

# jr.nba Instructional Curriculum

## Starter Practice Plans



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## The ABCD's of the jr.nba

The jr.nba philosophy manifests itself in our curriculum through the ABCD's of the jr.nba. The ABCD's of the jr.nba are the foundation of the curriculum and define what the jr.nba stands for. Each element of the ABCD's of the jr.nba is equally important and works with the other components to develop well-rounded basketball players and people.

### **A = Always Fun**

- Achieving Goals
- Mastering Skills
- Loving the Process
- High Fives and Smiles
- Cheering for Others
- Interactive Games
- Positive Encouragement

### **B = Building Skills**

- Ball-Handling
- Passing
- Shooting
- Footwork and Conditioning
- Rebounding
- Offense
- Defense

### **C = Cultivating Values**

- Teamwork
- Sportsmanship and Fairness
- Leadership
- Respect
- Responsibility
- Confidence and Humility
- Positivity and Receptiveness

### **D = Developing Wellness**

- Active Lifestyle
- Time Management
- Injury Prevention
- Nutrition, Rest and Recovery
- Healthy Relationships
- Character Building
- Balanced Lifestyle

## PRACTICE PLAN 1

### Cultivating Values & Developing Wellness

#### Teamwork

- Positive Coaching Alliance (PCA) shares that teamwork is all about trust, and trust is a key component to any team. Whether it's your family, your friends, your co-workers later in life or your basketball teammates at any level, trust is critical.
- You want to be able to trust your teammates (especially, to call out screens!), and you want your teammates to trust you. As you work to build a team that trusts each other, remember you must give trust to get trust, and once you have trust, teamwork is second nature.

#### Warm Up

##### Fundamentals of Warming Up

- Warming up is an extremely important part of basketball. Players should make sure their bodies are prepared to play by getting their muscles loose and their body temperature up. Warming up can keep players healthy, lengthen playing careers, and help players do their best.

##### Run to That Line

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.
- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.
- **Example:** "Everybody go with High Knees to the baseline!"

#### Key Points

Teach the players about the court while also teaching them proper execution of fundamental movement skills.

### Building Skills – Ball Handling

#### Ball Rubs

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs wide and their chest up.
- The players will hold the ball with both hands in front of them and use each hand to continuously rub the ball firmly.
- The players will execute this for the allotted amount of time and then move on the next drill.

#### Key Points

Get a good feel for the ball and warm-up the fingers and hands.

## Single Leg Wraps

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs wide and their chest up.
- The players will then wrap the ball around one leg for 10 seconds and then change directions for 10 seconds.
- The players will then do the same activity on the other leg which completes one set.

### Key Points

Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Help the players feel confident moving the ball as if it is an extension of themselves. Push the players to wrap the ball fast in order to challenge their control.

## Seated Dribbling

- All players need a basketball (or share) and should sit on the sideline.
- The players will put the ball out to the side of their body and begin dribbling.
- The dribbles should be low and quick, mostly using the fingertips.
- The players will do this for the allocated amount of time and switch to the other.

### Key Points

Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Encourage the players to keep their eyes up and challenge them by requiring them to keep the ball further away from their body.

## 3-3-3 Dribble Drill

- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribbles.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right-handed dribbles and continue the process for the allotted amount of time.

### Key Points

This drill will work on low controlled dribbles with both hands as well as the crossover.

## Cone Dribbling

- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.
- The first player in line will have a ball.
- The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
- Once the player is halfway through the cones, the next player can begin.
- After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.



### Key Points

Make sure the players are staying low and controlling the dribble. They should also be pushing off their outside foot to change directions.

## Building Skills – Passing

### Fundamentals of The Overhead Pass

- The overhead pass is a strong pass that is executed by holding the ball firmly over the head with 2 hands. The player will then step to generate momentum and make a strong pass to a teammate.
- The overhead pass is often used for longer distance passes, skip passes, and outlet passes.

### Key Points

Players should not bring the ball back behind their head as it opens up opportunities for players behind them to steal it. Keep the ball nice and strong above the head while maintaining good body control, strength and balance.

### Overhead Pass Drill

- Have players partner up, get a basketball and line up about 10 feet apart.
- Based on the fundamental passing skills and wall passing previously taught, have the players now step and pass to their partner.
- The 2 partners will make overhead passes to each other for 2 sets of 60 seconds and then do the same thing with chest passes.

### Key Points

Ensure that the players make eye contact before passing and the receiver shows their hands as a target. The players should take a big step towards their partner, extend their elbows and snap their wrists down to make a good pass.

## Building Skills – Shooting

### Form Shooting – 1 Hand

- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players lift the ball in that one hand so that their elbow is underneath it and their palm is facing the sky.
- When the player is ready, they should extend their knees and the arm at the same time to shoot the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.

#### Key Points

Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

### 1-2 Step Lay-Ups

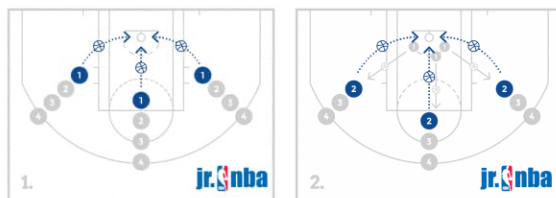
- All players should have a partner and 1 ball per group.
- There can be at least 3 partner groups per basket (side, middle, side).
- One player will line up 3 to 6 feet away from the basket and the other partner will stand just behind the basket.
- When coach says “1.2.” the play will take 1-2 steps and perform a lay-up shooting for the square on the backboard.
- The players will not dribble the ball.
- The partner will grab the rebound and give it back to the shooter to repeat.
- That player will work for 1-minute before switching with the partner.

#### Key Points

Emphasize the correct hand and foot until the movement becomes natural for the players.

### Shooting Line Game

- Divide the players into two or more group lines and have each group at a designated shooting spot on the court.
- The group lines will operate as a team and keep their score together.
- The players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.
- Continue this drill until one team makes the designated number of shots. Switch spots and repeat.



#### Key Points

Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.

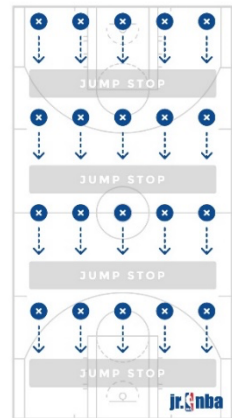
## Building Skills – Footwork and Conditioning

### Jump Stop Fundamental Skill

- The act of landing on both feet at the same time when either receiving a pass or after a player's last dribble. Landing on both feet at the same time helps the player gain balance and allows the player to use either foot as a pivot foot.
- The players should keep their eyes and chest up and stay balanced by having their knees bent.

### Jump Stop Drill with Ball

- Players should form balanced lines on the baseline and the first player in each line starts in an athletic stance.
- The first player in each line will jog to the foul line and make a deliberate stop at the foul line.
- On the whistle, the players will repeat at half court, the opposite foul, and the opposite baseline.
- Once the group in front of the player moves towards the next jump stop location, the next player begins the same process.
- The players will wait at the opposite baseline until all the players finish and then do the same process going back.



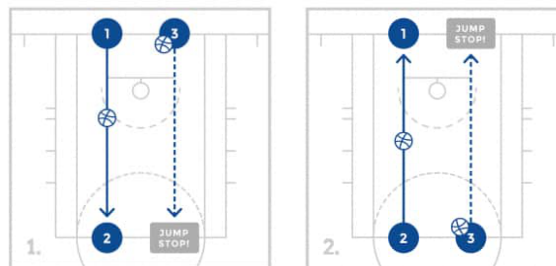
#### Key Points

The ensure balance, have the players land in the jump stop position and count to 3 before blowing the whistle to allow them to jog to the next spot.

## Team Concepts

### The Pass Is Faster Drill

- Have players divided into groups of 3 and designate each player as 1, 2 or 3.
- Player 1 should start on the baseline with a ball. Player 2 should stand across from player 1 at the free throw line without a ball. Player 3 should start at the baseline next to player 1 with a ball.
- When the coach says “go,” player 1 will pass the ball to player 2. At the same time, player 3 will dribble and jump stop right next to player 2.
- Repeat this action with the pass back from player 2 to player 1 while player 3 dribbles the same distance and jump stops next to player 1. Repeat and change positions.



#### Key Points

This drill works on passing, receiving, dribbling and jump shots. Continually emphasize that the pass moves faster than the ball.

## Defensive Stance Fundamental Skill

- The position used by defenders in which they have their knees bent, feet a little more than shoulder width apart with their toes and knees facing forward, their eyes up and their hands outstretched and active. From this position they can easily move in any direction.

## Defense, I Love It Drill

- Have the players spread out on the court in front of the coach.
- When the coach says “Defense!” have the players slap the floor and get in a defensive stance while saying “I love it!”
- Have the players stay in a good defensive stance until the coach again says “Defense!”
- After 30 seconds, let the players rest and do it again.

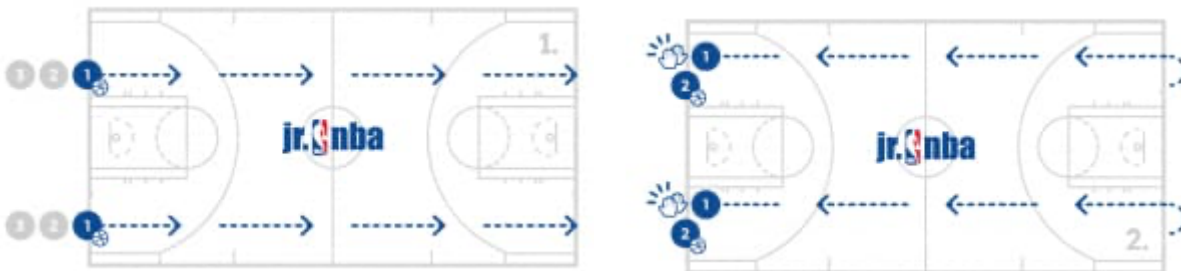
### Key Points

Make sure the players have a lot of energy and enjoy this. Also ensure they have good form in the defensive stance.

## Competing

### Dribble Relays

- Divide the players into even groups and have them line up on the baseline with the first person in line with a ball.
- Designate how you want the players to dribble to half court by choosing either right or left hand.
- On the coach’s command the player will dribble to half court in the designated way and dribble back, jump stop, give the next player a high five, and then give them the ball.
- Once everybody has gone 3 times, the team has finished.
- Next do the same thing with the other hand.



### Key Points

Make sure the players have a lot of energy and enjoy this. Encourage the players to be good teammates throughout this game.



## 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for one possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.

## **PRACTICE PLAN 2**

### **Cultivating Values & Developing Wellness**

#### **Balanced Lifestyle**

- As much as we may love basketball, there is simply more to life. Practicing and playing too much can lead to overuse injuries and burnout. So, even if it feels like you never want to take a break, you should, at least to make sure you stay fit and rested enough to continue playing after taking some time off.
- Another benefit of a little time away from the game is that you can develop other athletic skills, including different forms of leadership and teamwork that will contribute to your basketball success when you return to the court. Also, taking time away from sports altogether leaves time for activities that are ultimately more important, such as family, friends, academics, and experiencing other parts of the world and other forms of fun that make you a more well-rounded person.

### **Warm Up**

#### **Dynamic Warm-Up**

- Heel Walks
- Toe Walks
- Skip Forward
- Skip Backwards
- Jog Forward
- Jog Backwards
- Walking Hamstring
- Walking Straight Leg Kicks

### **Building Skills – Ball Handling**

#### **Double Leg Wrap**

- All players need a basketball (or share) and should stand on the baseline.
- Players should bend their knees and keep their feet together as they wrap the ball around both legs for 10 seconds.
- The players will then change directions for 10 seconds.

#### **Key Points**

Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

## Stationary Side to Side Dribble

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce from right to left only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side.

### Key Points

This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

## Stationary Front-Back Control Dribble

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Using only the right hand, each dribble should bounce wide outside of their right foot and will bounce forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to then bounce it backwards.

### Key Points

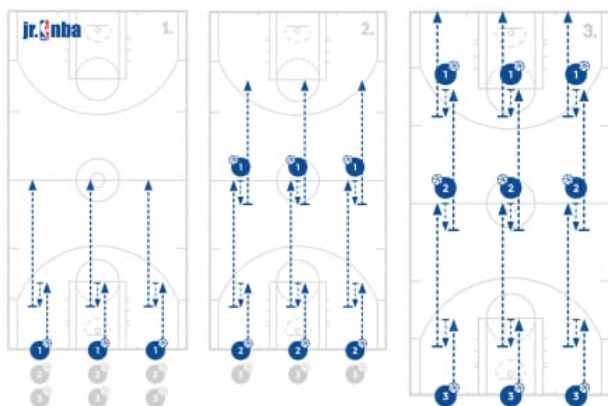
This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

## Fundamentals of The Retreat Dribble

- The retreat dribble is also known as an escape dribble as it helps the offensive player retreat or escape from defensive players in front of them.
- The retreat dribble relieves the offensive player from defensive pressure in order to dribble by, pass or shoot.
- To make an effective retreat dribble, a player must turn their body perpendicular to the defensive player so that the side of their front foot and shoulder are facing the defender and the ball is on the opposite side away from the defender.
- The player will push back off their front foot quickly and move away and create space.
- Once the player has created space, they will square back up so that they are again parallel or face to face with the defender.

## Retreat Dribble Drill

- All players need a basketball (or share) and should stand on the baseline.
- The players will dribble with their right hand to the free throw line extended in front of them and take two retreat dribbles back while keeping their shoulders between the imaginary defender and the ball and pushing back.
- After 2 dribbles back, the player will square up and dribble forward and do the same process at half court, the opposite foul line extended and the opposite baseline.
- Do the same thing with the other hand.
- As your players progress add in different moves after the retreat (i.e. retreat 2 dribbles and crossover or go between the legs for one dribble at attack the next spot).



## Building Skills – Passing

### Fundamentals of The Outlet Pass

- An outlet pass is a pass that happens following a rebound.
- Typically, a player gets a rebound, pivots and turns to make an outlet pass as their team transitions to offense.
- An outlet pass can often be an overhead pass.

#### Key Points

It is important for an outlet pass to be quick, strong, and potentially lead the offensive team to a quick advantage.

### Fundamentals of Receiving the Outlet Pass

- When receiving the outlet pass, it is important that the player (typically the point guard) first gets close to the sideline where the rebounder is able to see them. Next, the players back should be towards the sideline so that their chest is open to the entire court which will allow them to see everything in front of them. They player must then call for the ball with their hands and mouth. Also, it is good for the player to catch the ball with some momentum going toward their basket if there are no defenders to discourage the pass. After the catch it is important for the player to look to pass ahead of possible.

## Receiving the Outlet Pass Breakdown Drill

- Have the players get in 1 line at the top of the key with the first several players having a ball.
- The first player will pass their ball to the coach who is standing in the middle of the paint.
- The coach will toss the ball to themselves to the right or left side.
- The player will react to which side the ball was tossed on and get their back to the baseline on that side and prepare to receive the outlet pass.
- As coach makes the outlet pass, the players will catch the ball on the move and dribble to the other end of the court for a lay-up and then go back to the end of the line.
- Continue this for the allotted amount of time.

## Rebound & Outlet Pass Drill

- Have the players get in 2 lines, 1 at the free throw line and 1 on the elbow.
- Each player in the line at the free throw line will have a ball.
- The opposite line will not have a ball.
- The first person in the line with the ball will step up inside the three point and toss the ball off the backboard and go jump and grab it like a rebound.
- On the toss, the first player in the other line will get to the sideline to properly receive the outlet pass.
- The rebounder will pass to the outlet player.
- The player who received the outlet pass will dribble up the floor going to the middle of the floor.
- The player who grabbed the rebound will run wide outside the player with the ball to the other end of the court.
- The player with the ball will make a good jump stop and make a bounce pass to the other player for a lay-up.
- After the lay-up, the players will get in line from the other basket, change positions, and do the same thing coming back.

### Key Points

Work on executing a good rebound, being strong with the ball and making good outlet passes. Also work on receiving the outlet pass and dribbling the floor for a good jump stop bounce pass and lay-up.

## Building Skills – Shooting

### Fundamentals of Lay-Ups

- A lay-up is a shot taken close to the basket, generally off the backboard. There are a variety of ways to shoot lay-ups and they should be worked on every day by players of all ages and skill level.

