

jr.nba Instructional Curriculum

Rookie Practice Plans



www.jr.nba.com

www.teamsideline.com/lincolne



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

Have Fun!

- Share with the players the importance of having fun and remind everybody that the jr.nba is all about enjoying the game of basketball.
- Have fun, smile, learn, and enjoy your teammates!
- The **Positive Coaching Alliance (PCA)** reminds us that keeping basketball fun for players is key to their success as players and as people. After all, if the sport is not fun, players may stop playing and never develop into the athletes they could become. If that happens, they are denied the opportunity to learn all the life lessons available through basketball. However, as long as we keep the game fun, they will always love the game and become all they can as players and people.

Know Your Team Game

- Have the players stand in a circle with the coach in the middle.
- The coach will have a ball and toss it quickly to a player.
- As the player catches the ball, the coach asks the player a question (see suggestions below).
- The player will quickly answer the question and toss the ball back to the coach.
- The coach will repeat this process tossing the ball to different players and asking different questions.
- **Here are a few suggested questions:** What is your name? Do you have a brother or sister? What is your favorite color? What is your favorite basketball team? What is your middle name? When is your birthday?

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 partner 1.
- At the coach’s command “Move on . . .”, 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 their partner was commanded, and locate and gently tag their partner.
- Once tagged both partners must go back to the center court where they will switch roles and repeat.
- Movement options: Hopping on 1 foot, hopping on two 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

Ball Handling Fundamental Skill

- The act of moving and controlling the ball. Ball-handling includes ball control, dribbling, and dribble moves. The better the ball-handler, the easier it becomes for the player to move with the ball and create opportunities for their team.

Holding the Ball

- Players should hold the ball with 2 hands on the sides of the ball, so their palms are facing towards each other. It is important that players are able to bend their wrists and can keep the ball close to their body.

Toss & Catch

- 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 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 soft catch.

Smacks

- 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

- 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 with 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 comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

Waist Wraps

- Players need a basketball (or share) and should stand on the sideline.
- The players should start with the ball in front of their waist and wrap it quickly in circles around their waist.
- Once they have completed the allotted wraps, they should do the same movement going the opposite direction.

Key Points

Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Help the players gain confidence moving the ball as if it is an extension of their body. Push players to wrap the ball fast, in order to challenge their control.

Head Wraps

- Players need a basketball (or share) and should stand on the sideline.
- The players should start with the ball in front of their face and wrap it quickly in circles around their head.
- Once they have completed their allotted wraps, they should do the same movement going the opposite direction.

Key Points

Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Help the players gain confidence moving the ball as if it is an extension of their body. Push the players to wrap the ball fast, in order to challenge their control.

Building Skills – Passing

Passing Fundamental Skill

- Passing is the act of throwing the ball to a teammate. A basic pass happens by holding the ball with two hands, stepping towards a teammate, and pushing the ball from the middle of the body to a teammate. Passing the ball to teammates moves the ball quicker than dribbling, and also forces the defensive players to move and react. Just like ball-handling and shooting, passing is a skill that must be honed.

Stationary Wall Passing - Chest

- The players should get a basketball (or share) and stand a short distance from a wall and find a target on the wall.
- Teach the players to step with a lead foot toward the target as they snap their thumbs down and extend their arms to pass the ball to the target.
- After the ball hits the wall, the players should catch the ball and repeat the process.

Key Points

Make sure the players have good balance, look at the target, step towards the target, extend their arms, and snap their thumbs down as they pass the ball. The ball should have backspin as it is in the air.

Building Skills – Shooting

Shooting Fundamental Skill

- Shooting is the act of throwing the ball with the purpose of it to go through the basket.
- Players should start in a good stance with their shooting hand elbow under the ball and the other hand holding the ball steady on the side. The players will use their whole body to push the ball toward the basket.
- To shoot with good form, it is important to bend the knees for both balance and strength. The players should have their feet a little wider than shoulder width apart, and often, shooters will have the foot on the side of their shooting hand slightly ahead of the other foot. The player's feet, knees, hips, shoulders, and head should all be facing the basket. The shooting hand elbow should be under the ball while the other hand should support the ball on the side. The ball should be in the fingertips of the shooting hand with a small gap between the palm and the ball. Then in one motion the player should extend their legs while extending their shooting hand. The hand and elbow should come to full extension up high with the ball primarily coming off the fingertips of the index and middle fingers. The players should flip their wrist forward creating backspin on the ball which allows it to land softly on the rim. The opposite hand should come off the ball just before the player releases the ball from the shooting hand. The player should land in the same place they jumped from on both feet nice and balanced and hold their follow-through until they see if the shot goes in.

Form Shooting No Ball

- All players should stand on the sideline facing the coach.
- With bent knees and dominant hand elbow in, have the players move their body upward in one motion to simulate shooting the ball.
- The players should follow through by straightening their arm and flipping their wrist, in an effort to have a perfect shot.
- The players should hold the follow through until the coach indicates for them to reset in a good stance.

Key Points

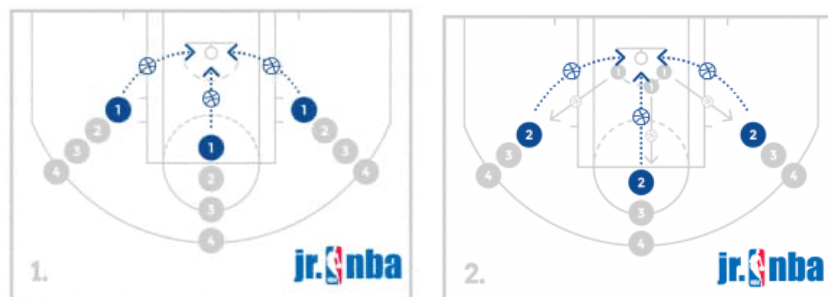
Have the players emulate the perfect shot and perfect form as they go through the drill.

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.



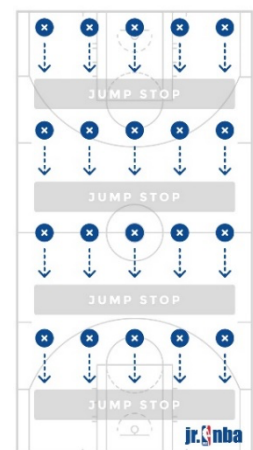
Building Skills – Footwork and Conditioning

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 – No 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

Teamwork Carry Drill

- Pair the players up according to their height and have them start next to their partner in a few lines.
- The first partner pair in each line will be responsible for getting the ball to half court and back to their line.
- The partners will place the basketball on their hips and put their hands in the air.
- They are not allowed to use any other body parts to carry the basketball and must always be in the side-to-side position and not back-to-back or side-to-back.
- If the ball drops, simply pick up the ball and go back to where the ball was dropped and continue.
- Have each pair do this at least one time. If desired, play the game by carrying the ball with their shoulders.

Key Points

This is a fun team building exercise that forces players to work together. Have all the players encourage each other and have fun.

Competing

Coach, What Time Is It?

- All players will start on the baseline. The coach will start near the opposite baseline facing away from the players.
- The players will all together say “Coach, what time is it?”
- The coach will respond by yelling out any number 1-12 (e.g. “10 o’clock!”).
- The players will then take that number (ten) big steps (and dribbles if using a ball) forward.
- After completing the steps, the players will ask again, “Coach, what time is it?” the coach will continue with another number or yell out “Game Time!”
- At any point, if the coach yells “Game Time!” the coach is allowed to turn around to tag the player(s).
- The players will run back to the baseline that they started on to be “safe.”
- If a player is caught, they will then join “Coach.”

Key Points

If needed, add the ball and have all players dribble the number of steps they take, as well as dribble when the coach yells “Game Time!” to get away from the coach.

Complement Session

- Gathers 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.

PRACTICE PLAN 2

Cultivating Values & Developing Wellness

Active Lifestyle

- Have players volunteer to demonstrate the most basic examples of being active and not being active.
- Have players define being active in life.
- Explain why they should try new sports and live actively.
- The **Positive Coaching Alliance (PCA)** explains that 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 and 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, 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 are less susceptible to overuse injuries.

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 and 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 the hamstring and keeping the foot dorsiflexed (toes up). “Heel to hamstring” is an important cue to promote the proper shin angle. The players will run and quickly alternate bringing their knees high towards their chest.
- Players will march by walking and pulling their knees up, toes up, and arm up at a 90-degree angle.

