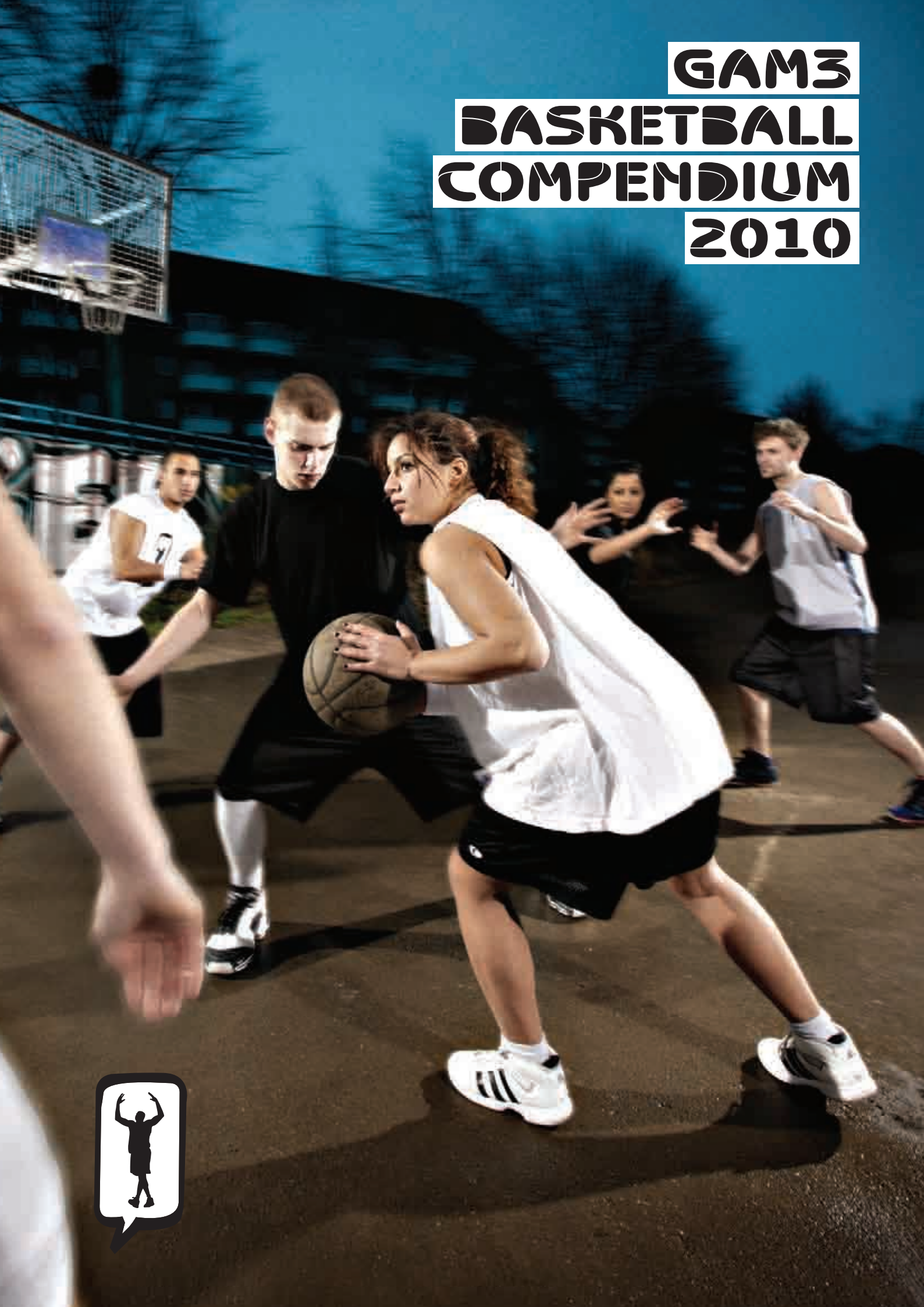


GAM3
BASKETBALL
COMPENDIUM
2010



GAM3 BASKETBALL COMPENDIUM 2010

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Warm-Up Drills

1-on-1 Catch
Ball Scramble
Cat And Mouse
Center Line Pull
Clothespins Tag
Collectors
First To The Circle
Follow The Leader
Imagine
Keep It Bouncing
Pairs Chase
Physical Development
Raptor
Shark
Snake Game
Tag Games
Tag In The Freezer
Speed Dribble
Keep on Bouncing
Circle Snake

Development Drills

11-Man Fast Break
3-Spot Shooting
Around The Globe
B-Ball Drag Race
Back Up
Blind Man Trust
Bobby Lewis
Circle Ball & Trust Ball
Coba
Daily Challenge
Dribble Relays
H.O.R.S.E
Heads Up
High Fives
Jump Stop Drill
Jumpers
Line Drill
Mirror
Observe And React
Panic Ball
Pass'n Shoot
Passing Star
Pressure Lay-Ups
Quick Thinking
Ram Shots
Sitting Chair
Speedster
Stick In The Middle
Sweet 15
The Very Best Of Rebound Drills
Theif
Trust Your Teammates
Vicious Circle
Jump as High as you can
Play to score
Unbeatable

Game Drills

American Football
Anarchy
Bring Me Your ...
Divide
Free For All
Guard The Nest
Knockout
Paint Buster
Play The Line
Push'n Protect
Steal The Star
Tic Tac Toe
Walking Basketball
Be Cool
United
Footfire

“GAM3’s vision is to make urban sports and urban culture available to everyone in order to empower youth and prevent conflict and marginalization on a local and global level.”



Welcome on board the GAM3 Coaching Team!

What you have before you is a special selection of basketball drills intended to help you get the most out of your time as a coach in GAM3. By signing up as a coach in GAM3 you have already taken the first important step towards making a difference in a less fortunate basketball players life.

As a GAM3 Coach you will be tested by the street kids and the less convenient outdoor asphalt setting making it a challenge at times to keep the players' focus. But if you manage to steer clear of the first few potential conflicts you will quickly come to find that it is all worth it. You will be looked upon as a role model with genuine interest in the lives of the kids and slowly earn their respect. And if the compendium is put to use wisely you will not only get your participants engaged in a more healthy and active life style, you will also create empowerment among the participants and prevent conflict and marginalization along the way.

The compendium is first and foremost a set of 65 handpicked basketball drills developed for the weekly street level practices in disadvantaged communities. But it also introduces a new approach to the field of Sport for Peace and Development with its strong focus on how to stimulate the social and cultural skills among the participants.

From the first brainstorm to the final publication the task has been to transform the ambitious vision of preventing conflict and marginalization in the neighborhoods where GAM3 works into a concrete set of drills that will help fulfill the vision in a comprehensive and effective way. By introducing three levels of empowerment and a corresponding set of training themes the compendium has been designed in a flexible way to easily target your local challenges may it be trust building, leadership development, democracy understanding or just to get ideas and inspiration for the next practice. On top of this a Season and Practice Planner has been developed as supportive tools in order to help structure the season and the many practices.

Our hope is that this compendium will be both inspiring and supportive in your effort to bring us closer to our shared vision. Let's take it to the streets!

Simon Prahm
Co-Founder and Managing Director



**I hear and I forget.
I see and I remember.
I do and I understand.**
Chinese Proverb



GAM3

APPROACH



EMPOWERMENT LEVELS

Sport is essential for young people's development because it promotes physical and mental health, and creates valuable social relations. Sport is an arena for play, participation and self-discovery, and it is especially important for young people with few opportunities to engage in meaningful activities. Sport is an alternative to drug abuse and crime, and the encouragement of physical activity through sport in schools can furthermore lead to better academic results.

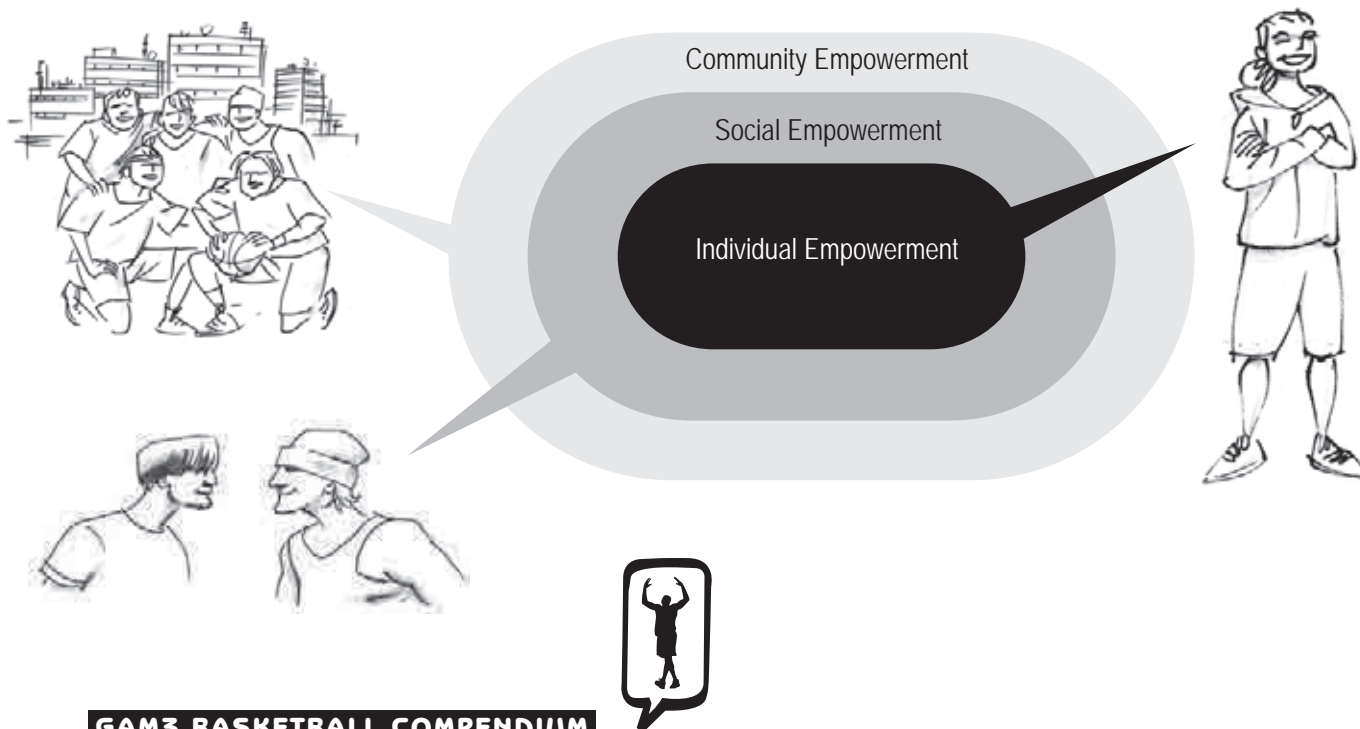
Additionally, successful sports programs can promote social integration, dialogue and tolerance, and create an opportunity for young people to learn and practice democratic principles. Many of the values related to sport are significant to conflict resolution and reconciliation. Well-organized, fun and engaging sports activities can teach children and young people respect, honesty, sympathy, the importance of having rules, as well as improve the ability of the players to communicate and cooperate. These skills and values are essential in conflict resolution and reconciliation.

Achieving social development in countries and communities marked by conflict or marginalization requires, among other things, a strong civil society that provides solid, secure and fair living conditions. Sport can contribute to the strengthening of a society from below because voluntary sports activities bring people together, and hereby strengthen social capital, trust, and shared values.

EMPOWERMENT LEVELS

To assist the children and young people in overcoming the different challenges and problems in their communities, GAM3 has developed a training strategy, which operates on three different levels of empowerment. In this connection, empowerment is understood as the process of increasing the children and young peoples personal and interpersonal social and cultural skills, as well as their capabilities to make solid choices. Furthermore it is the process of transforming these choices into desired actions and results which will improve their living conditions and in the long term initiate changes in the societal structures.

The three Empowerment Levels are:

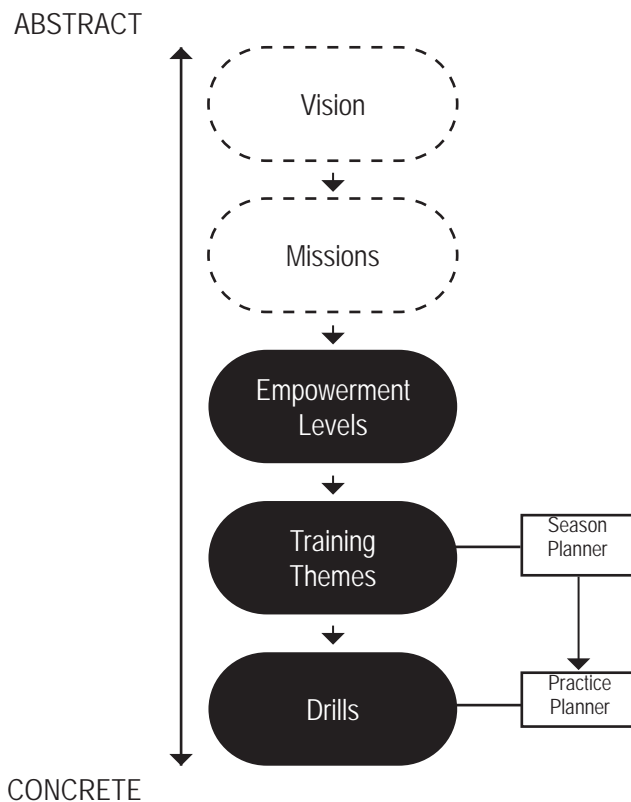


Each level consists of a number of Training Themes and each theme is promoted by a set of basketball drills. These drills are intended to educate and develop both the individual player and the group.

In the following section the objectives of each Empowerment Level are briefly explained. The purpose of the Training Themes related to the different Empowerment Levels are also shortly described.

<p>The Individual Level</p> <ul style="list-style-type: none"> • Physical Consciousness • Creativity • Leadership • Self-Confidence/ Achievement • Stress Management 	<p>Social Level</p> <ul style="list-style-type: none"> • Trust • Fairplay • Respect • Teamwork • Communication 	<p>Community Level</p> <ul style="list-style-type: none"> • Identity • Curiosity and Reflection • Conflict Prevention and Reconciliation • Democracy • Partnership
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GAM3 COMPENDIUM STRUCTURE



The illustration shows how the vision of GAM3 is transformed into the Empowerment Levels and related Training Themes, which are then transformed into the concrete basketball drills to be implemented and used on the court. The aim of the Season and Practice Planner is to link between the Training Themes and the Drills and to help the coach make a structured plan for the practices.



TRAINING THEMES

1) INDIVIDUAL EMPOWERMENT LEVEL

THE PURPOSE OF THE INDIVIDUAL EMPOWERMENT LEVEL IS TO CREATE POSITIVE SELF-IMAGES, IMPROVE CONFIDENCE AND, FINALLY, SUPPORT THE DEVELOPMENT OF A HEALTHY CHARACTER. INDIVIDUAL EMPOWERMENT ENTAILS DEVELOPING AND IMPROVING SEVERAL IMPORTANT LIFE SKILLS. GAM3 HAS CHOSEN TO FOCUS ON THE FOLLOWING;

Training Theme: Physical Consciousness: To be conscious about how your body works. To learn and experience how your body reacts in different situations and become familiar with your physical limits and strengths in terms of speed, agility and endurance.

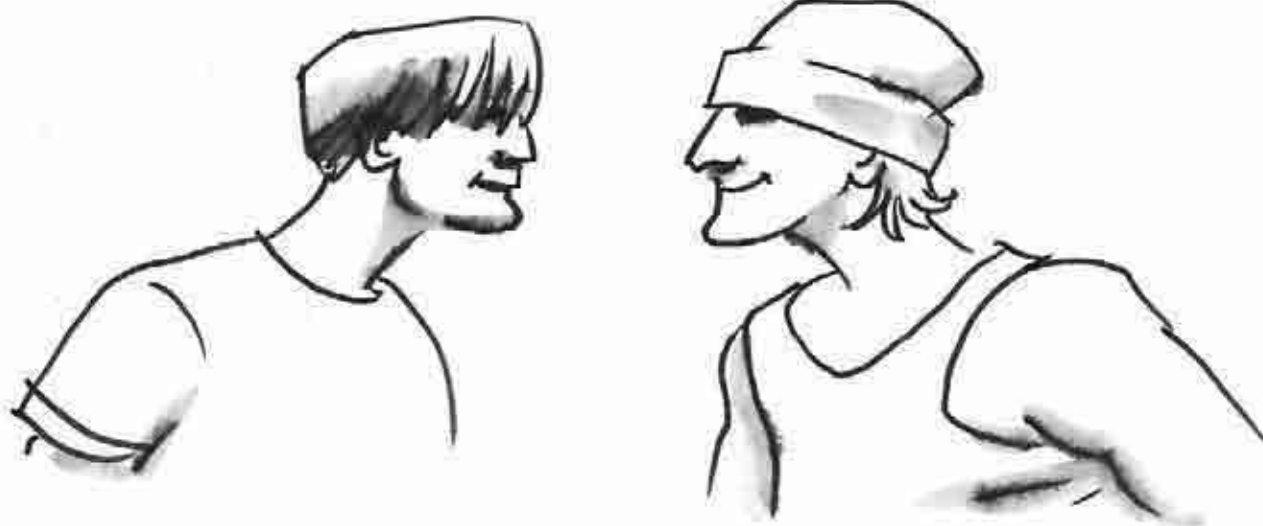
Training Theme: Creativity: Creativity is the ability to create, to make or bring into existence something new by using your imagination. The drills encourage the players to experiment with traditional drills. And use their imagination.

Training Theme: Leadership: Youth leadership is a process of gaining an ability to positively guide and influence the opinion and behavior of your peers in addition leaders must demonstrate the initiative to make a change. Furthermore, youth leadership will promote the ability of the players to understand their own strengths and weaknesses, set personal goals and have the self-esteem to carry them out. It includes the ability to identify and take advantage of opportunities, to establish support networks, to participate in community life and to create positive social change.

Training Theme: Self-Confidence/Achievement: The drills aim to strengthen the individuals' self-confidence through recognition from peers and especially from positive role models like the coaches and volunteers. Using competitive drills, children and young people can experience success and achievement on several levels; by competing against themselves the players will experience an improvement in their basketball skills. This personal progress can be visualized and further promoted by making schemes keeping track of scores made during certain drills. In this sense, competition can motivate the players to set individual goals and in achieving these. A sense of achievement directly increases self-esteem. Thus, competition, when applied in the right manner, is a strong tool in creating a positive self-image, which helps accepting others as well.

Training Theme: Stress Management: The self-control to cope with difficult circumstances without becoming annoyed or angry is a valuable skill in both basketball and life. Stress management drills encourage the player to overcome or endure a difficult situation, either through patience or by looking at the problem in a new way.





2) SOCIAL EMPOWERMENT LEVEL

SOCIAL EMPOWERMENT IS THE ABILITY OF A GROUP TO ENTER INTERACTION AND COLLABORATION BASED ON TRUST, MUTUAL RESPECT, INTEGRITY, AND TEAMWORK. THROUGH SPECIALLY DEVELOPED DRILLS AND EXERCISES GAM3 COACHES & VOLUNTEERS CAN PROVIDE THE OPPORTUNITIES AND RESOURCES NEEDED AND SUPPORT THE PARTICIPANTS TO LIFT COMMON GOALS AND CHALLENGES AND HAVE HEALTHY SOCIAL INTERACTIONS.

Training Theme: Trust: To encourage mutual respect between the different players. A trust that goes beyond the basketball court and into the everyday lives of the players. These drills stimulate trust and eliminate prejudice between children and young people with different backgrounds.

Training Theme: Fairplay: Integrity, fairness and respect. These drills teach the players to respect the given rules, the officials and especially the opponents. Though GAM3 stimulates learning through competition, winning cannot come at all costs. All players must be provided an equal chance to develop and further challenge their skills. The drills show success as scoring and good performance, within the framework of dignity and integrity.

Training Theme: Respect: This training theme encompasses and emphasizes the social empowerment level. Respect means honoring others and acting in a way that demonstrates that. Treating one's teammates, coach or referee with respect is an important lesson taught by these drills. The main idea is that players learn that in order to get respect first they have to give it to others.

Training Theme: Teamwork: Co-operation across gender, age and ethnicity. The drills illustrate the benefits of working together. Players will experience achievement and excitement when working as a team. In this way, the players learn how everybody has useful qualities in a team, when each player is given an equal opportunity to contribute to a common goal.



Trainig Theme:Communication: Communication is a two-way process that requires both a communication skills and listening skills. Effective communication can help small groups achieve a goal, like a backdoor pass, and it can also help people understand each other. Drills challenge players to communicate efficiently and with alternative techniques, like hand signals or eye contact. Players learn the importance of communication in almost all aspects of group play and interactions with others.





3) COMMUNITY EMPOWERMENT

EMPOWERMENT AT THE COMMUNITY LEVEL IS ACCENTUATED BY THE ATMOSPHERE OF ENCOURAGEMENT, CURIOSITY AND REFLECTION CREATED AT THE GAM3 PRACTICES, AND BY EMPHASIZING THE ASPECT OF EQUALITY AMONG THE PARTICIPANTS IN RELATION TO i.e. DIFFERENCES IN ETHNICITY, RELIGION, AGE AND GENDER. COMMUNITY EMPOWERMENT IS THEREFORE FIRST AND FOREMOST PROMOTED BY THE COACHES AND VOLUNTEERS IN THEIR PEDAGOGICAL APPROACH. AND BY BRINGING PARTICIPANTS OF DIFFERENT BACKGROUNDS TOGETHER ON THE COURT THIS APPROACH HELPS FACILITATE RELATION BUILDING ACROSS DIVIDES.

Training Theme: Identity: GAM3 and the coaches creates a comfortable and secure framework for the personal development of the players and provide symbols i.e. street-culture, events, music, logo etc.

Training Theme: Curiosity and Reflection: GAM3 encourages the players to develop curiosity and reflection. The drills consist of, among other things, free and open forums for discussions, where the players are encouraged to reflect on existing conditions and the possibilities of changing these.

Training Theme: Conflict Prevention and Reconciliation: The aim of conflict prevention is to avoid the violent escalation of a disagreement. GAM3 promotes identity and solidarity among communities and strives to prepare the players to become involved and integrated into society. Furthermore, the activities are aimed at supporting and facilitating interaction and dialogue between communities, people and cultures in an open or suppressed conflict situation. The objective of GAM3 is to counter conflict situations, and provide a forum for children and young people affected by conflict or alike, which contributes to a reduction of aggression and tensions.



Understanding and handling aggression are important social skills. In basketball aggression is highly visible and must be dealt with. The approach promote the control of aggression by recognizing it, regulating it and channeling it. Thus, the strength is intended to disarm prejudice and stigmas and instead foster respect and solidarity.

Training Theme: Democracy: Coaching basic social values such as equality, tolerance, teamwork, fairness as well as dealing constructively with conflicts, contribute to a culture based on peaceful values and also influence and strengthen civil structures. GAM3 believes that basketball can provide a training ground for democracy by fostering democratic values.

Training Theme: Partnership: Working closely with someone on a task and sharing the success or failure of that endeavor is part of adult life. Achieving a successful partnership is one of the hardest things to do, but it is also one of the most rewarding. These drills help players apply their communication, creativity, respect and leadership skills to create a successful partnership. Wether they win or lose the rewards of a partnership should be apparent through these drills.



The following drills are to provide enough material for an entire GAM3 season with sufficient progression – rise in difficulty and also enough drills for you to introduce new and fun drills at almost every practice. However these drills are not the magic recipes. They depend on at least two key elements. First of all, always keep in mind that the players usually mirror both the good and bad habits of the coach. Remember that at all times while wearing GAM3 clothes and being at official GAM3 Zones, you represent a role model. Change makers always set the good example first and show the way. “Don’t show your skills, use your skills”, should be one of the things that the players pick up from being around you.

Secondly, you as a coach must never rely solely on this material. The success of the practices and the overall impact on the players’ ability to bring about positive social change depends on your efforts of adapting your drills to your specific and unique group. In this regard it is extremely important that you think out of the box and develop the existing material with your own ideas.

The following four components should be regarded as a good place to start when modifying or constructing a new drill from the existing drills in the compendium.

Time: By adding time as an extra factor to a drill or game it is possible to increase the intensity, external pressure.

Scores: By adding scores to a drill it is possible to change the drill into a competition.

Materials: Try adding extra balls, cones, hoops etc.

Area: Try increasing or reducing the area of play.

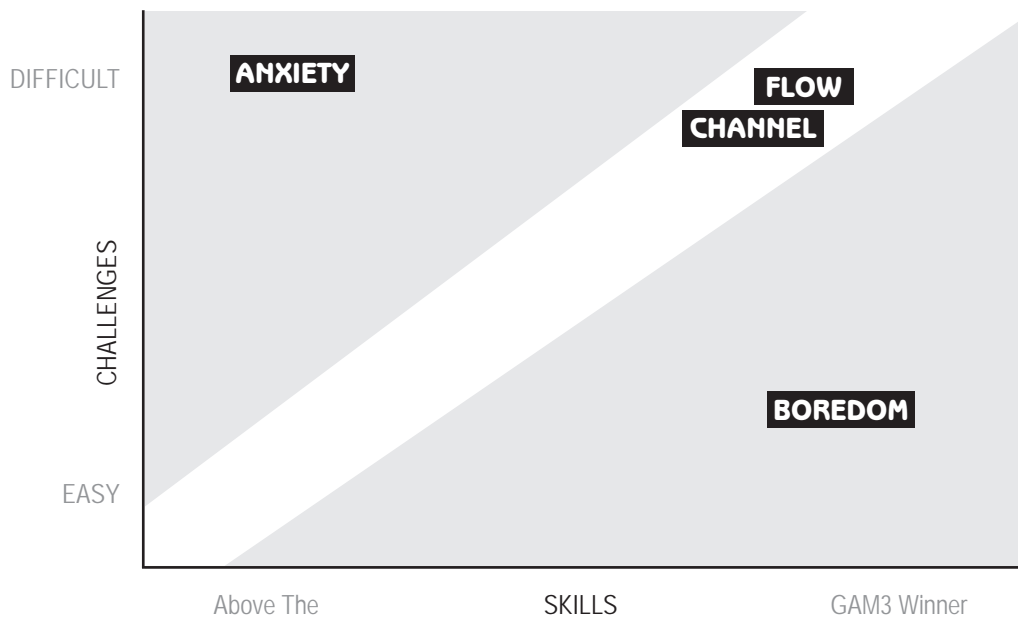
FLOW

When preparing, conducting and modifying drills try to work within the framework of Flow. Flow is a certain inner feeling in which the players will not be bored. Avoid that the drill is too simple or has been conducted too many times. Flow is achieved when the players are challenged with just enough difficulty so that they by making an effort can improve their game. If the drill is too difficult the players will lose interest and develop a negative attitude (anxiety), not wanting to participate and often engaging in other activities.

