**4TH GRADE BASKETBALL CURRICULUM**

**BALL HANDLING**

Basic Stationary 1 Basketball Ball Handling Drills

1. *Ball Slaps* - continuously slap the ball from one hand to the other
2. *Straight Arm Finger Taps* - keeping the elbows locked, tap the ball quickly back and forth straight out in front of the body
3. *Wraps Around Ankle* - wrap the ball in a circle motion around the lower leg/ankles; go both directions
4. *Wraps Around Waist* - wrap the ball in a circle motion around the waist; go both directions
5. *Wraps Around Head* - wrap the ball in a circle motion around the head; go both directions
6. *Wraps Around the World (Candy Cane)* - start by wrapping the ball around the head, then bringing it down and around the waist, and finally around the ankles, then back up to the waist, then head, then waist, again, etc.
7. *Wraps Around Right Leg* - wrap the ball in a circle motion around the right leg only; go both directions
8. *Wraps Around Left Leg* - wrap the ball in a circle motion around the left leg only; go both directions
9. *Wraps Around Double Leg, Single Leg -* start with the legs together; step the right leg forward and circle the right leg with the ball; then immediately step back with the right leg so that the feet are together and circle both legs; then step out with the left leg and circle it before stepping back together and wrapping the ball around them both; continue this process
10. *Wraps Figure 8 Around Legs -* wrap the ball in a figure 8 motion around the legs; go both directions
11. *Drops (Flip Flop) -* start in a squat position with both hands and the ball in front of the body; drop the ball between the legs then take both hands behind the legs before catching it; then drop the ball again from behind and taking both hands back to the front and catch it; continue the process
12. *Straddle Flips (Alternate) -* start in a squat position with one hand in front and one hand behind while holding the ball between the legs; flip the ball up and swap the hand positions from front to back and catch the ball; continue this process
13. *Machine Gun -* kneel down onto the ground and alternate both hands to keep the ball as low as possible to the ground
14. *Pound Dribble Shoulder Height with Right Hand* - pound the ball as hard as the player can while dribbling at around shoulder height with the right hand
15. *Pound Dribble Shoulder Height with Left Hand* - pound the ball as hard as the player can while dribbling at around shoulder height with the left hand
16. *Pound Dribble Waist Height with Right Hand* - pound the ball as hard as the player can while dribbling at around waist height with the right hand
17. *Pound Dribble Waist Height with Left Hand* - pound the ball as hard as the player can while dribbling at around waist height with the left hand
18. *Pound Dribble Ankle Height with Right Hand* - pound the ball as hard as the player can while dribbling at around ankle height with the right hand
19. *Pound Dribble Ankle Height with Left Hand* - pound the ball as hard as the player can while dribbling at around ankle height with the left hand
20. *High/Low on Command with Right Hand* - alternate 3 high dribbles at shoulder height and 3 low dribbles at ankle height with right hand
21. *Dribble Around Right Leg with Right Hand* - dribble the ball in a circle around the right le with the right hand; go both directions
22. *Dribble Around Left Leg with Left Hand* - dribble the all in a circle around the left leg with the left hand; go both directions
23. *Dribble Figure 8* - dribble the ball in a figure 8 motion around both legs using both hands; go both directions
24. *4 Dribble Figure 8* - dribble the ball in a figure 8 motion around both legs in 4 dribbles; go both directions
25. *High/Low on Command with Left Hand* - alternate 3 high dribbles at shoulder height and 3 low dribbles at ankle height with left hand
26. *Crossover Dribble* - cross the ball over continuously in front of the body
27. *3-Dribble Crossover* - pound the ball 3 times before crossing it over in front of the body; then pound the ball 3 times before crossing it back; continue the process
28. *Front V-Dribble with Right Hand (Side-to-Side)* - dribble the ball from side to side in the shape of a “v” in front of the body with right hand
29. *Front V-Dribble with Left Hand (Side-to-Side)* - dribble the ball from side to side in the shape of a “v” in front of the body with left hand
30. *Side V-Dribble with Right Hand (Front-to-Back)* - dribble the ball backwards and forwards beside the body in the shape of a “v” with the right hand
31. *Side V-Dribble with Left Hand (Front-to-Back)* - dribble the ball backwards and forwards beside the body in the shape of a “v” with the left hand

