



Ansett Basketball Club

Junior program - Drill Bank

What is in here?

1. Template for session plan.
2. Drill bank.

How to use it?

- The session is divided to 3 main parts and 2 sub-sections:
 - Warm up
 - Intro game
 - Physical competence
 - Individual skills
 - Ball skills
 - 1x1
 - Team concepts
 - Advantage drills
 - Your team system – offense and defense.
- On each part of the session you have a list of drills you can use.
 - Notice that some drills may appear in more than one part as they can have more than one goal/focus.
- All you need to do is select 1-3 drills in each part.
 - If you decide to use one drill for long time (more than 5 minutes) make you change the rules or emphasise different aspects of the drill.

Good luck and let's have a great season!

Coach Dan

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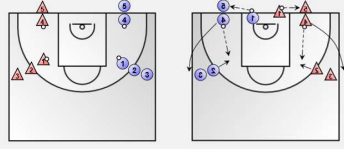

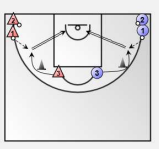
What is the main Focus in the session: _____.					
Warm up 5-15 minutes	Intro game	Capture the flag	Touchdown	4 Passes	King of dribbling
		Dribble tag	Passing tag	Contested shooting	Shooting contest
	Physical competence	Movement and Coordination	Strength-set	Quickness & Strength matches	
Individual skills o U10/U12 20-30 minutes o U14/U16/U18 10-30 minutes	Ball skills	Dribble tag	Passing tag	Ball Handling Series	Lay-up series
		Contested lay-ups	Shooting contest	Contested Shooting	AIS shooting drill
		Horse shoe	Reaction lay-ups	1X1 - Advantage	
	1X1	1X1 - change of speed	1X1 - contain	1X1 - Close out	1X1 - In the key
		1X1 - Pivoting	1X1 - Through the gate		
Team Concepts o U10/U12 10-20 minutes o U14/U16/U18 15-30 minutes	Advantage	2X1	3X2	2X1+1	3X2+1
		3X4 continues	4X5 continues	3X3 - Split, Kick, Extra	3X2 --> 2X1
	Your own team concepts				

Capture the flag	Levels / Variations	
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Ball handling • Passing • Decision making <p>Team concepts:</p> <ul style="list-style-type: none"> • Decision making • Spacing 	<ul style="list-style-type: none"> • Two teams • Equipment: <ul style="list-style-type: none"> ○ Ball for each player ○ Each team have 3-6 cones behind their baseline • Goal to win: Get all the cones on your side of the court • Course of the game: <ul style="list-style-type: none"> ○ Each team on a half court. ○ If a player attacks and get tipped by a defender – he sits on the ground. ○ A teammate can free him by giving a high-five. ○ If an attacker made it behind the opposition’s baseline – he is safe until he tries to make it back. ○ If an attacker is tipped on the way back – the cone will be back behind the baseline, and the player sit on the floor. ○ All players must dribble. ○ Defenders cannot tip an attacker without a ball. ○ Attackers cannot bring a cone to their half court if they lost the ball on the way. ○ Attackers cannot pass cones between them on the way home. 	<ul style="list-style-type: none"> • Two teams • Equipment: <ul style="list-style-type: none"> ○ Each team have 3-6 balls behind their baseline • Goal to win: Get all the balls on your side of the court • Course of the game: <ul style="list-style-type: none"> ○ Same as previous game. ○ Attackers must dribble on the way back home. ○ Attackers can pass the ball in the opposition half court. ○ Attackers are not allowed to pass the ball home over the half court.

