

# DAILY BASKETBALL DRILLS

## 30 Day Challenge



|                                                                   |                                                                    |                                                                   |                                                                    |                                                                 |                                                                   |
|-------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------|
| 1<br>2 min dribble<br>(each hand)<br>10 layups<br>15 free throws  | 2<br>2 min crossover<br>dribble<br>10 layups<br>15 free throws     | 3<br>2 min dribble<br>(each hand)<br>10 layups<br>15 free throws  | 4<br>2 min figure<br>eight dribble<br>15 layups<br>15 free throws  | 5<br>10 layups<br>each side<br>20 free throws                   | 6<br>2 min dribble<br>(each hand)<br>10 layups<br>15 free throws  |
| 7<br>2 min crossover<br>dribble<br>10 layups<br>15 free throws    | 8<br>2 min figure<br>eight dribble<br>15 layups<br>15 free throws  | 9<br>10 layups<br>each side<br>20 free throws<br>5 3-pointers     | 10<br>2 min dribble<br>(each hand)<br>10 lay ups<br>15 free throws | 11<br>2 min crossover<br>dribble<br>10 layups<br>15 free throws | 12<br>10 layups<br>each side<br>20 free throws                    |
| 13<br>3 min dribble<br>(each hand)<br>12 layups<br>15 free throws | 14<br>3 min figure<br>eight dribble<br>15 layups<br>15 free throws | 15<br>10 layups<br>each side<br>20 free throws<br>5 3-pointers    | 16<br>3 min crossover<br>dribble<br>15 layups<br>15 free throws    | 17<br>20 lay ups<br>each side<br>20 free throws                 | 18<br>3 min dribble<br>(each hand)<br>12 layups<br>15 free throws |
| 19<br>10 layups<br>each side<br>20 free throws<br>5 3-pointers    | 20<br>20 layups<br>each side<br>20 free throws                     | 21<br>3 min dribble<br>(each hand)<br>12 layups<br>15 free throws | 22<br>3 min figure<br>eight dribble<br>15 layups<br>15 free throws | 23<br>4 min crossover<br>dribble<br>15 layups<br>15 free throws | 24<br>10 layups<br>each side<br>20 free throws<br>5 3-pointers    |
| 25<br>25 layups<br>each side<br>25 free throws                    | 26<br>3 min figure<br>eight dribble<br>20 layups<br>20 free throws | 27<br>3 min dribble<br>(each hand)<br>15 layups<br>20 free throws | 28<br>15 layups<br>each side<br>25 free throws<br>5 3-pointers     | 29<br>4 min crossover<br>dribble<br>15 layups<br>15 free throws | 30<br>25 layups<br>each side<br>25 free throws                    |

# Basketball Drills Manual

**Blair Gullion**



## **Basketball Drills Manual:**

**A Basketball Drills and Skills Manual for Volunteer Coaches** Ardie McInelly, Weber State University. School of Education, 1994     *The Dribble Drive Offense - a Complete Instruction Manual* Coach M. Olesen, 2011-06-10 This is an awesome book The book offers more than just X's and O's it has great drills as well as insight into how to build a practice a program and a mindset At this price I would recommend purchasing it even if you do not plan on running DDM Review at Championship Productions Kentucky Wildcats former coach John Calipari called it Princeton Offense on Steroids and nearly got crucified for it but it took his teams to the Final Four time and again It was labelled as a street ball offense but as people have gotten to know the offense Vance Walberg worked on for 15 years it has become clear that this is a great invention that won't go away The offense is renowned for developing players and players love to play in it In 195 pages this book details The fundamentals All the drills like Blood Drills and the Daily 45 The reads and X's and O's How to enter into it off the break or from a half court set 90 pages of drills including Vance Walberg's and John Calipari's drills Plays entries and quick hitters Playing against sagging switching defenses Coach Olesen has coached basketball since 1995 in three different European countries and on American camps He's a professional basketball coach coaching both children and adults More information and eBook version available on [www.coachdribbledrive.com](http://www.coachdribbledrive.com)     **Y Basketball Coaches Manual** YMCA of the USA., 1984

**Basketball Drills That Dominate** Jordan C. Blake, 2025-10-19 Coach Smarter Train Better Build Champions Basketball Drills That Dominate is your all in one beginner coaching guide packed with fun effective drills and step by step skill progressions to develop young players ages 8-14 Inside you'll get Practice plans that are easy to follow even for first time coaches Drills for shooting passing defense and ball handling Game IQ boosters that teach decision making spacing and teamwork Motivational tips that connect with kids and keep them focused Coaching blueprints that you can start using today Whether you're coaching school ball rec league or travel teams this book helps you lead practices that get results and players that grow fast Dominate the fundamentals Inspire your team Coach like a pro     *100 Drills for Teaching Basketball Fundamentals* Blair Gullion, 1953     **WBCA's Offensive Basketball Drills** Women's Basketball Coaches' Association, 2000 While the highest scoring basketball players are usually those with the most talent the highest scoring teams are those that run their offense efficiently Now you can boost your team's point totals and victory totals by using WBCA's Offensive Basketball Drills to improve your offensive execution The top collegiate women's basketball coaches in the nation have put together their most effective offensive practice drills into this ultimate point producing manual Developed by the Women's Basketball Coaches Association this drill collection was compiled by legendary coaches such as Tennessee's Pat Summitt Old Dominion's Wendy Larry Kansas Marian Washington Nebraska's Paul Sanderford and Clemson's Jim Davis In chapter 1 Movement Drills you'll learn how to develop players who can cut slash pivot explode and stop on a dime Everyone handles the ball in today's game and chapter 2 Dribbling Drills provides the framework for developing outstanding ballhandling skills

