

## **Keeping it Fun! – CYO Athletics Basketball Drill Ideas Submitted by Coaches**

- 5 man weave – to teach to be under control under pressure and think and react.
- 3 on 2, 2 on 1 – better than scrimmage. More chance of individual success.
- If you do spot shooting practice, the kids like it when one of the spots is a 3 pointer.
- Try doing the continuous tip drill, the kids will be thrilled once they succeed at getting everyone through the line.
- Let the kids pick a drill – usually it's "bump" – get a coach involved too.
- Lightning – "Bump" without the bump.
- 3 man weave.
- Relays for conditioning
- Box-out competitions
- Lateral movement "Ball Roll" race
- Free Throw Shooting contests