



11 Driveway Drills To Help Your Child Level Up Their Game

Not all learning and practice has to happen at TTA... Get your young baller going through these drills on the driveway or at a local net and they'll level up in no time.

THE BAY AREA'S BASKETBALL TRAINING HEADQUARTERS

1. AROUND THE WORLD IN 60 SECONDS

Skill: Shooting, Footwork

Set up markers at 5 spots all around the court within your child's shooting range.

Your shooter must make a basket at each spot before going to the next spot in under a minute.

Level Up: Once this becomes easy, level up by adding shooting spots, making them go to every spot and back, or decreasing time.

2. CATCH'EM ALL!

Skill: Shooting, Backboard Use

Print and cut out images for your kids to "catch"—Pokemon characters, famous basketball players, movie villains—whatever they're into.

Assign a point value for each character. Within one minute, have your kid sink baskets to earn points. Earn enough points, claim a character.

Level Up: Impose rules, such as "All shots must go off the backboard first," or "Every shot has to be a three-pointer."

3. DOUBLE DRIBBLE

Skill: Dribbling

Set up an obstacle course for your kids to dribble through using cones or items you find in your garage. Time them from start to finish, recording their time and marking progress. Set a goal with a fun reward like pizza or extra video game time.

Level Up: Give them two basketballs to dribble at the same time while running the course.

4. ONE SHOT

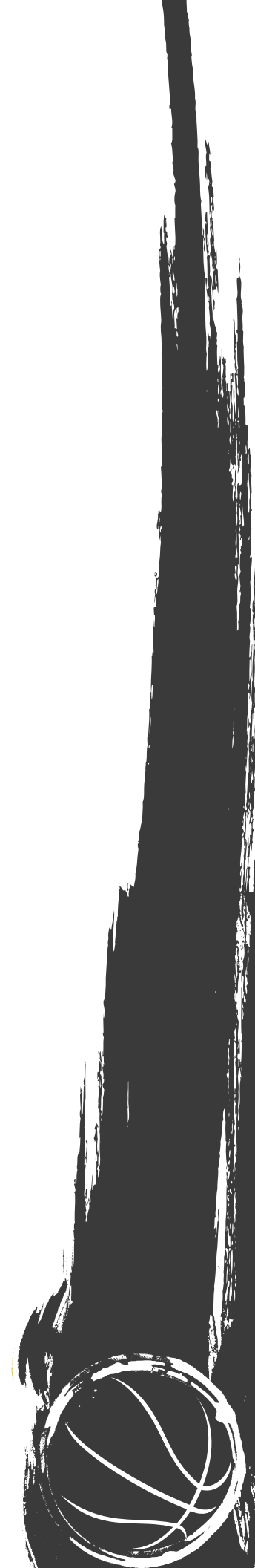
Skill: Shooting, Footwork

Set up shooting spots around the court within your child's range. You will be the rebounder (or ask one of their friends over to rebound.) Players must go all the way around and make as many shots as they can. This will help them learn to shoot off the pass. They must catch and shoot without dribbling or hesitating. Players cannot begin running to the next spot until they have the ball to pass.

Remember to pass them the ball as they approach the shooting spot, and make sure that they practice catching and shooting from both directions.

Chart how many are made out of 10 shots.

Level Up: Have them catch the ball going one way, and take one dribble the opposite way before shooting.



5. SPINNERS

Skill: Shooting, Footwork

Players will toss the ball out to the right side of them with a back spin. Coaches or friends will rebound for them. This will allow them to run up to the ball as if it has been bounce-passed.

Players must catch the ball and then square up and shoot. Do this 10 times both directions, charting how many were made out of 10.

Level Up: Randomly call out “Drive” during the session. When you do, they must head-fake and then drive to the basket for a layup. Offer a small bit of defense as they lay the ball up, but don’t block their shots.

6. ONE DRIBBLE

Skill: Shooting, Footwork

Starting with the ball, players will take one dribble to the right from triple threat position and then shoot the ball. You’ll rebound.

Go 10 times to the right and then 10 to the left, charting how many were made out of 10.

Level Up: Have a friend or coach lightly guard them while they shoot. Don’t block shots, but be a presence so that they can get used to someone being near when they shoot.

7. MONKEY IN THE MIDDLE

Skill: Passing, Defense

This will take at least 3 players and one basketball. They will line up with about 10 feet of distance between the two outside players.

The player in the middle is on defense, trying to steal or at least tip the ball. The players on the outside are passing back and forth using the different types of passes (bounce pass, chest pass, and overhead pass). If the ball is touched by the monkey, he gets to take the place of the player who threw the pass.

