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We need to meet the needs of ALL children in youth sports – this is very difficult to do but it can be done

We as adults must not compete with one another through our children – remember we volunteer our time to be with our children, have fun and to try to teach ALL the kids the best we can

Attached you will find a series of drills and techniques to help you for the upcoming season. Most of these drills will be demonstrated at the clinic.

Repetition (with correct technique) is the Mother of Retention – In Everything We Do
Warm up Dribbling

It is very important all kids have their *own ball* during dribbling warm ups- If a coach does not have enough balls for everyone ask kids to bring their own ball.

Technique-

Dribbling is done with your “**Finger Pads**” not your finger tips or palms
Ball should always be **dribbled below your waist** (so the defender has a tough time to steal it)
Head should **always be up** (to see the court and your teammates)

During your warm ups at all levels up to high school coaches should be directing their players through the drills and **holding finger counts** up so kids can say “2” or “3” while they are dribbling and keeping their heads up

Coordination and Fun warm Ups for kids

These drills can be done over a period of practices – you can introduce some of them at the first practice and add a few of them at the next practices.

Smack the ball back and forth until kids wake their hands up
Around the world – kids do the following as fast as they can
Head – make circles around your head with the ball and reverse direction
Waist- make circles around your waist with the ball and reverse directions
Knees- make circles around your knees with the ball and reverse direction
Left Leg Right Leg Figure Eight (in and out of your legs)

Quick Hands-

1. As the ball is in between your legs have the players put one hand on the ball in front at thigh level and have the other hand holding on to the ball in the back at thigh level

On your whistle the kids drop the ball and by the time it bounces back up the kids can switch sides with their hands (front to back and back to front)

This can also be done with no bounce

2. Holding the ball with both hands in front (on coaches whistle) have the kids drop the ball and see if they can catch the ball with both hands in the back

Dribbling Warm Ups

Right hand dribbling with ball on the side – this can be done below the waist and then as low as kids can dribble it- and with each drill to follow

Left hand dribbling with ball on the side

Right hand right leg – kids should dribble the ball in a circle around their right leg and reverse it – this can also be done with the right leg

After that series go to the figure 8 around the right and left leg and reverse directions

V Series

Two hand V in front of your legs dribbling back in forth from left hand to right hand

Right hand V in Front

Left hand V in Front

Right hand V on the Side

Left hand V on the Side

More advanced

V in between the legs dribbling in-between your legs from left to right

V behind the back dribbling behind your back from left to right

Two ball Dribbling – This can be done with beginners to advanced players – it has been accomplished with a 1st & 2nd grade girls Recreation Team

Two Ball at the same time- ball to the side and being dribbled together

Two Ball alternating – ball is being dribbled at a 1-2 clip

Two Ball V in the front

Two Ball V on the sides

Two Ball – One high and one low

More Advanced

Two Ball- One being dribbled with one hand and the other going around the opposite leg

Two Balls- Both Balls going around in a circle the left and right leg at the same time.

Dribbling Lines-Progression Dribbling

(This is the most important for dribbling development)

SEE DIAGRAM 1

Some Of the Dribbles Incorporated In this Drill Series Are:

Speed Dribble – a dribble as fast as you can with the right or left hand

Crossover Dribble- when attacking or dribbling towards your partner in this drill – you will make a dribble from your right to left hand in a fluid motion with the ball below your waist in front of you

Hesitation Dribble – as the player with the ball approaches the defender he slows up a little and pretends to almost straighten out & then explodes by his defender

Stutter Dribble- as the player with the ball approaches the defender stutters his feet & then explodes by his defender

Behind the Back Dribble- when attacking or dribbling towards your partner in this drill – you will make a dribble from your right to left hand in a fluid motion with the ball going behind your back

Between the Legs Dribble- when attacking or dribbling towards your partner in this drill – you will make a dribble from your right to left hand in a fluid motion with the ball going between your legs

Recovery Dribble- this is a dribble when you are attacking a defender and get doubled teamed- instead of picking up your dribble you back up a couple of steps and use a crossover dribble to the other hand

Fun 2 Ball Dribbling at the Same Time & Alternating It

Groups can be broken up into 4-8 kids per line- 4 kids per group will get a much better workout than 8 kids will

With a group of 4 kids – 2 of the kids will stand on one end line and the other 2 kids will stand on the other end line facing one another – with one kid ready to go and the second one behind the first

Key point – This Dribbling should be done with CHANGE OF SPEED dribbling – this is a dribble where you slow up just a little bit when you approach the defender and explode by them with a fast dribble.

