

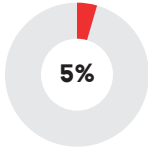
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECEPTIVENESS 2	Discuss how it can benefit everyone to be receptive.	5%
Warm-Up	DYNAMIC WARM-UP WITH BALL (1 of each)	<ul style="list-style-type: none"> • Skip Forward • Jog Forward • Light Quick 3 (wrap ball) • Skip Backward • Jog Backward • 1 High Knee (tap ball) 	5%
Building Skills	Ball-Handling		30%
	READ THE HAND DRILL (10 total)	Have the players read the defense as they make their dribble move.	
	HAND ON TOP (3 each way)	As the player drives, have them use their off hand to create an advantage.	
	Passing		
	BACKDOOR PASS LAYUP DRILL (20 makes)	Work on the timing and execution of a backdoor pass.	
	Shooting		
	3-PERSON SHOOTING REPS (3 x 10 each)	Work together in groups of 3 to take good game shots.	
	USING A SCREEN SHOOTING DRILL (10 makes each way)	Set up the cut and then come off to shoot at game speed.	
	Rebounding		
	TAG & PURSUE (6 min)	Work on tagging the offensive player on the perimeter.	
Team Concepts	FOLLOW THE LEADER SLIDES (1 x each)	Let the players lead the drill for 10-12 seconds each.	30%
	BALL UP BALL DOWN DRILL (3 min each side)	Work on the players moving efficiently as a defender.	
	BIGS/GUARDS		
	BIGS: DEFENDING POST CROSS SCREEN (8 min)	Work on specific teaching points to defending the post cross screen.	
	BIGS: PICK AND ROLL READS-ROTATION (8 min)	As the big rolls to the basket and catches the ball, help them see the floor and make the right decision.	
	GUARDS: PICK AND ROLL READS-ON BALL (8 min)	As the guard comes off the pick & roll, help them read their defender and make the right decision.	
	GUARDS: PICK AND ROLL READS-2ND DEFENDER (8 min)	As the guard comes off the pick & roll, help them read the 2nd defender.	
Competing	HALF COURT 5 ON 5 - 3 SECONDS (games to 5 makes)	After the first pass, no player is allowed to have the ball more than 3 seconds unless they are in a scoring motion.	30%
	3 ON 3 CONTINUOUS (games to 5 makes)	Keep the players moving with a high intensity competition	
	5 ON 5 (games to 7 makes)	Keep the energy up and work on everything practiced.	

- 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



> RECEPTIVENESS 2

★ **Positive Coaching Alliance** recommends that players act as sponges, soaking up all the information, instruction and experience possible. That applies to practices, team meetings, games, watching televised games, classrooms, outside reading and everyday life experiences. All the opportunities for knowledge that pile up through basketball can help players develop into better athletes and better people. Because basketball holds players’ attention, it creates an opportunity for them to understand how to focus their attention on any task at hand on or off the court. Making that connection explicit in players’ minds is a great gift for a coach to give a player.

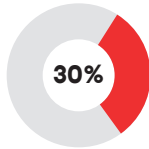
Warm-Up



> DYNAMIC WARM-UP WITH BALL (1 of each)

- Skip Forward
- Skip Backwards
- Jog Forward
- Jog Backwards
- Light Quick 3
- 1 High Knee

Building Skills



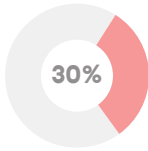
> BALL-HANDLING

★ **Fundamentals of the Shoulder Crossover:** The shoulder crossover is like any other crossover in that the ball will change from one hand to the other. The difference in the shoulder crossover is that the player will cross the ball over higher while keeping it in the original hand and shifting their shoulder and arm to the other side of their body. That means the player would take the ball from their right side to their left side by moving their right arm and the ball to the left side of their body to dribble.

⊗ **Read the Hand Drill** (10 total)

- Have the players partner up, get 1 ball, and find some space on the court.
- The player with the ball will take 1-2 slow dribbles towards the other player who will pretend to be a defender.
- The defender will place one of their hands down low like a dig hand to deflect a crossover, or extend their arm out in front of them at around chest level.
- The offensive player will read the defensive players hand and make the appropriate move.
- If the players hand is down, the offensive player will make a high/shoulder crossover and dribble past them.
- If the players hand is up, the player will make a low crossover and dribble past them.

