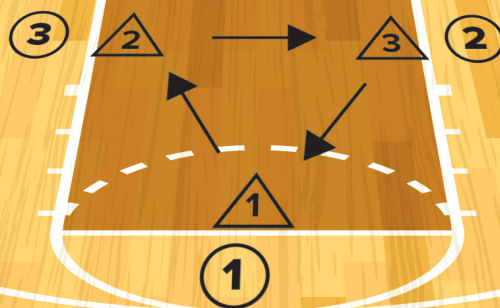




WINNING

MIDDLE SCHOOL BASKETBALL DRILLS

39 FUN & EFFECTIVE DRILLS FOR AGES 11-14



PRINTABLE

IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately.

Please email support@americancoachingacademy.com to report any illegal distribution.

Copyright © AmericanCoachingAcademy.com and Knowledge Spot Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, social media page, forum, etc. even if you include the copyright notice. Images copyright Away With The Pixels.

LEGAL NOTICES

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind regarding the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONSULT YOUR PHYSICIAN

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

CONTENTS

SHOOTING & FINISHING	4
Follow the Leader	5
Zig Zag to Jump Shot	6
Mid-Range Shot Off Dribble	7
Reverse Pivot and Go	8
Shot Fake & Attack	9
Overhead Toss & Pivot	10
Pivot Around	11
Reverse to Reverse	12
Make a Move	13
Reverse Pivot, Rip and Go	14
Horseshoe Shooting	15
PASSING AND BALLHANDLING	16
3 Man Weave	17
3 Man Back and Forth	18
Wall Passes	19
HORSE Dribbling	20
5 Man Hot Potato	21
Stockton to Malone	22
Gauntlet	23
Partner Dribbling	24
Star Passing	25
2 Man Passing	26
Resistance Ball Handling	27
FULL COURT DRILLS	28
Full Court Layups	29
3 Man Passing	30
3 on 2 Back 2 on 1	31
Full Court Pressure	32
Rebound & Outlet	33
DEFENSE & REBOUNDING	34
Tip Drill	35
Superman Drill	36
Sprint Slide Back Pedal	37
5 Cone Slides	38
Keep Them In Front	39
Triangle Box	40
Switch, Switch & Trap	41
COMPETITIVE DRILLS	42
Race to Rim	43
1 v 1 King of the Court	44
Screen & Roll with Defense	45
Screen From Elbows	46
2 on 2 Closeout	47



WINNING

MIDDLE SCHOOL BASKETBALL DRILLS

SHOOTING & FINISHING



FOLLOW THE LEADER



PURPOSE

- ★ A great shooting drill when baskets and space are at a premium, giving your players tons of shooting reps from all over the court.

SETUP

- Have veteran players pair off with a younger teammate. Veteran starts with a ball.



Fig. 1: Players shooting with their partners.

EXECUTION

- On the coach's signal, the veteran will go to a spot and shoot, grab their rebound, and pass the ball out to their teammate, who will take the same shot.
- The veteran will then go to a new spot and shoot from there, with their partner taking the same shot as well.
- After 2 minutes, have the players swap roles and continue for another 2 minutes.

COACHING TIPS

- Allow players to get creative and add pump fakes, jab steps, crossovers etc. before the shot (limited to 1-2 dribbles).
- Don't allow players to practice shots they would never take in a game – this isn't a game of Horse where we try wacky shots – we are working on game situations and game shots.

MAKE IT EASIER

- Start with layups and short jumpers then work your way out

MAKE IT HARDER

- Add a dribble move. Incorporate different types of finishes around the basket.



ZIG ZAG TO JUMP SHOT



PURPOSE

- ★ Ball Handling
- ★ Shooting off the Dribble

SETUP

- 1 basket, 1 ball per player, 1 line on each sideline at halfcourt
- 14 cones: 6 zigzagging back and forth a few feet apart along the sideline on each side, 1 just inside the 3-point line on the wing on each side

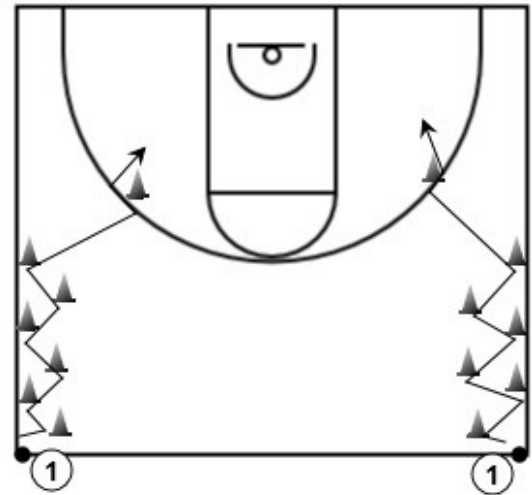


Fig. 1: Offense works on a series of quick crossovers before pulling up for a jumpshot

EXECUTION

- Players start by dribbling from cone to cone, crossing over at each one
- At the last cone they will crossover to the outside, take one dribble and pull up for a jumpshot
- Grab their rebound and head to the back of other line

COACHING TIPS

- Players should use a variety of moves; crossovers, behind the backs, between the legs etc.

MAKE IT EASIER

- To keep things simple, have players focus on just one move – the crossover, and use a hesitation dribble before the jumpshot
- Move the cone from the 3-pt line closer to around 15 feet or so

MAKE IT HARDER

- Everytime a player misses a jumpshot they must speed dribble down to the opposite baseline and back before getting back in line



MID-RANGE SHOT OFF DRIBBLE



PURPOSE

- ★ Ball Handling
- ★ Improve a player's ability to stop pop and pull up in transition

SETUP

- 1 basket, 4 balls
- 2 lines at halfcourt, first 2 players in each line start with a ball

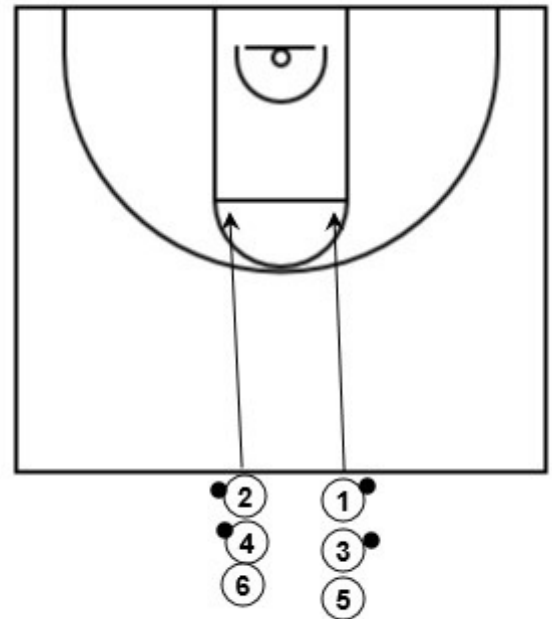


Fig. 1: Offense dribbles to free throw line and pulls up for jumpshot

EXECUTION

- On coach's signal the first 2 players in line will speed dribble to the elbow
- They will pull up and shoot, grab their rebounds, then take the ball back and get in the other line

COACHING TIPS

- Players should be dribbling down the floor with their outside hand
- Speed is great - but not at the cost of balance. The players first priority should be shooting under control and with proper fundamentals

MAKE IT EASIER

- Instead of pulling up at the free throw line we can allow them to dribble to the dotted line and pull up from there - this way they can focus purely on the form of their jumpshot and not worry about whether they have the power to get the ball all the way to the hoop

MAKE IT HARDER

- For more advanced players we can do the opposite - test their range and have them pull up from the 3-put line!



REVERSE PIVOT AND GO



PURPOSE

- ★ Footwork
- ★ Finishing

SETUP

- 1 basket, 5 balls, 5 players
- 5 outside the 3-pt line: top of key, wings and corners

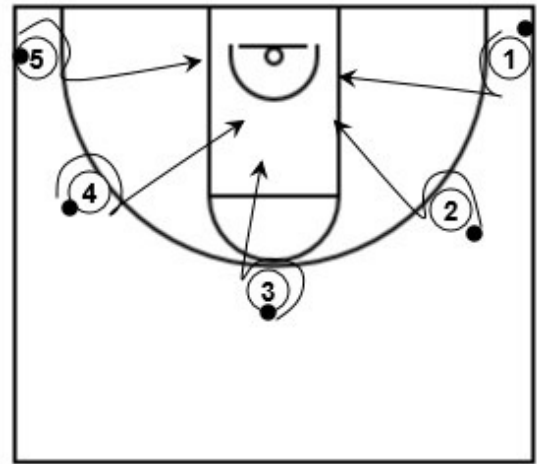


Fig. 1: Offense reverse pivots and drive to the hoop to finish

EXECUTION

- Player starts with ball in hand and their back to the basket
- The player will then reverse pivot, squaring up to the hoop
- The player will then sweep through and attack the hoop finishing with a strong layup

COACHING TIPS

- Demonstrate how to properly reverse pivot - keeping their left (pivot) foot stationary and pulling their right foot backwards, opening up to the hoop

