

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HEALTHY RELATIONSHIPS 2	Teach the players that friendships last a lifetime.	5%
Warm-Up	LINE HOPS (1 x 20 seconds each)	<ul style="list-style-type: none"> • 2 Feet Forward & Backwards • 1 Foot Forward & Backwards • Stationary Hip Swings • 2 Feet Side to Side • 1 Foot Side to Side • Arm Rolls 	5%
Building Skills	Passing		30%
	PARTNER RUNNING PASS DRILL (8 to 1)	Partner up and work on making the allotted number of passes for a finish.	
	Shooting		
	BACKBOARD FORM SHOOTING (3 x 8)	Work on shooting the ball nice and high and have it hit the backboard on the way down.	
	1-STEP FORM SHOOTING (20 makes)	Work on taking a big step into each shot.	
Team Concepts	TIMING THE DRIBBLE (3 x)	Guards will work on timing the dribble for a steal. Bigs will work on timing the dribble for "pulling the chair."	30%
	CLOSE OUT TO PREVENT MIDDLE (3 reps each side)	Make sure the bigs are sprinting the floor and sealing the defender.	
	DIGGING IN THE POST (3 reps each)	Teach the players to dig with their body facing the court and hands active.	
	DEFENDING THE POST PLAYER	There are different ways to defend a post player but there are also some aspects that never change.	
	1 ON 1 POST CROSS SCREEN (games to 3)	Work on getting through screens and playing post defense.	
Competing	3 ON 3 DICTACTED - POST ENTRY (games to 3)	All possessions must start with a post entry.	30%
	5 ON 5 (games to 7)	Keep the energy up and work on everything practiced.	
	SITUATIONAL PLAY (4-6)	Work on game and clock management through situational play.	
	AROUND THE WORLD PLUS ½ COURT! (1 game)	Play a fun shooting competition for a positive end to practice.	

- 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 2

★ **Positive Coaching Alliance** sees the relationships developed through basketball as the game’s greatest reward. Teammates often bond for life. Scores are forgotten, but friendships are not. Coaches and players should do all they can to cultivate great relationships with each other, to place the highest possible value on coming together in pursuit of common goals. That’s not to say there won’t be differences; the healthiest families have their fair share of those. But when all is said and done, coaches and players should love each other. As their paths separate and then come back together throughout the rest of their lives, there can always be a bond, a smile and some of the best memories of their lives.

Warm-Up



> LINE HOPS (1 x 20 seconds each)

- 2 feet forward & backwards
- 2 feet side to side
- 1 foot forward & backwards
- 1 foot side to side
- Stationary Hip Swings
- Arm Rolls

Building Skills

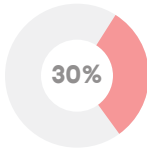


> PASSING

⊗ **Partner Running Pass Drill** (8 to 1)

- Have the players partner up and stand on the baseline across from each other.

BUILDING SKILLS
CONTINUED



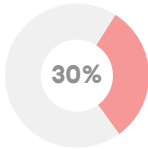
- The players will pass back and forth to each other as they run down the court and shoot a lay-up at the other end.
 - After they lay-up, they will wait at the other end for all the groups to finish before coming back the other way.
 - The group behind them can start once the group in front is almost to half court.
 - The players will be required to make the allotted number of passes to each other before shooting the lay-up.
 - So on the first trip down, the players will make 8 passes before shooting so they must count loud and execute a lay-up after 8 passes.
 - On their way back, they will make 7 passes before the lay-up.
 - This process will continue all the way down to 1 pass for a lay-up.
- 🔍 Key Points:** Make sure the players count their passes loud and shoot the lay-up at the right time. Try not to drop any passes or miss any lay-ups. As the drill progresses, the players must run faster.

➤ SHOOTING

⊗ **Backboard Form Shooting** (3 x 8)

- Have the players get a partner and a ball and find a space near the basket.

BUILDING SKILLS
CONTINUED

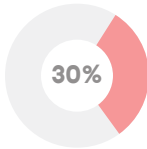


- The first player will stand very close to the basket and shoot 8 shots and the other partner will rebound and pass back until it's time for the players to switch.
- The players will try to shoot the ball up high so that it hits the backboard on it's way back down to the ground.
- The players aren't trying to make shots or even shoot at the basket, just the backboard next to the rim.
- Make sure the players focus on shooting the ball nice and high and soft.

