



AT-HOME BASKETBALL
TRAINING SYSTEM



PDF

31 SKILL DEVELOPMENT DRILLS

11 PRE-DESIGNED WORKOUTS

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HOW TO USE THIS RESOURCE

Welcome to Driveway Drills!

This package includes illustrated instructions for 31 skill-building drills you can perform right in your back yard, driveway, at the park, or inside the gym. Each drill can be used for individual workouts, or as a station during team practices.

The drills are divided into six sections:

Ballhandling

Stationary and moving ballhandling drills to build hand strength, coordination, and dribbling proficiency

Shooting

Shooting drills to build better mechanics and consistency on a variety of shot types

Triple Threat

Learn how to attack your defender from a triple threat position, finishing with a jumper or drive into the lane

Rebounding

Simple drills to improve timing, basket awareness and aggression on the boards

Post Moves

Proven techniques to score with your back to the basket and become a more versatile offensive threat

Dribble Moves

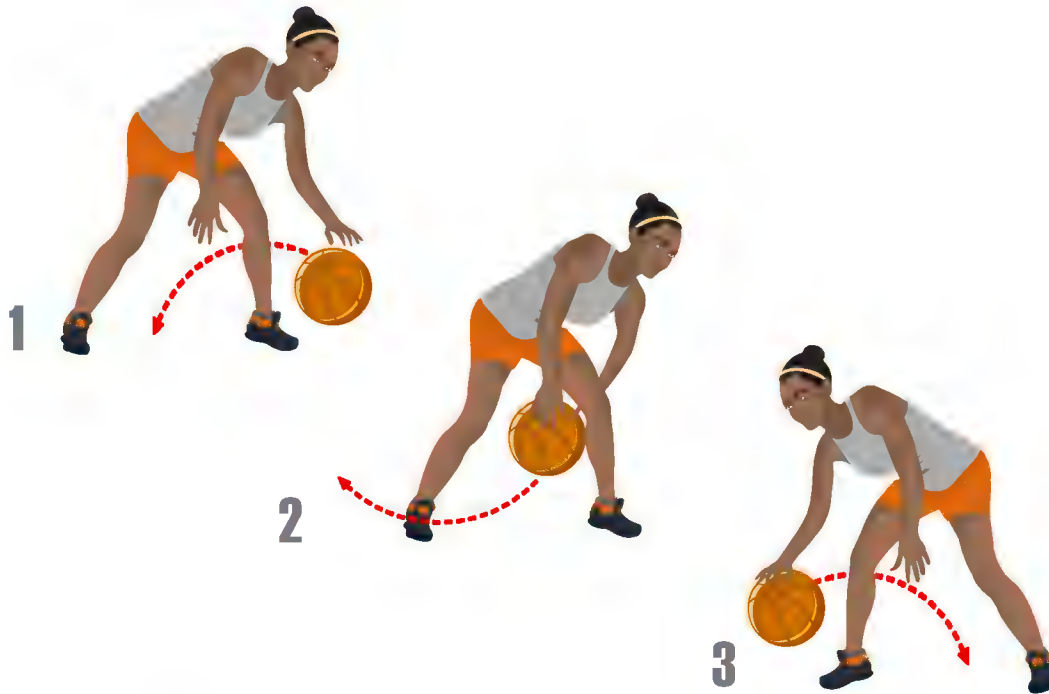
Learn to use primary and secondary dribble moves to break down defenders, get into the paint and finish strong

Each drill is marked with a difficulty meter from Beginner to Intermediate to Advanced. So you can customize your workout to match your ability level.

We've also provided 11 pre-designed workout plans, ranging from 10 minutes to 30 minutes in length. Each workout focuses on a specific skill set: Ballhandling, Shooting, Scoring, Post Skills and All Skills.



FIGURE 8 DRIBBLING



Instructions

- 1 Start dribbling low down by your left ankle
- 2 Dribble the ball through your legs, switching around to the other hand and going around the other leg
- 3 Continue dribbling around both legs, with the ball following a figure 8 pattern around both legs, switching hands as needed



Coaching Tips

- Keep your knees bent and your back straight
- Experiment with different dribble heights – see what the maximum and minimum number of dribbles you can do around each leg is

Ballhandling



beginner

EAST/WEST DRIBBLE



Instructions

- 1 Dribble the ball across yourself with your right hand
- 2 As the ball bounces up, control and cross back over with the same hand
- 3 Continue for 30 seconds, then switch to left hand

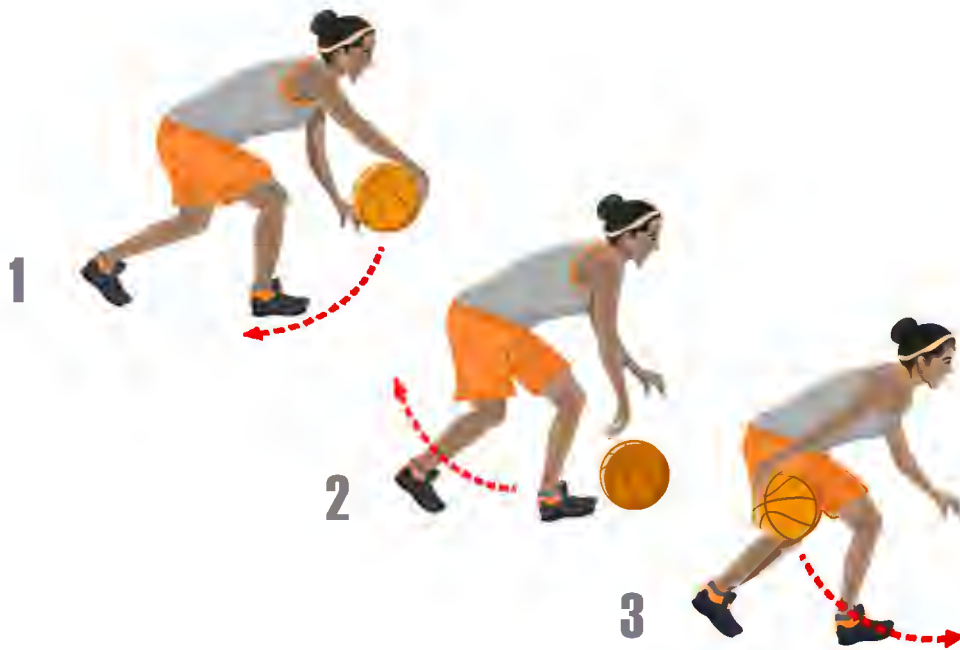


Coaching Tips

- Keep your head up
- Dribble as quickly as possible while maintaining control



NORTH/SOUTH DRIBBLE



Instructions

- 1 Stand with your feet straddled, right foot forward
- 2 Dribble ball front to back by your side
- 3 Control and dribble the ball with the same hand, dribbling it back to front
- 4 Continue for 30 seconds, then put your left foot forward and repeat with left hand



