

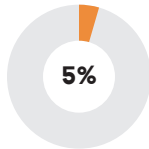
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>TIME MANAGEMENT</b>	Help the players understand how to manage school, fun, sports, and other hobbies.	<b>5%</b>
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>• Leg Swings</li> <li>• Imaginary Dunks</li> <li>• Trunk Twists</li> <li>• Knee Hugs</li> <li>• Backwards Run</li> <li>• Explosion Leaps</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>60%</b>
	<b>SIDE TO SIDE &amp; BETWEEN DRIBBLE DRILL</b> (2 x 20 sec each hand)	This drill will help increase dribble control.	
	<b>IN &amp; OUT CROSSOVER BREAKDOWN DRILL</b> (1 x 1 min)	Have the players take a load dribble and then execute the move.	
	<b>BEHIND THE BACK WRAP BREAKDOWN DRILL</b> (1 x 1 min)	Work on good wrap dribbles that move forward.	
	<b>FOOT BETWEEN DRILL</b> (2 x 3)	Teach the players to get to their spots without wasting dribbles.	
	<b>Passing</b>		
	<b>SHOVEL PASS BREAKDOWN DRILL</b> (1 min each way)	Work on perfecting the quick shovel pass to a teammate.	
	<b>SHOVEL PASS DRILL</b> (3 min)	Implement the shovel pass in a game like setting.	
	<b>Shooting</b>		
	<b>CATCH, TURN, &amp; SHOOT DRILL</b> (1 x 3 min)	Work on the proper shooting mechanics in this active shooting drill.	
<b>USING A SCREEN SHOOTING DRILL</b> (15 makes each way)	Work on this drill as a team to make a lot of shots quickly.		
<b>Rebounding</b>			
<b>ELBOW REBOUNDING</b> (games to 8)	Compete for each rebound in this rebounding drill.		
<b>Team Concepts</b>	<b>THE OUT CUT &amp; SHOT DRILL</b> (10 makes each way)	Work on the pass as well as the cut.	<b>25%</b>
	<b>2-PERSON CLOSEOUT</b> (2 min)	Keep this drill very high energy with a lot of communication.	
	<b>3-TOUCH DEFENSIVE DRILL</b> (2 x each player)	Have the players work hard in this defensive drill.	
<b>Competing</b>	<b>11-PERSON TRANSITION DRILL</b> (5 min)	Divide into teams and work on transition scoring.	<b>25%</b>
	<b>3 ON 3 NUMBERS GAME</b> (games to 3)	All possessions must start with a down screen.	
	<b>5 ON 5 FREE PLAY</b> (games to 5)	Give the players freedom and coach between the games.	

- 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.



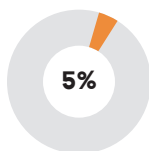
## Values



### > TIME MANAGEMENT

★ **Positive Coaching Alliance** reminds coaches and players of the importance of time management. We all have many obligations outside of basketball, such as school, family time and other hobbies and activities. To enjoy basketball and become our best, we have to keep the sport in its proper perspective. For example, not enough time spent on school work may leave players ineligible for teams, so that they may not be able to play basketball at all. And neglecting family and other important matters may result in losing some of the support structure that is critical to every person’s success in basketball and all other aspects of life. A commitment to implementing time management skills helps keep all these important parts of our lives in balance.

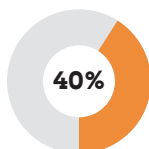
## Warm-Up



### ⊗ **Dynamic Warm-up** (1 x each from baseline to half court or vice versa)

- Leg swings
- Knee Hugs
- Imaginary Dunks
- Backwards Run
- Trunk Twists
- Explosion Leap

## Building Skills

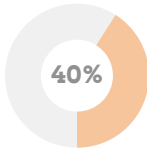


### > BALL-HANDLING

#### ⊗ **Side to Side & Between Dribble Drill** (2 x 20 sec)

- All players need a basketball (or share) and should find space on the court.

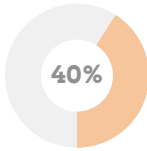
BUILDING SKILLS  
CONTINUED



- The players will start with the ball in their right hand and dribbling it towards the middle of their body.
- They will then move that right hand to catch the ball on its left side and push a dribble back out to the right.
- Now the ball has gone side to side quickly like a “v dribble” or windshield wiper”.
- After that second dribble, the player will take the third dribble as a dribble between the legs to the left hand.
- The player will start the same process on the other side, dribble in, dribble out, dribble between.
- The players will continue this side to side and between dribble sequence for the allotted amount of time.

★ **Fundamentals of the In & Out Crossover:** The in and out crossover is a great combination move that can help an offensive player beat their defender. To execute a good in and out crossover, the player must shift their body and the ball to deceive the defender. The player will do this by first taking their hand over the top of the ball to push it back out to the same side it started on. This is the in and out move. Next the player will load on the leg that is on the same side as the ball, and push off in the other direction as they cross the ball over in front of them. When done quickly, this move is very tough to defend.

