

BASKETBALL

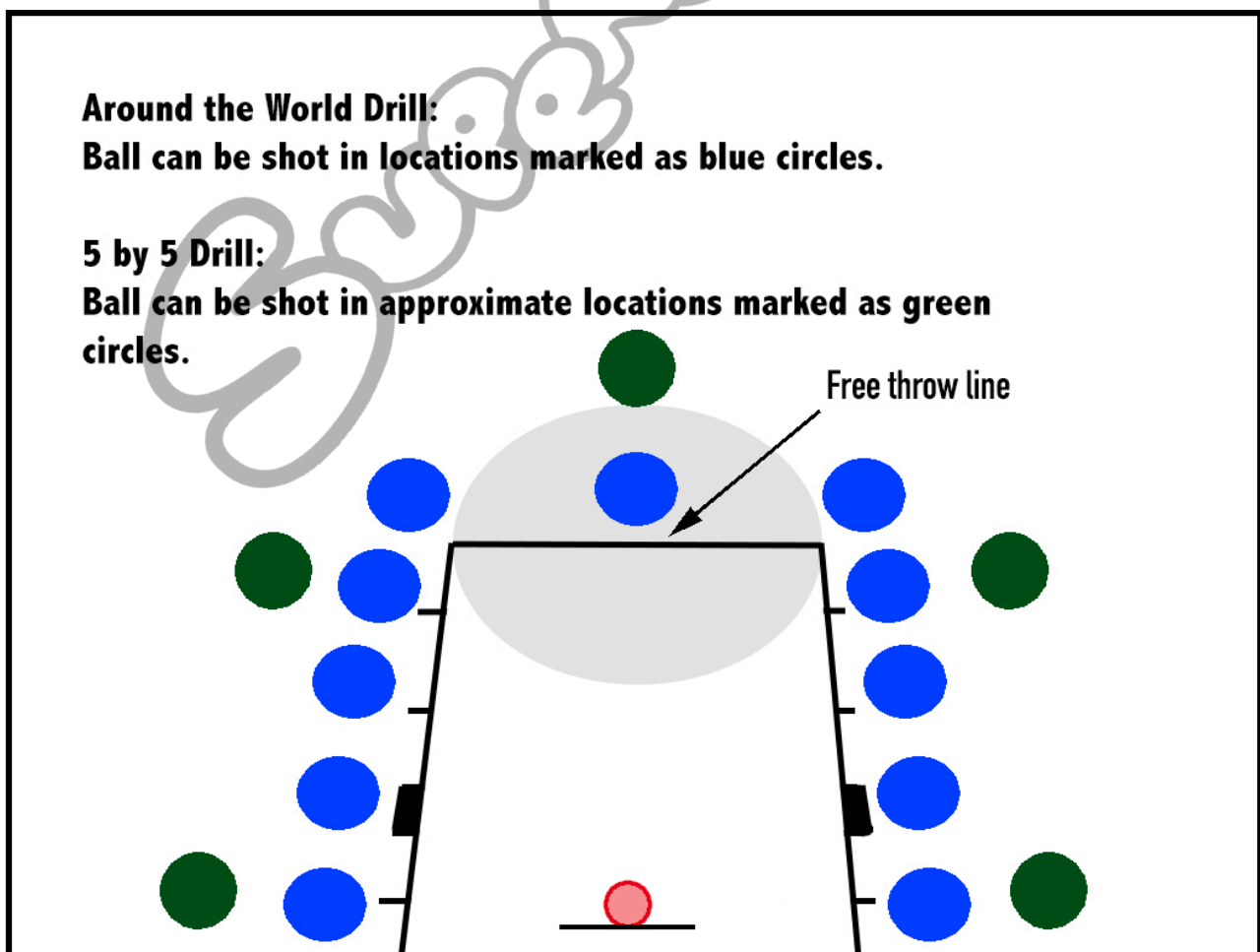
Superstars

Free Throws

Shooting from the free throw line is a great way to make that shot form consistent and to then build confidence in making shots. See how many goals your child can make out of 20 and work to improve on that the next time round. The free throw line distance is about 15 feet from the backboard which is used in games once kids reach the age group of under 10/12. Ensure your child does not step over the free throw line until the ball has hit the ring as that's a rule in the game!

Around the World

This drill involves your child making their way around set spots on the outside of the key with each shot they make. Start at one side until they make their way all around and back down to the other side of the key. Get involved to challenge your kid. If there is no key at the local park, a similar drill can be done but by taking a step outward with each shot they make. Once they reach approximately 15 feet from the ring, direct their steps towards the other side of the ring to eventually take steps back down towards the ring.



5 by 5 Shooting

This drill totals 25 shots, with setting five different spots around the ring to take five consecutive shots from. The spots are usually the five angles of the ring; along the baseline on both sides of the ring, the free throw line and then in between these spots on both sides (forms a 45-degree angle, known as the '45'). It's important that these shots are done with shooting form and not free throw form which may differ depending on your kid's strength. Kids can notice that their favourite players shoot free throws without jumping off the ground and may try to copy them!

Weak Hand Dribbling

Dribbling on the spot with the opposite hand, to then dribbling with the opposite hand whilst moving. It's important to emphasise to your kid that they keep their head up and eyes straight. Also, raising the opposite arm whilst dribbling should be encouraged. As it will build good habits in protecting the ball from the defender.

Straight Line Dribbling

Walking and dribbling the ball through each leg and behind the back. Starting by making three dribbles with the one hand and then switching it to the other hand. Through the legs, behind the back whilst dribbling is recommended. As they master the drill, they can do two dribbles and switch, one dribble and switch, and then constant switching.

Cone Dribbling

Setting up cones (or similar) in a line advances straight line dribbling. Enhance your kids dribbling ability by dribbling fast and in between cones whilst making crossovers or through the leg's dribbles. Get your child to make faster decisions and quicker moves by shortening gaps in between the cones encourages. With practice, they will become more controlled. If your kid becomes too good at this, try get them to do it back when returning through the cones.

Overhead Wall Pass

Hold the ball above your head. Then throw it with both hands and catch it above your head with both hands. Repeat this process at approximately two metres away from the wall. Keep knees bent and aim to throw 20-30 passes. This is great for building strength through the arms and shoulders, making passing easier.

One Hand Wall Pass

This drill is similar to the Overhead Wall Pass, however, get your child to focus on using just one hand. Remember to keep the ball up high, but this time around shoulder height. When using the right hand, the right foot should go forward and vice versa for the left side. Spread those fingers and extend the arm with each pass. Repeat 20 times with each hand.

One Hand Alternating Wall Pass

This is the hardest of the three simple basketball drills for passing and it requires very good hand-eye coordination. Start with both feet back in line and spread apart to shoulder width. Now, throw the ball back and forth off the wall alternating each hand. Keep the ball above head height and keep hands up high for the entire drill.

Watch the ball as it comes back into each hand with bent knees. Get those arms working a try for a total of 20 passes!