



# OMRO BOYS YOUTH BASKETBALL

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First of all, THANK YOU for choosing to be a coach in our youth program. You could have chosen to do countless things with your time but instead, you are here, reading this guide to help give our players the best experience you can possibly give them. We have an incredible youth program already in place. This is only possible with the sacrifice you make for our program.

I hope you fully grasp the impact you have as a coach and strive to be a mentor to the players that you influence through the game of basketball. One of the great things about sports is the ability to fail and have no real consequences - don't ever forget that. I'd ask you to please take the challenge head on to not only develop basketball and players, but good people.

We have 4 goals in our development model:

1. To create global players "every player develops every skill" through 8th grade
2. To develop players with advanced athletic, tactical, technical, and psychological skills
3. To meet players needs at each phase of development
4. Prepare players for their next level of competition

Notice, there is no goal tied to winning. As coaches at the youth level, we must resist the urge to sell out to winning. Winning is great, and no one wants to be discouraged by constantly losing, but we should measure our performance based on the soundness of our teams, not the scoreboard (Performance > Outcome, we control performance). At the youth level, the aim is to develop skilled players with a strong foundation of fundamentals that are learning how to conduct themselves properly, not to win championships. Championships are byproduct of a lot of things - talent, coaching, luck, etc. Please keep the focus on player and personal development, championships will happen.

I believe there is a distinction between teaching and coaching. Teaching is helping players learn fundamental skills and helping them learn how to play the game. Teaching is measured in the improvement of the soundness of the players from the time they started with you as a coach until that time has ended. Coaching is game planning, strategies, executing plays, and drilling to a system of play. Coaching is measured in winning. I believe what we do as coaches needs to be a balance of both, but the best way to help players develop at the youth level is to do more teaching, and less coaching.

If you were to ask me, "what's the easiest way to organize and coach a team?" I would say it would be to use 2-3 zone and a structured, patterned offense. But using that approach doesn't teach players how to play the game of basketball. It teaches them a few specific things to understand, and that structure allows them to function at their current level. If we are about development, which is what we want to be about, we will remove rigid structure and allow mistakes to be made through man-to-man defense and a conceptual offense, helping the players learn. This makes them better players in the long run, which is the core of our development model.

My ultimate goal is to bring Omro Basketball back to what it used to be - a conference powerhouse with a State Championship never being an unrealistic expectation. This starts at the youth level, and I will do whatever I can to help you along the way.

-Coach Egan

# DEVELOPING LIFE SKILLS

Above any drill or play or concept, as coaches, we need to instill discipline in our players. Start with these 3 ideas - they can be hard but very valuable lessons to learn at a young age:

- 1. Make players make eye contact while you talk to them in a group setting - no wandering eyes**
- 2. Make players assume a listening posture while you talk to them in a group setting**
- 3. Acknowledge the importance of being on time, while realizing that it may not always be up to them when they arrive.**

## ATTITUDE

### **Praise...**

- Enthusiastic participation
- Providing positive energy to a practice/game
- Any extraordinary examples of hustle
- Asking for help from teammates or coaches

### **Correct...**

- Moping and disengagement from peers
- Uncontrolled mistake response
- Rude comments after a mistake

## LEADERSHIP

### **Praise...**

- Helping teammates/coaches when needed
- Supporting teammates through mistakes
- Helping clean up the gym/locker room

### **Correct...**

- Yelling at teammates

## RESPECT

### **Praise...**

- Shaking hands & saying "good game" to opponents
- Having good manners
- Being honest about the score or calls

### **Correct...**

- Arguing with coaches, teammates, officials
- Taunting opponent or showboating
- Inappropriate language
- Mumbling under breath
- Talking behind teammates back
- Lack of manners
- Lying or cheating

## COMMUNICATION

### **Praise...**

- Eye contact
- Acknowledgment of listening
- Reminders to teammates

### **Correct...**

- Lack of eye contact
- Not paying attention
- Distracting others

## CONFIDENCE

### **Praise...**

- Encouragement and compliments to others

### **Correct...**

- Negative self-talk
- Making fun of teammates

## RESPONSIBILITY

### **Praise...**

- Being on time

### **Correct...**

- Being late, when player is at fault
- Forgetting equipment

## TEAMWORK

### **Praise...**

- We over me
- Taking responsibility as a group
- Making the "extra" pass

### **Correct...**

- Selfishness
- Blaming others
- Improper connection to team vs individual results

# 1ST-3RD GRADE – FOUNDATIONAL STAGE



## THOUGHTS FOR GRADES 1-3

**-Constraints:** The capabilities of players are very much affected by personal constraints (strength, power, limb length, coordination, etc.). Shooting is the skill most drastically affected. Ball handling is the only skill unaffected. Use age-appropriate hoop heights and basketballs as much as possible and attempt to always fit in ball handling development.

**-Purpose:** This age group should be about learning and having fun. Don't lose sight of having fun to emphasize winning - in practice or games. Try to teach basketball through games as much as possible, and less through instruction and drills.

**-Movement Patterns:** Help build proper fundamental movement patterns (balancing, running, jumping, skipping, pivoting, etc.) through dynamic warmups and games. At this age, developing movement patterns has more value than complexity in teaching tactics & strategy like man offenses, zone defenses, etc.

**-Playing Time:** All players should get to participate and playing time should be distributed evenly. Do not make players feel less than others in this stage of development.

**-Skill Development:** Teach "positionless" basketball, meaning all players learn all skills. There should be no breakdown drills separating guards and posts.

**-Practice Considerations:** Attention spans are very short. Keep everyone involved as much as possible in practice. Limit time spent waiting in lines, for games to finish, for instruction to end, etc. Be prepared to manage limited practice resources carefully - space, jerseys, balls, etc.

**-Small Sides Games (SSG):** Use Small Sides Games and 3v3 as much as possible. This allows more players to handle the ball and make decisions. DO NOT keep score. Very little 5 on 5 should be played at this stage of development.

## SKILLS FOR GRADES 1-3

**Rules and Terminology:** Don't assume players know the rules. Use common language to describe positions, places, equipment. Take the time to explain basic court markings and rules.

**Ball Handling:** Familiarize players with the ball. Make them use both hands.

**Passing/Catching:** Introduce basic chest, bounce, and overhead passes. Make players catch on two feet, with two hands, and with two eyes.

**Pivoting:** Teach power jump stops, and front and reverse pivots. Teach players to avoid "Turtling" - turning your back to the defense to avoid pressure.

**Shooting:** Teach "Ready, Up, In" technique. Talk about BEEF (Balance-Elbow-Eyes-Follow Through). Use age-appropriate hoops and smaller balls, if possible, to minimize constraints.

**Layups:** Introduce basic layup technique from both sides - 1 foot and power. Shoot LOTS and LOTS of layups with both hands.

**Team Offense:** Have some basic organization. Talk about spacing/cutting. Emphasize distance between players (10-12 feet) for spacing. Get players moving and not standing. DO NOT build a playbook.

**Team Defense:** Teach players to match up to an opposing player and stay with them through offensive movement. Emphasize staying between the man and basket. Do not teach zone defense.

**Individual Defense:** Teach proper defensive stance and slides.

## GAMES AND DRILLS

### 1ST-3RD GRADE – FOUNDATIONAL STAGE



#### GAMES FOR GRADES 1-3

##### **Dribble Tag**

Teaches protect dribbles (Body between ball and defense), evading defenders, and dribbling with head up.

##### **Red Light, Green Light**

Develops agility, acceleration, deceleration and ball handling.

##### **Ultimate Basketball**

Teaches cutting, passing, pivoting and catching.

#### DRILLS FOR GRADES 1-3

##### **Dynamic Warmup**

5 minutes each practice to develop movement patterns and balance.

##### **Layup Progression**

Teaches basic layup technique, footwork and teaching points.

##### **Form Shooting**

Familiarizes players with the mechanics of their shot.

##### **Stationary Ball Handling (1 Ball)**

Familiarize players with the ball in the simplest drills possible.

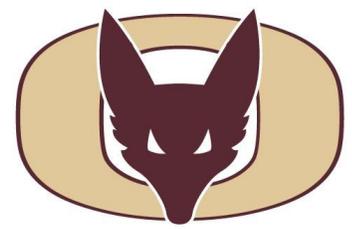
##### **Full Court Dribbling (1 Ball)**

Teaches basic speed dribble ball handling.

##### **2v2 and 3v3 Jaguar**

Teaches communication, transition offense and defense, as well as advantage and disadvantage situations.

# 4TH-6TH GRADE – FOUNDATIONAL STAGE



## THOUGHTS FOR GRADES 4-6

**-Constraints:** Personal constraints are still evident, but all players should be able to shoot on a 10-foot hoop. Players should be able to have consistent mechanics with their shot. Ball handling skills are unaffected by constraints and should continue to be pushed for further development.

**-Purpose:** This age group should still be about learning and having fun but winning and losing games or drills should be introduced. Continue to teach basketball through games but incorporate more serious drills and instruction.

**-Movement Patterns:** Help build proper fundamental movement patterns (balancing, running, jumping, pivoting, etc.) through dynamic warmups and games with added stimuli to make games more challenging. Incorporate tools like the reaction ball and agility ladder into training.

**-Playing Time:** Distribute playing time relatively evenly. All players should get to participate in each contest.

**-Skill Development:** Teach "positionless" basketball, meaning all players learn all skills. There should be no breakdown drills separating guards and posts. Guards should learn to post and bigs should learn to dribble/shoot/etc.

**-Practice Considerations:** Attention spans are very short. Keep everyone involved as much as possible in practice. Limit time spent waiting in lines, for games to finish, for instruction to end, etc.

**-Small Sided Games (SSG):** Use SSG and 3v3 as much as possible. This allows more players to handle the ball and make decisions. Begin keeping score. Introduce 5 on 5 and full court play.

**-Offseason Programming:** Players have the opportunity to develop basketball skills through seasonal skill camps in the offseason. Encourage them to work on their game at home.

## SKILLS FOR GRADES 4-6

### **Carry Over From Previous Development Stage**

**Rules and Terminology:** Don't assume players know the rules. Use common language to describe positions, places, equipment. Take the time to explain basic court markings and rules.

**Ball Handling:** Introduce basic change of pace and direction moves. Emphasize weak hand development.

**Passing/Catching:** Teach pass fakes. Teach wrap around pass. Develop passing and catching skills on the move - "Ball in the air, feet in the air." Make players catch on two feet.

**Pivoting:** Place a heavy emphasis on jump stops. Introduce Triple Threat position, and the basics of the jab series (Jab, Rip, Crossover Step, Shot Fake). Teach players to avoid "Turtling" - turning your back to the defense to avoid pressure.

**Shooting:** Continue to teach "Ready, Up, In" and BEEF shooting techniques. Teach footwork for shooting off the catch and off the dribble.