BUILDING SKILLS CONTINUED



- Continue this process for the allotted reps and switch partners.
- The player will then turn and come back.

🔍 Key Points: Have the players work on reading the defense as they make their dribble move.

🏀 Hand on Top (3 each way)

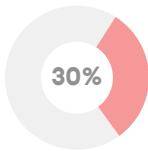
- Have the players partner up with one ball.
- There can be 3 lines at a basket (both wings and top).
- Have one player start on offense and the other on defense.
- As the offensive player drives by, the defensive player should move with them and put their arm on their body.
- The offensive player will work on getting their inside arm that is closest to the defender on top and in front of the defender's arm.
- The offensive player will continue by and shoot and then the partners will switch until the allotted number of shots have been reached.

➤ PASSING

🏀 Backdoor Pass Layup Drill (20 makes)

- Have the players get into 2 lines, 1 at the top and one on the wing or corner.

BUILDING SKILLS CONTINUED

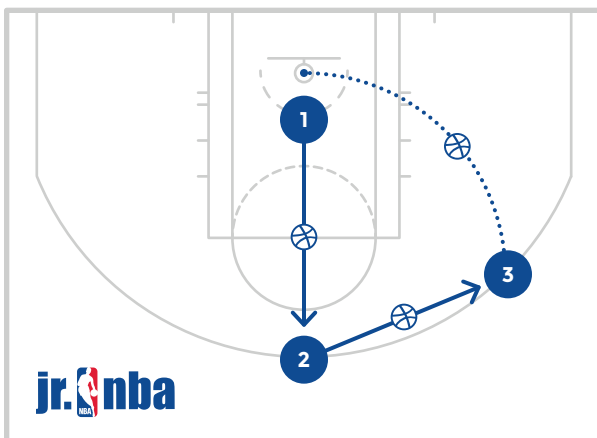


- Have the balls start in the line at the top and have the player with the ball dribble towards the wing.
- The player on the wing must time the cut and step up and then back cut.
- The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
- After the pass and the lay-up, the players will get the rebound and switch lines and continue.

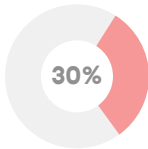
> SHOOTING

⊗ **3-Person Shooting Reps** (3 x 10 each)

- Have the players get in groups of 3.
- There will be 1 player that shoots 10 straight shots.
- Another player will pass, and another player will rebound.
- After 10 shots, the shooter will become the rebounder, the rebounder will become the passer, and the passer will become the shooter.
- This process will continue until the players get the allotted amount of shots.



