



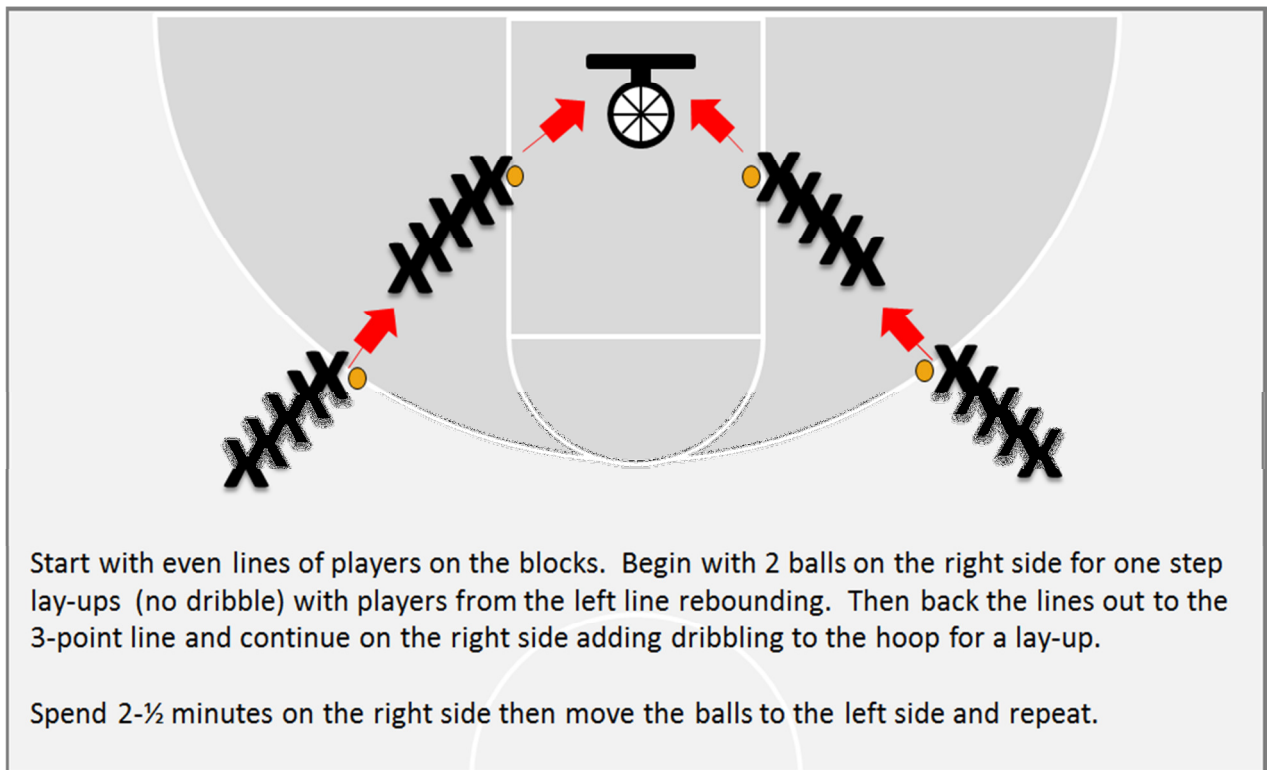
Pregame Skill Drills

The skill drills will precede the actual games in the 1st-2nd and 3rd-4th Grade House levels. The skill drills will last 15-minutes. It is important that all players, coaches and score keeper/referees be on time and prepared to participate. The purpose of the drills is to improvement fundamental skills of each player, act as a uniform pregame warm up routine, all while allowing players to share equally in the activities.

The scorekeeper/referee will set the clock to 15-minutes. Coaches are encouraged to work on individual player development during the drills. No scores will be kept. Each drill should last 5-minutes. Coaches shall monitor the clock and assure they are switching drills at the appropriate times. Each team will complete their 3 drills at their own end of the court.

