

DRILLS FOR IMPROVING
BASIC TECHNICAL ELEMENTS
IN BASKETBALL

Authors:

Strahinja Vasiljevic

Igor Kovacevic

Ivan Jeremic

Marko Mrdjen

Zlatan Kovacevic

DRILLS FOR IMPROVING **BASIC TECHNICAL ELEMENTS** **IN BASKETBALL**



Belgrade, 2021



Respected colleagues,

Serbian Association of Basketball Coaches (SABC) is continuing its activities in PERMANENT SPECIALIZATION OF COACHES THAT ARE WORKING WITH YOUTH TEAMS with recommendation of the following publication "DRILLS FOR IMPROVING BASIC TECHNICAL ELEMENTS IN BASKETBALL". This material is presenting not only a list of drills of offensive and defensive technique, but first of all it should be a source of your motivation, it should make you a creators – so that you can give your own energy and ideas.

Basketball players are playing both defense and offense, so that their individual preparation in a sense of their individual tactics is equally treated on both ends. Content of this book is covering the area of basic defensive technique (defensive basketball stand and moving in the defensive stand, defending player with or without the ball, defending low post position, boxing out and rebounding...) and basic offensive techniques (passing, shooting, dribble, player's moving without the ball...).

Working on these elements of techniques and individual tactics is giving an enormous contribution to player's development, and in that way rises not only his individual quality, but defines the success of the whole team and coaching profession.

We are wishing you a lot of enthusiasm and consistency in your work.

Group of authors





INTRODUCTION

BASIC TECHNIQUE



The process of continuous selection of players with teaching them basic technical elements is the prior task for a coach of youth teams. With basic predispositions that young athletes already have, good training is necessary in order to achieve the main goal which is creating a player with great qualities for the senior team. Key for a good work is insisting on the right techniques of performing certain movements which are in accordance with the rules of the basketball game and which will help them in solving situations that occur on the floor efficiently. Older colleagues often emphasized that the talent of the player is actually his readiness to learn and to permanently perfects through continuous work and practice.

Drills that are presented are not the finished recipe which is used to achieve to automatize the movements within the performing a certain technical element. Coach is taking a long way from in the process of player's education from the basic training, where he is insisting on the order lines of the movement to the movement that is automatized which is the competition technique.

Great number of repetitions and corrections, especially during additional individual practices that player will have, will speed up adoption of basic technical elements. Volume, intensity and different kinds of drills that are being performed, will depend first of all on coach's assessment (age and level of player's training, competition phase, priorities in training, ...).

Most of the drills have a combined characters, so that within one drill most likely will two or more technical elements will be trained. There are no special drills here for some of the elements like: stopping, pivoting (turning around standing foot), receiving the ball, offensive and defensive stance, stance with the ball, catching the ball, making fakes, etc. Basketball skills which we gain with practicing and perfecting are a subject of coach's commitment – in the sense of choices and priorities.

As a peculiar conclusion within these introduction note which is related to working with young players and young teams, in addition a part of the article is presented published by D.Stojmenovic in magazine Telegraf in October 15th 2016, where he is giving a review of famous professor Aleksandar Nikolic for coaches who are working with young players, which Professor has gave in late 1991, at the moment when Yugoslav national teams were World and European Champions as well as runners up at the Olympic Games.

...“When coaches are selecting players for their teams now days, they are taking such players which will make them an immediate result (with the team), but from which in three or four years non will remain as a good player. Talented players are being neglected, players that are not on the same level with the rest of the generation.”...

GOLDEN NOTES

- *Create the habit with kids to work BY THEMSELVES, but also create conditions to be able to work by themselves.*
- *Treat your players as subjects, not as objects.*
- *Correct players during your whole coaching career.*
- *Prepare players to be able to play at all the positions (avoid early specialization).*
- *Coaches of young players and teams should not chase Championship titles, but should create at least one player for the professional teams of the that they are working at as well as for the national team!*
- *Experienced coaches and best educated coaches should be working with kids and young basketball players.*
- *Drills that coaches are giving to young players should be from the very start game alike.*
- *Coaches who are creating players should be put out in the spotlight.*
- *Young players which are already in the program of the senior team should not be playing for young categories anymore.*
- *While working with young categories do not make a team in order to make a good result with it.*

..."Coaches of young players and teams should not create a team in order to win titles (meaning that there is no need in bringing quality young players from other teams in to their team), but should be working with the players that they have available and give their best in order to improve those players as much as possible. If such teams in four years is not among to four teams in its age competition that means that they were not doing their job in the right way"...

