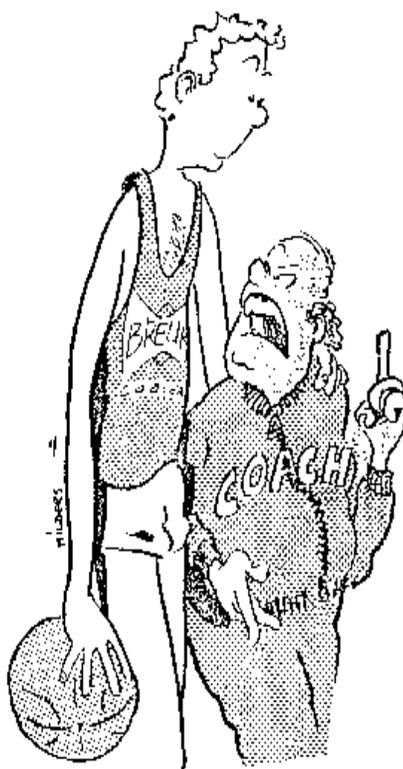


# Domestic Coaches

1.1



# Drill Book

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# Dribbling



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Line Dribbling

Drill No: A1

### Description:

For straight line drills players line up in four lines at baseline (see diagram A).

Players dribble down the court, and at designated spots (e.g. free-throw line extended, centre line), or on whistle, make one of the following designated moves;

1. Change from speed dribble to control (protection) dribble.
2. Crossover.
3. Fake crossover (inside out).
4. Reverse dribble.
5. Stutter (hesitation) dribble.

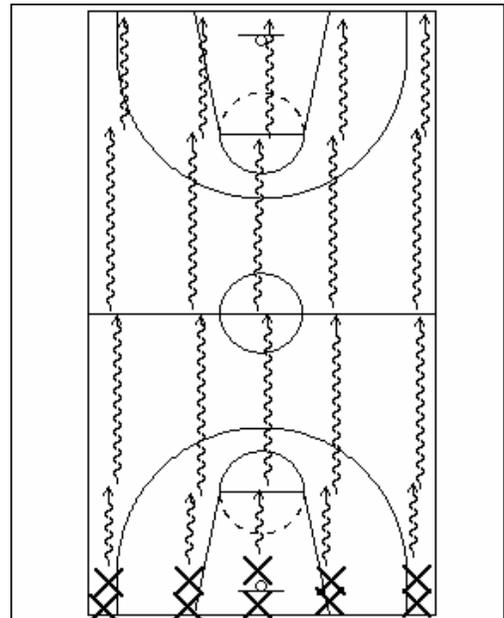
For change of direction drills players line up in two lines near centre of court.

Players practice change of direction dribbles in a zigzag pattern down court (see diagram B).

They can make one of the following designated moves:

1. Crossover.
2. Behind the back.
3. Between the legs.

**Diagram A.**



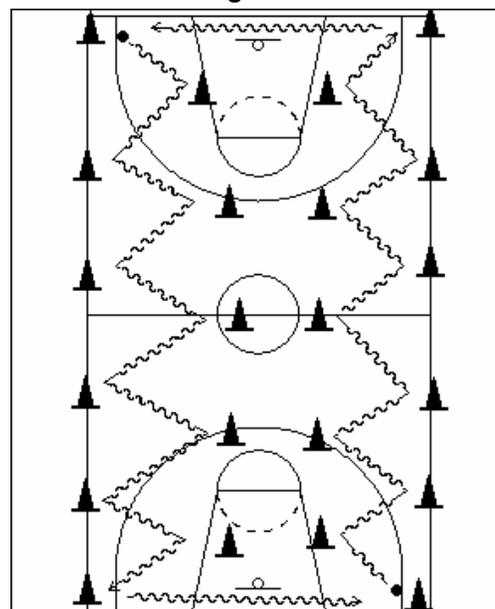
### Variations:

Follow the leader - all players follow moves of designated player.

### Points of Emphasis:

1. Head up - see the court.
2. Correct dribbling technique - fingertips not palms.
3. Dribble waist height
4. Stay low.
5. Explosive change of direction - plant the foot and push off.

**Diagram B.**



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Dribble King

Drill No: A2

### Description:

Vary the court space used depending upon the size of your group.

For a group of eight to ten start off within the three point line and baseline.

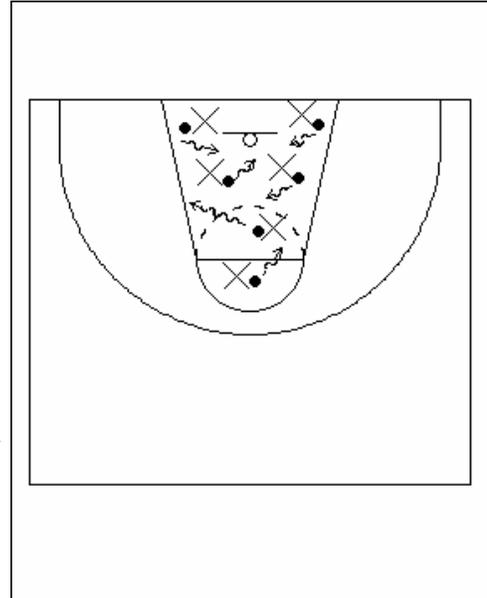
Each player has a ball and must dribble continuously within the designated area whilst trying to knock away the ball from other players.

Any player who cannot maintain their dribble or goes outside of the designated area is out and should step out of the designated area.

As number of players reduces further restrict the playing area (e.g. key, circle, top half of circle).

Last player left wins.

Diagram A.



### Variations:

Players only use weak hand to dribble.

### Points of Emphasis:

1. Head up!
2. Fingertip control - use the wrist - push the ball to the floor.
3. Low dribbling stance - protection stance.

## FDBA Domestic Coaches Drill Book: Dribbling

Name: Line Tiggy

Drill No: A3

### Description:

Each player has a ball and 1-2 players are designated as "it."

Each player must stay within a defined area and can only dribble on lines, if a player strays off a line they are out.

The "It" players must dribble and tag with the non-dribbling hand.

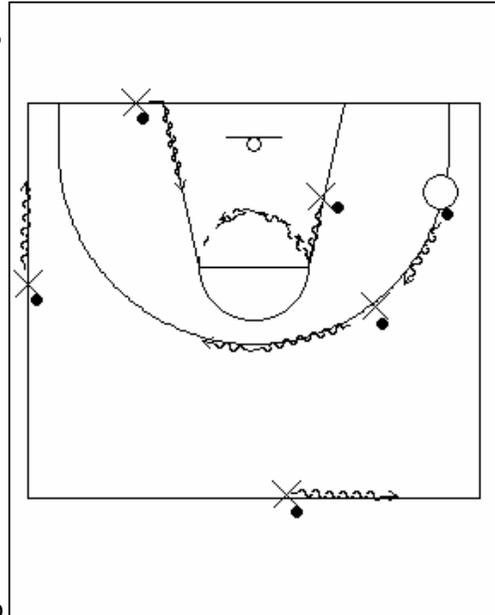
Time how long it takes to get everyone out then see if the next group can do it faster.

### Variations:

Scarecrow Tiggy - Players dribble freely within a set area, if tagged they become a scarecrow and can only rejoin the game if a free player rolls their basketball between a scarecrow's legs.

Stuck in the Mud Tiggy - Players dribble from one baseline to the other. If they are tagged or pick up the dribble along the way they become "stuck in the mud." They can then tag players who run past while keeping one foot planted on the ground and pivoting with the other.

Diagram A.



### Points of Emphasis:

1. Head up - see the court.
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.

## FDBA Domestic Coaches Drill Book: Dribbling

Name: Collision Dribbling

Drill No: A4

### Description:

Split the group into four corners with a ball in each corner.

Players dribble through to opposite corner and avoid the traffic.

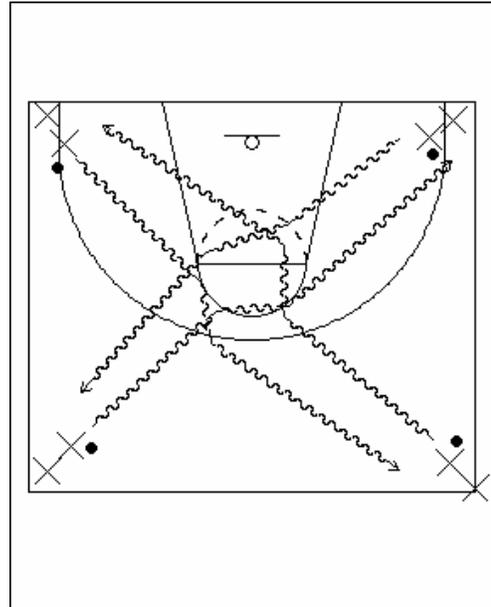
### Variations:

Change distance of lines.  
Progress to two ball dribbling.  
Add change of direction move to avoid traffic.  
Make it a ball handling skill instead - walking leg wraps etc.

### Points of Emphasis:

1. **Head up!!!** - avoid the traffic
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.

Diagram A.



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Two Ball Dribbling

Drill No: A5

### Description:

Give each player two basketballs, or split into small groups with two ball in each group.

Give each player a chance to practice dribbling the two balls whilst stationary before letting the players dribble on the move.

### Types of Dribbles:

Simultaneous - Bounce both basketball off the ground at the same time

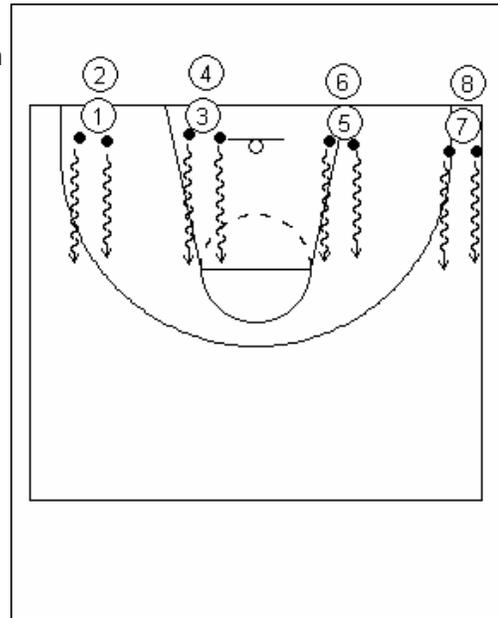
Alternating - Bounce one ball at a time

High/Low - Bounce one high and one low. Aim to get low ball below knee and high ball above shoulder.

Pound Em' Low - Bounce as hard as you can, as low as you can.

Pound Em' High - Bounce as hard as you can, shoulder height.

Diagram A.



### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.

## FDBA Domestic Coaches Drill Book: Dribbling

Name: Ring of Fire

Drill No: A6

### Description:

Split group in half. Half the group are dribblers and the other half are stationary taggers.

The dribblers dribble around within the 3pt line and avoid the taggers.

Taggers must not move but can tag a dribbling player if he or she comes within reach.

Drill last for 20-30 seconds then swap roles

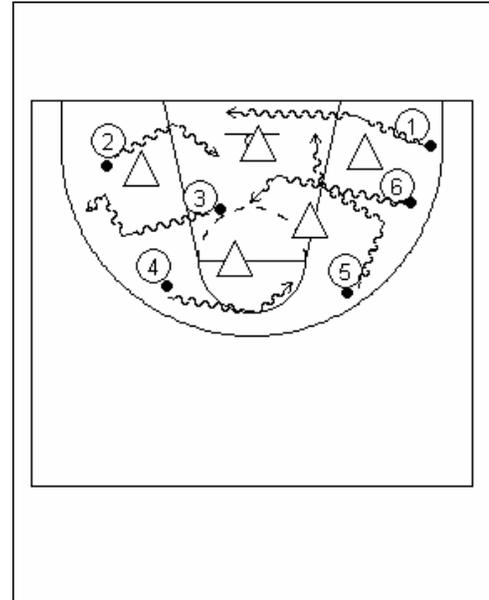
### Variations:

Change size of ring to make the drill easier or harder.  
Allow the taggers to choose a pivot foot.

### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.
4. Don't pick up the dribble

Diagram A.



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Dribble Tip Over

Drill No: A7

### Description:

Place an equal number of cones upright within the half court and divide the group into two teams.

On given signal players on team one dribble while using the non-dribbling hand to knock over as many cones as possible. If a player loses control of the ball, he or she must return the cone to its upright position before recovering the ball.

Team two players dribble while returning the cones to an upright position. If a player loses control of the ball, he or she must tip the cone over again before recovering the ball.

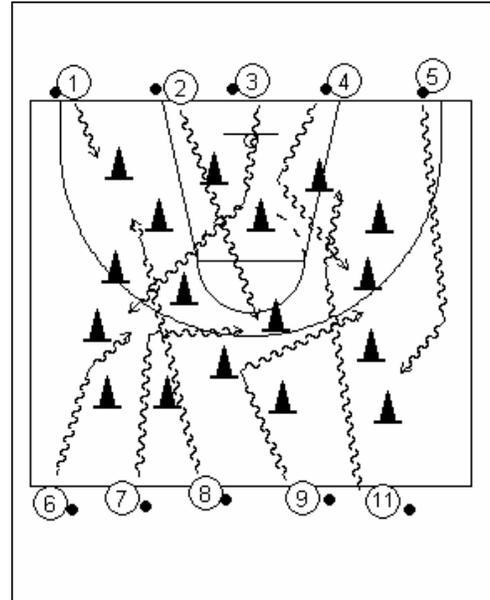
After 30 seconds, signal the players to stop. One point is awarded to team two for each cone still standing. Teams reverse roles and play again.

