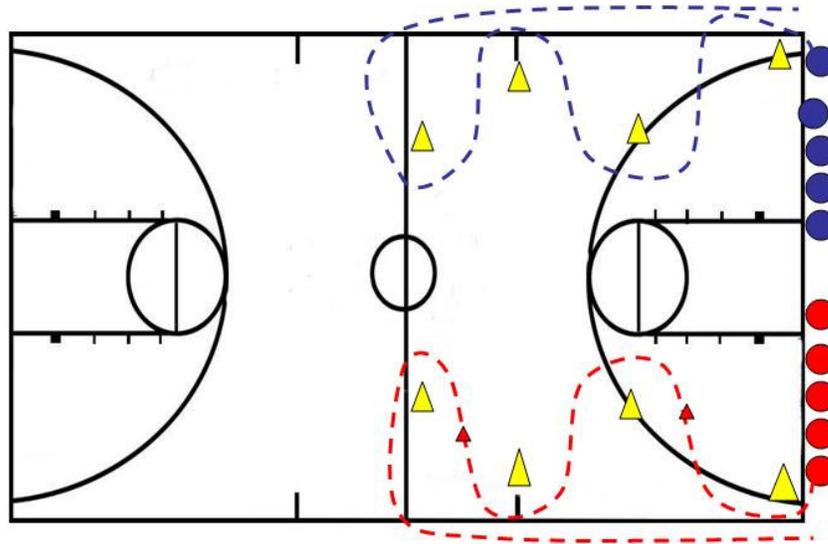


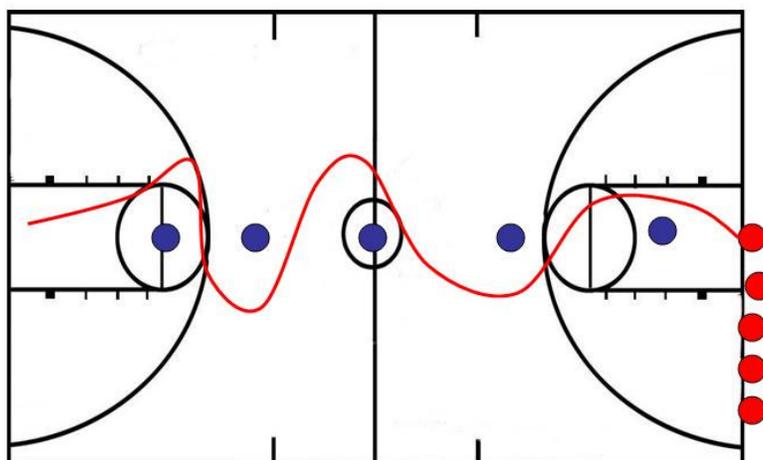
## Cone Dribbling Drill



### 15. Dribble Around Defenders Drill

For this drill, have a number of players (depending on your area and the spacing you want between the defenders) line up straight down the middle of the court. These players will be the defenders. The defenders can not move their feet, but can move their hands and lean for the ball. The defenders should have their hands up at all times. The ball handlers will dribble the ball between the defenders in a weaving like pattern. The goal is for the ball handler to successfully get to the other side of the court without losing control of the ball or having the ball touched by the defense.