BE A ROLE MODEL

The job of a GAM3 coach is NOT to create a winning team; his/her job is to create winners in life, and the best way to do that is to be a good example. Players learn more than just how to dribble at practice; they follow the lead of their coach in both action and word. When a coach treats everyone with respect, their players will follow, and when a coach disrespects others the players will also follow.





Finally, it is key that in order for you to keep the player's attention and motivation in a difficult and challenging game like basketball, you must at all times make sure that you minimize 'the dead time' to as close to zero as possible. A good rule of thumb could be that no one must stand in a queue or line for more than 20 consecutive seconds.

BASKETBALL FUNDAMENTALS

In disadvantaged communities children and young people may have no or only little experience with sports. It is therefore important to include fundamental basketball skills and basic physical conditioning in the season plan. This also serves to minimize the risk of injuries. Furthermore, the coach must try to make each player feel comfortable and understand his or her own body. This is most easily achieved by conducting drills and exercises which stimulate and develop basic motor skills.

RECOGNITION - A POSITIVE ATTITUDE TOWARDS THE PLAYERS

Recognition and encouragement provide a positive environment for personal development. Recognition is a precondition for developing a positive sense of self. This calls for a genuine respect and accept of a person or a group, for the personalities they have and the actions they take. GAM3 seeks to create an environment which is free of humiliation and which promotes pride, self-confidence, self-respect and self-esteem. GAM3 Coaches are expected to give and encourage recognition. By conducting drills and formulating rules of conduct, the coaches will create a framework for the players building on agreements on behavior, mutual recognition between peers and encouragement and acknowledgement from the coaches and volunteers.



GAM3 has defined three levels of youth development in order to aid coaches in assessing the needs of their players and then choosing drills that address those needs. As children grow their skills, personality and their relationships change, hence, as a coach, it is important to adapt activities to your players. Below you will find a rough outline of the developmental stages you are likely to encounter with youth between 10 and 18 years old, as well as a level of developmental that can be a goal for all youth players.

LEVEL 1 – ABOVE THE NET

Youth aged 10-14

Development Needs:

- Young adult role model
- Develop personal learning and communication styles
- Leadership opportunities
- Fair rule enforcement
- Equal opportunities to all
- Encouragement for those who are “left out”

Team skills

- Learn through fun games
- Cut across the paint

LEVEL 2 – ABOVE THE RIM

Youth aged 15-17

Developmental Needs:

- Adult mentorship for those who may be making poor decisions
- Self confidence to resist peer pressure
- Understanding of the power of effective communication and understanding
- Opportunities to make real choices
- Forum for debate and reflection

Team skills

- 2-on-1 defense and offense
- 2-on-2 defense and offense
- Spacing (the idea of pass-cut-refill the open space)
- Defense (between man and ball (and basket), basic introduction to help)
- Know the rules (size of court, double dribble, travelling violations etc.)
- Basic game situations (in bounce, free throw etc.)



LEVEL 3 – GAM3 WINNER

Mature youth aged 10-18

Developmental Needs:

- Challenges and responsibilities to both peers and adults
- Leadership role among small groups of peers
- Support for confident decision making
- Caring for others
- Respect for authority and for those younger and weaker

Team skills

- Screening (down, back, pick and roll)
- Introduction to defense on screening – disregard ball and help side
- 3-on-3 offense and defense
- Defensive technique (split vision, help defense, deny)
- Block out (technique)
- Understanding of the different roles on the court and are able to play all positions





It is important to have realistic expectations about what can be achieved through sport. Sport is no guarantee for peace and development, nor is it a blueprint for solving major social problems. It is important to remember that sport, as a cultural phenomenon, imitates society and is just as complex and contradictory. This section outlines the most important risks to be aware of.

To give an example many sports involve competition and fighting, and the language of sport often emphasizes confrontation and conflict. Crime, corruption and discrimination can all be found in the world of sports, demonstrating that sport is not an activity disconnected from the rest of the society.

Thus, there are certain conditions that must be fulfilled as well as pitfalls to be avoided in order for sport to function as a positive force, for instance in conflict situations. GAM3 has identified the following risks in connection with its strategy and activities. It has been attempted to make the list as broad as possible, yet it must be kept in mind that new challenges are likely to arise when the program is implemented into different contexts.

EXCLUSION

GAM3's program is constituted within the urban culture. It has been pointed out that players who do not act out the cultural rules could be at risk of facing exclusion by other players. Following the principle of 'Sport for All' it is relevant to point out that an atmosphere of acceptance and openness should lead the activities. This puts high demand on the coaches' leadership and educational skills.

UNHEALTHY LIFESTYLE

Often attached to the notion of urban youth culture is an attitude of seeking challenges. This attitude is predominately a positive one, however, it can also influence players to seek out so-called anti-social behavior i.e. smoking, drug



abuse, crime. GAM3 has chosen to address this issue by promoting a healthy lifestyle. It is important for the coach to set an example and provide sufficient information concerning the connection between a healthy lifestyle and a person's physical performance. And mental well being.

PUBLIC SPACES

GAM3's activities take place in public spaces. However, GAM3 strives to work with and on the premises of all local authorities. Please note that playing in public spaces might require consideration.

HIERARCHY

It is important to pay attention to existing power structures. GAM3 Coaches must above all attempt to avoid a reproduction of gender roles and related behavior. GAM3's arena should be a place for all.

INJURIES

Prevent injuries at all times by using proper warm-up drills, check and secure the site for dangerous objects of any kind. Know basic first aid - the principles of RICE (Rest, Ice, Compression, Elevation). Know how and where to get help if necessary.



COACHING

TOOLS



GAM3 SEASON PLANNER

22

GAM3 SEASON PLANNER

The GAM3 Season Planner is a planning tool that can help you keep an overview of the development of your players throughout the season. It will also help you keep track of tournaments and training camps, in order for you to better prepare yourself and your players. Before practice each week think about what you want to achieve and write down all of your goals. By writing down your goals for each week you will double your chances of reaching them!

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When thinking about the development of your players refer to the "Player Level" section for ideas about the specific challenges and developmental goals for each age group. As you progress throughout the season read back through your goals to evaluate yourself and the improvement of your players... give your best every week and be proud of your accomplishments as both a coach and role model for your players!



GAM3 SEASON PLANNER



GAM3 ZONE: _____ AGE GROUP: _____

HEAD COACH: _____

Month:

Month:

Month:

Month:

Week 1
Divide youth into groups.
Are there too many on one day?
Training theme: ex: Self-confidence

Week #:
Training theme & fundamental:
Upcoming events
ex. Tournaments, camps...

Week #:
Training theme & fundamental:
Upcoming events
ex. Tournaments, camps...

Week #:
Training theme & fundamental:
Upcoming events
ex. Tournaments, camps...

Week 2
How are the levels in each group?
Upcoming events
ex. Tournaments, camps...

Week #:
Training theme & fundamental:
Upcoming events
ex. Tournaments, camps...

Week #:
Training theme & fundamental:
Upcoming events
ex. Tournaments, camps...

Week #:
Training theme & fundamental:
Upcoming events
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Week #:
Training theme & fundamental:
Upcoming events
ex. Tournaments, camps...

GAM3 PRACTICE PLANNER

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GAM3 PRACTICE PLANNER

The GAM3 Practice Planner is a further crystallization of the Season Planner. Prior to each practice you should fill out one of the Practice Planners. Include drills with the Training Themes and Basketball Fundamentals you have listed for the given week in the Season Planner.

Being part of GAM3 means that you as a coach are well prepared and therefore you must always have a plan to follow and when needed deviate from. Being well prepared will also earn you respect in the eyes of the kids and at the same time you will set a good example as a role model.

Always keep your used practice plans - they are good for both reminding you of drills that worked well and for remembering the feedback the players gave to you after practice.

GAM3 highly appreciates your efforts. We have tried our very best to minimize the administrative tasks of being a GAM3 Coach so you can concentrate on making a difference for the kids. Good luck with the season and remember that the rest of the GAM3 Staff is always ready to support you if needed. We are only one call away. If you have any questions whatsoever please do not hesitate to get in touch.

“Pep talk”

When a coach talks to his team before, during or after a big game he/she is pumping them up, getting them ready and motivating them to do their best. The coach's words can add depth and meaning to the game that players didn't realize was there. The same is true during GAM3 practices. Give your players a little talk during every practice about the training themes they are working on, the ways that life and basketball are similar, and how basketball can help improve their life off the court.

Topics should include:

- Talk about the practice they just did (basketball fundamentals and training themes)
- Talk about the next practice (what do you want to work on?)
- Talk about upcoming events (what are we getting ready for? Battles, Camp, GAM3 Finals...)



PRACTICE PLANNER



Location: _____

Date: _____

Coach Name: _____

Number of players: _____

Gender & Age: _____

Practice start time : end time :

Basketball Fundamentals	Warm-up Drills:	Fundamental	Theme	Timeframe	Theme
1) Ball Handling					<ul style="list-style-type: none"> • Physical Consciousness • Creativity • Leadership • Self-Confidence/ Achievement • Trust • Fair Play • Respect • Team Work • Identity • Curiosity and Reflection • Conflict prevention and reconciliation • Partnership • Democracy • Communication
2) Passing	Capacity Drills:	Fundamental	Theme	Timeframe	
3) Shooting					
4) Offence	GAM3 Drills:	Fundamental	Theme	Timeframe	
5) Defence					
Evaluation of Practice:					
Feedback and reflections from players:					
Suggestions for improvement (players, coaches & volunteers):					

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- GAM3 – Urban Sports Organization – <http://www.GAM3.dk>
- GES – Global Education through Sport – www.globaledusport.org
- International Platform for Sport and Development – <http://www.sportanddev.org>
- International Sport and Culture Association – www.isca-web.org
- Kicking AIDS Out! – <http://www.kickingaidsout.net>
- PeacePlayers International – <http://www.peaceplayersintl.org>
- Play31 – <http://www.play31.org>
- Right To Play – <http://www.righttoplay.com>
- SCORE – Changing Lives Through Sport – <http://www.score.org.za>
- Sport for Development and Peace – International Working Group
http://www.righttoplay.com/site/PageServer?pagename=iwg_home
- United Nations and Sport for Development and Peace – <http://www.un.org/themes/sport>
- UNICEF – Sport for Development and Peace –
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- Warchild – <http://www.warchild.org>

GLOSSARY

- For basketball glossary please visit www.fiba.com
- For general dictionary, please visit <http://wikipedia.org>

FEEDBACK TO THE NEW GAM3 COMPENDIUM

Don't keep it a secret. Pass it on and share it with the rest of us. Then we can all benefit from it!

If you have drills you would like to submit then download a template to fill out on GAM3.dk and mail it together with any comments to: hello@GAM3.dk

If you are interested in becoming part of the team as a volunteer, coach or intern, please contact us by phone +45 7020 8323 or e-mail hello@GAM3.dk.

Or contact GAM3 Lebanon by phone +961 71 332352 or e-mail kifak@GAM3.dk



ABOUT

GAM3



VISION

GAM3's vision is to make urban sports and urban culture available to everyone in order to empower youth and prevent conflict and marginalization on a local and global level.

WHAT IS GAM3?

GAM3 (pronounced "game") is the quintessence of urban street culture. It is an international non-profit organization with bases in Beirut and Copenhagen. GAM3's programs are a fusion of street basketball, urban culture and an effort to integrate fractured communities. Spelled with a backwards 'E' – which alludes to its 3-on-3 tournament format and also lends the project an air of urban hipness – GAM3 has, since it was founded in 2002, recorded more than 50,000 participant show ups by 5,000 active members in Denmark and the Middle East.

ORGANIZATION

GAM3's projects are directed by local volunteer boards in Copenhagen and Beirut. On the street level activities are executed by a group of nearly 100 coaches and more than 100 volunteers. A full-time staff of six in Copenhagen and two in Beirut organize activities.

GAM3 is financed by a combination of public and private funding. Among the public funders are UNDP, USAID, The Danish Egyptian Dialogue Institute, and the Danish Foreign Ministry. On the private side respected local and international corporations such as Carlsberg, Nike, and Braun First National Bank of Beirut. GAM3 also collaborates with the NBA, and, in 2007, became an Official NBA Cares Community Partner.

WHAT DOES GAM3 DO?

- GAM3 Boot Camps train young adults as both mentors and coaches using GAM3's "Youth Empowerment" coaching method.
- GAM3 Zones bring local mentors/coaches to the streets for twice weekly practices, giving local youth the opportunity to learn, build friendships and gain a sense of accomplishment and self-improvement that is rarely available in marginalized neighborhoods.
- GAM3 Battles and GAM3 Finals are tournaments that create long term relationships amongst youth from different backgrounds, and bring the message of GAM3 into the public eye.
- Playground renovation and management by GAM3 establishes islands of peace and fair-play by working with local authorities to renovate, maintain and manage existing playgrounds.

Objectives:

- To create cross-cultural ties between young people of different religions, ethnicities and social backgrounds, thereby reducing the potential for conflict.
- To expand the 'sport-for-all' philosophy including economic and gender equality.
- To strengthen civil society through the empowerment of youth.

MIXTAPE VIDEOS

Search on "GAM3" at youtube.com to see videos from the activities:





DRILLS



DRILL STRUCTURE

32

PRACTICE PLAN

Classifies where in the practice plan the drill is best suited. There are three categories Warm-Up Drill, Development Drill, Game Drill.

PLAYER TYPE

Defines how experienced the average player needs to be in order for the drill to be completed with a somewhat successful outcome.

- **ABOVE THE NET**

Age 10-14

- **ABOVE THE RIM**

Age 15-17

- **GAM3 WINNER**

Mature and experienced age 10-18

BASKETBALL FUNDAMENTALS

Defines which aspect of the game the drill is intended to develop e.g. shooting, passing, offense/defense etc.

NUMBER OF PLAYERS

Minimum number of players needed in order to conduct the drill.

MATERIALS

What kind of materials are needed in order to conduct the drill e.g. basketballs, cones, ribbons.

TIMEFRAME

States the minimum amount of time and the approximate maximum amount of time within which the drill should be conducted.

AAA Low impact – It will be difficult to track an immediate change.

AAA Medium impact – The players should be able to reflect upon how the drill promotes another dimension besides basketball.

AAA High impact – The drill will most likely cause a change of behaviour if the players have a poor standing in this field.



TRAINING THEMES

Highlights which of the Training Themes the drill teaches. The impact is indicated on a 1-3 scale. All ratings are made from an ideal point of view which is why a lot of different external circumstances could influence whether or not the drill will have the intended effect on the players.

DESCRIPTION

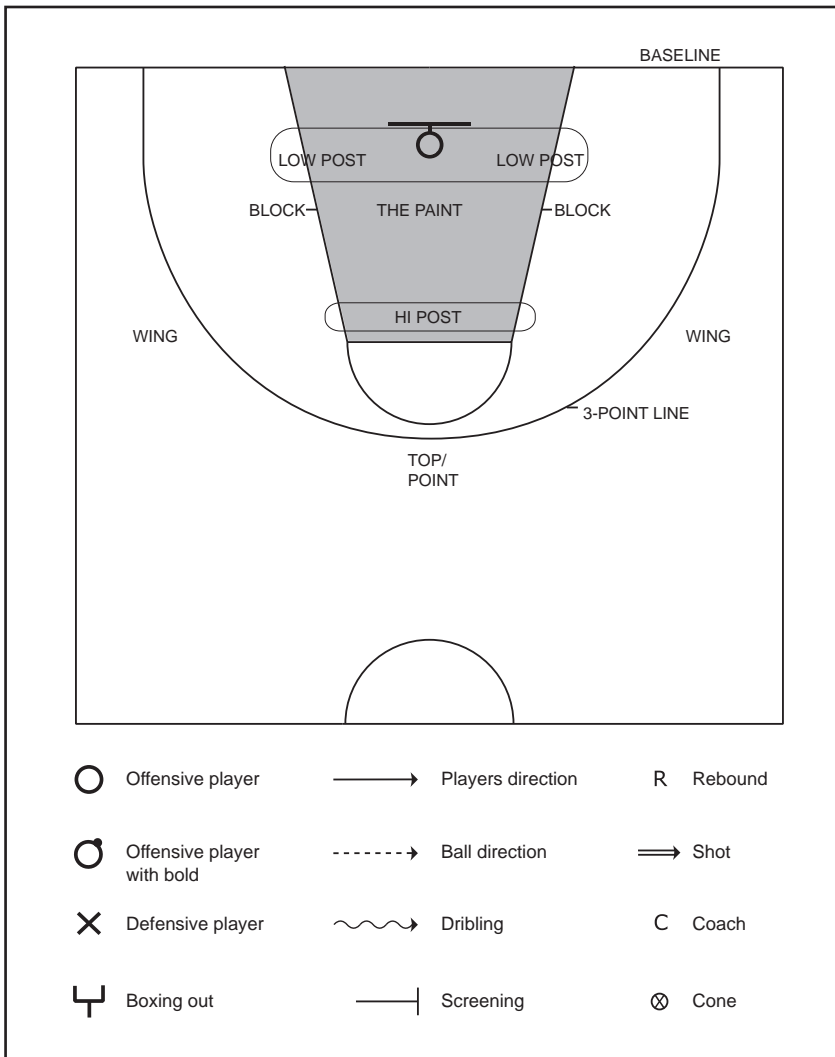
Contains a short explanation of how to carry out a drill.

COACHING KEY POINTS

A few suggestions on how to get the drill going at an optimal level and/or the typical mistakes that are made in the beginning and/or alternations to the drill.

OUTCOME

A few words on what the players expectedly have learned by the end of the drill.



1-ON-1 CATCH

34

WARM-UP 1-ON-1 CATCH

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Conditioning, Fitness	
Number Of Players	Minimum 2	
Materials	2 basketballs	
Timeframe	5-10 minutes	
Training Themes	Trust	AA
	Fair Play	AA

DESCRIPTION

Two players stand face to face. Both have one foot on the centerline. They play paper-scissors-rock. The loser must catch the other before they reach the baseline. If the winner is caught, the roles immediately change and the loser needs to get to the opposite baseline before she is caught. The roles can change as many times as the players catch each other.

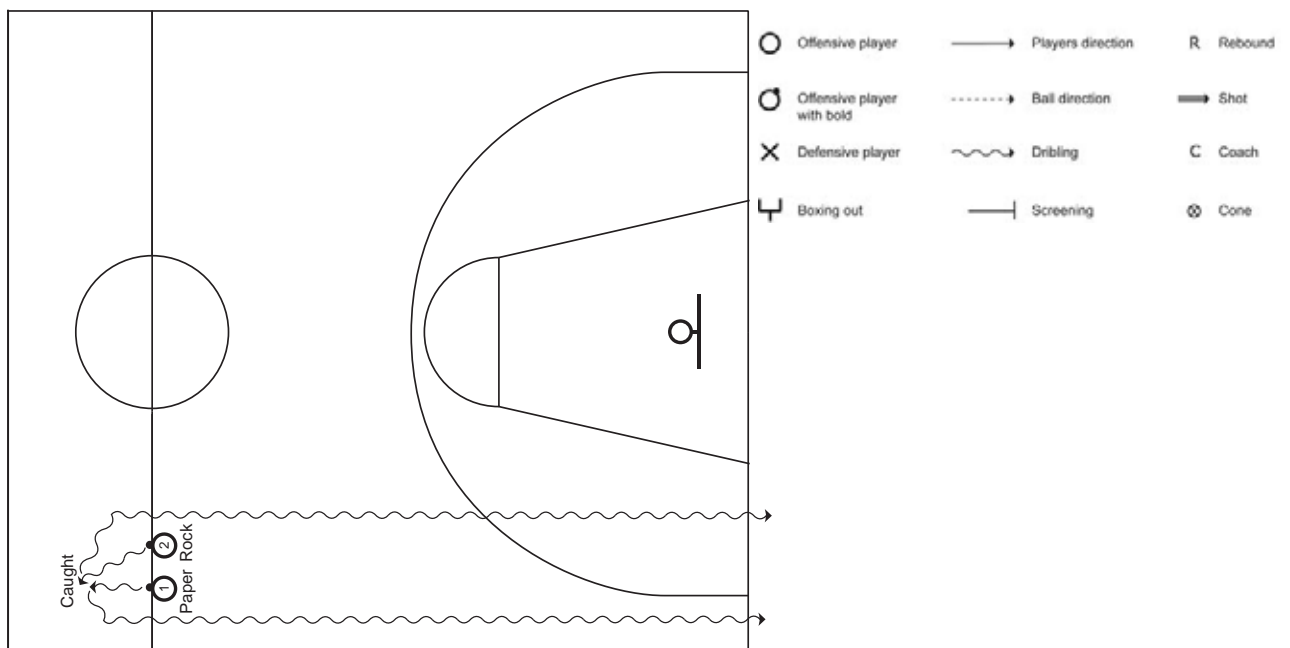
Variation: Same thing with the players dribbling all the time – even when they play paper-scissors-rock.

COACHING KEY POINTS

- Teach the players the point of visualizing what they are going to do if they a) win or b) loose

OUTCOME

This drill teaches quick reflections and quick thinking. You need to be able to change roles fast, just as you need to go from offense to defense in a basketball game. If the visualization is implemented the drill will teach the players to be one step ahead in the game.



BALL SCRAMBLE

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Hustle	
Number Of Players	5-10	
Materials	10+ Basketballs	
Timeframe	5-10 minutes	
Training Themes	Achievement	AAA
	Physical Consciousness	AAA

DESCRIPTION

The players start on the baseline while dribbling with a ball. On command, everyone drops their ball and runs to half court or baseline, and then returns. While the players are running, the coach removes one ball. The player who is not quick enough to get a ball is out. Once the number of players is reduced then reduce the area.

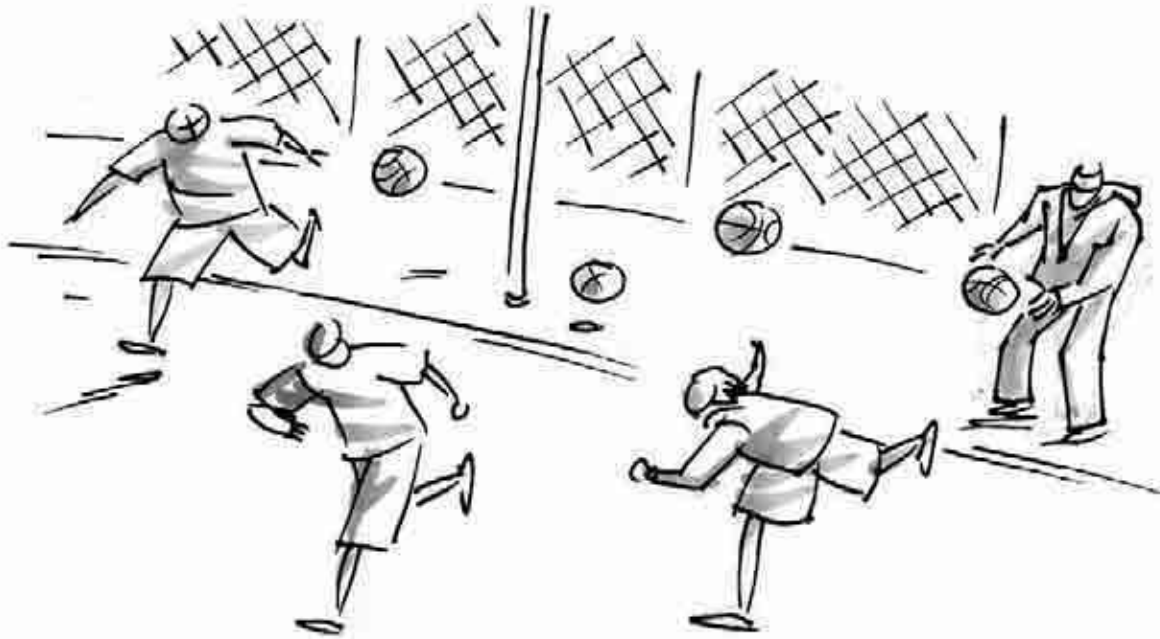
Variation: Remove more than one ball. The players without a ball, goes for a jump ball or alike.

COACHING KEY POINTS

- Encourage the players to hustle for the ball
- Reward the winner by letting her remove the balls in the next round
- The game can also be played in pairs holding hands

OUTCOME

By the end of this game the players should have improved their speed and orientation skills



CAT AND MOUSE

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 10	
Materials	2 basketballs	
Timeframe	5-7 minutes	
Training Themes	Teamwork	A A A
	Fairplay	A A A

DESCRIPTION

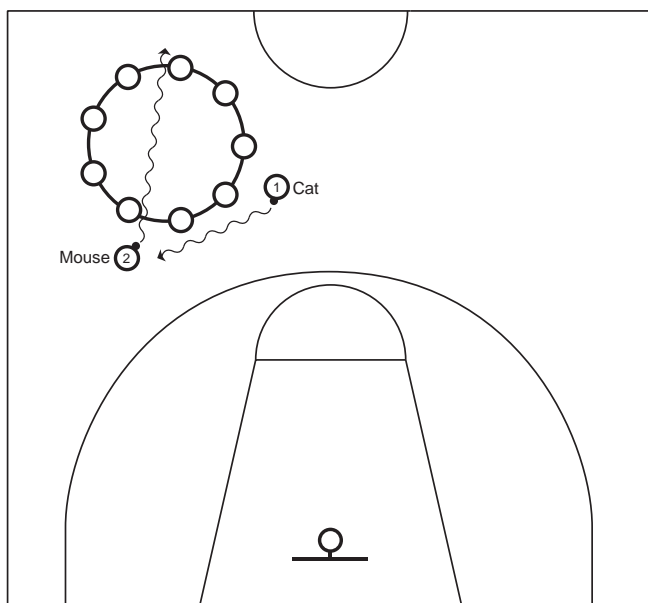
Everyone stands in a circle holding hands. Two players are chosen – a Cat and a Mouse. The Cat and the Mouse get a ball and must dribble in order to move around. The Cat must chase the Mouse until it catches it. The Mouse can go anywhere - in or out of the circle and under the arms. The circle can help the Mouse by opening and closing the circle.

COACHING KEY POINTS

- This game is especially fun with younger players
- Add basketballs to the Cat and the Mouse
- Adding several Cats and Mice can advance the game

OUTCOME

By the end of this drill the players have improved their coordination and ball handling skills.



