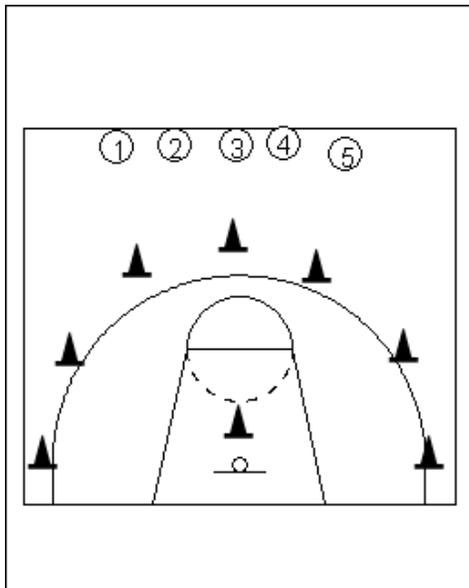




Beginners offense

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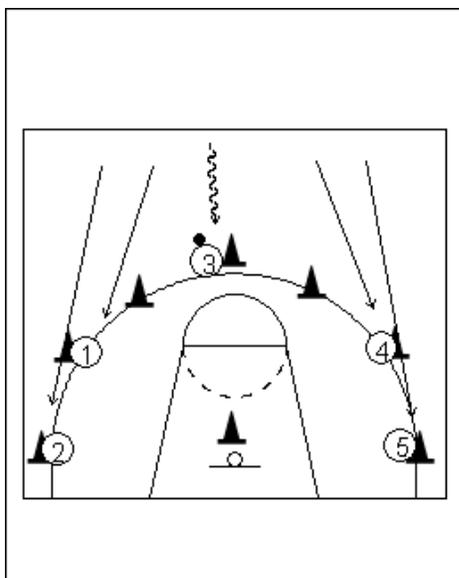


1) Beginners Offense

The key thing with young athletes is spacing. Every player should learn to play every position. Offense is not about learning a pattern, it is about learning to use their skills to work together to put the ball in the basket.

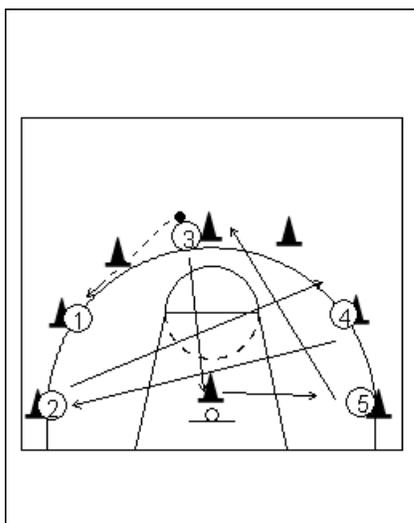
Step One

Eight pylons are positioned around the floor. One at the top, two on the swing, two on the wing (foul line extended), one at the front of the basket and two in the corner (the 3 point line straightens out). The younger the players the closer you can move the pylons to the basket. But remember that these do not have to be in the players shooting range. When the coach says go the players fill five of the eight spots (no basketball). When the coach says change the players move to a new pylon.



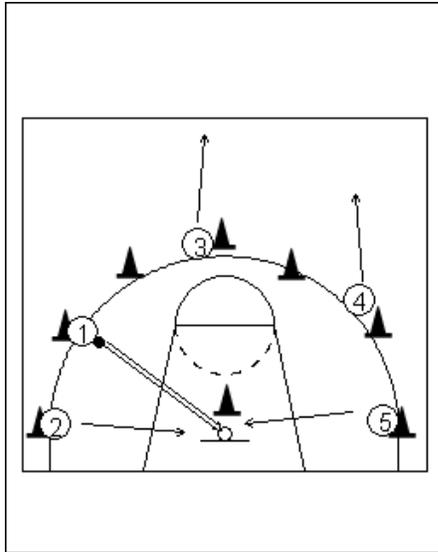
2) Step Two

This time the players start at half with a ball. The player with the ball takes it to the top or one of the swing spots. The other players fill the open spots. Ideally we want to have some balance. It is not a good ideal to have the right corner, right wing right swing and top all filled at the same time. Make a pass, count to 3 and everyone without the ball must move to a new spot. The reason you wait is to allow the person with the ball to time to get ready.



3) Step Three

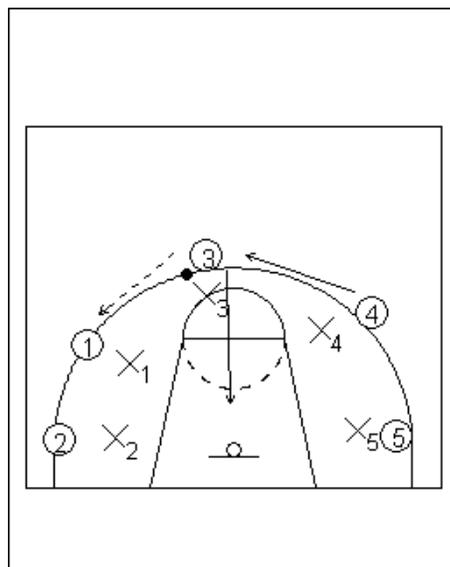
Now the player who passes the ball cuts to the basket. Count to three, everyone finds a new spot. The player with the ball is taught to scan the rim first, and then look to the right and left. This is teaching players "global" basketball. Everyone plays every position.



4) Step Four

Rebounding

Anyone above the foul line extended goes back on defense, anyone below goes for a rebound. You now have a great little offense for beginning basketball players. To score the players incorporate the skills they have been taught. Avoid the temptation to teach a set play and putting players in assigned positions. Each time the players are on the floor let different players bring the ball up the floor and inbound the ball.



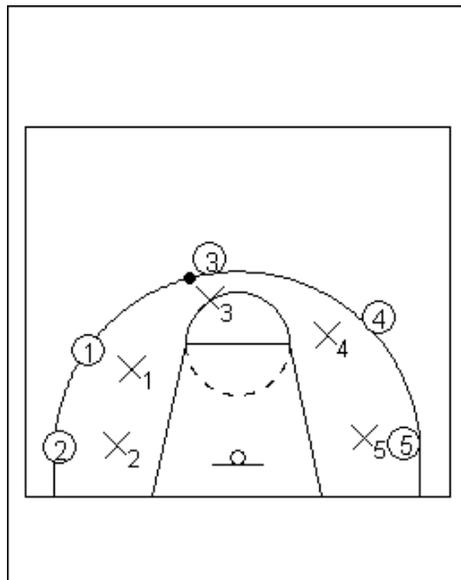
5) Games Approach

#1 - Control - No dribbles

The players play five on five basketball (note: if you have 12 players play 6 on 6 with younger players) with no dribbling.

load

- score by passing to a player in the key
- play full court
- have a violation if two offensive players are in the key at the same time (only if they are stopped and looking for the ball)
- make the defense play close to the offensive to put more pressure on the ball.
- violation for not squaring to face the basket
- violation for holding the ball above the head



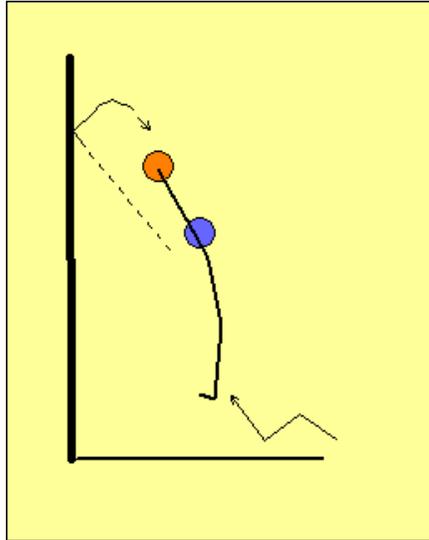
6) #2 Attack - One second rule

In this version the offensive player must make a decision with the ball within one second upon receiving the ball. The player must pass, dribble, or shoot. This forces the players to think quickly and make decisions off the dribble.

This can be loaded the same way with a few additional rules:

- must use weak hand dribbles
- give extra points for a pass pass

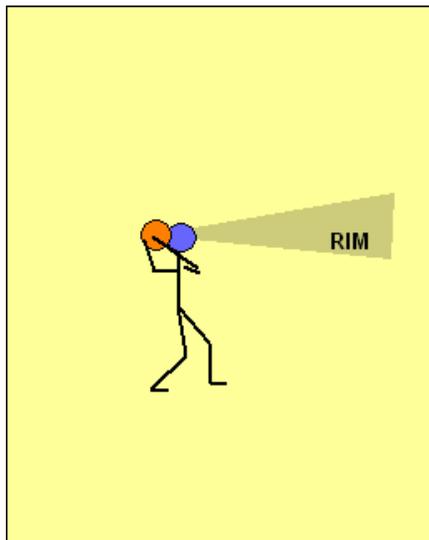
Break down drills



1) These drills are break down drills to help the players improve on the skills required to play offense.

Starting on offense

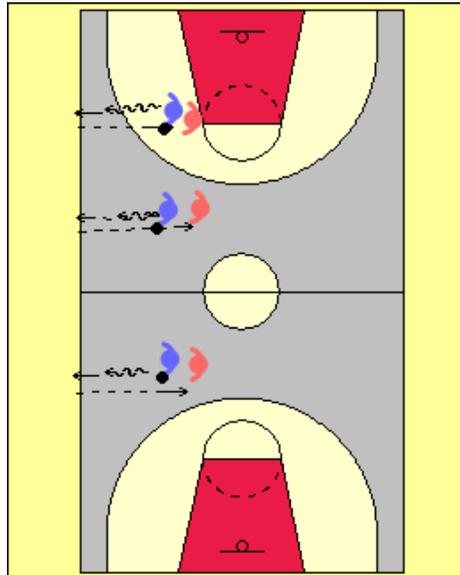
The first break down drill is tossing the ball off the wall jumping and rebounding. We want the players to learn to jump and catch the ball with two hands. Call "ball".



2) Land like a Quarterback

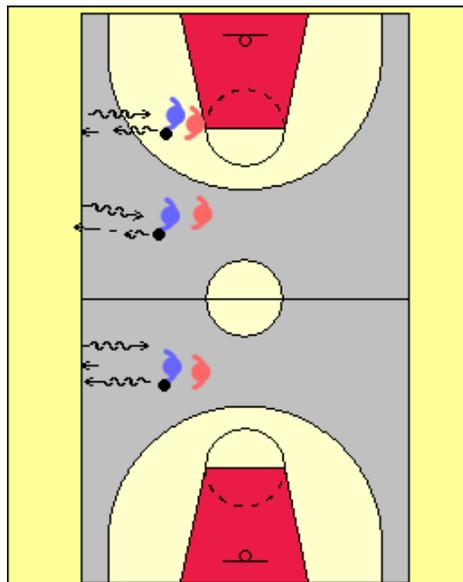
Ideally we want the player to land so they are looking down the floor with the ball being held by the ear with two hands. This requires them to do a quarter turn in the air. Their eyes should be on the far rim.

