

| THEME                                                                | ACTIVITY                                                   | DETAILS                                                                                                                                                                                                                                                                                                                      | PERCENTAGE OF TOTAL PRACTICE TIME |
|----------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>Values</b>                                                        | <b>HEALTHY RELATIONSHIPS 1</b>                             | Emphasize the importance of relationships on and off the court.                                                                                                                                                                                                                                                              | <b>5%</b>                         |
| <b>Warm-Up</b>                                                       | <b>DYNAMIC WARM-UP</b> (1 x Each)                          | <ul style="list-style-type: none"> <li style="width: 33%;">• 1 High Knee</li> <li style="width: 33%;">• Angle Balance</li> <li style="width: 33%;">• 4 Point Slow</li> <li style="width: 33%;">• In Out Turn</li> <li style="width: 33%;">• Toes &amp; Chest</li> <li style="width: 33%;">• Heels &amp; Shoulders</li> </ul> | <b>5%</b>                         |
| <b>Building Skills</b>                                               | <b>Ball-Handling</b>                                       |                                                                                                                                                                                                                                                                                                                              | <b>30%</b>                        |
|                                                                      | <b>ZIG ZAG DRIBBLING</b><br>(2 x down and back)            | Emphasize being cut off and having a good change of direction.                                                                                                                                                                                                                                                               |                                   |
|                                                                      | <b>IN &amp; OUT AROUND THE LANE</b><br>(3 each side)       | Work on the in and out dribble coming up the lane line and then finish.                                                                                                                                                                                                                                                      |                                   |
|                                                                      | <b>Shooting</b>                                            |                                                                                                                                                                                                                                                                                                                              |                                   |
|                                                                      | <b>UP &amp; OUT SHOOTING</b><br>(10 makes each)            | Use different shots in this continuous shooting drill.                                                                                                                                                                                                                                                                       |                                   |
|                                                                      | <b>Footwork &amp; Conditioning</b>                         |                                                                                                                                                                                                                                                                                                                              |                                   |
|                                                                      | <b>THE JAB &amp; ATTACK DRILL</b><br>(3 each way)          | Work on good jab steps and attacking out.                                                                                                                                                                                                                                                                                    |                                   |
| <b>REVERSE PIVOT SERIES</b><br>(2 each side)                         | Work on good reverse pivots directly into offensive moves. |                                                                                                                                                                                                                                                                                                                              |                                   |
| <b>CLOSEOUT, SLIDE &amp; BACKPEDAL DRILL</b><br>(1 x 2 min each way) | Work on closeouts and changing directions quickly.         |                                                                                                                                                                                                                                                                                                                              |                                   |
| <b>Team Concepts</b>                                                 | <b>3 ON 0, 2 ON 1</b> (6 min)                              | Work on making good decisions and scoring in transition.                                                                                                                                                                                                                                                                     | <b>30%</b>                        |
|                                                                      | <b>LINE UP TRANSITION DRILL</b><br>(games to 5 stops)      | Use this full court transition drill to teach communication and matching up.                                                                                                                                                                                                                                                 |                                   |
|                                                                      | <b>BIGS/GUARDS</b>                                         | Post Players and Guards will divide to work on different position specific drills.                                                                                                                                                                                                                                           |                                   |
|                                                                      | <b>BIGS: REBOUND, SPRINT &amp; SEAL</b> (6 min)            | Make sure the bigs are sprinting the floor and sealing the defender.                                                                                                                                                                                                                                                         |                                   |
|                                                                      | <b>GUARDS: REBOUND, SPRINT &amp; SHOOT</b> (6 min)         | Make sure the guards are running the floor wide and are ready to shoot.                                                                                                                                                                                                                                                      |                                   |
| <b>Competing</b>                                                     | <b>1 ON 1 - CONES</b> (games to 4)                         | All the players have to run around the cones before the game is live.                                                                                                                                                                                                                                                        | <b>30%</b>                        |
|                                                                      | <b>5 ON 5</b> (4 Quarters)                                 | Simulate a more realistic game.                                                                                                                                                                                                                                                                                              |                                   |