- | | | |
|------------------------------|---------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ⊙ Offensive player with ball | ⋯→ Ball direction | → Shot |
| × Defensive player | ~→ Dribling | C Coach |
| ⊥ Boxing out | — Screening | ⊗ Cone |



CENTER LINE PULL

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Rim	
Basketball Fundamentals	Strength, Coordination Skills	
Number Of Players	10-X	
Materials	Chalk or a clearly marked line	
Timeframe	15 minutes	
Training Themes	Teamwork	AAA

37

WARM-UP CENTER LINE PULL

DESCRIPTION

Make two teams. The teams line up close to the centerline. The objective of the game is to pull players from the other team across the line. When one team succeeds in pulling a player across the line, the player joins the team. Continue until everyone is on the same team.

Variation: You can cross the line if you hold on to a player from your own team whose feet are on your team's side. This way you can go deep into your opponent's territory and catch players.

COACHING KEY POINTS

- Make sure that the players pull in arms and not wrists
- Make sure that the players have cut their nails!

OUTCOME

This game has no losers. Everyone wins every time. It is a fun game that teaches teamwork and creative thinking.



CLOTHESPINS TAG

38

WARM-UP CLOTHESPINS TAG

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 10	
Materials	A lot of clothespins, preferably 10 for every player	
Timeframe	15 minutes	
Training Themes	Achievement	AAA
	Fairplay	AAA
	Trust	

DESCRIPTION

You need a lot of clothespins. Every player starts with a clothespin on the back of her T-shirt. The object of the game is to steal the other player's clothespins. When you lose your clothespin, you go to the coach who holds a bag and get another one. When there are no more pins left, you count how many pins each player has collected.

Variation: play with teams of 2. One player is the designated 'catcher' of the clothespins, while the other is the designated 'collector'. The catcher must dribble around take a clothespin off of another player, as done before, but now they must find the collector to give them the clothespin. If the clothespin is taken off of the catcher, they must go to their collector to get another. The catcher must do their best to avoid other catchers from stealing their clothespins, while remaining available to assist their catcher. Players then play the whole game over when the clothespins run out, but the partners must now switch roles.

COACHING KEY POINTS

- The game can be alternated by adding basketballs to each player
- The game can also be played in pairs



COLLECTORS

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling, Dribbling	
Number Of Players	6 or more	
Materials	5+ Basketballs, Small sticks or cones	
Timeframe	5-10 minutes	
Training Themes	Leadership	AAA
	Fair Play	AAA



DESCRIPTION

The players are divided into three teams. Using half court place one team at the center court, and the other two teams at each corner of the baseline. Each team has one ball. Place a lot of sticks or cones in the key circle in a pile. On the coach's signal one player from each team dribbles into the key, while still dribbling the players must bend down and pick up one stick/cone per person. They must then dribble back to their team, deposit the cone, and give the ball to the next person in line. This process continues until all sticks/cones are taken. This opens for the players to steal sticks/cones from the other teams. After two-four minutes the team with the most sticks/cones wins.

Variation: Change the size of the court. Add more teams. Add more players to each team.
Add more balls to each team.

COACHING KEY POINTS

- Make sure the players keep their head up
- Make sure all players keep dribbling at all times
- The game can also be played in pairs holding hands

OUTCOME

If a team wants to win it is important to motivate all players on the team. Doing so will strengthen the individual leadership skills. This is also a nice way to improve dribbling skills and play a game at the same time.



FIRST TO THE CIRCLE

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 2 / Maximum 10	
Materials	5 basketballs / Hula Hoop	
Timeframe	5 minutes	
Training Themes	Achievement	AAA
	Teamwork	AAA

DESCRIPTION

Have all players get a hula-hoop and a ball, and spread out around the court, laying their hoops on the floor. On the whistle, the players are to begin to dribble around the court. While they are moving, the coach removes one of the hula-hoops from the floor. On the next whistle, players are to speed dribble and get at least one foot inside of a hula-hoop. The player who is unable to get to a hula-hoop is out of the game. Continue removing hula-hoops until only two players remain. The last player standing in a hula-hoop upon the whistle is the winner.

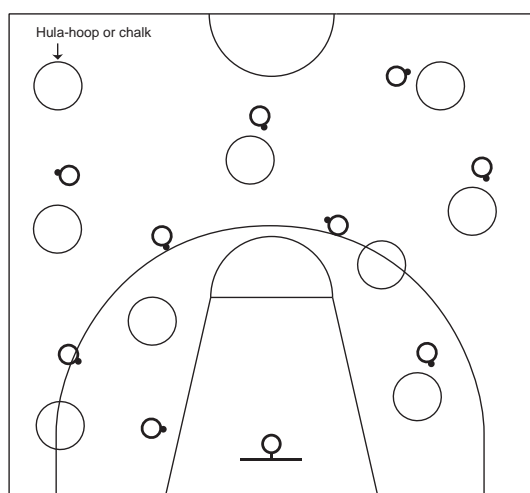
Variation: Use music (DJ) instead of the whistle, allow only a certain type of dribble (left-handed only, dribbling in and out of hoops, etc.)

COACHING KEY POINTS

- Be aware of the presence of the other players and keep their heads up while they dribble
- Players who are knocked out become the ones who run onto the court and remove hoops

OUTCOME

By the end of this drill the players will have improved their motorskills while improving their ball handling in a fun way.



○ Offensive player	→ Players direction	R Rebound
○ Offensive player with bold	-----> Ball direction	→ Shot
X Defensive player	~> Dribling	C Coach
T Boxing out	— Screening	⊗ Cone



FOLLOW THE LEADER

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	2-10	
Materials	1 basketball for each player	
Timeframe	10 minutes	
Training Themes	Leadership	AAA
	Self-Confidence/ Achievement	AAA

DESCRIPTION

There are two ways to do this drill – stationary or in motion around the court. You work in groups of three or four. The leader is dribbling up and down the court changing direction, changing speed and using different ball handling moves like behind the back, through the legs, spin move etc. The rest of the group mirrors the leader to the best of their ability.

This drill can also be performed standing still. Here you can have a large group mirroring a leader in the middle of a circle. The leader is showing different moves and after a while she leaves the middle and changes place with whomever she chooses.

COACHING KEY POINTS

- Tell the leader to be clear and at the same time challenging

OUTCOME

This drill teaches better ball handling through cooperative learning. It also teaches the players to take the lead and show the way.



CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Not applicable	
Number Of Players	Minimum 5	
Materials	2 basketballs	
Timeframe	5-7 minutes	
Training Themes	Creativity	AAA
	Fair Play	AAA

DESCRIPTION

This drill is about imagination. It is not allowed to speak or to have physical contact. The objective is to play together with an imaginative ball. Anything can happen in such a game – encourage the players to use their imagination.

Form a circle. The coach passes an imaginary ball to one of the players. It can be a big or a small ball. The player who catches the ball can change size or weight of the ball etc. Then the player passes the ball to another player and that player does the same thing. Pass the ball around amongst the group. Maybe the ball changes form during the play.

Variation: Open up and play an imaginary 3-on-3 or 5-on-5 game with two teams.

COACHING KEY POINTS

- It is important that the coach plays along in order to get the players involved
- Be creative and have fun

OUTCOME

This exercise teaches creativity which plays a large role in understanding each other and communicating through non-verbal communication.



KEEP IT BOUNCING

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 5, but it is more fun with >10	
Materials	1 basketball for each player (and 4 cones)	
Timeframe	About 10 minutes	
Training Themes	Achievement	AAA
	Trust	AAA



DESCRIPTION

Within an area (half a basketball court or between four cones) the players dribble their own ball around while trying to make the other players loose control of their ball. If a ball is pushed out of bounce the player must leave the game. The game continues until there is only one player left.

Shrink the size of the area as the players are dropping out (inside the 3-point line, inside the paint, etc.) If the area is too big compared to the number of players left, the game loses its intensity.

Variation: A player can re-enter the game if she makes three baskets at the other end of the court, 10 push-ups or something else. Another variation is to grant each player three "lives/chances"

COACHING KEY POINTS

- Tell the players to look up and keep the head high in order to spot attackers
- Teach the players that the ball is out of bounds if it touches the line
- Make a rule that you can only dribble with your weak hand
- You might want to play yourself. The players love to knock out a coach!

OUTCOME

The game teaches ball handling, especially under pressure. The players will learn that the more you can avoid looking at the ball, the better you can anticipate the moves of your opponents.



PAIRS CHASE

44

WARM-UP PAIRS CHASE

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Conditioning, Speed and Agility	
Number Of Players	Minimum 4 – players are divided into pairs	
Materials	None	
Timeframe	3-5 minutes	
Training Themes	Teamwork	AAA
	Trust	AAA

DESCRIPTION

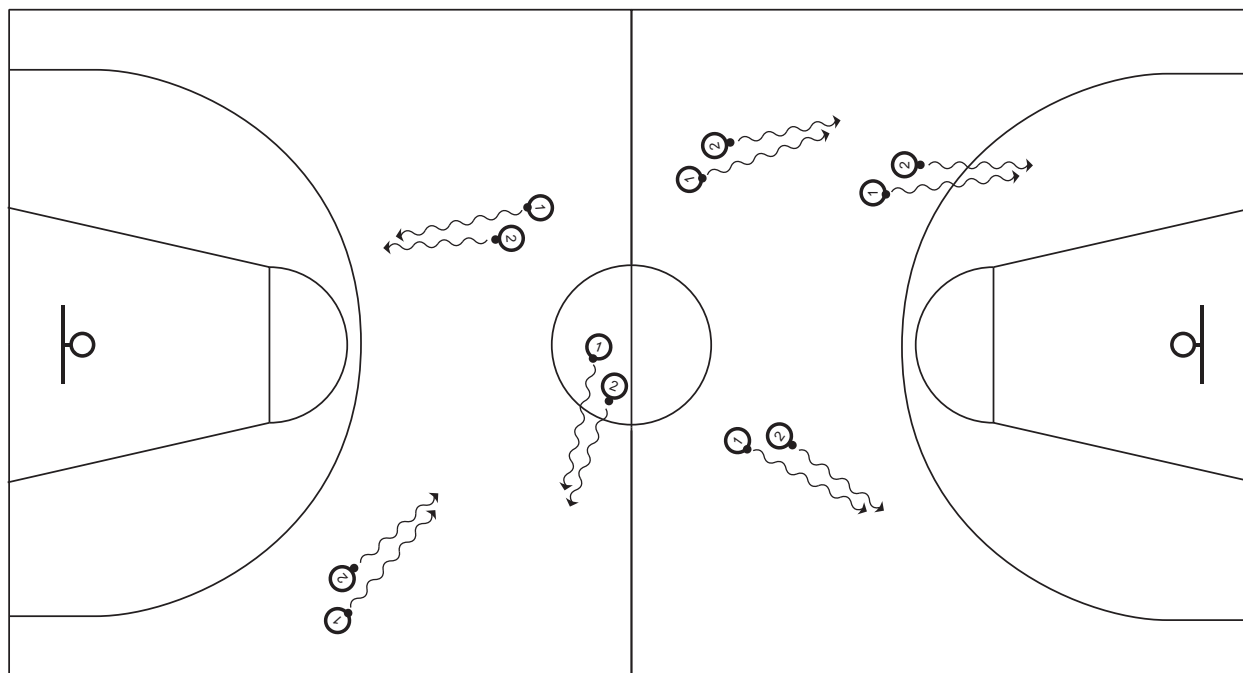
The players are divided into pairs of 1's and 2's. When the whistle blows the 1's must chase the 2's. When the whistle is blown again they change roles.

COACHING KEY POINTS

- Try the drill with pairs playing against each other (each pair must hold hands)
- Tell the players how the drill relates to general basketball movements
- Add basketballs for each player

OUTCOME

By the end of this drill the players should have a greater sense of their movements and be able to translate the quick change of pace and direction into a basketball setting.



- | | | |
|------------------------------|-----------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ○ Offensive player with bold | -----→ Ball direction | ⇒ Shot |
| X Defensive player | ~~~~~→ Dribling | C Coach |
| ┌└ Boxing out | — — Screening | ⊗ Cone |



RAPTOR

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Rim	
Basketball Fundamentals	Passing, Speed and Agility	
Number Of Players	Minimum 8	
Materials	2 basketballs	
Timeframe	10 minutes plus instruction	
Training Themes	Teamwork	AAA
	Leadership	AAA

DESCRIPTION

The objective of the game is to tag all the players in the game.

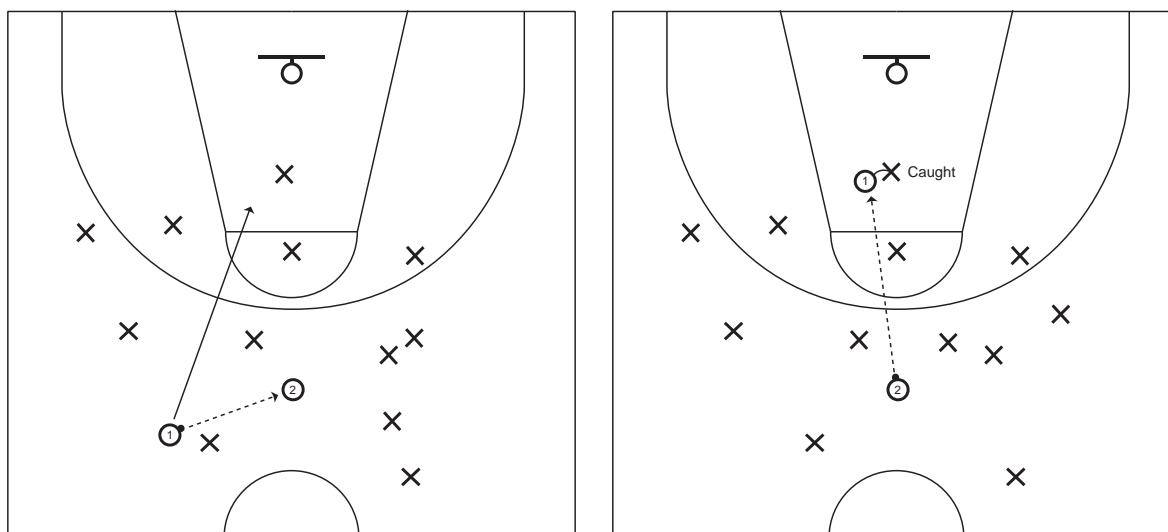
This is a passing game where you need to watch out for the taggers. The coach picks two taggers who have one ball. The taggers cooperate and try to tag the other players. They can't dribble and they can't run with the ball. One needs to move without the ball and get close to the players. However, in order to tag a player the catchers must have the ball. So the catcher close to a player must receive the ball from the other taggers and tag the closest player. When they succeed, the player who is caught becomes an additional tagger.

COACHING KEY POINTS

- When you have four catchers give them a second ball. This makes it harder for the players to avoid getting caught
- Teamwork is the key and communication is needed.
- Add more tagging teams
- Make the space smaller and thus force the players into move around quickly

OUTCOME

This is a good drill for learning how to move without the ball and obtain a high level of court vision.



- | | | |
|------------------------------|---------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ⊙ Offensive player with ball | ⋯ Ball direction | → Shot |
| X Defensive player | ~ Dribbling | C Coach |
| ⊥ Boxing out | — Screening | ⊗ Cone |

SHARK

CATEGORIES

Practice Plan	Warm-Up
Player level	Above The Net
Basketball Fundamentals	Ball Handling
Number Of Players	Minimum 10
Materials	1 basketball for everyone
Timeframe	10 minutes
Training Themes	Self-Confidence/ Achievement AAA
	Teamwork AAA

DESCRIPTION

A player – the “Shark” stands in the middle of the court. Everyone else is on the baseline. The players on the baseline need to dribble from one end of the court to the other without getting tagged by the Shark. If the Shark tags someone, she becomes a Shark as well. In the end every one will become Sharks. When a shark catches a player, they switch roles.

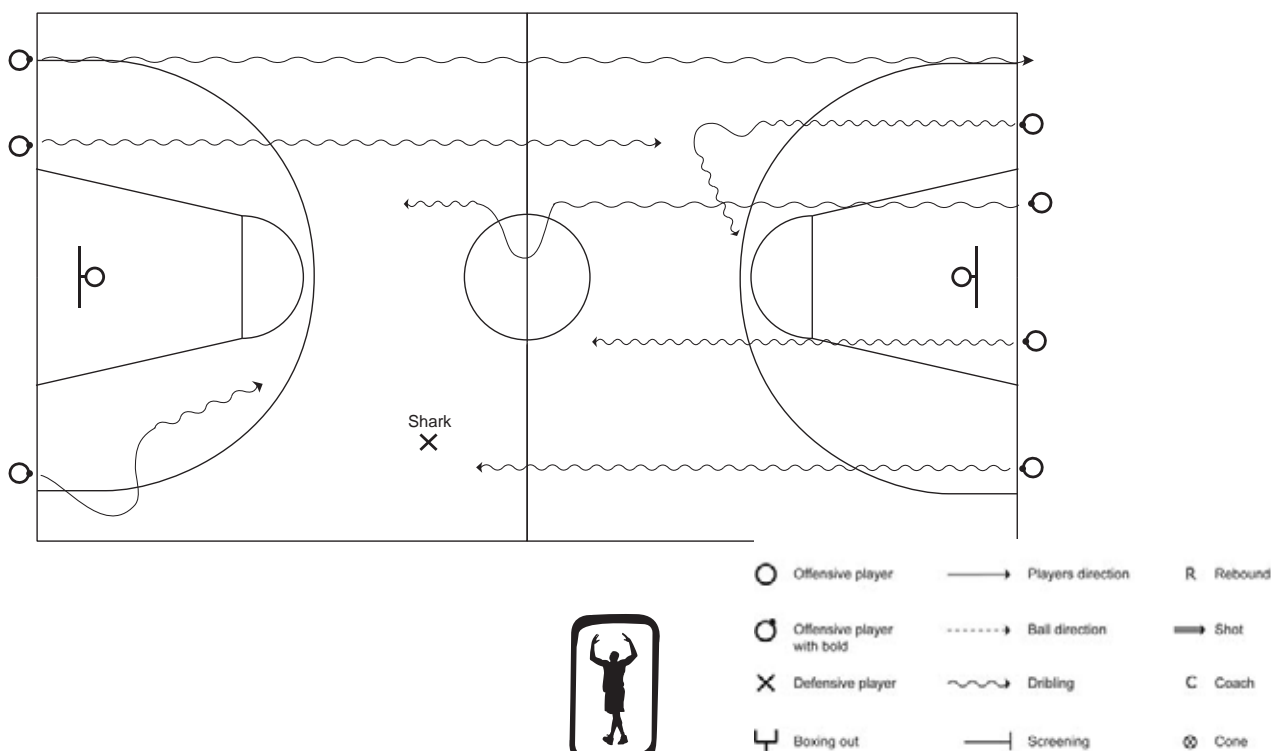
Variation: Try starting with three Sharks

COACHING KEY POINTS

- Add balls to sharks or players
- It might be a good idea to give the sharks a different color T-shirt, so that everyone can see who the sharks are

OUTCOME

The game teaches ball handling especially under pressure. The players will realize the more they avoid looking at the ball, the more they are able to anticipate the moves of their opponents. The players also learn to communicate on the court in order to coordinate the catch.



Snake Game

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Footwork, Conditioning	
Number Of Players	Minimum 12 – divided into 2 teams	
Materials	1 ribbon or extra shirt per group, 1 basketball per group	
Timeframe	7-10 minutes	
Training Themes	Teamwork	AAA
	Physical Consciousness	AAA

DESCRIPTION

Divide the group into groups of seven. Each group stands in a row and holds onto the player in front by the waist (hold on to the shirt). The front player steps away from the rest. When the whistle goes they must try to touch the tail of the “snake” (the person standing in the back of the “snake”). The “snake” must try to protect its tail but must stay as one snake and not break up. The game stops if the chaser tags the tail or the snake breaks up. The chaser then joins the back of the snake and the front player becomes the chaser.

COACHING KEY POINTS

- Front player must keep his defensive balance
- It is not allowed for the front player to hold or tackle the attacker in any way
- Add a basketball to the chaser

OUTCOME

This fun drill first of all improves the chasers conditioning.

Furthermore it required that the “snake” communicates and coordinates its movements otherwise it will break off. The players will get a sense of what it means to work together.



TAG GAMES

48

WARM-UP TAG GAMES

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 8	
Materials	1 basketball, marked area – half or full court	
Timeframe	4-8 minutes	
Training Themes	Fairplay	AAA
	Teamwork	AAA
	Creativity	AAA

DESCRIPTION

Ball tag: One player is selected as the tagger. The other players have a ball they can pass around. When a player holds the ball he cannot be tagged. The ball is passed around in order “to save” players who are in close danger of being tagged. If the tagger touches a player who is not holding the ball they switch roles.

Reversed ball tag: two taggers are selected. They can only move without the ball. They tag the remaining players by holding the ball with one hand and touching a non-tagged player with the open arm. Once a player is tagged he will turn into a tagger as well. The game continues until all are caught.

Triangle tag – groups of four are made. Three of those form a triangle by placing themselves front to front while holding hands. The fourth player is the tagger, who must point out one of the three who are being tagged. The triangle must now work together and protect the chosen one from being tagged. The tagger may run around the triangle etc. If one is tagged, then the roles change and the game starts all over with a new tagger.

COACHING KEY POINTS

- No dribbling or walking with the ball
- Catch the ball with a jump stop, then pivot if needed
- Add a ball to the tagger – he now has to dribble while tagging

OUTCOME

These small tag games improve the players' communication skills. They also stimulate a sense of trust and cooperation between the taggers and non-taggers. Creative fakes are also developed in order to catch or avoid getting caught.



TAG IN THE FREEZER

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Basic tactical movement without ball	
Number Of Players	8-16	
Materials	Two different colored shirts	
Timeframe	5-10 minutes	
Training Themes	Physical Consciousness	AAA
	Achievement	AAA

DESCRIPTION

This is a game of tag. A player is appointed to be the “iceman” and another one to be the “defroster”. The iceman can win the game by having touched all players and thereby turned them into ice. The job of the defroster is to “unfreeze” the frozen players by touching them. When a person is frozen she has to stand still in a frozen position. When playing the second round add basketballs to the players, the iceman and the defroster.

COACHING KEY POINTS

- Make sure the size of the court is clear. If the players run outside they must freeze
- Add extra basketballs, icemen and defrosters
- Make sure it is clear to all who is the iceman and who is the defroster – use different color shirts or alike

OUTCOME

By the end of this game the players should have had fun and been fairly warmed up.



SPEED DRIBBLE

50

WARM-UP SPEED DRIBBLE

CATEGORIES

Practice Plan	Warm-Up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	5-15	
Materials	4+ Basketballs	
Timeframe	5-10 minutes	
Training Themes	Achievement	AAA
	Physical Consciousness	AAA

DESCRIPTION

The players spread out along the baseline. Each player has a ball. If you have more than 7 players make them line up with 2-3 players in each line. The objective is to use as few dribbles as possible to reach the other end.

First let the players dribble to the other end counting the number of dribbles used. Explain the objective of the drill. Now have the players cover the same distance and reduce the number of dribbles by 1. Repeat by reducing by 1 again. Continue reducing until you have increased the speed to a maximum.

Variation: Use the off hand, Start or end with a pass or shot, Finish with a lay-up.

COACHING KEY POINTS

- Push the ball ahead of you and switch hands between each dribble
- Keep the hand above the ball at all times
- This drill is especially good with young players

OUTCOME

By the end of this drill the players have increased their speed and endurance. Furthermore it is a good drill to help practice fast break.



KEEP ON BOUNCING

CATEGORIES

Practice Plan	Warm-up	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	5-8	
Materials	Balls	
Timeframe	3-5 min	
Training Themes	physical consciousness	AAA
	Fair play	AAA

51

DESCRIPTION

Divide the players into two groups when the whistle blow, the 1st group will go to the middle and try to bounce all the fixed balls on the ground, with two hands or one hand, then on the second whistle the first group leave the balls on the ground and go out from the court, the turn is now for the 2nd group who enters the court on the second whistle and they do the same as the first group.

COACHING KEY POINTS

Tell them to keep their heads up.

OUTCOME

The players will have fun and they will make their ball handling better.



CIRCLE SNAKE

52

CATEGORIES

Practice Plan	Warm-up	
Player level	Above The Net	
Basketball Fundamentals	Passing, physical strength	
Number Of Players	10	
Materials	Ball	
Timeframe	15 min	
Training Themes	Physical consciousness	AAA
	Team work	AAA

DESCRIPTION

Divide the players into 2 teams, first team forms a circle, and the second team forms a snake in the circle. The 1st team should tag the last player of the second team, after the last player is tagged he joins the circle, the game continues until there is only one player.

COACHING KEY POINTS

The players must stay close and attached to each other in order to succeed.

OUTCOME

By the end of this drill the players will improved their team work skills, while competing in a funny way



11-MAN FAST BREAK

CATEGORIES

Practice Plan	Development Drill
Player level	Above The Rim
Basketball Fundamentals	Passing, Shooting
Number Of Players	Minimum 15
Materials	1 basketball, 1 full basketball court with 2 basketmarkers/cones.
Timeframe	7-10 minutes. 30 seconds per player – if the players are comfortable with the skill of passing it can be increased to 1 minute per player
Training Themes	Achievement AAA

DESCRIPTION

Start with players in four outlet positions. Two players in each lane for defense; and three players at half court with one ball. The three players begin the game by attacking the two defenders attempting to score. Once a shot is taken, all five players become rebounders. Whoever secures the rebound makes an outlet pass to whichever outlet is closer.

The outlet getting the ball dribbles to the middle of the court; the player who made the pass fills the lane on the side the pass was made to; the first player in line in the other outlet position fills the other lane. These three players now have a 3-on-2 going the other way. The four players who did not get the rebound go to one of the open positions, two go to the outlet positions and two stay on the court to play defense. The same pattern continues at the other end of the court and will continue back and forth through out the drill.

COACHING KEY POINTS

- Name the outlet (say the name of the player you are passing to)
- Defensive tips – japp and drop

OUTCOME

This drill will give the players a better understanding of fast breaks and the transition game.