4 passes	Levels / Variations	
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Passing • Footwork - pivot • Decision making <p>Team concepts:</p> <ul style="list-style-type: none"> • Decision making • Spacing 	<ul style="list-style-type: none"> • Two teams • Full court • No half court violation – both teams can score to any basket • Players cannot dribble or shot before the team had made at least 4 passes. 	<p>Additional rules:</p> <ul style="list-style-type: none"> • First four passes need to be between at least 3 players • When dribbles are allowed – limit the number of dribbles (0-5)

Touchdown	Levels / Variations	
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Ball handling • Passing • Footwork - pivot • Decision making <p>Team concepts:</p> <ul style="list-style-type: none"> • Decision making • Spacing 	<ul style="list-style-type: none"> • Two teams • Equipment: <ul style="list-style-type: none"> ○ One ball • Goal to win: <p>Get the ball behind the opposition’s baseline</p> • Course of the game: <ul style="list-style-type: none"> ○ No dribbling – only passing ○ Defence: <ul style="list-style-type: none"> ▪ Level 1: defenders only allowed to steal the ball by intercept passes. ▪ Level 2: defenders can steal the ball of the offense’s hands. 	<ul style="list-style-type: none"> • Two teams • Equipment: <ul style="list-style-type: none"> ○ Each team have 3-6 cones on their baseline • Goal to win: <p>Knock down the opposition’s cones</p> • Course of the game: <ul style="list-style-type: none"> ○ Same as previous game.

King of Dribbling	Levels / Variations	
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Ball handling • Decision making 	<ul style="list-style-type: none"> • All players in a defined space (key-way, in the 3pt line, half court etc.) • Each player with a ball – dribbling the whole time. • While they dribble, they try to knockout other players’ basketballs. • Scoring system: <ul style="list-style-type: none"> ○ Every steal/knockout (ball must go out of the game area) = 1 point ○ 3 points = one shot attempt ○ 3 made shots win the game • Change the size of the game area according to the number of players you have. • Change the scoring system to make longer/shorter games. 	<ul style="list-style-type: none"> • In pairs – ball each • Dribbling in front of each other • Trying to knockout each other’s ball while dribbling • The players must be facing each other – not allowed to turn their back to protect the ball. <ul style="list-style-type: none"> ○ They can make half a turn and dribble with the far hand. • Winner = the most number of steals during the game time. • Can be played with one ball between two

Shooting contest	Levels / Variations				
Individual skills – offense: <ul style="list-style-type: none"> Shooting passing 	<ul style="list-style-type: none"> 2-3 teams per basket Shooting spots can and should be changed every session according to the range players can shoot 	<ul style="list-style-type: none"> Making the first shot = 2 points If missed – rebound (before the ball hits the ground gives a second shot, if made = 1 point 	<ul style="list-style-type: none"> Starting out of the three-point line Players can choose where to shot from. Every spot gives different value of points. 	<ul style="list-style-type: none"> Game situation shooting: <ul style="list-style-type: none"> Shoot off a pass After a ball screen 	
					

Contested Shooting								
Individual skills – offense: <ul style="list-style-type: none"> Ball skills Shooting Footwork - pivot 	<ul style="list-style-type: none"> Two players in the charge circle. Tap → Ball wraps → one shot 	<ul style="list-style-type: none"> Two players in the charge circle. Tap → Ball wraps → one dribble → one shot from the other side. 	<ul style="list-style-type: none"> Two players in the charge circle. Tap → dribble outside of the key → one shot (on side) 	<ul style="list-style-type: none"> Two players in the charge circle. Tap → dribble outside of the key → one shot from other side (reverse) 	<ul style="list-style-type: none"> Two players in the charge circle. Tap → dribble and touch the FT line → one shot (on side and then other side) 	<ul style="list-style-type: none"> Two players in the charge circle. Tap → dribble and touch the FT line → touch the baseline → one shot (on side and then other side) 	<ul style="list-style-type: none"> Two players on the elbows. Stationary dribble → call → lay up → one shot Same – reverse lay up 	<ul style="list-style-type: none"> Two players on the elbows. Stationary dribble → call → crossover / split-between the legs / behind the back / combos → lay up → one shot Same – reverse lay up