- 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



### > HEALTHY RELATIONSHIPS 1

★ **Positive Coaching Alliance** places a great emphasis on the value of healthy relationships. Beyond some of the obvious connections between teammates and coaches, consider relationships between players and parents and players and classmates. Student-athletes usually enjoy high status in their school communities. That gives them the power to set certain social tones. Coaches can cultivate that sense of responsibility within their players, leading by example and devoting some practice or team meeting time to what constitutes a healthy relationship.

## Warm-Up



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

- 1 High Knee
- Angle Balance
- 4 Point Slow
- In Out Turn
- Toes & Chest
- Heels & Shoulders

## Building Skills



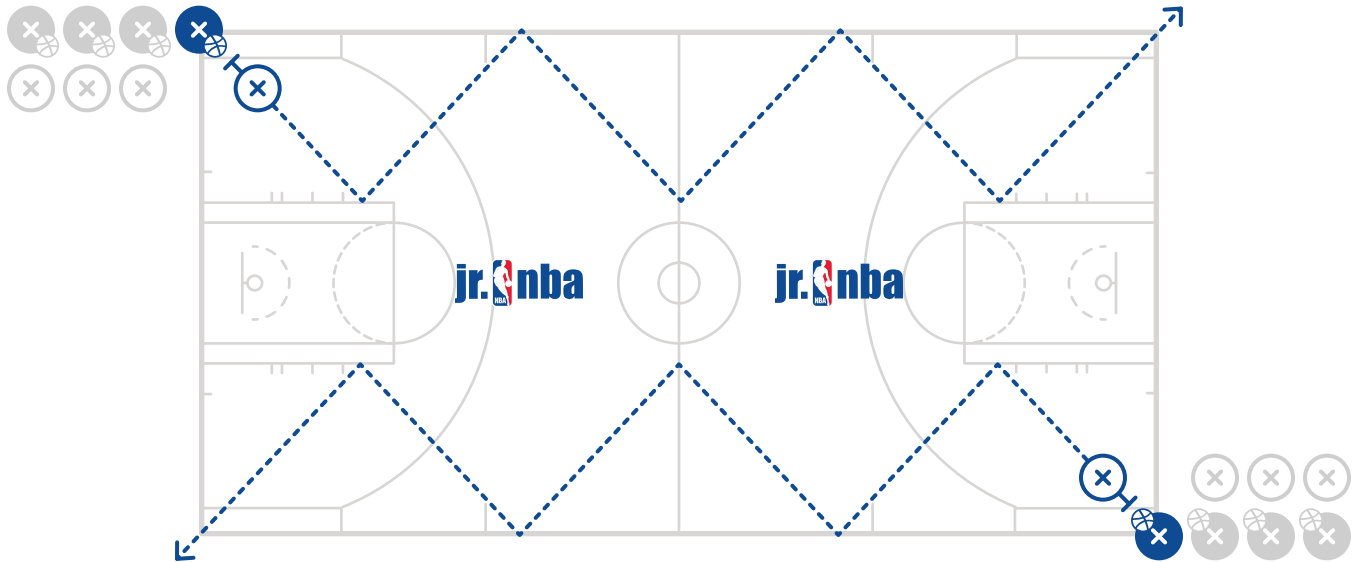
### > BALL-HANDLING

#### ⊗ **The Zig Zag Drill – with Defender**

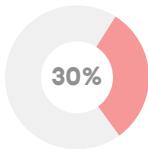
(2 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Have half the players partner up with one ball and line up on the corner of the baseline and sideline and the other half line up on the opposite corner of the baseline and sideline.



**BUILDING SKILLS CONTINUED**



- The first pair in line will start with a dribbler and a defender in a stance with his back to the court.