### Dribble Around Defenders Drill

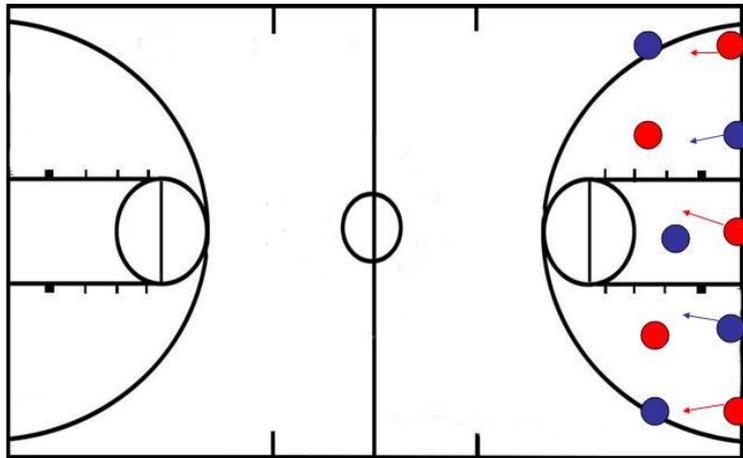


## Youth Basketball Drills & Sample Practice Plans©

### 16. One on One Dribbling

For this drill, have the players pair up. Each pair has 1 basketball. One player from each group starts on the base line with the ball (this group is on offense). The other group lines up approximately 3 feet away and they are on defense. The object of the game is for the offense to dribble the ball to the half court line. The goal for the defense should be to steal the ball or stop the dribble of the player on offense.

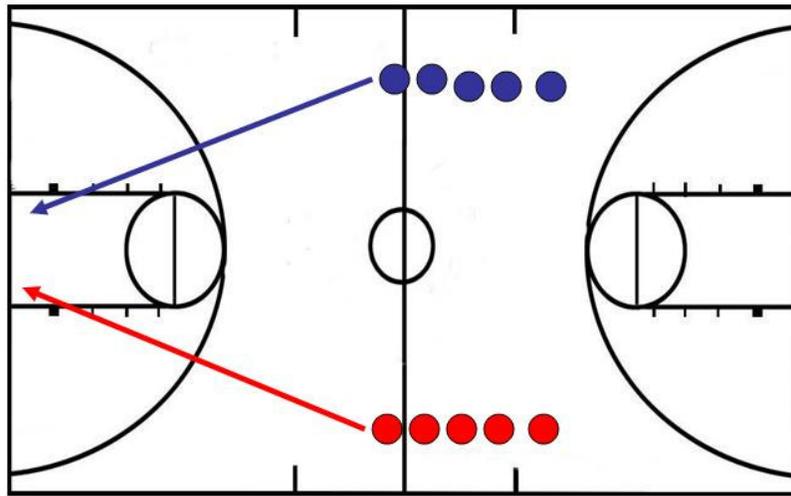
#### 1 one 1 Dribbling



### 17. Half Court Lay up Relay

For this drill, divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. At the coach's command, the first person in each group dribbles down court towards the basket and shoots a layup. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. The next players in line then repeat the drill, until all have had a turn.

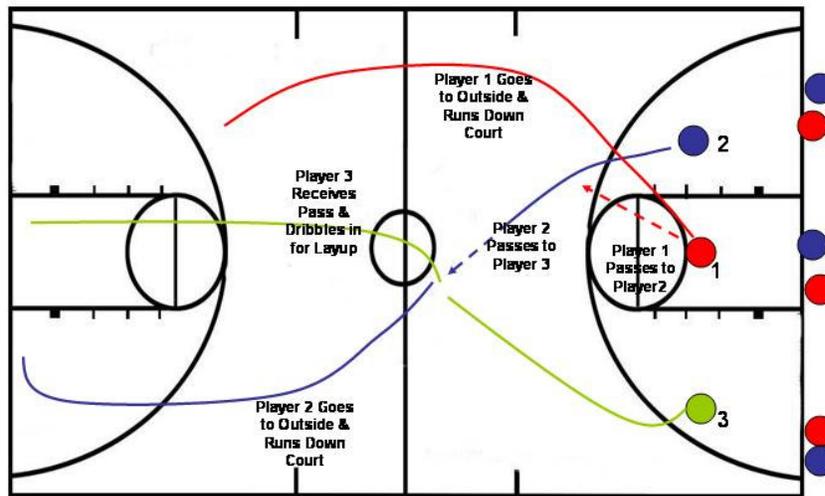
## Half Court Layup Relay



### 18. 3 Player Weave Drill

This is a more advanced drill. Three players start lined up across the court. The player in the middle starts with the ball (Player 1). Player 1 then passes the ball to the player on the right (Player 2). Player 1 then runs to the right side of the court while Player 2 goes to the middle of the court. Player 2 then passes the ball to the player on the left side of the court (Player 3). Player 2 then runs to the left side of the court while Player 3 goes to the middle of the court. Player 3 continues to dribble and then shoots a layup.