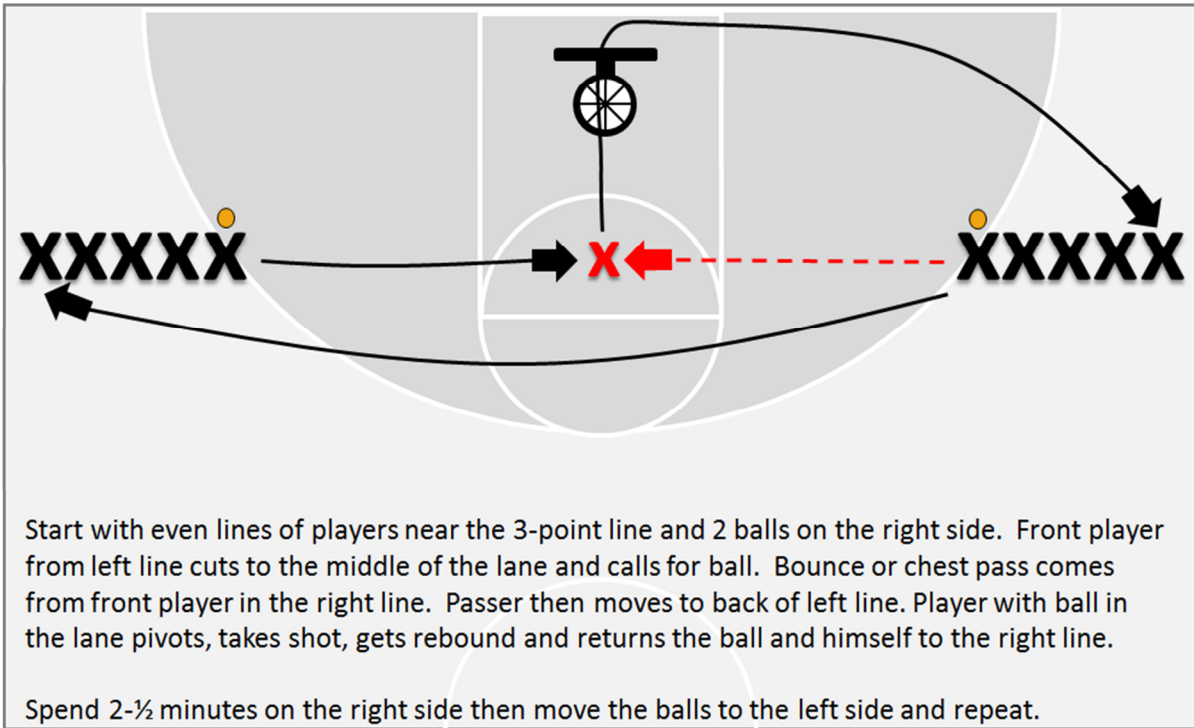
The order and drills will be as follows:

1) 1-Step and 3-Point Line Layups (right 2.5-mins/left 2.5-mins)



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2) Pass, Pivot, Shoot Drill (right 2.5-mins/left 2.5-mins)

