



# Making the Assist

Boys Basketball

Skill Packet



**CYO**  
athletics

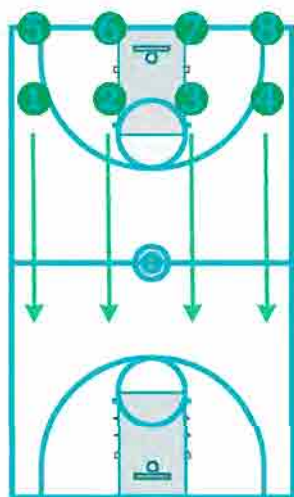


# FULL COURT BALL HANDLING

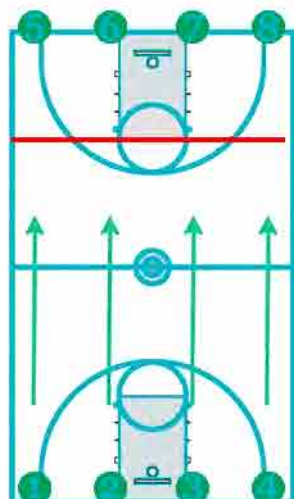
**CYO**  
athletics

Skill Set: Dribbling, Passing

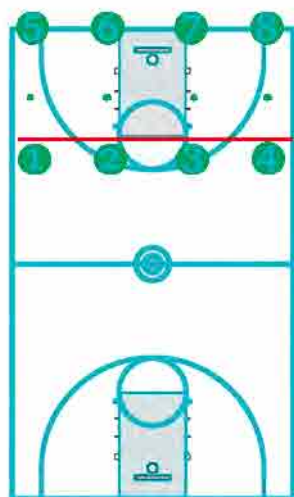
Objectives: individual moves, dribbling, and passing.



Step 1: Players 1-4 dribble up the court to other baseline. Try different types of moves: left hand, right hand, crossover, spin dribble, through the legs, hesitation, free dribble. Players 5-8 wait on the baseline.



Step 2: Players 1-4 dribble back to the free throw line extended area and come to a jump stop. You can also have players pivot after the jump stop.



Step 3: Players 1-4 pass the ball to Players 5-8. Try different passes: chest, bounce, overhead, baseball, behind the back. Players 5-8 repeat the drill. Players 1-4 go to the back of the line.

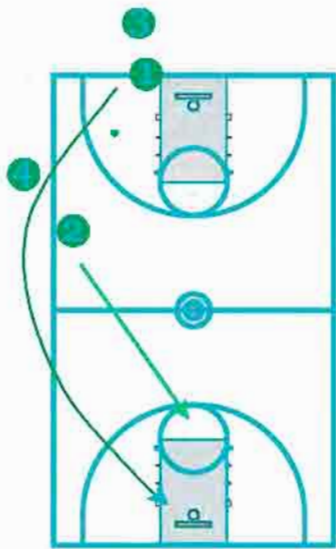


**Catholic Charities CYO**  
San Francisco, San Mateo & Marin

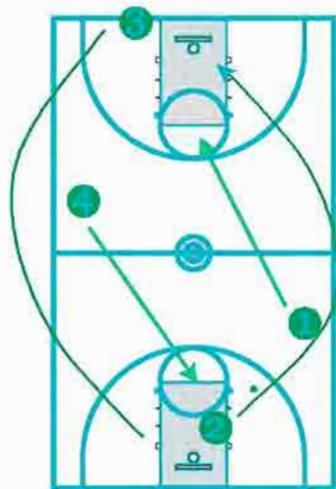


# DUKE DRILL

**Skill Set:** Dribbling, Passing, sprinting, shooting, rebounding.  
**Objectives:** fitness, accuracy, and timing.



**Step 1:** Player 1 throws an outlet pass to Player 2 and runs the length of the court to position for a fast break layup or shot. Player 2 dribbles to the opposite foul line and makes a pass to Player 1. Player 1 takes the shot and Player 2 rebounds.



**Step 2:** Player 2 now makes the outlet pass and runs the length of the floor for the shot. Player 1 takes the pass and dribbles to the opposite foul line and passes to Player 2. Player 2 takes the shot. Players 3 and 4 repeat Step 1.





# TEAM POST PASSING

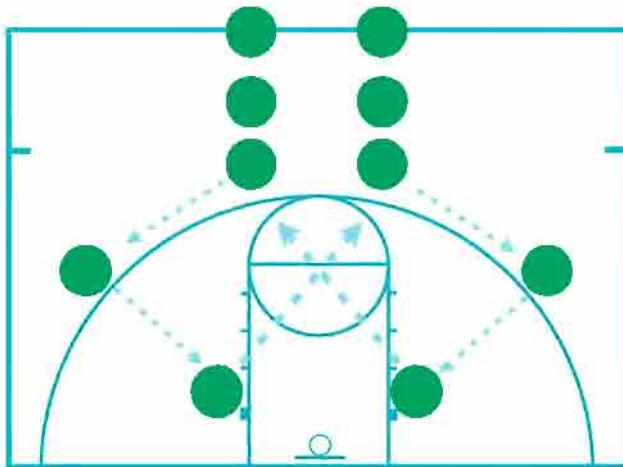
Skill Set: Passing, pivoting.