Basic Stationary 2 Basketball Ball Handling Drills

1. *Double Pound Dribble Shoulder Height* - pound both balls as hard as the player can at shoulder height
2. *Alternating Pound Dribble Shoulder Height* - pound the ball as hard as the player can while alternating the dribble of each ball at shoulder height
3. *Double Pound Dribble Waist Height* - pound both balls as hard as the player can at waist height
4. *Alternating Pound Dribble Waist Height* - pound the ball as hard as the player can while alternating the dribble of each ball at waist height
5. *Double Pound Dribble Ankle Height* - pound both balls as hard as the player can at ankle height
6. *Alternating Pound Dribble Ankle Height* - pound the ball as hard as the player can while alternating the dribble of each ball at ankle height
7. *Double V-Dribble in Front* - dribble both balls side to side in front of the body simultaneously
8. *Double V-Dribble on Side* - dribble both balls front to back beside the body simultaneously
9. *Two Ball Figure 8* - dribble both balls in a figure 8 motion around both legs using both hands; one ball follows the other

Basic Movement 1 Basketball Ball Handling Drills

1. *Speed Dribble* - starting on the baseline, players dribble the ball at waist height with the right hand to the other baseline as fast as they can without losing control of the ball; dribble with the left hand coming back
2. *Stutter/Hesitation Dribble* - starting on the baseline with the ball in the right hand, players dribble the ball at waist height to the free throw line; stop and chop their feet while keeping the dribble alive; then dribble to the half court line with the same hand; stop and chop their feet while keeping the dribble alive; then dribble to the other free throw line with the same hand; continue the process to the other baseline; dribble with the left hand coming back
3. *Crossover Dribble* - starting on the baseline, players dribble the ball 3 times at an angle to their right (going up the court) and then crosses the ball over to their left hand; this is followed by 3 dribbles with their left hand at an angle to their left and then crosses the ball over to their right hand; continue the process down the court; players should plant on their outside foot to change directions
4. *Regress/Pullback Dribble* - starting on the baseline, players dribble the ball 5 times with the right hand up the court; then the player stops with their body facing the sideline with their left foot in front and slides backwards for 2 dribbles; then stops and dribbles forward 5 times with the their right hand; continue the process down the court; dribble with the left hand coming back
5. *Between the Legs Dribble* - starting on the baseline, players dribble the ball 3 times at an angle to their right (going up the court) and then crosses the ball over between their legs to their left hand; this is followed by 3 dribbles with their left hand at an angle to their left and then crosses the ball over between their legs to their right hand; continue the process down the court

Basic Movement 2 Basketball Ball Handling Drills

1. *Speed Dribble* - starting on the baseline, players dribble both balls at waist height to the other baseline as fast as they can without losing control of the ball; players dribble both balls while alternating the dribble of each ball coming back
2. *Stutter/Hesitation Dribble* - starting on the baseline, players dribble both balls at waist height to the free throw line; stop and chop their feet while keeping the dribble alive; then dribbles both balls to the half court line; stop and chop their feet while keeping the dribble alive; then dribble to the other free throw line; continue the process to the other baseline; perform the same drill coming back
3. *Regress/Pullback Dribble* - starting on the baseline, players dribble both balls 5 times up the court; then the player stops with their body facing the sideline with their left foot in front and slides backwards for 2 dribbles; then stops and dribbles both balls forward 5 times; continue the process down the court; have the players slide backward with their right foot in front coming back