Coaching Tips

- Stay compact and balanced
- Perform as many dribbles as you can in the 30 second time limit
- For advanced ballhandlers, try standing feet shoulder width apart and using two balls at the same time



QUICK DRAW



Instructions

- 1 Start holding the ball, with your left hand in front and your right arm behind your leg
- 2 Release the ball and switch hand positions, catching the ball before it hits the ground
- 3 Continue for 30 seconds, going as quickly back and forth as possible

Coaching Tips

- For an increased challenge, hold the ball lower to the ground to start
- Make sure players are releasing the ball and not lofting it upwards to get more time



CORKSCREW



Instructions

- 1 Start holding the ball with two hands at about ankle height
- 2 Start wrapping the ball around your ankles, then slowly begin to move up to knees
- 3 Wrap the ball around your hips
- 4 Then up around your head and shoulders
- 5 Go back down to your ankles doing the same thing in the opposite direction



Coaching Tips

- Swing the ball around your body as many times as possible on both the way up and down
- Keep your head up
- Go as fast as you can to increase the difficulty



CHOP CHOP



Instructions

- 1 Stand with your feet straddled, left foot forward
- 2 Dribble the ball through your legs
- 3 Take a step forward with your right foot
- 4 Dribble the ball back through your legs
- 5 Keep going all the way down the length of the court



Coaching Tips

- Advanced ball handlers should time themselves, seeing how quickly they can get down the court
- Keep your head up
- For a real challenge – go backwards



SPIDER DRIBBLE



Instructions

- 1 Standing directly over the ball, begin by dribbling it in place with your right hand, then immediately after with the left hand
- 2 Quickly continue to dribble the ball, now reaching behind your legs and dribbling with your right then left hand
- 3 Continue the pattern for 30 seconds, dribbling as many times as you can



Coaching Tips

- Bend your knees and get low
- Avoid the temptation to look down
- Can be done sitting down on a bench



HEAD TO TOES



Instructions

- 1 Standing feet shoulder width apart, begin by dribbling 5 times, low and compact with your left hand, down by your left foot
- 2 Raise your dribble, now dribbling 5 times by your left hip
- 3 Raise your dribble again, and dribble 5 times up by your left ear
- 4 Repeat the pattern, going back down to your hips for 5 dribbles, then down to your feet for 5 dribbles again
- 5 Switch hands and repeat

Coaching Tips

- Maintain a controlled power dribble at all heights
- Alter speed from fast to slow
- For a more difficult version, do the same exercise with two balls at the same time



BEEF (FORM SHOOTING)



Instructions

- 1 Stand a couple feet from the hoop, holding the ball up with your shooting hand
- 2 Shoot the ball with one hand, get the rebound, and repeat



Coaching Tips

- Focus on being fundamentally sound
- Remember BEEF – Balance, Eyes, Elbow, Follow Through
- Set the goal to make as many swishes as possible



PLUS MINUS



Instructions

- 1 Shoot a jump shot from anywhere on the floor
- 2 Collect your rebound and run to another spot to take another shot
- 3 Continue. Keep a running total of makes and misses – for every make, it's +1, for every miss, its -1
- 4 When you hit +4 or -4, the drill is over

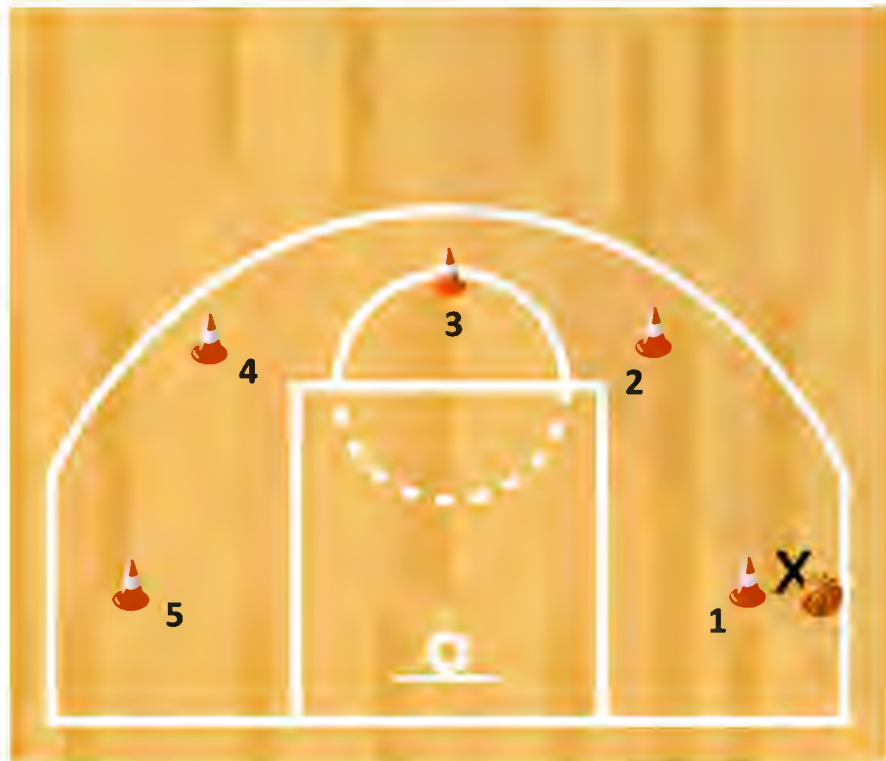


Coaching Tips

- Make sure to shoot within your range
- To increase the difficulty of the drill, makes miss worth -2 while makes remain at +1



