



Passing Passing Lanes Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

To create space in the attack by creating passing lanes then to shoot as often as possible.

Activity Description

Play 3 v 3 half-court games. Offensive teams must complete two or more consecutive passes before shooting. Players cannot dribble; all restarts occur at half court.

Questions

Coach: What was the goal of the game?

Players: To shoot as often as possible following two consecutive passes.

Coach: What do you and your teammates do to be successful?

Players: Make quick and accurate passes. Catch the ball under control. Move to an open space. Support player with the ball.

Coach: What do you do to provide support?

Players: Move to get open; get away from your defender.

Coach: How do you get open?

Players: Use cuts and fakes.

Coach: What do you do to keep the defense from stealing the ball or blocking your shot?

Players: Protect the ball by keeping your body between the defense and the ball. Hold the ball firmly with two hands; use body to protect the ball. Use quick passes.

Coach: Once you receive the ball, what is the best way to hold it so the defense doesn't know whether you are going to shoot or pass?

Players: Hold the ball in the triple threat position.

Variations

To use as a Game 2: Same as Game 1, except choose either 3 v 1, 3 v 2, or 3 v 3, depending on the skill proficiency of your players.



Passing Passing Lanes Triple Threat Position Shooting



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain creating passing lanes.
2. Practice providing support for teammates by creating passing lanes.

Activity Description

Play 3 v 1 games. Offensive players move to open space. Defenders play cooperative to active defense. Use offensive positions on one or both sides of the basket. Players pass, then move to an offensive position (point, wing, baseline, or high or low post) adjacent to the ball.

Players should provide a target for receiving the ball, receive it in triple threat, and use a ball fake before passing. Emphasize using quick jab steps to create passing lanes.

Tips

- “Target hands.”
- “Fake a pass, make a pass.”
- “Throwing action.”
- “Elbows.”
- “Finish.”
- “Quick cuts.”



Passing Triple Threat Position Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Players score as often as possible, by receiving a pass, using the triple threat position, attacking the basket, squaring to the basket, and scoring.

Activity Description

Play 3 v 3 half-court games. Players must complete two or more consecutive passes before attempting a shot.

Encourage players to make quick passes, to use target hands, and to call for the ball. They cannot dribble.

All restarts are at half court. Players earn one point for each shot attempted and two points for each basket scored.

Questions

Coach: What was the goal of the game?

Players: To score following two consecutive passes.

Coach: From where on the court did you score most of your points?

Players: Close to the basket.

Coach: Why is it better to shoot from a position close to the basket, rather than far from the basket?

Players: More likely to score when closer—higher percentage shot.

Coach: Besides shooting from a close range, what else did you do to successfully perform a shot?

Players: Squared shoulders to basket; elbow under ball and close to body; one hand behind the ball and the other at the side of the ball; staggered stance with knees slightly bent; followed through, aimed.

Variations

Play 3 v 1, 3 v 2, or 3 v 3 half-court games, depending on the skill proficiency of your players.



Passing Triple Threat Position Shooting



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to shoot.
2. Practice shooting.

Activity Description

Players in pairs shoot three shots from each of five spots marked around the basket (about six to eight feet away).

Partners rebound the ball and pass accurately to shooters, who provide a target, receive the ball in triple threat, square up, and shoot. The goal is to score on two out of three shots at each spot.

Give only one or two shooting cues at a time (e.g., keep your base firm, elbow under the ball).

Tips

- “Square up.”
- “BEEF”
 - “Base firm.”
 - “Elbow under ball.”
 - “Extend arm.”
 - “Follow through or flip wrist.”

Variations

To simplify: Change the shooting goal from making two of every three shots, to shooting from two different spots for 30 seconds, or simply shooting three shots from each spot.



Cuts Passing



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Players create space in the attack by creating passing lanes and provide support to their teammate with the ball, using V-cuts and L-cuts to get open.

Activity
Description

Play 2 v 2 half-court games. Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.

- O₁ ball fakes, jab steps, and passes to O₂, who V-cuts as O₁ is ball faking.
- O₂ catches the ball in a triple threat position using a jump stop.
- Repeat three times and rotate.
- When all four players in a group have practiced the V-cut three times, go through the rotation again, this time practicing the V-cut on the opposite side of the basket.
- When all four players have practiced the V-cut on both sides of the basket, go through the rotation again, using the same sequence to practice L-cuts on both sides of the basket. The defense should play passive, cooperative defense.

