



Open Gym Drills List

Choose the required number from each of these before you do anything else!

Build Your BASKETBALL BRAIN!! (10 Drills for Advanced Players - 6 Drills for Beginners)

Dribbling Drills (Pick 1 from each side)

➤ Base 20's Dribbling - 1 Ball

- ☐ 20 - Right-hand (Hard)
- ☐ 20 - Cross-overs (Fast)
- ☐ 20 - Left-hand (Hard)
- ☐ 20 - Left-hand V-Cross (Hard)
- ☐ 20 - Right-Hand V-Cross (Hard)
- ☐ 20 - V-Cross Cross-overs (Fast)

➤ 2-Ball Dribbling

- ☐ Simultaneous - 20 times or 30 sec's
- ☐ Alternating - 20 times or 30 sec's
- ☐ Windshield Wipers - 20 times or 30 sec's
- ☐ Oppo Wipers - 20 times or 30 sec's
- ☐ Push-Pulls - 20 times or 30 sec's

➤ Alleys Dribbling - 1 Ball

- ☐ Down & Back, Dribbling in a Zig-Zag Pattern, Quick changes of direction.
 - ☐ Cross-overs in Front
 - ☐ Between-the-Legs
 - ☐ Behind-the-Back
 - ☐ Spin-move

➤ 4-by-3's Dribbling - 1 Ball

- ☐ Down & Back 3 times - Straight Line
 - ☐ 3-Steps w/ Right-Hand Dribbles
 - ☐ 3 Quick Between-the-Legs Dribbles (Left Leg Forward) - In-Place
 - ☐ 3-Steps w/ Left-Hand Dribbles
 - ☐ 3 Quick Between-the-Legs Dribbles (Right Leg Forward) - In-Place
 - ☐ Repeat



Tennis Ball Dribbling - Advanced - (Pick 2 - Start @ 1, build up each week)

{Example Progression: Week 1 - do #'s 1 & 2 until mastery (no mistakes), Next Week - do #'s 2 & 3 until mastery, etc.)

Each Drill should be done for 1 minute (30 sec / hand for 1-Hand Drills)

1. 1-Hand - Snatch & Pound

- ☐ Hard, low dribble while tossing the ball up and snatching it in the same hand.

2. 1-Hand - V-Dribbles

- ☐ Toss ball to same hand, V-Dribble while tennis ball is in the air.

3. 1-Hand - In-&-Outs

- ☐ Toss ball to same hand, In-&-Out Dribble while tennis ball is in the air.

4. 2-Hand - Crossovers

- ☐ Toss ball to opposite hand, Crossover while tennis ball is in the air.

5. 2-Hand - Between the Legs

- ☐ Toss ball to opposite hand, Between the Legs while tennis ball is in the air.

6. 2-Hand - Behind the Back

- ☐ Toss ball to opposite hand, Behind the Back while tennis ball is in the air.

7. 2-Hand - Combo Move - Double Crossover

- ☐ Toss ball to same hand, Crossover twice while tennis ball is in the air.

8. 2-Hand - Combo Move - Between & Crossover

- ☐ Toss ball to same hand, Between the Legs and Crossover while tennis ball is in the air.

9. 2-Hand - Combo Move - Between & Behind

- ☐ Toss ball to same hand, Between the Legs and Behind the Back while tennis ball is in the air.



Shooting Drills (Pick at least 2)

