

PRACTICE PLAN IDEAS

Demonstration Videos: https://www.youtube.com/channel/UCMOBqKop5MhbMZ3FWVH11Uw/videos?sort=dd&shelf_id=0&view=0

Coaching Tips for a Smooth Practice:

1. Have a plan with time amounts.
2. Communicate your expectations clearly up front.
3. Try to keep all players engaged as much as possible. Avoid anyone standing around by using your assistant coaches and not having lines.
4. Have a signal that you consistently use that gets your players' attention. Have them do a response each time. It could be that they say something, have an action, or do push-ups!
5. Be loud and in charge.
6. Feel free to communicate with parents if there are distractions from siblings or others in the gym.
7. Whenever your players are running for conditioning, put a ball in their hands and have them dribble too.

Plan on starting and ending practice right on time. Devotions should be done off the court.

Warm-Up	Ball Handling	Shooting	Offense	Defense
Stretching	Dribble Relays	Lay-Ups, (Use spot progression) See video link above	Duck, Rip, Step Attack the Basket See video link above -Add v-cut to get open.	Teach proper defensive stance, active hands
Passing	Square V's See video link above	1-2 Outside/Inside Finishes See video link above	5v0 Offensive Passing https://www.breakthroughbasketball.com/play.asp?id=7704	Defensive Shell Drill -Teach defensive positions: on the ball, deny, help -Have players make a pass and defensive players jump into the right position. *Stop often to instruct on offense and defense. See video link above
Beginners: Learn the Lines Coach yells and points to one line on the court (sideline, baseline, half court line, free throw line). Players sprint to the line and jump stop in power position. Add a ball to each player when ready.	250 Drill See video link above	Review Proper Shooting Mechanics *feet shoulder-width apart, square to basket or feet slightly rotated, one-handed, no palm, 2 fingers straddle hole, elbow in, shoot straight up, rotation, follow through Air Shooting (coaches check form) See video link above	3-2 or 3-2-1 for advanced teams *Assign numbers 1, 2, and 3 so that players begin to understand jobs for the games. 1 yells outlet and dribbles the ball up the floor. 2 runs the right side. 3 runs the left side. 4 will pass ball in during a game. Defense rules: 1. First person back stops ball. 2. 2 nd person back takes the first pass. 3. First person then drops back to take the second pass.	Teach "on the ball" defense. What is your job? -You are guarding the ball. -Stay between your player and the basket. -Spacing (not too close, not too far away, no hugging, arm's distance away) -Do NOT let them dribble around you (slide) -When the ball is "dead" you get up close and make a pass difficult without fouling.

			*Defense can start on baseline near offense to make it more challenging.	
Quick Feet See link above	Two Ball Dribbling (Keep eyes up, balls knees or below) <ol style="list-style-type: none"> 2 Balls, pound at same time 2 Balls, pistons (or alternating) 2 Balls, dribble one ball around a cone Figure 8's 5. Weaving through cones 	1 ft. shots, shooting game (first team to 10) <p>*Have up to 3 teams shooting at a basket. Use teams of 2 so that players get many shots up. Remove guide hand if possible.</p>	3v3 or 4v4 NO DRIBBLE (or 1 dribble in the key to finish) <p>Keep it simple: players should create space. They have to attack space to get open and every time after they pass. Player must face up and peek at the basket (IN POWER POSITION) each time they catch the ball. Use the "failure to" method. If a player fails to do any of the three, it is a turnover and the other team gets the ball. You will call it a lot in the beginning but they learn quickly!</p> --Create space. --Attack space. --Peek at the basket every time you catch it in power position.	On the Ball Defense Drill (use both sides of the hoop; put cones down the middle and tell them to stay on their side) <ul style="list-style-type: none"> -Line players up on baseline beneath the basket. -Start one player at the elbow. -Player under the basket will roll the ball to the player at the elbow and immediately close out to play defense. -Player with the ball gets up to 4 dribbles to try and score (emphasize that we only dribble straight to the basket). -Defensive player tries to get a stop. -Defensive player rotates to the elbow and the offensive player rotates to the back of the defensive line.
Power Position See video link above	Chicken Chase Dribbling Game <ul style="list-style-type: none"> -Create a large rectangle or square with cones. -Divide your group into two teams. -Each team lines up at opposite angles of the rectangle. Teams should be far enough back from the rectangle as to not get in the way of the players dribbling. -First person in each team steps up with a ball. Instruct them on which hand to dribble with and which direction both teams are dribbling in. -On your go, the first two players from each team start dribbling around the rectangle, trying to catch the other team. When they complete one time around the rectangle, they pass the ball to the next player in line. -The first team to catch the other team wins. 	Basketball Drag Race Shooting Game <ol style="list-style-type: none"> Divide players into two teams. Each team sits on the baseline beneath their basket. Place balls on the half court line in a bin or ball cart. Instruct teams what their challenge is. For example, make 10 lay-ups from the right side starting at the cone you placed out. On your GO, each player jumps up, sprints to the ball bin, grabs a ball, and dribbles back to their basket to begin shooting (one player at a time). First team to complete the challenge and sit down wins the point for that round. Repeat as many rounds as you like. 	Out of Bounds Plays <ol style="list-style-type: none"> "stack" (must utilize enough spacing) https://www.basketballforcoaches.com/basketball-inbound-plays/ https://www.breakthroughbasketball.com/plays/baseline-box-plays.html 	Gladiator Game <p>Use the above drill, but defensive player gets to stay on defense until an offensive player scores. If the defender stops each player in line, he/she gets a GLADIATOR point. If a player gets a gladiator point, he/she rotates back into the line. The player with the most points at the end of the drill wins.</p>

