

# STARTER



# Starter Level ABCD's

At the Starter level, the fundamental skills begin to be honed and expanded upon. As players have now been exposed to the game, they will start to understand how to play in a team setting. It is in the Starter level that we begin introducing team offensive and team defensive concepts. Again five-on-five competition is limited, yet the frequency of practices may increase from the Rookie level. The goal of the Starter level is to continue having fun, develop further skills, and begin to understand team concepts.

## ALWAYS FUN

### Mastering Skills



Along with a fun environment and skill-related games, mastering skills now becomes an exciting part of practice. Whether it is making your first left-handed lay-up, or dribbling between your legs for the first time, skill development is fun! This excitement of mastering skills should be a significant part of the Starter level.

## BUILDING SKILLS

### See Skill Checklist



At the Starter level, we will build on the basic fundamentals previously acquired, as well as introduce more specific skills. Here we implement more fakes, specific dribble moves, rebounding and much more. While there is still an emphasis on individual skill development, the Starter level will also incorporate team offense and team defense into practice plans.

## CORE VALUES

### Teamwork

#### Positivity



The Starter level continues to build on the values of the Rookie level while also emphasizing group activities and collaboration. This emphasis on teamwork will also increase the need for encouragement and positive reinforcement among players and coaches. The Starter level helps the players see the game through a lens beyond themselves, and develop the ability to be a good friend and teammate. It is important that we explain what teamwork is and the impact that it can have on the team's success.

## DEVELOPING WELLNESS

### Balanced Lifestyle

#### Nutrition



The Starter level continues to emphasize players having fun and being active, but also teaches players how to lead a balanced lifestyle. A balanced lifestyle includes positive family and social interaction, as well as the importance of academics. Leading a well-balanced lifestyle will help players remain healthy as they mature and develop further interests. **Nutrition** is another key component of the Starter level as players begin establishing their eating habits. Educating the players on the relationship between food, energy, and performance is essential.

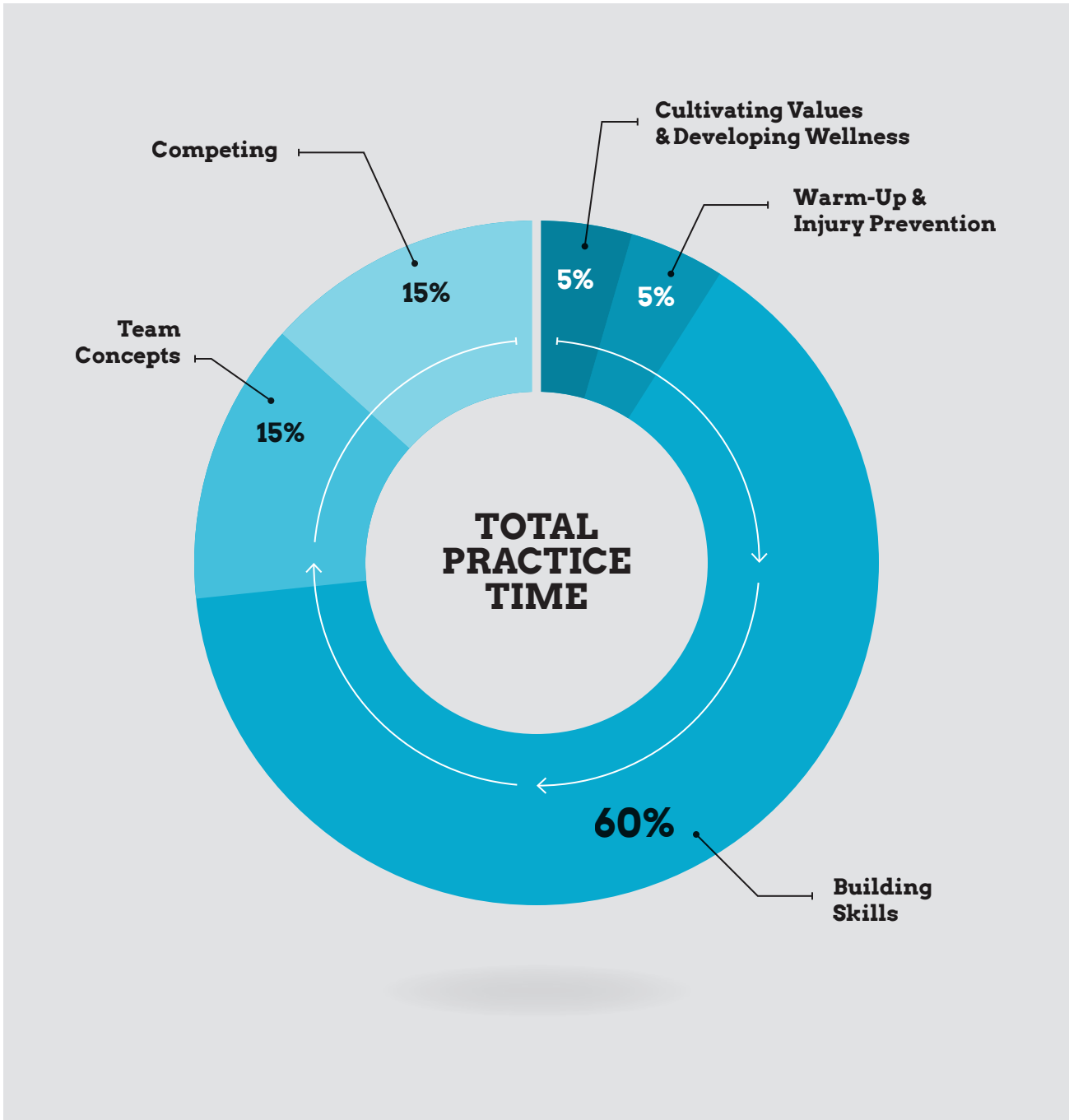
# Skill Checklist

At the conclusion of the Starter Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

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| <p><input checked="" type="checkbox"/> <b>Ball Handling</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Advanced Stationary Control Series</li> <li><input type="checkbox"/> Jog Dribble to 1 Foot Stop &amp; Push</li> <li><input type="checkbox"/> Cone Dribbling</li> <li><input type="checkbox"/> 1-Hand Side to Side Dribble</li> <li><input type="checkbox"/> Stationary Front-Back Control Dribble</li> <li><input type="checkbox"/> Spin Move</li> <li><input type="checkbox"/> Retreat Dribble</li> <li><input type="checkbox"/> Stationary 2 Ball Dribble Same Time</li> <li><input type="checkbox"/> Stationary 2 Ball Dribble Alternate</li> <li><input type="checkbox"/> Seated Dribbling</li> <li><input type="checkbox"/> Quick Change Dribbling</li> <li><input type="checkbox"/> Dribbling Through Stationary Defenders</li> <li><input type="checkbox"/> Pound Dribbling</li> <li><input type="checkbox"/> Running Crossover</li> <li><input type="checkbox"/> Finger Dribbling</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Pass Off the Dribble</li> <li><input type="checkbox"/> Slide &amp; Pass</li> <li><input type="checkbox"/> Kick Pass</li> <li><input type="checkbox"/> Dribble to Jump Stop Pass</li> </ul> <p><input checked="" type="checkbox"/> <b>Shooting</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Weak Hand Lay-Ups</li> <li><input type="checkbox"/> Stepping Into the Shot with Both Feet</li> <li><input type="checkbox"/> Euro-Step Lay-Ups</li> <li><input type="checkbox"/> Drop Step Lay-Ups</li> <li><input type="checkbox"/> Dribble Move to Shot</li> <li><input type="checkbox"/> Free Throws</li> <li><input type="checkbox"/> Up &amp; Under</li> <li><input type="checkbox"/> Catch &amp; Shoot on the Move</li> <li><input type="checkbox"/> Shot Fake Shooting</li> <li><input type="checkbox"/> Using A Screen</li> <li><input type="checkbox"/> Speed Lay-Ups</li> </ul> <p><input checked="" type="checkbox"/> <b>Footwork &amp; Conditioning</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jab Step</li> <li><input type="checkbox"/> Pivoting For Space</li> <li><input type="checkbox"/> Forward to Backward Run</li> <li><input type="checkbox"/> Side/Lateral Push</li> <li><input type="checkbox"/> Changing Speeds</li> </ul> <p><input checked="" type="checkbox"/> <b>Rebounding</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Boxing Out</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Pursuing the Ball</li> <li><input type="checkbox"/> Protecting the Ball</li> </ul> <p><input checked="" type="checkbox"/> <b>Offense</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Screening</li> <li><input type="checkbox"/> On the Ball Screens</li> <li><input type="checkbox"/> Off the Ball Screens</li> <li><input type="checkbox"/> Fast Break Spacing &amp; Concepts</li> <li><input type="checkbox"/> Square Up and Rip Through</li> <li><input type="checkbox"/> Pass, Cut and Replace</li> <li><input type="checkbox"/> Fill The Corner</li> <li><input type="checkbox"/> The Pass Is Faster</li> <li><input type="checkbox"/> Receiving The Outlet</li> <li><input type="checkbox"/> Post Pass &amp; Screen</li> </ul> <p><input checked="" type="checkbox"/> <b>Defense</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> On Ball Defense</li> <li><input type="checkbox"/> Half Court Man To Man</li> <li><input type="checkbox"/> Disadvantage Spacing &amp; Concepts</li> <li><input type="checkbox"/> Closeout</li> <li><input type="checkbox"/> Closeout to Slide</li> <li><input type="checkbox"/> Drop Step Slide</li> <li><input type="checkbox"/> Turning the Ball</li> </ul> <p><input checked="" type="checkbox"/> <b>Other</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Full Explanation of Rules</li> </ul> |
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# Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The twelve practice plans to follow are samples that reinforce Starter level principles.



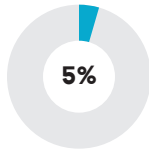
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>TEAMWORK</b>	Lead the players in a discussion about teamwork.	5%
<b>Warm-Up</b>	<b>RUN TO THAT LINE</b> (1 x 5 lines)	Learn the court while warming up.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>BALL RUBS</b> (1 x 10 sec.)	Get the hands warm and gain comfort with the ball.	
	<b>SINGLE LEG WRAPS</b> (2 x 20 sec. each leg)	Wrap the ball quickly around each leg.	
	<b>SEATED DRIBBLE</b> (1 x 20 sec. each hand)	Sit and work on low, quick dribbles with the fingertips.	
	<b>3-3-3 DRIBBLE DRILL</b> (2 x 20 sec.)	Make sure each dribble is quick and powerful.	
	<b>CONE DRIBBLING</b> (1 x 3 min. with variations)	Work on changing directions with the dribble.	
	<b>Passing</b>		
	<b>OVERHEAD PASS DRILL</b> (1 min.)	Make firm overhead passes with a partner.	
	<b>Shooting</b>		
	<b>FORM SHOOTING</b> One Hand (2 x 10 shots)	The shot pocket originates from where a player would hold the ball with 1 hand.	
	<b>1-2 STEP LAY-UPS BOTH SIDES</b> (1 x 2 minutes each side)	Ensure the proper footwork while working with both hands.	
	<b>SHOOTING LINE GAME</b> (games to 8 makes)	Have fun shooting like practiced!	
<b>Footwork &amp; Conditioning</b>			
<b>JUMP-STOP DRILL</b> With ball (2 times down & back)	Work on the fundamentals of the jump stop; balance and body control.		
<b>Team Concepts</b>	<b>THE PASS IS FASTER DRILL</b> (2 x down and back each player)	Work on ball-handling, passing, and catching while demonstrating that the pass is faster than the dribble.	15%
	<b>DEFENSE, I LOVE IT DRILL</b> (2 x 5)	Have fun and bring energy to defense!	
<b>Competing</b>	<b>DRIBBLE RELAYS</b> (2x)	Create teams and compete in fun relay races.	15%
	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

- 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.



