

General Basketball Drills and Practice Plans

Attached below are a series of basketball drills to teach fundamentals as well as basic practice plans to work with players. General practice plans are a great way to plan a practice so that you have an idea what to do going into practice. It is always good to pack a practice plan in with more drills and not get to them, then less drills and not have enough. If you ever find yourself needing to spend longer on a drill to teach something that you feel is important then that is what you should do. Practice plans are never set in stone and are just guides for what you need.

A great resource to find drills is YouTube. ILoveBasketballTV is a great channel for fundamental drills [ILoveBasketballTV - YouTube](#). You can easily find drills for all levels that can challenge players or work on specific skills. It is important to teach the fundamentals to players, but if there is a way you can use a game to rep a drill that is a great way to keep them engaged. This is supposed to be fun for players, so keep that at the root of your practices while giving positive encouragement and you will do great.

Sample Practice Plan 1	
6:00-6:10	Introductions and Warm Up - Can have players stretch or have them do an agility drill
6:10-6:20	Single Ball Stationary Ball Handling
6:20-6:30	Fundamental Lines
6:30-6:45	Layup Form Shooting
6:45-7:00	Single Arm Form Shooting

Sample Practice Plan 2	
6:00-6:10	Introductions and Warm up - Can have players stretch or have them do an agility drill
6:10-6:20	2 ball stationary ball handling
6:20-6:30	Lane Line passes
6:30-6:40	Layup Lines
6:40-6:50	2 Arm Form Shooting
6:50-7:00	Rebounding Principles

Sample Practice Plan 3	
6:00-6:10	Introductions and Warm up - Can have players stretch or have them do an agility drill
6:10-6:25	Dribble Pull backs
6:25-6:35	Layup Lines
6:35-6:45	Around the world shooting
6:45-7:00	Defensive Principles

Ball Handling

1. Stationary Single Ball Handling

- a. Have players line up on the baseline and spread out, each with a ball in their hand
 - i. Pound the ball below the knee R hand 20x
 - ii. Pound the ball at hip R hand 20x
 - iii. Pound the ball at shoulder height R hand 20x
 - iv. Windshield Wiper Dribble R hand 20x
[BASKETBALL DRIBBLE DRILL : The Stationary Seesaw Drill "Windshield Wipers" - Shot Science \(youtube.com\)](#)
 - v. Front and back dribble @ side of body R hand 20x
[Front To Back Dribble Drill \(youtube.com\)](#)
 - vi. Switch to L hand and do again

***Coaching Tips:** Encourage the girls to dribble with their eyes up. You can hold up numbers with your fingers and have them tell you the number. Also encourage them to swing their shoulder when dribbling and dribble with "whole body movements." Lastly, encourage the girls to dribble with their fingertips, not the palm of their hand. A good analogy is that when they pet an animal, they use their fingertips not their palms because they can feel better. Using their fingers instead of their palms also allows them to have more control.*

2. 2 Ball Stationary Ball Handling

- a. Have players line up on the baseline with 2 balls and a partner behind them.
 - i. Dribble 2 balls at the same time in each hand 20x
 - ii. Dribble 2 balls at opposite times in each hand 20x
 - iii. Dribble one ball at shoulder height & one ball at knee height 30 sec
- b. This video shows the drills above and also a way to make the drill more difficult if needed
[The Best 2 Ball Dribbling Drills \(D1 Point Guard\) \(youtube.com\)](#)

3. Ball Handling while Moving

- a. You can do both the 2 ball or single ball handling drill while moving.
- b. Have the girls dribble to half court and back either as quickly or slowly as you would like.
- c. If they are performing a dribble move (V dribble, Front back dribble, Cross over) have them perform the move at the FT line or ½ court line. You can also put cones out as markers.

4. Dribble Pull Back

- a. Have players start on the baseline with 1 basketball. They can start by dribbling with their dominant hand.
- b. Have them dribble to the free throw line, then turn their bodies to the side. They should put their ball on the hip away from the defender and the dribble backwards 2x.

- c. After they dribble backwards, the players should dribble forward to the ½ court line and do a pull back move again. They can turn around and do the same move coming back to the baseline.

[Fundamentals Of The Pull-Back Dribble \(youtube.com\)](https://www.youtube.com/watch?v=...)

Coaching Tips: *This skill is important for a player to learn in case they get too close to a defender. This move allows them to pull the ball back before a defender can steal the ball. Many players will often dribble to the corner and then get stuck. This move allows them to pull the ball back to get out of the corner before they pick the ball up and get stuck.*

Passing

1. Stationary Passing

- a. Have players get with a partner and stand on opposite lane lines facing each other. They should have one ball per group.
 - i. Bounce passes back and forth
 - ii. Chest passes back and forth

Coaching Tips: *When passing the players should be trying to get the ball to their teammates chest no matter if it is a bounce pass or chest pass. With a bounce pass, encourage the players to aim in the middle between them and their partner. Teach the players to push the ball from their chest and take a step while making the pass. One trick with younger players is to teach them to pass the ball ending with their thumbs pointed down. This helps the pass to get all the way to their teammate with a direction, instead of them throwing it above their heads with their arms coming out wide.*

2. Lane line passing

- a. Have the players line up on the blocks along the layup's lines with a partner across from them.
- b. The players will proceed to slide down the lane line extended to half court passing the ball back and forth.
- c. You can do both chest passes and bounce passes for this drill. Just make sure you focus on one type of pass each time you do it instead of letting the players mix it up.

