

Practice Makes Perfect – Six Drills

40 Free Throws

Shoot 40 free throws in a row. You don't need to make every one, just try your best. Keep track of how many you make and try to beat that number the next time out. If you can't shoot from the regulation 15 foot free-throw line, just stand as close as you need to and eventually work your way back. Remember kids...Practice Makes Perfect!

Defensive Slide Drill

You can perform this drill with a partner or by yourself. Start by getting yourself in a defensive stance. While keeping your back straight and your butt out a little bit, bend your knees to get your body a little bit lower. Don't lean forward too much, and keep your hands out at waist level to try and swipe the ball.

From your defensive stance, slide your feet across first to the left about 5-8 steps, then to the right 5-8 more steps. It is important not to cross your feet. When you move left, bring your right foot to your left foot, then move your left foot out to the left, without crossing your feet. Try doing this drill from left to right 10-15 times. If you have a partner, have your partner mirror you while dribbling a ball, and don't let them get around you.

Dribbling for Five Minutes

Dribble a basketball for five minutes without letting it stop. You can use your left hand, right hand, or alternate between the two. Start by standing still and then walk or run as you dribble. As you get better you can challenge yourself by dribbling between your legs or behind your back. This isn't required though...just keep the ball moving. Remember kids...Practice Makes Perfect!

Opposite Hand Layups

Shoot 25 layups with your opposite hand. (Your left hand if you are right-handed or your right hand if you are left-handed.) You can dribble toward the hoop at any speed you are comfortable with. You don't have to make all 25, but with a little practice you should be able to make most of them. Remember kids...Practice Makes Perfect!

Pass and Go Circle

You'll need at least five friends or teammates to perform this drill. Start by forming a circle about 12 feet wide, with one person in the center. One player in the outer circle passes the ball to the center person, and immediately runs into the center of the circle. When the person in the center catches the ball, they pass it on to the next person in the circle, then runs out to replace the first player in the outside of the circle. Keep going around using chest passes, and never let the ball touch the ground.

Start with a goal of completing 50 passes from the middle to the outside of the circle without dropping the ball. Have everyone count out loud, and start over if the ball hits the ground. Once you hit 50, try again for 75, 100, and so on.

Rebounding Tip Drill

Start with 3 or more players, and line up in a single file line, just inside the free throw line. The first player in line throws the ball off the backboard and runs to the back of the line. The next player in line jumps and tips the ball off the backboard while in the air. The next player in line does the same, as the second player returns to the back of the line.

Try to keep this going as long as possible without the ball hitting the ground. Also, try this from both sides of the basket, and change your angle to improve your rebounding and timing skills.