## 3 Player Weave Drill



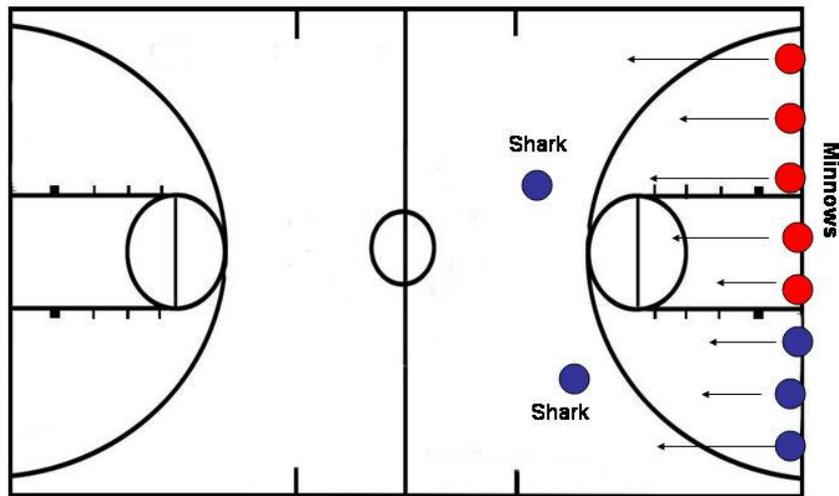
### 19. Follow the Leader

This drill can be done with or without the basketball. In this game, have your entire team line-up in a straight line behind the coach. The players are to do exactly what the coach or designated “leader” is doing. Without the basketball the coach can: Hop, Jump, Skip, Run with legs high, etc. With the basketball the coach can: Dribble the ball with their right hand, with their left hand, dribble while walking backwards, cross-over dribble, etc.

### 20. Sharks & Minnows

For this game, designate an area on the court for play (usually half court). All players must stay within this designated area. Start with one player designated as the “Shark”. The rest of the players are the “Minnows”. The object of the “Shark” is to kick the ball away from the “Minnows” (the ball needs to be kicked out of the designated area of play). Once a “Minnow” has their ball kicked away, they then become “Sharks”, and attempt to take the ball away from the other “Minnows”. At the start of the game the “Minnows” should be on the run trying to avoid the “Sharks” AND maintaining ball control. The game ends when there is only 1 “Minnow” remaining. This is also a great defensive drill.

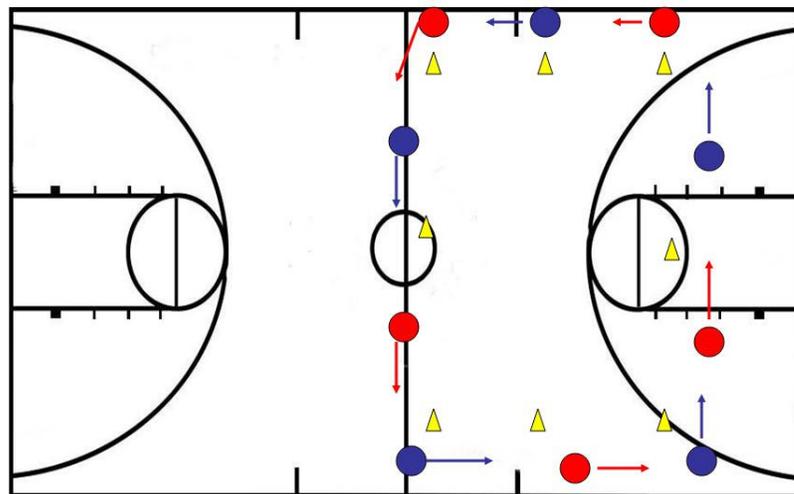
### Sharks & Minnows



### 21. SPACE MAN Drill

Evenly space players around square boxed area. Have players dribble around the area, maintaining ball control. The players should also have their heads up. The goal to this drill is for players to maintain ball control **and** maintain the same distance apart from each other as from the start of the drill.