The only difference between V- and L-cuts is the angle from which the offense moves into the defense, then toward the pass.

Questions

Coach: What was the goal of the game?

Players: To support the player with the ball.

Coach: How were you able to support the player with the ball?

Players: Using a ball fake and replace, jab step; moving quickly.

Coach: Is a zigzag or curved pathway better when performing a cut?

Players: Zigzag.

Coach: Can you describe the angle of these cuts using letters of the alphabet?

Players: V and L.

Coach: Why would V- or L-cuts be better than curved?

Players: It's harder for the defender to stay with you.

Coach: What did you do if your defender was closely guarding you?

Players: Used a cut to get away.

Coach: When would a V-cut be most effective, close to the lane or away from the lane?

Players: Away from the lane 10 to 12 feet.

Coach: When would the L-cut be most effective?

Players: Close to the lane near the baseline.

Variations

Play 3 v 1, 3 v 2, or 3 v 3 short-court games, depending on the skill proficiency of your players.



Power Dribble Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Players attack the basket by using a power dribble, drive hard to the basket, and shoot.

Activity Description

Play 3 v 3 half-court games. Give two points for scores off of drives, and one point for other baskets. Instruct defenders not to clog the lane so that players can drive. Defenders should play “warm” defense.

Questions

Coach: What was the goal of the game?

Players: Drive and score.

Coach: What’s a good way to drive?

Players: Drop step and dribble.

Coach: What should you do if it’s congested in the lane?

Players: Stop and shoot if open, or pass off.

Variations

Players can’t dribble—except to drive to the basket.

To use as a Game 2: Play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players.



Jab Step Shooting



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to use a jump stop prior to shooting.
2. Practice shooting off of jump stops.

Activity Description

Play 1 v 1; defenders play cooperative defense. Players with the ball use a ball fake, jab step, and drive to the basket. They jump stop and shoot two to four feet from the basket.

Watch for good form on the jump stops and shots; players should use the square on the backboard. Alternate players quickly so that there are not a lot of players standing around.

Tips / Questions

- “Arm should look like a yo-yo.”
- “Ball down, eyes up.”
- “Two-foot jump stop.”
- “Eyes on target.”
- “In the square, in the basket.”

Coach: How should your dribble change when someone is guarding you?

Players: Keep the ball closer to the body and keep the ball between yourself and the defender.



Triple Threat Position Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Players will attempt to score in 15 seconds or less.

Activity
Description

Play 1 v 1 games. The player with the ball starts at the foul line. Check the ball: the defensive player starts with the ball and gives it to the offensive player when they are ready to play.

The offensive player begins in triple threat position and gets two points for every basket scored off a jump stop, and one point for every basket scored otherwise.



On-the-ball defense



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Defenders work to keep the opposing team from scoring and to win the ball through on-the-ball defense.

Activity
Description

Play 3 v 3 half-court games. Use a competitive defense. The offensive team can't dribble and must complete at least three consecutive passes before shooting. The defensive team scores one point if the offensive team does not complete three passes.



On-the-ball defense



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain proper on-the-ball positioning.
2. Practice on-the-ball defensive positioning.

Activity Description

Pair up players. The player with the ball dribbles forward in a zigzag pattern. The defensive player maintains proper defensive posture and attempts to block the offensive player's forward progress. The defender tries to either steal the ball without fouling or cause a turnover. Players switch roles after one length of the court.

Tips

- "Medium body posture."
- "Active hands and active feet."
- "See the bal.!"
- "Anticipate."

Variations

To use as a Game 2: Same as Game 1, except play 2 v 3 or 2 v 4. Rotate players accordingly so that all players have a chance to play offense and defense.



On-the-ball defense



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Defenders will play good on-the-ball defense.

Activity
Description

Play 1 v 1 games with active to competitive defense. Offensive players can dribble, but as soon as they pick up the dribble, defensive players move closer and use active hands and feet.



Off-the-ball defense



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Defenders work to prevent the offensive team from passing, receiving passes, and scoring and to win the ball through off-the-ball defense.

Activity Description

Play 3 v 3 half-court games. Players can't dribble except to drive to the basket or reposition to make a pass. They must make at least three consecutive passes before shooting.

The defensive team receives one point for each turnover and two points for each steal without fouling. Treat fouls like violations—the other team gets the ball.