BUILDING SKILLS  
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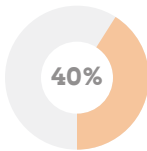
⊗ **In & Out Crossover Breakdown Drill (1 x 1 minute)**

- Have the players get a ball and find open space on the court.
- The players will take 1 dribble and stand up.
- Next the players will make an in and out crossover by shifting their weight and moving the ball from in and out, to a quick crossover.
- The players will again take 1 dribble to stand up, and then repeat the process.
- Continue for the allotted amount of time.

⊗ **Behind the Back Wrap Breakdown Drill (1 x 1 min)**

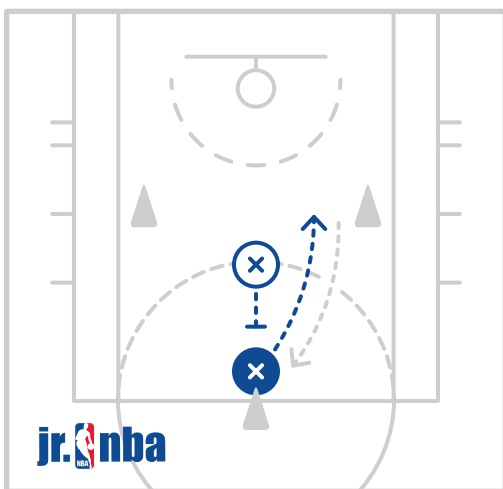
- Have the players start with a ball in an open space on the court.
- The players will start with the ball in one hand.
- The player will simultaneously wrap the ball around their back so that it bounces up to their opposite hand as they step forward.
- As the player wraps the ball, they will try to put their hand into their opposite pocket area on the wrap.
- The players will also take that one step forward as they dribble by pushing off the same foot of the hand the ball starts in.
- The players will repeat this process for the allotted number of reps each way.

**BUILDING SKILLS CONTINUED**



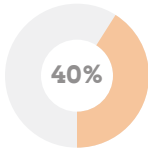
## 🏀 Foot Between Drill (2 x 3)

- Have the players partner or groups of 3 (if 1 player rests).
- There should be cones set up in a triangle.
- One player will start at the top of the triangle with the ball.
- The other player will be a defender guarding the player with the ball.
- It is the offensive players job to make a dribble move and get their foot between the other two cones.
- The other two cones should be about the width of the lane line and about approximately the distance from the 3 point line to the free throw line.
- The defensive player is trying to prevent the offensive player from getting their foot between the cones by playing good defense.



- After the offensive player gets their foot between the cones, they will quickly retreat dribble to the starting point and begin immediately again until they get their foot between the cones the allotted number of times.
  - After that, the players will switch or rotate and continue the drill.
- 🔑 **Key Points:** Teach the players to get to their spots without wasting dribbles.

BUILDING SKILLS  
CONTINUED



## > PASSING

★ **Fundamentals of the Shovel Pass:** The Shovel pass is a quick deceptive pass that typically happens in or around the paint. The shovel pass is an underhand pass that usually leads to a lay-up or a shot.

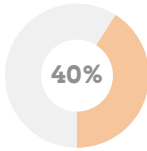
### ⊗ **Shovel Pass Breakdown Drill** (1 min each way)

- Have the players partner up with a ball.
- The players will stand across from each other at approximately the lane line distance.
- Both players will face the baseline.
- The players will work on the shovel pass back and forth to each other before changing and facing the other direction.
- Work on the quick underhand pass and if the players are comfortable, add a dribble on the opposite side of the pass.

### ⊗ **Shovel Pass Drill** (3 min)

- Start in a 2 on 1 break setup with one player in the paint and 2 players above the wings.
- 1 player will dribble the ball towards the basket and the 2nd player will stay slightly behind the play

