

**HINGHAM
YOUTH BASKETBALL
COACHES CLINIC**



NOVEMBER 14, 2010

About Tom Levett:

Tom Levett will be heading into his first year as Head Coach of the Hingham High School Girls' Basketball Team. Tom Levett has over 10 years coaching experience and brings a wealth of basketball knowledge and skill development into his position. Levett's previous coaching experience was Head Coach of the Women's Basketball Team at Wheelock College and Head Coach at Quabbin Regional High School.

GRADES 1-4

(Some of these drills can be adapted to the older groups as well)

The main focus especially at this level is for the players to have fun and learn the fundamentals of basketball i.e. ball handling, passing and shooting. Too many coaches worry about running plays at the youth level when it is most important to teach basic skills. Defense on the ball and off the ball is extremely important as well. I would only run man to man defense. Here are some drills to help teach the basic skills:

BALL-HANDLING/DRIBBLING DRILLS

(Check out my "Off-Season Program" workout at www.hinghamgirlsbasketball.com for a more individual detailed descriptions of dribble, ball-handling and passing drills)

Various Ball Handling Drills

Pounding the ball, Fingers tap back and forth (in front, above head and below knees), handle basketball around the back, around the head and around the knees. Figure 8 through the legs from front and from back.

Dribble Series

Variety of different dribbling i.e. right, left, 2-ball dribbling, cross-over (R/L), in and out dribble (R/L), between legs (R/L), spin dribble (R/L), behind the back dribble, stutter step dribble. The key is for the players to keep their heads up in this drill. Put all players in lines evenly at both sidelines with each line facing each other. Each line has a ball and on whistle players dribble at each other using the dribble you want to practice.

Bean Bag Scramble

Players start on either side of the court in two lines, facing in. A ring of bean bags is in the center. The first player from each line dribbles into the center and must pick up a bean bag while maintaining the dribble. They must then return to the line and pass off the ball to the next player in their line. This drill continues until the coach blows the whistle. The team with the most bean bags wins, though only one bean bag can be taken at once.

Dribble Tag

Proper Dribbling Technique has already been taught. Each player has a basketball and on the whistle everyone begins dribbling. The goal of this drill is to try and knock away another player's ball and doing so by still controlling their own ball. If a player loses control of their ball they simply do an exercise i.e. 20 Jumping Jacks and are back in the activity. It teaches the kids awareness of the court while they are dribbling as well as dribble control.

PASSING DRILLS

Partner Pass (Monkey in the Middle)

This drill works on defense as well as wrap-around passing and ball-fakes. Split your team in groups of 3 and practice passing the ball back & forth emphasizing on stepping towards target and using wrap-around. Work on the ball fakes. i.e. Fake high go low, fake low go high.

6-man passing

Position 6 players on the basketball court. 2 Facing each other on sidelines near basket 2 at center court back to back and 2 facing each other at opposite end basket at sidelines. Make 2 lines of players at each baseline (either right or left side depending on what side lay-ups/jump shots you want to work on) On whistle players pass ball to passers as they move up the court and take lay-up/shot.

Pattern Passing

Group players in groups of 8-10 in a circle. By using the chest or bounce pass players will create a pattern by passing the ball throughout the circle. Players must say the name of the person they are passing it to. Once the pattern is made and ball has made it back to the first person continue passing in the pattern. When team has a good rhythm going add basketballs. See how many basketballs the groups can pass around without making a mistake.

Ultimate Basketball

This drill is a basketball game of passing only no dribbling. Make teams of 5 or more if you like. There are many skills used in this game especially teaching players to move without the ball to get up the floor. Man to Man defense is also a focus and setting good proper screens. If you have the ball you can't move or dribble. You must pass the ball to an open player and do this continuously till you team is close enough to the basket. *Teaching point-make sure when each of your players catch the ball they pivot and square to the basket, no matter where they are on the court!

SHOOTING DRILLS

Around and Shoot

Five players line up on the 3-point line, spaced evenly. The coach passes the ball to a player on one end, who immediately passes to the player next to him. This continues until the ball reaches the player at the opposite end. That player dribbles in for a lay-up. The player who took a shot then replaces the first player, and everyone moves down a spot.