Objectives: Accuracy, and timing.

Step 1: Player in front of line passes to the player on the wing.

Step 2: Player on wing makes a post feed to player on the block.

Step 3: Player on post pivots and makes an outlet pass to the next person on the opposite line. Players rotate from line to wing to post and back to the line.



# ONE-ON-ONE SPOT DRILL



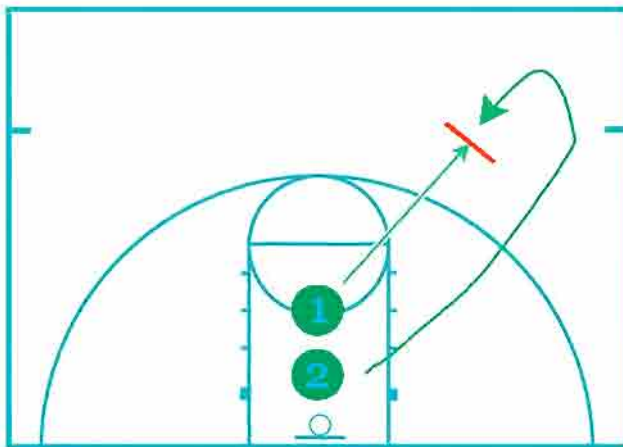
Skill Set: Defense, offensive moves.

Objectives: Competition, toughness.

**Step 1:** Player 1 dribbles ball out to a spot along the three point line and places the ball on the floor and gets into defensive stance.

**Step 2:** Player 2 sprints out to the spot and picks up the ball and gets into triple threat position.

**Step 3:** Players play one-on-one until a score or stop and then start again.



# SCREEN AND ROLL

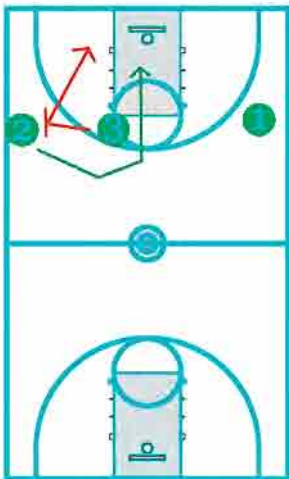
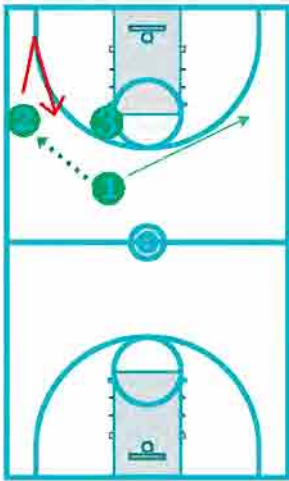
**Skill Set:** Dribbling, Passing, cutting, shooting, screening.

**Objectives:** precision, accuracy, and timing.

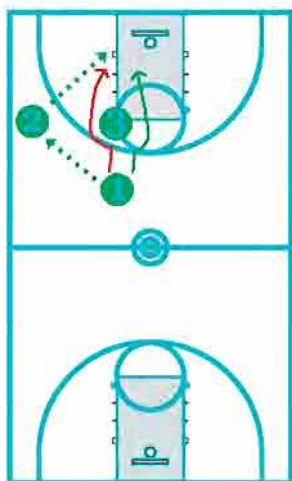
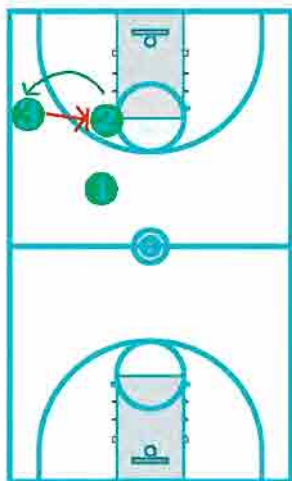
**Step 1:** Player 2 makes a V cut and Player 1 passes him the ball and screens away to the opposite side.

**Step 2:** Player 3 steps out and sets a screen for Player 2. Player 2 dribbles off the screen.

**Step 3:** Player 3 opens up and rolls to the basket. Player 2 has 3 options: drive for the shot, pass to the screener, or pass for the open three.



