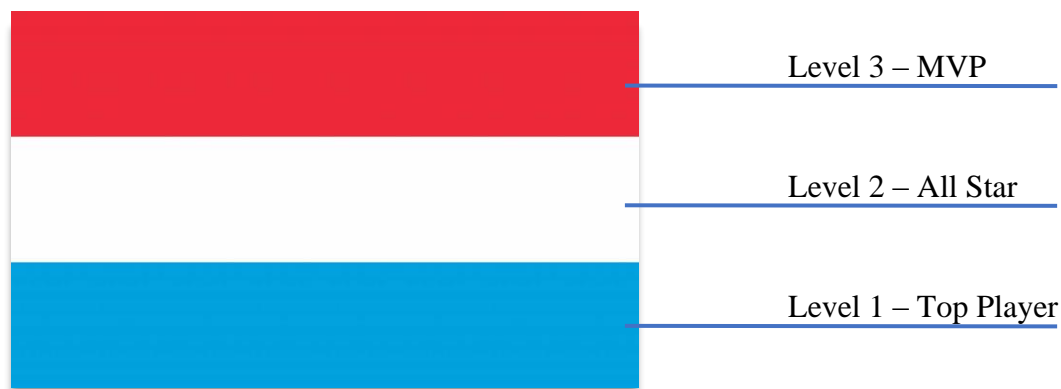


BASKETBALL SKILLS DRILLS

The goal of this initiative is to help teach the kids some basketball fundamentals (dribbling, shooting, speed/coordination) and to motivate them to improve in those.

So, we developed an individual skills challenge where each kid can make their way through three levels (where Level 3 is the highest). The reach of each level will be awarded by a t-shirt in the respective colour of the level.



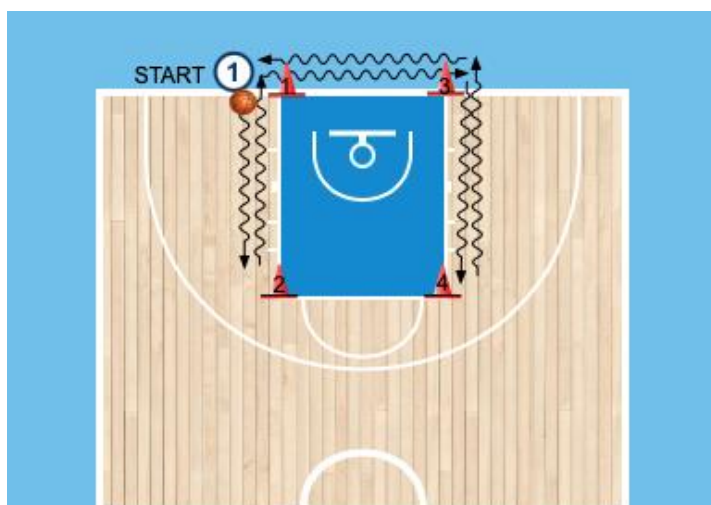
This challenge will be organised at different occasions in the future, so that the kids can work their way to the top.

Below you will find the description of the four drills focusing on the skills mentioned above. Each drill will also be illustrated in a video, so the kids can exercise it.

We fixed a goal for each drill and each level. You find these number below each drill.

The player has to attain three out of the four goals of the respective level in order to get the overall level award.

Drill 1: Dribbling (see also video)



- Player starts at position 1
- He/she dribbles, dribbling with the right hand to cone ②.
- He/she back pedals, dribbling with the right hand, to cone ①
- Crossover to the left hand
- He/she slides to cone ③, dribbling with the left hand.
- He/she follows then to cone ④, dribbling with the left hand.
- He/she back pedals back to cone ③, dribbling with the left

hand.

- Crossover to the right hand.
- He/ she slides to cone ①, dribbling with the right hand.
- He/she goes then for a second round.
- **Stop the time, the player needs to complete the two rounds.**

Individual Target:

BOYS

Level 1 (Blue): 29 sec

Level 2: (White): 28 sec

Level 3 (Red): 26 sec

GIRLS

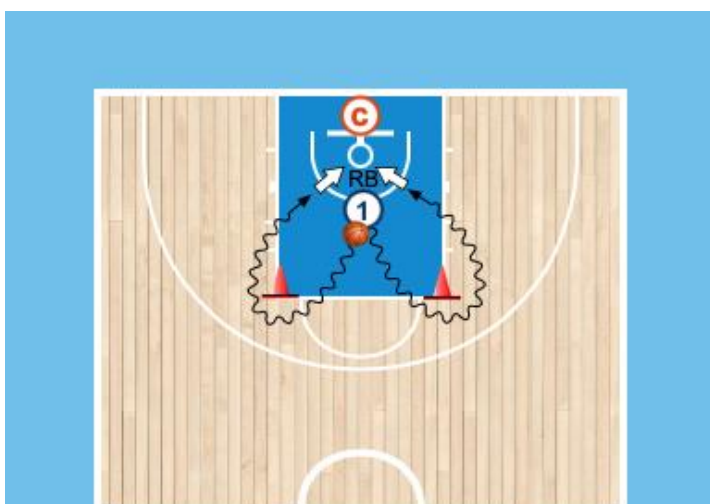
Level 1 (Blue): 31 sec

Level 2: (White): 30 sec

Level 3 (Red): 28 sec

Drill 2: Lay Ups (see also video)

