INDIA COACH’S GUIDE
The goal of this Coach’s Guide is to teach youth basketball players the necessary fundamentals of basketball.

The skills and drills in this guide are fundamentals that basketball players of all levels and ages should understand, practice, and master.

The drills described in this Coach’s Guide will act as building blocks in preparing players for the Jr. NBA Skills Challenge.

Practice everyday – Let’s see if a player from your school will be the Jr. NBA Skills Challenge Champion!
COACHING 101

**FUNDAMENTALS**

- Fundamentals should be practiced everyday
- Players of all ages and skill levels should practice fundamentals
- Coaches should always communicate to their players the importance of basketball fundamentals

**PROPER PRACTICE HABITS**

- Use your practice time efficiently
- Be disciplined and pay attention to detail
- Coach with a positive attitude and energy
- Continually practice good habits
- Develop a routine practice plan for each training session
- Have specific goals for each practice session

**KEEP IT SIMPLE**

- Basketball is a simple sport; coaches should focus on breaking down the game of basketball into segments for their players to learn
- Coaches should use their assistants to help in practice planning and execution
- A coach should explain the purpose for every practice drill

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**COACHING 101
OFFENSE**

**TRIPLE THREAT**

**WHY IS IT IMPORTANT?**

- The player is a THREAT to **shoot**, **dribble**, and **pass** from this position
- The player can make athletic, explosive moves

**TEACHING POINTS**

- Feet should be shoulder-width apart
- Toes should be pointed towards the basket
- Knees should be slightly bent
- Back should be straight and player’s head should be upright
- Player’s head and center of gravity should be in center of body
- The ball should be placed on players dominant side, in shooting position

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**SHOOTING**

- Lay-ups
- Form Shooting

**Dribbling**

- Pivot
- Jump Stop

**Passing**

- Chest
- Bounce
- Overhead
COACHING 101
PASSING

WHY IS IT IMPORTANT?
• To promote teamwork: basketball is a team game – not a game played by individuals
• A pass can advance the basketball faster than a dribbler can advance the basketball

TEACHING POINTS
• Passer should **ALWAYS** execute a pass while in Triple Threat position

TYPES OF PASSES

**TWO-HANDED CHEST PASS**
• In triple threat position
• Hold ball with both hands on even level with chest/sternum
• Push ball out from chest and push with back (Pivot) foot, take a step with front foot
• Aim pass towards receiver’s chest/sternum
• Fully extend arms, snap wrists outward, back of hands facing each other
• The passed basketball should have rotation

**BOUNCE PASS**
• In triple threat position
• Hold ball with both hands on even level with chest/sternum
• Passer aims for a spot on the floor, two thirds of the way between passer and receiver.
• Passer pushes ball out from chest and push with back (pivot) foot while stepping with front foot (non-pivot foot)
• Once the receiver catches the basketball, he/she should be in triple threat position

**OVERHEAD PASS**
• In triple threat position
• Hold ball with both hands on either side of the ball
• Passer brings basketball directly overhead
• Pushing off of back (pivot) foot and stepping with front foot
• Passer snaps elbows down with arms, finishing with arms extended in front of body

PASSING DRILLS

**STATIONARY “LANE” PASSING**
• Each player is partnered with a teammate
• Partners (●) stand, facing each other, each on one side of the free throw lane extended
• Both passer and receiver stand in a basketball stance (passer in triple threat, receiver with knees bent, back straight and hands open, ready to catch the basketball)
• Players pass the basketball back and forth, executing the proper fundamental chest pass, bounce pass, and overhead pass
• Repeat each pass 15-20 times
**KEEP AWAY PASSING**
- Form groups of three
- Each group has one basketball
- Two players are on offense (●) and lined up across the free throw lane facing each other
- Third person is on defense (X) and in the middle of the two offensive players
- The two offensive players pass back and forth to each other, using the chest pass, bounce pass, and overhead pass
- Passers always remain in triple threat position, keeping their pivot foot on the ground at all times. Make sure passers do not travel.
- The defender in the middle attempts to defend passes made by both offensive players
- The defender's goal is to try to deflect a pass without fouling
- Passer is not allowed to dribble and is not allowed to travel
- If the defender touches any of the passes, or if the offensive players make bad passes, the defender will then move to offense.
- The offensive player who makes the bad pass moves to the middle and plays defense
- If there are no bad passes made by the offensive player or deflections made by the defender, players should rotate positions every 30 seconds