### Variations:

### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low to enable you to keep control of ball while tipping or set cone right

Diagram A.



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Musical Dribbling

Drill No: A8

### Description:

This is the basketball version of musical chairs. If you don't have access to a music player use the whistle to start and stop the game.

Place hoops around floor, one the start of music players dribble around the court on the stop of the music the must run to find a hoop.

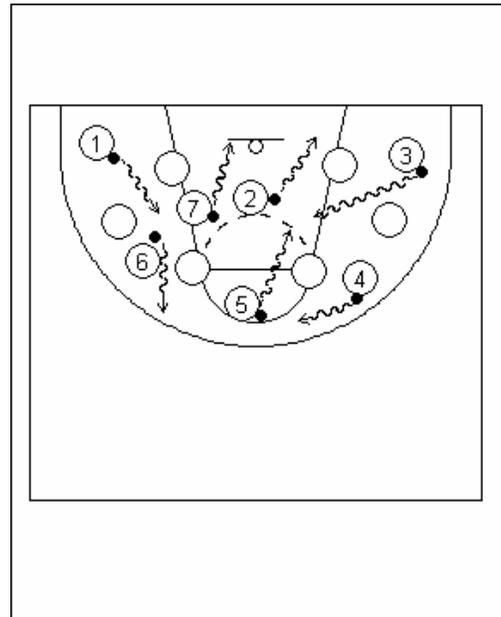
Start decreasing the number of hoops until you have one left for two players.

### Variations:

Have the player perform a predetermined skill before entering a hoop.

Progress to two ball dribbling

Diagram A.



### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low to enable you to keep control of ball while tipping or set cone right

## FDBA Domestic Coaches Drill Book: Dribbling

Name: Sharks and Minnows

Drill No: A9

### Description:

Line up group on sideline with a basketball. Choose 1-3 to be a "shark" without the ball. The remaining players are "minnows."

The minnows must dribble to the other side without getting their ball stolen by the sharks.

If a minnow loses their ball to a shark, they then put their ball away and become a shark.

If a minnow is fouled, they get a free pass to reach the other side.

The game continues until all minnows are caught.

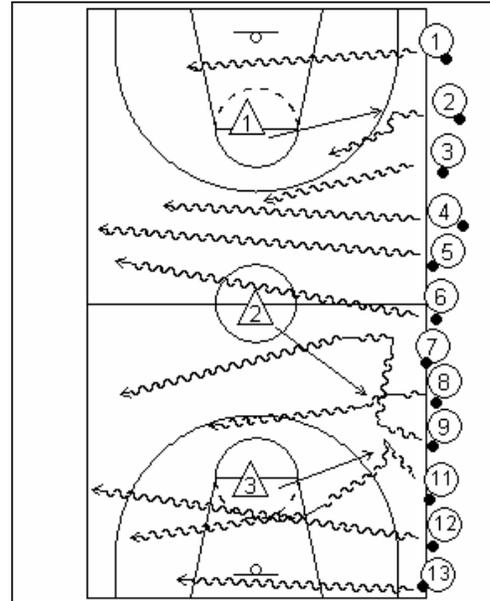
### Variations:

Award a point for each successful trip and see who get the most.

### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low to enable you to keep control of ball while tipping or set cone right

Diagram A.



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Run & Chase

Drill No: A10

### Description:

The players are divided into two teams (one ball each) and are lined up at half court (one team one basket and the other faces the other basket); they stand back to back.

Each team is given a number (one or two) a colour (black or white) and is either the sun or moon.

Every time that the coach calls a number, a colour or the sun or moon, the team that is called dribbles to their end line and the other team, after turning, starts to dribble and tries to tag those who are running away.

Those who reach the end-line are safe, while those that were tagged must raise their hand (no one is eliminated). The team which manages to tag the most children in a set period of time or attempts wins.

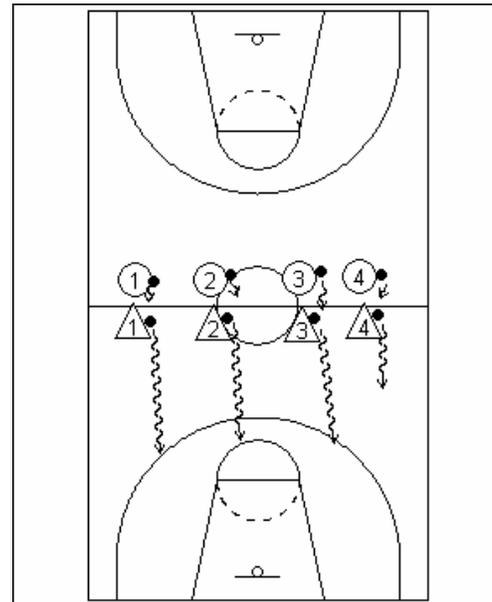
### Variations:

Vary start position: lying, sitting, kneeling.

### Points of Emphasis:

1. Head up - see the court.
2. Dribble ball with fingertips - not palms.

Diagram A.



## FDBA Domestic Coaches Drill Book: Dribbling

Name: Wolf & Sheep Game

Drill No: A11

### Description:

Each player has a ball and starts in one of the three circles in the full court. They are the sheep.

One player is the Wolf who also has a ball but starts outside the circles.

When the coach says "the wolf isn't here" the sheep can move freely throughout the court (the wolf can move too, but cannot touch the sheep).

When the coach says "here comes the wolf", the wolf can tag all of the sheep that are outside of the circles (the sheep in the circles are safe).

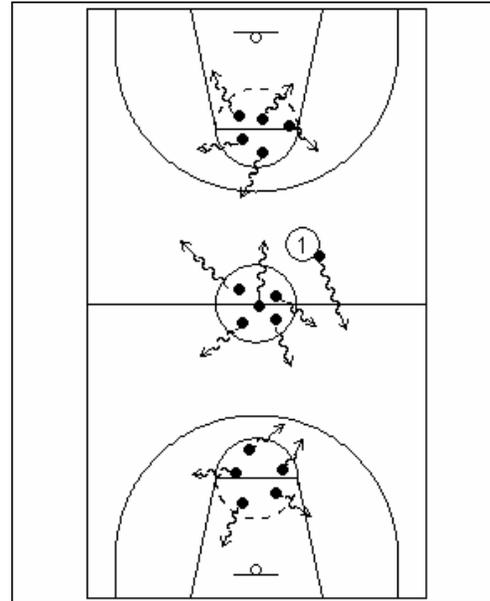
The sheep who are tagged become wolves and the game continues.

### Variations:

### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.

Diagram A.



# Passing



## FDBA Domestic Coaches Drill Book: Passing

Name: Partner Passing

Drill No: B1

### Description:

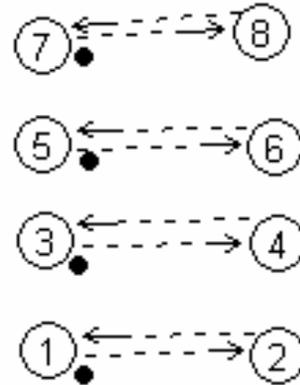
Split group into partners with one ball between two.

Place players opposite each other with appropriate spacing to strength.

Teach:

- Chest Pass (two handed pass)
- Bounce Pass (one and two handed)
- Push Pass (one handed pass)
- Overhead Pass (two handed)
- Baseball Pass (two handed)

Diagram A.



### Variations:

- Add two basketballs:
- one pass low one pass high
  - pass with right or left hands

Have players catch with a jump stop.

Players move slowly forwards and backwards and pass at same time.

Players shuffle sideways

### Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

## FDBA Domestic Coaches Drill Book: Passing

Name: Passing Relay

Drill No: B2

### Description:

Split the group into two teams and spread out along sideline.  
(See diagram A.)

First team to pass up and back wins.

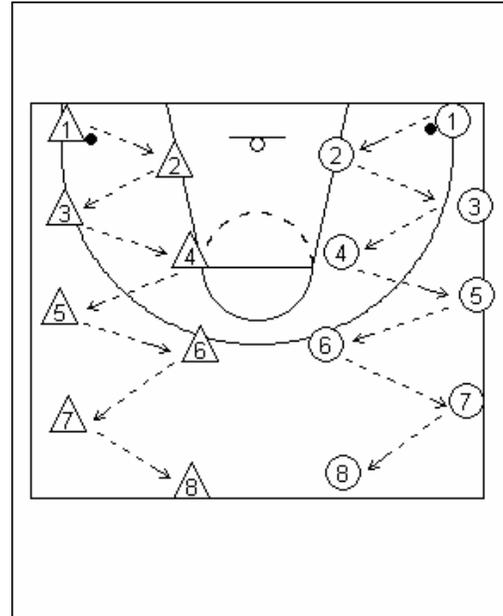
### Variations:

Bounce passes  
Alternating passes. E.g. Bounce then chest.  
Push passes (one handed)  
Behind back

### Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

Diagram A.



## FDBA Domestic Coaches Drill Book: Passing

Name: Pepper Passing

Drill No: B3

### Description:

Players form a semi-circle around one of the players.

Note that the player in the middle is a step inside the circle - this ensures she has to use her peripheral vision to see the players on the ends of the semi-circle.

The player in the middle and the player on one end each have a ball.

Player 1 passes to player 3 and then receives the pass from player 2.

Player 1 passes to player 4 and then receives the pass from player 3.

The play continues like this, and then returns in the opposite direction around the circle.

Players then rotate so each has a turn as the middle passer.

### Variations:

1. Specify the types of passes to be made.
2. Make a rule that the middle passer must make a different type of pass than they just received.
3. Time each player for a certain number of rotations.

### Points of Emphasis:

1. Good, hard passes.
2. Quickness (but don't hurry).
3. Show "ten fingers" to receive the ball.

Diagram A.

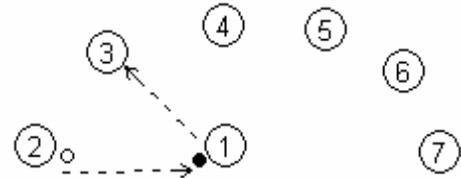


Diagram B.

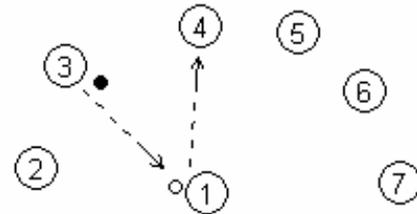
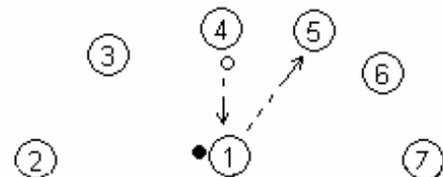


Diagram C.



## FDBA Domestic Coaches Drill Book: Passing

Name: Celtic Passing

Drill No: B4

### Description:

Line players up as in Diagram A.

After passing you follow your pass to the line you passes to and become the next passer.

Designated types of passes are as follows:

- Baseball (1 to 2)
- Chest (2 to 3)
- Overhead (3 to 4)
- Bounce (4 to 5 for cut backdoor and lay-up)

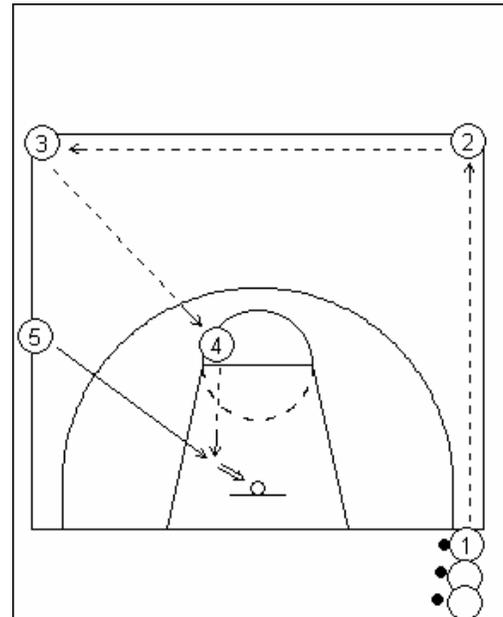
### Variations:

1. You will have to shorten the pass length dramatically for younger children.
2. Shorten and use a light medicine ball to develop strength.

### Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

Diagram A.



## FDBA Domestic Coaches Drill Book: Passing

Name: Piggy in the Middle

Drill No: B5

### Description:

Players are in groups of three.

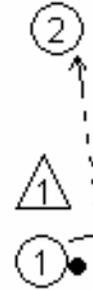
Players 1 and 2 stand about 3-4 metres apart with third player in between.

They must make passes to each other while X1 attempts to get a hand on the ball.

X1 must play aggressive defense on ball handler, rather than sagging off.

As soon as X1 gets hand on ball he swaps position with the passer.

Diagram A.

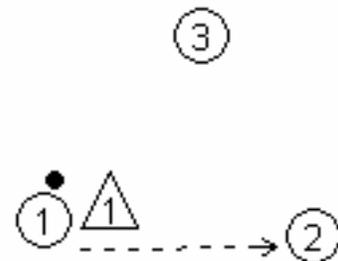


### Variations:

Place time limit on passer (e.g. X1 counts to 3 seconds) and passer must pass the ball before time expires.

For younger ages, form a triangle which make for a better angle to pass. (diagram B.)

Diagram B.



