

Basketball Practice Plan

- Talk with all parents/players. (First Practice Only)
 - Good time to talk about your expectations.
 - Get parent helpers/ snack list/etc...
 - Verified numbers group chat/email list.
- Warmup/Strech
 - Warm up lap
 - Feet together touch toes.
 - Jumping Jacks
 - Arm Circles
 - Butterflies
 - Etc.
- Dribbling Drills
 - Dribble the ball from baseline to half/full court.
 - Dribbler with dominant hand/ off hand
 - Dribbling while running (Focus on Ball Control)
 - Dribble Tag
- Shooting Drills
 - Shooting lines
 - Knockout
 - Three-man-weave (modify if needed)
 - Layup Lines (right hand right side/left hand left side)
 - Free Throws (modify if needed)
- Passing Drills
 - Bounce Pass (ball bounce once on the floor)
 - Chest Pass (Ball doesn't hit the floor)
 - Stagger line passing
 - Passing lanes (with defender/without defender)
- Defense Drill
 - Man-on-man defense (stay on person)
 - Zone Defense (cover an area of the court)
- Offense
 - Motion (Pass the ball to right, fill in from the left)
 - Pick-N-Roll
 - High Post/ Low Post
 - Dribble Drive