

Practice Templates

Practice 1 Template:

Athleticism - 6 minutes

Ball Handling - 10 minutes

Footwork - 6 minutes

Form Shooting - 4 minutes

Lay Ups - 4 minutes

1 v 1 Defense - 5 minutes

Defense Positioning - 5 minutes

Defending Cutters - 5 minutes

Cutting and Getting Open - 5 minutes

Small-Sided Game - 5 minutes

Special Situation - Inbounds Plays - 5 minutes

Scrimmaging - 30 minutes

- 3v3, 4v4, 5v5

- Use different rules (no dribble - 2-dribble limit, pass and move, etc.)

Practice 2 Template:

Athleticism - 6 minutes

Ball Handling - 10 minutes

Footwork - 6 minutes

Passing - 4 minutes

Lay Ups - 4 minutes

1 v 1 Defense - 5 minutes

Defense Positioning - 5 minutes

Defending the Post - 5 minutes

Cutting and Getting Open - 5 minutes

Small-Sided Game - 5 minutes

Special Situation - Press Breaker - 5 minutes

Scrimmaging - 30 minutes

- 3v3, 4v4, 5v5

- Use different rules (no dribble - 2-dribble limit, pass and move, etc.)

