

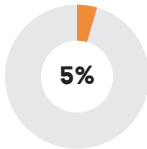
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>PLAYING POSITIONS</b>	Teach the players the typical roles of each position.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>• Hip Hinge</li> <li>• Backward March</li> <li>• High Knees</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>CREATIVE CONE DRIBBLE DRILL</b> (1 x 2 min.)	This drill allows players to work on fun creative moves.	
	<b>1-HAND BETWEEN SERIES</b> (1 x 2 min. each way)	Dribble the ball in one hand and continually wrap it between the legs.	
	<b>Passing</b>		
	<b>POST ENTRY PASSING</b> (1 x 5 reps each)	Encourage the defense to make this a difficult pass for the offensive player.	
	<b>Shooting</b>		
	<b>BACKBOARD FORM SHOOTING</b> (1 x 8)	Work on perfecting the shot with this fun shooting drill.	
	<b>LOOP SHOOTING</b> (4 spots of 8 makes)	Keep the energy up and make shots as a team.	
	<b>FULL COURT TRANSITION SHOOTING DRILL</b> (games to 9 makes)	Run the floor and knock down shots!	
<b>Team Concepts</b>	<b>SHELL DRILL 5 ON 5 - WITH POST</b> (5 min.)	Help the players know their defensive positioning with 5 players on the court.	25%
	<b>MOTION-4 ON 0</b> (4 min.)	Allow for screening away from the ball.	
	<b>3 ON 2, 2 ON 1</b> (4 min.)	Work on advantage situation scoring and disadvantage defense.	
	<b>25 POINT FREE THROW GAME</b> (1 game)	This game teaches the players to have a perfect free throw.	
<b>Competing</b>	<b>CHASE LAYUP DRILL-FULL COURT</b> (1 x 3 min.)	Have the offensive player start at the elbow and face the defender before turning to go the other way!	25%
	<b>1 ON 1-CONES</b> (games to 3)	Players must touch the cones before getting to their spot for 1 on 1.	
	<b>1 ON 1-DRIBBLE OUT</b> (games to 3)	Players must dribble and run out around the cones before playing 1 on 1.	
	<b>3 ON 2 TRAILER GAME</b> (games to 5 makes)	This drill encourages the players to score in the 3 on 2 setting before the 3rd defender arrives.	
	<b>5 ON 5 SITUATIONAL</b> (3 Situations)	It is very important for the players to begin to understand how to manage the game and clock.	

- 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

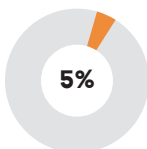


### > PLAYING POSITIONS

★ Teach the players what the typical roles and responsibilities are of each playing position and then list some of their favorite players at that position:

- **Point Guard:** primary ball handler and distributor that sets the offensive plays for the team and is usually a good defender.
- **Shooting Guard:** This player is usually a scorer and a secondary ball handler.
- **Small Forward:** A small forward is typically a versatile player that can do a little bit of everything on the court.
- **Power Forward:** This is usually a taller player that can rebound and defend and may be able to stretch the floor and shoot, or score from the post.
- **Center:** A center is typically the tallest player on the team who protects the basket and scores close to the basket.

## Warm-Up



### > DYNAMIC WARM-UP (1 x each)

- Hip Hinge
- Backward March
- High Knees

## Building Skills



### > BALL-HANDLING

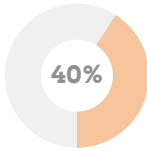
#### ⊗ **Creative Cone Dribble Drill** (2 minutes)

- 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.

#### ⊗ **1-Hand Between Series** (2 minutes each way)

- Have all the players get a ball and find space on the court.
- Have the players start with the ball in their right hand and dribble 1 time and then wrap the ball around their right leg from back to front with a 2nd dribble.
- Again, dribble 1 time and then wrap again.