Questions

Coach: How do you position yourself to prevent the offensive team from passing?

Players: Overplay toward potential passing lanes; closely guard player with the ball.

Coach: How do you position yourself to deny a pass?

Players: Overplay toward the ball; keep hand in passing lane.

Variations

To use as a Game 2: Same as first game, except play 2 v 3 or 2 v 4. Players should focus on off-the-ball defensive positioning.



Off-the-ball defense



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain proper off-the-ball positioning.
2. Practice off-the-ball defensive positioning.

Activity Description

Paired-up players practice off-the-ball defensive positioning (partners can also coach each other). As an option, you can have a player with the ball waiting to pass to his or her offensive teammate.

Questions

- “Medium body posture.”
- “Active hands and active feet.”
- “See the ball.”
- “Anticipate.”



Off-the-ball defense

On-the-ball defense



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11



Time: 10 minutes

Type

Game

Activity

Defenders try to deny offense from making successful passes; offense tries to make six consecutive passes.

Activity
Description

Play 2 v 2 games using a competitive defense. For each 2 v 2 game, two other players serve as coaches. One offensive player begins at the point, the other at a wing position. The ball starts at the point.

From a triple threat position, the ball handler uses a ball fake to give his or her teammate a chance to get open; or the ball handler dribbles to open a passing lane, if necessary. Rotate after a turnover or after six consecutive passes. One player-coach gives feedback for the on-the-ball defense; the other player-coach gives feedback for the off-the-ball defense.



Defense Boxing Out Rebounding



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Defenders try to prevent the offensive team from scoring and from rebounding missed shots.

Activity Description

Play 3 v 3 half-court games. Use a competitive defense. Players can't dribble, except to drive to the basket or to reposition to make a pass, and must make at least three consecutive passes before shooting.

The defensive team receives one point for winning or rebounding the ball after only one shot. Treat fouls like violations—the other team gets the ball.

Questions

Coach: What was the goal of the game?

Players: To prevent scoring and to prevent a second shot.

Coach: What did you do to prevent a second shot?

Players: Got the rebound after the first shot.

Coach: How did you position yourself to get the rebound?

Players: Moved between offensive player and basket.

Variations

To use as a Game 2: Play 2 v 3 or 3 v 3 short-court games, depending on the skill proficiency of your players.

Run this game with an offensive focus. In this case, the offensive team would earn a point for each shot attempt and rebound. You'd want to instruct your offensive rebounders to protect the ball, and to tip the ball to the basket or assume a shooting position as quickly as possible, like a pogo stick.



Defense Boxing Out Rebounding



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to box out to rebound.
2. Practice boxing out and rebounding.

Activity Description

Play 3 v 3 games with 2 v 2 under the boards and a shooter and an outlet. The shooter shoots the ball. On the release, X_1 and X_2 turn and box out their offensive players. X_3 (the outlet) moves right or left, depending on which side of the basket the rebound occurs. The player rebounding the ball turns and passes to X_3 . Repeat three times, then rotate offense to defense. The defenders try to outlet successfully three times in a row.

Tips

- “Create a stable wall between opponent and ball.”
- “Elbows out—palms wide, feel for opponent.”
- “Put buttocks under opponents.”



Give-and-go Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Players pass and cut to the basket, looking for return passes and good shots.

Activity Description

Play 3 v 3 half-court games. Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot.

Questions

Coach: What was the goal of the game?

Players: To pass and cut; to present target if open.

Coach: What happened when you were able to get open?

Players: Ball was returned and shot was attempted.

Coach: How did you get open?

Players: Used a ball fake, ran ahead of defender, kept body between defender and ball on way to basket.

Coach: What did the other offensive player do to create an open lane for you to attack the basket?

Players: Moved out of the lane.

Variations

To Use as a Game 2: Same as Game 1, except play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players.



Give-and-go Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to execute a give-and-go.
2. Practice the give-and-go.

Activity Description

Play 2 v 1 half-court games with cooperative to active defenders. Another player serves as coach. The offense practices the give-and-go three times, using L-cuts or V-cuts toward the basket; then players rotate. (The defender goes to offense; one of the offensive players becomes the coach.)

Tips

- “Pass and cut.”
- “Target hand.”
- “Keep the defender behind you.”



Give-and-go Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to execute a give-and-go.
2. Practice the give-and-go.

