



CYA Basketball HOMEWORK MANUAL

Included in This Manual

- *Introduction to the Importance of Homework Drills*
- *Points of Emphasis*
- *Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

THE IMPORTANCE OF HOMEWORK: "Practice makes perfect"

Consistently working on basic drills such as ball handling, dribbling and form shooting will quickly produce positive results. Repeating a basic drill over and over again creates muscle memory. Muscle memory will allow the body to perform the movement without consciously thinking about it. Basketball players that don't have to think about every movement/drill they perform will be more efficient players and better able to think about game situations on the court. Also, by allowing athletes to work on these drills on their own time, it opens more time for coach's to focus on the more complex components to the game of basketball. Listed below are some of the key points for each homework drill.

Ball Handling:

- *Spread the fingers out to allow for a wider grip on the ball which will give you more control
- *Fingers should be slightly bent to keep the palm of the hand from slapping the ball
- *Try to keep the head up to allow for vision in all directions

Dribbling:

- *Control the ball with your fingertips
- *Don't slap the ball
- *Soft hands will give you more control
- *Try to keep the height of the dribble below your waist
- *Try to keep the head up

Passing:

- *Begin the pass with the arms bent
- *Fully extend the arms quickly and powerfully
- *Point the fingers in the direction of the target upon releasing the ball
- *Thumbs should face down in the follow through
- *Step into the pass to gain more power

Shooting:

- *Keep the body squared up to the target
- *Elbows tucked in
- *Follow through and extend the arm and fingers of the shooting hand towards the target
- *Ball should have a perfect backspin if released correctly (no side spin)

Crossover Ball Toss

DYNAMIC: BALL HANDLING

Recommended Sets/ Reps:

- Perform 3 sets of 60 seconds or 50 reps

Description:

- 1). Hold the ball in one hand and toss across the body to the other hand.
- 2). Repeat to the opposite hand quickly as possible.

Modifications:
Beginner: Slow Pace
Advanced: Fast Pace/ On 1 Leg/ Eyes Closed



HOMWORK TRACKER:

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Around the Leg

DYNAMIC: BALL HANDLING

Recommended Sets/ Reps:

- Perform 3 sets of 30 seconds each leg or 25 reps

Description:

- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat in a circular motion around the same leg.

Modifications:

Beginner: *Slow Pace*

Advanced: *Fast Pace/ Eyes Closed*



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Around the Waist

DYNAMIC: BALL HANDLING

Recommended Sets/ Reps:

- Perform 3 sets of 30 seconds each direction or 25 reps

Description:

- 1). Hold the ball in one hand.
- 2). Take it around the waist and hand off to the other hand.
- 3). Repeat in a circular motion around the body as quickly as possible.

Modifications:

Beginner: *Slow Pace*

Advanced: *Fast Pace/ On 1 Leg/ Eyes Closed*



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Figure 8

DYNAMIC: BALL HANDLING

Recommended Sets/ Reps:

- Perform 3 sets of 30 seconds each direction or 25 reps

Description:

- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat the movement around the opposite leg to complete the figure 8 motion.

Modifications:

Beginner: Slow

Advanced: Fast/ Eyes Closed



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One Hand Dribble (w/ crossover)

DYNAMIC: DRIBBLING

Recommended Sets/ Reps:

- Perform 3 sets of 100 dribbles, switching hands with a crossover every 10 dribbles

Description:

- 1). Begin dribbling with 1 hand, keeping the ball low and head up if possible.
- 2). After 10 dribbles, crossover and keep dribbling with the other hand and then repeat every 10 dribbles from then on.

Modifications:

Beginner: Slow/ Looking at Ball

Advanced: Fast/ Looking Up/ Low Dribble



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Form Shooting (Laying Down)

DYNAMIC: SHOOTING

Recommended Sets/ Reps:

- Perform 3 sets of 50-75 repetitions

Description:

- 1). Lying on your back practice shooting straight up into the air.
- 2). Be sure every shot goes straight up and straight back down.
- 3). Be sure to keep a perfect back spin on the ball on every shot without allowing for any side spin.
- 4). Follow through by pointing at the ball with all fingers upon the release of each shot.

Modifications:

Beginner: Shoot to 5 ft. height

Advanced: Shoot to 10 ft. height or more



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Chest Pass

DYNAMIC: PASSING

Recommended Sets/ Reps:

- Perform 3 sets of 10 passes

Description:

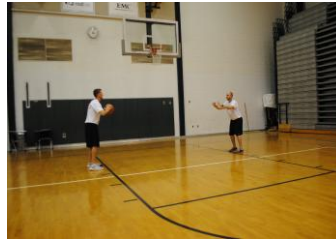
- 1). Begin the chest pass by gripping the ball with 2 hands – 1 on either side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target.

Drill can be done with a partner or by throwing against a wall

Modifications:

Beginner: Slow Pace

Advanced: Fast/ 1 Foot



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Bounce Pass

DYNAMIC: PASSING

Recommended Sets/ Reps:

- Perform 3 sets of 10 passes

Description:

- 1). Begin bounce pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target and thumbs facing down toward floor.
- 5). When throwing a bounce pass, ball should hit the ground halfway between passer and partner.

Drill can be done with a partner or by throwing against a wall

Modifications:

Beginner: Slow Pace

Advanced: Fast/ Side Bounce Pass (see right)



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Overhead Pass

DYNAMIC: PASSING

Recommended Sets/ Reps:

- Perform 3 sets of 10 passes

Description:

- 1). Begin overhead pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Bring ball toward the back of the head with thumbs facing down.
- 3). Quickly extend arms forward and release the ball.
- 4). Upon releasing the ball, point the fingers forward and thumbs toward the ground.

Drill can be done with a partner or by throwing against a wall

Modifications:

Beginner: *Slow Pace*

Advanced: *Fast/ 1 Foot*



HOMEWORK TRACKER:

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