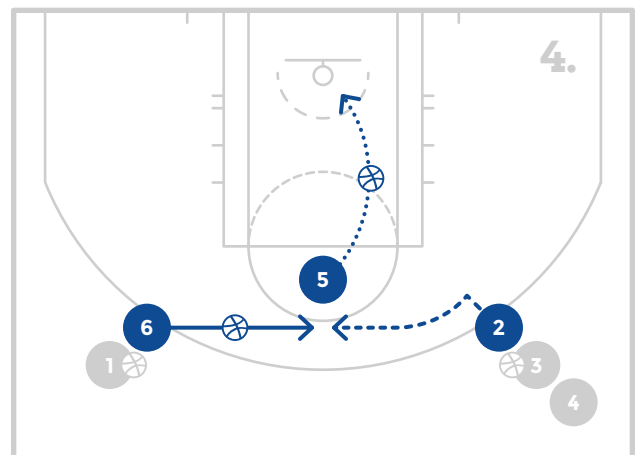
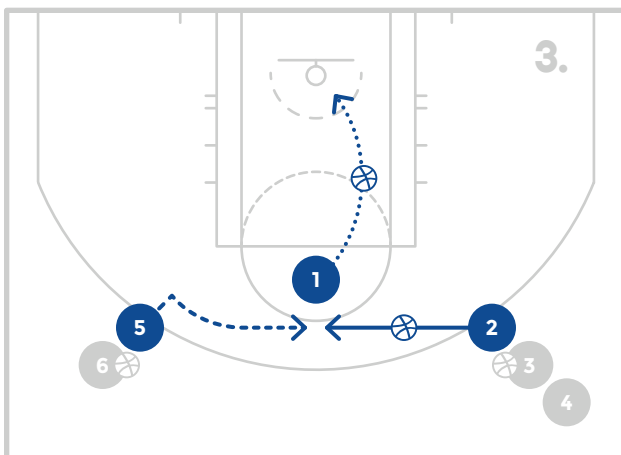
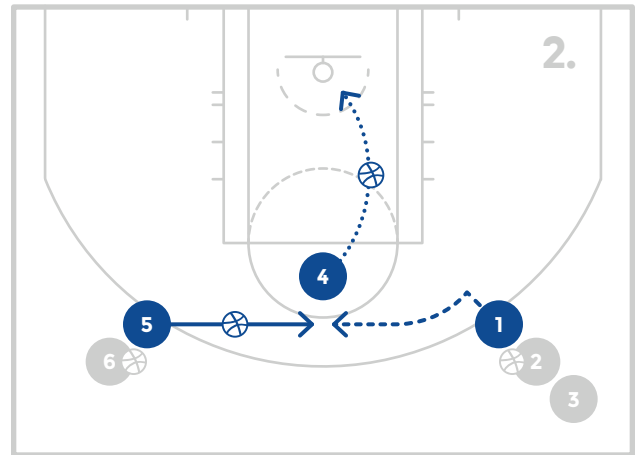
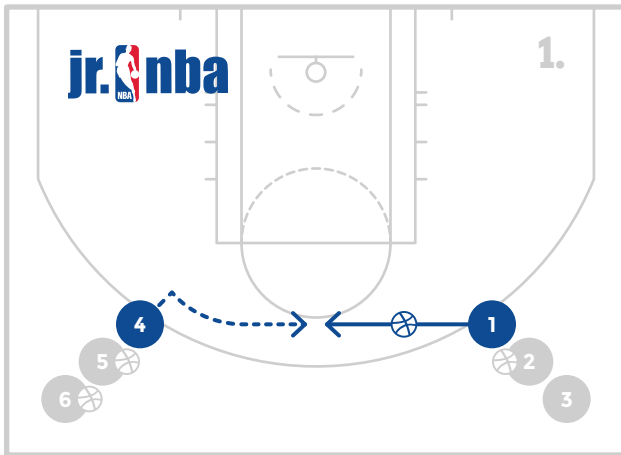
BUILDING SKILLS CONTINUED



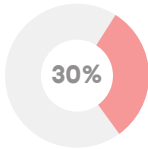
Key Points: Use this drill to get a lot of game speed shots. Make sure the rebounder is hustling for rebounds and the passer is giving good game passes.

Using A Screen Shooting Drill (10 makes each way)

- Have the players get in two lines, 1 on each wing.
- The first 2 players in one line need a ball and the 2nd and 3rd players in the other line need a ball.



BUILDING SKILLS
CONTINUED



- The first player without a ball will set up an imaginary screen and come off to the top of the key.
- That player will catch a pass from the opposite line and catch and shoot.
- The player will then get the rebound and give the ball back to the line they received the pass from and go to the back of that line.
- Immediately after the players make a pass to a shooter, they will set up an imaginary screen and come off to catch and shoot in the middle.
- This process will continue until the allotted number of shots are made.
- After that, the players will then step in and fade to the corners and shoot doing the same process for the allotted number of makes.

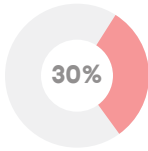
➤ REBOUNDING

⊗ Tag & Pursue (6 min)

