

# ***Perfect Prep***

**For Youth Basketball**

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# Table of Skills and Drills

Practice Prep.....	1
Injury Prevention/Warmup.....	2
Footwork.....	3
Fundamentals	
Dribbling.....	4
Passing.....	5
Shooting.....	6
Team Drills.....	7
Conditioning.....	8

# ***Practice Prep***

It is extremely important to go into practice with a plan in mind. Your overall plan can range from individual skill development, building team chemistry, or inserting an offensive or defensive set. No matter what the focus of your practice is, your plan should include a combination of all 3 aspects.

Structure your practice plan by using time slots for specific drills. Your drills will almost never follow your time slots exactly, but it is important to remain organized and list your practice goals and how much time you wish to spend on each drill.

Practice Time: 6:00-8:00

*Focus of Today's Practice:* \_\_\_\_\_

*6:00-6:15 – Stretching*

*6:15-6:30 – Dribbling (specific dribbling drills)*

*6:30-6:40 – Rebounding (specific rebounding drills)*

*6:40-6:55 – Form Shooting*

*6:55-7:00 – Water Break*

*7:00-7:15 – Team drills (specific team drills)*

*7:15-7:40 – Offensive/Defensive Sets*

*7:40-8:00 – Game Situations/Scrimmage*

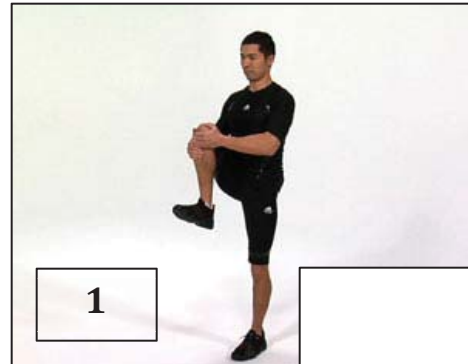
It is important to note that consistency and repetition is crucial in developing skills. It is perfectly okay to repeat practice plans and continuously do the same drills over and over again until players can fully perform the skill.

# ***Injury Prevention***

## ***Warmup***

Start with light jog and back pedal  
x2

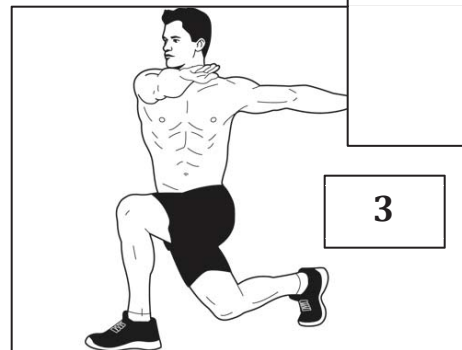
1. Walking single knee to chest



2. Walking quad stretch  
a. Use opposite hand



3. Walking lunges with twist



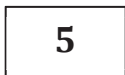
4. Walking Piriformis Stretch  
a. Grab ankle and pull up

5. Walking "Hydrants"

6. High kicks with arm cross  
a. Add high kick



End with side shuffle, carioca, and light jog



# ***Footwork***

At a younger age, proper footwork is extremely important. Especially in grades 1 through 4, learning about an athletic stance, footwork for layups, and footwork for jump shots can effect player development for future success.

For a simple drill to teach footwork, have players create a line 2 feet away from the basket as if they were performing a layup. **WITHOUT USING A BALL**, teach the players to take one step with their left foot and explode into a layup with their right hand.

**\*Remember, you want to jump off of the OPPOSITE leg when performing a right handed or left handed layup.**

Once players can perform a one-step layup, take another step back. This time, step with your right foot first, then left foot and explode into a right-handed layup.

After that, take another step back, adding an additional step.

Eventually, add a ball to the drill and make sure the players are using the proper footwork when performing a layup.



