

Examples of Training Drills on Air

Shooting

Drill #1

Mikan Drill:

The Mikan Drill is a great warm up drill for players who would like to practice their shooting around the basket. The player will stand to one side of the basket slightly inside of the block facing the baseline. Once they begin, the player will jump and power the ball up for a lay up (make sure to use the backboard). As soon as the player lands, they jump back up and rebound the ball out of the net. When you grab the ball, keep it above your head. The jump should transition the player to the other side of the basket. If the player begins to shoot on the right side, their jump should take them to the left side. Continue the process side to side working on your left and right hands.

Drill #2

10 for 2 Shooting Drill:

This game like drill is a great for players of all ages to do when practicing by themselves. The player will shoot from the foul line and try to make 10 shots without missing 2 shots in a row. If you miss 2 shots in a row, you must get your third shot in to continue with the number where you left off. All the shots are with the player spinning themselves a pass (rhythm shooting).

Drill #3

Ray Allen Shooting Drill:

The Ray Allen shooting drills is a great drill that you can use for shooting warm up or end the workout in a fun, competitive manner.

There are 5 lines. From each line, there are 5 spots. This is approximately the distance on each shot:

- Spot 1 – 2 Feet away from the hoop
- Spot 2 – 4 Feet away from the hoop
- Spot 3 – 8 Feet away from the hoop
- Spot 4 – 16 Feet away from the hoop
- Spot 5 – 3-point line

The player will begin under the hoop and make a shoot. Once they made the first shot under the hoop, they move to spot #2. Whenever the player makes a shot, they move to the next spot. Once they are able to make from all 5 spots, they start over in the next line (at spot #1). The player continues to move until they miss 2 shoots in a row.

Dribbling

Drill#1

Figure 8 No Dribble Drill:

The figure 8 no dribble basketball drill is designed to help strengthen the player's hands for dribbling and catching the basketball. The player will start with their feet spread laterally apart, and with a basketball in their right hand. Have the player take the basketball and put it between their legs to their left hand. Now bring the ball back around in front, and then pass it between their legs again to your right hand. Continue this figure 8 pattern for 20-30 seconds, and then switch directions to go reverse between the legs for 20-30 seconds.

Drill #2

Crack The Floor Ball Handling Drill:

This drill is a great drill that helps players learn how to “pound the basketball”. The player will begin dribbling the basketball as hard and as fast as they can for 30 seconds. Once the time has passed, have the players switch hands. They will do this for 5 minutes’ total.

Drill#3

Between the Leg Ball Handling Drill:

The player will start with the ball in their right hand and dribble the ball between their legs to their left hand. Alternate their legs, and then dribble the ball back between their legs to their right hand. Have the player continue this pattern back and forth as quickly as they can for 30 seconds.

Footwork

Drill#1

Dribble, Pivot, Shot Drill:

The player starts out with ball on the baseline. The player then takes 2-3 explosive dribbles with either hand towards the foul line. Once the player has taken the 2-3 dribbles, have them come to a jump-stop (over exaggerate jump-stop). The player then pivots 180 degrees towards the basket. Once square to the basket, the player takes a jump-shot.

Drill#2

Drop Step Layup Drill:

The player starts out with the ball on the baseline. The player then dribbles towards the foul line. Once at the foul line the player jump stops and drop steps with the outside leg. Once the ball is in the outside hand they dribble towards the basket for a layup.

Drill#3

Sweep and Go Drill:

Place a chair on the perimeter. The chair should be at an angle, so the side of the chair is square to the basket with the front of the chair facing towards the player. The player starts the top of the key.

The player runs towards the chair and jump stops and pivots at the chair while picking up the basketball. Once the ball is in the player hand, he sweeps towards the basket dribbling with his outside hand towards the basket for a layup. (Can be modified to use without a chair)