## SLAMMERS DRILLS: $1^{\text {ST }} \underline{-6}^{\text {TH }}$ GRADES

## BALL HANDLING

- Stationary: right hand, left hand, crossover, high/low
o To challenge better ballhandlers: give them a tennis ball and have them throw the tennis ball in the air and catch it while dribbling with other hand
- Back-up dribbles: $\mathbf{3}$ dribbles forward/3 dribbles backward (keep ball on back leg) x $\mathbf{3 0}$ seconds
- Full Court Dribble Moves: hesitation, crossover, back-up, back-up crossover (emphasis: keep dribble alive, change of speed), for lay-ups or jump shot
- Sharks \& Minnows Game: every "minnow" has a ball except 2 "sharks", minnows start on the baseline, sharks start at $1 / 2$ court area (or whatever area coaches designate), minnows try to dribble past the sharks to the other side of the court, if minnows lose their dribble/ball is stolen/ball goes out of bounds then those minnows become sharks, drill continues until all the minnows becomes sharks
- Red Light/Green Light: emphasis - keep dribble alive
- Dribble Knockout Game:
- 1 vs 1 Zig Zag: one ballhandler, one defender, designate a lane for the offense (ie: sideline to lane line), offense dribbles diagonally to line and then crossover to change direction to other line (emphasis: proper hand to dribble with), defender slides their feet and tries to keep offense in front of them


## PASSING

- Partner Passing: stand across from partner, chest pass, bounce pass
- 1 ball: teach pivoting and pass fake
- 2 balls $\left(4^{\text {th }}-5^{\text {th }}\right)$ : right handed chest, left handed chest, right handed bounce, left handed bounce
- 2 vs $1\left(4^{\text {th }}-5^{\text {th }}\right)$ : 1 player on defense, offense tries $t$ pass around defense to their partner
- Full Court Partner Passing: 2 lines facing each other, can start on the baseline or half court, partners slide down court facing each other and making chest passes or bounce passes, once partners get close to the basket they can take a lay-up or shot


## LAYUPS

- Continuous Lay-ups: groups of 4-5 start on right side block in a line, 3 or more basketballs, first player takes a step with left foot and jumps off left foot (right knee to ceiling) and shots lay-up, first player gets their own rebound and passes to the next player who does not have a ball, as soon as first player shoots the second player shoots right away, drill continues for 1 minute, count how many baskets the group makes
- Lay-ups from elbow: challenge players to get there in 1 dribble
- Lay-ups from 3-point line: challenge players to get there in $\mathbf{2}$ dribbles
- Full Speed Lay-ups with defender ( $\left.4^{\text {th }} \& 5^{\text {th }}\right)$ : Lay-up line starts just past half court, defender line starts 5-8 feet behind offense, offense goes full speed for lay-up, defender tries to chase them down
- 2 Line Partner Lay-ups: 2 lines at the 3 point line (one on right side/wing, one on left side/wing), balls start on right side, right side line passes to partner on left side and then sprints to basket for a lay-up, when the player in the left line catches the pass they pass the ball back to their partner cutting to the basket
o Emphasis on NOT travelling


## SHOOTING

- Form Shooting to Partners: partners facing each other, one partner with the ball, instruct in proper form with shooting (dominant hand pointer and middle fingers on either side of ball nozzle, bend knees, non-dominant hand on side of ball, pointer and middle fingers are the last part of your hand touching ball when shooting
- Form Shooting at basket: same as above, but one partner shoots 5 shots, other partner rebounds, then partners switch
- 3 Spot Shooting: 2 baskets, split into 2 groups/teams, each group/team has 1-2 basketballs, designate 3 spots on the court to shoot from, each team has to make 3-5 shots (coaches designate number) from each spot
- Lightning: everyone in 1 line, 2 balls in front of line, first shot is from the free throw line, after the first shot player gets their own rebound and can shoot from anywhere, a player must score before the person behind them scores to stay in the drill, if the player behind them scores first then that player is out