Day 1 of Dribbling Lines Practice

Kids will get the routine down as they try this – there are a couple of key points to mention in this drill

Head Must Always Be Up

Kids Must Always Stay Tight & Dribble Directly at Their Partner (Game Like Situation)

Ball Must be in the Proper hand So There Are No Collisions

Kids Must Go at the Same Time for this to be Effective

If a player is dribbling with their right hand then he or she should almost go by their partner and rub left shoulders with them

For Shooting Drills, Getting Open, Rebounding Drills and Defense Drills – see Diagrams 2-5

SHOOTING (continued)

Introduction

In Basketball, shooting is probably the most practiced skill of all, yet it is a minority of players who become highly skilled at it.

There is a right and a wrong way to do things, you can practice shooting 8 hours a day, but if your TECHNIQUE is wrong, all you will become is very good at shooting very bad!

The reason only a minority succeed at becoming skilled shooters is not due lack of practice, but more often due to the lack or absence of a shot technique. It is one thing to shoot a basketball, it is another thing to shoot using the same TECHNIQUE, at game INTENSITY and with PURPOSE! The saying, "Practice doesn't make perfect - Perfect Practice makes Perfect!" holds true here. Jordan was correct in his observation, the lack of Technique, Intensity and Purpose (TIP) is what hinders many from becoming skilled shooters.

The importance of these three factors should not be under estimated. A quick definition of each follows.

Technique - The method used to shoot the ball

Intensity - The pace at which the shot technique is executed

Purpose - Setting of and attainment of specific goals and shooting targets when training

Technique

The most common technique taught in the English speaking world today is known as BEEF (BEEEEF for Jump shots). BEE(E)F stands for Balance, Eye, Elbow, (Elevation), Follow-through.

B - is for Balance

Knees must be bent, back must be straight, head must be up and hands must be up in the ready to shoot, or triple threat position. For a right handed shooter the right foot should be slightly forward so the heel is in line with the toes of the left foot. For a left handed shooter the left foot should be forward. Toes must point at the basket and stay pointing at the basket through-out the shot.

Get in the habit of catching the ball with your knees bent so you are ready to go straight into the shot upon receiving the ball. Too often players catch the ball standing up, so if they wanted to shoot the ball they would go down and then up again (bob) to shoot the ball. This has two adverse effects. First the player now has to fight gravity and their body weight to shoot the ball and that is hard work, and secondly it takes the player longer to shoot the ball and is therefore less efficient than catching the ball low and ready to shoot. The emphasis should therefore be body under the ball!!!

"A Player who catches the ball ready to shoot is always a threat!"

E - is for Eye

You must look at your target. Most players who consistently miss lay-ups generally miss for no other reason than they didn't get a good look at their target. It is often the same with shots. The target must be narrowed down to point of focus on the rim, similar to an archer aiming for a bulls-eye. There are three commonly agreed spots to aim for. The back of the rim, the front of the rim and the nothing or middle of the hoop. While these points are considered targets, you are not trying to shoot at them!

If you aim for the back of the rim, you are trying to shoot short of it. If you aim for the front of the rim you are trying to shoot over it. If you aim for the centre (nothing) that is your target. Some coaches say it is not possible to focus on 'nothing' and therefore don't encourage the middle as a target. Most players focus on the back of the rim but it is best to decide what works for the individual.

"An offensive player whose eyes rarely leave the ring is always a threat."

E - is for Elbow

Your Elbow must be directly under the ball. The elbow is like the hinge on a door, it can only go in one direction, therefore if your elbow is pointing outward, the direction it is pointing is where the ball is most likely to go. So if the elbow is placed directly under the ball and is pointed in line with the ring (The forearm and upper arm should be at 90 degrees to one another), as long as the shoulders of the player are square to the basket the shot should go straight.

The ball rests on the pads of the palm and the finger tips not the palm. And the balance hand does not shoot the ball. The fingers of the balance hand should be spread and point straight up to the sky. The thumbs of each hand should come close to forming the letter 'T'.

