

60 FUN

Basketball Drills and Games for Youth Coaches

BREAKTHROUGHBASKETBALL.COM

- **Monkeys In The Middle**
- **B-Ball Drag Race**
- **Space Invaders**
- **Shot Gun Passing**
- **Ram Shooting**

**By Jeff and
Joe Haefner**



BreakthroughBasketball.com

How to Make Basketball Practice Fun: 60 Fun Youth Basketball Drills & Games

www.BreakthroughBasketball.com

By Jeff and Joe Haefner

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Skill Codes for Each Drill

Here's an explanation of the codes associated with each drill. Most of the drills build a variety of skills, so we used codes to signify the skills that each drill will develop. Use the table of contents below and this key to find the drills that fit your needs.

A=Agility

AP=Aggressive Play

BH=Ball Handling /
Dribbling

C=Conditioning

CM=Communication

D=Defense

F=Footwork

O=Offense

P=Passing

R=Rebounding

S=Shooting

TW=Teamwork

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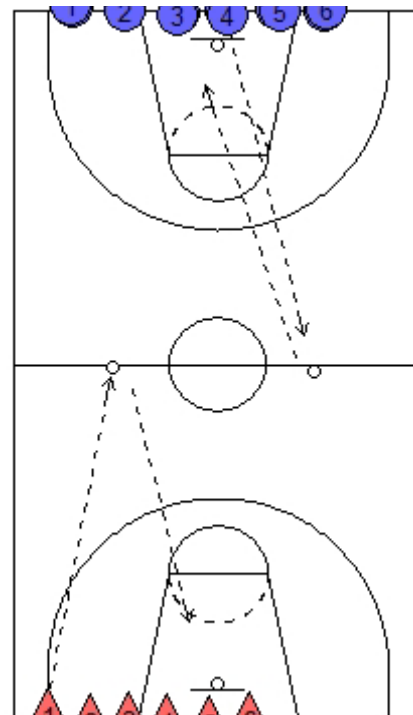
B-Ball Drag Race

Purpose:

(BH, S) The objective of the drill is to be able to dribble and shoot under pressure.

Instructions:

1. The students are broken into two groups on each baseline.
2. Each group member is given a number. A person on one baseline will have the same number as a person on the opposite baseline.
3. Two basketballs will be set at half court.
4. The coach will call out a number. If the players number is called they will sprint out from each side and run to get the ball set at half court for their group.
5. The student that dribbles to their basket and scores a basket first gets a point for their team.



Teaching Tips:

Stress pushing the ball out in front of the body when attempting to speed dribble as well as using correct form when attempting a lay-up.

Variations:

- This drill could be made into a strictly dribbling drill by having every team member dribble a ball out to get the ball in the middle of the court and have to dribble both balls back at the same time. The first person back would get a point for their team.

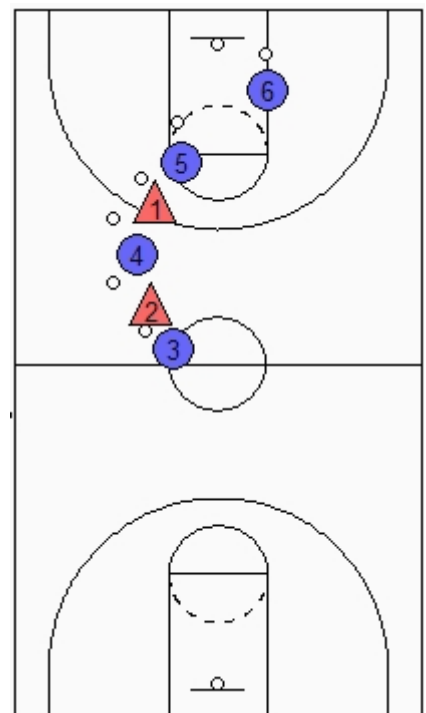
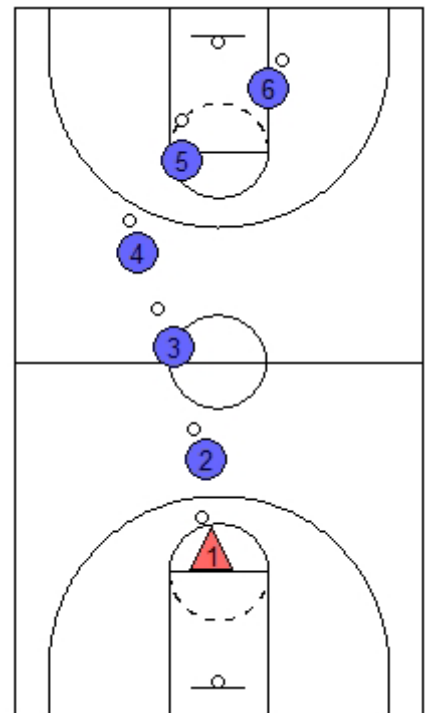
Snake Dribbling