## Fundamentals of The Drop Step Lay-Up

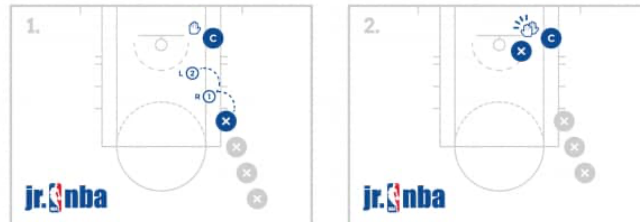
- A drop step lay-up is a lay-up that occurs when a player catches the ball close to the basket but with their back facing the basket.
- On the catch, the player drops their bottom foot to turn for a lay-up.
- The drop step lay-up can happen with or without a dribble.
- Teach the players how to drop their foot as the ball is coming and keep the ball hidden away from the defender without taking a dribble for the lay-up.
- Emphasize a big powerful push off the top foot that allows their bottom foot to drop below the defender's bottom foot. This will allow the player to take and clear the space needed for a good balanced lay-up.

## Drop Step Lay-Up Breakdown Drill

- Have the players partner up and face each other at half court with each of their backs facing the opposite baseline.
- One player will have a ball and the other will get into a good post up stance.
- The player will roll the ball to their partner.
- The partner will sit in a good stance and grab the ball then drop step by dropping their left foot at the same time as they turn and dribble.
- The player will pick up the ball after the one dribble and pretend they will jump and shoot as they are now facing the basket.
- The player will land, turn back around, and roll the ball to their partner.
- The player will do the same action by grabbing the ball, taking a drop step with their left foot while they turn and dribble and simulate shooting at the basket they are now facing.
- This play will complete 5 drop step lay-ups alternating sides so that on their last lay-up, the 3<sup>rd</sup> player will start from the opposite side.
- The players will continue this activity and then switch their step foot.

## Lay-Up High Five Drill

- All players should be in one line with no ball as the coach demonstrates how to take one step with their right foot, a second step and jump off their left foot and extend their right hand to simulate a right handed lay-up.
- The coach will stand with his/her hand in the air as each player comes by and does this 1, 2, step while saying “1, 2” and gives the coach a high five with their right hand.
- The line should move quick and if there is another coach, utilize 2 or more lines.
- Players should repeat this going left with the opposite footwork (jumping off the right) and opposite hand (left) giving the high five.



### Key Points

Emphasize the correct hand and foot until the movement becomes natural for the players.

## Fundamentals of The Euro Step Lay-Up

- A euro step lay-up in which the player takes the last two steps to step laterally side to side instead of the traditional straight forward steps. Euro step lay-ups can be a deceptive way to finish around the basket as it allows the offensive player to step around defenders as well as slow down their steps if needed.

## Euro Step Breakdown Drill

- Have the players start on the baseline without a ball.
- On the players command, the players will step out, then in and jump for proper euro step form.
- The players will do this again and repeat for the allotted amount of time.

## 3-Line Layups Add Variations

- Group the players into three lines facing the basket around the 3-point line (1 line on each wing and 1 line at the top of the key).
- The first person in each line should have a ball and dribble in for a lay-up.
- After the lay-up, the player will have different finishes (right hand and left hand from the wing and a lay-up with no backboard in the middle).
- Mix in different finishes such as the euro step. After 90 seconds the players will rotate lines.

### Key Points

Note that there will be multiple players shooting at the same time. Remind the players that in a game there will be other players close to them as they try to score and it's OK. Work on finishing lay-up in a variety of ways.

## Building Skills – Offense

### Fundamentals of The Triple Threat

- Triple threat is the ideal athletic stance for players to stand in when they have the ball.
- It is referred to as the triple threat position because the players are a threat to 1. Shoot, 2. Pass, 3. Dribble.
- The triple threat stance requires players to bend their knees with their feet a little wider than shoulder width apart. The players will hold the ball and bend their elbows, so they are strong and place the ball slightly towards their dominant hand side.

### 1.2.3. Triple Threat

- Have the players line up on the baseline with a ball.
- The players should stand straight up and hold the ball.
- After the coach says “1.2.3.” all of the players and the coach say, “Triple Threat!” as they drop down into a good triple threat stance.
- Have the players stand up in a relaxed position before repeating the drill.

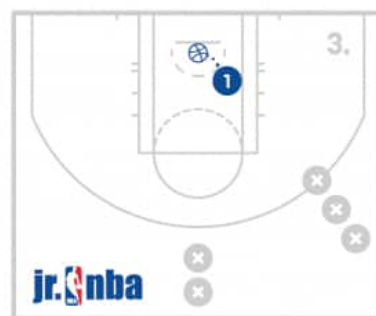
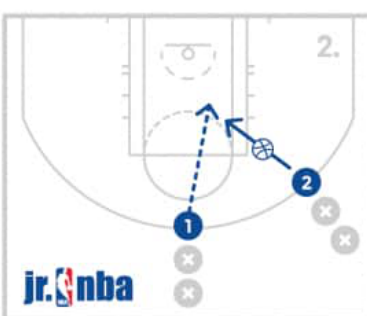
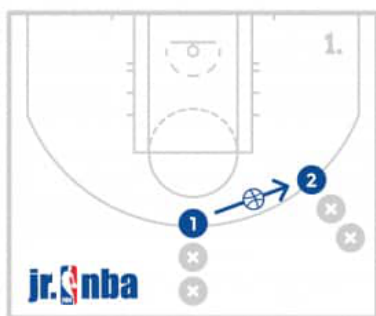
#### Key Points

Make sure the players are in a good stance and understand the reason why.

## Team Concepts

### Pass and Cut Drill

- Have the players line up at the top of the key, with a few balls at the front of the line, and have another line on the wing.
- Have the players pass the ball to the line on the wing and then cut by running to the basket.
- The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay-up, rebound, and then switch lines.



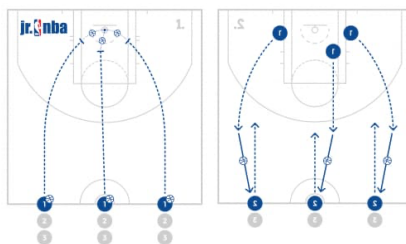
#### Key Points

Emphasize a good pass and a quick cut looking for the ball.



## Team Lay-Up & Shoot Drill

- Divide the players into balanced teams and have them start at half court.
- There should be 2 balls in front of each line.
- The players will dribble towards the basket and take a lay-up, get their rebound and dribble/pass it back to their line.
- The next player can go as soon as they are ready.
- The team must make a designated number of lay-ups.
- Once the team makes the designated number of lay-ups, they will continue with the same process but now shoot jump shots.
- The first team to make all of their jump shots wins the game.

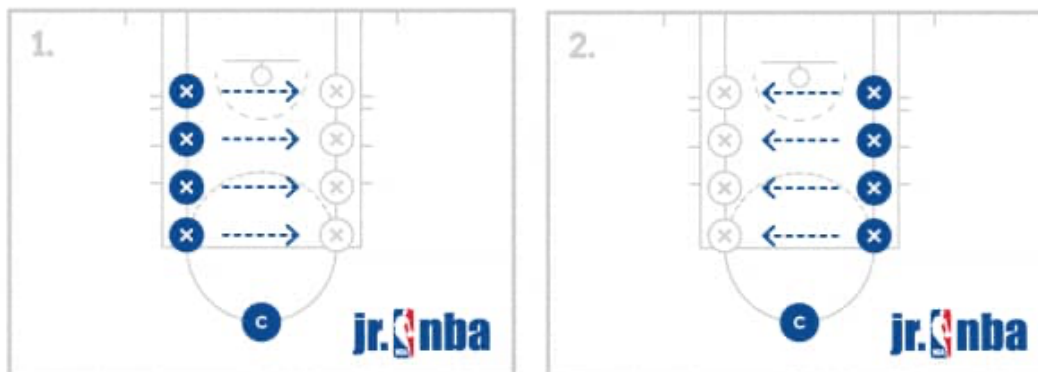


### Key Points

Use this fun competitive game to work on lay-ups and shooting. Encourage teams on the left side of the basket to use their left hand for lay-ups but count the makes regardless.

## Side Lateral Push Drill

- Have the players line up on the lane line and face the coach.
- When the coach says “go,” the players should push off their back foot to slide to the other side of the lane where they will plant and push back.
- The players will continue this process for 15 seconds.



### Key Points

Make sure the players stay in a good stance with their chest and eyes up. Have them work on changing directions quickly and pushing off their back foot.

## Competing

### Elbows Finish Drill

- Have the players partner up with one ball per group of players.
- Have one player on offense and one player on defense starting around the elbow.
- The offensive player will start with the ball facing the basket and gets a maximum of 3 dribbles and only one shot attempt.
- After one shot, that group will go to the back of the line and the next group will start.
- Make or miss the shot, the offensive and defensive player will always change positions on the next possession.

### 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for one possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

#### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

### Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

#### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.

## **PRACTICE PLAN 3**

### **Cultivating Values & Developing Wellness**

#### **Fairness**

- The rules of basketball are important. They keep the game safe and fun. If you play outside the rules, you, or someone else may get hurt, and they may try to retaliate and hurt you. Plus, even if you get away with breaking the rules, it is not much fun to succeed or win by breaking the rules. It's important in basketball and the rest of life to follow the rules.

### **Warm Up**

#### **Freeze Tag**

- One player or the coach will be designated as "it."
- When the person designated as "it" tags another player, they are "frozen" and must stand in place without moving.
- A player can be unfrozen if another unfrozen player comes and touches them.
- Designate boundaries based on numbers (i.e. stay inside of half court).
- Complete the game when all players are frozen.
- If needed, add multiple players who are "it."

### **Building Skills – Ball Handling**

#### **Quick Drops Drill**

- Players need a basketball (or share) and should find space on the court facing the coach.
- Have players bend their knees and put the ball on the floor between your feet.
- The players will put their right hand on the ball from the front of their body.
- The players will then put their left hand on the ball from behind their body.
- The players will pick the ball up to about knee height.
- Next the players will drop the ball and quickly switch their hands so that they catch the ball in the air with their right hand behind their right leg and their left hand in front of their left leg.
- If this is too difficult, let the ball bounce 1 time before the catch.

#### **Key Points**

Work on having quick hands while staying in a stance.

## Seated Dribble

- All players should have a ball and have a seat on the sideline.
- Players should put the ball just outside their right hip and begin dribbling.
- After 15 seconds, the players will straighten their arm out to their right side so that the ball is stretched far away and again dribble for 15 seconds.
- After 15 seconds have the players dribble with a straight arm close to their legs and move the ball out to their right and then dribble it in towards their body and continue in a circle motion for another 15 seconds.
- This completes 1 set which will be done again before changing to the left hand.

### Key Points

This drill works on good control dribbles using fingertips.

## Stationary Crossover Low, Middle, High

- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and begin dribbling back and forth swinging the ball from right to left and quickly below the knees.
- After 20 seconds, the player will dribble at knee level and continue for another 20 seconds.
- Last, the player will dribble the ball higher swinging it from side to side for 20 more seconds.

### Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball back and forth from side to side with quick dribbles to improve coordination and ball control.

## Stationary Under the Leg Dribble Drill

- Have the players get a ball (or share) and find space and find space on the court.
- The players will take 1 or 2 dribbles and then lift the opposite leg from the hand the ball is in.
- When the player lifts their leg, they will dribble under the leg and gain control with the other hand.
- The player will then repeat the process with the other hand back and forth for the allotted amount of time.

## Building Skills – Passing

### Fundamentals of The Kick Pass

- A kick pass is a pass from a teammate driving to the basket, out to a player on the perimeter.
- The kick pass usually happens while moving and is often passed from the side of the body predominantly with the hand that is the same side as their teammate.
- When making the kick pass, the player's arm will extend, and the thumb will snap down towards the ground.

## Kick Pass Breakdown Drill

- Have the players partner up with one ball and both face the same direction so that one player can see their partner by turning their head to the left and the other partner can see their partner by turning their head to the right.
- Both players should be in a good stance and will pass the ball back and forth by pushing the ball with the arm that is closest to their partner and snapping their thumb down.
- The players will continue passing back and forth for the allotted time before switching sides.

## The Kick Pass Drill

- Have the players start in 2 lines, 1 at the top with the ball, and 1 on the wing.
- The players at the top will have a ball and will drive the ball towards the basket on the same side as their teammate.
- As the coach or imaginary defenders comes to help, the player will make a quick kick pass out to their teammate who will catch and shoot.
- The shooter will get the rebound and both players will go to the back of the opposite line.
- Continue this process for the allotted amount of time.

## Building Skills – Shooting

### Fundamentals of The Up & Under

- The up and under is one of the most fundamental post moves in basketball. The player will catch the ball in the post with their back to the basket. The player will then turn in either direction as if they are going to shoot the ball. As they turn, they will shot-fake, hoping to have the defender jump or raise up. The offensive player will then step with their back foot toward the basket and jump off 2 feet for a lay-up.

### Up & Under Breakdown Drill

- Have the players partner up and face each other with one ball.
- One player will pass the ball to their partner.
- When the partner catches the ball, they will execute an up and under move until the end and instead of shooting will hold onto the ball turn back and pass to the other partner who will repeat.
- The partners will continue going back and forth working on their up and under footwork.

#### Key Points

Make sure the players are not picking up or dragging their pivot foot which would lead to a travel. Work on sitting low as the player shot fakes lifting the ball up but loading on their outside leg to step through.

## Pass & Up & Under Drill

- One player will start on each block and there will be a line on the wing in front of each of them.
- The first few players in each line will have a ball.
- The first player with the ball will make a good post entry pass to the player making a good post up on the block.
- The player will catch the ball and execute an up and under, get their rebound and go to the back of the line.
- The player who made the pass will then run to the block and post up and prepare to receive the pass from the next person in line.
- This process will continue for the allotted amount of time and then the players will switch sides.

### Key Points

Make sure the players are executing good post entry passes, the players are posting up and making good up and under moves.

## Building Skills – Competitive Drills

### Make for A Cone Game

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners, etc.).
- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they will get the rebound and pass to the next person on their team and continue to the back of the line without getting a cone from the other team.
- After 3 minutes, the team with the most cones, wins.

## Fundamentals of The Free Throw

- The free throw is a very important part of the game that can play a big part in winning and losing. Free throws are also known as foul shots and are taken from the free throw line (or foul line) with no defense. Each free throw is worth 1 point. Players are awarded the opportunity to shoot free throws if they are fouled while shooting, if the other team has committed more fouls than permitted, or if there is a technical foul.
- One of the most important aspects of the free throw is to relax and do the same routine every time. It is typical for players to take a few dribbles, relax and take their shot without jumping. Every player should develop a routine that works best for them to maximize the opportunity for “free” points.

## Free Throw Golf

- Utilize as many baskets as possible and have 1 player shooting at a time.
- The player will shoot 2 free throws at a time and rotate until each player has shot 10 free throws.
- After each player has taken 10 free throws, the player with the lowest score wins.
- The scoring is as follows: If a player makes a shot nothing but net, they receive minus 2 pts (-2).
- If a player makes a shot any other way other than nothing but net, they receive minus 1 pts (-1).
- If a player misses a shot, they receive plus 1 point (+1).

## Building Skills – Rebounding

### Fundamentals of Rebounding

- When a shot is missed, the player that retrieves the ball is credited with a rebound. Rebounding requires players to be physical, have quick reactions and pursue the ball.

### Self-Toss Rebound Drill

- All players need a basketball (or share) and should stand in an open space on the court.
- The players will use two hands to toss the ball into the air.
- The player will move towards the ball, jump, and catch the ball at their peak.
- They will then repeat or give the ball to the partner.

### Key Points

It is important for the players to see the ball, track its trajectory and jump and catch the ball at their peak.

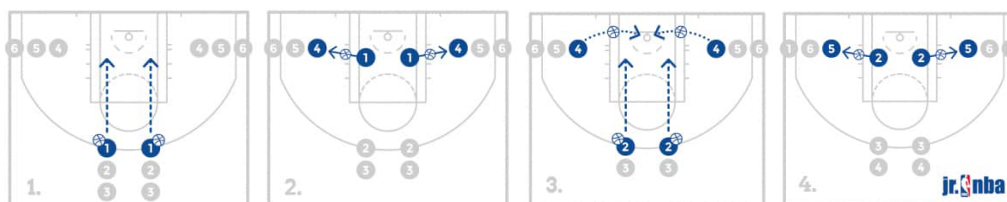
## Team Concepts

### Fundamentals of The Drive & Kick

- Drive and kick is when a player dribbles the ball toward the basket and the defense reacts to the drive by helping their teammate. As the defense helps, the offensive player will kick or kick out (pass) the ball to their teammate.