# ***Fundamentals:***

## ***Dribbling***

**Stationary Ball Handling** – athletic stance, keeping eyes up, chest back

**Pounds** – player pounds ball from shoulder height to the ground one hand at a time – right/left hand 20 times each (*challenge yourself to pound dribble at should height, waist height, and ankle height*)

**One Dribble Cross** – player dribbles ball at waist height one time then crosses over to other hand. Method is repeated back to original hand – one dribble cross 30 times (*challenge yourself to one dribble cross at knee height and ankle height at a faster speed*)

**Side to Side Dribble** – player dribbles ball in front of body, with one hand, side to side – right/left hand 20 times each (*challenge yourself to dribble at a faster speed*)

**Front to Back Dribble** – player dribbles ball on side on body, with one hand, front to back – right/left hand 20 times each (*challenge yourself to dribble at a faster speed*)

**Down and Back Dribbling** – under control, keeping eyes up, chest back

- Sideline to sideline
  - Players dribble down and back
    - Right hand
    - Left hand
    - Two dribble cross
    - Two dribble between the legs
- (*challenge yourself and go at a faster speed*)

**Straight Line Cone Dribbling** – under control, keeping eyes up, chest back

- Set up 5-8 cones in a straight line.
- Players dribbles through cones using:
  - Crossover dribble
  - Between the legs dribble
  - Inside out dribble
  - Behind the back dribble

**Diamond Cone Dribbling** - under control, keeping eyes up, chest back

- Drill goes from sideline to sideline
  - Set up a diamond formation with four cones half the distance between each sideline
  - Player will dribble under control, with one hand, to the top cone.
  - Use a change of direction move (crossover) and dribble towards either the right or left cone. At second cone, use another change of direction move and stay inside the diamond.
  - Take one final dribble to back cone and use another change of direction move.
  - Speed dribble to opposite sideline and repeat drill back towards original sideline.
- (*challenge yourself and go at a faster speed*)

# ***Fundamentals:***

## ***Passing***

### **Basic Passing**

In groups of 2, have players stand 10 feet apart. When passing the ball, players should fully extend their arms and snap their thumbs down towards the floor. Practice each pass for 30 seconds – 1 minute each.

- Chest pass
- Bounce pass
- Over the head, two handed pass

### **Full Court Passing**

Divide players up into 2 lines under the basket (1 on each slot line). 1 line should have basketballs.

- Players from each line will side sprint straight down the court while passing back and forth to each other.
  - Chest Pass
  - Bounce Pass

### **Duke Warmup Passing**

In groups of 2, have players stand 10 feet apart. Each player should have a basketball in hand. Player 1 uses their ball to complete a chest pass to player 2, while player 2 uses their ball to complete a bounce pass to player 1. *Both passes are occurring at the same time.* After 10 passes, players will switch passes.

- Once players are passing under control, repeat drill and add an advanced step
  - Player 1 and Player 2 will both complete a bounce pass (one player passing to the right while other player passes to the left)

### **Coordination Passing**

In groups of 2, have players stand 10 feet apart. While in an athletic stance, players will pass back and forth using only 1 hand. Player 1 will pass with right hand to player 2's right hand. (*challenge yourself to keep the ball off of the floor*)

- Use one hand for 30 seconds and then switch hands.
- Once players are passing under control, repeat drill and add an advanced step
  - On the catch players should pound dribble down, still using one hand, before passing back.



# ***Fundamentals:***

## ***Shooting***

### **Basic Form Shooting** (*crucial for players developing proper shooting technique*)

#### Checklist for proper shooting form

- ✓ Feet square to the basket
- ✓ Shoulders and hips square
- ✓ Shooting elbow is at a 90-degree angle, parallel to the floor.
- ✓ Non-shooting elbow is facing the floor, **NOT POINTING OUT**

Players shoot 20 shots each from 2 feet in front of the basket.

Next, players take 2 steps back and shoot 20 more shots.

Finally, players take 2 more steps back and shoot 20 more shots.