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

Toss & Catch

- Players need a basketball (or share) and should find space on the court facing 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 soft catch.

Smacks

- 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 comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

Dribbling Fundamental Skill

- Dribble/Dribbling -- Bouncing the ball to the floor with one hand. A player who is dribbling cannot use 2 hands at the same time and cannot put any part of their hand under the ball. Both result in a violation.
- Dribble the ball by using the fingertips of one hand to bounce the ball off the floor repeatedly. Dribbling is utilized to move around the court and move past defenders.
- It is important to teach the players to use their fingertips, develop both hands equally and work on dribbling in their free time as well.

Stationary Low 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 the allotted time and then switch to their left hand and complete the same process.

Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, quick dribbles to improve coordination and ball control.

Stationary Middle 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 at knee level in a good stance with their eyes up and using their left arm to protect the ball.
- The players will do this for the allotted time and then switch to their left hand and complete the same process.

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 down with firm, quick dribbles to improve coordination and ball control. Teach the players to pound the ball with each dribble.

Up or Down Game

- Divide the players into 2 teams – Team “Up” and Team “Down.”
- Spread cones around the gym facing up and the same number of cones around the gym facing down.
- All players have a ball and on the “Up” team will dribble around the gym and try to put all the cones standing up.
- The players on the “Down” team will dribble around the gym trying to put all of the cones facing down.
- Players must continually move around and cannot guard the cones.
- Players adjust as many cones as possible in four minutes.
- After the four minutes, count how many cones are up and how many are down to determine the winning team.

Key Points

Make sure the players continue to move around and do not guard the cones. Try to use at least as many cones as the number of players if not more.

Building Skills – Passing

Stationary Partner Pass: Bounce & Chest

- 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 bounce 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. With a bounce pass, the pass will need to bounce more than halfway to the teammate. The players should take a big step towards their partner, extend their elbows, and snap them down to make a good pass.

Building Skills – Offense

Fundamentals of The Triple Threat

- The triple threat is the ideal 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 says “Triple Threat!” as they drop down to 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.

Building Skills – Footwork and Conditioning

Explosion Leaps

- All players will start on the sideline in a low squatting position with their knees bent, butt down, and hands on the floor in front of them.
- On the coach’s command, the players will then explode by jumping up and out as high and as far as they can.
- The players will land balanced on two feet and repeat this movement until they reach the opposite sideline.

Key Points

Emphasize leaping as high and as far as possible while controlling their body. This exercise will help players work on coordination, jumping and standing, as well as endurance.

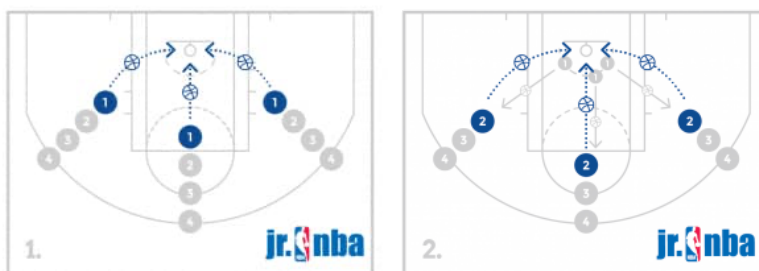
Team Concepts

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.



Competing

Red Light

- All players will start on the baseline with a basketball and the coach will stand at the opposite baseline with his back to the players.
- When the coach says, “Green light,” the players will dribble and jog/run toward the other baseline while dribbling.
- When the coach says, “Yellow light,” the players will walk while dribbling.
- When the coach says, “Orange light,” the players must walk backwards while dribbling.
- When the coach says, “Red light,” the players must quickly come to a jump stop and stay in the triple threat stance. At the same time, the coach will turn around and try to catch the still moving.
- When the coach says, “Red light,” and turns around, if a coach sees a player still dribbling or moving, the player must return to the baseline and start over.

Key Points

Make this a fun game for the players to work on their ball handling. Ensure that the players are dribbling and taking controlled dribbles as they move.

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 have the players follow.

PRACTICE PLAN 3

Cultivating Values & Developing Wellness

Confidence

- Have players define confidence and explain how to build confidence.
- Believe in yourself. You can do it! The coaches and your parents believe in you.
- The **Positive Coaching Alliance (PCA)** reminds us that coaches can always instill confidence in their players by encouraging them and letting them know you believe in them, but also through non-verbal cues.
- Confidence also comes from hard work. If players know they have put all they can into preparing, they will feel much more confident when it's time to play the game. 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 willing they are to put even more toward the next level of advancement.

Warm Up

Running Stop Drill

- Players will start on the baseline without a ball.
- The coach will say “Go!” and the players will start running around the gym in any direction.
- The coach will then say either “2 Feet!” “Left Foot!” or “Right Foot!” to indicate how the players should stop.
- The players will then stop in the manner which the coach has commanded and hold that position.
- Stopping should be very quick and work on balance.
- Repeat the process for three minutes.

Building Skills – Ball Handling

Smacks

- 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 comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

Single Leg Rolls

- 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 put the ball on the floor and roll it round one leg for 15 seconds and then change directions for 15 seconds.
- The players will then do the same activity on the other leg which completes 1 set.
- The players should maintain contact between their hand and the ball during the entire roll.

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. Encourage the players to go as fast as possible and not worry about losing the ball.

Double Leg Rolls

- All players need a basketball (or share) and should stand on the sideline.
- Players should keep their feet together and bend their knees while they put the ball on the floor.
- The players will roll the ball around both feet by keeping one hand always in contact with the ball for 15 seconds.
- The players will then change directions for 15 seconds.

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 eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

Stationary Crossover Low, Medium, 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.

Building Skills – Passing

Catch with Coach Drill

- All players need a basketball and should stand on the sideline.
- All players will dribble their ball in one place.
- The coach will approach each player and ask for a pass by showing their hands and looking at the player.
- The player must see the coach and make a good chest pass.
- The coach will pass the ball back to the player.
- The player will then continue to dribble the ball as the coach moves on to the next player.
- The coach will continue through all the players.
- After completing 1 minute with the chest pass, the players will execute a bounce pass.

Key Points

Ensure that all players make eye contact before passing and show their hands as a target before catching. With a bounce pass, the pass will need to bounce more than halfway to the teammate. Encourage the players to make good quick sharp passes, communicate loudly by calling names, and work on their ball handling.

Stationary Pass - Chest

- The players should get a basketball (or share) and stand a short distance from a wall and find a target on the wall.
- Teach the players to step with the lead foot toward the target as they snap their thumbs down and extend their arms to pass the ball to the target.
- After the ball hits the wall, the players should catch the ball and repeat the process.

Key Points

Make sure the players have good balance, look at the target, step towards the target, extend their arms, and snap their thumbs down as they pass the ball. The ball should have backspin as it is in the air.

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 the perfect shot to self, the player must hold up their follow through from where they finished 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 the 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.

1.2.3. Shooting (At Basket)

- All players need a basketball or share and start in the paint facing the coach standing under the basket.
- One at a time, the players will follow the coach's command of "1.2.3. Shoot" and shoot the ball to the basket executing the following actions according to each number.
 1. Bend down to the "leap jump" position; the basketball will be in front with the players dominant hand in the middle of the ball, and the other hand on the side of the ball.
 2. Without moving from the "leap jump" position, players will lift the ball slightly over their dominant hand shoulder with the elbow under the ball and forming a 90-degree angle.
 3. The players will explode upwards using their legs while simultaneously extending their arms to shoot the ball towards the coach. The players should follow through by flicking their wrist and hold that hand up while landing on balance. The coach will pass the ball back to the player and begin the process with the next player.

Key Points

Ensure that you focus on each player. It is important that the players move in one fluid motion while also working on their mechanics. If there are more than 8-10 players per coach, divide the players into smaller groups. Encourage the players not shooting to be prepared and stay on the 3-point line but allow them to independently work on their ball-handling as well.

