

Youth Basketball Coaching Practice Drills for Ball Toughness



Youth Basketball Coaching: Practice Drills for Ball Toughness by Lee DeForest

★★★★☆ 4.2 out of 5

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Ball Toughness is a crucial skill for young basketball players to develop. It is the ability to keep possession of the ball in the face of pressure from the defense. Players with good ball toughness are able to dribble, pass, and shoot effectively even when they are being closely guarded.

There are a number of things that coaches can do to help their players develop ball toughness. One of the most important is to provide them with plenty of practice opportunities. The following drills are designed to help youth basketball players improve their ball-handling skills, court awareness, and ability to make quick decisions under pressure.

Drill 1: Dribble Gauntlet

The Dribble Gauntlet is a great drill for improving ball-handling skills. It can be done with two or more players.

1. Set up cones in a line, spaced about 3 feet apart.
2. The players line up behind the first cone.
3. The first player dribbles through the gauntlet, weaving in and out of the cones.
4. The player continues dribbling until they reach the end of the gauntlet.
5. The player then turns around and dribbles back through the gauntlet.
6. The next player in line then goes through the gauntlet.

The Dribble Gauntlet can be made more challenging by adding obstacles, such as chairs or other players. It can also be made more competitive by timing the players as they go through the gauntlet.

Drill 2: Cone Tag

Cone Tag is a great drill for improving court awareness and ball-handling skills. It can be done with two or more players.

1. Set up cones in a square or rectangle, with about 10 feet between each cone.
2. The players stand inside the square or rectangle.
3. One player is designated as the "tagger".
4. The tagger tries to tag the other players with the ball.

5. The other players try to avoid being tagged by dribbling around the cones.
6. If a player is tagged, they become the new tagger.

Cone Tag can be made more challenging by adding obstacles, such as chairs or other players. It can also be made more competitive by timing the players as they try to avoid being tagged.

Drill 3: Pressure Passing

Pressure Passing is a great drill for improving passing skills under pressure. It can be done with two or more players.

1. The players stand opposite each other, about 10 feet apart.
2. One player passes the ball to the other player.
3. The other player then passes the ball back to the first player.
4. The players continue passing the ball back and forth, increasing the speed of the passes each time.
5. The drill can be made more challenging by adding obstacles, such as chairs or other players.

Pressure Passing can also be made more competitive by timing the players as they try to complete as many passes as possible in a certain amount of time.

Drill 4: Quick Decision Making

Quick Decision Making is a great drill for improving the ability to make quick decisions under pressure. It can be done with two or more players.

1. The players stand in a circle, about 5 feet apart.
2. One player starts with the ball.
3. The player with the ball passes the ball to another player in the circle.
4. The player who receives the ball must then make a decision about what to do with it.
5. The player can either shoot the ball, pass it to another player, or dribble the ball.
6. The drill continues until the ball has been passed to every player in the circle.

Quick Decision Making can be made more challenging by adding obstacles, such as chairs or other players. It can also be made more competitive by timing the players as they try to make as many decisions as possible in a certain amount of time.

These are just a few of the many drills that can be used to help youth basketball players develop ball toughness. By practicing these drills regularly, players can improve their ball-handling skills, court awareness, and ability to make quick decisions under pressure. This will help them to become more successful basketball players.



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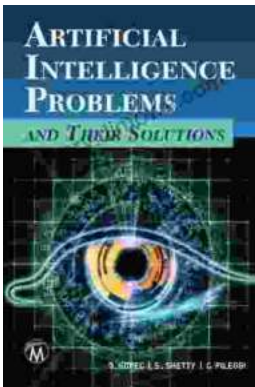
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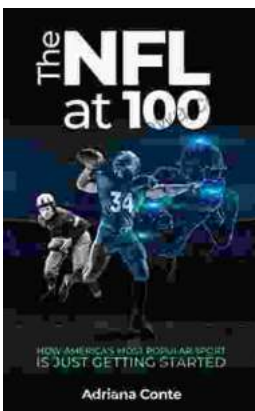
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