BUILDING SKILLS CONTINUED



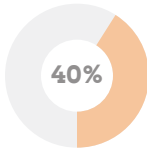
- Continue this process without touching the ball with the left hand.
  - After doing this for the allotted time, continue taking 1 dribble and now wrap the ball from front to back around the right leg.
  - Continue this process for the allotted time.
  - Next change and do the same process with the left hand.
- Key Points:** The focus here is to control the ball with one hand by making it wrap around the leg in 1 dribble. If the players can do this continuously without the 1 pound dribble, let them execute the drill without the extra dribble.

> PASSING

⊗ **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 also be a defender guarding the ball and a player on the block.
- The offensive player will work to make a good post entry pass against the defender.

BUILDING SKILLS CONTINUED



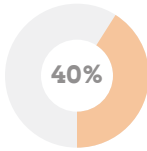
- Once the player on the block catches the pass, they will make a move to score, get their rebound, and go to the back of the line.
  - The defender will then become the post player and the passer will become the defender.
  - This drill will continue for the allotted amount of reps.
- Key Points:** Encourage the defense to make this a difficult pass for the offensive player.

> SHOOTING

⊗ **Backboard Form Shooting** (1 x 8)

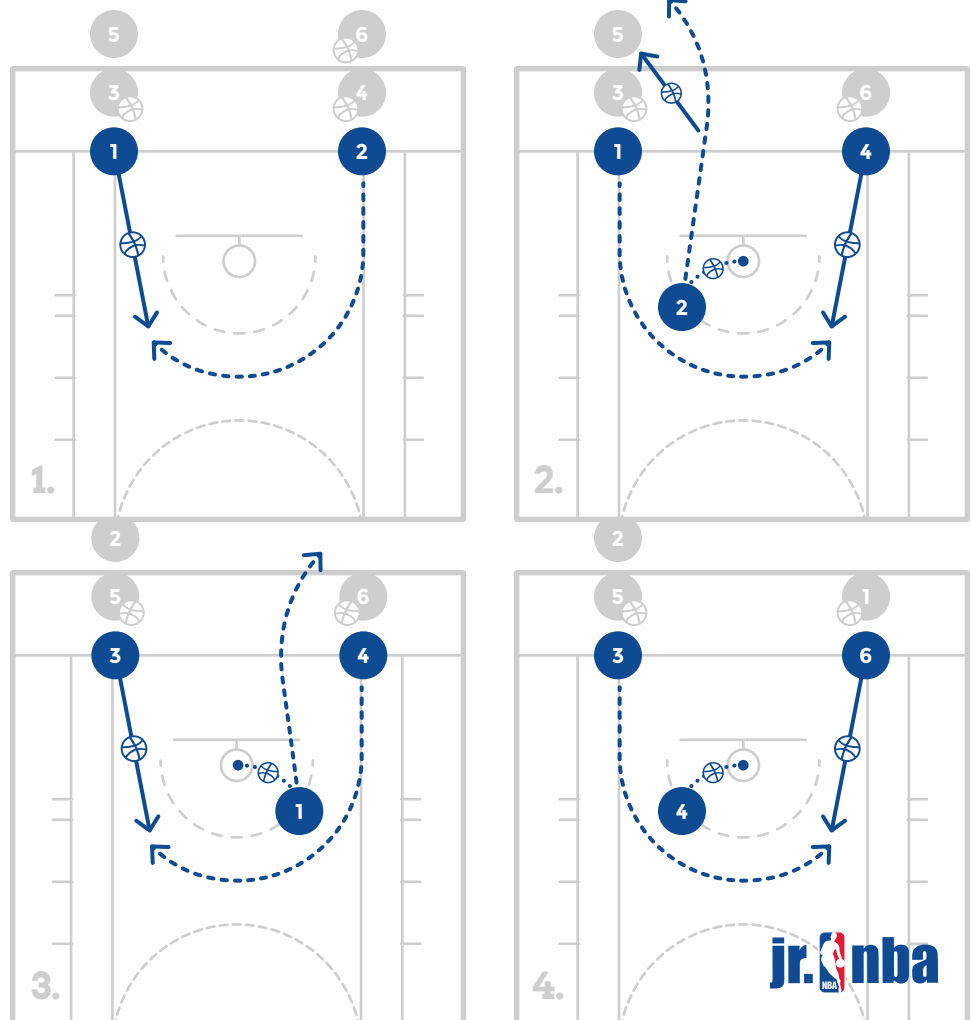
- Have the players get a ball and utilize as many backboards as possible (partner up if needed).
  - The players will stand a short distance from the basket to the side of the rim and will shoot the ball at the backboard.
  - The goal of this drill is to shoot the ball high and have the ball touch the backboard on the way down.
  - The players will do this for the allotted amount of reps.
- Key Points:** This drill works on arc and touch as the players work on perfecting their shot.

