

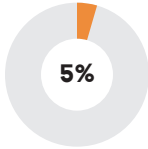
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	TEAMWORK	Lead the players in a discussion about teamwork.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> • The Bear Hold • Ankling • Carioca • Pogo Jumps • Leg Swings • Walking Kicks 	5%
Building Skills	Ball-Handling		40%
	FULL COURT CONE DRIBBLING (5 min.)	Work on specific dribble moves and finishes.	
	STATIONARY 1-2 BEHIND THE BACK (2 x 30 sec.)	Work on 2 strong dribbles and then dribble behind the back.	
	BEHIND THE BACK CHALLENGE (3 min.)	Have the players set goals and try to beat their previous best!	
	REACTION DRIBBLE (2 x 1 min.)	Players change dribbles on the coach's whistle.	
	Shooting		
	1-STEP FORM SHOOTING (1 x 2 min.)	This is a fundamental movement for all shooters to develop.	
	V-CUT LAYUP DRILL (1 x 3 min.)	Work on good footwork and attacking the basket.	
	PASS & UP & UNDER DRILL (1 x 3 reps each way)	Work on good footwork and good form.	
	BACKDOOR PASS LAYUP DRILL (1 x 15 makes each side)	Work on good timing and great passes.	
POST ENTRY PASSING (1 x 5 reps each)	Encourage the defense to make this a difficult pass for the offensive player.		
Team Concepts	DEFENSIVE MIRROR DRILL (2 x 20 sec each)	Have the players partner up and work on moving efficiently.	25%
	DEFENSE TO SHOOTING DRILL (game to 2)	Two players will compete at a time.	
	DIVE-CONTEST-CHARGE DRILL (2 x each player)	Bring a lot of energy to this drill.	
Competing	3 ON 3 CONTINUOUS PLAY (games to 3)	The coach will dictate how each play must start.	25%
	4 ON 4 NO DRIBBLES (games to 3)	Encourage the players to cut and move without the ball.	
	5 ON 5 (games to 3)	Coach the players as they play.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



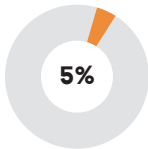
Values



> TEAMWORK

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

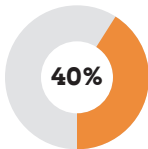
Warm-Up



> DYNAMIC WARM-UP (1 x each)

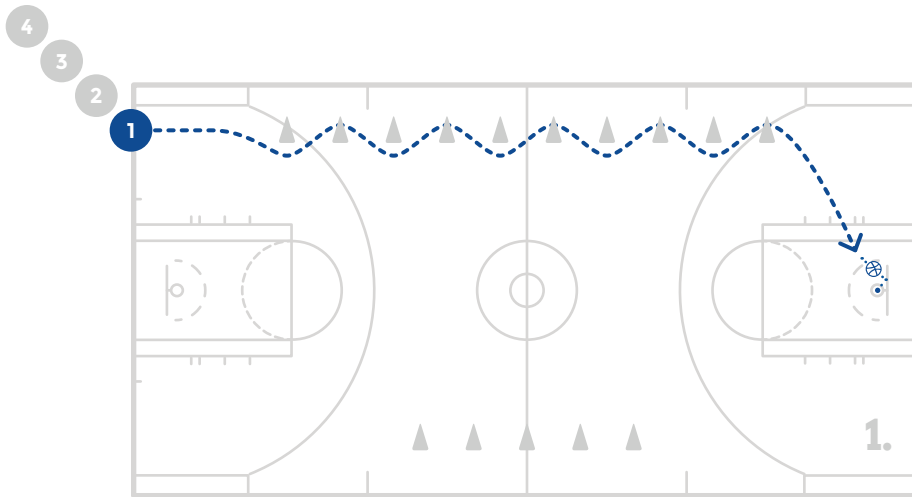
- The Bear Hold
- Ankling
- Carioca
- Pogo Jumps
- Leg Swings
- Walking Kicks