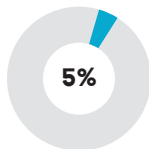
## Values



### > TEAMWORK

- ★ **Positive Coaching Alliance (PCA)** shares that teamwork is all about trust, and trust is a key component to any team. Whether it's your family, your friends, your co-workers later in life or your basketball teammates at any level, trust is critical.
- ★ You want to be able to trust your teammates (especially to call out screens!), and you want your teammates to trust you. As you work to build a team that trusts each other, remember you have to give trust to get trust, and once you have trust, teamwork is second nature.

## Warm-Up



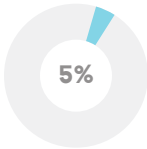
### > WARM-UP & INJURY PREVENTION

- ★ **Fundamentals of Warming-Up:** Warming up is an extremely important part of basketball. Players should make sure their bodies are prepared to play by getting their muscles loose and their body temperature up. Warming up can keep players healthy, lengthen playing careers, and help players do their best.

### ⊗ **Run To That Line** (1 x 5 lines)

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.

WARM-UP  
CONTINUED



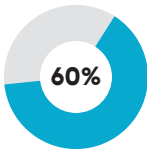
- Announce both the way to get to the line or area and the line or area.

- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

★ **Example:** “Everybody go with High Knees to the baseline!”

🔍 **Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

**Building Skills**



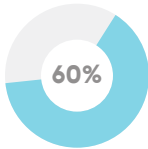
➤ **BALL-HANDLING**

🏀 **Ball Rubs** (1 x 10 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs wide and their chest up.
- The players will hold the ball with both hands in front of them and use each hand to continuously rub the ball firmly.
- The players will execute this for the allotted amount of time and then move on to the next drill.

🔍 **Key Points:** Get a good feel for the ball and warm-up the fingers and hands.

BUILDING SKILLS  
CONTINUED



## 🏀 **Single Leg Wraps** (2 x 20 seconds each leg)

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

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- Players should be in a stance with their legs wide and their chest up.

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- The players will then wrap the ball around one leg for 10 seconds and then change directions for 10 seconds.

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- The players will then do the same activity on the other leg which completes one set.

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🔑 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Help the players feel confident moving the ball as if it is an extension of themselves. Push the players to wrap the ball fast in order to challenge their control.

## 🏀 **Seated dribbles** (1 x 20 seconds each hand)

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

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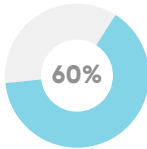
- The players will put the ball out to the side of their body and begin dribbling.

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- The dribbles should be low and quick, mostly using the fingertips.



BUILDING SKILLS  
CONTINUED



- The players will do this for the allocated amount of time and switch to the other hand and put the ball on the other side of their body.

**Key Points:** Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Encourage the players to keep their eyes up and challenge them by requiring them to keep the ball further away from their body.

**3-3-3 Dribble Drill** (2 x 20 seconds)

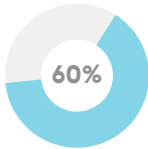
- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribbles.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right handed dribbles and continue the process for the allotted amount of time.

**Key Points:** This drill will work on low controlled dribbles with both hands as well as the crossover.

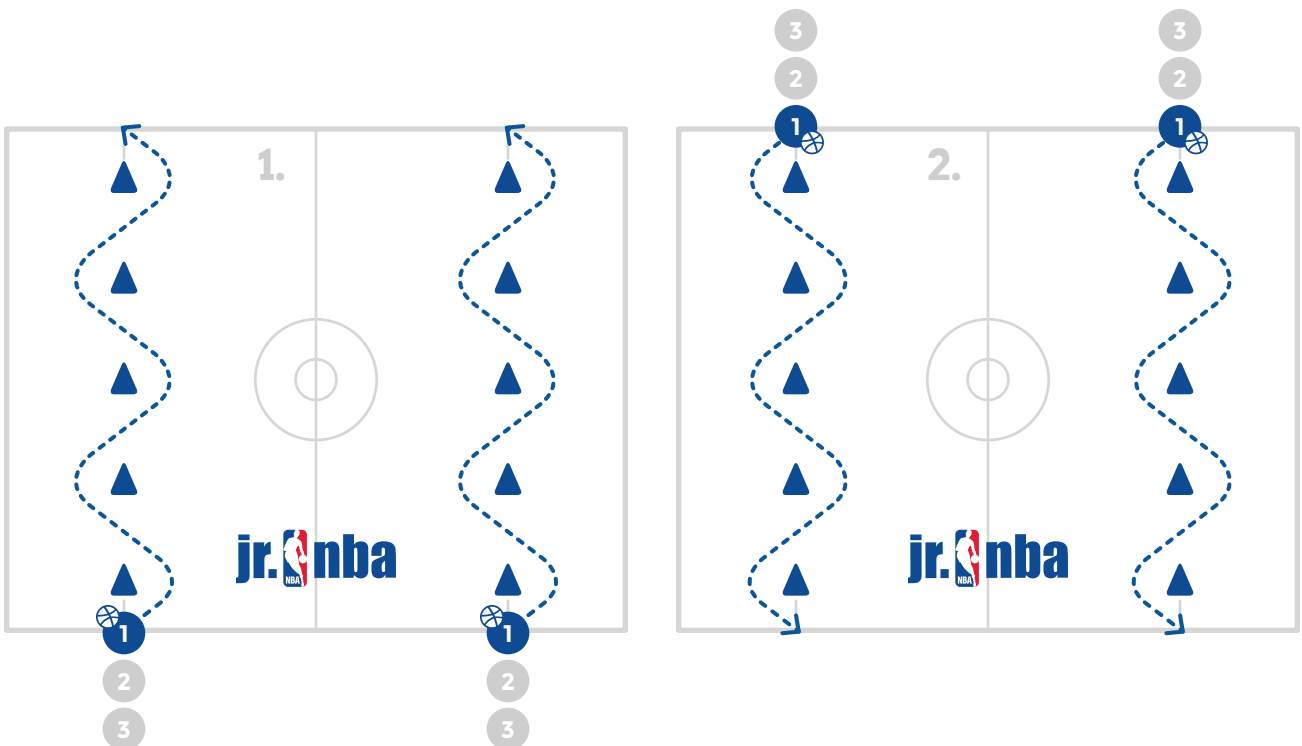
**Cone Dribbling** (1 x 3 min with variations) [SEE DIAGRAM NEXT PAGE >>](#)

- Divide the group into even groups.

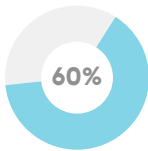
BUILDING SKILLS  
CONTINUED



- 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



## > PASSING

★ **Fundamentals of the Overhead Pass:** The overhead pass is a strong pass that is executed by holding the ball firmly over the head with 2 hands. The player will then step to generate momentum and make a strong pass to a teammate.

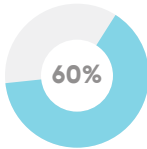
- The overhead pass is often used for longer distance passes, skip passes, and outlet passes.

🔍 **Key Points:** Players should not bring the ball back behind their head as it opens up opportunities for players behind them to steal it. Keep the ball nice and strong above the head while maintaining good body control, strength and balance.

### 🏀 **Overhead Pass Drill** (1 x 1 minute)

- Have players partner up, get a basketball and line up about 10 feet apart.
- Based on the fundamental passing skills and wall passing previously taught, have the players now step and pass to their partner.
- The 2 partners will make overhead passes to each other for 2 sets of 60 seconds and then do the same thing with chest passes.

BUILDING SKILLS  
CONTINUED



**Key Points:** Ensure that the players make eye contact before passing and the receiver shows their hands as a target. The players should take a big step towards their partner, extend their elbows and snap their down to make a good pass.

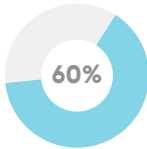
## > SHOOTING

### **Form Shooting – 1 Hand** (2 x 10)

- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players lift the ball in that one hand so that their elbow is underneath it and their palm is facing the sky.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.

**Key Points:** Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

**BUILDING SKILLS  
CONTINUED**



**🏀 1-2 Step Lay-Ups (1 x 2 minutes each side)**

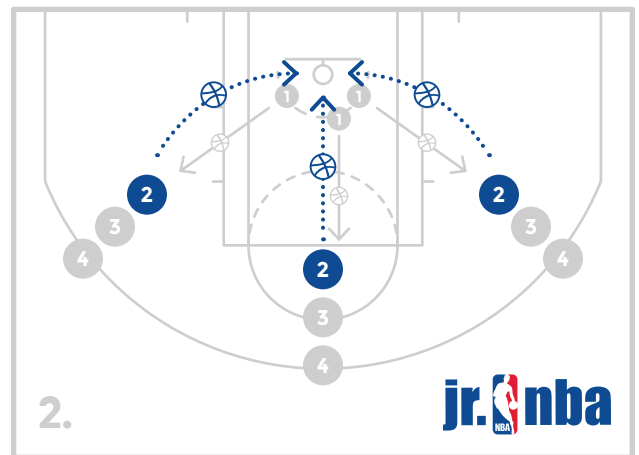
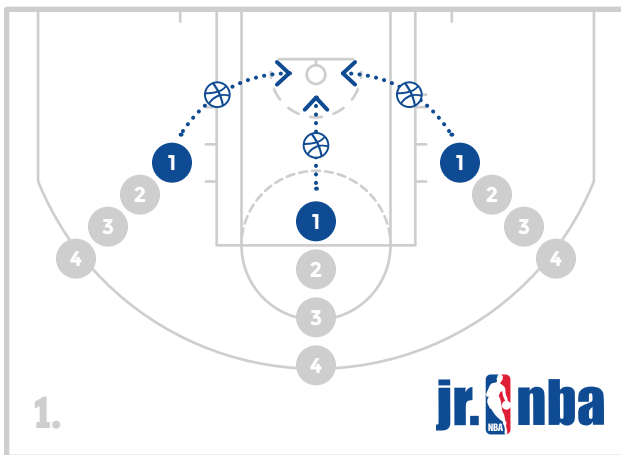
- All players should have a partner and 1 ball per group.
  - There can be at least 3 partner groups per basket (side, middle, side).
  - One player will line up 3 to 6 feet away from the basket and the other partner will stand just behind the basket.
  - When coach says “1. 2.” The player will take 1-2 steps and perform a lay-up shooting for the square on the backboard.
  - The players will not dribble the ball.
  - The partner will grab the rebound and give it back to the shooter to repeat.
  - That player will work for 1-minute before switching with the partner.
- 🔑 Key Points:** Emphasize the correct hand and foot until the movement becomes natural for the players. Make sure to do this from both sides with both hands.