**COACHING POINTS**
- Teach players communication during this drill
- Passer – calls out the name of his/her partner during each pass
- Receiver – calls out “ball” when passer performs the pass

**COACHING 101**

**Dribbling Drills**

**WHY IS IT IMPORTANT?**
- To set up a team’s offensive
- To improve an angle to make a pass to a teammate
- To make space for an open shot or to get an open shot for a teammate
- To avoid defensive pressure

**TEACHING POINTS**
- Use fingertips when dribbling, never use the palm of your hand
- Always keep knees bent, back straight, and head up while dribbling
- Keep the hand that is not dribbling the basketball up to protect the basketball from defensive players
- Keep your head up to see the basketball court – do not look at the basketball when dribbling
- Player should focus on keeping the dribble below his/her waist
- A great player can dribble effectively with both hands

**DRIBBLING DRILLS**

**STATIONARY DRILLS**
- Players should dribble the ball as fast as possible
- Begin dribbling drills at 15-30 second intervals and move to 1 minute per set
- Players should dribble with their knees bent, back straight, and head up while maintaining a low dribble
- Players should not look at the basketball when dribbling.
- Be creative, practice dribbling with both left and right hands, between the legs, and behind the back.
CIRCLE DRILL
• Player stands with feet and legs together, knees bent slightly
• Player begins by moving the basketball around both legs for 10 rotations
• Player then moves the basketball around waist for 10 rotations
• Player then moves the basketball around head for 10 rotations
• Player finishes with alternating legs, waist, and head after each rotation. Continue this movement until 10 total rotations are complete

UP AND DOWN DRIBBLES
• Player begins in Triple Threat position, with knees bent and back straight
• Player dribbles with right hand allowing the ball to bounce to their waist
• Player then brings the height of the dribble as low as possible, performing as many dribbles as possible
• Player then brings the dribble back to waist height and repeats the same motion for 30 seconds to 1 minute
• After performing two sets right handed, player should switch to the left hand and perform the same drill

CONE DRILL
• Place 5 cones (3 meters apart) on the court as shown
• Players line up on the baseline, no more than 5 players per line
• First person in each line receives a basketball
• Player dribbles as fast as they can with his/her right hand to the first cone
• Player continues going forward, weaving in and out (slalom) of each cone
• After player passes the 5th cone, he/she turns to the outside of the cones, and speed dribbles back to the line and hands the ball off to the next person

FIGURE EIGHT DRIBBLES
• Player stands with legs apart and knees slightly bent
• Player then dribble basketball in figure eight motion around both legs
• Right hand dribbles around right leg and left hand dribbles around left leg
• Player should keep head up, not looking at the ball
• Player continue dribbling motion for 30 seconds, focusing on keeping their dribble low
• Goal is to perform as many dribbles as possible per every figure eight loop

POINTS OF EMPHASIS
• Players should keep their heads up while dribbling (not looking at the basketball)
• Players should dribble below their waist
COACHING TIPS
• If players do not dribble with their heads up, make them start over
• If players lose the basketball, make sure they retrieve the basketball and return to the point of where they lost control of the ball
• Be creative and add various dribbles to the drill (behind the back dribble and spin moves)

