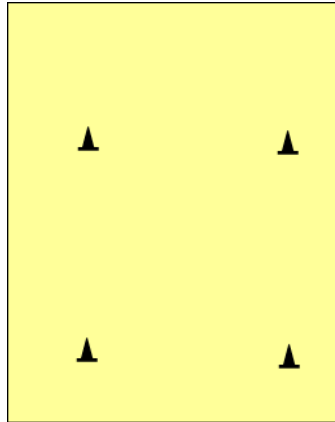


Pylon drills for younger players

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1) Pylon drills

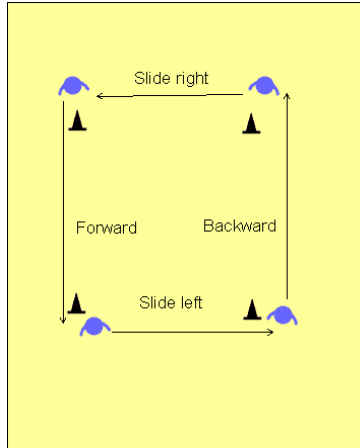
Key concepts:

- Use simple props to assist the coach in teaching concepts
- Load the drill not change the drill
- Practice should read like a book

Set up squares using four pylons per square. If you do not have pylons use shoes, chairs etc. The basketball key at a basket can also be used as a grid.

Consider the size of the space you create. The bigger the space the more conditioning may become a factor. Small space will assist the defense and make for shorter passes.

Divide the children up into equal groups. Four to a grid works very well. You must learn to balance the amount of work /rest for the children. The more players in a drill the more rest and less work. You want them active but not to the point of fatigue. Too many people standing leads to lack of concentration.



2) Movement skills

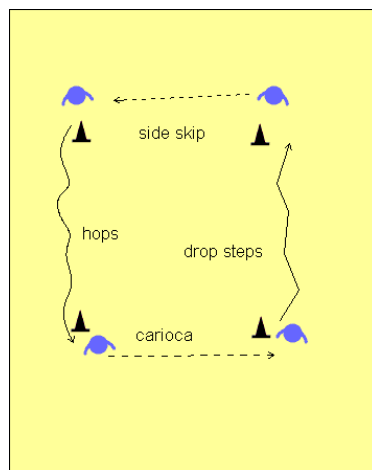
The grid is a perfect format to teach the children basic movement skills. It gives them spacing, angles and clearly defined markers.

a) Moving in different planes

- Forward
- Sideways right
- Backward
- Sideways left

The players could each start at a separate pylon or in a line behind a starting pylon. You are teaching players to be aware of others. It is important that they pay attention to know when to start and when to stop.

Remember: You can always add the ball, but don't do so until they have some mastery of the movements.



3) Mix up the movement

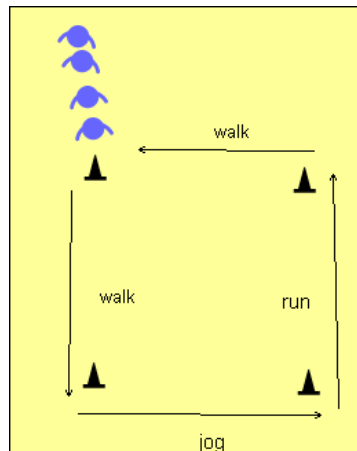
Once the players have learn to move in the four planes you can add different types of movement:

Forward - skipping, galloping, bounding , hopping

Sideways - sliding, skipping, cross over, carioca, hopping

Backward - gallop, drop steps

With younger players allow them to be creative. Have them move as different animals between the pylons: a bear, kangaroo, inch worm, etc. Also have them move being tall, small, high, low, wide, narrow. This lets players use their imagination. For older players use different dynamic movements as part of power yoga or movement prep.

