

**Establishing Foundations  
Youth Player Development Drill Book**

**DRIVEN**  
TRAINING

**Lay the Foundation. Build. Establish.**

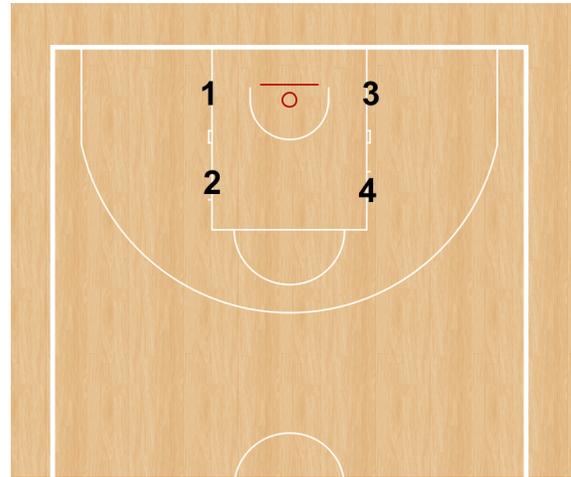
# The Foundation

## Footwork/Agility

### Line Jumps

#### Description

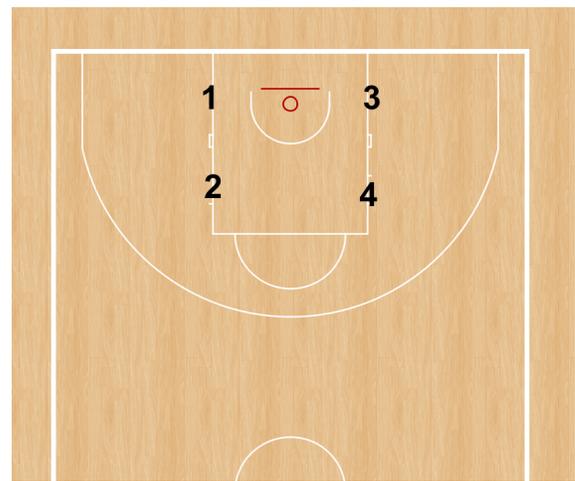
- Players are positioned next to a line on the court.
- The players will jump over the line laterally going continuously for 45 seconds.
- Players will go in this sequence:
  - Two feet jumps
  - Right foot jumps
  - Left foot jumps
  - Two feet jumps
- There will be a 15 second rest period in between each set (4 sets total)



### Scissor Steps

#### Description

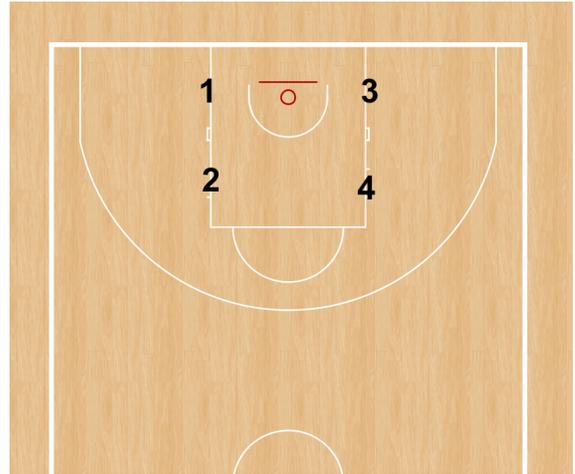
- Players are positioned next to a line on the court having their feet stagger the line (one foot in front, one foot back).
- The players will scissor step over the line going continuously for 45 seconds.
- Players will complete 3 sets.
- There will be a 15 second rest period in between each set (3 sets total).



## Ski Jumps

### Description

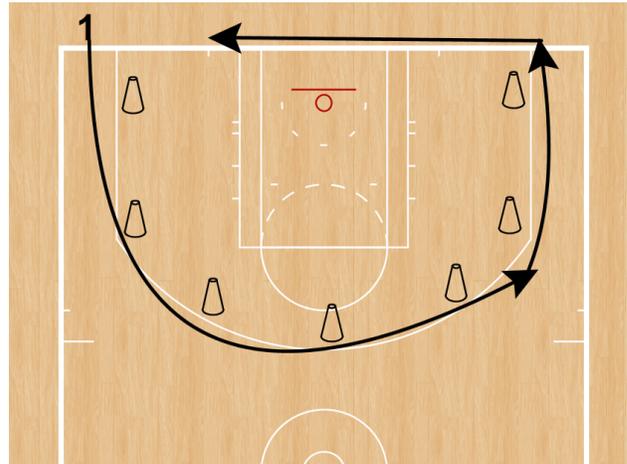
- **Players are positioned next to a line on the court.**
- **The players will push off one foot trying to create space laterally, landing on the other foot on balance.**
- **Once the player lands on one foot, they will push off that foot laterally and land on the other foot on balance.**
- **Players will go continuously for 45 seconds.**
- **Players will complete 3 sets.**
- **There will be a 15 second rest period in between each set.**



## Arc Run

### Description

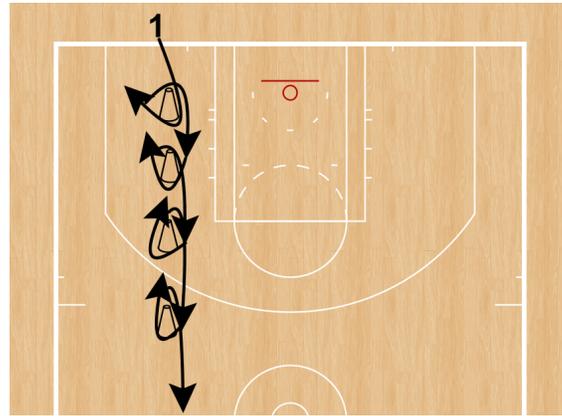
- **Players will start in a corner on the baseline.**
- **Players begin the drill by sprinting the arc of the 3-point line. They are trying to stay as close to the line as possible without going over.**
- **Once the player gets to the other corner, they are performing a ski jump in one direction back to the start.**
- **Ski jumps in one direction mean pushing off the outside foot, landing back onto two feet, and repeating (Ex. Push off left foot, land right foot/left foot, push off left foot again).**
- **Players will go continuously for 2 minutes before switching to the other side.**



## Knife Drill

### Description

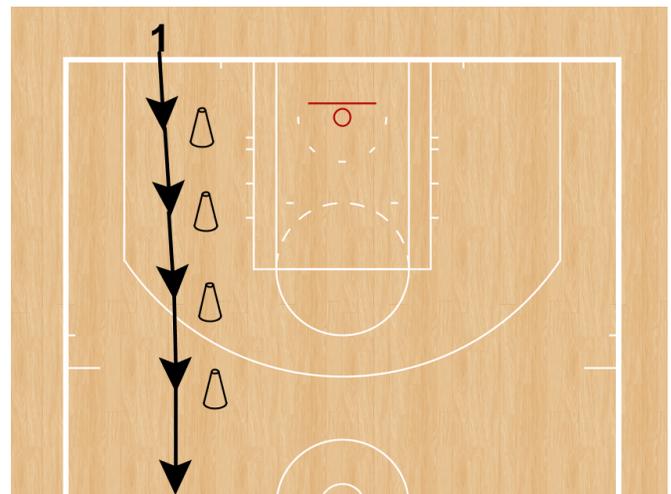
- **Players are working on breaking down their feet.**
- **They will form a tight circle around the cone, chopping their feet and then move to the next cone.**
- **Players will finish with a sprint through half court.**
- **Players will go through this continuously for 3 minutes.**
- **Set up another line of cones if there are a larger number of players.**



### Starts - Stops

### Description

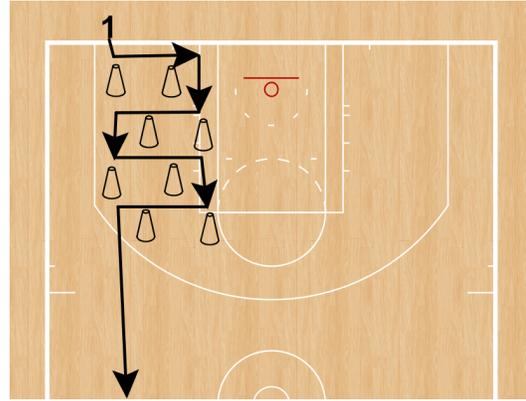
- **Players start by accelerating to the next spot (cone), coming to a stop on balance.**
- **Players will repeat this until they finish sprinting to half court.**
- **Player will go continuously for 3 minutes.**
- **Set up another line of cones if there are a larger number of players.**



## Lateral – Vertical Series

### Description

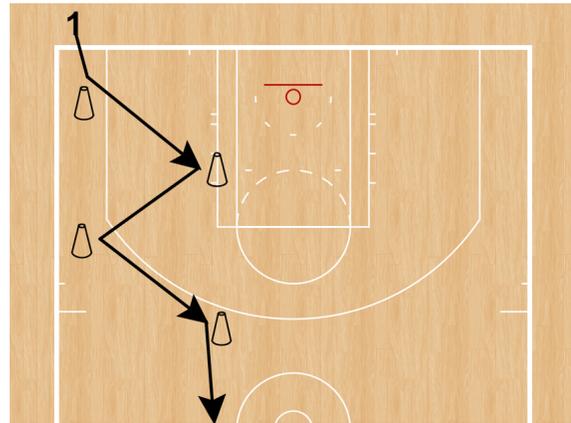
- **Players are working on changing speeds and moving in different directions under control.**
- **Players will get a quick first step of speed going vertical before coming to a controlled stop, laterally push to the outside of the cones, and perform a quick first step again.**
- **Once the player gets through the series of cones, they will sprint to half court and repeat.**
- **Players will go continuously for 3 minutes.**
- **Set up another section of cones if there are a larger number of players.**



## Zig Zag Series

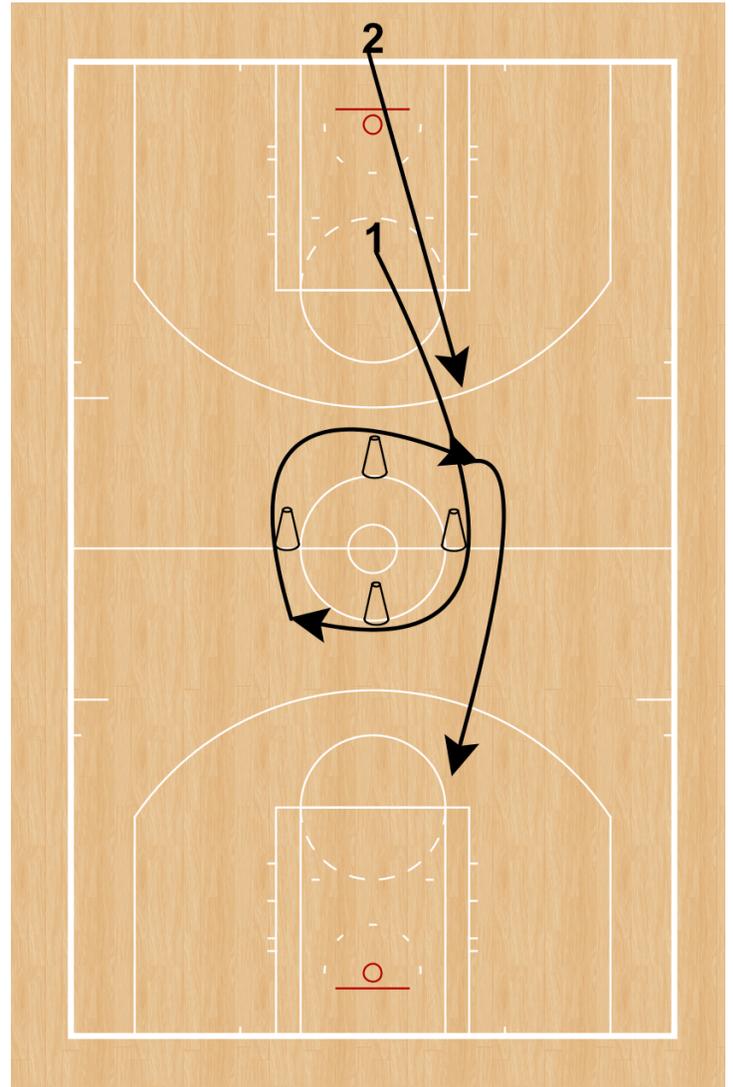
### Description

- **Players are working on changing direction under control.**
- **Players will start in the corner on the baseline and accelerate to the next spot (cone).**
- **Players will start to break down their feet to gain control, open up hips, shoulders, and feet, accelerating to the next spot.**
- **Players will finish by sprinting through half court.**
- **Players will go continuously for 3 minutes.**
- **Set up another section if there are a larger number of players.**



