



# Power Dribble Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 12 and up

## Type

Game

## Activity

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

## Activity Description

Play 3 v 3 half-court games. Give two points for scores off of drive, 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.

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

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

## 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. Switch teams halfway through the game, with the two defenders joining one offensive player on the offensive team, and two offensive players switching to defense.



# Jump stop Shooting



Time: 10 minutes



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Ages: 12 and up

## 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 the shots; players should use the square on the backboard.

## Tips

- “Triple threat!”
- “Ready position!”
- “Hand position!”
- “Hold the ball on the side of the hip!”

Driving to basket

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



# Crossover Dribble Shooting



Time: 10 minutes



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FOR SOCIAL RESPONSIBILITY



Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain how to do a crossover dribble.
2. Practice the crossover dribble.

## Activity Description

Play 1 v 1; defenders play cooperative defense. Players with the ball perform crossover dribbles going down or across the court.

Players switch roles after one time down the court.

## Tips

- “Triple threat!”
- “Ready position!”
- “Hand position!”
- “Hold the ball on the side of the hip!”

Driving to basket

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



# Passing Shooting Cuts (Game 2)



Time: 10 minutes



FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY



Ages: 12 and up

## Type

Game

## Activity

Players provide support for their teammate with the ball by creating space in the attack by creating passing lanes.

## 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.

## 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:** 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

To use as a Game 2: Players will provide support to their teammate with the ball, using V-cuts and L-cuts to get open. Play 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill proficiency of your players. Players must complete at least three passes before shooting, and they can't dribble except to reposition. They receive one point for three consecutive passes, and two points for every field goal.



# Passing Shooting Cuts (Game 2)



Time: 15 minutes



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FOR SOCIAL RESPONSIBILITY



Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain how to execute V-cuts and L-cuts.
2. Practice V-cuts and L-cuts.

## Activity Description

Play 2 v 2 games with the focus on players using V-cuts and L-cuts, receiving passes, and using jump stops and the triple threat position. Sequence:

- $O_1$  ball fakes, jab steps, and passes to  $O_2$ , who V-cuts as  $O_1$  is ball faking.
- $O_2$  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.



# Passing Give-and-go Cuts Shooting



Time: 10 minutes



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Ages: 12 and up

## Type

Game

## Activity

Players use the give-and-go to pass and then 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.

Give the offense an extra point if they use the give-and-go to score.

## 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:** The ball was returned and the 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: Play 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill proficiency of your players.



# Passing Give-and-go Cuts Shooting



Time: 10 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

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



# Passing Give-and-go Cuts Shooting



Time: 10 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

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

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





# Off-the-Ball Defense



Time: 10 minutes



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Ages: 12 and up

## Type

Game

## Activity

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

## Activity Description

Play 4 v 4 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.

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 did you position yourself to prevent the offensive team from passing?

**Players:** Overplayed toward potential passing lanes; closely guarded player with the ball.

**Coach:** How did you position yourself to deny a pass?

**Players:** Overplayed toward the ball; kept hand in passing lane.

## Variations

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



# Off-the-Ball Defense



Time: 15 minutes



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Ages: 12 and up

## 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.

## Tips

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

## Variations

Have a player with the ball waiting to pass to his or her offensive teammate.



# Off-the-Ball Defense Passing



Time: 10 minutes



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Ages: 12 and up

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.



# Rebounding Offensive Rebounding (Game 2)



Time: 10 minutes



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Ages: 12 and up

## Type

Game

## Activity

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

## Activity Description

Play 4 v 4 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 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 the offensive player and the basket.

## Variations

Run this game with an offensive focus. The offensive team earns a point for each shot attempt and rebound. 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.



# Rebounding Offensive Rebounding (Game 2)



Time: 15 minutes



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Ages: 12 and up

## 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.”

## Variations

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



# Screen Shooting



Time: 10 minutes



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Ages: 12 and up

## Type

**Game**

## Activity

The ball handler tries to use teammates' positioning to lose his or her opponent and attack the basket.

