

Balance Drill

Purpose

- Pass and catch drill geared to maintain proper court spacing
- This is a build up to our offense

Instructions

- Divide players into groups of 2
- 1 Basketball per group of 2
- Half of the team goes at a time
- Use the entire main court – stay in bounds
- For 30 seconds players will pass to their teammate, receiver will catch, sweep through and take 3 dribbles in any direction
- Partners needs to sprint and maintain 15 ft spacing between them and their partner
- Go through Two-Line Passing pass progression mixing up the types of passes for each 30 second segment

Players

- All
- Divide into groups of 2 – Bigs with Bigs, Guards with Guards

Tips

- Make sure receivers show target hands, catch in a triple threat position, and call out their partner's name
- Make sure kids are going game speed, getting somewhere with their 3 dribbles
- Emphasize the importance of maintaining the 15ft spacing – they're on a string
- You can introduce a defender in the middle and emphasize pass fakes and no deflections