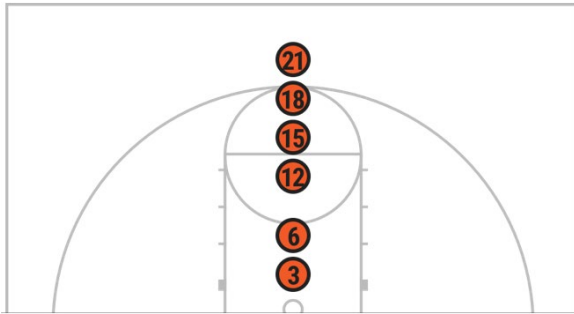


HRBBA Tryout Drill Instructions

Allen Ladder Shooting Drills

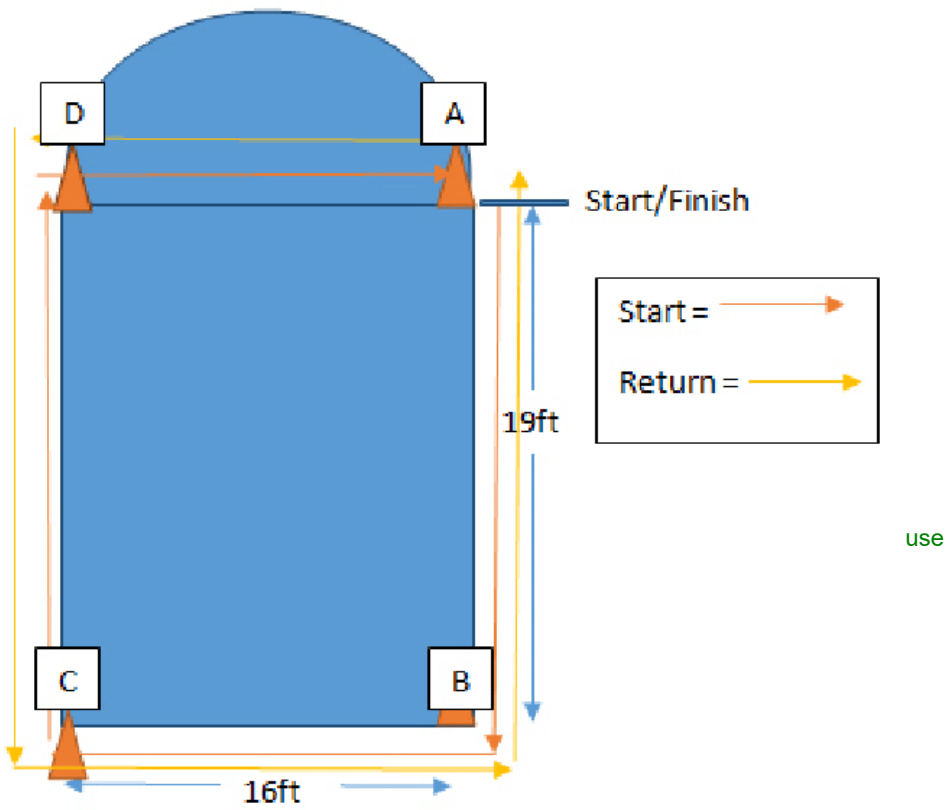
Instruction for players – Player has 1 minute 30 seconds to make as many shots starting at the first mark. Player cannot advance to the next mark until making a basket. Coach will rebound for you. 1 point for each made basket. Once the ladder down the middle is completed you go to the right wing and start the next ladder.

4th grade Adaptation – End of ladder is at 15ft before moving to wing.



4 Corner Cone Drill

Instruction for players – Starting behind tape on Cone A. Sprint from A to B, Shuffle B to C, Back Pedal C to D, Shuffle D to A touch cone, Shuffle from A to D, Sprint D to C, Shuffle C to B and Back Pedal B to A



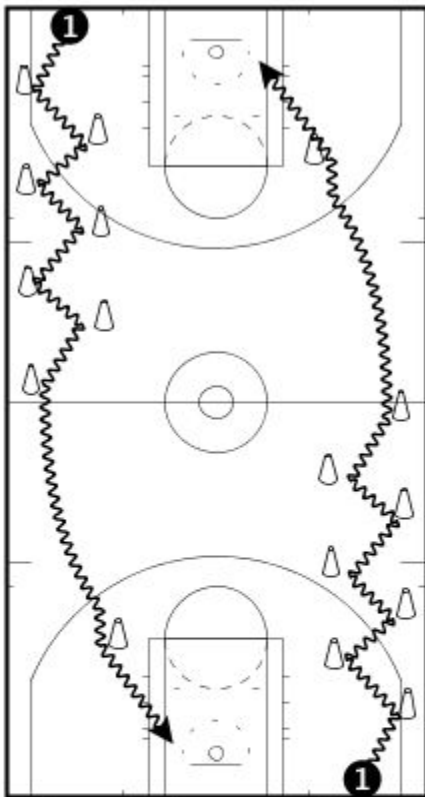
X layup

Instruction for players – Player has 1 minute to make as many layups as possible going around each cone after completing layup. Player will get their own rebound and will run to the next cone.

Drill Example: <https://youtu.be/OGWJ-VHFITk>

Zig Zag Drill with Layup

Instruction for players – Player start at cone on base line will dribble with correct outside hand and perform a crossover dribble at each cone and proceed to make layup after clearing the cones. Then run to cone on opposite base line, pickup basketball, dribble through cones and proceed to make layup after clearing cones on end. Player should not rebound their layup. There is no penalty for missing the layup; however, proper mechanics should be used and will be evaluated.



Perform a dribble move at each cone until half-court, then sprint dribble to next cone, make a strong move, finish through contact...Repeat going back.

- Crossover
- Between the legs
- Behind the bag
- Reverse dribble (at cone)

C1 - Internal use