### Drive & Kick Competition Drill

- Have one line at the top of the key with a ball and another at the short corner.
- Have the player at the top dribble the ball down the middle of the paint with the ball in the hand that is on the same side as the other line.
- As the player gets close to the basket, they will jump stop (kick) the ball to their teammate in the short corner to catch and shoot.
- The players will get the rebound and switch lines.
- There will be another group doing the same action on the other side of the paint and short corner. These two groups will compete.

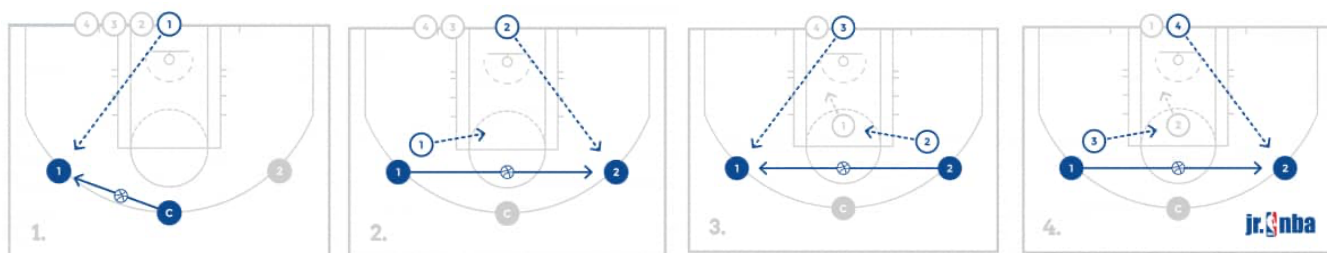


## Fundamentals of Help Defense

- Help defense means helping a teammate who is guarding the ball. The ball is the most important part of the game so even if you are not guarding the person with the ball, you must be ready to help them if needed.

## 2-Person Closeout Drill

- Have a coach with the ball on the wing and another coach or player on the wing and then 2 lines on the baseline.
- Have a player guarding the ball on the wing and saying “ball, ball, ball!”
- When the ball is passed to the other wing the player will jump to the help position and say “help, help, help!”
- At the same time a player from the other line will close-out to guard the ball saying “ball, ball, ball!”
- When the ball is passed back, that player will now jump into the help position saying “help, help, help!” while a new player from the other line closes to the ball and the original defensive player steps off the court.
- Continue repeating the process.



## Competing

### 4 On 4 Continuous

- Divide the players into 3 teams of 4 (if you have an odd number, add substitutes to teams).
- There will be one team at ½ court to start the game on offense, there will be other teams on both ends that will start on defense.
- The team on offense will try to score a basket. If they score, they will quickly get the ball and go to the other basket on offense.
- Whenever the defensive team stops the offensive team, they become the offense and go to the other basket.
- Continue this action until a team has won.

### Key Points

This game should be quick and high energy. It allows the players to move up and down the court without getting out of control as the defense will always be set. Make sure the defense is matching up as the team comes towards them.



## 5 On 5

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on the basketball concepts they have learned.

## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.

## **PRACTICE PLAN 4**

### **Cultivating Values & Developing Wellness**

#### **Active Lifestyle**

- One of the toughest issues facing youth sports today is pressure on players and their parents to have children specialize in a single sport before they are ready to play that sport year-round. Ironically, while many youth programs pursue early specialization, telling parents it is necessary so that their children do not fall behind in chasing any scholarship opportunities, which most coaches who do the actual recruiting prefer multi-sport athletes. Athletes who play multiple sports tend to be more well-rounded as players and people due to their variety of experiences and less susceptible to overuse injuries.

### **Warm Up**

#### **Active Warm-Up**

- Jog in Place
- 1 Foot Hop Left
- 1 Foot Hop Right
- Head Rolls
- Shoulder Rolls
- Arm Rolls
- Waist Rolls
- Knee Rolls
- Ankle Rolls

### **Building Skills - Ball Handling**

#### **Low, Middle, High Dribble**

- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.
- The players will do this for 20 seconds and then switch to their left hand and complete the same process.
- The next player will move back to their right hand and dribble at the middle level for 20 seconds and then switch hands.
- Last, the players will dribble the ball high, around shoulder level for 20 seconds each hand.
- Throughout this drill, the coach will hold up a variety of numbers or fingers. The players must see the fingers and call out the numbers.

## Stationary Crossover Low, Middle, High

- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and begin dribbling back and forth swinging the ball from right to left low and quick below the knees.
- After 20 seconds, the player will dribble at knee level and continue for another 20 seconds.
- Last, the player will dribble the ball higher swinging it from side to side for 20 more seconds.

### Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball back and forth from side to side with quick dribbles to improve coordination and ball control.

## 3-3-3 Dribble Drill

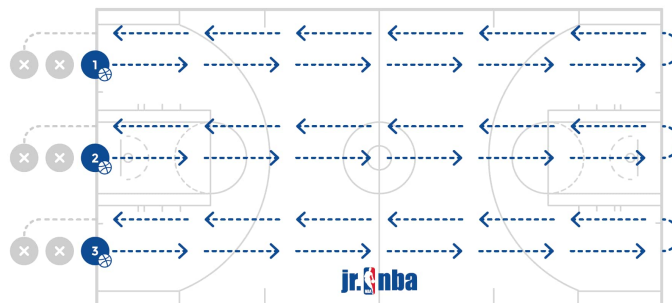
- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribbles.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right-handed dribbles and continue the process for the allotted amount of time.

### Key Points

This drill will work on low controlled dribbles with both hands as well as the crossover.

## Running Dribble Right/Left/Crossover

- Have players get into balanced groups and line up on the baseline. The first player in each line should have the ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.
- Players should do this two times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.



### Key Points

Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.

## Building Skills - Passing

### Pass & Follow Drill

- Have two lines facing each other (or more based on numbers).
- With one ball, have the player with the ball pass to the line across from them and then run to the back of the line.
- The new player with the ball will repeat the same action of passing to the other line and running to the back of the line.
- Dictate to the players to pass and run to the right side of the line so they do not run into the next pass.

#### Key Points

Work on quick passes, showing a target and calling each other's names.

### Partner Running Pass Drill

- Have the players partner up and each pair gets 1 ball.
- The players will line up on the baseline next to their partner.
- The first partner pair will run very close (inside the line extended) and pass the ball back and forth all the way down the court to each other.
- They will shoot a lay-up when they get to the other end.
- The next group will go immediately behind them.
- After all groups have gone, the groups will repeat coming back.
- This time they will take one step further apart from each other, so the passes are a further distance as they run.
- Continue this process and have the players run and pass further from each other every trip to build on running and passing.

#### Key Points

Try not to drop and passes! Call each other's name and lead the players with the pass.

## Building Skills - Shooting

### 3-Line Layups Add Variations

- Group the players into three lines facing the basket around the 3-point line (1 line on each wing and 1 line at the top of the key).
- The first person in each line should have a ball and dribble in for a lay-up.
- After the lay-up, the player will get their own rebound, pass it to the next person in line and go to the back of the same line.
- The players in each line will have different finishes (right hand and left hand from the wing and a lay-up with no backboard in the middle).
- Mix in different finishes such as the euro step. After 90 seconds the players will rotate lines.

#### Key Points

Note that there will be multiple players shooting at the same time. Remind the players that in a game there will be other players close to them as they try to score and it's OK. Work on finishing lay-up in a variety of ways.

## Form Shooting – 2 Hands

- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players hold the ball with their elbow underneath it, and their palm facing the sky.
- The player will then add their off hand for support.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.
- Have more than 1 partner at a basket to maximize reps, space, and time.

### Key Points

Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped to that the ball has good arc and rotation.

## Spin Step-In Drill

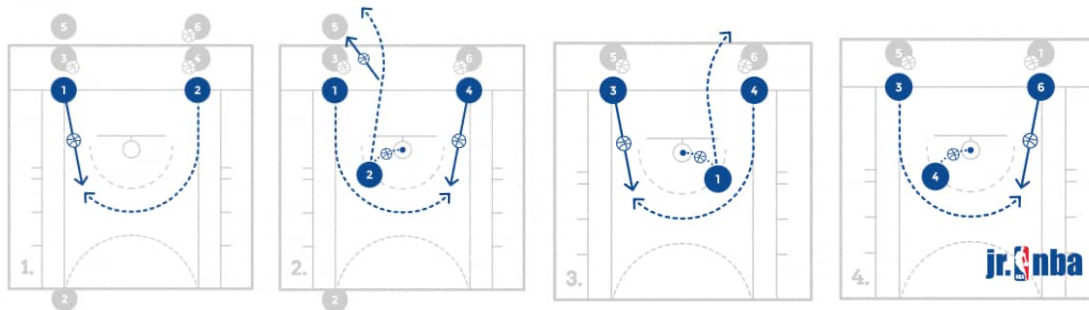
- Have each player get a ball and start in 1 line on the baseline (be sure to utilize multiple baskets).
- Place 3 cones around the paint, 1 just above the block, 1 in the middle of the lane and 1 just above the opposite block.
- Have the players spin the ball out in front of the first cone, move forward and step into the ball with their inside foot.
- Once square and balance repeat the process moving to the cone in the middle of the paint.
- Again, once square and balance repeat the process moving to the 3<sup>rd</sup> cone where the player will plant their inside foot and this time shoot the ball.
- The player will get their rebound and go to the back of the line.
- The players are allowed to start, once the player in front of them is at the middle cone.

### Key Points

Work on balance and good footwork. Be sure to go both directions.

## Loop Shooting Drill

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.
- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
- After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
- The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
- The player who made that pass will continue the process of looping behind, shooting, and going to the other line.
- Have the players shoot from different distances from the basket when you dictate.



### Key Points

Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.

## Building Skills – Footwork and Conditioning

### Run to Backpedal Drill

- Have the players start on the baseline in balanced lines.
- On the coach's command the first player from each line will run at 75% speed down the court. At half court, the players will turn to running backwards all the way to the baseline.
- When each group gets to half court, the next group on the baseline will start.

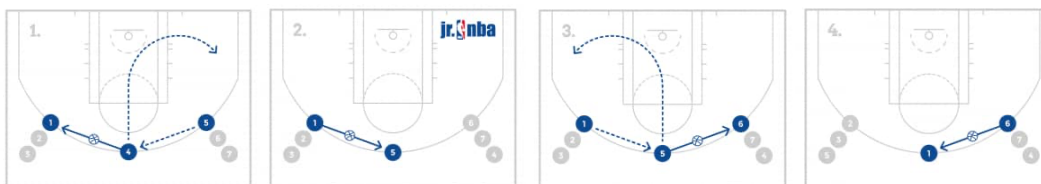
### Key Points

Ensure that the players stay balanced and turn efficiently into their backpedal.

## Team Concepts

### Pass, Cut & Replace Drill

- Start with a line on each wing and 1 player at the top of the key with the ball.
- The player at the top will pass to either wing, and cut to the basket looking for the ball.
- The player on the wing without the ball will “replace” the cutter and fill the top of the key.
- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
- The player will reverse the ball to the other wing and cut to the basket and the series repeats.
- Cutters only cut from the top.



### Key Points

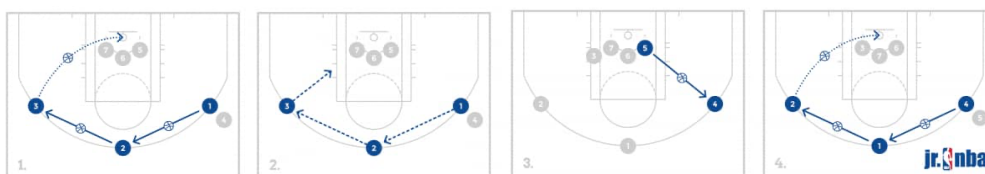
Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes.

### Fundamentals of Reversing the Ball

- Also known as swinging the ball, reversing the ball is used to describe passing the ball from one side of the court to the other. When done quickly, it often provides the offense with an advantage as the defense tries to react.

### Reverse the Ball Drill

- Start the player on the wing. Place another player at the top of the key and another player on the opposite wing, and the remaining players in a line under the basket as rebounders.
- The player at the front of the line of the wing will start with the ball in a triple threat stance and when the coach says “Reverse the ball!” the player will pass the ball to the top of the key.
- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player of the opposite wing catches the ball, they will shoot the ball and then go to the rebounding line.
- The player that gets the rebound will make an outlet pass to the wing where the ball started and then go to the end of that line.
- The player who passed from wing will move to the top, the play from the top will move to the shooting wing, and the wing that started the drill will move to the top.
- Have a group at another basket doing the same thing and compete to 8 makes and then change directions and then change to a 1 dribble pull up for 2 games.



## Fundamentals of The Closeout

- A closeout happens when a defensive player must guard an offensive player who has just caught the ball. The defensive player must get to the offensive player quickly or they will have an easy shot. However, the defender must go under control or the offensive player will easily drive past them. When closing out, it is important to have 1 hand in the air to discourage the offensive player from shooting while also maintaining a good stance with the knees bent and ready to move.

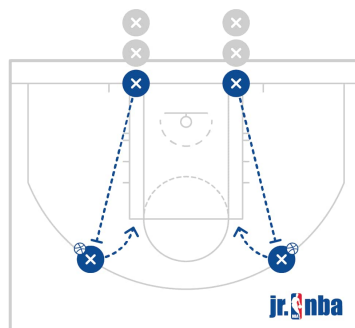
## Closeout Breakdown Drill

- Have 1 player start on the wing and have a line of players on the baseline with 2 balls in the front of the line (add other lines and players on the perimeter based on numbers).
- The first player in line will pass the ball to the player on the wing and then make a good close out.
- After the close out, the offensive player will go to the back of the line and the defensive player will become the offensive player on the wing.
- Continue this process working on good close outs for the allotted amount of time.

## Competing

### Closeout 1 On 1 Drill

- Have players line up in two lines on the baseline and a player on each wing (utilize multiple baskets if possible).
- The first players on the baseline will pass the ball to the players on the wing and close out with good form and play defense.
- The offensive players must stay off the half of the court they start on and are only allowed 3 dribbles before shooting.
- If the player scores, they will stay on offense and a new player on the baseline will become the new passer and defender.
- If the defender gets a defensive stop, that player will become the offensive player.
- Compete until a player scores 6 baskets and switch sides of the court.





## 5 On 5 No Dribbles

- Divide the players into teams and have them play games of 5 on 5 with no dribbles.
- If a player dribbles, it is a turnover and the other team gets the ball.
- Play for the allotted amount of time and then communicate observations about the play.

### Key Points

Encourage the players to keep moving and cutting to get opportunities to score. Remind the defense that with no dribbles, they can pressure the ball and deny passes!

## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.

## PRACTICE PLAN 5

### Cultivating Values & Developing Wellness

#### Respect: Coaches

- Players should respect their coaches, who sacrifice a lot to spend time coaching. And coaches also should respect their players because it is a coach's job to serve players by helping them learn and improve. A big move of the mutual respect between coaches and players is listening to each other and getting to know each other so that there is a level of trust.

### Warm Up

#### The Escape Game

- Have the players partner up and designate a partner "1" and a partner "2" for each pair.
- All 1's will go to the center of the gym, face the center, and cover their eyes.
- Have all 2's start next to their partner 1.
- Attach the coach's command "Move with . . .," partner 2's will move away from 1's by moving with the movement the coach chooses from the selection below.
- On the command, "Find your partners!" partner 1's open their eyes, move as far as their partner was commanded, and locate and gently tag their partner.
- Once tagged both partners must go back to the center of the court, where they will switch roles and repeat.

**Movement options:** Hopping on 1 foot, hopping on 2 feet, skipping, lateral slide, running, running sideways, running backwards.

#### Key Points

This is a great game to help the players actively warm-up. Players should only run if commanded to run. Make sure that both partners use the movement that coach commands.

### Building Skills – Ball Handling

#### Quick Drops Drill

- Players need a basketball (or share) and should find a space on the court facing the coach.
- The players bend their knees and put the ball on the floor between your feet.
- The players will put their right hand on the ball in front of their body.
- The players will then put their left hand on the ball from behind their body.
- The players will pick the ball up to about knee height.
- Next the players will drop the ball and quickly switch their hands so that they catch the ball in the air with their right hand behind their right leg and their left hand in front of their left leg.
- If this is too difficult, let the ball bounce 1 time before the catch.

#### Key Points

Work on having quick hands while staying in a stance.