As one of conclusions that the author of this article stated is that even though professor Nikolic gave these notes back in the 1991, the time showed that rarely anyone is following them or using them in their work.

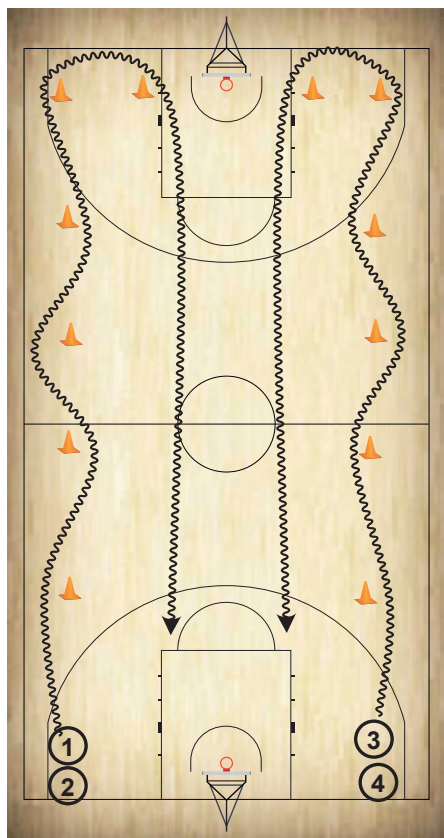
If you look carefully and analyze the notes that professor Aleksandar Nikolic made, you can make a general conclusion that his words have been so ahead of his time, and that those words have a priceless and universal meaning even today.



1

INTRODUCTORY DRILLS

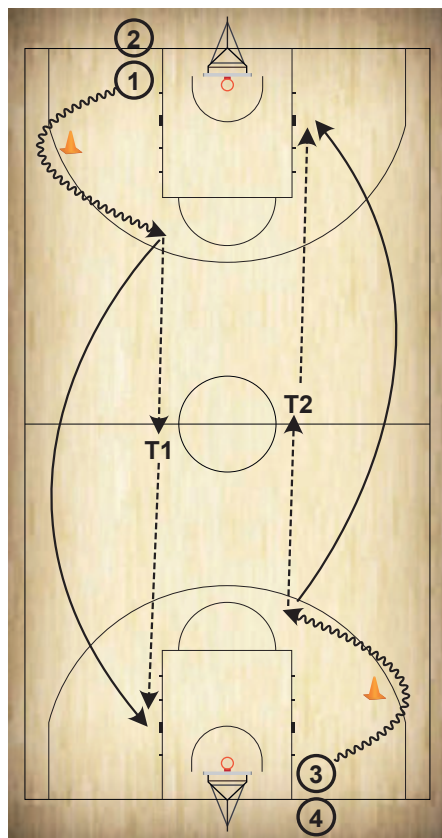
Drills, that are very often being organized before the official start of the practice, are helping players to get into the state of optimal readiness for work. Often those drills have combined character, and those drills are being organized by assistant coaches or even players on their own, if the conditions are allowing. Contents of the drills are very simple, from dribbling the ball at one spot or dribbling while moving, or shooting with certain task given, or combined drills of passing and shooting, as well as shooting as an independent technical element. In that way players are able to prepare in a pretty short time to the requirements of the practice and also in that way they are reducing the risk of injuring. So, the benefit of performing introductory drills is immeasurable, since you are getting mobility for normal performance and you are able to move to the mandatory part of the practice without additional loss of time.



DRILL 1

DRILL 1

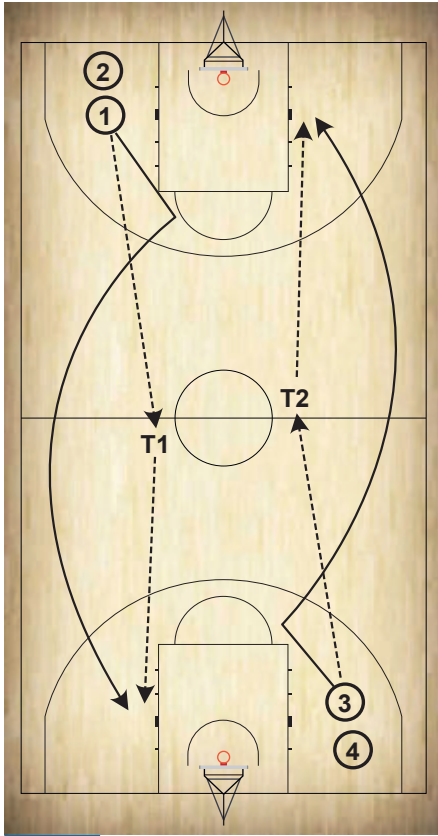
Players 1 and 3, are dribbling the ball close to the side line, passing the cones and by arriving to the opposite baseline they are changing direction and by using sprint running coming back to the starting base line through the middle of the court. When both players enter the paint area, they are stopping and shooting the ball. In the meantime, players 2 and 4 have started from the base line with the dribble with the same tasks.