Purpose:

(BH) This drill does a great job of developing ball-handling skills. It allows all students to be working on ball handling at the same time, and forces players to keep their heads up and avoid defenders when they are dribbling.

Instructions:

1. You'll need one ball for each player.
2. Have all players form a winding line that resembles a snake, each with a ball in their hand.
3. The last person in line must dribble the ball low with their head up through the snake, until they reach the front of the line and stop.
4. Each time a player becomes the tail of the snake they must work their way to the front and stop.



Teaching Tips:

Remind players that they need to keep their heads up to navigate through the snake. Players must also vary their dribble and use their body to protect their dribble. If you have a large group of players, you may need to form more than one snake.

Variations:

- Variations of this drill include only allowing players to use their dominant or non-dominant hand while dribbling through the snake.
- Another variation allows for the other members of the snake to attempt to knock away the player's ball, forcing the ball handler to protect their dribble.
- If there is a large group of players and more than one snake is formed, have the snakes compete to see which one can get around the gymnasium in the shortest amount of time.

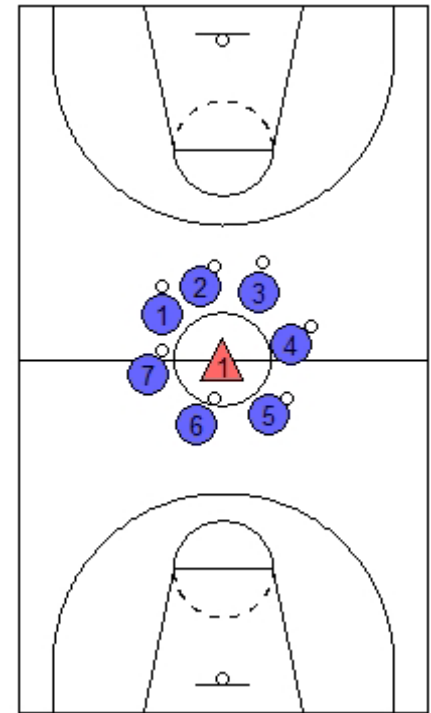
F-A-S-T

Purpose:

(BH) This drill helps develop speed dribbling, catching, and dodging skills.

Instructions:

1. Each person is given a basketball and is in a small circle in the middle of the court. The coach is to stand in the middle.
2. With a soft skin ball in your hands, call the name of a player and throw the ball into the air. The player will then leave their basketball and runs to get the soft skin ball.
3. Every other player then dribbles as fast as they can away from the person in the middle. When the player catches the ball and yells “stop”, everyone must stop immediately and set their balls down beside them.
4. The player in the middle with the “soft “ball may take three steps toward the nearest student and attempt to throw the ball at them. If the target is hit with the ball, that person must give their basketball to the player that got them out and go to the center of the court. If the person throwing the ball misses or the ball is caught by the target, the original person stays in the middle. Everyone then returns to the middle and the ball is thrown in the air and a new name is called.



