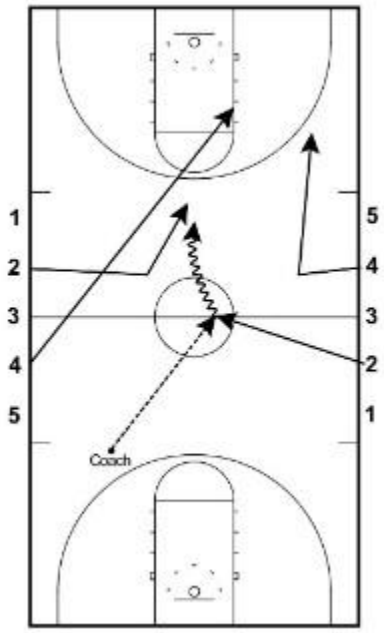
War – Fun Drill



Overview:
War is a great drill to incorporate fun small-sided games into your practices. It's a series of small-sided games between two teams that can be played in both the full court and half-court.

This is always one of the most favorite drills no matter what level I'm coaching.

Setup:
The drill is set up by splitting your group into two teams and lining each half up along opposite sidelines.

For example, let's say there are 12 players total and 6 players on each team.

You will give the each individual player on each team a number from 1 – 6.

The drill requires one basketball and it always starts with the coach.

How it Works:

The drill begins with the coach throwing a basketball out into the middle of the court and calling out a few numbers between 1 and 6.

If the coach wants to play games of 3 on 3, they might call out “1, 4, and 5!” If this happens, numbers 1, 4, and 5 from both teams come out and play a game of 3 on 3 until a score occurs.

The coach can play games with any number of players from 1 on 1 to 6 on 6.

Coaching Points:

- Try to match the best players up against each other.
- Throw the basketball out to the advantage of one side each time because you don’t want players running into each other as they scramble for the basketball.
- Finish off the drill by calling everyone in!

Golden Child – Fun Drill

Overview:
Golden child is another fun game that kids will end up begging you to let them play each practice.

It involves splitting up into two teams, a shooting team and a dribbling team, and then the dribbling teams must run around the half-court one-by-one while the shooters try and get them out.

Setup:
The first step is to split your group up into two similarly even teams.

The dribbling team must all have a basketball and they should be lining up at one of the corners of the baseline.

The shooting team will have one or two basketballs and will be lined up around the free-throw line or closer depending on age and skill.

How it Works:
The drill begins with the coach calling out ‘go!’ which triggers both teams to start.

For the dribblers, the goal of the game is to make as many home run’s as they can. A home run is when a dribbler makes it all the way around the outside of the half court and back to the line.

The shooters must attempt to get them out by making a shot. If a shot is made the shooters must call out ‘STOP’ and the current dribbler must freeze. The next dribbler can begin immediately when this happens.

If they make it home, they get one run and can join the end of the line to run again.

This continues until all the dribbling players are out and then the teams switch roles. The team with the most amount of runs at the end of the game wins.

Coaching Points:

- The shooting team players must rebound their own shot and pass it back to the next person in line.
- If your players are struggling to make shots, consider splitting the shooting team in two and putting them on both elbows or even closer so that they have more chance of scoring.
- The coach must pick the golden child or there will be upset kids!

Elimination – Fun Drill

Overview:
Elimination is a game I often run to conclude practice.

The goal of the game is to make your shot before the person behind you makes their shot. The first shot must always be from the free throw line but after that can be from anywhere on the floor.

Setup:
All players line up in a straight line behind the free throw line.

The first two players in line have a basketball.

How it Works:
The drill begins with the first person in line taking a shot. If they make it, they quickly rebound their ball and throw it to the next person in line. If they miss, they must rebound the ball and score as quick as possible.

