

EAST PERTH BASKETBALL ASSOCIATION



Quickness & Control Drills SKILLS BOOKLET

Be Quick Think Quick Practice Quick

PURPOSE OF TESTING

You cannot consistently improve your performance without knowing how you are doing.

PURPOSE OF THE DIARY

This diary has been designed to be used as a vehicle to gain a better understanding of your needs as an athlete.

The diary should be used to provide:

- 1. A structure in your training regime.*
- 2. Feedback on your improvement*
- 3. An indication to your areas of weakness*
- 4. A tool by which your coach can identify where changes need to be made to your training plan.*

HOW TO USE THE SKILLS BOOKLET

This is a 10-week program to help you develop your fundamentals during the off season.

DURING EACH SESSION

- 1. Record all data in your specified dates.*
- 2. Attempt all drill at 100% and using the correct technique.
As you become more familiar with these drills you will find them easier. Remember perfect practice leads to perfect technique.*
- 3. Remember you are competing against yourself. All records should be accurate. If you cheat when you are recording the data, the only person you are cheating is yourself.*
- 4. You should complete the coaches' dozen drills at least four times a week.*
- 5. Shooting drills should be completed three times a week.*

Success in basketball
depends on

Attitude and Action

Good Attitude = Good Results

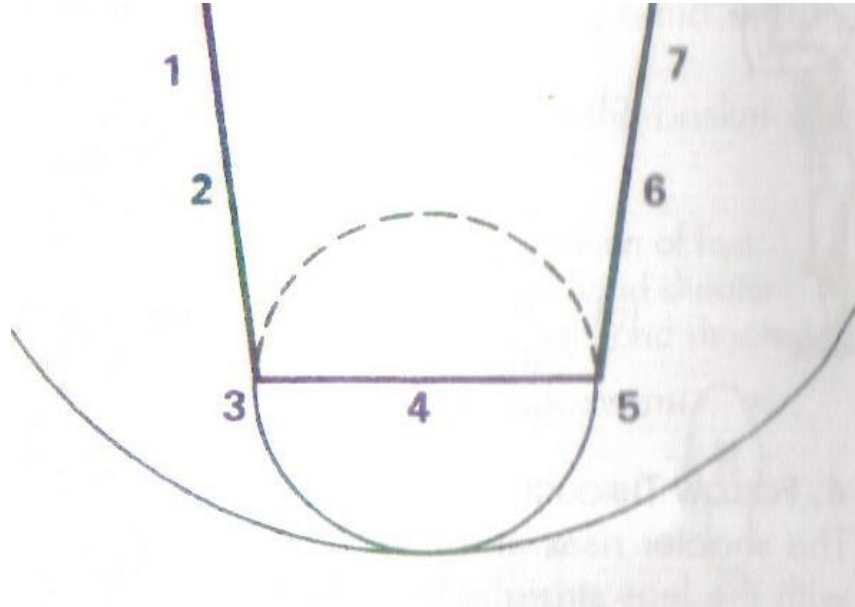
Fair Attitude = Fair Results

Poor Attitude = Poor Results

Action Makes it Happen Start Today

WARM UP

PERIMETER SHOOTING FOR 5 MINUTES



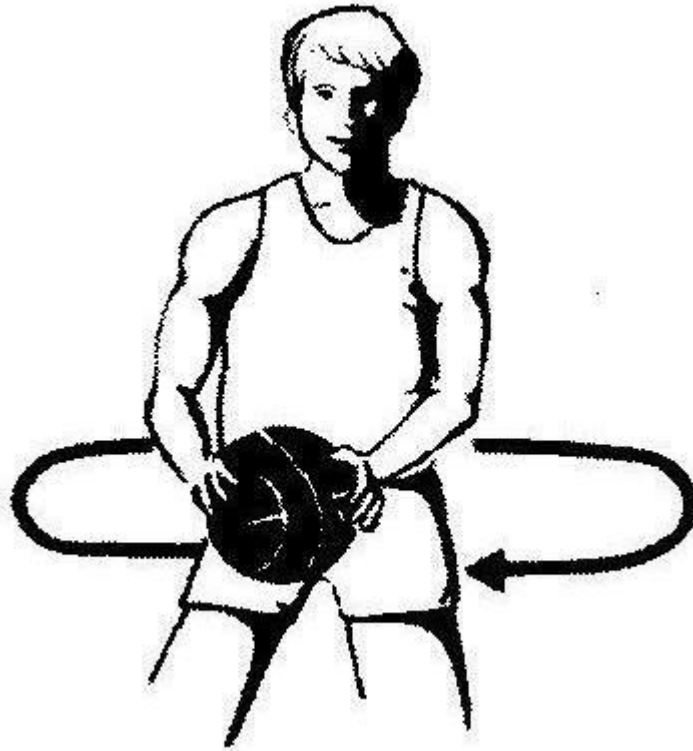
*One Handed free shooting around the key hole.
Shoot rebound dribble out repeat.*