**Layups:** Refine basic layup techniques. Place a heavy emphasis on power layups off two feet.

**Rebounding:** Teach basic box out technique.

**Team Offense:** Have some basic organization. Teach spacing/cutting. Emphasize distance between players (12-15 feet) for spacing. Teach basic screening concepts. Get players moving. DO NOT build an extensive playbook.

**1 on 1:** Begin playing 1 on 1 from triple threat and off a live dribble.

**Team Defense:** Make sure players all always see the ball and move when the ball moves. Introduce defending cuts and screens. Introduce basic off the ball defensive principles. Understand being in help and rotating. Play as little zone defense as possible.

**Individual Defense:** Refine proper defensive stance and slides. Teach proper closeout technique.

# GAMES AND DRILLS

## 4TH-6TH GRADE – FOUNDATIONAL STAGE



### GAMES FOR GRADES 4-6

#### **Coach Says**

Teaches players how to listen and develops movement patterns.

#### **Line Tag**

Develops movement patterns, and acceleration/deceleration.

#### **Dribble Tag**

Teaches protect dribbles (Body between ball and defense), evading defenders, and dribbling with head up.

**Red Light, Green Light** Develops agility, acceleration/ deceleration, and ball handling.

#### **Ultimate Basketball**

Teaches pivoting, passing and catching under pressure.

### DRILLS FOR GRADES 4-6

#### **Dynamic Warmup**

5 minutes each practice to develop movement patterns and balance.

#### **Agility Ladder & Reaction Ball**

Developing foot speed, quickness, and coordination.

#### **Form Shooting**

Familiarizes players with the mechanics of their shot.

#### **5 Man 4 Ball**

Volume shooting, teaching shooting prep and communication, and allows players work on their shooting technique.

#### **Shell Drill**

Teaches fundamental team and individual defensive principles.

**Stationary Ball Handling (1 Ball & 2 Ball)** Familiarize players with the ball in the simplest drills possible, adding a second ball for more challenge.

#### **Full Court Dribbling (1 Ball)**

Teaches basic speed dribble ball handling.

#### **3v3 & 4v4 Wildcat**

SSG to build decision making, guard skills and an attack mentality.

#### **2v2 and 3v3 Jaguar**

Teaches communication, transition offense and defense, as well as advantage and disadvantage situations.

#### **2v1, 1v2**

Teaches ball handling and advantage offense.

**ADD IN HS DRILLS IF YOU CAN**

# 7TH-8TH GRADE – TRAINING STAGE



## THOUGHTS FOR GRADES 7 & 8

**-Constraints:** They are mostly gone but the constraints still present mostly relate to physical development. There is a wide range of physical development to manage. Don't get fixated on athletes solely due to maturity at this age.

**-Purpose:** Prepare players for the high school system.

**-Movement Patterns:** Help build proper fundamental movement patterns (balancing, running, jumping, pivoting, etc.) through dynamic warmups and games with added stimuli to make games more challenging. Continue incorporating tools like the reaction ball and agility ladder into training.

**-Playing Time:** Coaches divide playing time based on merit but attempt to find development opportunities for all. All players do not need to play in each contest.

**-Skill Development:** Teach "positionless" basketball, meaning all players learn all skills. There should be no breakdown drills separating guards and posts. Guards should learn to post and bigs should learn to dribble/shoot/etc.

**-Practice Considerations:** We now have more mature players so we must get more in depth with teaching and system concepts.

**-Small Sided Games (SSG):** We still want to use SSG and 3v3 often, especially to breakdown our system of play. SSG allows more players to handle the ball and make decisions. Keep score. Have winners and losers.

**-Offseason Programming:** Players have more opportunities to train and play in the offseason with year-round open gyms and seasonal skill camps. Highly encourage working on their game at home.

**-Basketball System Integration:** Players and teams should be learning concepts connected to the high school program. Certain drills, offensive concepts, defensive concepts, fundamentals, and cultural emphasis should begin to be taught.

## SKILLS FOR GRADES 7 & 8

### **Carry Over From Previous Development Stage**

**Ball Handling:** Introduce all basic dribble moves including change of direction, change of pace and same side. Place a heavy emphasis on changing pace.

**Passing/Catching:** Introduce "Passing Windows" concept. Place a high emphasis on passing under pressure. Emphasize proper shot fakes on each catch.

**Pivoting:** Continue to place a heavy emphasis on the power jump stop. Progress the jab series to teach rocker step and step across moves. Teach pivoting under pressure and avoiding "Turtling" - turning your back to the defense to avoid pressure.

**Shooting:** Continue teaching "Ready, Up, In" and BEEF shooting techniques. Teach footwork for shooting off the catch and off the dribble. Introduce 1-2 and hop shooting techniques.

**Layups:** Practice contested layups often. Introduce "goofy" layup footwork (i.e., same hand, same foot). Introduce floater, runner, and spin finishes. Encourage two foot finishing.

**Rebounding:** Place a heavy emphasis on boxing out and perform a rebounding specific drill each practice. Emphasize pursuing the ball.

**Cutting:** Teach change of pace and direction on cuts. Teach v-cut and pin & seal techniques. Teach pivoting to square using front and reverse pivots.

**Team Offense:** Implement HS motion offense and transition and staple sets with interchangeable parts to fit personnel. Install zone offense.

**1 on 1:** Continue 1 on 1 off a stationary pivot and a live dribble. Play a lot of full court 1 on 1 with various constraints. Play a lot of 1 on 1 against a closeout for shot/drive decision making.

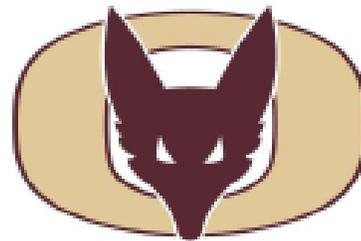
**Post Play:** Teach basic post moves (Drop step and baby hook) and strategies for gaining interior position. Teach footwork for sealing.

**Team Defense:** Implement a full team no middle defensive system. Master seeing ball, moving when the ball moves and communication. Use the shell drill on a regular basis. Install a press. Train players on transition defense. Have a systematic approach to ball screen defense. Play limited zone defense.

**Individual Defense:** Introduce check points and stance angles. Begin to deny passes on dead balls. Emphasize not getting split and contesting all shots.

# GAMES AND DRILLS

## 7TH-8TH GRADE – TRAINING STAGE



### DRILLS/GAMES FOR GRADES 7 & 8

#### **Dynamic Warmup**

5 minutes each practice to develop movement patterns and balance.

#### **Shell Defense Progression**

Teaches fundamental team and individual defensive principles.

#### **Zig Zag Progression**

Teaches basics of individual defense, including stance and slides.

#### **Coach K Drill**

Fine tunes the basic fundamentals of basketball - cutting, fakes, pass accuracy, catching on two feet, pivoting, etc.

#### **5 Pass Deny**

Teaches pivoting, passing, and catching under pressure.

#### **Bull in the Ring Passing**

Teaches pivoting and passing under pressure.

#### **Stationary Ball Handling (2 Ball)**

Familiarize players with the ball in a more challenging context than ball handling with one ball.

#### **Full Court Dribbling (2 Ball)**

Speed dribble ball handling in a more challenging way than with one ball.

#### **Self Toss and Pivot**

Teaches catching on two feet, pivoting to square and the jab series.

#### **Form Shooting**

Familiarizes players with the mechanics of their shot.

#### **5 Man 4 Ball Shooting**

Volume shooting, teaching shooting prep and communication, and allows players to work on their shooting technique.

#### **1v1 Finishing Drills**

Teaches the jab series and contested finishing.

#### **3v3 & 4v4 Wildcat**

SSG to build decision making, guard skill and an attack mentality.

#### **3v3 and 4v4 Jaguar**

Teaches communication, transition offense and defense, as well as advantage and disadvantage situations.

#### **2v1, 1v2**

Teaches ball handling and advantage offense.

#### **Ultimate Basketball**

Teaches pivoting, passing and catching under pressure.

**ADD IN AS MANY HS DRILLS AS YOU CAN**

# TEACHING METHODS



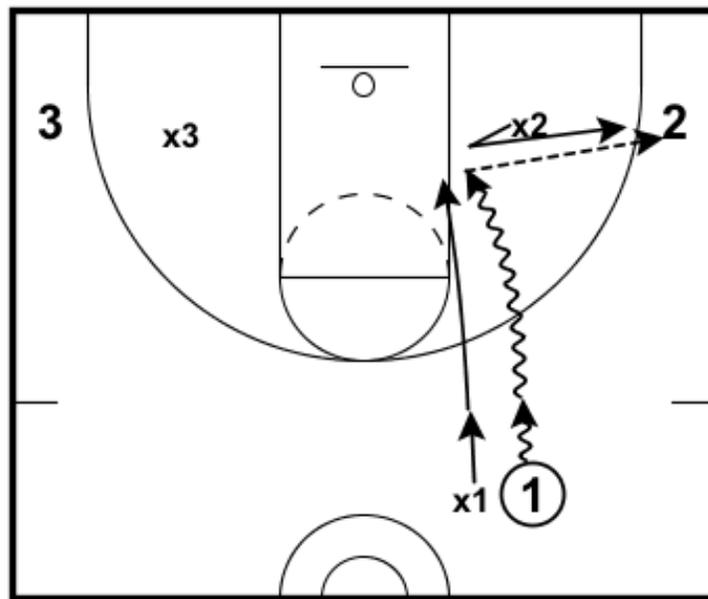
## SMALL SIDED GAMES VS. ISOLATED DRILLS

THE CONCEPT BEHIND SMALL SIDED GAMES IS THAT KIDS WILL LEARN BETTER BY BEING INVOLVED IN MORE GAME-LIKE PRACTICE EXPERIENCES, INSTEAD OF ISOLATED DRILLS WITH NO DEFENSE.

ONE OF THE BENEFITS OF THIS APPROACH IS THE ACTIVITY OF THE KIDS, WHO WILL SPEND LESS TIME WAITING IN A LINE FOR A LAY UP AND MORE TIME COMPETING & LEARNING FROM THEIR MISTAKES.

### BENEFITS OF SSG'S:

1. Get More players involved in the drill.
2. Work on offense & defense at same time.
3. Coach can emphasize certain skills using constraints and rewards.
4. More touches = more experience. There are more player touches in 3v3 than 5v5.
5. More game-like experience than isolated drill with no opposition.



### 3V3 or 4V4 WILDCAT

Wildcat helps players learn to make decisions, have an attack mentality, and develop guard skills.