## Partner Chase

- **Player 1** will start right underneath the free throw line and **player 2** will be starting on the baseline.
- Once **player 1** starts to take off, **player 2** is trying to catch (tag) **player 1** before they reach the opposite baseline.
- A new pair of players will come on after **player 1** and **player 2** finish.
- Players will alternate turns at each spot.
- Coaches or trainers can determine how long they want to perform this drill.



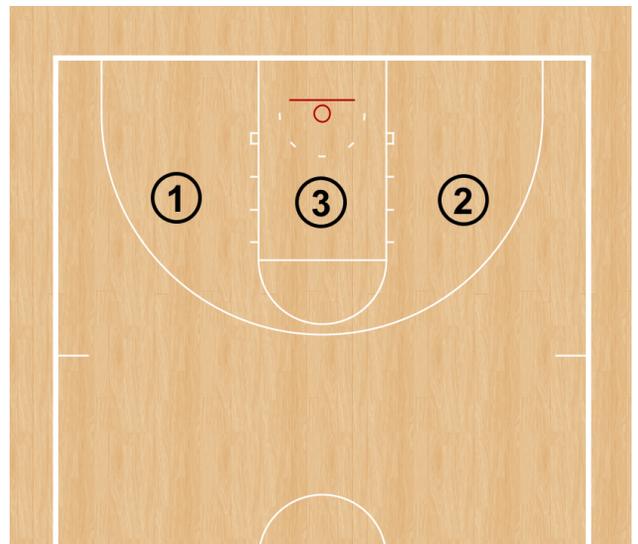
## Ball-Handling

**Focus: The biggest focus for players at the youth level is to establish a control for the basketball. Improving their strength and hand-eye coordination is key to developing a players dribbling at a young age.**

### Chris Paul Series

#### Description

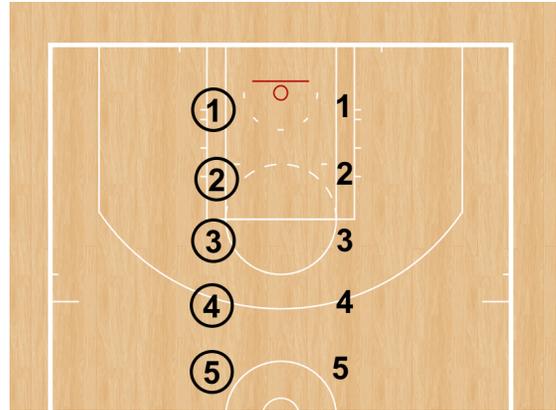
- **Players will perform a pound series in a stationary position.**
- **Right Hand Pound: Waist Level**
- **Left Hand Pound: Waist Level**
- **Right Hand Pound 2x into an In & Out (1-2 motion)**
- **Left Hand Pound 2x into an In & Out (1-2 motion)**
- **Pound Dribble Crossover Continuous**
- **Pound Dribble Through the Legs Continuous**
- **Pound Dribble Behind the Back Continuous**
- **Right Hand In & Out Pound Continuous**
- **Left Hand In & Out Pound Continuous**
- **Continuous Through the Legs Scissor Dribbles**
- **Complete 25 reps total or each hand.**



## Partner Pound Series

### Description

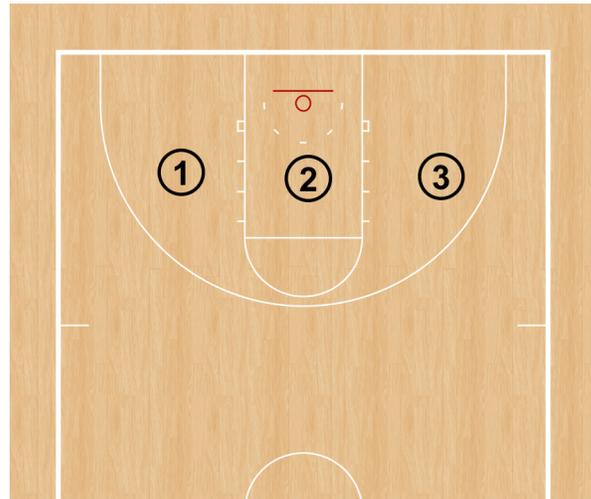
- Players will go through a series with a partner establishing control with a pound dribble.
- 30 Sec Reps and then partner goes.
- x5 right hand pounds - pick up - x5 left hand pounds continuous.
- x2 pounds - in & out - stay right hand for 15 seconds, then switch to left.
- x2 pounds - crossover - continuous.
- x2 pounds - through the legs - continuous.



## Steph Curry Series

### Description

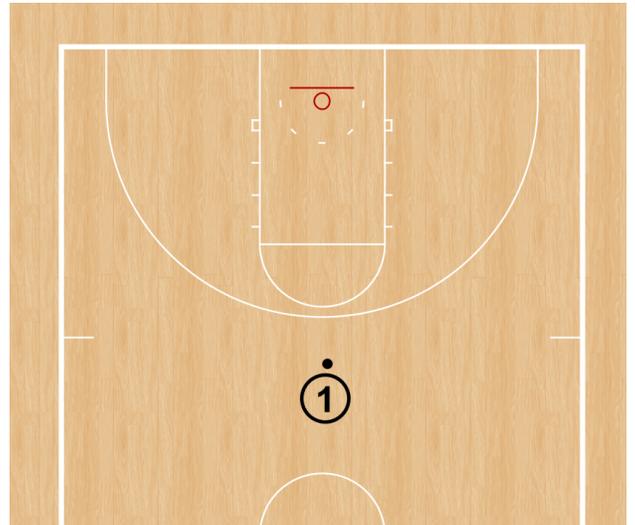
- Players are working on establishing a rhythm with their dribble. Progressing from the pound dribble, building rhythm into that control.
- Crossover: Below Knees
- In & Out Cross Continuous: Below Knees (1,2,3 Rhythm)
- Pound/Double Cross: Pound waist level, double cross below the knees (Pound, 1,2 Rhythm)
- Crossover/Through the Legs Combo: Sink hips on through the legs (1,2 rhythm)
- Through the legs/Crossover Combo: Sink hips on through the legs (1,2 rhythm)
- Through the Legs/Behind the Back Combo: Hips down (1,2 rhythm)
- Right Hand Back & Forth (1,2 rhythm)
- Left Hand Back & Forth (1,2 rhythm)
- Double Cross Through the Leg & Back (1,2 rhythm)
- Cross/Through/Behind (1,2,3-1,2,3 rhythm)
- 25 total reps each exercise



## Steve Nash Series

### Description

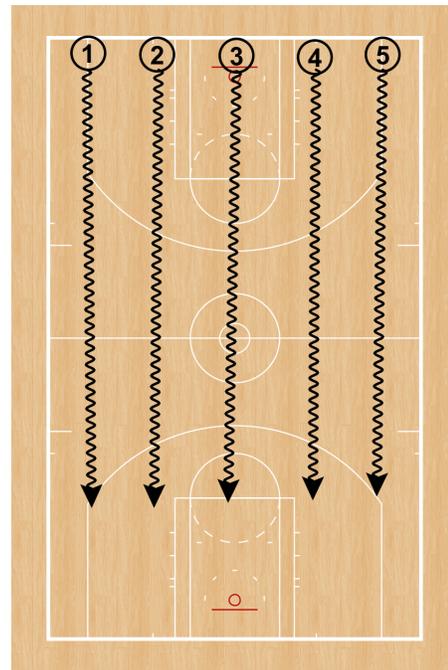
- Players are working on hand-eye coordination developing a comfort for being able to do two things at once.
- Players will be using a tennis-ball for this series.
- **Snatches:** Hand starts under/snatch with hand over top - pound dribbles with ball. 25 total reps
- **Bounce and Cross:** Timing/Reaction - Violent crossover below the knees when tennis/lacrosse ball hits the ground. Cross and snatch with opposite hand over top. 25 total reps.
- **Bounce and Through the Legs:** Same instructions as Bounce and Cross. Sink hips on through the legs dribble. 25 total reps.
- **Bounce and Behind the Back:** Same instructions as Bounce and Through the Legs - Sink hips, butt down. 25 total reps.



## Stop N Go's

### Description

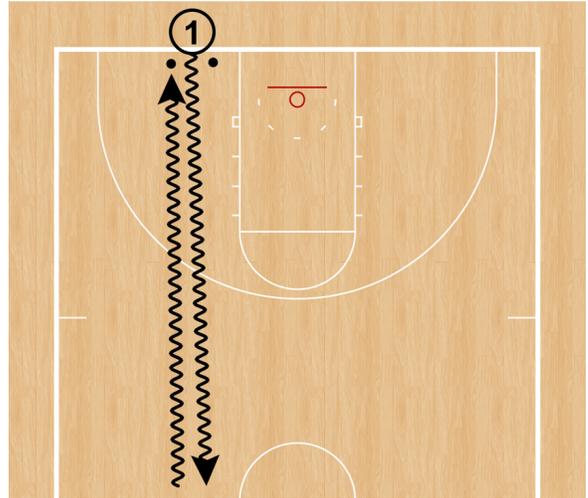
- Players are working on a speed dribble with change of speed, coming to controlled stops.
- 2 dribbles out to a stop - 2 dribbles stationary - continue.
- Players will go with their right hand up to half court, and then their left hand back.
- Add: Crossover and through the legs before taking 2 dribbles to space. Add a behind the back stop.