Coaching Tips: *Encourage the players to pass the ball ahead of their partner "pass where your partner is going, not where they are." In game situations players are often moving, and if you pass to the spot they are in, instead of where they are going, they might not get the ball. This drill allows players to figure out how to time passes while also working on passing form.*

3. Fundamental Lines

- a. For this drill have the players line up on the baseline with one ball and a partner. You can do groups of 3-4 players if needed.
- b. The first partner in line will dribble with their L hand to the free throw line.
- c. Once at the free throw line they will jump stop and do a reverse or front pivot.
- d. The player will then bounce pass to their partner, and run back to the baseline. The partner will catch the ball and then proceed to do the same movement.
 - i. Jump Stop, Front pivot R foot
 - ii. Jump Stop, Front Pivot L foot

- iii. Jump Stop, Reverse Pivot R foot
- iv. Jump Stop, Reverse Pivot L foot

[How To Forward Pivot and Reverse Pivot For Basketball Players \(youtube.com\)](https://www.youtube.com/watch?v=...)

Coaching Tips: When players jump stop encourage them to land on 2 feet at the same time. This is important because it allows them to choose what foot they want to pivot from. If they step one foot at a time, the first foot on the ground must stay planted or it is a travel. When the players pivot, go slow to show them how to step forward or backward. Make sure their pivot foot is planted. A great cue for players is to tell them they found a coin on the ground and they must keep their foot on the coin or someone could take it. When they make their passes ensure that are stepping with the non-pivot foot.

Shooting

1. Learning Layups

- a. For this drill the players do not need to dribble and should start at the 1st or 2nd hash of the lane.
- b. Place cones flat on the ground so the players have something to step over.
- c. R side layup: have the players step over the cones or other object with their left foot then drive their R knee up when they shoot the ball.

Coaching Tips: begin by having the players practice skipping. A layup is just a single “skip step” while shooting the ball. You can have players line up, take a step with one foot and then drive the opposite knee straight up toward the sky. Tell the players to pretend there is a string between their knee and elbow that is connected and when their elbow goes in the air so does their knee. As a coach watch to see if a player is driving their knee up toward their chest, or if their foot is falling towards their opposite knee. To visualize this to players you can compare it to how a flamingo stands. Players don’t want to shoot layups like a flamingo. Instead, they want to drive that knee up like Mario (video game/ movie character) when he jumps.

2. Layups lines

- a. Once players learn layups, you can have them start shooting them while dribbling.
- b. Back players up a little bit at a time, increasing the distance each time to dribble then shoot layups.
- c. For more skilled players challenge them to get to the block in fewer dribbles.
- d. You can also put players on the opposite wing to follow and get the rebound. The players then switch lines.

Coaching tips: watch if players are falling away from the basket. Often if players are shooting short, or straight in the air you can see their bodies leaning away. Encourage players to shoot layups and finish under the rim. A coach can crouch down by the baseline and tell players that after they shoot their layup, they need to give coach a high 5. This encourages players to shoot the layup going toward the rim, instead of straight in the air.

3. Single Arm Shooting Form

- a. Have players stand directly in front of the rim 1-2 steps away from the basket.
- b. Have players roll the ball up in front of their chest with 2 hands.

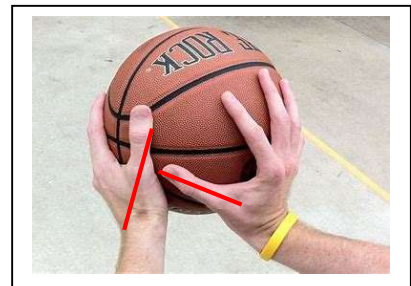
- c. Teach players that their dominant hand is the one that shoots the ball, while their non-dominant hand is just there for support.
- d. Have the player remove the non-dominant hand, and hold the ball with just their shooting hand.
- e. The player will then shoot the ball, using their legs and following through with their arm.

Coaching Tips: *With younger players they often use both arms and throw the ball to get it toward the rim. At a young age it works, but eventually it is hard to correct their form. It is important to teach them proper form early on to help with future development. First, try to express how important it is to shoot with just the dominant hand. If a player is using both hands you will see the elbow kick out into a “chicken wing.” Tell players that we don’t want to be chickens, but instead we want to be “truck drivers.” When a truck driver pulls their horn, their arm is in a 90 deg angle and then goes straight up and down. The next piece is to encourage players to shoot with their finger tips and not their palm. Teach players that they want to have space between their palm and the ball when shooting. Lastly, discuss follow through with the players. This means that when the players shoot, they should finish by flicking their wrist straight down. Instruct the players that after they shoot the ball, they want to flick their wrist down like if they “were reaching into a cookie jar.” If a player’s shot is not straight you can often look at their follow through and whatever direction their arm or hand is facing, that is often the direction the ball goes. Encourage them to hold the follow through and hold it straight to ensure a straight shot.*

4. Shooting Form

- a. For this, players will line up like they do for single arm shooting.
- b. This time have players shoot with both hands, but still reinforce the idea that the dominant arm is the one shooting the ball while the other is just a guide hand.
- c. Have the players shoot a few shots and then take a step back.
- d. Have players keep increasing the distance till you are at desired distance you want them to shoot from the basket.

Coaching Tips: *To teach players proper hand placement, tell them to put their dominant hand’s middle finger on the circle of the ball where you would put an air pump to air a ball up. Their non dominant hand then rests on the sides. A good cue for players is to teach them that their thumbs should make a “T”. Their thumbs do not need to be touching but the “T” formation should be there. If a player is shooting with 2 hands they will often get more of a “W” formation with their hands in the middle of the ball.*



5. Around the world Shooting

- a. Have players shoot from the block and then proceed to shoot at each spot along the lane lines. They start on one side then work their way around to the other side.
 - i. Block, first hash, 2nd hash, middle of the paint, opposite 2nd hash, opposite block.
- b. You can move further back, or closer depending on players.
- c. You can have the whole team shoot to make so many shots or allow each player to shoot 2-3 shots from each spot.