

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HUMILITY	Talk through what it means to be humble.	5%
Warm-Up	PARTNER RESISTANCE (20 sec each)	<ul style="list-style-type: none"> • Stance • Knees • Plank • Arms • Running Long Stride • Running Small Steps 	5%
Building Skills	Ball-Handling		30%
	2 BALL JAB DRILL (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	2 BALL ALTERNATE & REACT (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	Passing		
	BACKDOOR PASS LAYUP DRILL (1 x 15 makes each side)	Work on good timing and great passes.	
	Shooting		
	LOOP SHOOTING (10 makes at 5 spots)	Work on communication and making shots.	
Team Concepts	DIVE CONTEST CHARGE DRILL (2 x each)	This drill works on the little things that make great defensive teams.	30%
	LOAD TO THE PAINT (3 x each)	Teach the players to load to the paint when getting back on defense.	
	SHELL DRILL - 5 ON 5 WITH POST (8 min)	Make sure the players are getting to their defensive spots quickly.	
	5 ON 0 FAST BREAK (8 min)	Establish what lanes each player should run in transition.	
Competing	3 ON 3 FROM A DOWN SCREEN (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	30%
	3 ON 3 FROM A PICK AND ROLL (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	
	3 ON 3 FROM SCREEN THE SCREENER (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	
	3 ON 3 FROM PASS TO THE ELBOW (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

- 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



> HUMILITY

★ **Positive Coaching Alliance** sees players who exhibit humility as improving the overall quality of the game we all love. If players are humble enough to not consider themselves more important than their teammates, they are ready to play a beautiful style of basketball, sharing the ball on offense and the effort on defense. And, players who are humble enough to respect their opponents as equals will not disrupt the game with trash-talk or overly physical, dangerous play. Therefore, humility is a key to preserving the game so that it can continue giving so much joy to all of us and elevating our spirits.

Warm-Up



> PARTNER RESISTANCE WARM-UP (20 sec each)

- Have the players partner up and give each other resistance for the allotted amount of time with the following exercises.
- Stance • Knees • Running Long Stride
- Plank • Arms • Running Small Steps

Building Skills

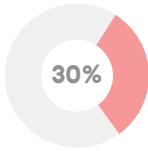


> BALL-HANDLING

⊗ **2 Ball Jab Drill** (2 x 30 sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.

BUILDING SKILLS
CONTINUED

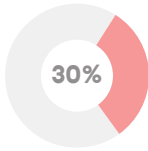


- The coach should stand out at the free throw line and encourage the players to work hard.
- If the coach holds up the left or the right hand, the players will quickly jab the corresponding foot out to the side and bring it back underneath them quickly.
- The coach will continue to hold up different hands and encourage the players to react quickly and jab to each one.
- Do this for the allotted amount.

⊗ 2 Ball Alternate & React (2 x 30 Sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.
- The coach should stay out in front of the players by starting at the free throw line and encourage the players to work hard.
- The players will alternate dribbling both balls in a good stance.
- If the coach holds up the left or the right hand, the players will take one big explosive step forward with that foot as the first step.

BUILDING SKILLS
CONTINUED



- The players will continue to dribble 2 balls while reacting to coach and exploding forward.

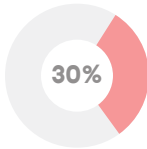
- After the players get to half court, have them turn and come back as well until the allotted time has elapsed.

➤ PASSING

⊗ **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 and step up and 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.

