

# Drill Instructions

## Allen Ladder Shooting Drills

Location – Court 1 – Using both baskets

Court Set Up – Marks at 3ft, 6ft, 12ft, 15ft, 18ft, 19ft up the middle and on the right wing on both ends

Equipment needed – Two basketballs, timers

Coaches – Need 4 Coaches / 2 on each end

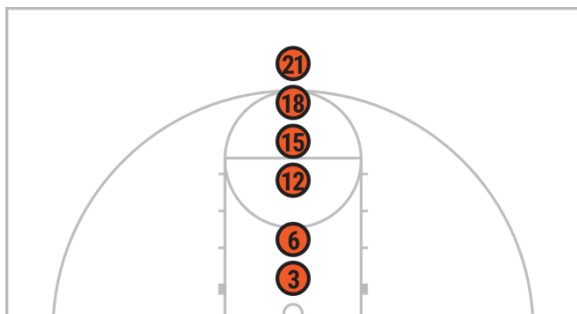
Instruction for players – Player has 1 minute 30 seconds to make as many shots starting at the first mark. Player cannot advance to the next mark until making a basket. Coach will rebound for you. 1 point for each made basket. Once the ladder down the middle is completed you go to the right wing and start the next ladder.

Instruction for Coaches – Coach 1 will run the timer and evaluate the player shooting mechanics. Coach 2 will rebound for player keep track of makes. Please start the time for the drill on the release of the first shoot and count the last shot if ball is released before time expires.

Evaluation Criteria -- Objective scoring -- Number of shots made in two minutes. Subjective -- Shooting mechanics using evaluation form

Data – Performance will be recorded on evaluation by coach and will be submitted after tryouts are complete.

4<sup>th</sup> grade Adaptation – End of ladder is at 15ft before moving to wing.



## 4 Corner Cone Drill

Location – Court 2 – Using both baskets

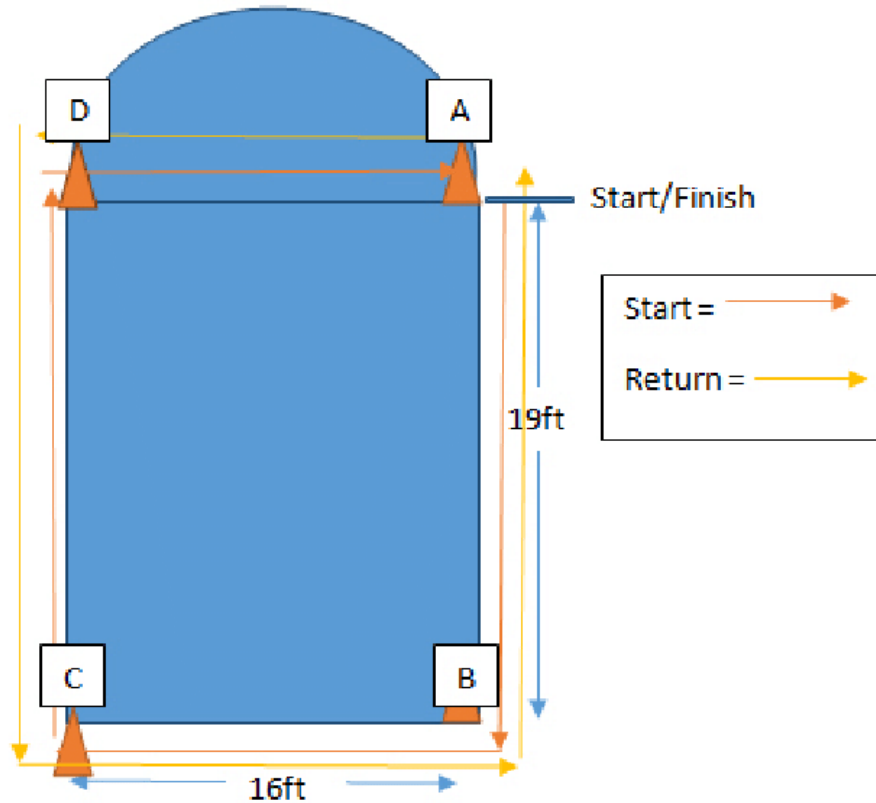
Court Set Up – Cones placed on both elbows and the base line and lane intersection plus tape on floor top left elbow

Equipment needed – Cones and timers

Coaches – Need 2 coaches 1 on each end

Instruction for players – Starting behind tape on Cone A. Sprint from A to B, Shuffle B to C, Back Pedal C to D, Shuffle D to A touch cone, Shuffle from A to D, Sprint D to C, Shuffle C to B and Back Pedal B to A

Instruction for Coaches – Coaches should demonstrate for each group. Go on first movement of player and record time. Time ends when the player runs past the last cone (A)



Evaluation Criteria -- Objective scoring – Time to complete drill

Data – Performance will be recorded on evaluation by coach and will be submitted after tryouts are complete.

4<sup>th</sup> grade Adaptation – None

## **X layup**

Location – Court 3 – Using both baskets

Court Set Up – Two cones at the elbows

Equipment needed – Two basketballs, timers, 4 cones

Coaches – Need 2 Coaches / 1 on each end

Instruction for players – Player has 1 minute to make as many layups as possible going around each cone after completing layup. Player will get their own rebound and will run to the next cone.

Instruction for Coaches – Time should start on the first movement of the player. The layup should be count at the end of time as long as is out of the players hand. Coach will count the number of layups made and evaluate correct layup form

Evaluation Criteria -- Objective scoring -- Number of shots made in one minutes. Subjective – Using correct layup form and correct hand

Data – Performance will be recorded on evaluation by coach and will be submitted after tryouts are complete.

4<sup>th</sup> grade Adaptation – None

Drill Example: <https://youtu.be/0GWJ-VHFITk>

## **Zig Zag Drill with Layup**

Location – Court 4 – Using both baskets

Court Set Up – 16 cones based on pic below

Equipment needed –2 basketball, timers

Coaches – Need 2 Coaches / 1 on each end

Instruction for players – Player start at cone on base line will dribble with correct outside hand and perform a crossover dribble at each cone and proceed to make layup after clearing the cones. Then run to cone on opposite base line, pickup basketball, dribble through cones and proceed to make layup after clearing cones on end. Player should not rebound their layup. There is no penalty for missing the layup; however, proper mechanics should be used and will be evaluated.

Instruction for Coaches – Coach 1 will run a timer on the player. Time should start on players first movement and time should end when basketball hits backboard on second layup. Coach 2 will evaluate dribbling mechanics. Recommend that the coach 2 should stand in the middle of the court to clearly see the dribbling.

Evaluation Criteria -- Objective scoring – Time to complete the drill. Subjective – Ability to dribble with both hands, control of dribble, ability to complete crossover.

Data – Performance will be recorded on evaluation by coach and will be submitted after tryouts are complete.

4<sup>th</sup> grade Adaptation – None