## Activity Description

Play 4 v 4 half-court games. Have different players restart plays. 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 so 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 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill proficiency of your players.



# Screen Shooting



Time: 15 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

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

## Activity Description

Play 3 v 2 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 successfully execute a screen 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.”



# Screen Defending the Screen



Time: 10 minutes



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Ages: 12 and up

## 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 4 v 4 half-court games. The offense must make at least two passes before taking a shot. All shots must be within 5 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 (i.e., slide between the player setting the screen and the player you're guarding); duck behind the screener.





# Defending the Screen— Over the Top



Time: 10 minutes



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Ages: 12 and up

## 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 the Screen— Sliding Behind



Time: 10 minutes



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Ages: 12 and up

## 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.”



# Screen Shooting



Time: 10 minutes



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Ages: 12 and up

## 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 4 v 4 half-court games. Have different players restart plays. Give one extra point for a basket scored off a screen. Players call their own fouls.

## Questions

**Coach:** Why use a screen?

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

**Coach:** What is a screen?

**Players:** An offensive technique to take the defensive player guarding a teammate out of the play, or to delay that player long enough to open a teammate for a pass or shot.

**Coach:** How do you execute a screen?

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

## Variations

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



# Screen Defending the Screen



Time: 15 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

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

## Activity Description

Play 3 v 2 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 successfully execute a screen 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.”



# Screen Shooting



Time: 10 minutes



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Ages: 12 and up

## 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:** Setting a pick or screen on the defender, same as on the ball.

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

**Players:** Setting screen so teammate can get open to receive a pass, depending on where a passing lane can be opened; facing away from direction a 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 2, 4 v 3, or 4 v 4 games, depending on the skill proficiency of your players.



# Screen Shooting



Time: 15 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

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

## Activity Description

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



# Screen Cut



Time: 10 minutes



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Ages: 12 and up

## 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 (e.g., layup).

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

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

## Variations

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



# Screen Pick-and-Roll



Time: 15 minutes



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Ages: 12 and up

## 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!”





# Defense Defending the Screen



Time: 10 minutes



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Ages: 12 and up

## 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. Use a jump ball to restart play after every basket.

## 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; 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.

## Variations

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



# Defending on-the-Ball Screens



Time: 10 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain how to set and how to defend against on-the-ball screens.
2. Practice setting and defending against 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."



# Defending off-the-Ball Screen



Time: 10 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain how to set and how to defend against off-the-ball screens.
2. Practice setting and defending against off-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 off-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."



# Outlet Pass Boxing Out Rebounding



Time: 10 minutes



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Ages: 12 and up

## Type

Game

## Activity

The defense rebounds, and makes a quick transition from defense to offense using an outlet pass.

## Activity Description

Play 4 v 4 half-court games. Defenders box out to rebound and use an outlet pass. Players call their own fouls. The defensive team gets one point for successfully rebounding and making an outlet pass. The offense scores as many points as possible.

## Questions

**Coach:** Why should you make an outlet pass after rebounding the ball?

**Players:** To get ball out of lane and away from opponents; to get ball down the floor faster.

**Coach:** Which player should get the outlet pass?

**Players:** Player not involved in rebounding.

**Coach:** Where should the outlet player go to receive the outlet pass?

**Players:** To the sideline nearest the player rebounding the ball; move quickly to create a passing lane.

## Variations

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



# Outlet Pass Boxing Out Rebounding



Time: 15 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain outlet passing off a rebound.
2. Practice outlet passing off a rebound.

## Activity Description

Play 4 v 4 games half court, with one shooter and one outlet; O<sub>4</sub> shoots ball. On the release, X<sub>1</sub>, X<sub>2</sub>, and X<sub>3</sub> turn and box out the players they're guarding. X<sub>4</sub> (the outlet) moves right or left, depending on which side of the basket the ball is rebounded. The rebounder turns and passes to X<sub>4</sub>. The defense tries to complete three successful outlet passes in a row; then the offense goes on defense, and vice-versa.

