HAWKS DOMESTIC CLUB

DEVELOPMENT PROGRAM

BALL HANDLING DRILLS	INSTRUCTIONS
- Knee wraps L/R leg - Figure 8 front & back - Waist wraps L/R - Finger tips taps - Hard dribbling R/L Hand - Cross over low - Scissor dribble - Around the back - Dribble knockout (all right hand) - Dribble knockout (all left hand) - Dribble Knockout (backwards) - Coaches Note: knockout starts with all players in keyway. As players are eliminated restricted the space to keyway to free throw line and then to top of key to free throw line. The eliminated players line up outside the restricted area and can knock out the players that are still playing.	The ball handling will be one of the hardest sessions. All campers will be doing the different drills while they are looking at the clock or coach. Each ball handling drill will be in 15-20 second durations.
CONE DRIBBLING - Right hand only figure 8 through cones (3 reps) - Left hand only figure 8 through cones (3 reps) - Crossover dribbles figure 8 through cones (3 reps) - Scissor dribble figure 8 (3 reps) - Around the back figure 8 (3reps)	**INSTRUCTIONS** Lay out five cones evenly spaced so that the campers can dribble between the cones. All right hand dribbling drills start out on the right side of the first cone. All left hand drills start out on left side of the first cone. All campers when dribbling should be dribbling the basketball no higher than their knee caps. When dribbling the campers dribble between the cones. Upon the last cone the campers make a tight turn around the last cones and continue to figure 8 around the cones. All dribbling drills are conducted in with 3 reps.

REBOUND DRILLS	**INSTRUCTIONS**
• Rebound and dribble to half court • Rebound and quick up to basket- 2 lines • Rebound pump fake and score	Campers are split into two lines with cones close to half court. In drill 1 campers rebound and dribble around half court cone. Make sure campers jump for the rebound, pull rebound down under their chin and dribble with their outside hand around cone. In drill 2 campers rebound and go quick back up to the basket for the score. In drill 3 campers rebound, pump fake and score.
CHAIR LAYUP DRILLS (OLDER AGE)	**INSTRUCTIONS**
• Figure 8 for left & right hand layups • Figure 8 for reverse layups • Figure 8 scissor dribble for jump stop layups left and right hand • Figure 8 around the back for jump shot in middle of the key	Set up poles for this drill. As per the cone dribbling players start on right or left of the first pole. Campers weave in and out of poles to make their layups & jump shots.
LAYUP DRILLS (MINI-BALLERS)	**INSTRUCTIONS**
• Jump stop layups • Reverse layups • Regular layups	Note: Players weave through 3 chairs and make a series of layups. Ensure players go twice on each drill. Mix the dribbles up crossovers, between legs & around the back whatever suits the group.

PASSING (FOR BOTH GROUPS) • 2 camper handoffs- L/R hand • 1 bounce 1 hand passes- L/R hand • 2 bounce crossover passes- L/R hand • Figure 8 1 pass drills- L/R hand • Around the back- chest & bounce passes	**INSTRUCTIONS** Coach please ensures that the passing is direct and crisp. We would prefer this over lob passing which can be intercepted. All stationary passing players are with partners 1-5 metres apart. All stationary passing drills are in 20 second durations.
SHOOTING DRILLS (OLDER AGE) • Spin technique • Spin to shoot • 3-ball catch and shoot	**INSTRUCTIONS** **Drill 1-** All players are spread around the court. Players must spin their basketballs to themselves & catch in shooting position. **Drill 2-** 2 single file lines on both sides of the keyway, players spin the ball to themselves, catch and shoot. **Drill 3-** Players line up into 2 single file lines. Two balls will go to the line with most players in it. The first two players on one side has the ball while the ball is with the first player in the other line. The first player takes a shot, upon release the player from the other side shoots the ball. The third person with the ball shoots the ball. Upon completion of the shot the players rebound and pass to the first player in the other line without the ball for their shot and lines up at the end of the opposite line in which they shot from.
RAPID FIRE SHOOTING DRILL (BOTH GROUPS)	**INSTRUCTIONS** • All players line up in a single file line each with a basketball. • The coach designates a spot on the court for the players to shoot from. • All players take 1 shot and goes back to the end of the line until the whole group makes 7 shots at the designated spot. • The coach changes to another designated spot and the team repeats shooting until the team