3-SPOT SHOOTING

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing, Shooting, Lay-Up	
Number Of Players	2-8, if more, use more baskets	
Materials	Minimum 1 ball	
Timeframe	10 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

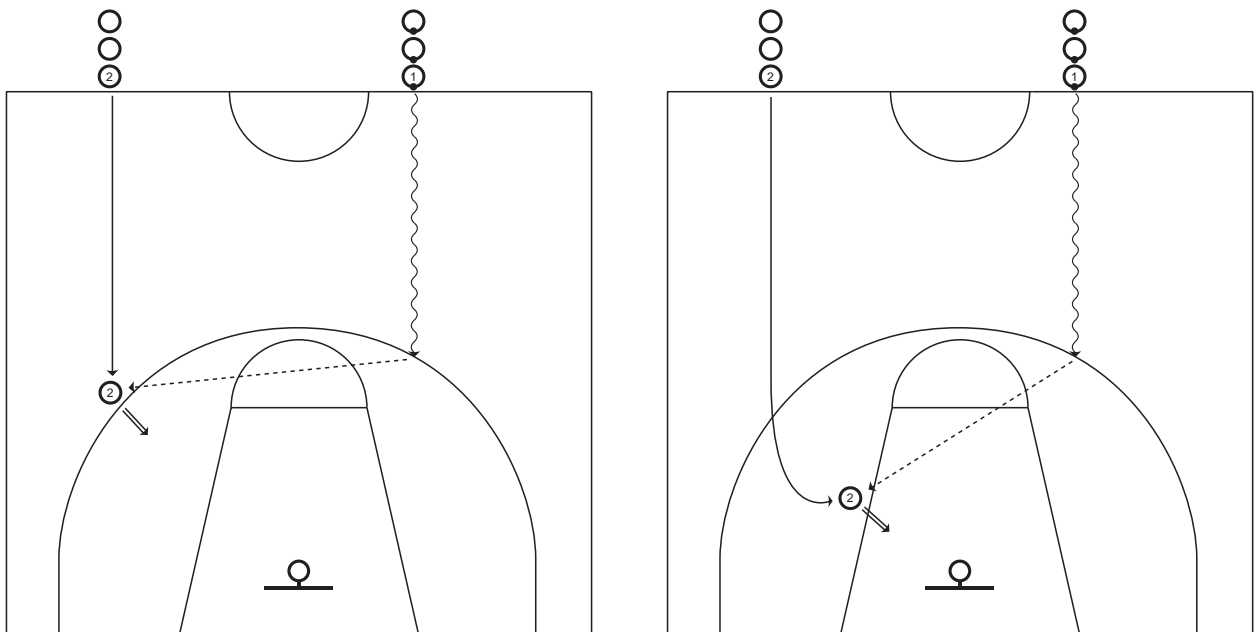
Two rows are formed at half court. The first player in one row, player 1 dribbles to the 3-point line and the first player in the other row runs along the sideline. Player 1 passes the ball and instructs the other player on where he should try to score (see below). Player 1 becomes the rebounder and joins the opposite row at half court.

COACHING KEY POINTS

- Focus on correct shooting technique
- You can make this into a competition between baskets or against the clock (you need five baskets from each area within two minutes)
- Make sure that they catch the ball in a jump stop
- Have them call out where the players should execute

OUTCOME

The player learns to think ahead and that decisions have an influence on what happens next. The executing player learns that there are different places to shot from and to pay attention while in motion.



- | | | |
|------------------------------|---------------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ⦿ Offensive player with bold | - - - - -> Ball direction | → Shot |
| × Defensive player | ~ ~ ~ ~ ~ Dribling | C Coach |
| ⌊ Boxing out | — — Screening | ⊗ Cone |



AROUND THE GLOBE

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Shooting	
Number Of Players	8-20	
Materials	8+ Basketballs, chalk	
Timeframe	20+ minutes	
Training Themes	Creativity	AAA
	Democracy	AAA

55

DEVELOPMENT DRILL AROUND THE GLOBE



DESCRIPTION

In this drill the players will travel around the world in 20 minutes. Divide the players into 4-8 teams. Each team must visit all 4-8 “countries” (stations). At each country a different drill takes place. Each team will have 5 minutes at each country before the coach blows the whistle for a rotation.

You as a coach decide what must take place in each country. E.g. in China they must score from behind the basket (other side of the earth), in Norway they must sit on each other’s backs and score (tall people), in USA they must play Harlem Show Ball etc. Each team counts their scores out loud.

Variation: Let the players define the countries and what to do.

COACHING KEY POINTS

- With chalk write on the ground which country the players are visiting and what to do
- Perhaps emphasize correct shooting technique or alike
- Have them call out where the players should execute

OUTCOME

The variation of this drill will give the players influence by letting them define part of the content of the practice. This will stimulate their creativity and sense of democracy.



B-BALL DRAG RACE

56

DEVELOPMENT DRILL B-BALL DRAG RACE

CATEGORIES

Practice Plan	Development Drill	
Player level	GAM3 Winner	
Basketball Fundamentals	Ball Handling, Lay-Ups, Focus	
Number Of Players	Minimum 6 / Maximum 20	
Materials	2 basketballs	
Timeframe	5 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

Divide the group into two teams that stand on the baseline. Each group member is given a number. A person on one baseline will have the same number as a person on the opposite baseline. The coach will call out a number. If the player's number is called they will sprint out from each side and run to get the ball set at half court for their group.

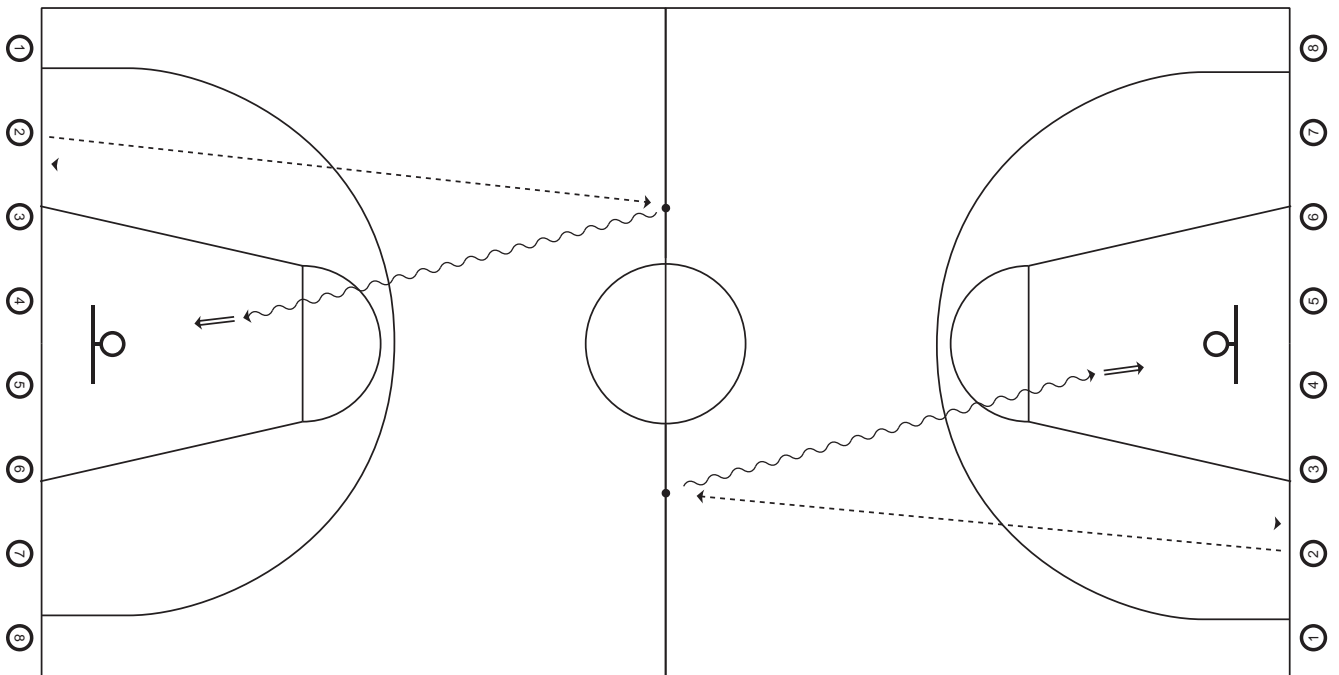
Variation: Divide the group into two teams. The player that dribbles to their basket and scores a basket first gets a point for their team.

COACHING KEY POINTS

None.

OUTCOME

By the end of this drill the players will have had fun in a competition and challenging drill.



