

NYA_Basketball_Evaluations_Drills_Descriptions

Drill	Category	Description
Rebound Outlet	Form & speed judgement	area (near the sideline as high as the foul line). He would then follow the outlet, cut behind the coach and sprint to the opposite basket. The coach would then throw a long baseball pass for the player to chase down at full speed, gather in and make a lay-up. You could continue the drill with each player, then move to the other end and have them all come back, or you could have the first player grab his own rebound of the lay-up , outlet to another coach at that end and come back. This drill could be continuous.
Spot Shooting	# Shots scored in 2 minutes	Set 5-7 cones or spots in a semi-circle from 10 feet to 18 feet from the basket depending on the age of the players. The player has anywhere from one to two minutes to make as many baskets as he can. After each shot, he must get his own rebound and dribble in back out to one of the spots on the floor. Keep track of the number of baskets the player can make in the allotted time.
Suicides	Speed & effort judgement	A. player runs from baseline to closest free throw line and back B. then player runs from baseline to half court and back C. then player runs from baseline to furthest free throw line and back D. then player runs from baseline to opposite baseline and back Now the drill is to see who is fast, who is able to start and stop, and who has endurance. Have them all run a suicide, but they must slap the floor when they reach a free throw line, half court line, or a baseline. At the end, rate your players. After they have completed suicide, have them one more to see effort.
1-Ball Suicides	Ball handling judgement	A dribbling drill - Have them compete in groups, so you can pay more attention to each player. They do a suicide while dribbling a basketball. They still have to slap the floor at the given intervals. This will start to let you see who your ball handlers are.
Full Court Combination	Time to finish drill	player gets through the cones he would go hard for a lay-up. After the lay-up he would grab his rebound and dribble to a side basket for a 15' jump shot, rebound, dribble to the next side basket for another 15' jump shot, grab his rebound and go the the closest main basket for a lay-up. At each basket he must stay at that basket until he makes a shot or has three misses before he can move on to the next basket. I then take the amount of time from the beginning until the last lay-up is made.
3-on-3 closeouts	Rebound/defense judgement	One coach along the baseline has a ball and makes a good sharp pass out to another perimeter coach who will shoot a shot creating a rebound. All three baseline defensive players close-out and box-out their man. The defenders should rush at the offensive player in a low stance. The last several steps should be quick, choppy steps to stop your momentum and then they should pivot to box out. Play continues until defense gets rebound, or offense score point. Defense does push-ups if offense gets rebound.
No Dribble Scrimmage	Overall skills judgement	You divide the kids into teams of five and let them scrimmage. The only rule is they are not allowed to dribble the ball. In order to move the ball down the court, they have to pass the ball down the court. If a player dribbles, the other team gets the ball. What you are looking for is who can pass the ball, catch the ball, move to get open, who can play defense, and who has the ability to see who's open. Again keep rating players on how well they do.
Player Comments	Evaluator Comments	Evaluators can make general comments on effort, skill, attitude of players