Mini-Basket Ideas Maurizio Cremonini

Ball Handling:
- Load = stop on coach signal (vocal = stop, then add signal of one hand)
- Load = change movement pattern (skip, shuffle, backwards etc)
- Load = dribble move every-time you change direction
- Load = change speed every time coach puts both hands up
- Load = swap balls and make a 'connection.' Say name loudly
- Load = three hi-5s, touch three sidelines. Load in lay-ups, different hi-5's etc
- Load = play dribble knock-out when coach says moves into centre circle. Stop when coach moves out. Score lay-up if knocked out then come back in.
- Load = 'follow the train' two player. Change when coach says change, try and keep up.
- Load = players can stop quickly. Player behind has to react and also stop.
- Load = two-ball dribble.
- Load = three player follow the leader
- Load = three player mirror dribbling
- Load = when coach raises hand, first in group to complete three hip-turns.
- Load = when coach steps into centre-circle it's three player knock-out. Point for each tag.
- Load = three players dribbling around, cat and mouse. When coach says go, bottom player has to try and tag top player. Middle player dribbles and is the 'screener' top player can play chase around screener.

Ball Handling into Finishing:
- Use concept of two person follow the leader, and load to scoring a lay-up on the basket. Leader dribbles around 3PT arc, stopping and starting. As soon as they enter three-point line, race to see who scores the first basket in the group. **Change angles not just baseline to middle!**
- Load = player dribbles around arc, whenever they stop have to complete 3 hip turns. Race to score first from the moment the player comes to a jump-stop.
- Load = three players, first player has two balls. When they give second ball to middle player, race to score between first and second player.
- Load = in pairs, first player has a ball dribbling following the three point line. Defender follows. Whenever the coach or third player makes connection for the pass, pass and cut live 1v1.
- Load = add either/ or decision. If player puts ball on their hip, curl and continue with live 1v1 (so players can either pass and cut straight-away or curl).

Passing into Finishing:
- Players throw bounce passes over the cone (few metres away from cone in the middle separating them). Third player waits behind cone in stance. Player picks a moment to dribble left or right of the cone and tries to score the lay-up before the player that catches the pass does.
- Load = one hand catch, bounce and pass off dribble (air pass)
- Load = change angles
- Load = move cones further back (full court lay-ups)
- Load = player in middle doesn't have a ball. As soon as they go through cone, have to hi-5 coach standing in the key and then play 1v1
- Load = 2v2 (add an O and D under the basket).
- Load = becomes 2v1 and second passer becomes offense. No hi-5.
- Load = 2v2 (both defenders starting in a stagger in the middle).

1v1 on Back
- Standard 1v1 ball on back start - different angles and depth

- Take-away player starting with the basketball and give to third player. Have to use same behind back start but then the player must catch the ball on the run and finish. Catch can be early or late.
- Start with guided read (jump to ball on pass or stay, then live 1v1).
- Load to 2v2, with two behind-back starts. Action is live when off-ball player moves. Teammate then has to try and pass the ball to their teammate moving, live 2v2 off the pass. Player may have to dribble if they haven't got a passing angle (e.g. if it's a baseline cut).
- Load to 3v3 (third O and D starting under the basket).
- Load in transition trips (can vary trip number)
- Load to 4v4 (offense and a defense behind last two wing players).
- Load = change spots and angles (e.g. baseline, wings, top).
- Load = have defender starting out of bounds and closing out to increase advantage. Vary starting spots of other players.