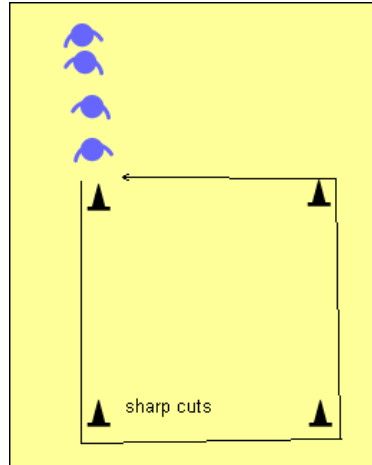


3) Changing speed

Players need to be able to understand the three paces at which they can move:

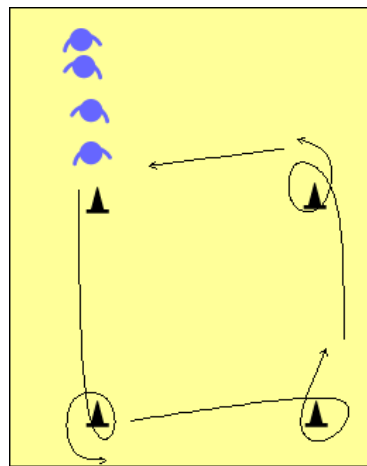
- Walk
- Jog
- Run

In this example the players are all moving forward. They must also learn to change direction. You can also have the players use the movements in different planes using different speeds. The players would go around the grid sideways changing speed at the appropriate time.



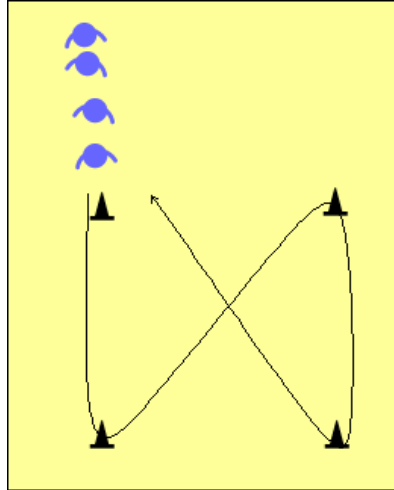
5) Changing direction

We now work on changing direction. The players work on making sharp, under control cuts at 90°. The second time the players go they start in the opposite direction. Add the ball once they improve.



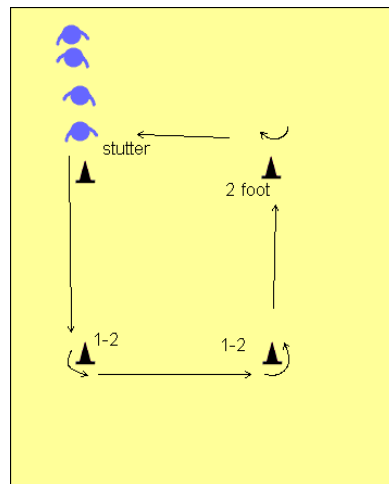
6) Circle the pylon

Here the players run hard at the pylon stutter their feet and circle the pylon. Notice that one time they go to the inside first, the second time they go to the outside. Add the ball.



7) Diagonal cuts

Players also need to work on making cuts at different angles. Again they can do this moving forward sideways and backward. There will be some crisscrossing in this so the players must communicate. You can also change up the speeds and add the ball. Make players talk as the cross through the middle.



8) Stopping or deceleration skills

Players need to learn how to stop quickly under control. Guided discovery is a good way to teach this skill. Ask the player to move around the pylons and stop their forward momentum in four different ways.

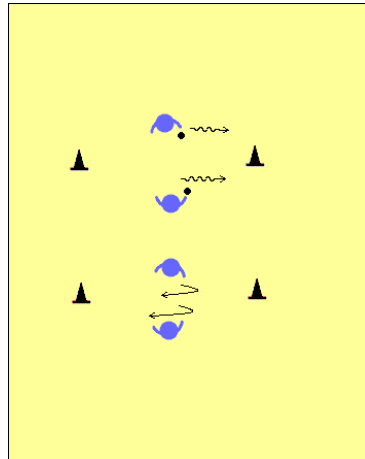
The answer is:

- 1-2 stop with left foot forward
- 1-2 stop with right foot forward
- 2 foot stop
- Stutters

Load

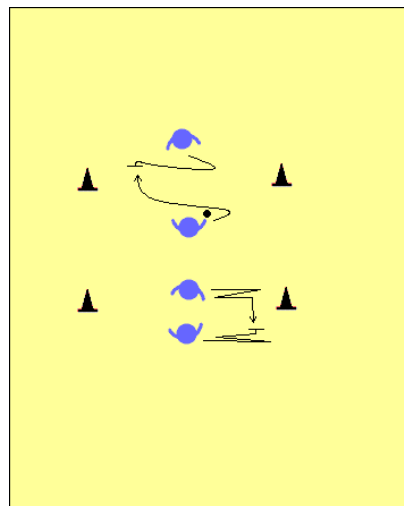
- have the children do a different activity at each pylon when they stop: burpee, jumping