Have someone hold up fingers or touch different parts of the body. This ensures that the player is scanning. Be sure to practice turning both ways.



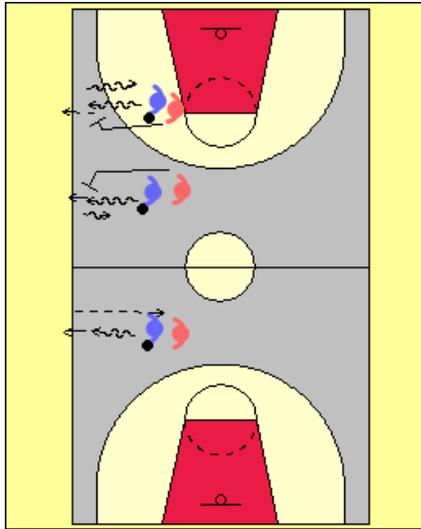
3) Dribble toss rebound

Have the players partner up and spread out along the wall. The first player dribbles the ball up and tosses it off the wall. He/she jumps calls ball and rebounds with two hands making the quarter turn in the air. On landing he/she must call out how many fingers his/her partner displays. The ball is passed and the other partner goes. Work dribbling and rebounding both ways.



4) Breakout dribbles

Now when the ball is rebounded the player scans the rim and sweeps the ball with a strong breakout dribble. Take two hard dribble and hand the ball off to your teammate who repeats the drill.

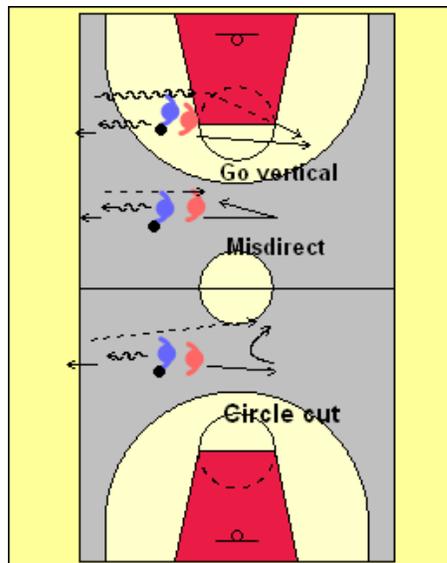


5) Add a guided defender

This time the partner follows the first player to the wall. On the rebound jam the rebounder to the right or left. The rebounder uses the break out to the proper side. Don't allow them to turn their back and dribble to the sidelines. The dribble must go vertical.

Load

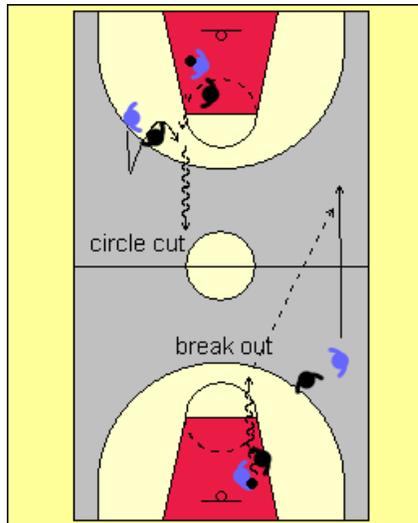
Some times the player stays and calls for the pass.



6) Outlet

We now want to concentrate on the outlet. Once the ball is secure we want it to start by going vertical. This puts instant pressure on the defense and creates space. If the rebounder is in trouble we can cut straight back to the ball. If the player breaks out we continue to go long. As players improve they add the Steve Nash circle cut where they curl in front of the defender as they cut back. This gets their momentum going vertical.

This can happen early or late. As players go long they must always be scanning their teammate with the ball.

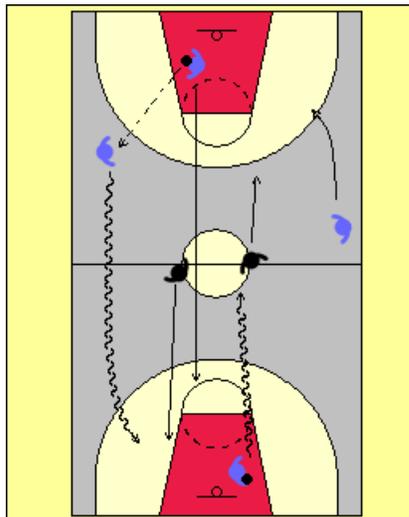


7) Full court

We now work on the various reads in the full court. At first the coach may have to give the guides, but eventually it is important that the players do this skill. It helps increase their understanding of the game.

Load

- defend the rebounder
- defend the out let
- defend both
- start from a box out
- play live two on two.



8) 2-1 in small spaces

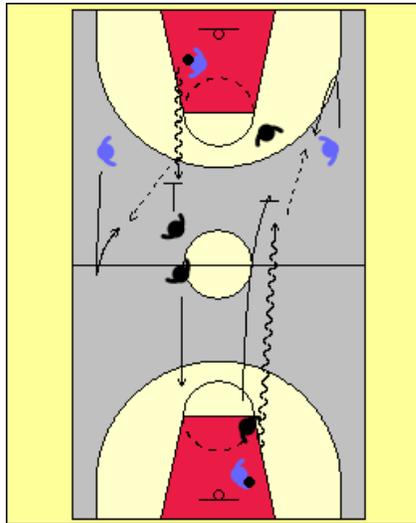
A good progression is to play 2-1 one in small spaces. The rebounder can either break out dribble or make the outlet. The players can fill the wing and swings or front rim on one side of the floor. The defenders are working on making fakes and deciding who to guard.

Load

- Start the defender in different places
- Jam the rebounder to give a read.

The player in front must decide to create space for a teammate or to attack the lone defender. If attacking we like to go through the elbow. This gives the best chance to score at either angle.

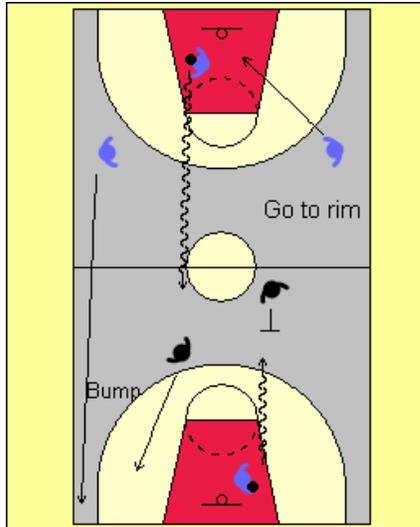
NOTE: You can call the areas you want the players to play through: Swing -wing, Swing and swing, Top and wing, front rim and wing.



9) 2 on 2 in small space

Now they play 2 on 2. The key teaching point here is for the outlet to recognize when his/her teammate is in trouble. This could be early or late.

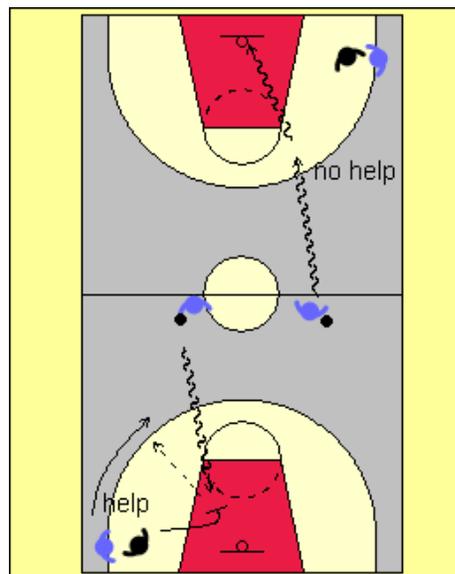
Note; Again it is important that the coach mix up the spacing the players play in. Do not always use wing-swing. Sometimes play swing and swing or any other combination.



10) Attack in the front court

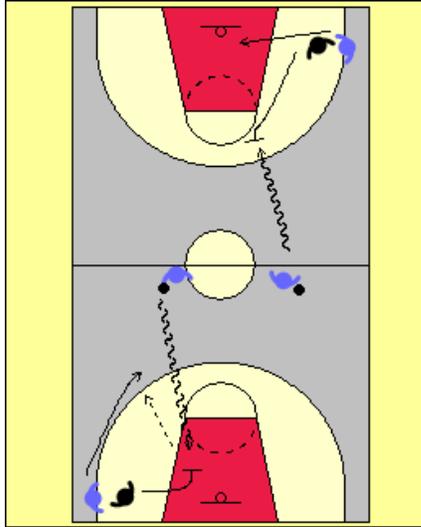
When advancing down the floor we want players to stay wide and bump the baseline. The exception is if there is no defender between him/her and the rim. By staying wide and bumping the baseline we force the defense to spread out and allow for easier entry passes or penetration.

Note: as before mix up the finishing spaces the players play through.



11) Attack the basket

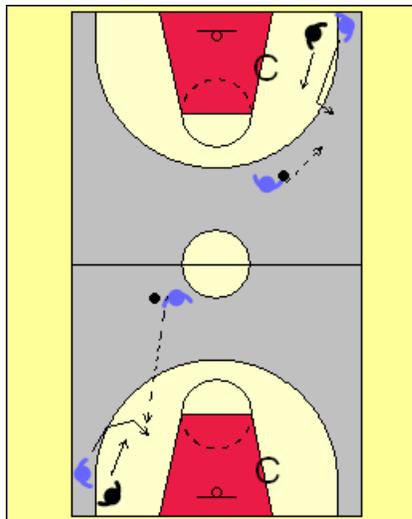
If the player dribbling the ball does not have a pass ahead he/she should look to attack the basket. The wing players' stays wide and deep. If there is no help go to score. If help comes make the pass.



12) Help up or over

If the defense helps up we can back cut to the rim. A good rule of thumb for young players is to attack the back of your defenders head when he/she turns it. If the defense helps over we prefer to rotate up and behind the ball. This makes it harder for the defense to recover.

