

## Aik Ho Fundamental Drills

<https://www.youtube.com/watch?v=7OBr6B2auX0>

### Intro

- Likes kids to get going and do stuff vs talking. “I talk as they do.”
- In New Zealand they give a lot of homework to players as they don’t have much time with them.
- Try to get kids to be independent learners.
- Can involve parents in this as they spend more time with athletes than the coaches.
- Likes including core and strength work in the warm-up.

### Ball Handling Progressions

- Ball each, in pairs. Roll balls back and forth, straight line. “Talk to each other while you do it, what did you have for breakfast?! Make practice fun.”
- “Face your buddy” instead of saying get a partner.
- Load = could also do with three players.
- Load = move forwards and backwards or side to side (change angle they face, shuffle).
- Load = stationary compete. One push-up if you end up with both balls or throw a bad pass. If you both argue, both do push-ups!
- Have to teach athletes to be assertive. If not assertive, can’t compete.
- Load = underarm pops (scoops)
- Load = movement while doing them (e.g. hops/ butt kicks etc)
- Load = start moving
- Load = one ball if you don’t have two
- Load = could do one basketball / one tennis ball
- Load = overhead passes.
- Load = practice follow-through. ‘Get your L’s up.’ Catch with one hand if possible.
- Load = push passes. Change between one hand push and bounce passes. Catch one hand as with above.
- Load = baseball passes (rim line to sideline). Good distance.

### Stance Games

- Players in pairs ‘get a buddy.’ One players holds the wrist. Trying to make their buddy slap themselves in the face.
- Load = push each other on the shoulders, whoever moves feet loses.
- Load = add a ball. Rip ball out of hands. Rip down or twist up.
- Load = start with ball on floor. Players have to learn how to hinge and bend to rip the ball.
- Load = start with ball above head.

### Transition

- If you’re a small team, recommend practicing transition every practice.
- On air. Rebound the lay-up, other player runs when the ball is up in the air. Throw it long, other player shoots lay-up and repeats other side. Continuous. KPI = no dribble, run so fast don’t need to take it.
- Load = older players have to step out of bounds
- Load = break out dribble.



- Idea = when you twist for the rebound in the air, can you throw the pass before landing (e.g. Charles Barkley).

### **Duke Drill**

- Players good distance apart. Roll ball out to partner, close out with lead and trail foot. Partner attacks lead foot, try and contain with one dribble.
- Load = change footwork. If lead foot is in the middle of the partner, attack it. If lead foot is far outside the legs of the offense, attack the trail foot.
- Load = beat to a point on the floor
- Load = 1v2, beat a player in each grid.
- Load = player at a basket.
- Load = tactical close-outs. Red bib = shooter. Green bib = non-shooter. Figure out a random way to close-out, players have to decide on the floor.
- Load = 3v2 Serbian Close-Outs
- Load = 3v3 Serbian Close-Outs