#### **The rules are as follows:**

- Players can only catch the ball outside the three-point arc - no back cuts, post ups, etc.
- Players CANNOT hold the ball once an advantage has been created - shoot it, drive it, pass it (Make quick decisions)
- The drill can start against a neutral defense, learning to create an advantage (using the jab series or a live attacking dribble), or with an advantage already created (blind, walk to run, closeout, etc.)
- The coach is the traffic cop, calling "turnover" when any of the rules have been violated.

## USING 3V3 FOR PLAYER DEVELOPMENT

# 10 PHASE BREAKDOWN

**Below is an example of how to use Small Sided Games (SSG) throughout the season in practice to help players learn how to play basketball using constraints and rewards.**

**PHASE 1:** Two rules: (1) Every time you receive a pass, you must square to the basket and peak at the rim; (2) Every time you pass, you must cut to the basket.

**PHASE 2:** Any basket scored on a give and go cut is worth 2 points, all other baskets are worth 1 point.

**PHASE 3:** Each play must start with a dribble at to either side. Players read the defense to determine a hand off or back cut.

**PHASE 4:** Offense cannot shoot until they have run one pick and roll.

**PHASE 5:** A basket scored as a result of a pick and roll is worth 2 points. All other baskets are worth 1 point.

**PHASE 6:** No dribble.

**PHASE 7:** All baskets scored off of screening away from the ball are worth 2 points. All other baskets are worth 1 point.

**PHASE 8:** Two dribble maximum.

**PHASE 9:** Baskets off an offensive rebound are worth 2 points. All other baskets are worth 1 point.

**PHASE 10:** Two rules: (1) Every time you receive a pass, you must square to the basket and peak at the rim; (2) After every pass, players must screen or cut to the basket.



# PRACTICE TEMPLATE

1/3 SKILL BUILDING, 1/3 PREPARING FOR COMPETITION, 1/3 SSG



## BUILD SKILLS WITH GAMES AND DRILLS

- BALL HANDLING
- PASSING & CATCHING
- FINISHING
- SHOOTING FORM

1/3

## GET YOUR TEAM READY TO COMPETE

- ORGANIZATION OF TEAM OFFENSE AND DEFENSE
- HOW TO LINE UP FOR THE JUMP BALL, FREE THROWS, ETC
- PRESS BREAKER CONCEPT
- BLOB AND SLOB CONCEPT
- SCRIMMAGE

1/3

## SSG'S & LIVE HALF COURT PLAY

- 2 ON 2 (WITH RESTRICTIONS)
- 3 ON 3 (WITH RESTRICTIONS)
- 4 ON 4 (WITH RESTRICTIONS)
- 5 ON 5 LIVE PLAY (WHERE APPLICABLE)

1/3

### **Why is there an emphasis on Small Sided Games (SSG) and 3 on 3?**

Small Sided Games and 3 on 3 break the game down into more manageable components for players to digest, as well as allow players to handle the ball more and make more decisions compared to 5 on 5 play. We believe in SSG and 3 on 3 so much that we plan to implement a 3v3 offseason development league in the future.

### **What's the best way to use this guide?**

We'd like our coaches to study the development stage they will be coaching and have the flexibility to scale up or down depending on the skill level of the players on the team. Some groups of players may be more advanced and can handle concepts tailored to the next stage of development, and some may need to be scaled down. Process this information and try to apply it to the best of your ability. I know it can be extremely challenging to get a lot accomplished in short practices, but we need to prepare and think big picture as coaches. Prepare to play a game this weekend, but also keep the long-term development of the players as a guiding principle to what each practice looks like.

### **What youth offense is recommended if we aren't running a lot of plays?**

A conceptual, rule-based offense either out of a 4 out or 5 out alignment. The high school programs all run transition into 4 out 1 in alignment. Both alignments promote "positionless players." Within the alignment create some rules for the players, like after you pass, cut to the basket, and fill out to the weak side, or "Player X" can ball screen after any reversal pass. Beyond a base offense, have a few sets to run on dead balls that take advantage of your personnel. Try not to stop play to run sets. In reality, transition tends to dominate youth basketball - pushing a defensive rebound or a pressing defense or breaking a press creates offensive advantages. So, in the big picture, there is more value in teaching concepts such as the correct spacing to break a trap, or protecting the basket, then stopping the ball in transition, than it is to put in a lot of set plays.

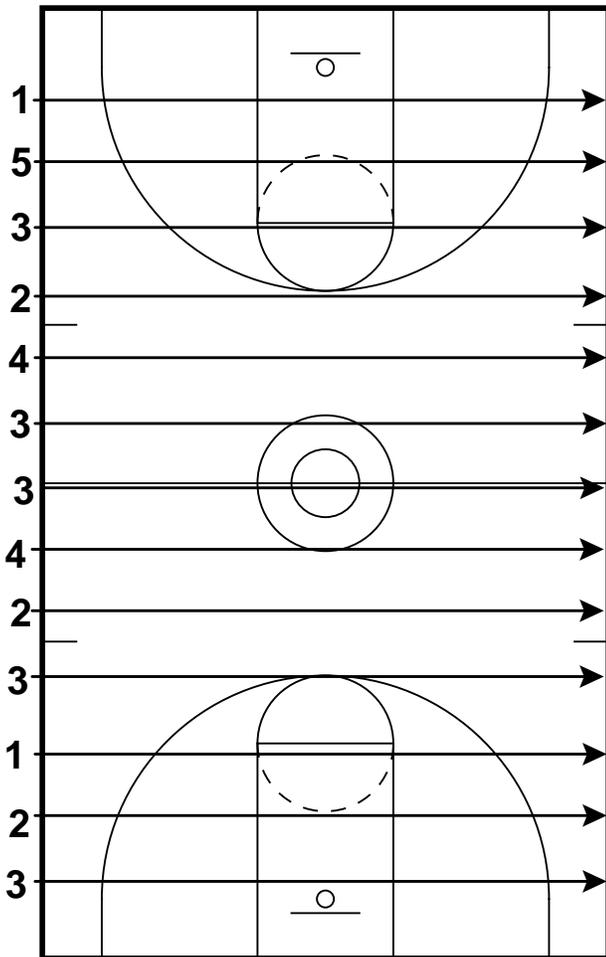
### **What is the best way to use the drills presented in this guide?**

Obviously, a team needs to prepare for competition by implementing a base offense, adding BLOBs, preparing for situations, etc. Aside from preparing for competition, we'd like the players exposed to as many of these drills as possible, and as frequently as possible. This provides the best base of learning for them to build skills as they elevate through the program. If you are unsure about the execution of a drill, reach out to me and I'll be happy to help. If you feel very confident in the execution of a particular drill, do it frequently within your practice structure.

THANKS AGAIN FOR YOUR COMMITMENT AND DEDICATION! I TRULY BELIEVE WE ARE BUILDING SOMETHING SPECIAL HERE, BUT IT TAKES A LOT OF PEOPLE TO GET THE PROGRAM TO THE TOP. THANKS FOR YOUR SERVICE. I'M HERE TO BE A RESOURCE FOR YOU. PLEASE REACH OUT IF I CAN HELP.

# Drills/Games

## Dynamic Warmup Fundamentals/Warmup



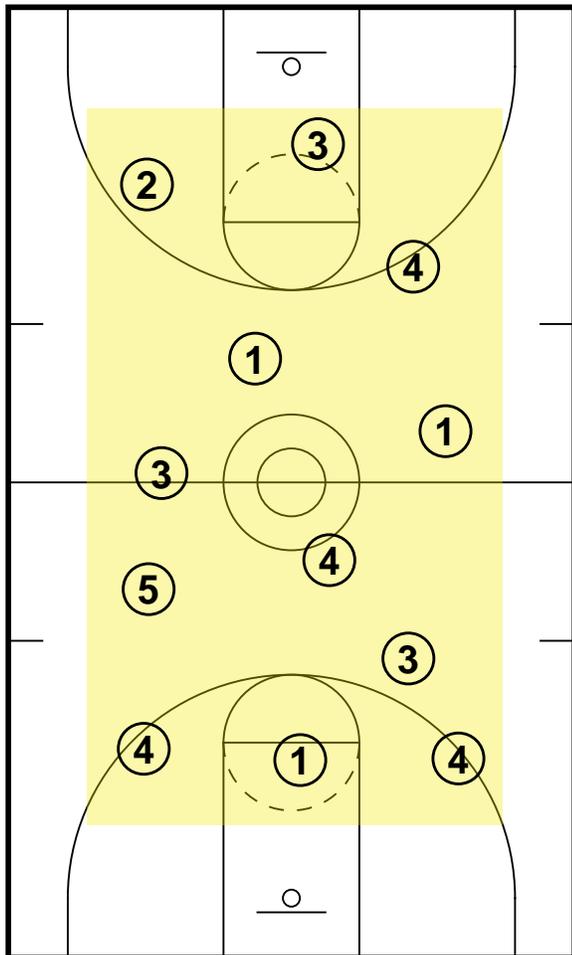
**Organization:** All players spread out along the sideline

**Description:** In a single file line, players go up and down the court at the same pace as they go through dynamic stretches. A senior will lead.

- Lunges with Trunk Rotation
- Reverse Lunges with Trunk Rotation
- Hip Stretch with Trunk Twist
- Knee to Chest on Toes (High Knee)
- Hamstring Stretch on Toes
- Quad Stretch on Toes (Butt to Knee)
- High Kicks
- Broad Jump
- Supermans
- Squat Pivot
- Sprint/Back Pedal
- Defensive Slides
- Pogos

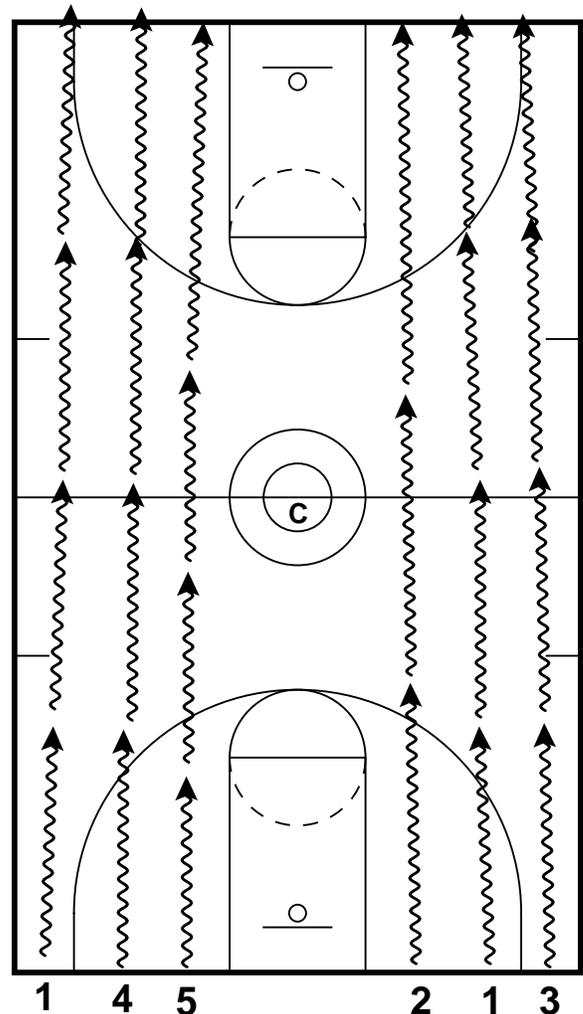
# Drills/Games

Dribble Tag  
Youth



Use the full court or volleyball lines with big groups. Condense the space with smaller groups. Players work to protect their ball from others trying to knock the ball out of bounds. If the ball goes out, the player is out and needs to sit down outside the boundary, Players should work on dribbling with their head up, evading defenders, and protecting the ball with their body.