Some Ball Handling Games

1. *Red-Light/Green-Light* - Have all players line up on the baseline with a ball. On “green light,” have the players begin dribbling towards the other baseline. Have them walk for the first couple of rounds. On “red light”, the players must stop either with a stride stop or jump stop and get into the “ready triple threat” position. If they lose control of the ball or don’t immediately stop they must return to the baseline. The first player to make it to the opposite baseline is the winner. On the return trip have them use the left hand. Progress to having them run and dribble.
2. *Queen/King of the Court (Dribble War)* - All players with a ball in designated area (¼ court, ½ court or full court depending on skill of the players) the smaller the court the more difficult the drill. On your whistle all players begin dribbling and moving around trying to knock or tap other players balls out of bounds. If a player’s ball is knocked out of bounds or if the player steps out of bounds, they are out. The last player still dribbling in bounds is the Queen or King of the court. Do several rounds. You can progressively make the playing area smaller as the number of players is reduced.
3. *Bird on a Wire* - All players are on the baseline with a ball. One player is the “bird” and is standing on a line that goes across from sideline to sideline. On the coaches command all the players speed dribble across the court to the opposite baseline. The “bird” tries to tag the players trying to cross the court but must stay on the line. They can run all along the line. If a player is tagged they get rid of their ball and become a bird too. Do several rounds. You can vary this by staggering the birds on different lines across the court and by having them steal the ball instead of tagging the player.
4. *Sharks and Minnows* - All players stand on one end of the gym with a ball. All of these players are Minnows. Pick a couple of players to be Sharks. The Sharks have a ball too. On your command the Minnows try to dribble their ball across the SEA without being tagged by the Sharks, who also must dribble their ball while trying to tag the Minnows. If the Minnow is tagged they become an Octopus and must freeze and put their ball between their feet. The Octopus can tag players but cannot move. Repeat until you have a winner or everyone is eaten. You can make this game more difficult by having the players use their non dominate hand or increasing the number of Sharks. You can make it easier by allowing them to use both hands to dribble or decreasing the number of Sharks or increasing the size of the SEA.

**REVIEW TRIPLE THREAT (READY) POSITION**

The triple treat position focuses on putting the athlete in the most functional stance to shoot, pass, or dribble.

* *Feet Spacing* - the athlete’s feet should be slightly wider than shoulder apart with the dominant foot (right hand or left hand) slightly out in front.
* *Bend the Knees* - the athlete’s knees should be flexed.
* *Ball Position* - start by placing the ball in the hands of the player in the shooting grip; from this position move the ball onto the dominate hand’s hip; the guiding arm should be across the body and the dominant hand’s elbow should be slightly behind the body; the elbow should be at a right angle

Basic Triple Threat Drills

1. *Square Ups* - line of players in the corner; the first player spins the ball out in front of them, catches the ball, and immediately gets into triple threat; Spin it at 5 spots around the perimeter (corner, wing, point, other wing, and other corner); have players work on inside pivots; at the last spot finish by dribbling 1-2 times towards the basket and taking a jump shot; go both directions
2. *Ball Strong* - player receives pass from teammate and immediately gets into triple threat position; on coaches command, player tucks ball to strong-side hip, shot fakes and returns to original position; player then passes to teammate who immediately gets into triple threat position; continue process
3. *3 Person Triple Threat Cut Through* - a player on both wings and a player at the point; the player at the point starts in triple threat position with a ball, fakes a shot, then passes to a wing; once the pass is made, the player cuts towards the front of the rim, the opposite wing player fills in at the point, and the cutter replaces the open spot; the only player cutting in the drill is the player passing to a wing, not a wing passing to the point; continue the process

**REVIEW JUMP STOPS**

Jump stops focus on putting the athlete in the proper balanced position before passing or shooting.

**PASSING**

Types of Passes

1. *Chest Pass with Right Hand* - players should start in the triple threat position; players pass with their right hand out of the chest while taking a short step with their strong foot; players should also work on taking a short step with their weak foot; pass around the defender
2. *Chest Pass with Left Hand* - players should start in the triple threat position; players pass with their left hand out of the chest while taking a short step with their strong foot; players should also work on taking a short step with their weak foot; pass around the defender
3. *Bounce Pass with Right Hand* - players should start in the triple threat position; make a bounce pass with their right hand while taking a short step with their strong foot; players should also work on take a short step with their weak foot; pass around the defender
4. *Bounce Pass with Left Hand* - players should start in the triple threat position; make a bounce pass with their left hand while taking a short step with their strong foot; players should also work on take a short step with their weak foot; pass around the defender
5. *Overhead Pass* - players should start in the triple threat position; bring the ball above their head with both hands and make an overhead pass with two hands while taking a short step with their strong foot; their thumbs should be facing down on their release

