Dont fear making mistake
Droped ball in a turnover

9) Walk back above head
Toss tennis ball to self as you walk to FC

10) Same drill as 9 w/ 2 tennis balls
Partner up to 2 feet left - Then partner turns

11) Drop ball (tennis)
Pass are left to meet
Pass hard drop ball to left or right
Hard pass to Rf of 6 x 3
Turn back 2 hand pass to partner

12) Same as drill 9
H = pivot while doing

13) Partner pass to base line
Ft line = 2 balls - Pass Rf had to Ft had - Lt had to Ft had - Step forward
Ball handle (stretch) = start on baseline FC

14) Same as 13 minus
Now groups all over count

Notes:

1) Walk on heels - Dribble
Ball = Full Count

2) Walk on opposite knee & Dribble

3) Walk back & turn touch head = Dribble

4) Walk backwards = Long step through leg dribble

5) Dribble sideways = After 2-3 dribbles lean way forward
Way backword = stretch guard
Face same way up & back
Dribble walk between legs

6) Dribble & Touch behind part called = plant to floor

8) Spin ball to self catch = base - pivot

Kevin Sutter
26 Skill Development Drill
15) Group of 4-1 Ball
per person's throw ball
to Rt. Recieve from left
pass or some time to equal/get closer/rev direction

16) Basketball & Tennis Ball
Dribble ball > toss/catch
Tennis ball - throw over
Dribble/Catch by

17) 2 lines > go
3 end of opposite line
After shoot

18) Full court version of 17

19) Same as 18-4 going at same time

Must Communicate
21) 2 balls ⇒ 1 ball
Push pass to coach ⇒ lay
up w/ other ball
Stay low ⇒ body to ball

22) 2 ball dribble ⇒ pass
to wing ⇒ elbow jin-ga

Come around cone ⇒
Drive pass jin-ga

Notes: 2 ball dribble ⇒
Push pass to coach ⇒

20) Italian lay up

Get ball out of chair
Shot fake ⇒ 1 dribble
Jump shot

Dribble move
NOTES 23) 2 ball dribble
Pass to O2 on back door
Cut - O1 allows screen

NOTES 24) M shoots
3 guys = 2 balls

NOTES 25) X shoots
Fast break or
move chain back & run

O2 ⇒ make move off chain
back cut or curl ⇒ O1 pass
make opposite move on the side of floor ⇒ O1 pass ⇒ O1 gets 3rd lead
and of chain at top of key
Shot fake ⇒ 1 dribble

Can make drill
competitive ⇒ Each made shot = 1 pt
First pair to 6 wins.