BUILDING SKILLS CONTINUED

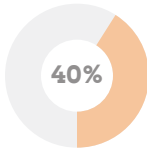


**Loop Shooting (4 spots of 8 makes)**

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.

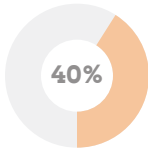


BUILDING SKILLS  
CONTINUED



- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
  - After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
  - After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
  - The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
  - The player who made that pass will continue the process of looping behind, shooting, and going to the other line.
  - Have the players shoot from different distances from the basket when you dictate.
- 🔑 Key Points:** Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.

BUILDING SKILLS  
CONTINUED



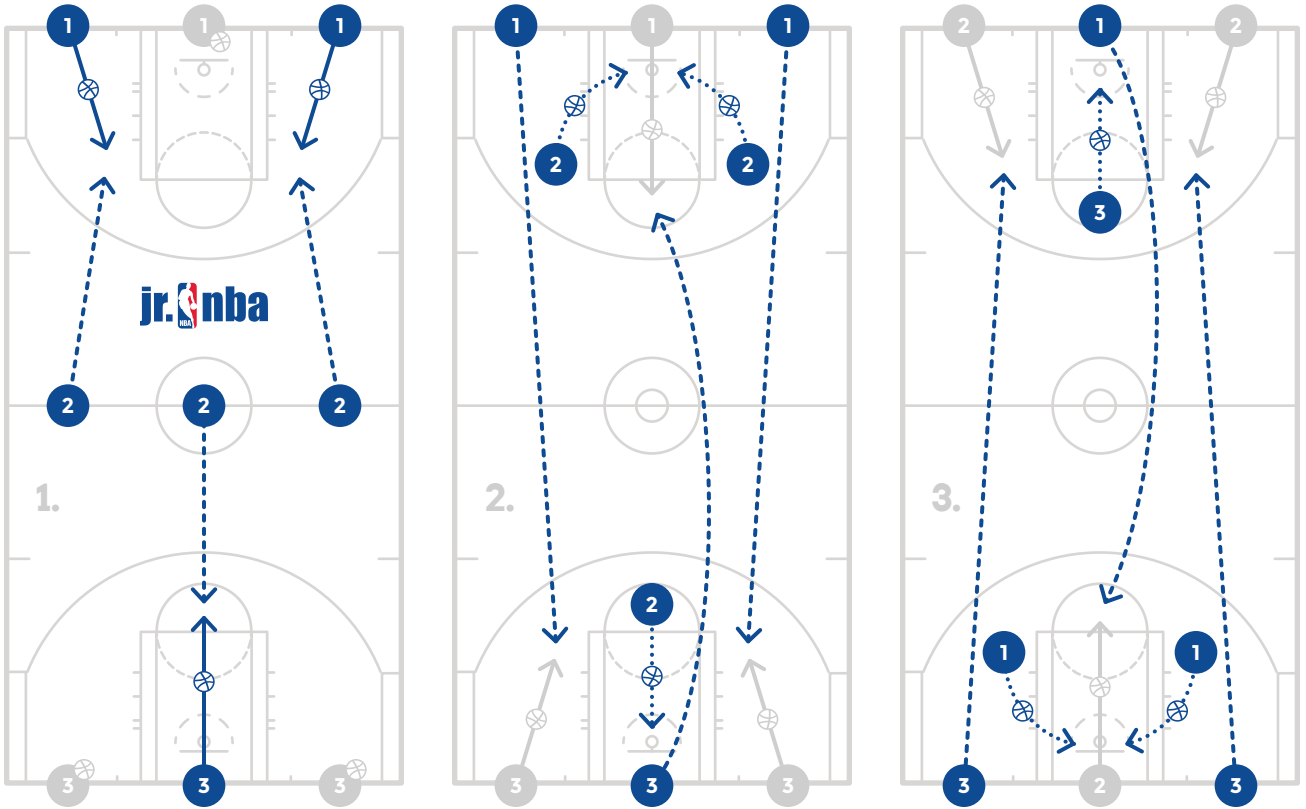
🏀 **Full Court Transition Shooting Drill**