Play the game for a time limit or up to a specified number of touches. You could also award a point for defensive touches and 2 points for a clean steal. Play to 5 or 10 points.

Level Up: Add a 4th player. Now each player must not only pass well, but must work to get open.



8. SIMON SAYS

Skill: Dribbling, Ball Handling

Players stand on the baseline. Coach calls out a command such as “Simon says dribble with your right hand.” All players must follow the commands of Simon and regular Simon says rules apply. When players incorrectly do what Simon says, then they are out.

Level Up: Add “Sally Says” to the mix. Anything you say that begins with Sally Says, they DON’T do. For Example: Simon says dribble with your right hand. Sally says stop.

9. KING OF THE COURT

Skill: Dribbling, Ball Protection, Defense

Use the circle at center court, the free throw line, or one you’ve created with sidewalk chalk. It needs to be tight enough for two players to dribble and move around inside. This will serve as the “cage.”

All players enter the circle with a basketball. On “go,” each player begins dribbling. On “joust,” players must try to knock the other player’s ball away and stop them from dribbling while continue to dribble themselves.

If a player stops dribbling for any reason, they are out. Play until one is left standing, or play best of 7.

Level Up: Play with weak hand only or with dribbling blinders on (available on Amazon for under \$5).

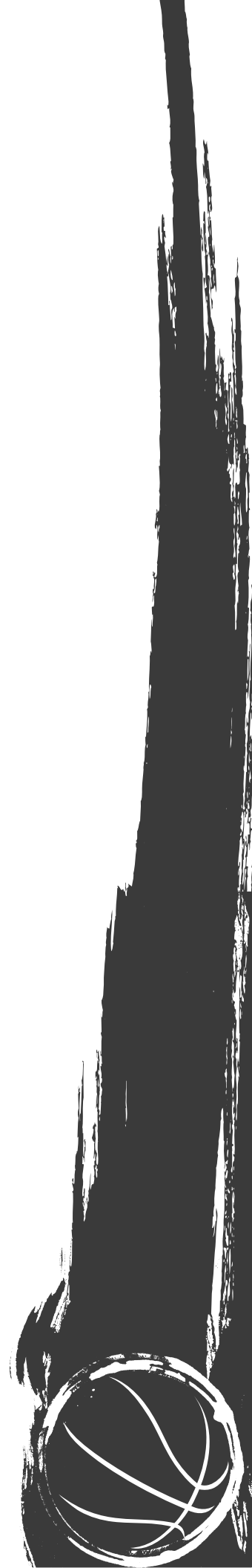
10. DRIBBLE DANCE

Skill: Dribbling

Create a “dribbling dance” that your player has to copy, such as 2 dribbles with right, 3 dribbles with left, pick it up. As the game goes on, make your dance more complicated, using crossovers, between the legs, and around the back.

If they successfully do the dance, then they get to make up the next one for you to accomplish. Play until one of you cannot do the dribble dance.

Level Up: Play with dribbling blinders or increase the speed at which players need to mimic you.



11. ENDLESS REBOUND

Skill: Rebounding

One player stands on either side of the goal. Players will bounce the ball off of the backboard to pass over the goal to the other player, who will then pass it back the same way.

They will count out until they reach 10, and the 10th pass is a layup that has to be made by bouncing off of the square and into the goal.

Set different numbers of passes to change it up, or set a goal of 5 made baskets before ending.

Level Up: Bounce the ball off of the backboard to yourself 5 times. When your 5th rebound is over, the next person in line takes over without catching the ball while you run and touch the free throw line with your hand. This is repeated until everyone (if more players are involved) rebounds or until you reach a certain number (like 30) rebounds. Last rebound tips the ball into the goal.

BONUS: TIPS FOR COACHING AT HOME

It can be difficult to coach your own kids. There are things that a coach at Triple Threat Academy can say that will encourage your kids which may have a completely different effect on them if you say them.

1. But with these tips on how to coach positively at home, we believe that you'll be able to help your kids build their skills while they have some fun, quality time with you. It's a win-win!
2. Verbally reward and/or praise for achievements
3. Ask questions to teach instead of statements that criticize. "Can you show me how you did that?" "Would it be better to do it this way?" etc.
4. Track progress and celebrate milestones (longest time, most made baskets, etc., count made baskets, etc.). Offer good rewards and really put some thought into what your child would enjoy. Maybe even ask them to help!
5. Invite friends over to practice with your child, and specify a set of drills or time frame for practice. After the time has expired, allow for free play and do your best to be involved in that too.
6. Put on some music and let your kids pick it out—no matter how much you hate it!
7. Remember that they are kids. This is a game, and it should be FUN!