MAKE IT EASIER

- If the reverse pivot into layup is too difficult - simply remove the basket. Have players spread out in the halfcourt and face you, and drill the pivot, taking the time to personally show any players who are struggling with the footwork

MAKE IT HARDER

- Instead of finishing with a layup, have the players take 1-2 hard dribbles and pull up from range



SHOT FAKE & ATTACK



PURPOSE

- ★ Scoring off the dribble
- ★ Ball handling

SETUP

- 1 basket, 5 balls, 5 players
- 5 lines with cones outside the 3-pt line: top of key, wings and corners

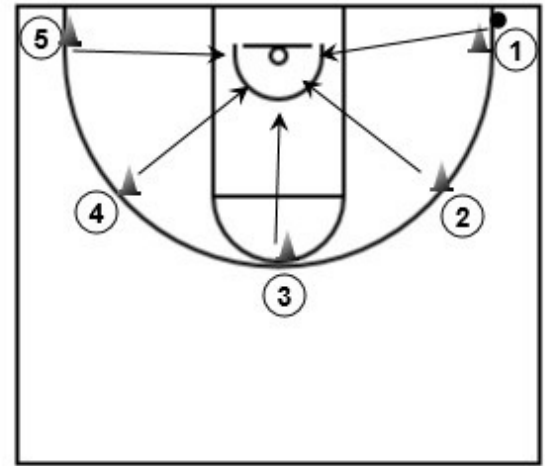


Fig. 1: Offense fakes shot then attacks the hoop

EXECUTION

- On coach's signal player will toss ball out to themselves and step into it to catch
- Next line will go as soon as line to their right has caught the ball and pump faked
- They will then shot fake and take a hard dribble to the hoop and finish with a layup
- Player will grab their rebound and go to the next line

COACHING TIPS

- Players should be able to get to the hoop in one dribble and be sure to both dribble and finish with the correct hand
- Players should be catching the ball with either a 2 foot jumpstop or by stepping into the catch, landing on their pivot foot

MAKE IT EASIER

- Remove the initial toss and catch
 - have players start in triple threat and pumpfake, ensuring they aren't dragging their pivot foot

MAKE IT HARDER

- If a player misses a layup, they must speed dribble down to the far baseline and back before trying the layup again



OVERHEAD TOSS & PIVOT



PURPOSE

- ★ Shooting
- ★ Promotes squaring up to the basket from anywhere on the floor

SETUP

- 1 ball, 2 players at each basket
- Pair begins on the baseline with head under the rim facing half court

EXECUTION

- 1 player with the ball will line up closer to the baseline
- Shooter will line up in front of that player, about 3 feet away in an active stance
- Player on baseline throws ball over the head of shooter in any direction within the 3-pt. line
- Shooter will sprint to the ball, use an inside pivot to square up, then shoot
- Passer will then run out with hands up to contest the jump shot

COACHING TIPS

- Shooter must grab the ball in a ready to shoot stance
- Square up to rim completely before shooting the ball, all in one motion



Fig. 1: Partner throws ball over shooter's head, midrange



Fig. 2: Shooter sprints after ball



Fig. 3: Shooter uses inside pivot to square to basket, before shooting

MAKE IT EASIER

- Toss the ball closer to the rim
- Use one side of the floor

MAKE IT HARDER

- Passer can sprint out at full speed and offense will have to shot fake if necessary



PIVOT AROUND



PURPOSE

- ★ Shooting and footwork
- ★ Promotes squaring up to the rim

SETUP

- Each player has their own ball
- Begin anywhere on the floor

EXECUTION

- One line in the baseline corner and each player will have a ball
- Begin by tossing the ball 1 to 2 feet in front
- Step to the ball with the inside pivot and wrap non-pivot foot around to square up
- Player must simultaneously pivot and be shot ready
- Hold shooting position for 1 Mississippi, before repeating movement around the 3-pt line

COACHING TIPS

- Spin toss the ball so that it rotates back to player
- Grab the ball while in a low, ready to shoot position

MAKE IT EASIER

- Start without a ball and go slowly

MAKE IT HARDER

- Practice different methods of squaring up: left foot front pivot, right foot front pivot, left foot reverse pivot, left foot reverse pivot
- Add a coach as the defender to influence the direction of the pivot



Fig. 1: Toss ball back to self



Fig. 1: Simultaneously catch ball and pivot on foot closest to basket



Fig. 1: Square up to basket

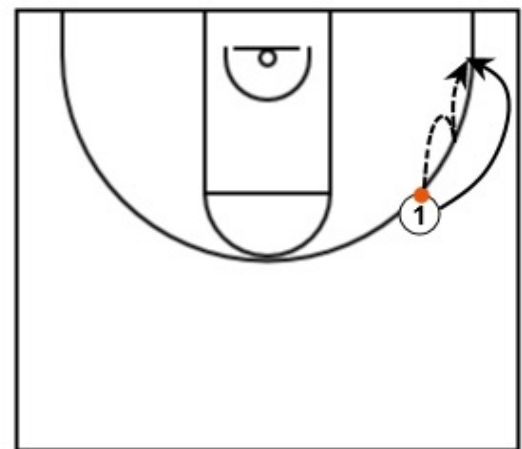


Fig. 1: Defender slides to cones and back for 30 seconds



REVERSE TO REVERSE



PURPOSE

- ★ Layups
- ★ Improves ability to finish a layup from the corner when a traditional layup is not feasible

SETUP

- Each player has their own ball
- 2 lines in the baseline corners

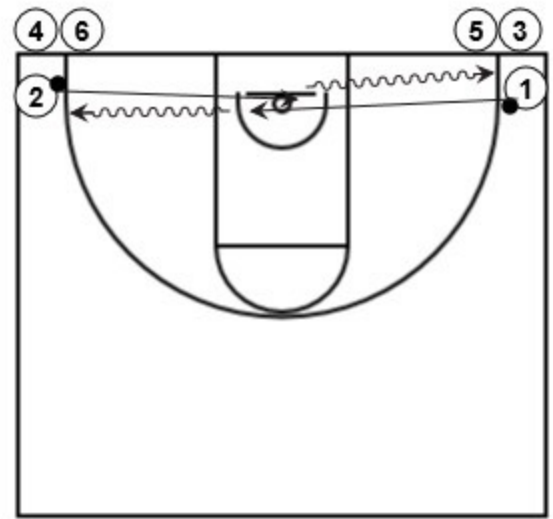


Fig. 1: Players perform reverses along the baseline

EXECUTION

- Begin with 2 lines in the corners of the baseline
- Both lines will have 1 ball and will be dribbling with the same hand in order to stay in own lane
- Attack the basket and complete a layup on the opposite side of the rim (reverse layup)
- Once the lay up is complete, rebound ball and pass the ball to the next player in line, opposite of line player came from

COACHING TIPS

- The footwork should be the same as a traditional lay up
- Players can finish with either hand

MAKE IT EASIER

- Use only one line to avoid traffic flow problems

MAKE IT HARDER

- Practice finishing with both hands, wrong foot finishes, high-glass finishes, and putting spin on the ball
- Have a coach simulate a shot blocker by bumping players with a pad or holding a broomstick in front of the rim



MAKE A MOVE



PURPOSE

- ★ Creating off the dribble
- ★ Finishing at the Hoop

SETUP

- 1 basket, 2 balls
- 4 cones: 1 on each wing and 1 on each elbow
- 2 lines at halfcourt, 1 at each sideline

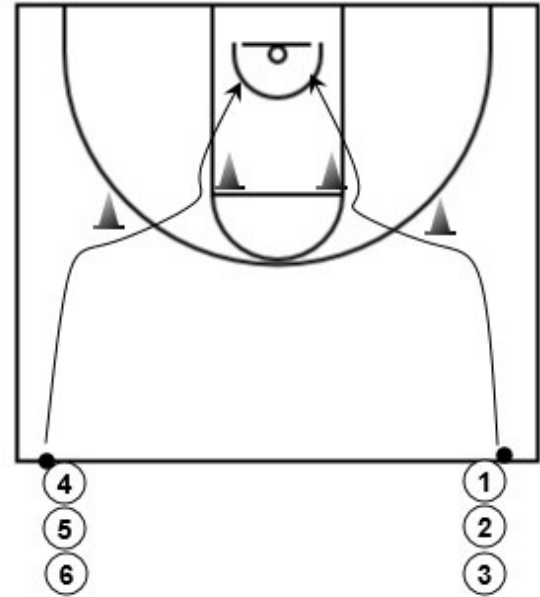


Fig. 1: Offense dribbles to cone, crosses over, dribbles to next cone, finishes at hoop

EXECUTION

- Players at front of the line will start the drill by speed dribbling down to the wing before crossing over inside at the first cone
- They will then cross back over to the outside at the 2nd cone
- Player will finish with a strong layup at the hoop, grab their rebound and head to the opposite line

COACHING TIPS

- Emphasize the importance of dribbling and finishing with the outside hand
- Begin with players using

MAKE IT EASIER

- Remove one of the cones and simply have players make one crossover and go straight to the hoop

MAKE IT HARDER

- If you have a full court and a full team, you can setup 2 teams of 6, 1 attacking each hoop
- The 2 teams will then compete to see who can finish with the most layups
- Loser runs sprints!