DRILL 2

DRILL 2

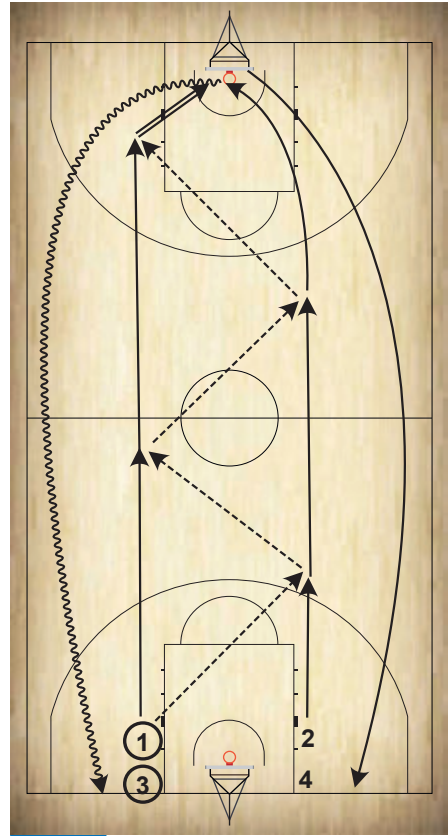
Players 1 and 3 are on the opposite sides of the court and they are starting simultaneously when the coach gives signal. After passing the cone, players are passing the ball to coaches T1 and T2 and by sprinting and following the running corridors, entering the paint area. Coaches are passing the ball to players 1 and 3, which after receiving the ball, making layup of the glass after the penetration to basket, without using the dribble.



DRILL 3

DRILL 3

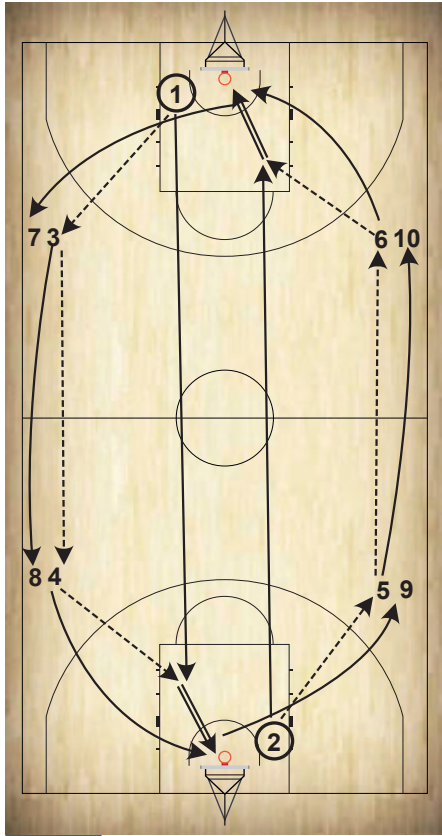
Players 1 and 3 are on the opposite sides of the court and after they both pass the ball to coaches T1 and T2 they are sprinting through the corridor next to the side line. Coaches T1 and T2 are passing the ball to players 1 and 3 after they make cut in the paint area. After receiving the ball, players are taking shot off the glass and going to the line (column) on the opposite side.



