



Father/Son Drills



Shooting

Keys to Great Shooting Form

- Feet shoulder width apart with your dominant foot slightly ahead of your non-dominant foot.
- Toes toward your target. (Point both feet at the basket)
- Knees slightly bent in an athletic position
- The ball should rest on the finger pads of your shooting hand allowing some space between the ball and your hand.
- Your shooting arm should form an “L” directly over your shooting leg and the ball should be over your elbow.
- Your wrist should be flexed far enough that you should see wrinkles where the back of your hand meets your arm and the ball should rest on the top of your finger pads.
- Your eyes should be focused on the center of the basket, not the front or the back of the rim. Your target is the center of the hoop.
- When shooting, remain focused on your target and do not look at the flight of the ball.
- Your other arm is used to balance the ball and when placed in the correct position on the side of the ball your thumbs will form a “T”
- Bend your knees and extend your shooting arm until your elbow is above your eyebrow.
- Flick your wrist and follow through so your index finger and ring finger are pointing straight down at the ground. Your follow through creates proper rotation of the ball.
- Hold your follow through until the ball goes through the net.
- Shoot through your balance hand, which should finish pointing at the basket.
- You should finish your shot on your toes.

Shooting Form

1. One Hand Form Shooting

1. Stand directly in front of the basket about 2 feet away and have your partner stand under the basket.
2. Do Not use your balance hand.
3. Make 10 in a row from that spot and then take one step back
4. Every time you make 10 in a row take one step further from the basket until you reach the free throw line
5. As you get further away from the basket you need to bend your knees and get power from your legs. Once your form starts to change in order to reach the basket, you are too far away from the hoop.

2. Form Shooting with your Balance Hand

1. Begin in close and work your way further from the basket.
2. Hold your follow through until the ball goes through the hoop.
3. Make 10 in a row; take one step back until you reach the three-point line.



Shooting off the Pass

1 Person Shooting

- **Spinouts:** Gently throw the ball out underhand a few feet left or right. Use backspin on the throw. Go retrieve the ball, square up to the hoop by pivoting on your inside foot (foot closest to the hoop), get balanced and shoot the ball. Start near the hoop and gradually increase the distance.
- **Spinouts from 5 spots:** Both corners, both wings, and the top of the key. Make 10 and move to the next spot.
- **Spinouts to 1 Dribble:** Spin the ball out, catch and square up. Pump fake, 1 dribble into shot. Use both corners, both wings, and the top of the key. Make 10 and move to the next spot.
- **Half Court Dribble Move:** Start at half court with a speed dribble. Remember to push the ball out in front, use a dribble move into a shot from the elbow. Crossover, Inside-out, spin, stutter-step, etc.

Father/Son Shooting

- **Straight Step Ins:** Son starts at top of the 3-point line or closer based on range. Dad passes, son is in athletic stance, catches, (if rightie) plants left pivot foot, steps into his shot with his right foot, shot.
- **Wing Denial:** Son starts at elbow and faces opposite the basket. He slides to the sideline denying the ball with his hand out in the passing lane. Once he reaches the sideline, he pivots back to the elbow planting his inside foot in to his shot.
- **Defensive Slides w/ Roll:** Son gets in defensive stance and slides around the three-point arc or at his range. Dad throws ball when he feels the son is working hard. Son catches, squares, and shoots.
- **Half Court Back Pedal:** Son starts at half court and sprints in, remaining in low aggressive stance with his hands out and ready. Dad passes the ball when son steps inside the 3-point line. He catches and 1-2 steps into his shot. After he shoots, he back pedals to half court and repeats steps above.
- Dad throws out to son on the three-point line, and then sprints out to the son with the ball. The son should shoot, if possible. If the son cannot get off a shot, use a fake and one dribble to spot up for a jumper.

Shooting off the Dribble

- **Dribble Outs:** Same as spinouts except, instead of throwing the ball, we are going to use our dribble. Start at the foul line extended. Take one or two dribbles to the corner of the foul line and pivot on your inside foot, square and shoot. Repeat from the opposite side.
- **Defensive Slides w/ Roll:** Son gets in defensive stance and slides around the three-point arc or at his range. Dad throws ball when he feels the son is working hard. Son catches it, shot fakes, one dribble and shoots.



Ball Handling

Maravich Series

- **1. Tipping:** Hold ball overhead with elbows extended up as high as possible. Tip ball back and forth on fingertips.
- **2. Wraparound:** The player passes the ball around waist, going 10 times in each direction.
- **3. Combo Wraparound:** The player combines waist and neck and leg wraparounds, trying to move the ball quickly while maintaining control.
- **4. Figure 8:** The player passes the ball in a figure 8 motion between legs, working up to the highest speed possible. Player goes 10 repetitions forward and backward.
- **5. Cradle:** Parallel Stance. The ball is held between legs with one hand in front and the other hand in rear. Player switches the positions of hands quickly so the ball stays in the same place.
- **6. Crab Run:** Player bends over and does figure 8 while running up the court.
- **7. In-Place Dribble:** Player stands in one place and dribbles in a figure 8 movement between legs. The player should keep the ball low, head up and concentrate on ball control with fingertips.
- **8. Machine Gun Dribble:** The player pounds the ball low in a "patter" dribble motion, alternating left and right hands, trying to dribble as low to the ground as possible and keeping the ball on the fingertips.

