



PRESENTED BY

WesternUnion WU

YOUTH BASKETBALL DRILL CARD



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1 WALL OVERHEAD PASSES

30 sec x 2 sets

- Stand 8-10 ft away from a wall and make continuous overhead passes. To work on accuracy, pick a spot and try to pass there each time.
- To increase difficulty try this same drill on one leg.

2 CONTINUOUS LAYUPS

30 sec x 2 sets

- Begin with a ball at half court and dribble towards the basket for a layup.
- *30s left hand/30s right hand

3 LANE SLIDES

30 sec x 3 sets

- In a Defensive stance slide side to side in the "paint area"
- 6 slides to the right and 6 slides to the left continuously

4 1 OR 2 BALL PROGRESSION

3 sets

- Mark the baseline to half-court (This will work as the distance).
- Start at the baseline and dribble down to half-court using one (1) or two (2) basketballs.
*down and back = 1 set

