

Youth Basketball

PRACTICE DRILLS FOR BALL TOUGHNESS

Less Turnovers. More Wins.
Guaranteed.

Lee DeForest

Lee DeForest

YouthBasketballPlaybook.com

Guaranteed
Less Turnovers. More Wins.

Table of Contents

Table of Contents	3
Introduction	5
Chapter 1	7
How Do We Teach Players to Protect the Basketball?	7
When Do Most Turnovers Occur?	8
Is Your Offense Built for Turnovers?	11
Chapter 2	14
Turnovers: The Difference in Winning and Losing.....	14
“Live Ball” Turnovers.....	14
“Dead Ball” Turnovers.....	15
What is the impact of a turnover?.....	15
Permanent Pivot Foot or Use Both?	16
Chapter 3	19
Basic Ball Toughness Drills	19
1 on 1 Ball Toughness – Call Names	21
1 on 1 Ball Toughness – 12 Second Drill	22
Turn the Corner Lay-ups Drill.....	24
3 on the Perimeter Drill.....	25
Dribble Swing Drill	26
4 on 2 Box Drill.....	27
Chapter 4	29
Intermediate Ball Toughness Drills.....	29
Lane Passing Drill	29
4 – 0 Starts/Stops/Pivots Drill	30
1 versus 2 Handle the Pressure Drill	33

Trap Drill	34
Right/Left Dribble, Pivot, Pass Drill	35
Chapter 5	37
Advanced Ball Toughness Drills	37
3 on 3 Ball Toughness Drill.....	38
Variation of this Drill – Add a Trapper.....	39
5 on 5 Full Court Toughness Drill.....	39
4 on 4 Trapping Drill	40
Additional Free Resources	43

Chapter 3

Basic Ball Toughness Drills

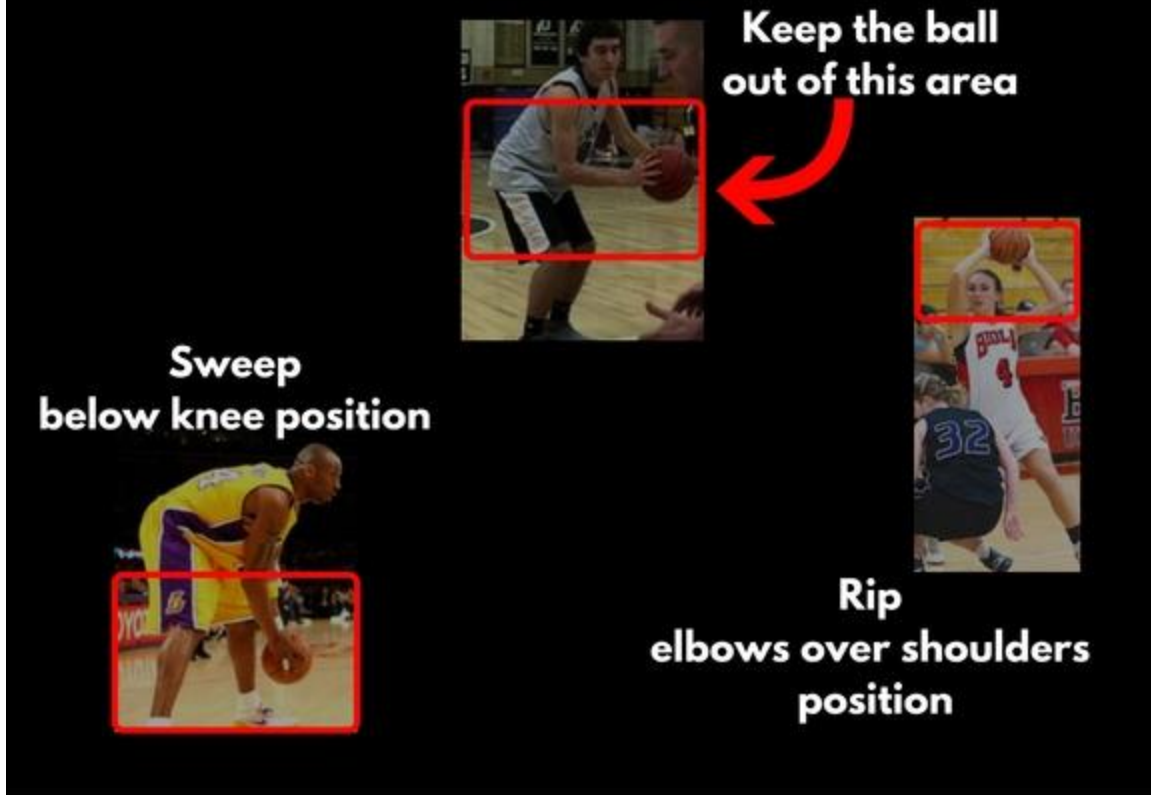
"Do not let what you cannot do interfere with what you can do." – John Wooden