## Stationary 2 Ball Dribble Same Time

- Have each player get 2 balls or share and find space on the sidelines.
- The players will bend their knees, keep their eyes and chest up and dribble both balls at the same time.
- Encourage the players to dribble quick and firm and make sure they are pushing the ball down with their off hand, just as strong as their dominant hand.
- If players are able, move them to low, middle, or high dribbles.

### Key Points

Work on coordination and ball control. Look for any weaknesses in either hand, and encourage the players through the drill.

## Stationary 2 Ball Dribble Alternate

- Have each player get 2 balls or share and find space on the sideline.
- The players will bend their knees, keep their eyes and chest up and dribble both balls by alternating which ball is in their hand and which is bouncing.
- Encourage the players to dribble quick and firm and make sure they are pushing the ball down with their off hand, just as strong as their dominant hand.
- If the players are able, move them to low, middle, or high dribbles.

### Key Points

Work on coordination and ball control. Look for any weaknesses in either hand, and encourage the players through the drill.

## 5-5-5 Creative Dribble

- All players need a basketball (or share) and should stand on the baseline.
- The players will get 5 seconds to dribble the ball with their right hand.
- The players will then get 5 seconds to dribble the ball with their left hand.
- The last 5 seconds the players will get to dribble creatively in any way that they want.
- Repeat this process.
- This should be a fun drill that allows each player to be creative with the ball.

## Building Skills – Passing

### Fundamentals of The Pass Fake

- A pass fake is used to make the defense believe the offensive player will pass the ball, which ultimately leads to an advantage for the offensive player. Pass fakes can help a player drive, shoot, or make a different pass. A good pass fake includes the body and the eyes.

## Pass Fake Breakdown Drill

- Have the players start with a ball and line up on the court.
- Have the players spin the ball to themselves from the side.
- When they catch the ball from the side, have them give a quick reverse pass fake at chest level and repeat.
- Also change sides and add pivots if appropriate.

### Key Points

Pass fakes should be quick and include the ball moving and the eyes moving.

## Building Skills – Shooting

### Lunge Shooting Drill

- Have 5 players line up along the sideline facing the court with the basket to their left.
- Have all players lunge with their left leg forward toward the paint and the ball on their right side.
- Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring their right foot around so they are balanced and square to the baseline in a ready to shoot fashion.
- The player will then turn and face the middle of the court again and repeat this motion until they reach the middle of the paint. At that point, the player will turn, and actually shoot the ball.
- Each player will start after the player in front of them has provided enough available space.
- Each player will get their rebound and give the ball to the next player who will do the same.
- The goal is to make as many shots as possible in 3 minutes and then do the same thing in the opposite direction, leading with the opposite foot.

### Key Points

The player will help the players have a good solid base and work on turning, squaring up and having good balance in their shot. Work on landing evenly on both feet and holding the follow through to finish.

## Fundamentals of The Shot Fake

- The shot fake is used to make the defense believe the offense will shoot the ball. The goal is to get the defensive player out of position by either jumping or raising up which creates an opportunity for the offensive player to go by them. Shot fakes can help a player drive, shoot or make a play for their teammates. A good shot fake should look exactly like the beginning of the player's normal shot. It is important to sit low during the shot fake so that the player can move explosively after the fake.

## Shot Fake Breakdown Drill

- Have the players start on the baseline with a ball.
- The players will spin the ball to themselves and catch the ball, shot fake and take one dribble forward with their right hand.
- The players will repeat this all the way to half court.
- On the way back, have the players now dribble forward with their left hand.
- Coach the players as they go.

### Key Points

Stay low and show the ball like a normal shot. Make sure the players don't rush the shot fake.

## Shot Fake 1 Dribble Pull-Up Drill

- Have players divide into 3 groups.
- Each group will have a line under the basket with 2 balls, and a line on the perimeter without a ball.
- The group on the baseline will pass the ball and run towards the player with the ball.
- The player who catches the ball will shot fake by sitting low and bringing the ball and eyes up on the rim.
- The shooter will stay low, so they explode out of the shot fake for a good 1 dribble pull-up jump shot.
- The shooter will rebound and give the ball to another player in their line under the basket.
- The players will switch lines and the drill will continue.
- Once the players are making the move well, compete with the other lines.

## Building Skills – Rebounding

### No Ball Box Out Drill

- Have players get in 3 lines around the paint.
- Have the first player step into the paint as if they're a defensive player facing the next person in line.
- The defensive players will assume that the ball is where the coach is and play defense accordingly.
- When coach simulates a shot or says "shot!" the players will say "shot!" and box out the player standing in front of them and then go and jump as high as they can at the basket.
- The player will rotate to the back of the line and the player who was next in line will now become the defense.
- The drill will repeat for the allotted time.

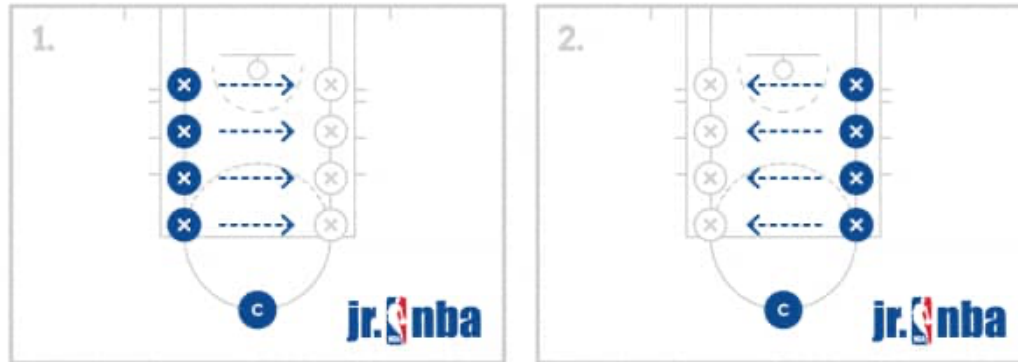
### Key Points

Make sure the players are calling the shot, getting a good box out and are attacking the basket for the imaginary rebound.

## Building Skills – Defense

### Side Lateral Push Drill

- Have the players line up on the lane line and face the coach.
- When the coach says “go,” the players should push off their back foot to slide to the other side of the lane where they will plant and push back.
- The players will continue this process for 15 seconds.



#### Key Points

Make sure the players stay in a good stance with their chest and eyes up. Have them work on changing directions quickly and pushing off their back foot.

## Team Concepts

### Fundamentals of Setting A Screen

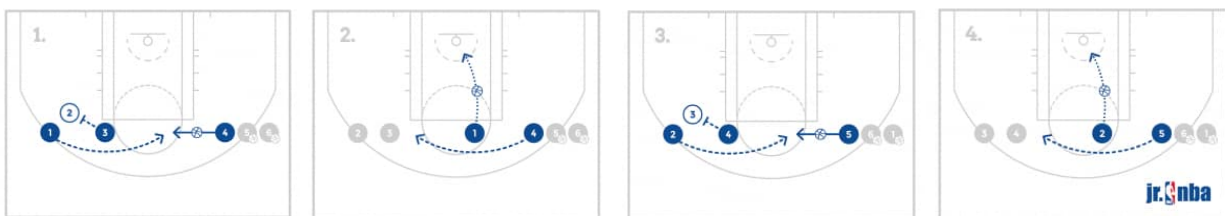
- Setting a screen is something that an offensive player does to try to help their teammate get open. Screens can be set for players with the ball, or players without the ball. To set a screen correctly, a player must go to the point in which they want to set the screen and stop moving. The screener will then bend their knees, have a nice wide base with their feet wide, and put their arms either crossed in front of their chest or between their legs. After the teammate comes off the screen, the screener can move again to get open for the ball.

### Fundamentals of Setting Up A Screen

- Setting up a screen is what every offensive player must do before using a screen. Setting up the screen is what allows the screen to be useful which often means points scored. Players can set up screens with the ball and without the ball, but here we are addressing screens that happen when the player does not have the ball. To set the screen up, the offensive player must make the defender believe they are going in another direction. The offensive player can do this by running, walking or stepping in another direction. Then the player will plant their foot and change directions and change speeds to turn off the screen shoulder to shoulder.

## Using a Screen Shooting Drill

- A passing line is on the wing. An offensive player, pretend defensive player, and a screener are on the other side.
- The offensive player comes off the screen to catch and shoot and go to the back of the line.
- The defensive player now becomes the shooter and the screener now becomes the defensive player.
- The player who made the original pass now runs across and becomes the screener.
- Work on this drill as a team to make a lot of shots quickly.

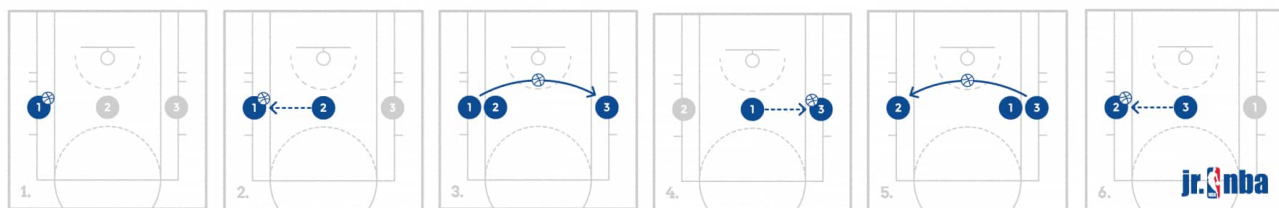


## Fundamentals of Tracing the Ball

- Teach the players that it is important to “trace the ball” when they are playing defense. When the offensive player has the ball and is not dribbling, the players can “trace the ball” by moving their hands wherever the ball goes. Tracing the ball applies pressure to the offensive player while providing an opportunity to get deflections or force bad passes.

## Tracing the Ball Breakdown Drill

- Group the players into 3's and have one ball per group.
- Two players should stand a little more than the lane width apart and face each other, one with the ball.
- The third player will start in the middle and run to close out to the player with the ball and trace the ball.
- The player with the ball will wait 3 seconds before passing to their teammate.
- After passing, the player will follow their pass and close out and trace the ball with the player that received the pass.
- Continue this cycle insuring good close outs and tracing the ball.



## Competing

### 2 On 2 Numbers Game

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and one shot of 2 on 2.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.

#### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

### 5 On 5

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on all the basketball concepts they have learned.

### Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

#### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.



## PRACTICE PLAN 6

### Cultivating Values & Developing Wellness

#### Respect: Teammates

- Basketball brings people together like nothing else can. It's a team game, and often teammates become and remain friends for life, on the court and off. That's why it's critical to respect teammates. You must be able to communicate well to play well as a team, and you must care about each other enough to sacrifice for the good of the team.

### Warm Up

#### Line Hops

- 2 Feet Forward & Backwards
- 2 Feet Side to Side
- 1 Foot Forward & Backwards
- 1 Foot Side to Side
- Stationary Hip Swings
- Arm Rolls

### Building Skills – Ball Handling

#### Finger Dribble Drill

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs apart.
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.
- The first dribble will focus on using their thumb and then will progress to using their pinky finger and back for 30 seconds.

#### Key Points

This drill works on good control dribbles using fingertips.

#### Dribble Balance

- All players need a basketball and will stand on the sideline.
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with the right hand.
- The players will then do the same thing with their left foot and left hand.

#### Key Points

Work on ball-handling while maintaining good balance and stability.

## Fundamentals of The Spin Dribble

- The spin dribble or spin move is a move used by an offensive player to get by a defensive player. The offensive player will dribble forward, take a hard dribble and spin by turning their back to the defender and keeping their body between the defender and the ball. The offensive player will come all the way around until facing forward again and will now have the ball in their other hand.

## Spin Dribble Drill

- The players will all have a ball and start on the sideline.
- They will take 2 dribbles with their right hand and spin to their left.
- The players will repeat now taking 2 dribbles with their left hand and spinning back to their right.
- The players will do this all the way down the court and back.

### Key Points

Make sure the 2<sup>nd</sup> dribble is a hard dribble and the players can think about having their feet almost come to a jump stop at the same time as their 2<sup>nd</sup> dribble as they prepare to spin.

## Dribble Freeze Tag Game

- All players should have a basketball and spread out on the court in a designated area.
- The coach will designate a few players to be “it.”
- The players who are “it” will dribble around and tag the other players while they are trying to avoid being tagged.
- When a player is tagged, they must jump stop and stay in one spot until another teammate unfreezes them.
- It is the goal of the “it” players to tag as many players as possible in 1 minute.
- Change who is it and repeat.

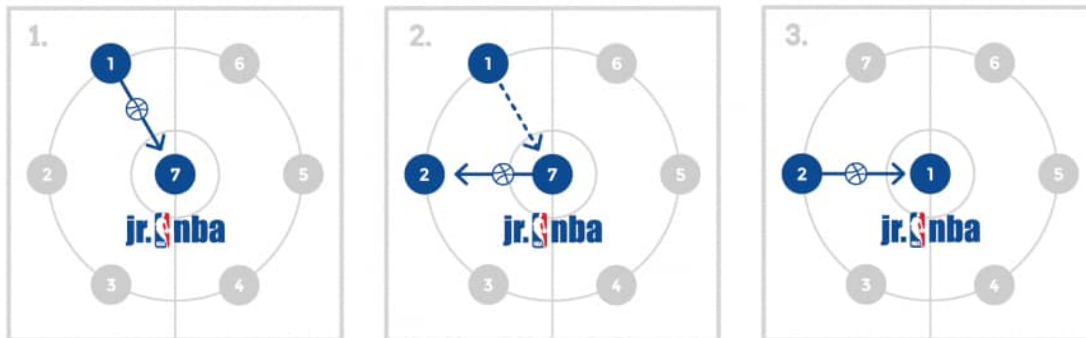
### Key Points

Work on controlling the ball and executing good jump stops. Remind the players to keep their head up so they don't run into each other and can avoid being tagged. Players cannot be un-tagged in this game.

## Building Skills – Passing

### Circle Pass Drill

- Players should start in a circle with one player in the middle.
- One player will have the ball and pass the ball to the player in the middle.
- After making the pass, the player will follow their pass and go to the middle.
- The player in the middle will quickly catch and pass to the next person in the circle and follow their pass.
- This cycle will continue quickly as the ball goes all the way around.



#### Key Points

This should be a fun, quick game in which the players work on making good passes.

## Building Skills – Shooting

### Crossover to A Lay-Up Drill

- Players will start with the ball in their left hand outside of the three point line on the right side of the court.
- They will dribble while running with their left hand to the cone and then make a crossover dribble and continue in for the lay-up.
- After shooting, the player will get their rebound and dribble in a straight line back to half court with low crossovers.
- Count how many makes the team gets in those 2 minutes on each side.

#### Key Points

Work on a low, quick crossover by pushing off the outside foot and exploding towards the basket.

### 1-Step Form Drill Part 2

- Have the players start in a line at the lane line facing the sideline with the basket to their left.
- Have the players push off their right foot and land on their left foot as they catch the ball, turn to square up and shoot.
- The player should rebound and give the ball back to coach as the next player goes.

#### Key Points

Work on a good big push, being balanced and turning and squaring up for a perfect shot.

## Jump Stop Shooting Game

- Have the players divide into as many as 4 groups at shooting spots (wings & slots) and the first player in each line will have a ball. The player at the front of each line should have a ball.
- The players will dribble into the cone setup a few feet from the basket, jump stop and shoot, get their rebound and give it to the next player in line.
- The first team to 6 made baskets wins.

### Key Points

Work on a good jump stop, being balanced and making shots moving at game speed.

## Building Skills – Rebounding

### Wall Box Outs

- Have players partner up in front of a wall.
- The first player will be in an athletic stance and when the coach says “shot!” the player will turn and box out on the wall.
- They players will make sure they make contact turn and box with their elbows and hands up and can then move to jump for the ball.
- The partner will go next and the process will continue.

### Key Points

Make sure the players get comfortable making contact and use perfect box out form.

## Building Skills – Footwork and Conditioning

### Fundamentals of The Jab Step

- A jab step is an offensive move used by the player with the ball to gain an advantage over the defense. The offensive player will move their foot so that it appears they will go in a particular direction. This fake forces the defensive player to move and respond to the jab step. Once the offensive player recognizes how the defense responds, they can make a move. The traditional jab step occurs before a player dribbles the ball.
- 1) The player has or will establish a pivot foot that will remain on the floor without moving through the jab step.
- 2) The player will be in a good athletic stance and push off the pivot foot while lifting the other foot and moving it forward to simulate making a move in that direction. It is important that the pivot foot does not move.
- 3) The player will aggressively place the lifted foot on the floor at a forward angle from where it started.
- 4) At the same time, the player will swing his or her arms and the ball in the same direction as the jab step, in order to make the defender believe the jab.
- 5) The offensive player should read how the defensive player responds to the jab step to continue their effort to score.