**BUILDING SKILLS  
CONTINUED**

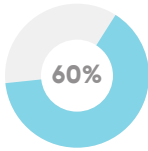


**Shooting Line Game** (games to 8 makes)

- Divide the players into two or more groups and have each group at a designated shooting spot on the court.
  - The groups will function as a team and keep their score together.
  - The players will shoot, get their rebound, give it to the next player and return to the back of the same line.
  - Continue this drill until one team makes the designated number of shots. Then switch spots and repeat.
- Key Points:** Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.



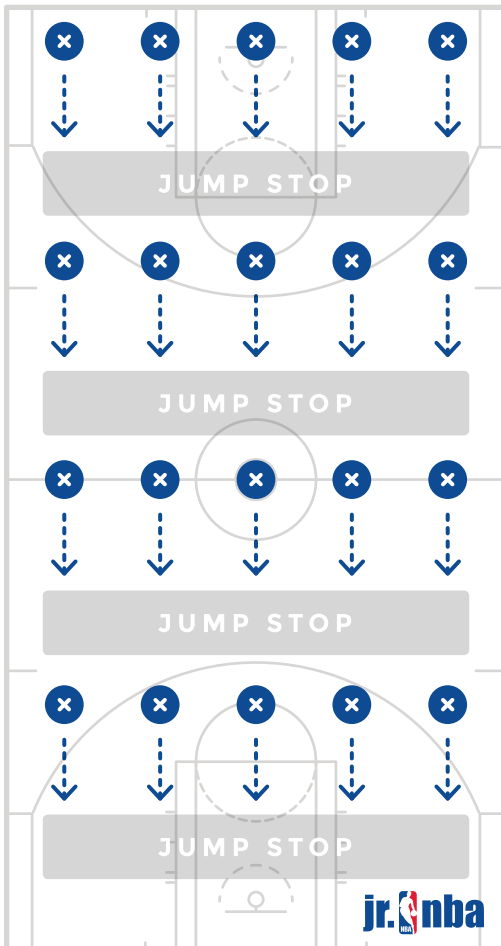
BUILDING SKILLS CONTINUED



## > FOOTWORK & CONDITIONING

★ **Jump Stop Fundamental Skill:** The act of landing on both feet at the same time when either receiving a pass or after a player's last dribble. Landing on both feet at the same time then allows the player to use either foot as a pivot foot.

- A player should keep their eyes and chest up and stay balanced by having their knees bent.

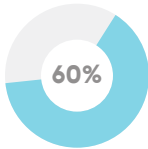


### 🏀 Jump Stop Drill with Ball

(2x down and back)

- Players should form balanced lines on the baseline and the first player in each line will start in an athletic stance.
- The first player in each line will jog to the foul line and make a deliberate jump stop at the foul line.
- On the whistle, the players will repeat at half court, the opposite foul line, and the opposite baseline.
- Once the group in front of the player moves towards the next jump stop location, the next player begins the same process.

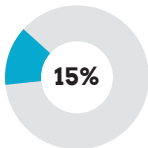
**BUILDING SKILLS CONTINUED**



- The players will wait at the opposite baseline until all the players finish and then do the same process going back.

**Key Points:** To ensure balance, have the players land in the jump stop position and count to 3 before blowing the whistle to allow them to jog to the next spot.

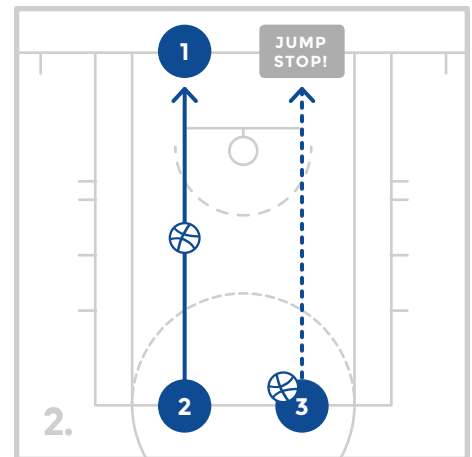
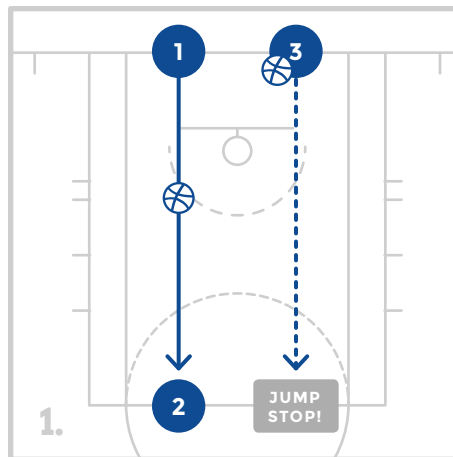
**Team Concepts**



**> OFFENSE**

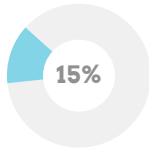
**⊕ The Pass is Faster Drill (2x down and back each player)**

- Have players divided into groups of 3 and designate each player as 1, 2 or 3.
- Player 1 should start on the baseline with a ball. Player 2 should stand across from player 1 at the free throw line without a ball. Player 3 should start on the baseline next to player 1 with a ball.
- When the coach says “go,” player 1 will pass the ball to player 2. At the same time, player 3 will dribble and jump stop right next to player 2.





TEAM CONCEPTS  
CONTINUED



- Repeat this action with the pass back from player 2 to player 1 while player 3 dribbles the same distance and jump stops next to player 1. Repeat and change positions.

**🔍 Key Points:** This drill works on passing, receiving, dribbling and jump stops. Continually emphasize that the pass moves faster than the ball.

## > DEFENSE

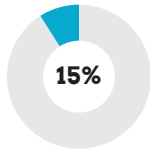
**★ Defensive Stance Fundamental Skill:** The position used by defenders in which they have their knees bent, feet a little more than shoulder width apart with their toes and knees facing forward, their eyes up and their hands outstretched and active. From this position they can easily move in any direction.

### 🏀 Defense, I Love It Drill (2 x 5)

- Have the players spread out on the court in front of the coach.
- When the coach says “Defense!” have the players slap the floor and get in a defensive stance while saying “I love it!”
- Have the players stay in the stance and repeat this call and response action 5 times.

**🔍 Key Points:** Make sure the players have a lot of energy and enjoy this. Also ensure they have good form in the defensive stance.

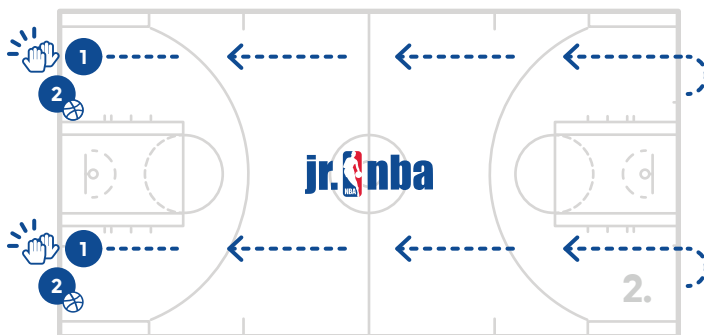
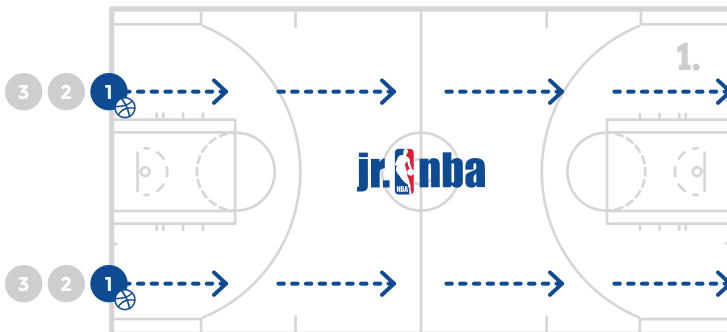
## Competing



### > FUN GAMES

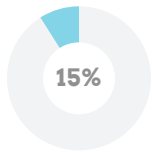
#### 🏀 Dribble Relays (2 x)

- 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 3 players to each number and have everybody stand on the baseline. The three players with the same number our 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.

**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.
- 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.

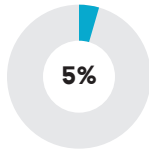
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>BALANCED LIFESTYLE</b>	Discuss why it's important to have a healthy balance of school, friends, family, and hobbies.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each from baseline to half court or back)	<ul style="list-style-type: none"> <li>• Heel Walks</li> <li>• Toe Walks</li> <li>• Skip Forward</li> <li>• Skip Backwards</li> <li>• Jog Forward</li> <li>• Jog Backwards</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>DOUBLE LEG WRAP</b> (1 x 20 sec.)	Wrap the ball around both legs quickly!	
	<b>SIDE TO SIDE DRIBBLE</b> (2 x 15 sec.)	Control the ball by dribbling it from side to side.	
	<b>FRONT TO BACK DRIBBLE</b> (2 x 15 sec.)	Control the ball by dribbling it front to back.	
	<b>RETREAT DRIBBLE DRILL</b> (3 x 15 sec.)	Work on the fundamentals of the retreat dribble.	
	<b>Passing</b>		
	<b>REBOUND &amp; OUTLET PASS DRILL</b> (1 x 2 minutes each side)	Work on rebounding and making a good outlet pass.	
	<b>Shooting</b>		
	<b>DROP STEP LAY-UP BREAKDOWN DRILL</b> (1 x 2 minutes each way)	Work on the correct footwork for the drop step lay-up.	
	<b>LAY-UP HIGH FIVE DRILL</b> (2 minutes each side)	A simple high five can teach the fundamentals of a lay-up!	
<b>3-LINE LAYUPS ADD VARIATIONS</b> (1 x 90 sec each line)	Work on lay-ups and the euro step.		
<b>Footwork &amp; Conditioning</b>			
<b>1-2-3 TRIPLE THREAT</b> (1 x 90 seconds)	Work on reaction time and the triple threat stance.		
<b>Team Concepts</b>	<b>PASS &amp; CUT DRILL</b> (90 seconds each way)	Work on passing, cutting, and finishing with lay-ups.	15%
	<b>RECEIVING THE OUTLET PASS DRILL</b> (1 x 2 minutes)	Work on the proper execution of receiving the outlet pass.	
	<b>TEAM LAY-UP &amp; SHOT DRILL</b> (games to 8)	Use this fun competitive game to work on lay-ups and shooting.	
	<b>SIDE/LATERAL PUSH DRILL</b> (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	
<b>Competing</b>	<b>ELBOWS FINISH DRILL</b> (games to 3)	Emphasize both offense and defense in 1 on 1 play.	15%
	<b>3 ON 3 NUMBERS GAME</b> (games to 3)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

- 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

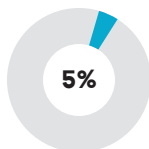


### > BALANCED LIFESTYLE

★ As much as we may love basketball, there is simply more to life. Practicing and playing too much can lead to overuse injuries and burnout. So, even if it feels like you never want to take a break, you should, at least to make sure you stay fit and rested enough to continue playing after taking some time off.

