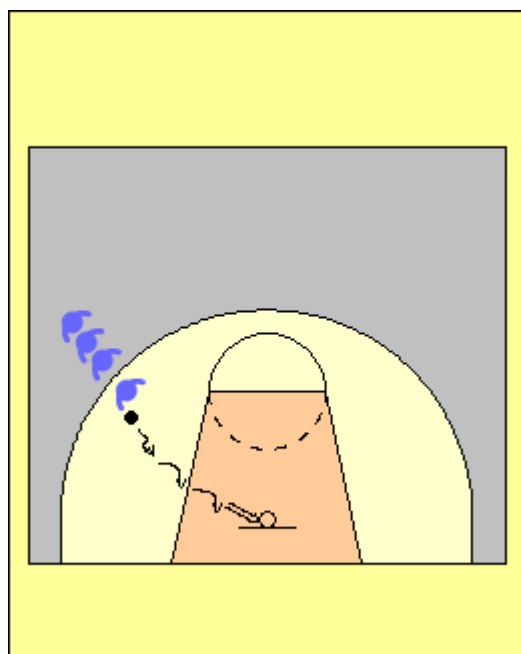


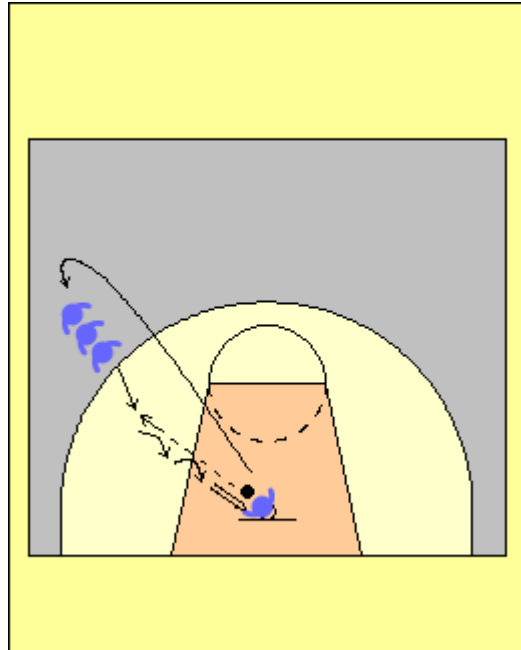
## Ganon Baker

The Guelph Phoenix basketball club had Ganon Baker in to do a clinic on Sunday January 7<sup>th</sup>. I have seen Ganon before, have numerous DVDs and have exchanged many ideas with him. It was an excellent clinic for the youth coaches. It was all about skill development. Ganon does an excellent job at showing the players the intensity at which they need to work. He also makes sure they stay focused at all times. And most importantly he makes it fun and challenging. As usually my brain was working 1000 miles an hour. I took a couple of his ideas and expanded them. I don't have time at the present to send the entire notes. What follows are my expanded versions of a number of Ganon's drills.

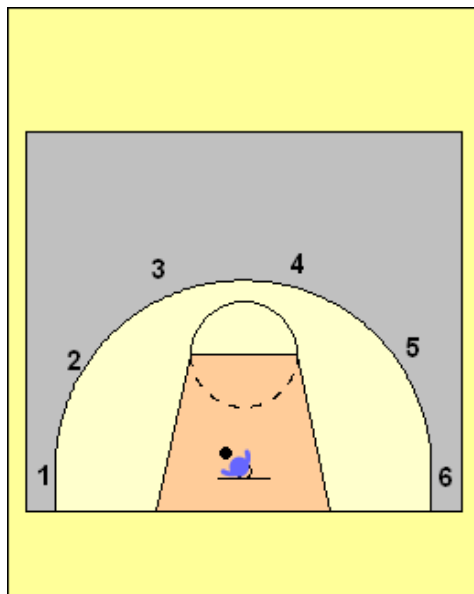


### 1) Finishing lay ups

The first player in line has a ball. He/she takes one dribble and goes to score the right hand lay up. (adjust the distance based on the ability of the players. Eventually they should be able to do this from the 3 point line.)