This drill continues until everyone has had a chance to fill every spot. When the ball gets passed, players should yell "S-H-O-T Shot!" This keeps the rhythm going and keeps athletes engaged when it is not their turn to shoot.

Spot Shots

Split group up into teams evenly. Use paper plates and write number values on each plate. You may use increments of 5 up to 50, #5 would be your easier shots and #50 being the most challenging shots. Each team will have one basketball and on whistle players will dribble to a paper plate and take shot. If shot is made they take the spot. At end of game teams add their number values.

Form Shooting

The proper technique of shooting a basketball and have players use only shooting hand and place the guide hand behind their back.

GRADES 5-8

Rebound Outlet

The focus on this drill is to remind your players to keep the ball up high after grabbing a rebound and getting the ball to the outlet. It depends on what side of the court you get the rebound on the outlet pass. Ex. Rebound on strong side your rebounder opens up to the right and passes to outlet. Outlet then rips the ball hip to hip and penetrates middle of court for a lay-up for the rebounder down other end of court.

3 & 5 Man Weave

These are passing drills that I use for conditioning as well but are great passing drills and recognition of the basketball court. In this drill remember to follow the pass and go behind the person you have passed it to. (Around 2 players with 5 man weave) When you reach the end of the court make a lay-up. For a conditioning variation I tell the players I only want 5 passes then a lay-up, decrease to 4 then only 3 passes. With less passes the intensity picks up as they must work hard with a sprint.

11 Man Fast Break

Focus of this drill is to work the 3 on 2 fast break advantage and look for a good shot. Hard work and hustle up and down the floor will give you good high percentage shots.

1 on 1 around cones

Set up cones at foul line extended and have 2 players at baseline one with basketball. On whistle both sprint around cones then play 1 on 1. Then place cones at half court and perform same drill.

1 on 1 baseline touch

Start 2 players on each foul-line extended. Place a ball in the middle of the paint closer to the foul line. On whistle, players run to the baseline touch with hand and race to the ball. Whoever gets there first picks up the ball to play one on one.

V-Cut Series

We will use this drill as one of our pre-game warm-ups. It basically is a series of shots and lay-ups coming off a v-cut. Keys this is footwork and a strong hip to hip rip through.

X-Lay ups

Focus here is to get a good angle when making a lay-up. One line under right edge of backboard at each hoop. The first two players in line each have a basketball. On whistle 2 players with basketball follow each other diagonally around cones (placed at foul line extended) to form X or figure 8. Go for 30 seconds.

Drop Step Drill

4 positions on the floor for this drill. There will be one shooter, one rebounder and 2 passers that will be on the wings out by 3-point line. Shooter starts above the block and on whistle will receive a pass from passer then will perform a drop step move towards baseline and take the shot. Rebounder will get shot and pass back to passer while shooter goes to opposite block to do same on opposite side. Play for 30 seconds and switch positions.

Argentina Drill

8 lines and 2 balls. Pass to the right and switch with a partner. This drill works is good for conditioning, passing and pivoting. It is also a good way to start a practice or warm-up before a game to get the kids excited.

Cardinal Offense

2 on 1 Half-Court Warm-up drills

These are all mental and physical half court transition drills. Use overhead pass and attack defender 2 on 1. Dribbler is allowed one pass only. After shot shooter must touch half court circle and then play defense. Get ball out and start the attack.

Zone Shooting

Work on shooting in the zone gaps. Catch the ball in the ready position. Emphasize on shot faking and coming to jump stops. Work on baseline drive and skip passes and get in the gap and shoot.

Tip Drill

Great drill for developing timing and jumping ability for rebounding.

Line up players at the free throw line in a single file line. First player in line throw the ball against the backboard and goes to the end of the line, next player follows and with arms fully extended (use wrists) tips the ball back against the backboard, each following player continues to follow and tip the ball against the backboard with arms extended and then goes to the end of the line to repeat.