- jack, push up, lunge, squat, hop over the pylon, let them be creative
- Add the basketball.
- When they stop the can work on the four different types of pivots front right, back right, front left , back left
- do a Maravich drill (fig of 8)



9) Read another player

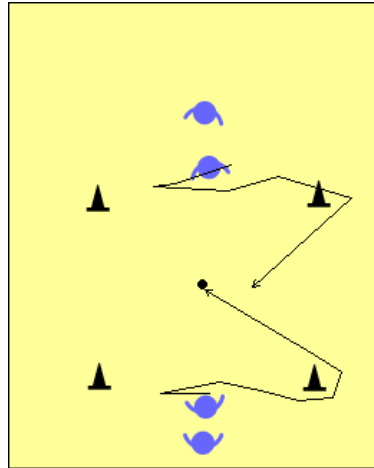
An important skill is for players to learn to change speeds, decelerate, change directions and start in response to a stimulus. Here the players are playing mirror mirror. In one example a ball is used in the other the players move back and forth. The leader attempts to get the other player to over run them in one direction.



10) Read the chest

To load the drill the player who is leading attempts to step between the pylons. The defender is trying to get his/her chest in front of the person to stop the forward movement. This is a great drill to teach faking, defensive stance and reading another player. Again it can be done with or

with out the ball.

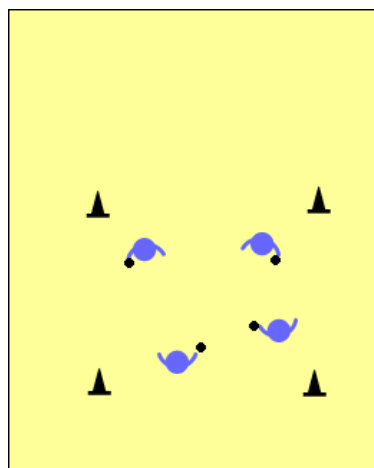


11) Mirror mirror shuffle

In this drill one player leads. The person moves side to side with the other player mirroring the movement. When the leader thinks he/she has an advantage he/she sprints around one of the end pylons and attempts to pick up the ball before being tagged. This is good for that player who likes to stand still in the mirror. It also teaches the players to take a risk. You may have to add a time limit. Explain what a safe tag is to the children. You do not want pushes or slaps. It is best to have subs in this drill.

Load

- Use different movements to start
- Use the ball dribble. the player goes around the pylon and has to get out the other side before being tagged
- Have the player pick up the ball and play 1 on 1 at a basket



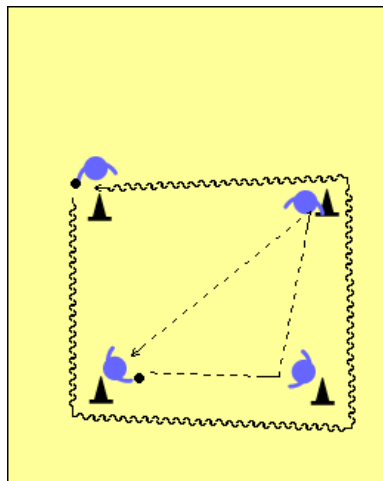
12) Dribble tag

Consider the size of the space. The bigger the space the fewer the interactions that will take place. There are many different ways to play:

- One person is it. How long does it take to tag the other three
- Once tagged that person is now it
- Everyone is attempting to knock the other balls out of the grid
-

When tagged or if you lose the ball you have a number of options;

- Eliminate - not a good option
- Have them perform a task and then return. Go score a lay up, perform a fig of 8 with the ball
- Become "it" (two option here - keep going until only one remains or the Old "it" is now being chased.
- Frozen and wait for a teammate to unfreeze him/her (a good way is to do a ball tip with legs spread so a teammate can dribble a ball between the legs to unfreeze).