The most basic fundamental to teach players with the basketball is the triple threat position. The idea behind teaching this position is that on the catch, the player can dribble or pass or shoot from one basic position. Of course, as the skill level of the players are developing, it is very difficult for players to understand how to move from such a basic position to a more dynamic position.

For example, on the catch IF open or if the player is more advanced, a triple threat position is more useful because the defense will be forced to respect a safe guarding distance. However, what do we teach if our players are still developing these skills? How does a player with limited dribbling skills keep a defender from forcing a dribble? This is an important skill to learn for young players.

Therefore, in addition to the basic triple threat position, we must also teach players how to change positions with the basketball from one side of the body to another, and how to do it in a safe way that will limit the impact of the defensive player. The more crowded a defensive player defends an offensive player, the more likely the offensive player will panic resulting in a poor decision unless we teach players, not only how to handle this position, but to expect it, and how to excel against any defender.

Rip or Sweep Player Positions



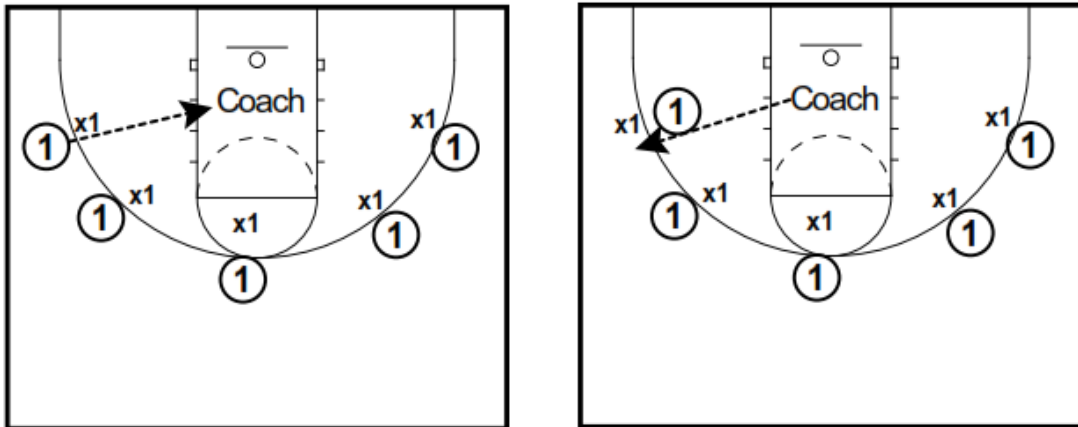
Against strong defensive pressure, players should avoid putting the ball into the standard “triple threat” position. This position is easy for the defense to strip or knock away from the offensive player if the offense is still developing dribbling or passing skills. The ball should be kept out of the area below the shoulders and above the knees.

Instead, the offense should work on moving the basketball into a Rip or Sweep position in order to protect the basketball.