Team Concepts

Teamwork Carry Drill

- Pair the players up according to their height and have them start next to their partner in a few lines.
- The first partner pair in each line will be responsible for getting the ball to half court and back to their line.
- The partners will place the basketball on their hips and put their hands in the air.
- They are not allowed to use any other body parts to carry the basketball and must always be in the side-to-side position and not back-to-back or side-to-back.
- If the ball drops, simply pick up the ball and go back to where the ball was dropped and continue.
- Have each partner pair do this at least one time. If desired, play the next game by carrying the ball with the shoulders.

Key Points

This is a fun team building exercise that forces players to work together. Have all the players encourage each other and have fun.

Competing

Coach Says

- “Coach Says” is similar to “Simon Says.”
- The objective is to do everything the coach instructs, but the coach must first say “Coach Says” before every request.
- If the player does the action that a coach says without the coach first saying, “Coach Says,” the player is out.
- When the coach states, “Coach says defense!” the players will slap the ground and yell “Defense!” as they assume the defensive stance.
- When the coach states, “Coach this way” and points in a direction, all players will quickly hop and twist their body to face that direction and immediately hop back facing the coach.
- When the coach states, “Coach says foot fire!” the players will quickly tap their feet against the floor as fast as they can while yelling.
- When the coach states, “Coach says up!” the players will jump as high as they can to grab an imaginary ball with their arms and yell, “Rebound!”
- Coaches can add other elements but remember this is a listening game and the player is out if the player does something that the coach didn’t preface with “Coach Says.”
- The game finishes when there is just one player remaining.

Key Points

If the players do a great job listening be creative with what you ask them to do, in an effort to trick the players.

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

Sportsmanship

- Have players talk about sportsmanship and provide examples of good and bad sportsmanship.
- Positive Coaching Alliance (PCA) refers to sportsmanship as Honoring the Game. Basketball is bigger than us all. To keep the game as great as it is, all who play must honor it. And, with our game kept great, the game can continue to give back to all who play.

Warm Up

Skip Tag

- Designate boundaries (such as staying inside of half court) and have all players stand inside that area.
- One player or the coach will be designated as “it.”
- All players, including the person who is “it,” will skip around the court. Skipping is the only movement the players are allowed to do.
- When a player is tagged, the game is put on pause so that all players can now see that the new player is now also “it” in helping the original person who is “it” in tagging others.

Key Points

Make sure players do not run and only skip.

Building Skills – Ball Handling

Stationary Figure 8 Rolls

- All players need a basketball (or share) and should stand on the baseline
- Players should be in a stance with their legs wide and their chest up.
- The players will then put the ball on the floor and roll it through their legs in a figure 8 motion.
- Once the players do that for 15 seconds, they should change directions and continue.

Key Points

Make sure the players bend their knees and keep their eyes and chest up while performing the drill quickly.

Moving Side to Side Rolls

- All players need a basketball (or share) and should stand on the baseline
- Players should be in a stance with their legs wide and their chest up.
- They players will then put the ball on the floor and roll it back and forth from left to right hand while walking forward to half court.
- Once the players get to half court, they will do the same thing back to the baseline while walking backwards.

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 chest and eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

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 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.

Up or Down Game

- Divide the players into 2 teams – Team “Up” and Team “Down.”
- Spread cones around the gym facing up and the same number of cones around the gym facing down.
- All players have a ball and on the “Up” team will dribble around the gym and try to put all the cones standing up.
- The players on the “Down” team will dribble around the gym trying to put all the cones facing down.
- Players must continually move around and cannot guard the cones.
- Players adjust as many cones as possible in four minutes.
- After the four minutes, count how many cones are up and how many are down to determine the winning team.

Key Points

Make sure the players continue to move around and do not guard the cones. Try to use at least as many cones as the number of players if not more.

Building Skills - Footwork and Conditioning

Fundamentals of Pivoting

- Teach the players that a pivot requires the players to have one foot that stays on the ground at all times. The other foot can move in any direction and as far as wanted but the pivot foot can never change in the same sequence or it is travel.

Forward Pivot Basic

- Have the players hold a ball and stand in a good stance on the baseline.
- Teach them to pivot by keeping their left foot on the floor and pivot around using forward quarter steps on your command, "Pivot!"
- After 4 pivots they should be facing forward again.
- Have them relax and then repeat the drill using the other foot as their pivot foot.

Key Points

Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting. Ensure players stay in a good stance while pivoting.

Building Skills - Shooting

Fundamentals of Lay-Ups

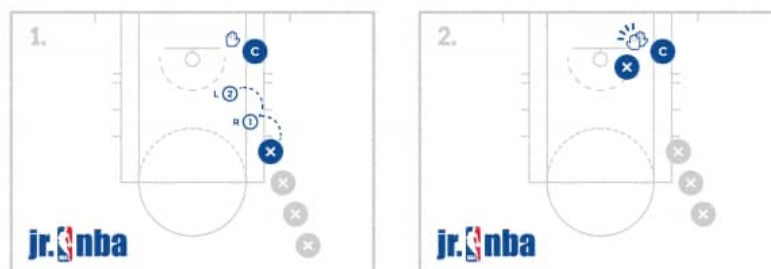
- A lay-up is a shot taken close to the basket, generally off the backboard. There are a variety of ways to shoot lay-ups and they should be worked on every day by players of all ages and skill level.

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 quickly 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.

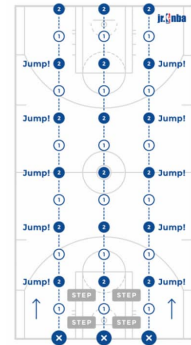
Key Points

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



Lay-Up Skips Drill

- All players should line up on the baseline and follow the coaches command of “1, 2, jump.”
- The coach should designate which foot to step with first.
- As the players jump off a foot, they should simultaneously extend the opposite hand up (jump off the left, extend the right hand).
- All players should move together on coaches’ command.
- After going down the court one way, come back the opposite and repeat.



Key Points

Don't let players move ahead of the coach's command. Emphasize the correct hand and foot until the movement becomes natural for players.

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.

Team Concepts

Cutting Fundamental Skill

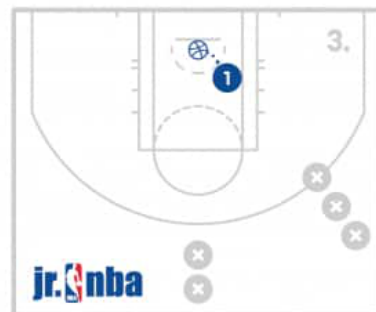
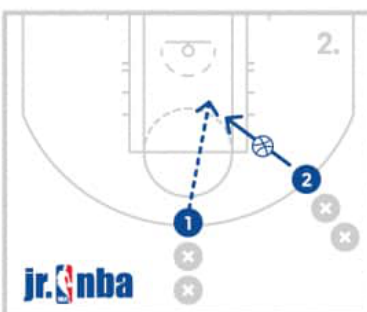
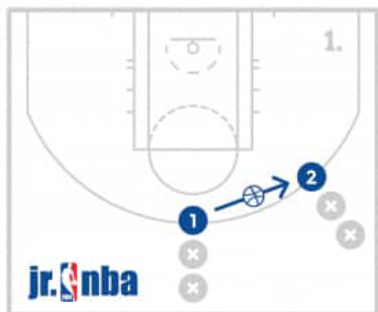
- A cut is moving without the ball to get open. There are many types of cuts that can help a player get open, such as a back-cut, v-cut, out-cut and more.

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.



Defensive Stance

- The defensive stance is 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 to prevent the offensive player from scoring.

Guarding Another Player

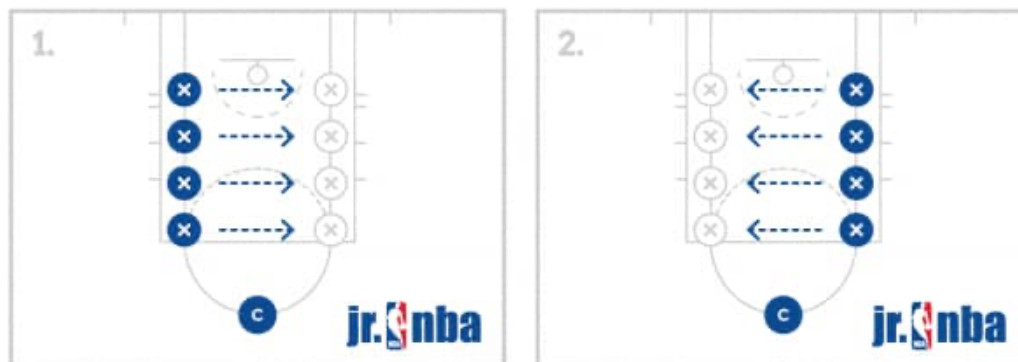
- Guarding another player, sometimes referred to as “man to man defense,” means that the player is responsible for guarding a specific player, knowing where they are on the court, and staying between them and the basket. To guard a player, the defensive player must always see the ball and be able to help their teammate if needed.