(games to 9 makes)

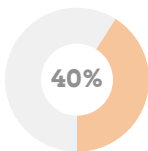
SEE DIAGRAM NEXT PAGE >>

- A minimum of 9 players are needed to execute this drill.
- Divide the players into 3 groups, 1 group will line up on the baseline on 1 side of the court, another group will line up on the baseline in the middle of the court, and the 3rd group will line up on the baseline on the other side of the court.
- Place 1 player from each line on the opposite baseline with a ball.
- Place 1 player from each line at half court.
- And make sure the first person on the baseline has a ball.
- The player at half court will run towards the line on one of the baselines.
- The player with the ball on the baseline will pass the ball to the player who will catch and shoot.
- After shooting, the player will get the rebound and go to the back of the line.
- After passing, the player will run all the way towards the other baseline and catch a pass from the opposite baseline and shoot.
- After the shot, the player will get their rebound and get ready to be a passer from that baseline.



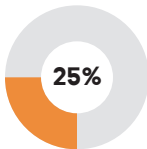


**BUILDING SKILLS CONTINUED**



- Following the pass, the player will sprint to the opposite end to catch and shoot.
- The rule is, pass and run the length of the floor to catch and shoot.
- The coaches can mix up the type of shots.
- After a team makes the dictated amount of shots, the teams can rotate spots on the court.

**Team Concepts**



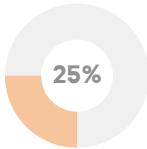
⊗ **Shell Drill 5 On 5 - with Post** (8-10 min)

- Divide the players into groups of 5 and start with 1 team on defense and one team on offense.
- The offense should only have players on the perimeter and 1 post player.
- The offense is only allowed to pass and cut (no screens).
- After 5 passes, the ball will become live and the offensive team can try to score but are still not allowed to screen.
- Switch teams every possession.
- Emphasize post defense and how to help with a post player.

⊗ **Motion - 4 on 0 - Screens Allowed Away From Ball** (4 minutes)

- Place 4 markers on the perimeter and have a balanced line of players behind each one.
- The first 4 players up will pass and cut or pass and screen away and always fill the open spot on the court when a player leaves it.
- Encourage the players to work together to move the ball quickly and find and fill the open spots.