➤ Mikan Drill

- ☐ 30 shots, Track makes
- ☐ See Shooting Drill Chart

➤ Reverse Mikan Drill

- ☐ 30 shots, Track makes
- ☐ See Shooting Drill Chart

➤ Short-Range Star Drill

- ☐ 25 Shots from 10 to 12 feet, Track makes
- ☐ See Shooting Drill Chart

➤ Short-Range 5-Spot Drill

- ☐ 25 Shots from 10 to 12 feet, Track makes
- ☐ See Shooting Drill Chart

➤ Mid-Range Star Drill

- ☐ 25 Shots from 15 to 18 feet, Track makes
- ☐ See Shooting Drill Chart

➤ Mid-Range 5-Spot Drill

- ☐ 25 Shots from 15 to 18 feet, Track makes

- ☐ See Shooting Drill Chart

➤ Mid-Range 5-Spot Drill

- ☐ 25 Shots from 15 to 18 feet, Track makes
- ☐ See Shooting Drill Chart

➤ Mid-Range Elbows Drill

- ☐ 40 Shots from the Elbow, alternating sides after each, Track makes

➤ 3-Point Star Drill

- ☐ 25 Shots, Track makes
- ☐ See Shooting Drill Chart

➤ 3-Point 5-Spot Drill

- ☐ 25 Shots, Track makes
- ☐ See Shooting Drill Chart

➤ 3-Point Shoot-Run-Touch Drill

- ☐ 20 Shots while running, Track makes
- ☐ See Shooting Drill Chart

➤ Free-Throws Drill

- ☐ 20 to 40 Shots, Track Makes



Guards / Wings Scoring Drills - Advanced - (Pick 2)

➤ Right-Hand Layup Circuit - From the Wing (Use a Garbage Can) - *In-the-Paint* Shots

- ☐ Base-line Layup (Shoot 5)
- ☐ Base-line Spin-Move Half-Hook (Shoot 5)
- ☐ Base-line Spin-Move Step-Through (Shoot 5)
- ☐ Lane-side Layup (Shoot 5)
- ☐ Lane-side Runner (Shoot 5)
- ☐ Lane-side Step-Through (Shoot 5)
- ☐ 30 Shots, Track makes

➤ Left-Hand Layup Circuit - From the Wing (Use a Garbage Can) - *In-the-Paint* Shots

- ☐ Base-line Layup (Shoot 5)
- ☐ Base-line Spin-Move Half-Hook (Shoot 5)
- ☐ Base-line Spin-Move Step-Through (Shoot 5)
- ☐ Lane-side Layup (Shoot 5)
- ☐ Lane-side Runner (Shoot 5)
- ☐ Lane-side Step-Through (Shoot 5)
- ☐ 30 Shots, Track makes

➤ Floaters (Use a Garbage Can) - *Short Range* Shots

- ☐ Simulates shooting over a big-player coming to help in the key.
- ☐ Start at the top of the key.
- ☐ Attack with the dribble, jump from the Mid-Lane toward the basket.
- ☐ Use High-Arch shot (over the help), aiming for the front of the rim.
- ☐ 40 shots, 20 on each side, Track makes.

➤ Scoop Layups (Use a Garbage Can) - *In-the-Paint* Shots

- ☐ Simulating beating a player off the dribble and avoiding their reach to block a layup.
- ☐ Start at the top of the key.
- ☐ Attack with the dribble, jump from the Mid-Lane toward the basket.
- ☐ Without using your inside hand, scoop up your dribble into a layup with your open, outside hand under the ball.
- ☐ Aim for the near line of the box on the backboard. The bank will slow down the ball.
- ☐ 40 shots, 20 on each side, Track makes.



Posts / Wings Scoring Drills - Advanced - (Pick 2)

➤ **Right-side Back-to-the-Baskets
Post-moves - *In-the-Paint Shots*
(Groups of 2-3 work best for this drill)**

- ☐ Base-line Drop step (Shoot 10)
- ☐ Lane-side Drop Step (Shoot 10)
- ☐ Base-line Step-Through (Shoot 10)
- ☐ Lane-side Step-Through (Shoot 10)
- ☐ 40 Shots, Track makes

➤ **Left-Side Back-to-the-Baskets Moves -
In-the-Paint Shots (Groups of 2-3 work
best for this drill)**

- ☐ Base-line Drop step (Shoot 10)
- ☐ Lane-side Drop Step (Shoot 10)
- ☐ Base-line Step-Through (Shoot 10)
- ☐ Lane-side Step-Through (Shoot 10)
- ☐ 40 Shots, Track makes

➤ **Right-side Face-up Post-moves -
(Groups of 2-3 work best for this drill)**

- ☐ Face-up Jumpshots (Shoot 10) -*Short-Range shots*
- ☐ Face-up Shot-fake, base-line Layup (Shoot 10) -
In-the-Paint shots
- ☐ Face-up Jab-step to Middle Jumpshots (Shoot 10)- *Short-range shots*
- ☐ 30 shots, Track makes.

