6TH 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. *High/Low on Command with Left Hand* - alternate 3 high dribbles at shoulder height and 3 low dribbles at ankle height with left hand
22. *Dribble Around Right Leg with Right Hand* - dribble the ball in a circle around the right le with the right hand; go both directions
23. *Dribble Around Left Leg with Left Hand* - dribble the ball in a circle around the left leg with the left hand; go both directions
24. *Dribble Around Both Ankles*- dribble the ball in a circle around both ankles with both hands; go both directions
25. *Dribble Figure 8* - dribble the ball in a figure 8 motion around both legs using both hands; go both directions
26. *4 Dribble Figure 8* - dribble the ball in a figure 8 motion around both legs in 4 dribbles; go both directions
27. *2 Dribble Figure 8* - dribble the ball in a figure 8 motion around both legs in 2 dribbles; go both directions
28. *Crossover Dribble* - cross the ball over continuously in front of the body
29. *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
30. *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
31. *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
32. *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
33. *L Dribble with the Right Hand* - combine the side v-dribble and the front v-dribble together; dribble the ball backward and forward beside the body in the shape of a “v” and then dribble the ball from side to side in the shape of a “v” in front of the body with the right hand; continue the process
34. *L Dribble with the Left Hand* - combine the side v-dribble and the front v-dribble together; dribble the ball backward and forward beside the body in the shape of a “v” and then dribble the ball from side to side in the shape of a “v” in front of the body with the left hand; continue the process
35. *Half Box Dribble* - dribble the ball backward and forward beside the body in the shape of a “v” with the right hand; then cross the ball over to the left hand; dribble the ball backward and forward beside the body in the shape of a “v” with the left hand; then cross the ball back over to the right hand
36. *Scissors Alternating Between the Legs* - start with the right foot forward and left foot back; cross the ball between the legs and jump to switch the positioning of the feet so the player can immediately cross the ball back to the other side; every time the players go through the legs the player should be switching feet

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. *Split Double V-Dribble in Front* - dribble both balls side to side in front of the body alternately
9. *Double V-Dribble on Side* - dribble both balls front to back beside the body simultaneously
10. *Split Double V-Dribble on Side* - dribble both balls front to back beside the body alternately
11. *Double L Dribble* - combine the side v-dribble and the front v-dribble together; dribble the ball in the right hand backward and forward beside the body in the shape of a “v” and the ball in the left hand from side to side in the shape of a “v” in front of the body simultaneously; then immediately dribble the ball in the right hand from side to side in the shape of a “v” in front of the body dribble and the ball in the left hand backward and forward beside the body in the shape of a “v” simultaneously; continue the process
12. *Split Double L Dribble* - combine the side v-dribble and the front v-dribble together; dribble both balls backward and forward beside the body in the shape of a “v” and then dribble both balls from side to side in the shape of a “v” in front of the body; continue the process
13. *Two Ball Figure 8* - dribble both balls in a figure 8 motion around both legs using both hands; one ball follows the other
14. *Two Ball Figure 8 One Stays Out* - dribble one balls in a figure 8 motion around both legs using both hands while the other ball is continuously dribbled in front of the body
15. *Both Balls Go Through* - both balls go through the legs simultaneously; the ball in the right hand stays in the right hand and the ball in the left hand stays in the left hand
16. *Yo-Yo* - holding one ball in each hand, toss the ball in the right hand to the floor so that it bounces once and toss the ball in the left hand to the right hand and catch the ball that was toss to the floor with the left; continue the process so that the balls go in a circle; go both directions

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
6. *Behind the Back Dribble* - starting on the baseline, players dribble the ball 3 times at an angle to their right (going up the court) and then wraps the ball behind the back to their left hand; this is followed by 3 dribbles with their left hand at an angle to their left and then wraps the ball behind the back 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. *Crossover Dribble* - starting on the baseline, players dribble both ball 3 times at an angle to their right (going up the court) and then crosses both balls over to the other hand; this is followed by 3 dribbles at an angle to their left and then crosses both balls over to the other 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 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
5. *Between the Legs & Crossover Dribble* - starting on the baseline, players dribble both balls 3 times at an angle to their right (going up the court) and then crosses one ball over between their legs to their left hand and crosses one ball over to their right hand simultaneously; this is followed by 3 dribbles at an angle to their left and then crosses one ball over between their legs to their right hand and crosses one ball over to their left hand simultaneously; continue the process down the court
6. *Behind the Back & Crossover Dribble* - starting on the baseline, players dribble both balls 3 times at an angle to their right (going up the court) and then wraps one ball behind the back to their left hand and crosses one ball over to their right hand simultaneously; this is followed by 3 dribbles at an angle to their left and then wraps one ball behind the back to their right hand and crosses one ball over to their left hand simultaneously; continue the process down the court

**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 direction
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

* Can also do rip through; on coaches command, player tucks ball to strong-side hip, rips ball below the knees, rips ball back across the shoulders to original position
* Can also do jabs

1. *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.