TEAM CONCEPTS  
CONTINUED

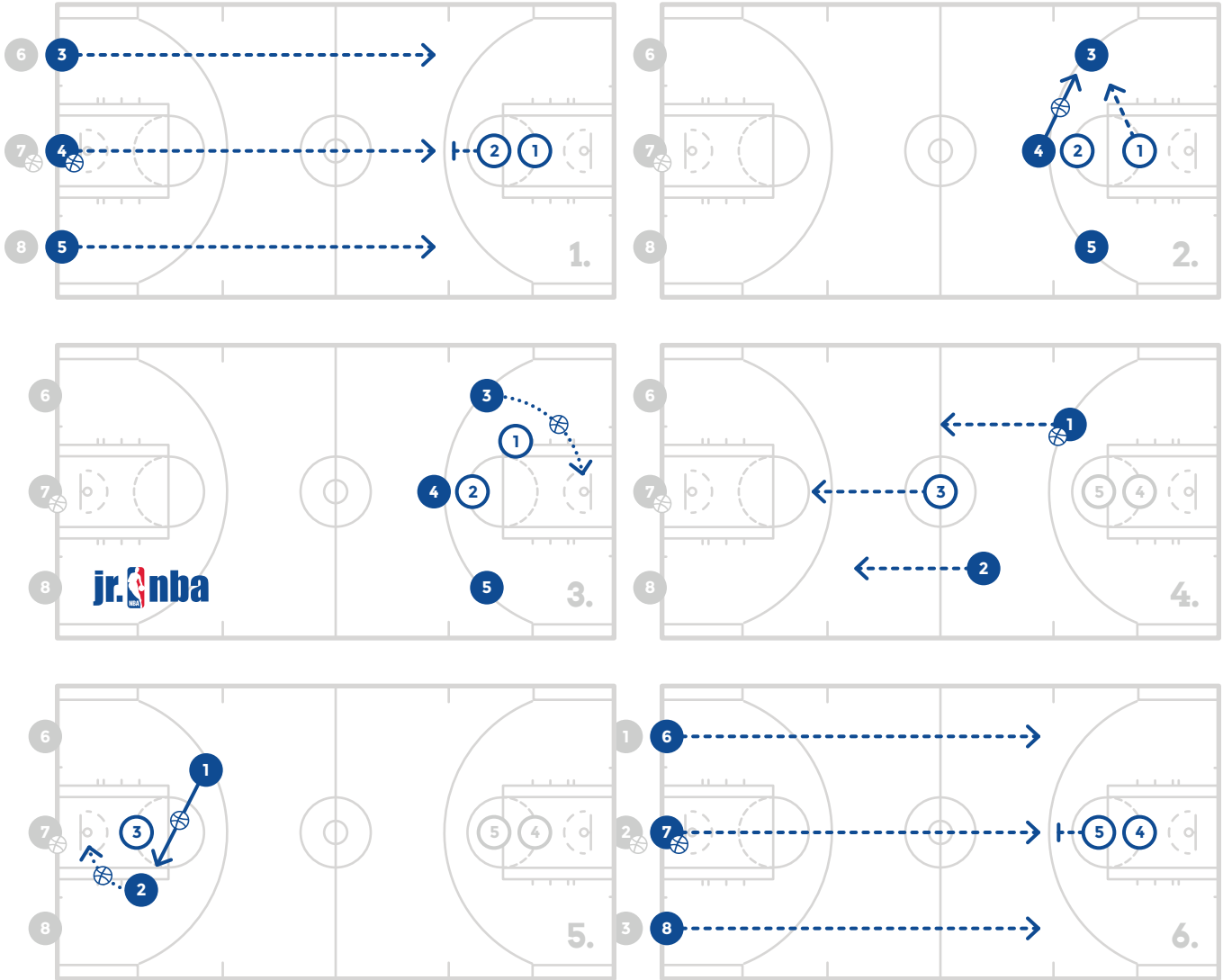


- Complete 5-7 passes before taking a shot.
- After the shot, the group will get their rebound and go to the back of the lines and the next 4 players will step on and repeat the process.

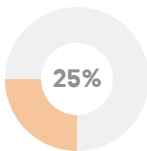
 **3 on 2, 2 on 1** (4 minutes)

SEE DIAGRAM NEXT PAGE >>

- Start with 3 lines on the baseline (2 on the wing and 1 in the middle).
- The line in the middle will have basketballs.
- Place two players on the opposite end as defenders.
- The first player in each of the 3 lines will go with the ball up the court and try to score in the 3 on 2 fast break.
- The offense is only allowed 1 shot.
- Whichever player takes the shot or turns the ball over will get back on defense.
- The other 2 offensive players will stay there and become the 2 new defenders.
- The two current defenders will bring the ball back down the court and try to score in the 2 on 1 fast break.