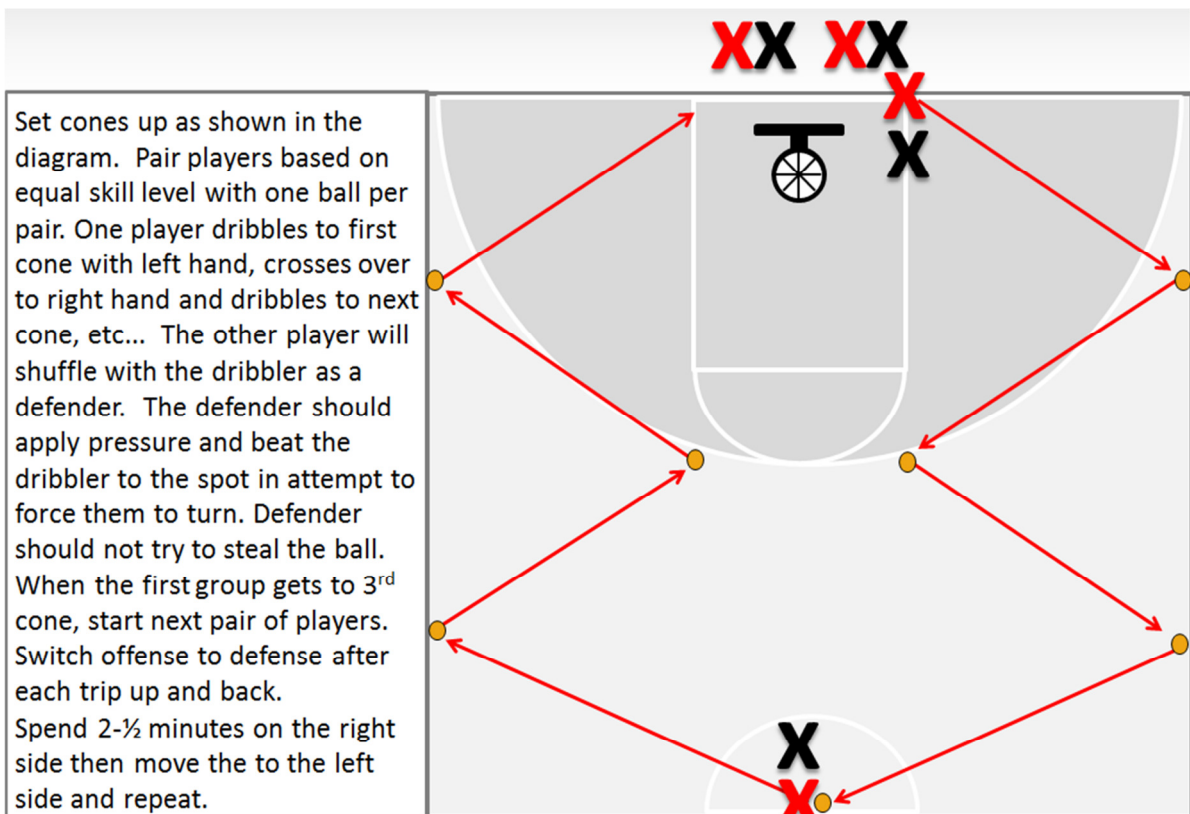


The diagram shows a basketball court with a basket at the top. Two lines of six players (represented by 'X's) are positioned on either side of the key, near the 3-point line. A red 'X' is placed in the center of the lane. A dashed red line connects the two outer lines of players through the center. Arrows indicate the drill sequence: a player from the left line cuts to the center, receives a pass from the right line, pivots, and shoots. The rebound is returned to the right line, and the player returns to their original position. The drill is repeated on the left side after 2.5 minutes.

Start with even lines of players near the 3-point line and 2 balls on the right side. Front player from left line cuts to the middle of the lane and calls for ball. Bounce or chest pass comes from front player in the right line. Passer then moves to back of left line. Player with ball in the lane pivots, takes shot, gets rebound and returns the ball and himself to the right line.

Spend 2-½ minutes on the right side then move the balls to the left side and repeat.

3) Zig-Zag Dribble with Defender (5-mins)



The diagram shows a basketball court with a basket at the top. Three cones (represented by 'X's) are placed in a zig-zag pattern: two at the top (left and right) and one at the bottom center. Red arrows show the path of the dribbler, starting from the bottom center, moving to the top left cone, then to the top right cone, and finally to the bottom center. A defender (represented by a yellow dot) is positioned to apply pressure and beat the dribbler to the spot. The drill is repeated on the left side after 5 minutes.

Set cones up as shown in the diagram. Pair players based on equal skill level with one ball per pair. One player dribbles to first cone with left hand, crosses over to right hand and dribbles to next cone, etc... The other player will shuffle with the dribbler as a defender. The defender should apply pressure and beat the dribbler to the spot in attempt to force them to turn. Defender should not try to steal the ball. When the first group gets to 3rd cone, start next pair of players. Switch offense to defense after each trip up and back. Spend 2-½ minutes on the right side then move the to the left side and repeat.