

# Recreational Basketball Skills and Drills

## Dribbling

- **Follow the Leader:** stay on the black lines while following each other.
- **Stationary Dribbling:** Dribble while standing in place to work on coordination and motor skills. Working switching hands as well.
- **Red Light Green Light:** Start from one end of the court and have the coach yell green light(fast), yellow light(slow), or red light(stop).
- **Cone Dribbling:** Have the kids dribble from cone to cone while switching hands at each cone.
- **Speed Retreat Dribbling:** Have kids start at each end of the court. Dribble hard  $\frac{1}{4}$  of the way up the court then retreat dribble 2 or 3 steps, crossover and then dribble  $\frac{1}{2}$  way up the court, retreat dribble 2 or 3 steps, then crossover and dribble  $\frac{3}{4}$  the way up the court, crossover, and the finish at the other end of the court.

## Shooting

- **Form Shooting:** Have a line in front of the rim and work on each player's form and technique. BEEF – Balance, Eyes, Elbow, Follow through
- **Free throw practice:** Have kids consistently shoot 5 or 10 free throws throughout practice to get them accustomed to the distance.
- **Knockout:** No explanation necessary.
- **Pull-Up Shooting:** Have kids dribble hard to a basket or cone and have them pull up from that spot.
- **Lay-Up Lines:** Lay-ups are overlooked in rec basketball. Have players work using the backboard and jumping off one foot and finishing high

## Passing

- **Stationary Partner Passing:** Work chest pass and bounce pass and have players partner up.
- **Slide Passing:** Have players partner up and while passing they are sliding their feet, moving from baseline to the half court line or further depending on skill.
- **3-Man-Weave:** This is for older more skilled players. There will be 3 lines at the baseline 1 person on each corner and one person in the middle. The person in the middle will start with ball and start off by passing to someone on the left or right. After they pass to that person they will take their place on the right or left side depending on who they passed to. The person who

received the first pass will then pass the ball to the person on the other side of the court and they will follow the pass and take their place and so on and so forth. This is all done while they are running from one end of the court to the other. The ball should never touch the ground and 1 of the players who end with the ball should finish with a lay-up.

## Ancillary Skills

- **Pivoting:** Work protecting the ball from the defense and being able to move even after the player has picked up the ball.
- **Defense:** Work on sliding their feet and keeping up with their defender. Being able to keep themselves between the player they are guarding and the basket.
- **Rebounding:** work on boxing out and catching the ball at the highest point.
- **Ripping the Ball:** Being able to aggressively drive to the basket and being strong with the ball.
- **Teaching about turnovers and fouls:** Teaching kids about what is not allowed from traveling, double dribbles, and standing up tall and not leaning over a player on defense.

There is an endless amount of drills and challenges for the kids! Don't think that these are the drills you have to stick to. Feel free to come up with your own drills or look online for some great skills and practice ideas and plays. Incorporate games into practices every now and then!

## Game Ideas

- **Dribble Knockout:** have all the kids start in a specific location and have them all start dribbling. While they are dribbling have them try and knock the ball out of other peoples' hands. The kids should never stop dribbling and they can't dribble out of bounds either. As there are less people in the game shrink the amount of space they have to limit them.
- **Steal the Bacon:** Have 2 even groups of kids on each sideline of the court and assign each kid a number. Both teams should have players numbered 1 through 4 meaning there are 8 kids. The coach will set a basketball in the middle of the court and yell out a number. The kids that were assigned that number will sprint and try and get the ball and take it to their basket and score.

- **Knockout:** Have all the kids line up in a line from their free-throw line. Only 2 basketballs will be needed. The game will start with the basketballs in the hands of the first two players. The first person will then shoot the ball followed by the second person. If the first person makes the shot, they will give the ball to the next person in line and go to the end of the line. If the first person misses the shot, they need to get their rebound and try and score the ball before the second person scores. If the second person scores before the first person does, then the first person is out and the next shooters are up. Go slow for younger kids but it should be fast paced for older kids.