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

1 On 1 Numbers Game

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

Key Points

Encourage the players to hustle to the ball and make efficient offensive moves and score. Also encourage the defensive player to move their feet and play active defense.

Coach, What Time Is It?

- All players will start on the baseline. The coach will start near the opposite baseline facing away from the players.
- The players will all together say, “Coach, what time is it?”
- The coach will respond by yelling out any number 1-12 (e.g. “10 o’clock!”).
- The players will then take that number (ten) big steps (and dribbles if using a ball) forward.
- After completing the steps, the players will ask again, “Coach, what time is it?” the coach will continue with another number or yell out, “Game Time!”
- At any point, if the coach yells, “Game Time!” the coach is allowed to turn around to tag the player(s).
- The players will run back to the baseline that they started on to be “safe.”
- If a player is caught, they will then join “Coach.”

Key Points

If needed, add the ball and have all the players dribble the number of steps they take, as well as dribble when the coach yells “Game Time!” to get away from the coach.

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

Sportsmanship

- How do you show good sportsmanship other than saying good game after each game?
- Does good sportsmanship mean you don't mind losing?
- One way to show sportsmanship instead of just saying, "good game," is to give each opposing 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 pay 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 – or lose – with honor.

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

One Hand Moving Rolls

- All players need a basketball (or share) and should stand on the baseline
- All players will start in a good stance with the ball on the floor and their hand behind the ball.
- The players will walk to half court while rolling the ball and keeping their hand on the ball the whole time.
- Once the players reach half court they will turn around and do the same thing coming back and will repeat with the opposite hand.

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 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 of fingers. The players must see the fingers and call out the number.

Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

Walking Dribble Right/Left/Crossover

- All players need a basketball (or share) and should stand on the sideline.
- Have the players now start in a low good stance and walk and dribble forward to the other sideline.
- Once the players reach the other sideline, they will then walk backwards using the same dribble all the way back.

Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and try to perfect their dribbling mechanics while walking.

Building Skills – Passing

Stationary Partner Pass: Bounce & Chest

- 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 bounce 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. With a bounce pass, the pass will need to bounce more than halfway to the teammate. The players should take a big step towards their partner, extend their elbows, and snap their wrists down to make a good pass.

Catch with Coach Drill

- All players need a basketball and should stand on the sideline.
- All players will dribble their ball in one place.
- The coach will approach each player and ask for a pass by showing their hands and looking at the player.
- The player must see the coach and make a good chest pass.
- The coach will pass the ball back to the player.
- The player will then continue to dribble the ball as the coach moves on to the next player.
- The coach will continue through all the players.
- After completing 1 minute with the chest pass, the players will execute a bounce pass.

Key Points

Ensure that all players make eye contact before passing and show their hands as a target before catching. With a bounce pass, the pass will need to bounce more than halfway to the teammate. Encourage the players to make good quick sharp passes, communicate loudly by calling names, and work on their ball handling.

Building Skills – Shooting

1-Step Form Drill

- The players will line up in 2 lines, one on each side of the lane with both lines facing each other.
- The first player in line will alternate pushing off the foot closest to half court trying to move as far across the lane as possible.
- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with their arms simulating holding a ball.
- The player will then go to the opposite line and the player from the opposite line will do the same.
- This process will continually repeat for a minute.
- After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.
- Add a ball from 1 line to the line pushing across the lane to make it more realistic and add the shot if appropriate.

Key Points

Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.

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.

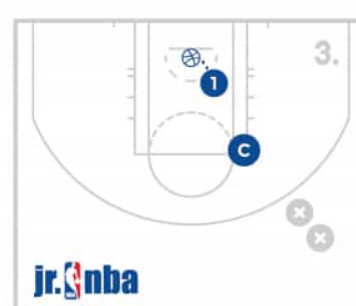
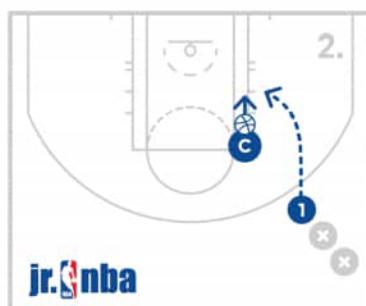
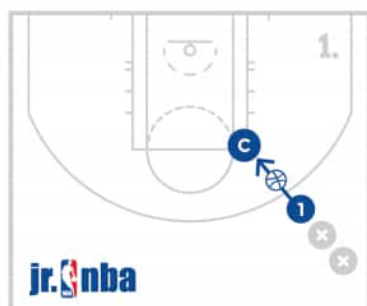
Key Points

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

Team Concepts

Give and Go Drill

- Players should start at the 3-point line with the ball on the wing.
- The player will pass the ball to the coach on the ball side elbow.
- After passing the ball, the player will immediately cut/run to the basket.
- The coach will catch the ball and pass the ball back to the cutting player so the player can catch the ball and shoot a lay-up.
- Utilize multiple baskets to maximize reps.



Key Points

Make sure the players make good passes and cut hard for a full speed lay-up.

Competing

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 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.

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.

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

Fairness

- Explain the basic rules and why we have them.
- Is it fair to break the rules?
- The rules of basketball are important. They keep the game safe and fun. If you play outside the rules, someone else or you 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 in the rest of life to follow the rules.

Warm Up

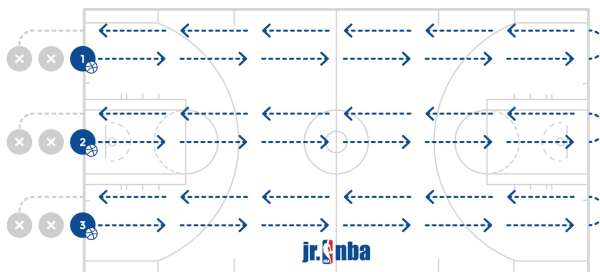
Avoid the Coach Game

- All the players start on the baseline.
- When the coach says, "GO!" all players will try to run to the other baseline.
- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.
- If the player is tagged by the coach, they will also be a tagger with the coach.
- Repeat the same process until all players have been tagged.

Building Skills – Ball Handling

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

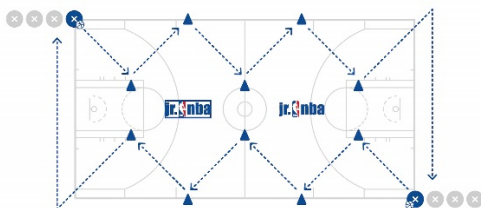
Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.

Follow the Leader

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waist, dribbling with one hand, etc.).
- Players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable being the leaders, allow that as well.

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.

Building Skills – Passing

Slide & Pass Drill

- Have 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 pass.

Key Points

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

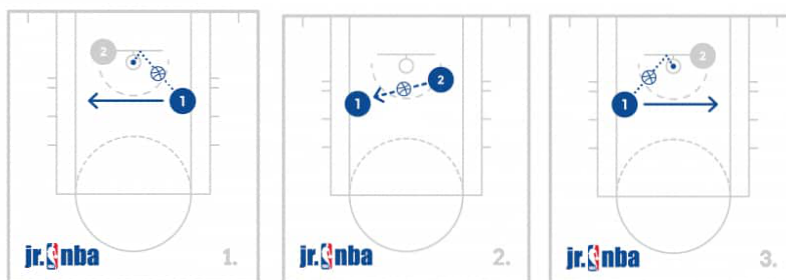
Building Skills – Shooting

Fundamentals of Using the Backboard

- Using the backboard can be helpful in many situations. If you watch an NBA game, you will see the players use the backboard often to help make certain shots easier. When using the backboard, it is important to aim for the square!

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.



Key Points

Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous score.

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.

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.

