

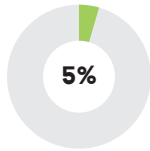
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: REFS	Discuss how to respect the refs.	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots "around the world."	
	DRIBBLE, JUMP STOP & PASS (2 minutes each side)	Work on dribbling, jump stops, passing, and lay-ups.	
	TEACH: Rebounding		
TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, going to grab it, and chinning it securely.		
TEACH: Teach: Footwork & Conditioning			
THE BACKPEDAL, SLIDE, & SPRINT DRILL (1 x 1 minute)	Work on good footwork and changing directions quickly.		
Team Concepts	PASS & CUT DRILL (3 minutes each way)	Emphasize a good pass and a quick cut looking for the ball.	10%
	FOLLOW THE LEADER SLIDES (1 x 10 seconds each player)	Have all the players follow the lead of a player at the front doing defensive movements.	
Competing	DRIBBLE RELAYS (2 games)	Create teams and compete in fun relay races.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in 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.



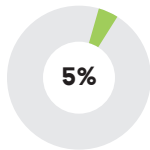
Values



> RESPECT: REFS

- Are refs capable of making mistakes?
- Are they trying their best just like you are?
- Will arguing cause a ref to change their call?

Warm-Up

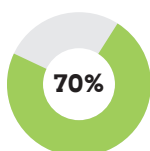


> ACTIVE WARM-UP

⊗ Freeze Tag (2 minutes)

- One player or the coach will be designated as “it.”
- When the person designated as “it” tags another player, they are “frozen” and must stand in place without moving.
- A player can on be unfrozen if another unfrozen player comes and touches them.
- Designate boundaries based on numbers (i.e. stay inside of half court.)
- Complete the game when all players are frozen.
- If needed, add multiple players who are “it”.

Building Skills

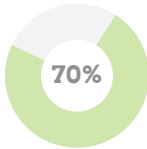


> BALL-HANDLING

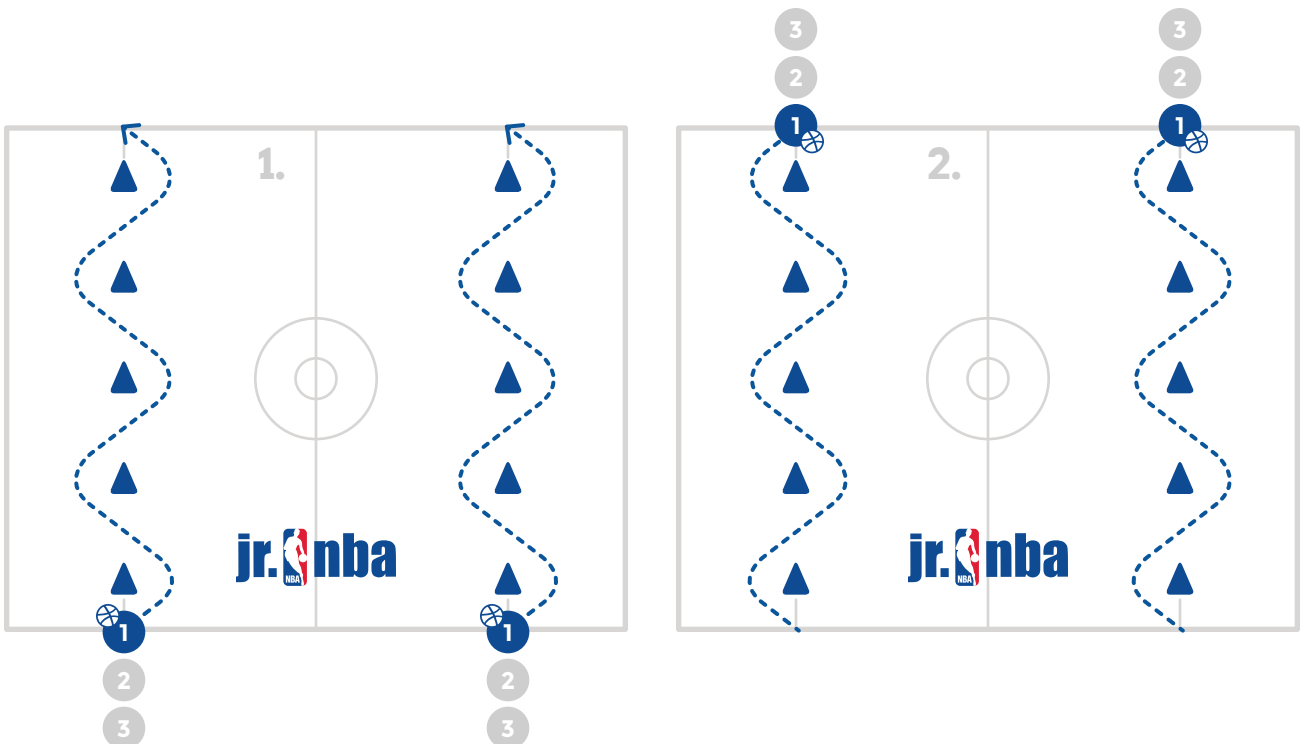
⊗ Cone Dribbling (3 x down and back)

