

BALLHANDLING

Ball handling is one of most important parts of the game of basketball. Dribbling and passing the basketball effectively is the key to be successful offensively.

II. Stationary Dribbling:

30 to 45 seconds per move

Make sure your back is up and you are looking forward!



Right Hand Dribble



Left Hand Dribble



Crossover Dribble



Between the Legs

Behind the Back

(Both Legs)

II. Stationary Dribbling:

Double and Triple Moves

30 to 45 seconds per move

Remain Stationary and begin to put 2 and 3 move combinations together:

Double Moves:

1. Right Dribble – Crossover
2. Left Dribble – Crossover
3. Double Crossover
4. Crossover – Between the Legs
5. Between the Legs – Behind the Back

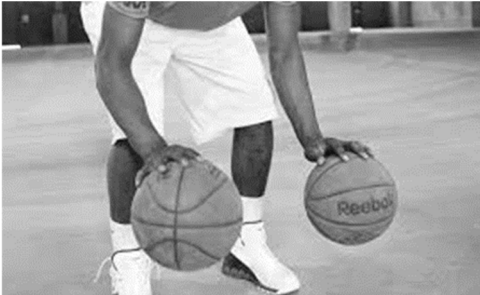
Triple Moves:

6. Right Dribble – Crossover – Between the Legs
7. Left Dribble – Crossover – Between the Legs
8. Double Crossover – Between the Legs
9. Crossover – Between the Legs – Behind the Back
10. Double Behind the back – Crossover

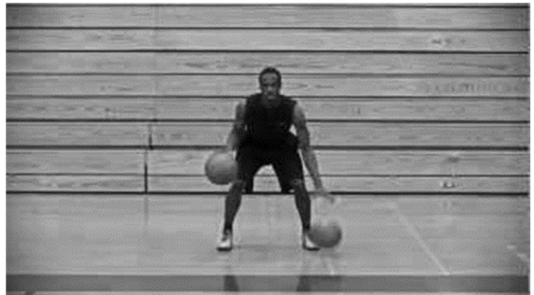
II. Stationary Dribbling:

