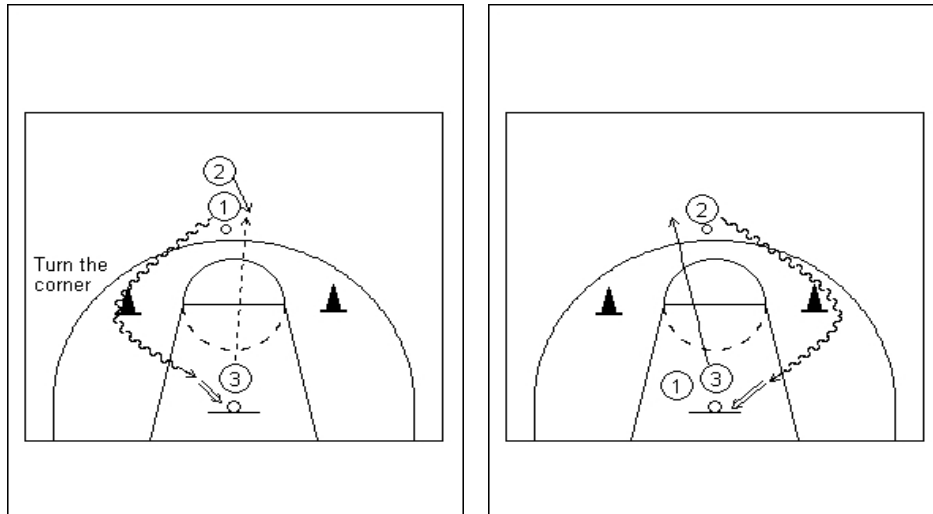
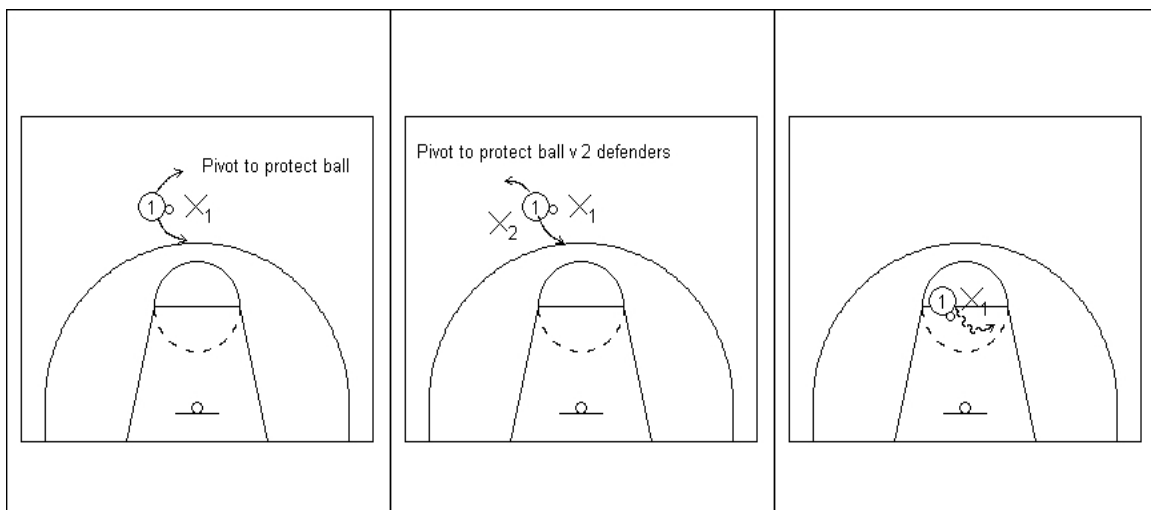


Ball Confidence and Toughness Drills



Drill 1 - Turn the Corner Lay-ups

- 3 players in the drill (can be more)
- Player 1 drives hard, "turning" the corner at the cone to power in for a lay-up
- Player 3 rebounds and passes out to 2, who repeats going to the left
- Player 1 becomes then new rebounder, 3 hustles out to the top
- Players execute non-dribble move (fake) before the drive
- Dribble in a low stance, protecting the ball
- Push off the outside foot to turn the corner at the cone - simulating beating a defender and closing the angle on the drive
- Another cone or a coach can be placed 1.5 metres from the cones to ensure the dribbler turns the corner and gets in a direct line to the basket
- Rebounders should make firm, flat passes
- As a build up, passer can also run out to "close-out" the dribbler to make for game like situation