Activity Description

Play 2 v 2 games with active to competitive defenders. Two other players serve as coaches. The offense practices the give-and-go three times; then players rotate. The offense becomes the defense; the defense becomes the coaches; the coaches become the offense.

Tips / Questions

- “Pass and cut.”
- “Target hand.”
- “Keep the defender behind you.”

Coach: What did you do to complete the give-and-go when there was competitive defense?

Players: Used more fakes. Dribbled to create passing lanes. Got open to support player with the ball.



Setting Screens Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

The offense attempts to screen the on-the-ball defender so the player with the ball can attack the basket.

Activity Description

Play 3 v 3 half-court games. Have a different player restart the play each possession. Give one extra point for a basket scored off a screen. Players call their own fouls.

Questions

Coach: What were you trying to do in the game?

Players: Use teammates' positioning to lose opponent and attack the basket.

Coach: Why is the teammates' positioning important?

Players: To create an open shot for the player with the ball.

Coach: What would be a good body position for the player trying to free his or her teammate?

Players: Wide base, bent knees, arms across body to protect self.

Variations

To use as a Game 2: Play 3 v 1, 3 v 2, or 3 v 3 half-court games, depending on the skill proficiency of your players.



Setting Screens Shooting



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to set screens.
2. Practice setting screens.

Activity Description

Play 2 v 1 games with two other players acting as coaches. Offensive players execute screens. The defensive player plays active defense. One coach will watch to see if the screen is set correctly; the other coach will watch to see if the ball handler uses the screen correctly. The goal is to execute a screen successfully three times in a row.

Tips

- “Stand firm, straddle feet.”
- “Hands across chest ready to take impact.”
- “Roll toward basket or roll to a passing lane.”



Setting Screens

Shooting

Defending against screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Offensive players screen on-the-ball defenders so the player with the ball can attack the goal; defenders will effectively defend against the screen.

Activity Description

Play 3 v 3 half-court games. The offense must make at least two passes before taking a shot. All shots must be within five feet of the basket. Have different players restart the play on each possession. Give an extra point for a basket scored off a screen. Give the defense a point for not allowing a shot. Players call their own fouls.

Questions

Coach: What is the purpose of an on-the-ball screen?

Players: It allows the player with the ball to drive past the screener and lose the defender to set up a shot or a drive.

Coach: How can you get around the screen once it is set?

Players: Fight over the top (slide between the player setting the screen and the player you're guarding); duck behind the screener.



Defending against screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to fight over the top of a screen.
2. Practice fighting over the top of screens.

Activity Description

Play 2 v 2 games with a competitive defense. Offensive players execute screens; defenders being screened must fight over the top of screens, trying to keep the offense from shooting. Two player-coaches evaluate defenders' abilities to fight through screens.

Tips

- "Stay with your opponent."
- "Talk. Let teammates know the screen is there."
- "Stand away from the person setting the screen to allow your teammate to move around the pick."



Defending against screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to slide behind a screen.
2. Practice sliding behind screens.

Activity Description

Play 2 v 2 games with a competitive defense. Offensive players execute screens; defenders being screened must duck behind the screens and stay with their opponents, trying to keep them from shooting. Two player-coaches evaluate defenders' abilities to slide behind screens.

Tips

- "Stay with your opponent."
- "Talk. Let teammates know the screen is there."
- "Stand away from the person setting the screen to allow your teammate to move around the pick."



Jump Ball



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

Players work to gain possession of the ball off the jump ball.

Activity Description

Play 4 v 4 half-court games. After every basket use a jump ball to restart play. Players rotate, allowing each to jump. The team gaining possession of the jump ball continues offensive play until they score or the other team wins the ball. Players call their own fouls.

Teach jump ball rules.

Questions

Coach: What did you and your teammates do to gain possession of the ball off the jump ball?

Players: Matched up with opponent on the jump ball circle.

Coach: If you knew your team would win the jump ball, how did you line up on the circle?

Players: Close to the basket so we could turn and score.

Coach: If you knew your team would lose the jump ball, how did you line up on the circle?

Players: Between opponents and their basket so we could defend the goal.

Variations

To use as a Game 2: Same as Game 1, except use either a short or full court.



Jump Ball



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to maintain defensive and offensive positioning for jump balls.
2. Practice positioning for jump balls.