## Two Ball Series | On the Move

### Description

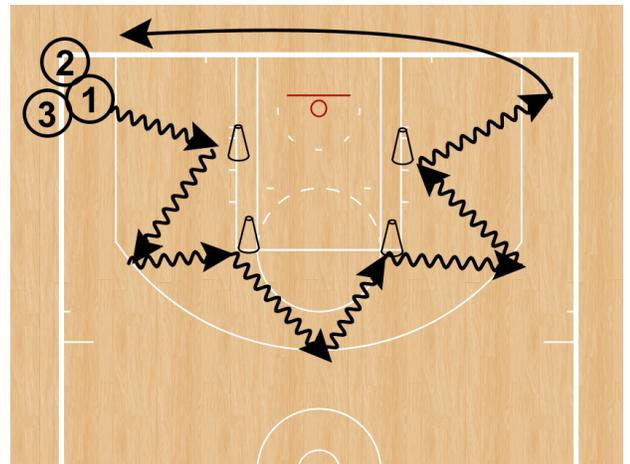
- **Players are doing a series of two ball exercises to half court and back.**
  - **Pounds (same time)**
  - **Alternate (1-2 rhythm)**
  - **Hi/Low - Dribbling one ball low below, one ball pound dribble.**
  - **2 Pound Cross**
  - **In & Outs**
  - **2-Pound Crossovers (Zigzag Movement).**



## 5 Spot Bounce Out

### Description

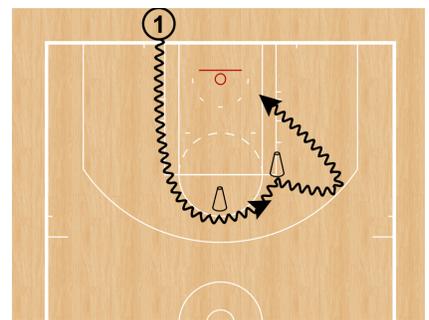
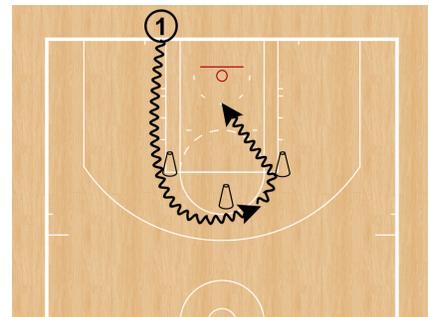
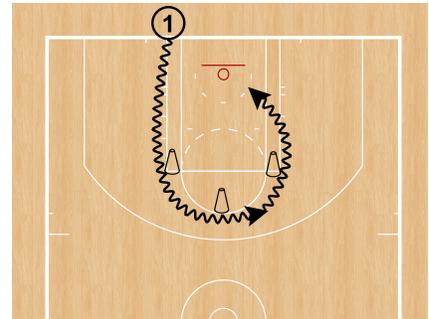
- **Players are working on attacking into space, keeping their dribble alive with pace, retreating back out to space.**
- **Drive each spot - get there in 1 or 2 bounces and then retreat on an angle 1 or 2 bounces.**
- **Players will start in one corner and finish in the other corner.**
- **Complete 3 rounds and then switch sides to work on both hands.**



## Arc Series

### Description

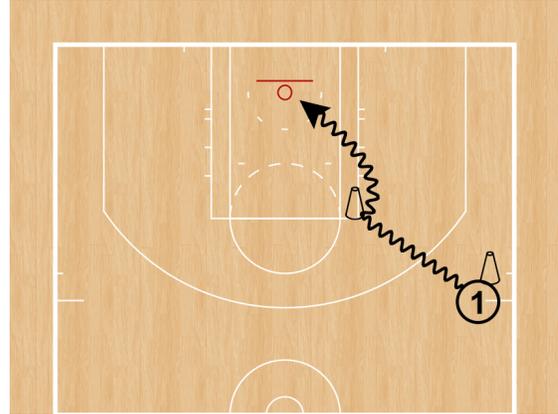
- **Players are working on attacking on an angle. Being able to stay under control with the dribble while turning the corner to attack the basket.**
- **Downhill Attacks**
  - **Players will attack for a certain amount of reps with their right hand before switching to the left side and repeating.**
- **Change of Direction**
  - **Players will attack to the opposite elbow, change direction, and finish down the middle at the basket.**
  - **Rep for a certain amount before switching sides to repeat.**
- **Attack & Retreat**
  - **Players will attack to the opposite elbow, retreat on an angle towards the wing, and then attack downhill to the rim.**
  - **Rep for a certain amount before switching sides to repeat.**



## Elbow Change of Direction

### Description

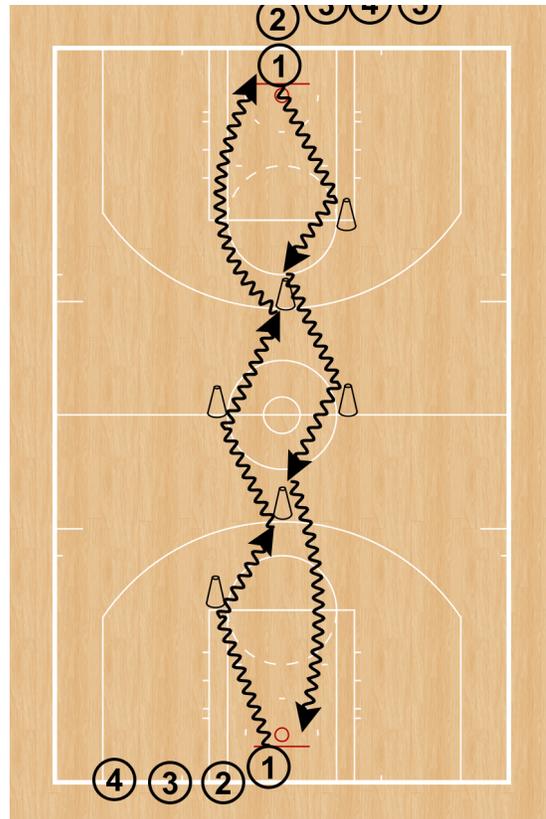
- Players are working on attack downhill and change direction under control getting to the rim to finish.
- Players will start by the hash mark.
- Downhill drive to elbow working on quick change of direction opening up hips and shoulders.
- Through the Legs/Behind the back (same footwork as through the legs)
- Rep for a certain amount and then switch sides.
- Challenge players to use a maximum of four dribbles to get to the basket.



## Stockton Drill

### Description

- Players are working on handling the ball in the full court. Developing good ball control in the open court changing speeds/directions.
- 2 bounces to each cone working change of direction up the court. Finishing downhill from the top of the key. Can change up finishes.
- Rep for a certain amount before going the other side.



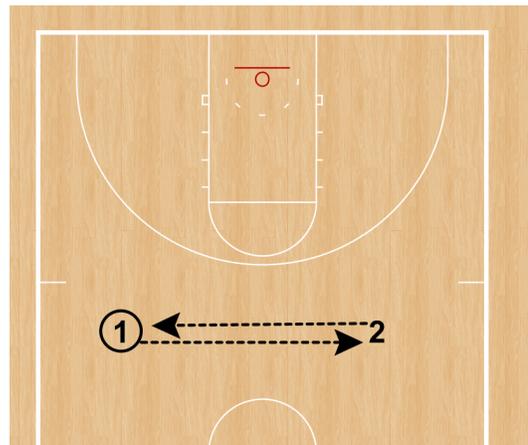
## Passing

**Focus: Developing sharp, accurate passes that are being completed consistently. Develop the ability to pass with both hands being comfortable to pass off the dribble and the catch.**

### Snap and Spin

#### Description

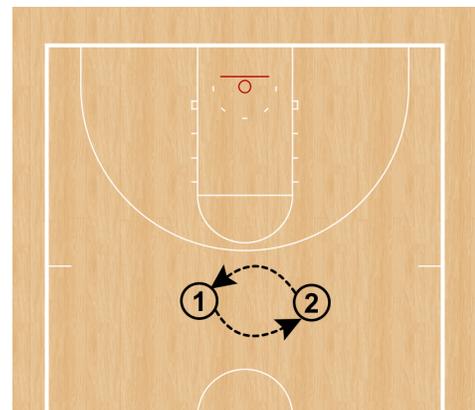
- Starting in triple threat - making a series of passes stepping towards a teammate using dominant pivot foot.
- Be an active receiver stepping in to every catch (catching to score).
- Focus on maintaining stance and stepping towards whom you are passing to.
- Series
  - Bounce Passes
  - Chest Passes
  - Overhead Passes



### Rapid Passing

#### Description

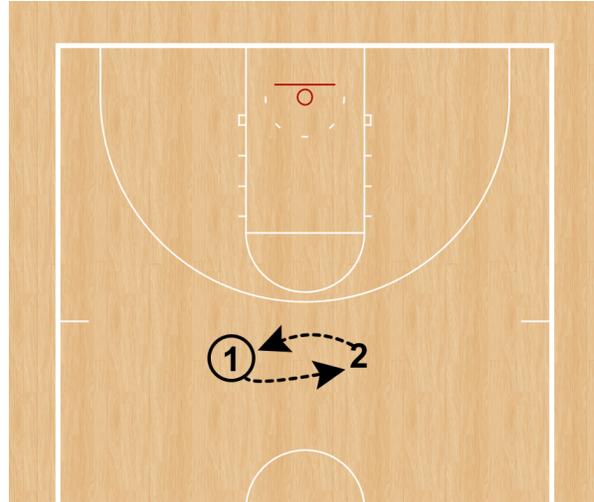
- Player's 1 & 2 are in an athletic stance
- Players will rapidly snap passes off the catch with their right and left hand.
- Complete 25 simultaneous passes (Both passes is 1) before switching hands.
- Complete 50 total.



## Nash Passing

### Description

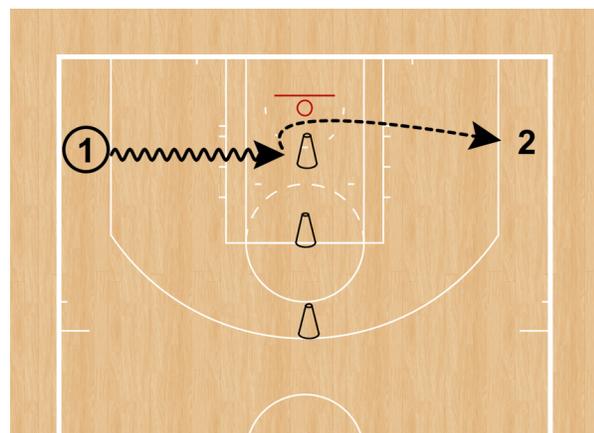
- **Stationary Series**
- **Player 1 and player 2 are in an athletic stance.**
- **In an athletic stance, the player's will perform one-handed passes back and forth to each other.**
- **Player's must snap every pass and accurately hit them in the hands with each player showing a target.**
- **The player steps with the same side foot for each pass. (Right hand/right foot, left hand/left foot).**
- **The players will perform this series:**
  - **1 pound dribble and pass - x20 each hand**
  - **1 pound crossover and pass - x20 each hand**
  - **1 pound between the legs and pass - x20 each hand**
  - **1 pound behind the back and pass - x20 each hand**



## Partner Jump Stop & Pivot Passing

### Description

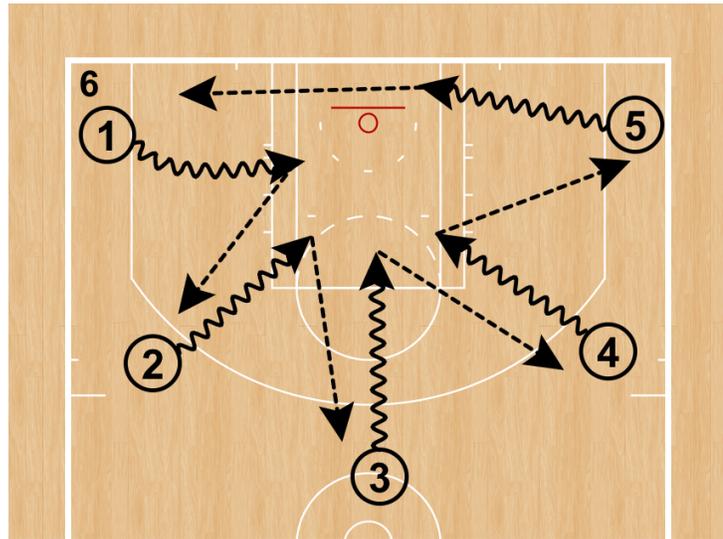
- **Players are working on attacking in a straight line, coming to a jump stop under control.**
- **Player with the ball will take 2 bounces to the cone coming to a jump stop.**
- **Player will then establish their dominant pivot foot and make a bounce or chest pass to their partner depending on the coach's instructions.**
- **Players should pass with their non-dominant pivot pointing towards their partner.**
- **Complete a total of 24 passes (12 each player).**



## 5 Out Jump Stop and Kick Out

### Description

- Players are working on attacking the paint and playing under control.
- 4 players with the ball are driving 2 bounces to the box coming to a jump stop on 2 feet.
- Players will pivot to where they are passing and snap the pass to the next person in line.
- They will rotate to the line they pass to. 5 in the corner will throw the drift pass being the only one that does not come to a jump stop (Passing on the movement of the drive).



