

Basketball Drill Examples

Websites:

<http://www.guidetocoachingsports.com/>

<http://www.powerbasketball.com/drills.html>

<http://www.basketball-plays-and-tips.com/coaching-basketball.html>

<http://www.basketball-drills-and-plays.com/basketball-drills.html>

Example Games:

Keep away with one or two in the middle using different types of passes

3 on 3 specialized versions: three passes before shot, certain types of passes have to be used

3 on 1, 3 on 2, 4 on 3 – small games to help them learn the game and learn control

3 on 2 to 2 on 1- Start out with 3 on 2 on one side of the court with one person waiting on the other end of the court, the 3 on 2 goes till either the team with 3 scores or the team with 2 gets the ball, then the team with 2 goes down to the other court and they play 2 on 1, then rotate so everyone plays all teams

Meat Grinder – Everyone on the three point line except two players who play 1 on 1 till someone makes a shot, the person who made the shot goes back to the three point line and the next person goes in to play one on one

Shooter Challenge – Everyone lines up on foul shot line, first player challenges another player, whoever makes it first stays in to challenge someone else

Team Shooting – Break them up into teams and whichever teams makes a certain amount of shots first, wins