### SpaceMan Drill

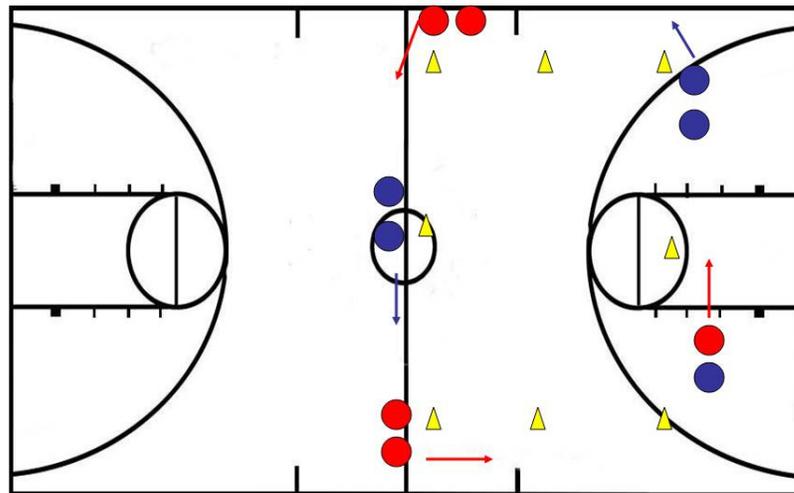


# Youth Basketball Drills & Sample Practice Plans©

## 22. Engine & Caboose Drill

This drill is somewhat like the “Space Man Drill”. Players pair up and each player has their own ball. Each pair of players is a “train”. One player will be the Engine and the other will be the Caboose. The Engine player is in front and the Caboose player lines up 1-2 yards behind the Engine Player. On the coach’s command, the players should dribble their basketballs around a designated area. The object of the drill is to maintain ball control and for the players to stay within the same distance (1-2 yards) of each other as they were at the start of the game.

### Engine & Caboose Drill



## 23. Change Direction Drill

The object of this game is for the players to “sneak up” behind the coach while the coach has his/her back turned. However, if the coach turns around the players must reverse direction and run back to the starting line. To start this game, the coach turns his/her back to the team and begins to walk up field. As the coach’s back is turned, the players should dribble their basketball down court after the coach (while maintaining control of the basketball). The coach should then turn to face the players and chase them back to the starting line. Once the coach turns, the players should Stop, Reverse Direction and quickly dribble the ball back to the starting line.

## 24. Head Up Dribbling

This drill works on the player’s ability to dribble with their head up. Each player has their own ball. The players are to dribble the ball while keeping their head up and looking at the coach. The coach will make hand motions (no talking) signaling what the players should do next.

## Youth Basketball Drills & Sample Practice Plans©

- 1 Finger can stand for dribble with Right Hand
- 2 Fingers mean dribble with Left Hand
- Coach pointing to Right means dribble to the Right
- Coach pointing to Left means dribble to Left
- Coach pointing Forward means dribble Forward
- Coach pointing Backwards means dribble backwards

### 25. Red, Yellow, Green, Purple Light

This game will help dribbling, coordination AND listening skills. Each player has their own ball and dribbles around the court maintaining ball control and remembering to keep their head up. The coach then calls out a command (“Red Light”, “Green Light”, “Yellow Light”, or “Purple Light”) and the players should react accordingly.