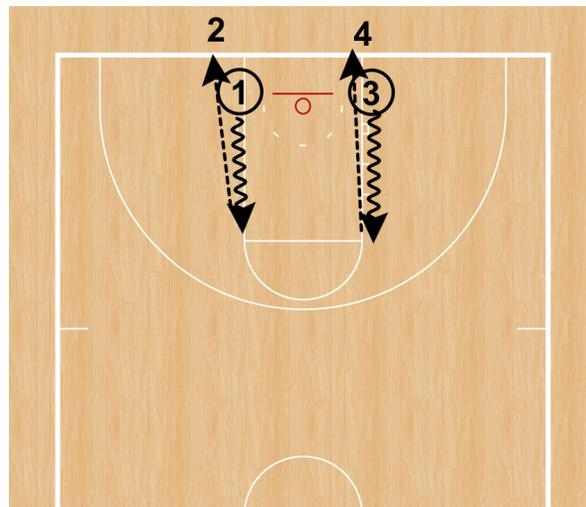
## Triple Threat and Pivots

**Focus:** Developing being strong with the ball, having great ball protection, and playing under control with great footwork.

### Starts, Stops, and Turns

#### Description

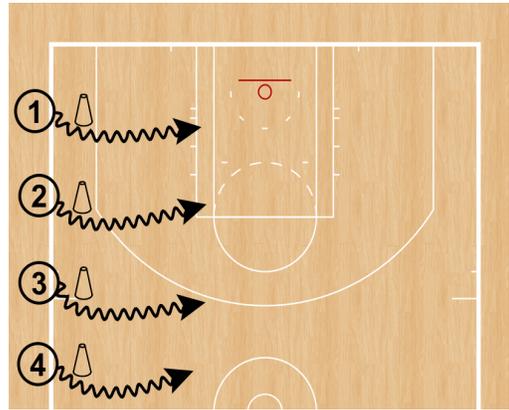
- Player's 1 & 3 will take 2 dribbles to the free throw line and come to a jump stop.
- Players will pivot 1 of 2 ways (right or left foot pivot):
  - Front Pivot (Non-pivot foot going away from baseline). Once the player is faced up with their teammate, they will crossover step (right over left foot pivot) to make a left hand flip pass.
  - Reverse Pivot (Non-pivot foot going towards the baseline). Once the player is faced up with their teammate, they will step and snap a two-hand chest pass.
- Snap passes with the seams.
- Go for a number of passes or time.



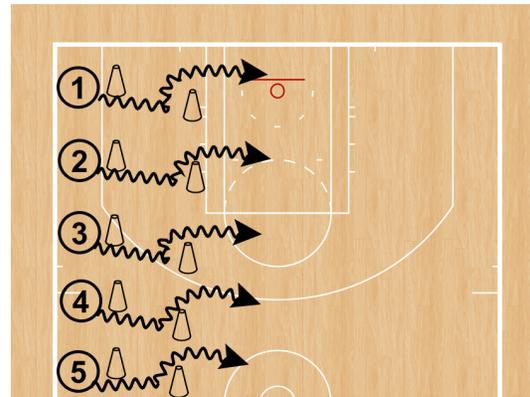
## Rip Through Progression Series

### Description

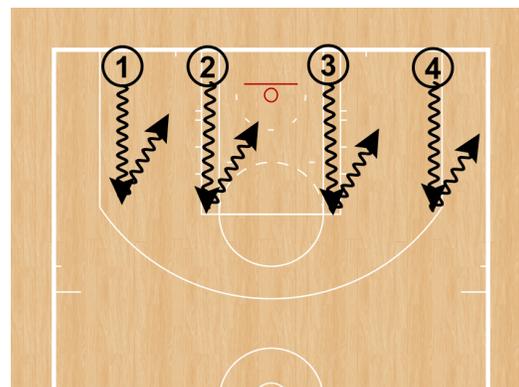
- Players are working on establishing a strong athletic stance and being effective with the ball and their feet to attack.
- Progression #1
  - Working on a rip through across the thighs & over the top (across the face) - footwork and ball placement.
  - The player takes 2 dribbles out to space coming to a jump stop.



- Progression #2
  - Working on a rip through across the thighs & over the top (across the face) - footwork and ball placement.
  - The player takes 1 dribble to space and then changes direction, taking 1 more dribble to space coming to a jump stop.



- Progression #3
  - Working on a rip through across the thighs & over the top (across the face) - footwork and ball placement.
  - The player takes 2 dribbles out to space, comes to a behind the back stop, and then uses a retreat dribble taking 2 bounces on an angle.
  - Repeat for a certain amount of reps.



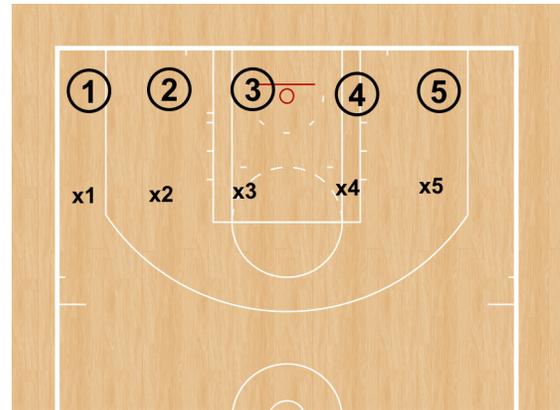
## Partner Pivots Progression Series

### Description

Players are working on playing under control using their dominant pivot foot (Right foot for lefty's, left foot for righty's).

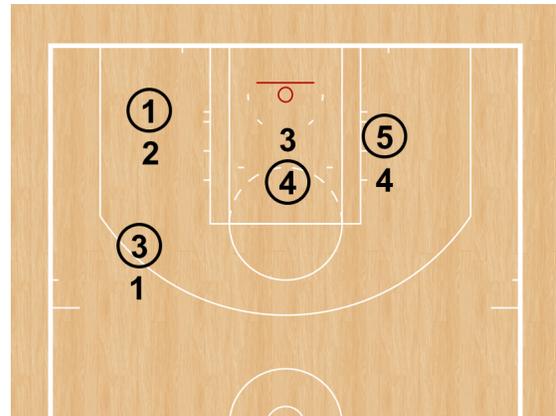
### Progression #1

- Players start in triple threat position establishing their dominant pivot foot (Right foot for lefty's, left foot for righty's).
- Players will go for 30 sec. intervals staying in space working on violent jabs vertically and laterally keeping good ball placement for protection.
- A player and their partner will each do 3 sets for 30 seconds.



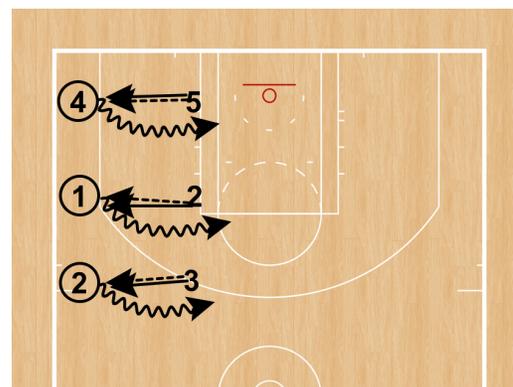
### Progression #2

- A player starts in triple threat position with their partner playing defense.
- The player has to stay in their space without dribbling and their partner has to apply active pressure (Live - No dummy D).
- The player with the ball is working on staying low using their pivot and jabs to create space along with protecting the ball.
- Players will go for 30 sec. intervals and then switch to their partner.
- Rep 2 sets per player.



### Progression #3

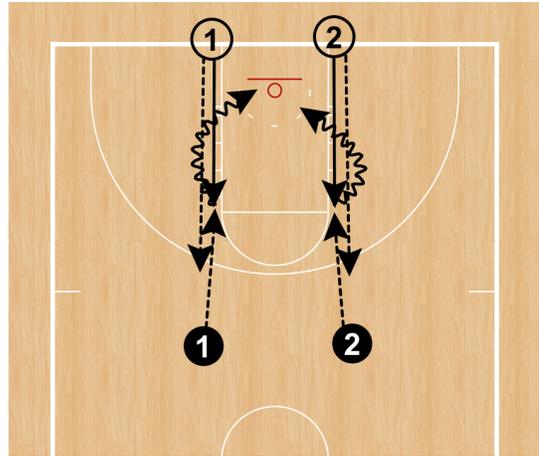
- A partner passes the ball and closes out to be there on the catch.
- Player with the ball has to work their pivot game before ripping through into their drive.



- Each pair will rep this 20 times (10 each).
- High Post Series**

**Description**

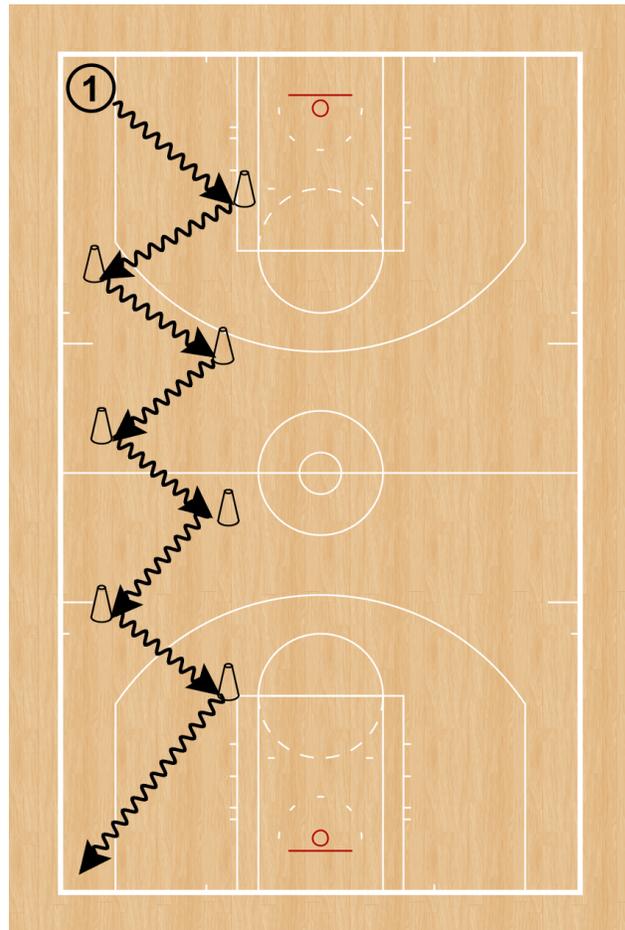
- Pass ball out to coach, partner, or flip ball out to yourself - flash hard to the elbow.
- Utilize your triple threat to create drives, pull ups, and face up shots. Play with pace, change speeds.
  - o Over the top rip through
  - o Rip through across above thighs
  - o Inside Pivot
  - o Quick Spin
  - o Open Pivot
  - o Jabs (side and downhill)
- Make 5-10 finishes/shots on each side.