BUILDING SKILLS CONTINUED

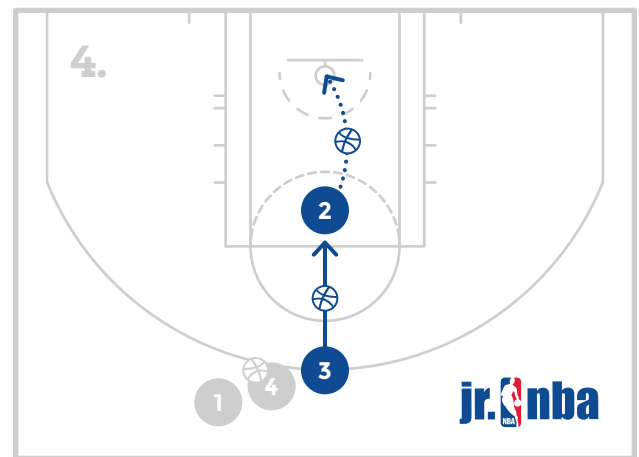
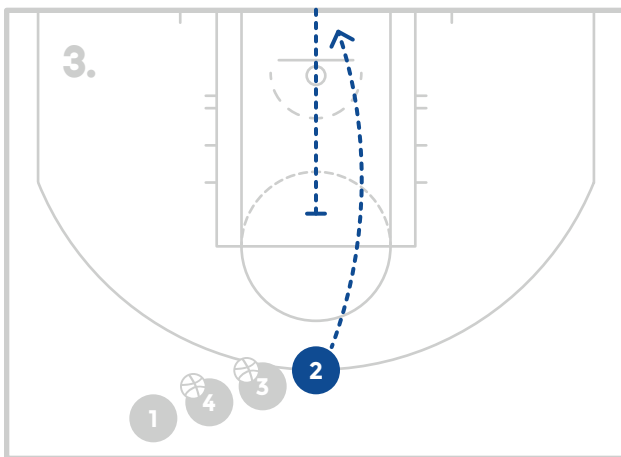
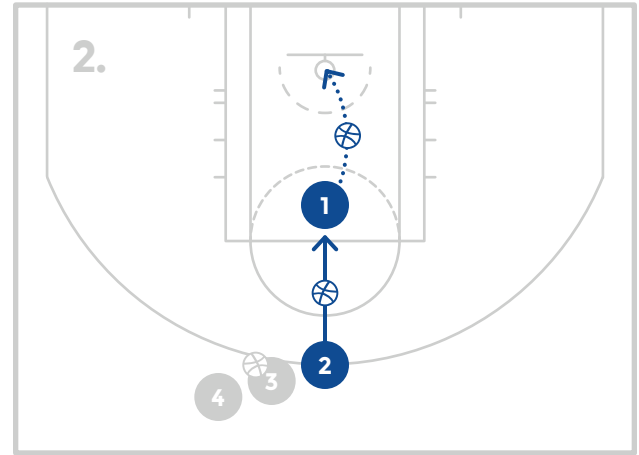
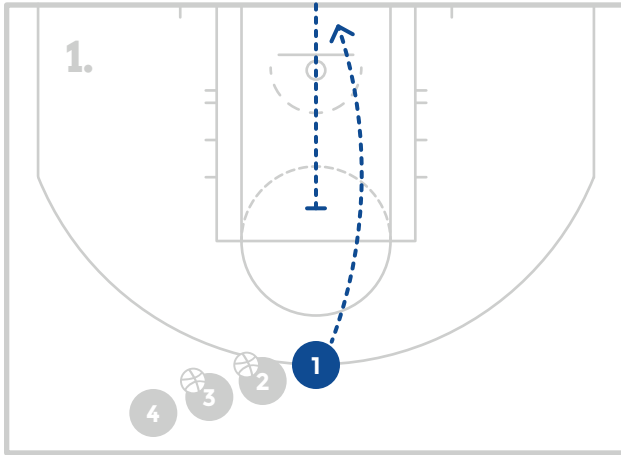


- As the players approach the basket and the defensive player commits, have the player make a shovel pass to their teammate for a lay-up.
- If the defender is playing the drill, allow the passer to shoot instead if needed.
- After the lay-up the shooter will become the defender and the passer will rebound and go to the back of the line.
- The defender will also rotate to the back of the line.

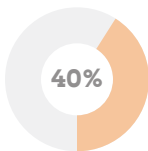
➤ SHOOTING

⊗ **Catch, Turn, & Shoot Drill** (1 x 3 min) SEE DIAGRAM NEXT PAGE >>

- Have the players start in one line at the top of the key (add other lines to maximize reps if needed).
- There should be two balls in the line with the 2nd and 3rd players.
- The first player will run to the baseline plant and change directions and come back towards the ball.
- The next person in line will pass them the ball and the player will plant their inside foot, turn and shoot, get their rebound and go to the back of the line.
- After the passer makes the pass, they will run to the baseline plant and come back to catch, turn on their inside foot and shoot.
- This process will continue.



BUILDING SKILLS CONTINUED

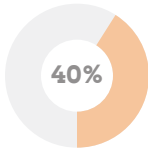


- Coaches need to dictate which way the players will turn and work on it both ways.

- The shots should be short 2 point shots that can be made at a high percentage.