### Points of Emphasis:

1. Fake a pass to make a pass.
2. Use the "Passing Windows"
3. Defender must call "ball" every time.

## FDBA Domestic Coaches Drill Book: Passing

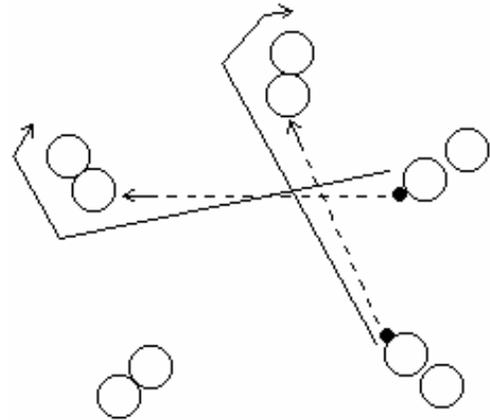
Name: Star Passing

Drill No: B6

### Description:

Players form five lines in a star alignment (see diagram).  
 Players in front of two lines have balls.  
 The players must pass to the player in the front of the line that is next-but-one to them. They must then follow their pass to the end of that line.  
 Instruct players to run to the far side of the line they are joining. This creates more traffic for the next passer.

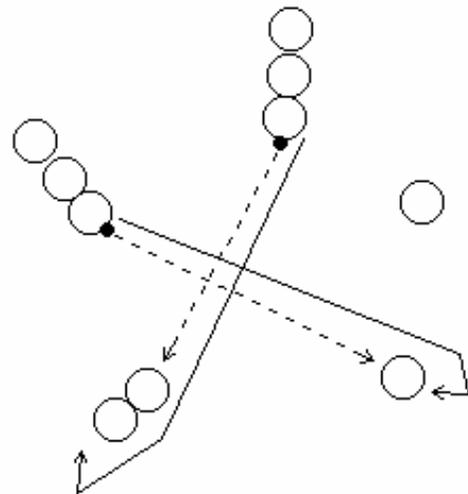
Diagram A.



### Variations:

1. For beginning players start off with just one ball.
2. Specify the type of passes to be made.
3. On coaches shout of "reverse" players must reverse the direction of passes (i.e. anti-clockwise to clockwise).

Diagram B.



### Points of Emphasis:

1. Communicate - call a name.
2. Show ten fingers.
3. Step to the ball to receive the pass.
4. Good passing form.
5. Good crisp passes.

## FDBA Domestic Coaches Drill Book: Passing

Name: Crossfire Passing

Drill No: B7

### Description:

Players get into four lines at baseline as shown in diagram.

Players progress the ball down the court by passing and moving in their lines only.

Note that to create traffic and make job harder, players in line 1 are passing across to line 3 and back.

Players in line 2 are passing to line 4 and back.

Inside and outside players exchange lines and players return back down court in similar fashion.

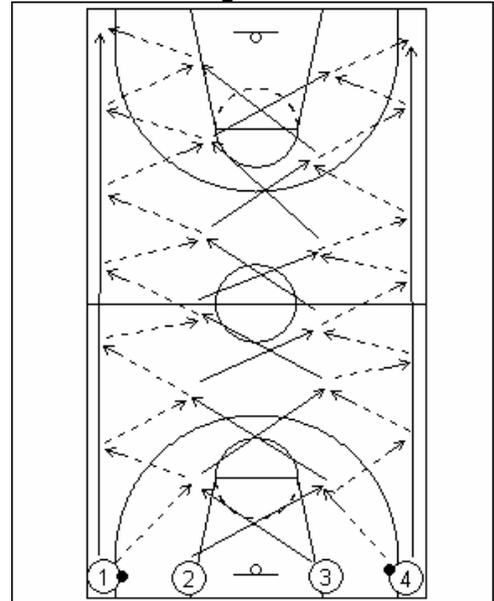
### Variations:

For younger players you may decide to make it easier and remove the traffic option and have players pass to lines next to them.

Alternatively, you might like to have lines 1 and 4 exchange longer passes and lines 2 & 3 exchanges shorter ones.

As players get to free-throw line extended at opposite end outside players cut to basket for pass and lay-up.

Diagram A.



### Points of Emphasis:

1. Do it a full speed, on the run, not stop and go.
2. Pass in front of a moving player.
3. Show ten fingers and call a name to receive pass.

## FDBA Domestic Coaches Drill Book: Passing

Name: Full Court Passing

Drill No: B8

### Description:

Start this drill with one player under each basket with a ball and a player on each side of the halfway circle.

Split the rest of the group up into four groups on the sideline in line with the foul line.

Players with the basketball pass ahead and run to receive the pass back all the way up to the other end of the floor and shoot a lay-up after receiving the third and final pass.

After a player in the passing lines passes, he follows his pass and becomes the next passer in the next line. The last person to pass at each end of the court is the next person to run and pass down the court.

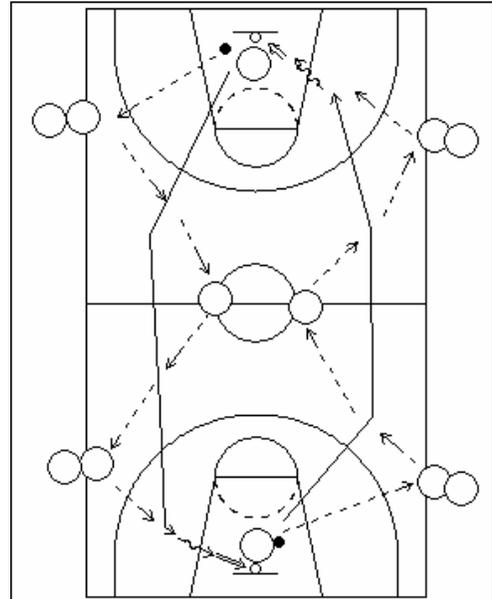
### Variations:

For younger players you may need to let them dribble the basketball to shorten the distance of the passes.

Set the types of passes.

The last passer can be a defender and bother the shot of the shooter.

Diagram A.



### Points of Emphasis:

1. Catch and pass on the run without traveling
2. Communication - call for pass.
3. Ten finger up for targets

## FDBA Domestic Coaches Drill Book: Passing

Name: Cincinnati

Drill No: B9

### Description:

Players form two lines at half-court.

One line in centre of court, the other near one sideline.

One player is on free-throw line.

First player in line at centre court must have ball.

First player in centre line (2), passes to player at free-throw line (1) whilst first player in side line (3) sprints the outside lane.

After receiving the pass, player (1) pivots and passes to (3) cutting to the basket.

(3) receives pass and performs a lay-up.

(3) continues out opposite side of court while (1) rebounds the ball and outlets to (3) who takes one or two dribbles and passes to the next player in centre line who doesn't have a ball.

(3) goes to end of centre line, (1) goes to end of side line and (2) moves down to free-throw line to pass / rebound on next rotation.

### Variations:

1. Move side-line to other side of court.
2. Use two or more balls.

### Points of Emphasis:

1. Sprint the lane.
2. Drive the lay-up hard.
3. Pass the ball in front of the cutter so they don't have to stop.

Diagram A.

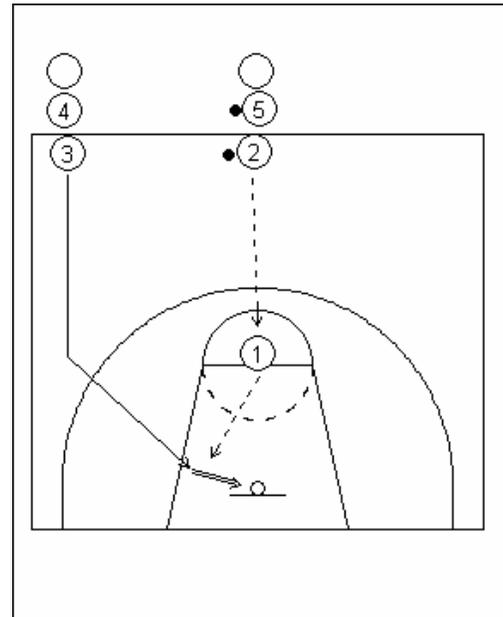
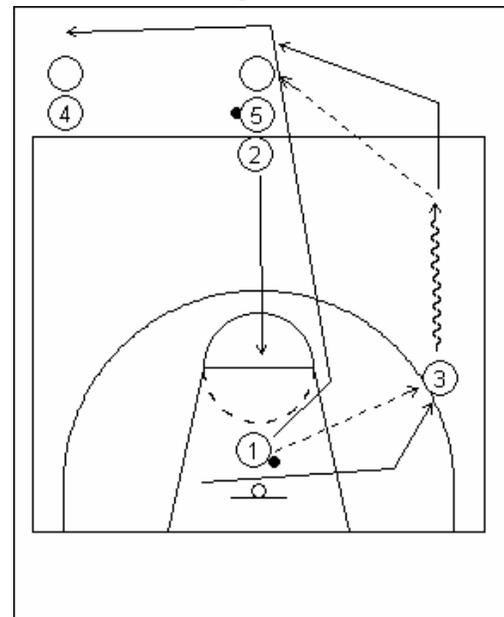


Diagram B.



## FDBA Domestic Coaches Drill Book: Passing

Name: Bull in the Ring

Drill No: B10

### Description:

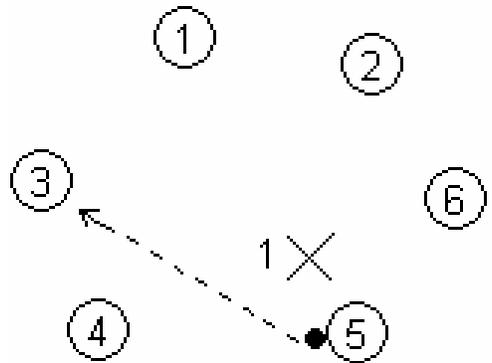
Players form a circle around a single defender.

Players in the circle must make passes to others in the circle, but may not pass to a player next to them.

The defender must pressure the player with the ball and attempt to intercept or "touch" the pass.

On an interception or "touch" the passer replaces the defender in the middle.

Diagram A.



### Variations:

1. Use two or more balls.
2. Use two or more defenders in the circle.
3. Change size of circle for shorter or longer passes.
4. Put a time limit on ball-handler to get off pass (e.g. defender counts to 3 seconds).

### Points of Emphasis:

1. Fake a pass to make a pass.
2. Tough defense on the ball, don't just sag off ball.
3. Active hands.
4. No lollipop passes over the top of the defender.

## FDBA Domestic Coaches Drill Book: Passing

Name: 50 Passes

Drill No: B11

### Description:

Players form a circle around a single defender.

Players in the circle must make passes to others in the circle, but may not pass to a player next to them.

The defender must pressure the player with the ball and attempt to intercept or "touch" the pass.

On an interception or "touch" the passer replaces the defender in the middle.

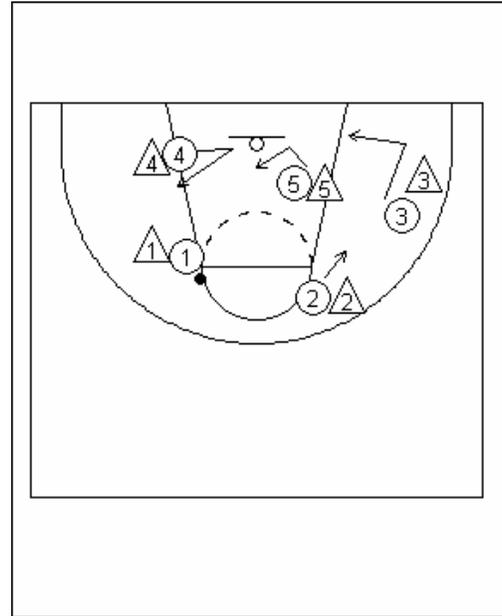
### Variations:

1. Decrease number of passes for younger children
2. Use two or more balls.
3. Use two or more defenders in the circle.
4. Change size of circle for shorter or longer passes.
5. Put a time limit on ball-handler to get off pass (e.g. defender counts to 3 seconds).

### Points of Emphasis:

1. Fake a pass to make a pass.
2. Tough defense on the ball, don't just sag off ball.
3. Active hands.
4. No lollipop passes over the top of the defender.

Diagram A.



## FDBA Domestic Coaches Drill Book: Passing

Name: 3 Man Weave

Drill No: B12

### Description:

Players form three lines at baseline.

Player in middle line has ball.

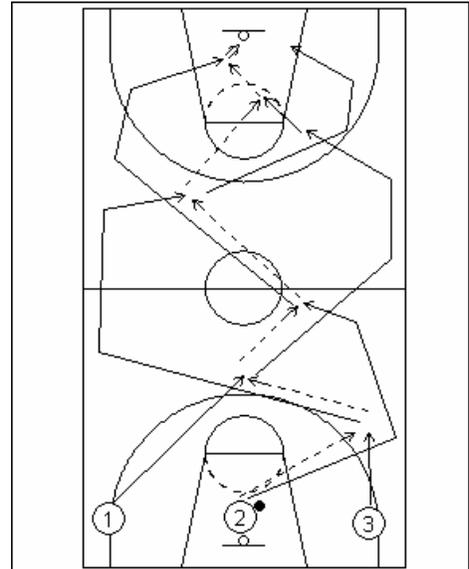
Ball is passed in a weave pattern up the court. Players cut behind the person they have passed to (see diagram).

Player who receives ball near edge of offensive key makes a hard drive to basket.

The other two players form a rebounding triangle and any missed shots are put back after the rebound.

After the made basket, the ball is grabbed, the player steps out of bounds and the drill is repeated back down the court.