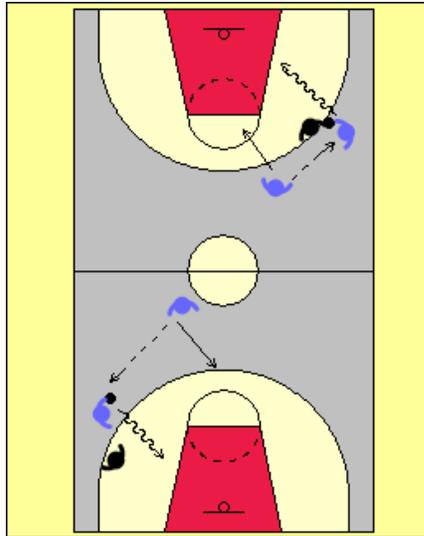
Note: I know i keep saying this but please be sure to work on this concept from all different combinations of positions. For example the swing to swing is another important one.



13) Dribbler cannot beat his/her defender

If the ball handler cannot beat his/her defender the wing player must look to blast cut to the ball when the dribbler is able to make the pass. There should be eye contact and be in the passing range of the dribbler. The first reads we work on are a slight deny by the defense. We call it "Fingers in the passing lane". If there is no body in the post curl over top of this player and look for the ball.

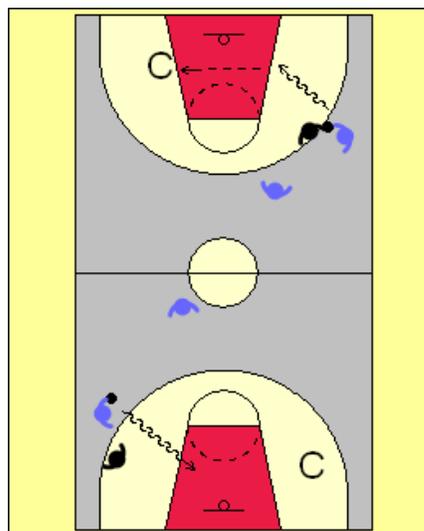
If the coach stands in the post on your side you have to pop to the wing to receive the pass. Now players are learning an Attack move (curl) plus a control move (pop). The passer must pass to a spot not the person. This is a hard skill for young kids to learn sometimes.



14) Attack on the catch

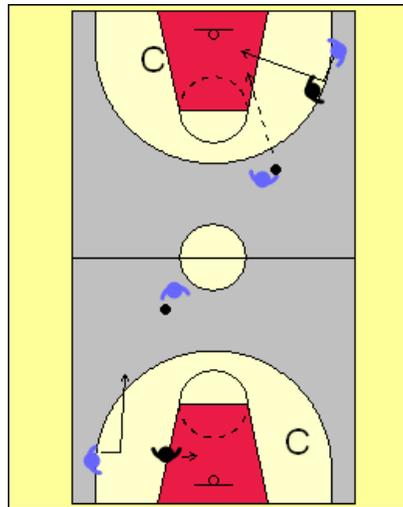
After catching the ball we want the wing player to play attack basketball. Beat the defender to the side he/she presents. Many coaches talk about attacking the top foot. This is true if the foot splits the defender. If the top foot is outside the body of the defender the best decision is usually to go at the back foot. After passing the top player should look to move and be available.

Note; play from different positions.



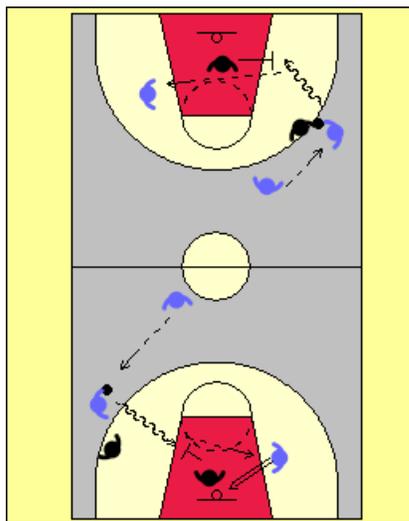
15) Eyes up

A coach can stand in the vision of the player driving. If the coach shows 5 fingers the player must pass. The coach will immediately pass the ball back. If the coach does not show fingers there is no pass.



16) Other reads

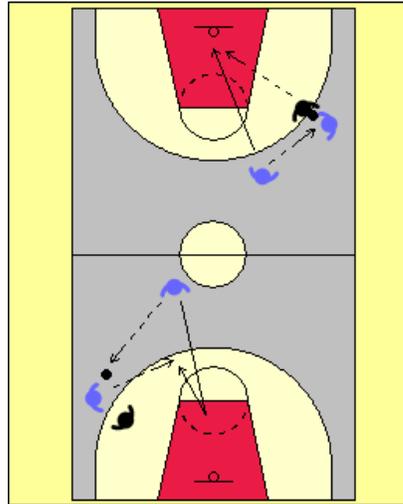
If on the blast cut the read is an elbow or chest in the passing lane look to back cut to the rim. If the defense plays open sag you can cut straight to the ball if the player is off two strides. If only off about one stride you may have to misdirect first. This prevents that player from shooting the gap. If a player puts their forearm on you need to get rid of this arm. This starts to happen at higher levels where more physical contact is allowed.



17) Help defender

Now add a help defender. If the player helps on the drive we need to make the pass. No help keep going to score. Help means the defender has placed a chest in your drive line to the basket. Allow the players to play 3 on 2. This encourages finding the open player.

The three on two can start from the dribble. Now the players must read help.

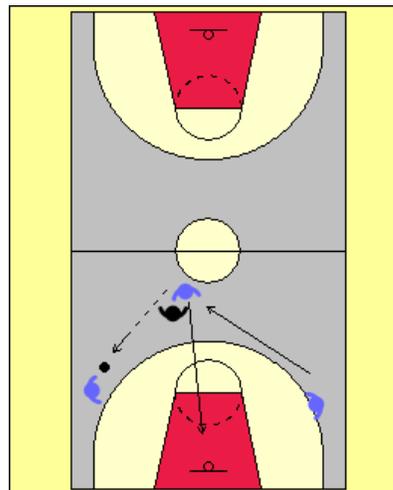


18) Control on the catch

Sometimes on the catch we want the player to play control. This means he/she will catch square up and read. The first look is to the rim. Then to someone in the post, at the basket, and final to the action (happening away from the basket). Here we are showing the player reading the give and go cut. The cutter must make the same sort of reads as the cut off the wing.

Load

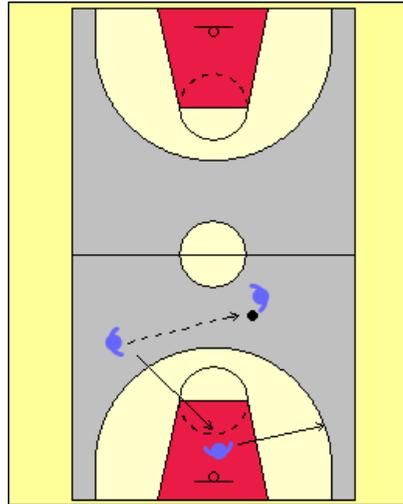
- guard the passer
- guard the cutter
- guard both



19) Pass cut fill

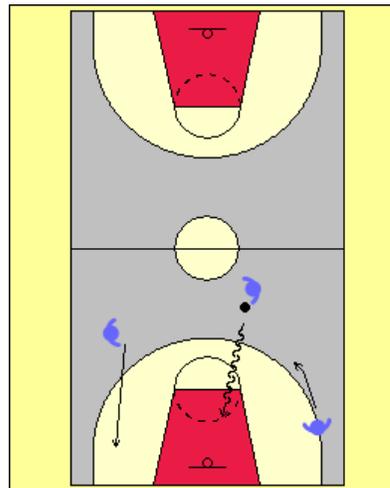
We now look to work on the concept of pass cut fill. If the wing player plays control we need to cut to the rim after passing. The basket is a stop sign. Stop at the front of the rim and look for the ball. As players get older they need to learn to seal. The next player must fill the vacated

spot. The players must decide who has the best pass to this player.



20) Exit Cut

The player must learn to exit cut. This means to leave the key area. Once this occurs it allows for the next player to cut to the rim. Again who has the best pass angle?



21) Attack

If at any time a player attacks the other players must play off this move. The players without the ball must stay in the eyes of their teammates and do not allow a three in a row (ball, defender, receiver).



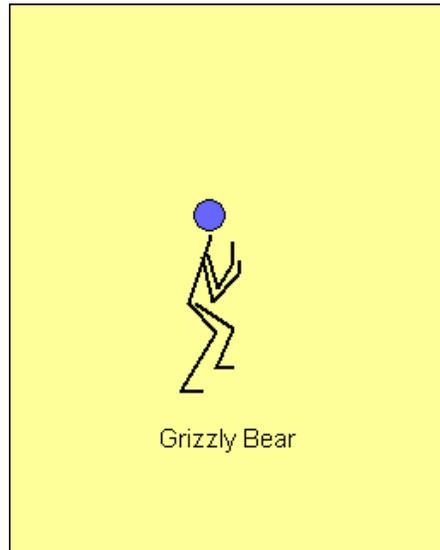
Discovery approaches to teaching on the ball defense

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Players are often over taught the details of defense to the point that they forget the basic concepts. Some of the basic concepts that we want to teach the players in on the ball defense:

- to mirror the offensive players movements
- to turn the ball handler in a new direction
- to channel the ball handler in one direction

This discovery approach method is to help the players discover the proper way to accomplish the two concepts mentioned above.



1) Grizzly bear stance

With young children allowing them to use their imagination encourages them to be more creative and have fun. By asking the children to assume a grizzly bear stance you are putting them in the universal athletic stance:

- feet shoulder width apart
- knees bent
- elbows bent
- hand up with the palms facing forward (show your claws)

Too many players will bend at the waist and therefore have a rounded upper back. They must pull the shoulder blades together. The waist is not a joint and should not bend. They must learn to activate their core muscles which lie under the abdominal muscles.

A good activity is to have the children move around in random movement. I call this making scrambled eggs. When you call stop they assume the grizzly bear stance. Growls add to the fun

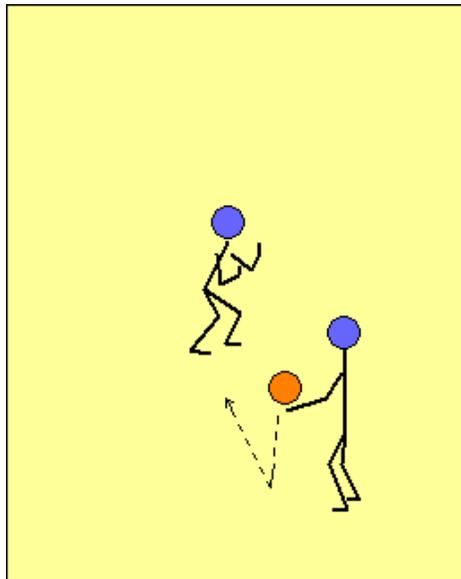
Moving from stance

It is important that the children learn to move quickly from their stance in all directions. The ball drop drills is a fun way to challenge the players. It is a discovery learning approach. Let them try it for a while. It is important that you observe their actions:

- do they get low
- do they always start moving one foot first
- do they use a "plyo" step

Bring them in and ask probing questions:

- How can we be quicker to the ball?
- How can we get lower to start?
- What can you do to push first in the direction you want to go?
- How can I move faster, by sliding or running?