REVERSE PIVOT, RIP AND GO



PURPOSE

- ★ Ball Handling
- ★ Finishing
- ★ Toughness

SETUP

- 1 basket, 5 balls, 10 players
- 5 outside the 3-pt line: top of key, wings and corners
- 5 defenders match up accordingly

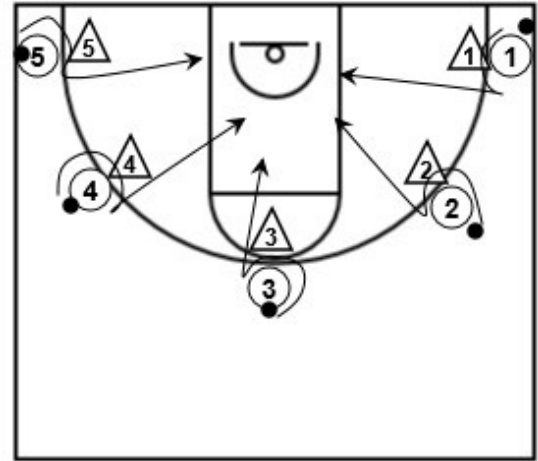


Fig. 1: Offense reverse pivots and then beats the defender, scoring at the hoop

EXECUTION

- Pairs go one at a time, from position 1 through position 5
- Offense reverse pivots, squaring up to the hoop
- Offense rips and drives to the hoop
- Offense finishes strong at the basket
- Switch defense to offense and continue. Then rotate spots on the floor.

COACHING TIPS

- With both offense and defense active, we will have pairs go 1 at a time to stay safe
- Ideally, players will reverse pivot, sweep and go in one smooth motion

MAKE IT EASIER

- If the offense is having a hard time, get the defense to ease up a bit and play at <50%, allowing the offense to focus more on their technique and less on beating their opponent

MAKE IT HARDER

- This is a great drill to work on our triple threat package - we can incorporate jab steps, sweeps, and pump fakes and use those to create space and get to the rim



HORSESHOE SHOOTING



PURPOSE

- ★ Finishing
- ★ Conditioning
- ★ Communication

SETUP

- 1 basket, 2 balls, 6 players
- 2 lines on the baseline: 2nd player in line starts with ball, 1st player in other line starts with ball as well

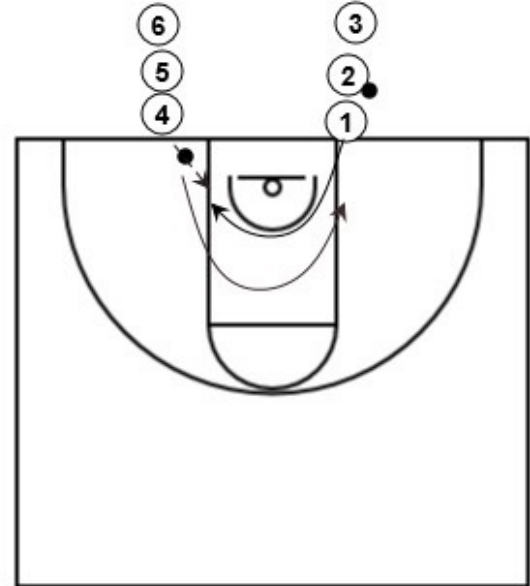


Fig. 1: Player curls around hoop, receives pass, finishes strong. Passer curls the other way, receives pass, finishes, drill continues like this

EXECUTION

- First player in line will curl around the paint to the other side where they will receive a pass and finish with a power layup at the hoop
- They will grab their rebound and give the ball to the 2nd player in line
- After making the pass, that player will also curl around the paint, receive a pass and finish with a layup
- Drill will continue like this with players passing, curling, finishing and rebounding their layups

COACHING TIPS

This is a great warmup drill before games – have the whole team count and yell out for each made layup

Players should be catching with a jump stop and going up off of 2 feet, focusing on finishing with power and under control

Begin with players catching on the block, before stepping back to the hashes and eventually the elbows

MAKE IT EASIER

- Eliminate the section of the drill where we step back – simply have players focus on making layups

MAKE IT HARDER

- Challenge your team to make 10 shots in a row from each range before moving a step back – everytime they miss they have to start back over at the beginning



WINNING

MIDDLE SCHOOL BASKETBALL DRILLS

PASSING AND BALLHANDLING



3 MAN WEAVE



DRILL TYPE

Passing, Conditioning

PURPOSE

- ★ Teaching players how to space the floor and move the ball quickly downcourt in transition.

SETUP

- Players spread out on the baseline and make 3 lines, one under the hoop and one on each side where the baseline intersects with the 3 point line.

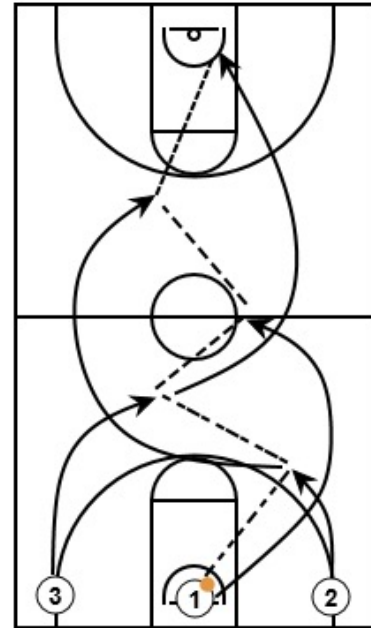


Fig. 1: Players performing the 3 man weave drill.

EXECUTION

- The drill will start with the player 1 in the middle passing the ball to player 2 on the side.
- They will then follow their pass, circling behind player 2 as they sprint downcourt.
- As soon as the first pass is made, player 3 will begin sprinting downcourt, where they will receive a pass from player 2.
- The drill will continue like this, with each player following their pass and 'weaving' behind their teammate before curling back in towards the middle of the court.
- Upon receiving the 5th pass, player 3 will finish the layup, grab their rebound, and head to the back of the line.

COACHING TIPS

- To build up good communication habits we are going to have players call out their teammates names on every pass – if anyone fails to call out a name, it is a failed rep.
- To begin, have players use 5 passes to get down court, but after everyone has had one rep, move the number down to 4, 3, and eventually 2, where it essentially becomes an outlet pass drill.



3 MAN BACK AND FORTH



DRILL TYPE

Passing, Conditioning

PURPOSE

- ★ Teaching players how to space the floor and move the ball quickly downcourt in transition.

SETUP

- Have players spread out and form 3 lines on the baseline.

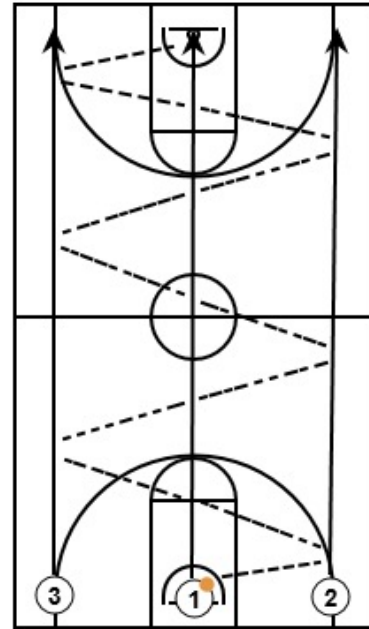


Fig. 1: Players sprint downcourt passing back and forth to each other.

EXECUTION

- The drill will begin with the player in the middle passing to player 2.
- Player 2 will receive the pass and immediately pass back to the middle.
- The player in the middle will receive the pass and quickly pass the ball to player 3 on the opposite side.
- This will continue all the way down the court, with the players passing the ball back and forth as many times as they can.
- Once they reach the baseline, player 2 and 3 will begin to sprint back down the court, and player 1 will make a long pass to whoever has gotten further down the court, who will catch and finish with a layup at the hoop.
- Their teammate will follow the shot, looking to rebound and finish should they miss.

COACHING TIPS

- Challenge your team – see how many layups they can score in 2 minutes!
- Make sure on the release that your outside players are running the break nice and wide, getting out to the sideline and cutting back in towards the hoop once they cross the free throw line extended.