Red Light, Green Light  
Youth

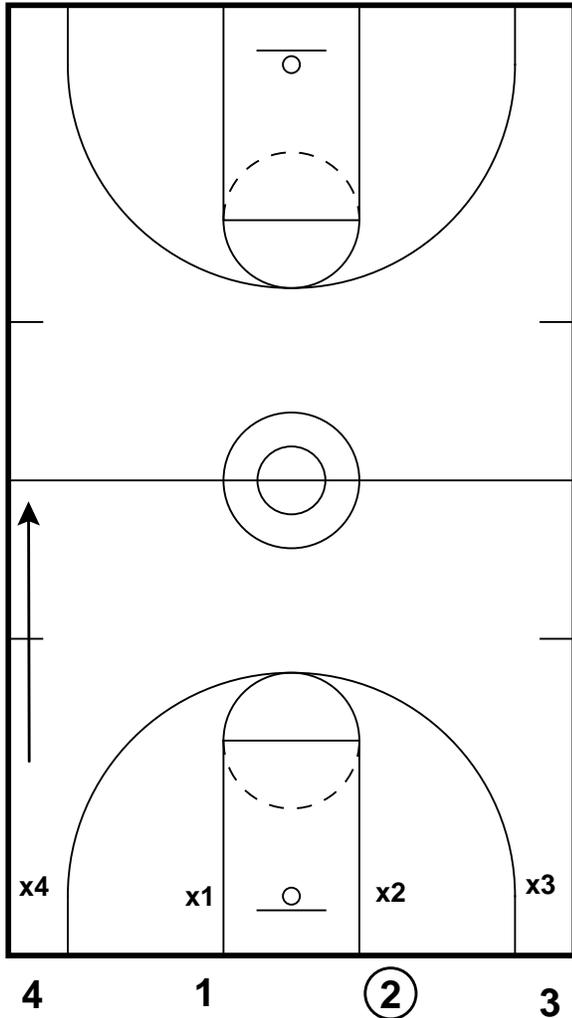


Players line up along the baseline and listen for coaches commands. When he calls "Green Light" the players take off on a speed dribble. The coach should instruct what hand to use. When the coach calls "Red Light," the players should come to a stop instructed by the coach - jump stop or stride stop. Players should use a rip move or crossover step to begin dribbling, and coaches can mix in jabs or shot fakes into the commands. When players lose their dribble, travel, or use the wrong stop, they go back to the end line. The object of the game is to make it to the other side of the court.

Take a look at the video for a good example.  
<https://www.youtube.com/watch?v=3b3M063P7iQ>

# Drills/Games

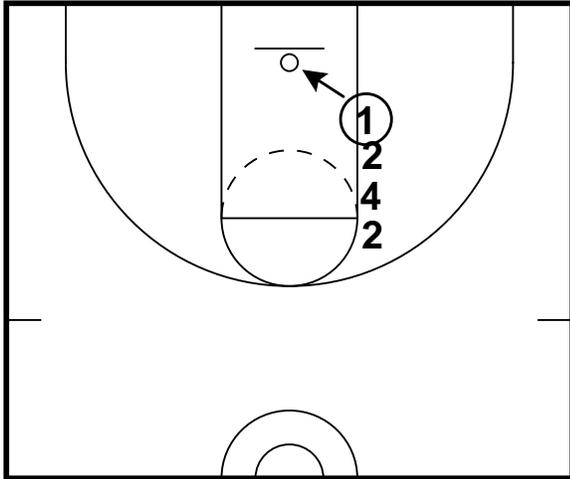
## Ultimate Basketball Youth



Usually played 4v4 but can be 3v3 or 5v5. Players need to get the ball from one end line to the other. They cannot use the dribble. They must, pass, cut and pivot to complete passes to advance the ball up the court. If the ball is turned over, the other team assumes possession at the spot of the turnover. Play the game to 3 scores.

# Drills/Games

Layup Progression  
Youth



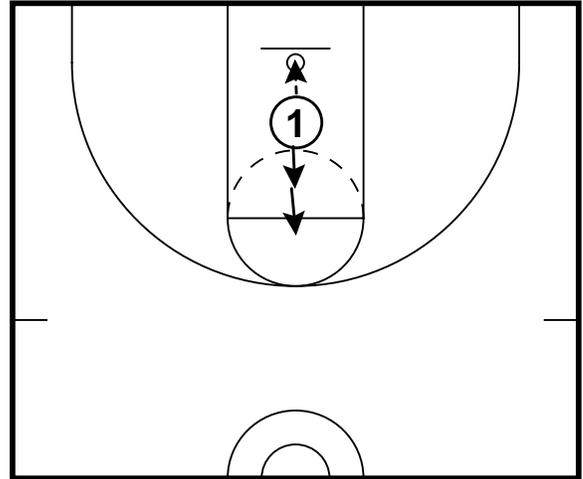
This could be a great way to start practice - the team makes 10 consecutive right and left hand lay-ups

**Phase 1: One Step Lay-Ups** - Start just beyond block facing the basket with feet together. Step and jump off left foot, lifting the ball into shooting position and follow through to the basket.

**Phase 2: Two Step Lay-Ups** - Start one big step away from the block. Step right foot and then left foot. Jump off the left foot, lift and follow through.

**Phase 3: One Dribble Lay-Ups** - Start from the elbow. Use three steps: step left-right-left. Dribble the ball on the first step and pick up the ball with the right hand and have the left hand meet the ball. Lift and shoot. Eliminate baby steps - use 3 full strides. Increase speed and move further from the basket.

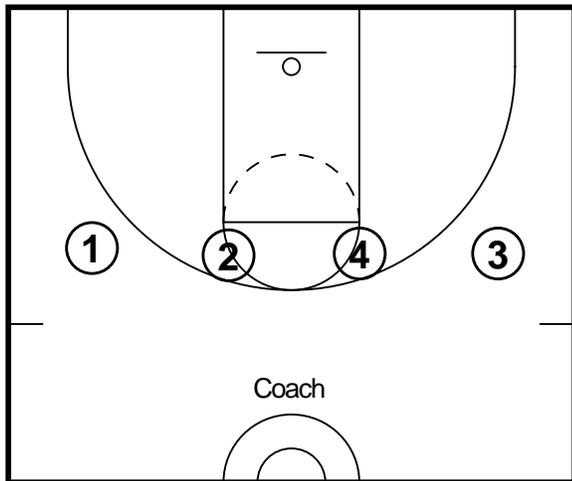
Form Shooting  
Youth



Players start close to the rim concentrating on form. When they make 3 in a row, they take big step back and repeat the process. Each rep should start with the ball down by waist before being raised up to the shooting pocket. Coaches emphasize technique and **BEEF**

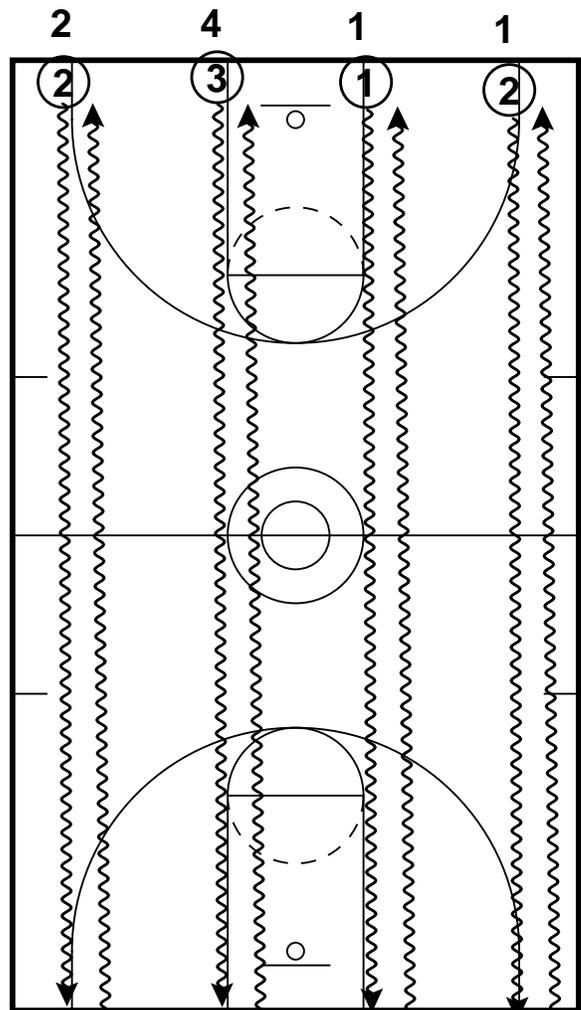
# Drills/Games

Stationary Ball Handling (1 Ball)  
Youth



- One ball stationary ball handling
1. (60) Slaps, Tips, Around Waist, Figure 8/Reverse, Head/Waist/Knees
  2. (30) Dribble Single Leg Left
  3. (30) Dribble Single Leg Right
  4. (30) Dribble Figure Eight
  5. (30) Spider
  6. (30) WV Drop
  7. (120) Stationary Attack Moves - X, Iso, Between Legs, Behind Back

Full Court Dribbling (1 Ball)  
Youth



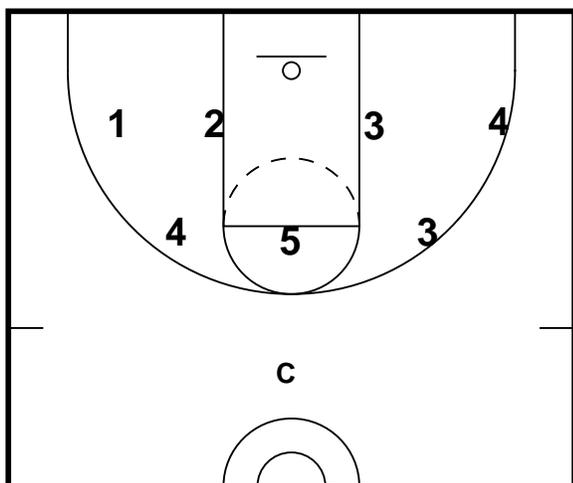
One ball, up and back, speed dribble with head up