**Zigzag Pivots**

**Description**

- Players start in the corner. They attack out to space in 2 dribbles to get to the next spot (cone) coming to a jump stop under control.
- Players will then pivot and rip through to the next cone in 2 dribbles.
- Players will repeat this the full length of the court.
- Players will wait until all the players have finished before going back through the drill.
- Rep this series out for 3-5 minutes.



# Finishing

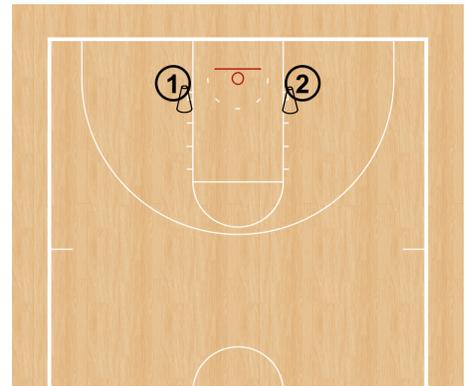
**Focus: Developing control of the feet, body, and ball.**

## Touch Finishing

### Description

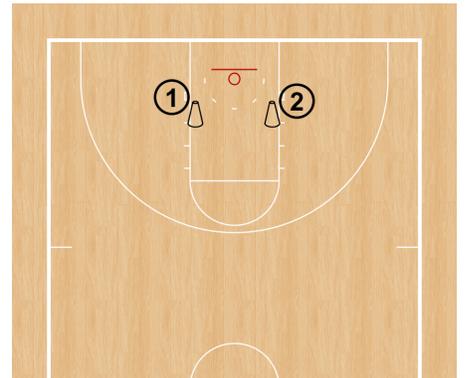
#### Baseline Finishes

- No dribble finishing breakdowns focusing on the player elevating into their finish and developing the right touch for each finish.
- Repetitions for both hands on both sides
- **1 Foot: (Balance and body control)**
  - o **Floater:** High release on the finish
  - o **Scoops:** Curry scoops finishes with hand under the ball extending hand to the rim.
- **2 Feet (Balance and body control)**
  - o **Floater:** High release on the finish.



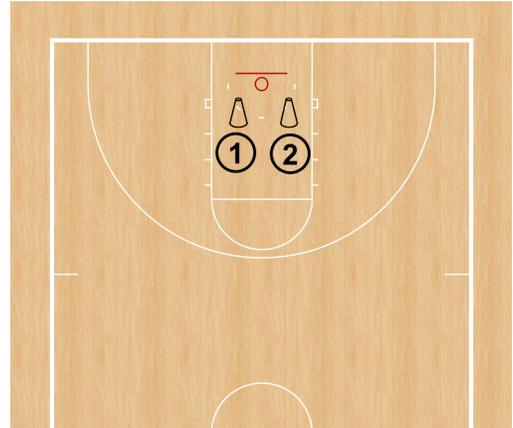
#### Glass Finishes

- No dribble finishing breakdowns focusing on the player elevating into their finish and developing the right touch for each finish.
- Repetitions for both hands on both sides
- **1 Foot (Balance and body control)**
  - o **Scoop Finishes:** Curry scoops with hand under the ball extending hand to the rim (repetitions off inside foot and same side foot).
  - o **Floater:** High release on the finish (repetitions off inside foot and same side foot).
  - o **Euro Steps:** 1-2 lateral footwork going right/left and left/right (extending hand to rim and floaters).
- **2 Feet (Balance and body control)**
  - o **Floater:** High release on the finish
  - o **Up and Under:**
    - **Left Side - Pivot with right foot and step across with left foot to finish.**
    - **Right Side - Pivot with the left foot and step across with the right foot to finish.**



## Paint Finishes

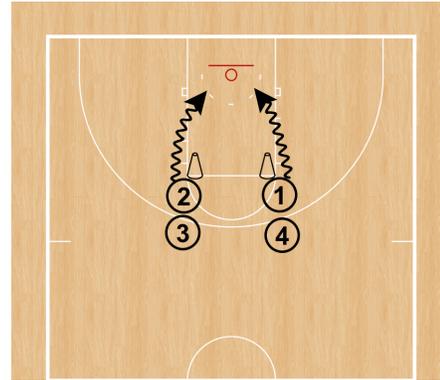
- **No dribble finishing breakdowns focusing on the player elevating into their finish and developing the right touch for each finish.**
- **Repetitions for both hands on both sides**
- **1 Foot: (Balance and body control)**
  - **Scoop Finishes: Curry scoops with hand under the ball extending hand to the rim (repetitions off inside foot and same side foot).**
  - **Floater: High release on the finish (repetitions off inside foot and same side foot).**
  - **Euro Steps: 1-2 lateral footwork going right/left and left/right (extending hand to rim and floaters).**
- **2 Feet (Balance and body control)**
  - **Floater: High release on the finish**
  - **Up and Under:**
    - **Left Side - Pivot with left foot and step across with right foot to finish.**
    - **Right Side - Pivot with the right foot and step across with the left foot to finish.**
  - **Reverse Pivot:**
    - **Left Side - Start with back to the basket and chest facing the sideline. The player will step left foot and then right foot towards the baseline. Player will then pivot with the left foot to turn for the shot.**
    - **Right Side - Start with back to the basket and chest facing the sideline. The player will step right foot and then left foot towards the baseline. Player will then pivot with the right foot to turn for the shot.**



## Elbow Finishing (Slot Drive)

### Description

- 1 dribble finishing breakdowns with a focus on footwork to finish at the rim.
- Players will start at the elbow in a staggered position with their feet.
- **Right Side:** Ball in right hand with right foot leading, left foot back.
- **Left Side:** Ball in left hand with left foot leading, right foot back.



### Extension Lay Up (Hand out in front to rim)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. This takes you into your right/left (outside/inside) footwork to finish.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. This takes you into your left/right (outside/inside) footwork to finish.

### Jump Stop (Finish over inside shoulder)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet.

### Stride Stops: 1-2 Footwork (Finish hand extended to the rim)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left (outside/inside foot) taking off both feet to finish.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right (outside/inside foot) taking off both feet to finish.

### Reverse Pivots: 1-2 Footwork (Pivoting away for shot)

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left with the player's back facing the rim (left foot towards baseline/right foot above). Player will pivot with the right foot going away from the basket to shoot.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right with the player's back facing the rim

(right foot towards the baseline/left foot above). Player will pivot with the left foot going away from the basket to shoot.

### **Nash Finish (Same foot/Same hand finish)**

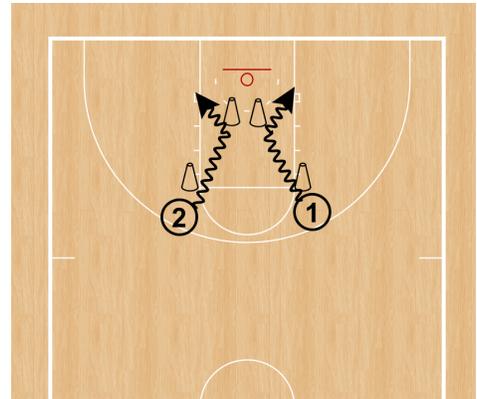
- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will take off with their right foot being the next foot forward finishing with the right hand.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will take off with their left foot being the next foot forward finishing with the left hand.

### **Rondo Finish (Inside Hand finish)**

- **Right Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will take off with their right foot being the next foot forward finishing with the left hand.
- **Left Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will take off with their left foot being the next foot forward finishing with the right hand.

### **Elbow Finishing (Middle Drive)**

- 1 dribble finishing breakdowns with a focus on footwork to finish at the rim.
- Players will start at the elbow in a staggered position with their feet.
- **Right Side:** Ball in left hand with left foot leading, right foot back.
- **Left Side:** Ball in right hand with right foot leading, left foot back.



### **Euro Step: 1-2 Footwork (Extended out in front to the rim)**

- **Right Side:** The dribble will be taken simultaneously with the right foot. The next step the player plants the left foot pushing laterally to the right foot taking off finishing either right or left hand.
- **Left Side:** The dribble will be taken simultaneously with the left foot. The next step the player plants the right foot pushing laterally to the left foot taking off finishing either left or right hand.

### **Pro Hop (Lateral movement landing directly on 2 feet)**

- **Right Side:** The dribble will be taken simultaneous with right foot leaving the ground moving laterally before landing directly on two feet to finish at an angle to use the glass to finish.
- **Left Side:** The dribble will be taken simultaneously with the left foot leaving the ground moving laterally before landing directly on two feet to finish at an angle to use the glass to finish.

### **Up and Under (Pivots)**

- **Right Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet. The player shot fakes showing ball above shoulders before pivoting with their right foot, stepping towards the rim with their left foot.
- **Left Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing directly on two feet. The player shot fakes showing ball above shoulders before pivoting with their left foot, stepping towards the rim with their right foot.

### **Reverse Finish (Opposite side finish)**

- **Right Side:** The dribble will be taken simultaneously with the right foot coming forward. This takes you into your left/right footwork finish at the opposite side of the basket. Emphasize protecting the ball after taking the dribble.
- **Left Side:** The dribble will be taken simultaneously with the left foot coming forward. This takes you into your right/left footwork finishing at the opposite side of the basket. Emphasize protecting the ball after taking the dribble.

### **Reverse Nash Finish (Same foot/same hand)**

- **Right Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave off the left foot extending their left hand out to the rim to finish.
- **Left Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave off the right foot extending their right hand out to the rim to finish.

### **Reverse Pivot (1-2 Footwork)**

- **Right Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right with the player's back facing the rim (right foot towards the baseline/left foot above). Player will pivot with the left foot going away from the basket to shoot.
- **Left Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left with the player's back facing the rim (left foot towards baseline/right foot above). Player will pivot with the right foot going away from the basket to shoot.

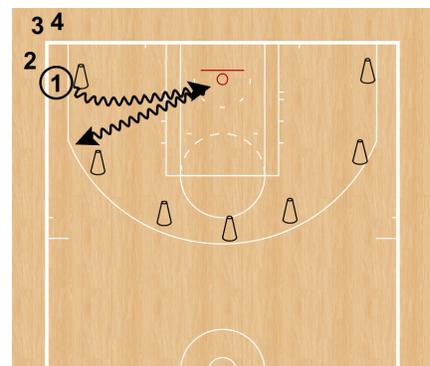
### Reverse Stride Stop Finish (1-2 Footwork)

- **Right Side:** The dribble will be taken simultaneously with the right foot coming forward. The player will leave the ground with movement towards the basket before landing left/right (outside/inside foot) taking off both feet to finish on the opposite side.
- **Left Side:** The dribble will be taken simultaneously with the left foot coming forward. The player will leave the ground with movement towards the basket before landing right/left (outside/inside foot) taking off both feet to finish on the opposite side.

