

HAWKS AT HOME

BASKETBALL SKILLS & DRILLS

DEFENSE ▪ REBOUNDING ▪ BALL HANDLING ▪ PASSING ▪ DRIBBLING ▪ FOOTWORK ▪ SHOOTING

DEFENSE :30 sec, 3x each

Defensive Stance

- Athletic stance, bend knees, feet shoulder width apart, back straight, arms out wide and hold

Defensive Slide

- Position two cones 12-15 ft. apart. Slide from side to side. Touch cone with outside hand

Box Drill

- Position four cones in a square. (8-12 ft. apart)
Run Straight-Slide Right-Back Pedal-Slide Left
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REBOUNDING

Backboard Toss 20 reps (3x)

- Beginner: Toss the basketball off the backboard & retrieve it using two hands. Repeat.
- Advanced: 20 consecutive touches without a drop

Board Taps 10 reps (3x)

- Beginner: Hold the ball above your head with two hands and jump to the sky 10x
 - Advanced: Toss ball off backboard, jump and tap the ball off backboard 10x. Touch and Go.
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BALL HANDLING :30 sec, 3x each

Body Ball Wraps

- Wrap the basketball around your head, waist, knees and ankles. Start from head and move down towards your feet and back up to your head. Repeat continuously.

Figure 8 (without dribble)

- Make a weave motion wrapping the ball around the knees. Right leg, then left leg. Change direction.

Figure 8 (with dribble)

- Repeat the above action with a low and controlled dribble. Use your finger pads to control the ball.
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PASSING :30 sec, 3x each

Chest Pass

Bounce Pass

Overhead Pass

- For each (Chest, Bounce, Overhead), make 10 of each pass to a wall or partner. Step to the target. Practice accuracy.
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DRIBBLING

Crossover 20 reps (3x)

- Dribble back and forth in front of your body in front of the feet and knees. Hit the same spot each time. Eyes up.

Between the Legs 10x right/10x left (3x)

- Dribble between the legs. Right to left, then left to right. Stay low, knees bent, eyes up.

In & Out 10x right/10x left (3x)

- This is a fake crossover. The ball stays in the same hand. Fake inward dribble and push ball outside.
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FOOTWORK

Toss-Catch-Pivot :30 sec, 3x each

- Toss the ball out using backspin. Catch the Ball and Jumpstop (land on 2 feet). Make a reverse or front pivot. Repeat.

Triple Threat :30 sec, 3x each

- Get into triple threat position (Athletic Stance) with ball in dominant hand. 1- Shot fake 2- pass fake 3-make 1 hard dribble forward. Repeat.

Jab Step

- Place a cone 3 feet in front of your feet. Take a quick, hard step toward the cone then pull the same foot back.
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SHOOTING

Form Shooting 50 Shots

- Stand directly under the basket and take 50 shots.
Tips: Balance-Eyes-Elbow-Follow Through
*try 1 handed

Mikan Drill :30 sec, 3x each

- Right hand lay-up jumping off of left leg-rebound-into left hand lay-up jumping off of right leg. Continuous.

Toss-Square-Up-Shot :30 sec, 3x each

- Spin the ball out with back spin. Step into receiving the ball. Square shoulders to the hoop and shoot.

Progression Shots 50 Shots

- 10 shots at 1ft , 10 shots at 5 ft, 10 shots at 10 ft, 10 shots at 15 ft, 10 shots at 18 ft

Free Throws 50 Shots Per Day

- Take 50 free throws per day. Chart your shots.
Practice the same routine daily.
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For more Skills and Drills, visit hawks.com/hawksathome



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