2 Ball Dribbling

30 to 45 seconds per move



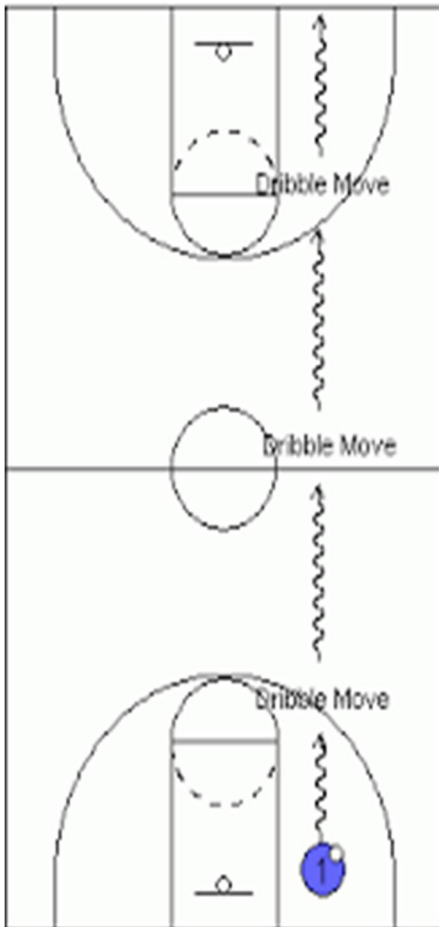
Same Time Dribble



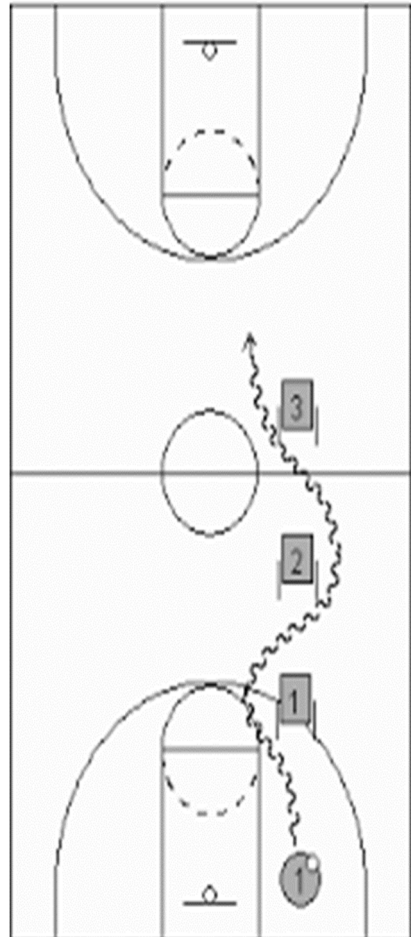
Alternating Dribble

II. Cone Dribbling:

3 reps per move



Straight Line Dribble Moves



*Through Cones
(Finish with Layup)*

- 1. Do all 10 moves in a Straight Line up and down the court.**
- 2. Then do all 10 moves through the cones and finish with a Layup.**

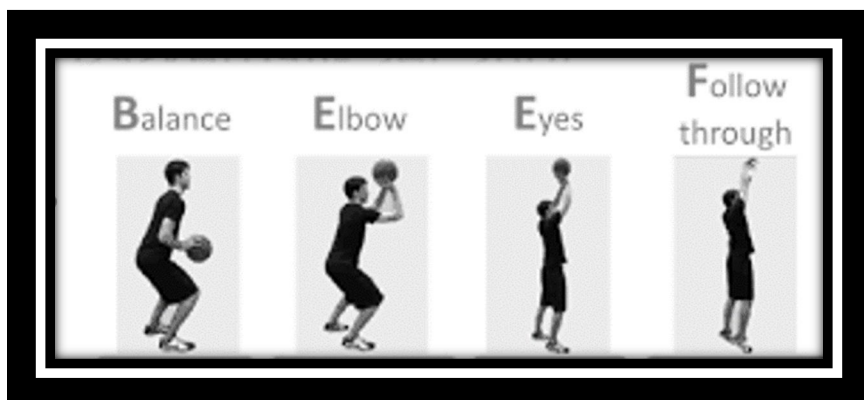
Double Moves:

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2. Left Dribble – Crossover
3. Double Crossover
4. Crossover – Between the Legs
5. Between the Legs – Behind the Back

Triple Moves:

6. Right Dribble – Crossover – Between the Legs
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10. Double Behind the back – Crossover

III. Shooting: BEEF



Shooting is another vital part of the game of basketball. Shooting styles and forms may vary but there are 4 major components of shooting. The acronym is B.E.E.F:

B: Balance is the foundation of a shot. Balance helps the shooter prepare for the shot and allows the shooter flexibility to do something else if the shot is not available. Feet should be positioned about shoulder width apart with toes facing the basket

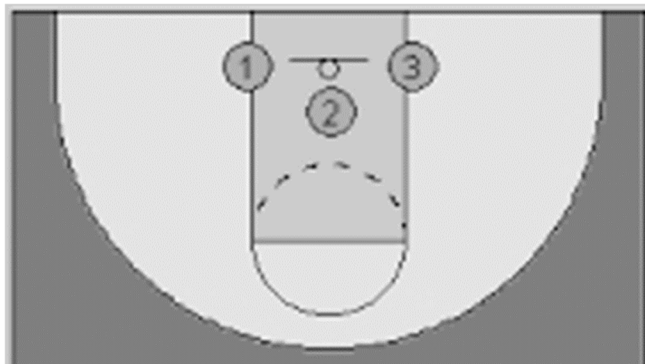
E: Elbow is the directional component of the shot. If your elbow is pointing to the right your shot will inversely go towards the left. If your elbow is pointing to the left your shot inversely go to the right. Therefore, it is important to keep your elbow pointing directly towards the center of the rim in relation of where you are standing on the court.

E: Eyes/Elevation. Your eyes should be locked on the center of the rim and your arms should go up before it goes out to get the proper arc on your shot. If your shot doesn't elevate and is too flat the probability of you making the shot goes down more than 40%. Your shot should arch just like a rainbow towards the rim.

F: Follow through is how you finish the shooting process. Your fingertips should be the last things to touch the ball and you should flick your wrist as though you are reaching in a high cookie jar to give the ball a soft backspin that will allow the ball to bounce in the basket if the ball is shot slightly off target.