Building Skills



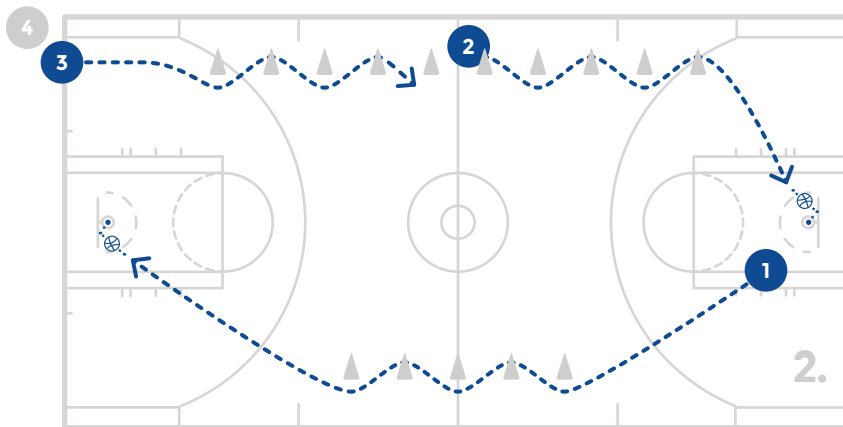
> BALL-HANDLING

- ⊗ **Full Court Cone Dribbling** (5 minutes) SEE DIAGRAM NEXT PAGE >>
- Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline.
- Have all the players start on the baseline on the side with 10 cones with a ball.



- Dictate the dribble move that you want the players to work on through the 10 cones.

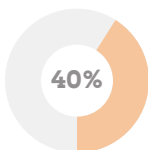
- The first player will dribble through the cones and when they are through the first 3-4 cones the next player will start.



- When the players get through the 10th cone, have them attack the basket and finish how you have asked them to finish.

- Then they will return up the other side of the court dribbling through the 5 cones.

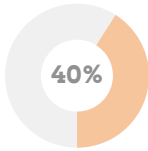
BUILDING SKILLS CONTINUED



- As they dribble through the 5 cones, let them be creative and dribble as they wish and finish a shot at the other basket as they wish.

- To ensure the players are dribbling through the 10 cones with their eyes up, have them keep their eyes on the basket in front of them and as any player in front of them shoots, they should call out “make” or “miss” according to the shot going in or not.

BUILDING SKILLS
CONTINUED



🏀 **Stationary 1-2 Behind the Back** (2 x 30 sec)

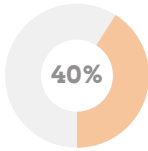
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball 2 times in the same hand and then dribble behind their back.
- Then they will dribble with the other hand 2 times, and repeat behind their back.
- The players will continue this sequence for the allotted amount of time.

🔍 **Key Points:** This dribble should not be a wrap behind the back. The behind the back dribble should be more like a slide behind the back dribble that functions like a crossover does in front of the body meaning that the ball stays behind the back the entire dribble and should not come forward. Work on 2 strong dribbles and throwing it behind the back hard.

🏀 **Behind the Back Challenge** (3 min)

- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball behind their back consecutively as many times in a row as possible.
- The players should count their consecutive dribbles so they have a score that they can continually try to beat.

BUILDING SKILLS
CONTINUED



- After any mistake, the players should reset and try again.

Key Points: This dribble should not be a wrap behind the back. The behind the back dribble should be more like a slide behind the back dribble that functions like a crossover does in front of the body meaning that the ball stays behind the back the entire dribble and should not come forward.

Reaction Dribble (2 x 1 min)

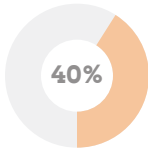
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball how ever they would like.
- When coach blows the whistle (or says “Change!”) the players will change their dribble move quickly.
- This drill should be fast and active and allows the players to dribble creatively.

SHOOTING

1-Step Form Shooting Drill (1 x 2 minutes)

- The players will line up in 2 lines, one on each side of the paint with both lines facing the opposite sideline.
- The players will alternate from each line pushing of the foot closest to half court as far across the paint as possible.

BUILDING SKILLS CONTINUED

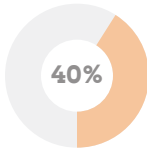


- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with their arms simulating holding a ball.
 - The player will then go to the opposite line and the player from the opposite line will do the same.
 - This process 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.
- 🔍 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.