"A straight shot is a good shot, it is the easiest shot to correct."

(E - is for Elevation)

In the BEE(E)F jump shot technique the third 'E' basically means you go from the ready to shoot position and jump up extending your legs. As your legs straighten your arm straightens to shoot the ball (See Follow-through). The important thing is to avoid fading, (i.e. moving back away from basket) floating (i.e. moving sideways) or hanging (i.e. holding the peak of the jump too long). Fading and floating should be avoided because this is the same as shooting at a moving target, which increases the chances of inconsistency. However that being said fade away shots have been proven to be successful time and time again by many great players. But like a crossover there is a time and a place to do them, which is normally when close to the basket and where the shooter is smaller than their opponent. Some coaches discourage the fade-away purely because it makes the shot slow, you lose height on your jump and it is like shooting at a moving target. Hanging should be avoided because it makes the shot too slow and normally the ball is released after the peak of the jump, which means you are shooting on the fall. The benefit of the jump shot is to give you height above your opponent, so the ball is free from obstruction, also the power gained from the jump needs to be utilized for a quicker release, and to help the ball make the distance the further away from the basket you are.

"A Good Jump shooter should release the ball just on the peak of their jump."

F - is for Follow-through

For younger player teach F as Flick, it is easier for them to remember. While all the components of a shot are important, this is the feedback mechanism provided in the shot technique. The problem is too few players are being made aware of this fact.

Timing is important in follow-through. As your knees straighten your elbow straightens so that both are fully extended at the same time, if the extension of either is out, there is likely to be inefficiency with the shot. The players should finish on their toes, their shooting arm's elbow should be above their eyebrows with its fingers pointing to the basket and palm parallel to the floor.

You must lock your elbow and snap your wrist on the follow-through to give a slight back spin to the ball.

"The follow through is the only thing to let you know why you made or missed a shot."

Intensity

To shoot is one thing, but to shoot at game intensity and in games situations is another! The saying is, "You play as well as you train." Once you have established and practiced a technique and it is reasonably sound. You must get out of your comfort zone and work to use that technique at game intensity, receiving on the move and tired, because this is how you often have to shoot in the game. Use of a "throw-back" is ideal for a player to practice shooting at game intensity if one is available.

Many players practice shooting and just throw the ball up from different spots. They neglect a whole chain of events that leads to those shots in games. For example in their practice they may fail to square up, shot or foot fake, drive or do one or two dribble shots and jumpers. You see it is the quality of training that makes a player a good shooter. For example a player who practices a shot fake-one dribble-jump shot from 5 spots, is going to have more chance of scoring this way in a game than the player who just practiced shooting from spots.

Effective use of the imagination (imagery) is important when practicing shooting on your own. You must pretend to see the defense and what option they have given you. Therefore the player, who practices the shot fake shot or drive, has effectively imagined their opponent's reaction to the fake, even though the opponent is not there. But when the opponent is there, will this shooter's actions and reactions be any different? Probably not!

Effectively what you are doing when you do any training is reinforcing good habits. The more we do something the less reliant we become on thinking about doing it. In sport this reinforcement is known as "Muscle Memory" that is the training of our mind to send signals to the muscles in

reacting to certain situations to obtain a result without any real thought going into the desired result. More common language is to refer to it as "second nature".

Purpose

Shooting with purpose at game intensity in training cannot be underestimated. What is meant by purpose? Purpose means a player must set goals and try to reach them. But it is not only setting a goal, but trying to be better than you were before. Teach your players to forget competing against their teammates and opponents when trying to measure their success. Coach Rowe has had players approach him when given an assignment on court saying "but that guy is too good" - his response to this is, "he is only as good as you let him be". His point is the only competition you are guaranteed of winning is the one against yourself! Every time you train or step on a court you should try to be better than you were before you or the coach should accept and expect nothing less than this regardless of the outcome.

Shooting with purpose when training means, if you shoot ten shots at five different spots, you should set a goal to make greater than 50%. If you don't make 50% at a spot give yourself a penalty of push-ups or a suicide run. Once you consistently make 50% at each spot, you move the goal post and make it 60%, that way you will know you will be better. When you are consistently making 10 shots at each spot, again change the goal post, make it 15 or 20 shots at each spot.