Diagram A.



### Variations:

1. Players can wait at end of court (rather than coming back) for rest of players in line to come down court and then all take in turns to come back in opposite direction. This way, the next three players can start when the previous three cross halfway.

2. Specify the types of passes to be made.

3. Make it a 5 Man Weave.

### Points of Emphasis:

1. Sprint down the court.
2. Run the lanes - go wide.
3. Communicate - call for the ball.
4. Pass in front of the moving player.
5. No traveling.
6. Ball does not hit the floor.

## FDBA Domestic Coaches Drill Book: Passing

Name: Circle Passing

Drill No: B13

### Description:

Players form large circle with enough distance to make a pass in between each player.

Choose on dribbler who will attempt to dribble with weak hand twice around the circle before the team can pass the ball around and back to the start.

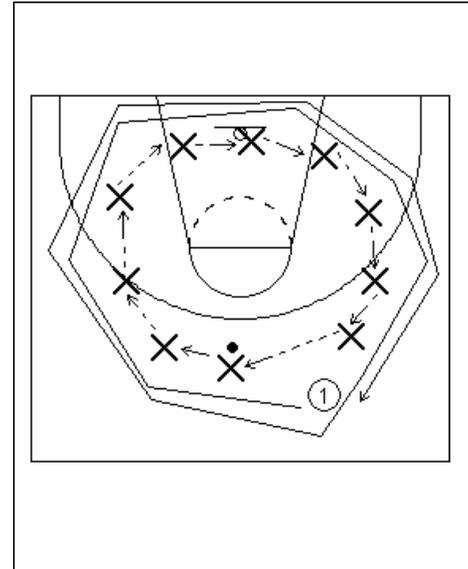
### Variations:

1. Vary types of passes
2. Alternate types of passes (chest, bounce, chest, bounce)
3. Make the players execute a 180 pivot to pass

### Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

Diagram A.



## FDBA Domestic Coaches Drill Book: Passing

Name: Diagonal Passing

Drill No: B14

### Description:

Split group into two lines. The object is to run towards the other line, catch and pass on the run without traveling.

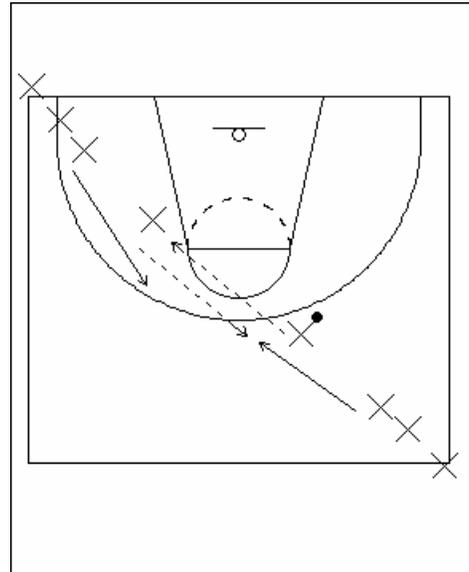
### Variations:

1. Vary types of passes.
2. Vary Distance.

### Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass
4. No traveling

Diagram A.



## FDBA Domestic Coaches Drill Book: Passing

Name: Find the Open Man

Drill No: B15

### Description:

This is a fun passing drill that will improve passing accuracy, reduce turnovers, stimulate quick thinking, and help players anticipate their opponent's actions.

Divide your team up into two groups and line them up in three opposing rows.

The player in the first column must pass the ball to a teammate in the next column. The ball may be passed to the player either straight across or diagonal from them.

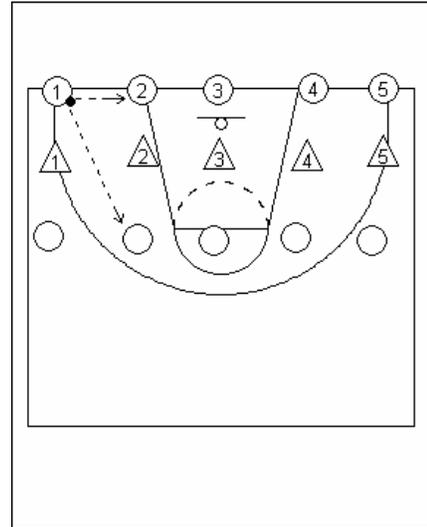
The opposing player in the middle will guard a player and try to block or intercept the pass.

The ball may not be held on to for more than two seconds.

Once the ball is caught, they must turn and pass the ball to a teammate in the column behind them.

The goal is to get the ball from one end of the court to the other, without committing a turnover. It's considered a turnover if the ball is held for more than two seconds.

Diagram A.



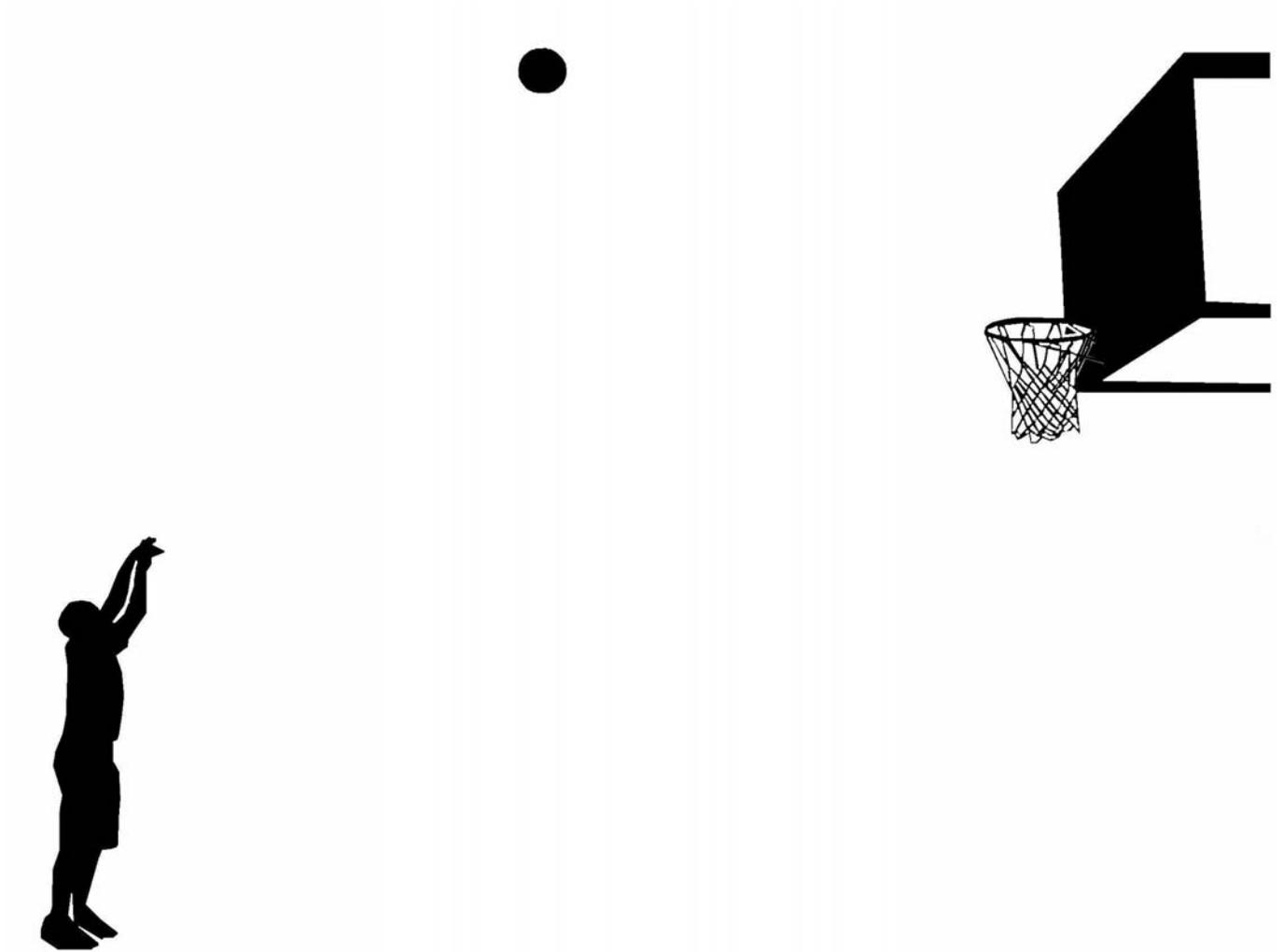
### Variations:

1. Call out different types of passes that they are required to make (bounce, chest, one-hand step through, etc).
2. Add competition to the drill by timing how long it takes to get the ball to the other end. See which team can do it the quickest without committing a turnover.

### Points of Emphasis:

1. Use pass fakes
2. Pivot to create pass and angles to pass
3. Pass away from defender

# Shooting



## FDBA Domestic Coaches Drill Book: Shooting

Name: Form Shooting

Drill No: C1

### Description:

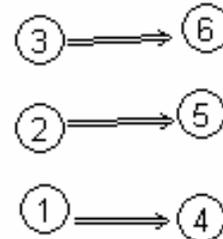
This drill should be done every training for 1-5 minutes depending on how far along the kids are.

Split group into partners with one ball between two.

Have the partners face each other with 5-15 feet distance between the partners.

Players shoot the ball to each other concentrating exclusively on the technique/form of shooting. (Diagram A.)

Diagram A.



### Variations:

Move to a hoop. Start right in front regardless of age and ability. Take five shots each, with players taking a step back after making two swishes.

### Points of Emphasis:

1. Start in set point - ball below eyes.
2. Shoot with an "all out" shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.

## FDBA Domestic Coaches Drill Book: Shooting

Name: Around the World

Drill No: C2

### Description:

Players shoot one shot at a time at each spot until they make the basket, then progress around the spots on the keyhole.

First person to get around the world wins.

### Variations:

Change the distance.

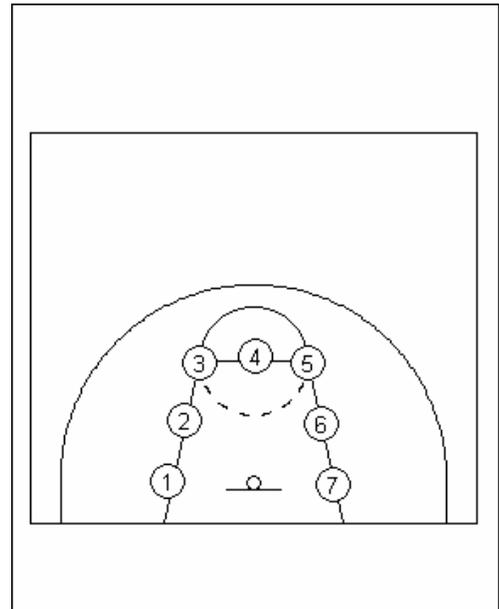
Let the waiting player try put off the shooter by shouting etc.

Make it swishes only count.

### Points of Emphasis:

1. Start in set point - ball below eyes.
2. Shoot with an "all out" shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.

Diagram A.



## FDBA Domestic Coaches Drill Book: Shooting

Name: Basketball Golf

Drill No: C3

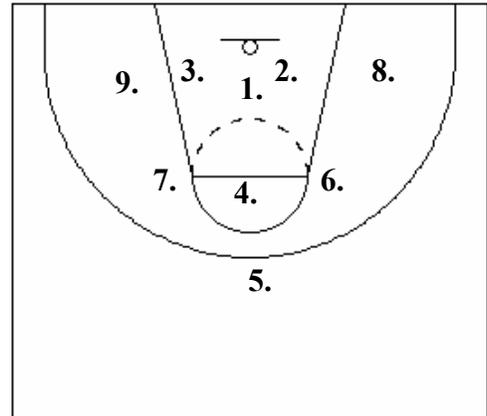
### Description:

Mark nine spots (holes) on the court. (Diagram 1)  
Each player shoots from the spot until they make the basket.

On a score card they must write down how many shots they took at each "hole." (Diagram 2.)

The person who takes the least amount of shots in total to make nine baskets wins.

Diagram A.



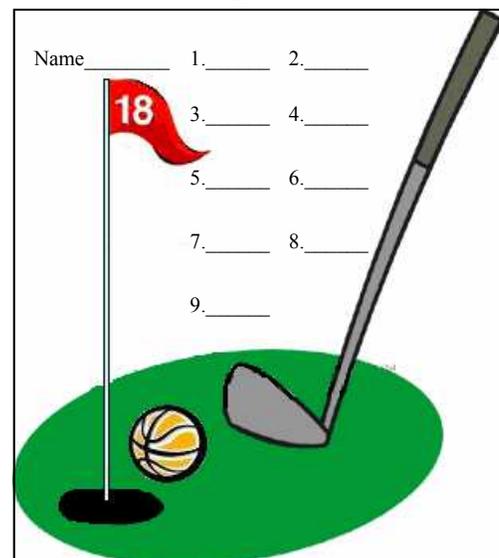
### Shot Types:

1. Form shot in front of hoop
2. Right hand Lay-up
3. Left hand Lay-up
4. Ft
5. 3pt
6. Elbow shot
7. Elbow shot
8. Banker just outside key
9. Banker just outside key

### Points of Emphasis:

1. Start in **set point** - ball below eyes.
2. Shoot with an **"all out" shooting action** - fully extend arms and legs and shoot on the way up.
3. Hold **follow through** until ball hits the ground.
4. Shoot **up and in** the hoop, not at the hoop.

Diagram B.