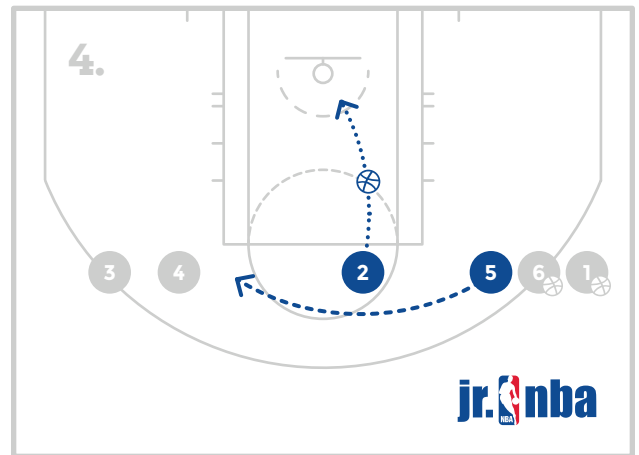
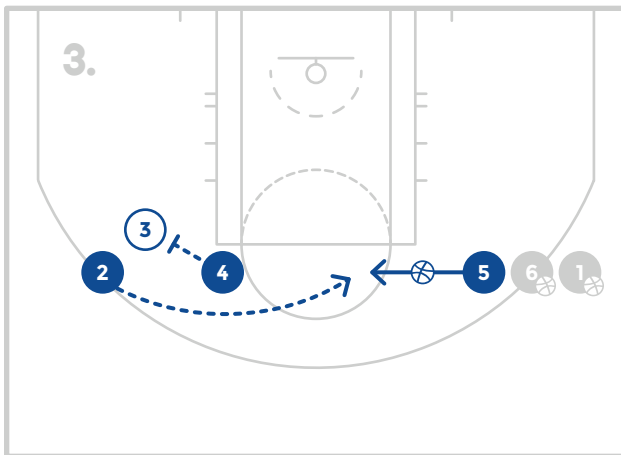
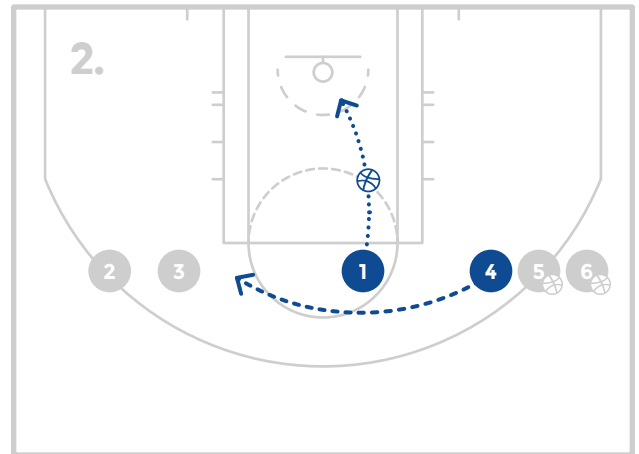
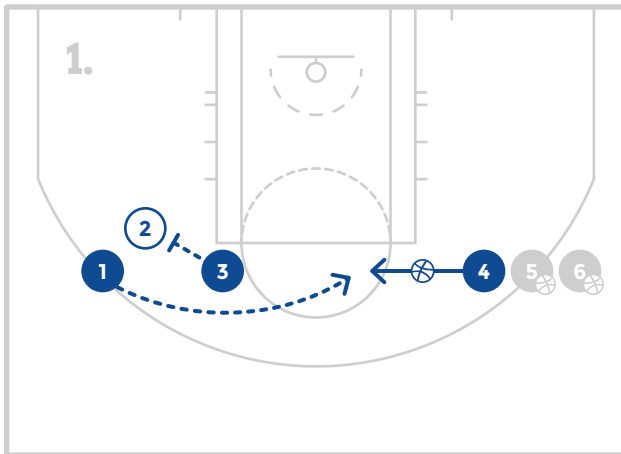


BUILDING SKILLS CONTINUED

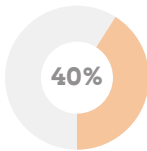


**Using a Screen Shooting Drill** (15 makes each way)

- A passing line is on the wing. An offensive player, pretend defensive player and a screener are on the other side.
- The offensive player comes off the screen to catch and shoot and go to the back of the line.
- The defensive player now becomes the shooter and the screener now becomes the defensive player.