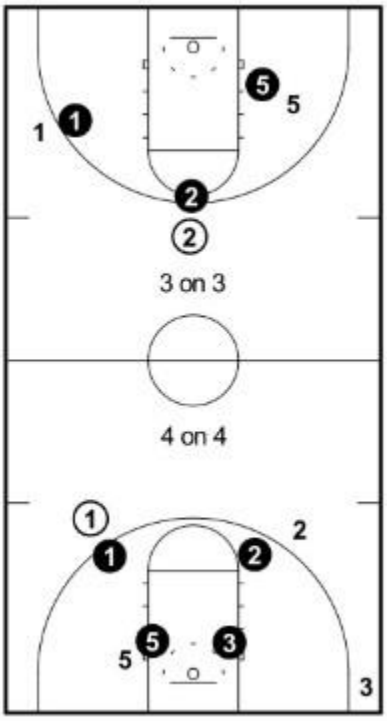
As soon as the first player has shot, the second player can begin.

If the player behind scores before the player in front, the player in front is out.

The drill continues until there is one person left and they are crowned the winner.

Coaching Points:
- The person in front must always shoot the basketball first.
- Players can’t intentionally miss the free throw shot off the backboard and lay the basketball in.
- Don’t be afraid to join in!

Small-Sided Games – Fun Drill



Overview:
Do kids love anything more than playing a real game of basketball?

I recommend playing small-sided games for the benefits listed here. Depending on the amount of players you have, I believe 3 on 3 or 4 on 4 are the best small-sided games to use.

Setup:
Use both halves of the court and create small-sided games depending on the amount of players you have.

Tell each team they must advance the ball to either half-court or the third line of the court if you have one.

Each game needs one basketball.

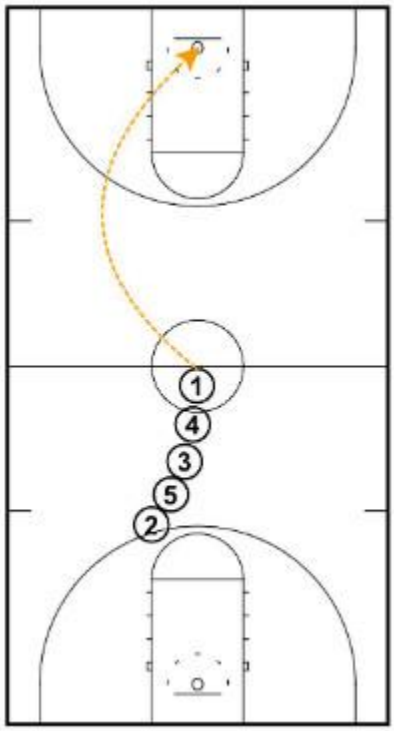
How it Works:
Start the game and let them play!

Make adjustments and team changes when you need to, but I recommend trying not to interrupt too much. Let the players learn from their own mistakes by experience.

Coaching Points:

- Small-sided games are the best. Click here to find out why.
- Stop the game if you see a mistake 3 times in a row. Until them let the kids experiment and learn on their own as much as possible.
- Stress the importance of spacing.

Game-Winner – Fun Game



Overview:
This drill is an awesome way to finish practice on a high note. Each time I run this drill, the players end up leaving practice with a smile on their face.

All it is is one long-distance shot where, if made, the shooter wins some kind of prize or award.

Setup:
Depending on the age of your team, select a distance away from the basket that is outside of their comfortable shooting range, but close enough that the kids can still throw/shoot the basketball and there's a chance it will go in.

All you need is one basketball for this drill.

How it Works:
For this example, we'll say that distance is the half-way line. Get all the players in one line at half-way and they each take a single shot.

The players that make the shot get a reward from the coach. This could be anything from a small prize to being the leader of warm-ups the following week.

Coaching Points:

- This is meant to be a fun drill to finish off practice. Make sure you and your players are having a good time!
- Make sure there's a safe area under the ring so that no one will accidentally get hit by a missed shot attempt.
- The coach should take a shot too!