



Drill 2 *Chris-cross Dribble*
Dribbling: Skill focus:

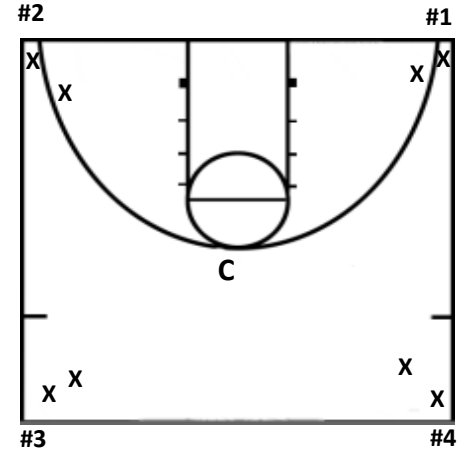
- Ball control
- Finger tip control
- Work with both hands
- Vary speeds and pressure

- Player at the head of each line has a ball
- Coach stands in the head of the circle (middle of practice area)

- Player at the head of corner #3 & 4 dribbles diagonally to opposite corner. (3 to 1; 4 to 2) and
 - Hands ball to player at the head of the line, and
 - That player dribbles back across the court.
 - Continue the process
 - Variations – left hand; alternating hands; vary speeds; sideways
- Head of each line dribbles to the coach standing at the head of the circle
 - Returns quickly to original corner
 - Controlled dribble at first; then add variations as above

Do this relay style to add some excitement .

Formation for Drill – 4 Corners

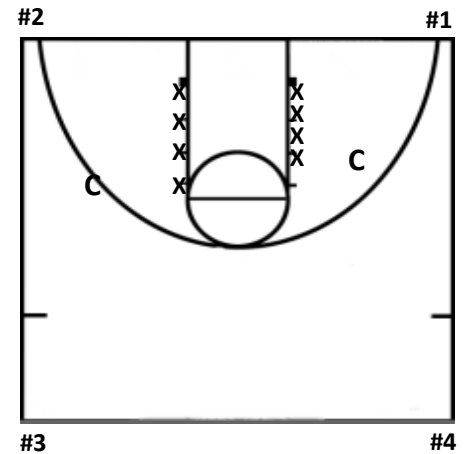


Segment 2 **Firing Line** **Passing:**

- Pass made
- Pass should be catchable about waist high.
- Pass caught with hands
- Hands give as ball is received

- See page 42 in Coach Playbook
- Start with Coach as drill leader, then have players be drill leader
- Start with bounce pass, then chest pass

Formation: 2 groups; each group lines on each side of free throw lane



5 minutes **Mid Practice Huddle**

Devotion – week 1
See Playbook page 72-78

Segment 3 **Defensive Stance (no**

Formation: Free- players scattered



basketball)

- Explain stance for on the ball defense
- Show defensive slides

- Slide your feet, don't cross them. Point the toe of the lead foot (direction you're sliding) and push off with the inside of opposite foot.

within practice area

See Playbook page 55.

Segment 4

Shooting – lay ups

Points of emphasis:

- Briefly review
- “STEP-HOP-JUMP”

See page 45 in Coach Playbook

Lay-up shooting/rebounding

- Do drill as in previous practice until all players have shot.
- Swap sides and repeat

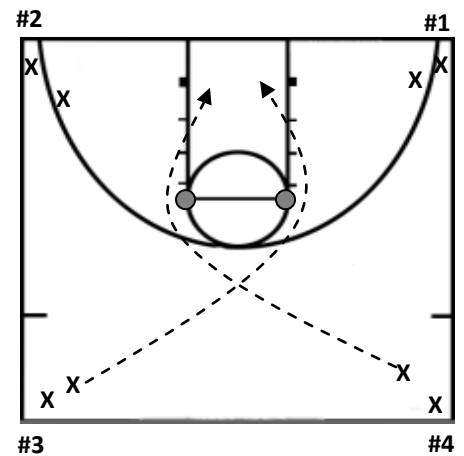
Formation – 4 corners; players in corner #3 & 4 have basketballs; place a cone at each elbow of the lane

Emphasize:

- Do drill until everyone goes through one time then swap sides and repeat.
- The put all players in corner #3 & 4

Make 2 groups with one each in corners #3 & 4.