III. Shooting: Form Shooting

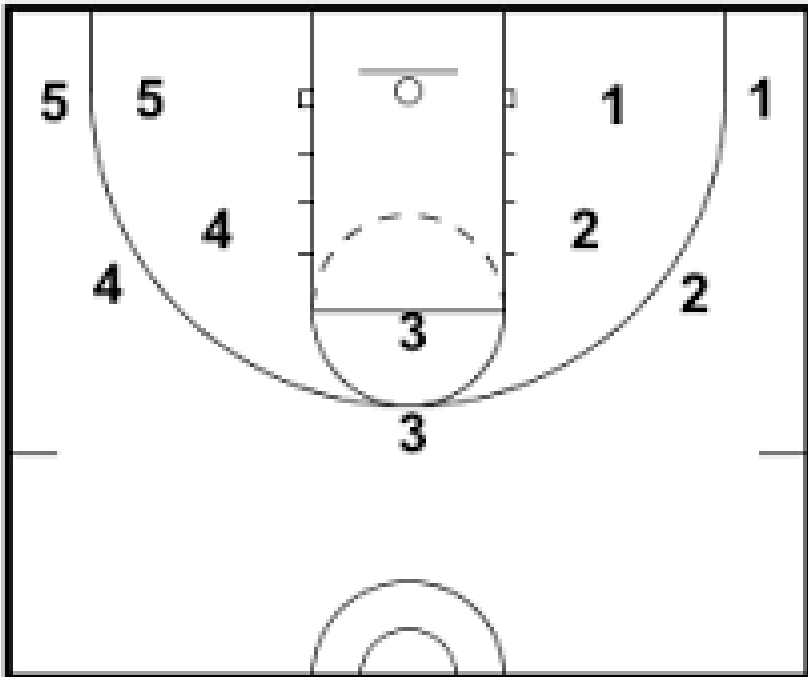
5 Makes per spot



To warm up and practice B.E.E.F make 5 perfect shots (nothing but net) from all 3 spots!

Shooting: Spot Shooting

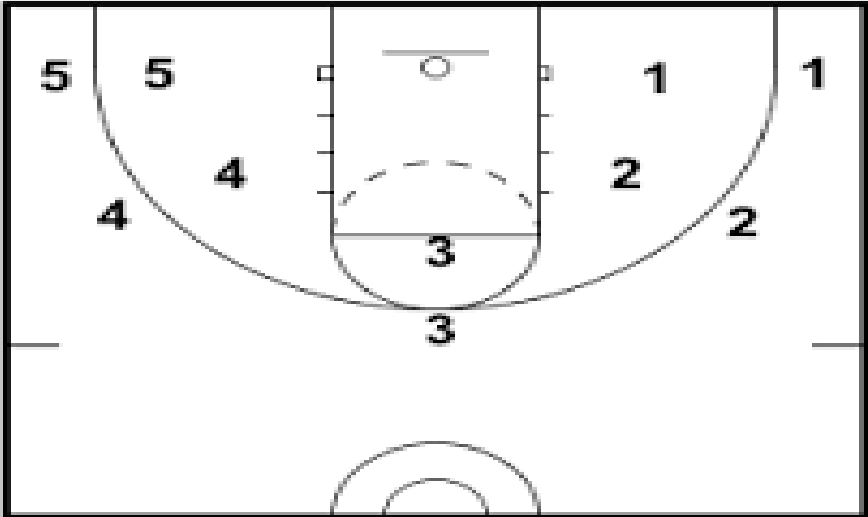
5 Makes per spot



Make 5 shots from all of the major spots on the court. If you have a partner step back and step forward into each shot. If you are alone make sure you step into each shot to simulate a game. Stationary shooting does not benefit as much because the constant motion of a basketball game!

Shooting: Off the Dribble

5 Makes per spot



Make 5 shots from all of the major spots on the court off the dribble. Catch the ball from one of the spots, take 1 or 2 dribbles and shoot the ball.

Make 5 shots from all of the major spots dribbling up from half court as though you are dribbling up the court in a game. Forget spots 1 & 5 because it is not a good basketball play to dribble up the court and shoot from the corner!