Rip – Ball is kept above the shoulders and useful for tall players; elbows create space for the basketball

Sweep – Ball is kept below the knees and space is created with the head and shoulders of the offense

1 on 1 Ball Toughness – Call Names



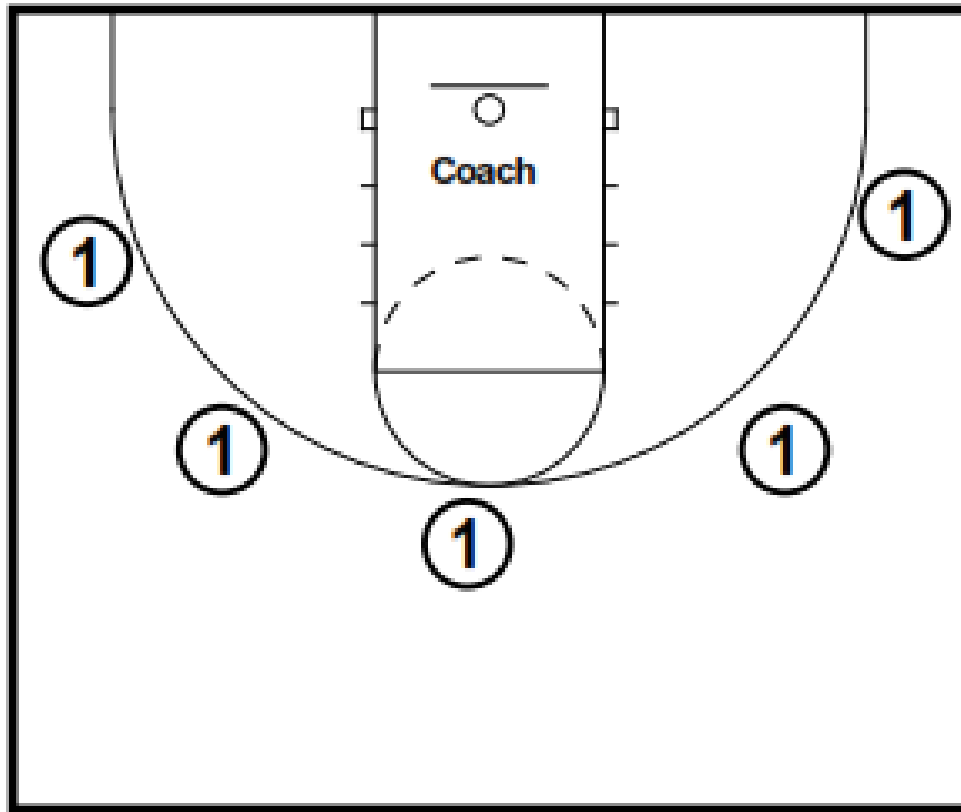
Drill Rules

1. Put players in pairs with each group having a basketball around the 3-point line.
2. Rips/Sweeps either above the head or below the knee.
3. Encourage defense to stay low in a stance and to reach in to slap the ball away. Fouling is ok.
4. Coach will call the name of the player with the ball. The offense must make a good pass to the coach.
5. The next drill is critical, especially for young players that may not understand this rule. This drill teaches players to develop a “12 second timer” in their mind when they have possession of the basketball. Remember, it takes 5 seconds to violate the closely guarded rule and the dribble resets this count.

Therefore, on the catch, players will hold the ball for 4 seconds, dribble the ball against pressure for 4 seconds, and pick up and pivot for 4 seconds.

This drill will teach players they have longer than they think with the ball and, more importantly, teaches players not to dribble on the catch.

1 on 1 Ball Toughness – 12 Second Drill



Drill Rules

1. Same rules as previous drill.
2. 4 seconds against hard pressure, 4 seconds against dribble, 4 seconds against pick up/pivot.
3. Coach counts to 4 out loud to emphasize the time and stops at 4 seconds then players dribble for 4 seconds and pick up for 4 seconds.
4. Drill only needs to be done once or twice to teach players the timing and understanding.