AROUND THE WORLD



Instructions

- 1 Start at the first spot, and work your way around making a jump shot from each spot
- 2 You can only advance to the next spot once you've hit a shot from the previous



Coaching Tips

- To make the drill a little more difficult, move back one spot each time you miss a jump shot
- For an even tougher challenge, try to hit from all 5 spots in a row



ELBOW LAYUPS



Instructions

- 1 Begin at the right elbow, holding a basketball
- 2 Explode forward, pushing the ball out ahead of you toward the rim
- 3 Finish with a strong right handed layup
- 4 Sprint back to the right elbow and repeat, attempting to get the maximum number of layups in 30 seconds
- 5 After 30 seconds, switch over to the left elbow

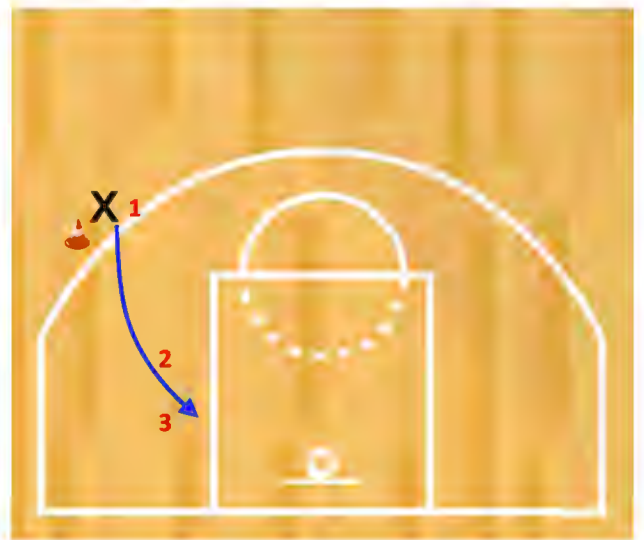
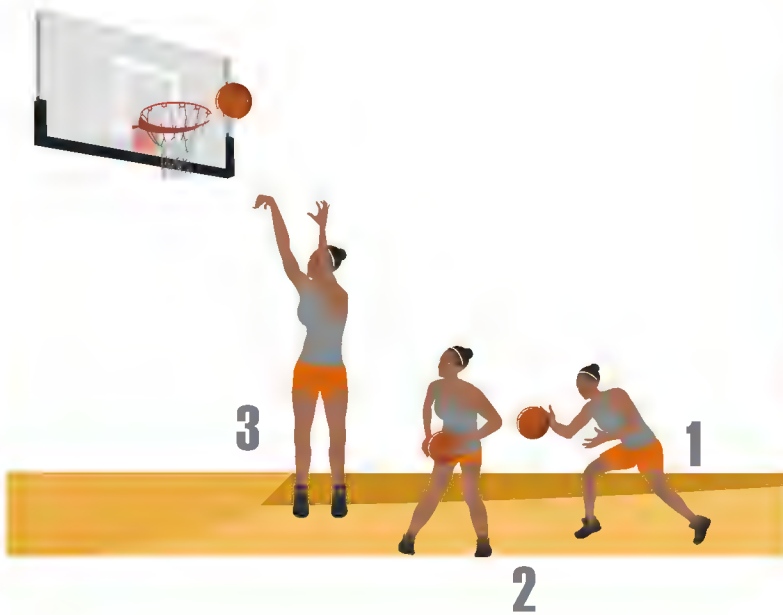


Coaching Tips

- Make sure to dribble and finish with the correct hand on the corresponding side
- Get to the rim in as few dribbles as possible



BUNNIES



Instructions

- 1** Starting on the right wing, take one dribble towards the hoop
- 2** Come to a jump stop at about 10-12 feet
- 3** Pull up and hit the bank shot
- 4** Secure your rebound, sprint out to the wing, and do repeat



Coaching Tips

- Make sure to keep the amount of work balanced, working on both right and left hand sides
- Come to a stop under control, and stay balanced through the jump shot – no fadeaways or shots drifting away from the hoop



MIKAN DRILL



Instructions

- 1 Start on the left side of the rim with the ball above your head. Finish with a left handed layup
- 2 Catch the ball as it goes through the hoop, keep the ball above your head, and finish on the right side with a right handed layup
- 3 Repeat, continuing to alternate the side that you finish on

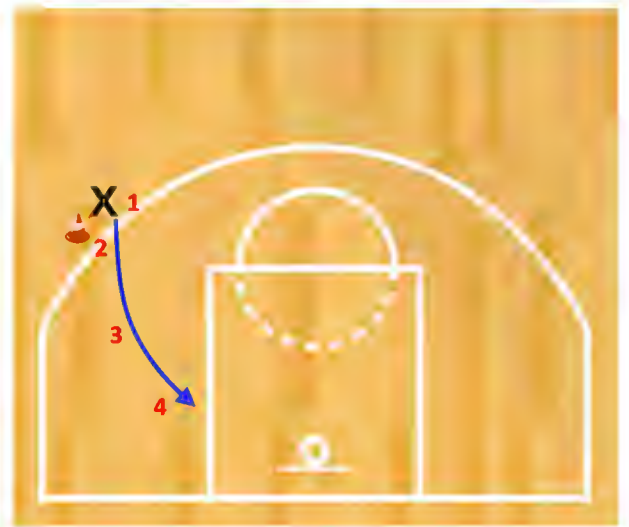


Coaching Tips

- Keep the ball up as high as possible
- Try to time your steps so that you are starting your next layup as you collect the rebound from the last one
- Set a time limit, and see how many you can make in a row!



