

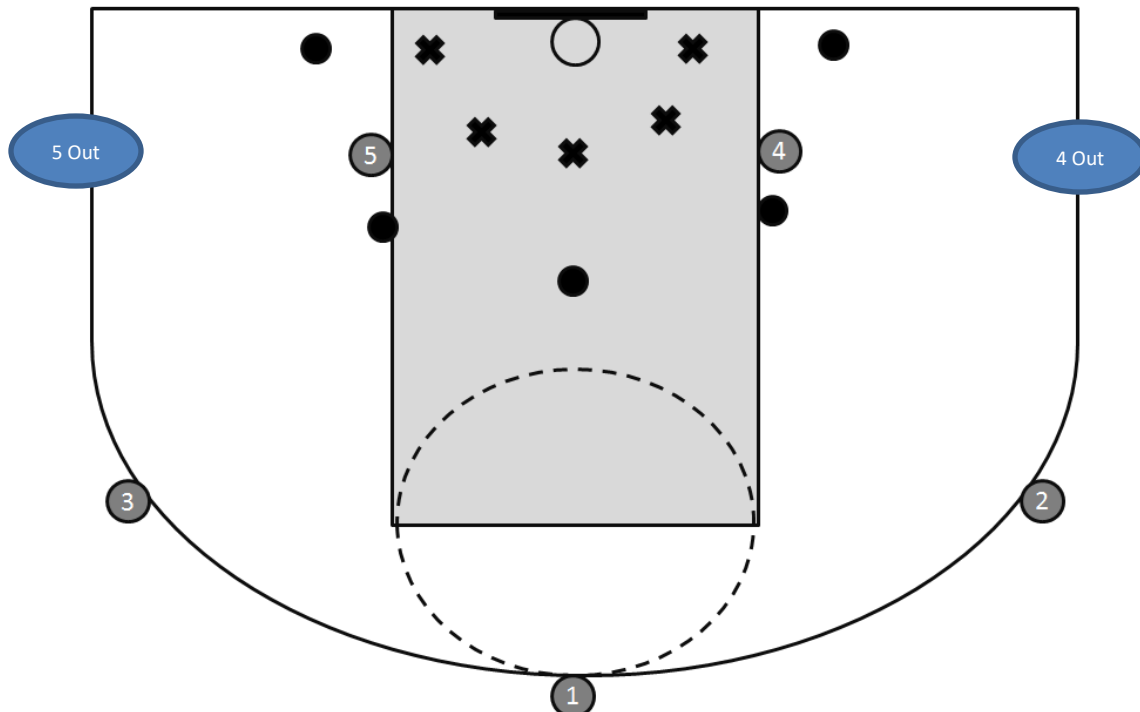
Basketball Summer Workout Driveway Drills

Reminders

- Intended for elementary age basketball
- Use 27.5" or 28.5" ball
- Try to practice on 9 or 10 foot hoops (start at 9 until form and makes consistent and then increase to 10)
- Stay hydrated
- Keep it fun – if they don't enjoy it don't do it, but emphasize that working hard makes them better and most kids have more fun when they are better

Workout overview

- Drills listed should be done in grouping order building up to shooting fun at the end.
 - Conditioning/footwork
 - Defense/rebounding
 - Ball handling
 - Shooting
 - Advanced shooting/Floor positioning
- Non shooting drills are the most important at this age group, but shooting builds habits and confidence as well so mix it in
- Complete workout time approximately 1 to 1.5 hour if complete everything
- Alternate – select 2 or 3 from each group to shorten workout depending on area of improvement. Note –that while doing any drill is better than nothing it is best select some from each group. Example: DO NOT SELECT ALL SHOOTING DRILLS
- 30 minutes can be added at the end of workout for games for additional fun (1x1, knockout, around the world)
- Recommend complete 3 to 5 times per week for most improvement, minimum 2 times per week
- Positions below don't need to be marked but if you choose you can use shooting spots or sidewalk chalk to outline the areas. This is only needed for shooting drills. The below diagram indicates the spots:



Footwork/Conditioning (~ 15 minutes total)

