

Developmental Basketball Activities

Warm-Up & Stretch (5-10 Minutes)

- March on the spot (30 seconds)
- Jog on the spot (30 seconds)
- Front Lunges (5 each leg)
- Side Lunges (5 each leg)
- Trunk twist (10 each side)
- Arm circles (forward and back)
- Any other stretches or movements anyone can think of!

Dribbling (45 Minutes)

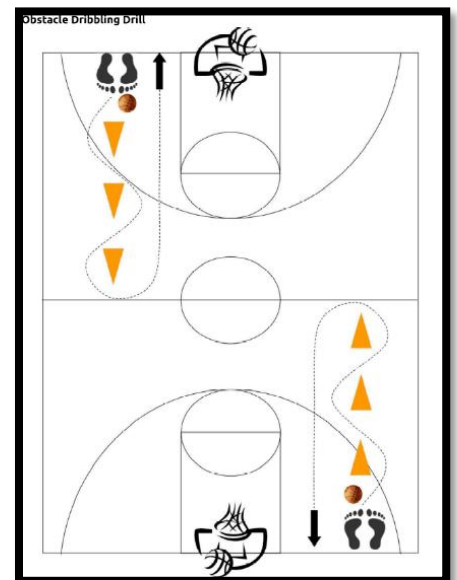
- **Equipment:** Basketballs, Cones/Pylons
- **Goals:** Functional Movement, Hand-Eye Coordination, Ball control, Cardiovascular Capacity

Stationary Dribbling: (5-10 Minutes)

- Have athletes perform stationary dribbling with a basketball while standing in place
- Start by having athletes dribble the ball with their right hand while counting out to ten, and then again with their left hand
- Try to have athletes alternate hands while counting to ten

Drill 1: Obstacle Dribbling (15 Minutes)

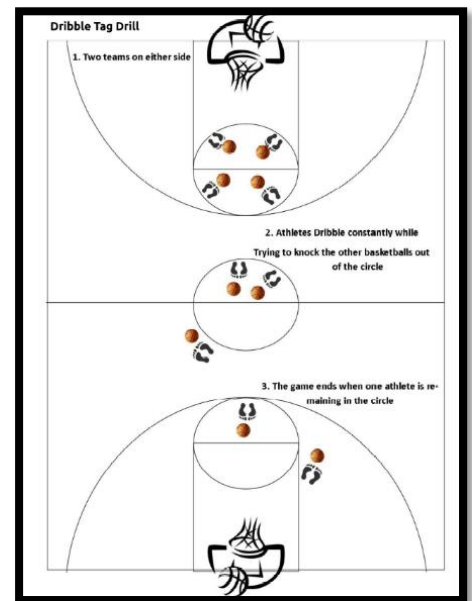
- Place cones in a straight line about 3-5 feet from each other as shown
- Have athletes dribble around the cones with their right hand and then again with their left hand
- Athletes can try to alternate hands while going around each cone
- More groups can be made utilizing the rest of the area on the court
- A relay component can also be implemented by having athletes tag their partner by bringing the ball back to the start of the drill





Drill 2: Dribble Tag (15 Minutes)

- Played with two teams of 2 athletes on each half within the circles at midcourt and the free-throw lines
- All athletes will have a ball and start dribbling
- They must remain within the circle throughout the duration of the drill
- Each athlete must continue to dribble the ball while protecting it from being knocked out of their hand and the circle by the opposing team
- If an athlete gets their ball knocked out of the circle, they are out and will remain outside of the circle
- The team with the most athletes left within the circle wins
- More circles can be made with cones or pylons

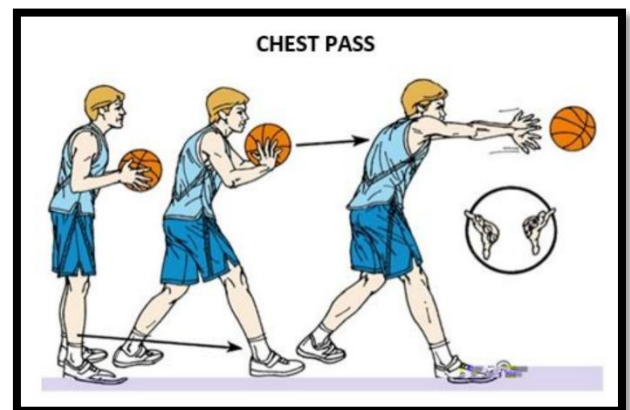


Passing (30 Minutes)

