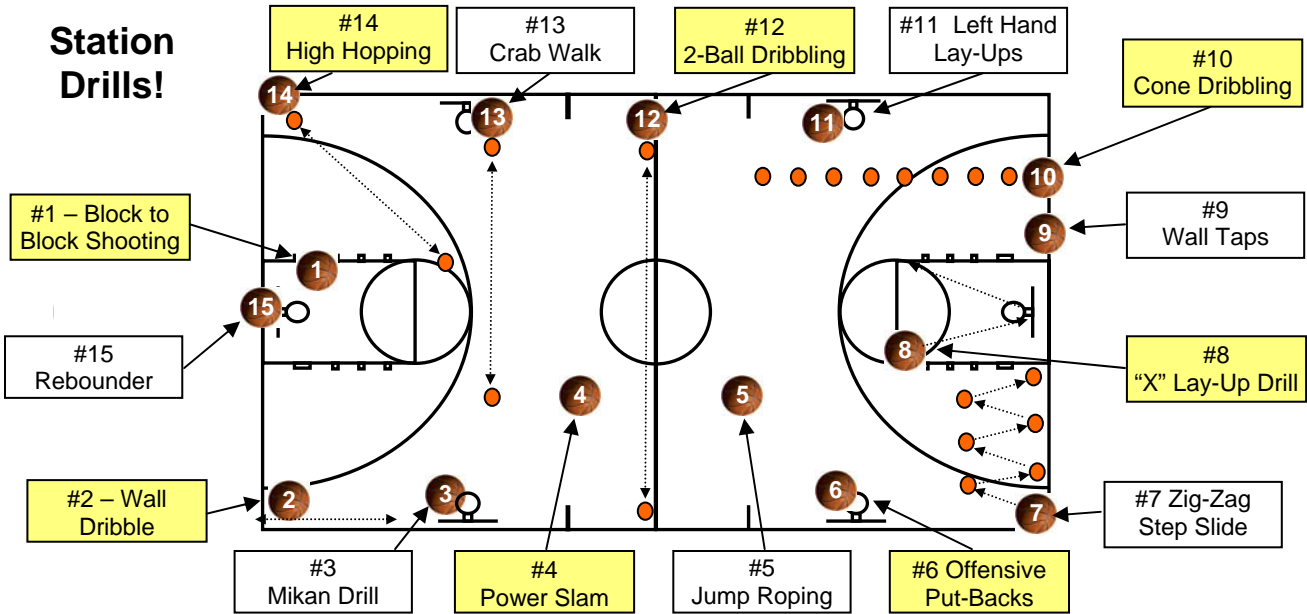


Why use Station Drills? It allows youth basketball coaches to teach multiple skills / drills to every player on the team (while getting the team the conditioning it needs). **What age groups?** Usually the younger teams get the most out of Station Drills, but any age group can benefit if the drills are challenging enough.



- 1. Block to Block Shooting:** Player starts on the block, shoots, moves quickly to the opposite block and shoots again, back and forth (this can be done with or without a rebounder).
- 2. Wall Dribble:** Player dribbles with the right hand going one direction, and the left hand going in the other direction (keep ball high).
- 3. Mikán Drill:** Player starts under the basket, shoots a right handed lay-up, then a left handed lay-up, back and forth (player gets their own rebounds).
- 4. Power Slam:** Player slams the ball down hard, quickly gets ready to catch the ball. Great drill for players with "soft" hands.
- 5. Jump Roping:** Player starts jump roping and continues until the coach blows the whistle.
- 6. Offensive Put-Backs:** Player stands "square" to the basket, tosses the ball up and bounces it off the backboard, then jumps up to rebound the ball, and immediately jumps back up and does a "two-handed" lay-up (always keeping the ball above the head).
- 7. Zig-Zag Step Slide:** Player steps slides in a good defensive stance in a zig-zag pattern (use cones).
- 8. "X" Lay-Up Drill:** Player starts with a right handed lay-up, then dribbles to the opposite elbow and starts a left handed lay-up, back and forth (use the right hand on the right side, and the left hand on the left side).
- 9. Wall Taps (Jumps):** Player stands at a wall, jumps up and touches the wall (repeatedly) with both hands, always keeping their hands above their heads.
- 10. Cone Dribbling:** Player dribbles around the cones in a continuous motion, keep the ball low, use the right hand on the right side, and the left hand on the left side.
- 11. Left Handed Lay-Up:** Player stands on the left side of the basket, using only their left hand to make lay-ups (after positioning the ball in the left hand – put the right hand behind the back). A very good drill to help develop a players left handed lay-up.
- 12. 2-Ball Dribbling:** Player dribbles forward, then backwards using two basketballs. Dribble hard, keep the basketballs low.
- 13. Crabwalk:** Player starts the crabwalk to the far cone, then turns and crabwalks back to the starting point (cone).
- 14. High Knees:** Players start by pulling up their right knee, then their left knee (keep alternating back and forth).
- 15. Rebounder:** Use a rebounder as needed not only to rebound, but as a spot for the players to be able to rest during the station drills (not mandatory, depends on the age of the players).

The Crabwalk:

A very good conditioning / coordination drill used at all levels of play (such as AAU, Middle School, High School, and College).

1. Players start on the baseline, each with a basketball.
2. On the coach's signal, the players pass the ball under their legs, right to left, left to right, right to left, and so on as they are moving up the court.

Note: Start slower, but increase speed when the players are comfortable with the drill. Have the players try the crabwalk backwards also.