SEE DIAGRAM NEXT PAGE >>

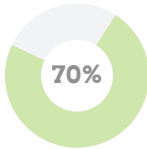
**BUILDING SKILLS
CONTINUED**



- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.
- The first player in each line will have a ball.
- The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
- Once the player is half way through the cones, the next player can begin.
- After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.



BUILDING SKILLS
CONTINUED



Key Points: Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.

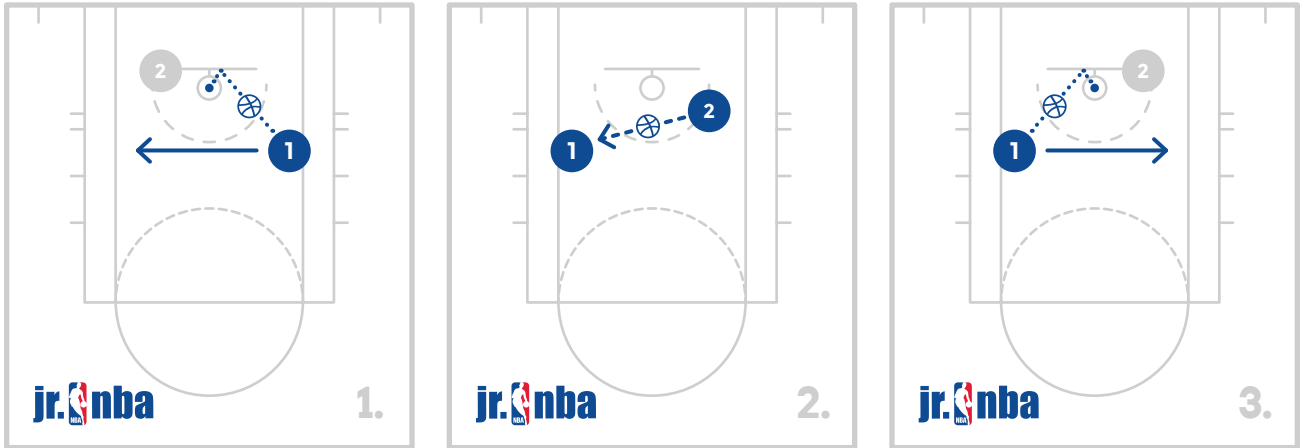
Follow the Leader (3 x 1 minute)

- 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 waist, 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 being the leaders, allow that as well.

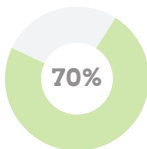
SHOOTING

Block to Block Shooting Drill (2 x 30 sec) SEE DIAGRAM NEXT PAGE >>

- Have the players partner up with a basketball at a basket.
- 1 player will start with the ball on the block.