If you have a partner practice shooting with a hand in your face to simulate a contested shot.

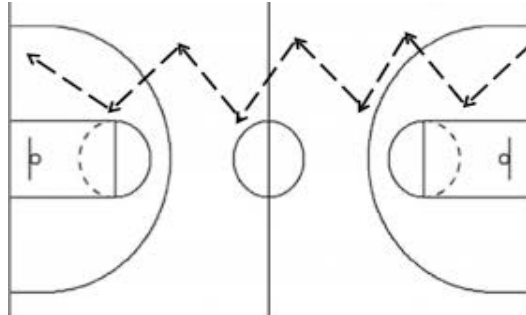
IV. Defense: Slides

3 Reps of each drill

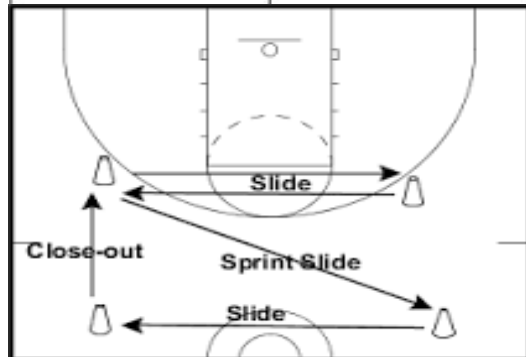
1. Side to Side (10-15 feet)



2. 45 degree slides



3. Slides w/closeouts



V. Attack Moves

2 of each move

The 10 double and triple moves from our ball handling, needs to be put in the context of a game.

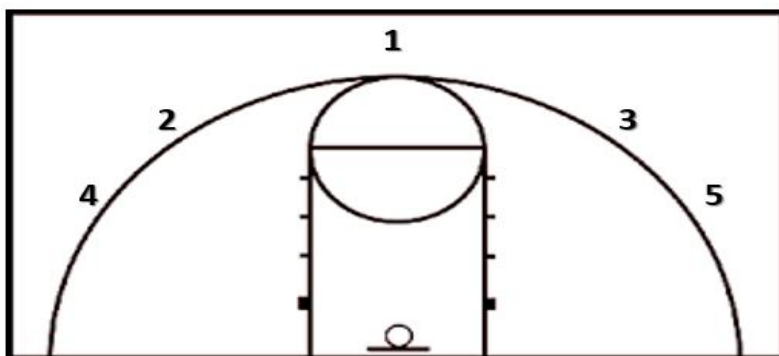
Now you need to attack these 5 spots as though it is a defender using all the attack moves we have worked on and then you need to finish each move with a variety of finishes at the rim. (Layup, floater, jump-stop, euro step)

Double Moves:

1. Right Dribble – Crossover
2. Left Dribble – Crossover
3. Double Crossover
4. Crossover – Between the Legs
5. Between the Legs – Behind the Back

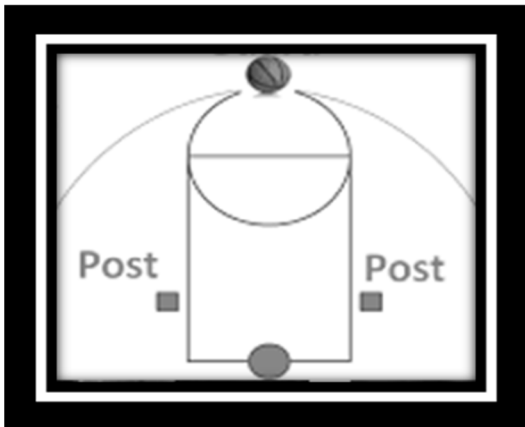
Triple Moves:

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10. Double Behind the back – Crossover



VI. Post Moves: Positioning

Posting up and using post moves is useful for post players and also for guards and forwards. Developing a series of post moves will allow a player to get efficient shots at the basket that have a higher percentage of going in.



These are your traditional post positions. Try to start each move somewhere around these two post positions with your back to the basket as shown above. Remember to work both sides of the court with both hands.

