

South Muskoka Breakers Basketball – Key Drill Formations Quick Start

Area of Focus	Drill Name	Required	Set Up/Execution	Outcomes	Variations
Team Building	Four Cone Drill	4 cons, 5 players	<p>Cones set up in square, player touching each cone, 1 player in middle</p> <p>Players receive 1 point each time they move to a new cone, only 4 cones for 5 people</p>	<p>Players learn to work together, anticipate, use body language/body fakes, think ahead, use their vision, fitness</p>	<p>Need one more player than cone, can add holding or dribbling ball</p>
Team Building	Group Tag	1 ball, pinnies for players who are 'it', no player limit	<p>Players spread out in designated area, smaller area makes drill easier</p> <p>'It' players can only tag when they have ball in hands and cannot travel. Ball is passed back and forth, trying to tag others. Once tagged, they put on jersey and join 'It' team</p>	<p>Fitness, spacing, teamwork, anticipation, passing skills, faking, communication. This drill is more difficult than appears.</p>	<p>Make area larger to make it more difficult for 'It' players. Add more basketballs for larger group.</p>
Warm-up	Cross Court Active Warm-up	Players with or w/out ball	<p>Spread out along sideline</p> <p>Players move between sidelines performing movements as described by coaches</p>	<p>Balance, core strength, cognitive development</p>	<p>Butt kicks, high knees, lunges, karaoke, side slides, bounding</p>
Warm-up	Around the Gym Warm-up	Players with or w/out ball	<p>Spread out around gym, outside of volleyball court</p> <p>Players move around gym performing movements as described by coaches</p>	<p>Balance, core strength, cognitive development</p>	<p>As above. Can also incorporate stopping on whistle with 2 feet, pivoting</p>

Shooting (solo)	Spin & Attack	Small groups each with a coach, 1+ balls	4-6 players middle floor above 3-pt line, coach at foul line Player starts at 3, self-toss to FT, jump stop	Triple threat, importance of lead leg, long and low first step, locking ball in pocket, sweeping, eyes looking at defenders eyes, eyes looking at target, maximum two dribbles inside 3 point line, cognitive	Shots include: 1-ft lay-up, 2-ft lay-up, runner, ...
Shooting (sml grp)	2/3-person Shooting	Groups of 2-3, 1-2 balls	Shooter at a shot, rebounder under hoop Shooter ready to catch and shoot, passer delivers good pass, shoot X shots then switch	Proper shooting technique, body ready, don't reach for ball when receiving pass, cognitive	Shoot, follow, pass to partner. Pass, close out, partner shoots and follows, varying closeouts on shooter to force decision-making
Shooting (group)	2-Line Shooting	4+ players, 3+ balls	Players in 2 even groups on 3-pt line at foul line extended Line 1 player cuts to middle at foul line w no ball, receives pass from line 2 player, catch and perform shot	Executing proper shot mechanics on the move and off the dribble	Catch and shoot, 1-dribble shot, lay-up, 2 foot lay-up
Dribbling	Mirror Dribbling	All players with a ball	Players spread in front of coach Players mirror what the coach is doing (coach use imaginary ball if need be)	Cognitive	Players partner up and mirror each other, taking turns as the lead. Start stationary and then add movement.
Dribbling	Knock Away	All players with a ball	Spread out inside 3-pt and baseline Players dribble inside area maintaining control of their ball and attempting to knock others away. Point each time you knock away. 'Pay' to get back into game (jump jacks, push up, etc.)	Cognitive, vision	Make area larger or smaller, don't make it elimination as this knocks out weak dribblers and they don't get better
Dribbling	Dribble At	All players with a ball	Partner up and face each other, one on each sideline Players dribble at their partner, meet in the middle of gym and	Cognitive, vision	Must keep head up so you don't hit partner

			perform dribble move like crossover, thru legs, behind back.		
Passing	Pass & Close	Groups of 3+ with 1 ball	Two lines, facing each other, 15'+ gap Ball in line with more people, pass to partner, follow and go to end of line. Receiver then passes back to other line. Repeat.	Body position, hands, eyes	Pass and go behind. Pass, close out, go behind. Have pass receiver 'step to the ball'.
1 vs 1	Blind Defender	Groups with 1 ball	Line at 3-pt, D facing hoop w feet inside 3, O w ball outside 3 Game starts when O attacks the hoop, D reacts once ball is dribbled. Use the 5 attack spots (top, corners, 45 deg)	Decision making	Can put limit on number of dribbles. Change to 2v2 with same set up on ball, other D in 'help side' and other O somewhere around 3
1 vs 1	Pass advantage	Min 2, no max, 1 ball, coach	Passer at middle 3, D at FT line facing coach, O on baseline facing coach O starts by cutting to either side, passer delivers pass to cutter, D reacts with close out, O attempts to score.	Decision making	Move D closer to 3 to make it more difficult, closer to basket to make it easier.
3 v 3	Around the Horn	Min 6, 1 ball	3 D on baseline at 3pt line and centre. 3 O lined up at middle and 45 spots. Ball is passed 'around the horn' start on baseline, thru each player. When it hits last O player, they attack basket. D in corners must close out on O that is on opposite side of court.	Decision making, spacing	Limit number of dribbles. Require a specific action (i.e. ball screen or pass and cut)
Transition	Call Name	8 or 10 players, 1 ball	Full court drill. D lines up across FT facing BL. O lines up on BL. Whoever coach passes to on O, D opposite goes straight back. Other	Decision making, spacing	Change number of D that go straight back. Change how you give the instruction (i.e.

			D must touch wall before recovering. If coach also calls a name, then person opposite and the name drop back, others touch wall and recover.		if you call name, then you touch wall)
Transition	Add Up	8 or 10 players	O shoots FT then back on D. Then D attacks other way 2 v 1 against FT shooter. After 2 v 1, the 1 passes to outlet and they now attack 3 v 2. After 3 v 2, 2 passes to outlet and attack 4 v 3. Stop after 5 v 4.	Decision making, spacing	Player to a certain number of points. Put in dribbling restrictions if you see fit.