Activity Description

Play 3 v 3 half-court games using a tosser and a player-coach. The jump occurs in the offensive team's circle at the free-throw line; if the offense wins the jump, they try to score. Rotate offense and defenses after each jump ball. The defense tries to win the jump; barring that, they try to force the offense to make at least five passes before shooting.

Tips

- "Match up."
- "Position for defensive jump ball."
- "Drop back quickly."
- "Protect the basket."
- "Anticipate."



Off-the-ball screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

The offense attempts to screen off-the-ball defenders so their offensive teammates can move to support the ball handler.

Activity Description

Play 4 v 4 half-court games. Have different team members restart the play on each possession. Give an extra point for each basket scored off a screen. Players call their own fouls.

Questions

Coach: How did you use the off-the-ball screen to free up your teammate?

Players: By setting a pick or screen on the defender, same as on-the-ball.

Coach: How did you know where to set the screen?

Players: By setting screen so teammate can get open to receive a pass, depending on where a passing lane can be opened; facing away from the direction teammate needs to run.

Coach: How should you move to best use the screen?

Players: Cut toward the screen, brushing or nearly brushing shoulders as you pass the pick or screen.

Variations

To use as a Game 2: Play 4 v 1, 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill level of your players.



Off-the-ball screens



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to slide behind a screen.
2. Practice off the ball screens.

Activity Description

Play 3 v 3 half-court games; two players act as coaches, one watching the offense, the other, the defense. The offensive screens off the ball.

Tips

- “Anticipate ball movement.”
- “Screen so the player can move to the ball or to the basket.”
- “Brush shoulders so the defender can’t get through the screen.”



Defense Screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

The defense will play effective player-to-player, competitive defense to keep the offense from scoring.

Activity Description

Play 4 v 4 half-court games. Players call their own fouls. Players can dribble only to drive to the basket. The offense uses screens to score and create passing lanes in the attack.

Questions

Coach: How did you defend the offensive team?

Players: With player-to-player defense.

Coach: What are the advantages of player-to-player defense?

Players: All players are closely guarded, which increases the chance to win the ball; all defensive members know their responsibility.

Coach: What are the disadvantages of player-to-player defense?

Players: Defense can get spread out too far away from the basket; it's difficult to match players of equal ability.

Coach: How can you help your teammates while in player-to-player defense?

Players: Let them know when a screen is being set; pick up the player when there's a scoring threat.



On-the-ball screens Off-the-ball screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to slide behind a screen.
2. Practice on-the-ball screens.

Activity Description

Play 3 v 3 games, using two player-coaches. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.

Tips

- "Call "screen left" or "screen right.""
- "Quick movements, jab steps, and fakes."
- "Stay between your player and the basket."

Variations

Place the emphasis is on off-the-ball screens.



On-the-ball screens Off-the-ball screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

The defense will try to keep the offense from scoring in 30 seconds.

Activity
Description

Play 2 v 3, 3 v 4, or 3 v 3 half-court games with two player-coaches. The offense sets both on-the-ball and off-the-ball screens. The player-coaches evaluate defenders' abilities in getting around screens. Rotate the coaches into the game after two minutes (four 30-second periods).



Screens



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Game

Activity

The offensive player who sets a screen, either on or off the ball, cuts toward the basket.

Activity Description

Play 4 v 4 half-court games.

Have a different team member restart the play on each possession.

Give an extra point for each basket scored off a screen. Players call their own fouls.

The defense attempts to get around the screen and stay with the player cutting to the basket.

Questions

Coach: After you set the screen, what do you do?

Players: Move toward the basket.

Coach: How did this movement create space in your attack?

Players: Created a passing lane, set up a potential high percentage shot (lay-up).

Coach: Which picks—high or low—provided more opportunities to shoot?

Players: High, because they allowed the player to roll away from defense and kept the defensive player from getting between offense and the basket.

Variations

To use as a Game 1: Same as Game 1, except play 4 v 1, 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill proficiency of your players.



Pick-and-roll



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to execute a pick-and-roll.
2. Practice pick-and-rolls.

Activity Description

Play 3 v 3 half-court games with two player-coaches evaluating the effectiveness of the offensive players. The offense tries to score twice off a pick-and-roll and then switches to defense.

Tips

- “Open up to the ball when rolling to the basket.”
- “Watch for the ball.” “Show target hands.”
- “Attack the basket quickly.”