Teaching Tips:

Remind players that they must push the ball out in front of their bodies to speed dribble effectively.

Variations:

- The number of steps taken to get close to the target may be changed depending on the size of the gym.
- The circle in the middle can be close to the person throwing the ball or it can be moved away from the middle, depending on the gym size.

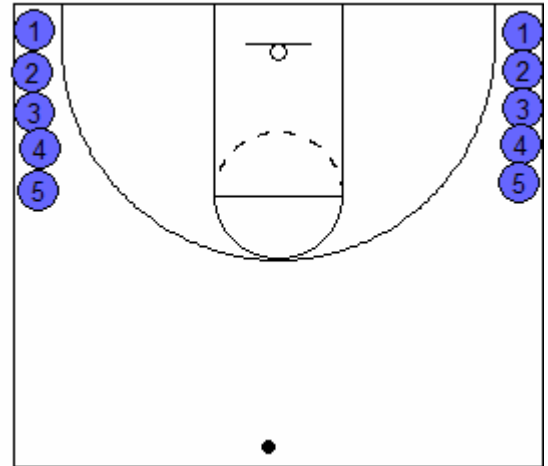
War

Purpose:

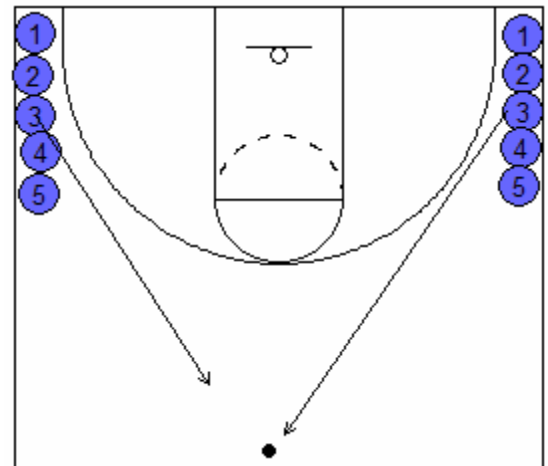
(AP, O, D) This drill helps develop aggressive play as well as a competitive attitude to the ball and one-on-one skills.

Instructions:

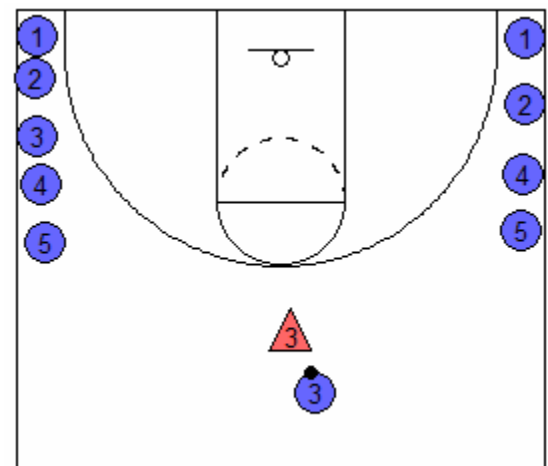
1. Divide the team into two even groups and have the two teams line up on opposing sidelines. Give every player on each team a number.



2. Place the ball at half-court and call out a number, for example, "Player number 3!" Player 3 from each side will then sprint out to get the ball.



3. The player that picks the ball up first is the offensive player and the other player assumes the defensive role.
4. The offensive player then tries to score and can use his teammates on the sidelines for passing only. The sideline teammates cannot move once they have received the ball, but they can move up and down the sideline without the ball to get open for a pass.
5. If the defensive player steals the ball or gets a rebound, he must "check" the ball by passing it out to one of his teammates before he can attempt to score.
6. After one of the players scores, or both have at least had an offensive attempt, they are to return to the sideline. The ball is again placed at half-court and another number is called.



Teaching Tips:

With younger players, shrink the playing area by moving the two teams in several steps from the sidelines.

Variations:

- Mix this game up by calling out multiple numbers so players can play 2-on-2 or 3-on-3 and so on