Building Skills – Footwork and Conditioning

Zig-Zag V Jumps

- Divide the players into groups and place five cones in the shape of a “V” – 1 cone, 2 cones, 2 cones.
- Have the players start at the bottom of the “V” shape.
- The first will jump with two feet from the bottom cone to the next cone and then zig-zag jump forward with two feet until the last cone.
- After this, the player goes to the back of the line for that group and the next player begins jumping.

Key Points

Make sure the players have good body control and balance as they jump. As they get better have them try to perform the drill quicker.

Team Concepts

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

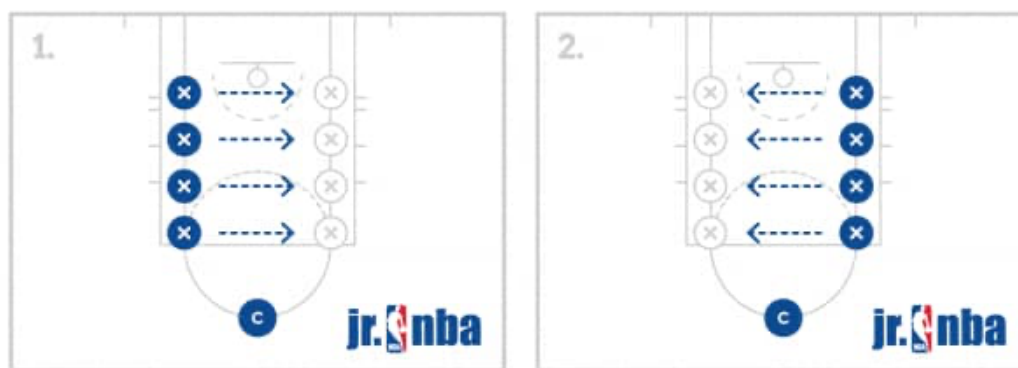
Make sure the players have a lot of energy and enjoy this. Also ensure they have good form in the defensive stance.

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

Swipers Game

- Divide the players into two teams.
- One team will have basketballs and will dribble around the court.
- The other team will move around waiting on the coach to call, “Swipers.”
- When the coach says, “Swipers,” the team without the basketballs can go try to knock the ball away from the players with the basketballs.
- If the ball gets knocked away from a player, they must go get the ball and put it over their head.
- If a teammate with a ball rolls their ball between their teammates legs, it allows the teammate to begin dribbling again.
- The game should last two minutes before switching teams.
- There should be no contact between players in the game. Swipers can only touch the ball.

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 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.

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 7

Cultivating Values & Developing Wellness

Fairness

- Is it fair to hold a player on defense while the ref isn't looking?
- Our jr.nba partner Positive Coaching Alliance (PCA) does not consider that fair. But it is a good question to ask, and one of the things that is so great about sports is that it can get people talking about what is right and wrong.

Warm Up

Running Stop Drill

- Players will start on the baseline without a ball.
- The coach will say, "Go!" and the players will start running around the gym in any direction.
- The coach will then say either, "2 Feet!" "Left Foot!" or "Right Foot!" to indicate how the players should stop.
- The players will then stop in the manner in which the coach has commanded and hold that position.
- Stopping should be very quick and work on balance.
- Repeat the process for three minutes.

Building Skills – Ball Handling

Low, Middle, High Dribble

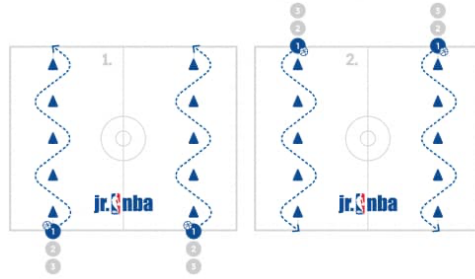
- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.
- The players will do this for 20 seconds and then switch to their left hand and complete the same process.
- The next player will move 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 of fingers. The players must see the fingers and call out the number.

Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

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 players should also be pushing off their outside foot to change directions.

Building Skills – Footwork and Conditioning

Avoid the Coach Game

- All the players start on the baseline.
- When the coach says, “GO!” all players will try to run to the other baseline.
- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.
- If a player is tagged by the coach, they will also be a tagger with the coach.
- Repeat the same process until all players have been tagged.

Building Skills – Passing

Stationary Partner Pass: Bounce & Chest

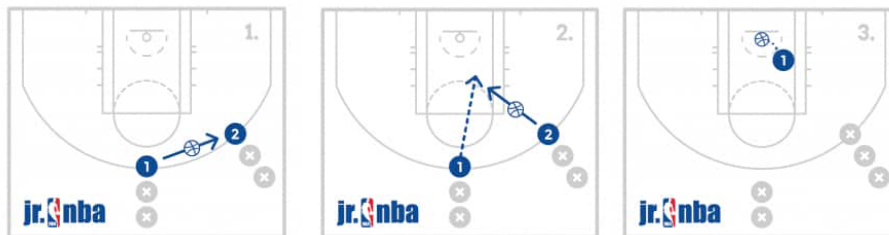
- Have players partner up, get a basketball and line up about 10 feet apart.
- Based on the fundamental passing skills and wall passing previously taught, have the players now step and pass to their partner.
- The 2 partners will make bounce passes to each other for 2 sets of 60 seconds and then do the 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. With a bounce pass, the pass will need to bounce more than halfway to the teammate. The players should take a big step towards their partner, extend their elbows, and snap their wrists down to make a good pass.

Cut and Pass Drill Part 2

- Have a line of players at the top of the key with a ball and another line of players on the wing without a ball.
- The player at the top will pass the ball to the wing player.
- The player at the top will then run/cut to the basket and the player on the wing pass the ball to the player as they cut to the basket for a lay-up.
- The players will switch lines and continue.
- Divide the groups further and have another group on the opposite wing and another line at the top to get more reps. Also use other baskets if available.



Key Points

Have players make good passes hitting the other players in the hands. Also ensure the players are cutting hard and making their lay-ups. Coaches can add light defense to make the drill feel more game like if needed.

Reverse Pivot Drill

- Have the players hold a ball and stand in a good stance on the baseline.
- Teach them to pivot by keeping their left foot on the floor and pivot using reverse quarter steps on your command, "Pivot!"
- After 4 pivots they should be facing forward again.

Key Points

Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting. Ensure players stay in good stance while pivoting.

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 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.

Building Skills – Shooting

Around the World

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

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.

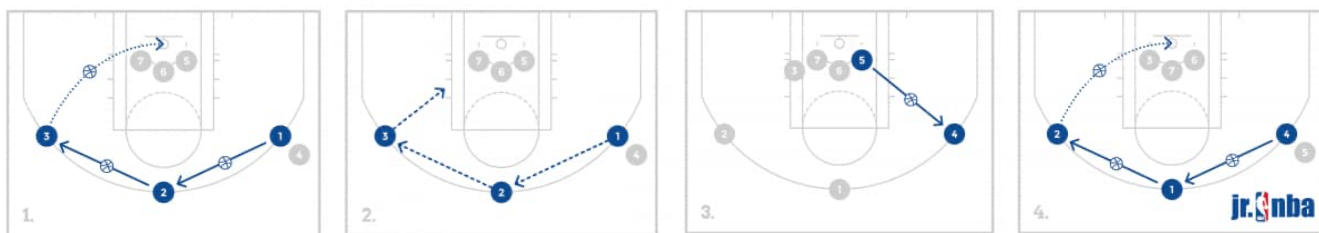
Team Concepts

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.



Competing

1 On 1 Numbers Game

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

Key Points

Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.

2 On 2 Numbers Game

- Assign 2 players to each number and have everybody 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 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.

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 8

Cultivating Values & Developing Wellness

Respect: Coaches

- Have the players define the word “respect.”
- Discuss what it means to respect your coach.
- Players should respect their coaches, who sacrifice a lot to spend time coaching. And coaches should also respect their players because it is a coach’s job to serve players by helping them learn and improve. A big part 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

Avoid the Coach Game

- All the players start on the baseline.
- When the coach says “GO!” all players will try to run to the other baseline.
- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.
- If a player is tagged by the coach, they will also be a tagger with the coach.
- Repeat the same process until all players have been tagged.