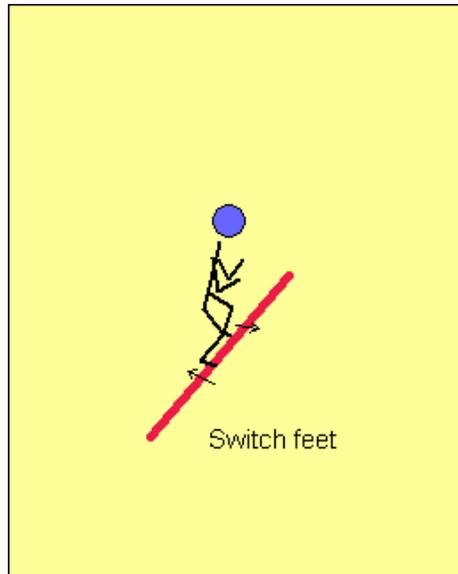


2) Ball drop drill

The player without the ball starts in the universal stance. This player must let the ball bounce once but not let it hit the floor second time. The ball can be bounced

- in front
- tossed to the side
- thrown over the head of the player

This causes the player to move in all directions.

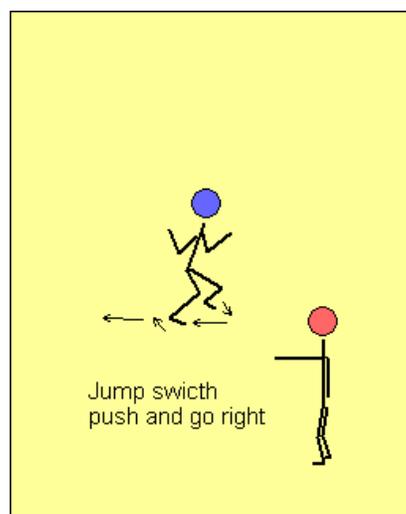


3) Plyo Step

Players need to work on creating a push foot by taking a quick "plyo" step with the foot opposite the direction he/she wishes to move. Here are some break down drills to work on this skill.

Jump Switch

Line up with the toes of one foot touching the far edge of the line and the other toes touching the edge closest to the player's body. When the coach says "switch" the players switch the position of the feet. They should keep the slight stagger. The coach now asks the players to go as fast as they can. When he/she says "stop" the players stop. Do they still have the slight stagger?



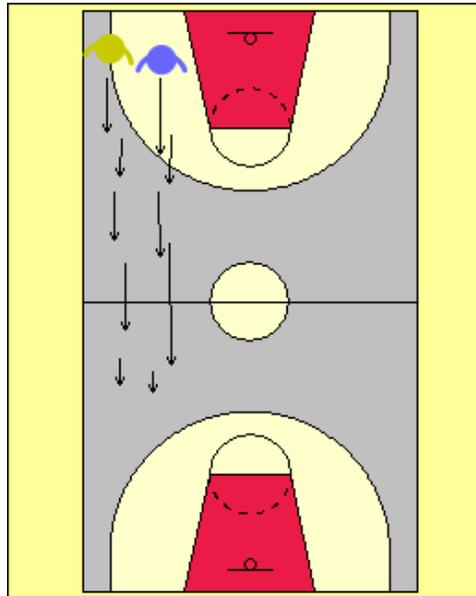
4) Jump switch and go

In this drill the coach points in a give direction. When he/she says go the player does the quick jump switch to push off with the foot in the opposite direction. Note the players can:

- slide
- run with a cross over step
- run leading with the same foot

Mirror the pace of the defender

Defenders must learn how to mirror the actions of the offensive player. This simple drill helps the player's discovery what is important. It is crucial in all of these drills that the coach takes the time to debrief the athletes to help them remember the key lessons learned.



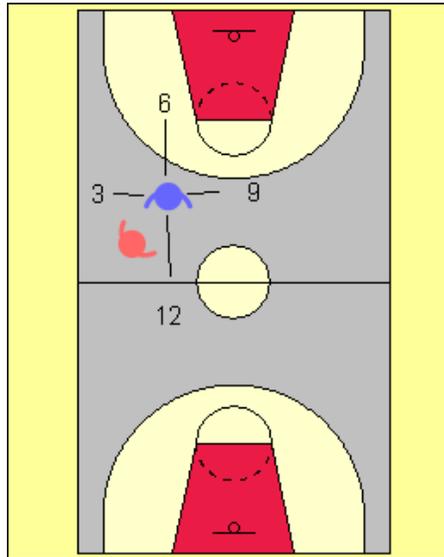
5) Cops and robbers

This is a great little game to teach players how to mirror the pace of the offensive player. It also works the offensive player on how changing pace can shake a defender.

The player chosen as leader move forward in a straight line By using the three paces (walk, jog run) and stopping he/she attempts to get the defender to pass in front. Every time this happens a point is scored. When the players get to the other end they switch roles.

Load

- run on the other side
- add the basketball
- monitor the speeds. Be sure the offense works on adding a variety of speeds.
- allow fakes
- allow changes of direction - you need lots of room be aware of others.

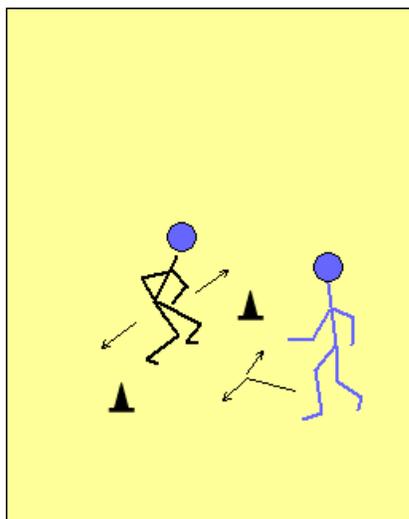


6) Stay in the clock

Visualize the offensive player standing on a clock. The defender wants to be in a good low stance and close enough to touch the lead hip of the offensive player. As the offensive player moves forward the defender must attempt to stay in the 1/4 of the clock from 12 to 3. The ideal is on the number 1 and 2. This is teaching the player to channel or force an offensive player to move in a certain direction. The drill is the same as cops and robbers. A point for every time the player leaves the quadrant.

Load

- work in the other front quadrant
- add the ball
- allow changes of direction



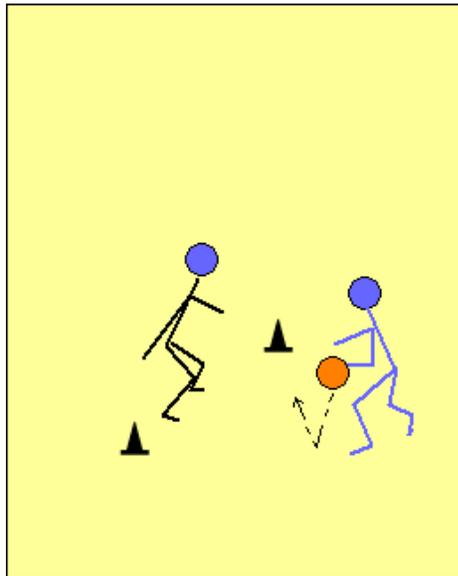
7) Turning

The player's partner up with two pylons (if you don't have pylons use a line on the floor. Badminton court lines work very well). The offensive player is working on change of speed, change of direction and fakes to get between the two pylons. The defense is working on keeping his/her chest in front of the offensive player. Make them change direction.

You can go for a length of time or a certain number of times. Score a point for the offense every time he/she gets two feet passed the pylon. Put a time limit on the offense to allow the defense to have another way to score.

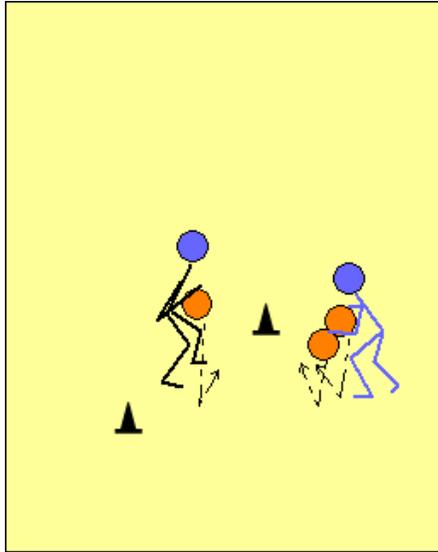
In this example we have made it even more difficult on the defense by having him/her grab onto their shorts.

It is important to use questions to guide the defender and the offensive player into discovering what works best.



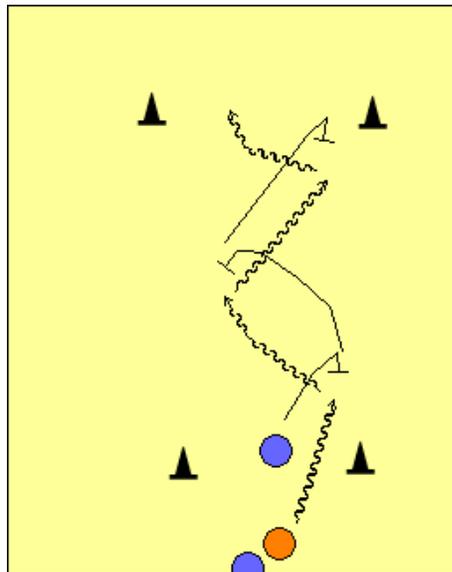
8) Loading the drill

The second progression is to add a ball to the offensive player. In this case the defender is not grabbing onto his/her shorts. Make the offensive player turn and change direction.



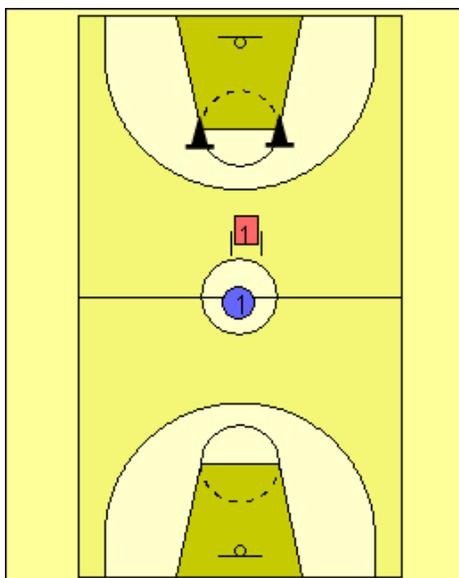
9) Improve ball handling

A great way to work on ball handling is to have the offensive player dribble two balls and the defender one ball.