DRILL 4

DRILL 4

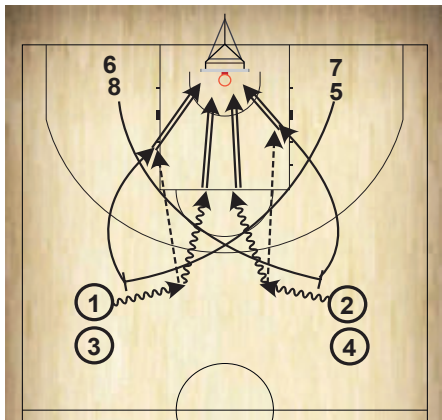
Players 1 and 2 are standing at the distance of the width of the paint area, and when the coach gives them signal they are starting passing ball to each other while running in sprint to the opposite side of the court. The coach, after the first warm up trial, is limiting the number of passes to 4 and afterwards to only 3, so that the drill becomes more intensive. Players are finishing with layups, and afterwards they are sprinting back to starting positions (rebounder is catching the ball and by using maximum of 3 dribbles is advancing the court length).



DRILL 5

DRILL 5

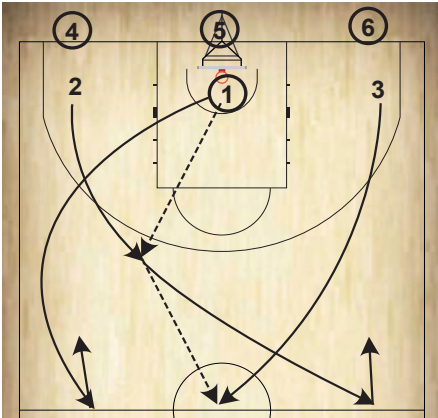
This drill is very dynamic since all the players are moving. Player 1 after passing the ball to player 3, is running through the middle of the court (through the corridor that trailing player is using). Player 3 is making a pas by the side line to player 4, and after the pass is made player 3 is running to a spot where player 4 was standing. Player 1, as he is entering the paint, receives the ball from player 4 for a layup, and afterwards is going behind player 9. Player 4 is following the shooter, rebounding (catching) the ball after player 1 makes the layup, and setting himself in position of the player 2, which has, in the meantime, following the same rules, finished his offense on the opposite side.



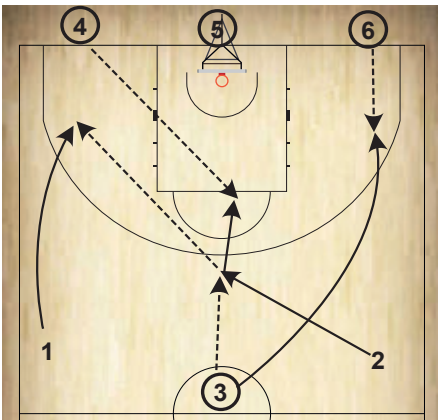
DRILL 6

DRILL 6

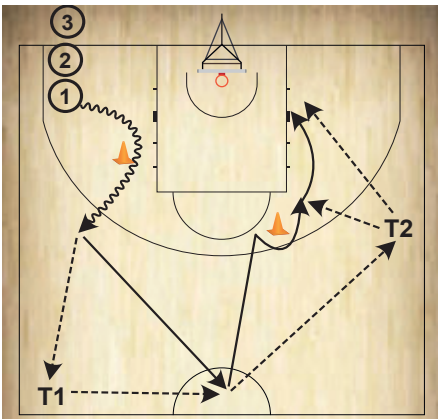
Players are divided into perimeter players (1, 2, 3 and 4) and post up players (5, 6, 7 and 8). Perimeter players 1 and 2 each have two balls in their hands and they are using screens set by players 5 and 8. After setting the screen, players are making roll to the basket and receiving the ball passed by players 1 and 2. Players 1 and 2 are continuing with the dribble and taking the shot off the dribble from the free throw line. Players 5 and 8 are also taking the shot after they receive the ball.



DRILL 7a



DRILL 7b



DRILL 8

DRILL 7

Drill is done on one middle of the court, with a team which is divided into groups of three players.

a "Three man weave" is starting once a player 1 pass the ball to player 2 in the height of the three point line. After passing the ball, player 1 is running to the corner created by the side line and half court line. Player 2 is passing the ball to player 3 who is in the middle of the circle and afterwards opening up symmetrical to player 1, in the corner created by the side line and half court line. All three players, after arriving to the half court line are turning around and getting ready for a return.

b Player 3 is passing the ball to player 2, which has been running towards the three point line, and afterwards player 3 is running to the wing position. Player 2 is passing the ball to player 1 for the shot, and afterwards continues to the free throw line and receives the ball from player 4 and also takes a shot. In the meantime, player 6 has passed the ball to player 3 who opened himself out for the shot.