RIP & PULL UP



Instructions

- 1 Start in the triple threat on the right wing
- 2 Rip the ball across your hips, stepping forward with your right foot
- 3 Push the ball out in front with a hard dribble
- 4 Pull up for the jump shot at about 15 feet

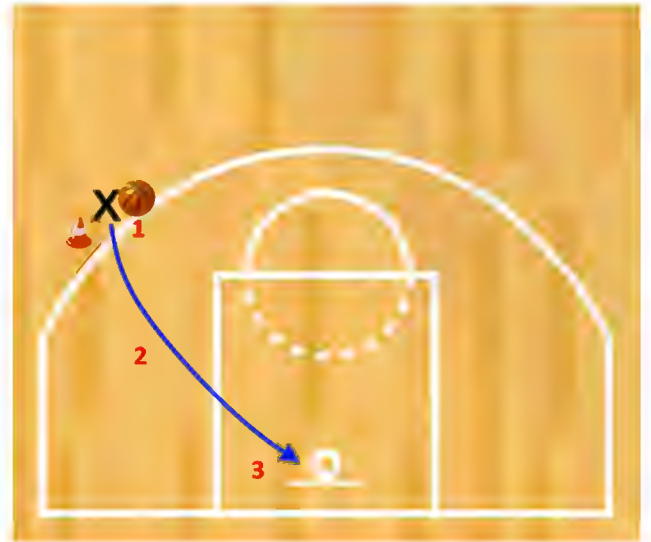


Coaching Tips

- Put the ball down before lifting the plant foot to avoid travel calls
- Pull up under control
- Rip and Go with in game intensity



PUMP & GO



Instructions

- 1 Start in the triple threat on the right wing, then pump fake
- 2 Push the ball out with the right hand and attack the hoop
- 3 Finish with a right handed layup at the hoop
- 4 Secure rebound, sprint out to wing, and repeat



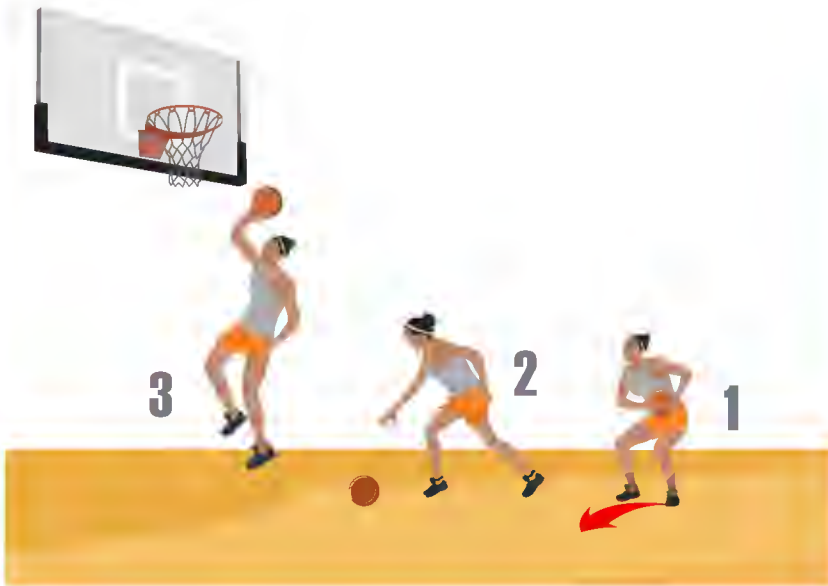
Coaching Tips

- Pump fake like you mean it – it should look just like your normal shot
- Try to get to the rim in as few dribbles as possible

Triple Threat



JAB & GO



Instructions

- 1** Start on the right wing in a triple threat position, jab step with your left foot
- 2** Take a cross over step with your left foot and push the ball out with your right hand with a hard dribble
- 3** Finish strong with a right-handed layup
- 4** Grab the rebound and repeat



Coaching Tips

- Try to visualize a defender and sell the jab step to him
- Explode with the first step, staying low and compact



JAB & SHOOT



Instructions

- 1 Starting from the triple threat, jab step at the hoop with your right foot
- 2 Step back, set your feet, and take the jump shot
- 3 Secure the board and repeat



Coaching Tips

- Sell the jab – it should look the same through the jab whether you are going to the hoop or faking
- Don't rush – set your feet and take your time
- Work on a variety of jab fake directions



JAB, PUMP & GO



Instructions

- 1 Start on the right wing in the triple threat, then jab step with your right foot
- 2 Step back and pump fake, selling the shot
- 3 Explode out of the triple threat with a hard dribble
- 4 Finish strong at the rim with a right handed layup
- 5 Grab the rebound and sprint out to the wing to do it again



Coaching Tips

- Take your time with the fakes
- Keep the plant foot firmly on the ground
- Make sure to work on attacking both inside and outside off the fake



PUMP, JAB & SHOOT



Instructions

- 1 Starting on the right wing, pump fake out of the triple threat
- 2 Jab step hard with the right foot at the hoop
- 3 Step back and take the jump shot
- 4 Grab the rebound and repeat



Coaching Tips

- Make every fake like you mean it
- Work from a variety of spots on the floor – not just the left and right wing



RECYCLING DRILL



Instructions

- 1 Starting on the block, throw the ball up off the backboard
- 2 Jump towards the ball and secure the rebound with two hands
- 3 Come down with the ball, sell the pump fake
- 4 Finish strong with a power layup off two feet
- 5 Grab the rebound, step out to the other block, and repeat



Coaching Tips

- Squeeze the ball tight with both hands
- Do not bring the ball down low – you'll get stripped by the little guys
- If you can slap backboard on the finish do it. If not, jump as high as possible and focus on going up strong



GLASS CLEANER



Instructions

- 1** Start on the left lane line, and throw the ball up off the backboard
- 2** Secure the rebound with both hands
- 3** Come down with a strong base on the outside of the opposite lane line
- 4** Throw the ball off the backboard going the other way, and repeat