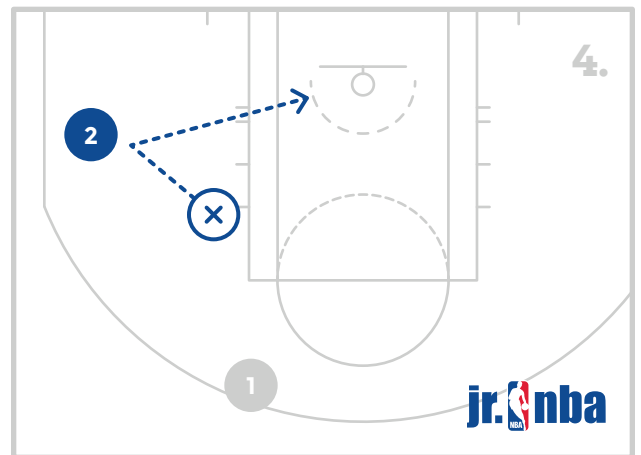
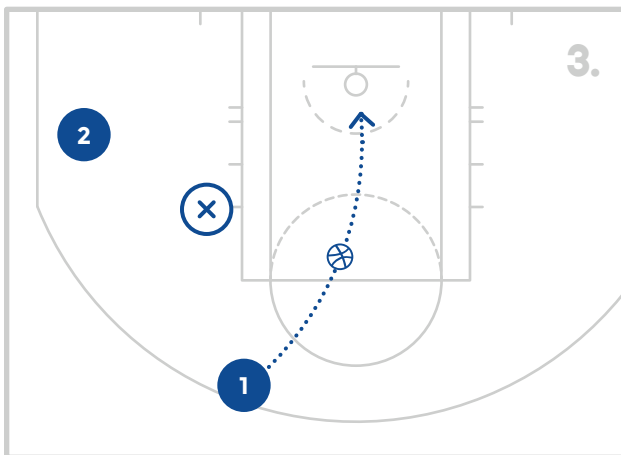
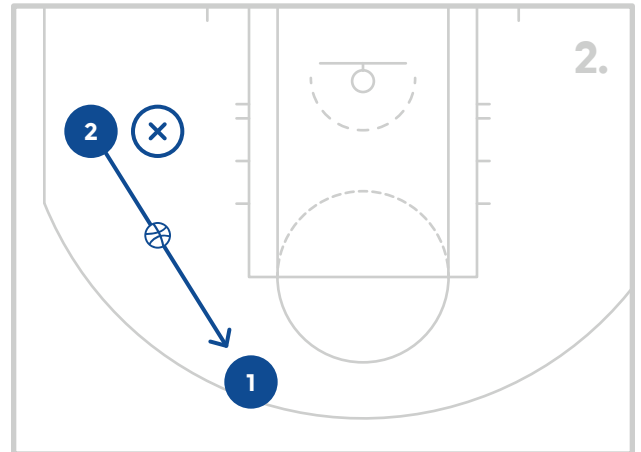
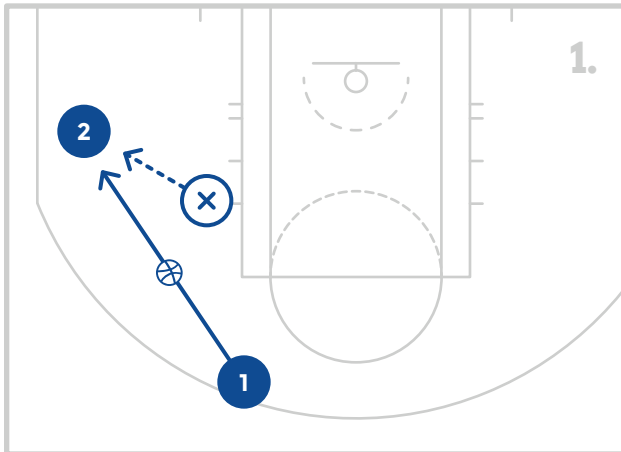
SEE DIAGRAM NEXT PAGE ➤➤

- Have the players get in groups of three and find space at a basket.
- Utilize as many baskets as possible and have at least 2 groups per basket.

BUILDING SKILLS CONTINUED



- 1 player will be a defensive player the other 2 players will be on offense not too far from each other with one ball.
- The defensive player will guard the player without the ball and start by being in “help” defense and saying “help, help, help.”
- The offensive player will pass the ball to their partner.
- The defensive player will now close out and say “ball, ball ball.”



BUILDING SKILLS
CONTINUED

- The offensive player will then pass the ball back to the other offensive player.
- The defensive player will jump into the help position and say “help, help, help.”
- The offensive player will then shoot.
- The defensive player will locate their offensive player, tag and pursue the ball.