# PASS AND CUT OFF SCREEN



**Skill Set:** Passing, Cutting, shooting, screening.

**Objectives:** precision, accuracy, and timing.

**Step 1:** Player 3 sets an elbow screen for Player 2. Player 2 cuts off screen to the wing.

**Step 2:** Player 1 passes to Player 2 and dive cuts off a screen by Player 3. Player 1 can cut on either side off the screen.

**Step 3:** Player 2 passes the ball to Player 1 for a layup or to Player 3 for an elbow jump shot.





# ONE-ON-ONE SPOT DRILL

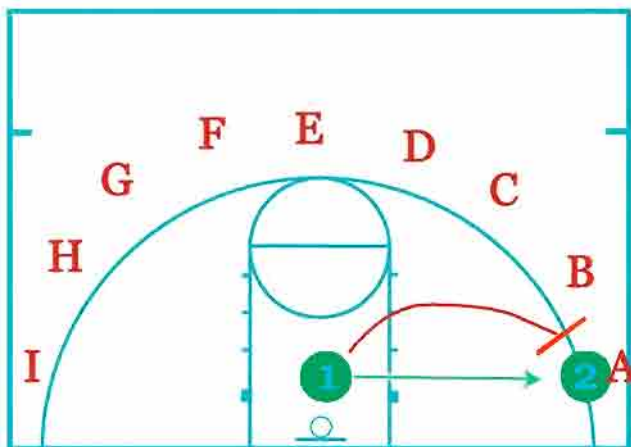


Skill Set: Defense, offensive moves.  
Objectives: Competition, toughness.

Step 1: Player 1 throws a chest pass to Player 2. Player 2 catches the ball ready to shoot.

Step 2: Player 1 runs out with a hand up and contests the shot but does not block it. Player 2 takes the shot and goes in for the rebound.

Step 3: Player 1 prepares to shoot and Player 2 passes and runs out. Players repeat the drill around the letters.

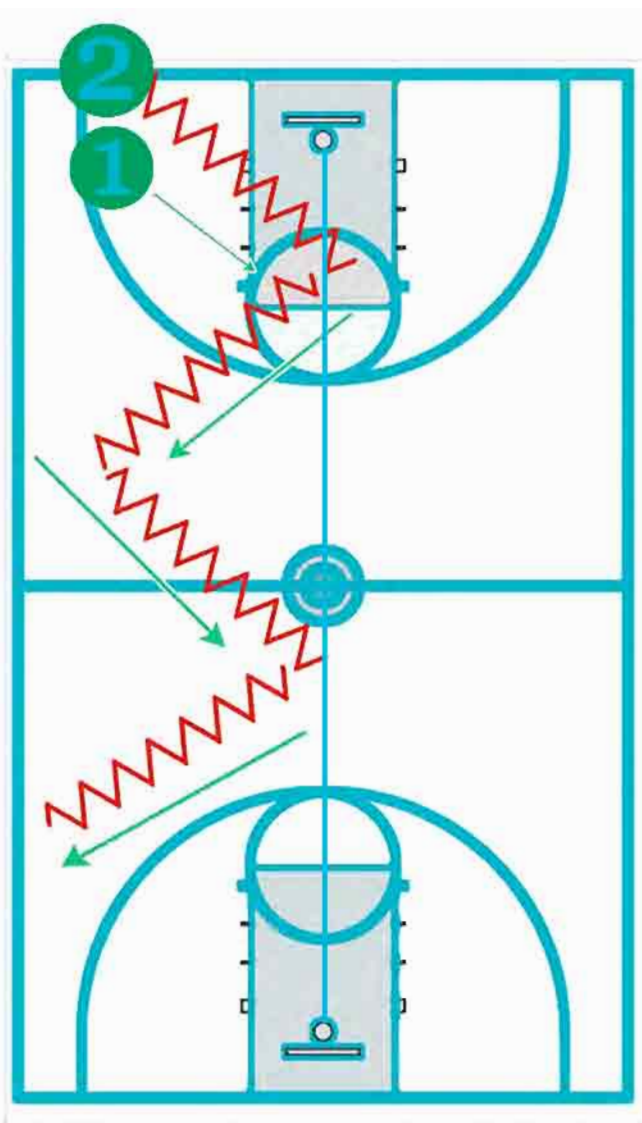




# ZIG ZAG DRILL

**Skill Set:** Ball Handling, defensive movement, one on one defense and offense.

**Objectives:** competition, fitness, concentration.



**Step 1:** Player 2 is the dribbler and Player 1 is the defender. Player 2 is not allowed to dribble past the imaginary line connecting the baskets.

**Step 2:** Player 2 zigzags up the court with Player 1 defending. At the opposite three point line they play one on one.

**Step 3:** Players return up the opposite side of the court having switched roles.