WALL PASSES



PURPOSE

- ★ Passing
- ★ Promotes making strong, crisp passes

SETUP

- Each player has their own ball
- Players will be lined up 5 feet from the wall



Fig. 1: Chest pass



Fig. 1: Bounce pass



Fig. 1: Wrap around bounce pass

EXECUTION

- Begin with a ball facing the wall
- Start in an active stance and focus on punching the ball straight out in front, chest level
- Catch the ball at chest level and repeat action for 25 passes
- Practice straight on bounce passes and wrap around bounce passes

COACHING TIPS

- Stay low and follow through each pass
- Each pass should be strong

MAKE IT EASIER

- Stand closer to the wall

MAKE IT HARDER

- Stand back further from the wall
- Use two balls
- Pass with your weak hand only
- Make a dribble move then immediately go into a one-handed pass



HORSE DRIBBLING



PURPOSE

- ★ Ball Handling
- ★ Improves ball control

SETUP

- Split team into 3-4 groups of similar ability
- Each player has their own ball
- Have 5 players in a group spread out on the court

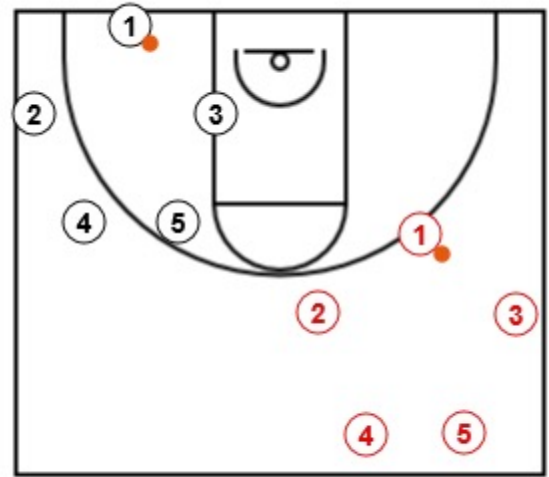


Fig. 1: Players group up and dribble attempting to recreate each others moves

EXECUTION

- Each group will have at least 1 ball
- The 1st player will make a single or combination ball handling move
- The next player will have to complete that same move without fumbling or turning the ball over
- If there is a turnover, just like in the game of HORSE, that player will receive a letter

COACHING TIPS

- Focus on completing moves by begin strong with the ball
- Stay low with the dribble

MAKE IT EASIER

Use Simpler Moves

- Through the legs dribble
- Behind the back dribble
- V dribble
- In and out dribble
- Throw ball up, clap 5 times and catch
- Figure 8 dribble

MAKE IT HARDER

Use More Difficult Combination Moves

- Double through the legs
- Double behind the back
- Through the legs to behind the back
- In and out to through the legs
- V dribble to behind the back



5 MAN HOT POTATO



PURPOSE

- ★ Passing
- ★ Promotes strong, crisp passes and communication

SETUP

- 1 ball, 5 players, 1 basket
- 3 players out, 2 players in

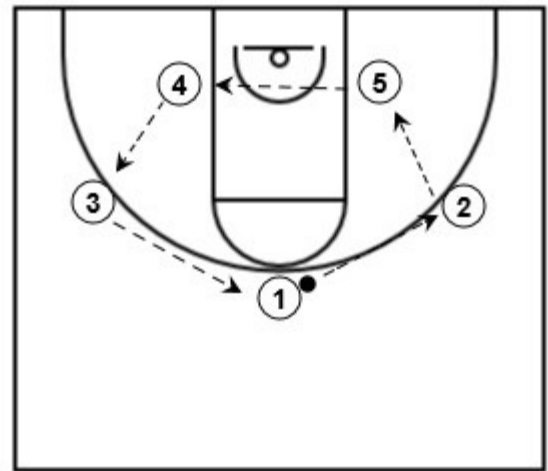


Fig. 1: 5 players get in a circle and pass the ball as quickly as possible for 30 seconds

EXECUTION

- Begin with 5 players on the floor, line up at the top of the key, both wings, and both blocks
- Timer will be set for :30
- Players will make passes around using chest or bounce passes
- Each passer must call names, receiver must call ball and show hands

COACHING TIPS

- Make strong passes
- Give your teammate a target by showing hands

MAKE IT EASIER

- Have players set up closer together

MAKE IT HARDER

- Add 2 or 3 defenders and play "monkey in the middle"
- Pass fake before passing



STOCKTON TO MALONE



PURPOSE

- ★ 2 Man Game
- ★ Passing
- ★ Communication

SETUP

- 1 basket, 1 ball, 2 players
- 2 outside the 3-pt line: top of key with ball and wing

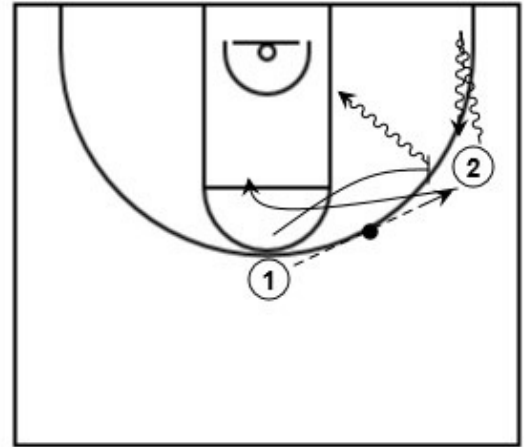


Fig. 1: Player passes to wing, comes to set screen, rolls to the hoop and receives pass

EXECUTION

- Player 1 passes the ball to the wing
- Player 2 takes a misdirection dribble towards the baseline
- Player 1 sets a screen on the inside
- Player 2 uses the screen and drives hard into the paint while player 1 rolls to the hoop

COACHING TIPS

- To get more reps out of this, we can add a passer on the elbow who will hit the rolling big man, allowing the ballhandler to take a pull up jumpshot and giving both players a shot on each rep

MAKE IT EASIER

- To simplify this we can remove the initial pass, and have our ballcarrier start on the wing with our screener on the block, simply holding a fist up to signal them to come up for the screen

MAKE IT HARDER

- Add a defender in the paint who will commit to either the ball handler or the screener on each rep, forcing the ballhandler to read and react accordingly



GAUNTLET



PURPOSE

- ★ Ball Handling
- ★ Conditioning

SETUP

- 1 basket, 2 balls, 5 players
- 4 cones: 3 spread out at halfcourt from sideline to sideline, and one on the weak side wing
- Players line up in corner with a ball

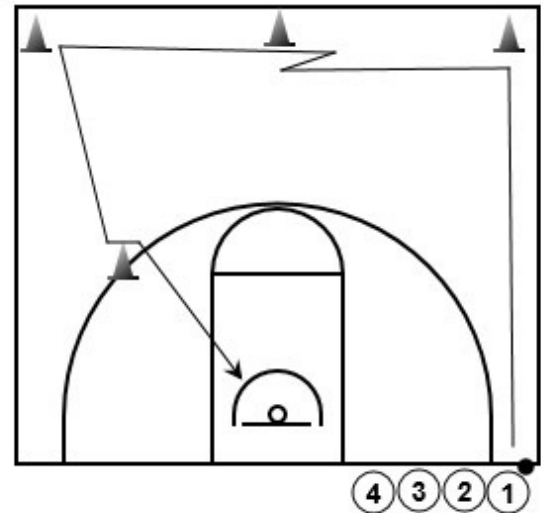


Fig. 1: Players make their way around the halfcourt using a variety of dribble moves

EXECUTION

- Players dribble down the sideline and make a move at the 1st cone
- At the 2nd cone the player will dribble inside then perform a stepback and go
- At the 3rd cone the player will use a spin move and dribble hard back towards the hoop
- At the 4th cone the player will use a crossover and finish strong at the hoop

COACHING TIPS

- Players should use a different move at each cone; crossovers, through the legs, behind the back, hesitations etc.
- After 5 minutes, switch to the other sideline and work on finishing on the other side

MAKE IT HARDER

- For a real challenge, have players go through the gauntlet dribbling 2 balls at the same time



PARTNER DRIBBLING



DRILL TYPE

Ballhandling

PURPOSE

★ To work on a variety of ballhandling moves.

SETUP

- Have players pair off with teammates of similar size and start about 10-15 apart.



Fig. 1: Player sprints to cone and back to halfcourt, receiving a pass and shooting each time they get to cone

EXECUTION

- On coach's command, players dribble right at each other with the ball in their right hand.
- When they get within a few feet of each other, yell 'change'!
- This will cue them to crossover and change direction, making the move and exploding forward, pushing the ball out ahead with the left hand.
- Repeat.

