

# Fresno Drill

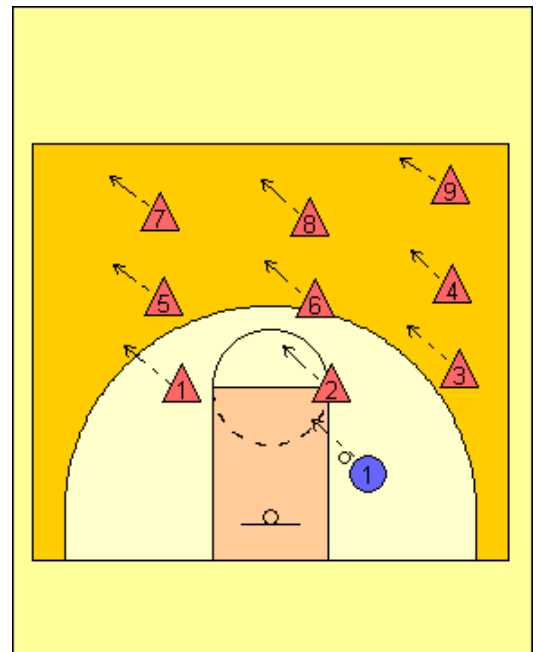
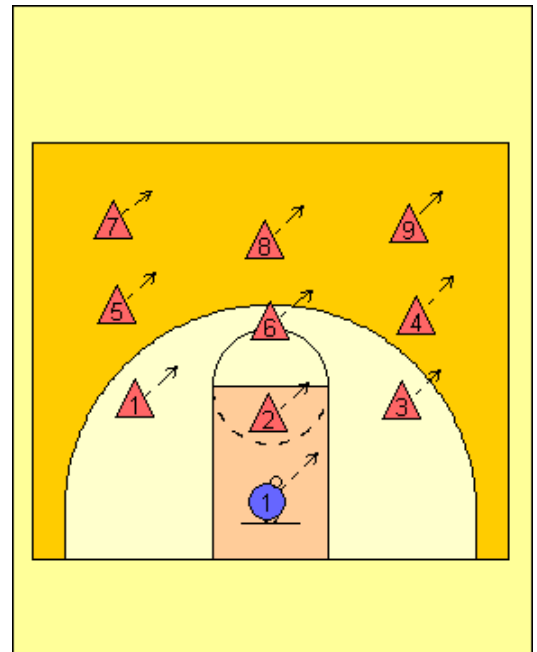
(Age Level - Elementary 1 +)

## Drill Purpose

This drill is fantastic with the fundamentals for on-ball defense, and communication.

## Instructions

1. The players will spread across the court (enough space so they can slide). The players will want to be facing you. You (Coach) want to be positioned underneath a goal. So, there is plenty of room for the players to slide down the court.
2. The Coach (You) will want to have a ball
3. The Coach slaps the ball.
4. Players will yell, "Ball."
5. Coach dribbles the ball with his right-hand. At a 45% angle towards the players.
6. The players do a defensive drop-step with their left foot and slide to their left with the Coach as if they were guarding him.
7. Coach crosses over to his left-hand.
8. Players do a defensive drop-step with their right foot and slide to their right.
9. Coach picks up the ball.
10. Players jump-forward and yell "dead, dead" "ball, ball." Choose whatever you feel is appropriate.
11. Coach takes a step towards the players.
12. Players yell "UHHHH!" and fall backwards as if they took a charge.
13. Repeat the drill a few more times.



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## Points of Emphasis

- Make sure that the players are yelling “Ball” and “Dead, Dead,” etc. This is practiced for game-like situations when the crowd is noisy and they need their teammates to hear them.
- Make sure they are also using the proper defensive technique.

## Motivation/Teaching Tips

**Tip #1** - You could tell them that major college basketball programs and pro teams still practice this drill.

## Variations

Before Step 3, you could have the players start out with a foot-fire (while in a defensive stance, moving their feet as quickly as possible while on their fronts of their feet)

Also, when you pick up your dribble, the players could shield or mirror the ball with their hands. (ex: If you have the ball on your right-side, the player should have his right-hand straight up, and his left-hand shielding the ball).



Learn how to [manage your basketball team](#) with TeamSnap, or view more [basketball drills and tips](#).