Team
Concepts

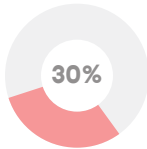


> DEFENSE

⊗ Follow The Leader Slides (1 x each)

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waste, dribbling with one hand, etc).
- The players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable of being the leaders, allow that as well.

TEAM CONCEPTS
CONTINUED



⊗ Ball Up Ball Down Drill (3 min each side)

- Have an offensive player in each corner and on each wing with a ball and a corresponding line on the baseline.

- The players on the baseline will close out to the players on offense.

- When the coach says, “ball up” or “ball down” the offensive player will put the ball up over their head or down in the trip threat stance.

- When the player moves the ball up, the player will push off their back foot and step closer to the player with their hands in the right defensive positioning.

- When the player moves the ball down, the defensive player will push back off their top foot.

- 🔍 **Key Points:** Work on the players moving efficiently as defenders and not wasting any movements.

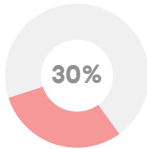
★ **Bigs/Guards:** Post Players and Guards will divide to work on different position specific drills..

⊗ BIGS: Defending Post Cross Screen (8 min)

- Have an offensive and defensive player start on each block.

- The coach will start with the ball on the wing.

TEAM CONCEPTS
CONTINUED

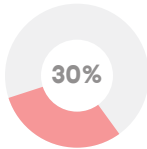


- (Make sure you teach or have taught the players how you would like them to defend a big to big post screen without switching).
- Let the player on the ball side set a cross screen for the opposite big.
- Let the players work on properly defending it for several reps before adding the pass in and letting the play.
- Offense will rotate to defense and 2 new offensive players will come in, or if you don't have enough post players rotate new players 1 spot at a time.

⊗ BIGS: Pick & Roll Reads-Rotation (8 min)

- Have the post players start in a line on the baseline with a player in the corner and a defender guarding him.
- The first player up will run up and set a screen for the coach in the opposite slot so that the coach is moving away from the player in the corner.
- The coach will pass it to the post player rolling.
- On the catch, the post player will quickly decide if the defender is helping or staying on the player in the corner.
- If the defender is helping, the roller will pass to the corner for a shot.

TEAM CONCEPTS
CONTINUED



- If the defender isn't helping, the roller will finish.
- The roller will become the corner shooter and the corner shooter will become the defender.
- The defender will step to the end of the line.

⊗ GUARDS: Pick & Roll Reads-On Ball (8 min)

- Have all the guards get a ball and start up high on the wing.
- Place a cone or a chair as the screener and have the coach act as the on ball defender.
- If the coach goes over the screen, the player will dribble off the screen for a pull up jump shot.
- If the coach goes under the screen, the player can stop behind and shoot or simulate a simulate a rescreen and come back off the other direction for a jump shot.
- Work on this from both sides and encourage the players to make good reads.

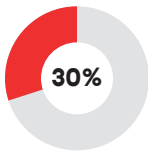
⊗ GUARDS: Pick & Roll Reads-2nd Defender (8 min)

- Have all the guards get a ball and start up high on the wing.
- Place a cone or a chair as the screener and have the coach act as the defender who is guarding the screener.

TEAM CONCEPTS
CONTINUED

- If the coach steps out to hard hedge, have the players split for a shot.
- If the coach sits back, have the player come off and shoot or freeze the coach and attack the basket.

Competing



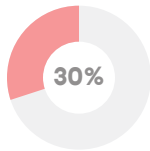
⊗ **Half Court 5 on 5 – 3 seconds** (games to 5 makes)

- Divide the players into teams and play 5 on 5 half court.
- Play games to 5 makes and ensure the players play hard the entire game.
- In this version of 5 on 5, after the first pass, no player is allowed to have the ball longer than 3 seconds or it will count as a turnover.
- If the offense scores, they keep the ball.
- Keep the energy up and work on everything practiced.

⊗ **3 on 3 Continuous** (games to 5 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.

 **5 on 5** (games to 7 makes)

- Divide the players into teams and play 5 on 5 full court.
- Play games to 5 makes and ensure the players play hard the entire game.
- In this version of 5 on 5, we will let the players play freely and coach as they play without stopping the game.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
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- If needed, have the coach start the session by giving a compliment and let the players follow.
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-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.