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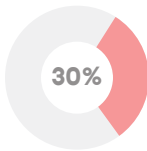
- The offensive player will dribble side to side making moves to change directions at their discretion and the defender will slide back at angles to cut the offensive player off all the way down the court.

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- Once the pair in front of them gets to the free throw line, the next group will begin.

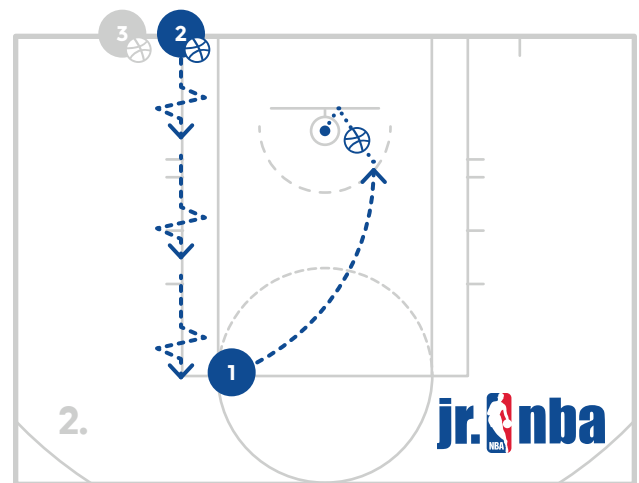
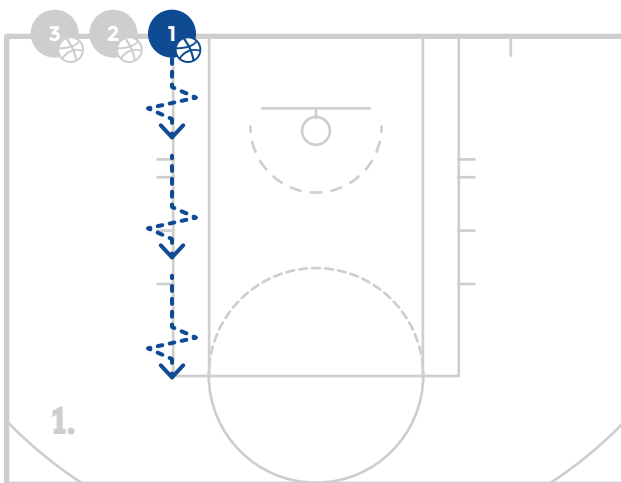
**🔑 Key Points:** The players will work on pushing off their back foot, staying low having their hands out and moving quickly down the court as a defender. Depending on the players level, give some guidelines to the offensive players speed.

**BUILDING SKILLS  
CONTINUED**

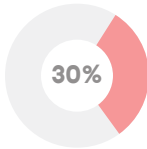


**🏀 In & Out Around the Lane (3 each side)**

- Have the players get a ball and start in a line on the baseline at the point where the lane line meets the baseline.
- The first player up will take a dribble and then drop for a quick in and out move coming up the lane line.
- The player will do this 2 to 3 more times coming up the lane line until they pass the elbow.
- Once the player gets above the elbow, they will turn the corner back towards the basket and attack for a lay up.
- As soon as the player in front of them is halfway up the lane, the next player will start.
- Continue this process for the allotted reps and utilize multiple baskets if needed.



BUILDING SKILLS  
CONTINUED

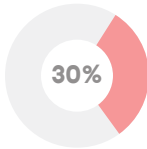


SHOOTING

⊗ **Up & Out Shooting** (10 makes each)

- The players will start in 1 line on the baseline under the basket.
- The first player will start without a ball and the next few players will have a ball.
- The first player will run to the top of the key and then make a straight line cut to the wing.
- The next player in line will pass the ball to the player and the player will catch and shoot or use another designated shot.
- That player will get their rebound, give it to the next person without a ball in line and go to the back of the line.
- The player who passed the ball will run to the top of the key and make a straight line cut to the opposite side of the first player.
- The next person in line will pass to that player and continue the process by running up and cutting out to the opposite side as the person in front of them.
- Continue this drill for the allotted amount of shots.