10) Turn three times

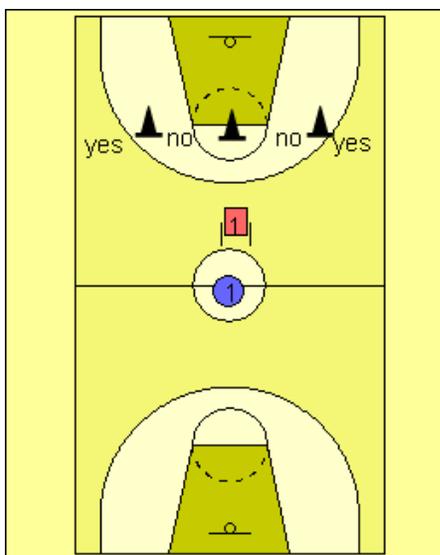
We now give the players a rectangle to dribble in. badminton courts work for this or the key. The defender is trying to turn the offensive player three times before he/she reaches the end of the rectangle. You can vary the number of turns required.



11) Channeling

We now take the drill full court. Player #1 starts in the centre circle. X1 starts on the perimeter of the jump circle. With no ball involved X1 must keep #1 from running between the pylons at the foul line (you can narrow the pylons if you wish). To make it harder on the defense make the players grab the shorts. The next progression is to add the ball.

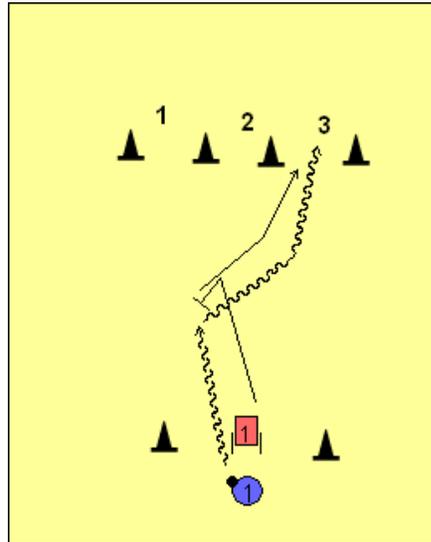
Ask questions to guide the players. They will eventually learn it is easier to start on an angle and allow the offensive player to start running in one direction. The defense needs to stay in front of the hip. The offense will also discover that changing speeds, changing direction and fakes makes them tougher to guard. In fact you can restrict the offense by only allowing change of direction or change of speed.



12) Channel

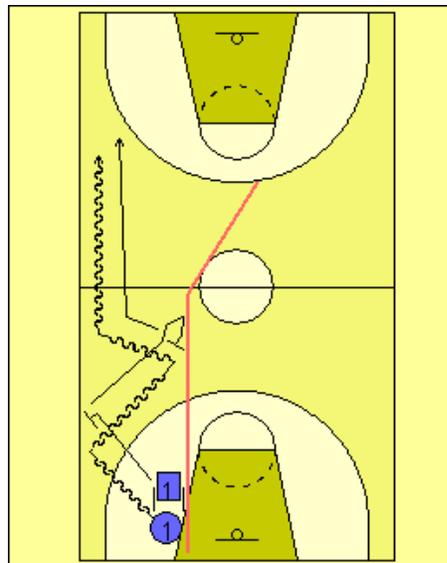
We now give the defense a reward for channeling the defense to the outside. Start with no ball.

Please note that this is a very difficult drill with out the ball, but players will gain confidence once the ball is added.



13) Channel plus turn

We now combine the two concepts. The coach tells the defense which hole he/she is to make the defense to go through. The offense does not know. Like a sheep dog the defender works to maneuver the sheep into the corral.



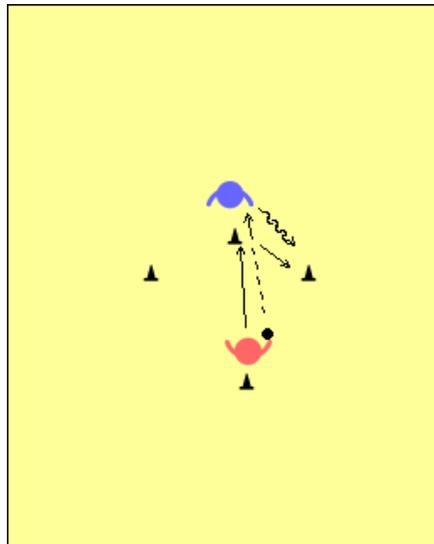
14) Turn two times channel to the side

The final piece is to move the drill to the full court. The goals are:

- to force the player to dribble to the sideline first
- to turn the dribble twice in the back court
- to make the dribbler cross half at the side line

- to make the offense attack the basket from the wing position not the middle of the floor.

The defense can score a total of four points each possession. One point for each of the goals.



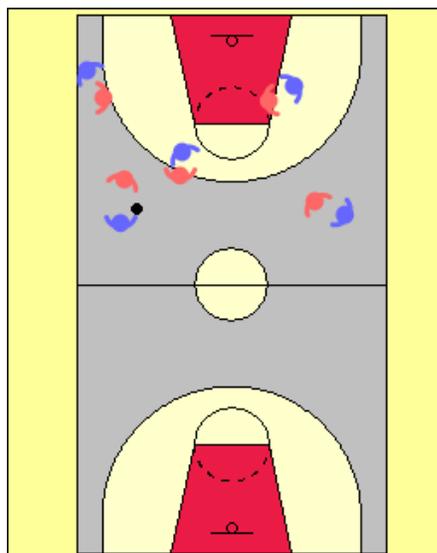
10) Close out

This drill is used to help the defender learn to close out and turn the offensive player from moving forward. Force the offensive to move in circles not straight lines.

The defender passes the ball to the offense and sprints under control. Use a stutter to decelerate. The offense then dribbles at one of the pylons.

Load

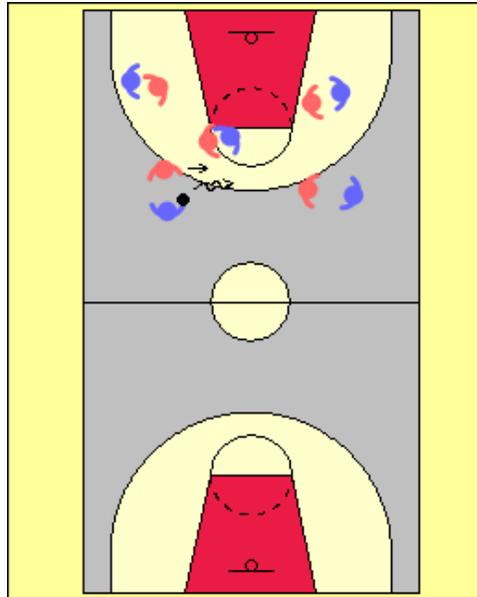
- make it a game - the offense scores by getting between the pylons
- allow fakes
- have the defense channel the player toward one of the pylons



10) Games approach

One of the best ways to teach both offensive and defensive concepts is by playing the game of basketball with restrictions. Here we are playing 5 on 5. The rule is no dribbling. The offense can score a point every time they complete a pass and there is no immediate ball pressure within one second. If the offense is weak give them an advantage of an extra player. This forces the defense to rotate and communicate. Also the offense is working on finding the open player.

This is excellent also to teach control offense where players must work to get open and pass vs. pressure.



11) Games approach

In the second version the offensive player must make a decision within one second of catching the ball. The defense must still apply ball pressure immediately. This forces the defender to be able to react to the dribble from the close out. You may have to give the offense an extra player with younger kids until their passing and scanning skills improve.

Here are some youth ball-handling drills provided by Mike MacKay, Manager of Coach Education and Development for Canada Basketball

Maravich Drills

1

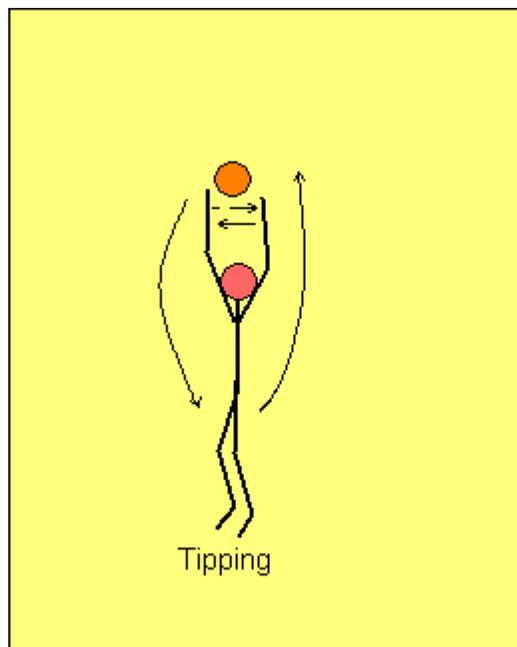
Maravich drills

Maravich drills are excellent for teaching ball handling and many fundamental movement skills. What I want to present here is a progression that coaches can take players through to constantly load the drill.

Maravich drills are all of the ball handling and dribbling drills used to improve ball handling skills and hand quickness. They are named in honor of Press Maravich who invented most of these drills for his son Pete.

It is not my intention to show all of the possible Maravich drills. Dominic Soucy from Laval University has an excellent DVD out with over 201 Maravich drills. Below are just a few examples.

2



Tipping

Tipping the ball quickly between the finger pads on the hands.

Loading

- Tip it faster
- Eyes closed
- different positions (above the head, in front of chest, by hips)
- Move the ball up and down as you tip it
- behind the back (down by the hips)
- Between the legs (one hand in front one behind)

Variation

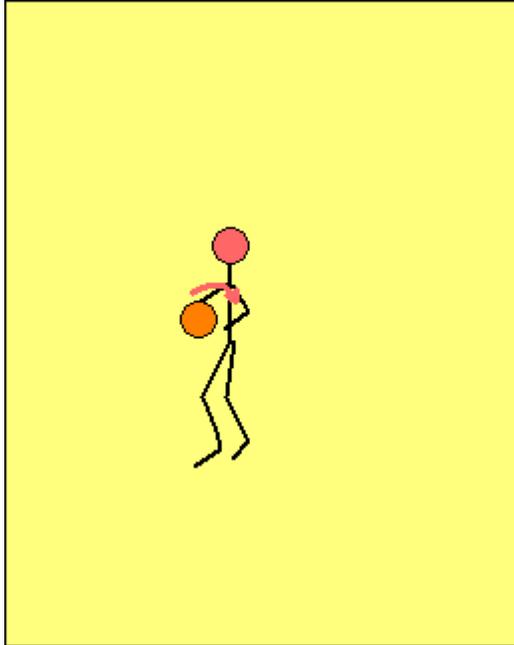
Squeeze the banana

Same as tipping only you pinch the ball. This is good to strengthen the fingers.