Building Skills – Ball Handling

Dribble Balance

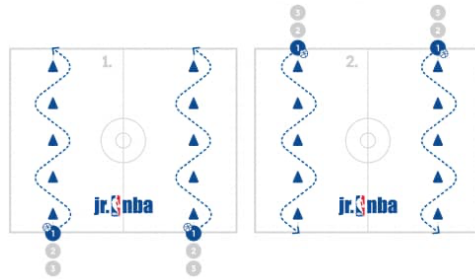
- All players need a basketball and will stand on the sideline.
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then do the same thing with their left foot and left hand.

Key Points

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

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 players should also be pushing off their outside foot to change directions.

Follow the Leader

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waist, dribbling with one hand, etc.).
- Players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable being the leaders, allow that as well.

Capture the Cones Game

- Divide the players into four teams and assign them a corner.
- Each team's goal is to collect cones from other teams' corners and place them in their own corner.
- Players are not allowed to protect their own team's corner.
- Coaches can tag players which means the player must return the cone they have from where they took it from.
- The game will end after 4 minutes and the team with the most cones wins.
- Make sure players dribble at all times and encourage them to go for the cone diagonal from them.

Building Skills – Footwork and Conditioning

Cone Jump & Pass Drill

- Place 3 cones in a close line to a wall (about 8 feet away).
- Place a basketball on top of (or next to) the cone closest to the wall.
- Based on number of players, provide this setup again.
- Players will jump over the first two cones and land in front of the 3rd cone with a basketball on it.
- The player will then pick up the basketball and pass the ball at an imaginary target on the wall.
- The player will catch the ball when it bounces back and put the ball back on the cone and go to the back of the line.
- The next player will repeat the process and the group will continue by moving quickly.

Key Points

Make sure the players are balanced and jump quickly. Emphasize having the players hitting a target on the wall!

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 block and a coach or 4th 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 possible, ensure that the defense contests hard.

Building Skills – Shooting

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 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.

Around the World

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

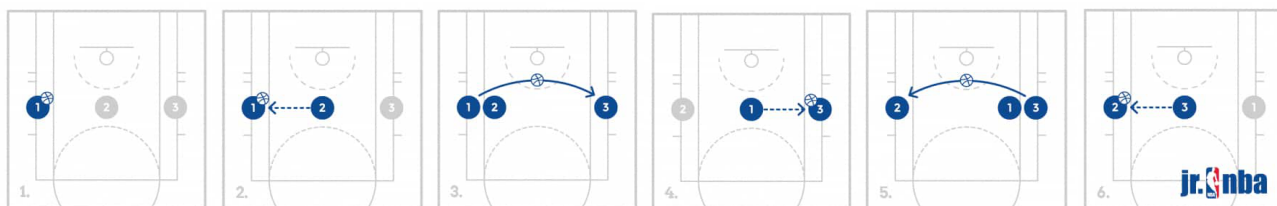
Team Concepts

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 whenever 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

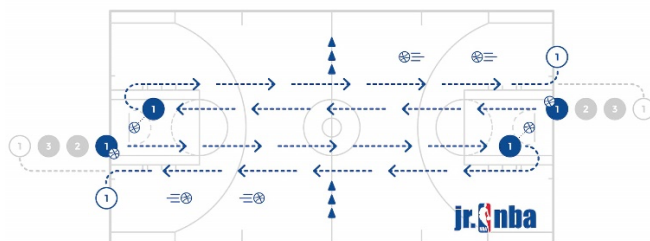
- Group the players into 3's and have one ball per group.
- Two players should stand a little more than the lane width apart and face each other, one with the ball.
- The third player will start in the middle and run to close out to the player with the ball and trace the ball.
- The player with the ball 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

Lay-Up Bowling

- Divide the players into 2 teams and have them line up on opposite baselines.
- The coach will set up 3 cones about 2 or 3 feet apart on the opposite baseline from each teams' line.
- Each team will have 2 balls. 1 with the player in front of the line and 1 off to the side.
- The first player will dribble to the opposite end of the court and shoot a lay-up.
- The player will dribble the ball all the way back to the next player in line.
- If the player misses the lay-up, they will go to the back of the line, but if the player makes the lay-up, they will go pick up the extra ball to the side and bowl/roll it towards the cones at the opposite end.
- If the player hits a cone, it counts as knocking it over and the coach will remove it.
- The team to hit all 3 of their cones first will 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 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 9

Cultivating Values & Developing Wellness

Respect: Teammates

- Have players discuss what it means to respect our teammates.
- Encourage the players to lead by example.
- 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 as a team, and you must care about each other enough to sacrifice for the good of the team.

Warm Up

Skip Tag

- Designate boundaries (such as staying inside of half court) and have all players stand inside that area.
- On player or the coach will be designated as "it."
- All players, including the person who is "it," will skip around the court. Skipping is the only movement players are allowed.
- When a player is tagged, the game is put on pause so that all players can now see that the new player is now also "it" in helping the original person who is "it" in tagging others.

Key Points

Make sure players do not run and only skip.

Building Skills – Ball Handling

Dribble Balance

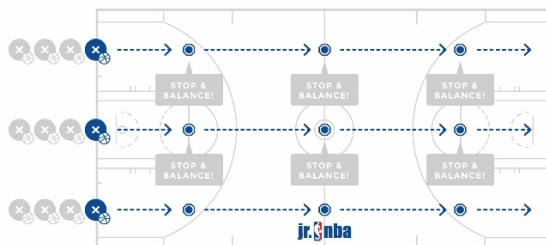
- All players need a basketball and will stand on the sideline.
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then do the same thing with their left foot and left hand.

Key Points

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

Dribble Balance Push

- Line the players up on the 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.

Over/Under Relay

- The players will be divided into even groups and line up on the baseline.
- The player in front of each line will have a basketball.
- The player in the front of each line will dribble three times with their right hand.
- After the three dribbles, the player will hand the ball either over their head or under their legs to the player behind them.
- The next player will dribble three times with their right hand and then will hand the ball to the next person by doing the opposite (over the head, or under the legs) of how they received the ball.
- The team will repeat this process until the ball reaches the last player.
- Once the last player has the ball, they will run to the front of the line and start the process again now dribbling with their left hand.
- When the ball reaches the last player this time, the game is over.

Building Skills – Passing

Who is Ready Drill

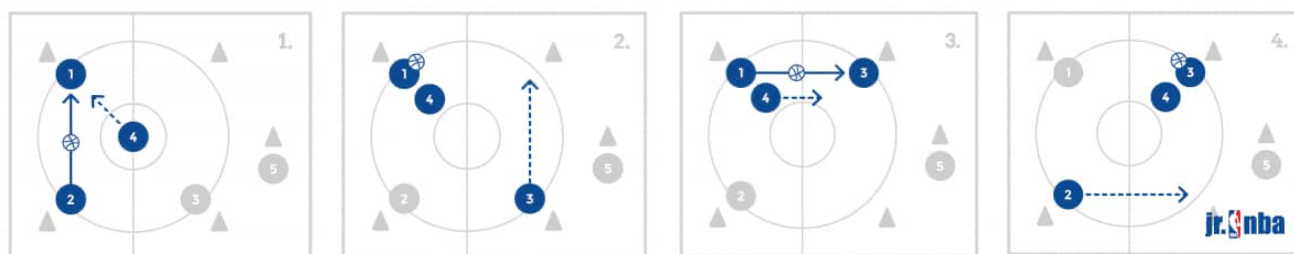
- Have the players get in groups of 3 standing in a triangle with one basketball.
- 1 player will have a ball facing away from the other two.
- The two players without the ball will determine 1 player to make eye contact with the player with the ball.
- The player with the ball will then jump and turn around to face the 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.

