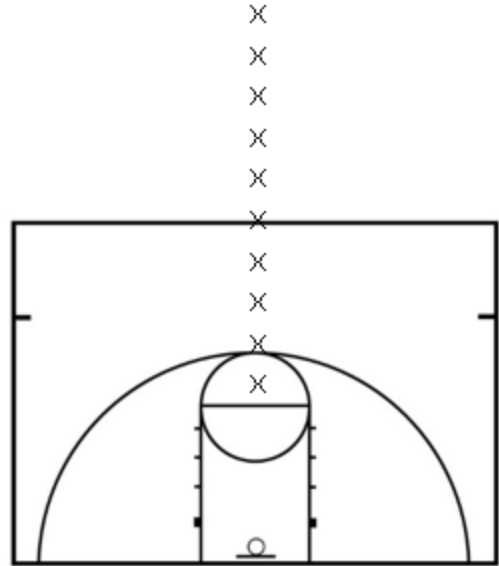


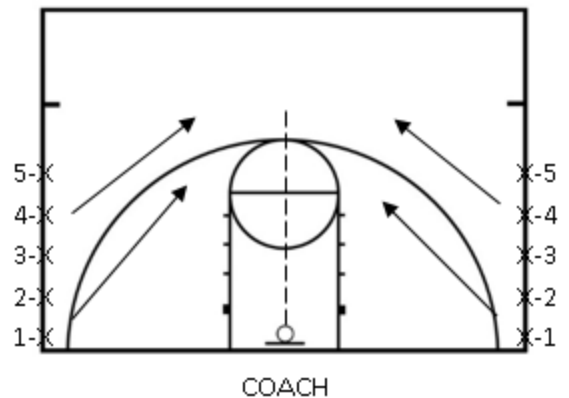
BUMP

- Line everyone up behind the foul line.
- Player 1 shoots the ball at the basket. Once (s)he shoots, player 2 may begin shooting their ball. Both continue shooting until one player makes a basket. Obviously after they miss their free throw they now can get rebound and shoot from a short distance or lay in.
- If player 1 gets a basket *before* player 2, player 1 must pass the ball to the next person in line (player 3), who may immediately begin shooting against player 2. Player 1 then moves to the back of the line.
- If player 2 gets a basket *before* player 1, then player 1 is "out." Player 1 must pass their ball to the next person in line (player 3), and sit on the sidelines. The second person passes their ball to player 4 and moves to the back of the line.
- The game continues as the balls make their way through the line.
- Eventually, as people become "out," the line will shrink to two people.
- *Note:* Can make it "Ultimate Bump" by having players 1 and 2 bump each other's basketballs whenever except if in player's hands.



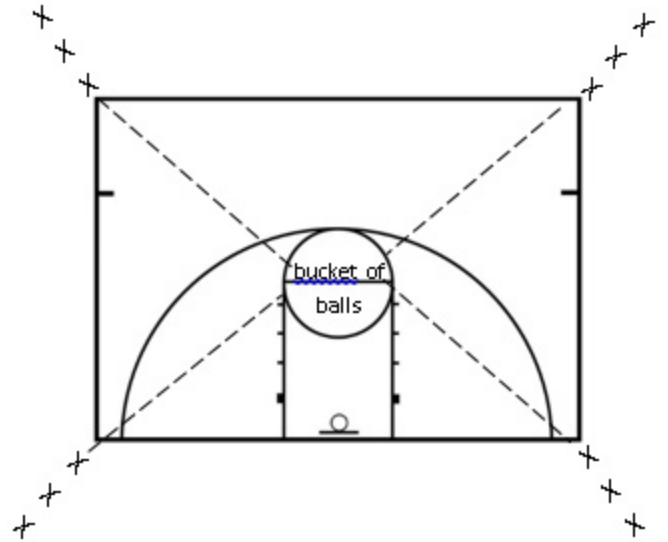
NUMBER GAME

- Divide team up.
- Give each player a number.
- Coach calls out a number or combination of numbers. For example could yell "1 & 4" or "2, 3, 4".
- Coach rolls or tosses ball pass FT line.
- The numbers that were called race to the ball and the team that gets it first try to score.
- Let them go for 10-15 seconds then stop play.
- The coach then calls out another number or combination of numbers.
- Play to 5 or 10 baskets or 5 to 10 minutes.



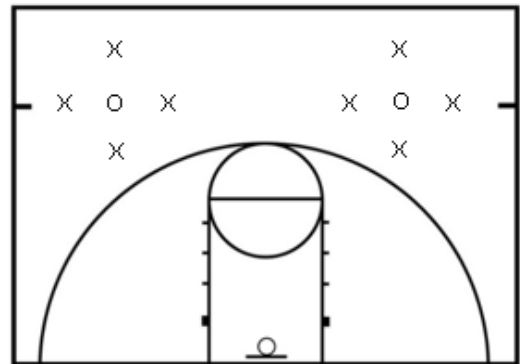
WIFFLE BALL PICK UP

- Place a bucket of wiffle balls in middle of court.
- Split players up however you want: 4 or 3 groups.
- Once you blow the whistle the first player in each group dribbles out to the bucket and grabs one ball out of the bucket and then dribbles back to their corner and places ball on the floor.
- Next player goes once the player in front of them returns to the corner.
- Once bucket is empty game is over, team with most balls collected is winner.
- You can mix this up by having players dribble with right hand in the first game and dribble with left hand the next game.



