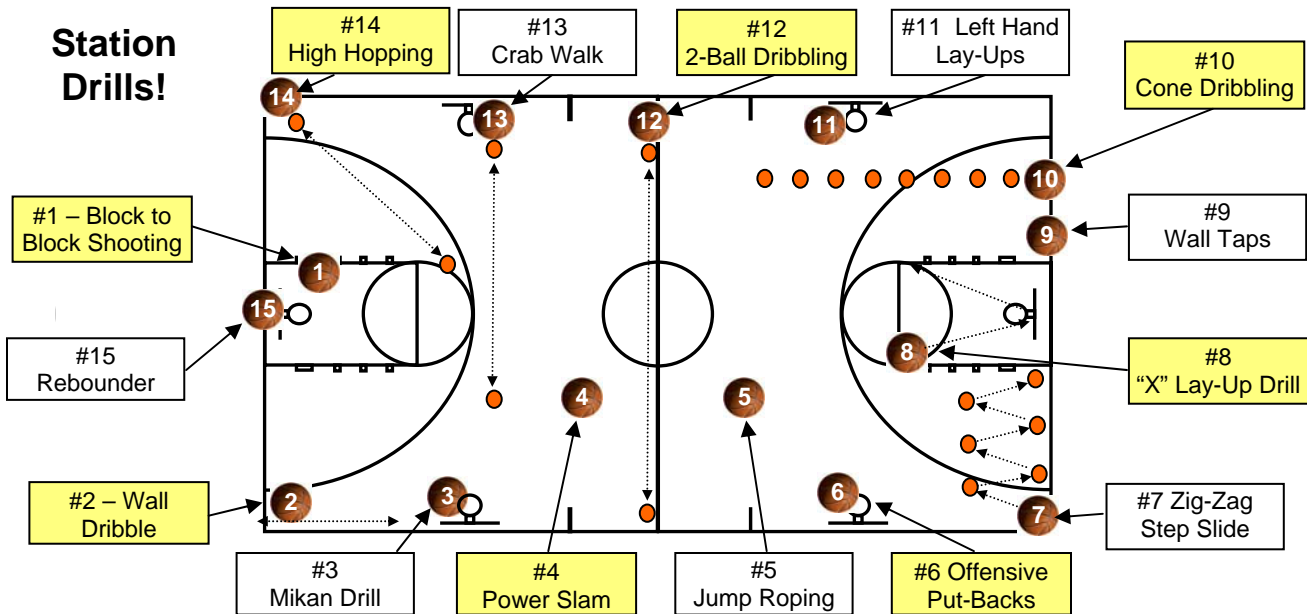


# Station Drills: Why use them? What age Groups?

**Why use Station Drills?** It allows coaches to teach multiple skills/drills to every player on the team, while at the same time getting the team the conditioning it needs. **What age groups?** Usually the younger teams get the most out of Station Drills, but any age group can benefit if the drills are challenging enough.



- Block to Block Shooting:** Player starts on the block, shoots, moves quickly to the opposite block and shoots again, back and forth (this can be done with or without a rebounder).
- Wall Dribble:** Player dribbles with the right hand going one direction, and the left hand going in the other direction (keep ball high).
- Mikan Drill:** Player starts under the basket, shoots a right handed lay-up, then a left handed lay-up, back and forth (player gets their own rebounds).
- Power Slam:** Player slams the ball down hard, quickly gets ready to catch the ball. Great drill for players with "soft" hands.
- Jump Roping:** Player starts jump roping and continues until the coach blows the whistle.
- Offensive Put-Backs:** Player stands "square" to the basket, tosses the ball up and bounces it off the backboard, then jumps up to rebound the ball, and immediately jumps back up and does a "two-handed" lay-up (always keeping the ball above the head).
- Zig-Zag Step Slide:** Player steps slides in a good defensive stance in a zig-zag pattern (use cones).
- "X" Lay-Up Drill:** Player starts with a right handed lay-up, then dribbles to the opposite elbow and starts a left handed lay-up, back and forth (use the right hand on the right side, and the left hand on the left side).
- Wall Taps (Jumps):** Player stands at a wall, jumps up and touches the wall (repeatedly) with both hands, always keeping their hands above their heads.
- Cone Dribbling:** Player dribbles around the cones in a continuous motion, keep the ball low, use the right hand on the right side, and the left hand on the left side.
- Left Handed Lay-Up:** Player stands on the left side of the basket, using only their left hand to make lay-ups (after positioning the ball in the left hand – put the right hand behind the back). A very good drill to help develop a players left handed lay-up.
- 2-Ball Dribbling:** Player dribbles forward, then backwards using two basketballs. Dribble hard, keep the basketballs low.
- Crabwalk:** Player starts the crabwalk to the far cone, then turns and crabwalks back to the starting point (cone).
- High Knees:** Players start by pulling up their right knee, then their left knee (keep alternating back and forth).
- Rebounder:** Use a rebounder as needed not only to rebound, but as a spot for the players to be able to rest during the station drills (not mandatory, depends on the age of the players).

## The Crabwalk:

**A very good conditioning / coordination drill used at all levels of play (such as AAU, Middle School, High School, and College).**

- Players start on the baseline, each with a basketball.
- On the coach's signal, the players pass the ball under their legs, right to left, left to right, right to left, and so on as they are moving up the court.

**Note:** Start slower, but increase speed when the players are comfortable with the drill. Have the players try the crabwalk backwards also.