**REVIEW PASSING**

Types of Passes

1. *Chest Pass with Right Hand*
2. *Chest Pass with Left Hand*
3. *Bounce Pass with Right Hand*
4. *Bounce Pass with Left Hand*
5. *Overhead Pass*

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. *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.
4. *5 Man Weave* - Five 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 then passes the ball to the player on the right (Player 4). Player 3 then runs to the right side of the court while Player 4 goes to the middle of the court. Player 4 then passes the ball to the player on the left side of the court (Player 5). Player 4 then runs to the left side of the court while Player 5 goes to the middle of the court. Player 5 continues to dribble and then shoots a layup.
5. *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**

**REVIEW CUTS**

1. *Basket Cut*
2. *Straight Cut*
3. *V-Cut*
4. *Back Cut*
5. *Curl Cut*

**REVIEW SCREENS**

1. *Ball Screen*
2. *Away Screen*
3. *Down Screen*
4. *Back Screen*

**REVIEW SHOOTING**

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)
3. *Rip Through and Dribble* - same as inside pivot shooting; shooter now catches at the elbow and rips the ball below their knees through the imaginary defender to change direction; after the rip through the player takes 1-2 dribbles towards the basket and squares up for a shot in the lane
4. *Jab and Shoot* - same as inside pivot shooting; shooter now catches at the elbow and jabs forward at the imaginary defender; after the jab the players returns to a balanced position and shoots a jump shot
5. *Jab and Dribble* - same as inside pivot shooting; shooter now catches at the elbow and jabs forward at the imaginary defender; after the jab the player takes 1-2 dribbles towards the basket and squares up for a shot in the lane

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. *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 both lines 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.
3. *30 and A Half* - Divide your team into 2 teams and each team will have one ball. Team 1 will make a line on the right block, and Team 2 will make a line on the left block. On the coach’s command, the first player in both lines shoots the ball. The player rebounds their ball and passes it to the next player in line. Each team needs to make 10 shots from the block. Once they have made 10 shots from the block, the whole team moves to the elbow. The process continues. Each team needs to make 10 shots from the elbow. Once they have made 10 shots from the elbow, the whole team moves to the 3-point line. The process continues. Each team needs to make 10 shots from the 3-point line. Once they have made 10 shots from the 3-point line, the whole team moves to the half court. Each team needs to make 1 shot from half court. The first team to make the half court shot wins.

**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

**POST MOVES**

Types of Post Moves

1. *Drop Step* - an offensive player with their back to the basket swings one leg around the defender and uses it as a pivot foot to gain inside position; can be performed to the baseline or middle
2. *Inside Pivot* - an offensive player swings their foot BACKWARD making a 180-degree arc such that when they re-plant the foot they have turned completely and are facing the basket.
3. *Front Pivot* - an offensive player swings their foot FORWARD making a 180-degree arc such that when they re-plant the foot they have turned completely and are facing the basket.
4. *Step Through* - after making an inside or front pivot, face up and square up to the basket, draw an imaginary line from the pivot foot to the front of the rim; the swing foot "steps through" that line and toward the basket (think of having your legs crossed)
5. *Sweep* - after making any pivot, the swing foot immediately steps on its own side to the basket (if your left foot is the pivot foot, your right foot steps to the right and to the basket); the name actually comes from the ball action being swept through your stance to get it out in front of your swing foot so you can make a long dribble to the basket.

**REVIEW REBOUNDING**

**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. *5 Man Weave to 3v2* - Five 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 then passes the ball to the player on the right (Player 4). Player 3 then runs to the right side of the court while Player 4 goes to the middle of the court. Player 4 then passes the ball to the player on the left side of the court (Player 5). Player 4 then runs to the left side of the court while Player 5 goes to the middle of the court. Player 5 continues to dribble and then shoots a layup. After a shot, Players 1, 2 and 3 go back the other way on offense in a 3v2 break vs. the shooter (Player 5) and the passer (Player 4). The 3 offensive players try to score and the 2 defenders tries not to give up a lay-up.
3. *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.
4. *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