

1. Alphabet Writing

Purpose:

Strengthen arm muscles for shooting.

Setup:

* Players spread out and lay on their back with a basketball.

Execution:

* Players use dominant shooting hand and raise it above head in shooting position.

* Players maintain shooting position while writing the letters of the alphabet with their arm extended upward and basketball balanced in their shooting hand.

Coaching Tips:

* Younger players may use other hand to balance the ball but most of the weight should be on dominant hand. A tennis ball may be used instead of a basketball for players who are not yet strong enough for this drill.

* Older players can spell words, NCAA basketball team names, NBA team names, names of drills, etc.