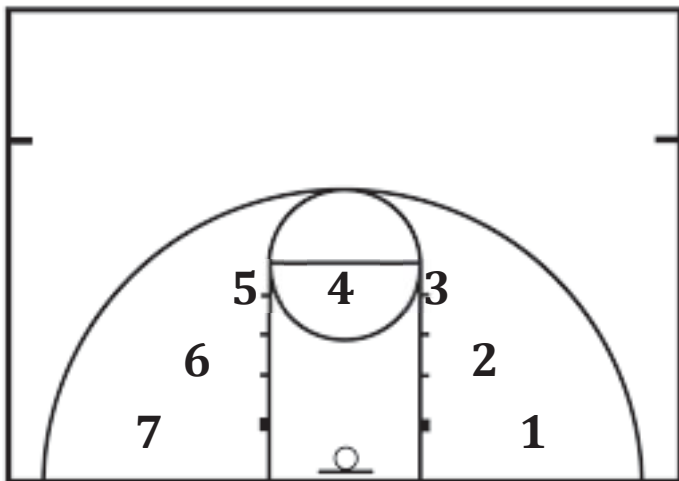
Focus should be on using your legs to gain energy and explode into your shot. **DO NOT TURN YOUR BODY ON YOUR RELEASE.** Continue to remain square to basket through your follow through.

### **The most important aspect of shooting the ball properly for young players is footwork.**

Make 1 line on either elbow facing the opposite sideline. Have 1 coach with a basketball on the opposite block.

Coach will make a bounce pass to the center of the key where players will take 2 steps into the pass before taking a jump shot. *Players should be instructed that their **inside foot** should be their lead foot when taking jump shots.*

Example, if players are moving towards their right, then their inside foot is their left foot.



### **Stationary Form Shooting**

-Each player takes 5-10 shots from the 7 numbered spots on the floor.

-Refer to the checklist for proper form shooting when instructing players on the drill.

-Jump shots should be taken using the right form!

*(Challenge players to take a step back towards 3 point line)*



# ***Team Drills***

## **Dribble Tag**

Each player gets a ball. The drill starts out inside of the 3-point line. Players must dribble the ball while trying to force other players to lose their dribble. Once enough players are out, the drill is then compressed into the key area. Players will continue to dribble while trying to force the remaining players to lose their dribble. The final two players will complete the drill inside the center circle of the court.

## **3 on 2 -2 on 1: fast break drill or half-court simulation**

### **Offense**

- 3 lines on the baseline – 1 in each corner and 1 under the basket
- Weave to half court – 3<sup>rd</sup> pass handles the ball
- Attack first defender (READ THE DEFENSE)
- Pass and fill the lane

### **Defense**

- Start with 2 defenders on opposite end of the court
- Top defender must stop the ball
- Bottom defender must contest the first pass – shuffle feet, hands up
- Top man then drops down to the bottom of the key

Offensive man that shoots or turns the ball over is then the defender on the 2 on 1 break.

### ***Modification (3<sup>rd</sup> and 4<sup>th</sup> grade level): half court 2 on 1 break***

- 3 lines on the baseline – 1 in each corner and 1 under the basket
- Ball starts in middle. Players pass back and forth to each player as they run towards half court.
- When ball gets back to middle line, and players reach half court, middleman places ball in the center of the circle and sprints back to become defender.
- Outside line players pick up ball and continue a 2 on 1 break back towards 3 original lines.