- Dribble around cone on opposite elbow and drive to basket for a lay-up as before.
- With stopwatch in hand, challenge the team to see how long it will take for the team to make 10 baskets. Repeat the challenge.



Segment 5

❖ FUN closing drill

Play a round of knockout

5 minutes

Post Practice Meeting

1. Review learned skills -
2. Distribute practice card & green practice stars
3. Remind players and parents of next practice / game

Coaches Notes:

Footwork:

Proper footwork promotes balance, quickness, and readiness to make something happen on the court. Being proficient at this skill will improve a player's performance both offensively and defensively. The list below are teaching points that should be emphasized at each practice:



- › *Proper Balance*
- › *Foot Positioning*—feet shoulder-width apart and slightly staggered
- › *Knees bent*—weight in center of body
- › *Low center of gravity*
- › *Head up*—see the court

Three Basic Footwork Skills:

Triple Threat Position

- › Provides the player the option to pass, dribble or shoot
- › Position the basketball in the “shooting pocket” with shooting elbow over the knee
- › Have “strong hands” with possession of the basketball so that defenders cannot easily knock the ball away

Jump Stop

- › Allows a player to establish a pivot with either foot off a dribble or pass
- › Lead/jump should be low to the floor (like sitting in a chair), not a high jump
- › Both feet hit the floor at the same time—good balance
- › Land on the floor in triple threat position
- › Use when catching a pass; teach “ball in air/feet in air” concept

Front and Reverse Pivot

- › Lift heel, protect ball, stay low, and lead with the elbow
- › This skill allows a player to pivot in one or more directions by keeping one foot planted on the ground
- › Also allows an offensive player to move away from defenders, while protecting the basketball
- › Pivots are also important for setting screens and rebounding

Ball Handling and Dribbling:

Being an adept ball handler and dribbler can help create open shots, obtain better passing angles, and lead to fewer turnovers. A great offensive player must be able to handle the ball.

Teaching Points:

- › *Dribble with fingers, not palms*—similar to typing on a keyboard
- › Proper body position, with knees bent and body flexed at the waist
- › *Keep head up*—see the court
- › *Protect the basketball*—use arm bar
- › *Work both hands*—be able to go right or left
- › When picking up a dribble, end with a jump stop landing in triple threat position

Four Basic Dribbling Skills:

Control Dribble (Use against defensive pressure)

- › With body turned to the side, dribble basketball near the back knee
- › Keep the dribble low and compact, below the knees
- › Non-dribbling arm should be held out in front of the body to protect the ball from defenders—arm bar

Speed Dribble (Use to push the ball up the court and on fast break situations)

- › Dribble is pushed out in front of the body but controlled
- › Dribble is higher and softer

Retreat Dribble (Use to avoid defensive pressure and to keep the dribble alive)

- › Dribble backwards (hop back) to avoid pressure
- › Dribble requires a change in speed and change in direction



› Dribble teaches players not to habitually pick up their dribble when heavy, defensive pressure is applied

Crossover Dribble (Use to break down a defender; good penetration move)

- › Dribble must be kept low when crossing over from one hand to the other, keeping it away from the defender
- › Use head and shoulder fakes to help “sell” the move
- › Goal is to get the defender on his or her heels
- › Explode to the basket with a speed dribble after crossover.

Shooting:

- Allow players to spread out in your practice area, at least four to five feet apart
- Players start in triple threat position, holding imaginary basketballs with heads and eyes up on the target
- On the STEP command, players step with their left foot (right-handed lay-ups)
- On the HOP command, players raise their right knee and right arm toward the basket (visualize a string connecting a player’s right arm and right leg)
- On the SHOOT command, players extend their right arm as they shoot an imaginary ball
Lay-ups are not to be taken for granted. Coach for maximum effort, maximum benefit.

Lay-up coaching points

- Maximize upward effort.
- Reach high with shooting hand
- Arm/hand and leg go up same side of body.
- Lift knee high on jump.
- Release ball of finger tips