

Heritage Basketball- Drills you can do on your own!

Ball Handling

1. Dribbling drills Stationary: (Pounds, Pound-cross, Continuous cross, V-dribble, inside out, inside out cross, behind the back, between the legs, jab pound, jab cross pound, etc.)
2. Dribbling drills Dynamic: Basically all the same ones above but do them while you are attacking a person or a cone into a shot. (Cross over, inside out, stutter cross, hesitation, double cross, between the legs, spin dribble, retreat dribble)
3. Two ball drills. Do all these drills with 2 balls at the same time.(Pounds, speed dribble, v dribble, figure 8, kills, windmill, one high one low, alternate, pound cross over, around one leg speed dribble other arm, ect.)
4. Zig-Zag (work on different moves zig zagging full court)

Passing

Pass against a wall w/ heavy ball/ med ball (One hand push pass L and R, Overhead pass, Chest pass)

Jump Stops/Pivots

1. Remember to work on jump stopping with two feet at the same time. Do not land on one foot.
2. Pivots- that is where one foot stays on the ground and you rotate your body. Work on front and reverse pivots.
3. FOOTWORK IS HUGE IN BASKETBALL!

Shooting –shooting is all repetition. The more shots you get up the better. Game shots, game speed.

1. Pre-practice routine
 - a. Work on flicking your wrist. Keep your arm steady and flick your wrist with a partner or against a wall.
 - b. Shoot really close to the basket and use only one hand. Shoot the ball up and follow through straight at the rim. (make 25 shots really close to the basket before you move out)
 - c. Now you can use two hands but you should only be using your off-hand as a guide hand. Guide the ball up and then at the end you are still shooting with one hand only.
 - d. Form is way more important than how far you can shoot it.
2. Last thing is watch good shooters and try and copy them. (Watch youtube videos on Steph Curry, Damian Lillard, and Kevin Durant)

Jump Rope!!

Last thing is to jump rope every day! This will help you with jumping ability and quickness. These are two aspects of basketball that will help a lot.

I hope this gives you a good start. If you have any questions let me know.

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