- Change of direction (2 minutes) – Forward, back and side to side movement using driveway lines as guide
- Lateral jumps (2 minutes) - small jumps over driveway lines cross
- High knees (4x) – jog at slow pace with high knees length of driveway
- Butt kickers (4x) – jog at slow pace with heel kicking backside length of driveway
- Sprints (4x) – sprint side to side touching line each time
- Layup jumps (4x) - left foot down right arm up , then right foot down left arm up length of driveway

Defense/Rebounding (~15 minutes total)

- Toss catch (2 minutes) – toss ball above head and jump to catch above head
- Backboard drill (2 minutes) – shoot ball against backboard and jump to catch above head
- Box out (2 minutes) – partner shoots inside lane, defender turns and puts backside into shooter to seal and then release to get rebound
- Defensive cutoff (4x) – partner dribbles side to side driveway, defender slides feet with arms out to side to stay in front of defender at arm’s length (*don’t crowd dribbler and no stealing*). Repeat to other side until end of driveway
- Controlled 1v1 (4- 8 minutes each) – partner free throw line and work to drive to hoop or shoot, defender slides feet to stay in front of him. Do not reach/foul to steal ball but if partner dribbles in front of defender ok to steal. When shot goes up don’t forget to box out. *Note if partner is a friend participating as well make sure that 1) when they dribbling they are not turning back to the basket, and 2) they are not traveling/double dribbling.*

Ball Handling (~15 minutes total)

- Right hand dribble (2 minutes) – eyes up waist high
- Left hand dribble (2 minutes) – eyes up waist high
- Crossover dribble (2 minutes) – eyes up waist high
- Change of pace (4x) – length of driveway drill, slow right hand 2 squares, crossover, fast left hand 2 squares, keep dribble at turn (can try behind the back if desired), slow left hand, crossover, fast right hand to finish.
- Catch and sweep layup drill (4-8 minutes each) – partner starts under basket pass to dribbler at position “2” or “3” and then close out to defend leaning to a side slightly and arm’s length. Dribbler catches ball in triple threat position, step through and sweep ball and dribble for layup. No stealing and work to progress to no more than 2 dribbles to get to the hoop although may take more until footwork is mastered. *Note to remember footwork on layups....left foot right hand on right sideRight foot left hand on left side.*

Shooting (15 -45 minutes)

- Inside shot repetition (15 minutes) – shoot until you make 10 shots total at each of the “X” positions going around the horn. On the way back shoot until you make 5 in a row at each position. Teach using backboard where appropriate. Ensure they are shooting the ball vs throwing it. Needs a rebounder.
- Outside shot repetition (15 minutes) - shoot until you make 5 shots total at each of the “O” positions going around the horn. On the way back shoot until you make 3 in a row at each position. Teach using backboard where appropriate. Ensure they are shooting the ball vs throwing it. Needs a rebounder.
- Free throws (minimum 2x) – shoot 10 free throws and rebounder keep track of how many made out of 10. Repeat at least 1 more time trying to beat your previous score or score from prior workout
- Advanced Shooting/Floor Positioning (15 minutes) - This drill combines floor positions, dribbling, footwork, decision making into one and can be higher intensity.
 - Rebounder/passer - should work to make good solid passes reaching the shooter at each spot. After each shot the rebounder calls out a random position number.
 - Shooter sprints to that position and turns to face basket, catches in triple threat position and either shoots (older ages) or takes 1-2 dribble to the hoop, jump stops and shoots.

- Endurance movement and shooting (5-10 minutes) – This drill works on the above but also adds endurance/conditioning component and cutting motions.
 - Helper – at the 1 spot
 - Shooter – starts baseline and passes ball out to Helper. Then moves quickly to the following spots in order.
 - 5 out – look for ball, sprint to 3 if not received
 - 3 – look for ball, cut to hoop if not received, if still not received on cut move to 4 out
 - 4 out – look for ball, sprint to 2 if not received
 - 2 - look for ball, cut to hoop if not received, if still not received on cut move to 5 out
 - At each spot they should face Helper and be ready to catch ball and score. Helper passes ball to Shooter at random spots, rewarding them for good effort, quick cuts, etc. Shooter can shoot jumper, 1 dribble jump stop or drive in layup.
 - Once shot is made the Shooter rebounds and repeats drill repetitively for 5-10 minutes or until break needed.