★ Another benefit of a little time away from the game is that you can develop other athletic skills, including different forms of leadership and teamwork that will contribute to your basketball success when you return the court. Also, taking time away from sports altogether leaves time for activities that are ultimately more important, such as family, friends, academics, and experiencing other parts of the world and other forms of fun that make you a more well-rounded person.

## Warm-Up

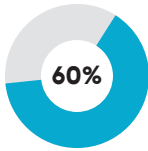


### > WARM-UP & INJURY PREVENTION

⊕ **Dynamic Warm-up** (1 x each from baseline to half court or back)

- Heel Walks
- Toe Walks
- Skip Forward
- Skip Backwards
- Jog Forward
- Jog Backwards
- Walking Hamstring
- Walking Straight Leg Kicks

**Building Skills**



> **BALL-HANDLING**

⊗ **Double Leg Wrap** (1 x 20 sec each way)

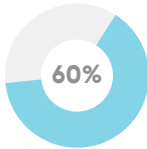
- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and keep their feet together as they wrap the ball around both legs for 10 seconds.
- The players will then change directions for 10 seconds.

🔍 **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 Side to Side Dribble** (2 x 15 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce from right to left only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side.

BUILDING SKILLS  
CONTINUED



**🔑 Key Points:** This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

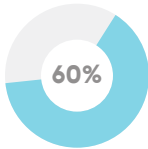
**🏀 Stationary Front to Back Dribble** (2 x 15 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Using only the right hand, each dribble should bounce wide outside of their right foot and will bounce forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to then bounce it backwards.

**🔑 Key Points:** This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

**★ Fundamentals of the Retreat Dribble:** The retreat dribble is also known as an escape dribble as it helps the offensive player retreat or escape from defensive players in front of them.

BUILDING SKILLS  
CONTINUED



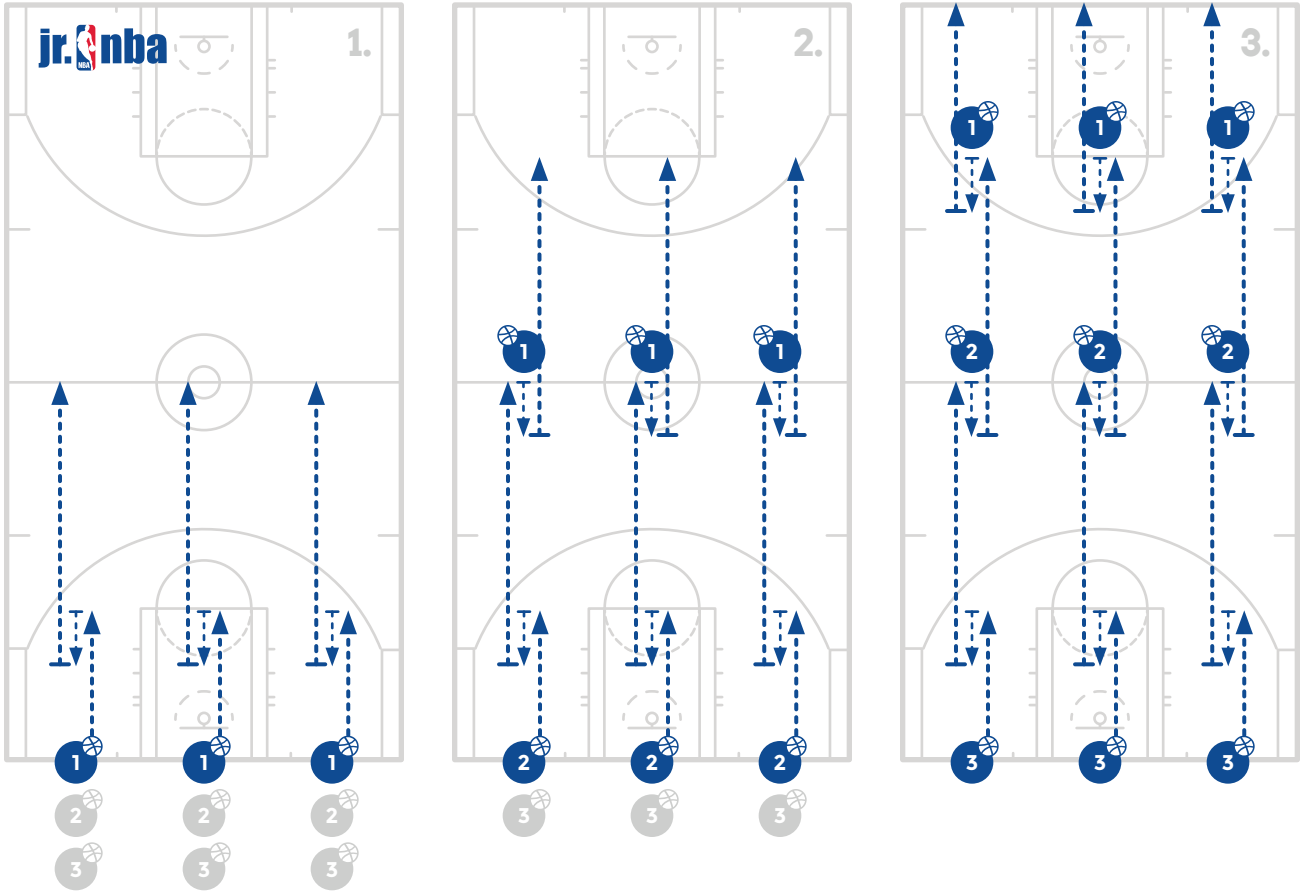
- The retreat dribble relieves the offensive player from defensive pressure in order to dribble by, pass or shot.
- To make an affective retreat dribble, a player must turn their body perpendicular to the defensive player so that the side of their front foot and shoulder are facing the defender and the ball is on the opposite side away from the defender.
- The player will push back off their front foot quickly to move away and create space.
- Once the player has created space, they will square back up so that they are again parallel or face to face with the defender.

 **Retreat Dribble Drill** (3 x 15 seconds)

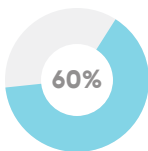
SEE DIAGRAM NEXT PAGE >>

- All players need a basketball (or share) and should stand on the baseline.
- The players will dribble with their right hand to the free throw line extended in front of them and take two retreat dribbles back while keeping their shoulder between the imaginary defender and the ball and pushing back.
- After 2 dribbles back, the player will square up and dribble forward and do the same process at half court, the opposite foul line extended and the opposite baseline.
- Do the same thing with the other hand.





**BUILDING SKILLS CONTINUED**



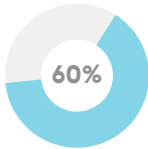
- As your players progress add in different moves after the retreat (i.e. retreat 2 dribbles and crossover or go between the legs for one dribble to attack the next spot)

**> PASSING**

★ **Fundamentals of the Outlet Pass:** An Outlet pass is a pass that happens following a rebound.

- Typically a player gets a rebound, pivots and turns to make an outlet pass as their team transitions to offense.

BUILDING SKILLS  
CONTINUED



- An outlet pass can often be an overhead pass.

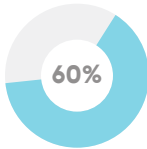
**Key Points:** It is important for an outlet pass to be quick, strong, and potentially lead the offensive team to a quick advantage.

**★ Fundamentals of Receiving the Outlet Pass:** When receiving the outlet pass, it is important that the player (typically the point guard) first gets close to the sideline where the rebounder is able to see them. Next, the players back should be towards the sideline so that their chest is open to the entire court which will allow them to see everything in front of them. The player must then call for the ball with their hands and mouth. Also, it is good for the player to catch the ball with some momentum going toward their basket if there are no defenders to discourage the pass. After the catch it is important for the player to look to pass ahead if possible.

**⊗ Receiving the Outlet Pass Breakdown Drill (1 x 2 minutes)**

- Have the players get in 1 line at the top of the key with the first several players having a ball.
- The first player will pass their ball to the coach who is standing in the middle of the paint.
- The coach will toss the ball to themselves to their right or left side.
- The player will react to which side the ball was tossed on and get their back to the baseline on that side and prepare to receive the outlet pass.

BUILDING SKILLS  
CONTINUED

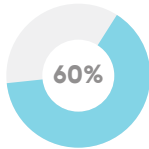


- As coach makes the outlet pass, the players will catch the ball on the move and dribble to the other end of the court for a lay-up and then go back to the end of the line.
- Continue this for the allotted amount of time.

**Rebound & Outlet Pass Drill** (1 x 2 minutes each side)

- Have the players get in 2 lines, 1 at the free throw line and 1 on the elbow.
- Each player in the line at the free throw line will have a ball.
- The opposite line will not have a ball.
- The first person in the line with a ball will step up inside the three point and toss the ball off the backboard and go jump and grab it like a rebound.
- On the toss, the first player in the other line will get to the sideline to properly receive the outlet pass.
- The rebounder will pass to the outlet player.
- The player who received the outlet pass will dribble up the floor going to the middle of the floor.
- The player who grabbed the rebound will run wide outside the player with the ball to the other end of the court.
- The player with the ball will make a good jump stop and make a bounce pass to the other player for a lay-up.

BUILDING SKILLS  
CONTINUED



- After the lay-up, the players will get in line from the other basket, change positions, and do the same thing coming back.

**Key Points:** Work on executing a good rebound, being strong with the ball and making good outlet passes. Also work on receiving the outlet pass and dribbling the floor for a good jump stop bounce pass and lay-up.

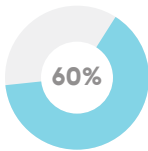
## > SHOOTING

★ **Fundamentals of Lay-ups:** A shot taken close to the basket, generally off the backboard. There are a variety of ways to shoot lay-ups and they should be worked on daily for youth to NBA players.

★ **Fundamentals of the Drop Step Lay-Up:** A drop step lay-up, is a lay-up that occurs when a player catches the ball close to the basket but with their back facing the basket.