**BUILDING SKILLS
CONTINUED**



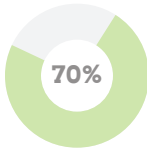
- When it's time to start that player will shoot and quickly run to the other block.
- The player or the partner will rebound the ball and pass to the shooter on the other block quickly.
- The shooter will continue going back and forth after every shot and the rebounder will continue to help rebound and pass the ball if needed.
- After 30 seconds switch and let the players change roles.

Key Points: Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous best score.

Around the World (1 game)

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.

BUILDING SKILLS
CONTINUED



- 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 cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

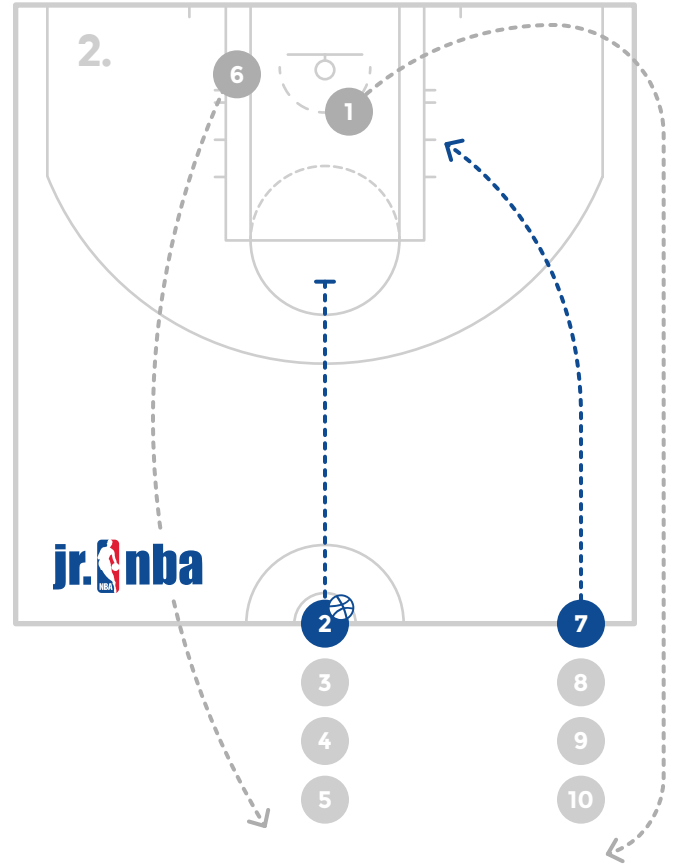
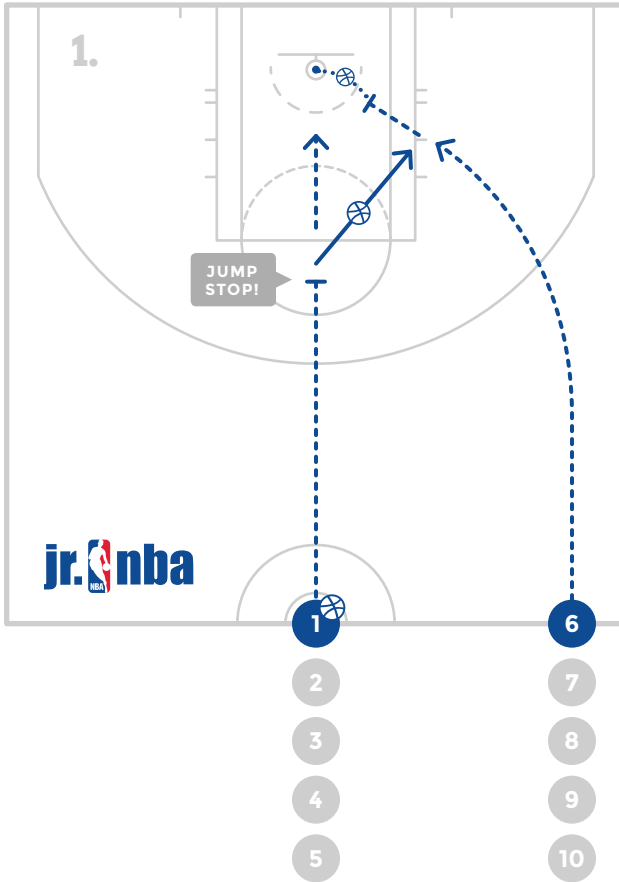
➤ **PASSING**

