

## Pre-K Basketball Sample Drills

You will have 20-25 minutes before the beginning of each game to run some drills and teach your players some fundamentals of basketball. Here are some drills you can choose to run with your team

### **Dribbling Drill**

Have the kids dribble from one end of the floor to the other and back.

- Emphasize trying to keep your head up and not looking at the ball. This may be difficult for some kids but keep encouraging them.
- Teach the kids who are struggling with the concept of dribbling to push the ball downward with their arm and hand. If they are slapping the ball help demonstrate to them how to push the ball downward.
- Try to have the kids use their right hand going down and using their left hand coming back if possible.
- If you want a little more challenging drill, set up cones in a straight line for the kids to weave in and out through. You can also implement crossovers if you would like.

### **Passing Drill**

Have the kids stand across from each other and pass the ball back and forth to each other. You could also form larger groups and pass in a clockwise and counterclockwise rotation.

- Work on both bounce passes and chest passes.
- Emphasize having your hands out in front of you so you are ready to catch the ball when it is passed to them.
- On bounce passes, work on teaching the kids to step towards their target and aim at the ground about halfway away from the target and themselves.

### **Shooting Drill**

Teach the kids how to shoot a layup.

- Try to teach proper shooting technique (Make sure the kids are not shooting the ball from behind their head and are shooting it from in front of their body).
- Work on using the backboard to shoot a layup. Teach them to use the square as a guide as to where to shoot the ball.
- To make the shooting drill a little harder, have the kids shoot from a little farther away than where they would shoot a layup.
- You can combine all three drills as well. Form two lines, one line can dribble in and shoot while the other line will rebound the ball. You can also have one line pass to the shooting line and have the person who made the pass rebound the ball.

## **Defense Drill**

Teach the kids proper defense and feet sliding technique with the mirror drill. (Colored wristbands will be provided to coaches to give to the players to help them with man to man defense. Try to teach them to stay with the opposing player with the same colored wristband).

- Have the kids mirror the coach to learn proper defense. The coach will face the kids and the kids must “mirror” every movement of the coach. If the coach goes right they will also shuffle that same direction, (but they would be shuffling to the left since they are facing the coach).
- Also teach the kids to have their arms up and knees bent while doing this drill. Also make sure the kids are not crossing their feet over, but are sliding from side to side.