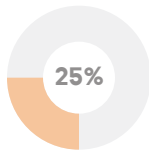
TEAM CONCEPTS CONTINUED



- This process will repeat with a new group coming on from the baseline and those who just finished going to the back of the lines.

**Key Points:** Work on spacing and making good decisions in transition.

TEAM CONCEPTS  
CONTINUED



🏀 **25 Point Free Throw Game** (1 game)

- Utilize as many baskets as possible and have 1 player shooting at a time per basket.
- Each player will shoot 5 straight free throws until all players have shot.
- After all players have taken 5 free throws, the player with the highest score wins.
- The maximum number of points a player can score is 25 points or 5 points per shot.

★ **Here is how it is scored:**

- 5 If the player makes the shot nothing but net and the ball is coming back toward the free throw line so that the player can grab the ball with 1 foot still touching the free throw line, the player is awarded 5 points.
- 4 If the player makes the shot nothing but net and the ball does not come back toward the free throw line and they cannot grab the ball with 1 foot still touching the free throw line, the player is awarded get 4 points.
- 3 If the player makes the shot but the ball makes contact with the rim (or backboard) 1 time, the player is awarded 3 points.
- 2 If the player makes the shot but the ball makes contact with the rim (or backboard) 2 times, the player is awarded 2 points.

TEAM CONCEPTS  
CONTINUED

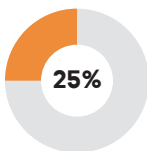
1 If the player makes the shot but the ball makes contact with the rim (or backboard) 3 times or rolls around on the rim, the player is awarded 1 point.

0 If the player misses the shot, they are awarded 0 points.

- Have a coach or other players count their points after every shot for 5 shots.

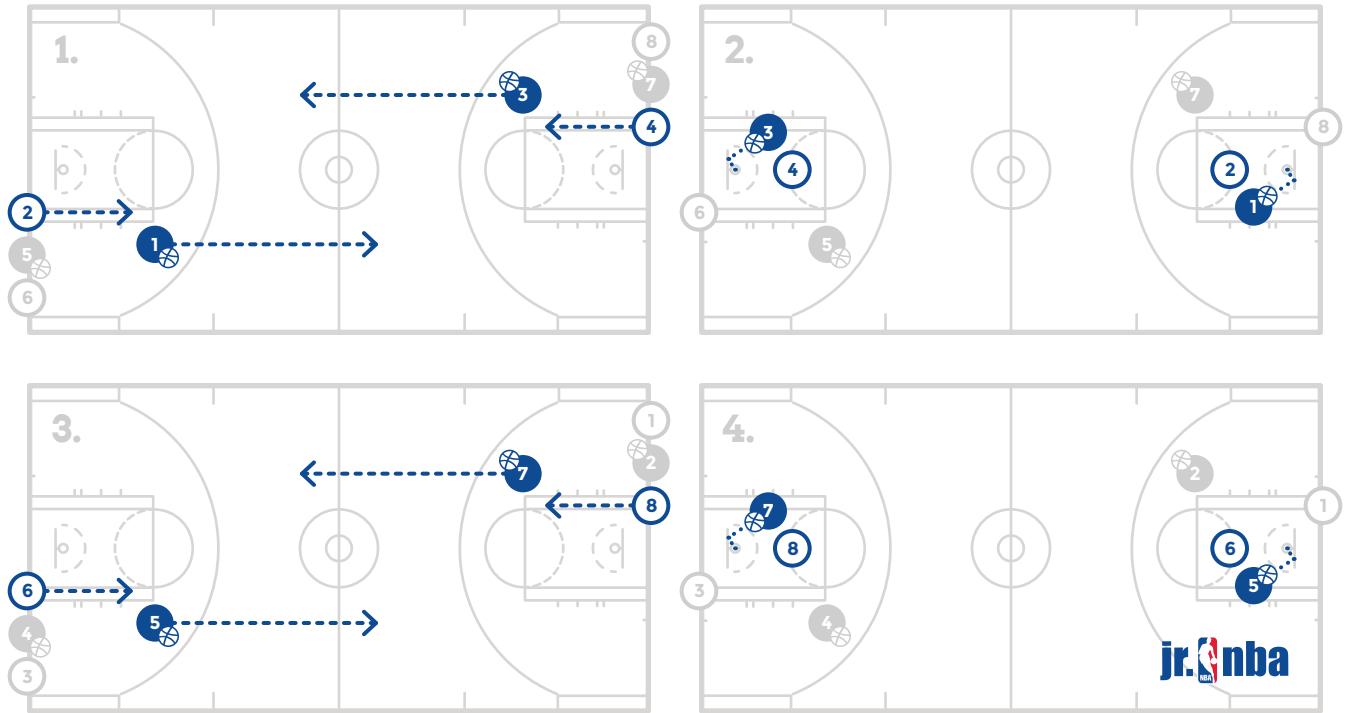
**Key Points:** This drill teaches the players to be extremely focused on their free throws. Often players will make the shot but will be frustrated with their score. The scoring system also allows them to set goals and beat their record.

