**POP QUIZ NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , date \_\_\_\_\_\_\_\_\_\_\_ Church \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\*Coaching Points

1. \* \_\_\_\_\_\_\_\_\_ DRIBBLE / “ \_\_\_\_\_\_\_\_\_\_\_\_\_ THE GROUND”
2. \* KEEP THE BALL \_\_\_\_\_\_\_\_ / BEND \_\_\_\_\_\_\_\_\_\_\_
3. \* KEEP THE BALL \_\_\_\_\_\_\_\_\_\_\_\_\_\_ TO YOUR BODY

STATIONARY DRILLS (LEFT & RIGHT HANDS)

1. **P\_\_\_\_\_ DRIBBLE** A. \_\_\_\_\_ HIGH B. \_\_\_\_ HIGH C.\_\_\_\_ HIGH \**check if player\_\_\_\_\_\_\_\_ are strong!*
2. **“ROCK THE BOAT”** A. \_\_\_\_\_\_\_\_\_\_\_\_\_ B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **SPEED DRILL** A. C\_\_\_\_\_\_\_\_\_\_ B. \_\_\_\_\_\_\_\_\_\_\_\_ ( left frwd , right frwd ) C. BEHIND THE \_\_\_\_\_\_\_
4. **2 BALL** A. SAME \_\_\_\_\_\_ B. ALTERNATE \_\_\_\_\_\_\_\_ (and walk \_\_\_\_\_meters and \_\_\_\_\_\_\_\_)

MOVES OFF THE DRIBBLE (line up players, coach stands as \_\_\_\_\_\_\_\_\_\_\_\_ with hand out waist high)

* Players dribble straight at the coach, then make the following dribble move and shoot a layup.

1. **C\_\_\_\_\_\_\_\_\_\_\_** *to right & left \* stay \_\_\_\_\_\_\_ / explode past \_\_\_\_\_\_of defender!*
2. **B\_\_\_\_\_\_\_\_\_\_\_ THE LEGS** *to right & left*
3. **B\_\_\_\_\_\_\_ THE B\_\_\_\_\_\_\_\_\_\_** *to right & left*

DRIBBLING WITH A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (players take turns as defender)

1. Zig zag to half court and back using DRIBBLE MOVES (above). First time defender just tries to stay in front.
2. Same as above, but now defender can attempt to s\_\_\_\_\_\_l the ball.

\**Try to pair up the players according to same dribbling s\_\_\_\_\_\_\_ll levels.*

**PASSING STATION**

\*Coaching Points

1. S\_\_\_\_\_ into the pass
2. Follow through with \_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_ out.

DRILLS

1. CHEST PASS \* *aim for teammate’s \_\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_\_\_\_\_ as a target for the ball*
2. BOUNCE PASS \* *ball should bounce \_\_\_\_\_\_\_\_\_\_distance*
3. HOOK PASS \* *fake , s\_\_\_\_\_\_\_\_p, h \_\_\_\_\_\_\_k (right & left)*
4. BEHIND THE BACK \* *ball w\_\_\_\_\_s, repeated times around waist as warm-up. ( right&left )*
5. 2 BALLS \* count 1-2-3 pass (right & left)
6. PASSING \_\_\_\_\_\_ of players on the sideline,1 player out front (pass& catch moving from player to player)

\*Can begin with BEHIND THE BACK PASS

Advanced:

1. 2 BALLS ( Catch, D\_\_\_\_\_\_\_\_\_\_ M\_\_\_\_\_\_\_\_\_\_\_\_ & Pass )

\* *ball in right hand, crossover & pass /between legs & pass /behind the back & pass / double cross &pass*

2. FREE LANCE ENTRY PASS

\* PASSING line at 3pt line / 1 player at l\_\_\_\_w p\_\_\_\_t catches and scores

(passer can use multiple dribble moves prior to a strong pass to the low post)

\*Could also add in a d\_\_\_\_\_\_\_\_r of the passer, and d\_\_\_\_\_\_\_\_\_\_r of the low post player

