

## Mega Hoops Clinic (Dave Malowski) - 19/10/14

### Dynamic warm-up

- Included jogging, carioca, Frankenstein, in-in-out-out footwork while moving a ball from overhead to down in front with both hands, knee in-out (froggie), knee out-in, jog-skip-sprint-hop.
- See [www.hoopsplaybook.ca/notes/youth\\_dynamic\\_warmup.htm](http://www.hoopsplaybook.ca/notes/youth_dynamic_warmup.htm).

### Agility and Ballhandling

- Mirror drill - between two cones, without a ball, then with a ball (right hand dribble, then left hand), try to lose partner, who tries to stay shoulders to shoulders.
- 4-corner man in the middle – corner players exchange positions, the middle player tries to beat someone to a corner to switch places (corner players should attack when they see of the back of the middle player's head), progression – all players are dribbling.
- 4-corner agility – each cone is numbered, coach shows 1-2-3-4 fingers, the player in the middle must sprint to touch that cone with a hand then recover back to the middle, go again, progression – while dribbling.
- Grizzly-bear stance – knees over toes, shoulder over knees, hands in front.
- Figure-8 agility – around 2 cones about 1 metre apart, progressions
  - change direction on a whistle
  - while passing back and forth with coach, then weak-hand passing
  - coach lobs a pass from behind, react to catch it with a jump stop, shoot, take a layup, pivot and pass, etc.
  - lcky shuffle over the cones, then with passing to coach.
- Partner drills (balance, ball tough)
  - two players hold a ball between them with both hands, try to push each other off balance left or right, progression – each player uses only their right hand on the ball, then left hand.
  - one player in grizzly-bear stance, partner pushes you from all sides, progressions – eyes closed; in triple threat with a ball; partner pushes the ball or tries to knock it out of your hands.
- Dribbling – halfcourt (or fullcourt) while skipping, or hopping.
- Tennis ball toss, circle the ball with the same hand, catch with palm down, then circle it twice, progressions
  - Toss with the right hand, clap hands, catch left hand
  - Touch your head (both hands), shoulders, catch
  - Touch knees, hips, head, catch
  - Macarena - touch your left knee (with right hand), right knee, left shoulder, right shoulder, right hand out in front, left hand out in front, catch
  - Touch left shoulder, right shoulder, right hand out, left hand out, touch right butt cheek, left butt cheek, catch
  - Clap hands under your right leg, left leg, catch
  - Clap hands under your right left, left leg, touch your head with one hand then the other, catch

- Toss a tennis ball while dribbling, then while dribbling and walking forward
- Three dribbles, toss the tennis ball, crossover, catch with the other hand.
- See
  - [www.hoopsplaybook.ca/defending/duke\\_mirror.html](http://www.hoopsplaybook.ca/defending/duke_mirror.html)
  - [www.hoopsplaybook.ca/conditioning/agility\\_drills.html](http://www.hoopsplaybook.ca/conditioning/agility_drills.html)
  - [www.hoopsplaybook.ca/defending/5star\\_workout.html](http://www.hoopsplaybook.ca/defending/5star_workout.html)
  - [www.hoopsplaybook.ca/footwork/1\\_on\\_1\\_pivot.html](http://www.hoopsplaybook.ca/footwork/1_on_1_pivot.html)
  - [www.hoopsplaybook.ca/dribbling/ganon\\_baker\\_tennis\\_ball\\_toss.html](http://www.hoopsplaybook.ca/dribbling/ganon_baker_tennis_ball_toss.html)