1. Same
2. Alternate
3. Backward
4. Back Dribble
5. Crossover
6. Spin
7. Behind Back
8. Between Legs



# Drills/Games

Coach Says  
Youth



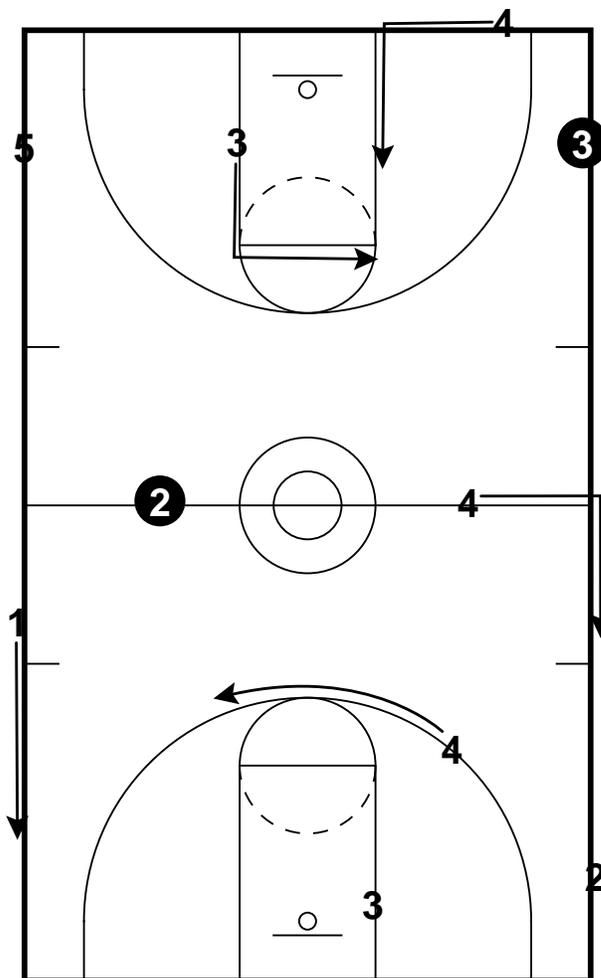
Great drill for teaching players to listen, and to work on various movements within basketball. Can be done with or without a ball.

The coach calls out commands and should only execute if the coach says "coach says" before the command. Players are out if they perform the command when they are not supposed to. Commands can include:

- Foot fire
- Rebound
- Dive on the floor
- Defensive shuffle in a direction
- Walk/run forwards & backwards
- Stride stop or jump stop
- Pivot forward/reverse
- Jab, pass fake
- Or make up your own commands

See the video below for an example  
<https://www.youtube.com/watch?v=CRxXwyhU5Aw>

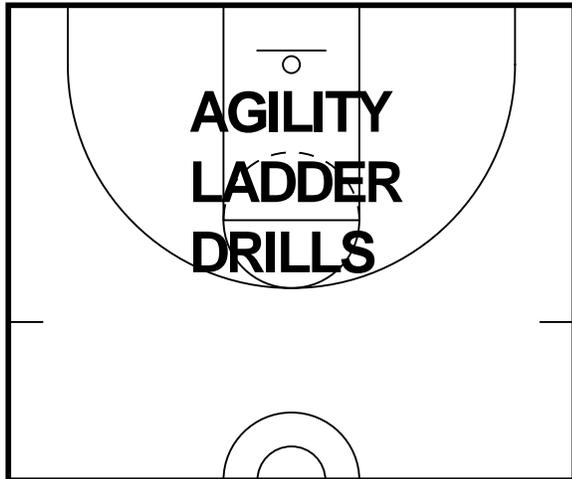
Line Tag  
Youth



Players can only use the lines on the basketball court to move. The coach chooses a couple players to be "it." Once a player is tagged by someone who is "it," they are frozen until someone goes through their legs. The coach calls out the movement pattern that the players should use - forward, backwards, skip, shuffle sideways, hopping, etc.

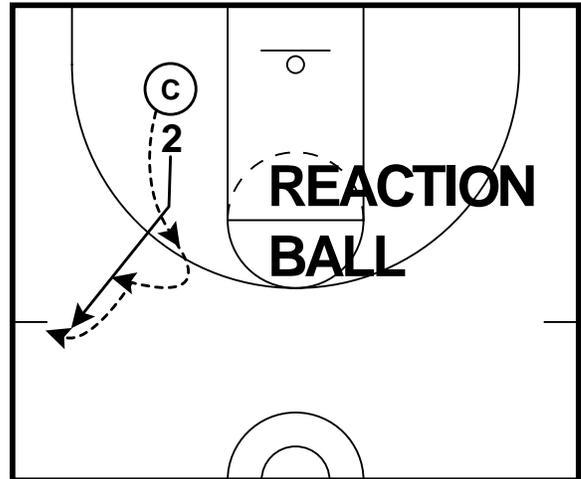
# Drills/Games

Agility Ladder/Reaction Ball  
Youth



- **2 feet in** - Running through ladder, each foot touches each square
- **1 foot in** - Running through the ladder, only one foot touches in each square
- **Icky Shuffle** - Start on left side of ladder facing forward. Step into first square with right foot and then left foot. Step out to the right side of the square with the right foot. Next, step into the second square with left foot, then right foot and step out with left foot. Continue in and out pattern.
- **Lateral 2 feet in** - Moving laterally, step forward into the ladder with one foot and then the other, then step out with the first foot and then the second foot, and then step forward into the next square of the ladder.
- **2 in, 2 out** - Like hopscotch: start with both feet outside the ladder and jump into the ladder with both feet, then jump out so both feet are outside the ladder, on either side of the ladder. Move straight forward.

Agility Ladder/Reaction Ball  
Youth

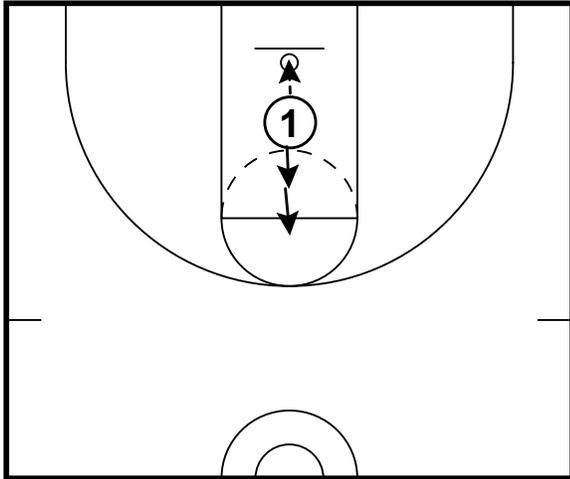


Using the reaction balls we can train reflexes, change of direction and agility. The drills I like the most involve a simple toss or drop where the player has to make a quick reaction to get a hand on or grab the ball.

"Ball Toss" and "Ball Drop" at 7:35 minute mark  
<https://www.youtube.com/watch?v=Q-SuMLI7qJA>

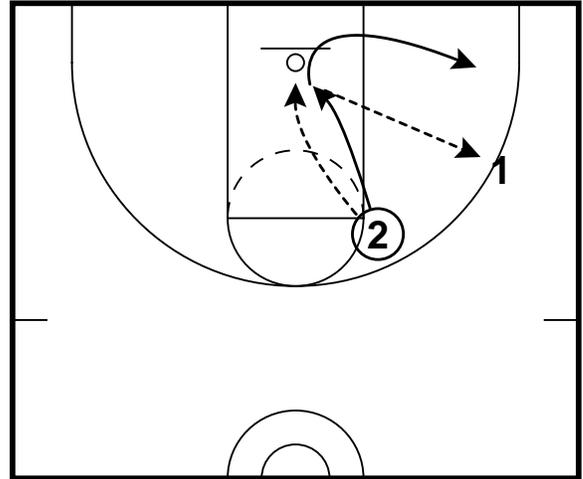
# Drills/Games

Form Shooting  
Youth



Players start close to the rim concentrating on form. When they make 3 in a row, they take big step back and repeat the process. Each rep should start with the ball down by waist before being raised up to the shooting pocket. Coaches emphasize technique and BEEF

5 Man 4 Ball  
Youth



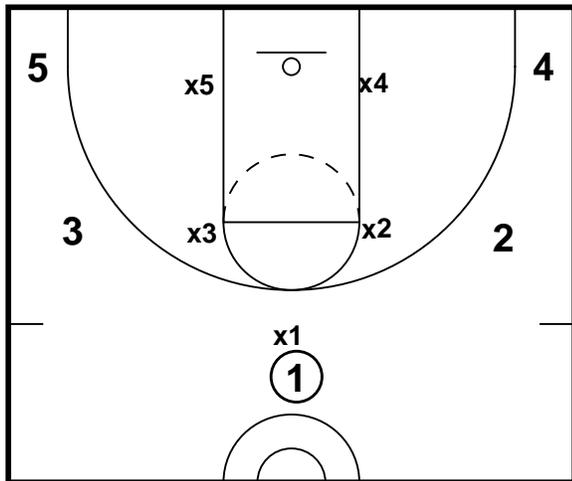
The drill can be ran with any number of players, we need one less ball than the number of players in the drill. We've found 5 players and 4 balls works well.

The first player shoots, follows his own shot and passes to the player without a ball. The that passed then spots up and receives a pass from another player after he has shot and rebounded his own shot.

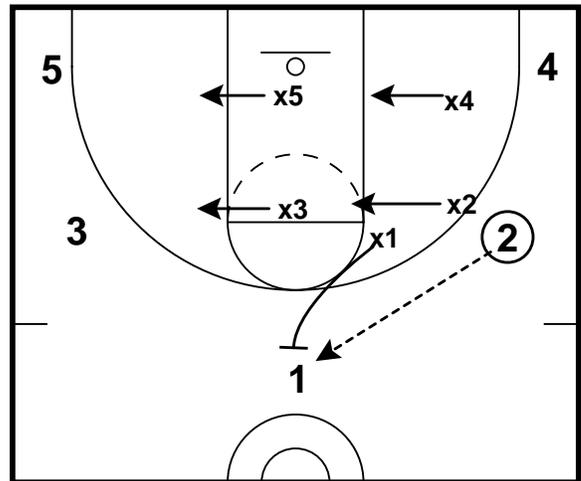
Drill goes for a set amount of time trying for a streak of consecutive makes or competing against another team for most makes in a period of time. Emphasize hands and feet ready to shoot, and quality passed to shooters.