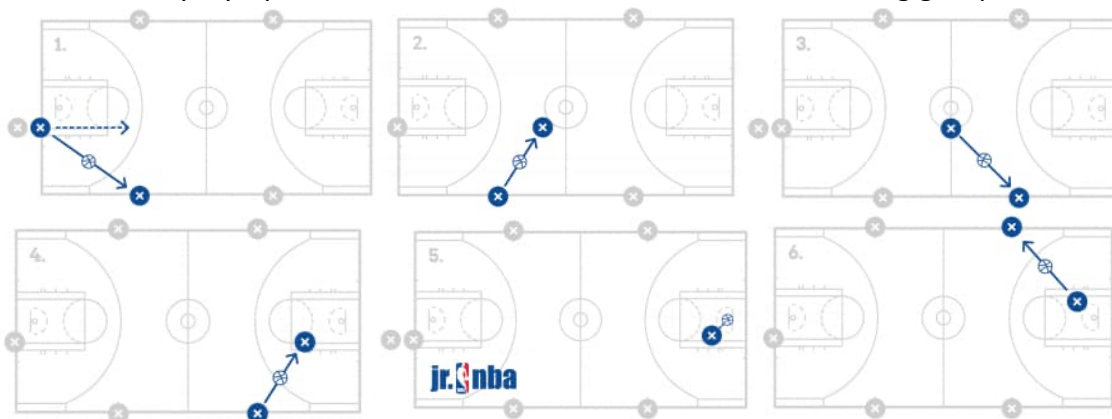
Keep Away Game

- Divide the players into groups of five. Four of the players will be active in the drill while one of the players will be in the rest station.
- Set 4 cones up in a square and 1 cone off to the side. The cone off to the side will be the rest station.
- Three players will play offense and one player will play defense.
- The three offensive players will each stand at a different cone leaving one cone open.
- The defensive player will stand in the middle of the cones.
- The player with the ball can only pass left or right and cannot pass the ball across to the opposite side.
- The players who do not have the ball must either receive the pass or “fill in” the open spot.
- The defensive players will try their best to steal the ball within 30 seconds before rotating positions.
- The player that was playing defense will rotate to the rest station.



Pass It Down the Line Game

- Divide the players into 2 even groups with 1 group on both sidelines without a basketball.
- Have the other group start with a basketball on the baseline.
- The player with the basketball will pass the ball and receive the ball back from each of the players lined up on the sideline.
- After they have made and received a pass from the last player, the player will dribble the ball to the basket for a lay-up.
- After the lay-up, the player will get their rebound and continue by coming up the other side of the court.
- This process will continue for 3 minutes.
- Count how many lay-ups that team makes in 3 minutes before switching groups.



Building Skills – Rebounding

Toss & Get It Drill

- Have the players in a line in the paint.
- Throw the ball 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 – Shooting

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.

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 make 6 baskets wins.

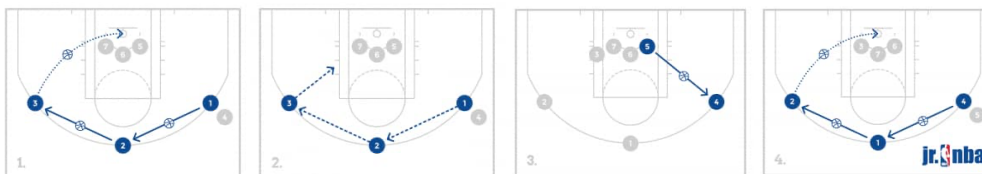
Key Points

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

Team Concepts

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.



Competing

Coach Says

- “Coach Says” is similar to “Simon Says.”
- The objective is to do everything the coach instructs, but the coach must first say “Coach Says” before every request.
- If the player does the action that a coach says without the coach first saying, “Coach Says,” the player is out.
- When the coach states “Coach says defense!” the players will slap the ground and yell “Defense!” as they assume the defensive stance.
- When the coach states, “Coach this way” and points in a direction, all players will quickly hop and twist their body to face that direction and immediately hop back facing the coach.
- When the coach states “Coach says foot fire!” the players will quickly tap their feet against the floor as fast as they can while yelling.
- When the coach states “Coach says up!” the players will jump as high as they can to grab an imaginary ball with their arms and yell “Rebound!”
- Coaches can add other elements but remember this is a listening game and the player is out if the player does something that the coach didn’t preface with “Coach Says.”
- The game finishes when there is just one player remaining.

Key Points

If the players do a great job listening be creative with what you ask them to do in an effort to trick the players.

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 10

Cultivating Values & Developing Wellness

Respect: Opponents

- Discuss how to respect your 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

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.
- At the coach's command "Move with . . .," partner 2's will move away from partner 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 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

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 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 of fingers. The players must see the fingers and call out the number.

Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

Building Skills – Ball Handling

Walking Dribble Right/Left/Crossover

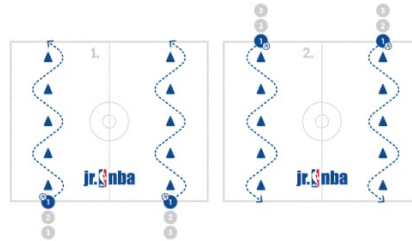
- All players need a basketball (or share) and should stand on the sideline.
- Have the players now start in a low good stance and walk and dribble forward to the other sideline.
- Once the players reach the other sideline, they will then walk backwards using the same dribble all the way back.

Key Points

Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and try to perfect their dribbling mechanics while walking.

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.

Capture the Cones Game

- Divide the players into four teams and assign them a corner.
- Each team's goal is to collect cones from other teams' corners and place them in their own corner.
- Players are not allowed to protect their own team's corner.
- Coaches can tag players which means the player must return the cone they have from where they took it from.
- The game will end after 4 minutes and the team with the most cones wins.
- Make sure players dribble at all times and encourage them to go for the cone diagonal from them.

Building Skills – Footwork and Conditioning

Cone Jump & Pass Drill

- Place 3 cones in a line close to a wall (about 8 feet away).
- Place a basketball on top of (or next to) the cone closest to the wall.
- Based on the number of players, provide this setup again.
- Players will jump over the first two cones and land in front of the 3rd cone with a basketball on it.
- The player will then pick up the basketball and pass the ball at an imaginary target on the wall.
- The player will catch the ball when it bounces back and put the ball back on the cone and go to the back of the line.
- The next player will repeat the process and the group will continue by moving quickly.

Key Points

Make sure the players are balanced and jump quickly. Emphasize having the players hitting a target on the wall.

Water or Land

- The players will find a line on the court and all stand next to it.
- The coach will identify 1 side of the line as land, and the other side of the line as water.
- The coach will indicate whether to use two feet or one foot (right or left) and will indicate if the player will jump, back and forth, side to side or 4 corners.
- For 15 seconds the coach will say “land” or “water” and the players will jump to that spot.
- The players will rest for 15 seconds and do the same.

Key Points

This drill forces the players to focus, balance and react quickly.

Building Skills – Shooting

1-Step Form Drill

- The players will line up in 2 lines, one on each side of the lane with both lines facing each other.
- The first player in line will alternate pushing off the foot closest to half court trying to move as far across the lane as possible.
- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with their arms simulating holding a ball.
- The player will then go to the opposite line and the player from the opposite line will do the same.
- This process will continually repeat for a minute.
- After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.
- Add a ball tossed from 1 line to the line pushing across the lane to make it more realistic and add the shot if appropriate.

Key Points

Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.

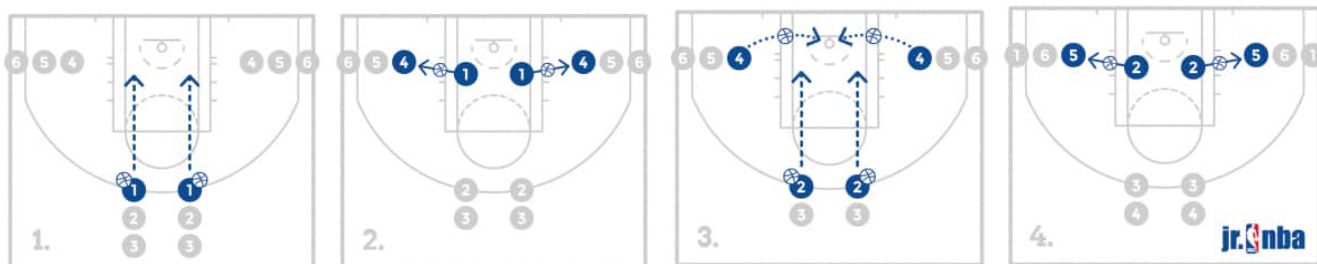
Team Concepts

Fundamentals of The Drive & Kick

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



Competing

Fundamentals of The Drive & Kick

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

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.

2 On 2 Numbers Game

- Assign 2 players to each number and have everybody 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 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.

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

Respect: Refs

- Are refs capable of making mistakes?
- Are they trying their best just like you are?
- Will arguing cause a ref to change their call?

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

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 players should also be pushing off their outside foot to change directions.