Basic Passing Drills

1. *Monkey in the Middle* - with passing partners facing each other, the defender attempts to deflect or steal pass after closing out and defending the offensive player; offensive players must use ball fakes, jabs, step around to successfully pass the ball around the defender to their partner; can add a single dribble to create passing angles; unsuccessful passer becomes defender
2. *Drive and Dish* - line on the wing and a line on the opposite block; player from wing dribbles toward lane and makes a bounce pass to player at opposite block who shoots a jump shot aiming for the “box” on the backboard; can have the player dribbling to the lane jump stop before the pass; perform drill on both sides; can also have players shoot from the ball side block; to create game situation, coach or player defends the player on the block and decides whether to stop ball or fade back to the player on the block; dribbler must choose to pass or pull up for a short shot in the lane
3. *Rapid Passing* - One player is in the center of the key with a basketball. All other players are lined up about 2 feet in from the 3-point arc. On the coaches command the player in the key passes the ball to the player furthest on the left, that player immediately passed the ball back to the player in the center. The player continues passing quickly to the next player all across the line until they have passed to each player. Then the player at the far right takes the center position and the player from the middle gets in line on the far left. Each player rotates through rapid passing. All kinds of passes can be used. Emphasize good form in passing and receiving.
4. *4 Square Passing* - Set up a large square in one half of the court. Have players divide up on each corner of the square. Each corner has a ball. The coach tells the players what kind of pivot (right/left) they will do and what kind of pass (bounce/chest). On the whistle the first player in each line dribbles to the center of the square, performs the pivot and passes the ball back to the line. The player then follows the pass to the back of that line. After they get the hang of it see how many passes they can do in a row or how long they can go without dropping a pass.
5. 3v3 Possession: Divide teams into groups of three, use different color pennies or shirts for the teams. Mark of an area with cones in one half of the court. Teams get points for every pass that they make. Play rounds of 1 to 2 minutes. No dribbling is allowed. If the team gets their ball stolen, if they dribble or their ball goes out of bounds they lose a point. Play several rounds and the team with the most points wins. You can add a time limit for passes, only giving players 5 seconds to pass the ball or they lose a point.
6. *3 Man Weave* - 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.
7. *Ultimate Basketball* - Divide team into 2 teams of 5. The game is played on the full court. The teams cannot dribble and can only take 2 steps. Teams pass the ball down the court and try to get the ball passed to a player behind the baseline, teams get 5 points for each time they do are able to do that. If a pass is dropped the other team gets possession. First team to get to 20 points wins. Emphasize communication, passing under pressure and getting open for a pass.

**REVIEW LAY-UPS**

Basic Lay-Up Drills

1. *Daily Dozen* - starting at the half court line on the right wing, complete the following lay-ups on each side of the court

* Right hand lay-up
* Hesitation dribble to right hand lay-up
* Right hand lay-up off 2 feet (Jump Stop Lay-up)
* Pull up bank shot form the block
* Right side crossover to left hand dribble in the lane for a left hand lay-up on left side of the basket
* Right side crossover to left hand dribble in the lane for pull jump shot in the lane

**BASIC CUTS**

Types of Cuts

1. *Basket Cut* - a cut towards the basket
2. *Straight Cut* - a cut straight towards the ball (may be with or without a screen)
3. *V-Cut* - the player starts at the low post and cuts to the high post, initiates contact with the defender and then cuts to the wing. It can also be executed from the wing; in this case the player cuts to the low post and comes back out.
4. *Back Cut* - an offensive play in which a player on the perimeter steps away from the basket, drawing the defender with them, and suddenly cuts to the basket behind the defender for a pass
5. *Curl Cut* - a cut that takes the player around a screen toward the basket.

