

Summer Driveway Drills

How to Improve Your Basketball Skills

FUNDAMENTAL SKILLS

- Dribbling if you cannot dribble, the defense will attack you
- Shooting if you cannot shoot, you will always be open
- Passing if you cannot pass, the ball stops moving

GOALS

- Work on these skills at least 2 times per week for 30 minutes each time
- Do all skills with each hand (strong hand and weak hand)
- Play as much as you can!



JUST YOU, BALL BUT NO BASKET

Dribble, dribble, dribble (one ball first, then 2 balls)

- Figure 8's
- V-dribbles
- Around both legs
- Controlled
- Speed
- Cross-over
- Inside out
- Between-the-legs
- Behind the back
- Spin
- Hesitation
- Beat the Neighborhood Kid— Find a kid or a few kids in your neighborhood and play keep away while you dribble the ball around them. Work on different dribbles to keep the ball away.

Shooting

- Practice shooting form (BEEF) — one hand “Hit the Line”

Passing

- Against a wall — chest, overhead, and bounce

BALL & BASKET

- Lay-ups — left side and right side
- One-hand shooting — Stand one step from the basket and shoot ball using shooting hand only and remember BEEF; put off hand behind back. Make 2 shots in a row, step back, and repeat. If you miss, step forward and repeat. Try to get to the foul line, then make two free throws with one hand. Then repeat drill with off hand.
- Self-pass & shoot — Baseline, Foul Line, Foul Line extended (Elbow), Wing (use the backboard)
- Foul shots (Try to make 10 or more in a row)
- Hot-Shot — set up 5 targets on the driveway (old shirts/cones/etc.) and each target is worth a different point from 1 to 5. Shoot until you hit 30 points, then move the targets. Try to reach 30 points in the shortest amount of time/fewest shots.
- Practice one-on-one moves
 - Jab & shoot
 - Up-fake and go right
 - Up-fake and go left

TWO PEOPLE, ONE BALL, NO BASKET

- Beat your Friend Dribbling —Both players dribble a basketball and try to steal the other player's basketball while maintaining dribble.
- Play catch w/out moving
- Play catch on the run
- Practice one-on-one moves
 - Jab & shoot
 - Up-fake and go right
 - Up-fake and go left

TWO PEOPLE WITH BALL & BASKET

- Play one-on-one
- Feed the cutter → lay-up (both sides!)
- Catch and shoot (Catch with knees bent)
 - Baseline
 - Elbow
 - Wing (use backboard)

4 OR 6 PEOPLE WITH BALL & BASKET

- Play two-on-two
 - Give & go
 - Pick & roll
 - Head up and use off-hand
- Play 3-on-3
 - Pass and screen away
 - Give & go
 - Pick & roll
 - Head up and use off-hand
 - Play no dribble

When shooting, always remember BEEF!

Balance

Eyes (on the target)

Elbow (bent)

Follow-through (reach for the basket)