

# Offseason Basketball Drills

“To give anything less than your best, is to sacrifice the gift.”

Steve Prefontaine

## Shooting:

- Form Shooting with 1 hand—make 20, take your time, think of your form
- Form Shooting with 2 hands—make 20, take your time, start lower as if you are catching a pass
- Mikan Drill—make 20
- Dribble in Lay-ups—make 10 on both sides and 10 in the middle (runner), focus on using your left hand on the left side, go in hard
- Dribble in Jump Stops—make 10 on both sides, go in hard
- Around the World—start on the side of the hoop and make 10 before you move to the block, then each dash until you get to the other side of the hoop
- Around the World—if possible have someone pass you the ball as you get ready to shoot around the hoop, make 30
- Spin to yourself—around the hoop spin the ball and catch it as if you were just catching a pass and then about to square up and shoot, make 20
- Free Throws—make 25
  
- Form Shooting—on your back working on extending your arm and getting a good backspin
- Form Shooting—against a wall or to a partner, 1 hand then 2, working on following all the way through the middle of your body, extending your arm all the way up and getting a good backspin

## Dribbling:

- Right hand power
- Left hand power
- Crossover power
- Crossover power with 1 hand, front and on each side
- Dribbling around your legs, 1 at a time, then figure 8's
- Crazy 8's dribbling drills—crossover, forward-back(retreat)-crossover, reverse pivot, between the legs, behind the back, run-and-weave, 2 ball, speed
- Dribbling in the dark, with glasses on, or with eyes closed
- 2 ball dribbling—high, low, same, alternate, power, moving
- Going for a run and dribbling
- Mirror dribbling—with a group, two lines facing each other, dribble all the way up to the other person and then quick do the SAME move to get to the other side
- Dribbling with defense

## Passing:

- Passing to a partner or against a wall—fake before you pass, bounce, chest, overhead, wrap around on both sides, no look pass right by ear, push-pass

## Offensive Work:

- Coach's Shooting Drill—for 4-5 minutes going hard, pretend you are playing 1-on-1 with someone and try various moves and shots; remember you always grab your rebound as quickly as you can and continue to shoot until you make a basket off of that move, always dribble with a move back to the three point line and start a new move or shot, count how many baskets you make
- Catch, Turn, Fake, and Go—start under the hoop, if possible have someone pass you the ball after you cut up towards the 3 point line, catch the ball, turn to look at the hoop & square up, fake and then make your move...TAKE ONE SECOND TO LOOK AT THE HOOP!!
- Guards:
  - Big 4: on the three point line, make 5 of each on both sides of the hoop
    1. Jab Step and Go
    2. Jab Step and Crossover
    3. Fake and Go
    4. Jab Step, Fake, and Go
- Posts:
  - Post Moves: on the block, make 5 of each on both sides of the hoop
    1. Baseline Drop Step and In
    2. Baseline Drop Step, Power Dribble and In
    3. Baseline Drop Step, Fake, Crossover and In
    4. Middle Drop Step and In
    5. Middle Drop Step, Power Dribble and In
    6. Middle Drop Step, Fake, Crossover, and In

## Game Play:

- 1 vs. 1—working on offensive moves and reading the defense
- 2 vs. 2—working on using and reading your teammate, screening for each other, offensive moves, hedging screens and communicating
- 3 vs. 3—working on using and reading your teammates, screening for the ball and off the ball, offensive moves, hedging screens and communicating, cutting to get open
- 4 vs. 4—working on using and reading your teammates, screening for the ball and off the ball, offensive moves, hedging screens and communicating, cutting to get open, defensive work
- 5 vs. 5—working on using and reading your teammates, screening for the ball and off the ball, offensive moves, hedging screens and communicating, cutting to get open, defensive work, actual game-like pace and movements

Signing up for summer basketball camps, going to open gym, or playing pick-up games are also other ideas you could be doing to practice and improve on your skills.

Keep track of your progress, work, and your made baskets every time you practice. You don't need to do every single drill every single day, but doing a little something every day will help all aspects of your basketball career. Remember, you are the only one that can control your skill level and your improvement in basketball. We can't control what other teams are doing to prepare for next season but you can control what you are doing. You need to want it and need to realize that wanting it comes with a lot of hard work.

“The only time success comes before work, is in the dictionary.”

Vince Lombardi