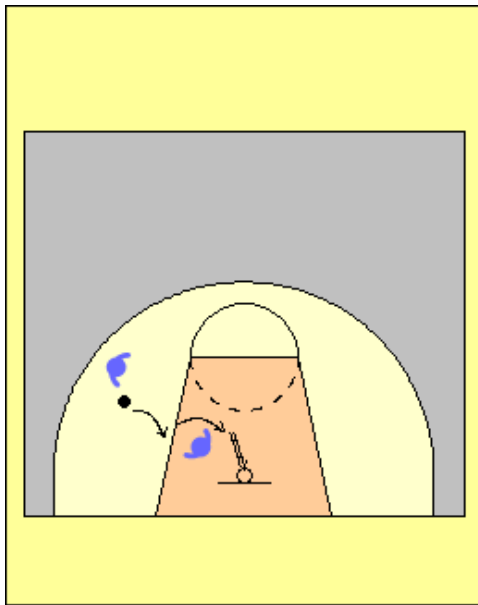


2) The first player rebounds the ball and immediately turns and passes to player 2 who moves on eye contact to score the lay up. Watch out for players leaving too early. Stress the rhythm of the drill. Being at the right place at the right time and going with speed. This player must run hard and is not allowed to dribble. The rebounder returns to the end of the line. Use a time limit and have team goals for the number of shot attempts and scores. This forces the players to increase their intensity.



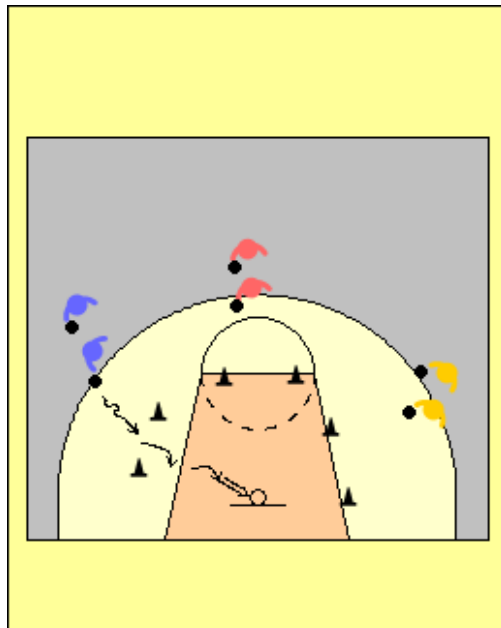
### 3) Loading the drill

The drill can be done from different spots. This is similar to Allison's 16 shot lay up drill except the players make the passes not the coach.



#### 4) Loading the drill

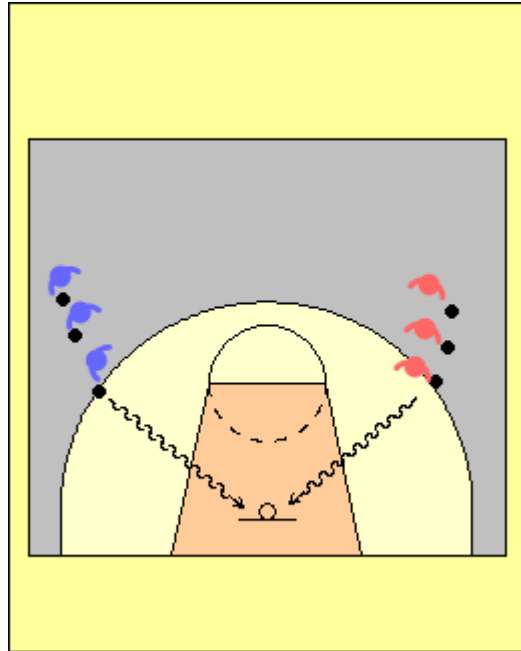
The passer stays to be a guided defender. The offensive player needs to work on zig-zag steps to avoid the defender. I would start with a very static defender who stands to take away the angle. As the players progress the defender could become more activity. It might be trying to low hand or high block. This forces the players to protect the ball.