🏀 **V-Cut Layup Drill** (1 x 3 min)


- Have the players line up in 2 lines, 1 on each wing.
- The first player in each line will start by making a V-Cut.
- Once the player is back to the wing they will jump stop and land on two feet facing the basket while catching the ball.
- The player will then drive for a layup dictated by coach.
- As a team make as many shots as possible in the allotted time.

BUILDING SKILLS
CONTINUED

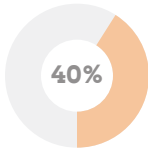


- Be sure to change sides and try to beat the previous score.
- Set a team goal and try to make that many shots.

 **Pass & Up & Under Drill** (1 x 2 minutes)

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

BUILDING SKILLS
CONTINUED



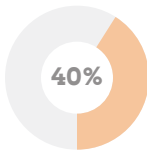
⊗ **Backdoor Pass Layup Drill** (1 x 15 makes each side)

- Have the players get into 2 lines, 1 at the top and one on the wing or corner.
- Have the balls start in the line at the top and have the player with the ball dribble towards the wing.
- The player on the wing must time the cut, step up, then back cut.
- The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
- After the pass and the lay-up, the players will get the rebound and switch lines and continue.
- Based on numbers, you can utilize 2 groups or 4 lines at each basket.
- Work on good timing and great passes.

⊗ **Post Entry Passing** (1 x 5 reps each)

- Have the players get in lines on each wing (utilize more baskets if needed).
- The first 2 players in each line should have a ball.
- There will be a defender guarding the ball and a player on the block.

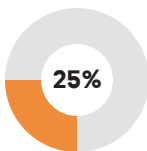
BUILDING SKILLS CONTINUED



- The offensive player will work to make a good post entry pass against the defender.
- Once the player on the block catches the pass, they will make a move to score, get their rebound, and go to the back of the line.
- The defender will then become the post player and the passer will become the defender.
- This drill will continue for the allotted amount of reps.

Key Points: Encourage the defense to make this a difficult pass for the offensive player.

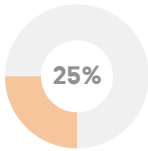
Team Concepts



Defensive Mirror Drill (2 x 20 sec each)

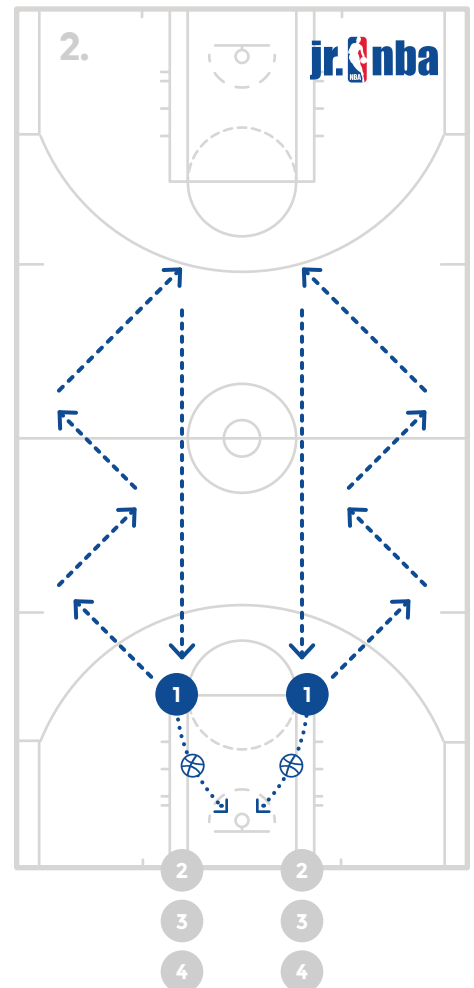
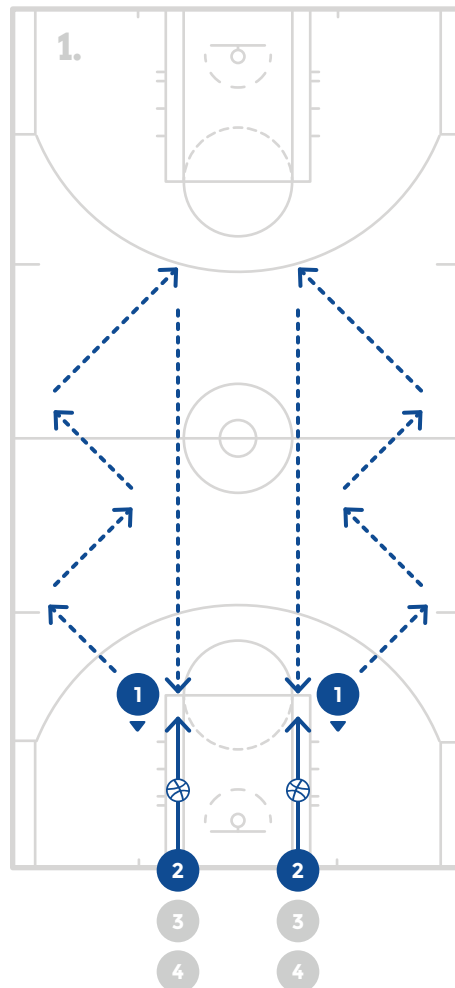
- Have the players partner up and get 1 ball to share
- Both players will hold the ball in front of them so that 1 player is the leader with their hand on top and bottom of the ball, and the other player is their mirror with their hands on the sides of the ball.
- When you say go, the leader will take slow push steps in either direction.
- The player that is the mirror, will mirror the movement, focusing on staying balanced with the ball at a healthy distance from their chest and not wasting any steps in either direction.
- After the allotted time switch roles and repeat.