Dribble Relays
• Form at least 2 lines on the baseline of no more than 5 players each
• First person in each line gets a basketball
• On the Coach’s whistle, the relay begins
• The first player dribbles to the opposite side of the court, touching baseline with foot
• Player then turns and dribbles as fast as possible back to beginning position
• When the first player returns to the line, he/she hands the ball to the next person in line, who then continues the same action
• Continue this until all players have completed the task

Points of Emphasis
• Players should keep their heads up while dribbling (not looking at the basketball)
• Players should dribble below their waist

King of the Circle
• Place up to 5 players (each with basketballs and are dribbling) into the center circle of the court
• Players continue to dribble and at the same time attempt to deflect or steal other players’ basketballs
• Every 15 seconds, the coach should blow the whistle for players to switch dribbling hands

Points of Emphasis
• Players should keep their heads up while dribbling (not looking at the basketball)
• Players should dribble below their waist
• Player’s non-dribbling arm should be out to protect the basketball from the defender
**COACHING 101**

**PIVOT**

**WHY IS THIS IMPORTANT?**
- Helps an offensive player to avoid defensive pressure
- Assists a player in making an offensive move

**TEACHING POINTS**
- When one foot is lifted, the foot that is planted on the floor is the “pivot” foot
- When pivoting, player should remain in Triple Threat position and pivot with the balls of his or her foot, maintaining proper balance
- The pivot foot must always remain on the floor and not slide
- Once the pivot foot is established, the pivot foot cannot change

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**COACHING 101**

**JUMP STOP**

**WHY IS THIS IMPORTANT?**
- To be used at the end of a dribble or when receiving a pass
- To prevent a traveling violation after speed dribble
- To establish the pivot foot

**TEACHING POINTS**
- As a player picks up dribble, he/she shall land on both feet simultaneously
- The landing should be soft and on balance
- After the jump stop, player should be in Triple Threat position
- After a jump stop occurs, a player is able to use either foot as the pivot foot
COACHING 101
SHOOTING

TEACHING POINTS
• All players should begin shooting practice close to the basket
• A player should use fundamental shooting techniques at all times

FUNDAMENTALLY SOUND SHOOTING

TARGET
• Player locates the target (ring or backboard)
• When shooting, player should keep eyes on the target (the ring or backboard)

STANCE AND BALANCE
• With feet shoulder-width apart, balance on balls of feet
• Both feet should be pointed towards the target
• Shoulders should be square towards the target
• Knees should be bent on every shot

SHOOTING POCKET – TRIPLE THREAT
• As ball is caught or when dribble is stopped, move ball to shooting pocket

Grip
• Keep space between middle of ball and middle of palm
• Spread fingers enough to balance ball
• Ball should sit on finger pads

BALANCE HAND
• Non-shooting hand should be placed on the side of basketball when shooting
• Balance hand should not shoot/push the ball
• Balance hand should not add force or spin to shot

DELIVERY
• Ball should start motion directly upwards from shooting pocket
• Elbow should be positioned directly under basketball
• Ball should stay in front of the head on the shot (it should not go behind or on the side of the head)
• Shoot with legs, core, and arm strength
• Elbow and wrist should extend in a straight line towards basket
• The shooting hand should extend in straight line to the rim
• The ball should come off hand with backspin
• The guide hand stays to side and does not change the flight of the basketball

SHOOTING AND LANDING
• Release ball on the way up, just before top of jump
• Use legs to generate force for shot
• Player should land in the same spot as where jump shot was made (this shows good balance)

FOLLOW THROUGH
• Fingers pointed at target (ring) resulting in backspin on shot (backspin will make a shot soft)
• Follow through high
• Hold the follow through position until the basketball hits the ring

LAY-UPS (ONE HAND - ONE FOOT)

FOOTWORK
• When dribbling right handed on right side of basket
• Plant inside, left foot and jump off of left foot and shoot with right hand
• When dribbling left handed on left side of basket
• Plant inside, right foot and jump off of right foot and shoot with left hand
AIM/PUSH RELEASE
• Always use the backboard
• Aim at the upper corner of the backboard square
• Shoot the basketball softly
• Player pushes the ball off of fingertips towards the upper corner of the square on the backboard

UNDERHAND RELEASE
• As a player gets stronger, use the underhand release to result in a softer shot and control
• With the palm facing up and the arm extended toward the basket, let ball roll off the palm and then the fingertips
• Lay the ball softly towards the basket.