You should do this for all shooting drills no matter what the shot it is. But it is not enough just to do it, you need to record your makes from takes somewhere and then graph them over a period of time to see your improvement. A shooting program has been provided on the Programs page.

Shot Correction

Why you made or missed?

You need to know why you made or missed a shot, too often players throw the ball up and miss and would not have the faintest idea why they missed, all they know is that they missed. Chances are if a player misses a shot one of the components of BEE(E)F was not executed correctly. The follow-through is the mechanism to tell a player why they missed. Unfortunately some coaches do not teach their players how to analyze their shot. Remember the saying, "Give a man a fish he'll eat for a day, teach him how to fish he'll eat forever!" The same holds true for shooting.

"Players must be able to assess why they missed a shot. If they cannot,
then there is little hope for them to be great shooters."

Below are the most common reasons players miss shots. First use BEE(E)F as a checklist

1. Poor Balance - faded, floated, hung, feet turned, shoulders turned, head went to side
2. Didn't look at target - didn't focus on a point on the rim, eyes left target on release
3. Elbow was not under the ball or was bent too far back
4. Released the ball after peak of jump on the fall.
5. Didn't extend and hold follow through finishing with elbow above eyebrows.

While that is a checklist it is useless without knowing what the shot actually did so here are some common shooting problems for different handed shooters and suggestions on ways they may be corrected.

Right Hand Shooter

Missed Shot: Ball goes to right of basket

Likely Cause: Elbow is not under the ball or balance hand influencing the shot

Solution: Make sure elbow remains under the ball pointing at rim or remove balance hand sooner

Missed Shot: Ball goes to left of basket

Likely Cause: Shoulders or feet moved on shot

Solution: Keep shoulders level and strong, keep toes pointing to basket through-out the shot

Left Hand Shooter

Missed Shot: Ball goes to left of basket

Likely Cause: Elbow is not under the ball or balance hand influencing the shot

Solution: Make sure elbow remains under the ball pointing at rim or remove balance hand sooner

Missed Shot: Ball goes to right of basket

Likely Cause: Shoulders or feet moved on shot

Solution: Keep shoulders level and strong, keep toes pointing to basket through-out the shot

Shots may also miss to the side if a player moves their body in a lateral motion (i.e. sideways) on the shot, particularly if floating sideways on a jump shot.

In General - For a straight shot that missed...

Missed Shot: Shot over thrown and shot is flat

Likely Cause: Elbow is not finishing high enough on shot (i.e. above eyebrows)

Solution: Finish elbow higher for more arc, but don't throw the ball off the shoulder

Missed Shot: Shot over thrown with arc

Likely Cause: Too much push power from legs

Solution: Reduce the amount the knees are bent, move shooter back slightly

Missed Shot: Shot is under thrown and is flat

Likely Cause: Poor knee, elbow and wrist timing

Solution: Get within range, bend knees, simultaneous extension, snap the wrist

Missed Shot: Shot is under thrown with arc

Likely Cause: Elbow too high on shot or shooting outside range.

Solution: Lower the elbow on release or move closer to the basket

Missed Shot: Too much backspin ball falling short

Likely Cause: Too much wrist snap or arm and wrist snap too rigid

Solution: Don't flick wrist too much, check ball is released from finger tips not the palm

These are just general common reasons why shots are missed. Sometimes the case may not be as simple as these. Each player is different and each problem should also be treated as such.

There are some factors effecting poor shooting which cannot be changed and these are biomechanical

There is also another way to break down shooting which is effective to different learners – each way should always be looked at.

T- Toe to the Target. Make sure your right foot (Right hand shooter) is always slightly ahead of your left, and always pointed toward the basket. & Left foot (Left hand shooter) is always slightly ahead of your right, and always pointed toward the basket

L- Lock and Load -Make an "L" with the elbow." You need to make sure make sure my your elbow stays tucked in and bent at 90 degrees, no more, no less.

This is the most important part of shooting- If your elbow stays straight then your shot will be straight- Once your elbow turns in either direction your shot will miss left or right.

W-Wrinkle the Wrist." You should cock your wrist just enough to wrinkle the skin.

E- Elbow over the Eyebrow. The actual shooting motion consists by straightening your elbow and wrist so you end up reaching for the sky.

F - Freeze the Follow-through After releasing the ball, stop for a second, exposing your form, or lack thereof.