 **1-Step Form Shooting** (20 makes)

- The players will line up in 2 lines, one on each side of the paint with both lines facing the opposite sideline.
- The players will alternate from each line pushing of the foot closest to half court as far across the paint as possible.
- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with there arms simulating holding a ball.
- The player will then go to the opposite line and the player from the opposite line will do the same.
- This process will continually repeat for a minute.

BUILDING SKILLS CONTINUED



- After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.

Key Points: Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.

Team Concepts

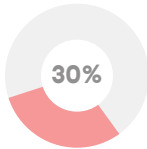


DEFENSE

Timing the Dribble (3 x)

- Timing is an important part of the game, for this drill the guards will partner up with a ball and find space on the court and the bigs will partner up with a ball and go to the blocks.
- The guards will have one dribbler and 1 defender and the defender will try to get a feel for timing the offensive players dribble and time it so that when the ball is going down leaving the offensive players hand, they can go for a steal.
- The bigs will allow the offensive player to dribble and bump against them for 1 or 2 dribbles to get a feel for the offensive players timing before “pulling the chair” by moving backwards away from the offensive player as they try to bump them. This often causes the offensive player to lose lose balance and lose control of the ball or travel.
- Take turns with the partner until they have executed the allotted number of attempts.

TEAM CONCEPTS
CONTINUED



⊗ Close Out to Prevent Middle (3 reps each side)

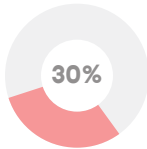
- Start with two lines on the baseline and a player on each wing.
 - The first players in line on the baseline will pass the ball to the players on the wing and then close out to defend the offensive player.
 - The offensive player can make 2 dribbles wherever they would like and the defender must defend them trying to prevent a middle drive.
 - After the two dribbles, the offensive player will pick up the ball and the defender will pressure the ball before rotating.
 - The defender will become the offensive player on the wing and a new defender will step on from the baseline.
- 🔍 Key Points:** Many teams want to prevent the offense from getting to the middle. Work on this concept with good close-outs.

★ Fundamentals of Digging in the Post: Teach the players how to dig in the post by playing both the player on the wing while jabbing and faking down into the post to disrupt the post player. The players should do this with their body facing the court with long arms to dig with one hand and the other hand to attempt to get deflections.

⊗ Digging in the Post (3 reps each)

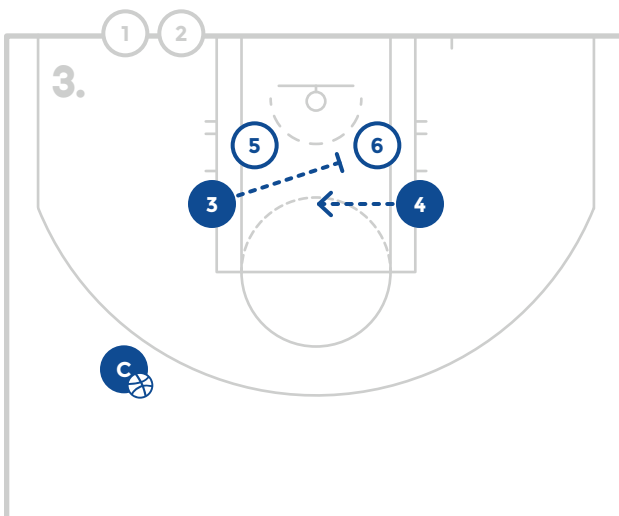
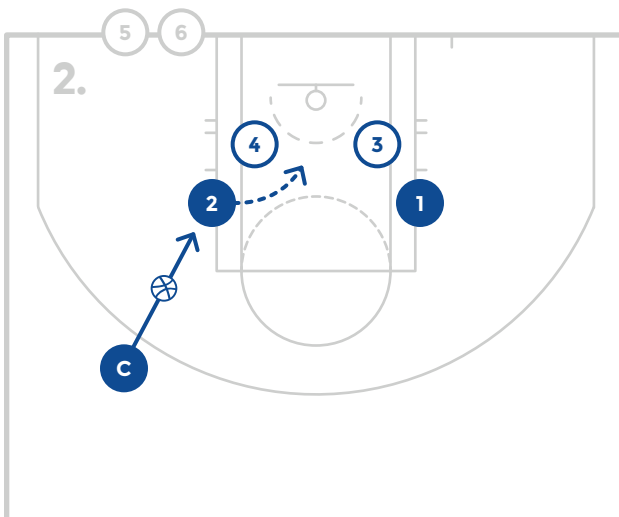
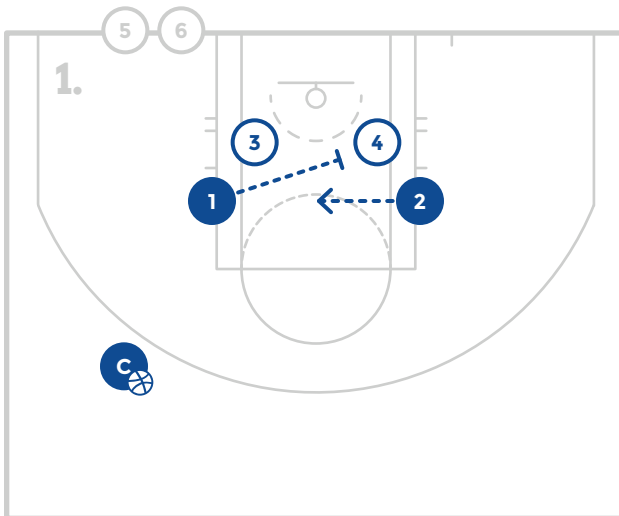
- Have the players get in a line on the wing with the coach on the same side block.

