

FUN BASKETBALL DRILLS COLLECTION FOR KIDS

Most of the listed drills will improve the players' fundamental skills in a fun way. They can be used for U10 until senior level players.

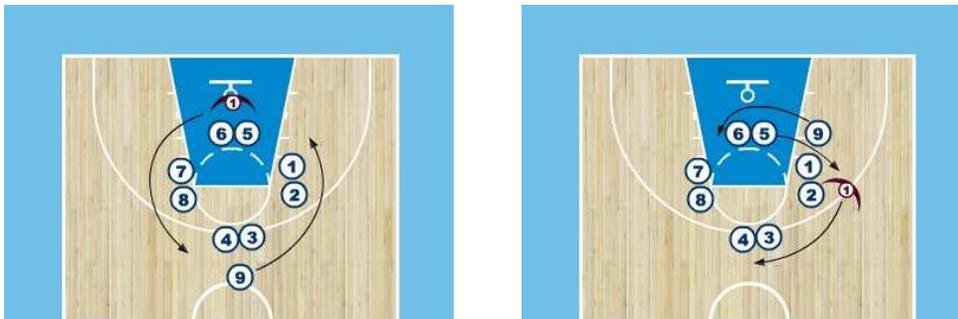
When you are teaching young players the fundamentals like for example form shooting, you need them to be concentrated and the learning process is static and might be boring for them. After such units you can use these drills to get them moving again and to let them have fun. The drills can also be used for warm ups.

RUNNING

Chain Tag

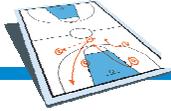
There is one catcher and all other players are trying to run away from him. All caught players have to hold hands with the catcher and try to catch the yet free players.

Chase the rabbit



Players are lying in pairs on the floor. They are building a circle. Two players are standing around the circle. One of the players is trying to catch the other player around the circle. If the runner is feeling that the catcher will get him, he can dive next to a pair of players. The player on the outside of the pair is becoming the new catcher and the previous catcher is now the runner. If the catcher tags the runner before he dives next to a pair of players, then the runner becomes the catcher.





DRIBBLING

Chicken fight



1 Basketball for each player

Every player dribbles one basketball within a predetermined court (for 8 players e.g. inside the zone). Each player tries to knock out the other players' balls or force him to double dribble or force him out of bounds. Winner is the one who is last dribbling.

Ball theft



1 Basketball for each player but one

Similar to chicken fight, but now one (more in a larger group) player is without a basketball and has to steal a basketball from another player. Goal is to be with a basketball after a certain time.

Freeze

1 Basketball court, 1 Basketball for each player

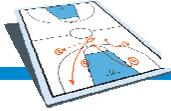
Every player dribbles a basketball. There is one (in a larger group more) catcher. He is trying to tag all other players. Once a player is tagged he has to remain in his position. He can be reactivated by an active player dribbling through his legs. Goal is for the catchers to tag all other players.

Basketball soccer

1 Basketball for each player, 1 Soccerball, 2 Goals

Every player dribbles a basketball. While dribbling two teams are playing soccer against each other on two smaller goals. Goal is either a certain number of goals or a lead after a certain time.





PASSING

Save the king



Every player except the catcher has a ball. The players build a circle. One player is in the circle (king) and the catcher without the ball is outside the circle. The catcher is trying to tag the player in the middle. The players who are building the circle try to box him out. If the catcher gets in the circle the king can dribble outside the circle and the catcher tries to follow and so on until the king gets caught.

Choose two new players.

Variations: Spread the circle and let the catcher also dribble.

Fox in the ring

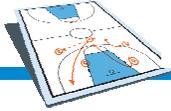


1 Basketball for each group of 4

3 players are standing on a circle (free throws- & middle circle) and 1 player inside. The outside players are passing the ball to one another and the player inside has to touch the ball. If he touches the ball the outside player who made the pass or last touched it becomes the next inside player. Limit the time or name the goal for example a number of passes.

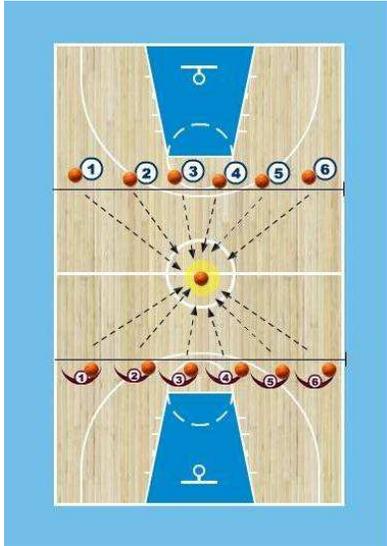
Variations: Different distances and number of offensive and defensive players





The Crocodile passing drill

Volleyball court or similar size court, 1 gymnastic -/ medicine ball, 1 Basketball for each player



Each player has one basketball. Two even teams compete against each other. They try to move the crocodile (heavy ball) towards the opposing team's line, by hitting it with their balls. The players are not allowed to throw from inside their line. After throwing each player has to get one of the balls back not necessarily his ball but the one closest to him. The team that gets the crocodile past the opposing line gets one point.