- Offensive player
- Offensive player with bold
- × Defensive player
- ⌊ Boxing out
- Players direction
- > Ball direction
- ~~~~~ Dribbling
- Screening
- R Rebound
- ⇒ Shot
- C Coach
- ⊗ Cone



BACK UP

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 3	
Materials	1 basketball per 2 players	
Timeframe	10-15 minutes	
Training Themes	Trust	AAA
	Teamwork	AAA

DESCRIPTION

Pairs of two players line up facing each other with approximately five to six meters distance. Player A holds the ball in a triple threat position. Player B turns his back to player A. Player A will now make a clear and easy chest pass (this is agreed upon before the drill begins). When the ball is released from the fingers player A, will shout "Ball!" to player B, who then turns around as fast as possible and catches the ball.

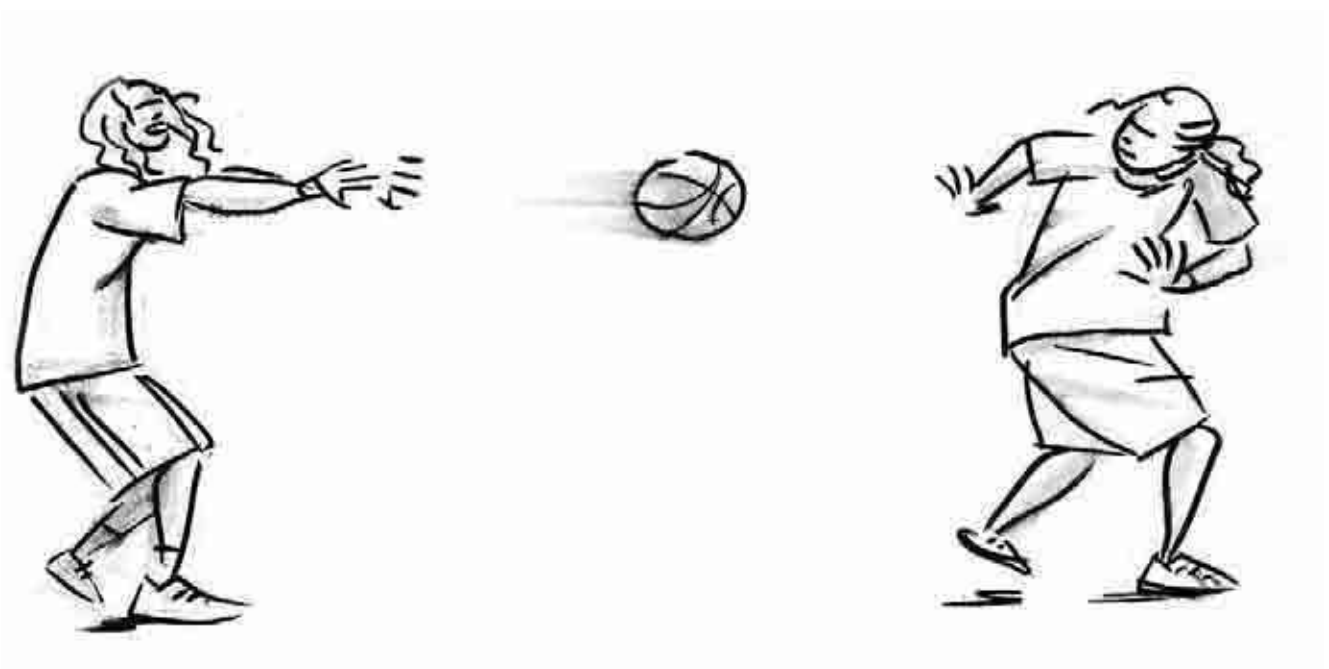
Variation: The drill can be conducted with different passes and differences in type of communicative message (if the player shouts "Brick" then you do not turn around).

COACHING KEY POINTS

- Palms must be turned away from the body after each pass
- Bend knees and take a step forward to add power

OUTCOME

This drill stimulates mutual trust and improves passing and receiving in motion.



BLIND MAN TRUST

58

DEVELOPMENT DRILL BLIND MAN TRUST

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 2 / Maximum 10	
Materials	2-5 basketballs	
Timeframe	5-8 minutes	
Training Themes	Achievement	AAA
	Trust	AAA

DESCRIPTION

Pairs of two players line up on the baseline with one ball for each pair. The player with the ball will close his eyes and the other player will act as his guide. The guide will attempt to lead the blind player up to the half court line without bumping into the other blind players. After the lay-up is attempted the two players will switch places.

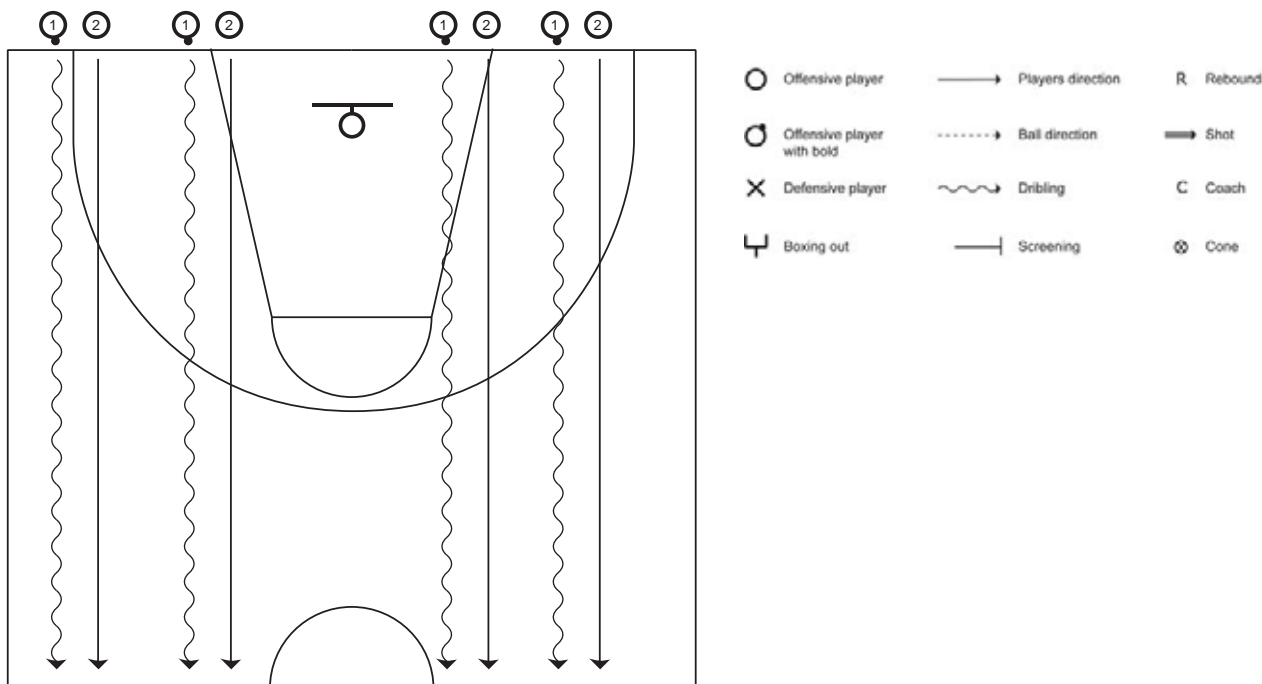
Variation: Vary the course, Add number of completion.

COACHING KEY POINTS

- The blind player should feel the ball with the finger tips
- Relax and be clear in explanations

OUTCOME

By the end of this drill each participant should have had a lot of fun, build up trust and had a sense of achievement and togetherness.



BOBBY LEWIS

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 4 / Maximum 16	
Materials	8 basketballs	
Timeframe	5 zminutes	
Training Themes	Achievement	AAA
	Teamwork	AAA

DESCRIPTION

Divide the team into four lines on the baseline. Give the first person in each line two balls. The first person shall bounce one of the balls while transferring the second ball to the hand that was used to dribble the first ball and catch the ball that was bounced with the hand that transferred the first ball. Right to left then left to right.

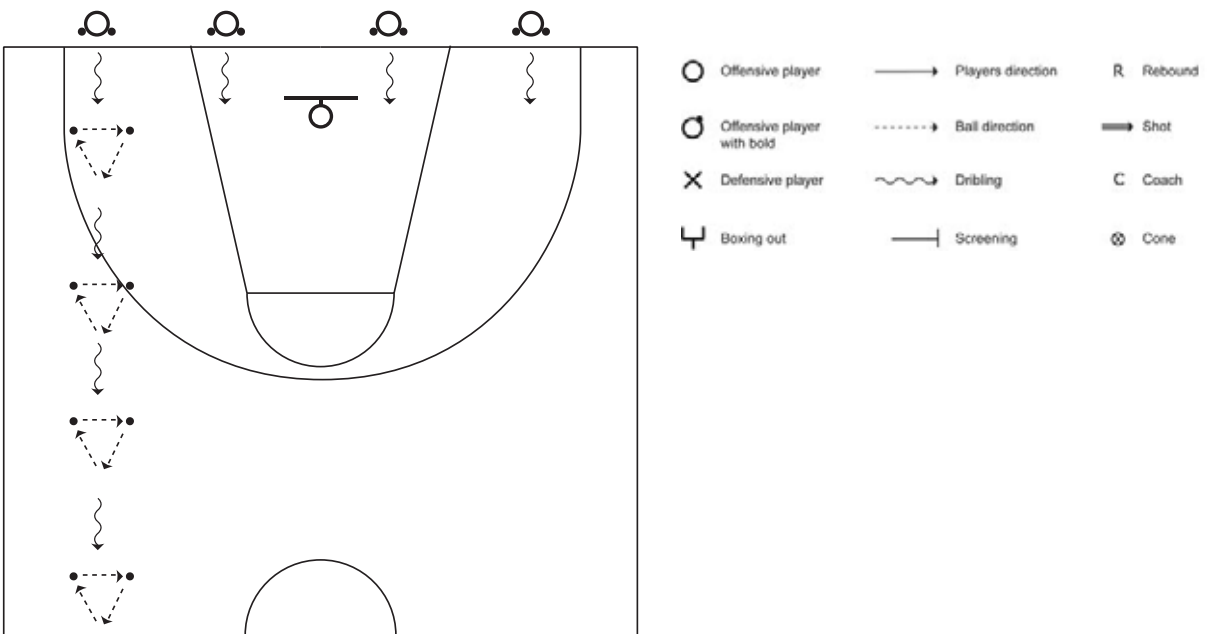
Variation: Each line can work as a team and compete against the other teams (ten dribbles each). The teams can run a relay race to the half court line and back again.

COACHING KEY POINTS

- Stress to the players the timing of the dribbles and to keep their head up

OUTCOME

A sense of a good competition while having fun and learning how to concentrate.



CIRCLE BALL & TRUST BALL

60

DEVELOPMENT DRILL CIRCLE BALL & TRUST BALL

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 8	
Materials	2 basketballs per group of 8 players	
Timeframe	3-5 minutes	
Training Themes	Teamwork	AAA
	Trust	AAA



DESCRIPTION

Circle Ball 1: Everyone stands in a circle. Two balls are given to the opposite sides of the circle. When the whistle blows the balls must be passed around until one of them catches up with the other one. A variation is changing directions every time the coach blows the whistle.

Circle Ball 2: Everyone stands in two circles – back to back so there is an inner circle and an outer circle. Each circle has a ball. Once the whistle sounds the balls are passed around to see who is the quickest.

Trust Ball: Everyone stands in a circle with their hands behind their back. The leader stands in the centre and throws the ball randomly at different people who must catch it and throw it back. If a player is faked out by showing her hands when there is no pass coming or if she fails to catch the ball she must sit down. The last player standing takes the place in the middle.

COACHING KEY POINTS

- Emphasize the importance of having eye contact
- Emphasize the basics of passing such as turning the palms away from the body with the thumbs pointing down after each pass, bending the knees, taking a step forward to add power, etc.

OUTCOME

The first two drills requires the players to use their coordination and communication skills. The last drill builds trust, since the players with their hands on the back must trust the leader in not throwing the ball in their head.



CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling, Shooting	
Number Of Players	Minimum 4 / Maximum 16	
Materials	2 basketballs / 2 cones	
Timeframe	5 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

Divide the group into two lines on the baseline. Place at each highpost 1 cone and place a ball atop of each cone. At the coach's whistle the first person in each line will sprint to the cone, retrieve the ball and dribble back toward the basket and attempt to score a lay-up. Only one shot is allowed. After the shot attempt they will return the ball to its position atop the cone and sprint back to their respective lines and hi-5 their teammate as their teammate repeats the maneuver.

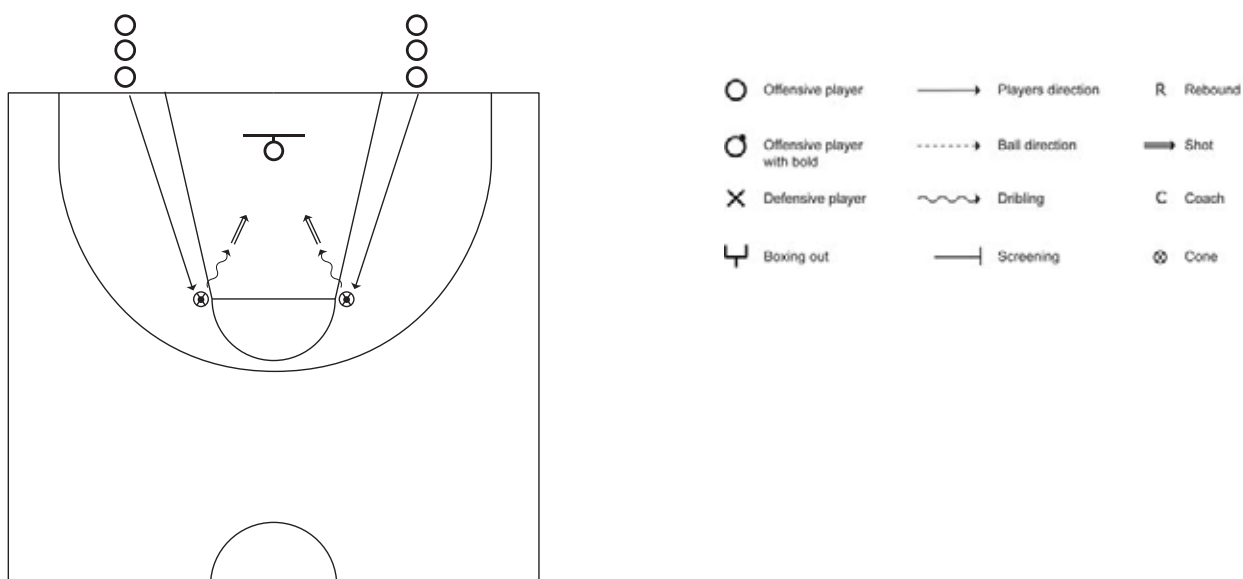
Variation: Each line works as a team and competes against the other teams. Try also with bonus points for consecutive shots made, place cones different places on the court, or let a rebound caught before it hits the ground equal an extra shot.

COACHING KEY POINTS

- Stress to the players the quality of good balanced shots

OUTCOME

By the end of this drill the players will have had fun with a competitive drill.



DAILY CHALLENGE

62

DEVELOPMENT DRILL DAILY CHALLENGE

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Not applicable	
Number Of Players	Minimum 2 teams of 3-4	
Materials	All the basketballs you can find	
Timeframe	2-10 minutes	
Training Themes	Creativity	AAA
	Leadership	AAA
	Teamwork	AAA

DESCRIPTION

This is a series of fun games where you need your imagination and creativity to get the best result. Divide the players into small groups.

- See how many balls you can place within the basket in two minutes
- Transport the ball from one end of the court to the other using only your feet. Everybody in the group needs to touch the ball.
- Transport the ball from one end to the other. Everybody needs to touch the ball. No feet or hands can touch the ball.
- Build the highest tower of balls using only four hands to hold the balls. No other body part can touch the balls.
- Balance a ball on top of another ball. You need to transport the balls up and down the court. Every player needs to run one length of the court. Tip: make sure that every team has the same number of players. If this isn't possible, have some players run twice.
- How many balls can one player carry the length of the court? The other teammates can help out with placing the balls. The player with the most balls at the end of the walk down the court wins. No one can help out when the carrier is walking.
- How many balls can two players carry the length of the court? Both players need to touch all the balls all the same time. The rest of the team can help out with arranging the balls.

OUTCOME

No one can do these drills on their own, so if a team wants success, they need to work together.



DRIBBLE RELAYS

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 2 / Maximum 10	
Materials	5 basketballs	
Timeframe	5 minutes	
Training Themes	Achievement	AAA
	Self-Confidence/ Achievement	AAA

DESCRIPTION

Form at least two lines (If 12 or more players, form three lines). Have the first two players in each line get a basketball. On the whistle, each team starts. The first player dribbles up and down the court as quickly as possible. Dribble down with the right hand, dribble back with the left hand. When the 1st player reaches the 2nd player in line they give a high 5. The 2nd player begins. Continue this until the last person has finished.

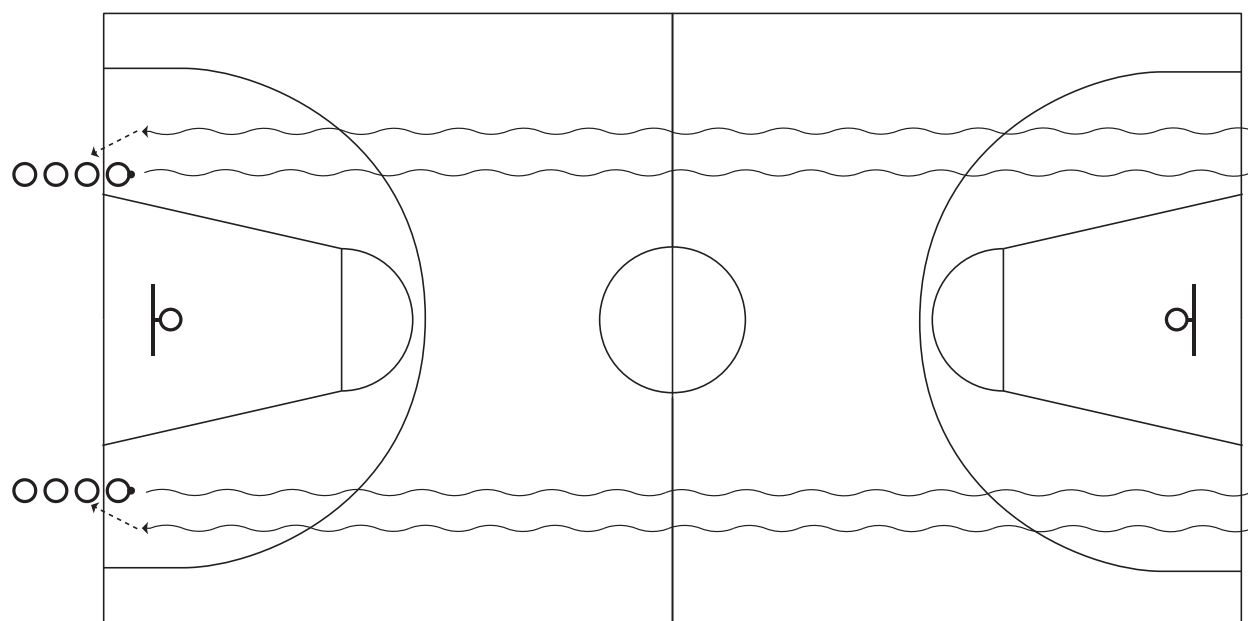
Variation: At half court, have them do a change-of-direction dribble.

COACHING KEY POINTS

- If a player loses control of the ball, make sure he/she gets the ball and starts from the point where she lost control of the ball
- Remind the players of the correct dribble technique

OUTCOME

This drill improves self-esteem, since the rest of the team is cheering on the player dribbling.



○	Offensive player	→	Players direction	R	Rebound
○	Offensive player with bold	----->	Ball direction	→	Shot
X	Defensive player	~~~~~>	Dribbling	C	Coach
⊥	Boxing out	— —	Screening	⊙	Cone



H.O.R.S.E.S

64

DEVELOPMENT DRILL H.O.R.S.E

CATEGORIES

Practice Plan	Development Drill
Player level	Above The Net
Basketball Fundamentals	Shooting, Lay-Up
Number Of Players	Minimum 2
Materials	1 basketball for every 2 players
Timeframe	10-20 minutes
Training Themes	Creativity AAA
	Self-Confidence/ Achievement AAA
	Team Work
	Partnership

DESCRIPTION

This is a head to head game where the objective is to make a difficult shot which your opponent will miss. The first player finds a spot to shoot from. If player 1 makes the shot, player 2 must make the same shot. If player 2 makes the shot he will gain the right to choose where to shoot from next. If player 2 misses the shot he gets the first letter of the word Horse. Player 1 won and therefore gets to choose where to shoot from next. The players keep playing until one of them loses enough times to complete the word H.O.R.S.E.

Variation: This time you play the game in teams of 2. Each team have a maximum of 3 passes and 1 shot per try. There is also an extra letter in this game! All of the other rules remain the same.

COACHING KEY POINTS

- Encourage the players to make up some crazy shots
- When you instruct this game, make sure you find some funny variations

OUTCOME

This game teaches how to use your imagination and communication when playing basketball. The players will find their strengths and which shots have high success rates and which are too difficult to make.



HEADS UP

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 2 / Maximum 15	
Materials	1-3 basketballs per group	
Timeframe	5 minutes	
Training Themes	Achievement	AAA
	Teamwork	AAA

DESCRIPTION

Divide the group into teams of three and form a triangle. Put one ball on the ground behind each player. Pick up one of the balls and begin passing the ball around the group (chest pass). After they have passed the ball around a few times add the second ball. After they appear comfortable with the second ball add the third ball.

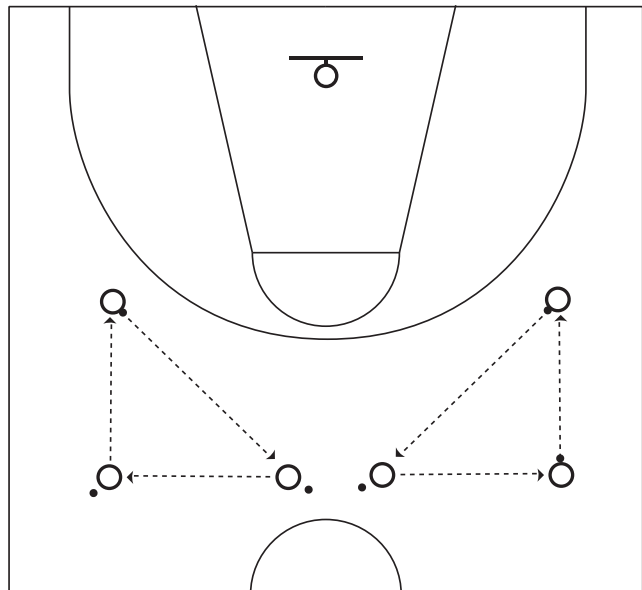
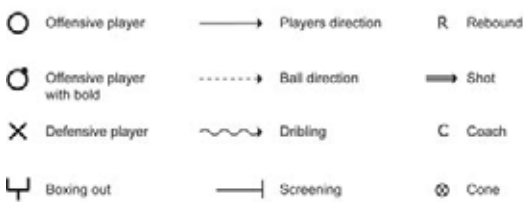
Variation: Each line can work as a team and compete against the other teams. Change the pass direction. Change the type of passes. (Bounce, One hand, etc.)

COACHING KEY POINTS

- Stress to the players the quality of the passes and timing

OUTCOME

By the end of this drill the players will have improved their communication skills and experienced a sense of achievement.



HIGH FIVES

66

DEVELOPMENT DRILL HIGH FIVES

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 4 / Maximum 16	
Materials	2 basketballs per pair	
Timeframe	5 minutes	
Training Themes	Achievement	AAA
	Teamwork	AAA

DESCRIPTION

Divide the team into pairs with each pair facing each other about ten meters away. Each person has a ball and on the coaches whistle dribble directly toward each other. When they are about one meter apart they will lift their arms up and HI FIVE each other as they dribble past each other.

Variation: They can change direction as they pass each other by using different dribbles. They can exchange balls (GAM3 Winner).

COACHING KEY POINTS

- Stress to the players the importance of looking up as they dribble and ball control

OUTCOME

By the end of this drill the players should have improved their communication skills and had fun.



JUMP STOP DRILL

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Ball Handling, Dribbling	
Number Of Players	5-12	
Materials	10+ Basketballs	
Timeframe	5-10 minutes	
Training Themes	Physical Consciousness	AAA

DESCRIPTION

Line up the players on the baseline. If you have more than 10 players or a small court, you'll need to divide them into two groups because they won't have enough space.

The players must spread out with about 2 meters between them. When the whistle is blown, all players start running at 3/4 speed.

At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot. When the whistle blows, the sequence for the player consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to the starting position, and then stay in triple threat position until the whistle is blown again.

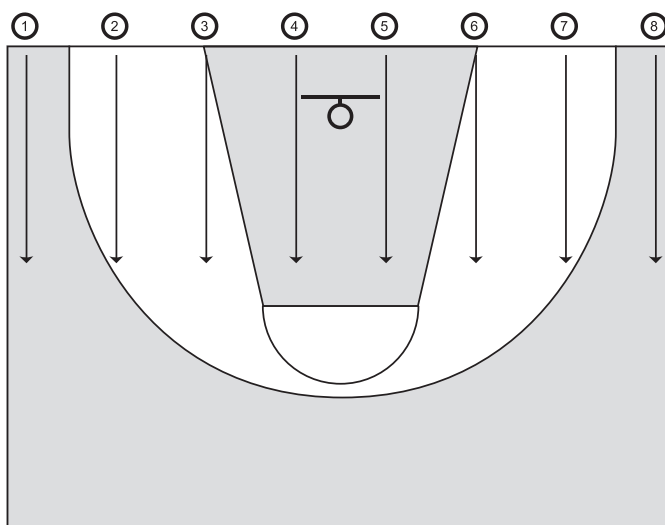
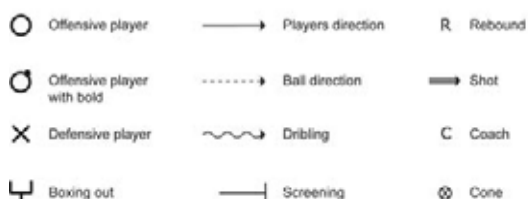
When all players reach the end of the court, start over again. You can blow the whistle anywhere between 1 and 5 times during their trip down the court.

COACHING KEY POINTS

- Stay low when pivoting. Keep your knees bent and butt down, in a good triple threat stance.
- Don't get out of your triple threat stance until you hear the whistle. You always want to stay low, so you can take off quicker.

OUTCOME

By the end of this drill the players have improved their balance, coordination, and pivoting skills. This will cause them to reduce the frequency of their travelling violations which again will improve their self confidence.



JUMPERS

CATEGORIES

Practice Plan	Development Drill	
Player level	GAM3 Winner	
Basketball Fundamentals	Passing, Shooting, Rebounding, Box-out	
Number Of Players	Minimum 3 / Maximum 16	
Materials	1 basketball	
Timeframe	10 minutes	
Training Themes	Teamwork	AAA
	Achievement	AAA

DESCRIPTION

Divide the group into two/three or four lines on the baseline. The first player in each line across forms a team. This first team will pass the ball to each other as they advance the ball to the half court line. After they pass the foul line the second team in line will move towards the first team and play defense against them. The first team will attempt to score on the second team but can only score by shooting a jump shot. No lay-ups are allowed. The defensive team will try to retrieve the ball and repeat the movement of the first team to half court.

If a teams scores they retain the ball and must touch the half court line before they can attack the basket again. If there are more than two teams the team that scores keeps the ball and the defensive team goes behind the other defensive team(s) on the baseline.

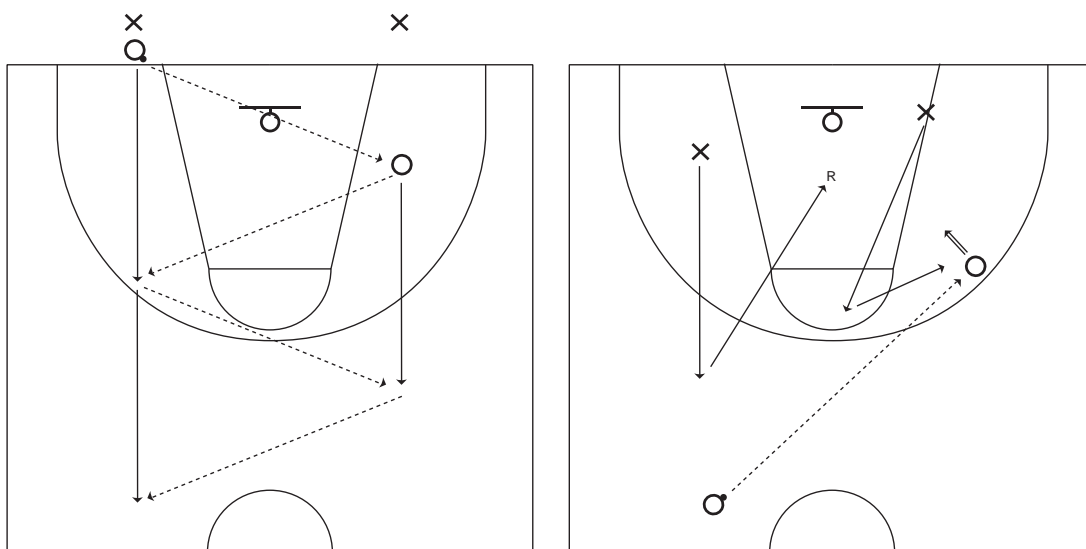
Variation: After the practice phase, set a goal for number of baskets to be made.

COACHING KEY POINTS

- Stress to the players the quality of the passes, teamwork on offense and defense, good balanced shots and boxing out

OUTCOME

By the end of this drill the players will have had fun in a competitive drill.



- Offensive player
- Offensive player with bold
- × Defensive player
- ⊔ Boxing out
- Players direction
- ⋯ Ball direction
- ~ Dribling
- Screening
- R Rebound
- Shot
- C Coach
- ⊗ Cone

LINE DRILL

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing, Shooting, Lay-Up	
Number Of Players	Groups of 2	
Materials	1 basketball	
Timeframe	2 minutes	
Training Themes	Physical Consciousness	AAA

DESCRIPTION

Two players are facing each other separated by a line. One of the players slides in one direction and the other needs to react as fast as she can and slide in the same direction. Player one can change direction whenever and player two must follow. After 30 sec. they switch.

Variation: Play 1-on-1 where player one has a ball and dribbles on one side of the line. Whenever player one feels like it, she can dribble across the line and attack the basket – starting a 1-on-1 game

COACHING KEY POINTS

- Emphasize proper stance
- Give the players a break before switching

OUTCOME

This drill teaches sliding and quick reactions. The players will get a good understanding of how fast they need to reach in order to stay in front of their opponent.



MIRROR

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 2 / maximum 20	
Materials	Minimum 6 basketballs, full or half court, markers/cones.	
Timeframe	10 minutes plus instruction	
Training Themes	Teamwork	AAA
	Trust	AAA
	Leadership	AAA

DESCRIPTION

The players are lined up in several rows on each baseline. Each row has a matching row in the opposite end of the court. By a signal from the coach, the players start to dribble towards each other with increasing speed. At the exact point of encounter the players must conduct a change of direction e.g. crossover, between the legs, behind the back, spin-roll, and then continue towards the opposite baseline.

Depending on level of ball handling skills, speed can be added.

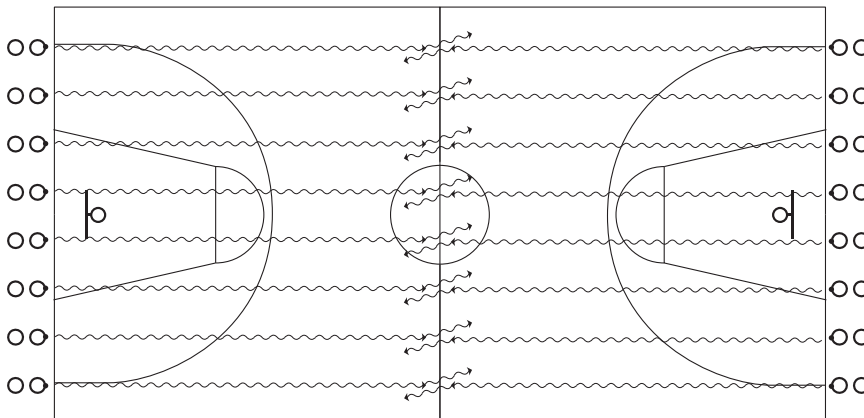