## Jab Step Breakdown Drill

- All players should have a ball (or share) and line up on the baseline.
- Have the players start in a good triple threat position.
- On the coach's command have the players all jab the same way.
- Correct any mistakes, and also do it from the other foot.

### Key Points

Make sure the players jab quickly and aggressively.

## Jab Attack Drill

- The player should start by facing the basket where  $\frac{1}{2}$  court and the sideline meet.
- The player will jab the foot closest to the sideline.
- Immediately following the jab, the player will step across their body with the jab foot and take a big step and a big dribble in the opposite forward/angle direction.
- The player will pick up the ball as if they are shooting after the jab one stride 1-2 stop.
- From that point, the player will stay there, reset, and repeat the process jabbing again and attacking the middle of the court.
- The goal is for the player to get inside the 3-point line after 3 of these jabs and take a jump shot after the 3<sup>rd</sup> jab.
- The player must take a big stride and cover a lot of ground and be able to explode up into their shot.
- It is important to do this drill from both directions.

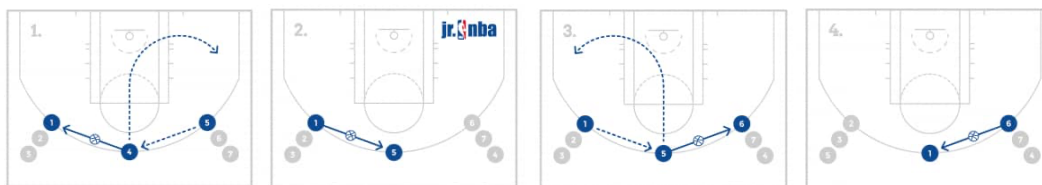
### Key Points

Some players may need to start with more than 3 dribbles. Don't allow players to hop onto 2 feet after the dribble. Always have them 1-2 step.

## Team Concepts

### Pass, Cut & Replace Drill

- Start with a line on each wing and 1 player at the top of the key with the ball.
- The player at the top will pass to either wing, and cut to the basket looking for the ball.
- The player on the wing without the ball will "replace" the cutter and fill the top of the key.
- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
- The player will reverse the ball to the other wing and cut to the basket and the series repeats.
- Cutters only cut from the top.



### Key Points

Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes.

## Fundamentals of Defending A 2 On 1

- Teach the players to play between both players without overcommitting to one or the other. Often adding foot fakes at the ball helps keep the offensive players off balance.

## Defending the 1-On-1 Drill

- Have one player start at the top of the key with a ball and another starting in the short corner on the same side.
- Have 1 defender starting at the block who must guard both players.
- The player with the ball at the top can either shoot a lay-up or pass the ball. If they pass the ball, the player in the short corner must then catch and shoot.
- If the player in the short corner gets the ball, the defensive player is working on their contest.

### Key Points

Work on the offensive players making good decisions and the defensive player defending both and contesting shots with a hand up.

## Knockout

- Put the players in one line starting at the free throw line with the first 2 players having a ball.
- The first player will shoot, if they make it, they will pass the ball to the next person and go to the back of the line.
- If they miss, they will rebound and shoot from anywhere until they make a shot and then give the ball to the next person and go to the back of the line.
- If the player shooting behind any player makes their shot before you, you're out.

### Key Points

This teaches the players that every shot is important and the consequence of missing a shot is potentially getting knocked out of the game. Players will shoot under pressure and compete to win.

## 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points, playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

## **PRACTICE PLAN 7**

### **Cultivating Values & Developing Wellness**

#### **Respect: Opponents**

- Another important component of basketball is respecting your opponents. After all, without opponents, we wouldn't have a game. jr.nba partner Positive Coaching Alliance uses the phrase "fierce but friendly" to describe the best type of competition. A player may hit the deck trying for a loose ball or rebound, and it's OK for everyone to play to the whistle, but then it's also fine to help that opponent up off the floor.

### **Warm Up**

#### **Active IQ Warm-Up**

- Everybody runs with high knees to where you have 10 seconds to get the ball across.
- Everybody runs with butt kicks to the position on the court that Shaquille O'Neal would catch the ball.
- Everybody do a lateral slide to where point guards are usually positioned.
- Everybody go to the opposite side of the court with skips to the part of the court that is also a human body part.

### **Building Skills – Ball Handling**

#### **Double Leg Wrap**

- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and keep their feet together as they wrap the ball around both legs for 10 seconds.
- The players will then change directions for 10 seconds.

#### **Key Points**

Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

#### **Stationary Front to Back Dribble**

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Using only the right hand, each dribble should bounce wide outside of their right foot and will bounce forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to then bounce it backwards.

#### **Key Points**

This drill helps build dribble control and forces the players to move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

## Stationary Side to Side Dribble

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce from right to left only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side.

### Key Points

This drill helps build dribble control and forces the players to move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

## Dribble Balance

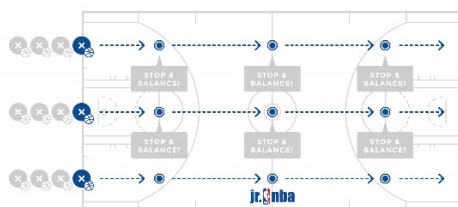
- All players need a basketball and will stand on the sideline.
- The players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then do the same thing with their left foot and left hand.

### Key Points

Work on ball-handling while maintaining good balance and stability.

## Dribble Balance Push

- Line the players up on the sideline in even groups and each player with a ball.
- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
- When the players get to the foul line area they will stop on their left foot and dribble with their left hand until the coach says go.
- Now the players will push forward and dribble with their right hand and continue this pattern.
- As the first group gets to the foul line the next group will continue, on the baseline.
- Each group will go to the foul line, half court, the opposite foul line, and the opposite baseline.



### Key Points

Work on ball-handling while maintaining good balance and stability. Then work on pushing off that outside foot to move forward slightly to the opposite side.



## Walk to Jog Dribble Drill

- All players need a basketball (or share) and should stand on the baseline.
- The players will walk slowly in a low stance while dribbling the ball to half court.
- Once the players reach half court, they will transition into a jogging dribble to the other baseline.
- The players will then change hands and do the same thing coming back.

### Key Points

This is a good opportunity for the players to work on dribbling with movement in a controlled drill. There is no rush and the players should focus on controlling the ball with their eyes up.

## Building Skills – Passing

### Who Is Ready Drill

- Have the players get in groups of 3 standing in a triangle with one basketball.
- 1 player will have the ball facing away from the other 2.
- The 2 players without the ball will determine 1 player to make eye contact with the player with the ball.
- The player with the ball will then jump and turn around to face the 2 players and locate which player is looking at them and has their hands up for the pass and make a quick step and pass.
- Repeat this action with the new player with the ball.

### Key Points

The player with the ball must quickly read and recognize when a player is ready to receive a pass. The other 2 players must quickly decide who will make eye contact.

### Dribble & Pass To Target Drill

- Have the players start on the baseline on the right side of the court in one line.
- Each player can have a basketball or the first 5-6 players.
- Set up a cone at the opposite wing on the other side of the court.
- Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone.
- The coach should stand behind the cone and give the ball to the players after their pass.
- Players will get the ball back and go to the back of the line.
- Players receive one point each time they hit the cone.

### Key Points

Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

## Building Skills – Shooting

### Perfect Shot No Basket Drill

- All players need a basketball (or share) and should stand on the sideline.
- Remind them of the perfect shooting form; knees bent, elbow under the ball and shoot up and follow through.
- Now, on the coach's command, have the players do this by shooting the ball up in the air.
- To make a perfect shot to self, the player must hold up their follow through from where they finished their shot and not move their hand.
- The ball must go up in the air then bounce on the floor just in front of the player and bounce up and hit their shooting hand follow through without them moving it!

#### Key Points

Make sure the players are focused on everything being perfect and don't allow them to move their hand after they follow through. Good rotation will help the ball bounce back up to the player's hand.

### Lunge Shooting Drill

- Have 5 players line up along the sideline facing the court with the basket to their left.
- Have all players lunge with their left leg forward toward the paint and the ball on their right side.
- Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring their right foot around so they are balanced and square to the baseline in a ready to shoot fashion.
- The player will then turn and face the middle of the court again and repeat this motion until they reach the middle of the paint. At that point, the player will turn, and actually shoot the ball.
- Each player will start after the player in front of them has provided enough available space.
- Each player will get their rebound and give the ball to the next player who will do the same.
- The goal is to make as many shots as possible in 3 minutes and then do the same thing in the opposite direction, leading with the opposite foot.

#### Key Points

The player will help the players have a good solid base and work on turning, squaring up and having good balance in their shot. Work on landing evenly on both feet and holding the follow through to finish.

## Building Skills – Rebounding

### Fundamentals of Chinning the Ball

- Teach the players that chinning the ball means to grab the ball and hold it strongly with 2 hands under the chin to protect it from defenders.

## Toss & Get It Drill

- Have the players in a line in the paint.
- Throw the ball up off the backboard and have the first player in the line grab the rebound chin it and toss it back to you and go to the end of the line.
- Repeat this process and switch sides after two minutes

### Key Points

Work on seeing the ball come off the backboard, timing it and going to get the rebound, and chinning the ball nice and strong.

## Building Skills – Footwork and Conditioning

### Tuck Back Drill

- All players need a basketball or pretend to have a ball and should stand in an open space on the court.
- Have the players face forward in a triple threat position.
- When the coach says, “tuck back!” have the players say, “strong!” while dropping their right foot and putting the ball on their right hip.
- When the coach says “over!” have the players step forward with their right foot while turning 90 degrees.
- When the coach says, “triple threat!” the players will return, back to the triple threat stance until the coach says relax.

### Key Points

This drill should emphasize toughness, footwork and maintaining a strong stance with the ball. Help the players understand the carry over in game situations.

### On the Whistle Jump Stop

- Have the players dribble around the court working on their ball-handling.
- When the coach blows the whistle, all the players will jump stop and sit in a good stance.
- Repeat this process working on ball-handling and a good jump stop.

### Key Points

Have all the players work on their ball-handling while moving around the court. Each player should quickly react to the whistle with a good, balanced jump stop.

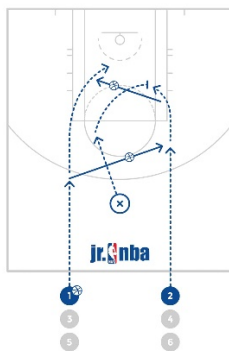
## Team Concepts

### Fundamentals of A 2-On-1 Fast Break

- Teach the players to have good spacing, move together and share the ball by passing.

## 2-On-1 Fast Break Drill

- Start with 2 lines at half court and one line with a ball.
- Have a defender starting at the top of the key.
- Have the two offensive players attack to try to score in a 2 on 1 fast break setting.
- The player who takes the shot or turns the ball over will then become the defensive player at the top of the key.
- The other players will go to the back of the lines at half court.



### Key Points

Work on good fast break decision making while also working on good 2 on 1 defense.

## Group Closeout Slide & Trace Drill

- Have four players line up across the free throw line extended and 4 lines on the baseline lined up across from them and the first player in line with the ball.
- The first player in each line will pass the ball out to the player on the court and give a good close call.
- Everybody with the ball will wait on the close out and then give 2 hard dribbles to the right so the defensive player must move their feet.
- After the two dribbles the player will pick up the ball and the defensive player will trace the ball.
- The player with the ball will pass the ball to the next player in line and go to the back of the line.
- The previous defensive player will become the offensive player.
- Continue this drill 1 minute in each direction.

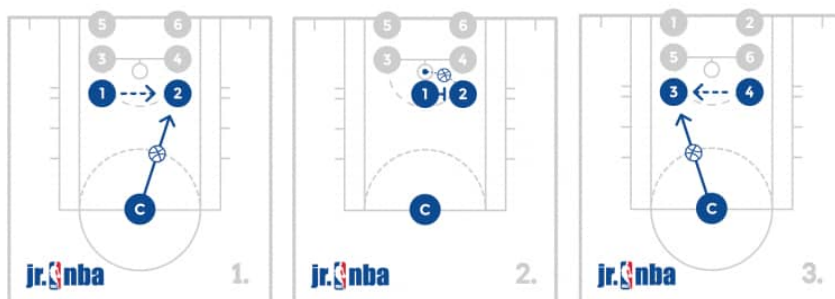
### Key Points

Good close outs, slide quick, and trace the ball with active hands. This drill should be high energy.

## Competing

### On the Block Finish Drill

- Have 2 lines on the baseline with two players standing on the blocks.
- The coach will have the ball at the free throw line and pass the ball to one of the 2 players.
- That player will have a maximum of 1 dribble to take a shot and must not move backwards.
- The player who did not receive the pass will become defense and try to stop the player with the ball.



#### Key Points

Work on finishing with a live pass and defense.

### Elbows Finish Drill

- Have the players partner up with one ball per group.
- Have one player on offense and one player on defense starting around the elbow.
- The offensive player will start with the ball facing the basket and gets a maximum of 3 dribbles and only one shot attempt.
- After one shot, that group will go to the back of the line and the next group will start.
- Make or miss the shot, the offensive and defensive player will always change positions on the next possession.

### 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

#### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

## PRACTICE PLAN 8

### Cultivating Values & Developing Wellness

#### Respect: Parents

- In many cases, our parents are the most important, influential people in our lives. We owe them thanks for the good they provide and the love they show. One way to help players mind the importance of respecting their parents is to remind them their jerseys may have their parents' names on the back; anyone watching the game will watch the players' behavior and understand who raised them.

#### Warm Up

##### Run to That Line

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.
- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.
- **Example:** "Everybody go with High Knees to the baseline!"

##### Key Points

Teach the players about the court while also teaching them proper execution of fundamental movement skills.

##### Forward/Backward/Lateral March

- These marches are fundamental movements that teach the players about proper running mechanics. Adding backward and lateral marches is essential for neurological variation in order to have success in subsequent movements.
- Players will march by walking and pulling their knees up, toes up, and arm up at a 90 degree angle.

##### High Knees

- High knees replicate acceleration techniques by syncing the arm and leg actions. Be sure to cue arm action, encourage an elbow angle of approximately 90 degrees and promote movement at the shoulder. Proper leg action is demonstrated by an active drive of the knee upward while targeting the heel to the top of hamstring and keeping the foot dorsiflexed (toes up). "Heel to hamstring" is an important cue in order to promote the proper shin angle. The players will run and quickly alternate bringing their knees high towards their chest.

## Quick Feet

- Players should take numerous tiny, quick, short choppy steps as they move in a direction instructed. The activity gets the players' bodies moving and their foot muscles firing while working their fast twitch movement.

## Side Push

- Players should be in a slight athletic stance and move laterally by pushing off their back foot. The player should push off their left foot to move right and push off their right foot to move left. It is important to emphasize pushing rather than stepping and pulling. This movement works hips, feet and balance.

## Building Skills – Ball Handling

### Ball Slams

- All players need a basketball (or share) and should stand on the baseline.
- When the coach indicates, the players will start with the ball over their head in two hands.
- They will then slam the ball off the floor with force and catch the ball as it comes up quickly.

#### Key Points

The players are warming up their arms and hands while also working on catching the ball as it comes off the ground quickly. Ensure the players do this at their own comfort while also challenging themselves.

### Finger Dribble Drill

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs bent.
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different focus.
- The first dribble will focus on using their thumb and will then progress to using their pinky finger and back for 30 seconds.

#### Key Points

This drill works on good control dribbles using fingertips.

### Side to Side Dribble Low, Middle, High

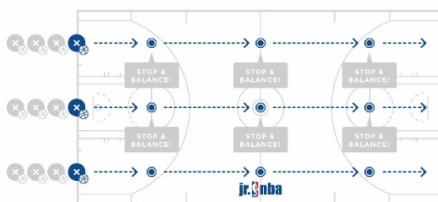
- Have the players get a ball and stand in an open space facing the coach.
- The players will start with the ball in their right hand and dribble the ball low from right to left back and forth only using their right hand for 15 seconds.
- Next the players will do the same thing at the middle level for 15 seconds and finally they will do the same at the high level for 15 seconds.
- This completes 1 set with the right hand.

#### Key Points

This drill forces the players to have good control of the ball and quick hands.