### 7 Spot Finishing

#### Description

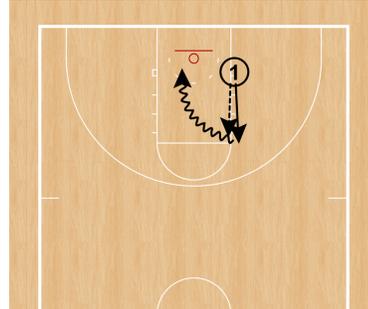
- 7 Spots - Working out of triple threat - various rules to can put in.
- **Off the Catch**
  - o Rips
  - o Over the top rips
  - o Rips or over the top rips with a jab.
- **Finishes (Any finish you want out of this footwork. Mix it up!)**
  - o Off 1 foot
  - o Off 2
  - o Off 2 with pivot
  - o Off 2 with 2 pivots
  - o Baseline drives off 1, middle drive off 2.



## X-Out Finishing

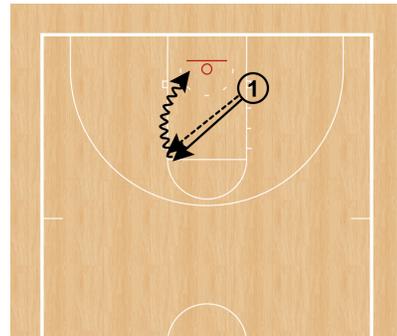
### Description (Same Side Elbow)

- Player starts on block. Player will spin ball out to elbow going chin to shoulder with ball. Playing out of triple threat and using pivot (jab), drive and finish opposite side. Repeat opposite side.
- 5-10 makes each side or total makes in 90 seconds.



### Opposite Elbow

- Player starts on block. Player will spin ball out to the opposite elbow and go chin to shoulder. Having a dirk series and pivot game, drive same side alley for finish. Repeat other side.
- 5-10 makes each side or total makes in 90 seconds.



# Shooting

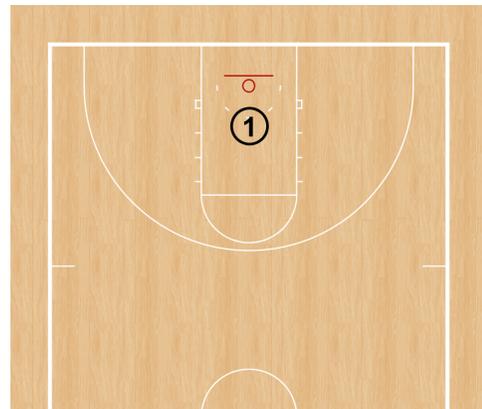
**Focus: Establishing footwork, rhythm, balance, and flow to be able to consistently shoot the ball from various spots on the floor.**

## Form Shooting

**Focus:** Balance, eyes, elbow to eye on release, fingers down.

### Description

- Start ball with hand under the ball having the shooting arm extended out to space in an athletic stance.
- Player will take extended arm and bring it in to have the elbow under the ball having the arm and hand under the ball in shooting position.
- Player will then lift into shot incorporating both lower and upper body (As the player lifts with the lower portion of the body, lift and extend with upper portion of the body).
- Make 10-15 shots.

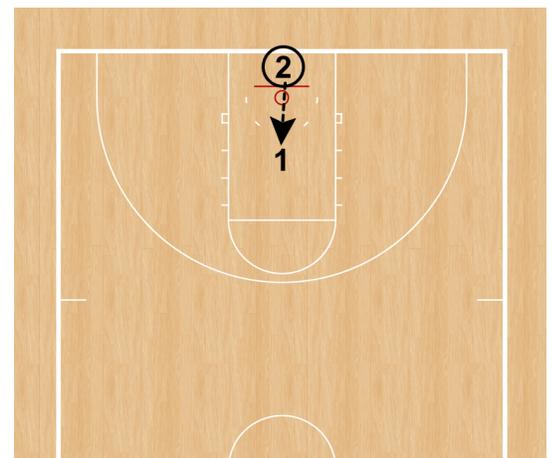


## FLOW Shooting

**Focus:** Balance, eyes, hands shot ready, elbow to eye on release, fingers down.

### Description

- A partner, teammate, or coach starts with the ball under the basket.
- The player starts in an athletic stance showing their hands to the ball in a shot ready position.
- The partner, teammate, or coach will pass the ball to the player. The player will receive the pass in their shooting pocket and immediately lift all in one motion into the shot.
- Repeat until the player makes 10-15 shots.

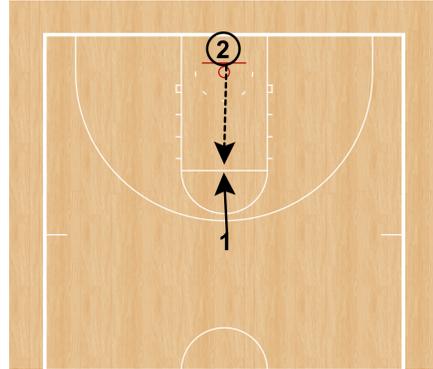


## Rhythm Shooting

**Focus:** Progressing to adding active feet. Right-handed shooters step into the catch left foot/right foot and left handed shooters step into the catch right foot/left foot.

### Description

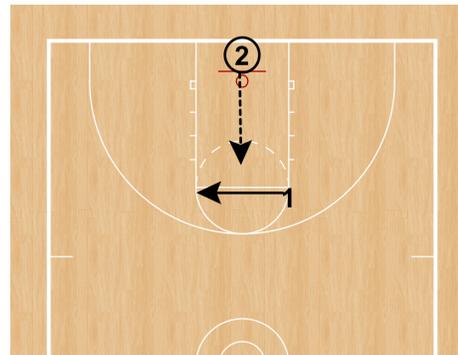
- A partner, teammate, or coach starts with the ball under the basket.
- The player starts in an athletic stance showing their hands to the ball in a shot ready position.
- The partner, teammate, or coach will pass the ball to the player.
- As the player 1 is about to receive the pass, step into the ball with active feet (1-2 footwork) then lifting into their shot on the catch.
- Player will re-space before receiving the next pass repeating the same footwork.
- Make 10 shots before switching spots (if player 2 is a player).



## Agility Shooting

### Description

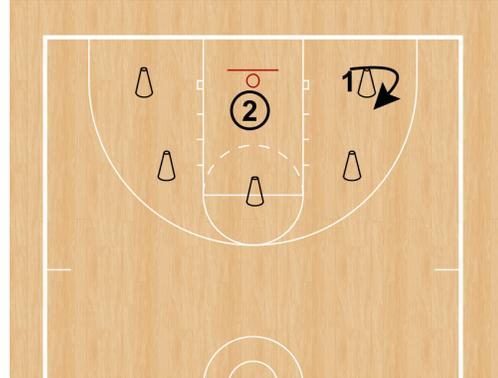
- A partner, teammate, or coach starts with the ball under the basket.
- The player shooting starts at one of the elbows.
- The player begins above the free throw line and starts moving laterally with a 1-2 step going 2 steps below the line, 2 steps above the free throw line, working their way towards the opposite elbow.
- The partner, teammate, or coach can pass to the player at any time in between the elbows.
- The player going is working on having active feet and being shot ready.
- Once the player shoots, they will stay in that spot and keep moving towards the opposite elbow and then come back.
- Once the player makes 10 shots, switch if there is a partner or teammate.



## Agility Spot Shooting

### Description

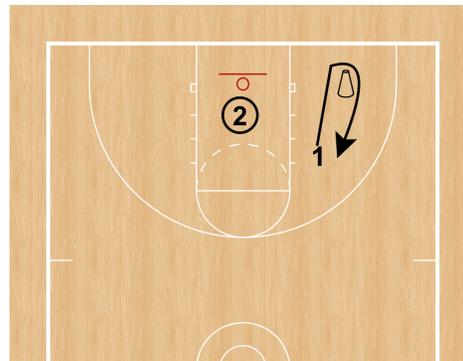
- A partner, teammate, or coach starts with the ball under the basket.
- The player shooting will start below the cone.
- The player does short, choppy steps around the cone getting to the outside of the cone. Once the player gets around the cone, they should be shot ready.
- The partner, teammate, or coach will pass the player the ball to shoot.
- Make 5 shots at each spot (25 makes total).



## Lift Shooting

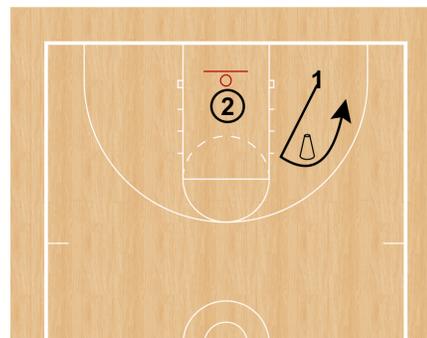
### Description

- A partner, teammate, or coach starts with the ball under the basket.
- The player shooting will start in space on the wing. The player will sprint down below the cone, slow up to get to the outside, and then change speeds to lift back to the wing for the shot.
- As the player starts to lift, make sure they are shot ready.
- Repeat until the player makes 10 shots. Switch sides.



## Drift Shooting

- A partner, teammate, or coach starts with the ball under the basket.
- The player shooting will start in space in the corner. The player will sprint up below the cone, slow up to get to the outside, and then change speeds to drift back to the corner for the shot.
- As the player starts to drift, make sure they are shot ready.

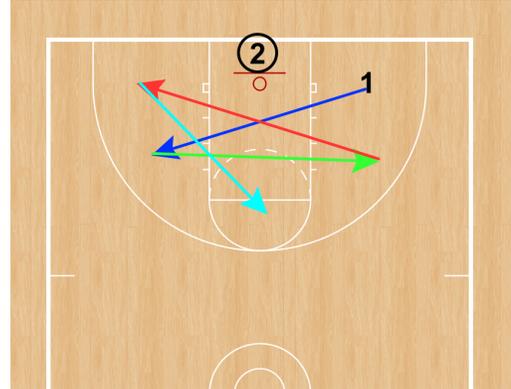


- Repeat until the player makes 10 shots. Switch sides.

### Star Shooting

#### Description

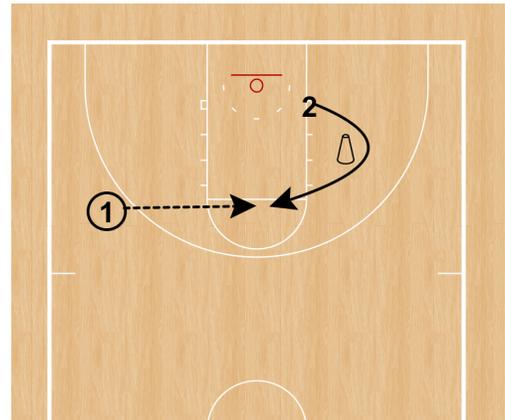
- A partner, teammate, or coach starts with the ball under the basket.
- The player shooting the ball will in space in the corner. The player will go through this series of shots:
  - Catch in shoot in the corner
  - Sprint to the wing for a shot (blue).
  - Sprint to the opposite wing for a shot (green).
  - Sprint to the opposite corner for a shot (red).
  - Sprint to the top of the free throw line for a shot (baby blue).
- The player continues in this sequence until the player makes 12 shots.



### Pin Down Shooting Breakdown

#### Description

- Breakdown 1-2 footwork off a pin down or down screen.
- Player is working on pushing off outside (top) foot to create separation into their 1-2 footwork lifting into their shot (Inside/Outside Foot).
- Go at a slow pace to focus on having the correct footwork.
- Player should be shot ready (hands & feet) as they are approaching the pass.
- 5-10 makes each side.