Variation: Line up along the sideline instead. The drill can also be done with each player dribbling with two balls at the same time. The players can also practice the handoff passing skill at the point of encounter. A more GAM3 Winner version can be made by making the players finish with a score.

COACHING KEY POINTS

- Do not look at the ball – keep eye contact
- Change of pace and direction should be done as controlled as possible

OUTCOME

By the end of this drill the players should have improved their basic ball handling skills, speed, and ability to change direction.



- Offensive player
- Offensive player with bold
- × Defensive player
- ⊥ Boxing out
- Players direction
- ⋯→ Ball direction
- ~ Dribbling
- | Screening
- R Rebound
- Shot
- C Coach
- ⊗ Cone

OBSERVE AND REACT

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Offense, Defense, 2-on-2	
Number Of Players	Minimum 2	
Materials	Full court and 2 basketballs	
Timeframe	6-10 minutes	
Training Themes	Teamwork	AAA
	Creativity	AAA

DESCRIPTION

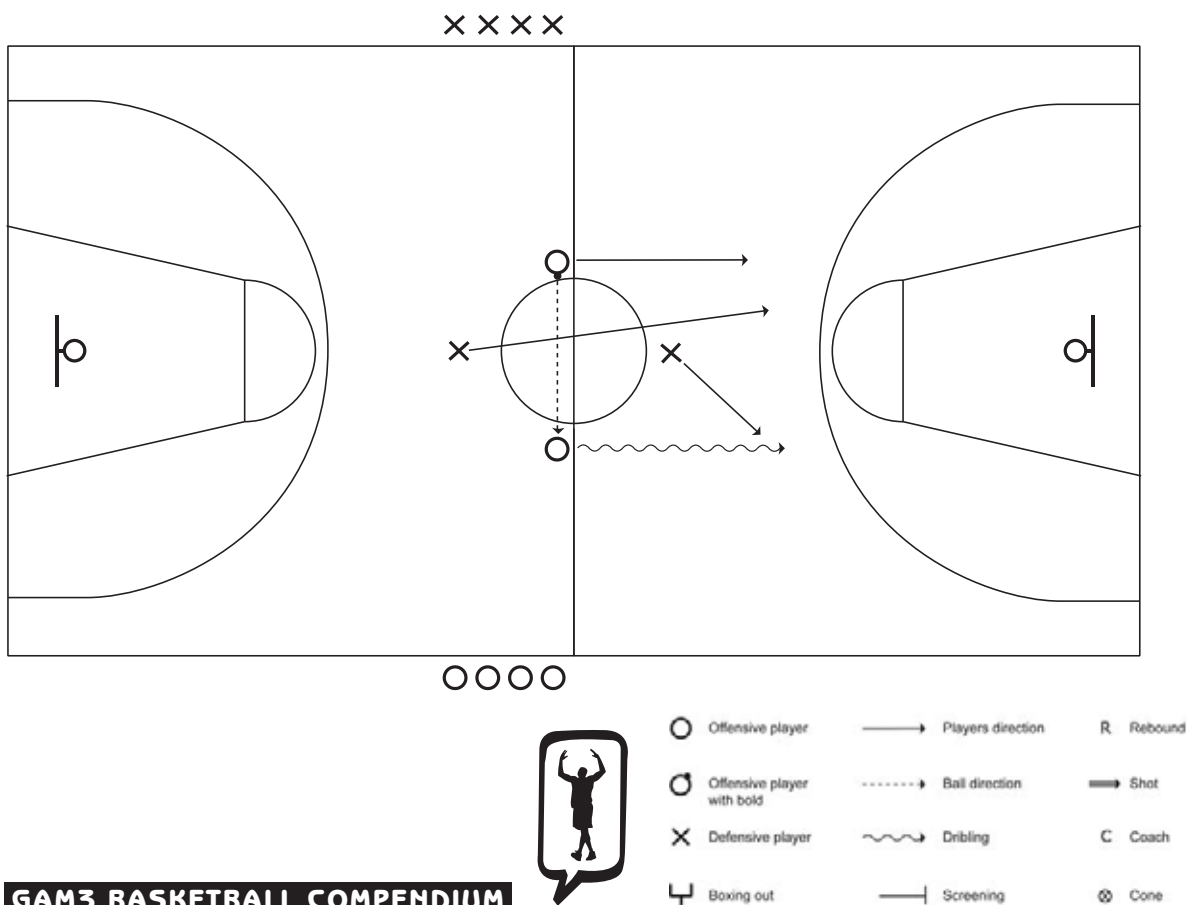
Two equal teams are made and lined up next to the centerline on opposite sides of the court (outside the court). Two players from each team enter the circle. They take positions across from each other – offense on the centerline and defense on opposite sides of the center circle. The offense will make minimum one pass and then attack a basket. Once a dribble is made on either side of the court this side has been chosen. The play continues until the offense scores or the defense gets the rebound or steals the ball. Each team takes turn being on offense and defense. First team reaching 11 baskets wins.

COACHING KEY POINTS

- Encourage the players to fake different kind of movements before taking the first dribble

OUTCOME

This drill improves the players' transition game.



PANIC BALL

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DEVELOPMENT DRILL PANIC BALL

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 8 – divided into 2 teams	
Materials	Minimum 8 basketballs per team and one big ball (1x1 meter). A basketball wrapped in a plastic bag can also be used	
Timeframe	7-10 minutes	
Training Themes	Teamwork	AAA
	Fairplay	AAA
	Achievement	AAA

DESCRIPTION

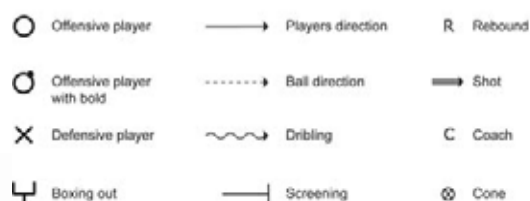
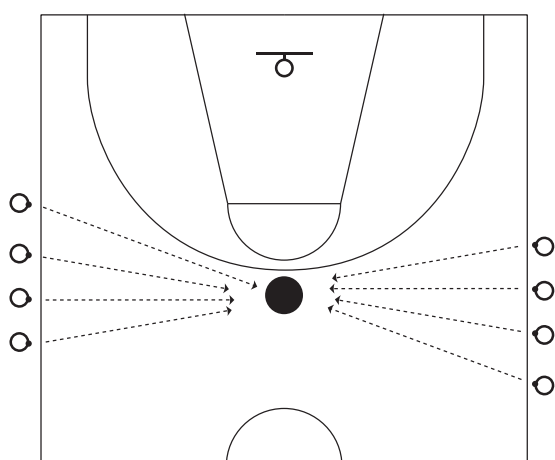
Each team stands behind a given line with an equal distance to the centerline approximately 15 meters away from each other. Both teams will start with the same amount of balls. The objective of the game is to make the big ball, placed in between the two teams, pass across the opposing team's baseline. The only way to set the ball in motion is by throwing a given pass (two-hand chest pass, baseball pass, etc.) at the big ball. The teams are not allowed to cross the centerline but can walk half way up the court to pick up loose balls without interfering with the big ball. Passes aiming at the big ball can only be made behind the baseline.

COACHING KEY POINTS

- When playing Panic Ball you will very often experience that one of the teams is seriously pressured. In order to succeed in this game precision and power is required.
- The players should concentrate on improving their passing technique and focus on the target. Differentiate the types of passes: bounce, chest etc.

OUTCOME

This drill stimulates team spirit and it requires the players to work together in order to win. Furthermore, it is a fair team game since all players will have a chance to make a pass.



PASS'N'SHOOT

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 2 / Maximum 10	
Materials	5 basketballs	
Timeframe	4 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

Have four players line up on each side of the basketball key. Each player on the right side of the key is given a basketball and must stand across from a player on the other side of the key. The pairs must chest pass the ball to each other while running towards the half court line. When the first person in each line reaches the half court line, they are to then run out to the sidelines and begin overhead passing back to the opposite baseline. When the players reach the opposite baseline, they must then move inside to the key and begin chest passing the ball up the middle of the court.

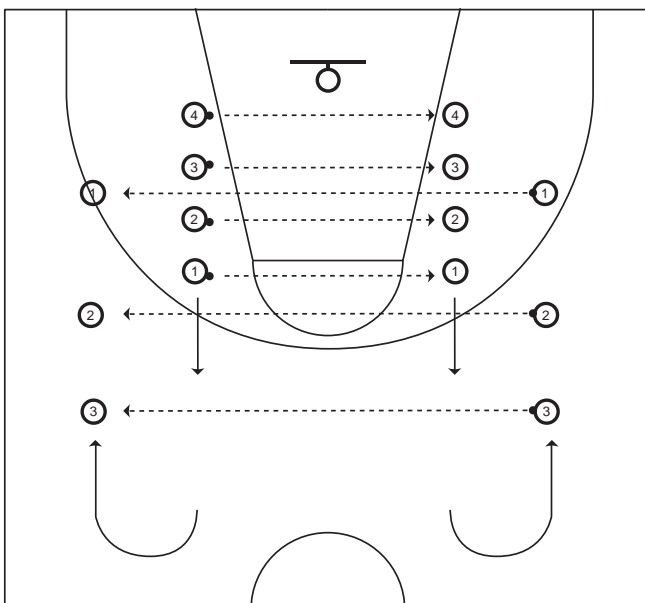
Variation: Finish off with a shot at the basket.

COACHING KEY POINTS

- Stress the importance of accurate passes, as well as ball awareness

OUTCOME

By the end of this drill the players will have had fun in a challenging passing drill.



○ Offensive player	→ Players direction	R Rebound
⊙ Offensive player with bold	⋯ Ball direction	→ Shot
× Defensive player	⋈ Dribling	C Coach
⊥ Boxing out	— Screening	⊗ Cone



PASSING STAR

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Passing, Lay-Up	
Number Of Players	Minimum 7	
Materials	1 basketball for each group of 7	
Timeframe	5-10 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

Seven or more players line up in five different positions with approximately two or three meters of distance. One player starts with the ball and looks towards the player next to her, skips that one and passes to the second one. This continues. The receiver in the last row attempts a shot at the basket. After a player has passed the ball she will move behind the row she just passed to.

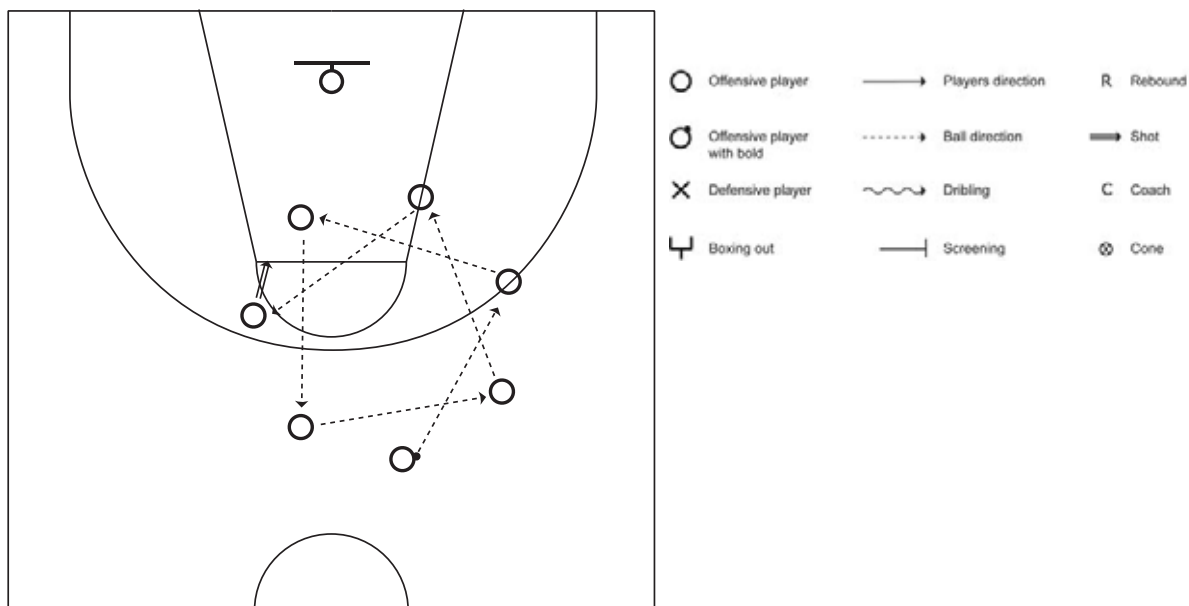
Variation: Make it a shooting competition by adding teams, and shoot from different positions.

COACHING KEY POINTS

- Keep eyes open and run to the next spot
- Add more balls as the players are improving

OUTCOME

This drills improves the players' coordination and passing skills. This drills teaches awareness of position.



PRESSURE LAY-UPS

CATEGORIES

Practice Plan	Development Drill
Player level	Above The Net
Basketball Fundamentals	Ball Handling, Lay-Ups
Number Of Players	Minimum 2 / Maximum 10 (per basket)
Materials	2-5 basketballs
Timeframe	5 minutes
Training Themes	Achievement AAA
	Self-Confidence/ Achievement AAA

DESCRIPTION

Divide the group into two lines that stand at half court. One inside, one outside. The first person in the inside line passes the ball to the first person in the outside line, who then dribbles the ball toward the basket and attempts a lay-up. After releasing the ball, the passer must sprint to catch the person trying to attempt the lay-up and apply pressure on the player. After the lay-up is attempted, the two players switch places.

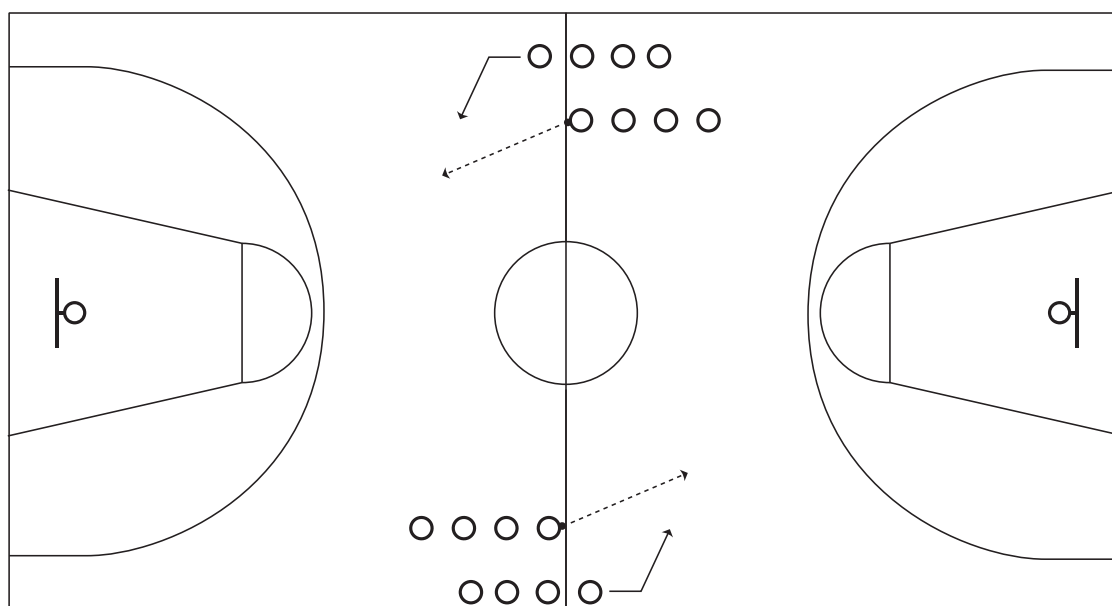
Variation: Limit the number of dribbles. If the offender makes the lay-up she stays on offense.

COACHING KEY POINTS

- Push the ball out in front of the body
- Keep the head up and shield the defender from the ball

OUTCOME

A fun drill that teaches conditioning and achievement.



- | | | |
|------------------------------|-----------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ⊙ Offensive player with bold | -----> Ball direction | → Shot |
| × Defensive player | ~> Dribling | C Coach |
| ⊔ Boxing out | — Screening | ⊗ Cone |

QUICK THINKING

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing, Physical Strength	
Number Of Players	Minimum 5, divided into groups of 5	
Materials	3 basketballs per 5 players, stopwatch	
Timeframe	7-10 minutes. 30 seconds per player – if the players are comfortable with the skill of passing, increase to 1 minute per player	
Training Themes	Teamwork	AAA
	Leadership	AAA

DESCRIPTION

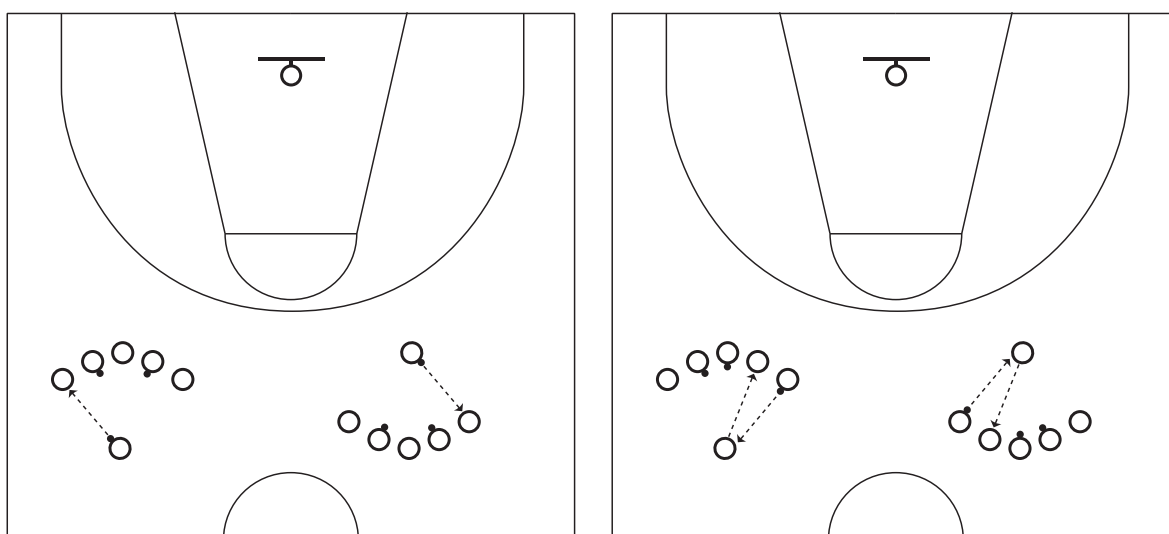
Four players are put in a half circle; three of them have a ball. One player is placed in a central position four-to-five meters from the rest. The task of the central player is now to coordinate through eye contact with the players in the half circle who should pass him the ball and who will receive the ball from the central player. Continue until the time is up. Alternate the passes (chest, bounce, one-hand, etc.)

COACHING KEY POINTS

- Eye contact
- Palms must be turned away from the body after each pass.
- Bend knees and take a step forward to add power

OUTCOME

By the end of this drill the players should have improved their passing skills and Coordination skills.



- Offensive player
- Offensive player with bold
- × Defensive player
- ⊥ Boxing out
- Players direction
- Ball direction
- ~ Dribling
- Screening
- R Rebound
- ⇒ Shot
- C Coach
- ⊗ Cone

RAM SHOTS

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing, Shooting	
Number Of Players	Minimum 8 / Maximum 16	
Materials	4 basketballs	
Timeframe	5 minutes	
Training Themes	Achievement	AAA
	Self-Confidence/ Achievement	AAA

DESCRIPTION

Divide the team into four lines. One line on each lowpost and one line on each highpost. Give each line one ball. The first person in each line shoots the basketball and retrieves it, make or miss. After retrieving the ball, the shooter passes the ball back to the line they were in and return to the end of that line.

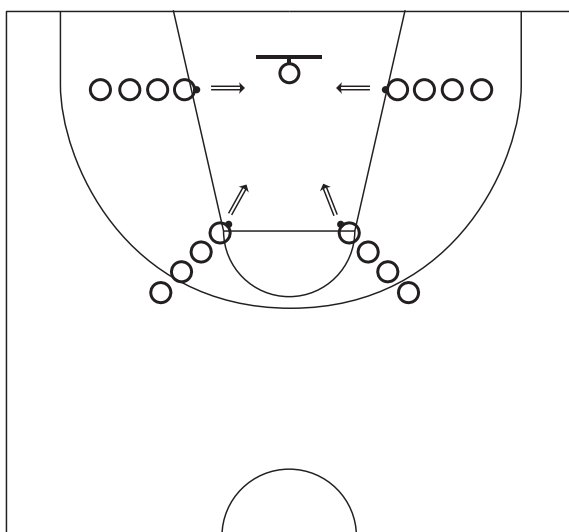
Variation: Each line can work as a team and compete against the other teams. Bonus points for consecutive shots made. Rotate to each of the four spots, after each game.

COACHING KEY POINTS

- Stress to the players the quality of the passes and good balanced shots

OUTCOME

By the end of this drill the players will have had fun in a competitive drill.



- | | | |
|------------------------------|----------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ⊙ Offensive player with ball | ----- Ball direction | ⇒ Shot |
| × Defensive player | ~ Dribbling | C Coach |
| ⌋ Boxing out | — Screening | ⊗ Cone |



SITTING CHAIR

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DEVELOPMENT DRILL SITTING CHAIR

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Coordination, Physical Strength	
Number Of Players	Minimum 8	
Materials	None	
Timeframe	3-6 minutes	
Training Themes	Conflict Prevention	AAA
	Trust	AAA
	Leadership	AAA

DESCRIPTION

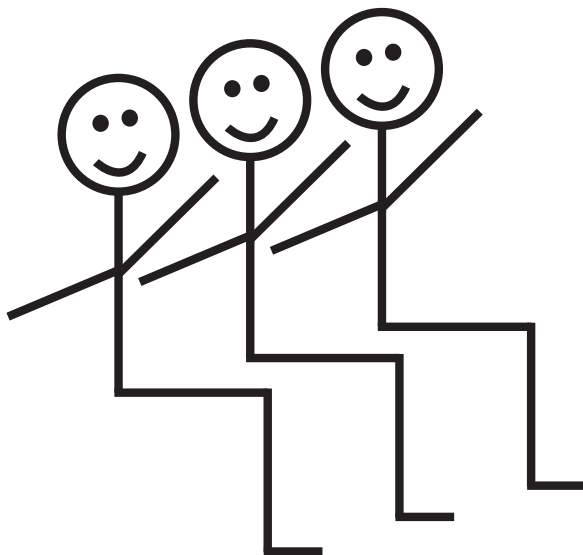
The players form a circle. Next they move very close together. The circle must move around and everyone must face the back of the player in front. Now everyone sits down in each other's laps at the same time. It is important to try to stay in balance. Now if it is possible, stretch out the arms to the side and move slowly forward/round.

COACHING KEY POINTS

- The players must stand close together in order to succeed

OUTCOME

While the players are sitting closely together, they experience a bodily togetherness with one another. At the same time they experience being supported by the person behind them. By the end of this drill the players will be more familiar with each other.



SPEEDSTER

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 2 / Maximum 16	
Materials	2 basketballs / 8 cones	
Timeframe	5 minutes	
Training Themes	Achievement	AAA
	Teamwork	AAA

DESCRIPTION

Divide the group into two lines on the baseline. Give the first player in each line a ball.

Divide the court in half and place four cones on each half of the court. One at the foul line, two at the half court line, (one in the middle and the other at the sideline) and one at the lowpost block.

Each player will try to dribble as fast as they can around the cones twice and score a lay-up basket. A bonus of minus two second is given for each basket scored.

Variation: Each line can work as a team and compete against the other teams. Bonus time for consecutive shots made. Jump shot from the blocks.

COACHING KEY POINTS

- Stress to the players the control of the dribble and good balanced and concentration on the lay-up shots

OUTCOME

By the end of this drill the players will have improved their teamwork skills while competing in a fun way.



STICK IN THE MIDDLE

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing (bounce pass)	
Number Of Players	Minimum 2	
Materials	1 basketballs per pair	
Timeframe	5 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

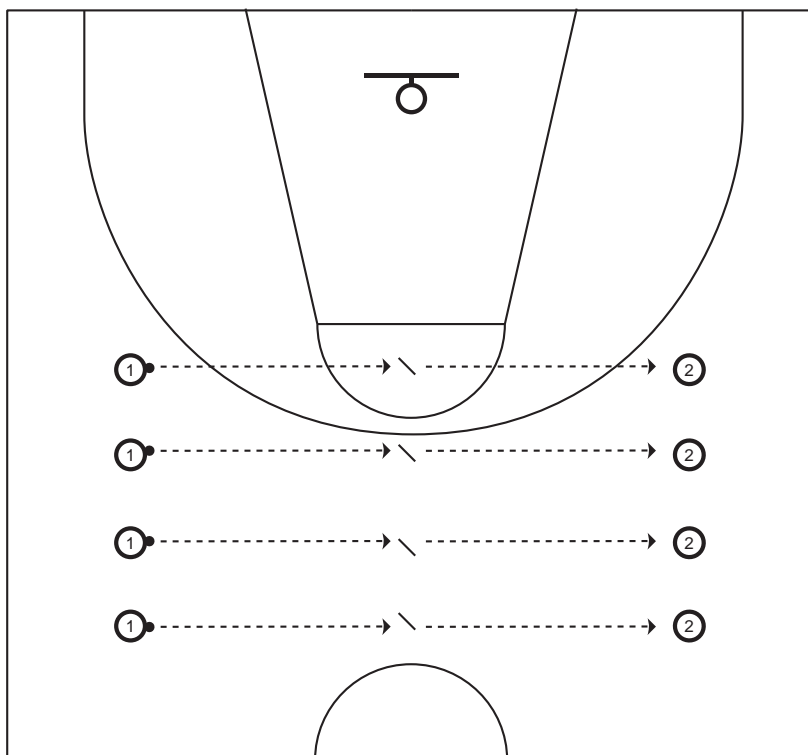
Divide the players into pairs. Place an ice cream stick on the ground equidistant from each player. The players will attempt to hit the stick with a bounce pass as the ball bounce waist level to the other player.

COACHING KEY POINTS

- The players should follow through each pass with their fingers pointing in the direction of the pass

OUTCOME

This drill teaches precision.



CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Not applicable	
Number Of Players	Groups of 3-15	
Materials	None	
Timeframe	3-5 minutes	
Training Themes	Leadership	AAA
	Teamwork	AAA

DESCRIPTION

The group stands in a circle, the coach starts off by saying, "1" then anyone in the circle can say "2", "3", "4", etc. until the group reaches 15. If two or more players say the same number at the same time you start again at "1".

COACHING KEY POINTS

- Make sure the players have eye contact
- If the group struggles start with a lower number like five or seven

OUTCOME

This small intermezzo drill improves the players communication skills. The drill also stimulates a general awareness of each other and in order for the drill to be completed it requires cooperation and coordination skills and thus strengthen these.



THE VERY BEST OF REBOUND DRILLS

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DEVELOPMENT DRILL THE VERY BEST OF REBOUND DRILLS

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Offensive / Defensive Rebounding	
Number Of Players	See drills	
Materials	See drills	
Timeframe	7-10 minutes per drill	
Training Themes	Achievement	AAA
	Physical Consciousness	AAA

1-2-3 REBOUND

Three players line up in the paint. The first one is number one, the second is number two and the third is number three. Put one player on the top of the arch and one outside the 3-point line down in the corner and another in the same position on the other side of the 3-point line. Someone should call one, two, or three and then pass to any of the lines. When they shoot, the player with the number they called should go box them out. If the shooting team rebounds it, they can keep playing.

1-ON-1 REBOUNDING WITH OUTLET PASS

One row of players line up behind the top of the key. Two players are placed on each outlet spot, free-throw line extended. One defensive player is on the lane. Player number two on the line takes a shot on the basket. The first player on the line tries to grab the offensive rebound while the second player on the lane tries to box him out. After taking the rebound the defensive rebounder passes an outlet pass to the same side the rebound was taken. The outlet player passes the ball to the second player on the line that now takes a shot and the drill goes on. After going to offensive rebound, players rotate to the same outlet spots as the outlet pass was made to. The players from the outlet spots rotate behind the line after making the pass to the second man on the line.

If the offensive player does not get the rebound he should press the rebounder when he is making the outlet pass. The number of rebounds each player has to collect can depend on the player's size and strength.

2-ON-1 REBOUNDING

The coach has a ball at the free-throw line with three players facing the basket. The coach shoots the ball and all three players fight for the rebound. The player that secures the rebound attempts to score and the other two players fight for the rebound. The ball is always alive, there is no out of bounds, there is no fouls. If the ball goes in the basket, it is still alive and whoever secures the ball goes back up to make a shot. These three players battle for the rebounds until one of the three players gets three baskets. Then you replace him with a new player and start again.



3-ON-2 BLOCKOUT

The coach stands under the basket with a ball in the hand while three players on offense stand at the wings and at the top of the key. Two defensive players stand facing offense on the blocks. Coach passes the ball to one of the offensive players. The two defensive players are not allowed to look at the coach. They have to box out the two non-shooters. The shooter does not go for the rebound.

BOX OUT

Place one player behind the free-throw line, one player approximately in the center of the paint, and two players at the lowpost. The player behind the free-throw line passes the ball to one of the lowpost players. The player in the center of the paint first defends the ball until a shot goes up, he then goes back to box out the other player at the lowpost and make the rebound. If he does not get the rebound he defends the ball until the shot goes in. He again boxes out and goes for the rebound.

CIRCLE BOX OUT

Have the players gather in a circle, each player with a specific number e.g. 1...2...3...Place a player in the middle with a ball at his feet. When calling out a number the player whose number is called attacks the middle attempting to touch ball without touching the ball through the defender's legs.

The player in the middle blocks out the attacking player who is attempting to touch the ball by boxing out with the arms outstretched and with the back to the attacker. Remember to stress a good position with bend knees.