## Dribble Balance Push

- Line the players up on the baseline in even groups and each player with a ball.
- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
- When the players get to the foul line area, they will all stop on their left foot and dribble with their left hand and again until the coach says go.
- Now the players will push forward and dribble with their right hand and continue this pattern.
- As the first group gets to the foul line the next group will begin on the baseline.
- Each group will go to the foul line, half court, the opposite foul line, and the opposite baseline.



### Key Points

Work on ball-handling while maintaining good balance and stability. Then work on pushing off that outside foot to move forward slightly to the opposite side.

## Building Skills – Passing

### Dribble & Pass to Target Drill

- Have the players start on the baseline on the right side of the court in one line.
- Each player can have a basketball or the first 5-6 players.
- Set up a cone at the opposite wing on the other side of half court.
- Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone.
- The coach should stand behind the cone and give the ball to the players after their pass.
- Players will get the ball back and go to the back of the line.
- Players receive one point each time they hit the cone.

### Key Points

Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

### Slide & Pass Drill

- Have the players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will sit in a good stance and slide to half court while making a chest or bounce pass to each other.
- Once all the Groups have gone, they will repeat the same thing coming back for 1 rep.
- Be sure to make both the chest and bounce.

### Key Points

Emphasize good low slides, showing a target, hitting the target and working together.



## Partner Running Pass Drill

- Have the players partner up and get 1 ball.
- The players will line up on the baseline next to their partner.
- The first partner pair will run very close (inside the line extended) and pass the ball back and forth all the way down the court to each other.
- They will shoot a lay-up when they get to the other end.
- The next group will go immediately behind them.
- After all groups have gone, the groups will repeat coming back.
- This time they will take one step further apart from each other, so the passes are a further distance as they run.
- Continue this process and have the players run and pass further from each other every trip to build on running and passing.

### Key Points

Try to not drop any passes! Call each other's name and lead the player with the pass.

## Open & Decide Drill

- Have the players start at a line at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another 2 players, 1 standing on each block and a coach or 4<sup>th</sup> player guarding one of those players.
- The player with the ball will open their eyes on the whistle and will make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.
- The passer will now take the place of the shooter. The shooter will take the place of the defender and the defender will go to the back of the line.
- Keep a tally of how many made baskets a team scores in 3 minutes so you can compete against this number in later practices.

### Key Points

Make sure the defender clearly guards one player and does not leave that player until the pass is made! Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.

## Building Skills – Passing

### Form Shooting – 2 Hands

- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players hold the ball with their elbow underneath it, and their palm facing the sky.
- The player will then add their off hand as support.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.
- Have more than 1 partner per a basket to maximize reps, space, and time.

#### Key Points

Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

### Partner Step-In Shooting Drill

- Have 1 player stand inside the 3-point line facing the basket in a good stance ready to catch the ball.
- Have the 2<sup>nd</sup> player standing under the basket with the ball.
- The player under the basket will pass the ball to their partner.
- On the catch, the shooter will take a 1-2 step into the shot and shoot the ball.
- The passer will grab the rebound and pass again until the shooter has made 10 shots.
- After 10 makes, the players will change positions and repeat the process.

### Chase Lay-Ups

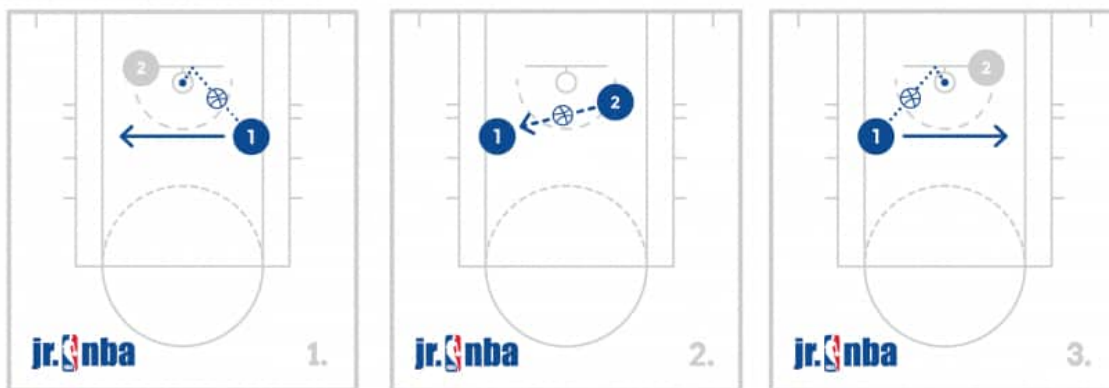
- Have players partner up and get one ball for the two.
- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.
- When the coach indicates, the player with the ball will dribble in for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.
- Change spots on the court as the players get more comfortable.

#### Key Points

The drill emphasizes having the players finish layups at game speed with a real defender behind them which forces them to have further concentration.

## Block to Block Shooting Drill

- Have the players partner up with a basketball at a basket.
- 1 player will start with the ball on the block.
- When it's time to start that player will shoot and quickly run to the other block.
- The player or the partner will rebound the ball and pass to the shooter on the other block quickly.
- The shooter will continue going back and forth after every shot and the rebounder will continue to help rebound and pass the ball if needed.
- After 30 seconds switch and let the players change roles.



## Building Skills – Footwork and Conditioning

### Change of Speed Drill

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.
- At half court the players will change speeds back to a jog until the opposite free throw line and then explode out to the baseline.
- The first set should be down and back with the right hand, the second set with the left hand and the 3<sup>rd</sup> set with crossovers at the change of speed.

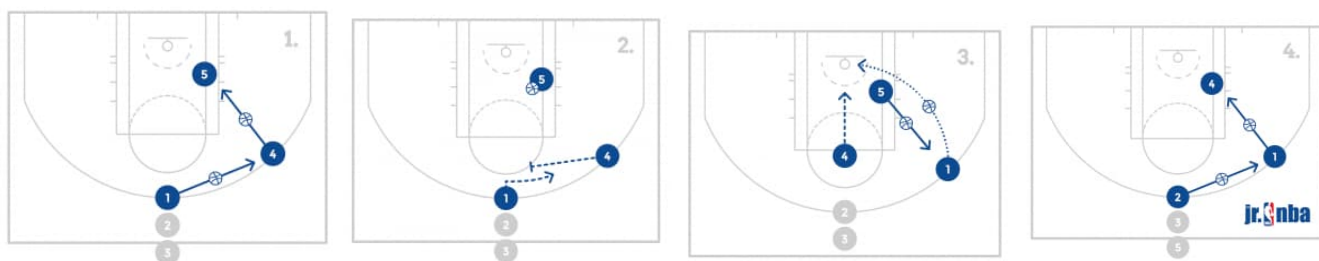
#### Key Points

The drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

## Team Concepts

### Post Pass & Screen Drill

- Start with a line of players near the top of the key with the ball.
- Put another player on the wing and another player on the block.
- The first player in line will pass the ball to the wing, the wing will then make a post entry pass.
- After the post entry pass, the wing player will screen for the player at the top of the key who will come off towards the wing.
- After a quick screen, the player setting the screen will slip to the basket.
- The post player will pass to the player coming off the screen who will catch and shoot.
- The post player will get the rebound and move to the back of the line, the player who set the screen will become the post player, and the player who shot the ball will become the wing player.
- The next player in line will pass the ball to the wing and the sequence will repeat until the allotted number of shots have been made.
- If you have enough players, do the same thing on the other side of the basket and have the teams compete.
- Also, if preferred, have the post player make the pass to the screener cutting to the basket.



### Follow the Leader Slides

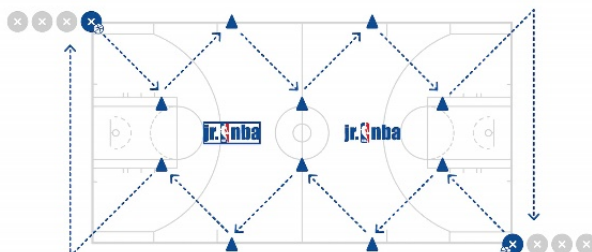
- Have the players spread out throughout the court all facing the same direction.
- Have a player come to the front of the group and face them.
- For 10-15 seconds that player will work on defense while the rest of the group follows their lead.
- The player can do foot fires, slides, jumps, take a charge, get a loose ball, etc.
- Have each player rotate to the front and lead the drill.

### Fundamentals of Turning the Dribbler

- Turning the dribbler means the defensive player sliding their body in front of a dribbler so they can no longer go in the direction they are going, and they must turn and go in a different direction.

## The Zig-Zag Defensive Drill

- Have half the players line up on the corner of the baseline and sideline and the other half line up on the opposite corner of the baseline and sideline.
- The first player in line will start in a stance with his back to the court and slide back at angles touching their foot to the sideline and the lane line extended all the way down the court.
- Once the player in front of them gets to the free throw line, the next player will begin.



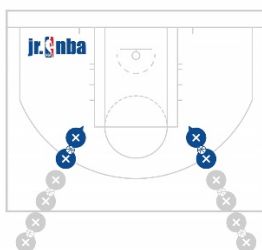
### Key Points

The player will work on pushing off their back foot, staying low having their hands out and moving quickly down the court as a defender.

## Competing

### Back 1 On 1 Drill

- Have the players partner up and get one ball.
- There will be groups at each wing and at the top.
- One partner will stand just inside the 3-point line and face the basket in a stance. The other partner will stand behind them with the ball and touch the ball to the back of the player in front.
- When the player with the ball pulls the ball off the players back, they will begin playing one on one.
- The player in front will have to turn around quickly try to locate the offensive player and play defense.
- The offensive player gets 3 dribbles to take 1 shot.
- Alternate possessions regardless of make or miss and play to 5. After 5 baskets, the players can change spots on the floor.



### 5 On 5

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on the basketball concepts they have learned.

## **PRACTICE PLAN 9**

### **Cultivating Values & Developing Wellness**

#### **Sportsmanship**

- One way to show sportsmanship instead of just saying “good game” is to give each player and coach a firm handshake, eye contact and a sincere “thanks for the game” or “I enjoyed competing with you.” If you are serious about your sportsmanship, you may even pass a specific compliment, for example, if they shot well or played clean, hard defense. Good sportsmanship does not mean you don’t mind losing; it means you are willing to win – or lose – with honor.

### **Warm Up**

#### **Dynamic Warm-Up Part 2**

- Walking Quad Stretch
- Walking TFL Stretch
- Knee Hugs
- 4 Point Slow & Low
- Down Out Leg Walk
- Jog & Drop
- Light Quick 3
- Long Straight Leg Run

### **Building Skills – Ball Handling**

#### **Smacks**

- All players need a basketball (or share) and should stand in a designated area.
- Players will hold the ball with 2 hands in front of them and alternate smacking the ball with each hand.

#### **Key Points**

Get comfortable with the ball, warm-up the fingers and hands, and develop comfort being physical by smacking the ball in this fun ball handling warm-up.

## Taps Part 2

- All players need a basketball (or share) and should stand in a designated area.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for the allotted time.
- The players will then bend their arms and tap the ball quickly from hand to hand in front of their face for the allotted time.
- The players will again tap the ball from side to side the same motion in front of their waist now for the allotted time.

### Key Points

Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Emphasize using their fingertips to develop moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

## 3-3-3 Dribble Drill

- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribbles.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right-handed dribbles and continue the process for the allotted amount of time.

### Key Points

This drill will work on low controlled dribbles with both hands as well as the crossover.

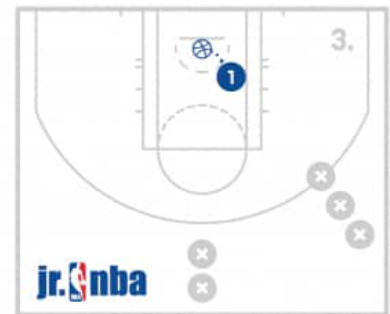
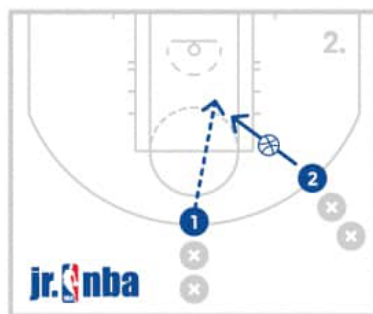
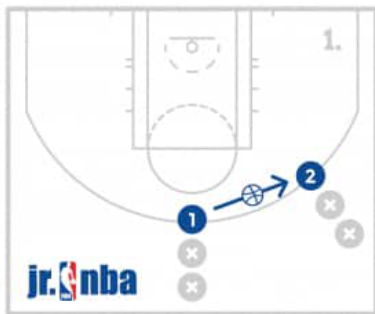
## Stationary In & Out Drill

- Have the players start with a ball and find a space on the court.
- The players will take 1 to 2 dribbles to prepare for the move and will then make an in and out dribble move and push forward for 1 step.
- The players will then back up to their original spot and repeat the process for the allotted amount of time.

## Building Skills – Offense

### Pass and Cut Drill

- Have the players line up at the top of the key with a few balls at the front of the line, and have another line on the wing.
- Have the players pass the ball to the line on the wing and then cut by running to the basket.
- The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay-up, rebound, and then switch lines.



#### Key Points

Emphasize a good pass and a quick cut looking for the ball.

## Building Skills – Passing

### Open & Decide Drill

- Have the players start at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another 2 players, 1 standing on each block and a coach or 4<sup>th</sup> player guarding one of those players.
- The player with the ball will open their eyes on the whistle and make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.
- The passer will not take the place of the shooter. The shooter will take place of the defender and the defender will go to the back of the line.
- Keep a tally of how many made baskets the team scores in 3 minutes so you can compete against this number in later practices.

#### Key Points

Make sure the defender clearly guards one player and does not leave that player until the pass is made! Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.



## Building Skills – Shooting

### 3-Line Layups Add Variations

- Group the players into three lines facing the basket around the 3-point line (1 line on each wing and 1 line at the top of the key).
- The first person in each line should have a ball and dribble for a lay-up.
- After the lay-up, the player will get their own rebound, pass it to the next person in line and go to the back of the same line.
- The players in each line will have different finishes (right hand and left hand from the wing and a lay-up with no backboard in the middle).
- Mix in different finishing such as the euro step. After 90 seconds the players will rotate lines.

#### Key Points

Note that there will be multiple players shooting at the same time. Remind the players that in a game there will be other players close to them as they try to score and it's OK. Work on finishing lay-up in a variety of ways.

### Lunge Shooting Drill

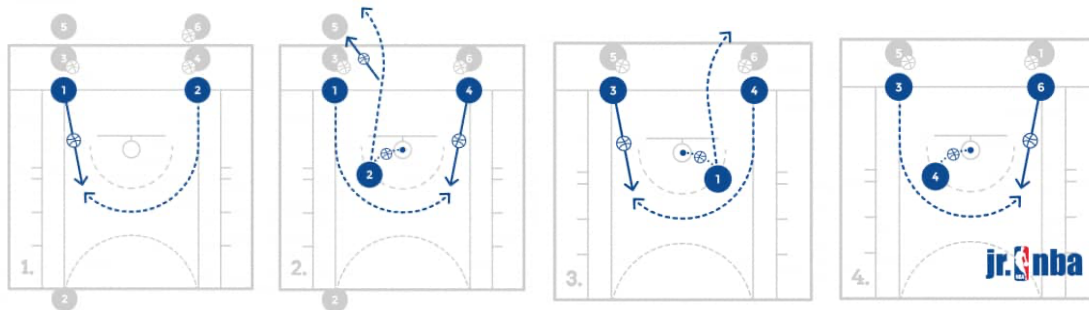
- Have 5 players line up along the sideline facing the court with the basket to their left.
- Have all players lunge with their left leg forward toward the paint and the ball on their right side.
- Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring their right foot around so they are balanced and square to the baseline in a ready to shoot fashion.
- The player will then turn and face the middle of the court again and repeat this motion until they reach the middle of the paint. At that point, the player will turn and actually shoot the ball.
- Each player will start after the player in front of them has provided enough available space.
- Each player will get their rebound and give the ball to the next player who will do the same.
- The goal is to make as many shots as possible in 3 minutes and then do the same thing in the opposite direction, leading with the opposite foot.

#### Key Points

The player will help the players have a good solid base and work on turning, squaring up and having good balance in their shot. Work on landing evenly on both feet and holding the follow through to finish.

## Loop Shooting Drill

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.
- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
- After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
- The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
- The player who made that pass continues the process of looping behind, shooting, and going to the other line.
- Have the players shoot from different distances from the basket when you dictate.