BUILDING SKILLS CONTINUED

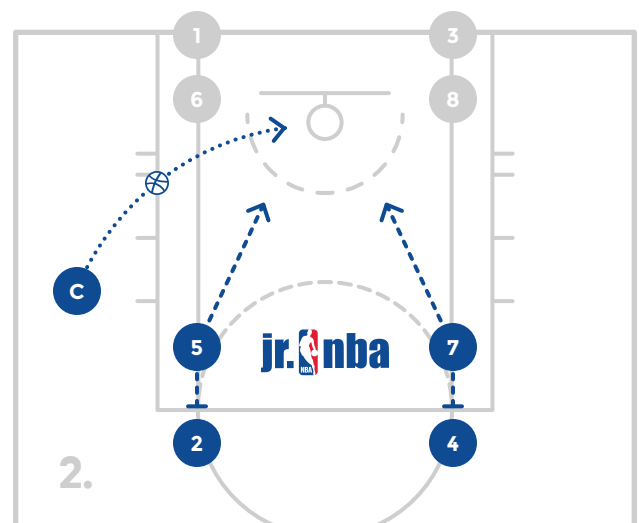
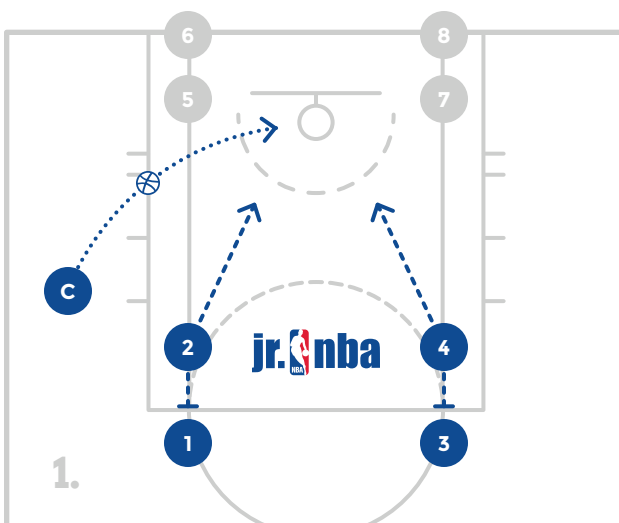


- The player who made the original pass now runs across and becomes the screener.
- Work on this drill as a team to make a lot of shots quickly.

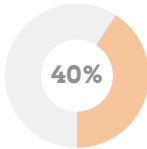
## ➤ REBOUNDING

### ⊗ Elbow Rebounding (games to 8)

- Set up two lines on the baseline at the lane lines (utilize other baskets if needed).
- The players will work in pairs as a team.
- Have the first player in each line start on offense at the elbows and the next two players will step out to defend them.
- The coach will have the ball and will take a shot.



BUILDING SKILLS CONTINUED



- On the shot, the defensive players will call out “shot!” and turn to make contact with the offensive player and then pursue the ball.
- If the defense gets the rebound, they will rotate to the offense and the offense will move to the end of the line while another 2 players step on as defense.
- If the offense gets a rebound, they will try to score.
- Make or miss the same offensive team will stay on the court and get a point.
- A new defensive team will rotate on.
- The team will win by getting 3 offensive rebounds.

Team Concepts

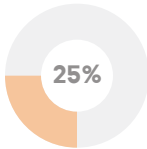


★ **Fundamentals Of The Out Cut:** The out cut, or fade, happens when an offensive player is running off a screen to get open. As the player gets to the point of the screen, the defender goes underneath the screen. When that happens, the offensive player makes an out cut or fade to create separation between the defender and himself/herself. This allows the offensive player to get open and receive a pass from their teammate.

⊗ **The Out Cut & Shot Drill** (10 makes each way)

- Have 1 group of players start on the baseline and another group at the top of the key with a ball.

