**Milford Rec Basketball Drills and Skills Youth Development**

 4th – 6th Grade Boys & Girls

Weeks 1- 5 Prepared by Patrick Kelley

9:00 – 9:10 Stationary Dribbling – 30 each hand – Start in Triple Threat  • Pound Dribble – Right Hand. Emphasize dribbling at waist high.  • Pound Dribble – Left Hand. Emphasize dribbling at waist high.  • V Dribble (Cross Over)  • Low Taps – In a low, spread leg stance, tap- dribble the ball ankle high Ladder Dribbling  • Starting in Triple Threat -Ball in the right hand make 10 hard pound dribbles – V dribble to the left hand making 10 hard pound dribbles – V dribble back to the right for 9 hard pound dribble – V dribble to the left for 9 hard pound dribbles… etc... down to 1 each hand. Stepping down the ladder  • 3 sets – 1st set V-Dribble, 2nd set – between the legs, 3rd set – behind the back dribble

9:10 – 9:20  Across Court Moves • Across court moves will consist of dribbling across the court through a series of cones. The cones represent a defender. It is important to do a move before reaching the cone • All Cones will be in a straight line down the court • When players reach the opposite side line or baseline depending on which way you go, players will come to a jump stop and either front pivot or reverse pivot. • Players will always start from a Triple Threat position 1. Speed Dribble – On the right side of the cones, speed dribble down the court with their right hand, emphasize pushing the ball out in front of the body. Players will come to a jump stop and front pivot. Dribble back with the same hand. Once all groups have made a trip down and back with right hand. Repeat series with players using their left hand.  2. Hesitation Dribble – A hesitation dribble is a change of pace dribble, you begin with a speed dribble and once you are approaching a cone (Defender) you simply slow your pace down, raise your head and shoulders while taking a slow dribble, once this is done, you re-engage in a speed dribble to the next cone and repeat  3. Cross – Over – Starting on the right side of the line of cones, players will dribble attack the first cone, crossing the ball over to their left hand and continue to dribble on the left side of the cones until approaching the next cone where players will cross back over their right hand...etc  4. Between the Legs—Starting on the right side of the line of cones, players will dribble attack the first cone, players will stager hop into the cross over, when dribbling with right hand, left foot forward to allow for a smooth dribble between the legs... and vise versa when dribbling with the left hand.

9:20 – 9:30 Jump Stops – PIVOT WORK    
• Using the side line, players collect in lines with 1 basketball per line. The first player in each line will:  • take two dribbles (pushing the ball out in front of them) Using dominate hand; coming to a jump stop right in front of a coach.  • Enforce staying low through the pivot  • The player will reverse pivot and Allow for chest or bounce pass the ball back to the next player in line.   • Go through several times using Dominate hand, then switch to non dominate hand.  • Jump stop, step through, bounce pass to player behind the coach to the left and right

9:30 – 9:45 \*\*SPLIT GROUP INTO TWO HALVES – 4th & 5th STAY TOGETHER – 6TH STAY TOGETHER \*\*  Reverse pivot – 3 Step Lay Ups  • Reverse pivot – 3 Step 1 Dribble Lay up – Release to Outlet catch full court lay up at the other end • This would be completed on both sides   • \*\* START THIS WEEK 2 \*\* FIBA 1 on 1 – 2 lines under the hoop, 1 line with the basketballs, dribble out to 3 point line rounding a chair, dribble hand off to the playing rounding at the same time from opposite line, player taking possession of the basketball will attempt a contested layup from the player that just gave the handoff.    
Partner Passing  • Using two lines at the baseline, just under the free throw lines, 1 basketball • While using a defensive lateral slide, pass the ball to your partner while calling out their name • The group of two will slide down the middle of the court while making a chest pass  • After all groups have made a trip down, the groups will return doing the same type of pass • After a down and back has been completed, Switch to a bounce pass and complete the same process

9:45 – 9:55 3 Person Weave

9:55 – 9:45 WATER BREAK

9:45 -- 10:00 Review 3 on 3  • One Player on top of the key, 2 players on the wings • 3 defenders, player on the ball players head up, wing defenders play in the gaps using a good deny hand, (hand closest to the ball) One foot inside the passing lane.    
• Offense will learn to pass the ball to either player and cut to the basket looking for a pass.  • Offense will learn to dribble at either wing forcing them to either make a basket cut or set a ball screen.  • Engage two – Using the dribble, penetrate the gap, forcing two defenders to have to pinch together, allowing an offensive player to become open

10:00 – 11:00  PLAY BASKETBALL