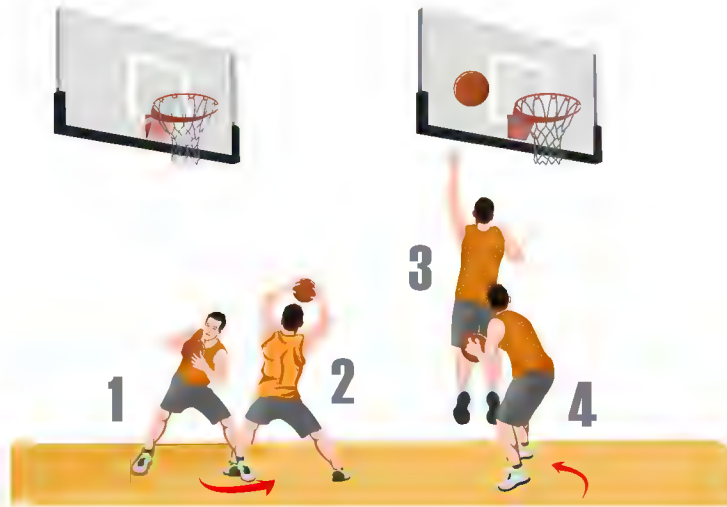


Coaching Tips

- Grab the rebound with two hands and land firmly on two feet
- Land on the balls of your feet so that you're ready to spring back right back up



UP & UNDER (INSIDE)



Instructions

- 1** Start down on the left block, chinning the ball in a low, strong stance
- 2** Pivot inside with your right foot, selling the shot fake as you plant down
- 3** Step towards the hoop and around the defender with your right foot
- 4** Go up strong off two feet and finish with the left hand
- 5** Secure the rebound and repeat. Make 5 from each side of the court



Coaching Tips

- Don't just step forward after the fake – imagine a defender jumping on the pump fake and step around him as you would in a game situation
- Keep the plant foot down! Any dragging or slight movement will result in a travel call



REVERSE PIVOT, FACEUP & SHOOT



Instructions

- 1** Starting from the left block, in a low, athletic stance
- 2** Keeping your right foot planted, reverse pivot with your left, pivoting across the defenders face
- 3** Take the jump shot
- 4** Grab the rebound and repeat. Make 5 from each side



Coaching Tips

- Adjust the angle, starting lower and higher on the block so that you get a chance to both use and not use the glass
- Pivot with purpose! A hard reverse pivot will force the defender to back off and respect the drive, freeing you up for the jumpshot



UP & UNDER (BASELINE)



Instructions

- 1** Start down on the let block, with the ball firmly under your chin, knees bent, and a strong wide base
- 2** Pivot baseline with your left foot, selling the pump fake as you plant down with your left foot
- 3** Take one dribble hard inside
- 4** Finish with a right hand jump hook
- 5** Grab the rebound and sprint back out to the block. Repeat for 5 makes on each block

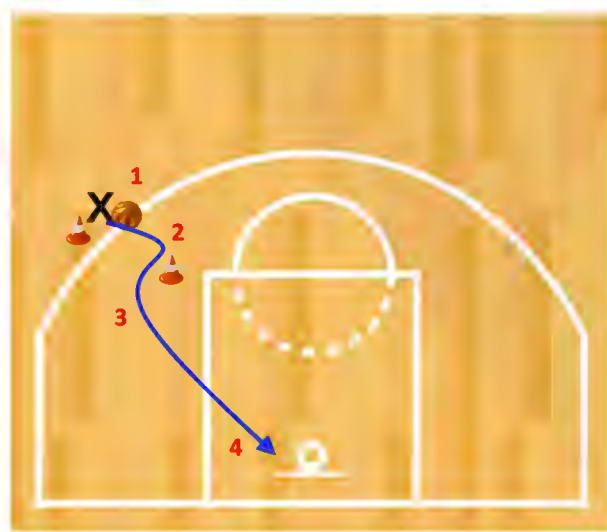


Coaching Tips

- Keep the plant foot down! Pivot baseline with the left foot, and remember to take your first step as you dribble middle with the left foot as well
- Experiment with different finishes – jump hooks, power layups and finger rolls to name a few



INSIDE, OUT & GO



Instructions

- 1 Starting a couple feet behind the arc, take a dribble forward with your right hand
- 2 Perform an inside out dribble move, faking the crossover before bringing the ball back to your right side
- 3 Take another hard dribble towards the hoop
- 4 Finish at the rim with the right hand
- 5 Grab the rebound, sprint back out to the wing, and repeat. Make 5 layups from the right wing, left wing, and top of the arc

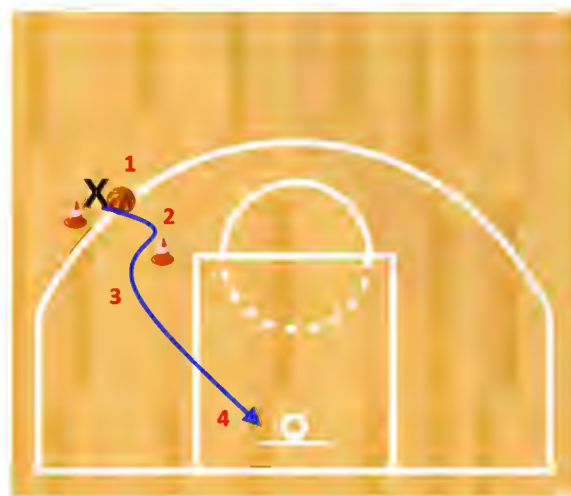


Coaching Tips

- Don't forget to spend an equal amount of time working on the left and right hands
- Attack with game-like intensity – if you practice casually, you'll play casually



THROUGH THE LEGS & GO



Instructions

- 1** Starting a couple feet behind the arc, take a dribble forward with your left hand
- 2** Bounce the ball through your legs, crossing over to your right hand
- 3** Explode out of the crossover with a hard dribble towards the hoop
- 4** Finish at the rim with the right hand
- 5** Secure the board, run back out to the wing and repeat. Make 5 layups starting from the right wing, then move to the left wing and finally the top of the arc



Coaching Tips

- Experiment with change of pace, using different speeds to maximize the effectiveness of the crossover
- If you're having a hard time imagining a defender, you can put a chair or cone down to emulate one