- On the catch, the player drops their bottom foot to turn for a lay-up.
- The drop step lay-up can happen with or without a dribble.
- Teach the players how to drop their foot as the ball is coming and keep the ball hidden away from the defender without taking a dribble for the lay-up.
- Emphasize a big powerful push off the top foot that allows their bottom foot to drop below the defender's bottom foot. This will allow the player to take and clear the space needed for a good balanced lay-up.

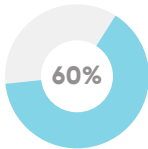
BUILDING SKILLS  
CONTINUED



 **Drop Step Lay-Up Breakdown Drill** (1 x 2 minutes each way)

- Have the players partner up and face each other at half court with each of their backs facing the opposite baseline.
- One player will have a ball and the other will get into a good post up stance.
- The player will roll the ball to their partner.
- The partner will sit in a good stance and grab the ball then drop step by dropping their left foot at the same time as they turn and dribble.
- The player will pick up the ball after the one dribble and pretend they will jump and shoot as they are now facing the basket.
- The player will land, turn back around and roll the ball to their partner.
- That player will do the same action by grabbing the ball, taking a drop step with their left foot while they turn and dribble and simulate shooting at the basket they are now facing.
- This player will complete 5 drop step lay-ups alternating sides so that on their last lay-up, the 3rd player will start from the opposite side.
- The players will continue this activity and then switch their drop step foot.

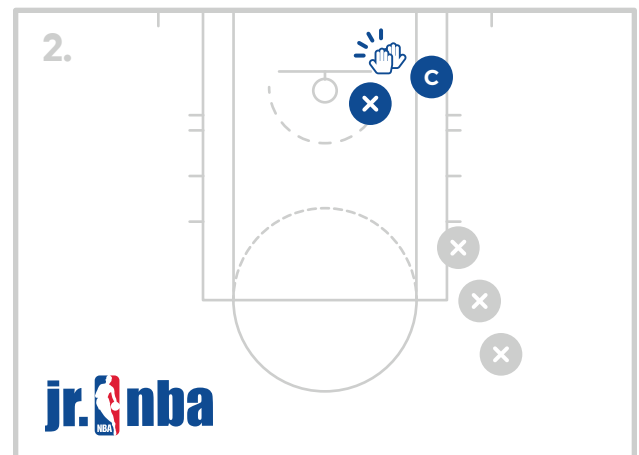
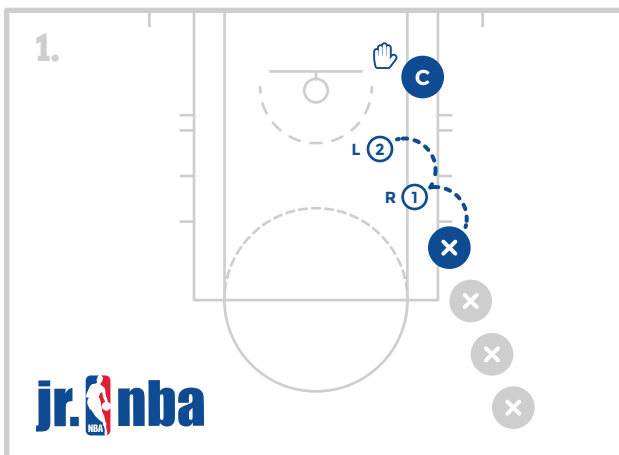
**BUILDING SKILLS  
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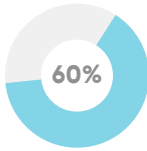
**Lay-Up High Five Drill** (2 min. each side)

- All players should be in one line with no ball as the coach demonstrates how to take one step with their right foot, a second step and jump off their left foot and extend their right hand to simulate a right handed lay-up.
- The coach will stand with his/her hand in the air as each player comes by and does this 1, 2 step while saying “1, 2” and gives the coach a high five with their right hand.
- The line should move quickly but if there is another coach, utilize 2 or more lines.
- Players should repeat this going left with the opposite footwork (jumping off the right) and opposite hand (left) giving the high five.

**Key Points:** Emphasize the correct hand and foot until the movement becomes natural for the players.



BUILDING SKILLS  
CONTINUED



★ **Fundamentals of the Euro Step Lay-Up** A euro step lay-up is a lay-up in which the player takes the last two steps to step laterally side to side instead of the traditional straight forward steps. Euro step lay-ups can be a deceptive way to finish around the basket as it allows the offensive player to step around defenders as well as slow down their steps if needed.

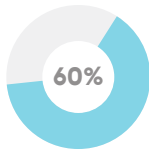
⊗ **Euro Step Breakdown Drill** (1 x 1 minute)

- Have the players start on the baseline without a ball.
- On the players command, the players will step out, then in and jump for proper euro step form.
- The players will do this again and repeat for the allotted amount of time.

⊗ **3-Line Layups Add Variations** (1 x 90 seconds each line)

- Group the players into three lines facing the basket around the 3-point line (1 line on each wing and 1 line at the top of the key).
- The first person in each line should have a ball and dribble in for a lay-up.
- After the lay-up, the player will get their own rebound, pass it to the next person in line and go to the back of the same line.
- The players in each line will have different finishes (right hand and left hand from the wing and a lay-up with no backboard in the middle).

BUILDING SKILLS  
CONTINUED



- Mix in different finishes such as the euro step. After 90 seconds the players will rotate lines.

**Key Points:** Note that there will be multiple players shooting at the same time. Remind the players that in a game there will be other players close to them as they try to score and it's ok. Work on finishing lay-up in a variety of ways.

> FOOTWORK & CONDITIONING

**★ Fundamentals of the Triple Threat:** Triple threat means you are in an athletic stance with the ball and can do 3 things from that position: 1) Shoot 2) Dribble 3) Pass.

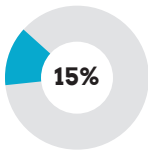
⊗ **1-2-3 Triple Threat** (1 x 90 seconds)

- Have the players line up on the baseline with a ball.
- The players should stand straight up and hold the ball.
- After the coach says "1.2.3." all of the players and the coach say "Triple Threat!" as they drop down into a good triple threat stance.
- Have the players stand up in a relaxed position before repeating the drill (add the dribble if needed).

**Key points:** Make sure the players are in a good stance and understand the reason why.



## Team Concepts



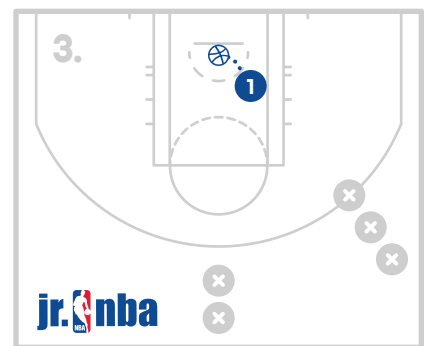
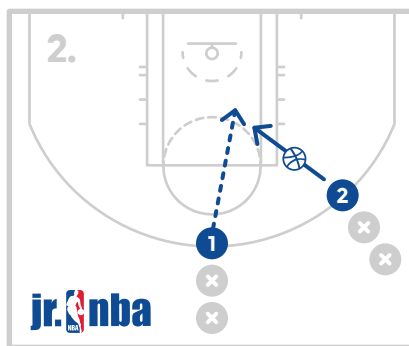
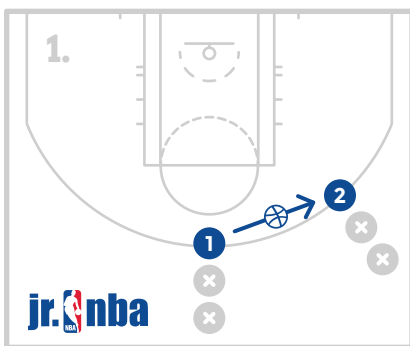
### > OFFENSE

★ **Fundamentals of Cutting:** There are a variety of ways to cut to get open for the ball such as a back-cut, V-cut, L-cut and more.

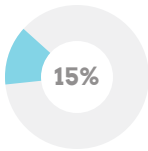
#### ⊕ **Pass & Cut Drill** (90 seconds each way)

- 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.
- 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.

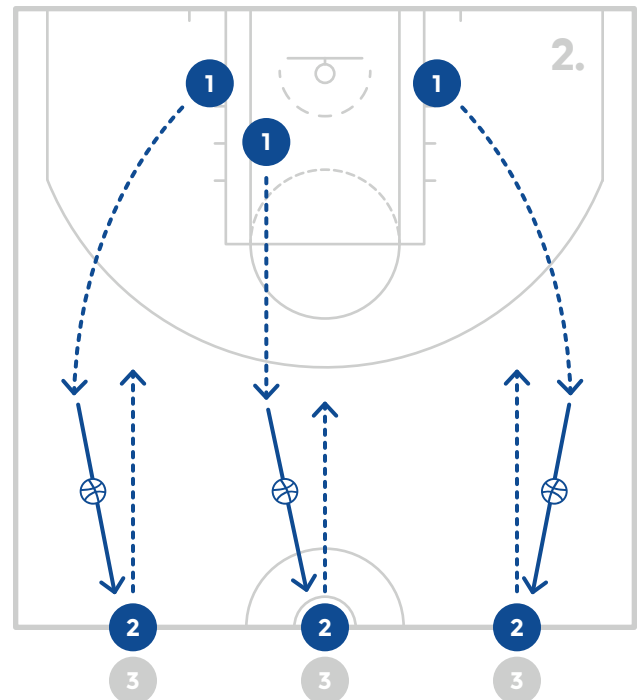
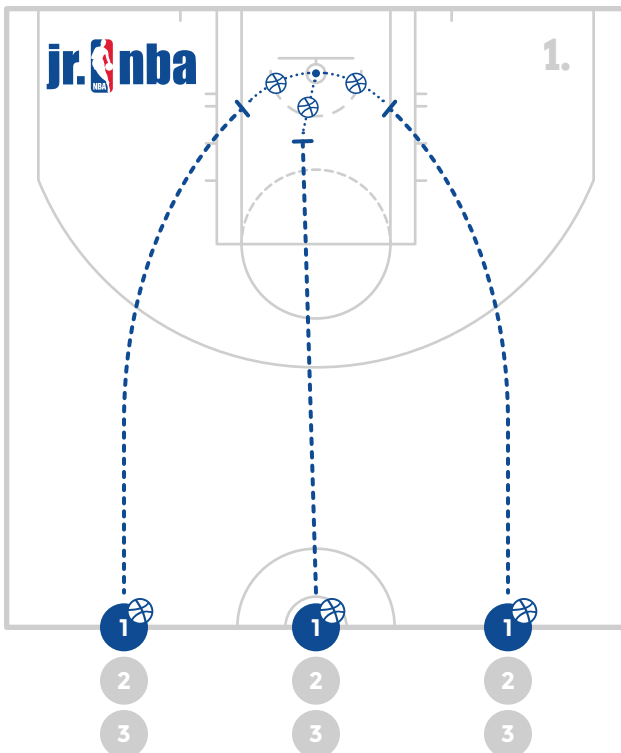


TEAM CONCEPTS CONTINUED

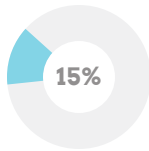


## 🏀 Team Lay-up & Shoot Drill

- Divide the players into balanced teams and have them start at half court.
- There should be 2 balls in the front of each line.
- The players will dribble toward the basket and take a lay-up, get their rebound and dribble/pass it back to their line.
- The next player can go as soon as they are ready.
- The team must make a designated number of lay-ups.
- Once the team makes the designated number of lay-ups, they will continue with the same process but now shoot jump shots.