POWER LAY-UPS (TWO-FOOT JUMP STOP)
• Power lay-ups provide increased strength, protection, and control of the basketball when there is defensive pressure.
• A player makes a dribble move to the goal, about 2-3 feet from the basket he/she performs a jump stop
• The player’s shooting hand is behind the basketball when the shot is performed
• The lay-up is taken when both feet jump simultaneously

SHOOTING DRILLS
FLAT BACK DRILL
• Players lie down flat on their back with a basketball, practicing shooting the basketball straight up into the air
• Player laying on their backs should have their elbows bent when their shooting hands are flat, near his/her shoulder
• The elbow of the shooting hand should be at the player’s side, it should not be away from the body
• Player takes a shot upwards – a proper shot will return directly down

Player’s off shooting hand (balance hand) does not aid in shooting, it only balances the basketball
In every shot, the player should extend the arm straight up and snaps his/her wrist – this should result in backspin on the basketball

COACHING TIPS
• Players always hold their follow through after shot
• This drill can be performed at any time with or without a basketball court

FORM SHOOTING
• Three players stand with a basketball, 1 meter from the basket, at one of the three spots as shown on next page
• Feet should be shoulder width apart with knees bent and shoulders square to the basket
• Player holds the basketball in front with palms facing upwards; non shooting hand can hang at players side
DEFENSIVE STANCE

WHY IS THIS IMPORTANT?
• For a player to maintain good balance
• For a player to perform an athletic defensive step slide

TEACHING POINTS
• Feet should be shoulder-width apart (similar to Triple Threat)
• Toes should be pointed forward
• Balance on the balls or front of the feet (not flat-footed)
• Knees should be slightly bent and player should be balanced, not leaning over
• Back should be straight and head should be upright
• Defense is a part of basketball that all players can play, regardless of age or talent level

Players bring the basketball to the shooting pocket, using only their shooting hand
Elbows should be pointing directly towards the floor
Wrist should be bent, palms of hands flat, fingers out (similar to a waiter holding a tray)
Players should hold this form and aim at the front of the rim
Players should proceed to shoot with one hand, leaving the non-shooting hand to the side
Focus on using legs on every shot and end every shot on toes
Player should hold follow through with wrist bent (like reaching into the cookie jar) until the shot basketball hits the rim
Player then grabs the ball and repeats the process
Each player should get a minimum of 20 repetitions, 100 repetitions per day is ideal

PROGRESSION
• As players master this drill, they can take a step further away from the ring and incorporate the non-shooting hand
• Player should focus on the non-shooting hand only as a balance for the basketball – it should not be used to shoot the basketball
• Player can then incorporate a jump shot into this drill

COACHING TIPS
• Players should always hold their follow through until the shot basketball hits the ring
• Make sure players bend their knees on every shot, even on close range shots
• This drill is focused on proper shooting mechanics, no long distance or three point shots should be taken
HAND PLACEMENT (AGAINST DRIBBLING PLAYER)
- Defense is played mostly with a player’s feet, but proper hand positioning is essential
- Keep one hand low to defend the basketball
- Keep the other hand high to guard against the pass
- Do not reach for the basketball and lose balance
- Always move the feet to keep the offensive player in front

HAND PLACEMENT (WHEN THE OFFENSIVE PLAYER PICKS UP THEIR DRIBBLE)
- Keep both hands lifted and tracking the basketball
- Player should remain with knees bent, back straight and head up

