

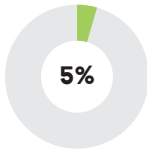
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	CONFIDENCE	Have the players define confidence and discuss how to build it.	5%
Warm-Up	RUNNING STOP DRILL (1 x 3 minutes)	Work on listening, stopping quickly, and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	SMACKS (1 x 20 sec.)	Gain comfort and familiarity with the ball by smacking it.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball.	
	SINGLE LEG ROLLS (2 x 30 seconds each leg)	Control the ball by rolling it on the floor around 1 leg at a time.	
	DOUBLE LEG ROLLS (2 x 30 sec.)	Roll the ball on the court around both legs.	
	STATIONARY CROSSOVER LOW, MIDDLE, HIGH (3 x 20 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	TEACH: Passing		
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing and show their hands as a target before catching.	
	STATIONARY WALL PASSING (3 x 10 chest passes)	Find a target on the wall and practice hitting it with the perfect pass!	
TEACH: Shooting			
PERFECT SHOT NO BASKET DRILL (3 x 8 attempts)	This is a fun shooting drill that challenges the players to be perfect!		
1.2.3. SHOOTING (1 x 3 minutes)	Help the players think of shooting in a simple 3-step process.		
Team Concepts	TEAMWORK CARRY DRILL (2 games)	This is a fun team building exercise that teaches players to work together.	10%
Competing	COACH SAYS (1-2 games)	This is a fun game for defense and listening!	10%
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



> CONFIDENCE

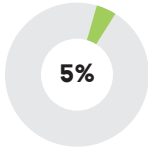
- Have players define confidence and explain how to build confidence.

- Believe in yourself. You can do it! The coaches and your parents believe in you.

- ★ The **Positive Coaching Alliance (PCA)** reminds us that coaches can always instill confidence in their players by encouraging them and letting them know you believe in them, but also through non-verbal cues.

- ★ Confidence also comes from hard work. If players know they have put all they can into preparing, they will feel much more confident when it's time to play the game. Even in practice, going as hard as they can on every drill and in every scrimmage lets them feel their improvement and have a sense that they are earning their success. The more they see hard work paying off - even in small advances - the more confidence they gain and thus the more willing they are to put in even more toward the next level of advancement.

Warm-Up



> ACTIVE WARM-UP

⊗ **Running Stop Drill** (1 x 3 minutes)

- Players will start on the baseline without a ball.

- The coach will say “Go!” and the players will start running around the gym in any direction.

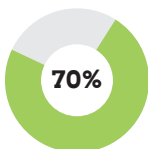
- The coach will then say either “2-Feet!” “Left-Foot!” or “Right-Foot!” to indicate how the players should stop.

- The players will then stop in the manner in which coach has commanded and hold that position.

- Stopping should be very quick and work on balance.

- Repeat the process for 3 minutes.

Building Skills



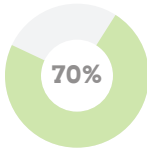
> BALL-HANDLING

⊗ **Smacks** (1 x 20 seconds)

- All players need a basketball (or share) and should stand in a designated area.

- Players will hold the ball with 2 hands in front of them and alternate smacking the ball with each hand.

BUILDING SKILLS
CONTINUED



🔍 Key Points: Get comfortable with the ball, warm-up the fingers and hands, and develop comfort being physical by smacking the ball in this fun ball-handling warm-up.

⊗ Taps (1 x 30 seconds)

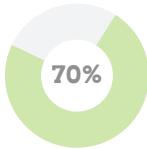
- All players need a basketball (or share) and should stand in a designated area.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for the allotted time.
- The players will then bend their arms and tap the ball quickly from hand to hand in front of their face for the allotted time.
- The players will again tap the ball from side to side the same motion in front of their waste now for the allotted time.

🔍 Key Points: Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Emphasize using their fingertips to develop comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

⊗ Single Leg Rolls (2 x 30 seconds each leg)

- All players need a basketball (or share) and should stand on the sideline.

BUILDING SKILLS
CONTINUED

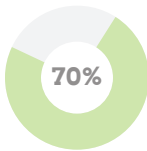


- Players should be in a stance with their legs wide and their chest up.
 - The players will then put the ball on the floor and roll it around one leg for 15 seconds and then change directions for 15 seconds.
 - The players will then do the same activity on the other leg which completes 1 set.
 - Players should maintain contact between their hand and the ball during the entire roll.
- 🔍 Key Points:** Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

⊗ Double Leg Rolls (2 x 30 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- Players should keep their feet together and bend their knees while they put the ball on the floor.
- The players will roll the ball around both feet by keeping one hand always in contact with the ball for 15 seconds.
- The players will then change directions for 15 seconds.

BUILDING SKILLS
CONTINUED



🔑 Key Points: Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

⊗ Stationary Crossover Low, Middle, High (3 x 20 seconds each)

- All players need a basketball (or share) and should stand on the sideline.

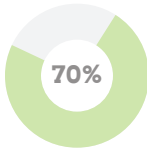
- Players should bend their knees and begin dribbling back and forth swinging the ball from right to left low and quick below the knees.

- After 20 seconds, the player will dribble at knee level and continue for another 20 seconds.

- Last, the player will dribble the ball higher swinging it from from side to side for 20 more seconds.

- **Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball back and forth from side to side with quick dribbles to improve coordination and ball control.