TEAM CONCEPTS  
CONTINUED



- The first team to make all of their jump shots wins the game.

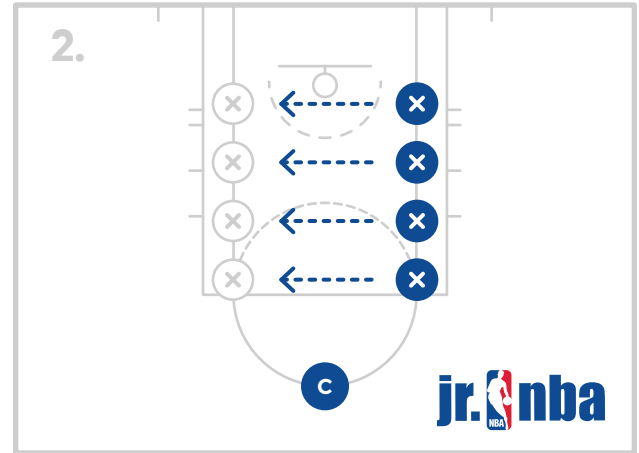
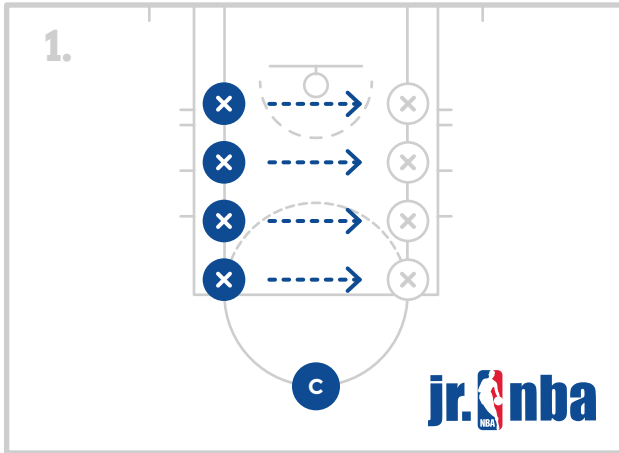
**Key Points:** Use this fun competitive game to work on lay-ups and shooting. Encourage teams on the left side of the basket to use their left hand for lay-ups but count the makes regardless.

> DEFENSE

**★ Fundamentals of Guarding Another Player:** Guarding another player, sometimes referred to as “man to man defense,” means that a player is responsible for guarding a specific player on the other team, knowing where they are on the court, and staying between them and the basket. Though the defensive player is supposed to guard a particular player, they are always responsible for knowing where the ball is and helping their teammates at any point.

⊗ **Side/Lateral Push Drill** (3 x 15 seconds)

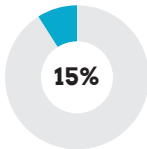
- Have the players line up on the lane line and face the coach.
- When the coach says go, the players should push off their back foot to slide to the other side of the lane where they will plant and push back.
- The players will continue this process for 15 seconds.



TEAM CONCEPTS  
CONTINUED

**Key Points:** Make sure the players stay in a good stance with their chest and eyes up. Work on changing directions quickly.

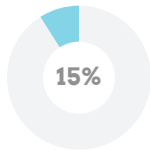
## Competing



### ⚽ Elbows Finish Drill (games to 3)

- Have the players partner up with one ball per group.
- Have one player on offense and one player on defense starting around the elbow.
- The offensive player will start with the ball facing the basket and gets a maximum of 3 dribbles and only one shot attempt.
- After one shot, that group will go to the back of the line and the next group will start.
- Make or miss the shot, the offensive and defensive player will always change positions on the next possession.

COMPETING  
CONTINUED



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

- Assign 3 players to each number and have everybody stand on the baseline. The three players with the same number our teammates and will be playing together.

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- Throw the ball on the court and call out 2 numbers.

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- 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.

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- 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.

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- 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.

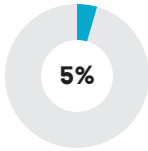
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>FAIRNESS 1</b>	Explain the basic rules and why we play fair.	5%
<b>Warm-Up</b>	<b>FREEZE TAG</b> (2 minutes)	Warm-up with a fun game of freeze tag.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>QUICK DROPS DRILL</b> (2 x 20 sec)	Work on quick hands and catching the ball.	
	<b>SEATED DRIBBLE</b> (2 x 45 seconds each arm)	Sit and work on low, quick dribbles with the fingertips.	
	<b>STATIONARY CROSSOVER LOW, MIDDLE, HIGH</b> (3 x 15 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	<b>STATIONARY UNDER THE LEG DRIBBLE DRILL</b> (1 x 1 minute)	Have the players work on controlling the ball under their leg.	
	<b>Passing</b>		
	<b>KICK PASS BREAKDOWN DRILL</b> (1 minute each way)	Work on the proper kick pass form.	
	<b>Shooting</b>		
	<b>UP &amp; UNDER BREAKDOWN DRILL</b> (1 minute each way)	Work on the proper footwork of the up and under.	
	<b>PASS &amp; UP &amp; UNDER DRILL</b> (1 x 2 minutes)	Execute the up and under in this fluid drill.	
	<b>MAKE FOR A CONE GAME</b> (1 x 3 minutes)	When a team makes a shot, they take a cone from the other team.	
	<b>FREE THROW GOLF</b> (1 game)	Work on free throws in a fun competitive game.	
	<b>Rebounding</b>		
	<b>SELF-TOSS REBOUNDING DRILL</b> (3 x 8)	The players will toss the ball into the air and jump and catch it at their peak.	
<b>Footwork &amp; Conditioning</b>			
<b>TUCK BACK DRILL</b> (2 x 6 each way)	Work on triple threat and protecting the ball.		
<b>Team Concepts</b>	<b>DRIVE &amp; KICK COMPETITION DRILL</b> (games to 8)	Emphasize a good drive and a good kick pass.	15%
	<b>2-PERSON CLOSEOUT DRILL</b> (2 x 1 minute)	Work on guarding the ball and quickly going to help.	
<b>Competing</b>	<b>4 ON 4</b> (games to 3)	Emphasize all the skills worked on in practice.	15%
	<b>5 ON 5</b> (games to 3)	Keep this a half court 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.



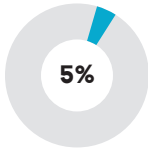
**Values**



> **FAIRNESS 1**

★ The rules of basketball are important. They keep the game safe and fun. If you play outside the rules, you or someone else may get hurt, and they may try to retaliate and hurt you. Plus, even if you get away with breaking rules, it is not much fun to succeed or win by breaking the rules. It's important in basketball and in the rest of life to follow the rules.

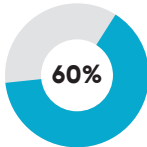
**Warm-Up**



> **FREEZE TAG**

- 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**

⊗ **Quick Drops Drill** (2 x 20)

- Players need a basketball (or share) and should find space on the court facing the coach.
- Have players bend their knees and put the ball on the floor between your feet.
- The players will put their right hand on the ball from the front of their body.
- The players will then put their left hand on the ball from behind their body.
- The players will pick the ball up to about knee height.
- Next the players will drop the ball and quickly switch their hands so that they catch the ball in the air with their right hand behind their right leg and their left hand in front of their left leg.
- If this is too difficult, let the ball bounce 1 time before the catch.

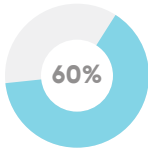
🔑 **Key Points:** Work on having quick hands while staying in a stance.

⊗ **Seated Dribble** (2 sets of 45 seconds each arm)

- All players should have a ball and have a seat on the sideline.



BUILDING SKILLS  
CONTINUED



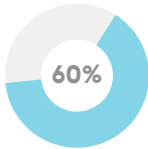
- Players should put the ball just outside their right hip and begin dribbling.
- After 15 seconds, the players will straighten their arm out to their right side so that the ball is stretched far away and again dribble for 15 seconds.
- After 15 seconds have the players dribble with a straight arm close to their legs and move the ball out to their right and then dribble it in towards their body and continue in a circle motion for another 15 seconds.
- This completes 1 set which will be done again before changing to the left hand.

**Key Points:** This drill works on good control dribbles using fingertips.

**Stationary Crossover Low, Middle, High** (3 x 15 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 side to side for 20 more seconds.

BUILDING SKILLS  
CONTINUED



**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.

**Stationary Under the Leg Dribble Drill** (1 x 1 minute)

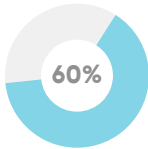
- Have the players get a ball (or share) and find space on the court.
- The players will take 1 or 2 dribbles and then lift the opposite leg from the hand the ball is in.
- When the player lifts their leg, they will dribble under the leg and gain control with the other hand.
- The player will then repeat the process with the other hand back and forth for the allotted amount of time.

**PASSING**

**Fundamentals of the Kick Pass:** A kick pass is a pass from a teammate driving to the basket, out to a player on the perimeter.

- The kick pass usually happens while moving and is often passed from the side of the body predominantly with the hand that is on the same side as their teammate.
- When making the kick pass, the player’s arm will extend and the thumb will snap down towards the ground.

BUILDING SKILLS  
CONTINUED



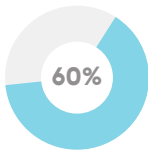
⊕ **Kick Pass Breakdown Drill** (1 minute each way)

- Have the players partner up with one ball and both face the same direction so that one player can see their partner by turning their head to the left and the other partner can see their partner by turning their head to the right.
- Both players should be in a good stance and will pass the ball back and forth by pushing the ball with the arm that is closest to their partner and snapping their thumb down.
- The players will continue passing back and forth for the allotted amount of time before switching sides.

⊕ **The Kick Pass Drill** (1 x 2 minutes)

- Have the players start in 2 lines, 1 at the top with the ball, and 1 on the wing.
- The players at the top will have a ball and will drive the ball towards the basket on the same side as their teammate.
- As the coach or imaginary defenders comes to help, the player will make a quick kick pass out to their teammate who will catch and shoot.
- The shooter will get the rebound and both players will go to the back of the opposite line.
- Continue this process for the allotted amount of time.