Close-out Drills

Shell Drill

4 on 3 Fast Break Drill

3v2 2v1 Drill

3- Man Weave with lay-up and jump shots

3-2-1 Rebounding Drill

D- Slides

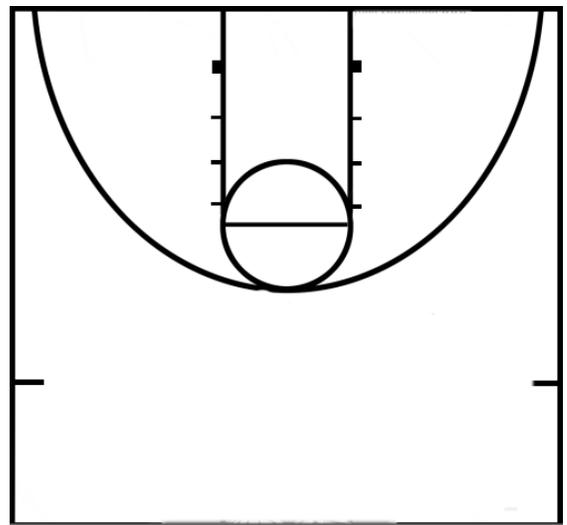
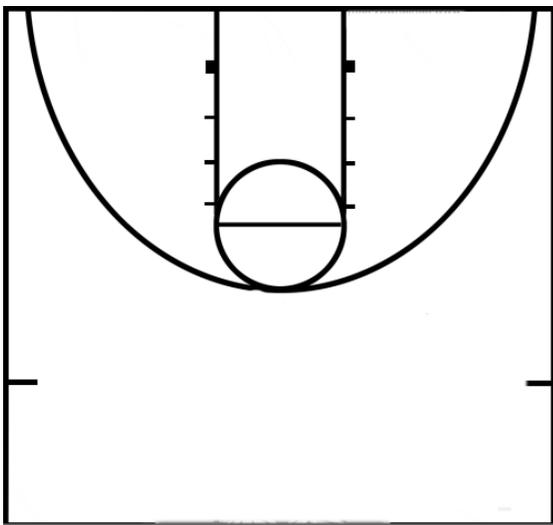
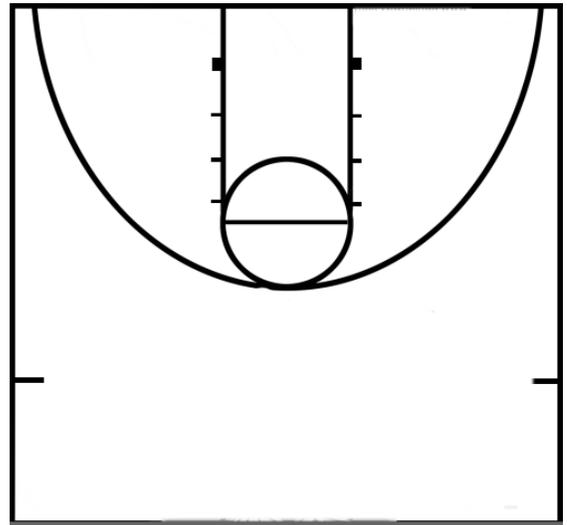
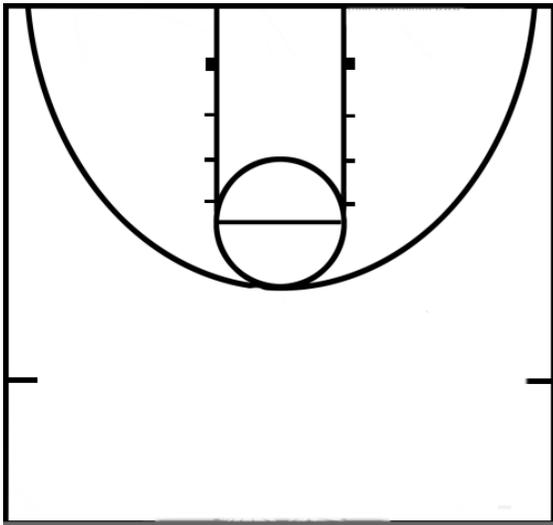
Deny Zig Zag Drill

Deny Baseline, Middle, Charge Dive for Loose Ball

Notes



HINGHAM GIRLS BASKETBALL





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