## FDBA Domestic Coaches Drill Book: Shooting

Name: Hotshots

Drill No: C4

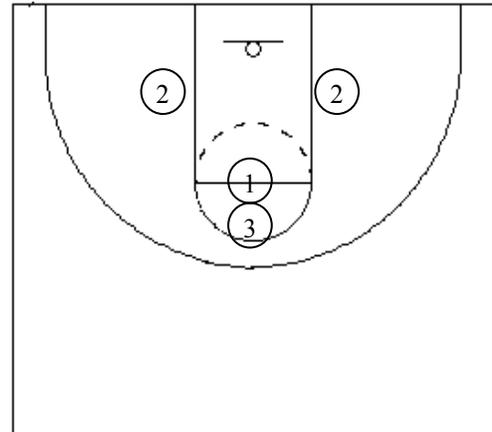
### Description:

Mark four spots on the floor. The aim is to make as many shots as you can in 30 seconds.

Each spot is worth a certain amount of points for a successful shot. (Diagram A.)

One person shoots at a time with two rebounders who work hard to make sure the shooter never waits.

Diagram A.



### Shot Types:

1. Foul Shot
2. Bank shot
3. Long straight shot

### Points of Emphasis:

1. Start in **set point** - ball below eyes.
2. Shoot with an **“all out” shooting action** - fully extend arms and legs and shoot on the way up.
3. Hold **follow through** until ball hits the ground.
4. Shoot **up and in** the hoop, not at the hoop.

## FDBA Domestic Coaches Drill Book: Shooting

Name: Knock Out

Drill No: C5

### Description:

Players line up in single file at a set distance from the hoop. The first two players line have a ball each. First player in line shoots the ball. The second player cannot shoot the ball until the ball is out of the hands of the first player.

If the player in front makes the shot, he/she gives the ball to the next player in line and then goes to the end of the line.

If the shooter misses, he/she rebounds and shoots until the shot is made.

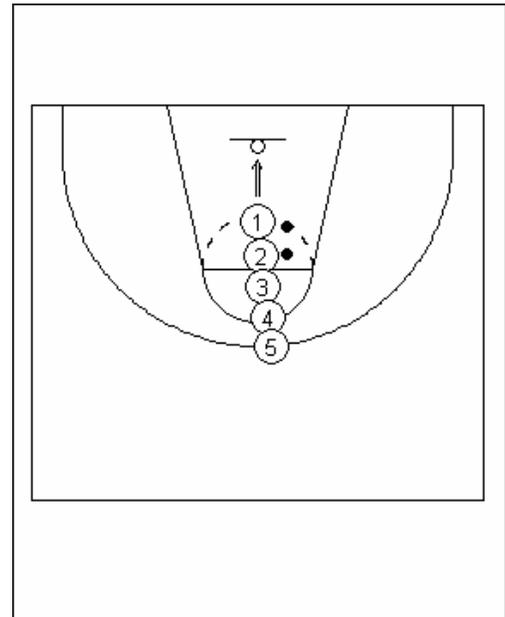
If however, a player cannot make a shot before the next player makes his or hers, the player who has missed their shots is eliminated.

### Shot Types:

### Points of Emphasis:

1. Start in **set point** - ball below eyes.
2. Shoot with an **“all out” shooting action** - fully extend arms and legs and shoot on the way up.
3. Hold **follow through** until ball hits the ground.
4. Shoot **up and in** the hoop, not at the hoop.

Diagram A.



## FDBA Domestic Coaches Drill Book: Shooting

Name: Mikan Drill

Drill No: C6

### Description:

Player starts beneath the rim with a ball facing the baseline.

To shoot a right handed shot, step across your body with the left leg and jump off the left foot.

To shoot a left handed shot, step across the body and jump off the right foot.

Time how many baskets made in 30 seconds

### Variations:

1. Reverse (facing towards other hoop).
2. Only count swishes.

### Points of Emphasis:

1. Jump off left foot if shooting with right hand and vice versa.
2. If shooting with the right hand, right leg should drive up to help propel off the ground and vice versa.
3. Try to build rhythm and momentum with little time in-between shots.



## FDBA Domestic Coaches Drill Book: Shooting

Name: X-Out Lay-ups

Drill No: C7

### Description:

Players starts with ball at elbow and takes one dribble to make a left hand lay-up.

After making the lay-up the player dribbles out to opposite elbow, turns around then takes one dribble to make a lay-up on the right side.

How many lay-ups in 30 seconds.

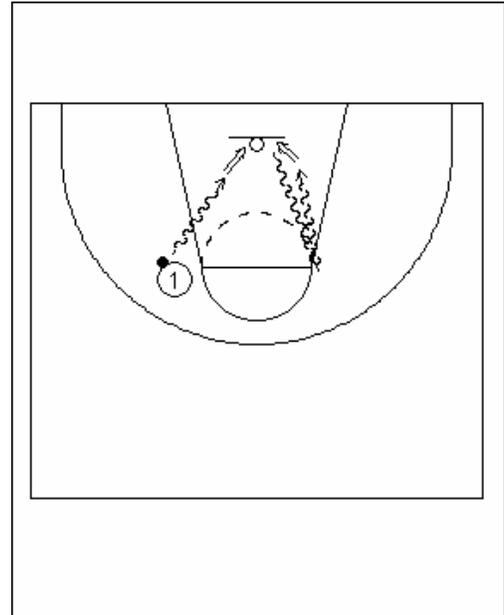
### Variations:

1. Change distance to 3pt line (older kids)
2. Reverse lay-ups

### Points of Emphasis:

1. Shoot with right hand on right side and left hand on left side.
2. Jump off one foot. (Left foot on right side and vice versa)
3. Eyes on the hoop, not watching ball.

Diagram A.



## FDBA Domestic Coaches Drill Book: Shooting

Name: Change of Direction Lay-ups

Drill No: C8

### Description:

Players dribble at 3pt line with inside hand, change direction and hands on the 3pt line then continue on to lay ball up at hoop with correct hand.

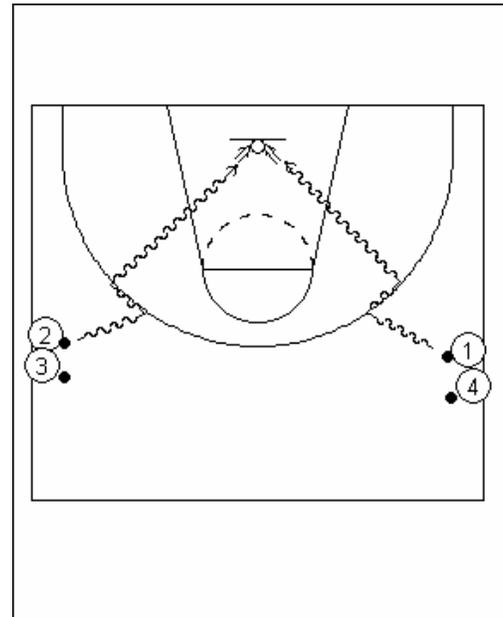
### Variations:

1. Change distance to 3pt line (older kids)
2. Reverse lay-ups

### Points of Emphasis:

1. Shoot with right hand on right side and left hand on left side.
2. Jump off one foot. (Left foot on right side and vice versa)
3. Eyes on the hoop, not watching ball.

Diagram A.



## FDBA Domestic Coaches Drill Book: Shooting

Name: 3 Shot 21

Drill No: C9

### Description:

First team to 21 or pre-determined number.  
Each player get 3 shots.

1st shot is a 1 dribble pull up.  
2nd shot is a lay-up at other end  
3rd shot is a pull up banker outside key or a 3pt shot at the start hoop.

Once the first 1 dribble pull up has been rebounded the next players can start.

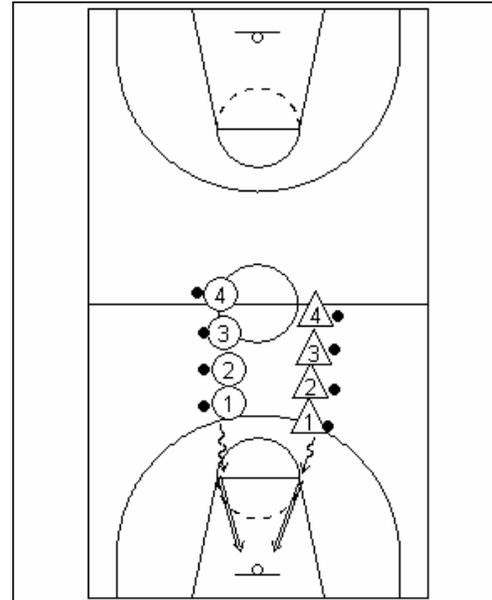
Note: for young kids the 1 dribble pull up should be substituted with a set shot and the 3pt shot should be disallowed.

### Variations:

### Points of Emphasis:

1. Correct shooting technique - esp. follow through.
- 2.

Diagram A.



# Defence



## FDBA Domestic Coaches Drill Book: Defence

Name: Mass Sliding

Drill No: D1

### Description:

Spread players out in the half or full court with plenty of space between each player.

Coach stands at the front of group and uses visual and/or verbal cue to direct player action.

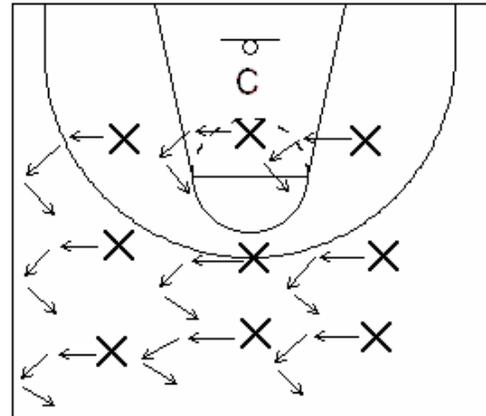
This drill can be used to teach most defensive footwork.

Players take a maximum of two slides each direction.

### Movements:

1. Lateral slide
2. Drop step slide
3. Box Out
4. Turn, run and cut off.
5. Close out
6. Charge

Diagram A.



### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Active hands

## FDBA Domestic Coaches Drill Book: Defence

Name: Slide the Key

Drill No: D2

### Description:

One player at a time slides the key in the following pattern.

1. Run and close out to elbow
2. Drop step and slide to edge of key at baseline
3. Run and close out to elbow
4. Drop step and slide to start/finish point.

### Variations:

Change the distance.

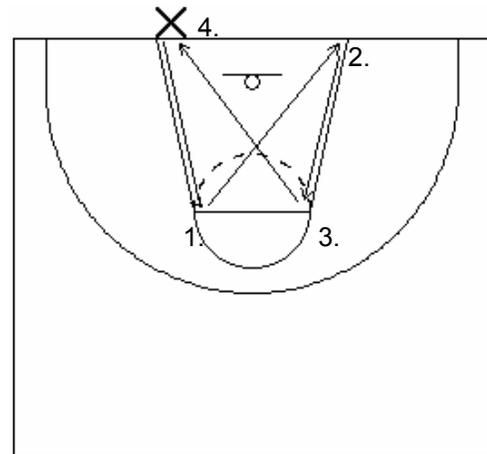
Let the waiting player try put off the shooter by shouting etc.

Make it swishes only count.

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Short choppy step on close out
5. Drop step and slide in one movement

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: Man in The Mirror

Drill No: D3

### Description:

Partner players up relative to foot speed.  
Find lines that are parallel and close together and line partners up facing each other.

Select on person to be it and the other must mirror him and keep his nose in line with his partner.

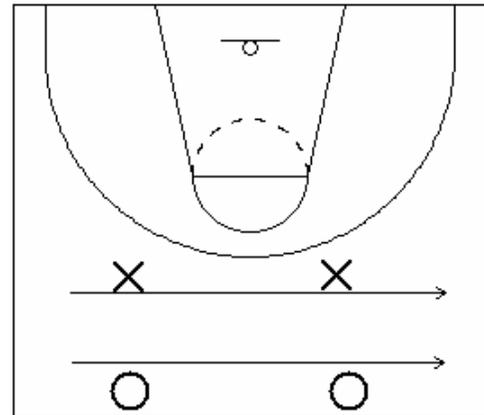
Players can only move by defensive sliding on a lateral plane.

### Variations:

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: Turn, Run & Slide

Drill No: D4

### Description:

This drill teaches players what to do if their man they are defending gets past them: turn and run.

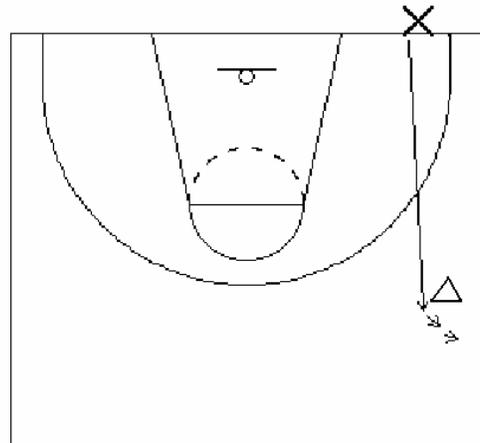
Players start at baseline in defensive stance with back to cone. On the whistle player turns and sprints to get past cone then takes 1-2 to reach sideline.

### Variations:

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: F/C Sliding

Drill No: D5

### Description:

This drill is a full court sliding drill and can be done on both side of the floor.

Player slide to cones and drop step on arrival and slide to the next until reaching the other end of the court.

