



# 'Little Drillers' Basketball

## SKILL DEVELOPMENT

### Tip #1 ... **You can't do enough basketball dribbling drills**

The cool thing about basketball dribbling drills is they are appropriate for everyone. Kindergarten basketball players as well as those in college get a lot of benefit out of them because no one can ever have too much ball handling practice. Young players love learning how to do ball handling routines. They are a great way to see immediate improvement and experience some early success!

#### \*Stationary Dribbling

Dribbling while in a stationary position can teach kids to master the skill before they have to move & dribble at the same time. Kids will stay in one spot and practice dribbling with both hands being careful to not get the ball too close to their feet. See how many dribbles they can get in a row!

#### \*Red Light/Green Light

As kids begin to master stationary dribbling, have them start to move while dribbling. Have kids on one side of the gym to begin game. When the coach says "Green Light", the players begin to dribble to the other side of the gym. When the coach says "Red Light", the players must stop where they are and do stationary dribbling. Remind the kids that it is not a race and the goal is to keep their dribble through the whole game.

#### \*Cone/Chair Dribbling

Once kids are comfortable with dribbling have them focus on changing directions. Simply set up cones or chairs about 10 feet apart. Players will weave in & out of the cones/chairs, changing directions each time they reach a cone/chair.

### Tip #2 ... **Teach players to pass and catch**

Basketball is a team game. It's usually much quicker to move the ball around the court by passing it as opposed to dribbling it. Here are some good basketball passing drills to make sure your young players can get the ball to a teammate and catch it when it comes their way.

#### \*Partner Passing

Kids can partner up with a coach, parent, or teammate with 1 basketball. Simply pass the ball back in forth, starting with a bounce pass. Remind them about catching the pass with their hands when receiving the pass. When passing, remind them to hit the 'magic spot' in front of their partner. Bounce passes should only bounce 1 time and hit their partner right in the belly.

#### \*Triangle Passing

This drill teaches kids how to pass the ball accurately to other player on the court. Kids are divided into groups of 3 in a triangle formation. Give two of the players in the group a basketball. The first player passes his ball to the player without a ball while the remaining player passes his ball to the first player. The kids have to keep both balls in play throughout the duration of the drill. Encourage players to keep their eyes on the ball so they are better able to catch the pass and then pass it on. Keep the drill going for 3 to 5 minutes.

Tip #3... **Teach kids how to shoot a basketball correctly**

I recommend teaching the basic mechanics of basketball shooting form as early as possible. At first, most kids will need to use two hands to shoot, and they may try to sling it from the hip. That's okay. They don't have the strength yet to shoot with one hand. You can still focus on other important parts of the basketball shot like what their eyes, knees, or feet should be doing.

Make sure you set reasonable success goals. Youngsters won't be able to reach a regulation size goal, and they may not have much success with an 8' goal. To keep them from being discouraged, measure success in other ways. For example, mark a target on a wall and have them shoot to the target. Or have them shoot into a trashcan.

Praise them for good-looking basketball shooting form and encourage them that when they get bigger and stronger their shots are going to go in.



*Take Time To Play ...*

***BASKETBALL!***