

# Above Ground

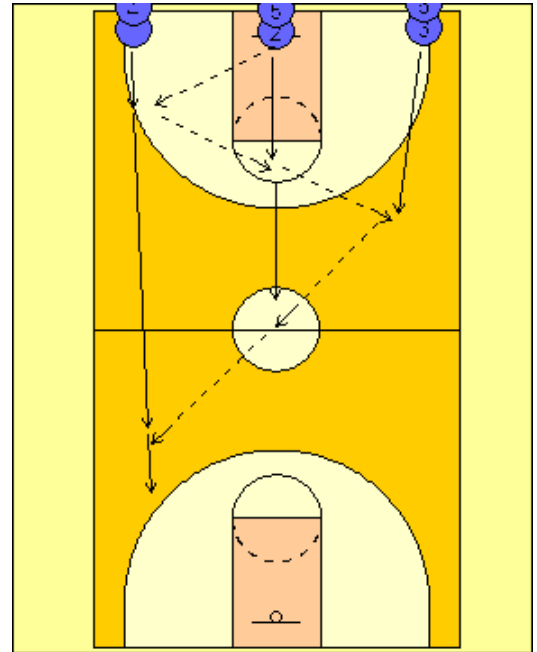
(Age Level – Junior High +)

## Drill Purpose

This drill will improve conditioning, passing on the run (fast break), and shooting of the break. It's also aimed at giving the team a sense of accomplishment by working together to score a set amount of points without allowing the ball to hit the floor.

## Instructions

1. Divide your squad into three lines along the same baseline. Every player in the middle line will have a basketball.
2. On the whistle, the first player in each line will begin running down the court, passing the ball between each other.
3. When the players reach the other end, one of the players will take a jump shot (not a lay up). If they makes it, they get two or three points, depending on where the shot was taken.
4. If the player misses the jump shot, the ball is NOT allowed to touch the floor, otherwise the team's score resets to zero.
5. If the ball does not touch the ground, the teammate who rebounded the ball can put the ball back and earn one point for the team.
6. This group stays at this end and waits for the other groups to complete the drill. Then, the drill will repeat going down to the other end.



## Points of Emphasis

Continually tell your players to...

- Set their feet before taking the jump shot.
- Make crisp, catchable passes.
- Keep the ball from hitting the ground!
- Get in good rebounding position.

## Motivation / Teaching Tips

**Tip #1** – This drill is a great way to end practice, but it can be a discouraging way to end practice if you set the amount of points required too high. Set a reasonable goal for these players initially, and once they get better, then raise the stakes.

**Tip #2** – After the players have run down the court, have them rotate to the right, so everybody runs the drill from a different spot.



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