As soon as the first player either touches the ball or is clearly blocked out, call another number and have the defender move to prevent the next player from touching the ball. Make sure the defender picks up the direction of the offensive player without turning and facing them.

DANTLEY DRILL

This rebounding drill will increase your jumping ability and strength for put backs, as well as your concentration.

Start underneath and to the right side of the basket. Begin by tossing the ball off the backboard. Timing it correctly, the player jumps up, grabs the rebound, and pins it against the backboard. Then, the player jumps up again, taps the ball against the backboard once, and scores the lay-up. Continue for seven successive lay-ups, and then switch to the other side of the basket.



GATOR REBOUNDING DRILL

Make four rows; two under the basket and one row on each sideline (free-throw line extended). The first player in each row under the basket steps up to the free-throw line, facing the coach, who is the shooter. On the shot, they must block-out and get the rebound. The player getting the rebound throws the outlet pass to one of the players on the sideline running the fast break. The player who did not get the rebound must get back and defend 2-on-1.

HE-MAN DRILL

This is a drill that teaches aggressive rebounding and how to make a shot after the ball is rebounded. It is also a good drill for learning how to square up to the basket and make head and shoulder fakes.

Divide players up according to size and/or position. Each group of players should have an individual basket and a coach. The drill starts off with everyone underneath the basket preparing a good box out position. The coach then shoots the ball and as the shot goes up, all players fight for the rebound. When a player grabs the rebound, the rest of the players become defenders and surround the rebounder.

The rebounder's job is to take the ball back up and score. The defenders job is to distract and even foul the shooter to prevent a shot. If the rebounder/shooter scores they are awarded a point. This continues until one of the players has three points. When a player has 3-points, he chooses a 'punishment' for the rest of the group, (ex. push-ups, sit-ups, sprints, etc.)

BILL DRILL

A team of three players is lined up under the basket, the coach is on the free-throw line. Another team is out of bounds under the basket. The coach tosses a ball high on the board and three players in the lane try to rebound. Each player must have two put backs before they can leave the drill. When a player makes her second shot, she leaves the lane and a player from the baseline enters and opposes the remaining two players. Continue until all players have participated at least once. No dribbling or traveling. No international fouling!

NBA DRILL

Eight players are in the paint. Four are on offense and Four are on defense. The defensive players are on the inside and the offensive players are on the outside. Two players are outside the three-point line waiting to get the ball. The drill begins when one of the players outside three-point line shoots a three. The players on defense shout "shot" and box out the players on offense in order to get the ball.

If a player on offence gets the rebound she tries to score. If a player on defense gets the rebound, she passes it on to one of the outlet players. If the offence scores they get two points. If the defense succeeds in passing the ball to one of the outlet players, they get one point. Play till ten points and make the losing team run a jay lap.

REBOUNDING MADNESS

Four offensive players and four defensive players are needed for this drill. The coach will start the drill by placing the ball on the free-throw line. He then asks his four offensive players to face the ball, standing about eight feet from the ball. Then he asks his four defensive players to match up evenly size wise and face the offensive players with their back to the ball.

Once the whistle is blown the defensive players must attempt to prevent the offense from getting the ball, using



blocking out methods. The offense must try to touch the ball without fouling the defensive players. After five seconds reset repeat the drill.

REBOUND LINE

Make a row at each end of the court on the free-throw line. One player starts the drill by throwing the ball of the backboard and running to the other row. The next player in line grabs the ball in mid air and throws it of the backboard to the next player. This continues for two-three minutes without the ball hitting the ground.

COACHING KEY POINTS

Balance, positioning

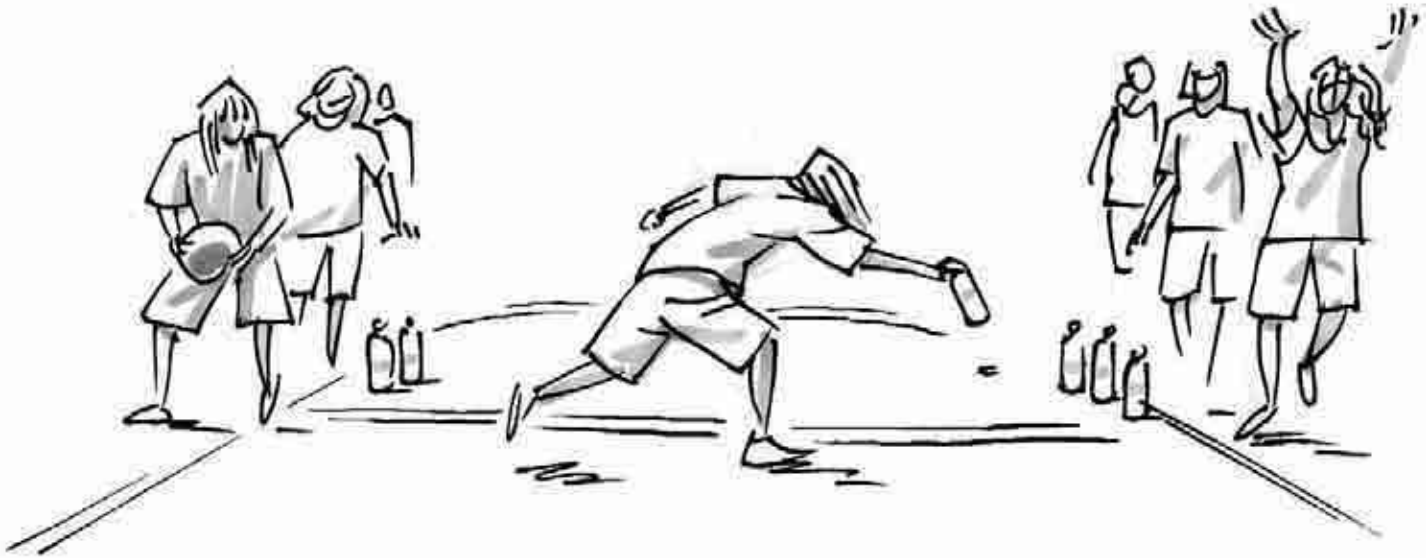
OUTCOME

These drills should enhance the players understanding of how to play and improve their rebound game.



CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net	
Basketball Fundamentals	Passing, Shooting	
Number Of Players	Minimum 4 / Maximum 16	
Materials	2 basketballs / 8-10 Cones	
Timeframe	5 minutes	
Training Themes	Achievement	AAA



DESCRIPTION

Divide the group into two lines at the highpost. The first person in each line has a ball. On the coach's whistle they will dribble toward the basket and attempt a lay-up. If they score they have the right to remove one of the cones in the opposing teams stack over to theirs. Only the person that scores has the right to remove one of the cones over to their stack. The first team that has all the cones wins.

Variation: If the team misses two lay-ups in a row they lose a cone. Have the teams take short jump shots. The team has to make three in a row to get a cone.

COACHING KEY POINTS

- Stress to the players the quality of the passes, good balanced shooting and timing

OUTCOME

By the end of this drills the players should have increased their self-esteem.



TRUST YOUR TEAMMATES

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Net and GAM3 Winner	
Basketball Fundamentals	Not applicable	
Number Of Players	Minimum 5	
Materials	1 basketball	
Timeframe	10-15 minutes	
Training Themes	Trust	AAA
	Conflict Prevention	AAA

DESCRIPTION

Above The Net: Groups of three are made. Player A closes her eyes and makes her body stiff, player B stands behind player A with approximately half a meter distance. Player A now falls back without bending her knees, opening her eyes, or keeping arms close to her body. Player B will catch player A with a firm grip on her arms or back. Player C will observe and standby for help. Each player takes three turns.

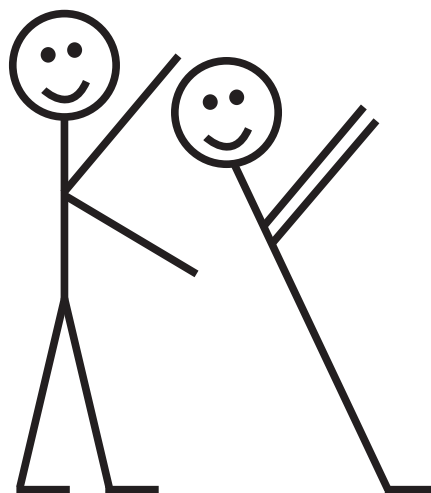
GAM3 Winner: Groups of seven are made. Three pairs are made out of those seven – they will grab each other by the wrist crossing their hands and making sure that they have a firm grip. The last player stands on top of a table or alike - make sure the object is stable. Same procedure as before: the player will close her eyes, standing on the edge of the table and the six players will form a stretcher with their arms. The player will now fall backwards and be caught by the arms of the six players. Keep the arms at shoulder height to cushion the fall better. Each player takes her turn.

COACHING KEY POINTS

- No one can be dropped – explain the drill well
- Make sure that the player falling keeps her arms tight to her body
- Catch the player early the first couple of times in order to build up trust
- Respect if someone says “No”

OUTCOME

By the end of this exercise the players will have had a positive experience with establishing trust among each other. The exercise promotes a strong sense of togetherness.



VICIOUS CIRCLE

CATEGORIES

Practice Plan	Development Drill	
Player level	Above The Rim	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 3 / Maximum 16	
Materials	1 basketball	
Timeframe	5 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

Divide the group into a circle and place one person in the middle of the circle. The players on the perimeter of the circle will attempt to pass to the other players in the circle as the person in the middle attempt to steal or deflect the pass to the intended receiver. The passer cannot pass to the person next to them and cannot pass directly back to the person from whom they received a pass.

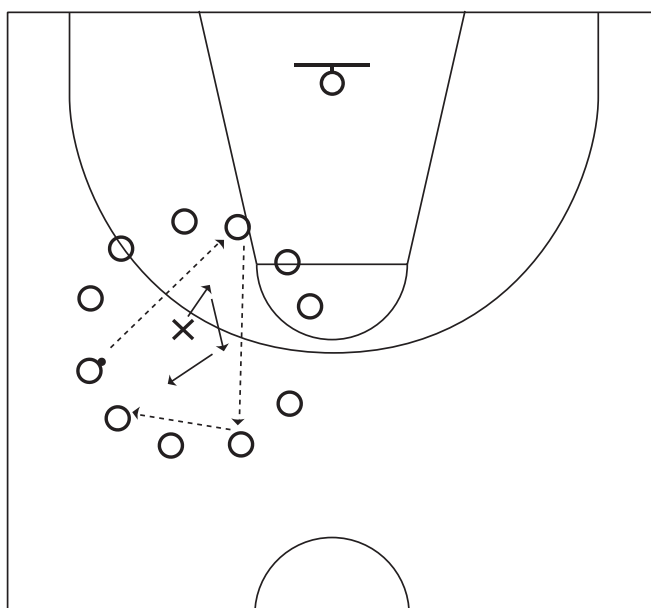
Variations: Add persons to the circle. Add balls. Add time limits and number of pass completions needed. Change the type of passes.

COACHING KEY POINTS

- Stress to the players the quality of the passes

OUTCOME

This drill improves the players coordination and passing skills. It also teaches creativity.



- | | | |
|------------------------------|-----------------------|-----------|
| ○ Offensive player | → Players direction | R Rebound |
| ○ Offensive player with bold | -----> Ball direction | → Shot |
| X Defensive player | ~> Dribling | C Coach |
| ⊥ Boxing out | — Screening | ⊗ Cone |



JUMP AS HIGH AS YOU CAN

CATEGORIES

Practice Plan	Development drill	
Player level	GAM3 Winner	
Basketball Fundamentals	Shooting, Physical Strength	
Number Of Players	12	
Materials	cones, sticks, balls	
Timeframe	20 min	
Training Themes	physical consciousness	AAA
	Achievement	AAA

DESCRIPTION

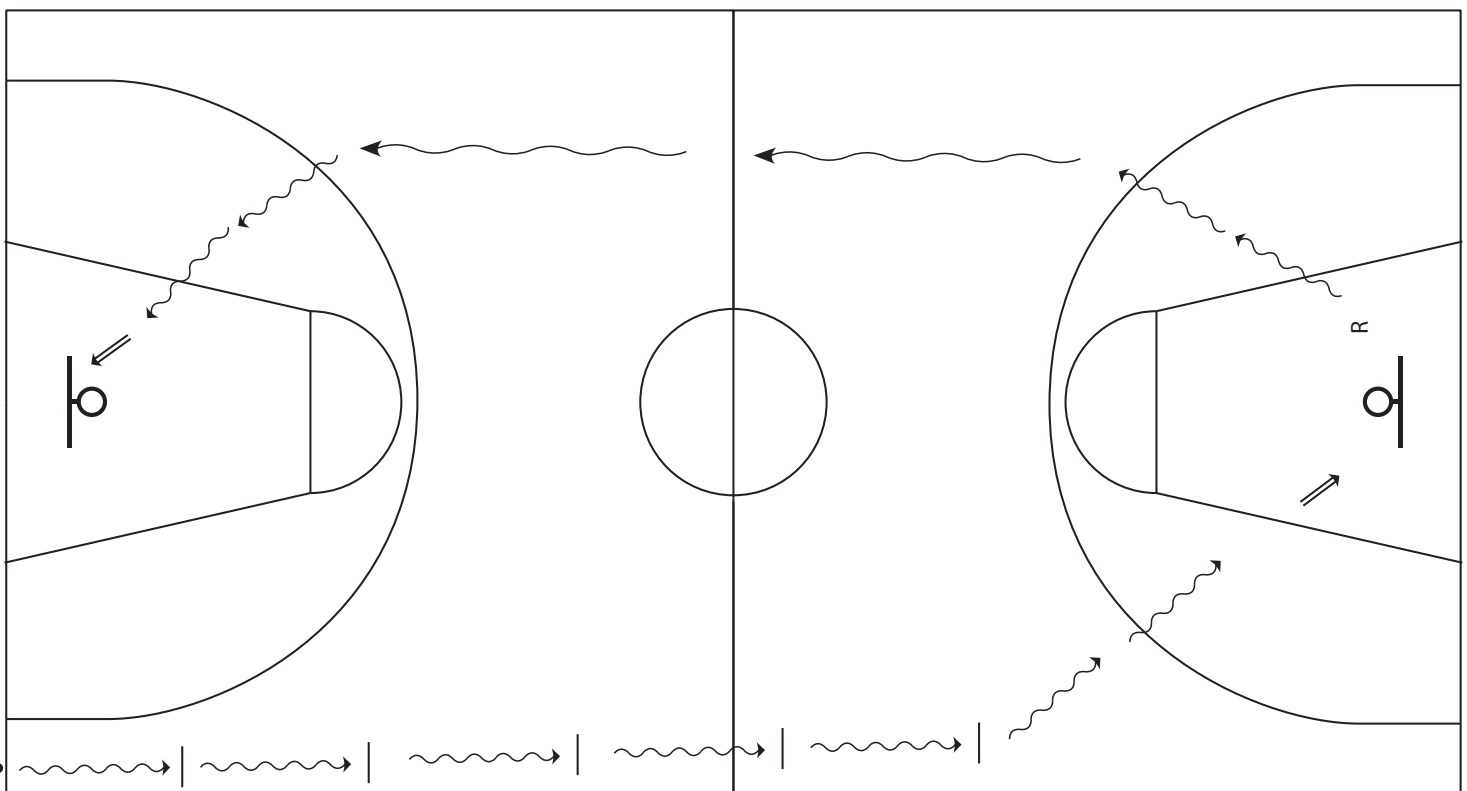
All the players stands on the line on the baseline, on the whistle the first player in the line starts to jump over the sticks that are placed in on side of the court, when she reaches the other basket the player should shoot the ball and after this take the rebound, then dribble to the other basket with a higher speed and make a lay-up.

COACHING KEY POINTS

Time it and let the players run on the whistle and keep them organized.

OUTCOME

by the end of this drill the players are expected to jump higher.



- Offensive player
- Offensive player with bold
- × Defensive player
- ⌊ Boxing out
- Players direction
- ⋯→ Ball direction
- ⌚ Dribbling
- Screening
- R Rebound
- ⇒ Shot
- C Coach
- ⊙ Cone

PLAY TO SCORE

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CATEGORIES

Practice Plan	Development	
Player level	Above The Net	
Basketball Fundamentals	Shooting, passing, offence, defence, ball handling	
Number Of Players	6	
Materials	Ball	
Timeframe	10-15 min	
Training Themes	Leadership	AA A
	Team work	AA A

DESCRIPTION

It is a 3 on 3 game, but each player on each team is allowed to score 2 baskets, so all the players should help each other in order to win the game

COACHING KEY POINTS

You can tell the players to stop dribbling and it will be more GAM3 Winner.

OUTCOME

By the end of this drill the players will learn to play together in a fair and team work play



CATEGORIES

Practice Plan	Developmental Drill	
Player level	Above The Net / Above The Rim	
Basketball Fundamentals	Agility, Lay up, Shooting	
Number Of Players	Minimum 2 / Maximum 30	
Materials	1 Very big, safe, soft, & thick pad, 2 basketballs	
Timeframe	15-20 minutes	
Training Themes	Patience	AAA
	Stress Management	AAA

DESCRIPTION

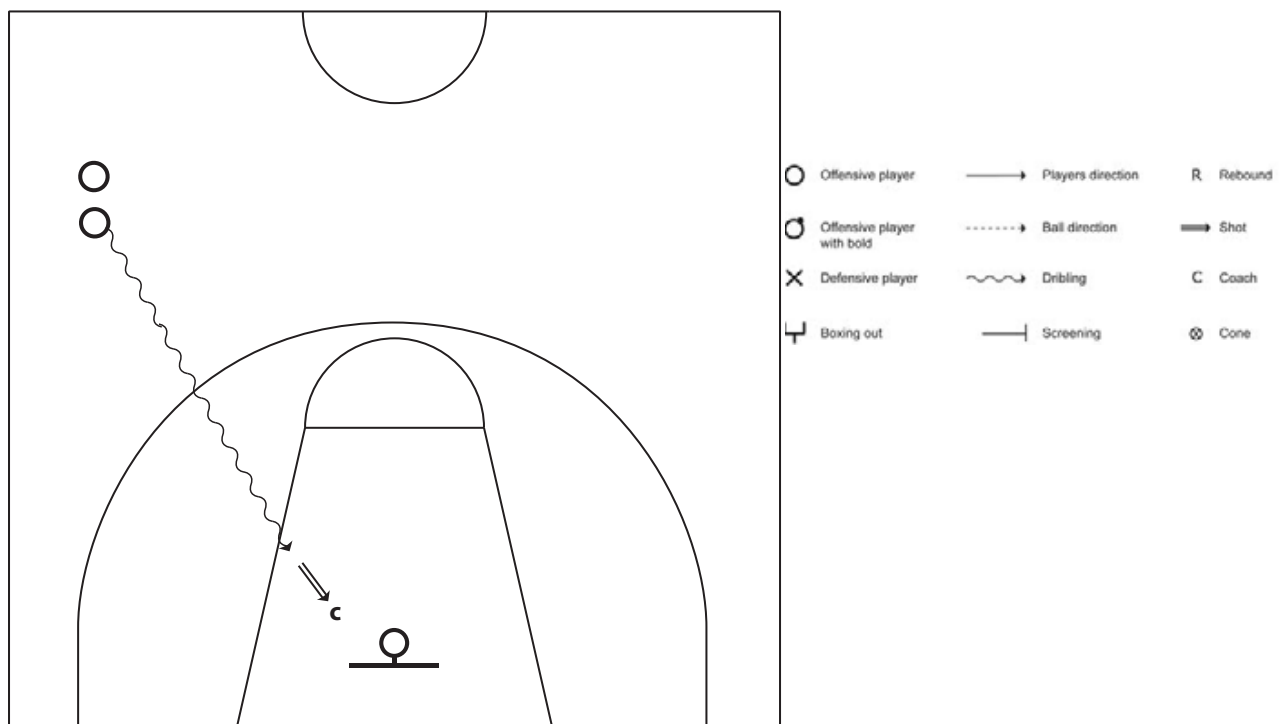
One Player at a time takes a basketball, and drives into the lane (dribbles into the paint). Player jumps to perform a layup, as one of the coaches lightly fouls them. Despite the foul, the player's objective remains to score the layup. If the player scores, they go on to take one free throw to complete the "3 point play". If they miss the layup, they take two free throws (one point for each successful free throw). Players should try to collect maximum points

COACHING KEY POINTS

- Coaches must take every precaution to ensure the safety of the players. This includes: Making sure coaches commit the fouls, and do so in a safe and moderate manner. Also, making sure the safety matt is secured over the possible areas that the player might fall on.
- Explain to players that people who are temperamental are usually unable to score the lay up, or score the free throws. If a player stays calm and focused, they are more likely to collect maximum points, and become much better basketball players (the coach might also relate this concept to life off the basketball court).

OUTCOME

Players will understand the power and effectiveness of remaining calm and composed, instead of losing their temper. This is how you become UNBEATABLE.



AMERICAN FOOTBALL

92

CATEGORIES

Practice Plan	Game	
Player level	GAM3 Winner	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 8	
Materials	1 basketball	
Timeframe	10 minutes	
Training Themes	Achievement	AAA
	Teamwork	AAA

DESCRIPTION

This is a game between two teams. The players must pass the ball to each other in order to score. Unlike American football you can pass both forward and backwards. There is no dribbling in this game and the players cannot run with the ball. A player scores a touchdown by receiving the ball with a foot on or behind the baseline or by reaching in across the baseline and putting the ball down on the ground. Play three games and then break up the teams. When a point is made the defending team attacks.

COACHING KEY POINTS

- Add a shot clock (8 seconds, 24 seconds etc.)

OUTCOME

This game will help you move without the ball while working on your passing skill.



ANARCHY

CATEGORIES

Practice Plan	Game	
Player level	GAM3 Winner	
Basketball Fundamentals	Not applicable	
Number Of Players	Minimum 14	
Materials	Cones, Frisbee, Ball or alike	
Timeframe	20-40 minutes	
Training Themes	Democracy	AAA
	Leadership	AAA

93

GAME ANARCHY

DESCRIPTION

The game consists of four different phases and the players are divided into four different teams – if there are not enough players (more can be added, depending on agegroup), just make two teams. You play two teams against each other.

Phase 1: Two teams; a score is made by knocking down the other team's cone or alike – these are positioned in each end. Besides this objective there are no rules.

It is important that you as a coach only tell them this information and nothing else.

Phase 2: The tallest player will two times be granted permission to add a rule, to improve the flow of the game. The remaining players do not have a say. Now play again.



Phase 3: The player whose shoes are the newest will be allowed to add a new rule. Only the oldest, or only the boys (five or six players) are allowed to vote on the rule. play again with new rules.

Phase 4: At a given moment another player will be allowed to add a new rule to improve the flow of the game. It is also allowed to suggest a cancellation of a rule. For every change in rules suggested, the players will have to vote on it. If there is no majority, the right to make a new rule will pass to someone else at every new round. In this round it is only allowed to vote but under no circumstances to comment the suggestions.

After each phase the teams will split up and talk about the events.

Focus: What kind of principles does the game follow? Who benefits and who has drawbacks from the game? Why is that so? How to organise a good game for one.self and oppoent?

CLOSING THE GAME

Focus – ask the players these Q's:

Which phase did they prefer?

Who had benefits and drawbacks, and why?

Listen to all the different opinions

Can some aspects of this game be related to society?

Or different societies? And why?

COACHING KEY POINTS

- Do not tell the players the name of the game or the unrevealed objective before or during the game – frustration is part of the driver
- Be very careful – this game should not motivate judgment of other players' political values

OUTCOME

This game increases the players' sense and understanding of the differences between different kinds of societal structures (from anarchy to simple democracy). After playing this game the players will have experienced some of the differences between democracy and dictatorship.



BRING ME YOUR ...

CATEGORIES

Practice Plan	Game	
Player level	Above The Net	
Basketball Fundamentals	Conditioning, Fitness	
Number Of Players	Enough to make at least 2 teams of 3 players	
Materials	Preferably more teams with more players	
Timeframe	Anything!	
Training Themes	5-15 minutes	
	Teamwork	AAA
	Leadership	AAA
	Creativity	AAA

DESCRIPTION

A few small groups are made – make sure to mix players who do not know each other. The groups sit with the same distance to the coach - approximately 10 meters. The coach will ask the group to bring a ... (shoe, bag – any object!). The player sitting in front of the group should bring the item as fast as possible. The representative of the group who returns first with the correct item wins a point for his group. Then she goes to sit down behind the group and the next person is up for bringing the object.

Ideas for items to request: Red sock, a hair, a coin, a basketball net, a 5 meter long string, etc..

COACHING KEY POINTS

- Try to think of objects that are funny and difficult to get
- Do not run the drill for too long
- The drill works well at the very end of a practice

OUTCOME

By the end of this drill the players will have had fun together. By the end of this exercise the players will also have experienced a sense of teamwork.



CATEGORIES

Practice Plan	Game	
Player level	Above The Net	
Basketball Fundamentals	Not applicable	
Number Of Players	Minimum 5	
Materials	None	
Timeframe	5-10 minutes	
Training Themes	Teamwork	AAA
	Behaviour	AAA