Pressure for 4 seconds



Teaching points:

Spin ball out to start and land with jumpstop

Offense eyes on rim

Be calm under pressure

Defense reaches in and slaps ball

Pressure against dribble for 4 seconds

Protect the ball with the dribble and body position

Offense eyes on rim

Defense pressures up trying to simulate strong pressure



Pick up and pivot for 4 seconds



Offense jump stops to end dribble

Offense uses reverse pivots and front pivots to create space to pass

Offense keeps eyes on the rim and works to create passing angles

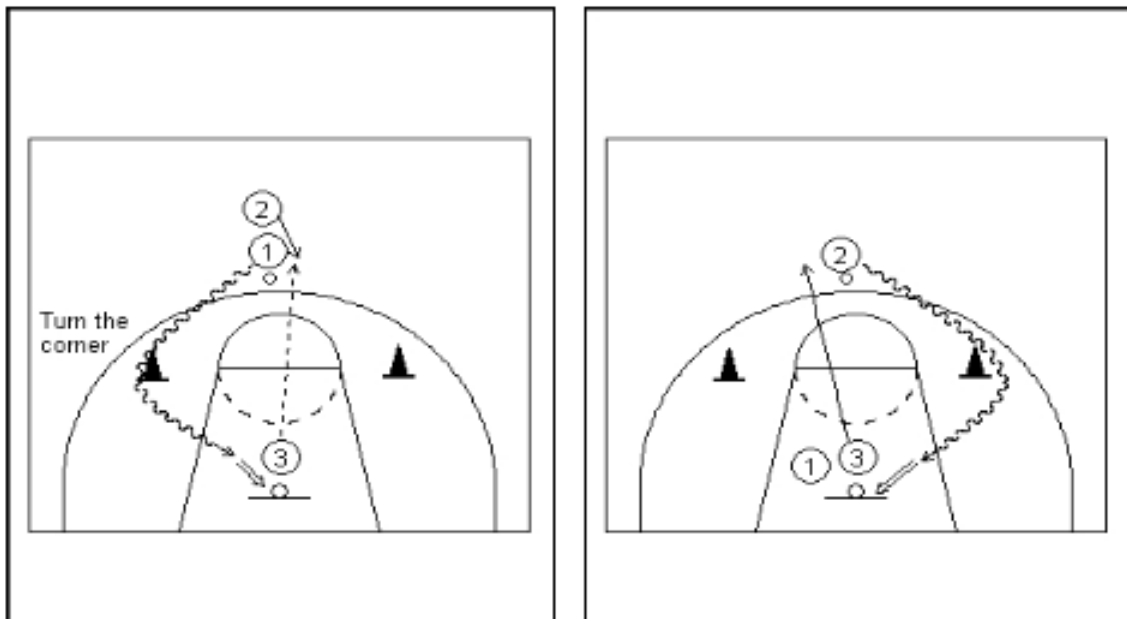
Defense calls out “Dead” and simulates pressure

Turn the Corner Lay-ups Drill

To beat a good on the ball defender, all players need to learn how to “turn the corner” by planting their outside foot while dribbling and pivoting low to the basket.

This is best taught by demonstrating the skill to your players. Emphasize that players should stay low with the basketball throughout the move and only come up out of a crouched dribble to score the layup.

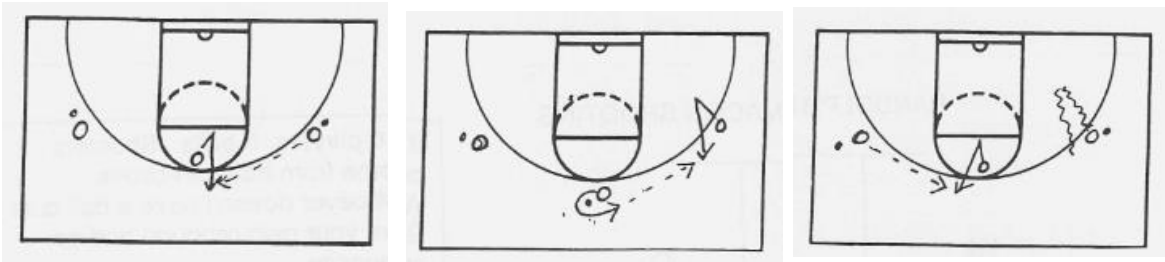
As Rick Pitino would say, “Start low, Stay low, Score High.”