1 hand 2 feet

1 hand 1 foot

COACHES DAILY DOZEN DRILLS

AROUND THE WAIST

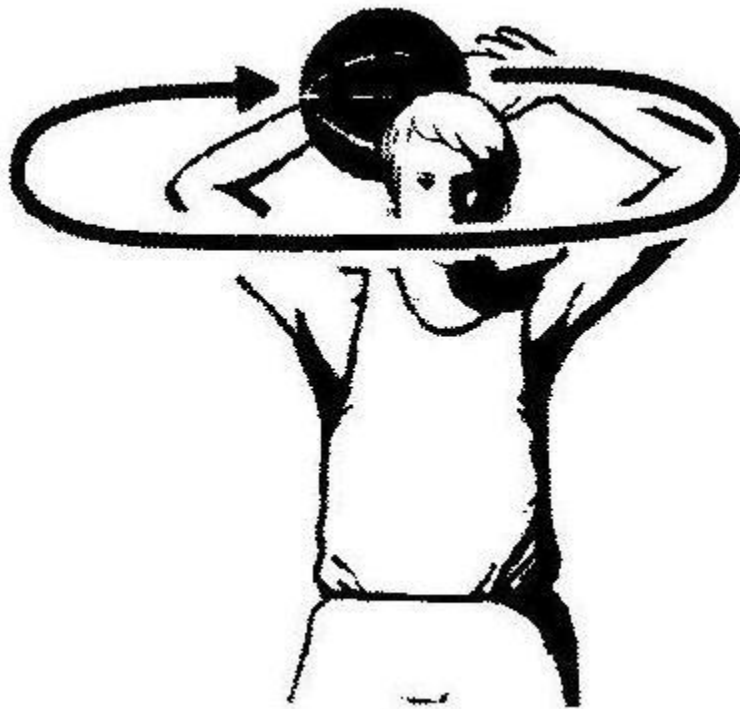


Take the ball in your right hand and take it behind your back and catch it with your left hand and in one continuous motion bring the ball around to the front of your body to your right hand. Do the drill continuously for 30 seconds as fast as possible. Drill should also be tested going in the opposite direction starting with the ball in left hand.

Drill time: 30 seconds

Skill Level
Excellent = 55+
Good = 36 – 54
Fair = 25 – 35

AROUND THE HEAD



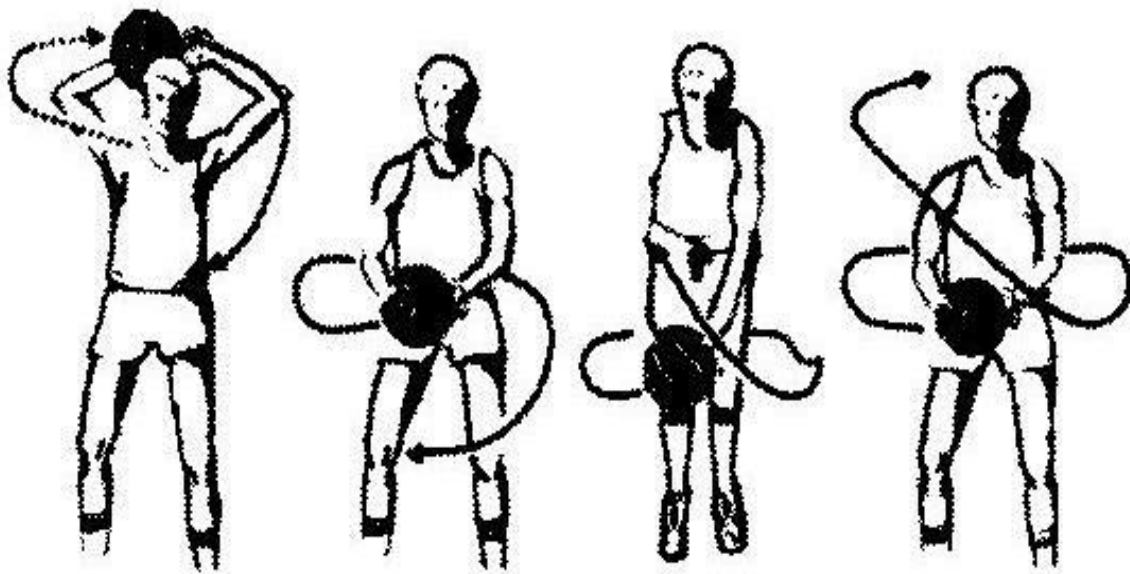
Place the ball in your right hand and take it behind your head and catch it with your left hand and in one continuous motion bring the ball around to the front to your head. Do the drill continuously for 30 seconds as fast as possible. Drill should also be tested going in the opposite direction starting with the ball in left hand.