#### 5) Pylon lay ups

Each player has a ball. While waiting in the line the player is active, either pivoting or dribbling. When the open basket appears the player attacks the rim. The player cannot dribble once he/she passes the pylon. By continuing to move the pylons out you challenge the player to work on

different finishes.

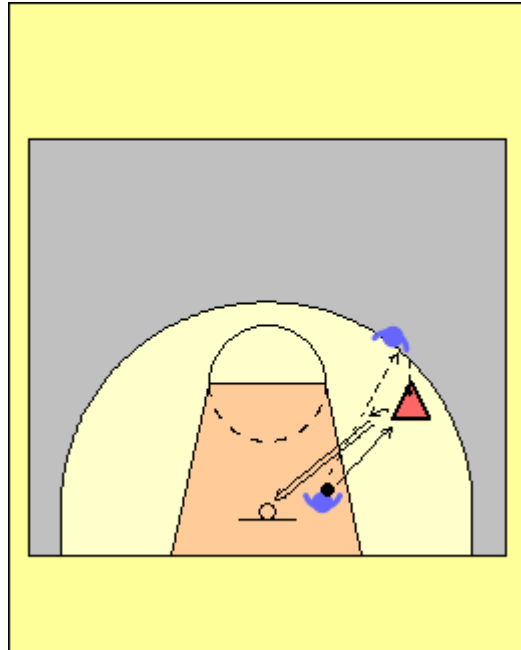


## 6) Confusion

Ganon had an excellent point in his clinic. Players need to keep their eyes up when playing and see what is going on around them.

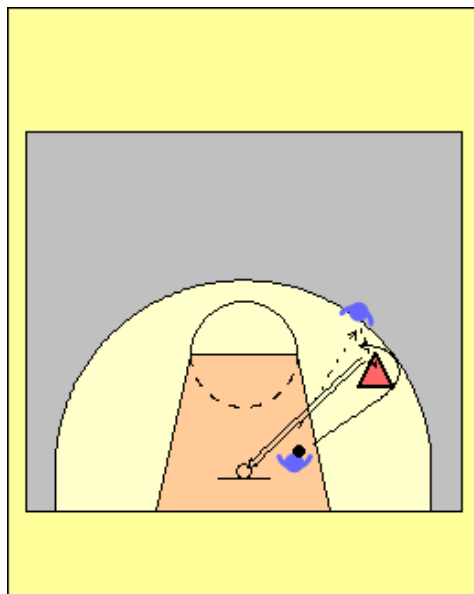
I believe in the name of organization and safety we have trained kids not to be aware because they never have to be aware. How often have you seen a kid in lay up line dribble up the back or crash into the rebounder because the timing got thrown off? I think need some planned confusion, the emphasizes is on the players being able to determine when the basket is open. Also be aware of others around you. Safety must be a priority, but eventually we need to move players past this stage to being more aware.

Confusion lay ups would be where both lines have a basketball, one player starts. Once the basket is open the other line sends its first player. Attack the open basket is the key.



### 7) Partner chair shooting

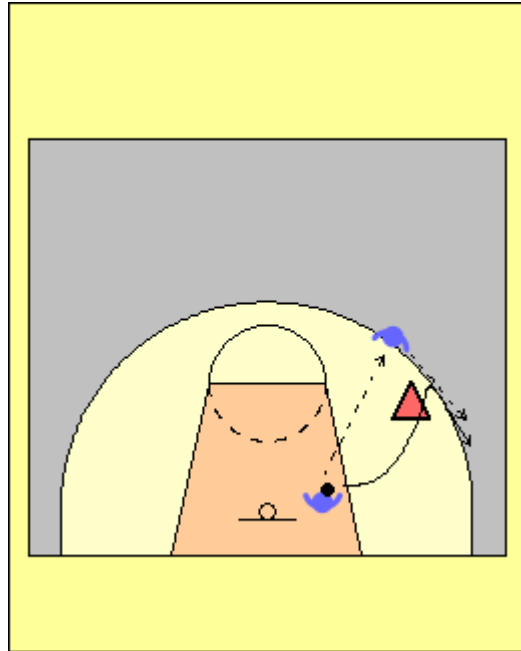
A player starts with a ball under the basket. The partner stands by the chair. Set the chair to simulate a screen. The ball is passed and the player sprints out to the chair. The ball is placed on the seat of the chair. The player uses an inside pivot to shoot the ball. The purpose of the chair is to make the player get low. Stress the foot work. Go for a number of shots, number of scores or a length of time and then switch. Keep track for players to see improvement.