Competing

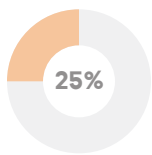


**Chase Layup Drill-Full Court** (1 x 3 min) [SEE DIAGRAM NEXT PAGE >>](#)

- Have players partner up and get one ball for the two.
- The first player will start with the ball on the elbow and the other player will start on where the lane line meets the baseline.
- When the coach indicates, the player with the ball will dribble full court for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.
- Change spots on the court as the players get more comfortable.



COMPETING  
CONTINUED

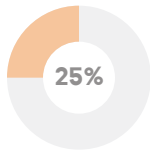


**Key Points:** This drill emphasizes having the players finish lay-ups at game speed with a real defender behind them which forces them to have further concentration.

### **1 on 1 - Cones** (Games to 3)

- Have two lines at the top of the key with one line closer to the wing.
- Both lines will have a cone on the baseline directly in front of them.
- The coach will also be at the top with a basketball.

COMPETING  
CONTINUED



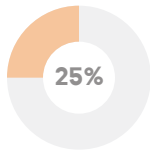
- The first player in each line will have to sprint to the baseline and touch the cone in front of them and then sprint to the wing for 1 on 1.
- The player that was closest to the wing will be the offensive player and the other player will be defense.
- Play 1 on 1 with a maximum of 3 dribbles for each possession.
- After the possession, the next 2 players in line will begin the same process.

⊗ **1 on 1- Dribble Out** (games to 3)

- Have two lines on the baseline near the sideline with one slightly closer to the top of the key.
- Both lines will have a cone between above the three point line but before half court directly in front of them.
- The line closer to the sideline will have a ball.
- On the coaches command, the first two players in line will go to the cone and around them towards the middle of the court.
- The player with the ball will dribble the entire way and upon going around the cone, the players will play 1 on 1.
- After the possession, the next 2 players in line will begin the same process.



COMPETING  
CONTINUED

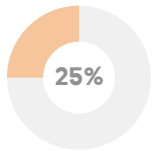


- This should be a fast pace game.
- Be sure to utilize the other side of the court or other baskets to maximize reps.

 **3 on 2 Trailer Game** (games to 5 makes)

- Divide the players into 2 teams.
- 1 team will always defend the same basket with 2 players.
- Each team will also have a player or line of players that start on the sideline at half court.
- As the first team brings the ball up with three players, as they cross half court, the defending team will have their player at the sideline and half court run to the middle of half court, touch the floor and then help their teammates on defense.
- After the defensive score or stop, those 3 defenders will go the other direction to score.
- As they cross half court, the other teams player at the sideline and half court will run to touch the floor at the middle of half court and help their teammates on defense.
- This process will continue until the allotted score.
- 🔑 **Key Points:** Encourage the players to score in the 3 on 2 setting before the 3rd defender arrives.


COMPETING  
CONTINUED



 **5 on 5 Situational** (3 x)

- 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.