## Tips

- "Rebound!"
- "Protect the ball!"
- "Pivot away from the basket!"

With variation

- "Get and go!"
- "Quick movement down court!"
- "Stay wide and spread out to maintain passing lanes."

## Variations

Go to full court. After the outlet pass is made, the point guard or off guard moves up toward center court to create a passing lane. The next available player fills the outside lane opposite the rebound. Trailing players move quickly down court and assume offensive positions. After rebounding the ball, the team outletting the ball tries to use no more than five passes to score.



# Free Throws Rebounding Free Throws



Time: 10 minutes



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FOR SOCIAL RESPONSIBILITY



Ages: 12 and up

## Type

**Game**

## Activity

To win the ball by rebounding free throws.  
Players will learn correct positioning for free throws.

## Activity Description

Play 4 v 4. Begin each play with a free throw. A made free throw is worth one point; a rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.

## Questions

**Coach:** How should the offensive team line up for a free throw?

**Players:** Between defensive players on sidelines of the lane, one player at half court to defend against a potential fast break attempt.

**Coach:** How should the defensive team line up for a free throw?

**Players:** On the block next to the basket, with one player on other side of offensive player and one player close to shooter ready to box out.



# Free Throws Rebounding Free Throws Outlet Pass Fast Break



Time: 15 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain the actions that follow a defensive rebound on a free throw.
2. Practice the actions that follow a defensive rebound on a free throw.

## Activity Description

Offensive and defensive teams alternate free throws. Practice defensive positioning after release of ball and practice making outlet passes, as in a fast break. If the offensive team gets the rebound, continue play until they score or the defense wins the ball.

## Tips

- “Step in at the release!”
- “Step in quickly and firmly hold position.”
- “Keep your body against your opponent.”



# Inbound pass Running Plays



Time: 10 minutes



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Ages: 12 and up

## Type

Game

## Activity

The offense will score by running set play within 10 seconds of inbounding the ball from the end line.

## Activity Description

Play 5 v 5, half court. Players can't dribble except to drive to the basket. Use a 2-1-2 defense to defend space around the basket. Restart play from the end lines.

## Questions

**Coach:** What did your team do to score within 10 seconds of the inbound pass?

**Players:** Passed quickly, moved quickly, set up screens and picks to create open passing lanes.

## Variations

To use as a Game 2: Same as Game 1, except play 5 v 4 or 5 v 3. The offense earns an extra point when they score on the inbounds play.





# Inbound pass Running Plays



Time: 10 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

1. Introduce, demonstrate, and explain an end-line inbounds play against a 2-1-2 zone defense.
2. Practice the inbounds play.

## Activity Description

In a 5 v 5 half-court situation with an active 2-1-2 defense, the offense tries to score three times in a row on this inbounds play.

O<sub>2</sub> fakes outside, then cuts in the lane and sets a screen for O<sub>4</sub>, who cuts toward the basket, hands held high, expecting the pass. O<sub>4</sub> is the first option. O<sub>3</sub> is the second option. O<sub>3</sub> fakes inside, then cuts toward the baseline.

Teach the difference between a zone and player-to-player defense (players guard an area, not a person).

## Tips

- “Know your role!”
- “Execute your role!”
- “Timing is everything!”



# Inbound pass Running Plays



Time: 10 minutes



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Ages: 12 and up

## Type

**Skill Drill**

## Activity

Teams create and practice their own end-line inbound plays against a 2-1-2 zone defense.

## Activity Description

Each team of five creates an inbound play, then practices it against its opponent, which plays an active defense. The goal is to score three times in a row.

## Tips

- “Know your role!”
- “Execute your role!”
- “Timing is everything!”