### Key Points

Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.

## Building Skills – Rebounding

### Toss & Get It Drill

- Have the players in a line in the paint.
- Throw the ball up off the backboard and have the first player in line grab the rebound chin it and toss it back to you and go to the end of the line.
- Repeat this process and switch sides after two minutes.

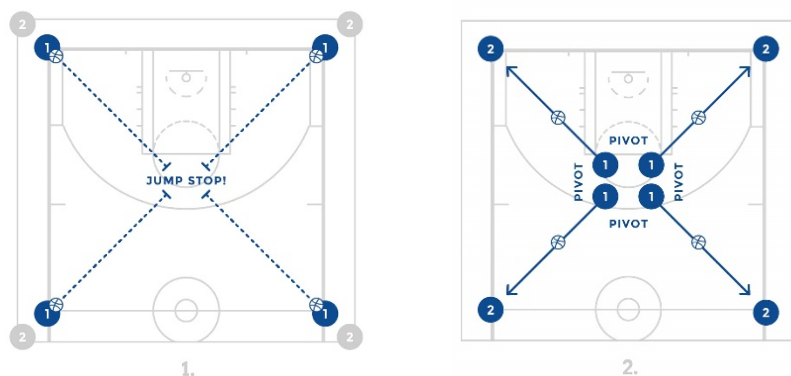
### Key Points

Work on seeing the ball come off the backboard, timing it and going to get the rebound, and chinning the ball nice and strong.

## Building Skills – Footwork and Conditioning

### 4 Corner Passing Drill

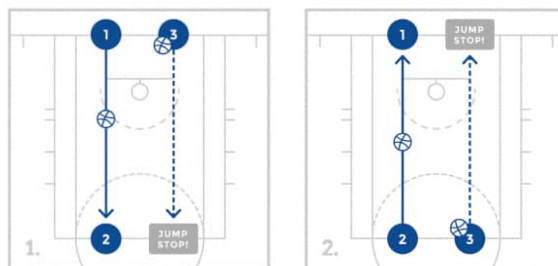
- Have the players get into 4 balanced lines at both sidelines and half court and both sidelines and baseline.
- The first person in each line has a ball.
- The players with the ball will all dribble to the middle of the floor where they will jump stop together keep a right pivot foot and pivot their left foot around and pass to the next line to their right and follow their pass back to that line.
- The new players with the ball will continue doing the same.



## Team Concepts

### The Pass Is Faster Drill

- Have players divided into groups of 3 and designate each player as 1, 2, or 3.
- Player 1 should start on the baseline with a ball. Player 2 should stand across from player 1 at the free throw line without a ball. Player 3 should start at the baseline next to player 1 with a ball.
- When the coach says “go,” player 1 will pass the ball to player 2. At the same time, player 3 will dribble and jump stop right next to player 2.
- Repeat this action with the pass back from player 2 to player 1 while player 3 dribbles the same distance and jump stops next to player 1. Repeat and change positions.



### Key Points

This drill works on passing, receiving, dribbling and jump shots. Continually emphasize that the pass moves faster than the ball.

## Half Court Turn & Trace Drill

- Have 4 lines at half court and 4 lines on the baseline lined up with each other and the first player in the lines on the baseline with a ball.
- The players with the ball will make a long pass to the first player in line at half court and will run fast to close out on the player.
- After the close out, the player with the ball will dribble in either direction.
- The player on defense will work hard to turn the dribbler and make them change directions.
- Once the play had changed directions and taken a few more dribbles they will jump stop and move the ball around strongly while the defensive player traces the ball.
- The player with the ball will pass to the line on the baseline and go to the back of that line and the defensive player will go to the back of the line at half court and the drill will repeat.

## Competing

### 2 On 2 Drive and Kick

- Players will get with partners for 2 on 2 and line up on the baseline.
- 1 player will start at the top of the key with the ball and one player on the wing.
- The defensive player guarding the ball will allow the player to have a slight advantage driving the ball to the basket on the side of the teammate.
- The player will drive and kick the ball out and the 2 on 2 game will start for 1 shot.
- The defensive team becomes offense and the offensive team goes to the back of the line on the baseline. A new team of two will step on for defense.

#### Key Points

Encourage the players to play out of a drive and kick situation.

### 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

#### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

## **PRACTICE PLAN 10**

### **Cultivating Values & Developing Wellness**

#### **Positivity**

- It is important for basketball players to stay positive. There are so many opportunities in games and practices for things to go wrong – from missed shots (even the well-chosen ones with perfect form!) to mental mistakes and miscommunication on defense – that teammates must support each other past mistakes.
- Even if you are the best athlete or basketball player, you can contribute to team success more than you even imagined just with vocal encouragements, smiles, head nods and daps. It is not easy to stay positive with yourself and your teammates when times are tough, but the more you do, the quicker those times pass and the stronger your team will be when you come through on the other side.

#### **Warm Up**

##### **Active Warm-Up Part 2**

- Backward Jog
- 2 Foot Hop
- Stance Lateral Chop
- Skip Arm Swings
- Stance Resistance
- Bent Knee Side Plank
- Jog to Sprint
- Jog & Turn

#### **Building Skills – Ball Handling**

##### **Toss & Catch with Clap**

- Players need a basketball (or share) and should find space on the court facing the coach.
- With two hands on the ball, the players will toss the ball into the air and catch it on its way down.
- The players can toss the ball higher if they are comfortable.
- The coach can have the players work together or at their own speed and should feel free to add wrinkles to the drill.

##### **Key Points**

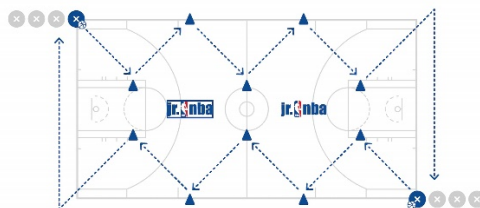
Develop hand-eye coordination and familiarity with the ball by tossing and catching it at different heights. Emphasize a controlled toss and a soft catch.

## Low, Middle, High Dribble

- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.
- The players will do this for 20 seconds and then switch to their left hand and complete the same process.
- The next player will move back to their right hand and dribble at the middle level for 20 seconds and then switch hands.
- Last, the players will dribble the ball high, around shoulder level for 20 seconds each hand.
- Throughout this drill, the coach will hold up a variety of numbers or fingers. The players must see the fingers and call out the numbers.

## The Zig Zag Drill

- Have the players start in two lines in opposite corners where the baseline and sideline meet.
- Place cones every 5-10 feet apart at opposite angles from each other.
- The players will start by dribbling from the starting point to the first cone.
- At the first cone, the players will make a move you have designated (Rookie Level-crossover) and continue to the next cone.
- The players will again make the move you have designated and continue to the next cones and continue the process.
- When the players finish, they should dribble along the baseline and begin the same process coming back in the opposite direction.



### Key Points

This drill allows the players to work on changing directions and making a moving crossover. Make sure the players stay low on the crossover and push off their outside foot to change directions.

## Dribble Knockout

- All players need a basketball and should stand on the sideline. Depending on the number of players, have all the players start inside of half court, or the 3-point line.
- The players must dribble the ball without picking it up, double dribbling or going out of bounds. All players should try to knock the other players ball away while dribbling.
- It is the goal to be the last player with still dribbling.
- As the number of players still in gets lower, change the out of bounds area to a smaller area such as inside the 3-point line or lane of the circle at  $\frac{1}{2}$  court.

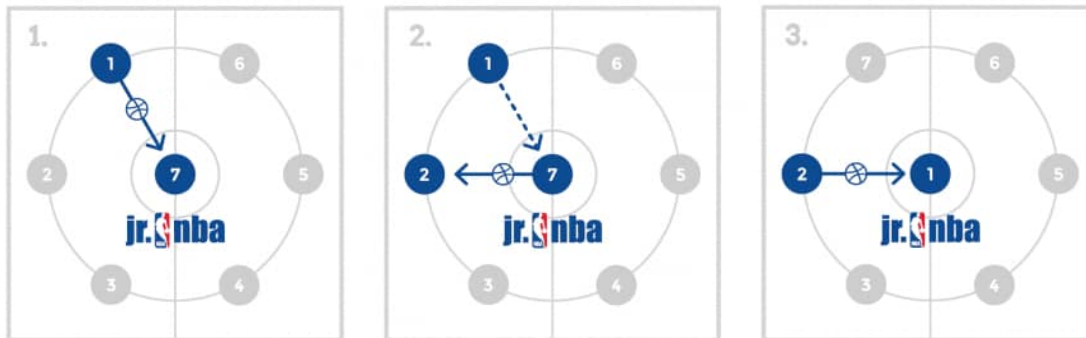
### Key Points

Work on ball-handling in a fun game setting.

## Building Skills – Passing

### Circle Pass Drill

- Players should start in a circle with one player in the middle.
- One player will have the ball and pass the ball to the player in the middle.
- After making the pass, the player will follow their pass and go to the middle.
- The player in the middle will quickly catch and pass to the next person in the circle and follow their pass.
- This cycle will continue quickly as the ball goes all the way around.



#### Key Points

This should be a fun, quick game in which the players work on making good passes.

### Partner Running Pass Drill

- Have the players partner up and get 1 ball.
- The players will line up on the baseline next to their partner.
- The first partner pair will run very close (inside the lane line extended) and pass the ball back and forth all the way down the court to each other.
- They will shoot a lay-up when they get to the other end.
- The next group will go immediately behind them.
- After all groups have gone, the groups will repeat coming back.
- This time they will take one step further apart from each other, so the passes are a further distance as they run.
- Continue this process and have the players run and pass further from each other every trip to build on running and passing.

#### Key Points

Try to not drop any passes! Call each other's name and lead the player with the pass.

## Building Skills – Shooting

### 2-Bounce Shooting Game

- Have 4 players at a basket each with a ball.
- The players will start outside the 3-point line and take 1 dribble toward the basket and take a shot.
- After the shot, the shooter must get the rebound before the ball bounces 2 times.
- If the ball bounces 2 times, then the make does not count.
- Once the player has the rebound, they will take the ball back out to the perimeter where they will repeat the process until somebody has made 5 shots to win.

#### Key Points

Make sure the players are hustling for their rebounds.

## Building Skills – Footwork and Conditioning

### On the Whistle Jump Stop

- Have the players dribble around the court working on their ball handling.
- When the coach blows the whistle, all the players will jump stop and sit in a good stance.
- Repeat this process working on ball-handling and a good jump stop.

#### Key Points

Have the players work on their ball-handling while moving around the court. Each player should quickly react to the whistle with a good, balanced jump stop.

### Tuck Back Drill

- All players need a basketball or pretend to have a ball and should stand in an open space on the court.
- Have the players face forward in a triple-threat position.
- When to coach says, “tuck back!” have the players say, “strong!” while dropping their right foot and putting the ball on their right hip.
- When the coach says, “over!” have the players step forward with their right foot while turning 90 degrees.
- When the coach says, “triple threat!” players will return back to the triple threat stance until the coach says relax.

#### Key Points

This drill should emphasize toughness, footwork and maintaining a strong stance with the ball. Help the players understand the carry over in game situations.



## Change of Speed Drill

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.
- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.
- The first set should be down and back with the right hand, the second set with the left hand and the 3<sup>rd</sup> set with crossovers at the change of speed.

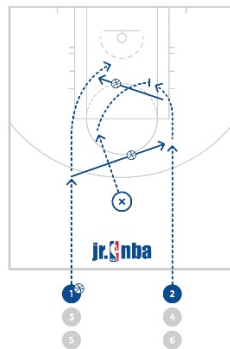
### Key Points

This drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

## Team Concepts

### 2-On-1 Fast Break Drill

- Start with 2 lines at half court and one line with a ball.
- Have a defender starting at the top of the key.
- Have the two offensive players attack to try to score in a 2 on 1 fast break setting.
- The player who takes the shot or turns the ball over will then become the defensive player at the top of the key.
- The other players will go to the back of the lines at half court.

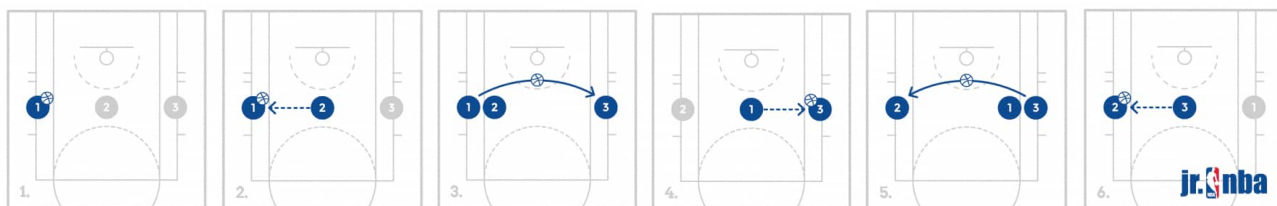


### Key Points

Work on good fast break decision making while also working on good 2 on 1 defense.

## Tracing the Ball Breakdown Drill

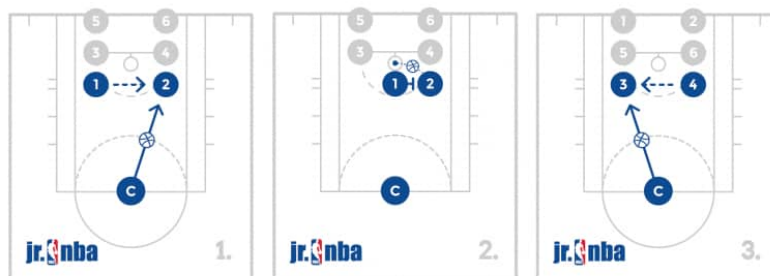
- Group the players into 3's and have one ball per group.
- Two players should stand a little more than the lane width apart and face each other, one with the ball.
- The third player will start in the middle and run to close out to the player with the ball and trace the ball.
- The player with the ball will wait 3 seconds before passing to their teammate.
- After passing, the player will follow their pass and close out and trace the ball with the player that received the pass.
- Continue this cycle insuring good close outs and tracing the ball.



## Competing

### On the Block Finish Drill

- Have 2 lines on the baseline with two players standing on the blocks.
- The coach will have the ball at the free throw line and pass the ball to one of the 2 players.
- That player will have a maximum of 1 dribble to take a shot and must not move backwards.
- The player who did not receive the pass will become defense and try to stop the player with the ball.



### Key Points

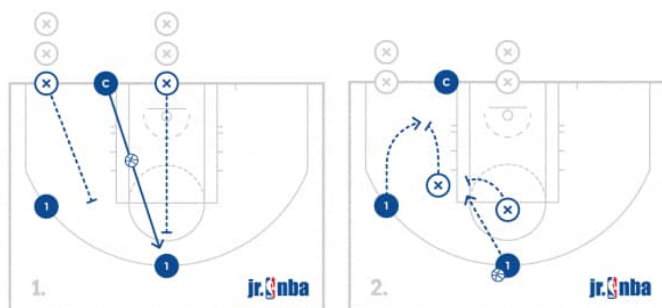
Work on finishing with a live pass and defense.

### Elbows Finish Drill

- Have the players partner up with one ball per group.
- Have one players of offense and one player on defense starting around the elbow.
- The offensive player will start with the ball facing the basket and gets a maximum of 3 dribbles and only one shot attempt.
- After one shot, that group will go to the back of the line and the next group will start.
- Make or miss the shot, the offensive and defensive player will always change positions on the next possession.

## 2 On 2 Closeout

- Have a player on the wing and the top of the key and 2 lines on the baseline lined up across from them.
- When the coach passes the ball to one of the players on the perimeter, the first two players on the baseline will closeout to the ball or help defense, and then begin playing 2 on 2.
- Each team gets 1 shot.
- The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next closeout.



### Key Points

Make sure the players work on good closeouts and playing good defense.

## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.

**PRACTICE PLAN 11****Cultivating Values & Developing Wellness****Nutrition**

- There is an old saying that applies to many aspects of life: “Garbage in, garbage out.” That means if you put a lot of garbage foods into your body, your body’s output of athletic energy will be lacking.
- It is important to eat balanced meals that include enough fruits and vegetables, protein and carbohydrates. It’s also important to avoid processed sugar, such as in candy or soft drinks.
- All true basketball players want to perform at their best every time they hit the court. To make sure you can do that, eat right and drink plenty of water to stay hydrated and healthy, especially in the hot summer months.