➤ **Left-side Face-up Post-moves - (Groups
of 2-3 work best for this drill)**

- ☐ Face-up Jumpshots (Shoot 10) -*Short-Range shots*
- ☐ Face-up Shot-fake, base-line Layup (Shoot 10) -
In-the-Paint shots
- ☐ Face-up Jab-step to Middle Jumpshots (Shoot 10)
- *Short-range shots*
- ☐ 30 shots, Track makes.



Agility & Movement Drills (Pick 1 from each side)

➤ Slide-Run-Slide (Full-Court - 3 sets)

- ☐ Defensive Slide Drill (Use cones or dots)
 - ☐ Start on the Baseline near the Key
 - ☐ Slide left to the sideline, run 5 steps, reverse pivot into a Slide Right toward the top of the key, run 5 steps, and repeat

➤ Hash-Marks Slide Drill (5 Sets)

- ☐ Start on the Block, work up and down the key
 - ☐ Slide to the Baseline then to the 1st Hash-Mark above the Block.
 - ☐ Slide back and forth from the Baseline and the next hash-mark
 - ☐ End at the Baseline after touching the Elbow on the Key

➤ Diamond Agility Drill (½ Court 5 sets)

- ☐ Start under the hoop
 - ☐ Sprint to Mid-Court (cone), Drop step and slide right to Sideline (cone), Drop step and slide left back to under the hoop, Backpeddle to Mid-Court (cone), Slide left to Sideline (cone), Drop step and slide right back to under the hoop.
 - ☐ Repeat 3 times
- ☐ Alternate Drill Variation
 - ☐ Work with a partner that dribbles in the Diamond pattern, as a rabbit for you to chase on defense

➤ Defensive Box Drill (4 Sets)

- ☐ Cones on Elbow and Wing, with 2 at same distance on the Baseline.
- ☐ Slide into the Key along baseline, Close-out to the Elbow, Slide to the Wing, Slide back to Elbow, Close-out to Wing, Slide back to Baseline of the Key, Slide back to Start, Sprint through the Wing to Finish.



Acceptable Activities @ Open Gym (Once you have finished the drill work)

➤ Play 21 (3 to 4 Players)

- ☐ This is a Live-Action Drill
- ☐ Only 1 player can defend the ball
- ☐ Once a shot is made, it counts for 2 or 3 points, and the shooter gets to shoot Free-Throws
- ☐ 3 Max FT Makes, before reset (top of key)
 - ☐ Max of 6 pts for a make (3pt + 3 FT)
- ☐ Players track their own points
- ☐ 21 points wins the game

➤ 4-Man Rush

- ☐ If we have enough players, and a Full-Court available

➤ Play 2-on-2

- ☐ Use 1 ½ Court
- ☐ Call your own fouls
- ☐ Play to 7, 9, or 11 (win by 2)
- ☐ Shuffle up teams after

➤ Play 3-on-3

- ☐ Use 1 ½ Court
- ☐ Call your own fouls
- ☐ Play to 7, 9, or 11 (win by 2)
- ☐ Shuffle up teams after

➤ Play 4-on-4

- ☐ Use 1 ½ Court
 - ☐ If the full-court is available, and most players can be involved, this is an option.
- ☐ Call your own fouls
- ☐ Play to 7, 9, or 11 (win by 2)
- ☐ Shuffle up teams after

➤ Play 5-on-5

- ☐ Use 1 ½ Court
 - ☐ If the full-court is available, and most players can be involved, this is an option.
- ☐ Call your own fouls
- ☐ Play to 7, 9, or 11 (win by 2)
- ☐ Shuffle up teams after

➤ Competitive 2-Man Close-outs

- ☐ Start with an offensive player on the Wing, and the defender with the ball on the block
- ☐ Defender throws the ball to the offensive player to start the drill.
- ☐ Defender will close-out under control, and keep the offensive player from scoring.
- ☐ No Fouls. 1 SHOT ONLY
- ☐ If the offensive player scores, the defender does 5 pushups or 5 squat-jumps, and Vice-Versa.