DEFENSIVE STEP SLIDE
- Defend the offensive player as he/she dribble
- Feet should remain shoulder-width apart
- Balance and weight should be on the balls or front of feet
- Feet should not cross or come together when performing defensive step slide
- To move forward, the front foot steps in the direction defender wishes to go, while back foot pushes off (a step slide)
- The rear foot then slides up halfway to the front foot
- Step slides are taken with quick, short movements
- Do not hop when performing a step slide – instead focus on balance
- The defensive player should always stay between the offensive player and the basket

CLOSEOUT
- When the defensive player is coming to defend an offensive player from a distance away/ offensive player receives basketball/the defender, in a low stance, rushes towards offensive player
- The last few steps for defender should be quick, choppy steps to slow momentum
- The balance should be back, back straight, head up
- One hand should be up to defend the shot, while one hand should be low to defend a dribble move

DEFENSIVE DRILLS
LANE DRILL
- Player’s line up inside the free throw lane area with their outside foot placed on the free throw lane line.
- Players all assume a proper defensive stance with knees bent, back straight, head up, and hands out
- On coach’s whistle, players slide from one lane line to the other
- Player touches the opposite free throw lane line with foot they shall remain low, balanced and in a defensive stance
- Player then quickly changes direction and performs defensive slide towards the opposite side free throw lane line
- Players continue sliding action from one lane line to the other lane line and count to see how many lane touches they can reach in 30 seconds
FREE THROW LANE DRILL (WORK ON QUICK CHANGES OF DIRECTION AND PROPER FOOTWORK)
• Players line up at the bottom corner of free throw lane line
• At the coach’s whistle, one player at a time sprints to the top corner of lane (elbow)
• When player touches corner, player assumes defensive stance and defensive slides to the opposite side elbow
• After touching the elbow, the player will backpedal towards the bottom corner of the lane
• After touching the bottom corner (baseline), players in a defensive slide will return to the original starting position.
• The area covered in drill is the free throw lane
• The footwork pattern is forward sprint, defensive slide, backpedal, defensive slide
• Drill players to see how many trips around the free throw lane they can make in 30 seconds.

BALL ROLL (TO DEVELOP LEG STRENGTH, MUSCLE ENDURANCE, AND DEFENSIVE TECHNIQUE)
• Player faces towards basket on the free throw line in a defensive stance
• Coach will stand on the baseline and roll one basketball at a time at different speeds and locations towards the defensive player
• Player will perform proper defensive stance and slide to recover the basketball and will pass the ball back towards the coach

ZIG ZAG DRILL (TO IMPROVE DEFENSIVE STANCE/POSTURE/FOOTWORK)
• Players begin in defensive stance without basketball (no offensive player) at baseline corners
• Facing the baseline, the player will defensively slide towards the elbow – once he/she reaches the elbow, the player will plant the foot nearest the foul line and open up their leg and defensively slide towards the sideline
• Players need to focus to keep their head up, keep their back straight, keep their eyes forward and stay low and in a defensive stance while sliding
• Players should not cross their feet, and feet should not come together and touch while sliding
• Continue the zigzag sliding action (as shown in the diagram) – once the baseline is reached, the player will turn and sprint along the baseline towards the other corner
• Once in the opposite corner, the player then repeats the same zigzag action going towards the originating side of the court
• Each player repeats a full cycle two times

COACH will then roll the basketball to another location where the defensive player has to change direction, slide step, and retrieve the basketball.
Drill should last beginning with 20 second sets up to 1 minute sets as players become better conditioned.
ALLEY DRILL
- 1 single-file line on the baseline underneath the basket
- 2 players of similar position and size partner-up for the drill (1 offensive ●/1 defensive X)
- The first player in line assumes the defensive position – the other player is on offense with a basketball
- Offensive player dribbles down the court, taking three dribbles to the right then crossovers and takes three dribbles towards the left
- Defensive player stays in front of offensive player during this action, performing the proper defensive stance and slide
- After players reach the opposite baseline, the defensive player switches to offense and the offensive player now plays defense