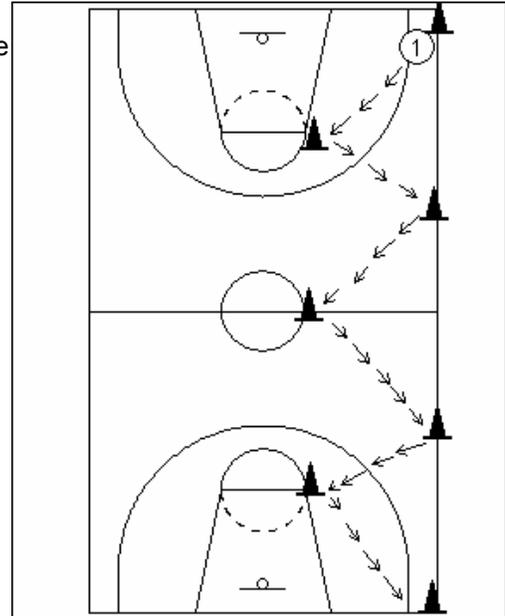
### Variations:

Let the players continue full court.

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: F/C Turn, Run & Slide

Drill No: D6

### Description:

This drill is a combination of Drill 4 (Turn, Run & Slide) and Drill 5 (Full Court Sliding).

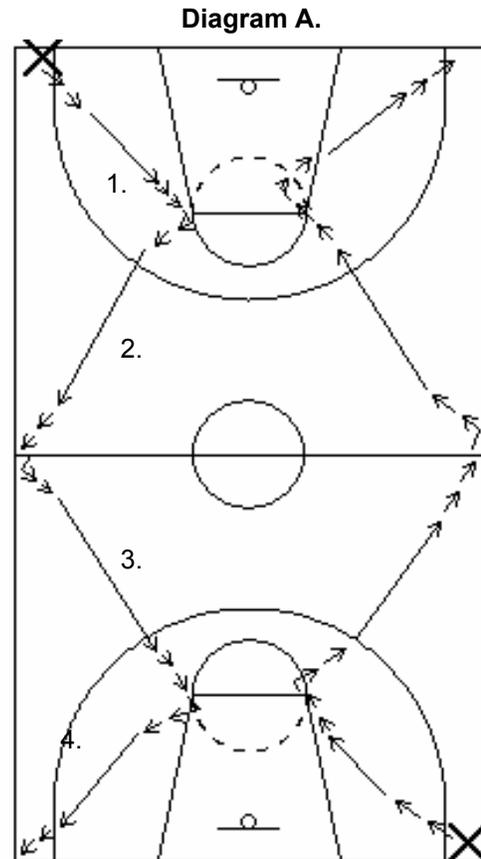
Split group in two with a line at opposite corners.

1. Players start in stance and take two slides towards elbows, turn run and then take two slides to reach elbow.
2. Once at elbow drop step and slide two towards half court, turn and run then take two slides to reach half court.
3. Drop step, two slides, run, two slides to reach elbow
4. Drop step, two slides, run, two slides to reach baseline corner.

### Variations:

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Drop step and push off for slide in same motion.



## FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Turn, Run & Slide

Drill No: D7

### Description:

This drill builds upon Drill 4 - Turn, Run & Slide.  
Offence and defence start side by side.  
Offence attempts to get to halfway in a straight line by speed dribbling.

Defence must sprint to get 1-2 steps in front of offence, turn and slide to cut the dribbler off without fouling.

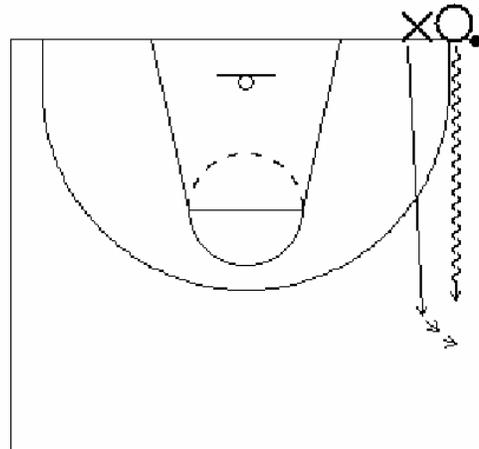
### Variations:

Let the players continue full court.

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Don't attempt to cut off until 1-2 steps in front.

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 F/C Sliding

Drill No: D8

### Description:

This drill follows on from Drill 5 - F/C Sliding.

The offence is dribbling at half speed and the defence must keep between the offence and the hoop while maintaining defensive stance and sliding with the correct technique.

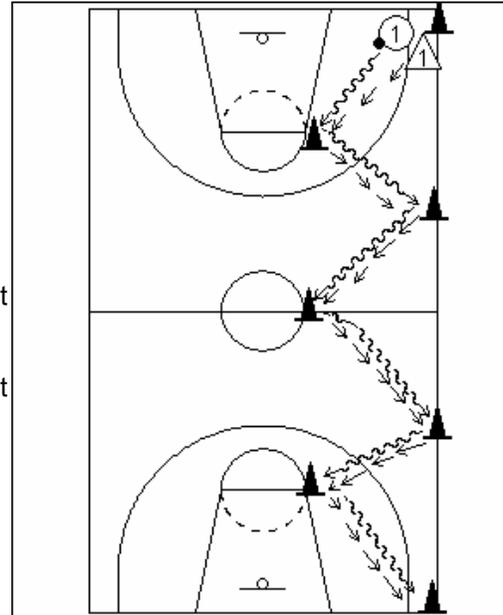
### Variations:

1. Take away cones and define a corridor that the offence must stay in. Let the offence beat the defence if they can, but must wait for defence to catch up if they do get past
2. Now go "live" offence must still stay within a defined area but can beat offence and go all the way for basket.

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Always keep your body between the offence and the hoop.
5. Turn and sprint if beat.

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Gate Drill

Drill No: D9

### Description:

In this drill the offence must try to dribble to the hoop but must stay between the elbows.

Defence must do their best to stop offence dribbling through the elbows.

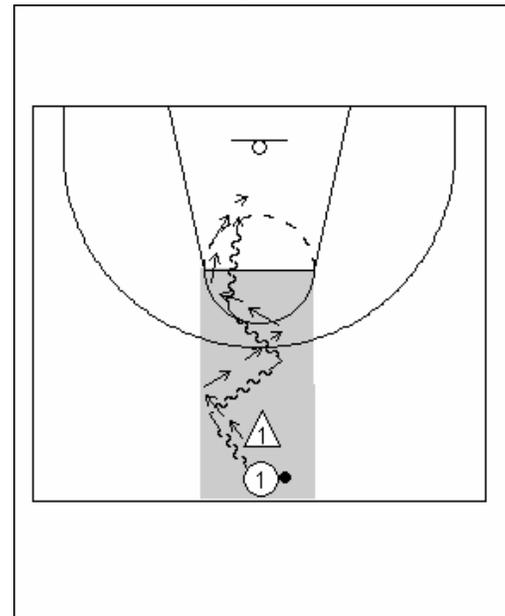
### Variations:

1. Limit the amount of dribbles for the offence.

### Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.

Diagram A.



## FDBA Domestic Coaches Drill Book: Defence

Name: 4 Man Close Out

Drill No: D10

### Description:

This drill is for teaching the close-out technique.

Start with four lines on the baseline and set up four cones on the 3pt line.

Players pass the ball along the baseline and close out to the diagramed cone.

### Variations:

1. Substitute cones for players and play four on four after the close-out and ball is reversed all the way round the 3pt line. (Diagram B)

Note: This progression should only be made after you have taught team defence, split line help, denial etc.

### Points of Emphasis:

1. Sprint 3/4 of the way and perform short choppy steps in stance for the final 1/4 distance.
2. Close out low and on balance.
3. Be ready to change from running forwards to running backwards.

Diagram A.

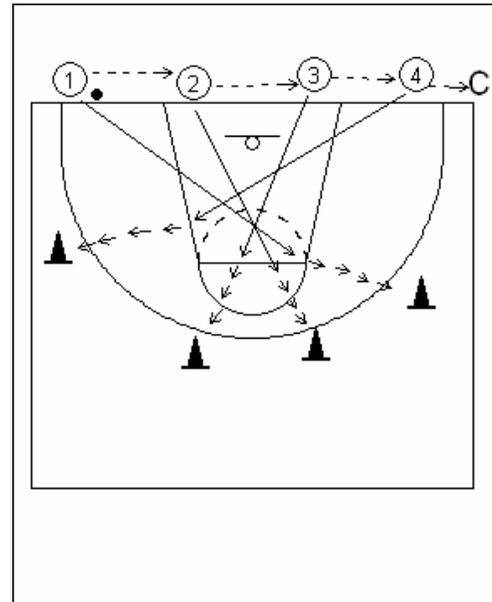
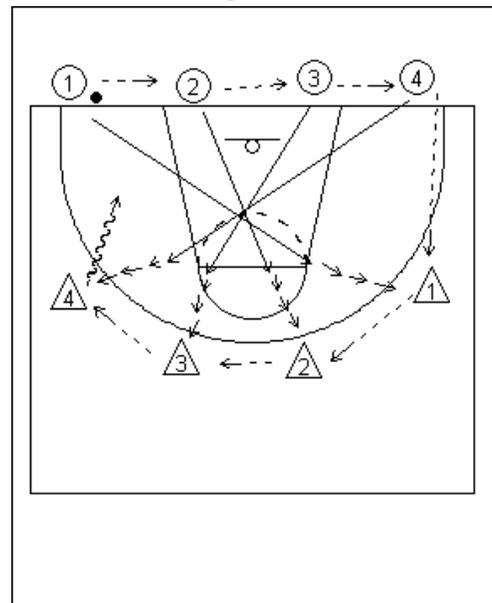


Diagram B.



## FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Close Out

Drill No: D11

### Description:

This drill is for drilling the close-out 1 v 1.

Start with three lines on the baseline and set up players on the 3pt line.

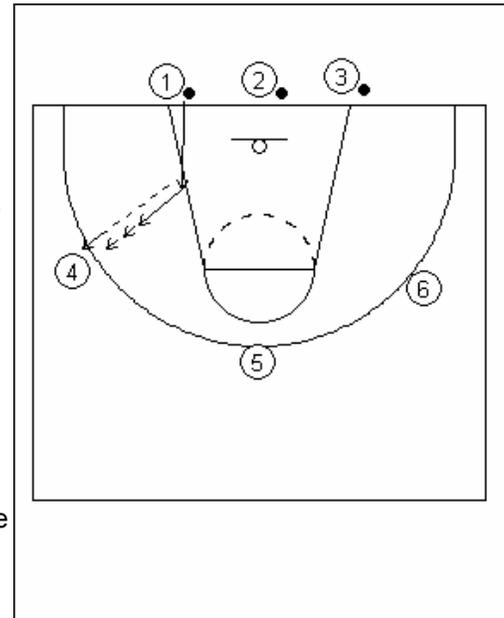
First player up walks to edge of keyhole and bounce passes to his opponent.

Defence must close out and play one on one. Offence can drive or shoot on the catch and look to get to the hoop by taking advantage of the defender having to close out.

### Variations:

1. Change distance from hoop and close out depending on age and ability.

Diagram A.



### Points of Emphasis:

1. Sprint 3/4 of the way and perform short choppy steps in stance for the final 1/4 distance.
2. Close out low and on balance.
3. Be ready to change from running forwards to running backwards.

Diagram B.

# Team Offence



## FDBA Domestic Coaches Drill Book: Team Offence

Name: 5 Out Motion Overview

Drill No: F1

### What is 5 Out Motion

The "5 Out" refers to the positions or alignment of your five players.

All five players start outside the 3pt line.

"Motion" means that the players are in constant movement.

What we are trying to do is give the players purpose to their movements; we want to teach them how to recognize an opportunity to score (space) and how to attack or take advantage of that opportunity.

Motion Offence gives the players simple movement to repeat as a group until a scoring opportunity presents itself or better yet until the movement creates one.

Motion can have as many or a few a rules as you want, generally when teaching you teach by rules so the players know that if the "defense does this I can do that."

### Positions and Spacing

Shown to the right (Diagram A) are the five positions in "5 Out Motion."

These positions or this alignment gives the players maximum opportunity for creating, recognizing and attacking space.

Note that the spots are all around and outside the 3pt line; this helps bring the defence away from the hoop so you can attack it.

### Skill Required to Play Motion

**DRIBBLE WITH BOTH HANDS:** Players need to be able to dribble with both hands under pressure while waiting for a pass or driving to the hoop looking to score or pass.

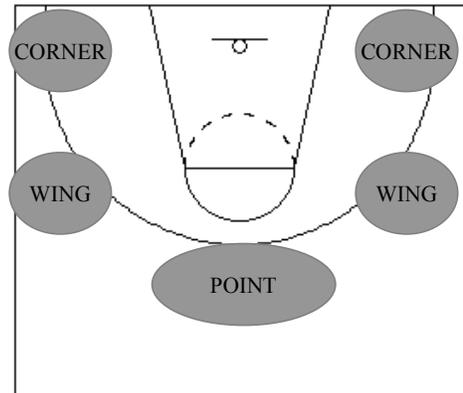
**PASS WITH BOTH HANDS:** Player need to be able to pass with both hands to protect the ball from the defence.

**FINISH AROUND HOOP AND LAY-UP WITH BOTH HANDS:** 5 out Motion is designed to provide ample space for players to drive and cut into which creates opportunities for shots close to the basket. To protect the ball players need to be able to shoot with both hands under and near the hoop.

**CATCH & RIP INTO TRIPLE THREAT POSITION:** – The ability to catch the ball and pivot into Triple Threat Position (T.T.P) after having made a cut to get open or free from a defender.