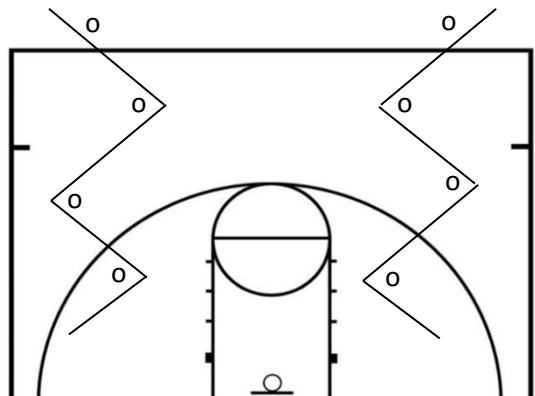
MONKEY IN THE MIDDLE

- Players form a circle with one player in the middle, 2 groups.
- Players pass around the circle while player in the middle tries to intercept.
- Teaches players to overhead or bounce pass around a defender.
- Player who passed ball that got intercepted switches spots with player who wasn't the middle player.
- You can also just have middle player do a minute shift then rotate.
- And even have the defender play "soft defense" to help the drill be easier.



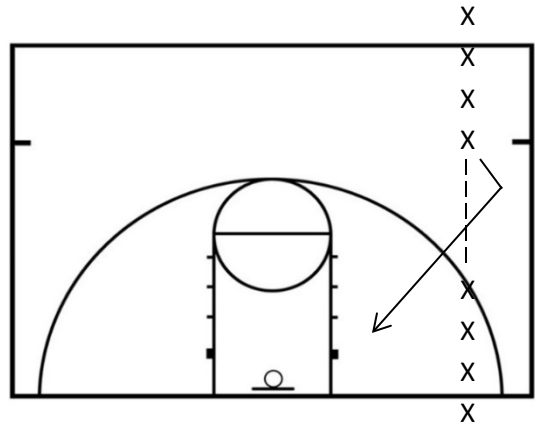
ZIG ZAG DRIBBLING

- Use disc cones.
- Teach player to stay under control and switch over to a different hand as they pass each disc.
- Then dribble in for lay in or shot.



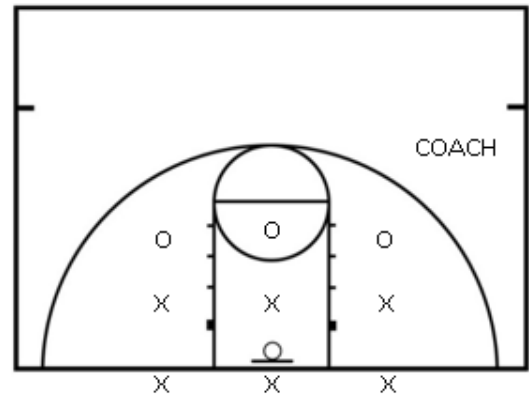
JAB STEP & DRIVE

- Player tosses or rolls ball to player and runs out and breaks down on defense.
- Player who receives the ball, ball fakes and drives to basket for lay in.
- Defender lets offensive player go by.
- Defender is now on offense.



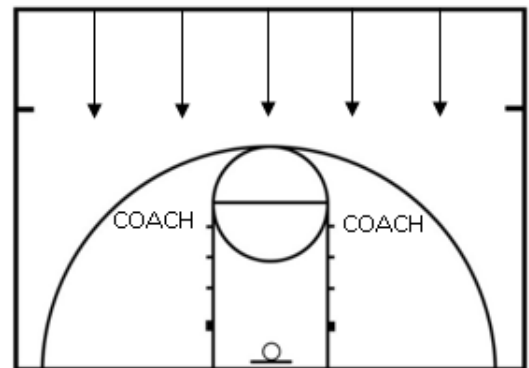
REBOUNDING DRILL

- 3 on 3 or 2 on 2.
- Coach shoots to miss.
- Defenders try to block out offensive opponents.
- If offense gets rebound they can try to score.
- If offense does get rebound they stay again and bring new group in.
- If offense doesn't get rebound they leave court and defense now goes to offense.



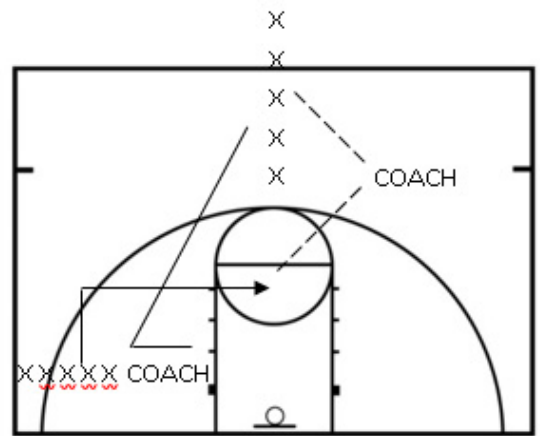
SHARKS & MINNOWS

- Players try to dribble to baseline without getting their ball hit away by the coach.
- Then restart and try to dribble to mid court.
- Have them go a couple times without knocking the ball away. After a couple times of that then go ahead and start knocking the ball away.
- When players get the ball knocked out they sit.
- Winner is determined when there is one left.



PASS & SCREEN AWAY

- Player passes to coach.
- Player then sets a screen on other coach.
- His teammate waits until screen is set and then cuts to the key and receives a pass from other coach and dribbles in for a shot or lay in.



SETTING SCREENS ON TEAMMATES WHO HAS THE BALL

- One line up top, other line is on the wing with the ball.
- Player up top sets screen on coach.
- Player waits until the screen is set and drives to hoop for short jumper or lay in.
- Players then switch lines.