Excellent drill for building Upper Body Strength

Drill time: 30 seconds

Skill Level
Excellent = 45+
Good = 30 – 40
Fair = 20 – 30

HEAD, WAIST AND LEG RHYTHM DRILL

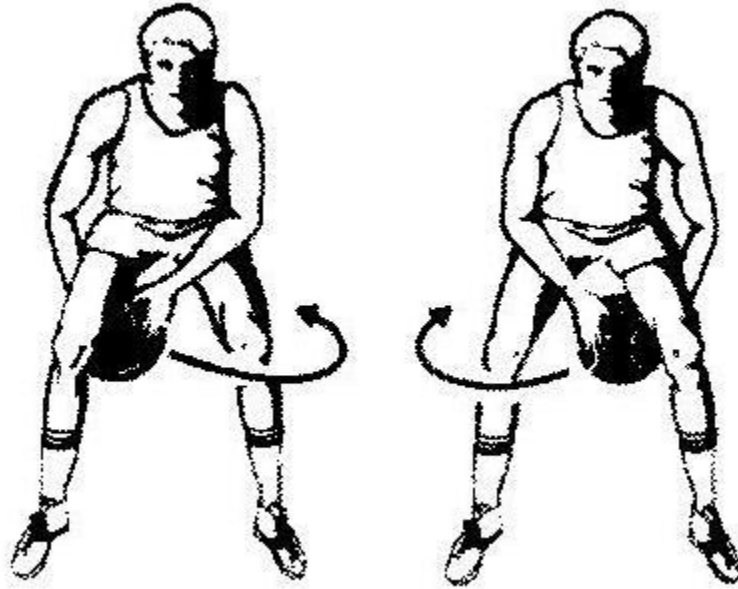


Place the ball in your right hand and take it behind your head and catch it with your left hand. In one continuous motion take the ball once around your waist and then once down around your legs. From the legs you go up around the waist to up around the head again. Each time you go around your head count 1.

Drill time: 30 seconds

Skill Level
Excellent = 25+
Good = 15 – 24
Fair = 8 – 14

FIGURE EIGHT FRONT AND BACK



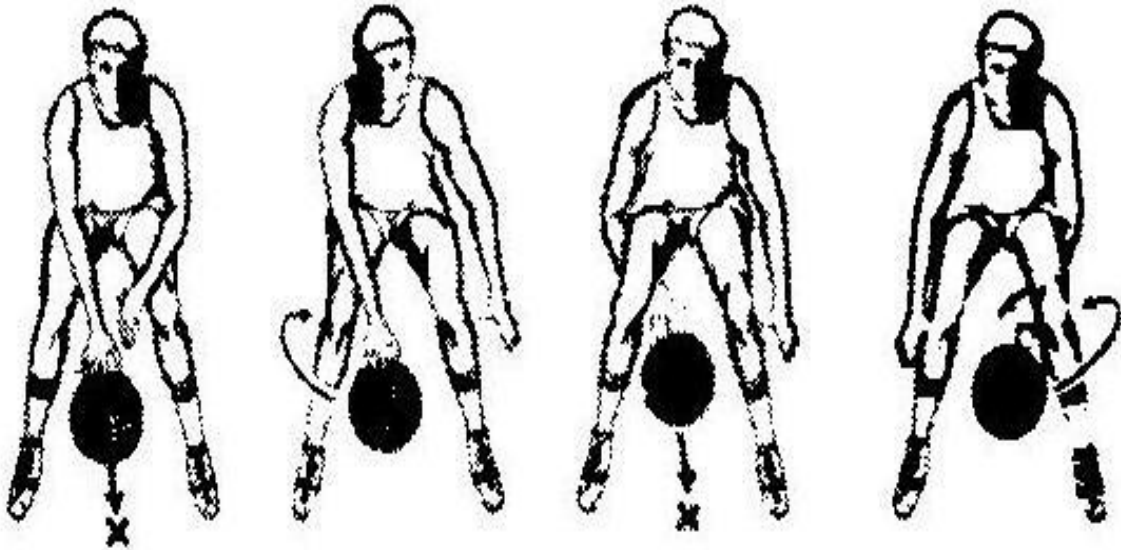
Start with the ball in your right hand and take it behind your legs to your left hand. Then with the ball in your hand take it behind your left leg and between your legs to your right hand. Continue drill for 30 seconds.

Opposite Drill: Figure eight from the front which takes the ball right and left through the front of your legs. Count complete figure eight as one.