Dribble Moves

- **1. Speed Dribble:** Players dribbles up court as fast as possible with left hand and returns with right hand, concentrating on pushing the ball out in front and keeping head up.
- **2. Crossover Dribble:** Player changes direction with crossover dribble, protecting ball with off arm and body, and keeping ball at knee level or lower.
- **3. Inside-Out Dribble:** Using left hand, player dribbles hard and plants right foot as if to initiate a crossover dribble, but continue to dribble with left hand. This "fake" crossover forces the defense to shift its weight to respect the dribble fake, while the offensive player goes the same direction. Use left hand up and right hand back in full court.
- **4. Spin Dribble:** Player changes direction with reverse drop step, pulling dribble back while spinning to change direction. Ball must be kept low and protected from defense.
- **5. Behind-The-Back Dribble:** Player changes direction while wrapping the ball around the back of legs. Ball must be kept low to maintain control.
- **6. Stutter-Step:** All of these skills can be enhanced by using the "stutter step" dribble. Player uses short, choppy steps, "chattering" shoes on the court while executing the various dribbling skills previously described.
- **7. Between the Legs:** Come to jump stop splitting your legs and bounce the ball between your legs while changing direction.
- **8. Two Ball Stationary:** Start with 2 balls at same speed. Switch to alternating the 2 ball dribble. Next dribble one ball high, one ball low. Remember to keep your head up and be in athletic stance.
- **9. Two Ball on the Move:** Same drills as above but at full speed.



Passing

- **1. Two-Hand Chest Pass:** Player may work with another player or pass against the wall. The hands are placed on top of the ball and thumbs must be rotated under to get backspin rotation on ball. Good follow-through, stepping into the pass and good speed on the ball are important fundamentals to develop in passing.
- **2. Bounce Pass:** Similar technique to chest pass, but the ball bounces up to teammate. Pass should be caught just below the waist.
- **3. Two-Hand Overhead Pass:** Player puts ball over head and snaps off the pass. This pass is used to outlet the ball long down the court.
- **4. Baseball Pass:** Player steps and throws a long pass just as she would throw a baseball.
- **5. Post Entry Pass:** Player steps around defender and uses low bounce pass to enter the ball into post. This pass also is used without bounce. Use ball fakes low and high to "sell" this pass.

Defense

Stance & Slide

- **Stance**
 1. Feet approximately shoulder-width apart.
 2. One foot slightly ahead of the other -- a straight line drawn from the front of back foot should intercept the arch of the front foot.
 3. Weight evenly distributed on balls of feet.
 4. Knees flexed
 5. Butt down so that chin is directly above the knees (stay low)
 6. Head up
 7. Elbows slightly flexed with arms just outside the body line
 8. Hands positioned with palms up
 - Hands are used to harass player with ball but head should stay up and not dip forward
 - Hands should move in upward direction when harassing (officials are more apt to call a foul if 'slapping down' action is used)
- **Slide**
 1. Feet never touch
 2. Feet never cross
 3. Lateral movement -- defensive shuffle
 - Step with foot in the direction in which you are going (if you are shuffling right, step with the right foot)
 - Opposite foot is used to push off, kept close to the ground, and moved no closer than 12 inches toward the other foot



- **Zigzag Drill:**
 - The player start in a defensive stance, without a ball, at the corner of the baseline and will shuffle towards the foul lane.
 - When they reach the foul lane line they plant their foot nearest the foul lane and open up with the other leg and shuffle toward the sideline.
 - They will continue the process going to the opposite baseline, then sprinting across the baseline and repeating the process going back down the court.
- **Lane Drill:**
 - Player begins at box on the lane
 - He slides up the lane, pivots at free throw line, slides across the lane, back pedals to the box and slides back across the lane to the box he began at.
- **Wing Deny Drill:**
 - The offensive player may only use half the court to try to get open.
 - The defensive player is on the right side of the court, right hand up in the passing lane and left arm up with forearm blocking offensive player and any attempts at offensive backdoor move.
 - Defensive player makes the offensive player run into the forearm in order to slow down the backdoor move.
 - If offensive player gains possession of the ball, then the pair plays one-on-one on that half the court.
 - When the offensive player is on the left side of the court, then the defensive player should have the left hand in the passing lane and right forearm up.

Individual Offense

V cut & Get Open/ Catch & Square

- **Jab Step and Crossover Drill:**
 - The offensive player will perform a V-cut to get open.
 - The player starts on the wing and will make a cut toward the low block on that side of the lane.
 - If on the right side of the court, as in the diagram, he or she will plant the right foot and then pivot back up the lane toward the passer.
 - When he or she comes toward the ball, the player shall give an outside hand (or both hands) as a target for the passer.
 - When receiving the pass, he or she will make sure to establish the proper pivot foot, which should be the inside foot to the basket.
 - If pivoting on the inside foot, the shooter will be able to square up more quickly and go straight to the basket ahead of the defender.
 - In this drill, after he or she squares up, the following moves are to be worked on as stated in the **Jab Series**.



Jab Series

- 1. Throw jab step right at defensive player. Extend step and drive to hoop for lay-up.
- 2. Throw jab step at the defensive player and shoot directly off the jab step.
- 3. Throw jab step at the defensive player and then take one hard dribble right past defender, square up, and shoot jump shot.
- 4. Throw jab step at the defensive player, cross over with the jab foot, and drive to the hoop for a lay-up.
- 5. Throw jab step at the defensive player, cross over with the jab foot for one hard dribble, square up to basket, and shoot jump shot.

Post/Live

- **1. Mikan Drill:** Continuous step-hooks with each hand. Right hand hook, left hand hook, continued.
- **2. McHale Tip Drill:** Throw the ball on the board, tip with your right hand in the basket. Then use a left-handed tip. Work up to five or six tips with each hand.