COACHING TIPS

- To start we will work on the right to left crossover, but after a few reps, change the move - we want to work on between the legs moves, spin moves, behind the back, and finally the hesitation.
- It's also vital that we spend as much (if not more) time practicing with our left hand as with our



STAR PASSING



PURPOSE

- ★ Passing
- ★ Communication, Timing

SETUP

- 1 basket, 1 ball, 5 players
- 1 player under the hoop, 1 in each short corner, and 1 on each elbow

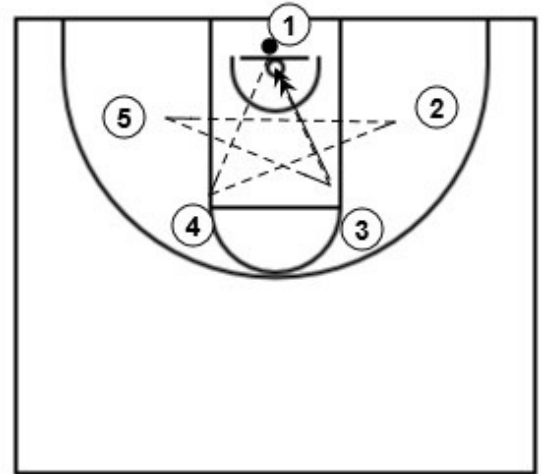


Fig. 1: Players pass and follow their pass creating a star pattern

EXECUTION

- Drill will start with 1 passing to 4 and sprinting across the paint to follow their pass
- 4 will then pass to 2 and follow their pass
- 2 will then pass to 5 and follow their pass
- And 5 will pass to 3 who will catch, take a hard dribble to the hoop and finish at the rim

COACHING TIPS

- This can be a difficult drill to teach but will be very smooth once players get the hang of it
- Walk through the drill at 25% speed until slowly ramping up as players are able to memorize the rotations
- Players should call out the name of the player they are passing to, delivering a firm chest pass into their ready hands

MAKE IT EASIER

- You can call out each pass for the players if they are having trouble remembering the order

MAKE IT HARDER

- Don't stop after 1 rep – after player 3 finishes with a layup, they will grab their ball and restart the drill, passing to player 1 (who is now in player 4's spot)



2 MAN PASSING



PURPOSE

- ★ Passing
- ★ Improves chest, bounce and skip passes

SETUP

- 1 full court, 1 ball, 4 players
- 2 offense begin out of bounds with a ball and 2 defenders

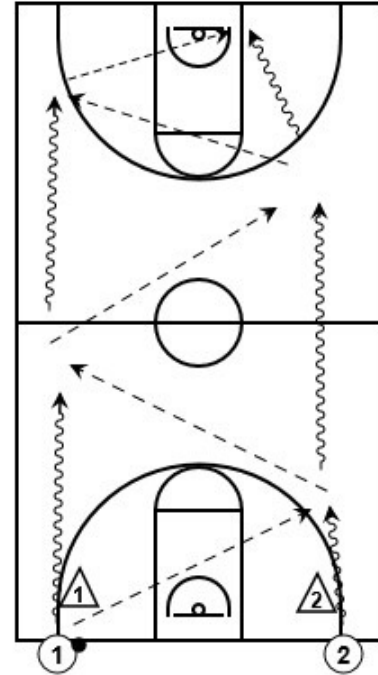


Fig. 1: 2 players sprint downcourt passing the ball back and forth

EXECUTION

1. The ball cannot be dribbled up the floor, it can only advance with a pass
2. 1 Player begins with the ball out of bounds
3. Their teammate must get open by running up the floor and changing speeds
4. Player with ball must lead teammate with the pass, by throwing it ahead of them
5. As soon as the pass is made, player will need to run ahead to get the pass back
6. The team will be allowed 5 passes up the court for a lay up
7. On the way back the pair will get 4 passes, then 3 passes, 2 pass and then 1 pass

COACHING TIPS

- Lead their teammates with a pass ahead
- Give your teammate a target by showing hands
- Change speeds in order to get open
- The least amount of passes allowed, the stronger the passes need to be

MAKE IT EASIER

- Remove defense until passes are strong

MAKE IT HARDER

- Set a timer for :20 to get down the floor and score
- Adjust timer depending on allotted passes



RESISTANCE BALL HANDLING



PURPOSE

- ★ Ball Handling
- ★ Improve speed and strength while pushing the ball up the floor

SETUP

- 1 ball per pair, full court
- Partners are lined up on baseline



Fig. 1: Partner applies resistance to dribbler by pressing hands on shoulders

EXECUTION

- Begin on the baseline with 1 player with the ball and their partner will have hands on both shoulder
- Ball handler will dribble the ball up the floor as partner is pushing them back towards baseline
- At half court crossover to switch hands and continue to advance the ball up the floor
- Switch ball handlers when pair reach opposite baseline

COACHING TIPS

- Ball handler must stay low by dropping shoulders down towards defender's waist
- Dribble the ball out in front of the body

MAKE IT EASIER

- Defense applies 25% pressure by nearly jogging backwards

MAKE IT HARDER

- Defense applies 75% pressure by walking backwards



WINNING

MIDDLE SCHOOL BASKETBALL DRILLS

FULL COURT DRILLS



FULL COURT LAYUPS



PURPOSE

- ★ Ball Handling
- ★ Protect the ball when penetrating and use the pull back to create space and kick it out to the open man

SETUP

- Fullcourt, 2 balls
- 6 cones on each side: 1 at free throw line, 1 at halfcourt, 1 at other free throw line
- Players form a line in each corner on the left sideline, 1st player in line starts with a ball

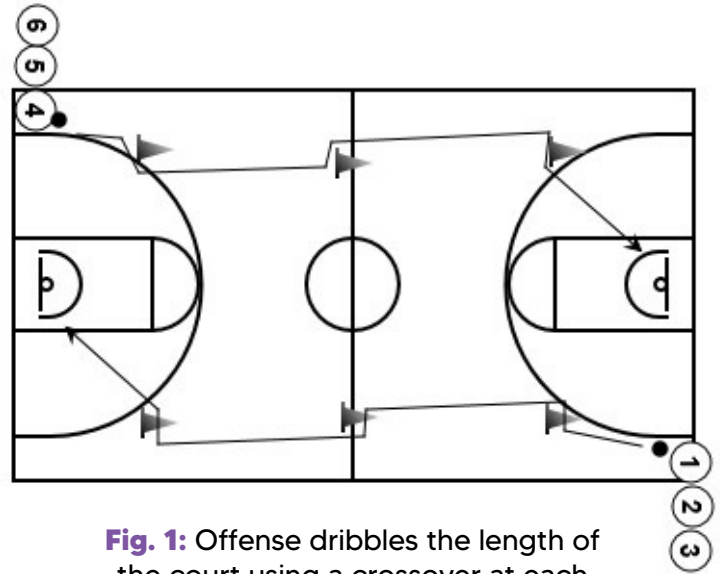


Fig. 1: Offense dribbles the length of the court using a crossover at each cone, finishing at the hoop

EXECUTION

- First player in each line will dribble hard to the first cone, where they will crossover and explode to the next cone
- The player will then continue down the court performing a crossover at each cone
- Player will finish at the hoop with a layup, grab the rebound and give it to the next player in line

COACHING TIPS

- Have players work on a variety of dribble moves – crossovers, between legs, behind the back – alternate between using all 3 moves and having them do the same move at all 3 cones
- We like to start this drill on the left hand side as that is most players weaker hand, but it is a good idea to run this drill on both the left and right side of the court

MAKE IT EASIER

- Have players focus on just the simple crossover and not worry about incorporating a variety of moves

MAKE IT HARDER

- Keep track of the teams score and challenge them next practice to meet or beat that number – or run windsprints



3 MAN PASSING



PURPOSE

- ★ Passing
- ★ Improves passing on the run

SETUP

- 1 Ball, 3 players, full court
- 3 line spread out on baseline

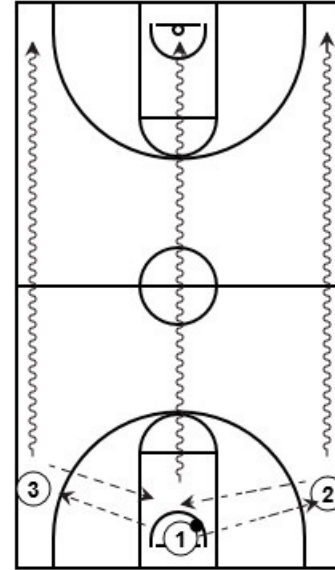


Fig. 1: Players move down court passing the ball back and forth

EXECUTION

- 1 ball begins in the middle
- 2 players will begin in the secondary lanes facing "1"
- "2" and "3" will be shuffling facing the middle of the floor all the way down while making and receiving passes from "1"
- "1" will be running down the floor while making and receiving passes from "2" and "3"
- There is no dribbling only passing to advance the ball up the floor

COACHING TIPS

- Each player needs to call names before passing and call ball when ready to catch
- Players much lead with the pass or pass ahead of player, to advance the ball up the floor

MAKE IT EASIER

- Go at a walking speed

MAKE IT HARDER

- Middle player makes bounce passes and outside players make chest passes
- Set a :15 timer to get down the floor without turning the ball over



3 ON 2 BACK 2 ON 1



PURPOSE

- ★ Transition Offense/Defense
- ★ Shot creation and scoring

SETUP

- Fullcourt, 1 ball, 5 players
- 3 offensive players: top of the paint starts with a ball, both wings
- 2 defenders start in the paint stacked