TEAM CONCEPTS
CONTINUED



- The first player in line will turn and defend the next player.
- The offensive player will make a post entry pass to the coach.
- The defensive player will then work on digging down to make the coach pass the ball back out.
- The players will repeat this process for 3 reps and then rotate so that the defender goes to the back of the line and the offensive player becomes the defender and the next person in line becomes the offensive player on the wing.
- Continue through this process until all the players have done the activity.
- Utilize the other wing or other space to maximize reps.

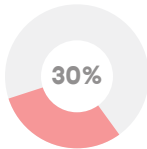
★ **Fundamentals of Defending the Post:** There are a variety of ways to defend post players and coaches may choose to adjust their defense depending on the team or the player. Regardless, you always want to keep the offensive player away from the basket, so the more difficult you can make it for the player to get close and catch close to the basket, the better. Next, the defense will depend on where the ball is. For this example, if the ball is on the wing on the same side as the post, there are the options of fronting the post by getting between the passer and the post player. You can also play behind the post player and stay between the player and the basket. Or you could choose to defend in between with something like a 3/4 or 1/2 front in which one foot is in front of the player with a hand discouraging the pass, and one foot behind the player so the defense can easily get back behind the player on the catch. There are also options of defending from the high side or the baseline side.



1 on 1 From Post Cross Screen
(games to 4)

- Have the players partner up and have 2 teams start on offense and defense on the blocks.
- The coach will start with the ball on the wing and the player on the ball side wing will set a cross screen for the other big.
- The defensive players aren't allowed to switch and when the coach passes the ball into the post, the game is live.
- After the possession, the defense will go to offense and the offense will rotate off as a new team comes on defense
- Play to the designated score.

TEAM CONCEPTS
CONTINUED



3 on 3 Post Entry & Play (games to 3)

- Divide the players into teams of 3 and have one group on offense, another on defense and any additional groups behind the offensive team.
- The offense will have a player at the top of the key starting with the ball, a player on the post and a player on the same side wing.
- The possession will start with the wing player getting open for the pass and then making a post entry pass (all passes are live and can be stolen).
- After the pass to the post the guards can cut, screen, relocate as the ball is live but should primarily try to stay on the same side of the court.
- The defensive player can work on digging in the post when appropriate.

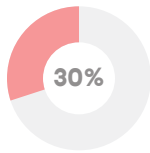
Competing



5 on 5 Situational Play (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.

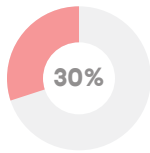
COMPETING
CONTINUED



⊗ **Situational Play** (4-6)

- 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.
- Around the World Plus (makes plus 1/2 court!) (1 game).
- Place five cones around the court as five shooting spots and divide the players evenly and have a team start in each corner spot.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will shoot from that spot until the team makes 6 shots.
- After the 6 makes, teams will rotate to the next spot and repeat until they have made all 6 from every spot.
- After the last spot, the team will have to make 1 half court shot!

COMPETING CONTINUED



⊗ Around the World - Makes! (1 game)

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will shoot until their team has made 5 shots from that specific spot.
- After the team makes 5 shots, the group will rotate to the next spot and repeat until each team has shot at all five spots.
- After a team has made 5 shots from all 5 spots, they will then have to make a half court shot to finish!
- The team to finish first wins.

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.