TEAM CONCEPTS  
CONTINUED

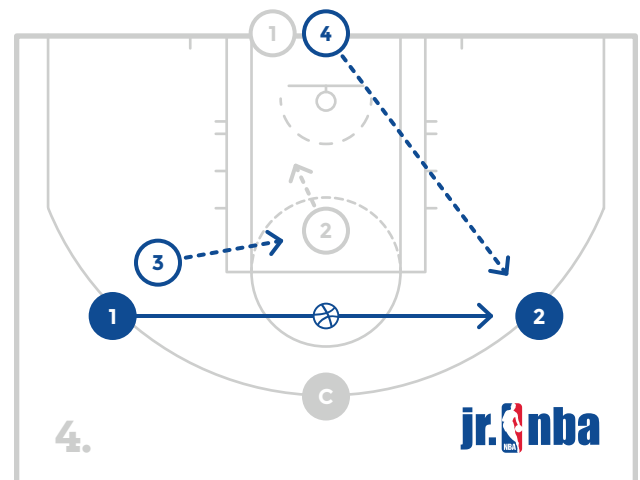
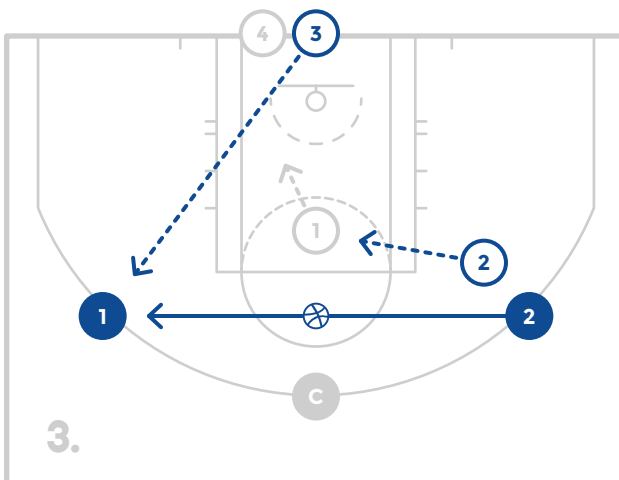
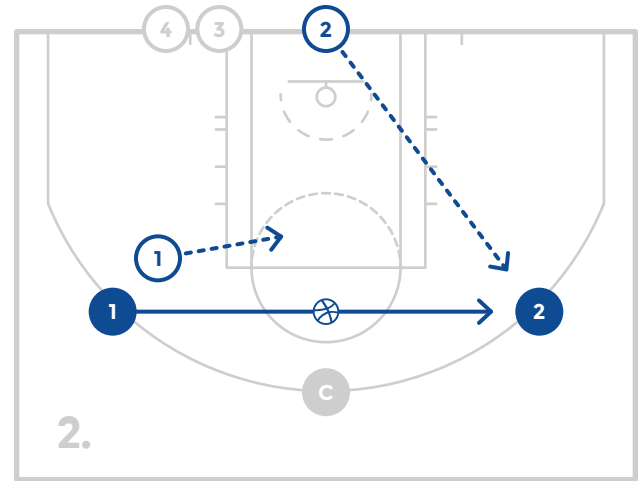
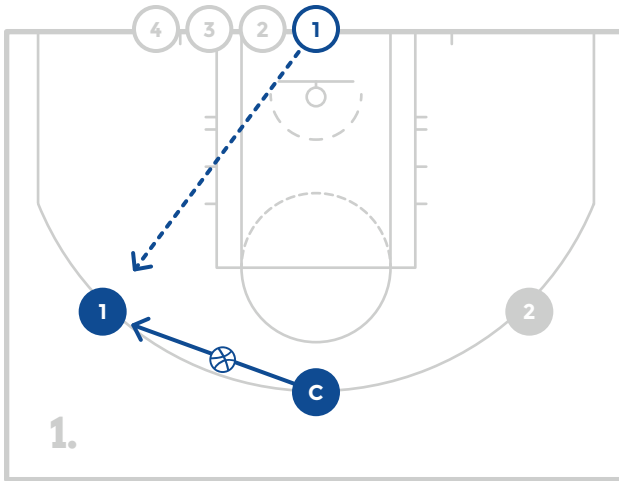


- Place a chair or other item to simulate a screen inside the 3 point line and a coach at the top.
- The first player from the baseline will step on the court and set up the screen simulating a game situation.
- Next the player will imagine the defender going under the screen so as they get to the point of shoulder to shoulder with the screen, they will plant their foot closest to the screener and use their hand closest to the screener to push out away from the screen as an out cut.
- The player at the top will pass the ball back to the player who will shoot the shot dictated by the coach.
- The player will then get their rebound and switch lines with the passer.
- Continue to work on the timing and good passes as well.

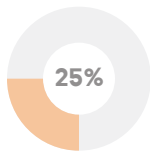
⊗ **2 Person Close-Out Drill** (2 min)

SEE DIAGRAM NEXT PAGE >>

- There will be 2 offensive players on opposite wings with 1 ball.
- There will be a line of players under the basket.
- When the ball is skipped from one player to the other player, the defensive player on the baseline will close out to the ball.
- When the coach says “Pass” the offensive player will skip the ball to the other offensive player on the opposite wing.

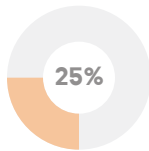


TEAM CONCEPTS  
CONTINUED



- On that pass the next player on the baseline will close out to defend.
- The player who was guarding the ball will jump into help side defense and call out “help, help, help”.
- When the coach says pass, the offensive player will skip the ball back to the opposite wing.

TEAM CONCEPTS  
CONTINUED



- On that pass a new defensive player from the baseline will sprint to close out, the player in help will step off and go to the back of the line and the player that was guarding the ball will jump to help.