	makes another 7 spots.
	• The designated spots includes both blocks/ elbows/ wings/ short corners.
2-ON-I HALF COURT FASTBREAK DRILL (BOTH GROUPS)	**INSTRUCTIONS** Drill requires 3 chairs or cones positioned at the half court middle and side of the court. Campers line up into 3 equal lines behind the baseline. The coach in charge initiates the drill by passing the ball to one of the wing lines. All three players in the front of the line sprint around three cones placed at half court. • Player 1 who receives the pass from the coach dribbles the ball around the cone in front and initiates the fastbreak by dribbling hard to the basket. • Player 2 in the opposite wing line sprints around the other cone and back to the basket ready to receive a pass for a layup (if necessary). • Player 3 the player in the middle sprints around the cone in the middle and plays defence on the two offensive players 1 & 2. Key points: • Players driving the basketball should not settle for a jumpshot. The player must either take the ball hard for a layup or pass across to teammate for an easy layup. • The two offensive players have two passes max to score. • The defensive player should try to force the player driving the ball to the basket to make a pass for the any scores. Their main objective is to guard the basket. • Once the first three finish the drill they go to the back of the baseline and rotate lines. Drill 2- once the players all get the idea of the drill move on to the next phase of the drill.

	• If the defensive player gets a stop of the two offensive players (steal or rebound of miss layup/shot) all 3 players go back around the cones. The 1 defensive player becomes the offensive player and dribbles around the middle cone. The two offensive players become defenders and must sprint around the wing cones. • Encourage the two defenders to sprint around the cones and double team the 1 offensive player to get the ball back. • Encourage the 1 defender off the steal or rebound to get the ball around the cone and take it hard to the basket before the wings are able to double team. • If the two defenders make a stop all three go around the cones again and try to get the score on the 2-on-1. Note: if the 2 defenders make the stop they have to go around the wing cones and the 1 offensive player must run around the 1 cone in the middle and play defence again.
BASKETBALL SHOOTING GAME (GOLDEN CHILD FOR MINI-BALLERS)	Game description • All players are split up into two teams. • Team A- all have a basketball in a single file line around the dotted line of the keyway. • Team B- lines up in a single file line at the corner of the end of the court. • When the coach says go the first player in line B starts running around the half court. The first player in line A starts shooting. If the player in the shooting line makes the shot the whole group in the shooting line shouts stop and the player has to stop. If none of the players in the shooting line make a shot from the middle line and the player runs around the court and makes it back to the corner the team in line B gets a point. If the player stops then the next

	• player in line B runs and does the same as the first player in. • When all players have stop and there is 1 player left this is the Golden Child. The player tags all players that have stopped and all players must make it back to home start area before the team shooting hits a shot. • Both teams change and the game begins again.
DOG-N-BONE (LAYUP GAME) **(BOTH GROUPS)**	Game Objective • The coach splits the teams up evenly and are given numbers for the game according to how many players are on each team. • The coach has 2 basketballs in the middle of the floor. • Both teams are on the sidelines of the court. • The Coach calls out the of each player from the teams. • Both players run out, grab the ball and dribble to make a layup. • The first player to make the layup scores a point for their team. • The game continues with the coach calling out a different number until all players have had a turn. • The team with the most baskets wins the game.
KNOCK OUT **(SHOOTING GAME FOR OLDER AGE GROUP)**	Game Objective • All players make a single file line at the freethrow line. • The first two players have the basketball. • First player takes a jumpshot from the freethrow line. If the first player makes the shot then he passes to the third person in line. • If the first person doesn't make the shot the he must grab the rebound and make a basket before the second person in line shoots and makes the basket. If the second person makes the freethrow line shot or grabs the rebound and makes a basket before player 1 then player 1 is out. • If player 1 makes the basket and

	passes to player three in line the games continues the same as the first two shooters. • The game is finished when all players are eliminated and there is 1 shooter left.
CONE GAME **(SHOOTING GAME FOR ALL AGES)**	Game Objective • All players make a line side by side at either the freethrow line or inside the keyway depending on the age group. • The coach lines cones up above the 3 point line in a row. If there are 8 shooters the coach has 7 cones. If there are 6 shooters the coach lines up 6 cones. So the coach has 1 less cone than there are shooters. • When the coach blows the whistle or signals go all shooters shoot from the designated spot. • If the players make a basket they rebound their ball, sprint to the cones, pick up the cone and wait next to the coach. • For the players that miss they must rebound the ball and go back to the designated line to shoot another shot until they make the shot. • The game moves forward when the last person makes the basket and the player who didn't make a shot is eliminated. • Now there is one less shooter and the coach places the cones less one cone at the same spot and the game repeats. • The game is one when there are two shooters left like and the first person who makes a basket wins.