Drill time: 30 seconds

Skill Level
Excellent = 35+
Good = 25 – 34
Fair = 15 – 24

FIGURE EIGHT FRONT AND BACK WITH A DRIBBLE



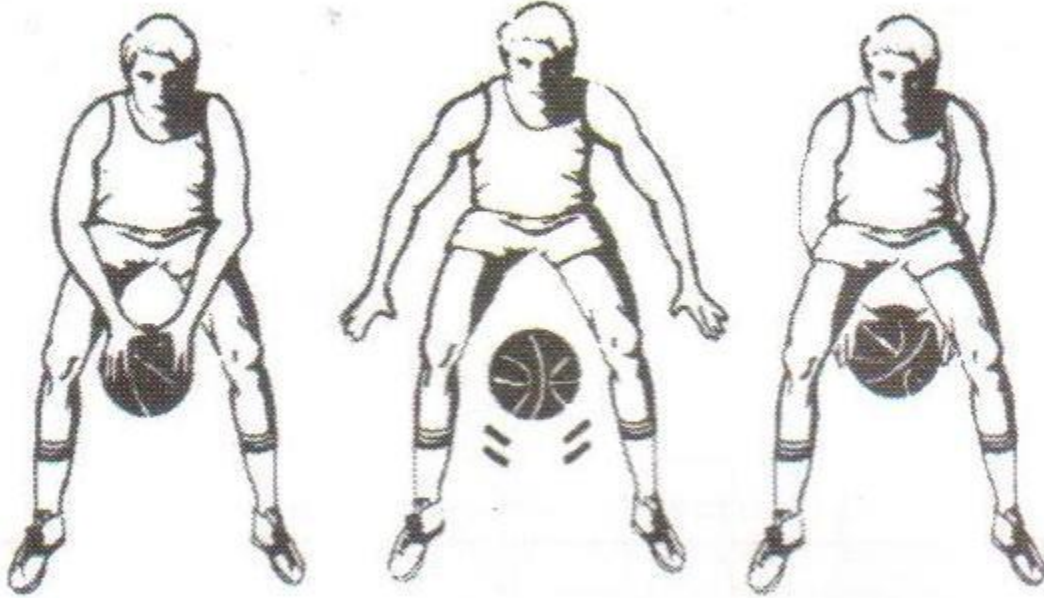
Start with the ball in your right hand and dribble it behind your legs to your left hand. Then dribble the ball in your left hand take it behind your left leg and between your legs to your right hand. Continue drill for 30 seconds.

Opposite Drill: Figure eight from the front which takes the ball right and left through the front of your legs. Count complete figure eight as one.

Drill time: 30 seconds

Skill Level
Excellent = 35+
Good = 25 – 34
Fair = 15 – 24

STRADDLE FLIP

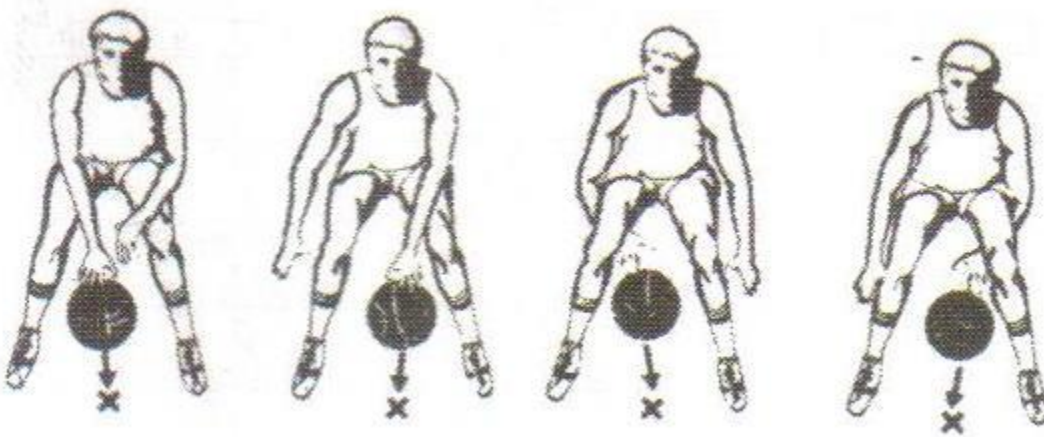


Start with the legs shoulder width apart with the knees bent. Hands out in the front holding the ball. Let go of the ball or flip it very slightly up in the air between your legs. Now bring your hands to the back of your legs and catch the ball before it hits the ground. Now flip the ball again in the air and bring your hands to the front as quick as you can. Drill as fast as you can without dropping the ball.

Drill time: 30 seconds

Skill Level
Excellent = 80+
Good = 50 – 79
Fair = 40 – 49

SPIDER DRIBBLE



Start the drill with the ball in front of your body. Now with your legs apart finger-tap the ball with your right hand (once) then finger-pat with your left hand. As your left hand pats the ball (only once) take your right hand behind your legs and finger-pat the ball once. Immediately bring your left hand behind the legs to pat once. Then it's back to the front and so on.