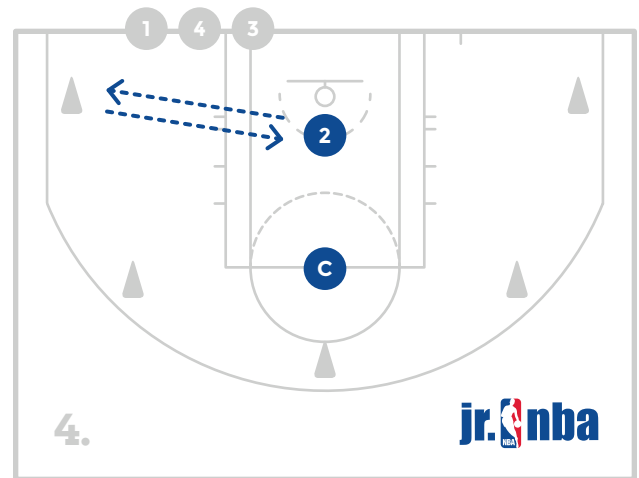
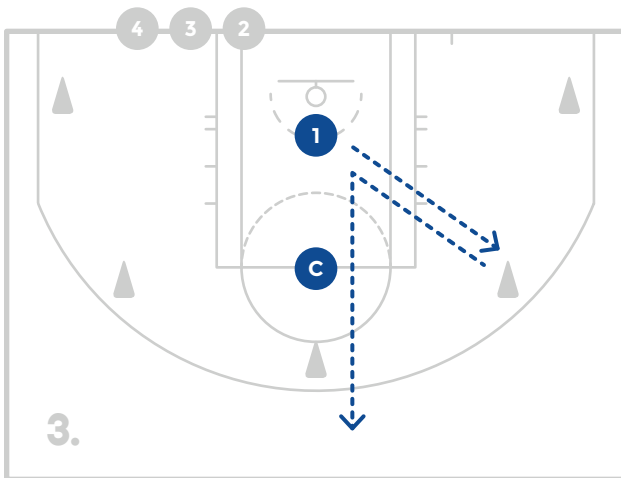
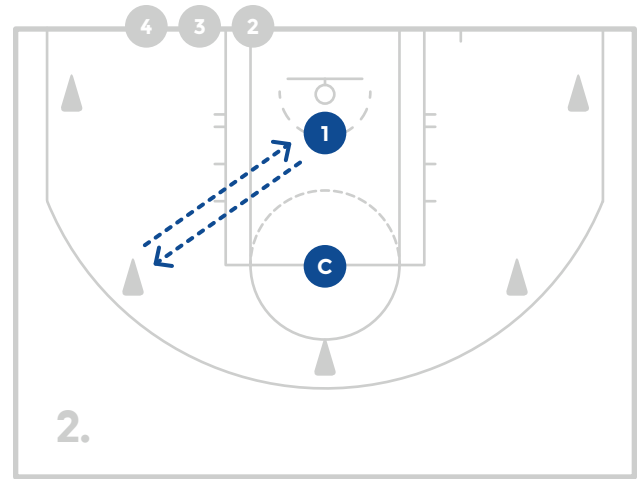
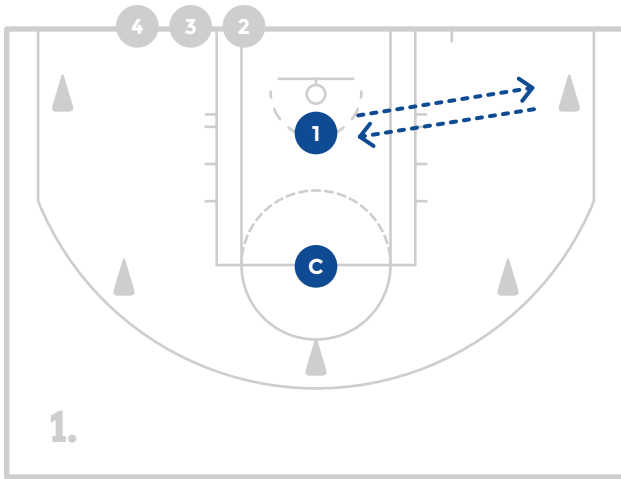
- On the pass, a new player will close out, the player in help will step off, and the on ball defender will jump to help.

- This process will continue.

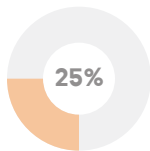
**🔍 Key Points:** Keep high energy with a lot of communication.

**🏀 3-Touch Defensive Drill** (2 x each player) SEE DIAGRAM NEXT PAGE >>

- Have a line of players on the baseline and 1 player on the court (utilize multiple baskets/space if possible).
- There will be 5 designated spots on the floor, 1 & 2 are the corners, 3 & 4 are high outside the wings, and 5 is just above the top of the key.
- The first player up will start in a stance chopping their feet, when coach points to a cone, they will sprint to the cone and come back to the starting point.
- If the coach allows time at the starting point the player will chop their feet again until the coach points to another cone, the player will sprint to the cone and sprint back.
- This will happen a 3rd time and after the 3rd touch the player will return to the starting point and sprint all the way down and back and then go to the back of the line.