VI. Post Moves: Post Moves

3 of each move

1.) Drop step (Both Directions)



2.) Turn around shot (Fade-away)



3.) Hook Shot (Both Hands)



4.) Up & Under

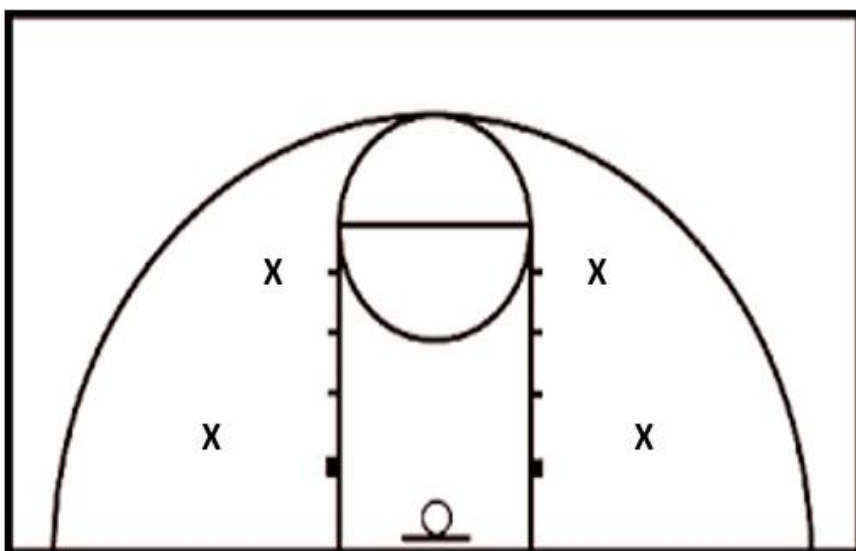
Fake turn around shot

And go under for the

Layup finish!



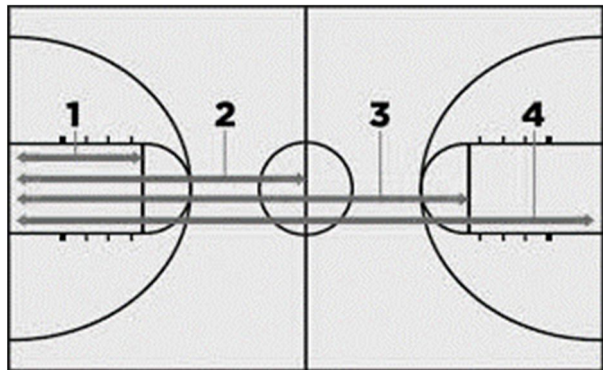
**As you get better work your post moves
from a little further away from the
basket, its called the mid-post!**



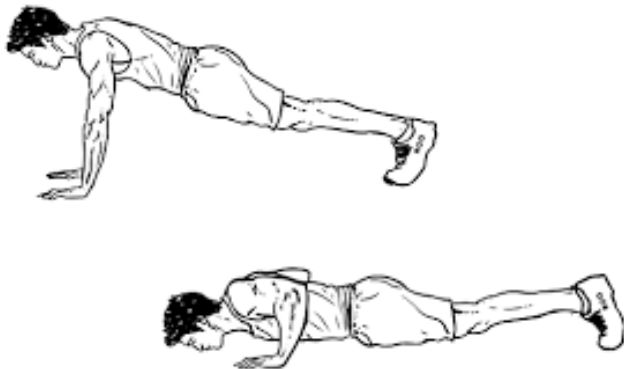
VII. Strength & Conditioning

Any and every athlete no matter the sport needs to participate in the necessary strength and conditioning training. *Here are some basketball related strength and conditioning workouts:*

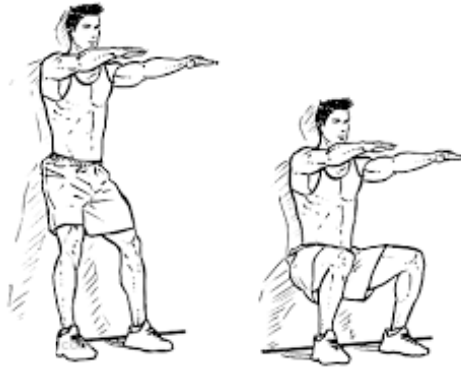
1.) Sprints (At least 3 reps)