BUILDING BLOCKS
- For the initial two attempts of the exercise, the offensive player is not trying to score – the focus is on the defensive player’s fundamental defensive stance
- After each player plays defense two times, the next series is live basketball
- The offensive player must dribble within the free throw lane area
- The offensive player must stay in bounds but is also trying to score the basketball
- The defensive player is focused on making the offensive player change directions as many times as possible and not allowing the offensive player to score

POINTS OF EMPHASIS
- Players stay low and in a defensive stance throughout the duration of the drill
- Players do not cross over or bring their feet together during the drill
- Players’ heads should not move up and down during a defensive step slide
- Players do not reach when playing defense

COACHING TIPS
- Emphasize proper footwork and the step slide

STRENGTH & CONDITIONING

THE DIFFERENCE BETWEEN A GOOD PLAYER AND A GREAT PLAYER IS THE SHAPE THEY ARE IN.

WHY IS IT IMPORTANT?
- Improve flexibility, quickness, strength and stamina
- Increase the vertical jump of each player
- Basketball is a contact sport and requires physical strength

TEACHING POINTS
- Strength and conditioning training must be a part of the daily workout routine
- Proper technique is required for maximum effectiveness and injury prevention

SPEED DRILLS (AGES 10+)
This is a great way to warm-up for a practice or game. Have all players spread out across the baseline and go to half court. Emphasize this is not a race and each player should go at the best pace to get warmed up properly. On the Coach’s whistle have players complete the following drills:
- 25% JOG – run ¼ speed
- BUTT-KICKS – kick butt with heels of shoes
- HIGH KNEES – drive knees to sky at fast pace
- BACK PEDAL – keep chest over toes, on balls of feet
• **50% RUN** – run ½ speed
• **HIGH KNEE SKIPS** – drive knees and arms to sky, jump as high as possible
• **WALKING LUNGES** – one knee a few inches from the ground, the other leg at a 90 degree angle
• **DRUM MAJOR MARCH** – march forward keeping your arms and legs straight—try to get a straight leg above the waist and follow that up by marching 20 times
• **QUICK FEET** – with arms out for balance, cross feet over one another as quickly as possible in very small quick steps
• **DEFENSIVE SLIDES** – with knees bent, feet shoulder-width apart, back at 45-degree angle, arms out, do not let shoes touch and head should remain still during movement.

• **75% RUN** - ¾ speed
• **WALKING KNEES TO CHEST** – with both hands, pull one knee to chest and hold for 3-count – take step and repeat with the other leg
• **WALKING HIGH KNEE TWIST** – bring one knee up and pull across body, keep arms out for balance, and take step and repeat.

• **LOW KNEE SKIPS** – quick feet in small side-to-side motion
• **THREE 3 STEP CUTS** – three steps in one direction (45 degree). Plant outside foot, and then take three quick steps in opposite (45 degree) direction. Players must all start in the same direction to avoid running into one another.
• **100% RUN** – sprint

**CONDITIONING DRILLS (AGES 10+)**

• Have all players spread out across the basketball court so there is plenty of room for them to perform exercises

On the Coach’s whistle, have the players complete the following drills

• **DEFENSE STANCE** – sit in this position for 1 minute.
• **ALTERNATE ARM DRIVE** – Basketball position, drive arms all the way up and all the way back keeping elbows in. Repeat 10 times.
• **BOTH ARM DRIVE** – Basketball position, drive arms all the way up and all the way back keeping elbows in. Repeat 10 times.
• **LUNGE** – One foot forward and other leg back, keeping back straight go down until knee on back leg is a few inches from ground other leg at 90 degree. Repeat 10 times. Switch legs.
• **45 DEGREE LUNGE** – Same as above but take steps 45 degree angle from body. Repeat 10 times. Switch legs.

• **SQUAT** – Standing with feet together take step to right and go down in squat position with back at 45 degree angle. Return to feet together then take step to left and repeat. Repeat 10 times.