	Creativity	AAA
	Conflict Prevention	AAA

DESCRIPTION

This is a number of small exercises that helps with creativity and mixes the players regardless of ethnicity, religion or skill level. The drill can be a helpful and fun way to make teams before playing games. When the row has formed start from one end and assign 1's and 2's to create two teams.

Ask the players to line up on a row accordingly to height, date of birth, number of siblings, shoe size, number of letters in your name, alphabetically order etc. They have to do so without talking. They can use signs and their fingers as a way to communicate number etc. The coach should help if the game stalls and check when they think that they are done to see if they got it right.

COACHING KEY POINTS

- Allow the players to find their own way of solving the task
- Reset the drill and start over if someone talks

OUTCOME

These drills help eliminate prejudice. All players must work together to succeed and this is without talking, which give an advantage when you have different groups what might not like each other to start out with. The drills can therefore be used early in the season to help break down barriers.



FREE FOR ALL

CATEGORIES

Practice Plan	Game	
Player level	GAM3 Winner	
Basketball Fundamentals	Offense and Defense	
Number Of Players	Minimum 3	
Materials	1 basketball	
Timeframe	10-20 minutes	
Training Themes	Achievement	AAA

DESCRIPTION

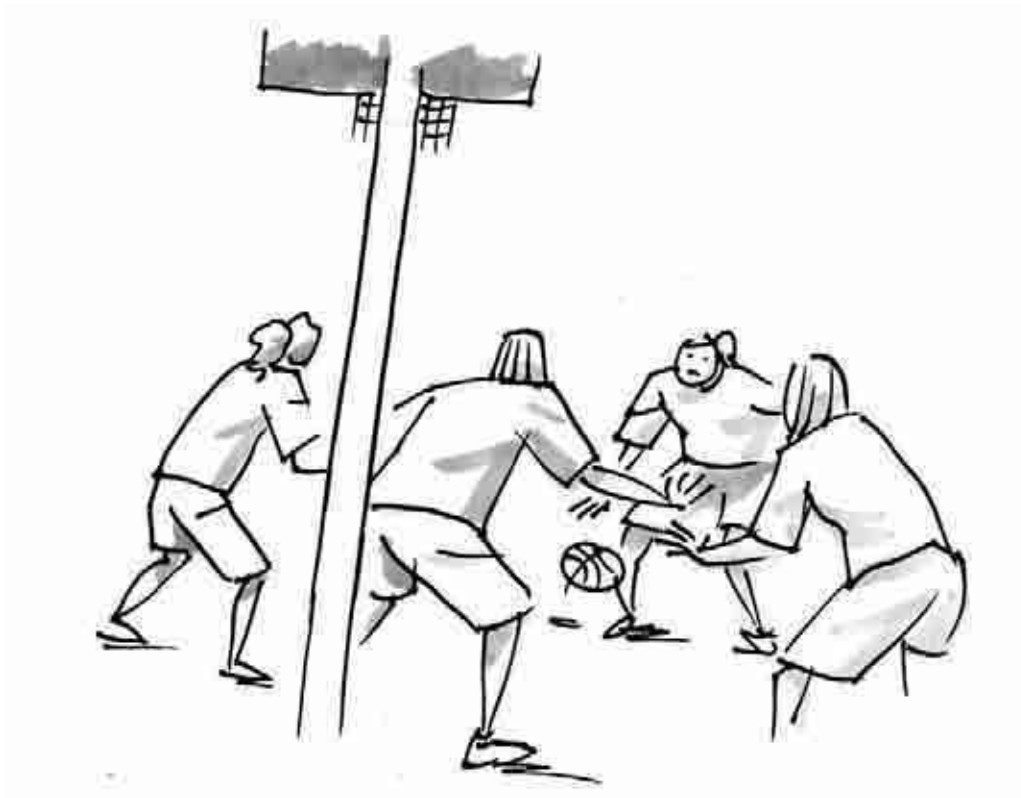
A head to head game, where multiple players (3-4) play free for all. Whoever starts with the ball is playing against the rest. If a defensive player steals or rebounds the ball, he or she is now playing against the rest. You do not have to check the ball or leave the paint before you can score. When you score, you get free shots, at the free throw-line until you miss. After a miss, the game continues right away. It is ok to foul the player with the ball, as long as it is not hurting them. You play to twenty-one points.

COACHING KEY POINTS

- Encourage them to play hard – without hurting each other
- Make sure you handle potential conflicts with attention e.g. shake hands etc.

OUTCOME

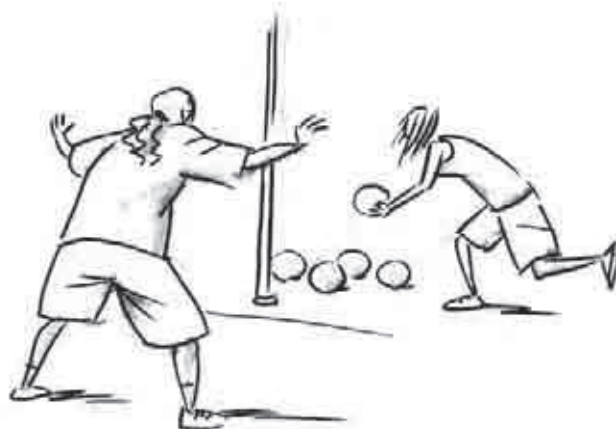
This game is designed to get you to play harder. You know you're going to get fouled and therefore you flex your muscles to improve your chances of scoring.



GUARD THE NEST

CATEGORIES

Practice Plan	Game	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	2 teams of 4+	
Materials	Minimum 8 balls, chalk, full court	
Timeframe	5-8 minutes	
Training Themes	Fairplay	AAA
	Creativity	AAA
	Leadership	AAA



DESCRIPTION

Two equal teams of five to six players take position on each side of the centerline. Each team gets a base behind opposite baselines with minimum four balls placed at each base. The objective of the game is to steal balls from the opponents, and at the same time prevent your own balls from being stolen. Each team is safe on their own half court and behind the opponents' baseline. If a player is tagged on her opponents' side, she must return back to her own side. If a player is tagged on her way back with a ball, the ball must be returned and the player must return to her own side before a new attempt can be made. Each player can only steal one ball at a time. If a team succeeds in emptying the opponent's nest, the next player from the team who gets to the empty nest yells out loud "The nest is empty!" and the team has scored one point. The game continues until a team has reached five points. Throwing or passing the balls is not allowed.

Variation: Each player has her own ball and must dribble at all times while playing the game. Or when stealing an "Egg or ball", it must be transported back by dribbling the ball.

COACHING KEY POINTS

- Guard The Nest is a tactical tag-game, where it pays off to come up with the right strategy
- Be careful not to bump into each other – it is an active game
- Stones, shoes etc. can replace the basketballs as items to hunt for

OUTCOME

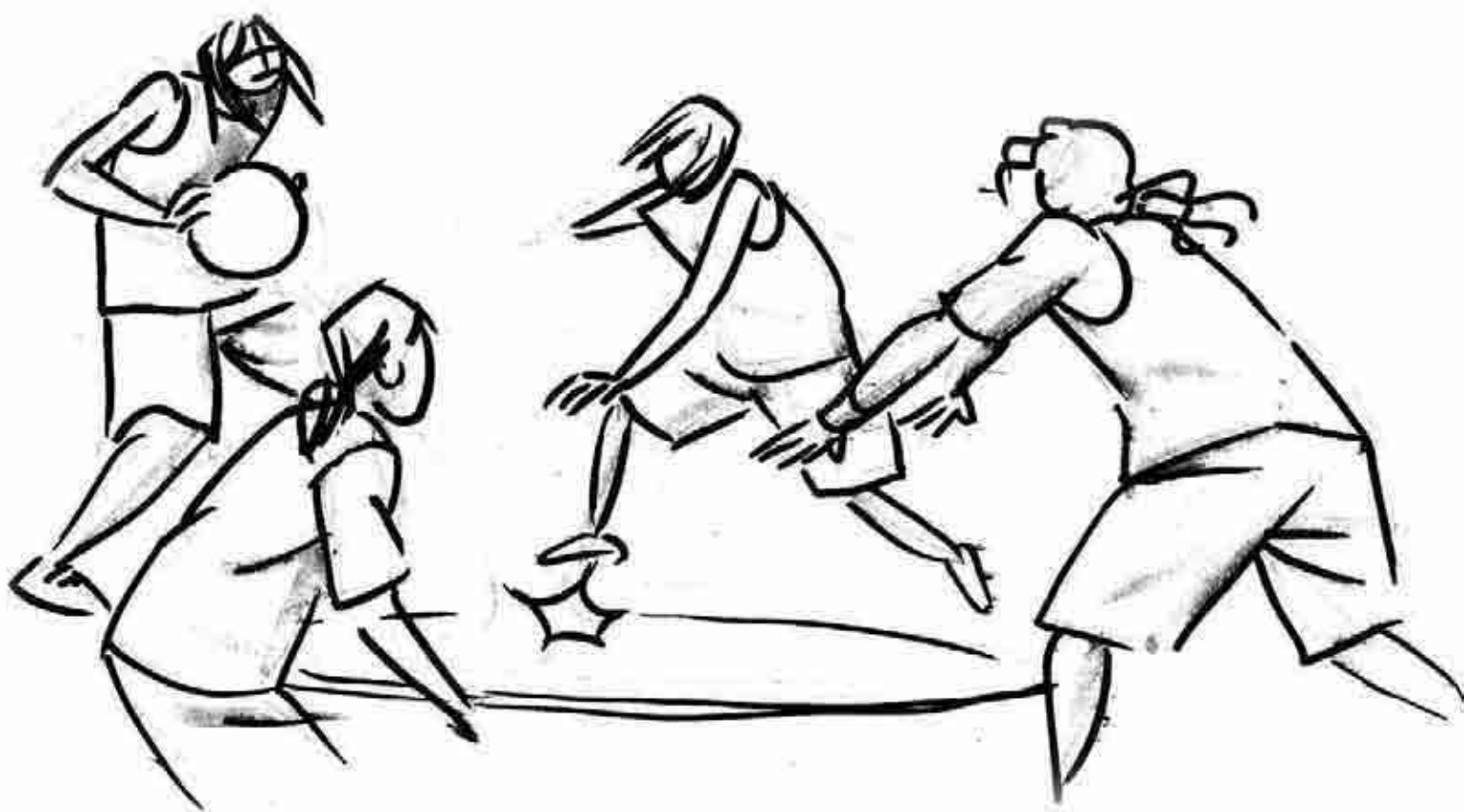
By the end of this drill the players should have improved their cooperation skills as well as their communication skills.



HULA HOOP

CATEGORIES

Practice Plan	Game
Player level	Above The Net
Basketball Fundamentals	Passing, Tactics, Footwork
Number Of Players	Minimum 6 divided in 2 teams
Materials	1 basketball, 6 or more hula-hoops or chalk to draw up circles. Adjust the size of the court to the number of players
Timeframe	7-10 minutes
Training Themes	Teamwork AAA
	Achievement AAA



DESCRIPTION

This game works very well when played towards the end of a practice, where you have worked with passing. A number of circles/hula hoops are laid out randomly across the court. Two equal teams are made (once the players are familiar with the game more teams can be added). The objective of the game is to score a given number of points by throwing a bounce pass to be caught by a player inside a circle. It is not allowed to travel, dribble or have any kind of body contact. Upon interception of a pass the opposite team can directly attempt to score.

Variation 1: A score is made once the ball is caught in the same second as a given player will jump inside the hula-hoop or circle. It is not allowed to just stand and wait inside the circle until the ball is received.

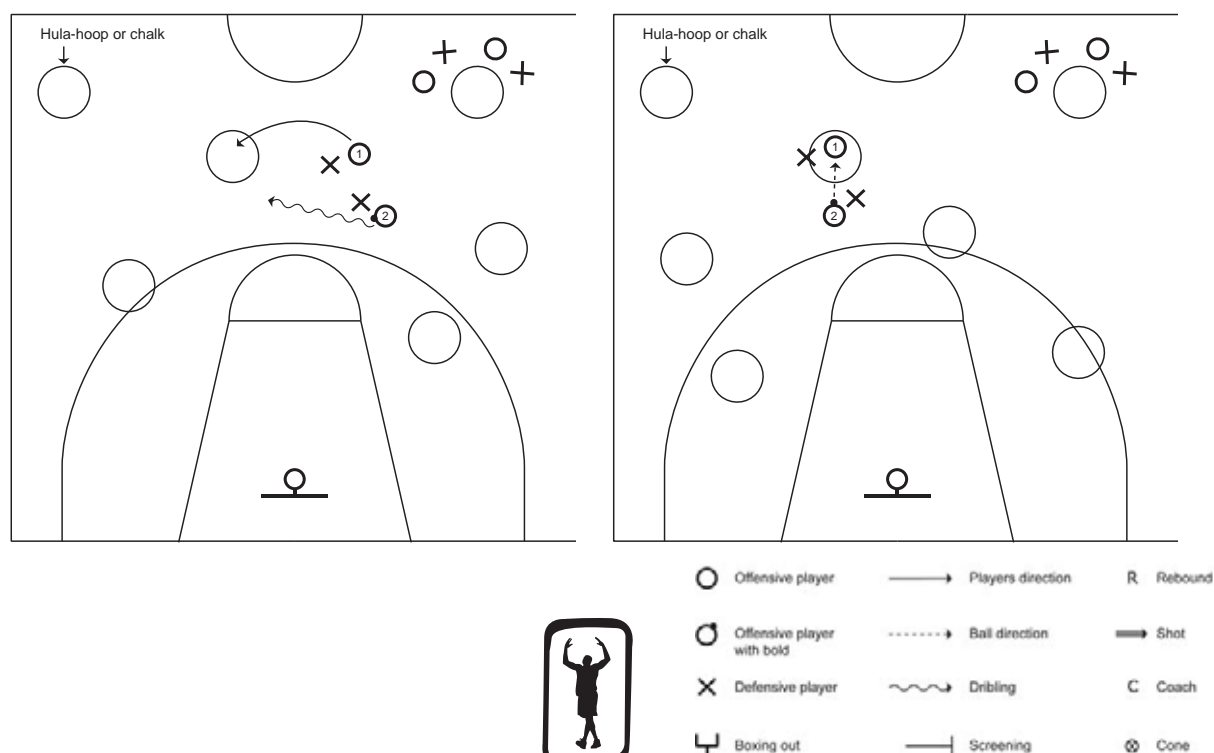
Variation 2: A score is made once the ball bounces through a circle and is caught on the opposite side. Only one bounce per circle is allowed.

COACHING KEY POINTS

- Very often the players will huddle up around a few circles. Assist them in playing the whole court and emphasize that not every pass has to be a score.
- A circle is very quickly protected – help the players understand that quick passing is necessary in order to make a successful score

OUTCOME

This game teaches the players to see opportunities instead of limitations. A successful win can only come from at least two players passing well to each other. The underlying moral of the game is that we should not always push to make a point instantly. Through cooperation and patience a successful point will come.



KNOCKOUT

CATEGORIES

Practice Plan	Game
Player level	Above The Net
Basketball Fundamentals	Ball Handling, Dribbling
Number Of Players	5-12
Materials	10+ Basketballs
Timeframe	5-10 minutes
Training Themes	Self-Confidence/ Achievement A A A

101

GAME KNOCKOUT

DESCRIPTION

Line your players up at the free throw line in single file. Give the first two players in line a basketball. The objective is to score before the player behind you scores. On your whistle, the first player will shoot from the free throw line. If he makes it, he will retrieve the ball, pass it to the next person in line without a basketball, and walk to the back of the file. If he misses, he must retrieve the ball and put it back up until he scores.

The next player in line is allowed to shoot from the free throw line as soon as the previous player has shot. If second player scores before the first player, the first player is “knocked out”. This process continues until only one player is left in the game.

Variation: Let the winner decide where to shoot from in the next round.

COACHING KEY POINTS

- Tell the players to stay behind the free throw line before shooting. Wait until the ball hits the rim on the free throw before going to rebound it. Avoid rushing too much to prevent ruining your shooting technique.
- This drill is a great way to keep your players from getting bored. Use this drill as a break from some of the more necessary, tedious parts of practice.

OUTCOME

Your players will love this drill! This drill will teach your players to perform under pressure, namely, free throws late in the game. Hitting the free throws can be the difference between a win and a loss.



PAINT BUSTER

102

GAME PAINT BUSTER

CATEGORIES

Practice Plan	Game
Player level	GAM3 Winner
Basketball Fundamentals	Offense and Defense
Number Of Players	6-10
Materials	1 basketball
Timeframe	10-20 minutes
Training Themes	Achievement

AAA

DESCRIPTION

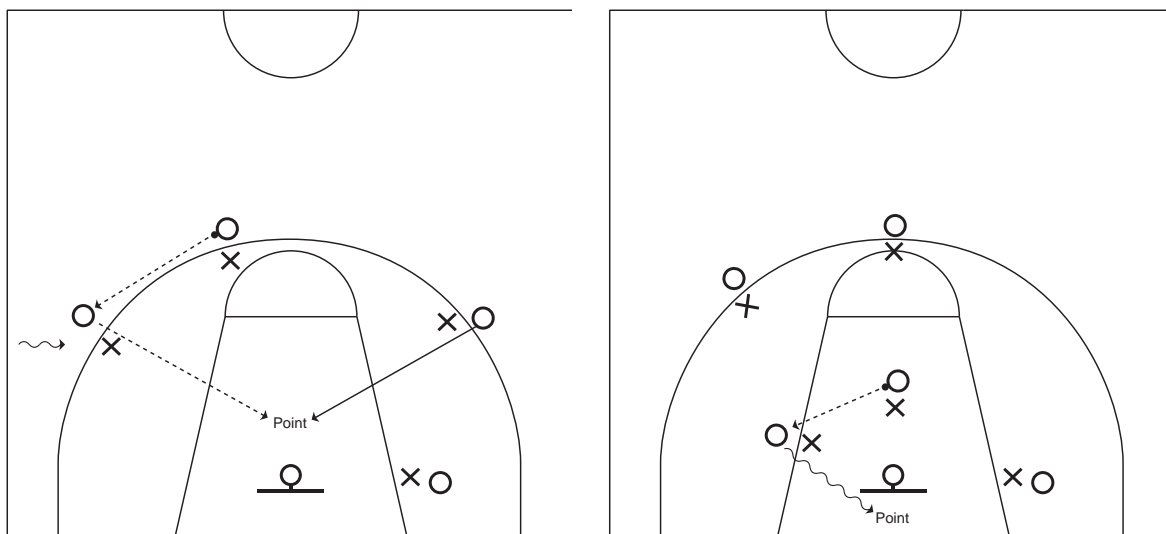
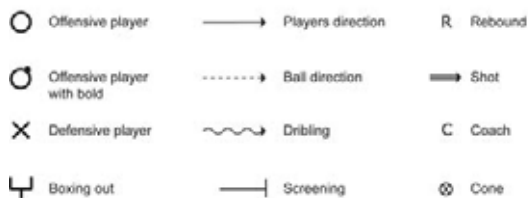
Play 3-on-3, 4-on-4 or 5-on-5 half court. The objective of the game is to receive or dribble the ball into the paint. When this happens, the offence receives one point. A made basket is also one point.

COACHING KEY POINTS

- When they get the hang of it, you can add a point for an offensive rebound

OUTCOME

This is a good drill for both offence and defense. Offence learns how to pass the ball to a cutting player and how to dribble into the paint. Defense learns how to work together. When a player drives past you, help defense is needed and at the same time you must pressure your own man so that she does not receive the ball in the paint.



PLAY THE LINE

CATEGORIES

Practice Plan	Game	
Player level	Above The Rim	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 10 players divided in 2 teams	
Materials	1 basketball	
Timeframe	7-15 minutes	
Training Themes	Teamwork	AAA
	Creativity	AAA

DESCRIPTION

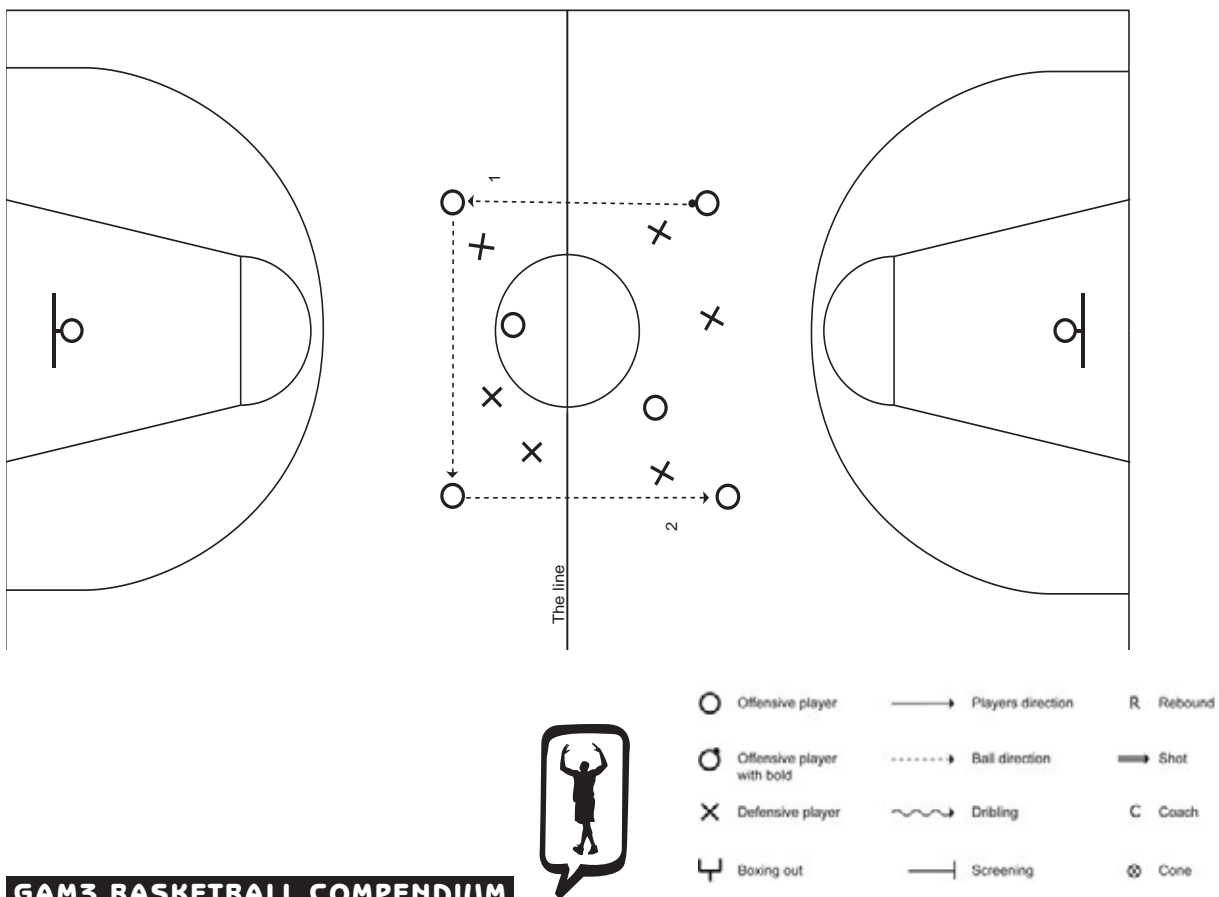
Two equal teams are set up. The objective is to complete between five to fifteen passes in a row across the centerline. Dribbling and physical contact between the players are not allowed.

COACHING KEY POINTS

- Help the players see the open space
- Not every pass needs to be an assist

OUTCOME

This drill improves the players' cooperation skills since they are forced to work together.



PUSH'N'PROTECT

104

GAME PUSH'N'PROTECT

CATEGORIES

Practice Plan	Game	
Player level	Above The Net	
Basketball Fundamentals	Passing	
Number Of Players	Minimum 6 – divided into 2 teams	
Materials	1 basketball and 1 big ball (1x1 meter)	
Timeframe	7-10 minutes	
Training Themes	Teamwork	AAA
	Creativity	AAA

DESCRIPTION

One team starts out with the task to move and protect the big ball. Only one player at a time is allowed to push and move the big ball around. Three of the remaining defenders have to try to defend the ball. The rest of the defenders will try to intercept a pass or substitute the player who started out with the big ball. It is not allowed for the defenders to intercept a pass at the big ball - only passes between offensive players are allowed to be intercepted.

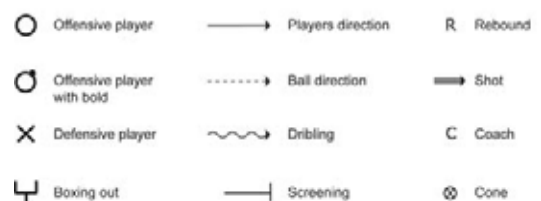
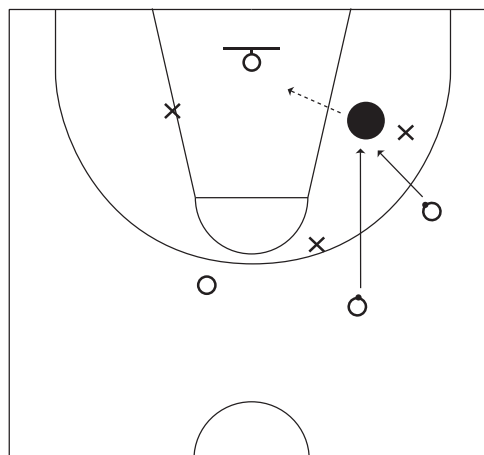
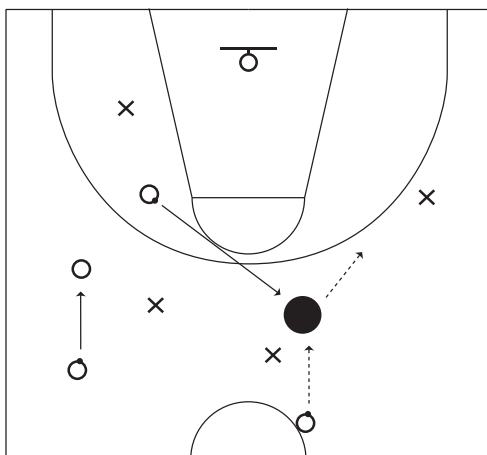
The offensive team must try to hit the big ball with a basketball. Every time they hit the ball the team gets one point. It is not allowed to dribble or move with the balls that are being passed. The game is played with two minutes innings. The team ending up with the highest total score after an equal number of innings on offense wins the game.

COACHING KEY POINTS

- This game has very high intensity – make sure the players are aware of each other
- Be careful not to pass/shoot on the player protecting the big ball. Points will be subtracted if done deliberately

OUTCOME

The progression in the game with time for reflection after each inning will help the players understand the necessity of playing together and throwing precise passes. As well as being quick on your feet.



TIC TAC TOE

CATEGORIES

Practice Plan	Game	
Player level	Above The Net	
Basketball Fundamentals	Ball Handling	
Number Of Players	Minimum 2	
Materials	2 basketballs, 2 different colored sets of 3 items, a tic-tac-toe grid (chalk)	
Timeframe	5-20 minutes	
Training Themes	Creativity	AAA
	Leadership	AAA

DESCRIPTION

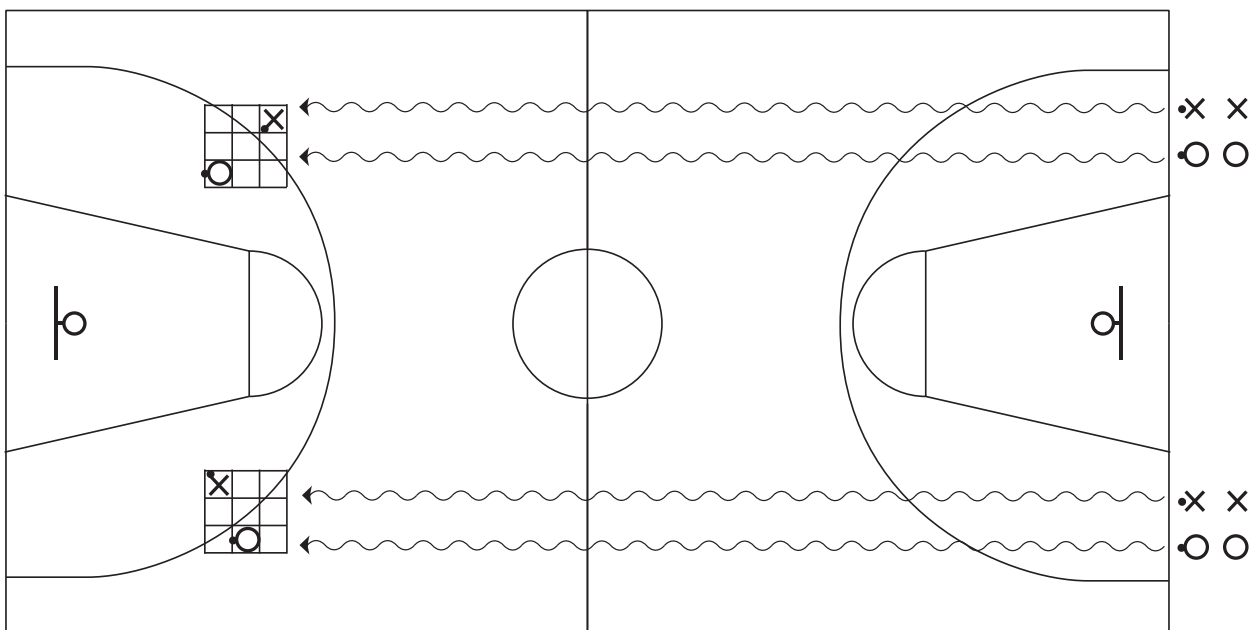
A game in which players take turns attempting to complete a row, a column, or a diagonal with either three O's or three X's drawn in the spaces of a grid with nine squares. This game starts with two teams on the baseline. Each team has a ball. When the whistle blows one player from each team dribbles down the court and places an item in a square in the tic-tac-toe grid while dribbling. When the player returns the next player can dribble down to the grid. The two teams take turns until one team wins.

COACHING KEY POINTS

- Always play this game at least twice

OUTCOME

This game teaches decision-making under pressure and is quite fun.



- Offensive player
- Offensive player with bold
- × Defensive player
- ⌞ Boxing out
- Players direction
- ⋯ Ball direction
- ~ Dribling
- Screening
- R Rebound
- ⇒ Shot
- C Coach
- ⊗ Cone



WALKING BASKETBALL

106

CATEGORIES

Practice Plan	Game	
Player level	Above The Net	
Basketball Fundamentals	Tactics, Passing	
Number Of Players	Minimum 10	
Materials	1 basketball	
Timeframe	10 minutes	
Training Themes	Teamwork	AAA
	Stress Management	

DESCRIPTION

Walking basketball is just like playing basketball, where you cannot run or jump. It is a fun game, where you need to be smart. All of a sudden you have time to make the right pass. The players will enjoy this game!

COACHING KEY POINTS

- Talk to the players about what works well when you play walking basketball

OUTCOME

The trick to being a great player is to learn to play with intelligence. An intelligent player takes the time to see all of their possible options, and chose the best one before they act. They do not simply act on impulse. Impulsivity in life and basketball, usually lead to poor outcomes



CATEGORIES

Practice Plan	Game	
Player level	Above The Net / Above The Rim	
Basketball Fundamentals	All of the Above	
Number Of Players	Minimum 6 / Maximum 10 per game	
Materials	1 basketball	
Timeframe	10 minutes per 2 games	
Training Themes	Stress-Management	AAA
	Patience	AAA

DESCRIPTION

Teams play against one another 3-on-3, 4-on-4, or 5-on-5 depending on the group size or court size available. Each game lasts for 5 minutes. One team is chosen to start the game at a 5 point deficit (points by 1's and 2's), and to try to overcome this deficit to win. When the game ends, players rest for a bit, then have a rematch with the team roles reversed.

Variation: If the coach prefers a longer game, they can make the deficit in the number of players on a team instead of a deficit in the points they begin with.

COACHING KEY POINTS

- Coaches should tell the players that the trick to dealing with stressful situations, is to stay calm, relaxed, and focused. People that lose their cool, or get angry, disrupt the harmony of the team and actually start playing much worse. Coach can even challenge players to think about how this applies in their lives off the court.
- In order to display the randomness in which stressful situations usually occur in life off the court (“life can be unfair”), the coach might decide which team starts off with the deficit by flipping a coin, or some other method in which one has a 50% chance of winning or losing.

OUTCOME

Players will understand that, by staying calm, focused, and respectful of others, they will be able to handle the pressure of stressful situations with much more success.



CATEGORIES

Practice Plan	Game	
Player level	Above The Net / Above The Rim	
Basketball Fundamentals	All of the Above	
Number Of Players	Minimum 4 / Maximum 12 per game	
Materials	1 basketball and 2-6 large armbands	
Timeframe	5 minutes per game	
Training Themes	Trust	AAA
	Teamwork	AAA

DESCRIPTION

Each player will hook arms, or arms will be tied together, with a drill partner. Then the players play a 5 minute basketball game, either 1 drill partner team V.S. another drill partner team (equivalent to 1-on-1) or 2 drill partners team V.S. another 2 drill partners team (equivalent to 2-on-2). All of the normal basketball rules apply, so coordination with the players' drill partner is essential.

COACHING KEY POINTS

- Coaches should warn players to pay extra attention to fouls and traveling rules, as now 2 players are considered to be 1.
- Coaches should explain that, even under typical circumstances, the better partners on a team communicate with each other clearly and respectfully, the better the team.

OUTCOME

Players will understand that whenever they are "connected" with other people, clean and respectful communication allows them to reach a certain harmony. This harmony and understanding allows them to attain their goals in a more fun and efficient way.



FOOT FIRE

CATEGORIES

Practice Plan	GAM3	
Player level	ABOVE THE RIM	
Basketball Fundamentals	BALL HANDLING, SHOOTING, DEFENCE, REBOUNDING	
Number Of Players	2-14	
Materials	BALL	
Timeframe	20 MIN	
Training Themes	Creativity	AAA
	Self-Confidence/ Achievement	AA A

DESCRIPTION

Divide the players into 2 teams each team stands on each baseline corner of half court. The coach has the ball, on the whistle the first player of each team sprints to the free-throw line and does foot-fire defence, facing the rim. Coach shoots the ball, players have to lose out, rebound clear the ball and play 1 on 1.

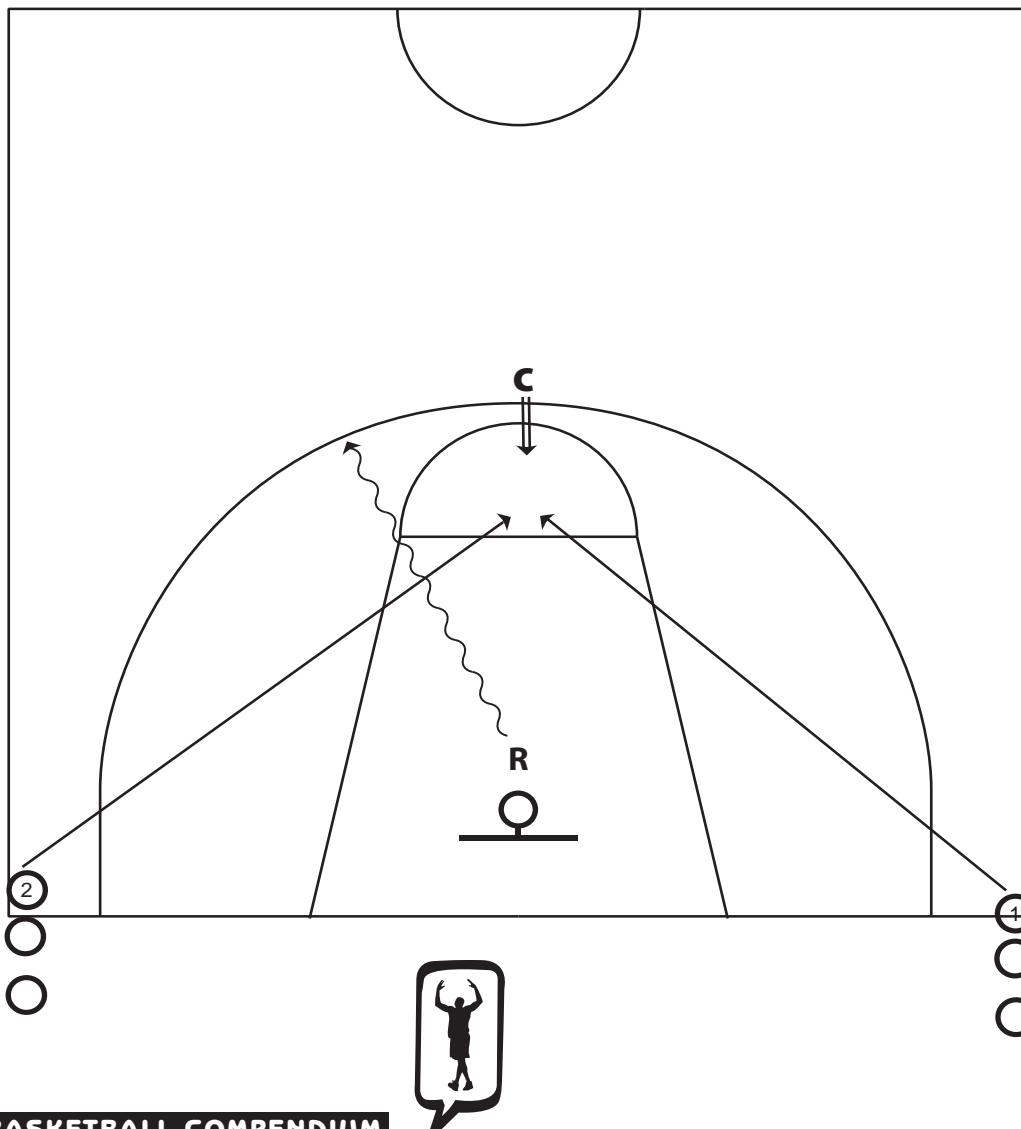
COACHING KEY POINTS

It can be done with 2 players Vs 2 players.

OUTCOME

The players will have fun and they will have a team spirit.

- Offensive player
- Offensive player with bold
- × Defensive player
- Players direction
- Ball direction
- ~ Dribling
- R Rebound
- Shot
- C Coach



GAM3.dk

Take It To The Streets