HORSHAM HORNETS

Holiday Drills:

Aim:

The following should take around an hour to complete, hopefully the boys can find some time to go through everything 2 or 3 times before we start training again.

The aim here is just to keep the ball in their hands and get some shots up as well. This will keep them in shape for a big couple of months as we work towards State Championships in April.

Of course, the boys can add/remove anything that they are unable to do. Use the following as a bit of a guide!

I've also included some notes on our famous circuit we run on Sunday's if the boys would like to get some fitness in as well.

Coach Fitz

Form Shooting:

Shoot with one hand (shooting hand) on the ball only from 3 spots under the ring (left, right, straight ahead) - Make 5

Add second hand, make 5 shots again from the same spots

Take a step back - make 5 shots again

5 free throws – even if your backyard ring isn't the right distance, encourage the boys to work on their 'free throw routine'.

This equals 50 shots before they've even started practicing, plus gets the eye in!

Shooting Drills

Here's some easy shooting drills to get 100 made shots up quickly (plus a 5 minute challenge at the end). Grab Mum/Dad as a rebounder, or rebound, spin the ball out in front to simulate a pass, and follow your shot in!

- *Mikan Drill (30 makes)* - https://www.youtube.com/watch?v=CmFOj0nhUN8
- *Elbow Shooting (30 makes)* - Shoot from the elbow (rebound if you need) – run to the opposite sideline (tag the line) then take a shot from the opposite elbow. Keep working between the two elbows tagging the opposite sideline after you shoot.
- *Full Court Layups (20 right & 20 left)* – work on finishing with both hands!

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40 Shot Challenge (5 minutes):

- 5 spots around 3 point line (mid-range if you'd prefer) – corners, wings, straight ahead
- 4 types of shot off dribble:
    - 1 dribble pull up
    - Dribble step back
    - Crossover left
    - Crossover right
- Make 2 of each dribble shot before moving to the next space
- See how far you can get in 5 minutes!

Ball Handling

Grab a tennis ball and 2 basketballs

If you only have access to one basketball, do the same drills but use one hand and swap over

Hopefully the kids have some space to run that can almost feel like the full court

Each skill - dribble up the court and back **TWICE** (or more if they feel up to it)

If you don't have a suitable sized court, pick an area in the yard.

- Dribble 2 balls at once (balls bouncing at different times)

- Dribbling 2 at once (balls bouncing at same time)

- Dribble with one hand, roll the second ball along the ground with the other (short rolls, keep up with the ball, dribble low – swap hands each trip up the court)

- Grab tennis ball, dribble in one hand, basketball in the other (swap hands each trip up the court)

- Dribble basketball, throw tennis ball up and catch in other hand (swap hands each trip up the court)

- Dribble with basketball and tennis ball, crossing over each ball (bounce the basketball between hands, throw the tennis ball in the air)

These are fantastic drills that can be done at any time, and improves ball handling immensely.

Wall Dribbles

Facing the wall, in proper dribbling position

Dribble the ball from left hand to right hand (crossover), touching the wall after each dribble

The key is to go as quickly as they can, even if they fumble the ball, each time they do it they'll improve.

Then same again, crossing the ball over between the legs and touching the wall after each dribble (the boys will need to turn their body for this one, rather than facing the wall)

Third time, same again, but dribbling ball behind the back! Encourage them to stay low and steady on their feet. *They WILL muck this one up, but the more they practice, the better it's going to be. This is one of the best drills for practicing dribbling without looking at the ball.*

Wall Sits

Notice how the boys always complain their legs are sore after playing defence? This is how we strengthen them up!

Wall sit with ball in arms out stretched - 1 minute (make sure they are in the correct position)

Wall sit bouncing ball on one side of body (either side) - 1 minute

Wall sit - bouncing ball between legs

Wall sits are fantastic to get some 'burn' in the legs to help with the defensive stance. They're more than welcome to do more if they feel up to it!

Ray Allen Drill

A brilliant shooting drill that gets some fitness in as well

Pick 6 spots on the court - 2 on the side, 2 on the wings (diagonal) and 2 at the top (seams)

These can be from 3, or mid-range.

Start in one of the corner spots – catch and shoot, then run around to the opposite corner.

The idea is to make 5 shots from each 'spot' working their way from the corner, to the wings, then finishing on the top 2 spots.

The key here is to focus on catching and shooting. A point I want to drive home with the boys is that **you're most open when you first catch the ball**. This means getting into position early, and being ready to shoot as soon as they receive the ball.

If they have a rebounder – make sure the passes are to the chest, encourage getting into that shot position quickly.

If not, rebound themselves, run to new position, spin ball in front and shoot.

Free Throws

Finish off with 10 free throws. Again, even if there isn't enough space, it's about working on the free throw 'routine'.

“The Circuit”

If you’d like to have a go at our circuit, here’s some notes to follow along with:

- Skipping
    - Both feet
    - One foot (swap after 5)
    - Alternate
    - Forward and back
- Wall Dribbles
    - Crossovers
    - Between legs (left)
    - Between legs (right)
    - Around back
- Stairs
    - Box jumps
    - Up downs on first step
    - Two feet jumps up, jog back down
    - Sprint up, jog back down
- Pound Dribbles – *eyes up (focus on something) and pound the ball as hard as you can*
    - Same time - waist
    - Alternate - waist
    - Same time – below knees
    - Alternate – below knees
- Tennis Ball – *maintain dribble rhythm*
    - Throw underhand – snatch over hand with tennis ball (swap hands after 5)
    - Throw underhand, let the ball bounce, then snatch (swap after 5)
    - Throw underhand, crossover, let ball bounce, then snatch
    - Underarm throw ball against wall, catch overhand (swap after 5)