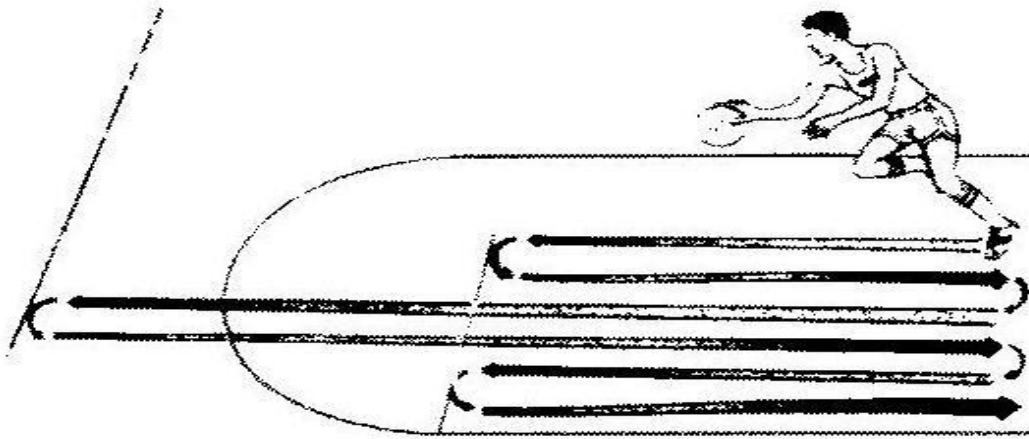
Remember: *Two bounces in the front and two in the back. Try to keep the ball close to the floor as possible.*

Excellent drill for QUICKNESS OF HAND MOVEMENT ESPECIALLY FOR DEFENSE.

Drill time: 30 seconds

Skill Level
Excellent = 65+
Good = 40 – 64
Fair = 30 - 39

SPEED DRIBBLE



Right hand dribble to the foul line (touch line), then left hand dribble back to baseline. Right hand to half court and left hand back. Right hand dribble to the foul line (touch line), then left hand dribble back to baseline

DRILL IMPROVES:

Speed dribbling under control

Quick sprints

Drill time: 30 seconds

Skill Level
Excellent = 11 seconds and under
Good = 13 - 15
Fair = 16 - 19

LINE JUMPS



Feet together, jump back and forth across the line without touching it.

DRILL IMPROVES:

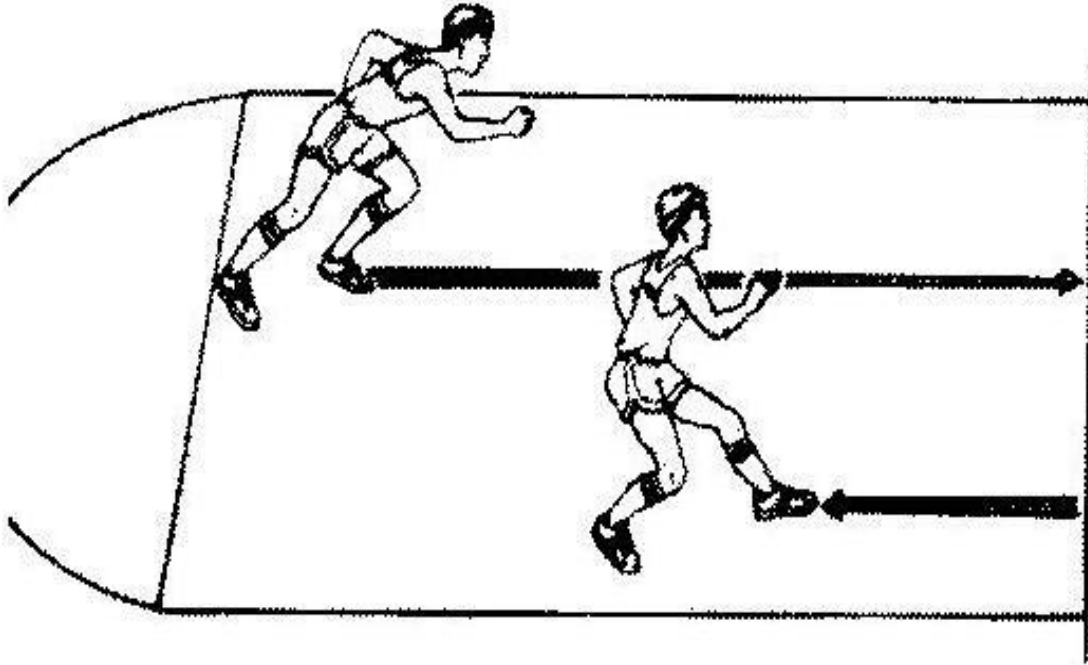
Foot Quickness

Agility

Drill time: 30 seconds

Skill Level
Excellent = 120 +
Good = 105 - 119
Fair = 90 - 104

TRANSITION



Sprint from the foul line to the baseline. From the baseline run backwards to the foul line and repeat. Remember to keep head in the middle of the body to control balance.