#### Dribbling

- Crossover dribble – right to left, plant the right foot (step out), step by; crossover dribble side to side outside badminton court lines, not just in a straight line.
- Inside-out dribble – opposite footwork, left-right (start holding the ball in the crook of your right arm), right hand goes over the ball like turning a knob backwards.
- Crossover and inside-out all you need to teach, plus a retreat dribble to change of direction (and attack).
- Chicken dribble with partner – can go in slow but explode out, progressions – inside-out twice, or inside-out crossover.
- Two cones (or tennis balls), one on each elbow, make a move from the top of the key, pick it up with the inside hand, put it down (or toss a tennis ball a few times while dribbling), retreat dribble and repeat with the other cone (or tennis ball).
- Retreat dribble when you see both shoulders (e.g., up the sideline, or a baseline drive), you can't just pick up the ball (if you see one shoulder or no shoulders – keep going).
- “kobbing” (Keep the defender On your Back) – in pairs, side by side near the sideline on the baseline, the dribbler is on the outside, dribble up the sideline with the outside hand, partner bumps the dribbler, progressions
  - Add a coach up the sideline who holds up 1-2-3-4-5 fingers
  - The defender can reach with their outside hand
  - The defender can run by and show both shoulders (forcing a retreat dribble and change, attack, not a crab dribble – riding a horse)
  - 2 on 2 fullcourt – add an attacker on the far sideline at halfcourt, defender in the middle of the floor, the on-ball defender has to show both shoulders
  - 3 on 3 fullcourt – add an attacker with defender up the ballside sideline.
- See [www.hoopsplaybook.ca/dribbling/chicken\\_runs.html](http://www.hoopsplaybook.ca/dribbling/chicken_runs.html)

#### Shooting

- Frog shooting – 10 toes to the basket in stance, ball on the floor, pick it up, jump straight up and shoot to yourself (let it bounce).
- Insides of feet hip-width apart
- Kneel behind a ball on the floor – index finger of shooting hand in the middle of the ball (e.g., pin hole), index finger and thumb form the letter L, guide hand thumb is the top of a T
- Shooting pocket (or phase 1) – start your shot looking over the ball, forearm parallel to the floor, arm is the letter L, set your wrist (wrinkles) with finger tips pointing to the ceiling, elbow off the front of the hip

- Phase 2 – arm stays in an L, the shoulder moves so you are looking under the ball, elbow under the ball
- Finish your shot high – smell your armpit, guide hand comes off as early as possible for a one-hand release
- Chair shooting – sit in chair, ball in shooting pocket (phase 1), jump up and shoot
- Alternates – 3 players with 2 balls, shoot, rebound, pass to the next person in line who is looking and doesn't have a ball, catch with feet in the air, progression – shoot off the dribble.
- See
  - [www.hoopsplaybook.ca/notes/shooting\\_keys.htm](http://www.hoopsplaybook.ca/notes/shooting_keys.htm)
  - [www.hoopsplaybook.ca/shooting/tauer\\_form.html](http://www.hoopsplaybook.ca/shooting/tauer_form.html)

#### Passing

- Two balls with partner, both players pass at the same time right hand to left hand and back, progressions – in grizzly-bear stance; both players moving forward and backward from sideline to sideline and back.
- One player then the other passes both balls at the same time, then moving forward-backward.
- Each player will take one dribble with the right hand, pass off the dribble, catch with both hands, take one dribble with the left hand, pass off the dribble, catch with both hands, continue, progression – while moving.
- One ball with partner – step forward on an angle with the right foot (lunge position), right-hand bounce pass (take the other hand off the ball as late as possible), progression – catch with two feet in the air, crossover step (stronger), pass with outside hand (no more dominant pivot foot).
- Triangle passing – cut on eye contact, jump stop on the catch, step with outside foot and pass with the outside hand (progression – crossover step), pass in front of the cutter, progression – change direction on a whistle; two balls, then change direction.
- Triangle passing in offence – players on each wing and out top, catch, pivot (not through the “strike zone”), pass with the outside hand, change direction on a whistle.
- Monkey in the middle – on-ball defender has arms out, the attacker has to knock one arm up or down before passing, follow your pass, touch the ball, arms out, continue (don't let kids pivot backwards away from pressure, own their space, pivot between the defender's feet, then pivot back to create space).
- See
  - [www.hoopsplaybook.ca/passing/ganon\\_baker\\_partner.html](http://www.hoopsplaybook.ca/passing/ganon_baker_partner.html)
  - [www.hoopsplaybook.ca/passing/triangle.html](http://www.hoopsplaybook.ca/passing/triangle.html)
  - [www.hoopsplaybook.ca/passing/ganon\\_baker\\_door\\_drill.html](http://www.hoopsplaybook.ca/passing/ganon_baker_door_drill.html)

#### Other

- Reaction ball drill – drop the reaction ball for partner, you get one point for each time the ball bounces, alternate, play to 21.