 3 minutes to make X points. If team doesn't reach target, sprints for the difference. (i.e. Goal of 20 points, score 18, team owes 2 sprints.)

Up and Back Passing/Shooting Drill



P2	X2
P3	X3
P4	X4
P5	X5

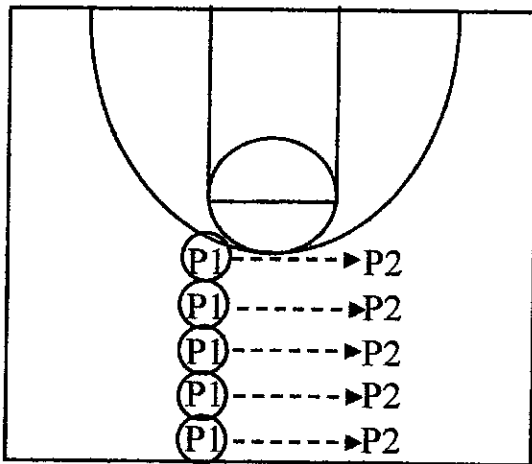
- P1 chest passes to X1 and starts running up court.
- X1 chest passes to P1 and starts running up court.
- P1 and X1 chest pass back and forth to each other to the opposite end line and back.

Variations:

- Bounce pass, two balls – one player using bounce pass, other player using chest pass
- Lay-up drill: Players pass the length of court. First player to the opposite elbow jump stops and gives the other player a bounce pass for a lay-up. Player taking the lay-up should go hard to the basket and score the lay-up without an additional bounce.
- Shooting Drill: Same as lay-up drill, but this time player shoots as opposes to taking a lay-up.

Key if used as shooting/lay-up drill: Passer MUST jump stop at elbow. Jump stop allows player with ball to determine which foot s/he wants to use as a pivot foot. Stopping at the elbow ensures a good spacing.

Two Lines Passing Drills



-P1 chest passes to P2.

- P2 chest passes back to P1.

Sequence: Chest pass, bounce pass, side pass (as if the dribbler has lost her/his dribble and there is a defender in front of the player. S/he will need to step around the defender, keeping her/his pivot foot established, and pass from the side.)

-For over head pass, have all balls in P1 line. Ask P2 line to take 3-4 giant steps backwards.

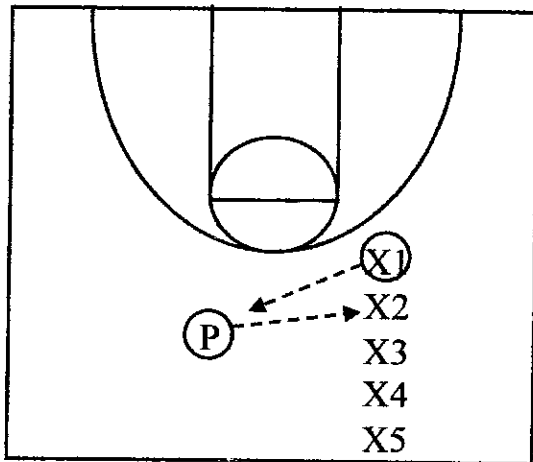
Variation:

Increase difficulty of drill by using 2 balls. Each line starts with a ball. P1 bounce passes to P2 while P2 is throwing chest pass to P1. Then switch so P1 is throwing chest passes and P2 is throwing bounce passes.

-Two ball variation can also be used for side passes (both players stepping to the right to pass, both players stepping to the left)

- Add a defender and play Monkey in the Middle. Offense has to hold the ball for 3 seconds before they pass. This gives the "Monkey" a chance to get to the ball and apply pressure, forcing the offensive player to use fakes and make good passing decisions.

Rapid Fire Passing Drill



-P and X1 each have a ball.

- P starts the drill by bounce passing to X2

- X1 then bounces to P.

- P bounces passes to X3.

-X2 bounces passed to P

- P bounces passed to X4.

- X3 bounces passes to P

- P bounce passes to X5

- Continue until P has gone through the entire line.

-KEY for younger players especially: have all passers call the name of the receiver before they pass. This will help prevent a player from getting unexpectedly hit with the ball.

