Basketball

- **Skill 1 – Warm-up Court Dribble**
  - Use your warm up to practice your skills
  - As the athlete jogs around the court, have them dribble an imaginary basketball. Have them stop and pretend to shoot the imaginary ball towards a basket

- **Skill 2 – Shooting Form**
  - Right handed – left foot forward, right foot back
    - Right arm elbow bent at a 90 degree angle, left hand can help you balance the ball
    - Extend your right arm shooting the ball up and out towards the basket
  - Left handed – reverse the arms and legs
  - Remember to focus on the shot
  - Practice your shooting form 10 times

- **Skill 3 – Dribble Through**
  - Practice dribbling the ball with one hand in front of you as you stand in one place.
  - Practice dribbling the ball from right hand to the left hand while you stand in place
  - Now add movement
    - Set a cone down for a start line, then one 15 ft in front of you
    - Dribble to the cone one handed
    - Turn around and come back to your starting cone
  - Add in players!
    - Set out more cones approximately 3 ft apart
    - Dribble one handed and when you get to the cone, dribble but this time change hands so you can pass the defender cone
    - Weave in and out of the cones using both hands.
    - Practice this skill 10 times

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**Equipment Needed:**

- Something to use as cones or targets - water bottles, plate, Frisbees, or shoes.
- Wall a solid wall to use as a target and a partner
- Basketball or any ball that size
Basketball Continued

- **Skill 4 – Passing Drills**
  - Chest Pass – with partner or wall
    - Strong base! Spread feet shoulder width apart
    - Holding the ball with 2 hands
    - Bring the ball to your chest
    - As you step forward, extend your arms forward pushing the ball straight out in front of you
    - Practice the chest pass 5 x with the left leg stepping forward and 5 times with the right leg stepping forward
  - Bounce Pass – with partner or wall
    - Strong base! Spread feet shoulder width apart
    - Holding the ball with 2 hands
    - As you step forward, Bring the ball to your waist and throw the ball down and out towards the wall or partner
    - The ball should bounce one time before it reaches you partner or wall.
    - Practice 10 times

- **Skill 5 – Defense**
  - Drill
    - Stand with a wide stance, slightly wider then shoulder width
    - Bend with your knees
    - Slightly bend your back
    - Place your arms in the air (remember you are defending your basket
    - Step to the right, then have your left leg follow
      - Your feet should not touch
    - Continue this skill for 5 steps
    - Then return to where you started by stepping with your left foot first.
    - Practice this sequence 5 times, remember to have the athlete speed up as they become more comfortable moving this way

- **Skill 6 – Lay up**
  - From a dribble
  - Push off your left leg as you lift your right knee up
  - At the same time, lift your right arm that is holding the ball above your head and push the ball up towards the basket.
  - Remember to focus on the push and the shot.
  - Practice this skill 5 times then switch side and use your left arm and leg.