Drill 2

Drill 3

Drill 4

Drill 2 - Partner Pivot & Ball Toughness

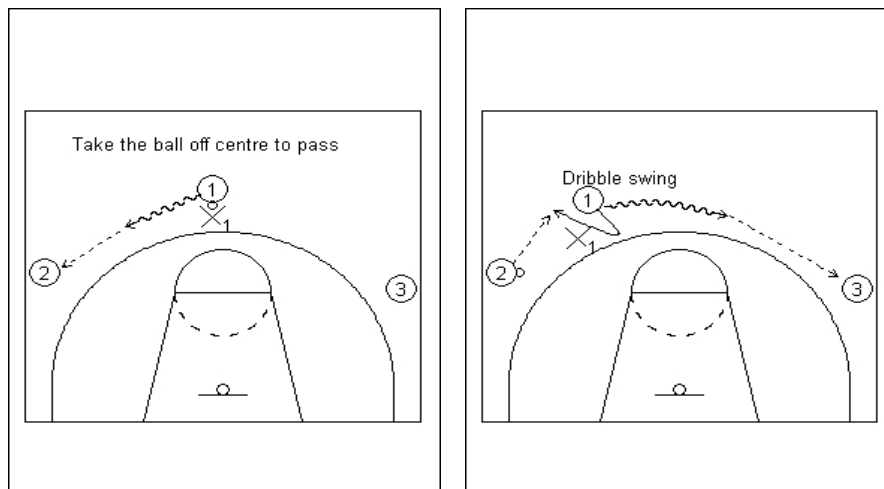
- Player with the basketball
- Partner is the defender
- Offensive player must pivot to protect the ball as the defender attempts to knock the ball away
- Important the offensive player keeps eyes up and back straight, maintaining balance in the pivot
- Drill for 15 seconds then rotate

Drill 3 - 1 v 2 Ball Toughness

- 1 offensive player, 2 defenders
- Offensive player must use pivots to protect the basketball, as the two defenders apply pressure
- Important to keep head up and maintain balance in the pivot

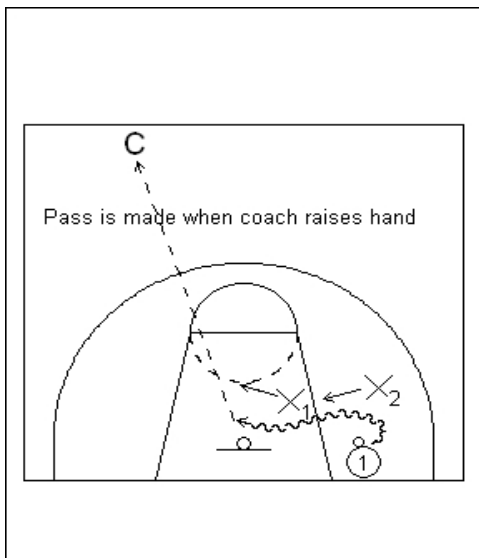
Drill 4 - 1 v 1 Maintain dribble

- Simple drill, with offensive player having to keep the dribble "alive" as the defender applies pressure
- Dribbler is restricted to area inside the circle, must use quickness, footwork and sharp crossovers
- Defender must maintain stance and apply hand pressure on the ball
- Drill for 15 seconds and rotate



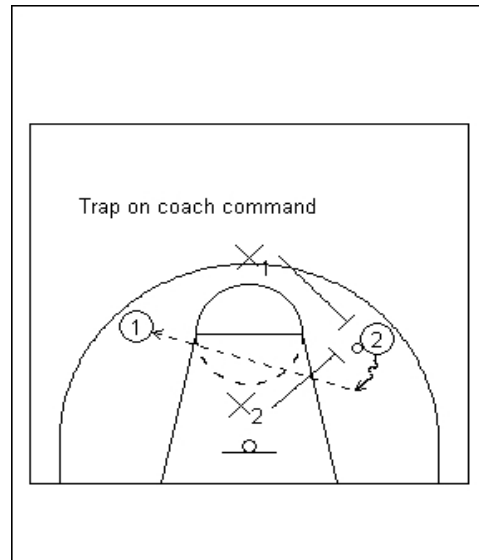
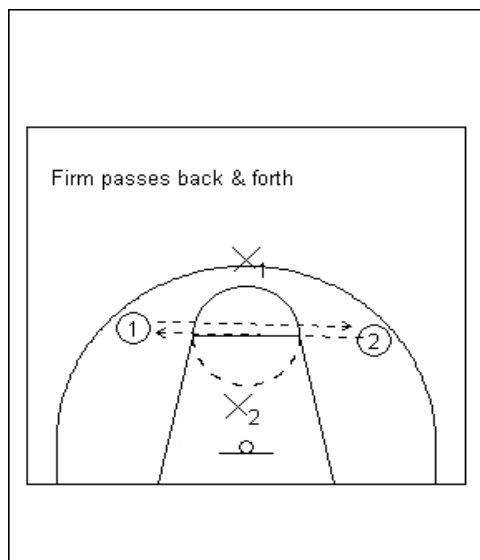
Drill 6 - Dribble swing drill

- Excellent drill to practice making the guard/forward entry pass and handling pressure on the ball
 - Guard is defended, an un-guarded offensive player on each wing
- Guard takes the ball off centre to make the pass, creating a passing angle to make the pass
- After completing the pass, the guard runs a replace cut to lead back to the ball
 - On the catch, the guard "ball sweeps" through and "dribble swings" to the other side to make the next pass
 - Important guard is tough with the ball and dribbles with the outside hand each time
 - Defender places subtle pressure to start, build to "live" defence