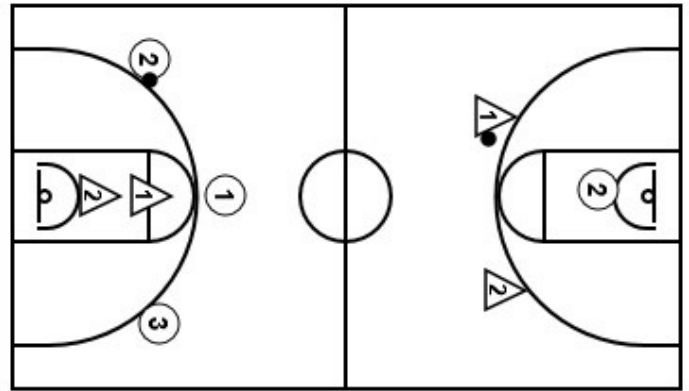


Fig. 1: Offense starts 3 on 2 and tries to score quickly – Defense turns to offense and player who shot must defend 2 v 1 going the other way

EXECUTION

- Drill starts with 3 players on offense who will try to score on the defense
- Whichever player takes the shot will sprint down to the opposite end of the court on defense
- The 2 defenders will grab the rebound and come down court in transition 2 on 1

COACHING TIPS

- Players shouldn't be overly rushing but they do need to get a shot up quickly – the idea is to recreate a transition situation

MAKE IT EASIER

- If players are having trouble with this drill we can remove the 2 v 1 element and simply have the offense start at halfcourt in a 3 v 2 transition drill

MAKE IT HARDER

- We can add an extra player to both the offense and defense to start the drill, beginning with a 4 on 3 before moving to the 3 on 2
- Simply have the last 2 players on offense to touch the ball run back on defense



FULL COURT PRESSURE



PURPOSE

- ★ Ballhandling
- ★ Passing
- ★ Dealing with backcourt pressure

SETUP

- Fullcourt, 2 balls, 10+ players
- Ballhandlers form line on left sideline with a ball
- Passer starts on free throw line
- Defenders match up with both ballhandler and passer

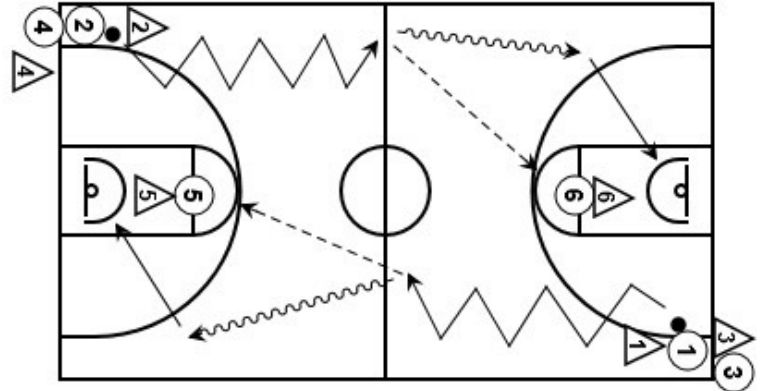


Fig. 1: Ballhandler dribbles downcourt, hits player at free throw line, cuts to get free and finishes at hoop

EXECUTION

- Offense dribbles to halfcourt, using crossovers to change direction and create space from the defender
- Once they reach halfcourt, they will throw a pass ahead to their teammate on the free throw line
- They will then utilize a change of speeds to get open to receive a pass on the wing
- Offensive player will catch and attack the hoop for a layup
- After a rep as ballhandler and defender the pair will replace the passer at the free throw line

COACHING TIPS

- Generally the best court of action to beat the press is to make 1 or 2 strong moves and then press your advantage against the defender to cross halfcourt – make sure players aren't over dribbling in the backcourt

MAKE IT EASIER

- We can remove the defense and add cones or even just have the offense imagine they have a defender on them

MAKE IT HARDER

- Have the player defending the passer either make a rotation or stay home with their matchup – the ballhandler must then read and react accordingly and either make the pass to the free throw line for a jumpshot or finish strong at the hoop themselves



REBOUND & OUTLET



PURPOSE

- ★ Transition Offense
- ★ Passing, Spacing

SETUP

- Full court, 1 basketball per pair, 2 players at a time
- 1 player starts underneath the hoop with a basketball, 1 player starts on wing

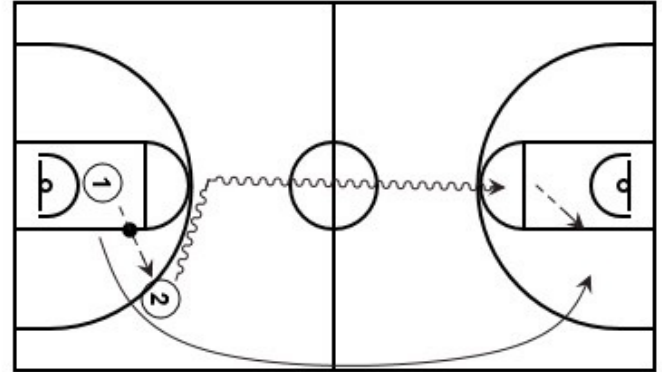


Fig. 1: Offense rebounds, hits the PG for outlet, big sprints floor and receives pass back to finish

EXECUTION

- First player starts by throwing the ball off the backboard and grabbing the rebound
- Player 2 calls for the outlet then dribbles down the middle of the floor
- Rebounder will sprint down the sideline cutting to the hoop once they get to the wing
- Ballhandler will hit the rebounder with a lead pass, rebounder catches in stride and finishes at the hoop

COACHING TIPS

- Ballhandler should be loud and direct, calling outlet and coming to the ball to receive the pass

MAKE IT EASIER

- Instead of having to sprint down-court and catch the ballhandler, have the rebounder simply head to the back of the line while the PG dribbles downcourt to finish with a layup

MAKE IT HARDER

- Limit the offensive players dribbles – this will force them to push the ball out front as well as use a jumpstop to deliver the pass



WINNING

MIDDLE SCHOOL BASKETBALL DRILLS

DEFENSE & REBOUNTING



TIP DRILL



DRILL TYPE

Rebounding, Conditioning

PURPOSE



To improve a players ability to finish in the lane after an offensive rebound.

SETUP

- Have players form a line at the free throw line, with at least the first 2 players in line starting with a ball.

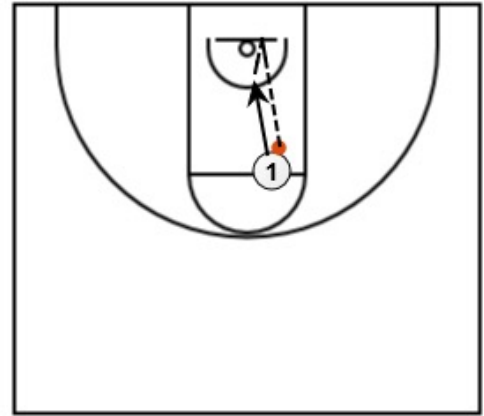


Fig. 1: Player lobs ball up to self off the backboard and tips it back in.

EXECUTION

- Player will throw the ball off the backboard, step into the lane, jump and attempt to tip the ball back into the hoop.
- If they miss the tip, they must grab the rebound again, come down with it and finish with a layup.
- After everyone has done a tip, the drill continues with players now ripping the ball out of the air, coming down with it and finishing with a layup.
- The next progression is rip, pump fake and finish..
- The last progression is rip, pump fake, and finish with a reverse layup.

COACHING TIPS

- Players should be sprinting up with their hands ready and either catch the pass with a jumpstop or with a 1-2 step in rhythm



SUPERMAN DRILL



DRILL TYPE

Rebounding, Conditioning

PURPOSE

- ★ To work on rebounding with intensity and aggressiveness.

SETUP

- Have players form a line on a block and a coach standing on the dotted line in the paint with a ball in hand.

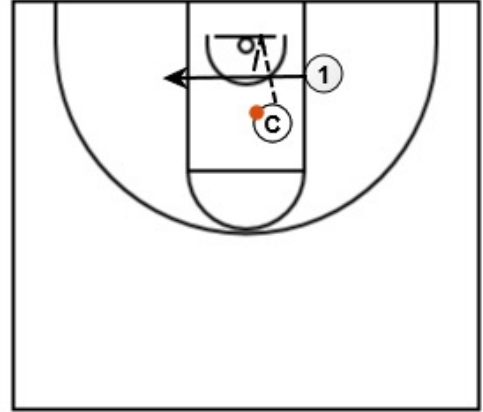


Fig. 1: Coach flips ball off backboard, player snags rebound out of the air.

EXECUTION

- Coach will throw the ball off the backboard.
- Player must step up, jump and rip the ball out of the air and land outside the lane on the other side of the paint.

COACHING TIPS

- This is a simple drill but is a great way to ingrain in players that they need to go attack the basketball out of the air if they want to be successful on the boards.