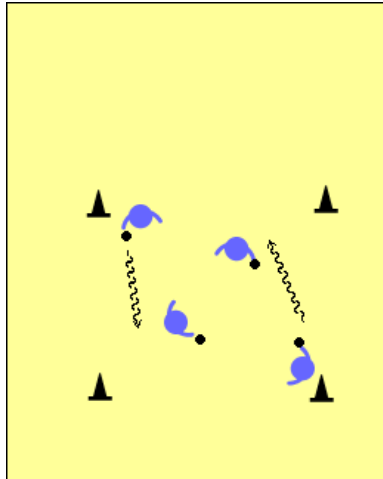
13) Dribble pass

In this drill one player speed dribbles around the grid. The other players see how many passes they can complete before the player is finished. These drills are good because they help the players learn to monitor their speed and intensity on their own.

You can also see how many times the player dribbling can move around the grid before the inside players can complete a certain number of passes.

load

- Mix up the type of passes
- Dribble two balls
- Pass two
- Pass three balls

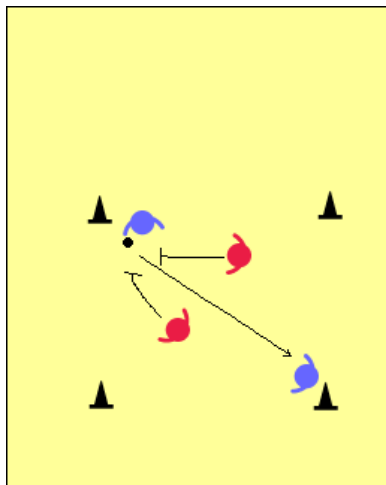


14) Advanced dribble tag

All the players have a ball. The player who is "it" is trying to tag his/her partner. The other two players are working on stationary dribbling or Maravich drills.

The player who is doing the avoiding can use the other players as picks. This forces players to keep their heads up, change speeds, directions, faking and using objects to protect themselves (reading screens).

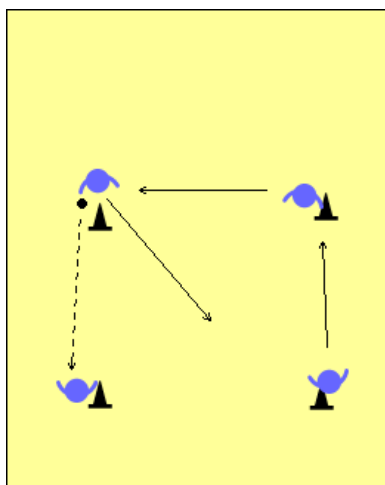
This drill could be done without a ball.
You may want to add more players to the middle.



15) Double team

In this version of dribble tag two players attempt to trap the ball. The person with the ball must decide when to pass or pick up his/her dribble.

If the two defenders get the ball they are on offense and the others go defense. The smaller the space the easier it is for the defense. You may want to put more than one pair on offense.



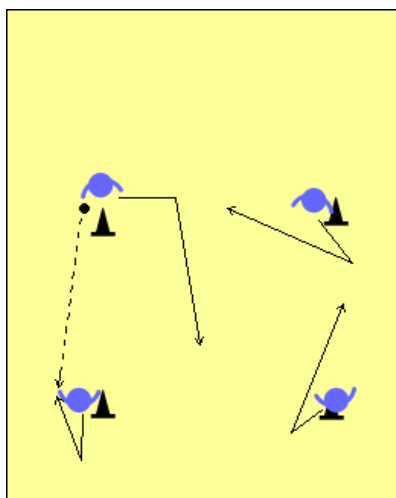
16) Passing

There are numerous passing drills that can be done from the grid. We want to look at how it can be used to teach some important offensive concepts.

Pass cut fill

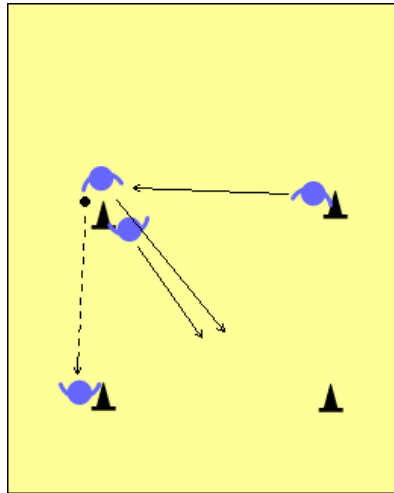
In this drill one player passes to another. After passing the player cuts to the centre and stops. The other players without the ball must fill the open spots. The player who caught the pass pivots so he/she is facing the middle. A new pass is made and the drill continues.