### 8) Load the drill

Circle the chair. In this case the player goes around the chair and again uses an inside pivot to pick up the ball and shoot. You can also add a shot fake and then dribble jump shots or creative

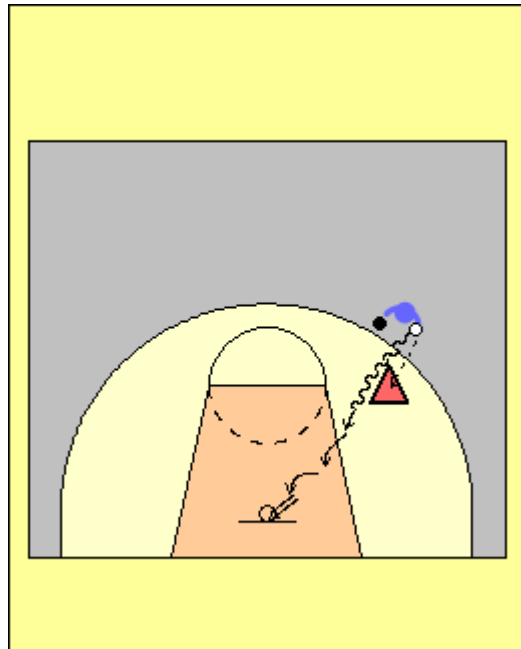
finishes.



### 9) Load the drill

The drill can be further loaded by the player bouncing the ball softly in different directions. This forces the player to use good footwork for the different movements off the screen. This is the best progression for getting lots of shots footwork off screens.

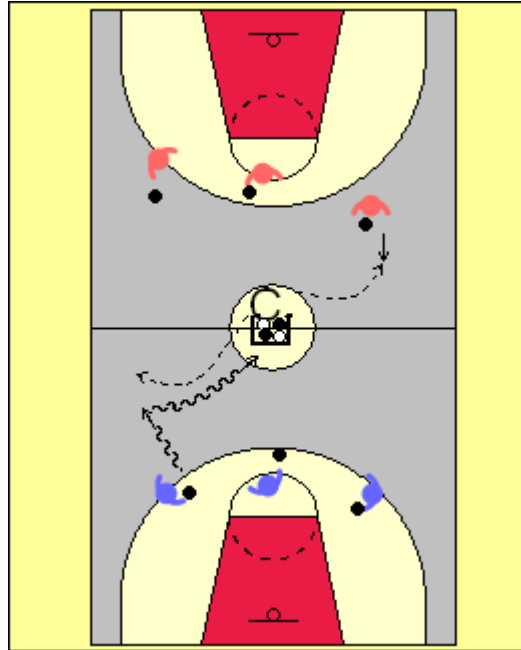
This is an excellent way to teach shooting footwork. These are a great way to keep track of the athlete's progress. The player can record the number of attempts and made shots over a period of time. For coaches with limited amount of practice time these are excellent drills.



## 10) Tennis ball drive with chair

This is a fun drill that forces the players to get low and close to the defender as they go to the hoop. They have to broaden their focus.

On the way back out the player must pick up the ball off the chair. If the player drops the ball it may bounce off the chair. While maintaining their dribble he/she must pick up the ball.