- **Red Light** – Means Stop. The players dribble the ball while standing in one place.
- **Green Light** – Means Go. The players move quickly around the court while dribbling the ball; but in control.
- **Yellow Light** – Means Slow Down. The players move slowly with the ball.
- **Purple Light** – Means - Stop dribbling the ball, place the ball on the ground, *then* after the ball has stopped, the players run around the ball in a circle.

All different variations can be used in this drill.

# Youth Basketball Drills & Sample Practice Plans©

## Passing Drills

Good fundamental passing is becoming a lost art form in basketball. However, the team that can properly pass the ball and find the open man will be the team that puts themselves in a better position to score. You may find that players do not want to work on passing drills. Many players feel they are boring and want to practice shooting. However, instill in your players that to get in the best position to shoot, they first must learn to pass.

### **26. Partner Pass**

Have the players pair up with a partner. The pairs should line up approximately 3-5 feet apart from each other (depending on skill level). Facing each other, the pair should pass the basketball to each other. Start with the chest pass then move onto the bounce pass. Emphasize good passing fundamentals.

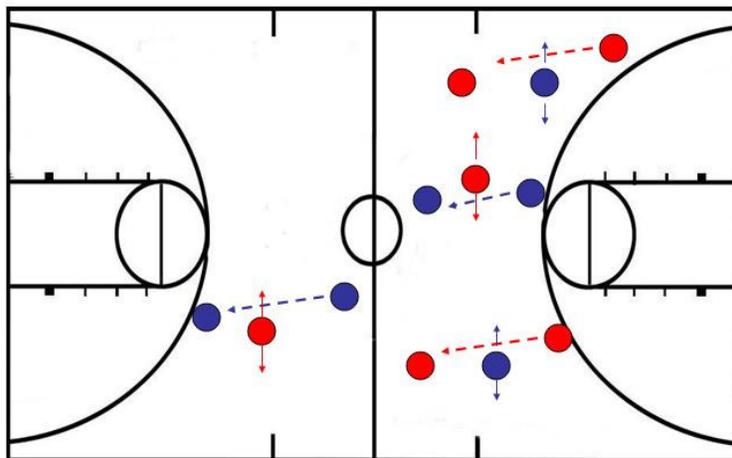
### **27. Triangle Pass & Receive**

Divide your team into groups of 3 players. Have each group form a triangle. Start by having your players pass the ball to each other in a clockwise rotation. Then have the players switch directions and pass to each other in a counter-clockwise direction. Once again, emphasize proper passing.

### **28. Monkey in the Middle Drill**

This game will help your players develop passing skills. Have your players form a circle. Place one player in the middle of the circle. The object of the game is for the players situated around the circle to pass the ball to each other (they can pass the ball to any other player in the circle). The object of the game for the person in the middle is to intercept a pass and take control of the ball. Once the player in the middle steals the ball, choose a new player to go in the middle.

#### **Monkey in the Middle Passing Drill**

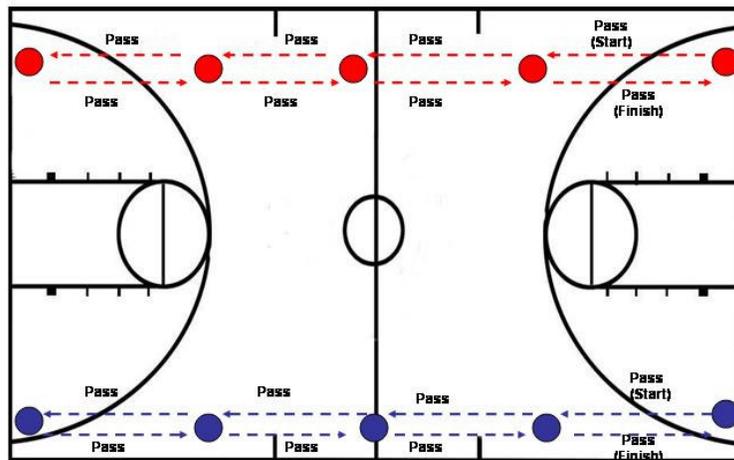


# Youth Basketball Drills & Sample Practice Plans©

## 29. Passing Relay Race

Divide your team into 2 – 3 even groups. The teams line up in a straight line down the court from one base line to the next. At the coach's command the first player passes the ball the second and so on until they reach the last player. The last player then passes it back to the player next to him/her until the ball reaches the person who started the drill. The first team that completes all their passes wins. All types of passes (chest, bounce, overhead) can be utilized in this drill.