- Player starts at position 1



- He/she dribbles first to the cone on the right side; goes around the cone (from inside to outside); then makes a lay-up from the right side, using the right hand.
- After the rebound, the player dribbles around the cone on the left side and makes a left lay-up, using the left hand.
- **Count the makes for a (1) minute.**

Individual Target:

BOYS

Level 1 (Blue): 9 makes

Level 2: (White): 10 makes

Level 3 (Red): 11 makes

GIRLS

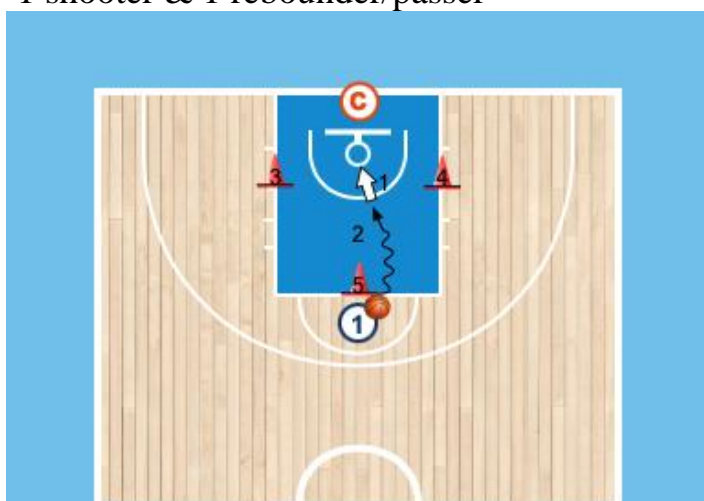
Level 1 (Blue): 8 makes

Level 2: (White): 9 makes

Level 3 (Red): 10 makes

Drill 3: Shooting (see also video)

1 shooter & 1 rebounder/passer



- The player starts at position 1
- First shot is a lay-up.
- After this attempt, he/she runs around the cone and steps in the 3 zone for 2nd shot.
- After the shot, he/she runs to cone ③ for the third shot, then cone ④ for fourth shot and finally cone ⑤ for fifth shot.
- One attempt per position and then he/she goes on

- **Count the makes for a (1) minute.**

Points: 1st position (lay-up) = 1 point, 2nd position=1 point; 3rd position=2points; 4th Position=2 points; 5th position = 2 points.

Individual Target:

BOYS

Level 1 (Blue): 17 points

Level 2: (White): 19 points

Level 3 (Red): 21 points

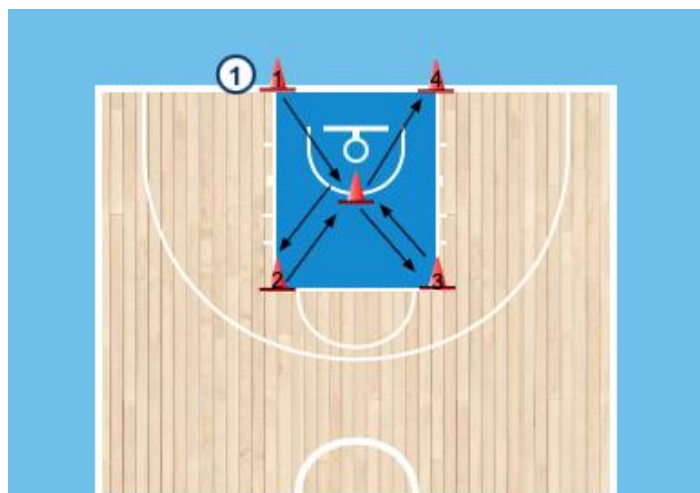
GIRLS

Level 1 (Blue): 13 points

Level 2: (White): 15 points

Level 3 (Red): 17 points

Drill 4: Speed/ Agility (see also video)



- The player starts at cone ①
- He/she sprints to the middle cone (touches it with hand), then cone ② - middle – cone ③ - middle – cone ④.
- From cone ④, he/she will go straight back to the middle – cone ③ - middle - cone ② - middle - cone ①.
- **Stop the time for the round.**

Individual Target:

BOYS

Level 1 (Blue): 14 sec

Level 2: (White): 13 sec

Level 3 (Red): 12 sec

GIRLS

Level 1 (Blue): 15 sec

Level 2: (White): 14 sec

Level 3 (Red): 13 sec