DRILL IMPROVES:

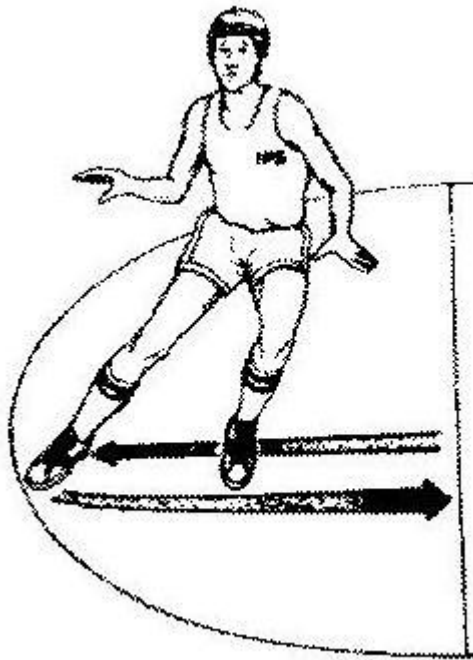
Skill of running backwards

Balance and control of body

Drill time: 30 seconds

Skill Level
Excellent = 120 +
Good = 105 - 119
Fair = 90 - 104

LATERAL LINE



Start with both feet outside the top of the circle. In a defensive stance slide sideways until both feet are outside the foul line. Immediately slide back until both feet are across top of the circle. Quickly repeat drill.

DRILL IMPROVES:

Lateral movement (under control)

First step in defensive reaction

Drill time: 30 seconds

Skill Level
Excellent = 37 +
Good = 30 - 36
Fair = 25 -29

JUMP ROPE



Jump rope every day. Methods of jumping: Two feet together; alternating right and left feet.

DRILL IMPROVES:

Overall body strength (especially upper body)

Rhythm, timing and agility

Foot quickness

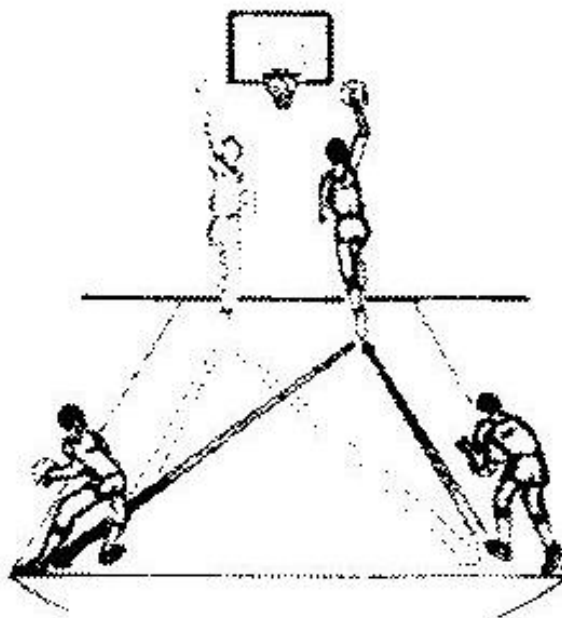
Jumping ability

Endurance

Drill time: 1 minute (do at least 2 sets)

Skill Level
Excellent = 160+
Good = 145 – 159
Fair = 120 – 144

X - OUT



Start at the right corner of the foul line. Right hand dribbles to the basket and lays the ball in with your right hand. Grab the ball, right hand dribble to left corner of foul line. Player then dribbles left handed to the basket and make a left-handed layup. Continue left hand dribble to the right hand and repeat drill.

DRILL IMPROVES:

Quickness to the basket

Quick stops and turns

Right- and left-hand layups

Endurance

Drill time: 30 seconds

Skill Level
Excellent = 7 +
Good = 5 - 6
Fair = 3 - 4

MIKAN DRILL



Continuous layups. Right handed layup, grab the ball, left hand layup, grabs the ball and alternate.

DRILL IMPROVES:

Rhythm and timing

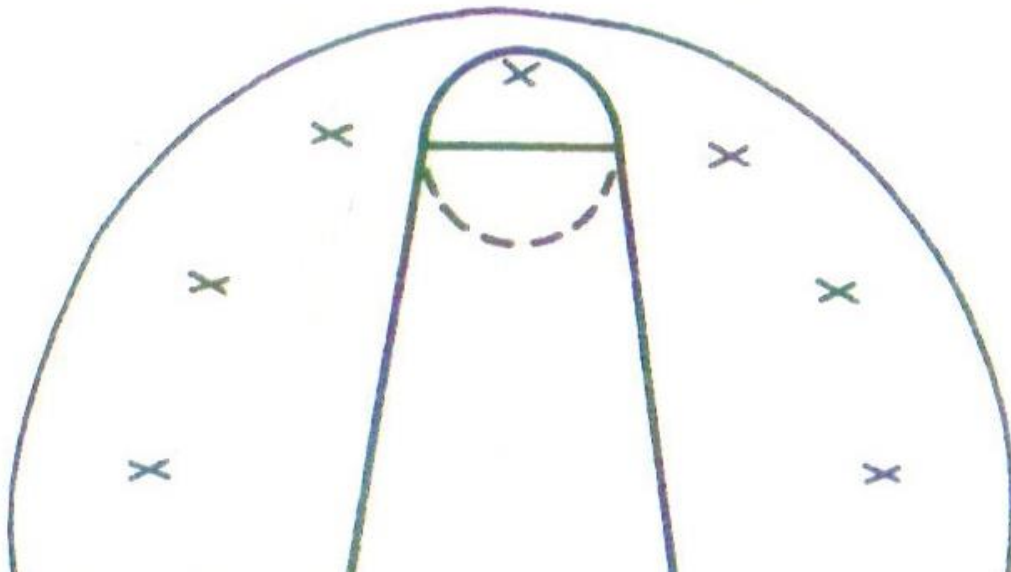
Develops keeping head up eye concentration