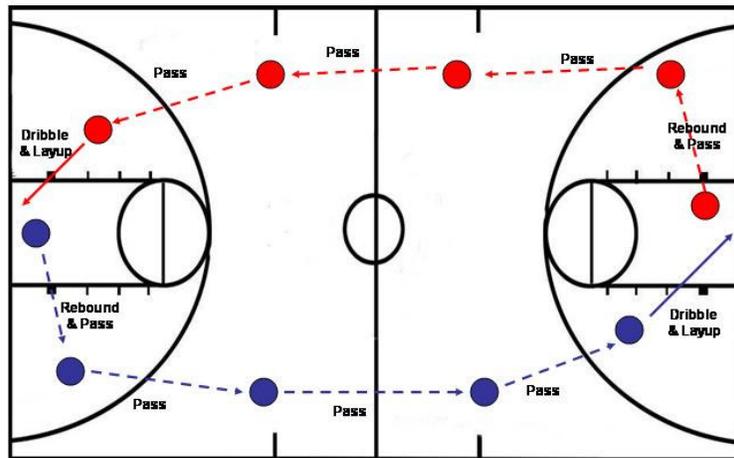
### Passing Relay Race



## 30. Fast Break Pass Drill

For this drill, have all your players line up around the perimeter of the court in an oval. The 2 players located under the baskets start the drill and both have basketballs. On the coaches command the players with the ball outlet a pass to the next player and the passing chain continues until it reaches the 2 players at the opposite basket just outside the key. Those 2 players then shot a layup into the basket. The players under both baskets (the original starters) then rebound the ball and start the passing again.

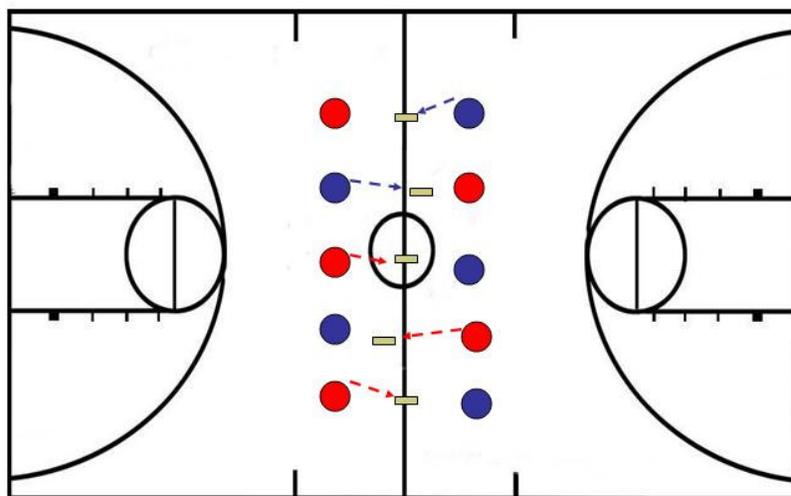
## Fast Break Pass Drill



### 31. Move the Stick Passing Drill

This drill will introduce and work on bounce passing accuracy. For this drill, have your players break into pairs. Each pair will have 1 basketball. Each player should be approximately 5 feet away from each other. Place a popsicle stick in the middle between the 2 players. The object of the game is for the players to hit the stick, thereby moving the stick towards the other player. Each player gets one turn then it is the other player's turn. As the one player tries to hit the stick, the other should attempt to catch the ball after 1 bounce.