Variations: Players are standing on a bench while throwing.

Numbers passing

1 Basketball

All players line up in one big line. The ball is passed/handed over from one end of the line to the other using different passes (Handover, through the legs, overhead, etc.). The players have to remember the player in front and behind them. On the coaches signal the players spread out, run around and pass the basketball in the right order from player 1 to the last player (and back), using different passes (chest pass, bounce pass, etc.).

Passing Game

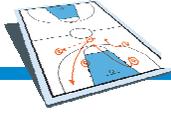


1 Half court, 1 Basketball

2 teams compete against each other on a half court. The players cannot dribble nor travel. Goal is for one team to complete a certain number of passes in a row with the other team defending and trying to deflect. Once the defending team steals the ball they try to reach the number of passes.

Variations: After the passes are completed the team gets an extra point when scoring the basket. No dribbling.



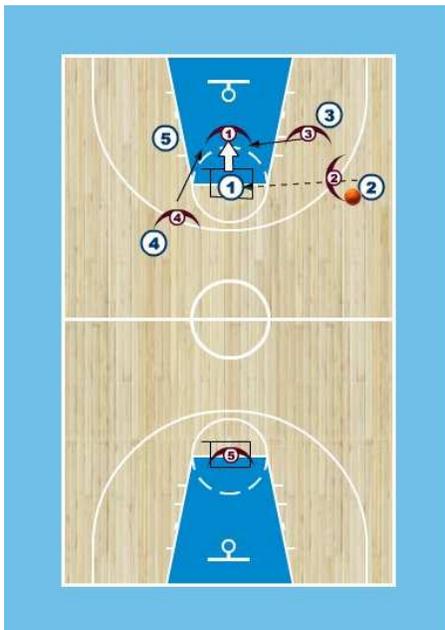


Catch & Safe

One (two) catcher will try to tag the other players. The player(s) with a (the) balls are safe, but they have the responsibility to help the other players to be safe. Catcher should be identified by carrying a shirt for example.

COMPLEX DRILLS

Box ball



1 Basketball court, 1 Basketball, 2 boxes

Place a Box on each Freethrowline. There are two teams competing against each other. One player of each team sits on the box in front of the opponent basket. The general basketball rules apply with only one exception: baskets can only be scored by the person sitting on the box. Nobody can run through the free throw circle. The player on the box will be substituted after each basket. The team that first had all players score a basket wins.

Boardball

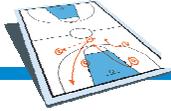


1 Basketball court, 1 Ball (Gymnastics ball, Softball)

2 Teams are competing against each other on two Backboards. Regular basketball rules apply, with three exceptions: There is no 3sec. rule, no dribbling and points can only be scored by throwing the ball against the opponent backboard and the same team catching it without the ball hitting anything before. The goal is to reach a certain number of points or to have the most points in a certain time.

Variation: Offense throws the ball at the backboard. Offense gets a point if ball hits the floor.



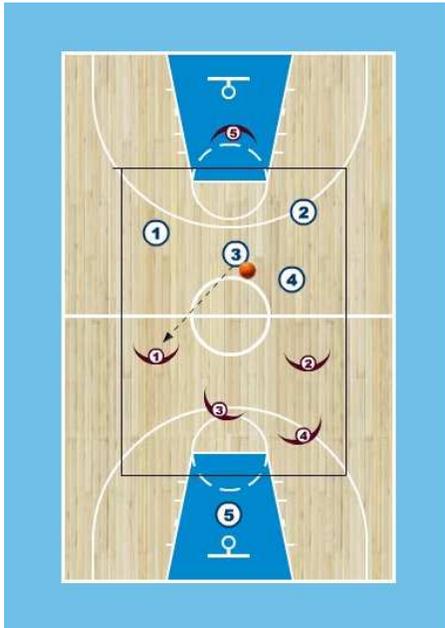


Everybody against everybody

1 Softball

Everybody plays everybody. Goal is to hit every player with a ball (softball). If a player gets hit by the ball he is out and has to sit down. If the thrown at player catches the ball the he is still active. Winner is who is the last player standing.

Dodgeball



1 Softball, 1 Basketball court

2 teams are competing against each other. Each team has 1 special player ("King") with 3 lives. All players of one team, except the "King" are in one half court, the king stands behind the baseline. Each team now tries to throw out all the opponent team's players in the half court. If a player from the thrown at team catches the ball the possession changes.

The team can pass the ball to the "king" anytime and he can also throw out players. Once a player is thrown out the players line up behind and around the opposing half court together with their "king".

If all players are out the "king" has to go into the half court. He loses one of his lives for every time he gets hit by the ball. If a player from the outside throws out a player from the opposing team he can go back into his half court. The team that first has thrown out all players and the "king" wins.

Variations:

- 1) Outside Players can only throw from behind the baseline
- 2) If a player throws the ball at his opponent and the opponent catches the ball, he must go on the other side