SPRINT SLIDE BACK PEDAL



PURPOSE



Conditioning and Agility

Ingraining the importance of hustle on defense and in loose ball situations

SETUP

- 4 cones: one on each corner of the key
- 1 basket, 1 ball on the cone at the elbow on the same side as the line of players
- 1 line at the baseline and sideline

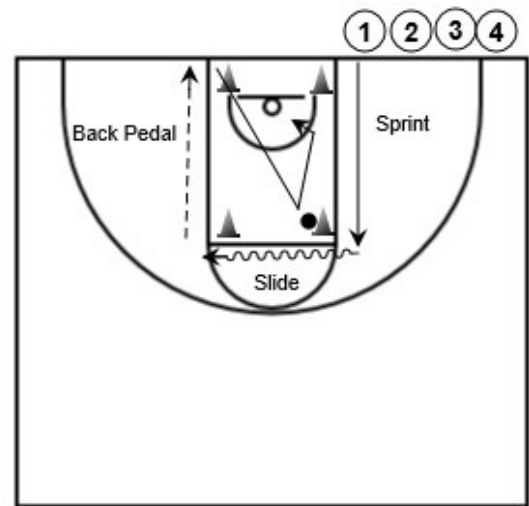


Fig. 1: Defense sprints, slides, backpedals and finishes

EXECUTION

- On coach's signal first player in line will sprint to the elbow and slide across the free throw line
- They will then backpedal to the baseline, plant and sprint forward to the ball on the opposite elbow
- They will then pivot take a strong dribble to the hoop and finish, grab their rebound and replace the ball, then head to the back of the line

COACHING TIPS

- Watch their pivot as they pick up the loose ball – make sure they aren't dragging a foot or trying to get away with a travel – they should either reverse or front pivot, take one dribble to the hoop and finish with either a normal or power layup off of 2 feet

MAKE IT EASIER

- Instead of finishing with a layup we can simply have the player sprint and touch the ball before sprinting back to the baseline

MAKE IT HARDER

- The first time you do this drill, keep track of how many missed layups there are – next time you run the drill, have the team run a windsprint for each missed layup



5 CONE SLIDES



PURPOSE

- ★ Defense
- ★ Improves ability to keep your man in front of you

SETUP

- 5 cones set up at both mid range baselines, elbows and free throw line areas
- Player begins with head under the rim

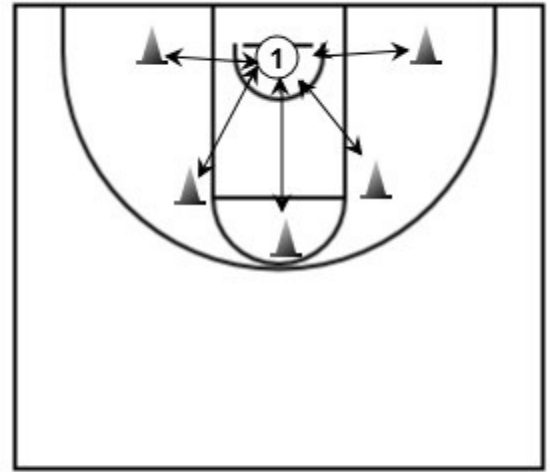


Fig. 1: Defender slides to cones and back for 30 seconds

EXECUTION

- Begin in a defensive stance under the rim with arms out to sides
- Slide out to each cone and back to rim continuously for :30
- Staying low and sliding feet without hopping
- Plant the foot closes to cone before changing directions

COACHING TIPS

- Exaggerate how low to remain the entire :30
- Push off back foot and reach step to refrain from hopping

MAKE IT EASIER

- Reach step slide, slowly, and face the same direction the entire :30

MAKE IT HARDER

- Alternate between sliding to cone and sprinting back to rim
- Use an elastic band around the knees to provide resistance



KEEP THEM IN FRONT



PURPOSE

- ★ Defense
- ★ Improves agility and quickness

SETUP

- Full court
- 2 lines at opposite corners of the floor

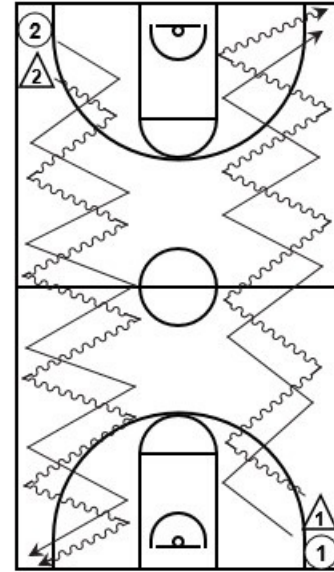


Fig. 1: Ballhandler zigzags back and forth downcourt trying to beat the defender

EXECUTION

- Get into pairs, 1 player will begin on the floor in a defensive stance facing partner
- Offense will begin in corner and run a zig zag formation up the floor
- Defense must slide and keep their man in front of them by cutting them off at the sidelines and free throw line lane
- Defense needs to work on sliding the length of the floor without running to stay with man

COACHING TIPS

- Defense must stay low and move as quickly as possible without hopping
- Using a reach step slide will help cover more space

MAKE IT EASIER

- Remove the defender and just have the dribbler go through the zig zag pattern alone

MAKE IT HARDER

- Defense can keep hands behind back so that they don't put their hands on their man for momentum



TRIANGLE BOX



PURPOSE

- ★ Rebounding
- ★ Defense needs to locate man once shot goes up

SETUP

- 2 baskets depending on size of team, 6 players
- Offense starts on both blocks and free throw line. Coach can shoot from anywhere on the floor.

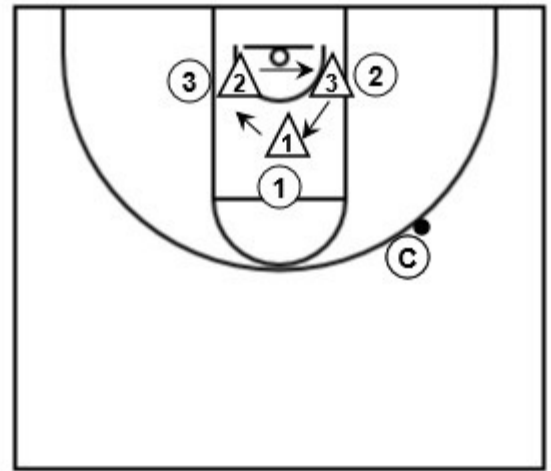


Fig. 1: 3 defenders in triangle must rotate and boxout offense on the shot

EXECUTION

- Defense denies the ball if they are one pass away and jumps to help if more than one pass away
- Offense posts up to make defense work
- When coach shoots, defense yells shot signaling everyone to rotate spots
- Defense must quickly put a body on their new man and box them out

COACHING TIPS

- Defense must stay in a stance, and communicate loud and often that they're in deny or help
- Defense must call out shot to let teammates know to locate man and box out

MAKE IT EASIER

- Coach can blow a whistle while shooting to signal rotation

MAKE IT HARDER

- Add passers outside the key to replace coach, to get the defense moving
- Offense can exchange spots



SWITCH, SWITCH & TRAP



PURPOSE

- ★ Communication on defense
- ★ When a team does handoffs, defense can switch

SETUP

- 1 ball, 1 basket, 6 players
- 3 players on offense and 3 defense at the top of key and wings

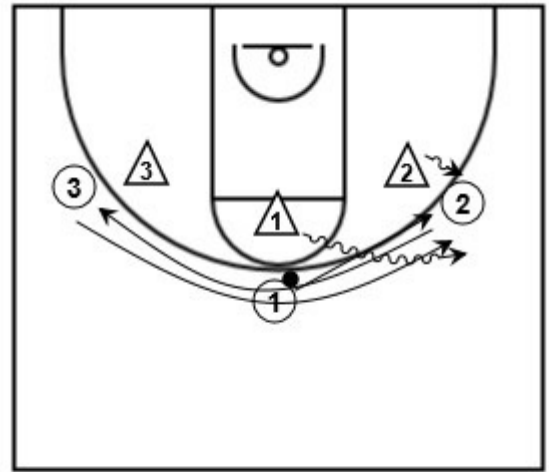


Fig. 1: Defense performs 2 switches before trapping the ball

EXECUTION

- Ball starts at the top of key and they can choose a side to dribble towards
- Defense "1" will be the key to successfully switching
- Defense must switch their man to deny by yelling switch after ball is handed off
- Offense is doing a 3-man handoff weave
- Once defense see's two hand offs, Defense "1" must signal to teammates to trap
- Weakside must play between two, to steal next pass

COACHING TIPS

- Defense must stay in a stance, and communicate loud and often that they're on ball, deny or help
- Defense always needs to stay on balls of feet, never planted in place

MAKE IT EASIER

- Offense can go half speed

MAKE IT HARDER

- Coach gives a hand signal from half court when to trap



WINNING

MIDDLE SCHOOL BASKETBALL DRILLS

COMPETITIVE DRILLS



RACE TO RIM



PURPOSE

- ★ Layups
- ★ Works on scoring a layup under pressure

SETUP

- 1 ball, 2 cones, 2 players, and two baskets
- Player 1 starts on the wing and defense starts on opposite block