Follow the Leader

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waist, dribbling with one hand, etc.).
- Players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable being the leaders, allow that as well.

Building Skills – Shooting

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.



Key Points

Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous score.

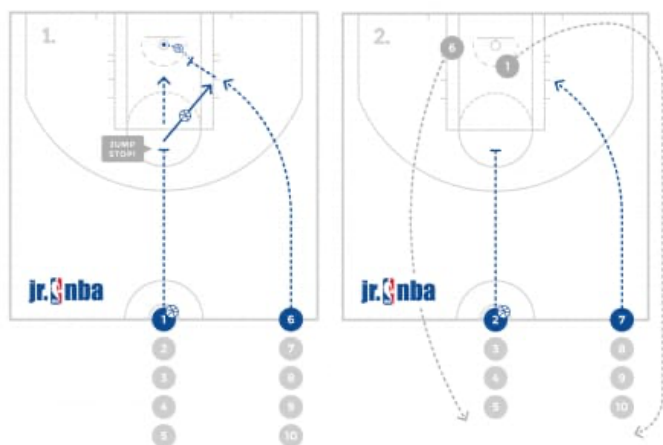
Around the World

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

Building Skills – Passing

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 a 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 stop to make the bounce pass to a sprinting finisher.

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

The Backpedal, Slide, & Sprint Drill

- Have the players get in 1 line on the baseline in front of the lane line (utilize other baskets if needed to maximize space and reps).
- The first player in line will backpedal up the lane line to the elbow.
- Once the player reaches the elbow, the next player will begin.
- From the elbow, the player will slide across the other elbow.
- Once the player reaches the other elbow, they will spring in a straight line down to the baseline and then go to the back of the line.

Key Points

Make sure the players move in straight lines and push themselves to be as fast and quick as possible.

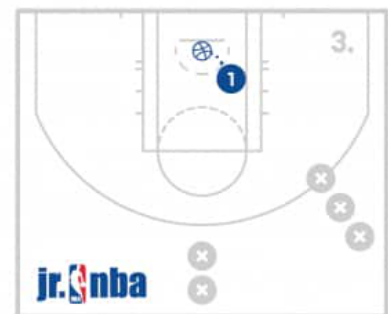
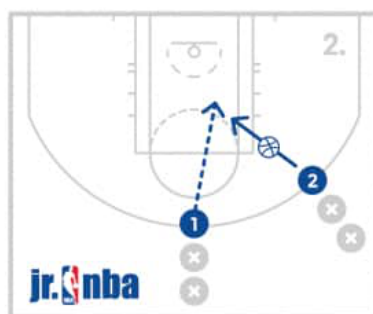
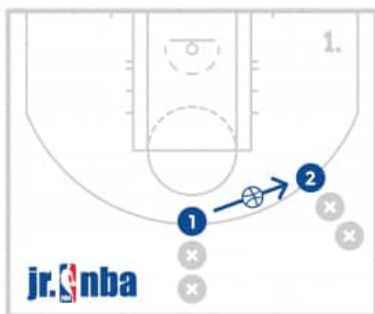
Team Concepts

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.



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.

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 12

Cultivating Values & Developing Wellness

Respect: Parents

- Discuss how to show respect for parents.
- Did our parents allow us or help us come to basketball practice?
- 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 the hamstring and keeping the foot dorsiflexed (toes up). "Heel to hamstring" is an important cue, to promote the proper shin angle. The players will run and quickly alternate bringing their knees 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

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.

Creative Cone Dribble Drill

- All players need a basketball (or share) and should stand on the baseline.
- The players will be divided into groups.
- The group will have 2 cones in front of them.
- The players will dribble to the first cone and will make any creative dribble move at the cone.
- The players will then dribble to the next cone and make any creative dribble move at the cone.
- After the second cone, the players will dribble out and shoot.

Key Points

The players can work on fun creative moves with no pressure.

Building Skills – Shooting

Around the World

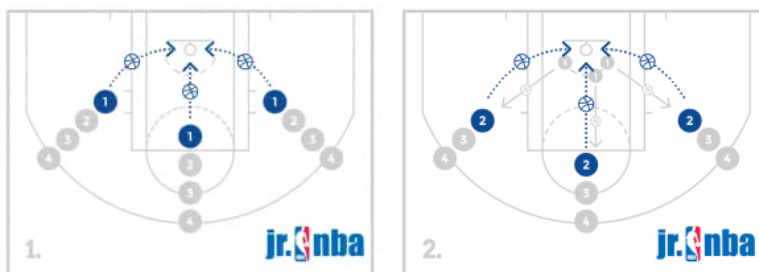
- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

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 – Passing

Jump Stop Pivot Pass Drill

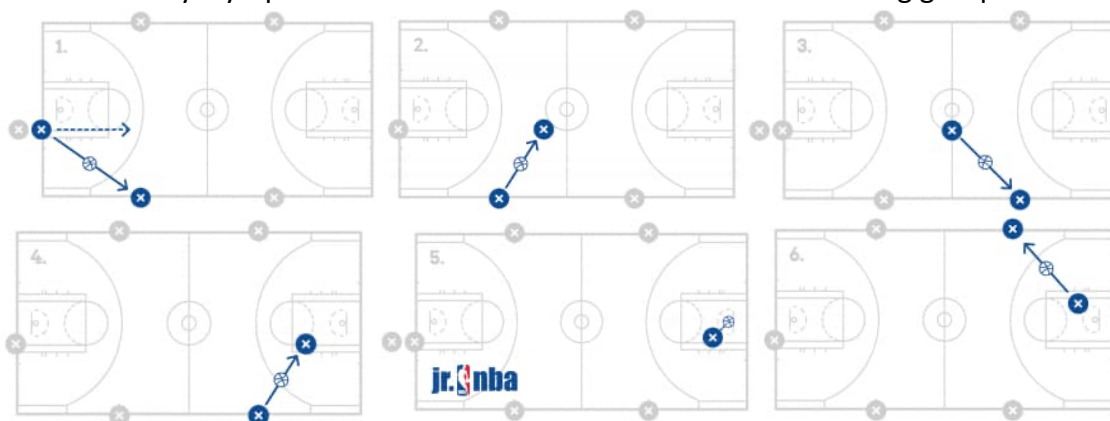
- Have the players divide into groups, hold a ball, and stand in a good stance on the baseline.
- The players will dribble to the free throw line extended and jump stop and then forward/reverse pivots until they are facing their line again.
- Have the players then pass back to the next player in line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

Key Points

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

Pass It Down the Line Game

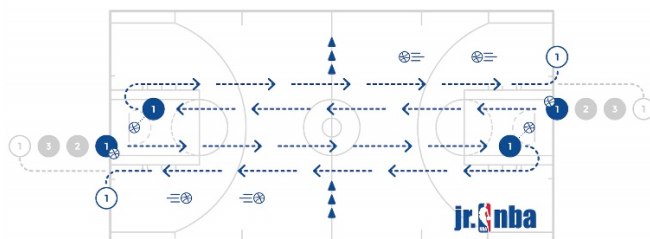
- Divide the players into 2 even groups with 1 group on both sidelines without a basketball.
- Have the other group start with a basketball on the baseline.
- The player with the basketball will pass the ball and receive the ball back from each of the players lined up on the sideline.
- After they have made and received a pass from the last player, the player will dribble the ball to the basket for a lay-up.
- After the lay-up, the player will get their rebound and continue by coming up the other side of the court.
- This process will continue for 3 minutes.
- Count how many lay-ups that team makes in 3 minutes before switching groups.



Competing

Lay-Up Bowling

- Divide the players into 2 teams and have them line up on opposite baselines.
- The coach will set up 3 cones about 2 or 3 feet apart on the opposite baseline from each teams' line.
- Each team will have 2 balls. 1 with the player in front of the line and 1 off to the side.
- The first player will dribble to the opposite end of the court and shoot a lay-up.
- The player will dribble the ball all the way back to the next player in line.
- If the player misses the lay-up, they will go to the back of the line, but if the player makes the lay-up, they will go pick up the extra ball to the side and bowl/roll it towards the cones at the opposite end.
- If the player hits a cone, it counts as knocking it over and the coach will remove it.
- The team to hit all 3 of their cones first will win.



1 On 1 Numbers Game

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

Key Points

Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.

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.