

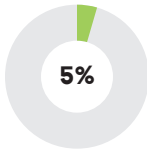
| THEME | ACTIVITY | DETAILS | PERCENTAGE OF TOTAL PRACTICE TIME |
|--------------------|---|---|-----------------------------------|
| Values | FAIRNESS 2 | Is it fair if you hold a player on defense while the ref isn't looking? | 5% |
| Warm-Up | RUNNING STOP DRILL (1 x 3 minutes) | Work on listening, stopping quickly and being balanced! | 5% |
| Building Skills | TEACH: Ball-Handling | | 70% |
| | LOW, MIDDLE, HIGH DRIBBLE (3 x 20 seconds each level & each hand) | Controlled dribbling is essential to the development of all youth players. | |
| | 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. | |
| | AVOID THE COACH GAME (1x) | This is a great way to build a fun rapport with the players while working on ball-handling! | |
| | TEACH: Passing | | |
| | STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 1 minute each) | Passing with a partner helps both passing and receiving. | |
| | PASS & CUT DRILL (4 x each player on each side) | This fundamental drill will help the players gain comfort with passing and cutting. | |
| | TEACH: Footwork & Conditioning | | |
| | REVERSE PIVOT DRILL (4 x each foot) | Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting. | |
| | TEACH: Rebounding | | |
| | SELF-TOSS REBOUND DRILL (3 x 8) | The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak. | |
| | TEACH: Shooting | | |
| | AROUND THE WORLD (1 game) | Divide the players into teams as they shoot in all spots "around the world." | |
| | MAKE FOR A CONE GAME (1 x 3 minutes) | Make a shot and your team gets a cone! | |
| Team Concepts | REVERSE THE BALL DRILL (games to 8) | This is a great competitive way to work on reversing the ball quickly. | 10% |
| Competing | 1 ON 1 & 2 ON 2 NUMBERS GAME (games to 3) | Use these competitive games to work on both offense and defense. | 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.



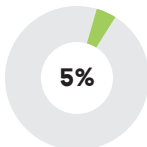
Values



> FAIRNESS 2

- Is it fair if you hold a player on defense while the ref isn't looking?
- ★ Our Jr. NBA partner **Positive Coaching Alliance (PCA)** does not consider that fair. But it is a good question to ask, and one of the things that is so great about sports is that it can get people talking about what is right and wrong.
- ★ Here are a series of videos from PCA about ethics in sports and other elements of sportsmanship:
<http://devzone.positivecoach.org/browse/bowen>

Warm-Up

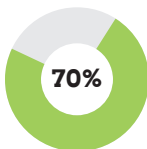


> ACTIVE WARM-UP

⊗ **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 on either in the manner in which coach has commanded and hold that position.
- Stopping should be very quick and work on balance.
- Repeat the process all the way down the court and back.

Building Skills



> BALL-HANDLING

⊗ **Low, Middle, High Dribble** (3 x 20 seconds each level & each hand)

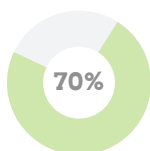
- All players need a basketball (or share) and should stand on the sideline.
 - The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.
 - The players will do this for 20 seconds and then switch to their left hand and complete the same process.
 - Next the player will move back to their right hand and dribble at the middle level for 20 seconds and then switch hands.
 - Last, the players will dribble the ball high, around shoulder level for 20 seconds each hand.
 - Throughout this drill, the coach will hold up a variety of numbers of fingers. The players must see the fingers and call out the number.
- 🔍 **Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

⊗ **Cone Dribbling** (3 x down and back)