Basic Cutting Drills

1. *Backdoor* - line in the corner and line at the point with 2 balls in each line; the first person in the corner line will sprint from the corner to the wing, plant their top foot and make a hard back door cut; the player at the point will deliver a bounce pass to the cutter; the player at the point who just throw the bounce pass with then sprint from the point to the wing, plant their top foot and make a hard back door cut; the next player in the corner will deliver a bounce pass to the cutter; continue the process; can make backdoor cuts from the middle and opposite wing
2. *Crazy Cuts* - This is a drill to demonstrate the different cuts for players to use. At this age they can begin to cut towards the basket and they can begin to learn a V cut. Briefly show players each of these cuts. Instruct players to run all the way through the ball, have a hand up as a target for the passer, change speeds for cuts; for cutting away for the V cut go ½ speed and come back to the ball at full speed. Have all player lined up at the top of the half court. The coach stands off to the side with all the balls. On the coach’s command the first player does a V cut and the coach passed to the player, the player immediately passes back to the coach and then cuts to the basket. The coach passes to the player who takes a quick shot, gets his or her own rebound and returns to the end of the line.

**BASIC SCREENS**

Fundamentals of the Screener (Person setting the screen)

* Feet should be a little wider than shoulder-width apart. It's very important to have a wide, strong base.
* Hands should be crossed across your chest or protecting your groin area
* The screener needs to be stationary as the screen is set. Otherwise, the screener will be called for an offensive foul.
* Body should be vertical (should not be leaning forward or backwards).
* Square to the defender. The middle of the screener's chest should be in line with the defender's shoulder and hips.
* After the offensive player has ran off the screen, it is very important to open up to the basketball. Normally, you will pivot 180 degrees to the basketball. Sometimes, a cut to the basket or away from the basket may be open. Many times, the screener is the person who is open.

Fundamentals of the Person Receiving the Screen

* Set up the defender - It's very important for the offensive player to set up the screen. First of all, he/she needs to wait until the screener is completely set. If he/she leaves too early while the screener is moving, the screener will get called for an offensive foul. Second, it's very good to set up the screen by faking the opposite direction even if it's only a slight head fake. This will get the defender leaning in the wrong direction and when he explodes the other direction to catch up with you, he'll run hard into the screen.
* Shoulder-to-Shoulder/Hip - When running off the screen, you will need to run shoulder to shoulder. This will not give the defender any room to get around the screen. It will force him to either trail behind you or plow through the screener for a defensive foul.
* EXPLODE! It's very important for the offensive player to blast off of the screen. This will leave the defender in the dust and give you much more time to set up for a shot.

Types of Screens

1. *Ball Screen* - an offensive player sets a screen for another offensive player who currently has the ball in possession.
2. *Away Screen* - this is when a player sets a screen away from the ball. This happens when a player passes the ball to a player, then runs away from the ball to set a pick for another offensive player.

Basic Screening Drills

1. *Pass and Screen Away* - line on both wings and line at the point; player at the point passes to a wing player and goes to set a screen for the opposite wing player; the opposite wing player takes a jab step and cuts tightly off the screen to the foul line (straight cut) with hands up; the wing player with the ball makes a bounce pass to the cutter who squares up to the basket and shoots

**REVIEW SHOOTING**

*Basic Shooting Form* - feet shoulder width apart; lead foot slightly ahead of weak-side foot; shoulders squared to the basket; knees bent; eyes on rim; shooting elbow tucked in; follow through with fingers pointing into the rim

* Players should shoot through their body bending knees for power and to keep the elbow in
* No twisting or turning of shoulders that would result in players “throwing” rather than shooting the ball at the basket
* Players can also start with strong foot back and then step into shot with strong foot

Basic Stationary Shooting Drills

1. *Inside Pivot Shooting* - line on the wing with basketballs (passer) and a line on the opposite wing with no basketballs (shooter); shooter cuts across the foul line to catch a chest pass at the elbow and pivots on their inside foot to take a balanced shot; passer should throw chest pass with top hand; perform drill from opposite direction; can take shots from wings

Basic Shooting Off the Dribble Drills

1. *Basic Shooting Off the Dribble* - players line up at the 3 point line on the wing; players take one dribble with their outside hand (right on right side, left on left side), perform a jump stop, and take a balanced shot aim for the “box” on the backboard; perform from right, middle, and left sides of the basket (players should dribble with both hands from each spot)
2. *Shot Fake and Dribble* - players line up at the 3 point line on the wing; players perform a shot fake (shows shooting elbow to defender); then takes one hard dribble and takes a balanced shot; perform from right, middle, and left sides of the basket (players should dribble with both hands from each spot)