Short hook shot

Drill time: 30 seconds

Skill Level
Excellent = 20 +
Good = 15 - 19
Fair = 10 - 14

PERIMETER SHOOTING



Square up to the basket, full extension on jump

Backspin the ball allowing it to bounce once.

Receive the ball using your foot which is closest to the basket as your pivot foot.

Turn your shoulder to the basket

Knees are slightly bent as shown in earlier illustration

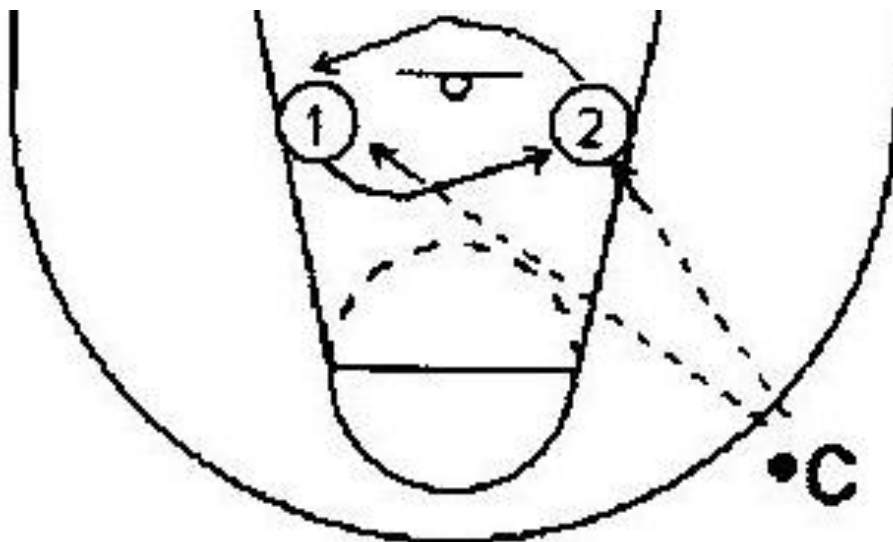
Shoot and rebound, dribble out and continue

Record the score

Drill time: 5 minutes

Skill Level
Excellent = 60 +
Good = 45 - 59
Fair = 40 - 45

KEYWAY CUTS



Player starts with the ball in position 1.

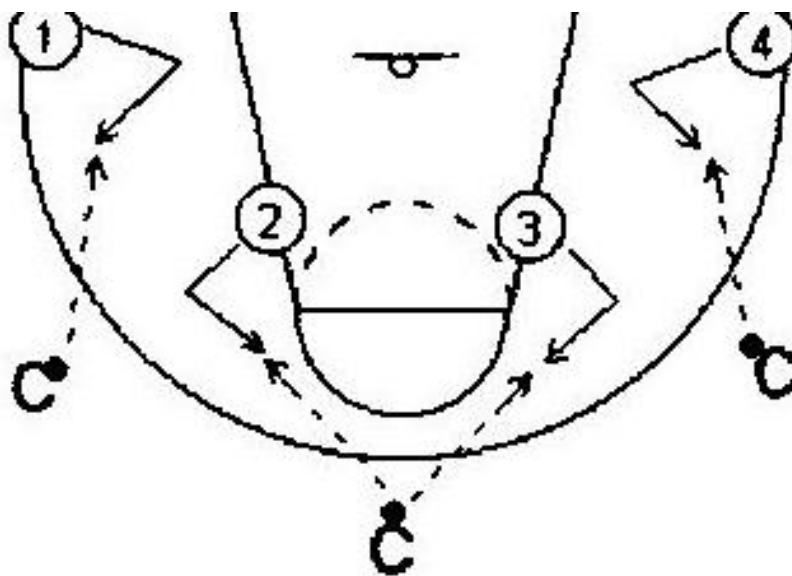
The player steps into a jump shot and then powers up to the basket with the return pass coming from the coach

Alternate between positions 1 and 2

Take 10 shots from each position

Record the score

SHOOTING FROM A PASS



Create a lead

V – Cut hard to the basketball using the correct footwork

Have hands in shooting position to receive the ball.