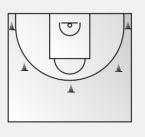
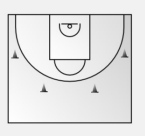
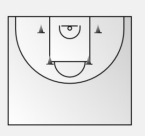
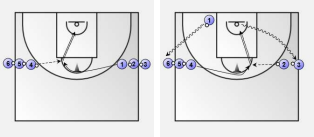
Dribble tag	Levels / Variations					
Half/Full court Individual skills – offense: <ul style="list-style-type: none"> • Ball handling • Change of speed • Change of direction • Decision making Physical: <ul style="list-style-type: none"> • General fitness Team concepts: <ul style="list-style-type: none"> • Decision making • Spacing 	Dribblers tag the runners	Runners tag the dribblers	Change of movement without the ball: <ul style="list-style-type: none"> • Skipping • Slides / Backwards • bounces 	Dribble-Shooting tag	Dribble-Passing tag	Dribble tag with Shooting & Passing
			Slides/Backwards: <ul style="list-style-type: none"> • Individual defence 	<ul style="list-style-type: none"> • Shooting 	<ul style="list-style-type: none"> • Passing 	<ul style="list-style-type: none"> • Passing • Shooting

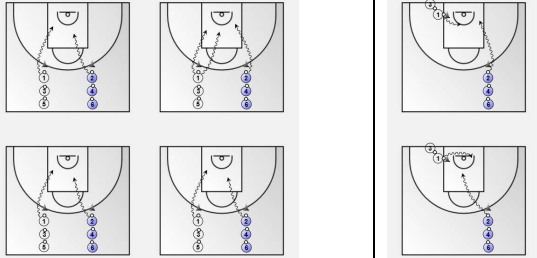
Passing tag	Levels / Variations		
Half/Full court Individual skills – offense: <ul style="list-style-type: none"> • Passing • Footwork - pivot • Change of speed • Change of direction • Decision making Team concepts: <ul style="list-style-type: none"> • Decision making • Spacing 	Team tags one runner	Two teams: <ol style="list-style-type: none"> 1. Tag as many players from the other team. 2. First team to 20 passes 	Change of movement without the ball: <ul style="list-style-type: none"> • Skipping • Slides / Backwards • bounces
			Slides/Backwards: <ul style="list-style-type: none"> • Individual defence

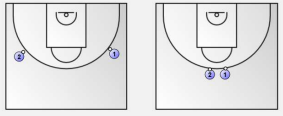
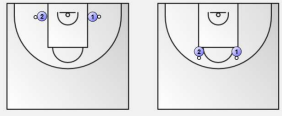
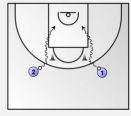
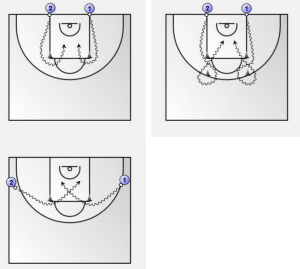