Some Shooting Games

1. *Full Court Lay-Up* - For this drill, divide your team into 2-4 groups. Each group lines up in a straight line at half court going down the sideline. Each player in the group will have a number. Each group must have the same amount of numbers (some kids may have two numbers). A ball for each group will be placed in the center circle on a designated spot. Then the coach calls out a number and the player with the corresponding number sprints to the center circle to pick up their ball. Each player dribbles down the court towards the basket and shoots a layup. After making the shot (or after 2 attempts at make a shot) the players rebound their ball and dribbles back to the center circle and places their ball back down on the designed spot. The first group that puts their ball down on the designed spot earns a point. Players then return to their lines and the drill continues with the coach calling out another number. Continue the drill until everyone has had a turn, or a group earns a specific amount of points.
2. *10 Basket Team Shooting* - Divide your team into as many groups as you have baskets. Each group will be assigned their own basket and each player will have their own basketball. At the coach’s command, each team starts shooting at the basket from a designated distance (further outside the key for more advanced teams). The first team to make 10 baskets is the winner.
3. *3 Up* - Divide your team into 2 teams and each team will have one ball. Team 1 will make a line on the right elbow, and Team 2 will make a line on the left elbow. On the coach’s command, the first player in line shoots the ball. If both players make it, the score is still 0-0. If Team 1 makes it and Team 2 misses it, Team 1 receives a point (1-0). If both teams miss it, the score is still 0-0. The players then rebound their ball and pass it to the next player in line. The second player in line shoots the ball. If both players make it, the score is still 0-0. If Team 1 makes it and Team 2 misses it, Team 1 receives a second point (2-0). If Team 1 misses and Team 2 makes it, Team 1 would lose their point and the score would be 0-0. If both teams miss it, the score is still 0-0. The players then rebound their ball and pass it to the next player in line. The drill continues until one team gets 3 points. Then have the teams switch sides and complete the drill again.

**FREE THROW SHOOTING**

*Basic Shooting Form* - feet shoulder width apart; lead foot slightly ahead of weak-side foot; shoulders squared to the basket; knees bent; eyes on rim; shooting elbow tucked in; follow through with fingers pointing into the rim

**REBOUNDING**

When blocking out or boxing out

|  |
| --- |
| 1. Yell "shot" to make your teammates aware that a shot has been taken. 2. Locate your man. 3. Get your hips low, make a wide base (preferably wider than your opponents), and make contact. Stick out your forearm to make contact with the opposing player. |

1. Do a reverse (back) pivot into the player if needed.
2. Push the opposing player away from the basket using your butt and legs.
3. Have your arms straight out to your sides which will make it harder to get around you. You can also feel where the player is going.
4. Shuffle feet to stay in front of the player.

After you secure a rebound, you should

1. "Chin the ball" which means to put the ball underneath your chin with your elbows out. This makes it harder for the defense to steal the ball from you after you secure the rebound.
2. Pivot away from the basket to the sideline to throw an outlet pass to a streaking player or a guard located near the sidelines.

Rebounding Drills

1. *Outlet Passes* - players line up in a rebounding line under the basket and an outlet line on ball side wing; coach tosses the ball off the backboard; player jumps up to rebound ball, puts the ball at chin level (chin it) with elbows flexed, pivots to the outside and completes and outlet chess pass to a teammate who then dribbles toward the middle of the court to half court; coach can offer token defense on rebounder who must create angles
2. *Pitch and Go* - rebounder passes an outlet to the player on the wing; the player on the wing dribbles hard to the middle of the court towards the opposite key/foul line area; the rebounder trails on the outside and cuts to the block to receive a bounce pass for a lay-up from the dribbler; initial rebounder runs through to the wing; passer gets the rebound and the drill continues on the other side of the court; can change to a jumper for the block or a pass back to the elbow

**DEFENSE**

*Teaching Objectives (Man-to-Man)*

* On Ball
  + Feet at 45 degree angle; hands out wide on dribbler; slide feet to stay out in front of the ball, forcing dribbler to switch direction; reach only from bottom upward; keep dribbler out of the lane
* On Potential Shooter
  + Match right to left/left to right on shooting hand (against righty shooter, have left hand in an “L” on the shooter’s right shooting hand; force a dribble; still in balanced 45 degree angle position; don’t leave feet on ball fakes
* Off Ball
  + Keep ball-you-man relationship; always see both ball and man; no face-cuts; defender keeps back to basket; further offensive player is away from ball, the further defender can be from opponent providing “help” defense from teammates

