

BEAVER DAM BASKETBALL

Middle School

Ten Drills to Run Daily

“Keep the game simple, so we can play harder.”

1. Footwork

- chops and pops
- defensive slides and stance
- step slide

2. One on One Full Court

- zig zag drill
- no hands and hands
- throw your foot to the ball

3. Outlet Series

- lay up right and left hand
- short jumper off the glass above the blocks
- bounce pass back to the passer at the elbow
- ball should be dribbled with the inside hand to the top of the key
- jump stop and pass the ball executing an on side or left (chin over knee)
bounce pass

4. 3 lane 3 pass full court passing

- ball should not hit the floor
- 3 strong passes, with the third pass leading the player to a lay up
- proper angles are absolutely necessary to execute this drill
- return to the other end of the floor by running the three man weave
- make sure players can execute a strong chest pass before attempting this drill

5. Shell Defense

- 4 on 4
- can be played with cutters through the lane
- can be played with a high post flash
- can be played with an open top (unguarded coach) who tries to penetrate the top
- can be played with open corners for penetration baseline

6. Motion Breakdown

- Coach can pick one or two to work on each practice

7. Post Moves

- inside and middle drop step (hook shot over the front edge of rim)
- Mikan drill
- McHale drill

8. Form Shooting

- shooting ritual
- stationary to moving

9. 3 on 2 / 2 on 1

- can also be played as 11 man drill when players have acquired proper fundamentals
- we want competitors

10.2 on 2, 3 on 3, 4 on 4 Close Out- Block Out

- teach the close out on the ball first and then the block out
- compete with cut throat games by using time or score
- advance to full court competitions