

## FAST BREAK BASKETBALL SKILLS & DRILLS

### 1. POSITIONS AND RULES OF THE GAME

#### SKILL –

- Point Guard
- Shooting Guard
- Forward
- Center

#### Drill – On Point

Equipment Needed:           None

Set Up:           Basketball Court

#### How to Play:

1. Instructor Calls out positions and players run to area on the court that position would typically set up in offensively.

### 2. DRIBBLING

#### a. DRIBBLE SKILL –

- Use your fingertips.
- Look straight ahead.
- Keep the ball waist high.
- Push the ball ahead of you (not straight down).

#### b. DRIBBLE MOVES SKILLS –

- Reasons to use dribbling moves:
  - To change direction.
  - Cross-over, Retreat, Spin, Through Legs, Behind the Back.
    - **Finger Taps** – Hold the ball out in front of you with your elbows locked, pushing the ball back and forth with only your fingertips.
    - **Figure Eights** – Have your feet spread open shoulder length apart; putting the ball through your legs like a pretzel.
    - **Corkscrew** – Make a circle around your body using the basketball. First start at the waist (middle), then ankles, back to middle, and then head.
    - **Scissor** – A little like figure 8, but your feet are shuffling forwards and backwards.
    - **Neck Drops** – Place the ball on the back of your neck, drop the ball and try to catch it.
    - **Ball Slams** – Slam the ball down hard with 2 hands and try to catch it on the way up.
    - **Kill the Grass** – Find a place anywhere on the court and do your favorite moves for 30 seconds. Repeat 3 times.

### **DRILL – Dribble Stacks**

Equipment Needed: Basketballs

Set Up: No set up needed.

How To:

1. Place players into stacks.
2. The first person of each stack dribbles either to half court or full court and come back.
3. Continue through the stack, similar to relay races.
4. Use variations in each round such as right hand, left hand, walk, jog, and sprint.
5. Add an obstacle (Instructor, another student, ect.) for them to go around.
6. They do a dribble move to go around the obstacle.

### **3. PASSING**

**SKILL –**

- a. Place hands on both sides of the ball, thumbs start pointing to the sky.
- b. Basketball always starts at the chest.
- c. Push the ball away from body and thumbs should be pointing down to the ground
- d. Thumbs UP; Thumbs DOWN

### **DRILL – Passing Stacks**

Equipment Needed: Basketballs

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split them into 2 stacks.
3. The players should spread out to half court with about 5 feet in between each other.
4. They should pass the ball from one end to another.

### **4. LAY- UPS**

**SKILL –** When teaching lay-ups explain the Pinocchio Theory:

- a. Pinocchio Theory: Pinocchio's knees and elbows were connected by a string.
- b. When making a lay-up, your knee and elbow should be connected on the same side, jumping off the opposite foot.

### **DRILL – Lay-up stacks**

Equipment Needed: Basketballs

Set Up: No set up needed.

How To:

1. Players should be placed at all the different baskets.
2. Have the players do the scoop lay-up which looks like a “granny-shot”.
3. Make sure they are jumping off the correct foot.
4. Right side should be left foot and left side should be right foot.
5. Move on to Pinocchio Layup.

## 5. SHOOTING AND REBOUNDING

**SKILL –**

- a. Hold the basketball like the pizza man holds a pizza (over the shoulder near the ear).
- b. Other hand is the placement hand, on ‘ear of ball’.
- c. Feet should be shoulder width apart.
- d. Bend the knees.
- e. Push the ball UP, not out!
- f. Follow through reaching your hand into the cookie jar (snapping wrist down).

**DRILL – Shooting Stacks**

Equipment Needed: Basketballs, Cones

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split them into stacks.
3. Have the pairs work on shooting back and forth (like a pass but using shooting technique).
4. Then place cones at several spots around the basket.
5. Stack kids up at each cone.
6. First person in the stack takes one shot, gets their rebound and gives it to the next person.

## 6. DEFENSE

**SKILL –** Defensive stance routine:

- a. Must be lower than the person you are guarding.
- b. Feet should be more than shoulder width apart.
- c. Must have good balance (butt down, knees bent, arms out, and palms up).
- d. Explain how to slide: feet should never touch or cross, slide on balls of feet
- e. Players move their feet in place as fast as possible (Fire Feet).
- f. Incorporate: Sliding in all directions, clapping, fire feet, blocking shots, turning to rebound

**DRILL – Simon Says Defense**

Equipment Needed: Basketballs

Set Up: Space players evenly apart facing the same direction on one side of the court. Instructor should be facing players in order to call out below defensive stances and movements.

How To:

- Defensive Slide Series
- Tell players to line up on the half court line facing the Instructor.
- Instructor calls out defensive skills for the players to practice (like Simon Says):
  - Stance
  - Sliding in all directions
  - Slapping floor
  - Clapping
  - Fire Feet
  - Blocking Shots
  - Rebounding

**7. BALL MOVEMENT (OFFENSE)**

**SKILL – Three- Man-Weave:**

- a. Three lines on the baseline or sideline.
- b. Person in the middle has the basketball.
- c. 2 players on the right and left, take 3 steps forward.
- d. Middle player passes to either person.
- e. Middle player must follow pass and go behind that person.
- f. Once the player catches that ball, they must pass to the person they are staring at.
- g. Once again, they must follow the pass and go behind the person.
- h. Instructor must emphasize going towards the basketball HOOP!

**DRILL –** For the Three – Man-Weave, the skill is the drill.

**8. REBOUNDING**

**Skill –**

- a. Players should box out opponent. Get low and wide.
- b. Players should go “get the ball”, Leaping into the air with arms outstretched.
- c. Secure ball with two hands. Keep ball above your shoulders.

**Drill – Superman**

Equipment Needed: Basketballs

Set Up: No set up needed

How To:

- Split players into lines.
- Instructor creates match ups between players.
- Instructor throws ball off rim and backboard to create rebounding opportunity.
- Player’s box and battle to secure ball.

**9. FOUL SHOTS**

**SKILL –**Repeat Instruction from Shooting

**Drill –** Players should line up properly for foul shots and rotate taking turns shooting and rebounding