⊗ **Dribble, Jump Stop, & Pass Drill**

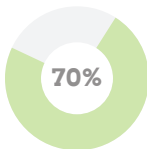
(2 minutes each side)

SEE DIAGRAM NEXT PAGE ➤➤

- Have 2 lines at half court, 1 in the middle and one on the side.
- The line in the middle has a ball and will dribble to the free throw line, come to a good jump stop and make a good bounce pass to the player running in from the line on the side.
- The player from the side line will shoot a lay-up and the passer will get the rebound and the players will switch lines.
- This will continue for 2 minutes and then will be done on the other side as well.



BUILDING SKILLS
CONTINUED



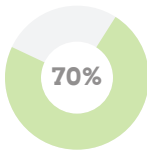
Key Points: The players should dribble under control and come to solid jump stop to make the bounce pass to a sprinting finisher.

REBOUNDING

Toss & Get It Drill (2 minutes each side)

- Have the players in a line in the paint.
- Throw the ball up off the backboard and have the first player in line grab the rebound chin it and toss it back to you and go to the end of the line.

BUILDING SKILLS
CONTINUED



- Repeat this process and switch sides after two minutes.

Key Points: Work on seeing the ball come off the backboard, timing it and going to get the rebound, and chinning the ball nice and strong.

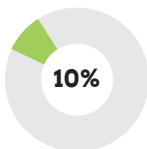
> FOOTWORK & PASSING

⊗ **The Backpedal, Slide, & Sprint Drill** (1 x 1 minute)

- Have the players get in 1 line on the baseline in front of the lane line (utilize other baskets if needed to maximize space and reps).
- The first player in line will backpedal up the lane line to the elbow.
- Once the player reaches the elbow, the next player will begin.
- From the elbow, the player will slide across to the other elbow.
- Once the player reaches the other elbow, they will sprint in a straight line down to the baseline and then go to the back of the line.

Key Points: Make sure the players move in straight lines and push themselves to be as fast and quick as possible.”

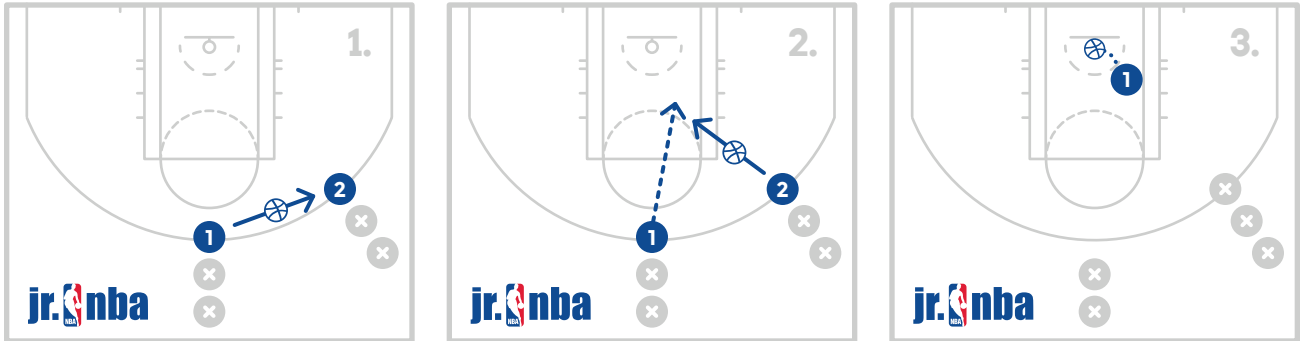
Team Concepts



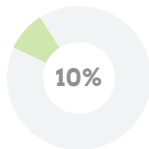
> OFFENSE

⊗ **Pass & Cut Drill** (3 minutes each way) SEE DIAGRAM NEXT PAGE >>

- Have the players line up at the top of the key with a few balls at the front of the line, and have another line on the wing.