from all five players on the floor In chapter 3 Passing Drills you ll learn how to create skillful passers who understand when and where to deliver the pass so that it leads to a scoring opportunity Chapter 4 Screening Drills includes detailed breakdowns and coaching tips for building screening drills into your practices Once your players develop an uncanny knack for getting open the drills in chapter 5 Shooting Drills ensure they ve got the tools to finish the job They will however miss on occasion When they do chapter 6 Rebounding Drills ensures they ll control the boards Some teams attack quickly others alternate their pace to catch their defenders off guard Whatever your transition plan use the information in chapter 7 Transition Drills to make sure your players are effective in putting it to action In chapter 8 Situation Drills you ll learn how to get that bucket when you most need it Accompanied by detailed instructions and illustrations each drill describes the purpose procedure key coaching points and possible variations to increase difficulty or competitiveness The drills are grouped according to a key skill or facet of the offensive attack making it easy to fine tune your offense in practice so that it fires on all cylinders during games

**Catalog of Course of Instruction at the United States Naval Academy** United States Naval Academy,1953 **Five-Star Basketball Drills** Howard Garfinkle,Will Klein,1998-02-01 Over 5 000 talented players have completed the Five Star program and received scholarships Distinguished alumni include Isiah Thomas Moses Malone Dominique Wilkins Michael Jordan Mark Aguirre John Paxson Jim Paxson Jeff Ruland Darnell Valentine and Mike O Koren Here in print for the first time is a compilation of 131 drills they practiced at the nation s premier basketball camp The book includes the following 131 of the best drills used at the Five Star camp Conditioning one two and three player drills for men and women Proven regimens from a star studded galaxy of NCAA and NBA coaches Step by step instructions with pictures and diagrams to maximize your potential and practice time Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp This book is a great contribution to your basketball library Bob Knight Owning one of the most varied sports libraries in the country I consider myself an expert on sports books Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches It s the best drill book in America George Raveling With the advent of the three point shot there s now a high priority on the skill parts of the game This book will help the dedicated user become a fundamentally sound player Mike Fratello A must for all young players and coaches who want to learn the game the way it should be taught Rick Pitino Five Star has done a great job helping kids I admire the way they ve emphasized teaching the concepts and maintained the personal touch in dealing with youngsters This book carries on that great tradition Mike Krzyzewski **Technical Manual** United States. War Department,1965 **The Basketball Solutions Manual: Skills Edition** Tammer Farid,2014-05-11 Basketball players know they need to work at their game to develop a competitive edge and to improve from season to season But knowing you need to get better doesn t always translate into knowing what to do to see those desired results Players are told everyday that they need to get faster become better shooters and get better on defense all the time The answers aren t always clear as to how to solve these

problems which completely stunts the development of a player The Basketball Solutions Manual Skills Edition by the creators of the top rated basketball training app OneBasketball was written to solve the problem of not knowing what to do The Basketball Solutions Manual Skills Edition is your roadmap to optimal basketball skill development and continuous improvement This book will introduce you to step by step instructions on how to improve your shooting finishing ball handling with no clutter or deception You will learn what you need to emphasize in the basketball drills you currently perform as well as which drills you should add to your basketball workouts This book will also introduce you to several thought provoking ideas on taking full control of your basketball skills training No longer will you be confused searching for answers in all the wrong places The Basketball Solutions Manual Skills Edition will give you the simple basketball drills and tips needed to develop multiple facets of your game With several specific plans you can trust all you need to do is put the time in the gym and find yourself improving from week to week getting more playing time gaining more confidence and having more effective basketball workouts You will get the answers to the following questions How do you become a more consistent shooter How do you improve your ball handling ability How do you become a better finisher around the basket How do you become a better 1 on 1 defender In addition to these questions you will also learn how to attack closeouts to get to the rim easier develop a successful free throw routine get into a perfect defensive stance and shoot the ball with a quicker release This book features over 25 basketball drills that take all the useful instructions and put them into practical application on the hardwood immediately We have done the homework for you We have already used these tips and drills to improve players We have developed a passion to create simple solutions for basketball players around the world who are dedicated to improving their basketball skills With The Basketball Solutions Manual Skills Edition we are here to drive you in the right direction to make your basketball skill development as successful as possible Get the book and get started now

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Basketball Drills Manual** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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