Knees bent to get the right trajectory

Feet - (One – Two) and hands in position when catching a pass. Getting into your shot and getting shot ready.

When we spin a ball to ourselves we need to think of this as a pass in game situations

More Drills - some are for advanced kids

Form Shooting- L Series (Muscle Memory) see shooting in the back of handout

25 shots from 5 feet -15 one handed

Two Ball Dribbling

Go full speed where you are always on the verge of losing control of the balls.
For each move, go full court up and back 2 Times

Speed dribble
Pull back dribble
Zig zag
Spin dribble

Half Court or Full Court Dribbling

16 Shots

Go full speed. Start at the half court or full court corner, speed dribble to 3-pt. line where you do the move and go in for the shot. Grab the rebound and dribble out to the opposite half court corner again doing the move at 3-pt. Line. Turn and repeat the same with the other hand. Do each move round trip once. Start with ball in outside hand

Cross over lay-up
Cross over jumper
Stutter step lay-up
Stutter step jumper
Inside out lay up
Inside out jumper
Pull back cross over lay up
Pull back cross over jumper
Shoot 5 foul shots

SPRINT DRIBBLE FT TO FT

With a sprint dribble try to get 13 repetitions in 1 minute or 7 repetitions in 30 seconds

SPRINT DRIBBLE FT TO HALF COURT

Same as above except goals are 23 repetitions in 1 minute or 11 repetitions in 30 seconds

FULL COURT JUMP SHOTS

Throw a long self-pass (start with a pass that is to the right of one elbow and loft it towards the opposite elbow)
Sprint to catch off 1 Bounce
Make an explosive catch & go move to the basket but pull up for jump shot
Rebound and repeat coming back the other end

SIDELINE DRIBBLES

Speed dribble from 1 sideline to the other
15 in 1 minute
8 in 30 seconds

LANE X DRIBBLES

Player starts at top of the key- speed dribble to spot 1 execute a cross over
Goes to spot 2 & spin dribbles
Spot 3 thru the legs
Spot 4 Same hand and turn corner
Go back to the top of key repeat again going to the left block first

Spot 1 in to right lower black
Spot 2 is left baseline (right at out of bounds line)
Spot 3 is Right wing at three-point line
Spot 4 is Left wing at three-point line

SIDELINE TO SPOT UP SHOOTING

Player starts at the top of the key- sprints sideline then back
Player gets pass from coach- catch shoot
Sprint back and repeat for 10 shots

INTENSITY LAY UP DRILL

Player throws pass to coach- (Coach) is at wing area cuts hard to the basket for return pass lay-up
Gets rebound speed dribbles, back to the top of the key & Repeat process
Keep track of number of repetitions in 1 minute

II. & IV Shooter Series

Elbow Shooting

50 Shots

Using a feeder, move elbow to elbow shooting 25 jumpers
5 foul shots
Repeat for 25 shots

Box to Wing

100 shots

Using a feeder, move from right low box to right wing 25, 15 foot jumpers
Shoot 5 Free Throws
Using a feeder, move from left low box to left wing 25, 15 foot jumpers
Shoot 5 Free Throws
Using a feeder, move from right low box to left wing 25, 15 foot jumpers
Shoot 5 Free Throws
Using a feeder, move from left low box to right wing 25, 15 foot jumpers
Shoot 5 Free Throws

Corner to Wing Shooting

100 shots

Using a feeder, move from corner to right wing shooting 25, 15-foot jumpers.
Shoot 5 foul Shots
Repeat on Left Side
Shoot 5 Free Throws
Repeat on Right Side
Shoot 5 Free Throws
Repeat on Right side
Shoot 5 Free Throws

Elbow Shooting (Elbow to Elbow)

30 Shots

Shoot 5 foul shots
Repeat for 15 shots
Shoot 5 foul shots

Spot Catch – One Dribble Moves

72 Shots

From the 3 spots (corner wing and elbow), catch and make your move. Do each move from each spot 3 times. USE ONLY ONE DRIBBLE

Shot fake, go right, lay-up
Shot fake, go left, lay-up

Shot fake, go right, and jumper
Shot fake, go left, and jumper
Hip to hip, go right, lay-up
Hip to hip, go right, lay-up
Hip to hip, go right, and jumper
Hip to hip, go right, and jumper