**SHOOTING STATION**

\*Coaching Points

1. F\_\_\_\_\_\_\_ \* *knees \_\_\_\_\_t, ready to\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_, feet shoulder width apart, balanced*
2. F\_\_\_\_\_\_\_ \* *elbow \_\_\_ (hand shake & straight back), space\_\_\_\_\_\_\_ the ball between the hand*
3. F\_\_\_\_\_\_\_\_\_ \* *concentration of eyes on just over the rim, be c\_\_\_\_\_\_\_\_\_\_t*
4. F\_\_\_\_\_\_\_\_\_ \* *\_\_\_\_\_\_\_\_finger, \_\_\_\_\_\_\_ fingers last to touch the ball*

*\* b\_\_\_\_\_\_\_\_\_\_\_\_n , line up the s\_\_\_\_\_s of the ball*

*\* Release as “hand on a \_\_\_\_\_\_\_\_”, or “woman shows her \_\_\_\_\_\_\_\_\_”*

*\* g\_\_\_\_\_\_\_e hand (non shooting hand) on the side only*

DRILLS

1. Players in half-moon line or straight line NEAR THE \_\_\_\_\_\_\_\_

*\*pass to who “is \_\_\_\_\_\_y!” give feedback … need more arch, good backspin, nice foundation etc*

*\* for more arch, shoot very close / elbow should be \_\_\_\_ \_\_\_\_\_\_ level at release of the ball*

*\* goal is readiness, confidence, one f\_\_\_\_\_d \_\_\_tion, and to stay positive! Have fun as you improve.*

*2.* Mid-range shooting. Same as above.

*3.* CATCH – P\_\_\_\_\_P FAKE – 1 DRIBBLE LEFT & shot ( next time 1 dribble RIGHT & shot )

*\* players in line at top of \_\_\_\_\_\_\_, take turns, shoot & then rebound/pass*

4. FOLLOW THE LEADER: Players take turns as “\_\_\_\_\_\_\_\_\_” who dribbles & shoots; others \_\_\_\_\_\_\_\_.

5. GEORGE MIKEN DRILL: alternate layup right, catch, layup left and so on.

\* to the right off \_\_\_\_ foot, shoot right hand / opposite to the left

ADVANCED PLAYERS can attempt the same with \_\_\_\_\_ to basket,and reverse spin on the ball

\*can challenge how many makes in a row, or how many makes in a minute.

6. REVERSE LAYUP players line up at \_\_\_\_\_\_\_ line, crossover dribble, and reverse layup

\* switch sides and repeat the reverse layup on opposite side

7. STOP & POP, pull up jumpers.

\*Players line up outside 3pt line, dribble fast to free throw line elbow, \_\_\_\_\_\_\_step &shoot.

\* Next turn, studderstep, fake the shot, and e\_\_\_\_\_\_\_\_\_e ahead for a layup.

8. SHOOTING GAME:

\* players in 2 lines at free throw elbows, shoot , follow shot, rebound and pass to the next in line.

\* 1st group to make 5 is winner, other group gets 5 \_\_\_\_\_\_\_\_\_\_\_\_\_!

9. ONE on ONE from the 3 point line (“king of the hill”)

\* players form a line. First in line is d\_\_\_\_\_\_\_\_\_\_r. If he gets a stop he goes to o\_\_\_\_\_e. If offense

scores he stays on o\_\_\_\_\_\_\_\_\_\_e with a new defender.

10. “KNOCKOUT” shooting game. All players line up at free throw line. Use only 2 balls that are

given to 1st 2 players in line. If first misses, he tries to rebound and shoot again, before the next

player makes his free throw. If the next player scores ahead, the one before him is \_\_\_\_\_!

The game continues until only \_\_\_\_\_\_ player remains, as the winner!

11. FREE SHOOTING: half are “re\_\_\_\_\_\_\_\_\_\_s and passers” to the other half of players who shoot.

\*after 2 minutes change

Note: # 8 and #11 above are nice warm ups, prior to teaching, whereby you can observe their skills, etc.