## **Matchup Drill**

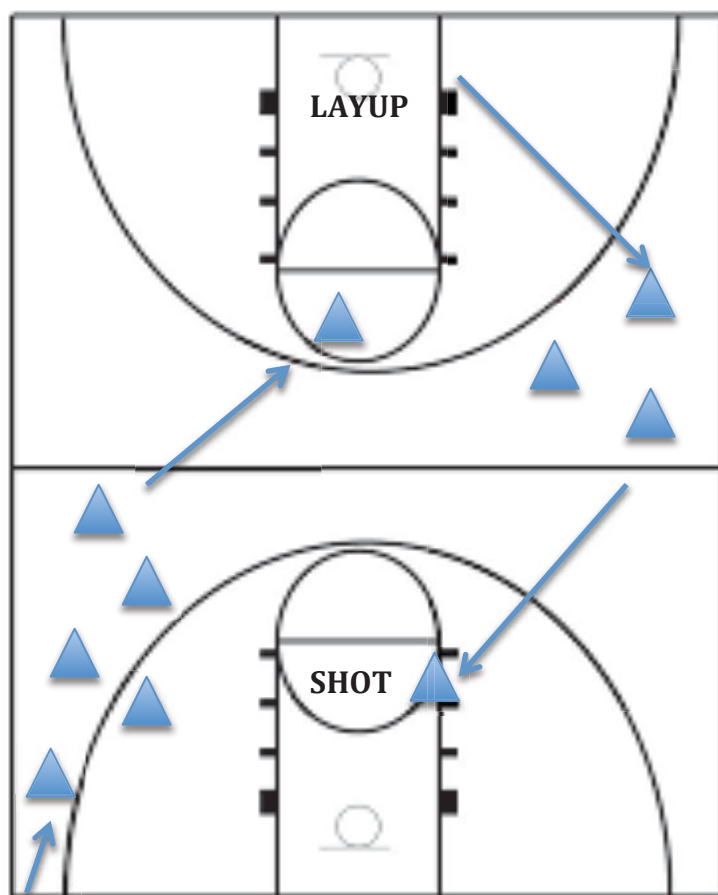
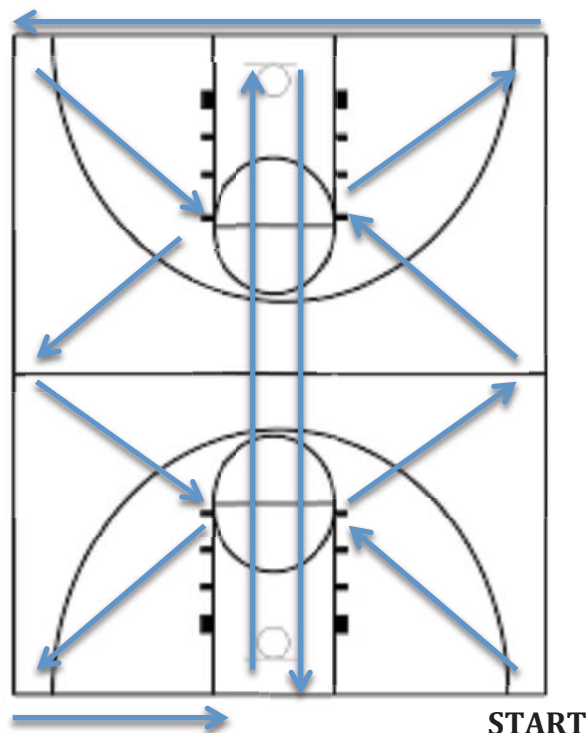
Split team up evenly on each sideline. Give each player a number that matches up with another player on the opposite sideline. Place basketball in the center of the court, directly between each line. Call any random number. Players with that number will race to the ball. Player that gets to ball first becomes offense while other player is defender.

*(Challenge your players and call 2 or more numbers at once)*

# Conditioning

## Defensive Zig-Zags into Sprints

- Start line in one corner of the court and defensive slide to the elbow.
- At the elbow, drop step and slide to the corner of half court.
- At half court, drop step again and slide to the elbow.
- Next, drop step again and slide to the corner of the baseline.
- Once players hit the baseline, they should sprint across the baseline to the other corner and repeat the drill on the opposite side of the court.
- Once back on original side of the court, players should sprint down and back the middle of the key.



## Full Court Game Situation

- Start in bottom left corner
- Change of direction move at each cone
- Dribble to cone at top of key and change direction into one dribble layup
- Grab rebound and change direction at each cone on opposite side
- Speed dribble to elbow for jump shot