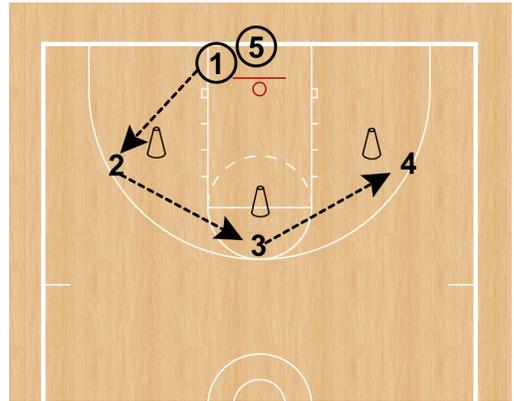
## Driving | Passing | Movement

**Focus: Developing an understanding for spacing and moving with the drive and sharing the ball in game spots.**

### Around the Horn Series

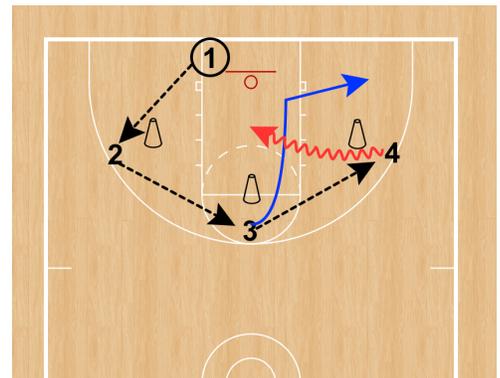
#### Description

- Three spots are each filled with a player (wing, top, wing) behind the cone.
- A player starts with the ball on the baseline with other players in line.
- Players will work on stepping in to every catch shot ready before reversing the ball to the next spot. The ball will be shared from the wing, top of the key, and to the other wing.
- Players will go through this series:
  - o Baseline side finishes: Make 20 as a group
  - o Catch and shoot: Make 15 as a group
  - o Switch sides
- Players follow their pass to rotate to the next spot. Players will rebound their shot and take it back to the line.



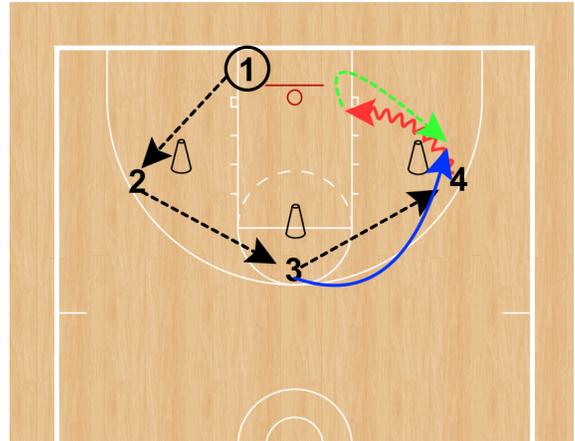
### Around the Horn Series | Pass & Cut

- Same series as above.
- The progression becomes once player 3 passes to player 4, they will basket cut (blue). The cut should be a scoring cut showing hands and eyes to the ball.
- Once player 3 cuts. Player 4 will drive middle to finish at the rim (red).
- Player 4 rebounds their shot.
- Player 3 fills out to the wing for the next rep. Players in line follow their pass.
- Make 20 finishes as a group.



## Around the Horn Series | Drive & Fill

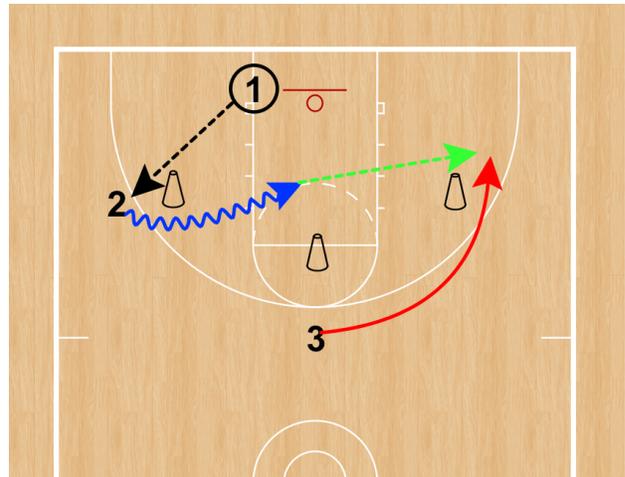
- Same series as above.
- Players are catching to score on every pass.
- The ball will be reversed to player 4.
- Once player 4 receives the pass, the player will attack baseline side (red).
- Player 3 will fill behind the ball being shot ready (blue).
- Player 4 will come to a stride stop (1-2 footwork) to reverse pivot and throw back to player 3 for the catch and shoot (green).
- Player 4 will rebound the shot, player 3 will stay at the wing after the shot, and the other players follow their pass to the next spot.



## 2 - Man Drive & Kick

### Description

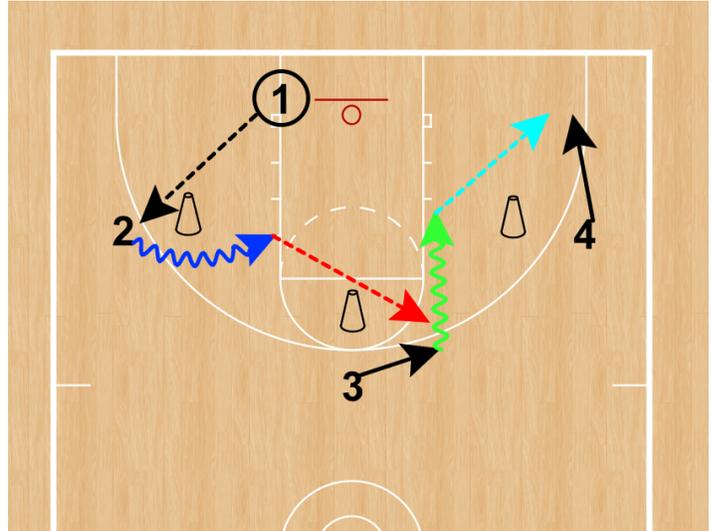
- The player receives the pass on the wing. Catch to score.
- The player will drive the ball to the middle (blue). As the player drives the ball middle, player 3 is shading away from the ball to the opposite wing (red).
- Player 2 will come to a jump stop on two feet (shoulders facing basket), and kick out to player 3 for the catch and shoot (green).
- Make 15 shots as a group. Switch sides.
- Players rotate to the next shooter rebounds there shot and will go to the end of the line.



## Around the Horn Series | Drive & Kick

### Description

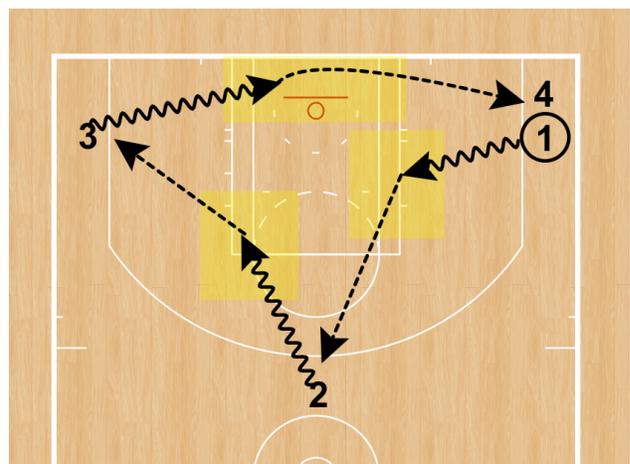
- Player 1 passes to player 2 shot ready.
- Player 2 will rip through taking one dribble to space, jump stop, and kick out to player 3 who shaded away shot ready. As player 3 shaded away, player 4 on the opposite wing shaded away towards the corner.
- Player 3 will catch and attack downhill (1 to 2) dribbles, jump stop, and kick out to player 4 shot ready for a catch and shoot.
- Players will follow their pass to rotate and shooter will rebound their own shot and go to the end of the line.
- Make 15 shots as a group. Switch sides.



## Kill Spot Passing

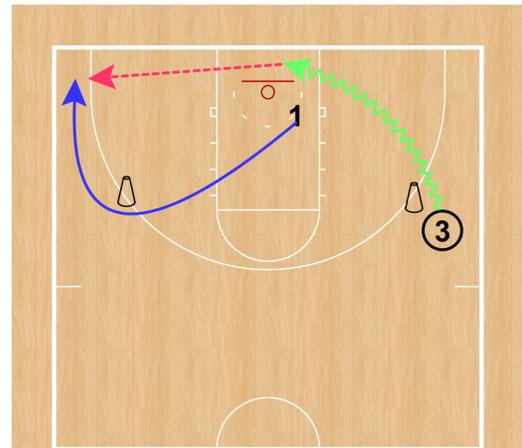
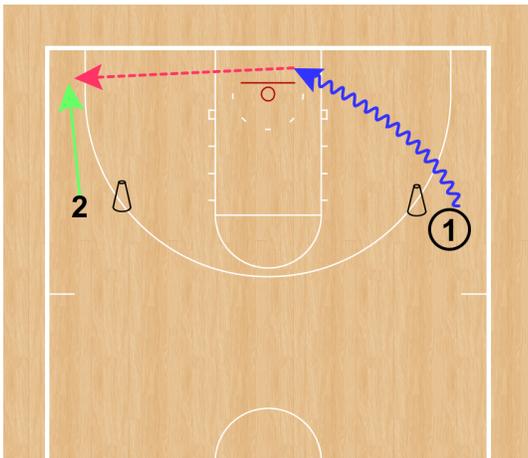
### Description

- Attack kill spots on the floor (highlighted) that breakdown defenses opening up drive and kick offense.
- Pass and rotate to the next spot.
- Coaches can emphasize various passes:
  - o Jump stop and kick out (outside hand chest pass)
  - o Nash pass kick outs (outside hand pass)
- Go for a certain amount of passes before going the other way.
- Hold players accountable for communication and being ready to receive the pass.