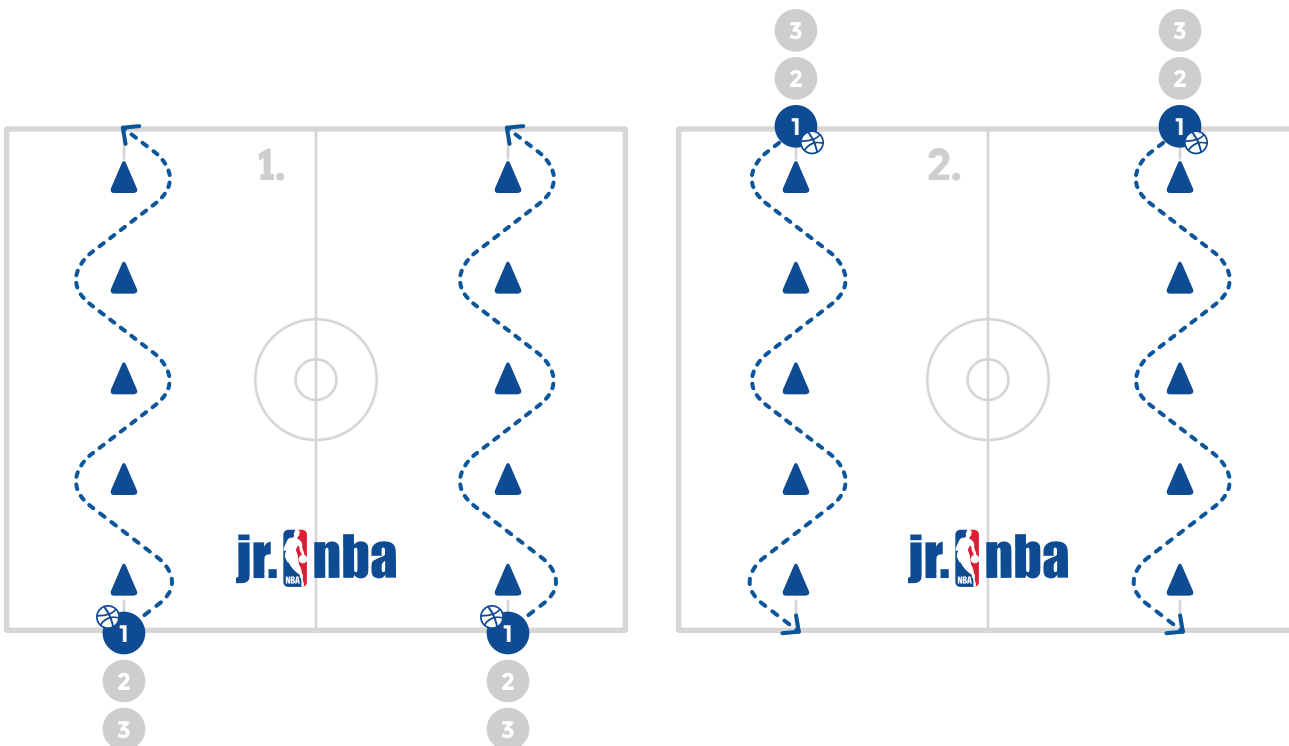
SEE DIAGRAM NEXT PAGE >>

- Divide the group into even groups.

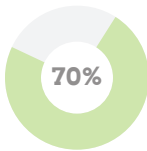
BUILDING SKILLS
CONTINUED



- 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.
- 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.



BUILDING SKILLS CONTINUED



⚽ **Avoid the Coach Game** (1 game - with a ball)

- All the players start on the baseline.
- When the coach says “GO!” all players will try to dribble to the other baseline.
- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.
- If a player is tagged by the coach, they will also be a tagger with the coach.
- Repeat the same process until all players have been tagged.

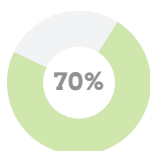
➤ **PASSING**

⚽ **Stationary Partner Pass: Bounce & Chest** (2 x 1 min. each)

- Have players partner up, get a basketball and line up about 10 feet apart.
- The 2 partners will make bounce passes to each other for 2 minutes and then do the same thing with chest passes.

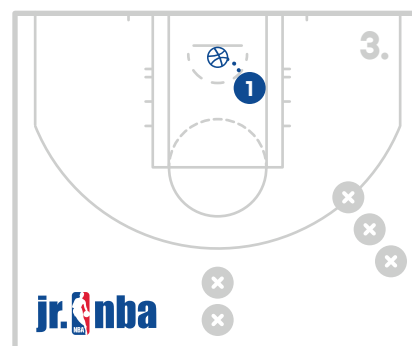
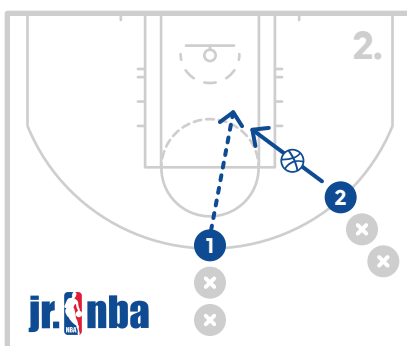
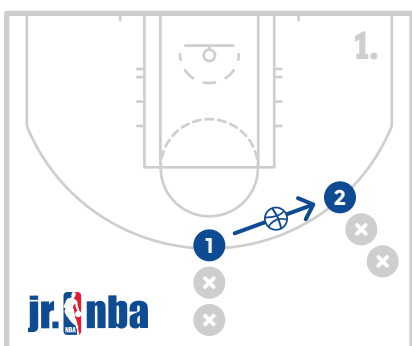
🔑 **Key Points:** Ensure that the players make eye contact before passing and the receiver shows their hands as a target. With a bounce pass, the pass will need to bounce more than half way to the teammate. At this level make sure the players step toward the target and snap their thumbs down.