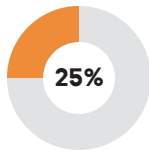


TEAM CONCEPTS  
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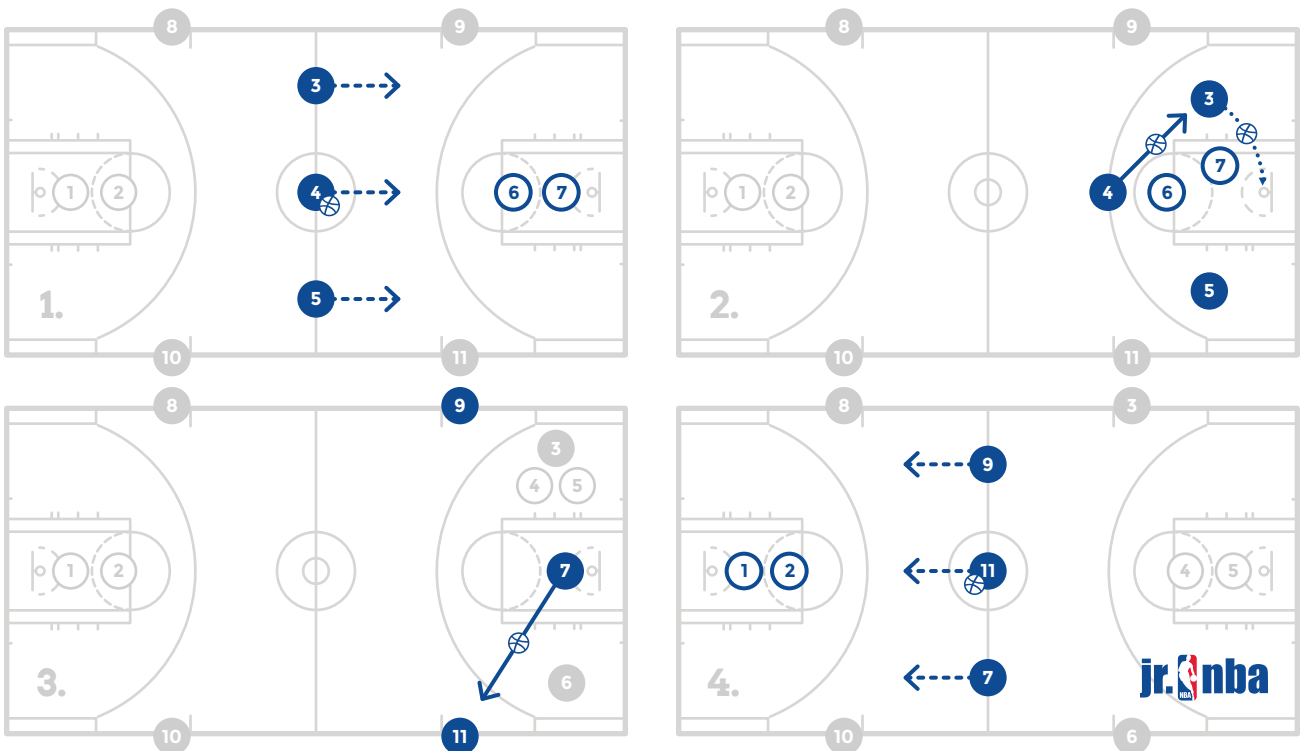
- The entire time this player was doing their 3 touches, the next 2 players were in a stance chopping their feet.
- Everybody else in line will sit in a good stance so that everybody is active until the last person has completed the drill.
- As the players get to their 3rd touch on the court, their teammates should get load and encourage them with clapping and cheers.

## Competing



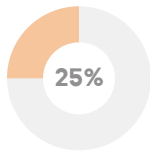
### 11-Person Transition Drill (3-5 min)

- This drill is the 11-person transition drill because there must be at least 11 players to make it work.
- There are 2 defenders at each basket and there are 3 offensive players going towards 1 basket which is 7 players.
- The remaining four spots are on the sideline on in between half court and the free throw line on each side of the court where a player could receive an outlet pass. With these four spots filled, there are 11 players needed.
- The players will move towards a basket in a 3 on 2 break.





COMPETING  
CONTINUED

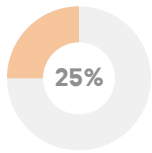


- After 1 shot or a turnover, what ever player gets the ball (offense or defense) will make an outlet pass to one of the players on the sidelines.
- After the outlet the player will dribble to the middle of the floor and the player who made the outlet will fill the lane that they passed it to and the other player on the sideline will fill the opposite lane.
- These 3 players will attack 3 on 2.
- After a shot or turnover, any player can get the ball and repeat the process going back.
- The two defensive players will step off and two of the offensive players will become defense while the other players will fill in the outlet lines.
- Continue this transition process for the allotted amount of time.

⊗ **3 on 3 Numbers Game** (games to 3)

- Assign 3 players to each number and have everybody stand on the baseline. The three players with the same number our 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 1 possession and 1 shot of 3 on 3.

COMPETING  
CONTINUED



- 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.

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

- Divide the players into teams.
- Give the players some freedom and let them play.
- Coach the players by talking to them between the games.

**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.