



Additional Basketball Drills

Circle Passing

One team can play against the other, but at opposite ends of the floor. A lower ability team may pass the ball in and out of the circle in a particular direction. Coach counts the number of passes in 60 seconds. This activity is fun and can go faster as skill increases. It adds movement to passing that is more game-like.

1. Coach divides group into teams of four, five or six.
2. Each team takes a position around one of the circles.
3. One person from each team goes to the middle of that team's circle.
4. A person on the outside of the circle starts with the ball. The ball is passed to the person in the middle. The passer follows the pass, moving into the middle.
5. The person in the middle passes to a teammate on the outside of the circle, follows his/her pass and takes that person's place.
6. The circle passing and moving continues for a prescribed number of passes (25) or a prescribed amount of time (60 seconds).
7. If the ball goes out of control or out of play, it always begins with a person on the outside of the circle.

Key Words

- Face Your Teammate Before You Pass
- "Hands Up" – Give A Target
- Follow Your Pass

Full Court Double Post Lay-up Drill

This is a continuous drill that lasts 2-3 minutes. It emphasizes passing and receiving on the move, taking a controlled lay-up or jump-stop lay-up and conditioning. Change posts every 60 seconds. Count the baskets made at each end. Do this drill periodically. It is the team against a goal, setting a personal best team mark.

1. Four "posts" take positions at the corners where the free-throw lines meet the lane lines.
2. Half the team lines up under one basket; the other half lines up under the opposite basket.
3. Moving counterclockwise will emphasize right-handed lay-ups.
4. The first person under each basket begins by passing (out letting) the ball to the post ahead.
5. After the pass, each continues up that sideline and receives a return pass from the post.
6. The athlete dribbles to the half court, passes to the next post and continues up sideline.
7. Once the athlete reaches the free-throw line extended, he/she cuts toward the basket.
8. The post bounce-passes the ball just in front so that the athlete can shoot a lay-up without dribbling.
9. The first person under the basket rebounds the ball and passes to the post on the other side, continuing the activity up court.

Key Words

- Grab The Ball
- Move Under Control
- Hands Up

NOTE: For more Drills refer to the Full Basketball Coaching Guide at www.specialolympics.org



The Give-and-Go

The give-and-go is one of the most important team skills. An athlete learns to recognize and work with a teammate where the ultimate goal is scoring. An athlete passes the ball to a teammate who has moved to get open. The passer cuts to the basket for a return pass. This skill assists athletes in making the transition from skills to game play. The skill does not exist in isolation; it is incorporated into offense and team play.

Teaching the Concept

1. Review the bounce pass.
2. Teach the V-cut. The athlete takes one step to the basket, plants that outside foot, turns his/her hips toward the teammate with the ball and moves one or two steps toward the ball. The athlete receives the ball and attempts to score.
3. Practice receiving the pass and turning (pivoting) to face the basket. As the athlete pivots to face the basket, the athlete raises the ball to a position in front and to the shooting side of the body. The athlete is now in an effective position to pass, dribble or shoot. This position is called “triple threat.”
4. Perform the give-and-go without defense.
5. Perform the give-and-go against a passive defender on the receiver.
6. Perform the give-and-go against passive defenders one on the receiver and the other on the passer-cutter.
7. Perform the give-and-go against more active defense.

Key Words

- Go Get the Ball
- Bounce Pass to Teammate
- V-Cut

Mini-Basketball: Two-on-One (in the front court)

1. Teams are comprised of two athletes; team members wear same-colored scrimmage vests.
2. Attacking team plays with two on the court.
3. Defending team plays with one on the court and one off the court.
4. Offense must make at least one pass before shooting.
5. Defender protects basket but tries to steal ball.
6. If ball goes out of bounds, it counts as a possession and a turnover.
7. If offense shoots and gets rebound, play continues.
8. If defender gets the ball, play is over and ball is passed to coach.
9. Each team stays on offense or defense for three possessions.
10. On each possession, a new defender plays defense.
11. Each team plays offense and defense two to three times.
12. Offense scores two points for a score and one point for offensive rebound; defense scores one point each for a steal or a rebound.