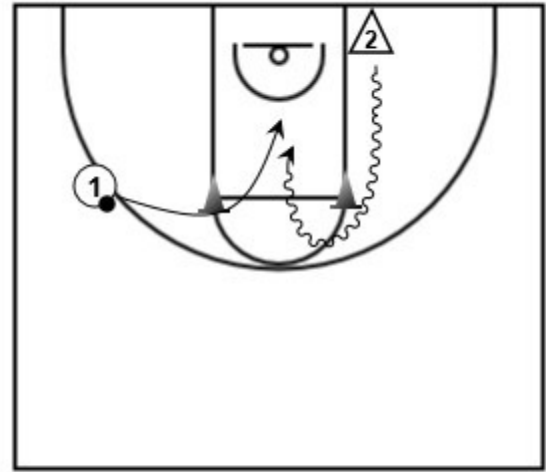


Fig. 1: Offense around cone and to hoop, defender reacts and does the same, attempting to stop the hoop

EXECUTION

- Offense starts with the ball on the wing
- Defense starts on the opposite block
- Defense can't move until offense moves
- Offense must dribble around first cone before scoring
- Defense must sprint around cone on the elbow, before being able to stop the drive

COACHING TIPS

- Get to the rim as quickly as possible with a soft finish
- Don't allow defense to rush the lay up, offense must be able to finish under control

MAKE IT EASIER

- The offensive cone can be moved down closer to rim for more of an advantage

MAKE IT HARDER

- Offense must score in 4 dribbles
- Defense makes the first move



1 V 1 KING OF THE COURT



PURPOSE

- ★ Defense
- ★ Conditioning
- ★ Improving 1-on-1 play

SETUP

- 1 basket, 1 ball, 5 players
- 1 line under the hoop starting with a ball, 1 player starts at top of the key

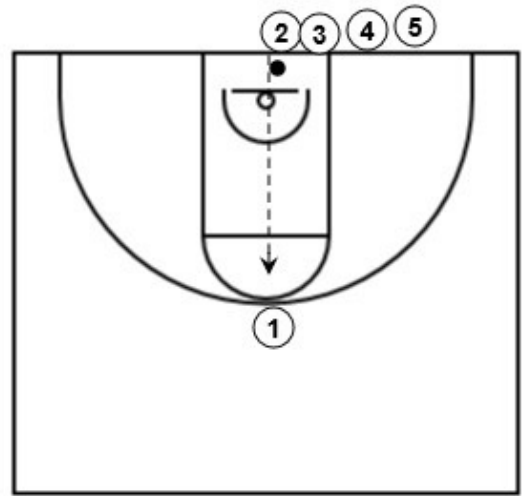


Fig. 1: Defense rolls ball out to offense, offense has 5 dribbles to score

EXECUTION

- Defender rolls ball out to the offensive player
- Offense gets 5 dribbles to score
- Winner stays

COACHING TIPS

- This is a simple drill with really only 1 limitation – 5 dribbles. This is to teach players the importance of using the triple threat to create space, but also not to waste dribbles aimlessly and to always dribble for a purpose

MAKE IT EASIER

- You can increase the number of dribbles available to the offense up to 7 or any number you see fit for your teams age and skill level

MAKE IT HARDER

- We can further limit the number of dribbles – for a real challenge limit the offense to 3!



SCREEN & ROLL WITH DEFENSE



PURPOSE

- ★ 2 Man Game
- ★ Passing
- Ballhandling
- Reading the defense

SETUP

- 1 basket, 1 ball, 4 players
- 1 player starts at top of the key with a ball, 1 player starts on the wing, defense matches up accordingly

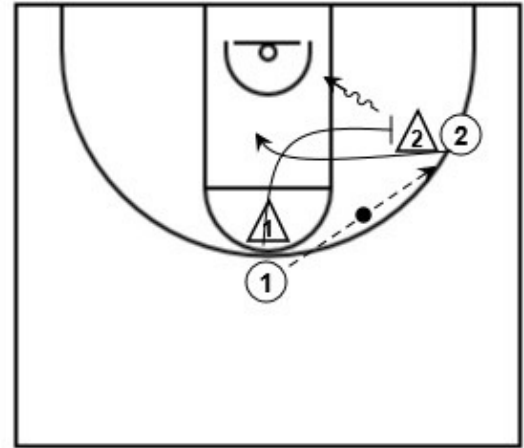


Fig. 1: Pick and roll action on the wing with defense

EXECUTION

- Player 1 passes the ball to the wing
- Player 2 takes a misdirection dribble towards the baseline
- Player 1 sets a screen on the inside
- Player 2 uses the screen and drives hard into the paint while player 1 rolls to the hoop
- Player 2 must read the defense and decide whether to pull up, go all the way to the hoop, or hit their roller for the finish

COACHING TIPS

- Defense should play at around 50-75%, forcing the offense to work hard for the score but allowing them to work on their skills and fundamentals rather than just pure competition

MAKE IT EASIER

- To simplify things a bit we can remove the defender on player 1, allowing our screener to focus on proper technique and our ball carrier on setting their defender up for the screen

MAKE IT HARDER

- Switch up the coverages - have the defenders go under the screen, go over the screen, switch, soft hedge, hard hedge - and force the offense to read and react accordingly



SCREEN FROM ELBOWS



PURPOSE

- ★ 2 man game
- ★ Reading the defense
- ★ Passing
- ★ Screening

SETUP

- 1 basket, 1 ball, 6 players
- Ballhandlers form line at center circle, screeners setup on each elbow
- Defense matches up man-to-man

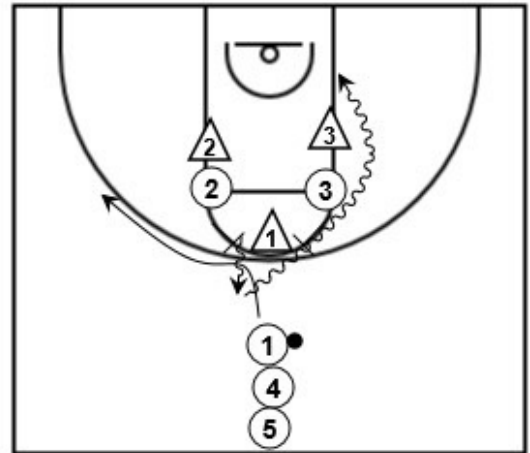


Fig. 1: Offense dribbles at one of the screen on the elbow using it to get open and score

EXECUTION

- Drill starts with ball handler dribbling to either the left or right side and using the screen on that elbow
- Ballhandler makes a read, either taking the pull up jumpshot, driving to the hoop or hitting the screener on the roll

COACHING TIPS

- Remember to emphasize the importance of using a misdirection dribble to setup your defender for the screen
- Encourage the defense to use different coverages - soft hedges, switches, you can even mix in a double team!

MAKE IT EASIER

- Remove the defenders from the screeners, simply having the ball-handler run their man off the screen and make a predetermined read decided by the coach

MAKE IT HARDER

- As a 3rd option, the player on the weak side elbow pops out to the top of the arc to make themselves available as a shooter



2 ON 2 CLOSEOUT



PURPOSE

- ★ Ball Handling
- ★ Protect the ball when penetrating and use the pull back to create space and kick it out to the open man

SETUP

- 1 basket, 1 ball, 4 players, 1 coach
- 1 offensive player in each corner, 2 defenders under the hoop
- Coach at top of the key with a basketball

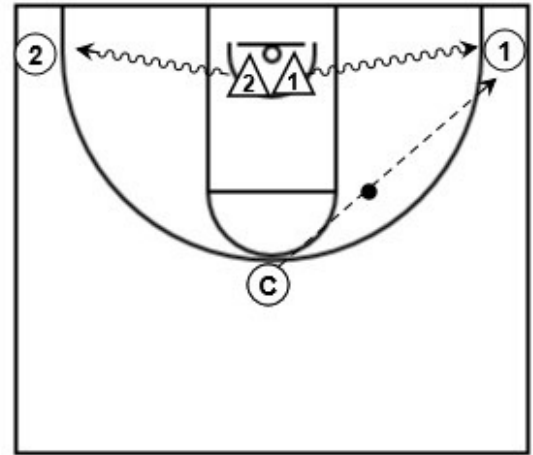


Fig. 1: Coach passes to a corner, defense closes out, other defender boxes out and grabs rebound

EXECUTION

- Drill starts with coach passing to either the left or right corner
- Defenders will react on the pass, either sprinting out to contest the shot if the ball is passed to their side, or stepping out to box out the offensive player if the ball went to the opposite side
- Defender will then box out, rebound, and pass the ball back up to the coach

COACHING TIPS

- Make sure players are closing out under control, not just sprinting and jumping at the shot – they should be chopping down their feet, getting their butt low and staying on the balls of their feet, ready to react to a pump fake or a drive

MAKE IT EASIER

- Move the players in from the 3-point line to the short corner in that 10-15 foot jumpshot range

MAKE IT HARDER

- Instead of a token boxout, have the player who doesn't receive the pass attempt to win the offensive rebound on a missed shot
- If they're able to get the rebound, they can kick the ball out to the shooter for another shot
- If the defense bites on a pumpfake on the closeout they must run a sprint after the drill