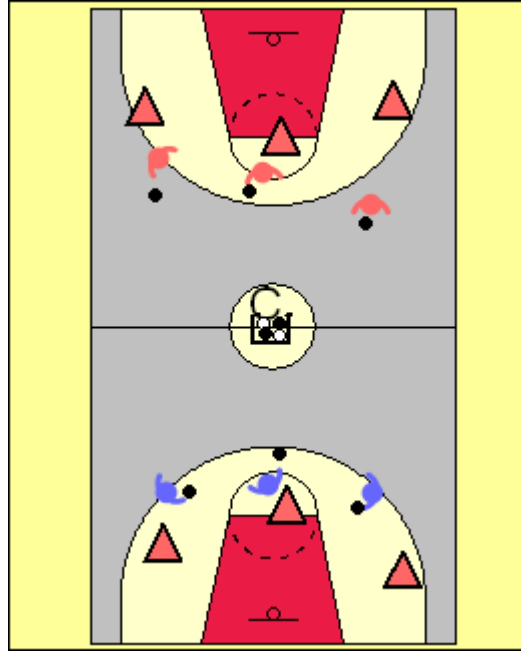


## 11) Feed the chickens

Ganon inspired me with his tennis ball drills. It is an excellent way to force players to keep the eyes up when dribbling. Here is game you can play with kids. The coach stands in the middle of the court with a container of tennis balls. You could use bean bags or balls of paper but they will have to pick them up off the floor. Everyone is constantly dribbling. The coach randomly bounces a tennis ball in the direction of a player. He/she must catch the ball and return it to the container without stopping his/her dribble.

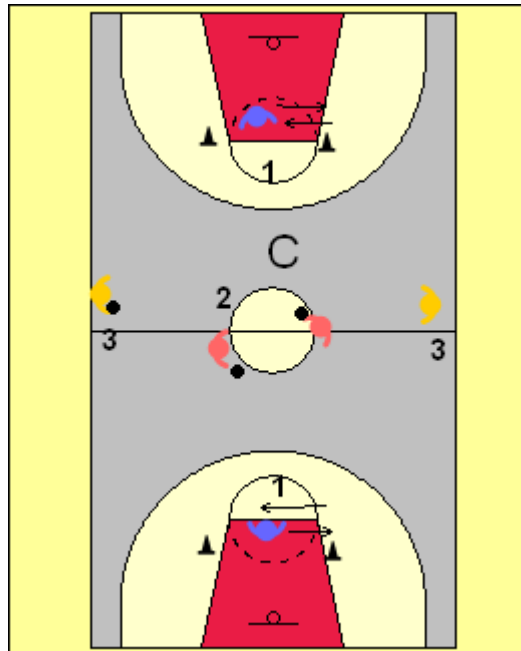
### load the drill

- use different hands
- Stay stationary and dribble the ball and toss and catch the tennis ball five times before returning the ball to the container.
- toss the ball and catch it as they dribble back to the container



### 12) Add chairs

Now the player must set the ball on the chair and then score a lay up. They cannot use a chair that has a ball on it. After scoring they return to get the ball off the chair.

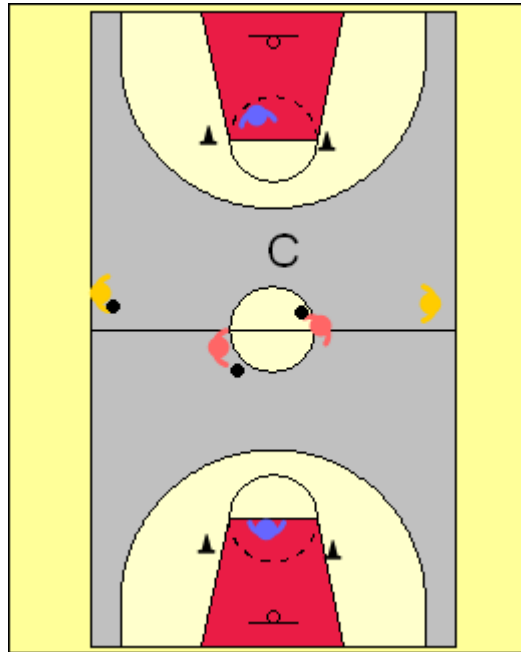


### 13) Multiple review drill

Ganon also an excellent drill that made use of multiple concepts at one time. These drills are very important for teaching concentration and helping coaches with limited practice time to review a number of skills quickly. You need to teach each concept individually at first. always