TEAM CONCEPTS
CONTINUED



- Have the players pass the ball to the line on the wing and the cut by running to the basket.

- The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay-up, rebound and then switch lines.

🔍 Key Points: Emphasize a good pass and a quick cut looking for the ball.

➤ DEFENSE

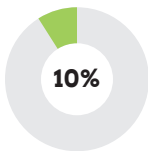
🏀 Follow the Leader Slides (1 x 10 seconds each player)

- Have the players spread out throughout the court all facing the same direction.
- Have a player come to the front of the group and face them.
- For 10-15 seconds that player will work on defense while the rest of the group follows their lead.

**TEAM CONCEPTS
CONTINUED**

- The player can do foot fires, slides, jumps, take a charge, get a loose ball etc.
- Have each player rotate to the front and lead the drill.

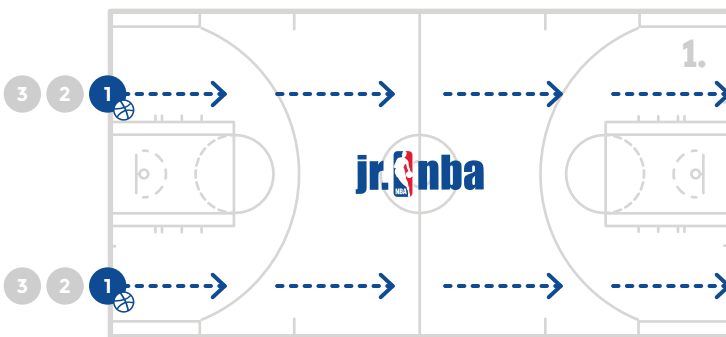
Competing



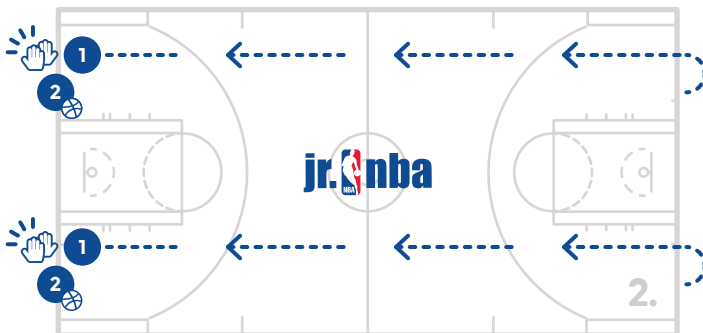
> FUN GAMES

⊗ Dribble Relays (2 games)

- Divide the players into even groups and have them line up on the baseline with the first person in line with a ball.



- Designate how you want the players to dribble to half court by choosing either right or left hand.



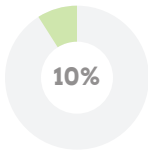
- On the coach's command the first player will dribble to half court in the designated way and dribble back, jump stop, give the next player a high five, and then give them the ball.

- Once everybody has gone 3 times, the team has finished.


- Next do the same thing with the other hand.

Key Points: Make sure the players have a lot of energy and enjoy this. Encourage the players to be good teammates throughout this game.


COMPETING
CONTINUED



 **3 on 3 Numbers Game** (games to 5)

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are 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.
 - Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.
 - There is a 3 dribble maximum each time a player gets the ball.
 - No screens can be set but cutting is allowed and encouraged.
-  **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.

**Compliment
Session**

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
 - 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.