SPIN & GO



Instructions

- 1** Start out on the left wing, and take a hard dribble inside with your left hand. Plant the right foot, and spin towards the baseline with the left foot
- 2** Take one dribble to gather yourself and close on the rim
- 3** Finish at the hoop with a strong right handed layup
- 4** Grab the board, sprint out to the wing and do it again.
- 5** Drill is complete when you've made 10 layups (left and right hand) from each wing and the top of the arc

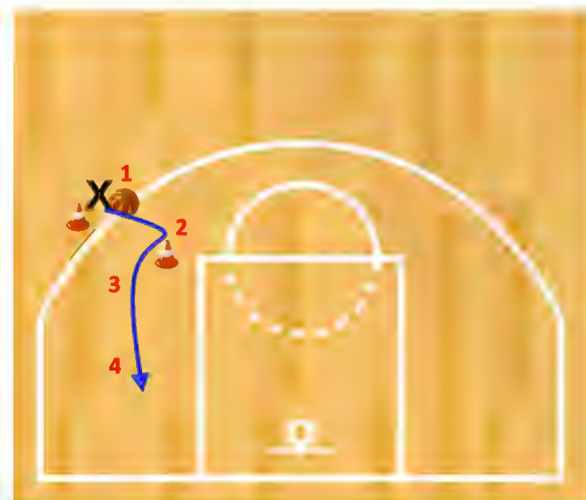


Coaching Tips

- Keep your hand on top of the ball – avoid the tendency to carry the ball through the spin
- It can be a good idea to work on finishing with the right hand on the left side and left hand on the right side – to keep prospective shotblockers on their toes when you attack the hoop!



HESITATION, GO AND PULL UP



Instructions

- 1** Begin behind the arc, taking a dribble hard towards the hoop
- 2** Hesitate, straightening up and setting your feet as if about to stop and take the outside jump-shot
- 3** Explode forward with another left hand dribble
- 4** Pull up for the jump shot at about 12-15 feet
- 5** Grab the rebound, sprint back out to the wing and repeat. Make 10 from each wing, splitting half on left and right hand dribbles

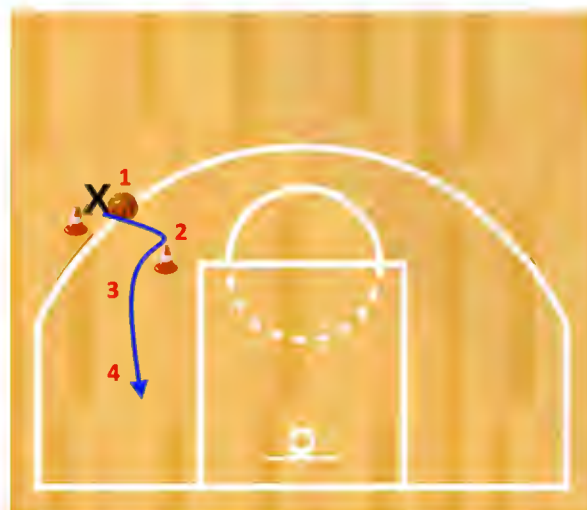


Coaching Tips

- You can also use a stutter step instead of a hesitation – chopping the feet down quickly before exploding
- Work on starting from and pulling up from a variety of spots on the floor



CROSSOVER, GO & PULL UP



Instructions

- 1 Start off a couple feet behind the arc, and take a dribble up towards the arc
- 2 Crossover from left to right hand
- 3 Explode out of the crossover with one dribble
Take one more dribble, closing in on the hoop
- 4 Pull up from 8-12 feet
- 5 Grab the rebound, run out to the wing, and repeat. Continue until you've made 5 jump-shots from each side of the court

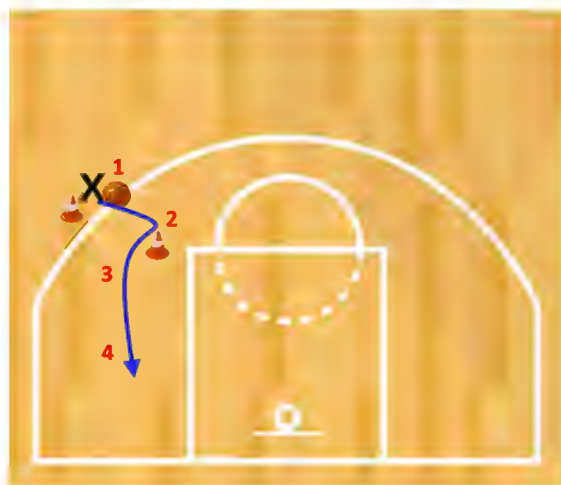


Coaching Tips

- Keep the crossover low
- Come to a jumpstop before pulling up – stay balanced, no fadeaways!
When driving baseline, use the glass



CROSSOVER, GO AND PULL UP



Instructions

- 1** Take a dribble towards the arc with your left hand
- 2** Perform a behind the back dribble, crossing over to the right hand
- 3** Push the ball out with one dribble towards the hoop after the move
- 4** Pull up for the jumper at about 10-12 feet
- 5** Grab the rebound and sprint out to the wing to continue the drill. Repeat until you've made 5 jumpshots from both the left and right wings



Coaching Tips

- Keep your head up! You know where the ball is going to be, so don't bother tracking it with your eyes!