# Drills/Games

Shell Drill  
Youth



Shell Drill  
Youth



**Shell Defense Progressions:**

Offensive Alignments (Change daily):

- 5 Out, 4 Around 1, 3-2, 1-3-1, 2-3, 2-1-2, 1-4 High

Phases:

1. Pass on Command
2. Drive & Kick
3. Cut & Return
4. Live - 3 Stops

Actions to cover:

-Pin Down Screen, Back Screen, Cross Screen, Flare Screen

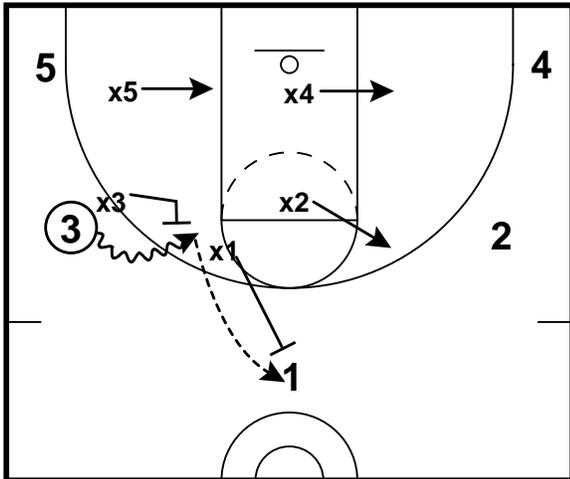
**Shell Defense Progressions:**

Phase 1 - Pass on Command Cont.

The ball is moved on the coaches command and should be held for a few seconds, enough for the defense to rotate and ball pressure to be applied. We are focusing on our ball pressure, positioning and communication. There should be 4-5 passes and then a shot by the offense on the coaches command. At that point it's a rebounding drill to finish the possession.

# Drills/Games

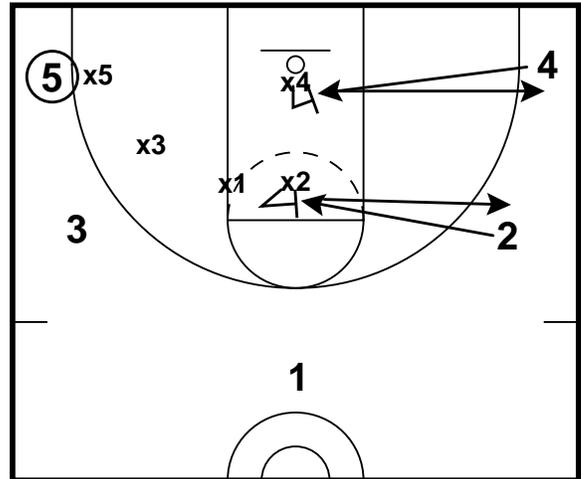
Shell Drill  
Youth



**Shell Defense Progressions:**  
Phase 2 - Drive & Kick Cont.

The offense can drive the ball to the basket and will then return to their spot they started (No cutting and filling). The defense needs to gap the penetration with positioning and recover out. A straight line drive in this phase of the drill is definitely a double suicide for the defense. The ball is live on a shot attempt and needs to be rebounded.

Shell Drill  
Youth

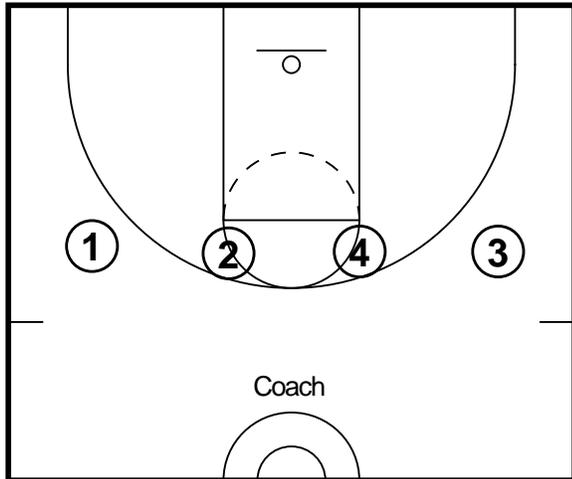


**Shell Defense Progressions:**  
Phase 3 - Cut & Return Cont.

Now we move the ball around the perimeter and players may cut from the weak side and return to their original spot. At this point we need to bust a cutter and ride them until they go behind. We must maintain ball and man vision through defending the cut. We also need to work on defending the basket cut after passing by jumping to the ball.

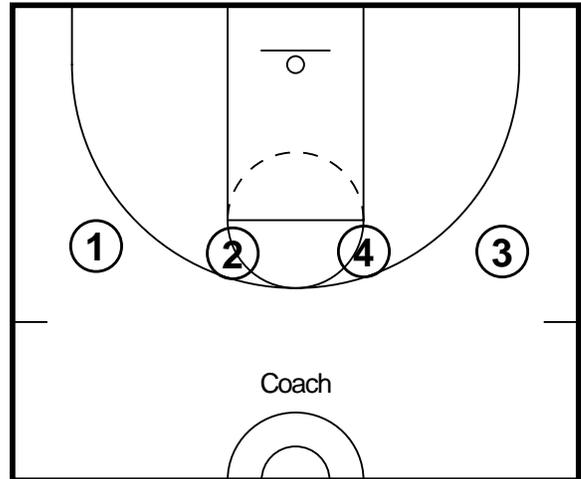
# Drills/Games

Stationary Ball Handling (1 Ball)  
Youth



- One ball stationary ball handling
1. (60) Slaps, Tips, Around Waist, Figure 8/Reverse, Head/Waist/Knees
  2. (30) Dribble Single Leg Left
  3. (30) Dribble Single Leg Right
  4. (30) Dribble Figure Eight
  5. (30) Spider
  6. (30) WV Drop
  7. (120) Stationary Attack Moves - X, Iso, Between Legs, Behind Back

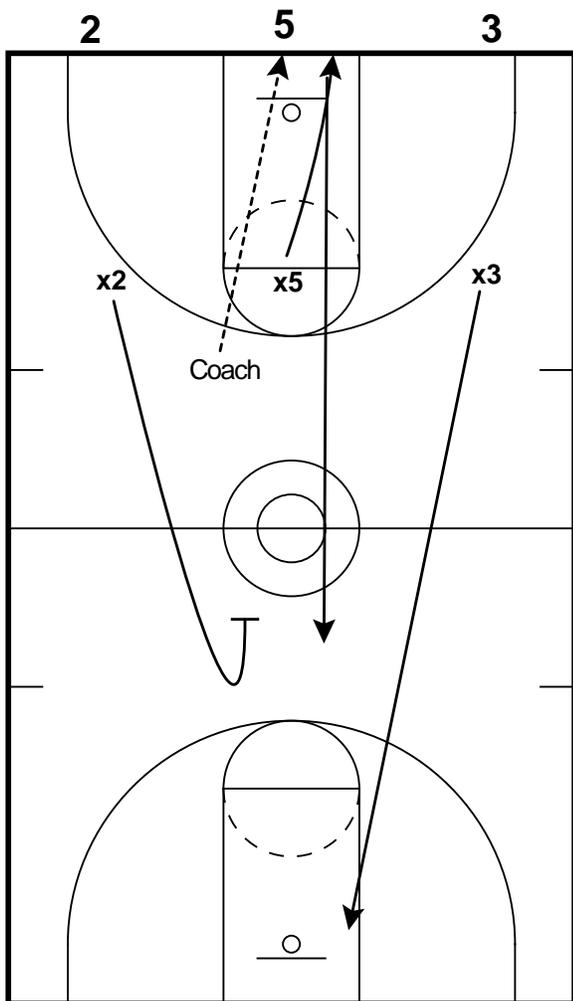
Stationary Ball Handling (2 Ball)  
Youth



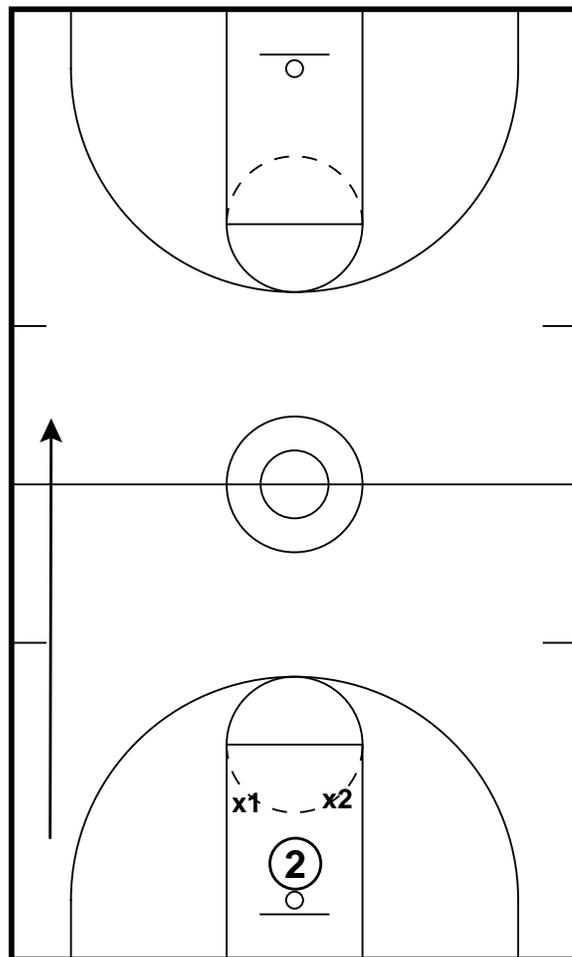
- Two ball stationary:
1. (45) Low-Med-High
  2. (60) Windshield Wipers, Walk the Dog, Combo
  3. (30) 1 High, 1 Low
  4. (30) Around Ankle R/L
  5. (60) Crossover, Between the Legs, Behind Back
  6. (30) Hand Switch
  7. Juggling

# Drills/Games

Jaguar 2v2 or 3v3 or 4v4  
Youth



1v2, 2v1  
Youth



The offense lines up on the baseline and the defense lines up across the foul line matches up with an offensive player. Drill can be ran 2 on 2, 3 on 3, 4 on 4 or 5 on 5. One ball is needed and starts with the coach.