- **Equipment:** Basketballs
- **Goals:** Ball Control, Hand-Eye Coordination, Functional Movement, Teamwork

Drill 1: Chest Pass (15 Minutes)

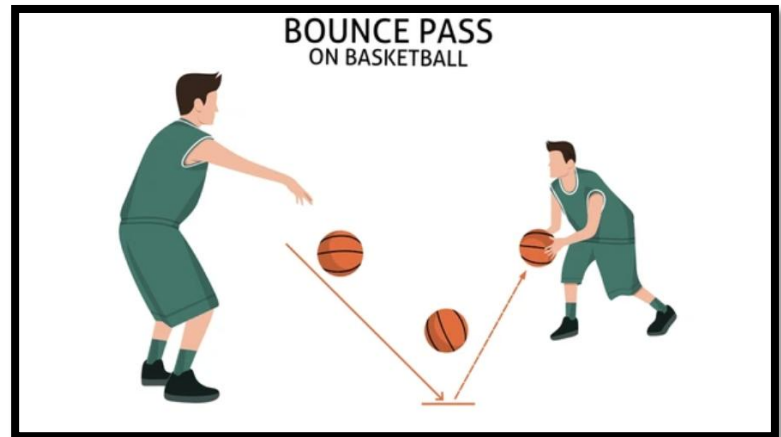
- Divide athletes into two lines of partners of similar height facing each other, approximately 6 to 12 feet apart
- A wall can be used as a rebounder instead of an athlete
- Show athletes how to properly hold the ball, with two hands on the ball, bent elbows, and the ball at chest level, as in the figure
- The ball should be pushed out, from chest level toward the target, stepping with the dominant leg as in the figure
- Have athletes chest pass the ball back and forth
- Lengthen and shorten the distance between athletes as the ability level permits





Drill 2: Bounce Pass (15 Minutes)

- Divide athletes into two lines of partners of similar height facing each other, approximately 6 to 12 feet apart
- A wall can be used as a rebounder instead of an athlete
- Show athletes how to properly hold the ball, with two hands on the ball, bent elbows, and the ball at chest level
- The ball should be pushed down, from chest level toward the target, stepping with their dominant leg about halfway toward the target, as in the figure
- Have athletes bounce pass the ball back and forth
- Lengthen and shorten the distance between athletes as the ability level permits



Shooting (30 Minutes)

- **Equipment:** Basketballs, Basketball Nets, Cones/Pylons
- **Goals:** Shooting Technique, Ball Control, Hand-Eye Coordination, Functional Movement

Drill 1: Set Shot (15 Minutes)

- Demonstrate the following proper shooting technique with correct hand placement on the ball, as shown in the figure, before athletes begin the drill
- Form a line of athletes facing the net from 5 to 10 feet to start
- The shooting hand (the dominant hand) is behind and slightly under the ball, with the elbow forming a near 90-degree angle
- The non-shooting hand is off to the side, supporting the ball, and the thumb is up and spread apart from the fingers
- The shooting leg (dominant leg) should be slightly in front, with the knees bent

