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High Energy Drills We Love

We believe that a talking, clapping and engaged team is a winning team. We set the tone from the beginning that no matter what happened that day, this will be the best part of our day. As long as their energy, effort and focus are there, we want them to get better and have fun doing it. Take away some high energy drills that any team will love!

In order to create an environment for high energy practice, we need to have the following:

1. **Focus or goal for the day** - Find something measurable. EX: Goal is to get better at rebounding. Have a manager chart the rebounds in practice when you play live
See chart >>
2. Make a big deal when they do it right!
3. Embed competitions throughout!
4. Celebrate at the end of practice who met the measurable. We give this championship belt to the practice Champion of the day!!



Women's Basketball Rebounding

Date: _____

First Name	Offensive Reb	2nd Chance Pts	Box Outs	Defensive Reb
Tisa				
Kobi				
Z				
Nati				
Evie				
Mak				
Mary				
Linds				
Hay				
Maddie				
Totals:				

Top Rebounder of the Day: _____

Here are some of our favorite High Energy Drills:

- 11 man break - Constant 3 on 2 break
- Gladiator Close Out Drill - Constant 2 on 2 from wings, guarding penetration and ball screens
- Rock Paper Scissors 1 on 1 - They play rock paper scissors, winner takes ball, loser is on def
- Defensive Directional - 3 out sliding and reacting to a coach, get the steal and go score
- Queen of the Court Rebounding - 3 players around the rim, 2 basketballs, must make 2 lay ups before rotating off
- Fire Drill - 8 defenders against 5 offensive players in back court trying to break pressure to score
- 3 Up Shooting Competition
- Around the world Shooting Competition
- Change Drill - Defensive Transition Drill
- Partner Relays - Nobody Likes running so we make a competition out of it!
- Ultimate Knockout - Use both goals, Game goes faster
- Shell Drill and Convert
- 4 on 3 Closeouts