BUILDING SKILLS
CONTINUED

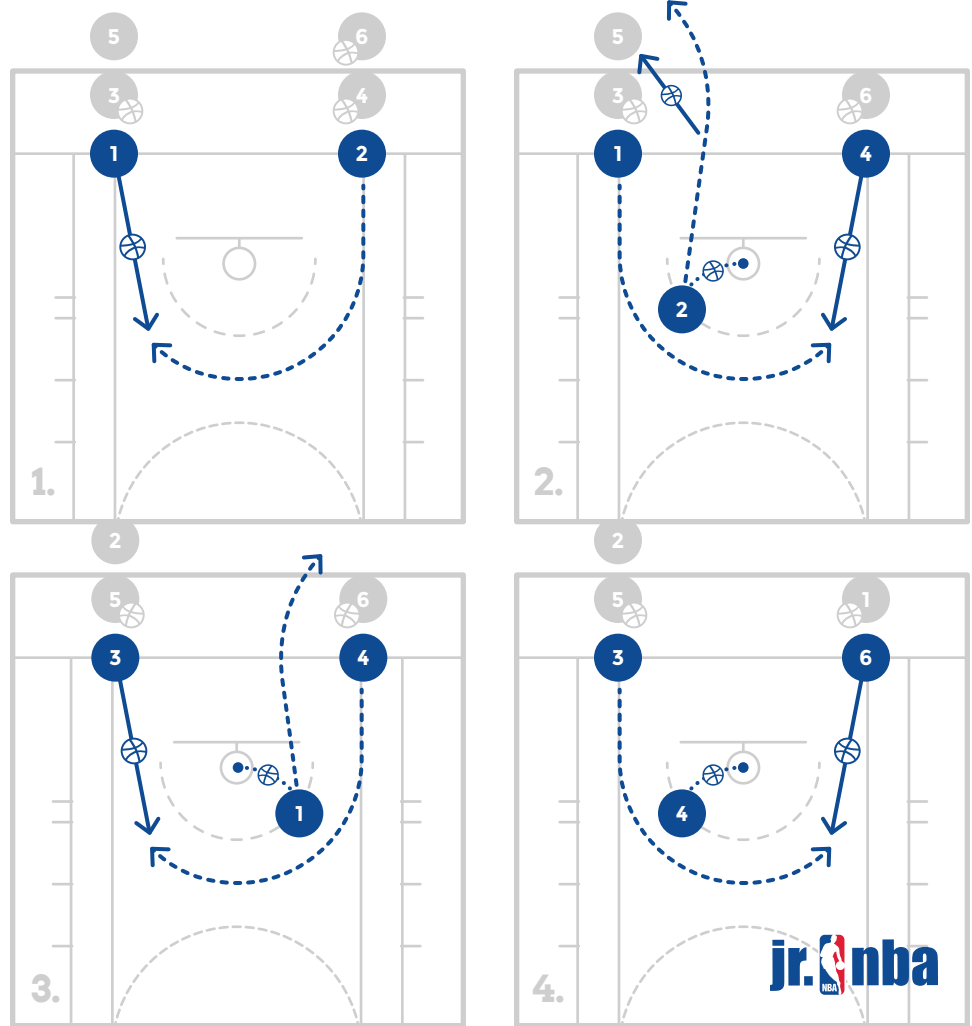


> SHOOTING

⊗ **Loop Shooting** (10 makes at 5 spots)

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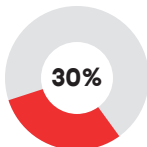
- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.
- The player with the ball in front of the player on the court will pass them the ball, the player will shoot 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.



BUILDING SKILLS
CONTINUED

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.

Team Concepts



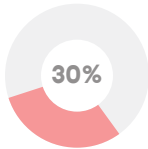
DEFENSE

Dive-Contest-Charge Drill (2 x each)