BUILDING SKILLS CONTINUED

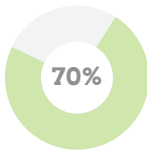


Pass & Cut Drill (4 x each player on each side)

- Have a line of players at the top of the key with a ball and another line of players on the wing without a ball.
 - The player at the top will pass the ball to the wing player.
 - The player at the top will then run/cut to the basket and the player on the wing pass the ball to the player as they cut to the basket for a lay-up.
 - The players will switch lines and continue.
 - Divide the groups further and have another group on the opposite wing and another line at the top to get more reps. Also use other baskets if available.
- Key Points:** Have the players make good passes hitting the other players in the hands. Also ensure the players are cutting hard and making their lay-ups. Coaches can add light defense to make the drill feel more game like if needed.



BUILDING SKILLS CONTINUED



> FOOTWORK & CONDITIONING

⊗ **Reverse Pivot Drill** (4 x each foot)

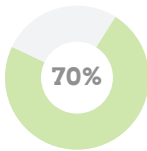
- Have the players hold a ball and stand in a good stance on the baseline.
 - Teach them to pivot by keeping their left foot on the floor and pivot around using reverse quarter steps on your command "Pivot!"
 - After 4 pivots they should be facing forward again.
 - Have them relax and then repeat the drill using the other foot as their pivot foot.
- 🔍 **Key Points:** Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting. Ensure players stay in a good stance while pivoting.

> REBOUNDING

⊗ **Self-Toss Rebound Drill** (3 x 8)

- All players need a basketball (or share) and should stand in an open space on the court.
- The players will use two hands to toss the ball into the air.
- The player will move towards the ball, jump and catch the ball at their peak.

BUILDING SKILLS
CONTINUED



- They will then repeat or give the ball to the partner.

Key Points: It is important for the players to see the ball, track its trajectory and jump and catch the ball at their peak.

> SHOOTING

⊗ **Around the World** (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 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.

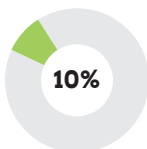
⊗ **Make For a Cone Game** (1 x 3 minutes each)

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners etc).

BUILDING SKILLS CONTINUED

- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they will get the rebound and pass to the next person on their team and continue to the back of the line without getting a cone from the other team.
- After 3 minutes, the team with the most cones wins.

Team Concepts



> OFFENSE

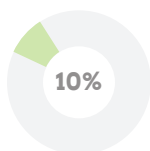
- ★ **Fundamentals of Reversing the Ball:** Also known as swinging the ball, reversing the ball is used to describe passing the ball from one side of the court to the other. When done quickly, it often provides the offense with an advantage as the defense tries to react.

⊗ **Reverse the Ball Drill** (games to 8)