**BACK DOOR CUT:** Cutting behind defender to hoop.

Diagram A.



### **BEATING DEFENDER OFF THE**

**DRIBBLE:** Players need to be confident in catching the ball and driving past a defender going left or right while maintaining good vision of the court.

### **CATCH AND LAY-UP/SHOOT:**

Player will often cut to the hoop and only have time to catch and shoot or lay-up with no dribbling.

**V CUT:** Used to create space from a player and his defender, which enables the player to catch a pass while being defended.

**BASKET CUT:** Cutting hard to hoop after making a pass on the ball side of the defender.

## FDBA Domestic Coaches Drill Book: Team Offence

Name: Alford Series: V-Cuts

Drill No: F2

### Description:

This drill is to teach players how to free themselves from a defender in order to catch the pass.

Split group into three line; One at the point, and one at each wing.

Players on the wing execute a V-Cut to get free.

The player at the point will dribble to shorten the pass to one side and this player will drive the ball in for a shot or lay-up.

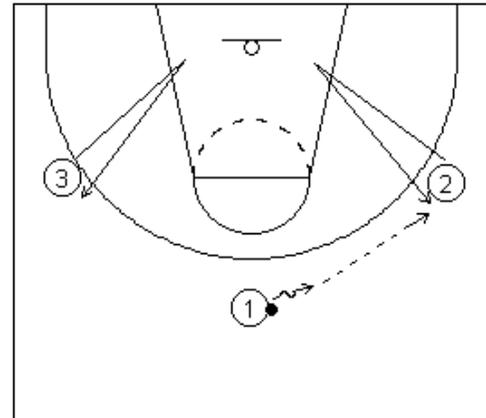
### Rotations:

1. All three player out, three new players in.
2. Rotate clockwise or anticlockwise

### Points of Emphasis:

1. Cut below the block and get two feet inside the key
2. Have a receiving hand up (hand closest to sideline) on the way in and on the way out with palm facing the ball.
3. Slash arm and get a lead foot inside the key to explode outside the 3pt line above the block.

Diagram A.



## FDBA Domestic Coaches Drill Book: Team Offence

Name: Alford Series: Ball Reversal

Drill No: F3

### Description:

This drill is to teach players how to correctly pass the ball from one side to the other.

The wings have already executed V-cuts to get free and the point (1) has made a pass to the right wing (2).

(1) makes a replacement cut to receive the ball back from (2). On the catch (1) executes a rip through and dribbles to get across the split line (imaginary line that runs from hoop to hoop down the center of the court) to make a pass to (3) who has timed his V-cut to get free.

This action is called "Dribble Swing"

If (1) cannot make a pass to (3) he must keep dribbling in protection dribble while waiting for two to complete his V-cut.

Keep dribble swinging until whistle or coaches yell "score" the players can the dribble in for a shot or lay-up

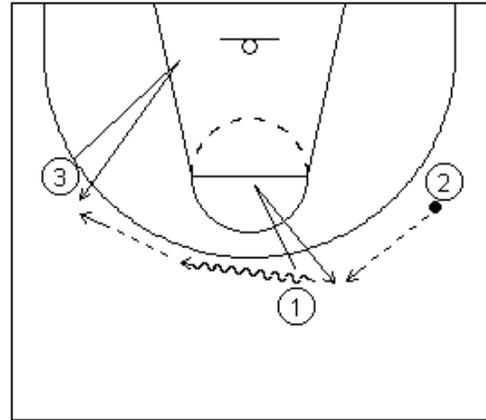
### Rotations:

1. All three player out, three new players in.
2. Rotate clockwise or anticlockwise

### Points of Emphasis:

1. Always pass at least a step off the split line towards the receiver
2. Cut below the block and get two feet inside the key
3. Have a receiving hand up (hand closest to sideline) on the way in and on the way out with palm facing the ball.
4. Slash arm and get a lead foot inside the key to explode outside the 3pt line above the block.

Diagram A.



## FDBA Domestic Coaches Drill Book: Team Offence

Name: Alford Series: Pass, Cut & Replace

Drill No: F4

### Description:

This drill is to teach players move (cut) and fill the space left (replace).

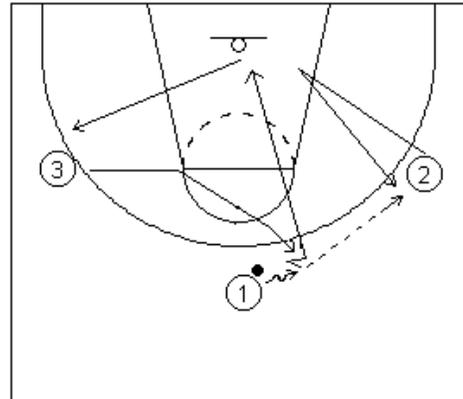
**RULE:** If a pass is made towards the baseline, you cut and replace to a free spot away from the ball.

(1) passes to (2) who has made a V-cut to get free. After passing (1) cuts to the point of rim looking to receive the pass back.

(3) fills the free space at the point by cutting to the elbow then cutting hard outside the 3pt line on the ball side of the split line.

From here the ball can be swung to the other side with a "dribble swing" and the players pass cut and replace until the coaches directs them to score.

Diagram A.



### Points of Emphasis:

1. Always pass at least a step off the split line towards the Receiver.
2. Cut to score and slow down to finish cut at hoop.
3. Look to score on replacement cut.

## FDBA Domestic Coaches Drill Book: Team Offence

Name: Dribble Entry

Drill No: F5

### Description:

This drill is to teach the player how to get a ball side (the ball on the wing) without a pass.

Getting a ball side is important; when you have a ball side and then reverse the ball to the other side you force the defence to play close out basketball which creates great opportunities to put the ball on the floor and drive to the hoop.

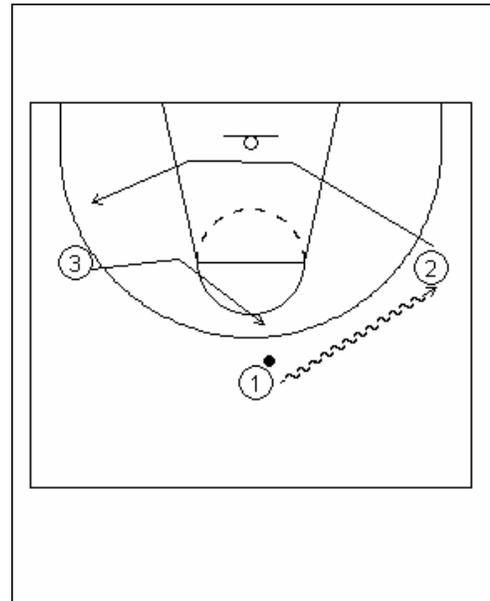
Diagram A. shows (1) dribbling at (2) who exit cuts to the opposite side of the floor. (3) then replaces to the point, off the split line towards the ball to allow for a pass back from one.

(2) replaces to the weak side (opposite side from ball) wing.

Diagram B. shows the same dribble entry action, but (2) makes a shallow cut for a pass back option from one.

(3) is V-cutting in anticipation of the ball being reversed.

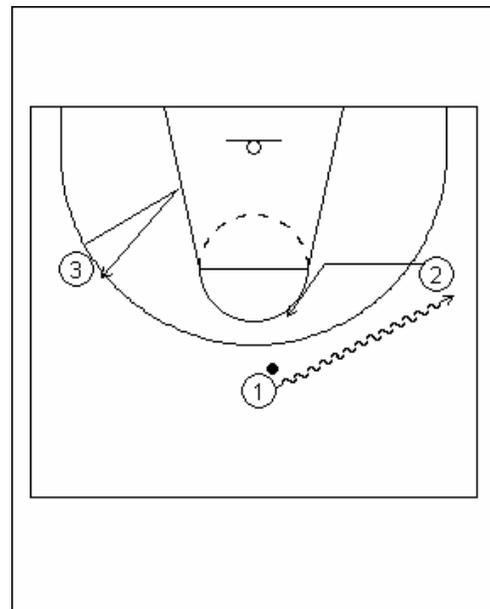
Diagram A.



### Points of Emphasis:

1. Always pass at least a step off the split line towards the Receiver.
2. Cut to score and slow down to finish cut at hoop.
3. Keep the dribble "alive" until you can pass.
4. Communicate which type of cut so the weak side wing knows to replace to the point or v-cut.

Diagram B.



## FDBA Domestic Coaches Drill Book: Team Offence

Name: Same Side Cut with Dribble Lift

Drill No: F6

### Description:

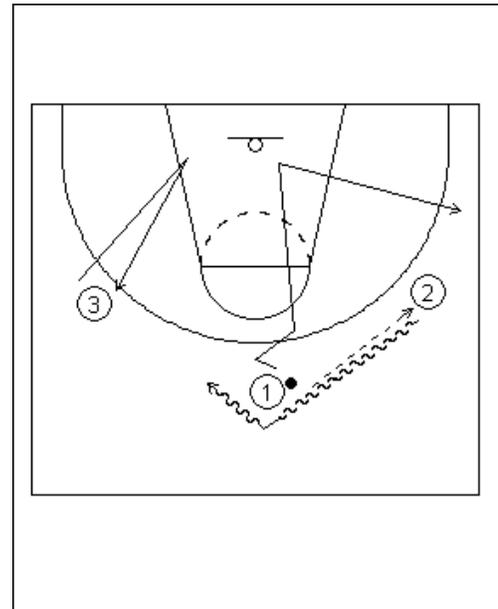
This drill is to teach the player how to react if a player passes from the point and decides to replace towards the wing on the same side.

(2) executes a "dribble lift" and dribbles the ball up to the wing to keep court balance and floor spacing.

This is also a good time to look to drive to the basket down the middle of the floor after (1) exits out of the keyhole. This is called "driving off the heels" of the cutter.

(3) is V-cutting in anticipation of ball reversal.

Diagram A.



### Points of Emphasis:

1. Always pass at least a step off the split line towards the Receiver.
2. Cut to score and slow down to finish cut at hoop.
3. Keep the dribble "alive" until you can pass.
4. Communicate which type of cut so the weak side wing knows to replace to the point or v-cut.

# Multi-Skill Drills



## FDBA Domestic Coaches Drill Book: Multi-Skill Drills

Name: 4 Corner Dribble, Pivot & Pass

Drill No: G1

### Description:

Split the group into four corners with a ball in each corner.

Players dribble to the cone in front, jump stop, pivot (to a pre-determined direction), pass then join the line you passed to.

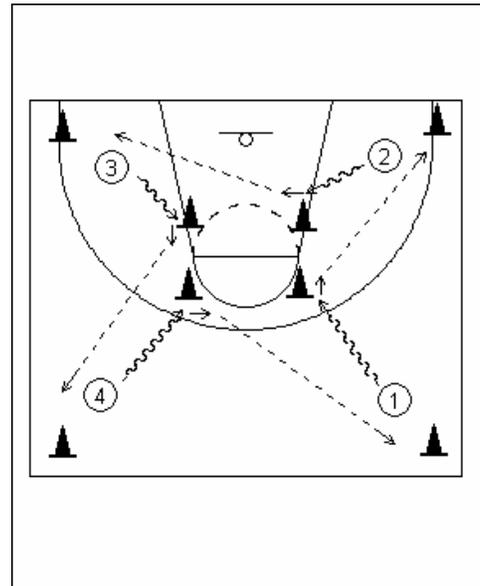
### Variations:

Change distance of lines and pass types.  
Change directions and types of pivots

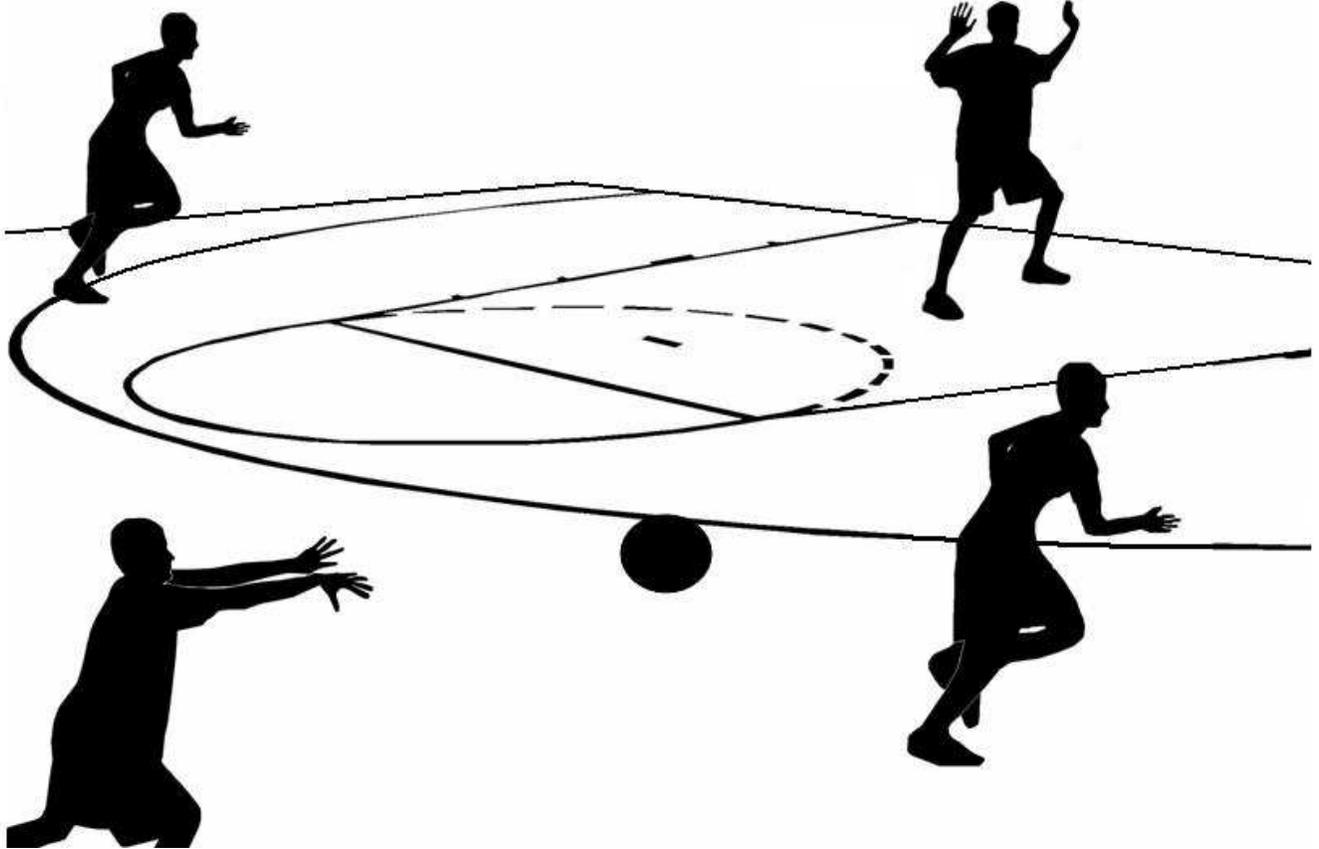
### Points of Emphasis:

1. Vision while dribbling
2. Jump stop on balance in basketball stance
3. Point ten toes before passing and finish with ten finger pointing to partner after passing

Diagram A.