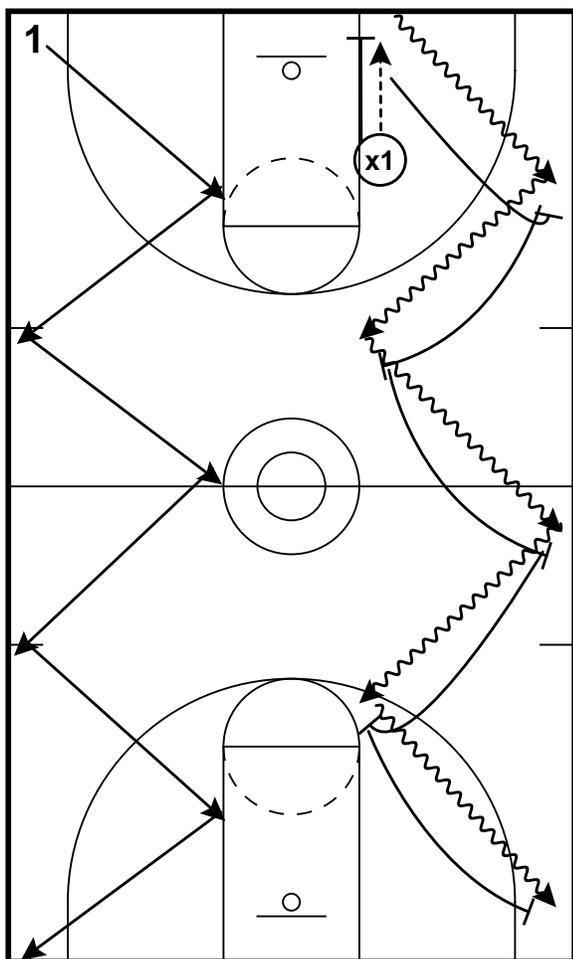
On defense, the player guarding the player that receives the pass has to touch the baseline before getting back on defense. One defender needs to cover the hoop primarily and a defender will pick up the ball as the other 3 sprint to paint to match up, communicating with the late arriving defender where he should go. The offense should only need as many passes as there are defenders. No uncontested shots.

We are working on advantage offense and disadvantage defense, sprinting back, stopping ball, and outlet passing.

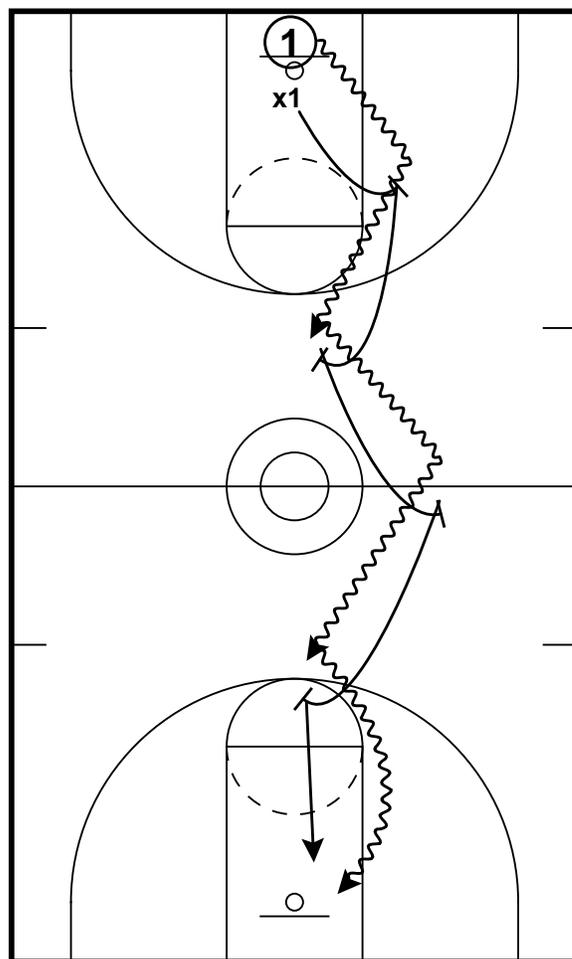
Offense is trying to break free from two defenders. They should be instructed to not try to split the defenders in a high risk, high reward fashion. The offense wants to test edges and work on sharp change of pace and direction moves. If the ball is turned over or after a shot, the defense turns into offense and must convert a 2 on 1 situation against one defender - get wide and don't overpass

# Drills/Games

Zig Zag Progression  
Youth



Zig Zag Progression  
Youth



Players partner up on the baseline using the outside thirds of the court. Each group of partners should have a ball.

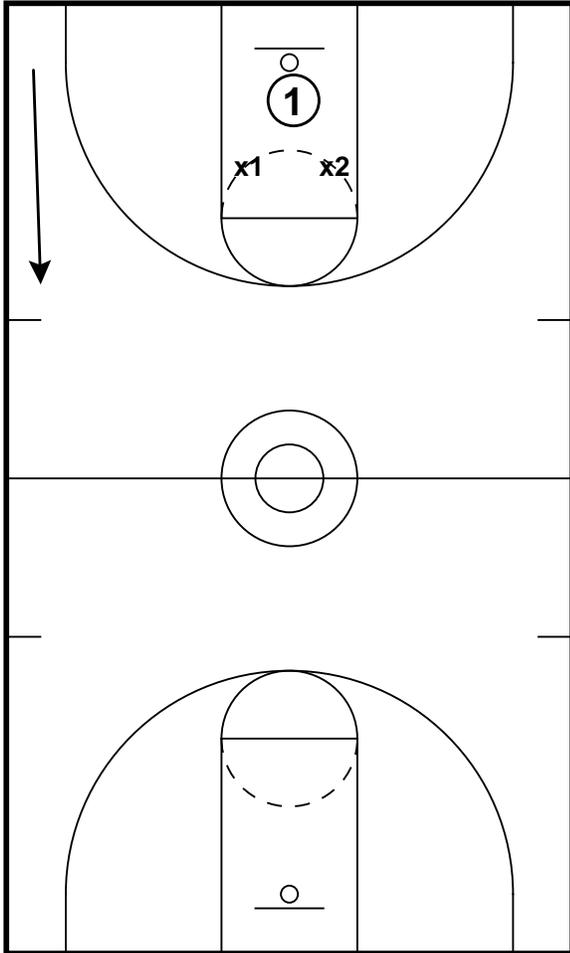
**Phase 1 - Dry Form Slides:** Each player goes through simply working on defensive stance form, and quick changes of direction. The first time through the defender will step slide, working on the pivot and reverse pivot when changing directions. The second time through, the defender will slide and then change directions into a sprint, then back into a slide.

**Phase 2 - No Hands:** Players now partner up. The drill starts with a pass and a closeout. 1 Trip of form slides and glides then move into semi-live defense. Defense cannot use their hands and must turn the offensive player with their chest. The defense is working on getting nose on numbers and turning the offense with their body. Offense should be working on changing pace and changing directions sharply. Offense is not completely live but focused on ball handling improvement.

**Phase 3 - Live 1v1 Full Court** - Players play live 1v1 in the full court. The defense is trying to make the offense turn 3 times. The offense is trying to score. The defense is working on the technique from the previous phases, and adding an inside arm bar to turn the offensive player.

# Drills/Games

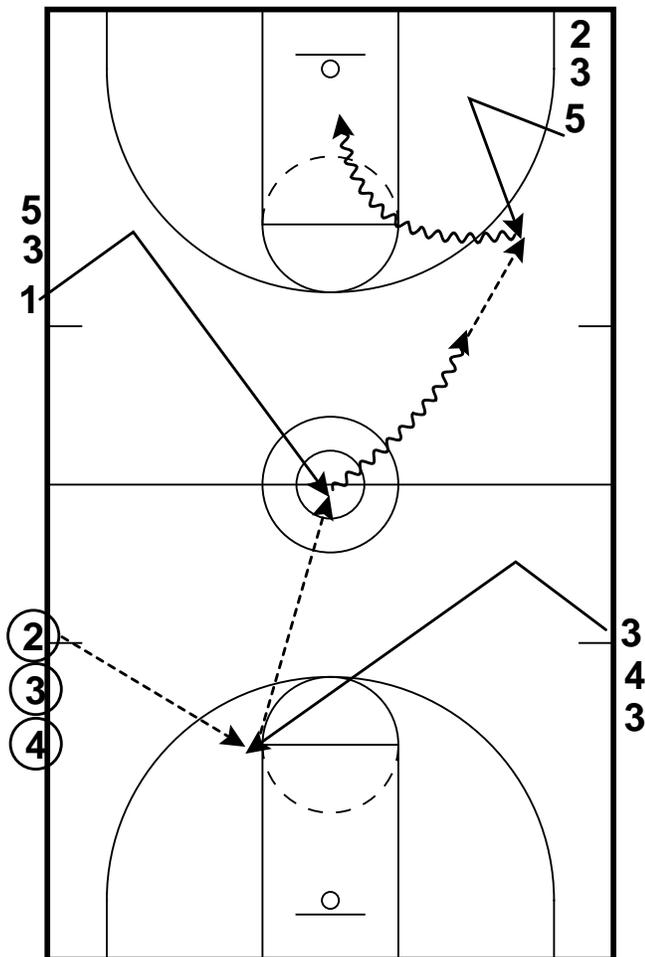
## Zig Zag Progression Youth



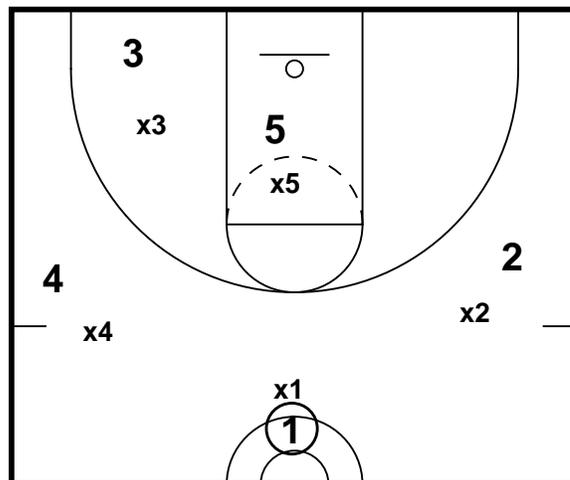
**Phase 4: 2v1 ESCAPE** - Players now form groups of three. Two defenders pressure one offensive player, trying to steal the ball. Offensive players are discouraged from trying to split the defenders because of its low success rate. Instead, they are to test an edge hard using a dribble move and then back dribble if the edge is shut down. If the defense gets scored on their is a penalty. A coach can stand in the back court holding up fingers to ensure the offensive player has his head up. the offense needs to work on shot creation, not just throwing something up once they get down the court.

# Drills/Games

Coach K Drill  
Youth



5 Pass Deny  
Youth



Five on five drill with the ball starting in the half court circle. The offense has 1 dribble per pass completion and needs to complete 5 passes or score a lay-up. Screening and cutting are permitted.

The defense is in complete denial with their job being to not let the offense complete five passes. There is no fouls or team defensive principles, and they are encouraged to hold and grab to promote toughness.

Scoring - Completing 5 passes or scoring gets a point. Teams can only score on offense. A turnover or missed shot gives the ball to the other team. Pivoting on the wrong foot is a turnover. No offensive rebounds - one shot and out. 3 points wins and losers run.

We want players to get down hill with their one dribble to the middle of the court, pivot through the pressure, pass away from the defense, use hard change of pace and change of direction cuts, and catch with two hands on two feet.