There are three groups:

1. Are at a basket with two pylons doing balance and agility
2. Have a basketball in the middle doing dribbling or passing
3. At half court on the side with a ball doing Maravich drills or dynamic movement



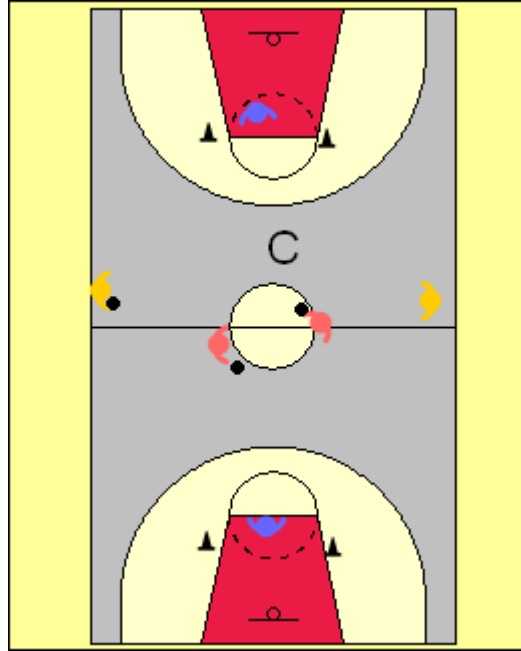
**14)** The coach calls "go" and each groups starts to do their assign task. For example  
group 1 - defensive slides back and forth between the pylons  
Group 2 - dribbling around the circle  
group 3 - Maravich drill neck, waist, and knees.

If the coach calls switch the players change to another activity

group 1 - defensive cross over  
group 2 - opposite hand dribbles  
group 3 - fig of 8

If the coach calls "change" the players must exchange balls with a another person. The people in group 1 must change positions.

When the coach blows the whistle the people in the middle go and play one on one at an assigned basket. Group 3 rotates into the middle to become group 1.



### 15) Other activities

group 1

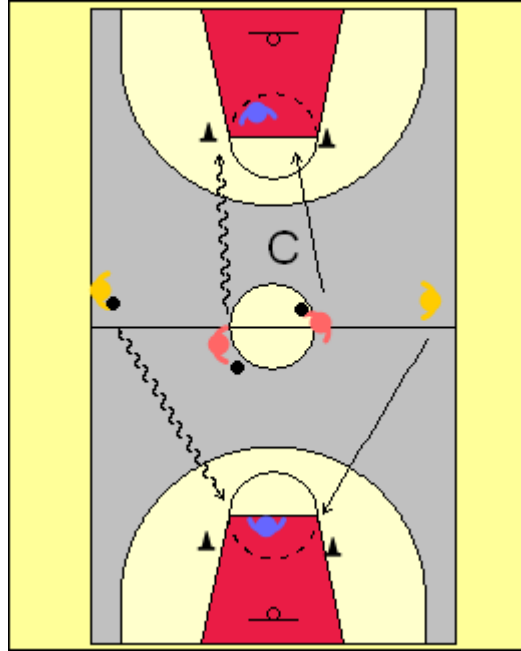
Can do balance drills or any agility foot work, You could also have skipping ropes if they were kept out of the way.

group 2

partner passing or dribble mirror drills, they could also just take lay ups or shots and not one on one.

group 3

Any of the Maravich or dynamic warm up drills. Domic Soucy has over 200 hundreds of these on his video.



### 16) Two on one

With a little organization, which basket to attack, what to do with the extra ball, you could also have the players play two on one or two on two out of this drill.

I thought it was a great way to quickly review a number of skills in a short period of time. It does require the players to concentrate. This is something all players need. We have too many drills where subs are standing around.

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