**Training for Basketball:**

I’ll break it down pretty simply for you into a few subtopics: Skills, Offense, Defense, Fitness

You need to train all 4 of these categories in order to be successful in a game.

[ETGBasketball](https://www.youtube.com/watch?v=a6rPVGkGpds) has some great drills on YouTube.

**Skills:**

**Shooting:** Probably the hardest of all the skills, but good basketball players can do this very well. They practice for hours and hours, taking hundreds to thousands of shots every day.

* Practice close shots, from an angle so that you can use the backboard
* Progressively get farther away and shoot from different angles, don’t go too far because you’ll want to keep good shooting form in all of these shots in order to train your muscles and develop what is called muscle memory. When you develop this muscle memory, you start to know exactly how powerful you need to shoot a basketball to get it in.
* Throw the ball about 3 feet in front of you so it bounces, then step into it, catch it and shoot quickly, but maintain good form
* Run at an angle and then jump stop to set your feet and shoot quickly, again, maintain good form
* Dribble at an angle and then jump stop and shoot
* Receive a pass then jump stop and shoot (mix up the passes)
* Receive a pass then dribble then shoot
* Have someone stand in front and give some passive defense before shooting
* Have a someone become a real defender before shooting

**Lay-ups:**

* This is the most successful type of shot in the game of basketball. Well maybe the dunk is but until you can jump over the rim, we won’t worry about that.
* You can start by just placing the ball up off of the backboard from a 45 degree angle at a really close distance.
* Then progressively go faster towards the hoop
* Then add the dribble into your layup and progressively get faster again
* You will most likely do these at top speed in a game so it’s best if you are practicing them at your fastest.

**Dribbling:** One of the most important skills in basketball. Easy to learn, difficult to master. So this skill could also be practiced every day

* Must learn to dribble with the finger pads, not by slapping the ball
* Can start out with some [ball handling drills from Pistol Pete Maravich](https://www.youtube.com/watch?v=xG_U2P4I41E&t=125s) in this old school video
* Practice dribbling high, low, mid range, side to side, fast, criss cross and always maintain control
* Then move onto some drills from [ETGBasketball](https://www.youtube.com/watch?v=a6rPVGkGpds)
* You can also try dribbling with two basketballs at the same time

**Passing:**

* Practice the 3 main types of passes: Chest pass, bounce pass, and overhead pass
* Use a chest pass to get it to the man directly and quickly
* Use a bounce pass to get it past a defender that is in between. Bounce it near the defender so they cannot reach it with their hands
* Use an overhead pass to either throw a far distance, or to bypass any defenders by throwing over their heads and to your teammate

**Rebounding:**

* Get in a good position so you are most likely going to be where the ball will land. Be ready to read the ball and react as it hits the rim and then jump.
* Practice meeting the ball as high as you can in the air off of each shot. You can do this by either having a friend shoot, or by following up your shots. You can also place an obstacle in the basketball rim so that your shots always put out a rebound and you can keep practicing good shooting form and working on that muscle memory.
* Practice rebounding against a partner as the defender (closer to the hoop to start), or the attacker (further from the hoop at the start)
* The defender will practice what is called boxing out by making themselves as big as possible and placing their arms wide and behind them so they can feel where the attacker is or how they are trying to get by you. Just before you are ready to jump, it is good to put your hips back to throw the attacker off balance so they cannot jump very well.
* The attacker will practice “swimming through” the box out by placing their arm over top of a defenders arm that is boxing out and trying to step around the defender in order to get into a better position.

**Fitness:**

* In basketball you sprint for short bursts, jump high, jog for a bit, walk, or wait for the ball to come back into play. So it is best to train like that.
* You should do what is called interval training. Short sprints (20-30m) followed by a walking rest. You can do about 10 sprints 2-3 times per week. Each sprint should be your absolute fastest.
* Here is a [jump training from ETGBasketball](https://www.youtube.com/watch?v=bjzgqbQp_k0). This can be done 2-3 times per week.
* You should have a healthy balanced diet with lots of vegetables in each meal. Only eat sweets or drink pop on very rare occasions as a treat.
* Basketball players have good all around fitness so their upper body, lower body and core are all strong.
* Upper body exercises: Pushups and Pull ups
* Lower body exercises: Squats and Lunges
* Core exercises: Plank and Ab Wheel
* Total body: Burpees

**Offense:** (You will likely need more than one person or possibly a team of people to practice some basic offensive and defensive strategies)

**On the ball:**

* First you need to learn to keep possession of the ball by yourself, and with your teammates. So you will need good dribbling skills, and good passing skills
* You will also need to know how to pass it towards your teammates but away from the defenders reach
* When you receive the ball, try to maintain what is called “triple threat” by holding onto the ball rather than dribbling right away, then the defender has to give you a little distance or you could blow by them with a quick change of direction and dribble
* Keep your head up so you will be able to make quick decisions as they appear
* Shoot if the opportunity arises, or drive in for a layup
* Communicate with your team

**Off the ball:**

* You will need to be able to make cutting runs in order to get open and away from a defender
* Make quick transitions towards the basket if there are any openings
* Set picks for players so they can dribble by their defender
* Be prepared to get rebounds, box out if you managed to get better position, but swim through if you are not in a better position
* Spread the court out, and play your position
* Call for the ball
* Talk to your teammates
* Be prepared for a quick transition to defense

**Defense:**

* Stay with checks and try to get an interception
* Be prepared to get rebounds, box out
* Be prepared to offer help to teammates that allow the ball handler to get by
* Communicate with your team
* Be prepared for a quick transition to offense