

## **DRILLS FROM HOOP MOUNTAIN POINT GUARD CAMP 2008**

***FOR THOSE OF YOU WHO PARTICIPATED IN THE POINT GUARD VERSION OF OUR CAMP, HERE IS A SUMMARY OF THE BEST DRILLS WE DID DURING THOSE DAYS. FEEL FREE TO PRINT THESE AND USE THEM TO BECOME A BETTER PLAYER. GOOD LUCK WITH YOUR FUTURE, ESPECIALLY AS IT PERTAINS TO BASKETBALL. WE HOPE TO SEE YOU NEXT YEAR AT HOOP MOUNTAIN CAMP!***  
**COACH ROWLEY**

### **FOOTWORK**

**STARTING** PROPERLY WITH EITHER FOOT; START FROM AN ATHLETIC POSITION. CONCENTRATE ON WHICH FOOT YOU ARE PUSHING OFF WITH, INSTEAD ON THE FOOT WITH WHICH YOU START. AVOID TAKING YOUR STARTING FOOT BACK AND FORTH OR MOVING BOTH FEET WHEN YOU START.

**STOPPING** PROPERLY – STAYING IN AN ATHLETIC POSITION, 2-FOOT JUMP STOP; 1-2 STOP WITH ONE FOOT UP AND ONE FOOT BEHIND (BE ABLE TO DO WITH LEFT FOOT UP AND THEN WITH RIGHT FOOT UP).

**PIVOTING** PROPERLY – BE ABLE TO FRONT PIVOT, REVERSE PIVOT GOING BOTH RIGHT AND LEFT.

### **2-BALL DRIBBLING**

POUND THE BALL HARD USING ELBOW ACTION; DRIBBLE 5 TIMES WHILE MOVING DOWN THE COURT GOING FROM MEDIUM TO EXPLOSIVE SPEED AFTER THE 5<sup>TH</sup> DRIBBLE.

DRIBBLE TO HALF COURT AND BACK: ON THE WAY TOWARD HALF COURT CROSS THE BALL OVER AFTER 2 DRIBBLES AND THEN ON THE WAY BACK CROSS THE BALL OVER AFTER ONE DRIBBLE.

**STANDING IN PLACE** - DRIBBLE ONE BALL HIGH, ONE BALL LOW.

**FROM 4 PLACES ON THE COURT:** CORNER, ELBOW, OPPOSITE ELBOW, CORNER: EXECUTE THE CROSSOVER, BEHIND THE BACK, AND BETWEEN THE LEGS DRIBBLES AT EACH SPOT.

### **1 ON 1 SKILLS**

1. START AT TOP OF THE CIRCLE AND GO TO BASKET WITH ONE DRIBBLE – PRACTICE USING LEFT AND RIGHT HANDS.

2. START AT TOP OF THE CIRCLE; TAKE TWO DRIBBLES WITH SECOND ONE BEING A CROSSOVER TO THE OPPOSITE SIDE. DO NOT SWING THE BALL WHEN YOU START.

3. DO THE SAME MAKING A 2-FOOT LAYUP.

4. START AT TOP OF THE CIRCLE; 1 DRIBBLE, PULL UP JUMPER;

5. START AT TOP OF CIRCLE, 2 DRIBBLES TO THE RIM, STOP AND SLIDE JUMP TO THE RIM TO AVOID CHARGE;

6. START AT TOP OF THE CIRCLE; WITH A DEFENDER AN ARM LENGTH AWAY, GET SHOULDER DOWN TO DEFENDER'S HIP LEVEL, AND GO PAST DEFENDER WITH ONE DRIBBLE MAX. GO TO THE BASKET, NOT AWAY. TRY TO GRAB THE BACK OF DEFENDER'S LEG.

7. WITH 2 PLAYERS STANDING SIDE BY SIDE AT THE FREE THROW LINE OR AT THE TOP OF THE CIRCLE BOTH FACING THE BASKET, COACH THROWS THE BALL TO ONE PLAYER, OTHER PLAYER PLAYS DEFENSE. PLAYER WHO RECEIVES THE BALL SHOULD GO HARD AND DIRECTLY TO THE BASKET.

8. OFFENSIVE PLAYER NEAR MID CIRCLE-DEFENSIVE PLAYER AT FREE THROW LINE-COACH THROWS THE BALL TO OFFENSIVE PLAYER: DEFENSE MUST CLOSE OUT, OFFENSE GOES TO BASKET FOR SCORE WITH 3 OR LESS DRIBBLES; SAME FOR 2 ON 1.

### **BALL HANDLING**

POUND THE BALL TO MAKE HANDS TOUGHER, SINGLE LEG CIRCLE, DOUBLE LEG -WAIST-HEAD CIRCLES, FIGURE 8, FIGURE 8 DRIBBLING, AROUND EACH LEG DRIBBLING, SPIDER DRIBBLE (2 DRIBBLES IN FRONT, 2 DRIBBLES BEHIND), ALL 2-BALL DRIBBLES PREVIOUSLY MENTIONED

**PICK AND ROLL** – CHAIRS AT THE ELBOWS-DRIBBLE TOWARD ONE CHAIR, CROSS OVER AND GO CLOSE AND OUTSIDE OF OTHER CHAIR; TRY TO GET YOUR SHOULDER EVEN WITH THE HIP OF THE IMAGINARY DEFENDER; REPLACE CHAIRS WITH PLAYER WHO OPENS TO THE BALL AFTER THE SCREEN AND ROLLS TO THE BASKET.