20 minutes



beginner

ALL SKILLS WORKOUT 1

EAST/WEST DRIBBLE

🕒 1 min each each



NORTH/SOUTH DRIBBLE

🕒 1 min each hand



BEEF (FORM SHOOTING)

🕒 Make 20 shots



AROUND THE WORLD

🕒 25 shots total



ELBOW LAYUPS

🕒 10 layups each side



BUNNIES

🕒 10 shots each side





20 minutes



ALL SKILLS WORKOUT 2

HEAD TO TOES

🕒 30 sec each hand



QUICK DRAW

🕒 1 min total



RECYCLING DRILL

🕒 10 shots each side



PUMP & GO

🕒 10 layups each side



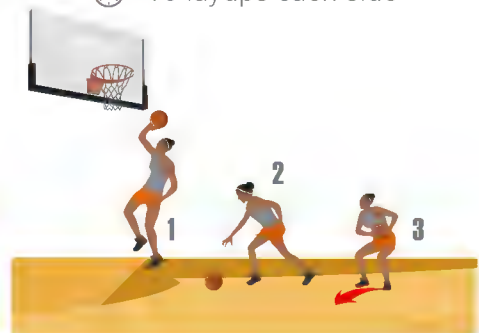
JAB & SHOOT

🕒 10 shots each side



JAB & GO

🕒 10 layups each side





30 minutes

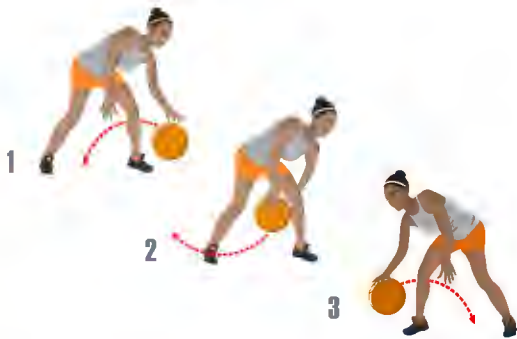


advanced

ALL SKILLS WORKOUT 3

FIGURE 8 DRIBBLING

🕒 2 min total



SPIDER DRIBBLE

🕒 2 min total



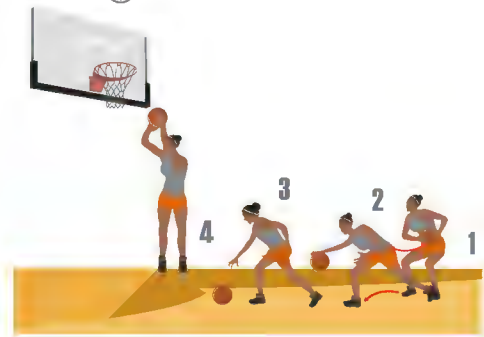
RECYCLING DRILL

🕒 15 shots each side



RIP & PULL UP

🕒 15 shots each side



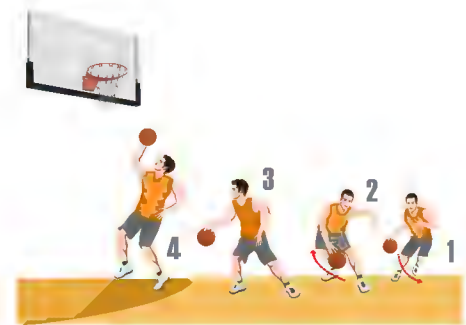
PUMP, JAB & SHOOT

🕒 15 shots each side



INSIDE OUT & GO

🕒 15 layups each side





10 minutes



beginner

BALLHANDLING WORKOUT 1

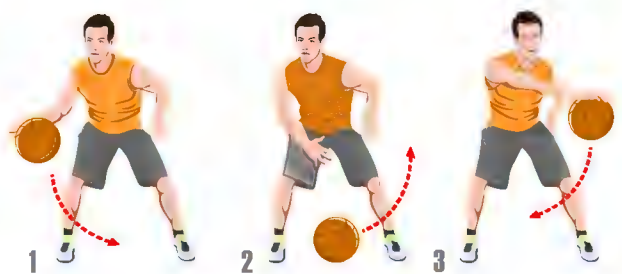
HEAD TO TOES

🕒 1 min each hand



EAST/WEST DRIBBLE

🕒 1 min each hand



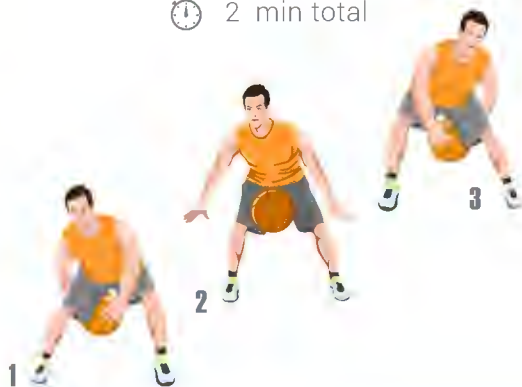
NORTH/SOUTH DRIBBLE

🕒 1 min each hand



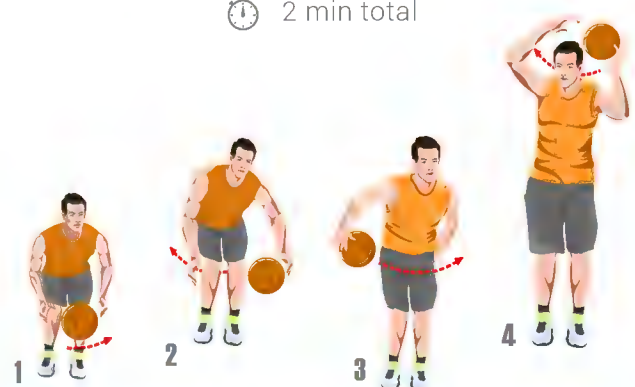
QUICK DRAW

🕒 2 min total



CORKSCREW

🕒 2 min total





10 minutes



intermediate

BALLHANDLING WORKOUT 2

HEAD TO TOES

🕒 30 sec each hand



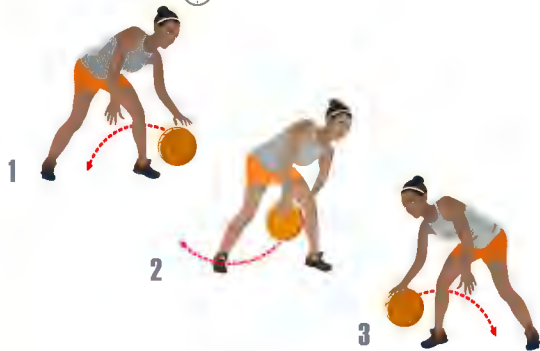
QUICK DRAW

🕒 1 min total



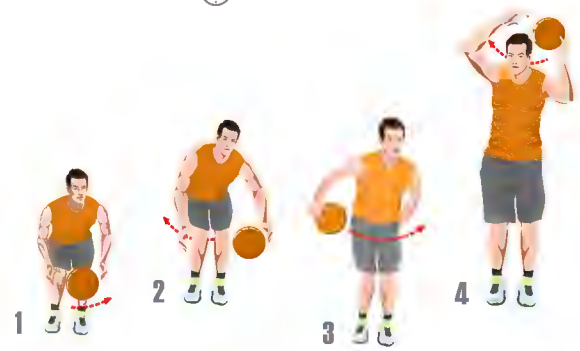
FIGURE 8 DRIBBLING

🕒 2 min total



CORKSCREW

🕒 2 min total



CHOP CHOP

🕒 2 min total



SPIDER DRIBBLE

🕒 2 min total





20 minutes



SCORING WORKOUT 1

MIKAN DRILL

🕒 10 layups each side



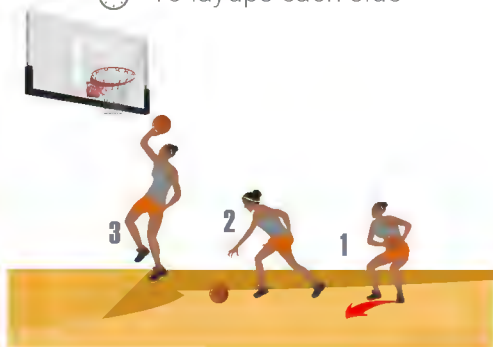
PUMP & GO

🕒 10 layups each side



JAB & GO