Eventually the players need to learn to pass to the spot and not to the player when standing still. You will have to adjust the size of the grid to find the right space that allows for this to happen. Add communication skills by calling names. Mix up the type of passes.



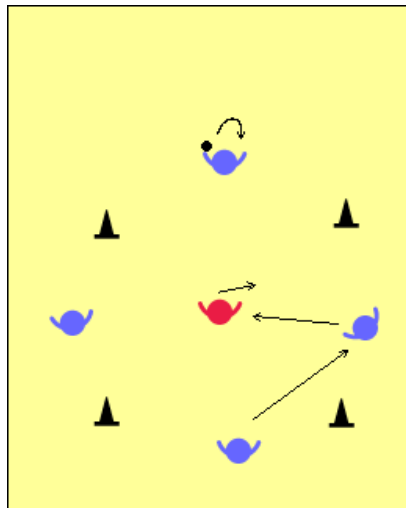
17) Add an indirect cut

Now the players work on adding indirect cuts (fakes away from where they want to cut). It is important that the player time the cut to when the passer is ready to pass.



18) Relay pass

Now we can add a defender. After passing the player cuts to the middle. The defender attempts to deny the pass to this player. The other player without the ball cuts to fill the vacated spot. The player with the ball and the other perimeter player must decide who has the best pass to the player in the middle. The players learn pass angles and sealing in this drill.

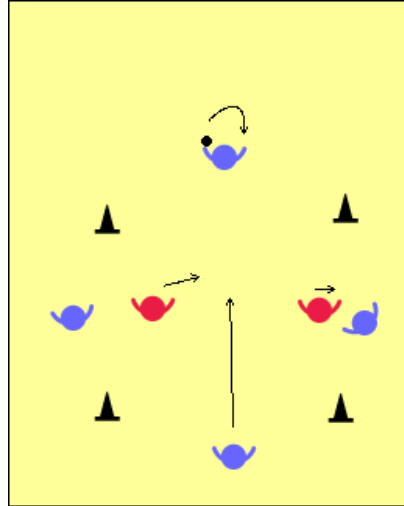


19) Relay passes

The player with the ball starts with his/her back to the play and pivots as the coach calls out one of other three perimeter players names. That player must cut to the middle to catch a pass. The defender denies this pass. The other three must work together to create passing angles.

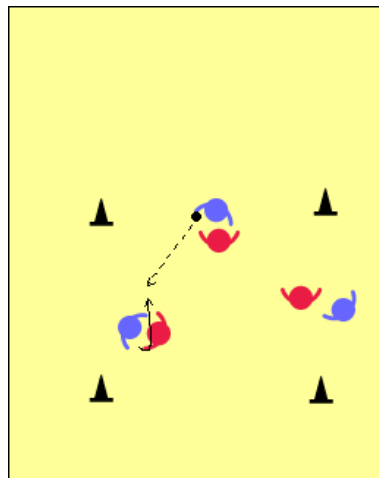
Load

- Once the ball is caught the ball is passed back out. The middle player must receive a pass from all three perimeter players. The perimeter players can move to create relay passes. This is a good time to work on indirect cuts and sealing.



20) 4 on 2

The player with the ball starts by pivoting when he/she hears the coach call the name of one of the three remaining perimeter players. The player who's name was called cuts to the middle. The two defenders must work together to keep the ball out of the middle. The smaller the space the more difficult the drill. This forces players to use pass fakes and read relay passes. They cannot double team the player in the middle.



21) Keep away

This is still one of the best games for teaching kids how to pass and move to get open. Keep score with the number of passes completed or how many passes in a certain amount of time. With older players you can allow screens. The bigger the space the easier the drill is for the offense.

Load

- 1 second rule - the player with the ball must pass or dribble within one second. This creates quick decisions and passes off the dribble. Give 2 points for a pass pass as this is more difficult.
- Allow double teams

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