• **JUMP SQUAT** – Standing with feet together, drive arms and jump straight up. Land with both feet apart. Go into squat and then drive arms and jump straight up. Land with feet together. Repeat 10 times.

• **WALL SIT** – Sit with back against wall with legs at 90 degree angle for 1 minute.

**Core Exercises (Ages 10+)**

- Have all players spread out across the basketball court so there is plenty of room for them to perform exercises.

- On the Coach’s whistle have players complete the following drills

  • **CRUNCH** – lie on back with knees bent and arms crossed over your chest. Tighten your abs and raise your shoulders 30-40 degrees off of the floor. Repeat to exhaustion.

  • **FOOT TOUCH** – lie on back with arms and legs straight. Tighten your abs and reach up and touch toes. Repeat to exhaustion.

  • **LEG RAISE** – lie on back with legs straight and hands under legs. Keep your head and shoulders off floor with abs tight and raise legs (30 cm) to (45 cm) and return to (30 cm). Repeat to exhaustion.

  • **BICYCLE** – lie on back with knees bent at a 90 degree angle and hands behind head. Tighten your abs and move legs in cycling motion. Move your right elbow to touch left knee then touch left elbow to right knee. Repeat to exhaustion.

  • **PLANK** – On ground with elbows on floor and up on toes, tighten your abs and squeeze glutes. Hold this position for 30-60 seconds.

  • **PLANK TOUCHES** – On ground with elbows on floor and up on toes, tighten your abs and squeeze glutes. Reach forward with one elbow and touch ground then return to starting position. Switch Hands. Repeat to exhaustion.
• **PLANK LEG LIFTS** – On ground with elbows on floor and up on toes, tighten your abs and squeeze glutes. Lift one leg as high as possible keeping leg straight. Return to original position, switch legs. Repeat to exhaustion.

• **SIDE PLANK** – On ground on side with one elbow on floor and on one shoe, tighten your abs and squeeze glutes. Hold this position for 30-60 seconds.

**LINE JUMP DRILLS (AGES 10+)**

• Have all players spread out across the baseline

• On the Coach’s whistle have players complete the following drills

• **LINE JUMPS RIGHT LEG FRONT TO BACK** – on right leg only, jump line as quick as possible, front to back, for 8 seconds.

• **LINE JUMPS LEFT LEG FRONT TO BACK** – on left leg only, jump line as quick as possible, front to back, for 8 seconds.

• **LINE JUMPS TWO FEET SIDE TO SIDE** – jump line as quick as possible, side to side, for 10 seconds.

• **LINE JUMPS TWO FEET FRONT TO BACK** – jump line as quick as possible front to back for 10 seconds.
POWER JUMP DRILLS (AGES 12+)
• Have all players spread out across the baseline
  On the Coach’s whistle have players complete the following drills
• DOUBLE-LEG HOP – in basketball position, drive your arms forward and up as you jump forward. Jump as high and far as possible for 3-4 jumps.
• KNEES TO CHEST JUMP – in basketball position, drive your arms and knees up, bring your knees to your chest and repeat for 10 jumps.

• VERTICAL JUMP – in basketball position, drive your arms forward and up as you jump straight up. Repeat for 10 jumps.

BOX JUMP DRILL (AGES 14+)
This drill is designed for individuals and requires a box or step at the height marked below.
• BOX JUMPS – in basketball position, drive arms forward and jump on box.
  Land softly with feet shoulder-width apart. Step off the back of box. Repeat 10 jumps. (15-45 cm)

• ALTERNATING HOP – Stand on left leg. Explode up, drive your arms and jump off your left leg. Drive your right knee up and forward. Land on right leg. Repeat 10 times.

• BOUND – Stand on left leg explode forward, drive your arms and jump off your left leg. Drive your right knee up and forward. Land on right leg. Repeat 10 times.