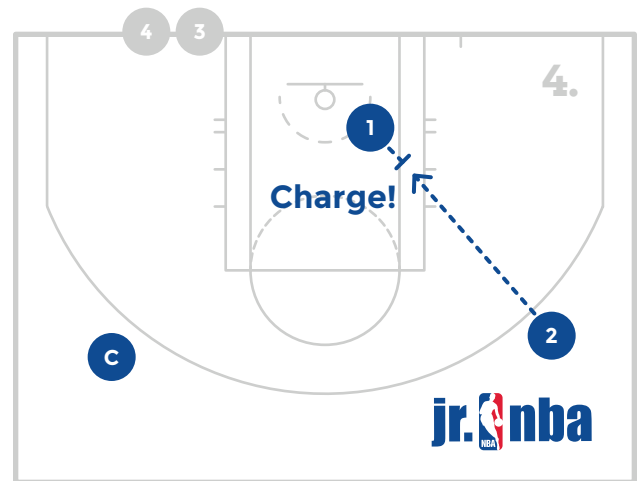
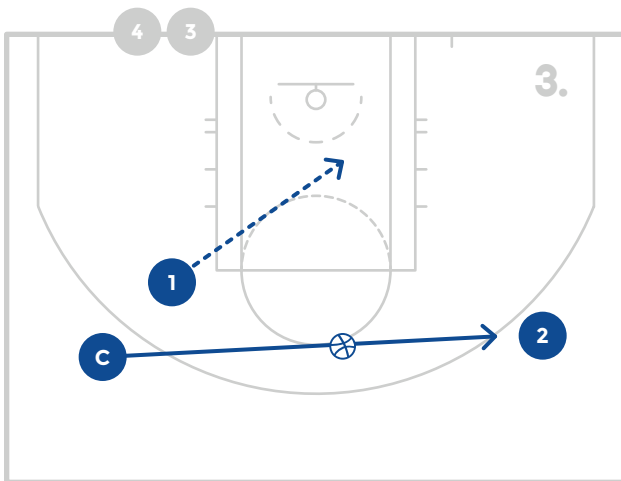
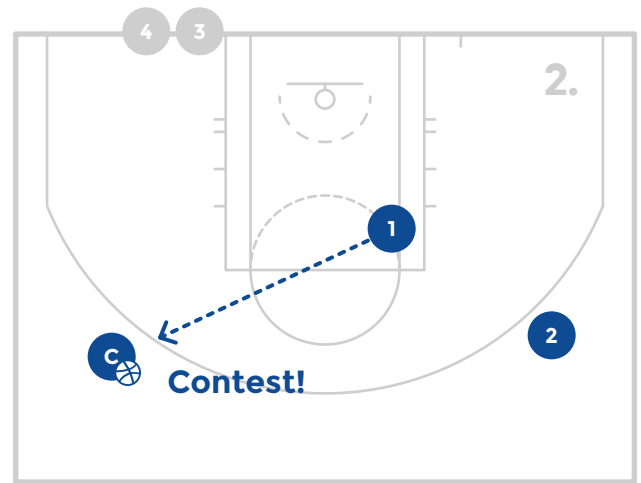
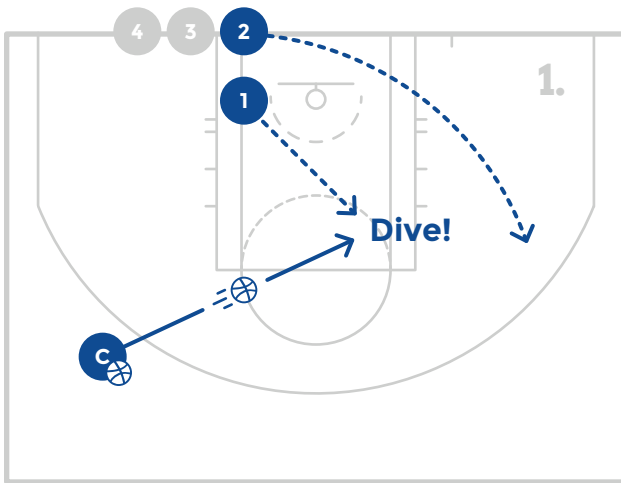
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- The players will start in a line on the baseline.

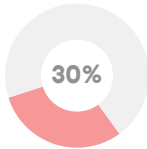
TEAM CONCEPTS CONTINUED



- The coach will start on the wing with 2 basketballs.
- The coach will start by rolling the ball towards the opposite wing.
- The player will start by running and diving on the loose ball.
- The next player in line will move slowly towards that wing as well.
- After the player dives on the ball and jumps up, they will sprint to the coach to contest the an imaginary shot.



TEAM CONCEPTS
CONTINUED



- The coach will then pass the ball to the opposite wing where the 2nd player moved to.
- The defender will jump to help and as the player on the wing drives, they will step over and take a charge.
- After the charge, the player who drove to the charge will pass the ball to the coach and begin the same series of dive, contest, & charge.

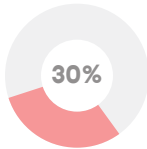
🔍 Key Points: This drill works on the little things that make great defensive teams.