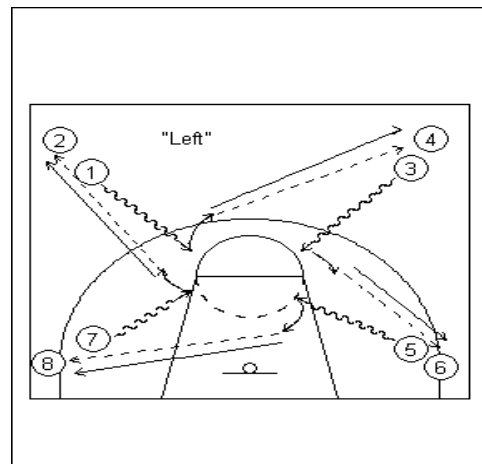
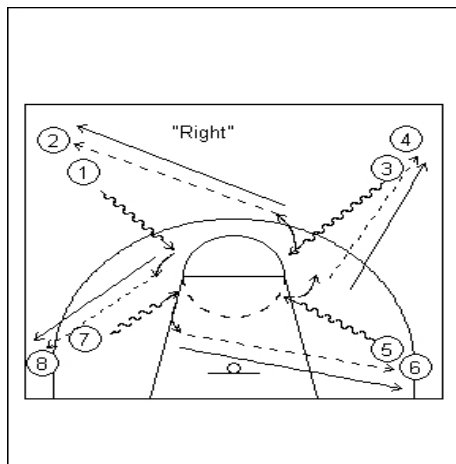
Drill 7 - 1 v 2 Handle the pressure

- Offensive player starts with the ball on the base-line against 2 defenders
- Coach stands at the mid-court
- Offensive player must maintain dribble against the 2 defenders, using crossovers and the retreat dribble, keeping the eyes up at all times
- When the coach raises the hand, the offensive player must attempt to make a firm, fat pass to the coach
- Defenders work as a team to pressure and



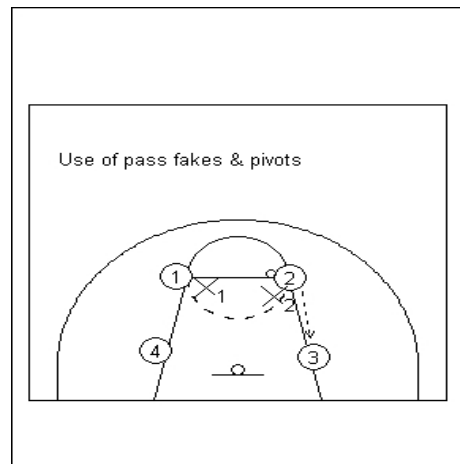
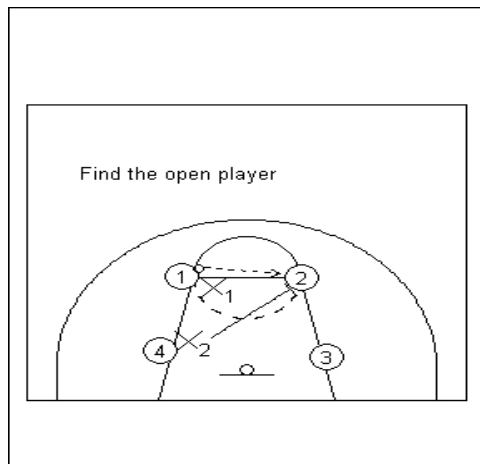
Drill 8 - Trap drill

- This is an offensive drill, designed to make players tough with the ball when being trapped or pressured by 2 defenders
- 2 offensive players, 2 defensive players
- The 2 offensive players pass the ball back & forth, executing firm, flat chest passes
- On the command from the coach (coach yells "trap"), the player who has the ball holds and waits as the 2 defenders apply a trap
- The ball carrier now has pivots and 1 dribble to make the pass to the other offensive player
- Ball carrier **MUST** wait for the trap to get maximum value out of the drill
- Use of pivots, retreat dribbles and ball fakes vital in the drill
- Defenders must not foul in the trap, staying in a stance at all times



Drill 9 - Right/left dribble, pivot, pass

- For groups at each corner of the half court (or forming a square in a smaller area)
- Each group has a basketball
- Player in front of each line dribbles into the circle and comes to a 2-foot stop
- The coach yells "right" or "left"
- The ball carrier must execute a reverse pivot on the foot nominated by the coach and pass in that direction
- After the pass, the player goes to the group they pass the ball to
- The 2nd diagram shows the players pivoting and passing to the left
- Communication is important in this drill, with players assisting team-mates to ensure they pivot and pass in the correct direction
- Players need to stay down in the pivot and make quick pivots
- All passes are firm and flat



Drill 10 - "Birds in a box"

- Terrific drill for practicing passing, use of fakes and pivots in finding the open player
- 4 offensive players making a "box" around the key area
- 2 defenders in the box (the "birds")
- Offensive players must move the ball around the square, finding the open player as the defenders attempt to deflect the ball