

19. Baseball

Purpose:

Players practice the fundamentals of shooting a foul shot as well as work on dribbling skills.

Setup:

- * Set up cones or dots at the intersection of the left baseline and sideline (home plate), the intersection of half court and the left sideline (first base), the intersection of the half court and the right sideline (second base), and the intersection of the baseline and right sideline (third base).
- * Split players into 2 teams. One team lines up with one basketball at the foul line. The other team lines up at the corner of the left baseline and left sideline. Each dribbler needs a basketball.

Execution:

- * When the coach blows the whistle, the first player at the foul line shoots while the first person on the baseline starts dribbling.
- * The dribbler goes as fast as he can to first base around the bases until the shooter makes a foul shot.
- * Once the shot is made, the dribbler stops at the nearest base and the shooter goes to the end of the line.
- * The next person shoots, the next dribbler starts, and the dribbler on base starts.
- * The goal is to score as many runs as possible before all shooters shoot and make a basket.
- * Once all shooters shoot and make a shot on their team, they switch to dribbling. It is the same structure as a baseball game. You can even call them “innings”.

Coaching Tips:

- * Focus on the shooting form of all players. Make sure they stay behind the foul line.
- * Speed is a factor for dribblers but they must stay under control.