Drill Rules

1. Player 1 drives hard, "turning" the corner at the cone to power in for a lay-up
2. Push off the outside foot to turn the corner at the cone - simulating beating a defender and closing the angle on the drive

3 on the Perimeter Drill



Drill Rules

1. The 2 players on the wings start with the basketballs.
2. The player at the top of the key starts the drill with a good replace cut. (She cuts into the free throw line and pops back out).
3. As she comes open, she receives a pass from a wing. On the catch, she establishes her permanent pivot foot (always the left foot for right handed players and vice versa), pivots, fakes a ball reversal, and passes back to the player who gave it to her.
4. On every catch, the players on the wing, square up and take one hard dribble baseline.

Teaching Points:

Show an outside hand as a target to the passer.

Wait till the ball sees you to break open.

Want the rest of the book?

Table of Contents

Table of Contents	3	Trap Drill	34
Introduction	5	Right/Left Dribble, Pivot, Pass Drill	35
Chapter 1	7	Chapter 5	37
How Do We Teach Players to Protect the Basketball?	7	Advanced Ball Toughness Drills	37
When Do Most Turnovers Occur?	8	3 on 3 Ball Toughness Drill	38
Is Your Offense Built for Turnovers?	11	Variation of this Drill – Add a Trapper	39
Chapter 2	14	5 on 5 Full Court Toughness Drill	39
Turnovers: The Difference in Winning and Losing	14	4 on 4 Trapping Drill	40
“Live Ball” Turnovers	14	Additional Free Resources	43
“Dead Ball” Turnovers	15		
What is the impact of a turnover?	15		
Permanent Pivot Foot or Use Both?	16		
Chapter 3	19		
Basic Ball Toughness Drills	19		
1 on 1 Ball Toughness – Call Names	21		
1 on 1 Ball Toughness – 12 Second Drill	22		
Turn the Corner Lay-ups Drill	24		
3 on the Perimeter Drill	25		
Dribble Swing Drill	26		
4 on 2 Box Drill	27		
Chapter 4	29		
Intermediate Ball Toughness Drills	29		
Lane Passing Drill	29		
4 – 0 Starts/Stops/Pivots Drill	30		
1 versus 2 Handle the Pressure Drill	33		



[Click Here To Buy Now](#)