TEAM CONCEPTS CONTINUED

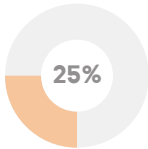


Defense to Shooting Drill (game to 2)

- Have two lines of players on the elbow facing the basket.
- The first two players up will defensive slide at angles down the court and will from time to time simulate they got beat and have to turn spring and get back in front and keep sliding (the coach can also add a charge if wanted).
- On the coaches whistle, the players will sprint back towards where they started to catch a pass from their teammate and shoot.



TEAM CONCEPTS CONTINUED

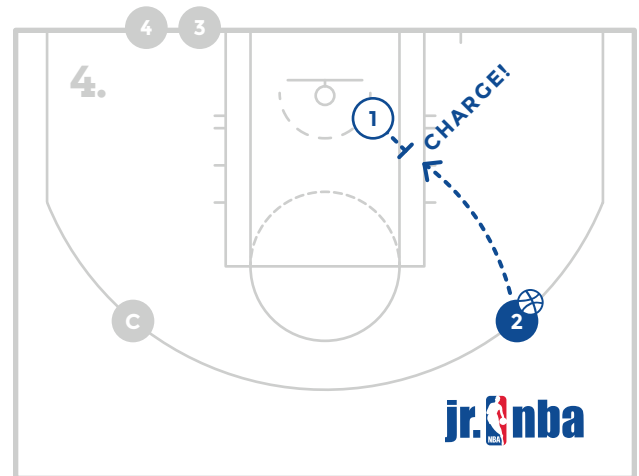
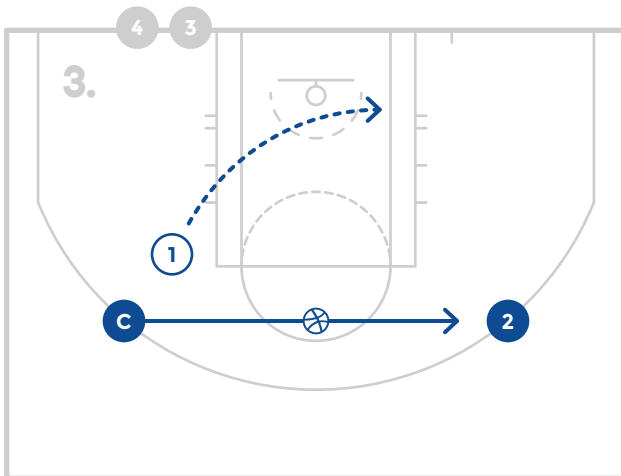
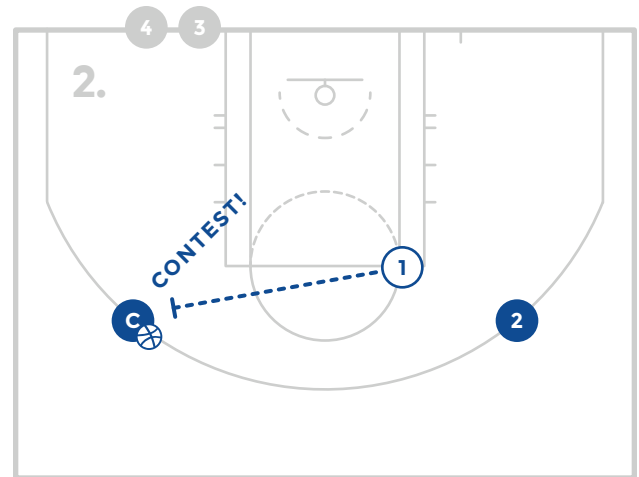
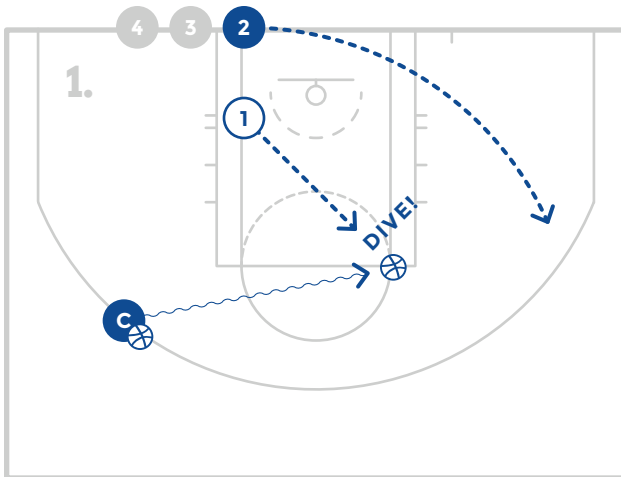