Four lines of equal numbers at the hash marks on the sidelines. Balls are in the passing line is closest to gym entry doors. Players rotate clockwise.

Bottom right line: Uses a change of pace and direction to make a hard cut, showing a target, coming through the pass, catching on two feet, pivoting quickly on the catch and making a fake pass before passing to the player coming from the top left line

Bottom left line: Fakes a pass to make a pass and concentrates on accuracy of his pass and hitting the target. A chest pass should be between the waist and shoulders and bounce pass between the waist and knees

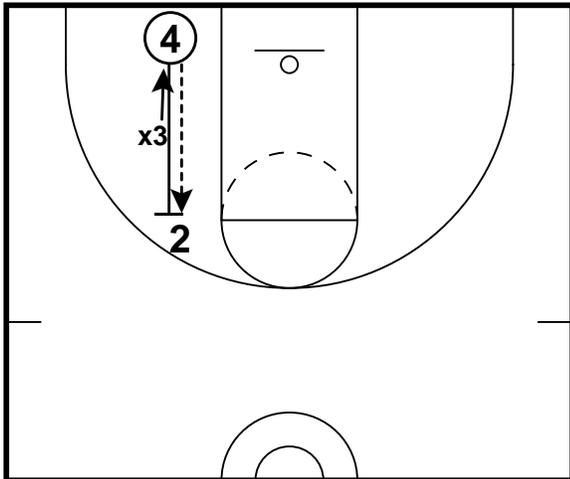
Top left line: Same as bottom right line except they will pivot, rip, dribble, jump stop and deliver a pass

Top right line: They use a v-cut or pin and seal to catch the pass on two feet and use a front or reverse pivot to square to the basket. Then they execute a specific stationary series of moves and a specific finish.

The drill is continuous with one player starting after another has cleared enough space to not run into each other. Players need reminded how to rotate.

# Drills/Games

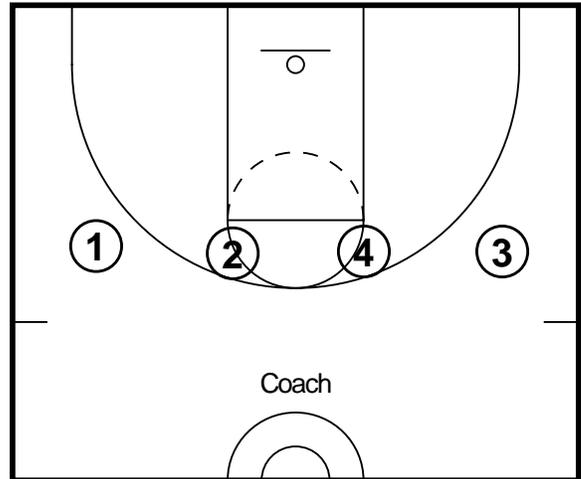
**Bull in the Ring**  
Youth



Monkey in the middle. The offense must wait for D to arrive ON A CLOSEOUT and pivots through once before passing. Change places on a deflection

We want players to keep their body between ball and defender, pivot through the defense, fake a pass to make a pass, have active hands on defense to get deflections, and throw passes on target.

**Stationary Ball Handling (2 Ball)**  
Youth

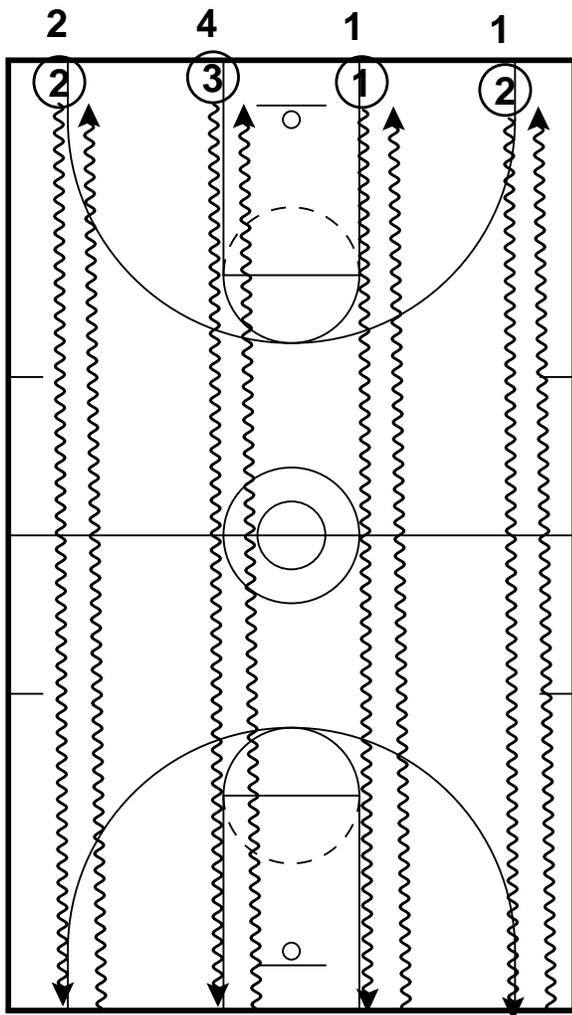


Two ball stationary:

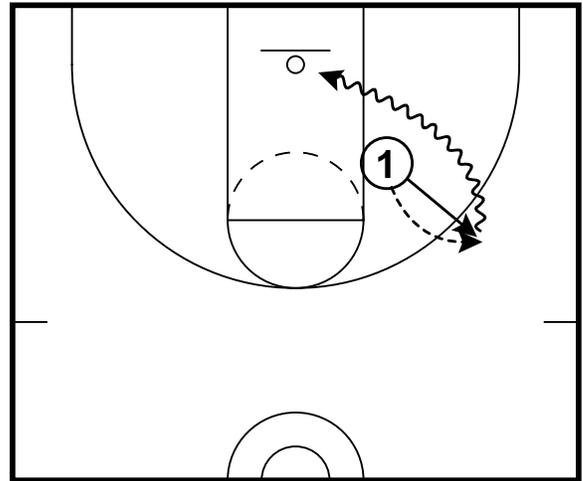
1. (45) Low-Med-High
2. (60) Windshield Wipers, Walk the Dog, Combo
3. (30) 1 High, 1 Low
4. (30) Around Ankle R/L
5. (60) Crossover, Between the Legs, Behind Back
6. (30) Hand Switch
7. Juggling

# Drills/Games

Full Court Dribbling (2 Ball)  
Youth



Self Toss and Pivot  
Youth



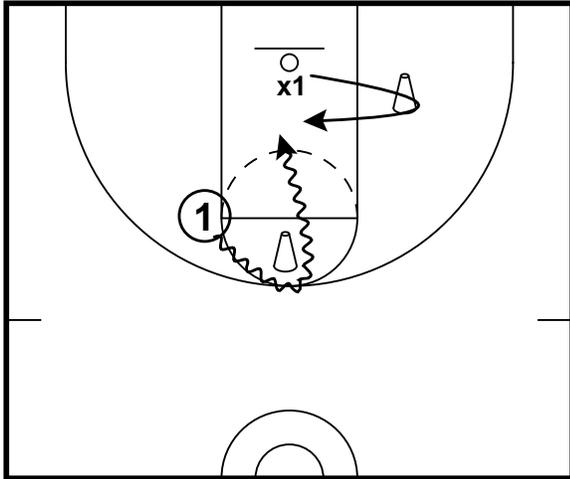
Players toss the ball out and then go grab it on two feet with two hands, simulating receiving a pass. They then need to pivot to square to the basket using a front or reverse pivot. After squaring the basket, players use moves from the jab series to attack the basket, and work on specific finishing moves. The coach should instruct the players on which pivot to use, which attack move to use and which finish. For example the coach might say, "reverse pivot, into a jab and go, with a floater finish."

Two ball, up and back, speed dribble with head up

1. Same
2. Alternate
3. Backward
4. Roll - L/R
5. Crossover
6. Behind Back
7. Between Legs
8. Back Dribble

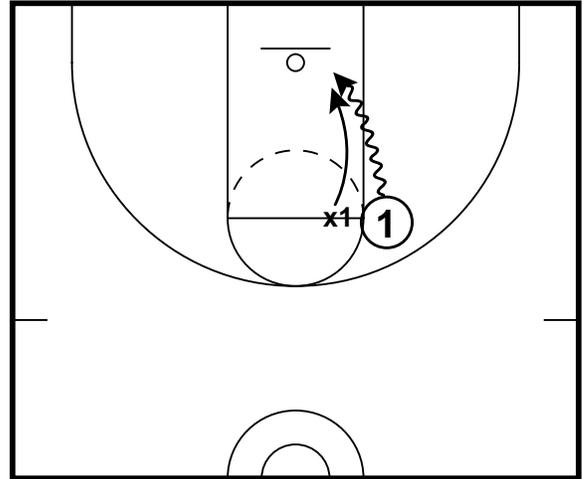
# Drills/Games

1v1 Finishing Drills  
Youth



Offense starts at the elbow with a ball. defense starts under the basket. When the offense begins to dribble around the cone, the defense becomes live and must circle the cone. The drill works on finishing at awkward angles. If the offense scores, they stay. If defense gets a stop they go to offense.

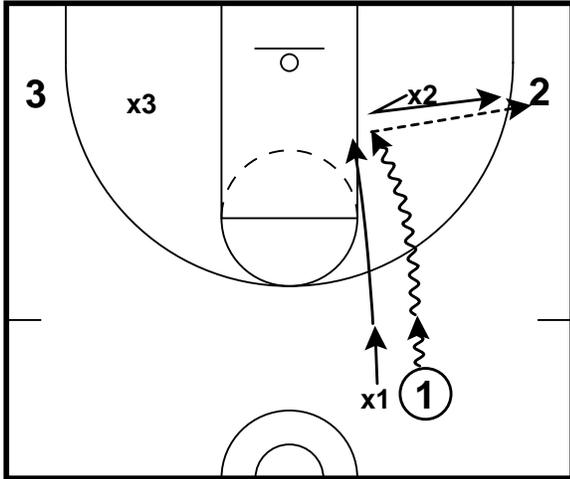
1v1 Finishing Drills  
Youth



Offense starts on the elbow with the ball and defense starts **DIRECTLY ON THEIR SIDE**. When the offense starts to attack the basket, the defense becomes live. This trains initiating contact and finishing through contact.

# Drills/Games

## 3v3 or 4v4 Wildcat Youth



Players can only catch the ball outside the three point arc - no back cuts, post ups, etc. Players CANNOT hold the ball once an advantage has been created - shoot it, drive it, pass it (Make quick decisions). The drill can start against a neutral defense, learning to create an advantage (using the jab series or a live attacking dribble), or with an advantage already created (blind, walk to run, closeout, etc.). The coach is the traffic cop, calling turnover when any of the rules have been violated. Can be extended to 4v4.