🕒 10 layups each side



JAB & SHOOT

🕒 10 shots each side



REVERSE PIVOT, FACEUP & SHOOT

🕒 10 shots each side



JAB, PUMP & GO

🕒 10 shots each side





30 minutes



advanced

SCORING WORKOUT 2

BEEF (FORM SHOOTING)

🕒 Make 20 shots



RIP & PULL UP

🕒 15 shots each side



PUMP, JAB & SHOOT

🕒 15 shots each side



INSIDE OUT & GO

🕒 15 layups each side



THROUGH THE LEGS & GO

🕒 15 layups each side



SPIN & GO

🕒 15 layups each side





30 minutes



advanced

SCORING WORKOUT 3

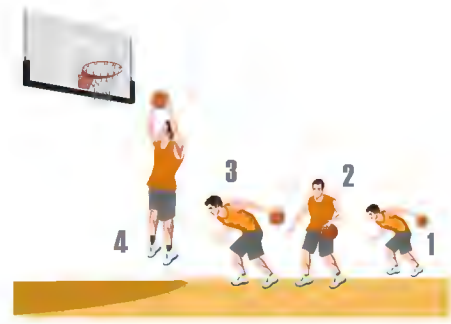
MIKAN DRILL

🕒 10 layups each side



HESITATION, GO & PULL UP

🕒 10 shots each side



CROSSOVER, GO & PULL UP

🕒 10 shots each side



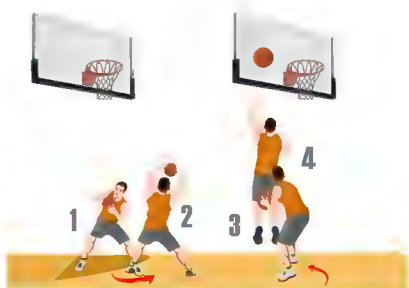
BEHIND THE BACK, GO & PULL UP

🕒 10 shots each side



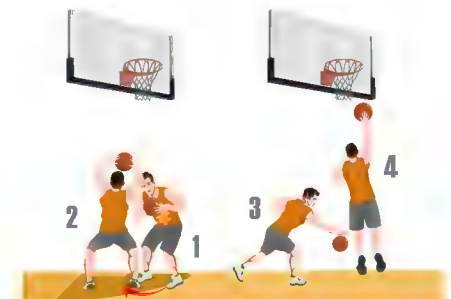
UP & UNDER INSIDE

🕒 10 shots each side



UP & UNDER OUTSIDE

🕒 10 shots each side





20 minutes



beginner

SHOOTING WORKOUT 1

BEEF (FORM SHOOTING)

Make 10 shots



MIKAN DRILL

15 layups each side



AROUND THE WORLD

25 shots total



ELBOW LAYUPS

10 layups each side



BUNNIES

10 shots each side





20 minutes



SHOOTING WORKOUT 2

BEEF (FORM SHOOTING)

🕒 Make 25 shots



MIKAN DRILL

🕒 10 layups each side



AROUND THE WORLD

🕒 25 shots total



PLUS MINUS

🕒 Complete 3 games



RIP & PULL UP

🕒 10 shots each side



PUMP & GO

🕒 10 shots each side





20 minutes



POST WORKOUT

MIKAN DRILL

🕒 20 layups each side



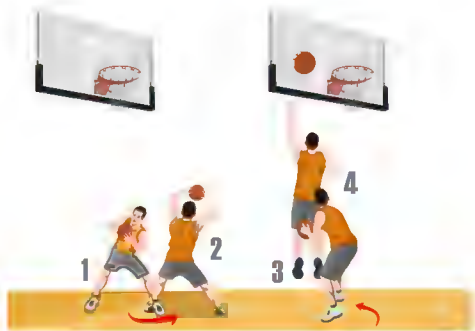
RECYCLING DRILL

🕒 10 shots each side



UP & UNDER INSIDE

🕒 10 shots each side



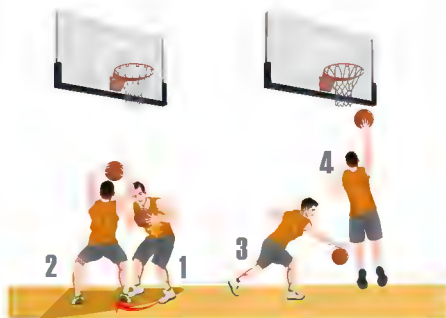
GLASS CLEANER

🕒 10 rebounds each side



UP & UNDER OUTSIDE

🕒 10 shots each side



REVERSE PIVOT, FACEUP & SHOOT

🕒 10 shots each side



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