3

Ball slaps

The ball is slapped alternating hands. This warms the hands and strengthens the fingers.

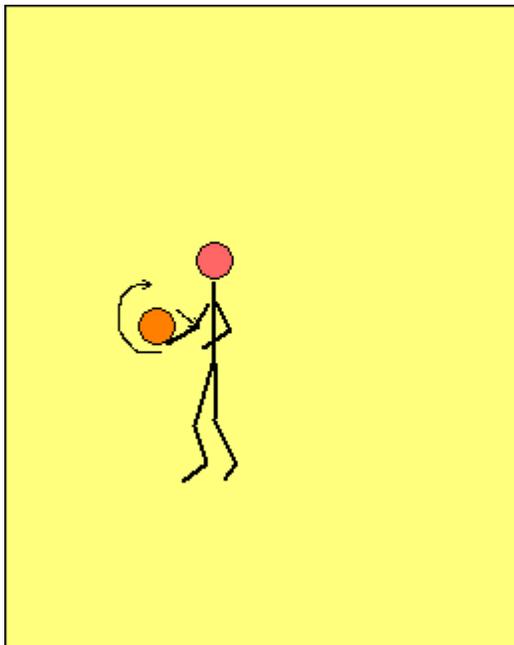


4

Ball rolls

The ball starts on the back of the right hand. The hand is rolled over the ball in a counter clockwise direction. This spins the ball onto the left hand. The ball is spun in a clock wise direction on the left hand causing it to go back to the right hand.

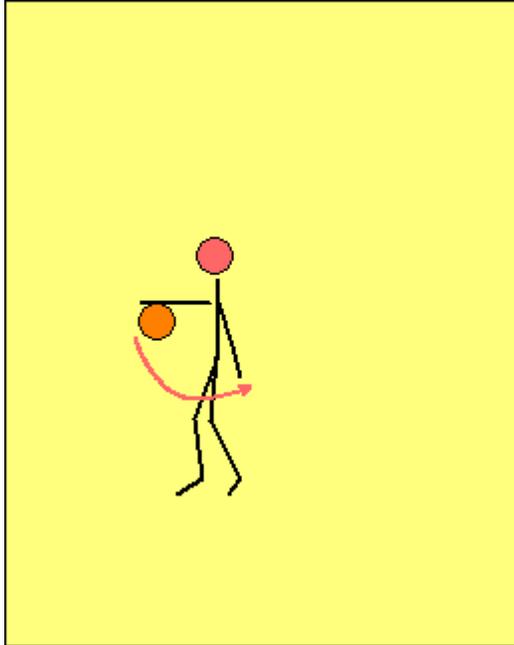
Start by just practicing on one hand.



5

Pendulum

Swing the ball from one arm to the other like a pendulum.



6

Front to back - between the legs

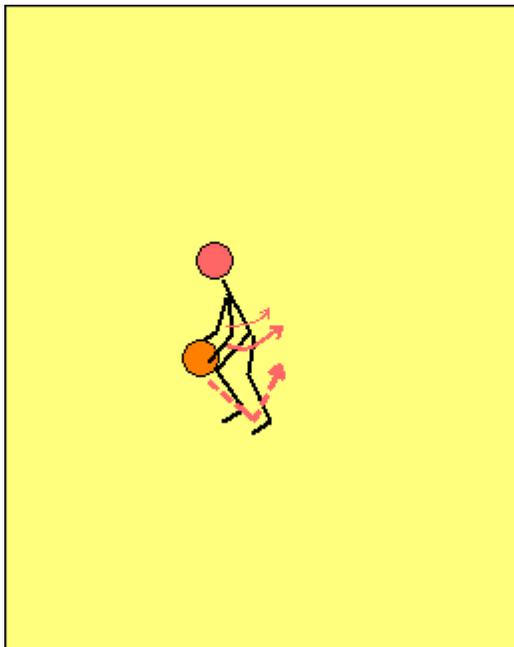
Bounce the ball between your legs reach your arms quickly behind to catch the ball. Bounce it back from back to front.

Load

- Butterfly - right left in front, followed by right left behind

Load

- do the same drill only without a bouncing the ball
- Change hands - one in front one in back - switch hands
- Change hands - change legs - same drill only split the legs alternating front to back.



Loading the drills: This is a progression that I used in a recent camp with great success with younger players.

1) **Learn the skill** - the player does the basic skill at his/her own pace. For the purpose of this article I will just use the ball around the waist drill. The player takes the ball around the waist changing hands.



Around the waist

2) **Add a target**

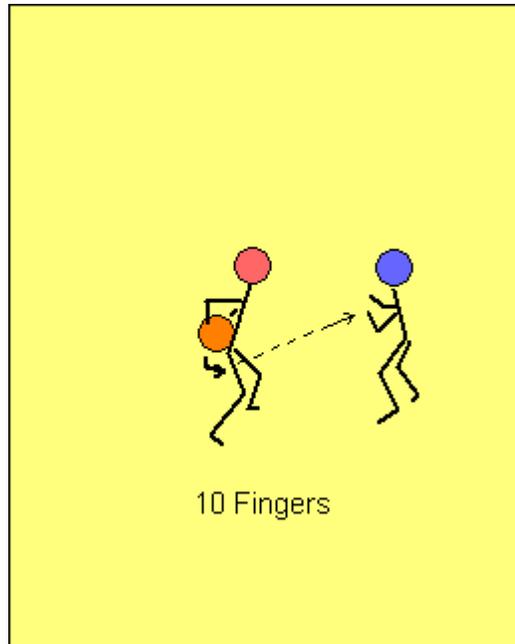
In the second progression will change the player by adding a target. It may be a number of repetitions in a certain length of time. (30 reps in 20 seconds). It might be how much time to complete a certain number of reps (how fast can you do 30 reps). How many in a row can you do with out a fumble? (This does not apply well to this particular Maravich drill). With little children make these personal challenges. That way they compete against themselves. With older players establish team or camp records where players can try to beat the record.



Around the waist
with a target

3) 10 fingers

A partner, or a random person moving around the group, shows the player 10 fingers, the universal sign for pass me the ball. This forces the player to perform the drill while being aware for the open player.

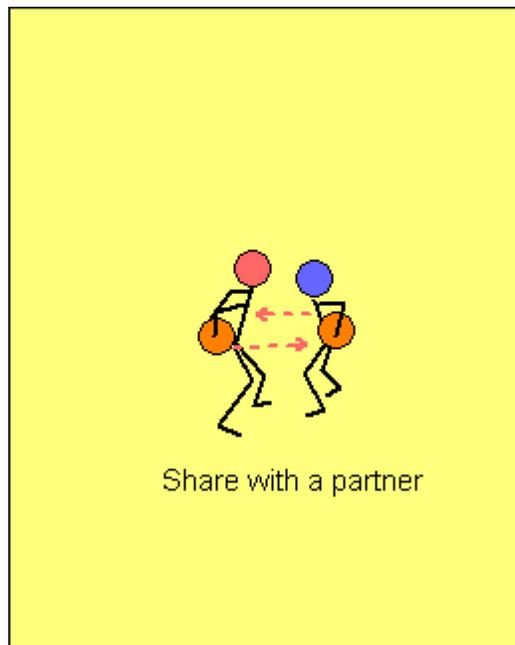


4) In combination with a partner

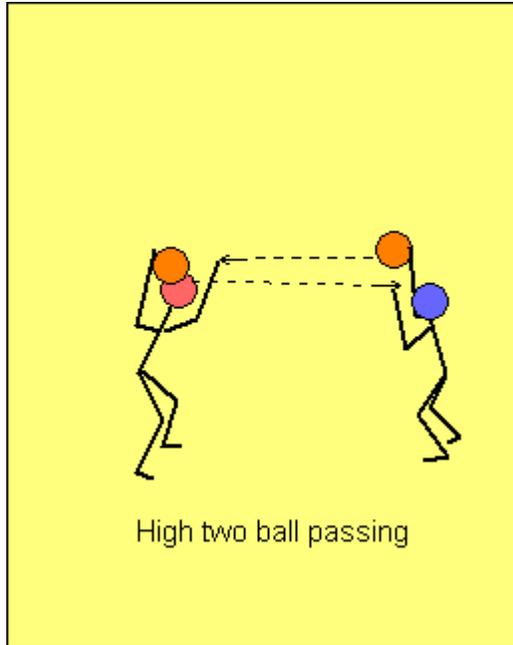
Now the drill is done in combination with a partner. The player goes behind the waist and then changes the ball with their partner. This forces the players to work together to solve a problem. The focus has to be on others not totally on him/her self.

Again you can add targets to this drill.

I have found it very successful with young players to allow them to develop a routine with a partner. They work together to come up with a creative ball handling routine where they must work together. They can become very creative and think of things you would never of thought of doing.



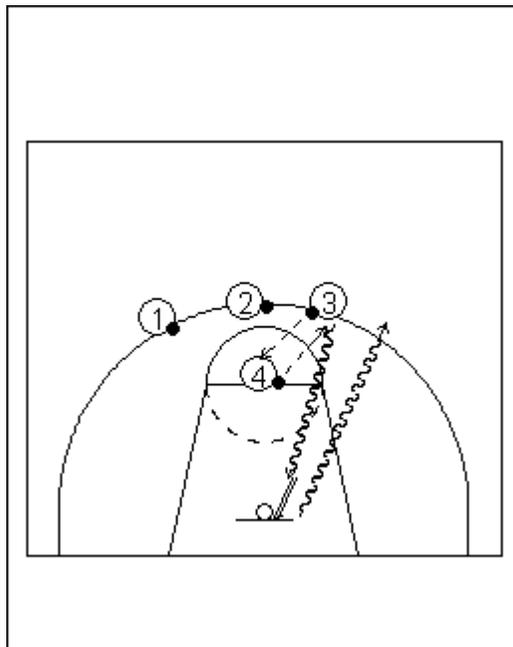
Maravich drills in combination with ball handling/ passing drills



Another thing that I have found very successful in camps to keep the players alert is to combine some of the two players passing and dribbling drills with the Maravich drills. In this example the coach has the players doing a two ball passing drill. The coach can immediately call a Maravich drill such as around the waist. Then call another passing drill. The players have to be very alert and work together.