2.) Push up (Immediately after Sprints) 3 sets of 10



**3.) Wall Sits (Try holding weights)
3 sets of one minute reps**



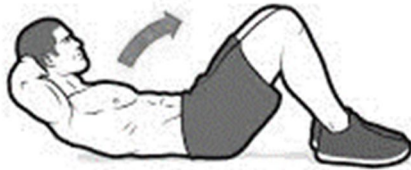
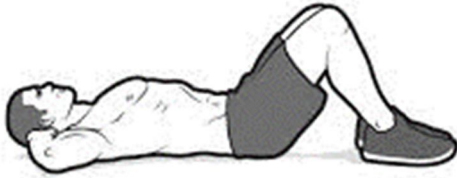
4.) Triceps Dips (3 sets of 10)



5.) Towels (3 Full court reps)



6.) Crunches (3 sets of 20)



7.) Bicycle Abs (3 sets of 20)

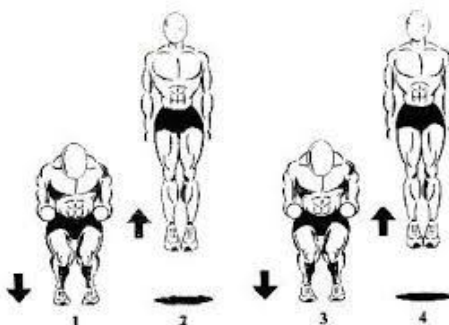


VIII. Explosive Jumping!

Saving the best for last! In the modern game of basketball, it is very important to get able to run fast and jump high. This explosive jumping workout ***SHOULD NOT BE DONE DAILY***, it should be done ***NO MORE*** than 3 times a week with at least one day in between to allow your body to rest and achieve maximum results!

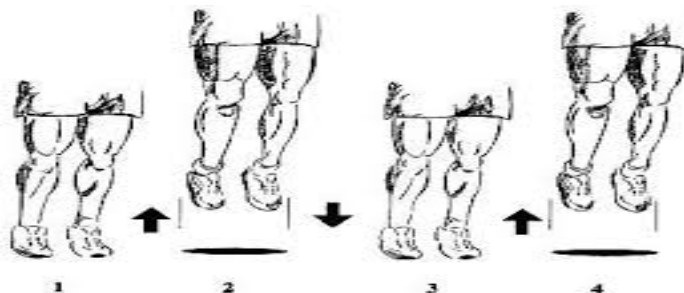
1.) Explosive Jumps (3 sets of 25 jumps)

- a. Bend your knees and jumps as high as you can 20 consecutive times without break!



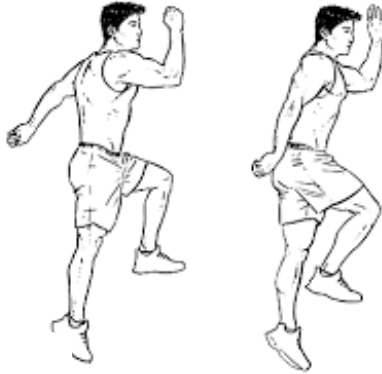
2.) Quick Jumps (3 sets of 50 jumps)

- a. Jumps as high as you can 30 consecutive times ***without*** bending your knees!



3.) Power Skips (3 sets of 20 jumps per leg)

- a. Alternate jumping vertically off of one leg as you move forward.



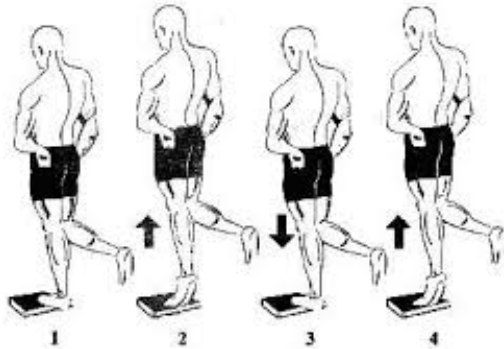
4.) Broad Jumps (3 sets of 20 jumps)

- a. Jump forward off two feet as far as you can jump. When you land jump again & again!



5.) Calf Raises (3 sets of 25 per leg)

- a. Stand on a book or slightly elevate platform and with your toes on one foot lift your entire body with one foot 20 times then switch!



6.) Toe Jumps (2 sets of 100)

- a. Stay on your toes and bounce about 2 inches off the ground quickly on your toes!