# Transition



## FDBA Domestic Coaches Drill Book: Transition

Name: 3 Trips, 3 Shots

Drill No: H1

### Description:

This drill is used to teach shot selection, running the lanes and spacing in transition.

Cones are used to teach the two outside players to run hard and wide and then middle players to stay in "Main Street" so as not to limit his passing options.

The drill starts with three players who will make three consecutive trips to finish the drill.

Diagram A. shows the point guard dribbling up the court then passing to the left lane runner for a lay-up

Diagram B. shows the point guard dribbling and passing ahead to the left lane runner who then bounce passes the ball to the right lane runner for a lay-up.

Diagram C. shows the point guard passing ahead to the right wing who attacks the hoop then passes back to the point guard for a shot.

### Variations:

Shoot the lay-up with no dribble  
Only Dribble with weak-hand

### Points of Emphasis:

1. Sprint the lanes
2. Pass the ball to the advantage of the receiver (ahead)
3. Dribble with eyes looking at far hoop
4. Stay in lanes to maintain spacing

Diagram A.

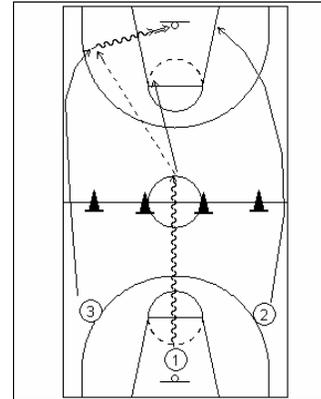


Diagram B.

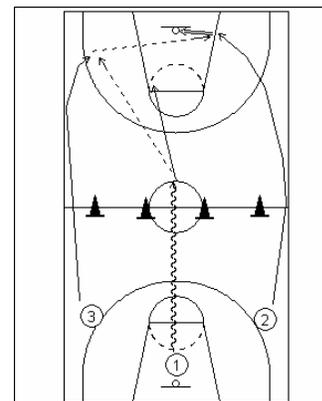
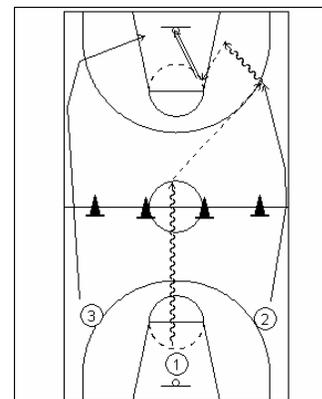


Diagram C.



## FDBA Domestic Coaches Drill Book: Transition

Name: 2 v 1 Turn the Cone

Drill No: H2

### Description:

This drill can be used for Transition and also to teach decision making.

Line the players up in three lines with the two outside lines being on offence and the middle line on defence.

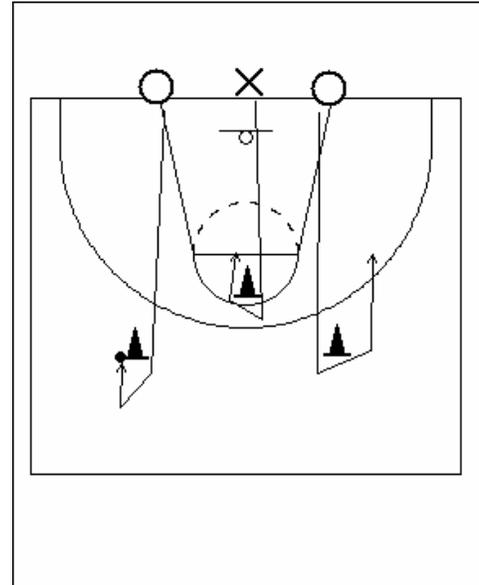
All players must sprint around the cone before picking the ball up to play.

Players then attack the single defender looking to get an easy basket.

### Variations:

2 v 1 full court with no cones

Diagram A.



### Points of Emphasis:

1. Run on the inside of the cone and turn to outside for good spacing between offensive players
2. Maintain spacing
3. Attack the hoop, draw the defender then look to pass
4. Must get a shot inside the key

## FDBA Domestic Coaches Drill Book: Transition

Name: 3 v 2 Turn the Cone

Drill No: H3

### Description:

This drill can be used for Transition and also to teach decision making.

Line the players up in five lines with the one middle and two outside lines being on offence and the other two lines on defence.

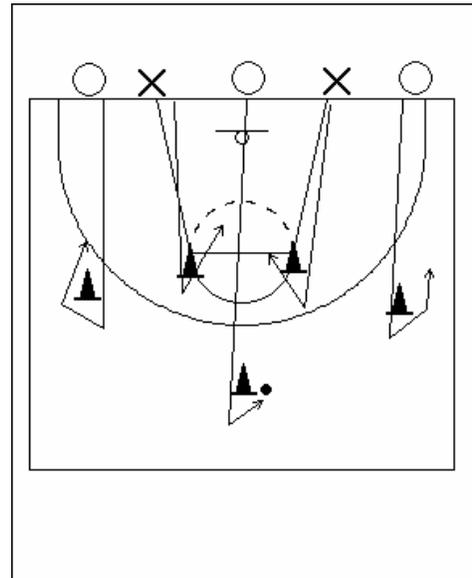
All players must sprint around the cone before picking the ball up to play.

Players attack the single defender looking to get an easy basket.

### Variations:

3 v 2 full court with no cones

Diagram A.



### Points of Emphasis:

1. Run on the inside of the cone and turn to outside for good spacing between to offensive players
2. Maintain spacing and own area of the court
3. Pass the ball early
4. Point Guard must stay above dotted circle line

## FDBA Domestic Coaches Drill Book: Transition

Name: 3 on 2, 2 on 1

Drill No: H4

### Description:

This drill teaches players how to play offence and defence with a number advantage/disadvantage. It also works on playing offence then converting to defence

Line the players up in three lines with each line being on offence. Send two players down the other end of the court to play defence.

The three players transition down the other end of the floor and play 3 on 2. Allow the offence one shot only.

The offensive player who shoots or turns the ball over now sprints back to play defence against the two defenders who now play offence 2 v 1.

### Variations:

Limit the amount of passes.  
Allow no dribbles.

### Points of Emphasis:

1. Attack the hoop
2. Maintain spacing and own area of the court
3. Pass the ball early
4. Point Guard must stay above dotted circle line

Diagram A.

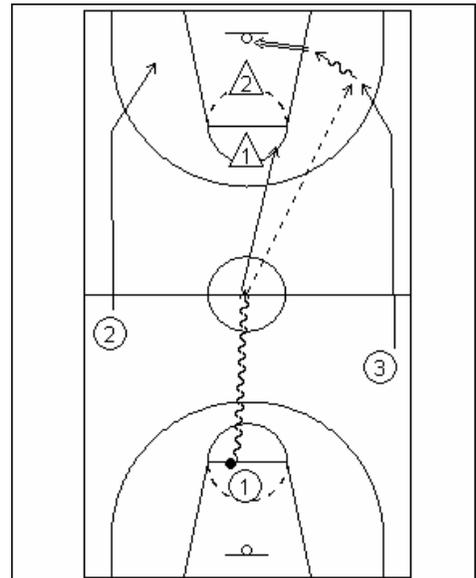
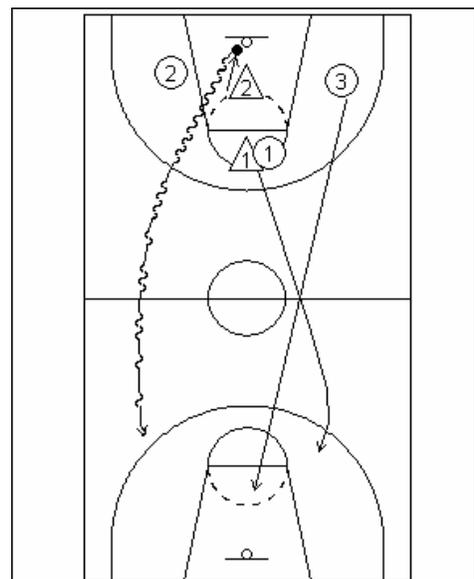


Diagram B.



## FDBA Domestic Coaches Drill Book: Transition

Name: 2 Man Break Shooting

Drill No: H5

### Description:

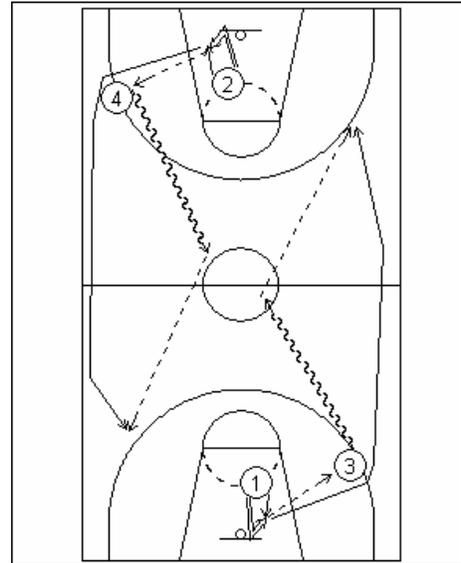
This is a fast paced drill that will get players used to sprinting up the floor, passing on the run, and shots/lay-ups when running the floor hard.

Divide your squad into two teams.  
Put one team on one baseline, the other on the opposite baseline.  
Have the front player in line go out to the wing, and have the next player in line grab a basketball.

The player with the ball will pass off the backboard, rebound then outlet pass the ball to the wing player and will sprint to the other end of the court.

The wing player will dribble to the middle of the court and fire a pass to the sprinting rebounder. The rebounder will then take a shot or lay-up

Diagram A.



### Variations:

Change the types of shots - Power lay-up, bank shot etc.

### Points of Emphasis:

1. SPRINT
2. Make a good pass to the shooter
3. Shop on balance for the shoot
4. Point Guard must stay above dotted circle line

## FDBA Domestic Coaches Drill Book: Transition

Name: Run the Circle Transition

Drill No: H6

### Description:

This is a drill designed to practice recognizing what lanes to run on a rebound.

Four offensive player run around the circle until the coach shoots.

When the coach shoots the players fill the closest lane.

3 is the closest to the opposite end so he runs the middle lane right to the hoop.

2 runs the left lane and 1 receives the ball on the right side and dribbles the ball towards half court inside "Main Street"

4 has rebounded and made an outlet pass to 1, then fills the free lane on the right hand side.

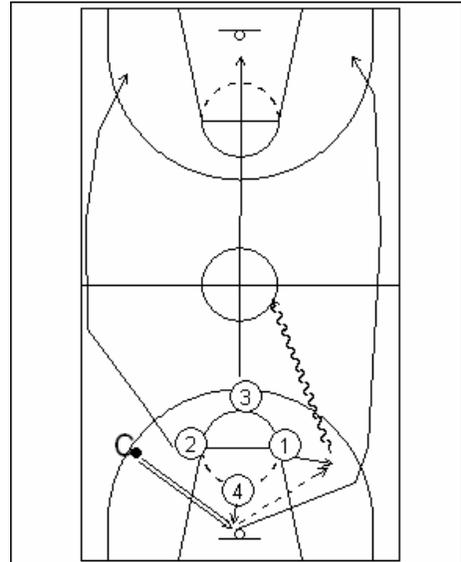
Here are some scoring options:

Pass to 3 running middle

Pass to 4 or 2 running outside lanes who can lay it up or bounce pass to other wing

Pass to outside lane and get it back for shot

Diagram A.



### Variations:

Play 4 trips, for different shots.

### Points of Emphasis:

1. Communicate what lane you are running as soon as the ball is secured
2. SPRINT
3. Maintain court balance - spacing
4. Point guard call for outlet