These do not have to be long drills, but they really force concentration and teamwork.

Mirror Maravich into lay ups / shots



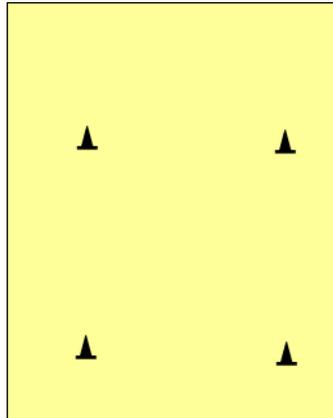
This is again a great drill to use in camp when you have lots of numbers. Instead of players standing in line they must mirror the Maravich drill being performed by #4. When #4 calls #3's name the balls are exchanged and #3 goes to score the lay up or shot.

If you wanted to add more conditioning make the players go further or dribble the length of the floor to score.

This is also a good drill to combine with mirror dribbling. You call out two drills at once.

Pylon Drills for Younger Players

Mike MacKay - Manager Coach Education and Development
mmackay@basketball.ca



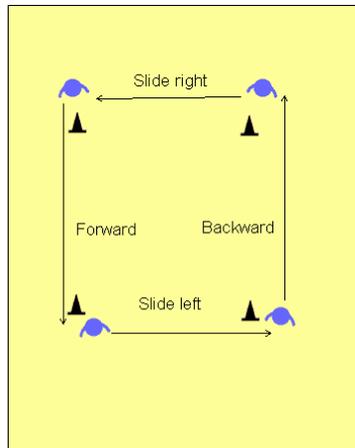
1) Pylon drills

Key concepts:

- Use simple props to assist the coach in teaching concepts
- Load the drill not change the drill
- Practice should read like a book

Set up squares using four pylons per square. If you do not have pylons use shoes, chairs etc. The basketball key at a basket can also be used as a grid.

Consider the size of the space you create. The bigger the space the more conditioning may become a factor. Small space will assist the defense and make for shorter passes. Divide the children up into equal groups. Four to a grid works very well. You must learn to balance the amount of work /rest for the children. The more players in a drill the more rest and less work. You want them active but not to the point of fatigue. Too many people standing leads to lack of concentration.



2) Movement skills

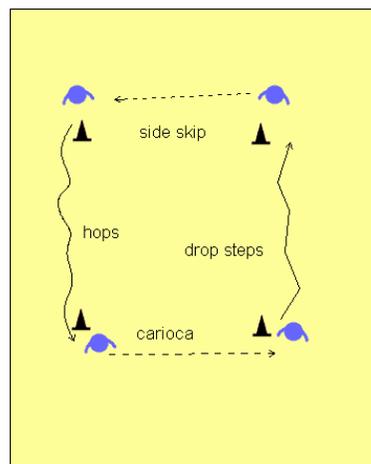
The grid is a perfect format to teach the children basic movement skills. It gives them spacing, angles and clearly defined markers.

a) Moving in different planes

- Forward
- Sideways right
- Backward
- Sideways left

The players could each start at a separate pylon or in a line behind a starting pylon. You are teaching players to be aware of others. It is important that they pay attention to know when to start and when to stop.

Remember: You can always add the ball, but don't do so until they have some mastery of the movements.



3) Mix up the movement

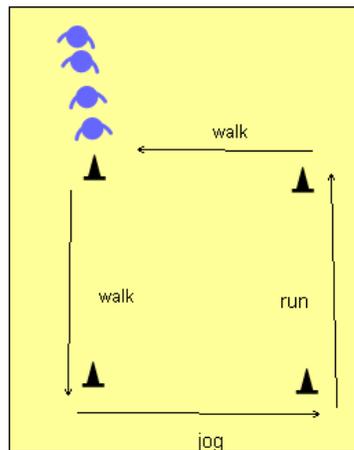
Once the players have learn to move in the four planes you can add different types of movement:

Forward - skipping, galloping, bounding , hopping

Sideways - sliding, skipping, cross over, carioca, hopping

Backward - gallop, drop steps

With younger players allow them to be creative. Have them move as different animals between the pylons: a bear, kangaroo, inch worm, etc. Also have them move being tall, small, high, low, wide, narrow. This lets players use their imagination. For older players use different dynamic movements as part of power yoga or movement prep.

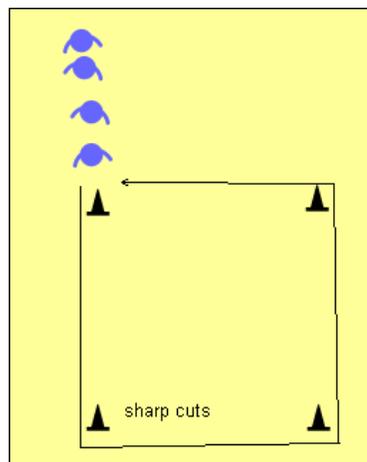


3) Changing speed

Players need to be able to understand the three paces at which they can move:

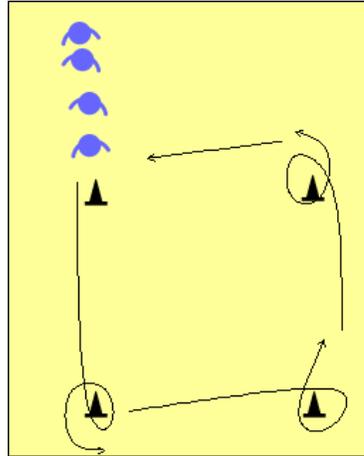
- Walk
- Jog
- Run

In this example the players are all moving forward. They must also learn to change direction. You can also have the players use the movements in different planes using different speeds. The players would go around the grid sideways changing speed at the appropriate time.



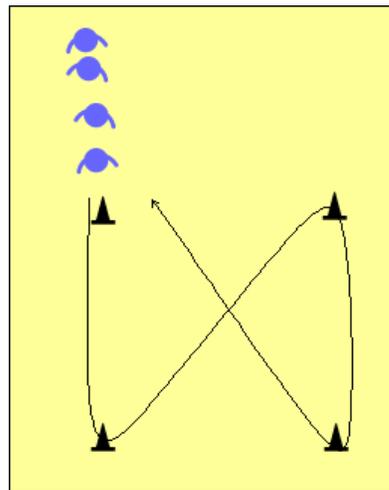
5) Changing direction

We now work on changing direction. The players work on making sharp, under control cuts at 90°. The second time the players go they start in the opposite direction. Add the ball once they improve.



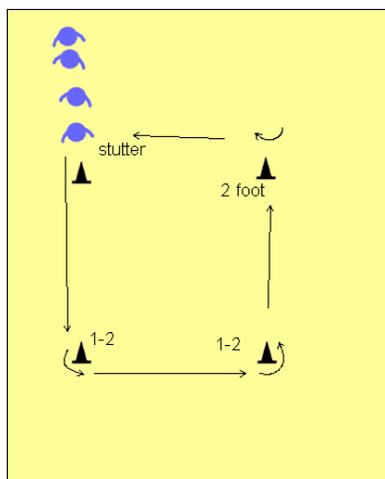
6) Circle the pylon

Here the players run hard at the pylon stutter their feet and circle the pylon. Notice that one time they go to the inside first, the second time they go to the outside. Add the ball.



7) Diagonal cuts

Players also need to work on making cuts at different angles. Again they can do this moving forward sideways and backward. There will be some crisscrossing in this so the players must communicate. You can also change up the speeds and add the ball. Make players talk as the cross through the middle.



8) Stopping or deceleration skills

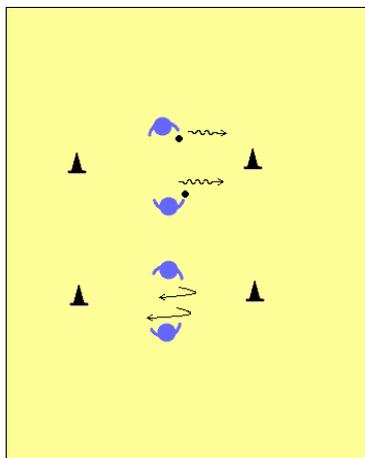
Players need to learn how to stop quickly under control. Guided discovery is a good way to teach this skill. Ask the player to move around the pylons and stop their forward momentum in four different ways.

The answer is:

- 1-2 stop with left foot forward
- 1-2 stop with right foot forward
- 2 foot stop
- Stutters

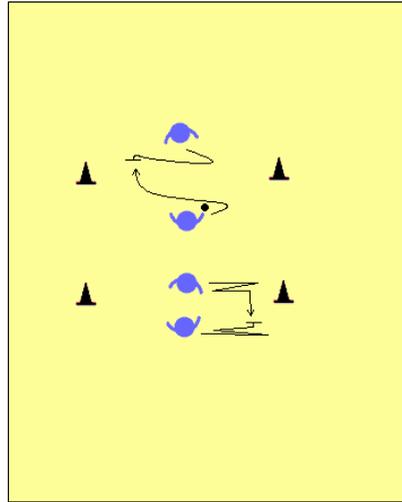
Load

- have the children do a different activity at each pylon when they stop: burpee, jumping jack, push up, lunge, squat, hop over the pylon, let them be creative
- Add the basketball.
- When they stop the can work on the four different types of pivots front right, back right, front left , back left
- do a Maravich drill (fig of 8)



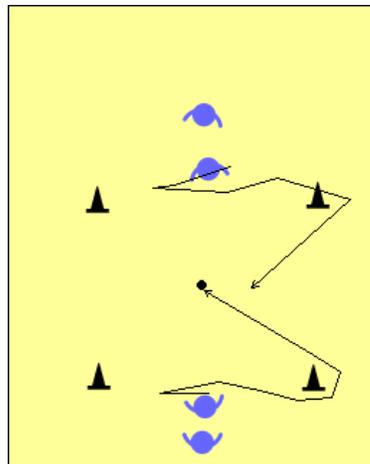
9) Read another player

An important skill is for players to learn to change speeds, decelerate, change directions and start in response to a stimulus. Here the players are playing mirror mirror. In one example a ball is used in the other the players move back and forth. The leader attempts to get the other player to over run them in one direction.



10) Read the chest

To load the drill the player who is leading attempts to step between the pylons. The defender is trying to get his/her chest in front of the person to stop the forward movement. This is a great drill to teach faking, defensive stance and reading another player. Again it can be done with or without the ball.