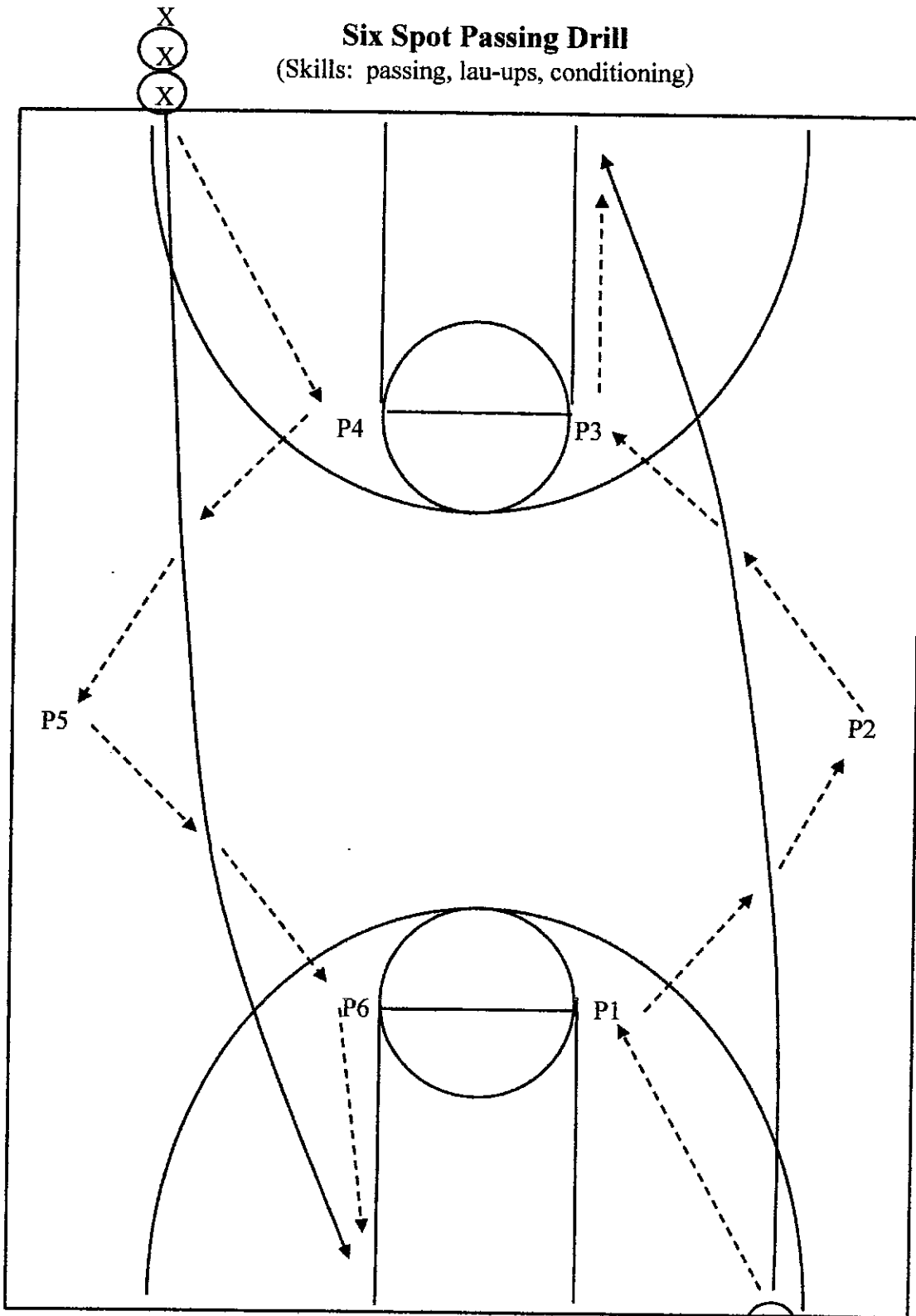
Variations:

- Chest pass, overhead pass, alternating (P uses bounce pass, X's use chest pass)

- Contest: How quickly can the team get a passer through the drill? Time one week – challenge them to beat their time the next week.

Six Spot Passing Drill

(Skills: passing, lay-ups, conditioning)



- X = sprinter
- P = Passer
- = Sprint
- - - → = Pass
- = Player with ball

Keys: Good lead passes, sprinters keep sprinting (don't wait for pass), bounce pass for a lay-up

Variations: Jump stop/pump fake before the lay-up, chest pass for wing jumpers, baseline jumper, and 3-point shot. Chest pass to wing, fake shot, drive right, etc.