Physical competence							
Movement Coordination	Jump rope: <ul style="list-style-type: none"> Two legs One leg Alternates Doubles High knees Combined set 	Skipping: <ul style="list-style-type: none"> skip every step one leg→skip 3 steps→skip Sideways 	Slides: <ul style="list-style-type: none"> One side Swap sides every X steps Diagonal 45 degrees 	Grapevine: <ul style="list-style-type: none"> Normal Small-quick steps Big steps Knee above the hip-line 	High-knees: <ul style="list-style-type: none"> reach at least 30 foot-strides over 10 meters small and quick steps knees at 90 degrees height forward / side-ways 	Butt Kicks: <ul style="list-style-type: none"> reach at least 30 foot-strides over 10 meters small and quick steps 	
	Jump rope – 2: <ul style="list-style-type: none"> Jump over a line – sideways / back to front Two legs One leg skipping 	Great preparation for lay-up teaching!		Pointers: <ul style="list-style-type: none"> shoulders squared feet going over each other 			
Quickness & Strength matches: All age groups. <ul style="list-style-type: none"> U10-U12 compulsory 	Touch knee: <ul style="list-style-type: none"> Pairs In stance Goal- touch your partner's knee Most touches in 30 seconds win 	Step toes: <ul style="list-style-type: none"> Pairs In stance Goal- step your partner's toes Most touches in 30 seconds win 	Tag Steal: <ul style="list-style-type: none"> Pairs In stance Goal steal the tag from your partner 	Squat push: <ul style="list-style-type: none"> Pairs In stance – back to back Goal- push your partner over the line 	Side Push: <ul style="list-style-type: none"> Pairs In stance – shoulder to shoulder Goal- push your partner over the line 	Push up fight: <ul style="list-style-type: none"> Pairs Push up stance Goal- drop your partner from stance 	Chicken fight: <ul style="list-style-type: none"> Pairs / small groups Jump on one leg, hands crossed in front. Goal- bump your partner and get him off one leg.
	Roll-over: <ul style="list-style-type: none"> Pairs One lie down on the ground, hands and legs spread (face down or face up) Trying to roll over you partner, from the abs area. 	Box out: <ul style="list-style-type: none"> Pairs, One ball 1-2 meters away Goal- get the ball first One whistle- fight for a position in front of your partner Second Whistle – go for the ball 					

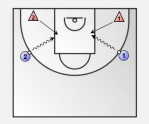


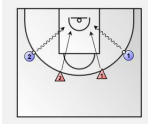


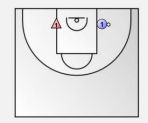
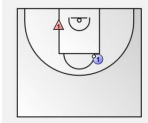
Strength From U14 and up.	Lunges: 1. split squat 2. step lunge-angles 3. walking lunges 4. lunge-jumps	Cuff Raises: 1. two legs 2. two legs → one leg 3. one leg 4. using a step	Squats: 1. two legs – in range: heels off the ground / back curling forward 2. Box two leg squats 3. Squat jumps 4. One leg: Bulgarian Without support	Glut lifts: 1. Two legs 2. One leg	Core: 1. Plunk – knees/toes 2. Side plunk 3. 3-legged spider 4. Hands to fore-arms 5. Beast-walk	Back-strengths: 1. Superman 2. Floaters	Push-ups: 1. Higher the hands – easier it is. 2. Hands on the wall or a chair. 3. On the knees 4. On toes 5. Lifting the legs
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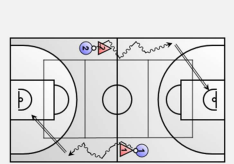
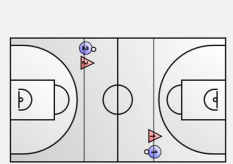
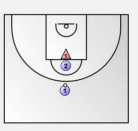
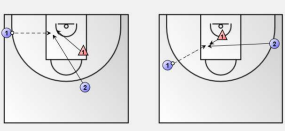
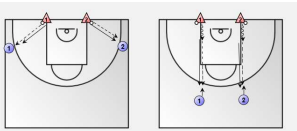
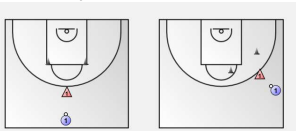
Ball Handling Series						
No Dribbles	1. Finger taps	2. Ball wraps <ul style="list-style-type: none"> • Head • Heaps • Knees • Around the world 	3. One leg – two legs wrap	4. One leg wraps	5. 8 figure wraps	6. Through and catch front to back <ul style="list-style-type: none"> • Two hands • One hand
Dribbles	• Power dribble	• Low Dribble	• Crossovers <ul style="list-style-type: none"> • Low • Power Cross 	• Windshield wipers	• Walk the dog	• Dog-Wipers
	• 8 figure dribbles <ul style="list-style-type: none"> • Low • High • Change number of dribbles 	• Dribble behind the back	• Combos: <ul style="list-style-type: none"> • Cross-between the legs • Cross-behind the back • Between the legs behind the back 	• Power dribble → Split (dribble between the legs)		