DRILL 8

Player 1, using a cross over is passing a cone and after crossing the three point line passes the ball to coach T1. After passing the ball player sprints into the circle on the middle of the court, receives the ball back from coach T1, and passing it to coach T2. After making this pass player 1 is getting himself open around the cone and receives the ball back from coach T2 for the shot (or for the layup - it is optional).

3.2

PASSING DRILLS

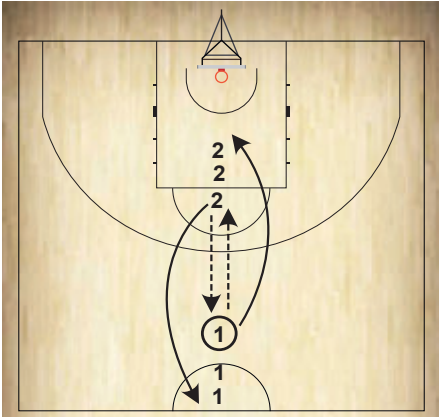


Passing is one of the basic elements of basketball technique. Passing is the thing that makes basketball a collective sport more than any other basketball element. Optimal execution of passes enables a good organization of team's offensive plays, and it presents in finding the best solutions which are resulting in high percentage scoring. Possibility of creating quality team's plays on offense is presented in a number of successful passes. Passing the ball to the player who is in a best position is a goal of every collective offense. With their working program coaches must affirm on a daily level the importance of this element. It is not only the way to eliminate selfishness of the players on offense, but also the education of players to play basketball responsibly and efficiently. If players in the youngest categories and age groups are enjoying in beating opponents in this way - YOU GOT YOURSELF A TEAM.

With passing and receiving the ball drills player are quickly used to faster and efficient way of wining space on the floor, rather than using dribble.

Tasks that you can fulfill by passing the ball are: getting the ball from one side to the other side of the floor, organizing plays in transition and set offense, finding player which is in an open position, and all of this mentioned in a limited time frame and space. Teaching this technical element and its later perfection, as a way of decision making in a tactical sense, are two separate processes. Coach defines demands, which are set according to the level that the players are trained not neglecting types of passes. Besides all possible ways to pass the ball in the game, the most obvious ones are the next examples: in sprint (always pass the ball ahead of player in the paint (mostly done by using bounce pass, but if you have a physically dominant player you can also use a lob pass)), in fast break (in outnumber situations pass is used after getting in contact with the defense), etc.



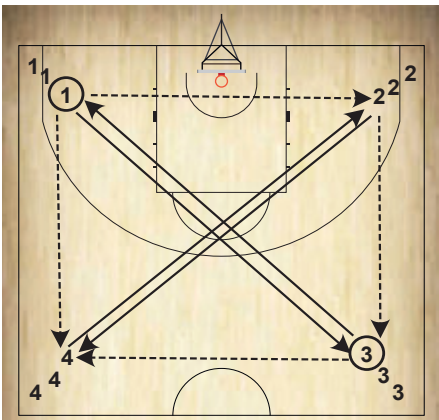


DRILL 1

DRILL 1

Players which are in two lines are passing the ball to each other. After every pass that is made they are changing positions following their pass. Coach is defining the type of pass:

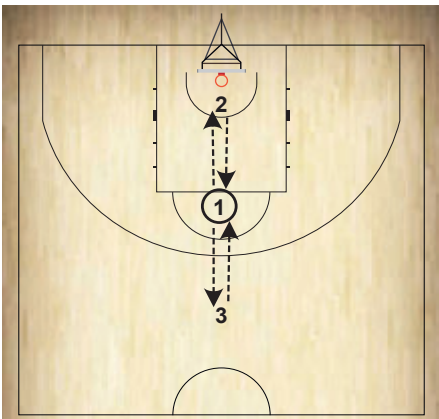
- a) Single handed or both handed pass,
- b) Chest pass,
- c) Above head pass,
- d) Bounce pass,
- e) Pass behind the back,
- f) Baseball pass from a bigger distance, etc.



DRILL 2

DRILL 2

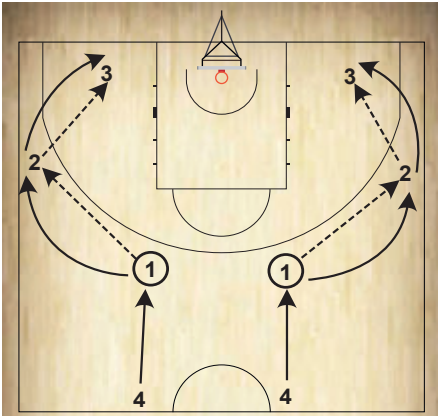
Players are taking positions in all four corners of the floor on the half court. After each pass, and this drill is done by using two balls, players are running diagonally to the opposite corner. Coach is giving the signal when to change direction of passing.