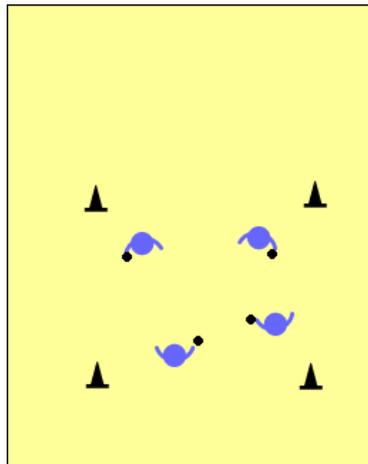
11) Mirror mirror shuffle

In this drill one player leads. The person moves side to side with the other player mirroring the movement. When the leader thinks he/she has an advantage he/she sprints around one of the end

pylons and attempts to pick up the ball before being tagged. This is good for that player who likes to stand still in the mirror. It also teaches the players to take a risk. You may have to add a time limit. Explain what a safe tag is to the children. You do not want pushes or slaps. It is best to have subs in this drill.

Load

- Use different movements to start
- Use the ball dribble. the player goes around the pylon and has to get out the other side before being tagged
- Have the player pick up the ball and play 1 on 1 at a basket



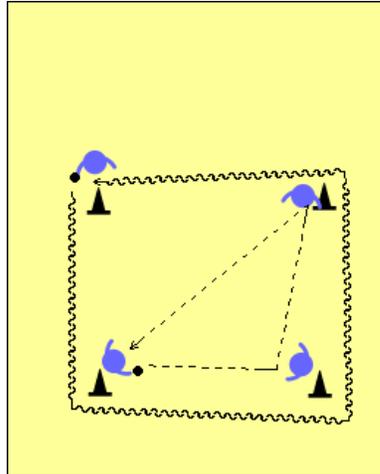
12) Dribble tag

Consider the size of the space. The bigger the space the fewer the interactions that will take place. There are many different ways to play:

- One person is it. How long does it take to tag the other three
- Once tagged that person is now it
- Everyone is attempting to knock the other balls out of the grid
-

When tagged or if you lose the ball you have a number of options;

- Eliminate - not a good option
- Have them perform a task and then return. Go score a lay up, perform a fig of 8 with the ball
- Become "it" (two option here - keep going until only one remains or the Old "it" is now being chased.
- Frozen and wait for a teammate to unfreeze him/her (a good way is to do a ball tip with legs spread so a teammate can dribble a ball between the legs to unfreeze.



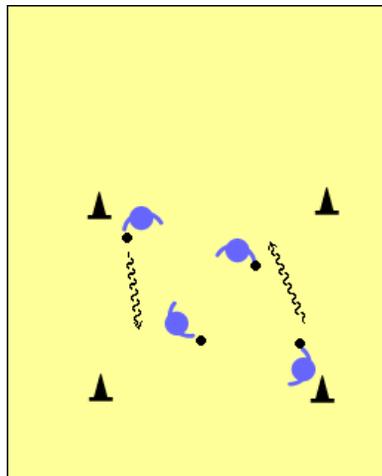
13) Dribble pass

In this drill one player speed dribbles around the grid. The other players see how many passes they can complete before the player is finished. These drills are good because they help the players learn to monitor their speed and intensity on their own.

You can also see how many times the player dribbling can move around the grid before the inside players can complete a certain number of passes.

load

- Mix up the type of passes
- Dribble two balls
- Pass two
- Pass three balls

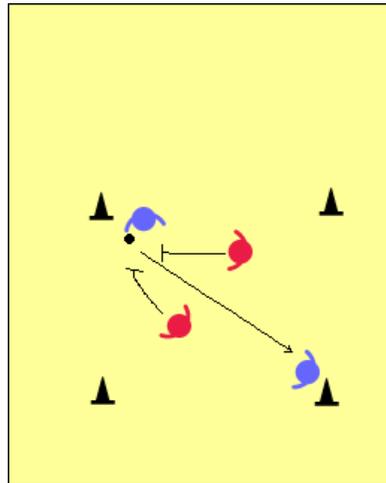


14) Advanced dribble tag

All the players have a ball. The player who is "it" is trying to tag his/her partner. The other two players are working on stationary dribbling or Maravich drills.

The player who is doing the avoiding can use the other players as picks. This forces players to keep their heads up, change speeds, directions, faking and using objects to protect themselves (reading screens).

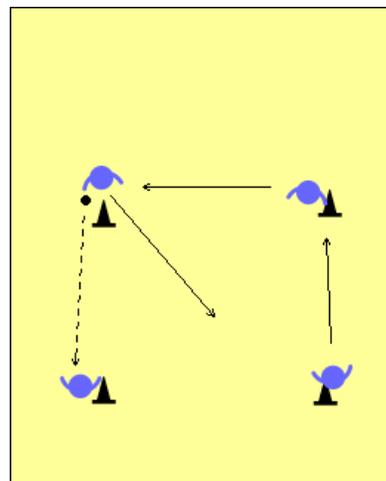
This drill could be done without a ball.
You may want to add more players to the middle.



15) Double team

In this version of dribble tag two players attempt to trap the ball. The person with the ball must decide when to pass or pick up his/her dribble.

If the two defenders get the ball they are on offense and the others go defense. The smaller the space the easier it is for the defense. You may want to put more than one pair on offense.



16) Passing

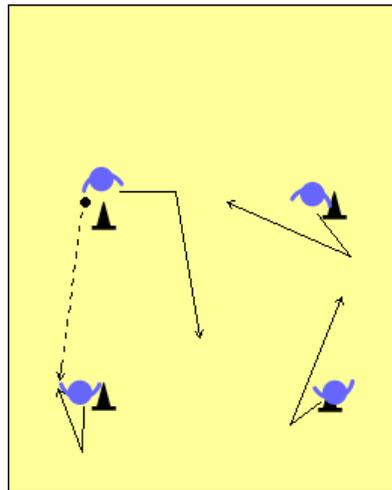
There are numerous passing drills that can be done from the grid. We want to look at how it can

be used to teach some important offensive concepts.

Pass cut fill

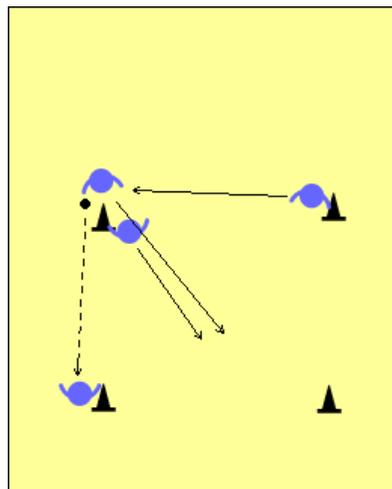
In this drill one player passes to another. After passing the player cuts to the centre and stops. The other players without the ball must fill the open spots. The player who caught the pass pivots so he/she is facing the middle. A new pass is made and the drill continues.

Eventually the players need to learn to pass to the spot and not to the player when standing still. You will have to adjust the size of the grid to find the right space that allows for this to happen. Add communication skills by calling names. Mix up the type of passes.



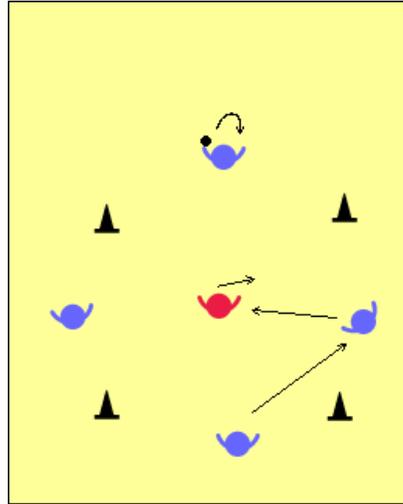
17) Add an indirect cut

Now the players work on adding indirect cuts (fakes away from where they want to cut). It is important that the player time the cut to when the passer is ready to pass.



18) Relay pass

Now we can add a defender. After passing the player cuts to the middle. The defender attempts to deny the pass to this player. The other player without the ball cuts to fill the vacated spot. The player with the ball and the other perimeter player must decide who has the best pass to the player in the middle. The players learn pass angles and sealing in this drill.

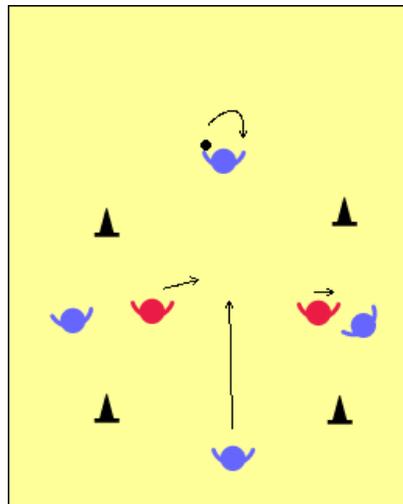


19) Relay passes

The player with the ball starts with his/her back to the play and pivots as the coach calls out one of other three perimeter players names. That player must cut to the middle to catch a pass. The defender denies this pass. The other three must work together to create passing angles.

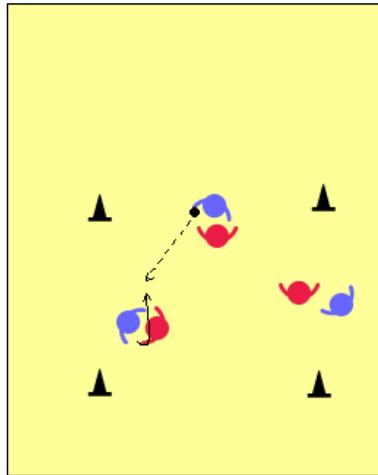
Load

- Once the ball is caught the ball is passed back out. The middle player must receive a pass from all three perimeter players. The perimeter players can move to create relay passes. This is a good time to work on indirect cuts and sealing.



20) 4 on 2

The player with the ball starts by pivoting when he/she hears the coach call the name of one of the three remaining perimeter players. The player who's name was called cuts to the middle. The two defenders must work together to keep the ball out of the middle. The smaller the space the more difficult the drill. This forces players to use pass fakes and read relay passes. They cannot double team the player in the middle.



21) Keep away

This is still one of the best games for teaching kids how to pass and move to get open. Keep score with the number of passes completed or how many passes in a certain amount of time. With older players you can allow screens. The bigger the space the easier the drill is for the offense.

Load

- 1 second rule - the player with the ball must pass or dribble within one second. This creates quick decisions and passes off the dribble. Give 2 points for a pass pass as this is more difficult.
- Allow double teams