BUILDING SKILLS  
CONTINUED



> SHOOTING

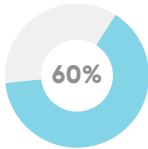
★ **Fundamentals of the Up & Under:** The up and under is one of the most fundamental post moves in basketball. The player will catch the ball in the post with their back to the basket. The player will then turn in either direction as if they are going to shoot the ball. As they turn, they will shot fake, hoping to have the defender jump or raise up. The offensive player will then step with their back foot toward the basket and jump off 2 feet for a lay-up.

⊗ **Up & Under Breakdown Drill** (1 minute each way)

- Have the players partner up and face each other with one ball.
- One player will pass the ball to their partner.
- When the partner catches the ball, they will execute an up and under move until the end and instead of shooting will hold onto the ball turn back and pass to the other partner who will repeat.
- The partners will continue going back and forth working on their up and under footwork.

🔍 **Key Points:** Make sure the players are not picking up or dragging their pivot foot which would lead to a travel. Work on sitting low as the player shot fakes lifting the ball up but loading on their outside leg to step through.

BUILDING SKILLS  
CONTINUED



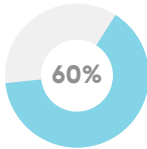
🏀 **Pass & Up & Under Drill** (1 x 2 minutes)

- One player will start on each block and there will a line on the wing in front of each of them.
  - The first few players in each line will have a ball.
  - The first player with the ball will make a good post entry pass to the player making a good post up on the block.
  - The player will catch the ball and execute an up and under, get their rebound and go to the back of the line.
  - The player who made the pass will then run to the block and post up and prepare to receive the pass from the next person in line.
  - This process will continue for the allotted amount of time and then the players will switch sides.
- 🔍 **Key Points:** Make sure the players are executing good post entry passes, the players are posting up and making good up and under moves.

🏀 **Make For a Cone Game** (games of 3 minutes each)

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners etc).
- There should be a line of cones equal to the number of players on each team that lines up next to the team.

BUILDING SKILLS  
CONTINUED

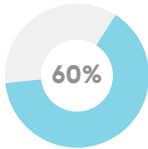


- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they 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.

★ **Fundamentals of the Free Throw:** The Free Throw is a very important part of the game that can play a big part in winning and losing. Free throws are also know as foul shots and are taken from the free throw line (or foul line) with no defense. Each free throw is worth 1 point. Players are awarded the opportunity to shoot free throws if they are fouled while shooting, if the other team has committed more fouls than permitted, or if there is a technical foul.

- One of the most important aspects of the free throw is to relax and do the same routine every time. It is typical for players to take a few dribbles, relax and take their shot without jumping. Every player should develop a routine that works best for them to maximize the opportunity for “free” points.

BUILDING SKILLS  
CONTINUED



 **Free Throw Golf** (1 game)

- Utilize as many baskets as possible and have 1 player shooting at a time.
- The player will shoot 2 free throws at a time and rotate until each player has shot 10 total free throws.
- After every player has taken 10 free throws, the player with the lowest score wins.
- The scoring is as follows: If a player makes a shot nothing but net, they receive minus 2 points (-2).
- If a player makes a shot in any way other than nothing but net, they receive minus 1 points (-1).
- If a player misses a shot, they receive plus 1 point (+1).

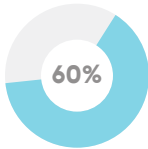
**> REBOUNDING**

★ **Fundamentals of Rebounding:** Whenever a shot is missed, the player that retrieves the ball is credited with a rebound. Rebounding requires players to be physical, have quick reactions, and pursue the ball.

 **Self-Toss Rebounding Drill** (3 x 8)

- All players need a basketball (or share) and should stand in an open space on the court.

BUILDING SKILLS CONTINUED



- 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.
- 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.

> FOOTWORK & CONDITIONING

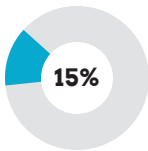
**Tuck Back Drill** (2 x 6 each way)

- All players need a basketball or pretend to have a ball and should stand in an open space on the court.
- Have the players face forward in a triple threat position.
- When the coach says “tuck back!” have the players say “strong!” while dropping their right foot and putting the ball on their right hip.
- When the coach says “over!” have the players step forward with their right foot while turning 90 degrees.
- When the coach says “triple threat!” the players will return back to the triple threat stance until the coach says relax

**Key Points:** This drill should emphasize toughness, footwork and maintaining a strong stance with the ball. Help the players understand the carry over in game situations.



## Team Concepts

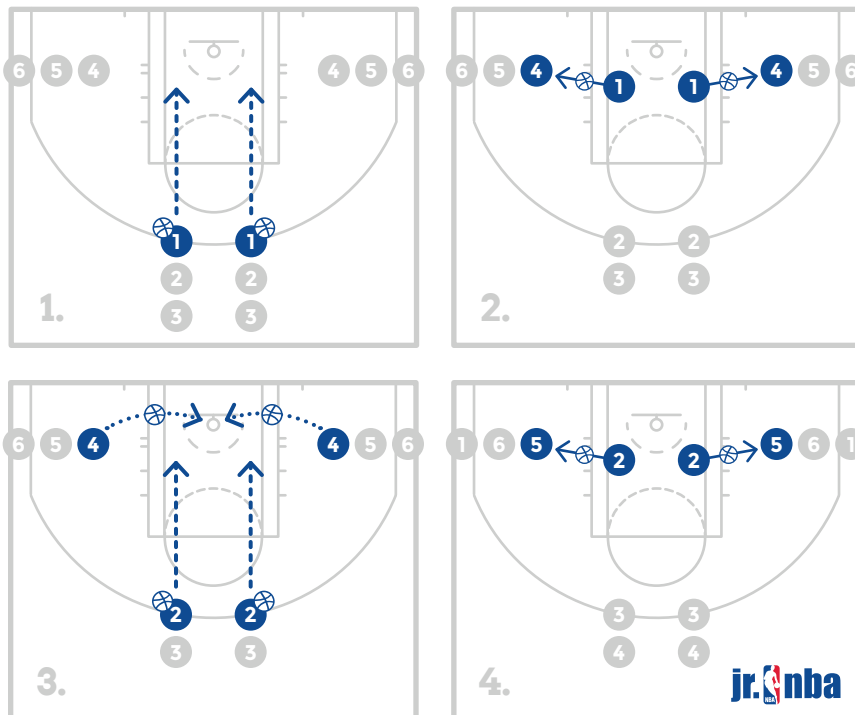


### > OFFENSE

★ **Fundamentals of Drive & Kick:** Drive and kick is when one player dribbles the ball towards the basket and as the defense reacts to the drive, the player will pass the ball (called a kick out or kick) to their teammate who will shoot.

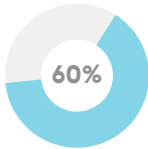
### 🏀 **Drive & Kick Competition Drill** (games to 8)

- Have one line at the top of the key with a ball and another line in the corner.
- Have the player at the top dribble the ball down the middle of the paint with the ball in the hand that is on the same side as the other line.



- As the player gets close to the basket, they will kick (pass) the ball to their teammate in the corner to catch and shoot.
- The players will get the rebound and switch lines.
- There will be another group doing the same action on the other side of the paint and short corner. These two groups will compete.

BUILDING SKILLS  
CONTINUED



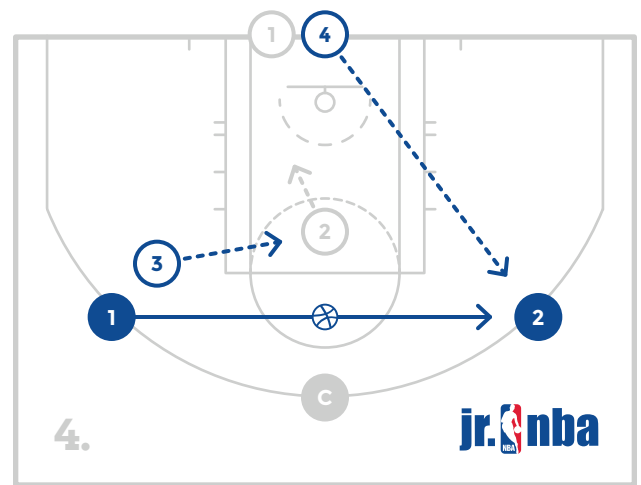
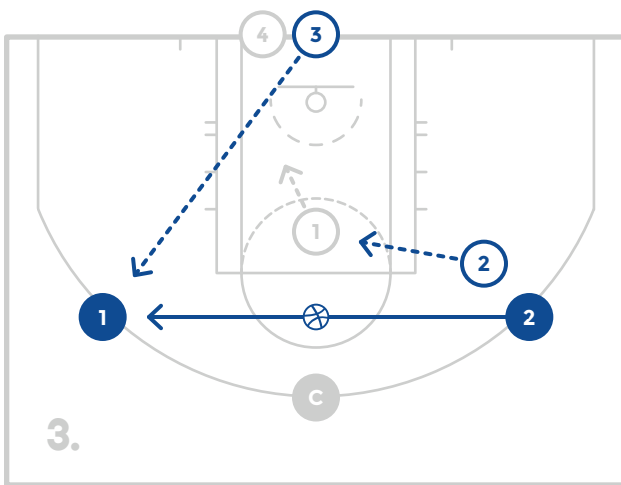
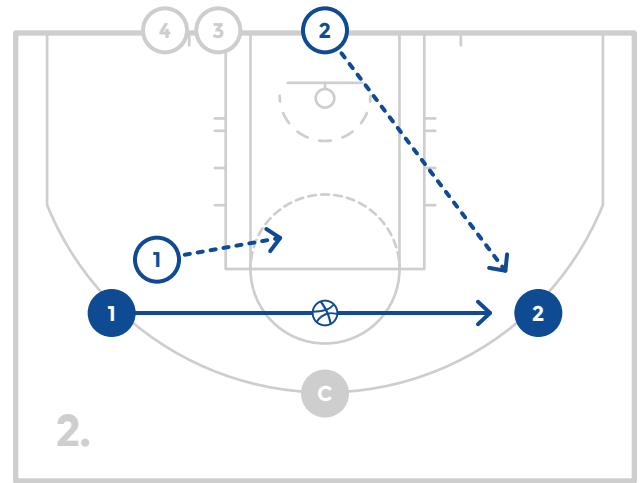
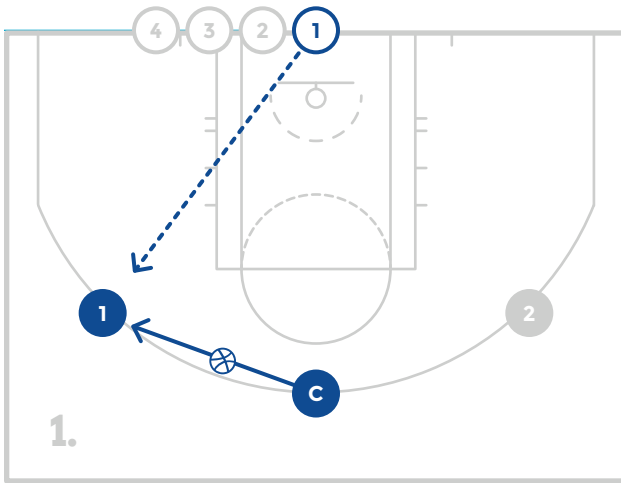
**Key Points:** Make sure the players dribbling into paint with the thought of scoring. Players should make a good kick pass to the player who is ready to catch the pass with their hands up and knees bent ready to shoot.

