

## SAMPLE DRILLS FOR 3/4B

### LAY-UPS

The more basic drill to start each practice with as the kids arrive and get organized. Half the kids in line on the righthand side, half on the left. (both out at by half-court) The righthand side player dribbles in and takes a shot, line from left send someone in at the same time to rebound. (eventually switch the ball to the lefthand side)

This teaches ball control, taking the right angle at the hoop from either side, and gets the kids warmed up ready to go.

Variations:

A. Put a player at the foul line and have him receive and pass back ("give and go") the ball to the player taking the lay-up. This will server many purposes including:

- getting more kids involved (rotate the player every 4-5 lay-ups)
- practice passing (encourage the BOUNCE pass)
- explains and reinforces the basic (but so effective) give and go

B. As the player takes the lay-up have the rebounder and he keep putting a missed shot until one is made or your "internal shot clock" invokes the whistle. Encourage them to put it right up. ("right up, right up, right up") This is also a good opportunity to explain why taking that dribble may lose the open look. (as the season goes on as a coach you can be in there blocking a shot for a player if he takes more time than you consider him capable of "putting it up"..within reason of course)

### DRIBBLING

This can be tough for the kids as they get bored but important at the start of the season. Have them working on dribbling around the cones and switching hands (if appropriate for the player) all while

keeping their head up. (form multiple lines each with a ball) Hold up fingers as they dribble and have them call out how many are up. (i.e. not allowing them to keep their head down) Stress staying in control and that speed is not important. (they'll have plenty of time later to learn a little speed surely helps!)

### 3 ON 2

Take two kids on defense and place them at the foul line. Make lines of 3 players at half court. (3 on offense vs 2 on defense) The only "rule" is that one of the guys on defense always has to "play the ball". (this forces the open player if the kids space well) The play continues until either:

- turnover (out of bounds, travel, whistle)
- basket is made by the offense
- defense gets control of the ball

As a coach continue to emphasize the importance of having the players spread out, making (relatively) quick decisions of dribble, pass, or shoot (in an effort to find the open man easier) and working it around under the team concept.

The kids love this drill and usually are anxious to be the defenders. (Generally it is a good idea to put an experienced and less experienced player together on defense) All players get a turn to play defense so this drill can take some time (10-15 min) but is very productive. This is always a good one before a water break as the kids get winded especially on defense. (Blow the whistle, get the defenders back on the foul line (Have them give a "high five" to denote they are ready for the offense), and get the ball back to the offense to start up..keep the drill moving!)

### 2 ON 1

Very similar to 3 on 2 but obviously only have one player on defense. This is good to get the kids warmed up (and the defensive player wiped out) There are not as many learning points as a 3 on 2 but it serves the purpose depending on how many kids you have.

## REBOUNDING

There are many varieties how you can do this. One effective means is to use 4 players. As the coach be at the foul line with the ball and two players on each team down by the hoop. (one offensive and one defensive on each side of the hoop about 3-4 feet out) The two offensive players are part of your team. You can pass them the ball but they must pass it to each other or back to you. (Only you shoot)

Once the ball goes up the two defenders need to box out for the rebound. (If you don't do the pass they'll start the box out way too early which is unrealistic to the real game...gotta keep them honest and place emphasis on them waiting until the shot is up before they get in rebounding position.) Try it 3-4 times before moving the defensive players to offense and vice versa. This is a tough one at the 3/4B level and the kids don't like it as much as the others.

## FOUL SHOTS

Take the ball two feet in front of the line for the foul shot. Have 2-3 kids in line and the other kids lined up w/some on offense (obviously the same team as the shooter), some on defense. Give each player two shots. (teach them the lingo, "first one dead") On the second shot stress:

- wait until it hits the rim
- two defensive players "cut" (box out) the shooter
- two defensive players "box out" just like in the Rebounding Drill

Ideal if you have 7-8 kids as nobody or at most one player stands around. (shooter & 6 in the lane all are active on the 2nd shot) Rotate it so that each player gets a shot.

SUICIDES (or termed "WINDSPRINTS" or "LINE DRILLS if you consider the suicide reference/explanation not politically correct for 3/4th Graders))

Less a drill but more to get the kids warmed up and as they get older to help get them in shape...

- Put the kids into two groups randomly (each is assigned an A & B)

- Have all the "A" kids line up on the baseline. (w/"B" kids behind them)

- Blow the whistle to start.

- Kids must spring out to the foul line (foul line extended for many as they'll want to spread out) then reach down and touch the the foul line.

- Return to touch the baseline and do the same thing out to Mid-Court (then back to the baseline) then to the other baseline (full court) and back to the original baseline. (In essence, six consecutive legs of sprinting)

- Then do the "B"s by blowing the whistle once the A's are done and behind the B's in line.....maybe do the A's and B's once more but this will absolutely get them pretty winded and a good spot for a water break...

## SCRIMMAGE

Early in the season during the last 15-20 minutes you'll want to get to a scrimmage. (the kids will drive you nuts asking the first 40 minutes every 2 minutes when we are going to scrimmage) If you don't have all 10 it works great to have a 4 on 4 as the kids have a

better opportunity with the spacing. (or even if you have 10 4 on 4 works well as you can have subs for water or "tired" breaks/etc.)

Divide up the kids with pinnies balancing the teams by experience/height/etc. Definitely be out on the floor as the coach/ref and don't hesitate to blow the whistle to illustrate a teaching point. (good idea to always grab the ball while doing this)

As the scrimmage goes on, these whistles for learning points can lessen and you just let them play. (being lenient on travels or dribbles within reason but not being too passive on fouls) There are various mindset on teaching the positions early on. However, for the 4 on 4 I just more liked to let them play and not be too constrained to being in a specific position. (some players take it literal and there is too much standing around) Just encourage the spacing and taking turns with kids taking the ball up the court. (Obviously if the kids are clumped soccer-style you may need to have two kids play "forward" down low and two as "guards" up top.)