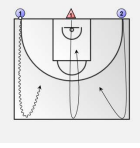
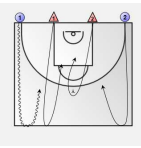



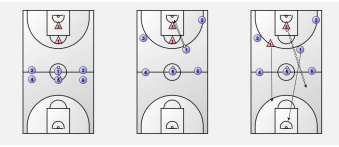
Lay-ups Series				
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Shooting, Lay-ups • Ball Handling 	<p>All players should know this four different lay-up forms:</p> <ul style="list-style-type: none"> • Jump-stop in the key • Lay up • Power Lay-up • Reverse Lay-up • One-step Lay-up <p>• Players need to be able to do them with or without a dribble (from a pass)</p>	<p>Different positions:</p> <ul style="list-style-type: none"> • 5 out:  • 4 out:  • Inside game:  	<p>Different start positions:</p> <ul style="list-style-type: none"> • Spin, catch (jump-stop or stride-step) • Back to the basket (pivot) • From a pass (with or without a dribble) • One dribble, crossover • With shot/pass fake, jab-step. 	<p>Preform under pressure:</p> <ul style="list-style-type: none"> • Go for any number of makes, without missing more than 2 in a row. • 10 makes in a row as a group. • Make as many as you can (group or individual) in a time frame. •
<p>Possible drills</p>	<p>45's:</p>  <ul style="list-style-type: none"> • Can be done from different positions, and with different finishing: <ul style="list-style-type: none"> ○ Any sort of lay-up ○ Shooting ○ With/Without dribbles ○ Different passes 	<p>Reaction Lay-ups drill</p>	<p>1X1 -advantage</p>	

Reaction Lay-ups	Levels / Variations			
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Shooting, Lay-ups • Decision making • Ball Handling 	<ul style="list-style-type: none"> • Based on 4 out, 1 in formation. • the rule is two players, on the perimeter, can't both go from the middle. • The Blue team leads the drill and decides which side to go (don't forget to change the leading team) 	<ul style="list-style-type: none"> • Big-man reaction – the goal is to give space for the drive and be in an open position to shoot. 	<p>Higher Level:</p> <ul style="list-style-type: none"> • The leading player decide to shoot or lay up • The other player need to do the opposite. 	<p>Another option:</p> <ul style="list-style-type: none"> • The leading player is making a move (crossover, between the legs...) • The other player need to copy. •
				

Contested Lay-ups	Levels / Variations			
<p>Individual skills – offense:</p> <ul style="list-style-type: none"> • Shooting, Lay-ups • Decision making • Ball Handling <p>All drills can be done in different positions on the court.</p> <ul style="list-style-type: none"> • Option 1: one of the players starts, the other reacts. • Options 2: both players go on call. 	 <ul style="list-style-type: none"> • Players start from 2 positions on the perimeter. 	 <ul style="list-style-type: none"> • Players start in stance, back to the basket. • Back/Front pivot, and then go lay-up. • Drop step on call from coach 	 <ul style="list-style-type: none"> • Same as the first • Add a crossover/fake before lay-up 	 <ul style="list-style-type: none"> • Players in stance on the baseline. • Go around the cones for lay-up. • Players can go from outside the key to inside or the other way.
	 <ul style="list-style-type: none"> • Both players start from stance on the baseline. • One player leads the drill. He will decide around what cone to go. • The other player needs to go around the same cone and try to score first. 			

1X1 Advantage	Levels / Variations			
<p>Individual skills – Offense:</p> <ul style="list-style-type: none"> • Shooting, Lay-ups • Decision making • Ball Handling <p>Defence:</p> <ul style="list-style-type: none"> • 1X1 defence • Help defence • Chase → Stance 		 <p>Defender can be on either side of the offense.</p>	 <p>Defender needs to go around the same cone the offense decides to go around.</p>	
<p>Some drills can be done more than one pair at the time.</p> <p>Mix up the pairs.</p> <p>No jumping for blocks! Get the players to stand in defensive position in front of the offense.</p>	 <p>Defender goes over the cone before playing defense</p>	 <p>Defender is in help position (facing the elbow)</p>	 <ul style="list-style-type: none"> • Offensive player starts in stance, back to the basket. • Defender is on help defense position (facing the elbow) • On call – start playing. 	 <ul style="list-style-type: none"> • Offensive player on the elbow (back or face to the basket) • Defender is in help position. • Both players start playing on call.