BUILDING SKILLS  
CONTINUED

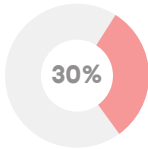


**FOOTWORK & CONDITIONING**

**⊗ The Jab & Attack Drill** (3 each way)

- The player should start by facing the basket where 1/2 court and the sideline meet.
  - The player will jab the foot closest to the sideline.
  - Immediately following the jab, the player will step across their body with the jab foot and take a big step and a big dribble in the opposite forward/angle direction.
  - The player will pick up the ball as if they are shooting after the jab one stride 1-2 stop.
  - From that point, the player will stay there, reset, and repeat the process jabbing again and attacking the middle of the court.
  - The goal is for the player to get inside the 3-point line after 3 of these jabs and take a jump shot after the 3rd jab.
  - The player must take a big stride and cover a lot of ground and be able to explode up into their shot.
  - It is important to do this drill from both directions.
- 🔍 Key Points:** Some players may need to start with more than 3 dribbles Don't allow players to hop onto 2 feet after the dribble. Always have them 1-2 step.

BUILDING SKILLS  
CONTINUED



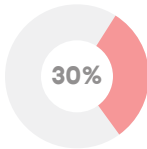
⊗ **Reverse Pivot Series** (2 each side)

- Have the players start in two lines on the wings with a ball and the first person start wide off the block with facing the line with the balls.
- The player in line will pass the ball to the player facing them who will then make the move and get the rebound and go to the back of the line.
- The player who passed the ball will become the next shooter.
- The players should do the same process from the opposite side.

★ **Here is the 8 shot series of moves for the reverse pivot series:**

1. Reverse pivot rip for a lay up.
2. Reverse pivot rip opposite for a lay up.
3. Reverse Pivot straight into a jab and shot.
4. Reverse pivot opposite straight into a jab and shot.
5. Reverse pivot jab and attack opposite for a pull-up.
6. Opposite foot reverse pivot jab and attack opposite for a pull-up.
7. Reverse pivot jab and attack opposite for a move of choice.
8. Opposite foot opposite foot reverse pivot jab and attack opposite for a move of choice.

BUILDING SKILLS  
CONTINUED



**Closeout, Slide & Backpedal Drill** (1 x 2 min each way)

- Have the players start in one line on the baseline where it meets the lane line.
- The first player in line will sprint to a closeout at the elbow.
- As soon as the player in front of them gets to the elbow, the next player will begin.
- From the elbow, the player will quickly defensive slide across the lane line.
- Once the player reaches the other elbow, they will backpedal to the baseline.
- The player will then get in the back of the line and continue for the allotted amount of time.

**Team  
Concepts**



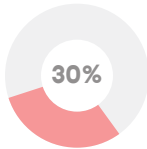
**3 on 2, 2 on 1** (6 min)