\$9.99

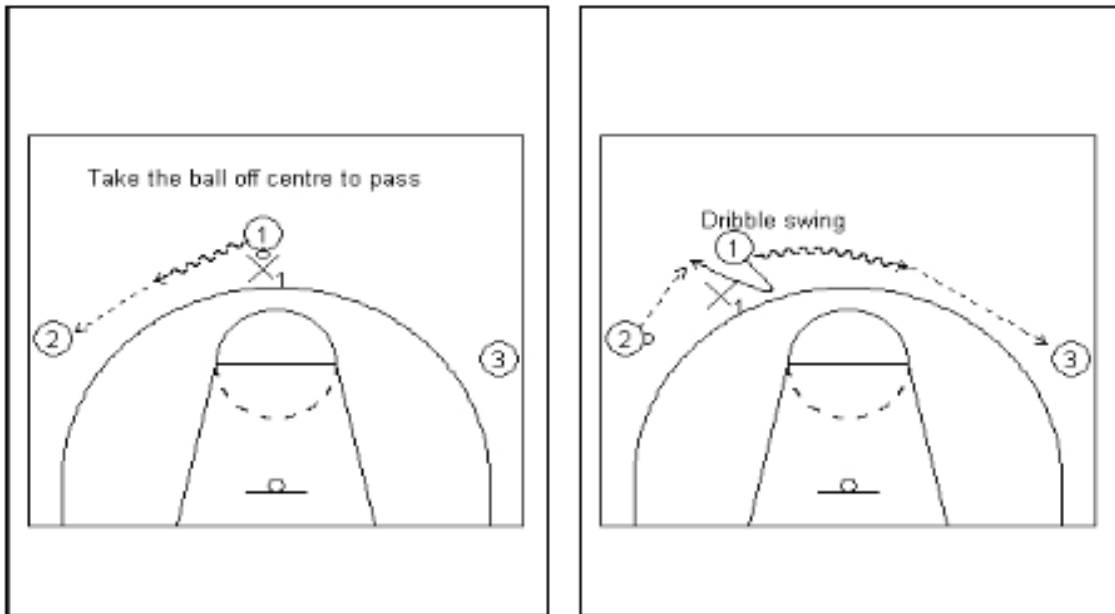


NO PAYPAL ACCOUNT NEEDED!



YouthBasketballPlaybook.com

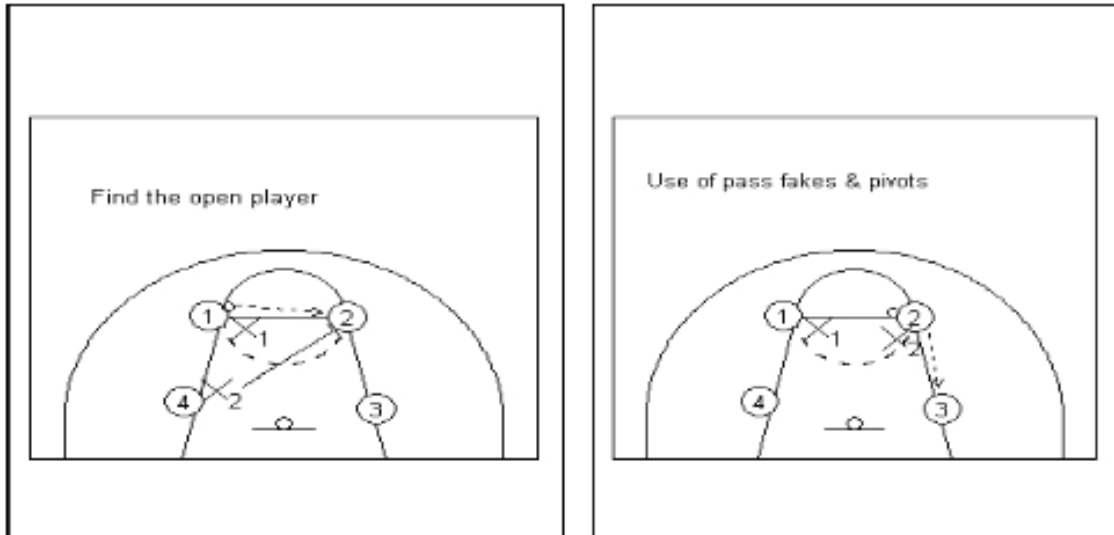
Dribble Swing Drill



Drill Rules

1. Player with the ball is defended and a player on each wing unguarded.
2. Ball handler dribbles to a wing to make an entry pass to create an angle.
3. After the pass to the wing, the passer will create a lead to get the ball back at the top.
4. On the catch, the offensive player will either Rip or Swing to move the ball to the other side to make the next pass.
5. Defense should be $\frac{1}{2}$ speed at first and then apply game pressure.

4 on 2 Box Drill



Drill Rules

1. 4 offensive players forming a box with 2 players on each block and 2 players on each elbow.
2. 2 defenders in the paint (can use 3).
3. Offense must pass around the box finding the open player as the defenders attempt to deflect the ball.
4. Can allow the offense to move the ball quickly at first, but then add another defender to make it more difficult.
5. Focus on pass fakes, pivots, and quick ball movement.

Summary

Basic ball toughness begins with learning how to maintain possession of the basketball while being defended

A Rip is changing sides with the basketball leading with the elbows and moving the basketball above the shoulders

A Sweep is changing sides with the basketball while sweeping the basketball low below the knees while keeping the head up

Always keep your eyes on the rim under pressure

Wait until the ball sees you to cut open and move