**Warm Up****Dynamic Warm-Up Part 3**

- In Out Turn
- Over the Hurdle Forward
- Quick Feet & Turn
- Over the Hurdle Backwards
- Hip Up & Over Touch
- Jog to Sprint

**Building Skills – Ball Handling****Figure 8 Fingertips**

- Have all the players get a ball (or share) and find a space on the court.
- The players will begin taking small dribbles in front of their right foot and then continue taking small quick dribbles as they dribble between their legs to the left hand.
- The player will continue the process with the left hand coming around the left leg and then through the legs to the right.
- Continue this process for the allotted time and switch directions.

## Single Leg Wraps

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs wide and their chest up.
- The players will then wrap the ball around one leg for 10 seconds and then change directions for 10 seconds.
- They players will then do the same activity on the other leg which completes one set.

### Key Points

Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Help the players feel confident moving the ball as if it is an extension of themselves. Push the players to wrap the ball fast, in order to challenge their control.

## Stationary Front to Back Dribble

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Using only the right hand, each dribble should bounce wide outside of their right foot and will bounce forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to then bounce it backwards.

### Key Points

This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

## Side to Side Dribble

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce from right to left only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side.

### Key Points

This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

### 3-3-3 Dribble Drill

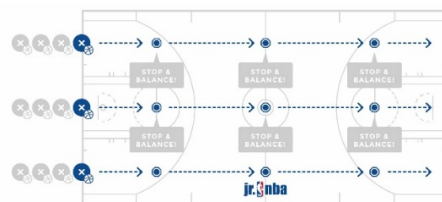
- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribbles.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right-handed dribbles and continue the process for the allotted amount of time.

#### Key Points

This drill will work on low controlled dribbles with both hands as well as the crossover.

### Dribble Balance Push

- Line the players up on the baseline in even groups and each player with a ball.
- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
- When the players get to the foul line area, they will all stop on their left foot and dribble with their left hand and again until the coach says go.
- Now the players will push forward and dribble with their right hand and continue this pattern.
- As the first group gets to the foul line the next group will begin on the baseline.
- Each group will go to the foul line, half court, the opposite foul line and the opposite baseline.

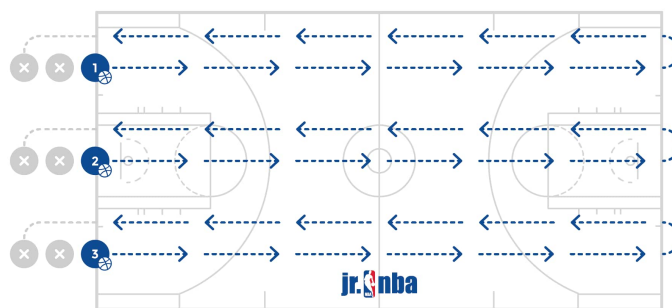


#### Key Points

Work on ball-handling while maintaining good balance and stability. Then work on pushing off that outside foot to move forward slightly to the opposite side.

## Running Dribble Right/Left/Crossover

- Have players get into balanced groups and line up on the baseline. The first player in each line should have the ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.
- Players should do this two times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.



### Key Points

Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.

## Building Skills – Passing

### Open & Decide Drill

- Have the players start in a line at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another 2 players, 1 standing on each block and a coach or 4<sup>th</sup> player guarding one of those players.
- The player with the ball will open their eyes on the whistle and make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.
- The passer will now take the place of the shooter. The shooter will take the place of the defender and the defender will go to the back of the line.
- Keep a tally of how many made baskets the team scores in 3 minutes so you can compete against this number in later practices.

### Key Points

Make sure the defender clearly guards one player and does not leave that player until the pass is made! Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots as possible, ensure that the defense contests hard.

## Building Skills – Shooting

### 1-Step Form Drill Part 2

- Have the players start in a line at the lane facing the sideline with the basket to their left.
- Have the players push off their right foot and land on the left foot as they catch the ball, turn to square up and shoot.
- The player should rebound and give the ball back to the coach as the next player goes by.

#### Key Points

Work on a good big push, being balanced and turning and squaring up for a perfect shot.

### Partner Lay-Ups

- Have players partner up and get one ball for the two.
- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.
- When the coach indicates, the player with the ball will dribble in for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.
- Change spots on the court as the players get more comfortable.

#### Key Points

This drill emphasizes having the players finish layups at game speed with a real defender behind them which forces them to have further concentration.

## Building Skills – Rebounding

### 3-Second Box Out Drill

- Have the players partner up and get a ball.
- The players will place the ball on the floor and take four steps away from the ball.
- 1 player will be offense and 1 player will be defense facing the offensive player with their back to the ball.
- When coach yells “shot” the defensive player will make contact and box out the offensive player as the offensive player tried to go touch the ball.
- The goal is to have all defensive players to hold the box out preventing the offensive player from touching the ball for 3 seconds.
- Switch roles and repeat the process.



## Building Skills – Footwork and Conditioning

### Change of Speed Drill

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.
- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.
- The first set should be down and back with the right hand, the second set with the left hand and the 3<sup>rd</sup> set with crossovers at the change at the change of speed.

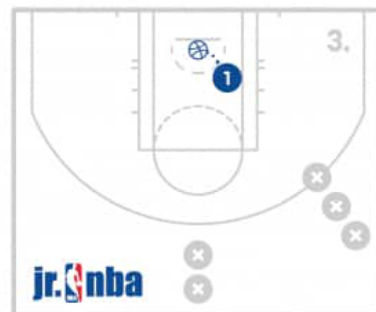
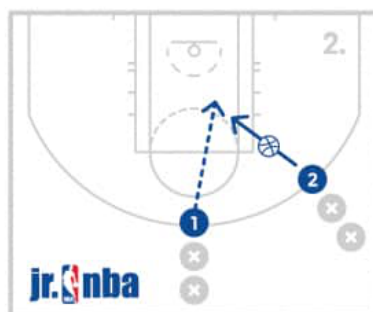
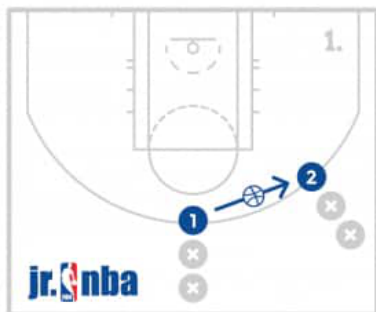
#### Key Points

This drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

## Team Concepts

### Pass and Cut Drill

- Have the players line up at the top of the key with a few balls at the front of the line and have another line on the wing.
- Have the players pass the ball to the line on the wing and then cut by running to the basket.
- The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay-up, rebound, and then switch lines.

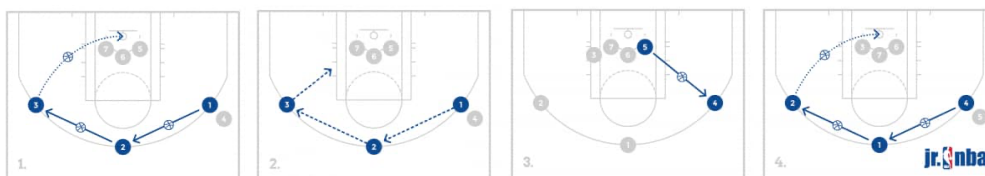


#### Key Points

Emphasize a good pass and a quick cut looking for the ball.

## Reverse the Ball Drill

- Start the player on the wing. Place another player at the top of the key and another player on the opposite wing, and the remaining players in a line under the basket as rebounders.
- The player at the front of the line of the wing will start with the ball in a triple threat stance and when the coach says “Reverse the ball!” the player will pass the ball to the top of the key.
- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player of the opposite wing catches the ball, they will shoot the ball and then go to the rebounding line.
- The player that gets the rebound will make an outlet pass to the wing where the ball started and then go to the end of that line.
- The player who passed from wing will move to the top, the play from the top will move to the shooting wing, and the wing that started the drill will move to the top.
- Have a group at another basket doing the same thing and compete to 8 makes and then change directions and then change to a 1 dribble pull up for 2 games.



## 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

## 5 On 5 No Dribbles

- Divide the players into teams and have them play games of 5 on 5 with no dribbles.
- If a player dribbles, it is a turnover and the other team gets the ball.
- Play for the allotted time and then communicate observations about the play.

### Key Points

Encourage the players to keep moving and cutting to get opportunities to score. Remind the defense that with no dribbles, they can pressure the ball and deny passes!

## **PRACTICE PLAN 12**

### **Cultivating Values & Developing Wellness**

#### **Confidence**

- Confidence comes mostly from hard work. If players know they have put all they can into preparing, they will feel much more confident come game time. Even in practice, going as hard as they can on every drill and in every scrimmage lets them feel their improvement and have a sense that they are earning their success. The more they see hard work paying off – even in small advances – the more confidence they gain and thus the more they gain and thus the more willing they are to put even more toward the next level of advancement.

### **Warm Up**

#### **Run to That Line**

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.
- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.
- **Example:** “Everybody go with High Knees to the baseline!”

#### **Key Points**

Teach the players about the court while also teaching them proper execution of fundamental movement skills.

### **Building Skills – Ball Handling**

#### **Finger Dribble Drill**

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs apart.
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.
- The first dribble will focus on using their thumb and will then progress to using their pinky finger and back for 30 seconds.

#### **Key Points**

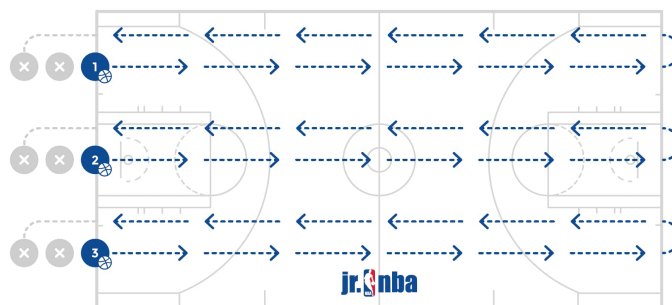
This drill works on good control dribbles using the fingertips.

## 5-5-5 Creative Dribble

- All players need a basketball (or share) and should stand on the baseline.
- The players will get 5 seconds to dribble the ball with their right hand.
- The players will then get 5 seconds to dribble the ball with their left hand.
- The last 5 seconds the players will get to dribble creatively in any way that they want.
- Repeat this process.
- This should be a fun drill that allows each player to be creative with the ball.

## Running Dribble Right/Left/Crossover

- Have players get into balanced groups and line up on the baseline. The first player in each line should have the ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.
- Players should do this two times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.



### Key Points

Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.

## Building Skills – Passing

### Who Is Ready Drill

- Have the players get in groups of 3 standing in a triangle with one basketball.
- 1 player will have the ball facing away from the other two.
- The two players without the ball will determine 1 play to make eye contact with the player with the ball.
- The player with the ball will then jump and turn around to face the two players and locate which player is looking at them and has their hands up for the pass and make a quick step and pass.
- Repeat this action with the new player with the ball.

### Key Points

The player with the ball must quickly read and recognize when a player is ready to receive a pass. The other 2 players must quickly decide who will make eye contact.

## Jump Stop Pivot Pass Drill

- Have the players divide into groups, hold a ball, and stand in a good stance on the baseline.
- The players will dribble to the free throw line extended and jump stop and then forward/reverse pivots until they are facing their line again.
- Have the players then back to the next player in line and continue the process.

### Key Points

Help the players understand the importance of a good jump stop, good on balance pivots, good passes and showing a target.

## Dribble & Pass to Target Drill

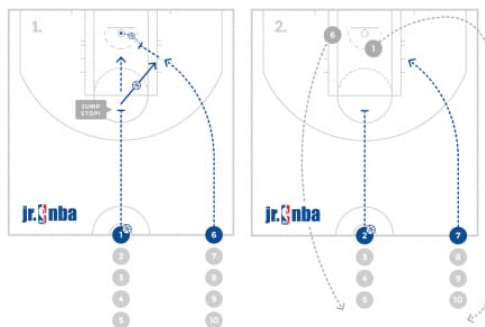
- Have the players start on the baseline on the right side of the court in one line.
- Each player can have a basketball or the first 5-6 players.
- Set up a cone at the opposite wing on the other side of half court.
- Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone.
- The coach should stand behind the cone and give the ball to the players after their pass.
- Players will get the ball back and go to the back of the line.
- Players receive one point each time they hit the cone.

### Key Points

Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

## Dribble, Jump Stop, & Pass Drill

- Have 2 lines at half court, 1 in the middle and one on the side.
- The line in the middle has the ball and will dribble to the free throw line, come to a good jump stop and make a good bounce pass to the player running in from the line on the side.
- The player from the sideline will shoot a lay-up and the passer will get the rebound and the players will switch lines.
- This will continue for 2 minutes and then will be done on the other side as well.



### Key Points

The players should dribble under control and come to a solid jump stop to make the bounce pass to a sprinting finisher.

## Building Skills – Shooting

### Partner Lay-Ups

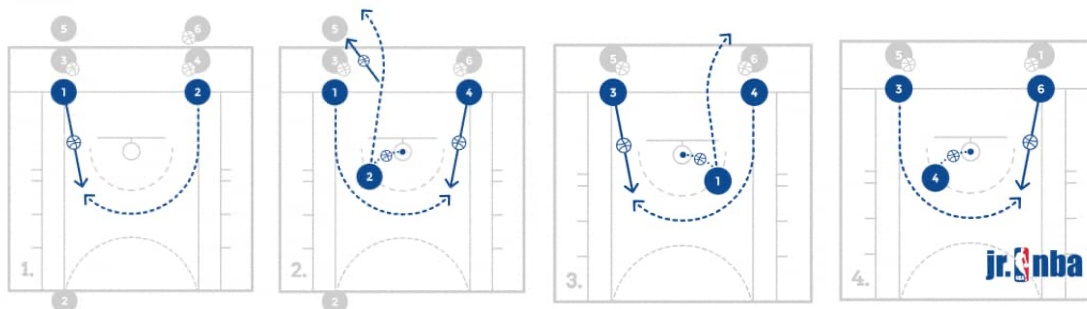
- Have players partner up and get one ball for the two.
- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.
- When the coach indicates, the player with the ball will dribble in for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.
- Change spots on the court as the players get more comfortable.

#### Key Points

This drill emphasizes having the players finish layups at game speed with a real defender behind them which forces them to have further concentration.

### Loop Shooting Drill

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.
- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
- After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
- The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
- The player who made that pass will continue the process of looping behind, shooting, and going to the other line.
- Have the players shoot from different distances from the basket when you dictate.



#### Key Points

Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.

## Jump Stop Shooting Game

- Have the players divide into as many as 4 groups at shooting shots (wings & slots) and the first player in each line will have a ball. The player at the front of each line should have a ball.
- The players will dribble into the cone setup a few feet from the basket, jump stop and shoot, get their rebound and give it to the next player in line.
- The first team to 6 made baskets wins.

### Key Points

Work on a good jump stop, being balanced and making shots moving ahead at game speed.

## Building Skills – Rebounding

### Self-Toss Rebound Drill

- All players need a basketball (or share) and should stand in an open space on the court.
- The players will use two hands to toss the ball into the air.
- The player will move towards the ball, jump and catch the ball at their peak.
- They will then repeat and give the ball to the partner.

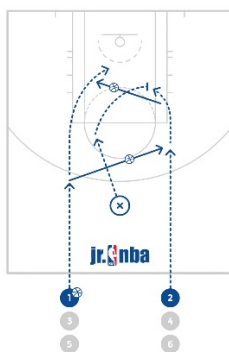
### Key Points

It is important for the players to see the ball, track its trajectory and jump and catch the ball at their peak.

## Team Concepts

### 2-On-1 Fast Break Drill

- Start with 2 lines at half court and one line with a ball.
- Have a defender starting at the top of the key.
- Have the two offensive players attack to try to score in a 2 on 1 fast break setting.
- The player who takes the shot or turns the ball over will then become the defensive player at the top of the key.
- The other players will go to the back of the lines at half court.



### Key Points

Work on good fast break decision making while also working on good 2 on 1 defense.

## Building Skills – Competing

### 2 On 2 Numbers Game

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and 1 shot of 2 on 2.
- Evenly mix the numbers you call, and the game is over when any team gets to 5 points playing by 1's.

#### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

### 3 On 3 Numbers Game

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call, and the game is over when any team gets to 5 points playing by 1's.
- There is a 3-dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

#### Key Points

Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

### 5 On 5

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes three shots.
- Encourage the players to cut, move the ball and work on all the basketball concepts they have learned.

### Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.

#### Key Points

All compliments should be natural. Not every player has to give or receive a compliment.