🏀 Load to the Paint (3 x each)

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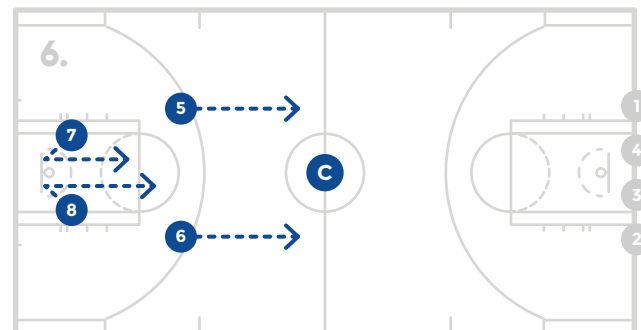
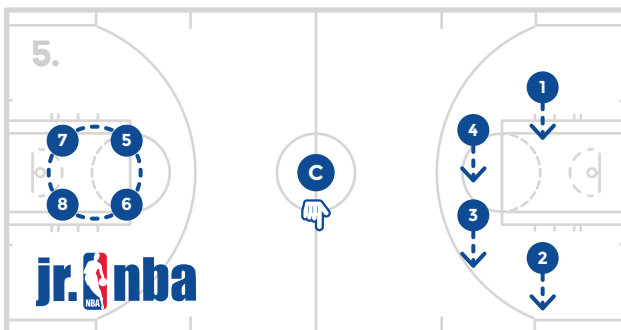
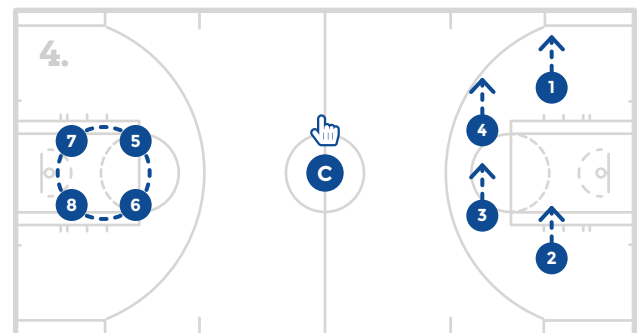
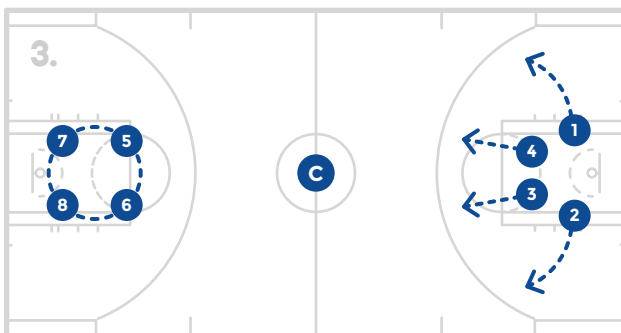
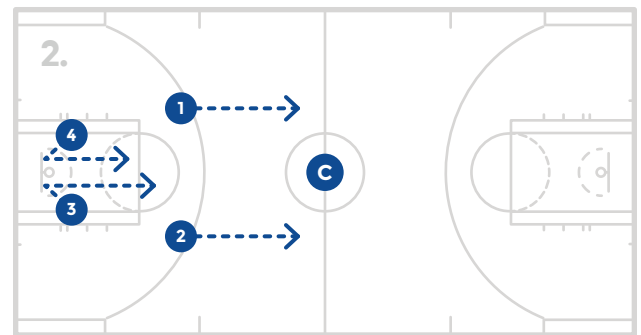
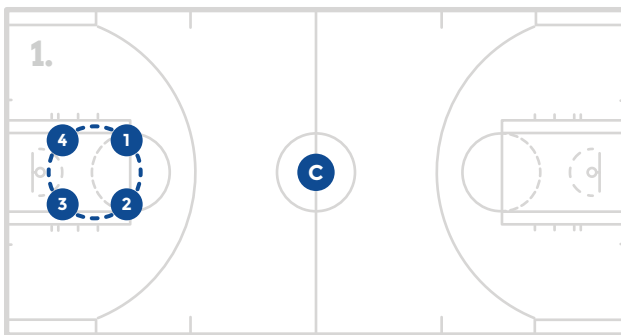
- Have the players get in groups of 4 or 5 and get on the baseline.
- Bring the first group out to the lane and have them run in a small circle until the coach tosses the ball in the air.
- When the ball is tossed in the air have all the players yell shot.
- At the same time have the players that are allowed to crash the offensive boards, run and touch the backboard and sprint back.
- The guards or those not allowed to crash the offensive boards will run back as soon as the ball is tossed.
- All players will load to the paint by sprinting to the paint then turning and closing out to the nearest spot on perimeter yelling “Ball! Ball! Ball!”.