SEE DIAGRAM NEXT PAGE >>

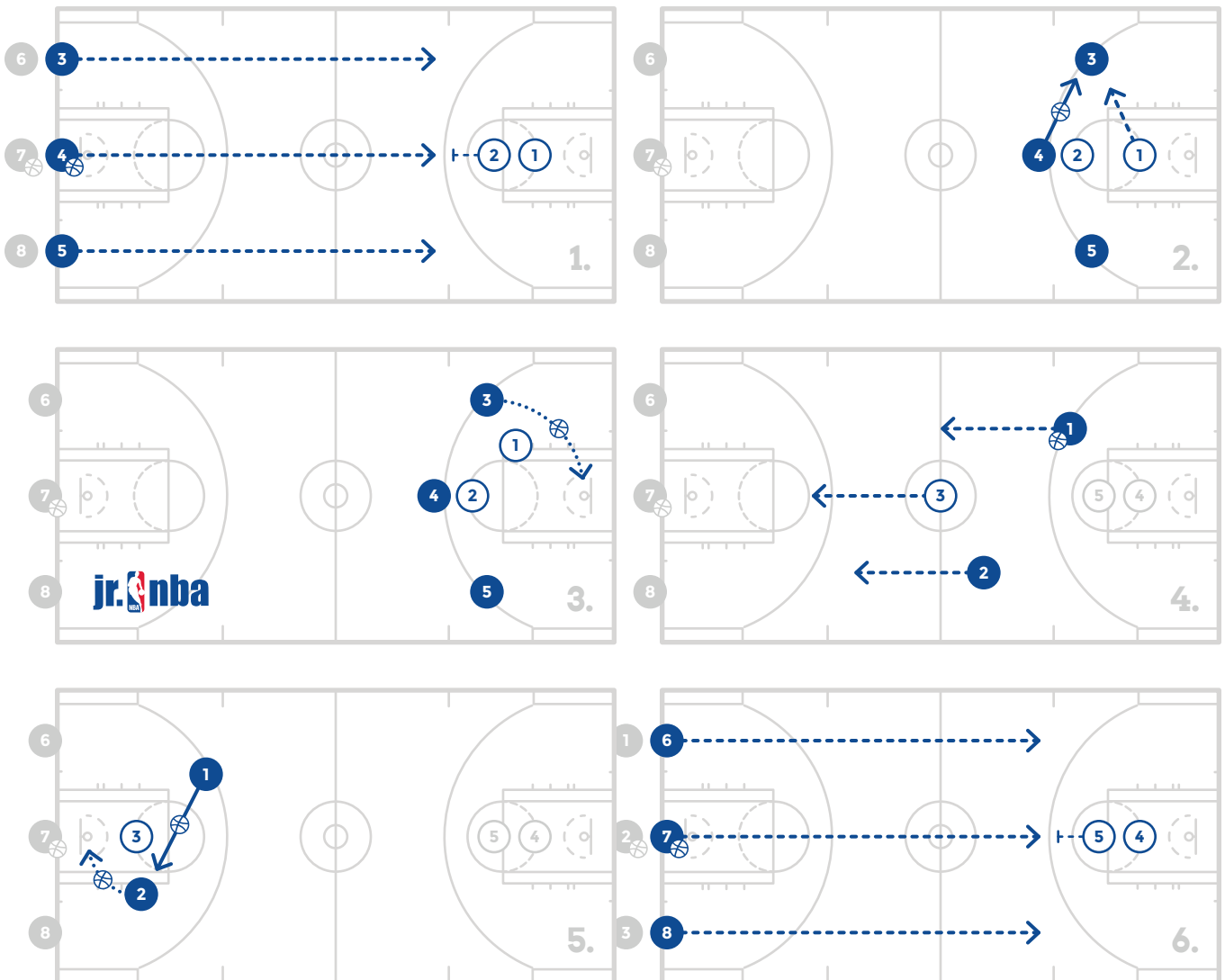
- Have the players start in 3 lines on the baseline with 2 balls in the middle line.
- The first 3 players in line will run down the court passing the ball with the two side lines out wide.
- The player in the middle will pass to one side, receive a pass back, pass to the other side, receive a pass back, then pass to the first side.



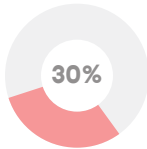
TEAM CONCEPTS  
CONTINUED



- On this pass the player will take a layup.
- The player who laid the ball in will sprint back to the other end of the court as a defender versus the other 2 players coming back.
- The player in the middle is responsible for putting both feet in the paint and then becoming an offensive player going the other way.



