

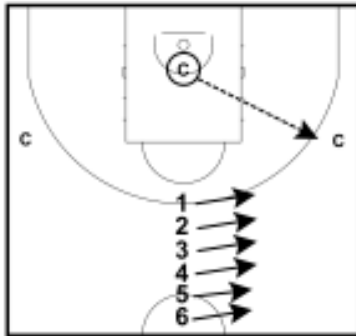


# DRILL OF THE WEEK

## BUTLER: "JUMP TO THE BALL" DRILL

### DRILL PURPOSE

This is a simple drill to establish stance, communication and team movement on the flight of the ball



### INSTRUCTIONS:

1. All players line up in the middle of the floor
2. A coach under the basket with the ball and one on each wing
3. Coaches move the ball and all players jump to the ball on each pass.

### POINTS OF EMPHASIS:

1. Players must call out "Ball" or "help left" or "help right" on each pass
2. Players to maintain stance at all times
3. Players must move on the flight of the ball, not on the receiving of the pass.

### ALTERNATIVE TRAINING METHODS:

1. Players operate to a pass target, or time target
2. Players to perform pitter patter when not jumping to the ball