TEAM CONCEPTS
CONTINUED

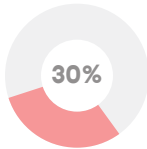


- Quickly the coach will point in a couple of directions to have them slide from side to side and then have them clap and hustle off to the baseline of that end of the court while the next group begins the same process.

- Repeat this process until each group has completed the allotted number of reps.



TEAM CONCEPTS
CONTINUED



> OFFENSE

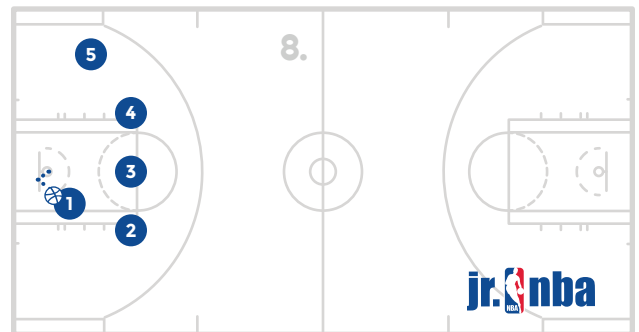
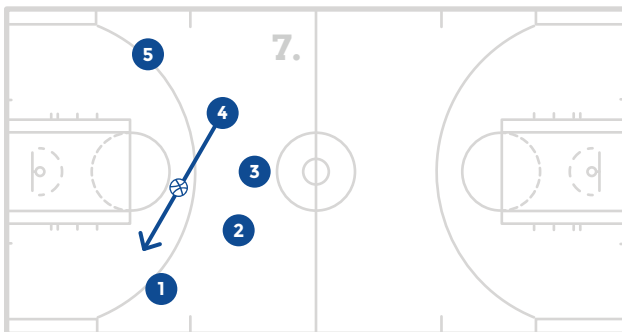
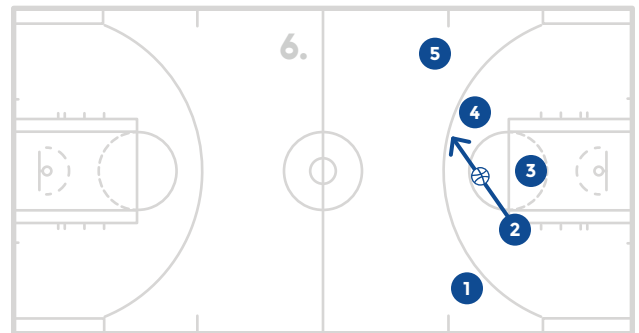
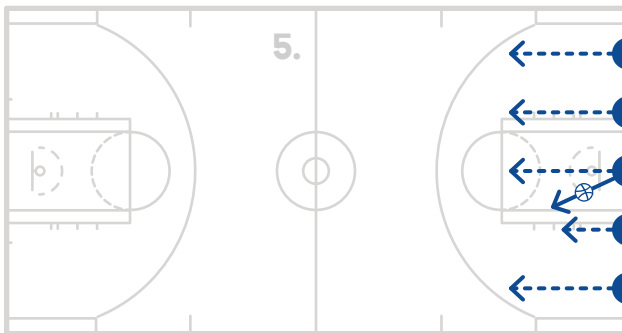
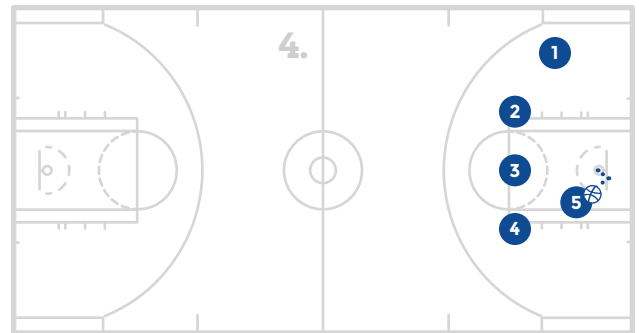
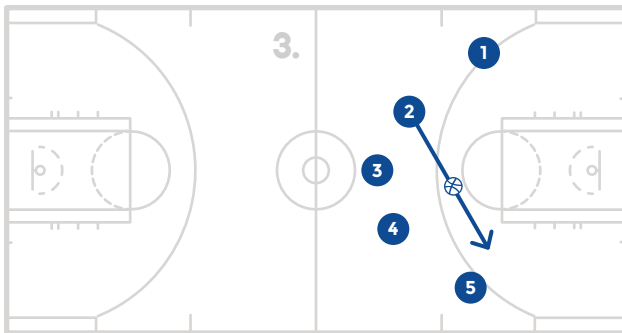
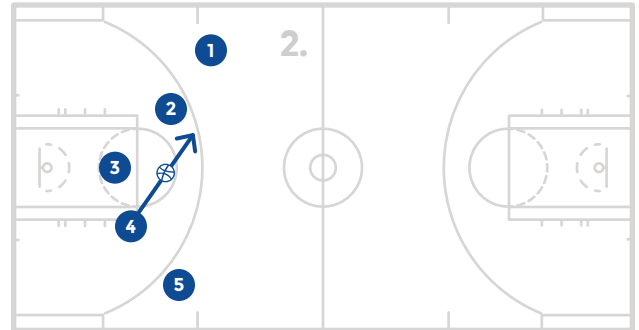
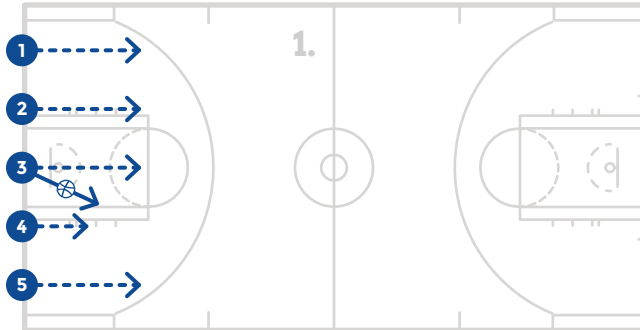
⊗ **Shell Drill - 5 on 5 with Post** (8 minutes)