		<ol style="list-style-type: none"> 7. Place spots out for each round so that players know where to shoot. 8. Have losing team run a down and back while dribbling (right hand down, left hand back) 		
<p>MO(mentum) Stops/MO Changes https://pgcbasketball.com/blog/reduce-turnovers-with-this-habit/ See video link above</p>	<p>Dribble Tag 1. Divide into teams of 2 or 3. Designate a team that is "It." Have them start on one baseline. The rest of the players spread out on the court. On your go, the team that is "it" dribbles and tags the other players. Once tagged, they must sit down. Time the team to see how long it takes them to tag everyone. The next team to go tries to beat the lowest time. All players are dribbling while playing.</p>	<p>Lay-Up Chase <ol style="list-style-type: none"> 1. Line players up at each elbow of the free throw line, horizontal to the baseline. 2. Coach stands under the basket with a ball. 3. First player in each line stands ready. 4. Coach bounce passes the ball to one of the players. 5. The player who receives the ball turns and speed dribbles towards the opposite basket. (Get a good angle towards the basket.) 6. The player who does not get the ball sprints to the nearest baseline, touches it with his/her foot, and then sprints after the dribbler. 7. Chaser's goal is to catch the basketball before it hits the floor. 8. Dribbler's goal is to make a lay up and have it touch the floor before the chaser can catch it. 9. If the chaser catches the ball, the dribbler must do 5 push ups OR if the dribbler misses the shot. <p>If the dribbler makes the shot and the ball bounces, the chaser must do 5 push ups.</p> </p>	<p>5 Passes Game Work through your offense (or offense rules below). Offense must pass 5 times before they can score. Offense gets 1 point for every 5 passes, 2 points for a score. If defense gets the ball, they clear it and are now on offense. *Offense Rules: <ol style="list-style-type: none"> 1. Spread out. 2. Always peek to the basket in power position. 3. First look is under the basket to see if teammate is open. 4. Second look is can I drive straight to the basket? 5. If I pass I must cut to the basket. Teammates fill. </p>	<p>4 Cone Drill <ol style="list-style-type: none"> 1. Set up 4 cones on baseline, 4 cones parallel in front of half court. 2. Players line up behind the cones on baseline. 3. 2 outside players are on offense. 2 inside players are on defense. 4. When coach throws the basketball to one of the offensive players, all players sprint around their respective cone near the half court line, with offense turning and attacking the basket and defense playing defense. 5. One player is "on the ball" while the other is in "help" with one or two feet in the key. Defense must communicate with each other. 6. Offense gets two shots to score. 7. Players should switch lines to try all of the positions. 8. With advanced teams, turn it into a competition: offense vs defense. Loser does 5 burpees. 9. With beginner teams, have them start from the cones instead of dribbling to them. </p>

<p>Beginners: Red Light, Green Light Game *Emphasize Proper Dribbling Form, Jump Stops, Power Position See video link above</p>		<p>Knock Out *Rocky Rule: Each player gets one free throw and only one extra shot (so make it the “best” shot possible). Encourage players to make the second shot a 1 ft. backboard shot.</p>	<p>Pick and Roll https://www.basketballforcoaches.com/pick-and-roll/</p>	<p>WAR Rebounding Game See link above</p>
<p>3 Man Weave See video link above</p>				<p>Boxing Out</p> <ol style="list-style-type: none"> 1. 4 on 4 or 3 on 3 2. Have players spread out on offense outside of the key. Defense should pick them up. 3. Coach will shoot the ball and miss. The team that gets the ball wins the point. 4. Teach players how to find their player and box out. THEN go get the ball. 5. Switch each time offense to defense. 6. Team with the most points wins.
<p>5 Man Weave See video link above</p>				<p>Rebound Drill Coach Mtg Demonstration Notes:</p>