<p>1X1</p>	<p>Levels / Variations</p>			
<p>/Individual skills – Offense:</p> <ul style="list-style-type: none"> • Shooting, Lay-ups • Decision making • Ball Handling • Footwork <p>Defence:</p> <ul style="list-style-type: none"> • 1X1 on ball defence <p>Some drills can be done more than one pair at the time.</p> <p>Mix up the pairs.</p> <p>Change the point system to reinforce different skills.</p>	<p>Contain:</p>  <ul style="list-style-type: none"> • First part of the drill – playing between the lines. • Offensive player must not turn his back on the defense. • Second part of the drill – in the 3-point line, live 1 on 1. 	<p>Change of speed:</p>  <p>Start:</p> <ul style="list-style-type: none"> • Offense face the front • Defence face the front or face the offensive player. <p>Offense rules:</p> <ul style="list-style-type: none"> • Not allowed to do more than 2-3 dribbles forward at the time. • After 2-3 dribbles there must be change of speed or back-dribble. • Once offense is passed the defined area, go live. <p>Defense rules:</p> <ul style="list-style-type: none"> • If face the front – shoulder line up with the offensive player. • If face the player – chest in front the offensive player's shoulder. 	<p>Inside game:</p>  <ul style="list-style-type: none"> • Number 1 has the ball. • Number 2 start around the FT line. • Number 2 dive in the key and trying to get position as close as he can to the basket. • Number 1 passes number 2 the ball, which needs to try to school with no dribbles. 	<p>Inside game – cut in the key:</p>  <ul style="list-style-type: none"> • Number 1 has the ball in the perimeter. • Number 2 stands outside the 3-point line. • Defender is in help position, seeing both players. • Number 2 cuts through the key trying to get a position to get the ball and score.
	<p>Close out:</p>  <ul style="list-style-type: none"> • The defender passes the ball from the baseline and closing out on the ball to play defence. 	<p>Gateway:</p>  <ul style="list-style-type: none"> • The offensive player needs to score and go through the gate. 		

Advantage drills	Levels / Variations			
<ul style="list-style-type: none"> Basic team offensive and defensive concepts Contain all individual skills Develop decision making, reading the game, creativity. 	<p>2x1: Play to a score or defensive position.</p> <ul style="list-style-type: none"> Player who shoot or turnover the ball stays on defense. 	<p>Baseline 2x1: Starting in 3 lines on the baseline. All players run and touch the half court.</p> 	<p>Baseline 2x1+1: Starting in 4 lines on the baseline. One defender run to the half court, second defender go to the 3-point line. All offensive players run to the half court.</p> 	<p>Half-court 2x1+1: Offense start playing – on a dribble or pass, the other defender touches the cone and run to join defense.</p> <ul style="list-style-type: none"> Play until a score or a stop. On a change of position – one of the new defenders touch the cone before playing defense. 
	<p>Half-court 3x2:</p> <ul style="list-style-type: none"> Play to a score or a stop play until one of the teams score. 	<p>Baseline 3x2</p> 	<p>3x2→2x1</p> <ul style="list-style-type: none"> 3X2 to a score or stop. Offensive player who shot or turnover the ball go back to defense. 2 defenders play offense to the other end. 	<p>Full court – 3x2+1:</p> <ul style="list-style-type: none"> Start as 3x2, once the first player, or ball (according to level of players) another defender is joining the game. Play to a stop or a score. After that the 3 defenders play offense to the other end. 