- 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.

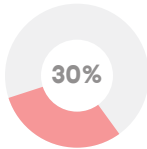
⊗ **5 on 0 Fast Break** (8 min)

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- Have the players start in 5 lines on the baseline, 1 in the middle, 2 to the sides of the middle line and 2 out wide on each side.
- The first two players in the middle line will need a ball.
- All the players will run forward towards the other basket.
- The player in the middle will pass the ball to the player closest to them on the right, that player will pass the ball to the player to the left of the middle line, and that player will pass the ball to the player running out wide to the right.



TEAM CONCEPTS
CONTINUED



- That player will lay the ball in and swing through to switch sides with player that was running the left wing.
 - The player in the middle is responsible for getting the rebound without it bouncing while the players that were closest to the middle line will switch sides inside the paint.
 - The players will immediately do the same thing on the way back to the original side.
 - After they finish on the side they started on, they will step off the court and the next group will start.
 - Each player should rotate through each of the starting points.
- Key Points:** Encourage the players to run hard and call names as the players off the court encourage the group.

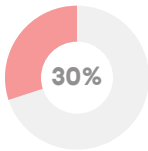
Competing



3 on 3 Dictated – Down Screen (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The players must start with a down screen.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.

COMPETING
CONTINUED



- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a “check,” and allowing players to get to the top of the key and start their possession.

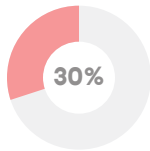
⊗ 3 on 3 Dictated – Pick & Roll (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The players must start with a pick and roll.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a “check,” and allowing players to get to the top of the key and start their possession.

⊗ 3 on 3 Dictated – Screen The Screener (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.

COMPETING
CONTINUED

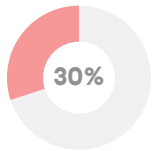


- The players must start with a screen the screener which means the coach will start with the ball on the wing while a guard on the ball side block screens across the lane for a post player to come to the ball side, then a player around the free throw line area will set a screen for the guard coming off to the top.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a “check,” and allowing players to get to the top of the key and start their possession.

⊗ **3 on 3 Dictated – Elbow Pass** (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The players must start with a pass to the elbow from a guard at the top, there should also be a guard on the same side wing which will allow the guards multiple cuts and screens to work together on that side of the court.
- After that, the ball is live and the players can move and play as they choose.

COMPETING
CONTINUED



- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a “check,” and allowing players to get to the top of the key and start their possession.

**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.