- They will repeat the process and shoot again until one of the two players has made two shots.

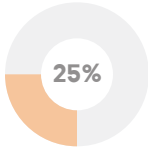
- Once a player has made two, the next two players will begin the same process until the entire team has gone.

Dive-Contest-Charge (2 x each player)

- The players will start on the block in a stance chopping their feet with a line of players behind them on the baseline.



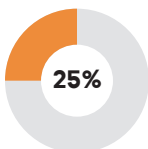
TEAM CONCEPTS
CONTINUED



- Coach will roll the first ball out so the player must run and dive on it as a loose ball.
- The player will quickly get up and close out on the coach at the 3 point line.
- The coach will then pass to a player on the opposite wing and the defender will jump into help.
- The player will drive to the basket and the defensive player must step over and take a charge completing the dive, contest and charge.
- The player who to the charge will move to the wing where they will be the driver.
- The driver will go to the back of the line on the baseline and the next player in line will step on the court and get in a stance to start the process of dive, contest, and charge.

🔍 Key Points: Bring a lot of energy to this drill!

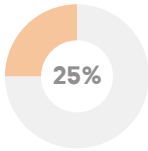
Competing



🏀 3 on 3 Continuous (games to 3 makes)

- Divide the players into teams of 3 and have 1 team start at half court with the ball.
- Have to other teams start at each side of the court to start as defense on both ends.

COMPETING
CONTINUED

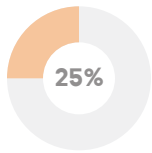


- If there are extra teams, have them line up on the baseline on one end.
- The offensive team will go to score at a basket.
- If they score, they will get a point, and get ball back to go the other way towards the other basket.
- If there is a team waiting on the baseline, they will take the place of the defensive team that got scored on, if there is not team on the baseline, the defensive team will remain there.
- The offensive team will do the same thing at the other end of the court and if they score or don't score dictates which team gets the ball to go the other direction.
- Anytime a defensive team gets a stop, they get the ball and go in the other direction.

⊗ **4 on 4 No Dribbles** (Games to 3)

- Divide the players into teams of 4 and play 4 on 4 with no dribbling.
- Encourage the players to cut and move without the ball.


COMPETING
CONTINUED



 **5 on 5** (games to 3)

- Divide the players into teams and provide a specific game situation.
- Game situations may be, giving a team the ball and telling them they are winning by 1 point with the ball with 45 seconds remaining.
- Another game situation may be, losing by 2 with the ball and 2:30 left in the game.
- Help the players understand game and clock management and reinforce key points that come up in the situational play.

**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.