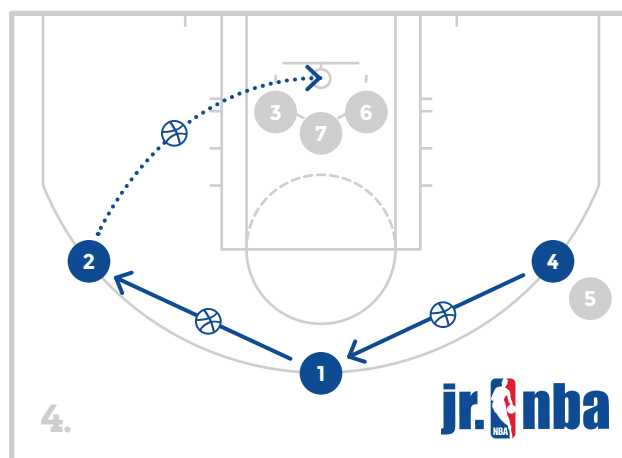
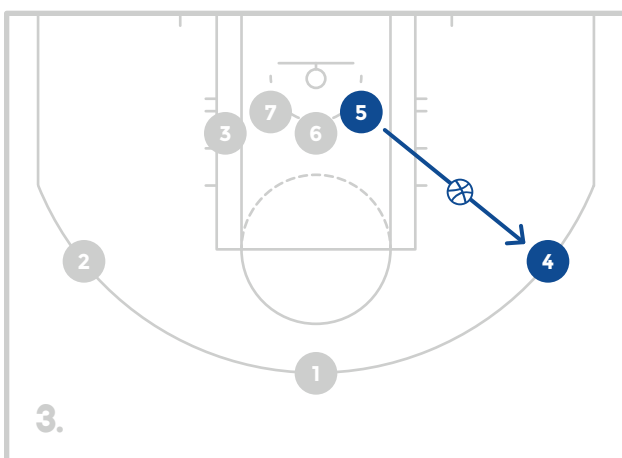
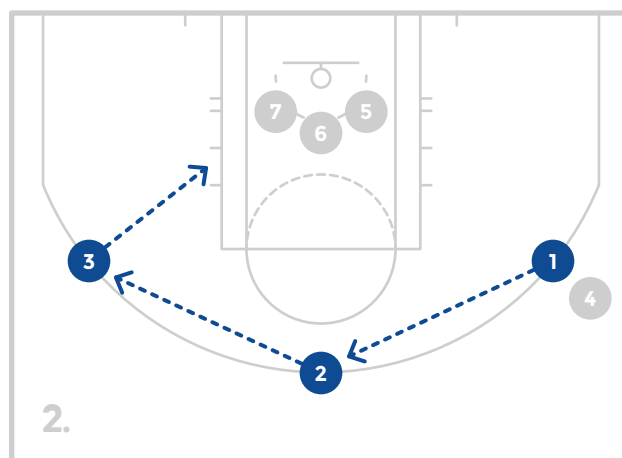
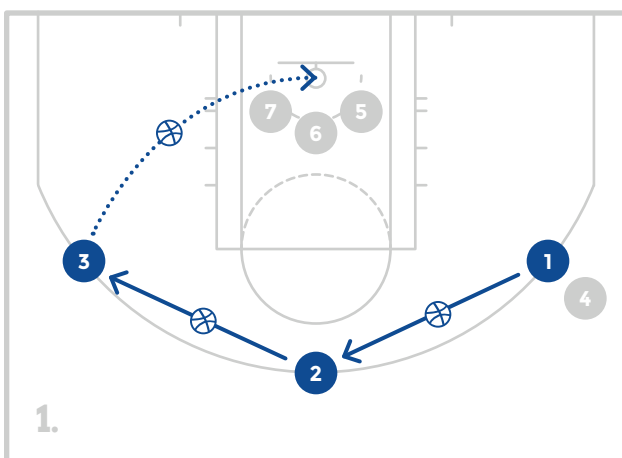
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- Start with a player on the wing. Place another player at the top of the key and another player on the opposite wing, and the remaining players in a line under the basket as rebounders.

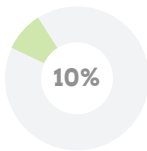
TEAM CONCEPTS
CONTINUED



- The player at the front of the line on the wing will start with the ball in a triple threat stance and when the coach says “Reverse the ball!” the player will pass the ball to the top of the key.
- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player on the opposite wing catches the ball, they will shoot the ball and then go to the rebounding line.

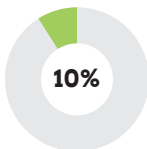


TEAM CONCEPTS CONTINUED



- The player that gets the rebound will make an outlet pass to the wing where the ball started and then go to the end of that line.
- The player who passed from wing will move to the top, the player from the top will move to the shooting wing, and the wing that started the drill will move to the top.
- Have a group at another basket doing the same thing and compete to 8 makes and then change directions and then change to a 1 dribble pull up for 2 games.

Competing



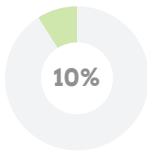
➤ COMPETITIVE GAMES

⚽ **1 on 1 Numbers Game** (games to 3)

- Assign 2 players to each number and have everybody stand on the baseline.
- Throw the ball on the court and call out a number.
- The 2 players with that number will go for the ball and whoever gets the ball will be on offense and the other on defense for 1 possession and 1 shot of 1 on 1.
- Evenly mix up the numbers you call and the game is over when any player gets to 5 points playing by 1's.


🔑 **Key Points:** Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.

COMPETING CONTINUED




2 on 2 Numbers Game (games to 3)

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number our teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and 1 shot of 2 on 2.
- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.

 **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.