## Move the Stick

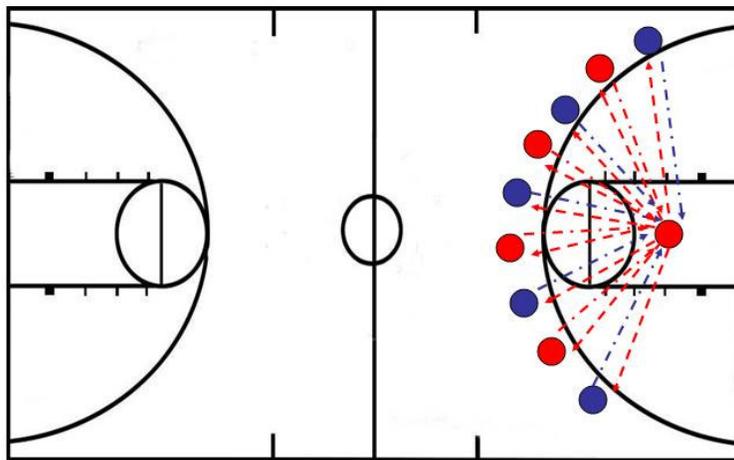


## Youth Basketball Drills & Sample Practice Plans©

### 32. Quick Back & Forth Pass Drill

In this drill, one player is positioned at the center of the key with a basketball. All the other players line up around the 3 point arc (closer if the players are younger and cannot reach each other with a pass). On the coach's command the player in the key passes the ball to the player to their furthest left, that player immediately passes back to the player in the center. This back and forth passing continues in a clockwise order until all players have gone. A new player then assumes the center position. All types of passes can be utilized in this drill. For a variation you can make a rule that the player returning a pass must use the same pass that the center player used.

#### Quick Back & Forth Passing

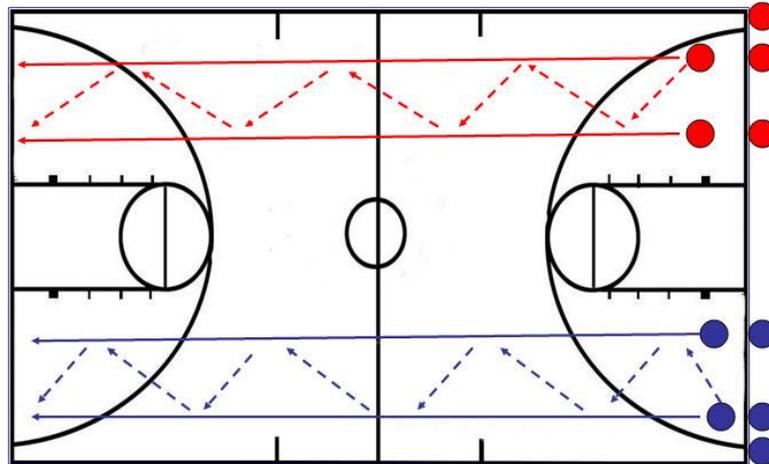


### 33. Shuffle Pass Relay

In this drill, 2 players line up approximately 5-6 feet away from each other with 1 basketball. On the coach's command, the players race down court passing the basketball to each other. Once they reach the opposite baseline, the players should turn and continue back to the starting line, handing the ball off to the next pair. All types of passing can be utilized in this drill (bounce pass, chest pass, etc.)

# Youth Basketball Drills & Sample Practice Plans©

## Shuffle-Pass Relay



### 34. Pass it Down the Line Drill

In this drill, line up a number of players (4-8) on the sideline facing into the court. Another player should have 1 basketball and be approximately 5-7 feet away from the players on the sideline and should also be facing those players. On the coach's command, the player with the ball will run in a straight-line down the court, passing and receiving a return pass from each player. After he/she receives the last pass, the player should continue towards the basket for a layup.

## Passing it Down the Line