Square to the basket

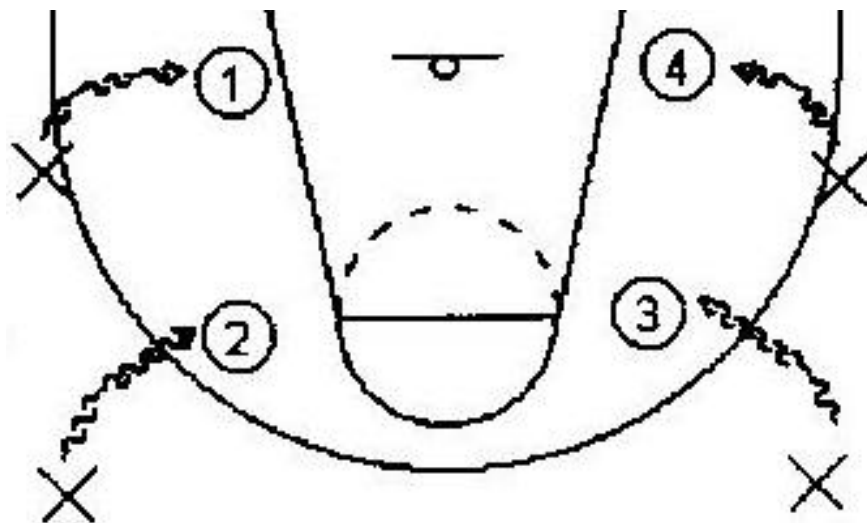
Work on proper footwork and balance constantly

Positions 1 and 4 use bank shots

Take 10 shots from each position

Record the score

SHOOTING OFF OF A DRIBBLE



Dribble hard with the right hand to positions 3 and 4

Attack positions 1 and 2 with the left hand

Square up and shoot, follow shot for rebound and dribble out to the next position.

Work on proper footwork and balance constantly

Positions 1 and 4 use bank shots

Take 10 shots from each position

Record the score

SHOOTING

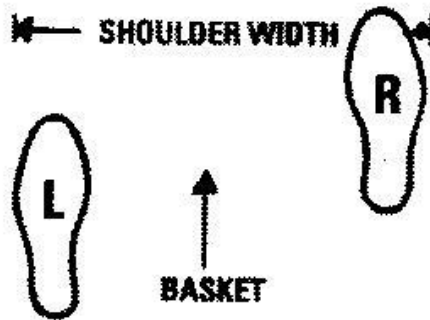
STEP 1. BALANCE

(a) Feet spread approximately shoulder width apart with the foot under the shooting hand slightly forward.

(b) The body should be square to the basket with knees flexed.



Correct position of feet for the right hand shooter
(Reverse for left hand shooter.)



STEP 2.

EYES AND HEAD

(a) Head Up

(b) Eyes on the ring

(c) Three target areas: front, back and middle of ring.

(d) Eyes maintain vision of target for duration of shot.

EYES DO NOT FOLLOW THE FLIGHT OF THE BALL



STEP 3. ELBOWS AND ARMS

(a) *The shooting hand is placed under the ball and sits on the fingers not the palms.*



(b) *The free hand is on the side of the ball providing for additional balance and control*

(c) *The shooting arm is parallel to the floor from shoulder to elbow with forearm vertical and wrist cocked back*

(d) *The elbows, forearm and wrist of the shooting arm are in line with the basket.*

STEP 4. FOLLOW THROUGH

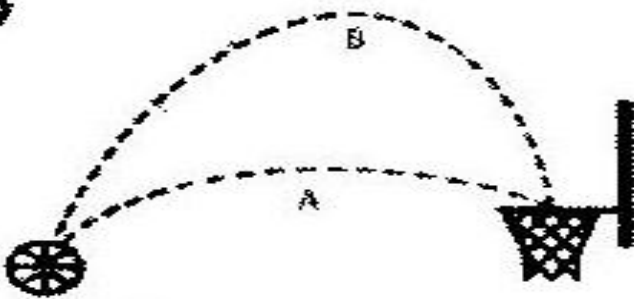
(a) *The shooter rises on his toes and thrusts upward with the legs straightening the knees.*



(b) *The shooting arm pushes the ball up not out.*

(c) *The free hand comes off the ball the instant before the ball is released.*

(d) *The wrist snaps forward, and the fingers follow through to the rings giving the ball a soft back spin.*



HABIT

I am your constant companion. I am your greatest helper – or your heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half tasks you do might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed. You must merely be firm with me. Show me exactly how you want something done, and after a few lessons, I will do it automatically.

I am the servant of all great men – and, alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, but I work with all the precision of a machine, plus the intelligence of a man. You may run me for profit or run me for ruin. It makes no difference to me.

Take me, train me, be firm with me and I will put the world at your feet. Be easy with me and I will destroy you.

*Who am I? I am **HABIT**.*

AUTHOR UNKNOWN