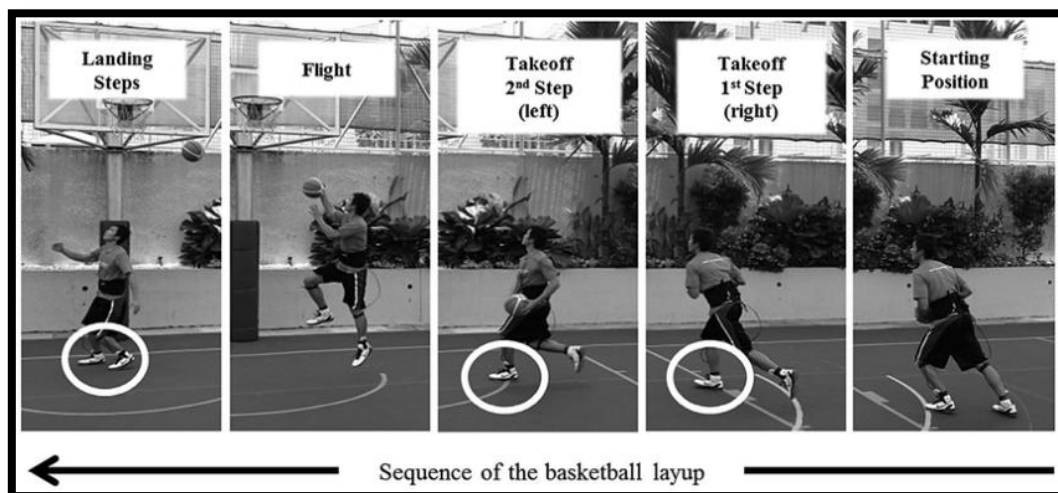
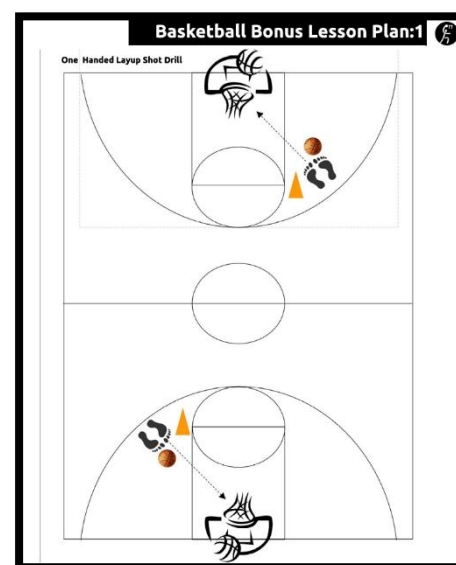




- Athletes should begin their shot extending from their ankles and knees to the upper body in one fluid motion
- The finishing motion with the shooting hand should resemble that of reaching into a cookie jar on a top shelf
- Lengthen or shorten the distance to the net as the ability level of the athletes permits
- Implement cones as landmarks around the net to shoot from varying angles and distances

Drill 2: Lay-Up (15 Minutes)

- Have athletes face the front of the basketball net, and stand about two steps away and to the right of the net for a right-handed lay-up
- Pick the ball up to chest height in proper ready position (both hands on either side of the ball, fingers and thumbs spread out, elbows bent, knees slightly bent)
- Athletes will focus on the top right corner of the square on the backboard as the target for the layup
- Athletes will take two gather steps with their right foot, then jump off the left foot on the approach to the net
- The shooting-side leg should be driven up with the knee and ball at the same time, with the ball being raised above the level of their forehead while in the air
- The right hand should extend and gently lay the ball up toward the target area on the backboard (the top right corner of the square on the backboard)
- The athlete should land on both feet under the net, watching the descent of the ball





Defence (15-30 Minutes)

- **Equipment:** Cones/Pylons, Basketballs
- **Goals:** Functional Movement, Defensive technique, Cardiovascular Capacity

Drill 1: Defensive Shuffle

- Set up the drill as shown in the figure, using the baseline as starting and ending points for the drill, and two cones 10 feet away from each other, forming a box/square
- Volunteers should perform the drill before the athletes to provide a visual example
 - Feet slightly wider than shoulder width and pointing forward
 - Knees bent
 - Chest and Eyes up
 - Arms up and Spread out
- Athletes begin on either side of the baseline facing inward and shuffle laterally around the cones and end on the opposing side of the drill
- Athletes should do their best to maintain a proper defensive stance throughout the entire drill
- **Extra:** Implementation of a shot close-out (shot contest) can also be used as a variation for this drill
 - Volunteers should perform the drill before the athletes to provide a visual example
 - Have a volunteer at both cones with a ball, and in a shooting stance, to give athletes a visual example of a set shot
 - The athlete will start at either end of the baseline of the square and face forward
 - To begin the drill, they will run and stop at the first cone and raise one of their arms to the height of the ball, as in the diagram
 - After the first close-out, they will laterally shuffle to either the left or right cone and perform a second shot close-out
 - After completion of the second shot close-out, the athlete will turn, run, and stop at the opposing baseline to conclude the drill

