



PRESENTED BY

WesternUnion WU

YOUTH BASKETBALL DRILL CARD



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1 WALL/BACKBOARD REBOUNDS

25 sec x 3 sets

- Facing the wall jump continuously high as you can
- Keep hands up for the duration of the drill.

2 ONE HAND FORM SHOOTING

3 sets each hand, 10 makes

- Stand in front of the basket
- With one hand form shoot at the top of your release
- Make sure you bend your knees and finish on your toes
- Hold your follow through on every shot and snap your wrist

3 MIKAN DRILL

30 sec each hand

- Right hand layup jumping off left leg
- Rebound into left hand layup jumping off right leg

4 WALL SITS

- Place your back against the wall while in defensive stance
- Base should be shoulder width apart and knees at 80 degrees
- Keep arms out for duration of drill

5 5-5-5 DRILL

- 5 Dribbles Knee High
- 5 Dribbles Waist High
- 5 Dribbles Shoulder High