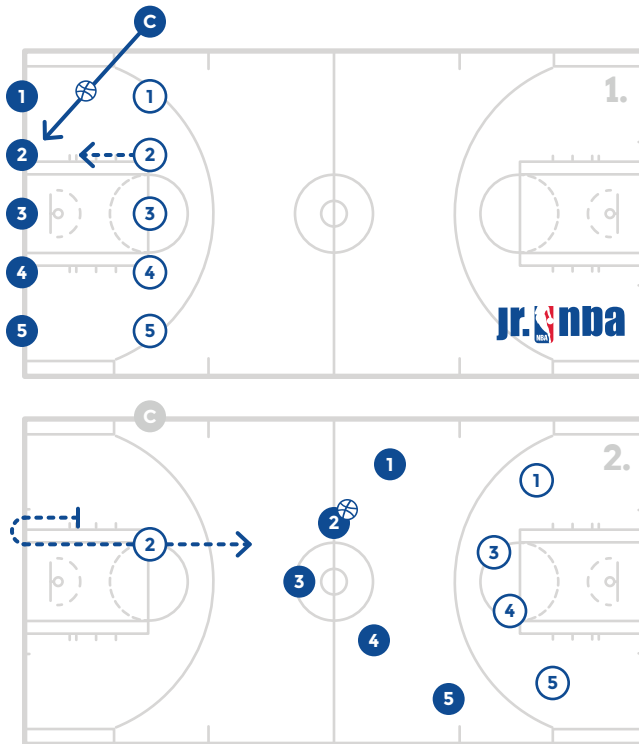
TEAM CONCEPTS  
CONTINUED



- The player on the wing that did not shoot the lay-up is responsible for getting the rebound and then becomes offense going the other way 2 on 1.
- After 1 shot in the 2 on 1, they next group of 3 from the baseline will begin.

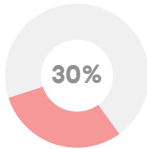
**Line Up Transition Drill** (games to 5 stops)

- Divide the players into teams and have 5 players line up across the baseline and 5 players line up on the free throw line extended across from them.



- The coach will have a ball and pass it to a player on the baseline and that player and that team will go to the other basket to try to score.
- The player that is standing free throw line extended in front of the player who caught the ball will have to sprint to the baseline in front of them and turn and sprint back into the play which is now ahead of them.
- The defensive team will need to stop the ball and match up as they are at a 5 on 4 disadvantage until the player hustles back into the play.

TEAM CONCEPTS  
CONTINUED



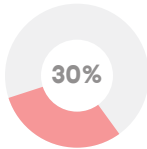
- After the possession, have the teams switch (baseline to free throw line extended and vice versa) and continue the drill
- Coach the players through the proper method of stopping the ball and matching up.
- The team with the set number of defensive stops first wins.

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

⊗ **BIGS: Rebound, Sprint & Seal** (6 min)

- Have the post players start with a ball at one basket in a line.
- The first player will toss the ball off the backboard and grab the rebound and make a good outlet pass to the coach.
- The player will run to half court and sprint back to the paint.
- The next player in line will play defense in the paint while holding onto their basketball with 2 hands above their head.
- The offensive player will seal the defender, receive a pass from coach and finish.
- The next player in line who was the defender will then toss their ball off the backboard and begin the same process.
- Make sure to work on this from both sides of the court.

TEAM CONCEPTS  
CONTINUED



⊗ **GUARDS: Rebound, Sprint & Shoot** (6 min)

- Have the guards start in two lines under the basket with the ball.
- The first player will toss their ball to coach and jump to touch the backboard.
- After touching the backboard the player will sprint out wide to touch the line where half court and the sideline meet and sprint back to the same side corner for a catch from coach and shoot the designated shot.
- Right after this, the player in the other line will begin the same process.
- Make sure the guards are running the floor wide and are ready to shoot on the catch.

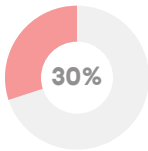
**Competing**



⊗ **1 on 1 - Cones** (Games to 4)

- 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.
- 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.

COMPETING CONTINUED




- 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.

 **5 on 5** (4 quarters)

- Divide the players into two teams and play a four quarter game.
- Try to make this game feel more like an actual game than a regular part of practice.

**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.