BUILDING SKILLS
CONTINUED



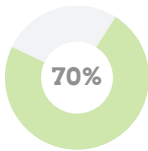
> PASSING

🏀 Catch With Coach Drill (2 x 1 minute)

- All players need a basketball and should line up on the sideline.
- All players will dribble their ball in one place.
- The coach will approach each player and ask for a pass by showing their hands and looking at the player.
- The player must see the coach and make a good chest pass.
- The coach will pass the ball back to the player.
- The player will then continue to dribble the ball as the coach moves on to the next player.
- The coach will continue through all of the players.
- After completing 1 minute with the chest pass, the players will execute a bounce pass.

🔍 **Key Points:** Ensure that the players make eye contact before passing and show their hands as a target before catching. With a bounce pass, the pass will need to bounce more than half way to the teammate. Encourage the players to make good quick sharp passes, communicate loudly by calling names, and work on their ball-handling.

BUILDING SKILLS
CONTINUED



⊗ **Stationary Wall Passing-Chest** (3 x 10 passes)

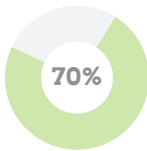
- The players should get a basketball (or share) and stand a short distance from a wall and find a target on the wall.
 - Teach the players to step with a lead foot toward the target as they snap their thumbs down and extend their arms to pass the ball at the target.
 - After the ball hits the wall, the players should catch the ball and repeat the process.
- 🔍 **Key Points:** Make sure the players have good balance, look at the target, step towards the target, extend their arms, and snap their thumbs down as they pass the ball. The ball should have backspin as it is in the air.

➤ **SHOOTING**

⊗ **Perfect Shot No Basket Drill** (3 x 8 attempts)

- All players need a basketball (or share) and should stand on the sideline.
- Remind them of the perfect shooting form; knees bent, elbow under the ball and shoot up and follow through.
- Now, on the coach's command, have the players do this by shooting the ball up in the air.

BUILDING SKILLS
CONTINUED



- To make a perfect shot to self, the player must hold up their follow through from where they finished their shot and not move their hand.

- The ball must go up in the air then bounce on the floor just in front of the player and bounce up and hit their shooting hand follow through without them moving it!

Key Points: Make sure the players are focused on everything being perfect and don't allow them to move their hand after they follow through. Good rotation will help the ball bounce back up to the player's hand.

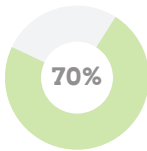
1.2.3. Shooting (at basket) (1 x 3minutes)

- All players need a basketball or share and will start in the paint facing the coach standing under the basket.
- One at a time, the players will follow the coach's command of "1. 2. 3. Shoot" and shoot the ball to the basket executing the following actions according to each number:

1 Bend down into the "leap jump" position; the basketball will be in front with the players dominant hand in the middle of the ball, and other hand on the side of the ball.

2 Without moving from the "leap jump" position, players will lift the ball slightly over their dominant hand shoulder with the elbow under the ball and forming a 90 degree angle.

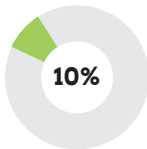
**BUILDING SKILLS
CONTINUED**



3 The players will explode upwards using their legs while simultaneously extending their arms to shoot the ball toward the coach. The players should follow through by flicking their wrist and hold that hand up while landing on balance. The coach will pass the ball back to the player and begin the process with the next player.

🔍 Key Points: Ensure that you focus on each player. It is important that the players move in one fluid motion while also working on their mechanics. If there are more than 8-10 players per coach, divide the players into smaller groups. Encourage the players not shooting to be prepared and stay on the 3-point line but allow them to independently work on their ball-handling as well.

**Team
Concepts**



⊗ Teamwork Carry Drill (2 games)

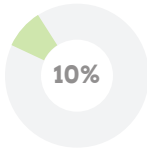
- Pair the players up according to their height and have them start next to their partner in a few lines.

- The first partner pair in each line will be responsible for getting the ball to half court and back to their line.

- The partners will place the basketball on their hips and put their hands in the air.

- They are not allowed to use any other body parts to carry the basketball, and must always be in the side-to-side position and not back-to-back or side-to-back.

TEAM CONCEPTS
CONTINUED

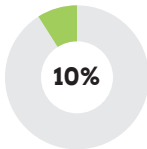


- If the ball drops, simply pick up the ball and go back to where the ball was dropped and continue.

- Have each partner pair do this at least one time. If desired, play the next game by carrying the ball with their shoulders.

Key Points: This is a fun team building exercise that forces players to work together. Have all the players encourage each other and have fun.

Competing

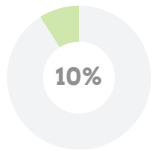


> FUN GAMES

Coach Says (1-2 games)

- Coach says is similar to Simon says.
- The objective is to do everything the coach instructs, but the coach must first say “Coach Says” before every request.
- If the player does the action that a coach says without the coach first saying “Coach Says,” they player is out.
- When the coach states “Coach says defense!” the players will slap the ground and yell “Defense!” as they assume the defensive stance.
- When the coach states “Coach says this way” and points in a direction, all players will quickly hop and twist there body to face that direction and immediately hop back facing the coach.

COMPETING
CONTINUED



- When coach states “Coach says foot fire!” the players will quickly tap their feet against the floor as fast as they can while yelling.
- When the coach states “Coach says up!” the players will jump as high as they can to grab an imaginary ball with their arms and yell “Rebound!”
- Coaches can add other elements but remember this is a listening game and the player is out if the player does something that the coach didn’t preface with “Coach Says”.
- The game finishes when there is just one player remaining.

Key Points: If the players do a great job listening be creative with what you ask them to do in an effort to trick the players.

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.