Basic Defensive Drills

1. *Shell Drill* - 5 v 5 in the half court; as offense moves the ball around the perimeter, defensive players need to “jump” to the ball maintaining the ball-you-man relationships while sliding into help defense; can progress to having offensive players cut through the lane or simulate dribble drives to force “help” situations
2. *Live Zig*-*Zag Dribble* - live offensive dribbler vs. man defender; defender slides at an angle from sideline to lane line and back staying in front of offensive player while performing drop-step moves to change directions
3. *Wing Denial* - ball at point; defensive player in balanced stance defends offensive player cutting from wing to block to wing; in “deny” position, defender faces their chest to offensive player and extends their ball side hand and top foot, sliding up and back with offensive player and staying just below the passing lane
4. *Close-Outs* - partners facing one another from 15 feet away; player passes the ball to their partner and assumes a defensive role; passer closes out on their partner with the following cadence of sprint-sprint-choppy feet; the choppy feet allows the defender to finish in a balanced position on the offensive player
5. *Help and Recover* - 2 lines just outside of the elbows with 2 offensive players and 2 defensive players with one ball; offensive player with the ball dribbles towards the middle of the lane; the off the ball defender slides into the lane in help position to stop the ball with their teammate; offensive player kicks the ball out to their teammate; original off ball defender recovers to his opponent with a short close-out

**INCORPORATING MULTIPLE SKILLS**

Basic Movement/Full Court Drills

1. *Two Post Lay-Ups* - line of players in the corner and coaches/players at each elbow; player takes dribble and passes to first elbow, the player then receives the ball back and passes to the second elbow; the player then receives a bounce pass back and finishes with a lay-up
2. *V*-Cuts*­­* - players runs from wing to block, plants outside foot, and cuts back up to wing to receive the ball; the players dribbles to the basket and shoots a lay-up/jump shot; perform drill on both sides

* Vs. defender offensive player from wing makes v-cut moving to defender’s ball side shoulder and cutting back to the wing to receive the ball; offensive player then gets into triple threat for 1v1 live play

1. *3v2 to 2v1* - fast break drill with defenders in tandem; the back defender plays the first pass and the top defender stops the ball and drops opposite of the first pass; after a shot or a turnover, the 2 defenders go back the other way in a 2v1 break vs. either the shooter or the passer who committed the turnover from the initial offensive team; in the 2v1 drill offensive players stay split; the 2 offensive players try to score and the defender tries not to give up a lay-up
2. *3v3v3* - Divide teams up into groups of 3. Use different colored jerseys or shirts for each team. Have 2 teams begin to play 3v3 on one end of the court with one team starting on offense and one team starting on defense. If the team on offense scores or the defensive team gets a turn over the defensive team becomes an offensive team and heads towards the opposite basket, while the team that started on offense now stands at the half court to wait for action to come back to their end. The 3rd team that was waiting at the half court line now becomes the defensive team. Play continues on that end until a basket is made or the defensive team gets a turnover. At that point they become the offensive team and head to the opposite basket.
3. *Hustle Drill* - Divide team up into 2 groups. Have each group stand under opposite baskets. The coach has all the balls and mid court. The coach rolls out a ball towards the center jump circle, on the coaches whistle the first player in each line runs to gain possession of the ball and then dribbles to the opposite basket and tries to make a shot. The player who does not gain possession becomes the defensive player. Encourage quickly getting a shot off or trying to make a lay up. You can progress this drill by having 2 or 3 players come out from each group and playing 2v2/3v3.

**SCRIMMAGING/GAME PREPARATION**

*Emphasis on:*

* Spacing
* Ball movement
* Constant cutting - being hard to guard
* Using dribble effectively (attach basket, draw double team, or create better passing angles)
* Take high % shots
* Hit the open man
* Out hustle opponents
* Play with pride
* Respect the game