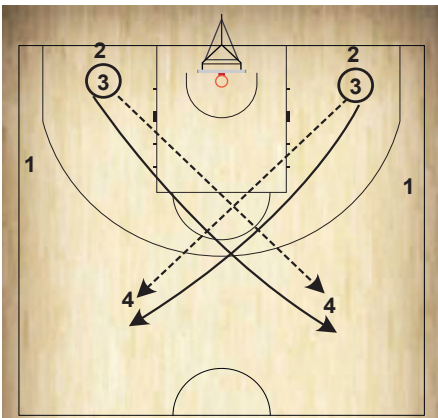
DRILL 3

DRILL 3

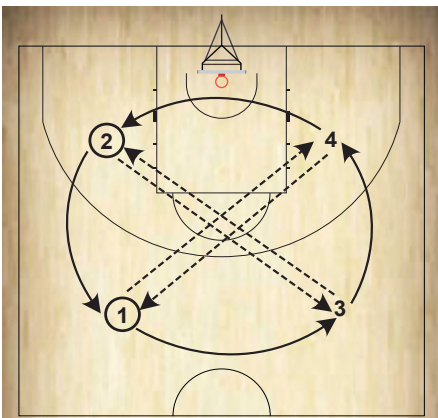
This drill is done with teams of three players and passing is done using the player in the middle. It can be done with one or with two balls. Player are rotating their positions every 45 or 60 seconds.



DRILL 4 a



DRILL 4 b



DRILL 5

DRILL 4

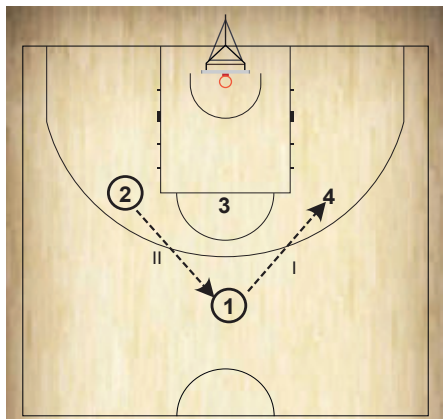
a After each pass made players are sprinting behind the player which they passed the ball to. Coach is giving signal to finish the drill by shooting of the glass or from the short corner. After the shot player goes following the ball to the end of his line.

b After the shot, player passes the ball to the player from the second line diagonally set, and afterwards goes to the end of that (opposite) line.

DRILL 5

Players 1 and 2 are passing the ball to players in opposition (players 3 and 4), which are moving (by the line of imaginary circle) in the way shown in the diagram.

After the coach makes a signal - direction of moving is changes. Drill lasts for 30 to 45 seconds.

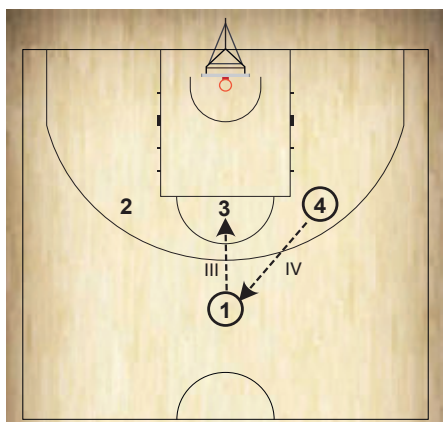


DRILL 6 a

DRILL 6

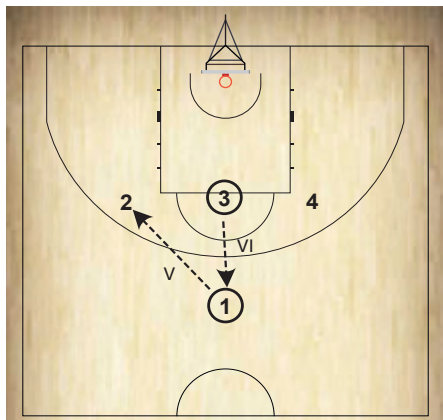
Drill is done with four players and with two balls.

a Player 1 passes the ball to player 4 and receives the ball from player 2.