## Baseline Drive & Drift

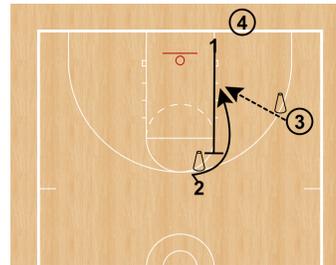
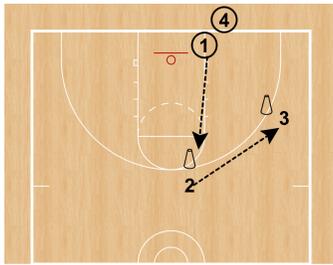
- **Player 1** will drive the ball off the dribble or off the catch baseline side.
- **Player 2** will relocate from the wing to the corner as player 1 drives the ball.
- **Player 1** will drive the ball deep to the baseline before making a pass (Nash pass) to player 2 in the corner for a catch and shoot.
- **Player 2** will rebound their shot and go to the other line.
- **Player 1** will immediately re-space out to the opposite wing and start to relocate corner as player 3 starts to drive.
- **Repeat the same sequence for # of makes or # of makes timed.**



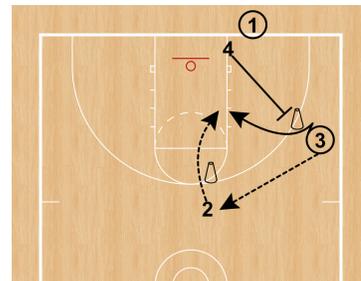
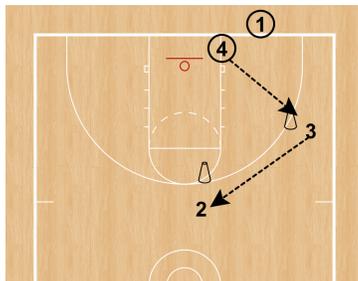
## Continuous Pass & Cut Series

### Description

- **Players are working on passing and setting up hard cuts to the rim for finishes.**
- **Player 1 will pass to player 2 in the slot shot ready. Player 2 in the slot will reverse the ball to player 3 on the wing.**
- **Once player 1 passes to player 2, they are following their pass (to the slot).**
- **Once player 2 reverses the ball to player 3, they are setting up there cut (change of speed/direction) past player 1 towards the rim.**
- **Player 3 leads player 2 with the pass and they finish at the rim.**



- **The next player in line (player 4) will alternate lines and pass to player 3 on the wing. Player 4 will then follow their pass (to the wing).**
- **Player 3 will reverse the ball to player 1 in the slot setting up there cut past player 4.**
- **Player 1 will lead player 3 with the pass towards the rim for a finish.**
- **Make 20 total finishes before switching sides.**



## Small Sided Games

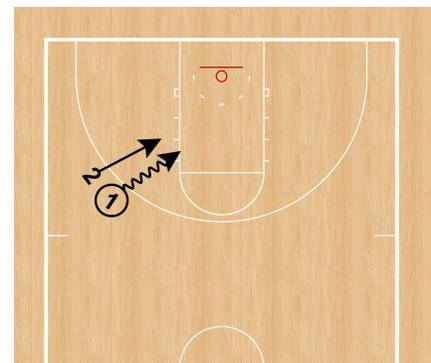
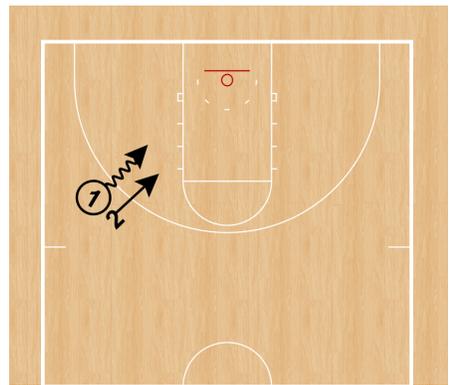
**Focus: Transitioning from fundamental skill development to live segments in game situations. Being able to transfer skills to the game.**

### Angle 1v1

***Focus:** Being able to translate skill breakdowns to live segments where defense is added. Player's are put in various situations through 1v1-3v3 forcing them to use the skills and reads they have worked on and execute with defenders and contact. In my opinion, this is the best progression to add after working on skill breakdowns.*

#### Drill Description

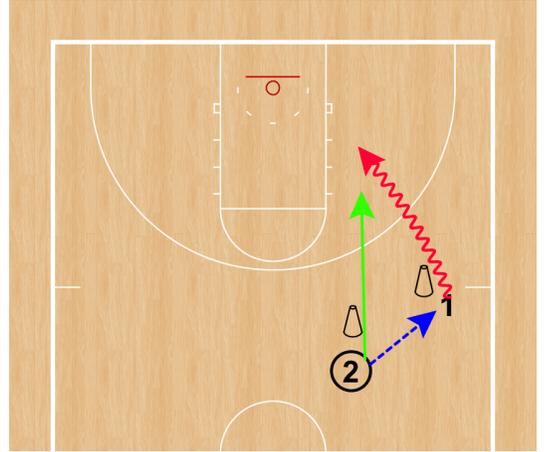
- Player 1 starts with the ball facing the basket having a live dribble and player 2 starts on defense with their chest facing 1's inside shoulder.
- It becomes live 1v1 when the offensive player (Player 1) initiates any kind of movement towards the basket.
- Player 2 is trying to get back in front of the ball and cut off player 1's driving line.
- Player 1 is trying to keep a straight line drive initiating contact keeping player 2 on the hip.
- Player 1 is working on keeping a straight line drive, finishing through contact, and being able to quickly counter if player 2 does cut off their initial driving line.
- Player's will perform this game both baseline side and attack the middle of the floor.
- Compete for a certain # of points or most points in a certain amount of time.



## Pass and Attack

### Drill Description

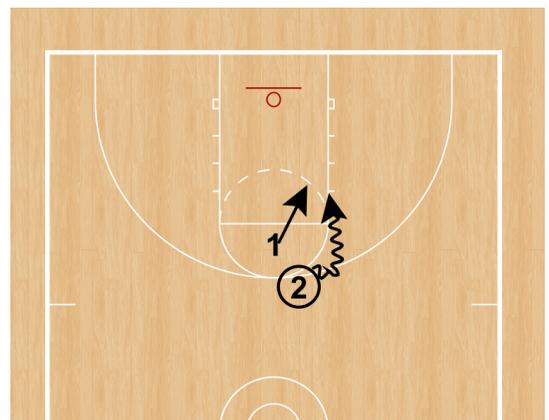
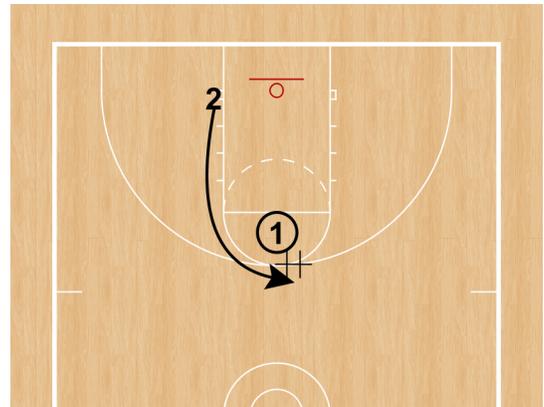
- Player 2 starts with the ball and is the defender to start. Player 1 will start without the ball and start on offense.
- Player 2 will pass to player 1 and the drill is live.
- Player 2 is trying to get back in front of the ball and player 1 is looking to keep their angle to finish. Emphasize the player on 1 embracing contact when going to finish.
- Compete for a certain # of points or most points in a certain amount of time.



## Hand-Off 1v1

### Description

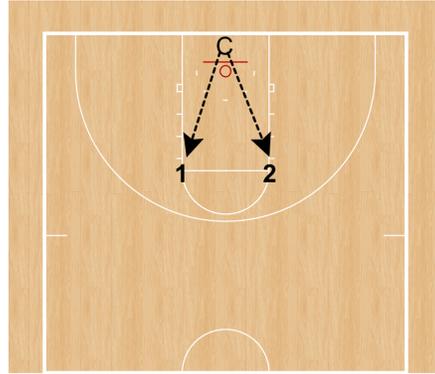
- Player starts at the foul line with the ball.
- Player 2 starts on a block.
- Player 2 will fill up behind player 1 to receive the hand off from player 1.
- Once player 2 receives the ball, the game is live.
- Player 2 is on offense attack the basket while player 1 becomes defense.
- Rotate offense/defense



## DeMatha Finishing

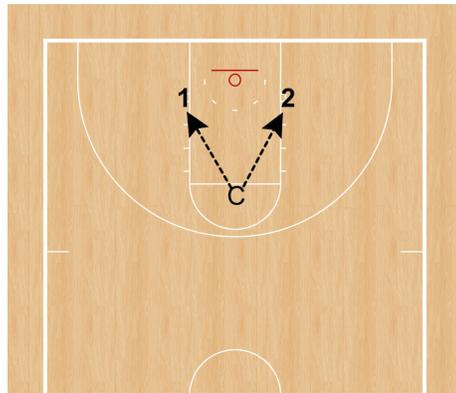
### Description

- **Coach starts under the basket with the ball.**
- **Players 1 & 2 are at the elbows.**
- **Coach chooses which player to pass to.**
- **Whoever receives the ball becomes the offensive player and the other on defense.**
- **The player is catching and attacking the basket trying to finish through contact from the defender trying to recover.**
- **First player to 5 points wins.**



### Description

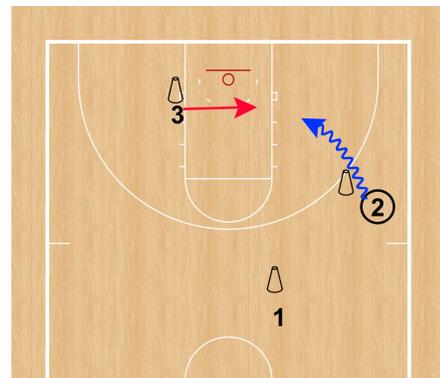
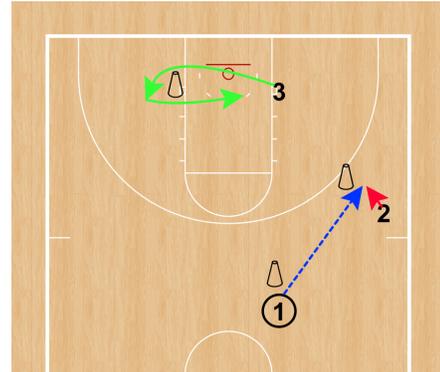
- Same instructions as above, only the players start on the blocks rather than the elbows.
- First player to 5 points wins.



## 1v1 Rotate Weak

### Description

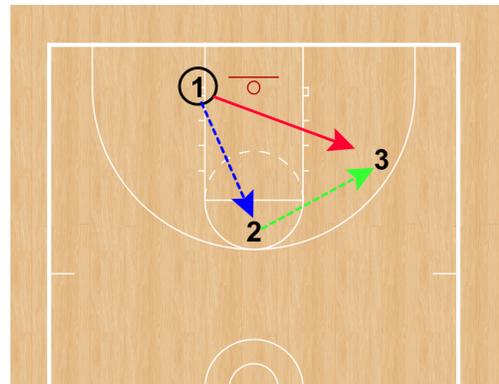
- Player 1 starts with the ball. Player 2 starts on the wing while player 3 starts on the same side block.
- As player 1 passes to player 2 on the wing, player 3 must get around the outside of the cone on the opposite block.
- Player 2 must attack downhill at the basket as player 3 is rotating over to stop the ball.
- Rotate clockwise and counterclockwise when switching to the other side.
- First player to 5 points wins.



## Bump 1v1

### Description

- Player 1 starts with the ball on the block. Player 2 starts above the foul line. Player 3 starts mid range on the wing (keeping youth inside the 3-point line to start).
- Player 1 will pass to player 2 and then closeout to player 3 on the wing. Once player 2 receives the ball they are quickly reversing it to player 3.
- Player 3 is reading player 1's closeout having to make a quick decision.
- Player's get a 3-dribble limit.
- Rotate clockwise and counterclockwise once switching sides.



## 3v3 Ball Reversal Closeouts

### Description

- x1 will pass to x2 and closeout to 1 (green).
- x2 will pass to x3 and closeout to 2 (blue).
- x3 will pass to 1 and closeout to 3 (orange).
- The ball is reversed from 1 to 3.
- Play is live on 3's catch.
- The ball cannot stick and has to be out of the hands of each player under a second before it's live on 3's catch.
- Coaches can determine other rules as they see fit with the players.
- Rotations: Counter clockwise or offense/defense.