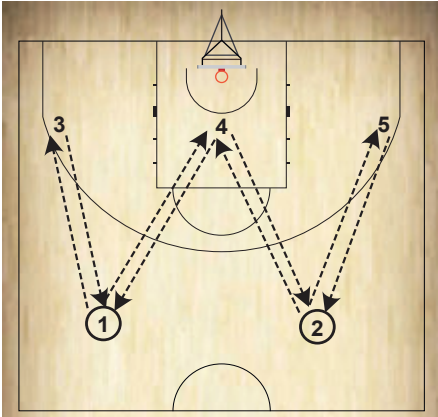
DRILL 6 b

b Player 1 passes the ball to player 2 and receives the ball from player 4.



DRILL 6 c

c Player 1 passes the ball to player 2 and receives the ball from player 3. Passing intensity, synchronicity and timing, perfecting technique of receiving the ball. Basic goal of the drill is cutting down number of turnovers in the game.



DRILL 7

DRILL 7

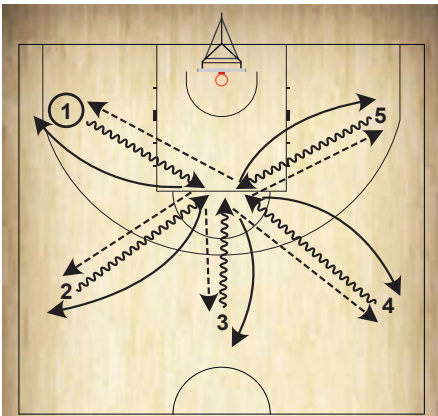
Five players are passing between each other using two balls.

Player 1 is passing the ball to player 4, and player 2 is passing the ball to player 5. Player 4 is passing the ball back to player 1, and player 5 is passing it back to player 2.

Player 1 makes pass to player 3, and player 2 makes pass to player 4.

Player 3 is passing the ball back to player 1, and player 4 is passing the ball to player 2, etc.

Drill goes on for 45 or 60 seconds in a continuity, and afterwards players are being rotated.

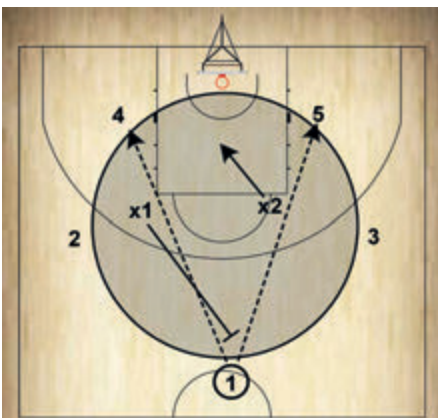


DRILL 8

DRILL 8

Drill is performed with five players, with one or more balls - depending on the age group you are working with.

Player one drives (dribbles) the ball into the circle above the free throw line and after making pivot he passes the ball to neighbor player, and afterwards gets back to starting position. Player 2 dribbles the ball to the free throw line, makes pivot and makes pass to player 3, etc.



DRILL 9a

DRILL 9

a Five offensive players are aligned on the birder of the imaginary circle, and two defenders are positioned as it is shown in the diagram. Defender X1 attacks player with the ball, and defender X2 sets himself between players 4 and 5 disrupting the pass, Passes are being made continuously for 30 or 45 seconds, or till the offense makes a mistake (turns the ball over) and then the rotation is made.

CONTENTS

DRILLS FOR IMPROVING BASIC TECHNICAL ELEMENTS IN BASKETBALL

- 0 INTRODUCTION – Basic Technique 7**
- 1 INTRODUCTORY DRILLS 11**
- 2 DRILLS FOR BASIC ELEMENTS OF DEFENSIVE TECHNIQUE 23**
 - 2.1 BASIC BASKETBALL DEFENSIVE STAND AND MOVING 27
 - 2.2 DEFENDING PLAYER WITH THE BALL 33
 - 2.3 DEFENDING PLAYER WITHOUT THE BALL 38
 - 2.4 DEFENDING PLAYER ON THE LOW POST 41
 - 2.5 BOXING OUT DRILLS 44
- 3 DRILLS FOR BASIC ELEMENTS OF OFFENSIVE TECHNIQUE 53**
 - 3.1 DRILLS FOR MOVING WITHOUT THE BALL 55
 - 3.2 PASSING DRILLS 64
 - 3.3 DRIBBLING DRILLS 84
 - 3.4 SHOOTING DRILLS 98