## > DEFENSE

**★ Fundamentals of Help Defense:** Help defense means helping a teammate who is guarding the ball. The ball is the most important part of the game so even if you are not guarding the person with the ball, you must be ready to help them if needed.

### ⊗ **2-Person Closeout Drill** (2 x 1minute)

- Have a coach with the ball on the wing and another coach or player on the other wing and then 2 lines on the baseline.
- Have a player guarding the ball on the wing and saying “ball, ball, ball!”
- When the ball is passed to the other wing the player will jump to the help position and say “help, help, help!”
- At the same time a player from the other line will close-out to guard the ball saying “ball, ball, ball!”
- When the ball is passed back, that player will now jump into the help position saying “help, help, help!” while a new player from the other line closes out to the ball and the original defensive player steps off the court.

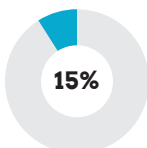


**BUILDING SKILLS CONTINUED**

- Continue repeating this process.

**Key Points:** Make sure the players are seeing both their player and the ball when they are in the help position. Make sure both players are talking and the drill stays high energy.

## Competing

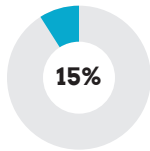


### COMPETITIVE GAMES

#### 4 on 4 Continuous (games to 3)

- Divide the players into 3 teams of 4 (if you have an odd number, add substitutes to teams).

COMPETING  
CONTINUED



- There will be one team at 1/2 court to start the game on offense, there will be other teams on both ends that will start on defense.
- The team on offense will try to score on a basket. If they score they will quickly get the ball and go to the other basket on offense.
- Whenever the defensive team stops the offensive team, they become the offense and go to the other basket.
- Continue this action until a team has won.

**Key Points:** This game should be quick and high energy. It allows the players to move up and down the court without getting out of control as the defense will always be set. Make sure the defense is matching up as the team comes towards them.

### 5 on 5 (games to 3)

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on all the basketball concepts they have learned.

## Compliment Session

- Gather 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.

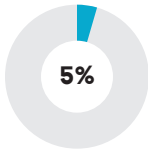
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>ACTIVE LIFESTYLE</b>	Have the players define being active, and explain the benefits of playing multiple sports.	5%
<b>Warm-Up</b>	<b>ACTIVE WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>Jog in Place</li> <li>Head Rolls</li> <li>Waist Rolls</li> <li>1 Foot Hop Left</li> <li>Shoulder Rolls</li> <li>Knee Rolls</li> <li>1 Foot Hop Right</li> <li>Arm Rolls</li> <li>Ankle Rolls</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>LOW, MIDDLE, HIGH DRIBBLE</b> (2 x 20 sec. each level & each hand)	Work on dribble speed, control, and power.	
	<b>STATIONARY CROSSOVER LOW, MIDDLE, HIGH</b> (3 x 20 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	<b>3-3-3 DRIBBLE DRILL</b> (2 x 20 sec.)	Work on quick controlled dribbles.	
	<b>RUNNING DRIBBLE RIGHT, LEFT, &amp; CROSSOVER</b> (2x each)	Encourage the players to gain comfort and push themselves to run fast while controlling the dribble.	
	<b>Passing</b>		
	<b>PASS &amp; FOLLOW</b> (1 min)	Work on good quick passes to teammates.	
	<b>PARTNER RUNNING PASS DRILL</b> (2 x down & back)	Try not to have any dropped passes!	
	<b>Shooting</b>		
	<b>3-LINE LAYUPS ADD VARIATIONS</b> (1 x 90 sec each line)	Work on making lay-ups correctly.	
	<b>FORM SHOOTING – 2 HANDS</b> (3 x 8 each)	Emphasize the perfect shot every time.	
	<b>SPIN STEP IN DRILL</b> (1 x 2 minutes each way)	Ensure that the players plant and turn on their inside foot.	
	<b>LOOP SHOOTING</b> (1 x 4 min)	Be sure to mix up the shot location.	
<b>Footwork &amp; Conditioning</b>			
<b>RUN TO BACKPEDAL DRILL</b> (2 x down and back)	Help the players gain comfort changing directions.		
<b>Team Concepts</b>	<b>PASS, CUT &amp; REPLACE DRILL</b> (2 minutes)	Work on good passes, cutting, and filling the open spot.	15%
	<b>REVERSE THE BALL DRILL</b> (games to 8)	Reverse the ball quickly and shoot game like shots.	
<b>Competing</b>	<b>CLOSE OUT 1-ON-1 DRILL</b> (4 minutes)	Work on good defensive close outs into 1 on 1.	15%
	<b>5 ON 5 NO DRIBBLES</b> (3 minute games)	Playing with no dribbles will reinforce movement.	

- 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.



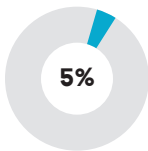
## Values



### > ACTIVE LIFESTYLE

★ One of the toughest issues facing youth sports today is pressure on players and their parents to have children specialize in a single sport before they are ready and to play that sport year-round. Ironically, while many youth programs pursue early specialization, telling parents it is necessary so that their children do not fall behind in chasing any scholarship opportunities, most coaches who do the actual recruiting prefer multi-sport athletes. Athletes who play multiple sports tend to be more well-rounded as players and people due to their variety of experiences and less susceptible to overuse injuries.

## Warm-Up

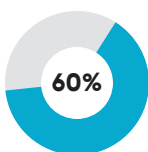


### > WARM-UP & INJURY PREVENTION

⊗ **Active Warm-up** (1 x each from baseline to half court or vice versa)

- Jog in Place
- 1 Foot Hop Left
- 1 Foot Hop Right
- Head Rolls
- Shoulder Rolls
- Arm Rolls
- Waist Rolls
- Knee Rolls
- Ankle Rolls

## Building Skills

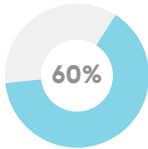


### > BALL-HANDLING

⊗ **Low, Middle, High Dribble** (2 x 20 seconds each level & each hand)

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

BUILDING SKILLS CONTINUED



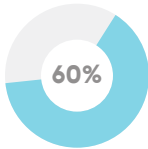
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm up to protect the ball.
  - The players will do this for 20 seconds and then switch to their left hand and complete the same process.
  - Next the player will move back to their right hand and dribble and the middle level for 20 seconds and then switch hands before going to the high dribble around their shoulder 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.

➤ BALL-HANDLING

⊗ **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.

BUILDING SKILLS CONTINUED



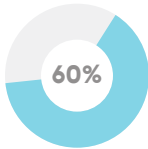
- After 20 seconds, the player will dribble at knee level and continue for another 20 seconds.
- Last, the player will dribble the ball higher swinging it from side to side for 20 more seconds.
- Key Points: Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball back and forth from side to side with quick dribbles to improve coordination and ball control.

 **3-3-3 Dribble Drill** (2 x 20 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribblers.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right handed dribbles and continue the process for the allotted amount of time.
-  **Key Points:** This drill will work on low controlled dribbles with both hands as well as the crossover.



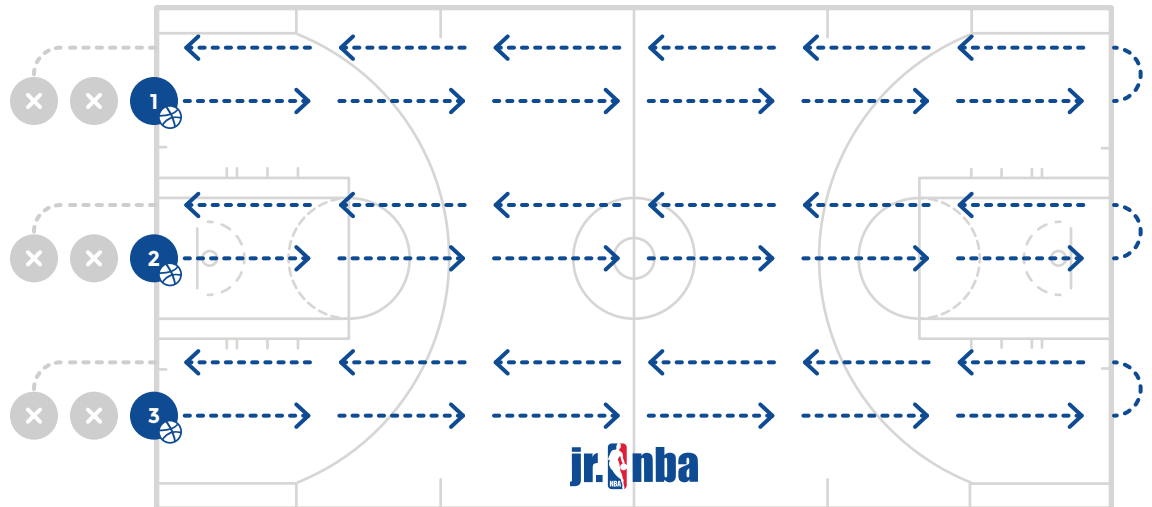
BUILDING SKILLS  
CONTINUED



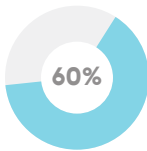
## Running Dribble Right/Left/Crossover (2 x each)

- Have players get into balanced groups and line up on the baseline. The first player in each line should have a ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.
- Players should do this 2 times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.

**Key Points:** Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.



BUILDING SKILLS  
CONTINUED



## > PASSING

### ⊗ **Pass & Follow Drill** (1 x 1 minute)

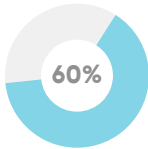
- Have two lines facing each other (or more based on numbers).
- With one ball, have the player with the ball pass to the line across from them and then run to the back of that line.
- The new player with the ball will repeat the same action of passing to the other line and running to the back of that line.
- Dictate to the players to pass and run to the right side of the line so they do not run into the next pass.

🔍 **Key Points:** Work on quick passes, showing a target and calling each others names.

### ⊗ **Partner Running Pass Drill** (2 x down & back)

- Have the players partner up and get 1 ball.
- The players will line up on the baseline next to their partner.
- The first partner pair will run very close (inside the lane line extended) and pass the ball back and forth all the way down the court to each other.
- They will shoot a lay-up when they get to the other end.
- The next group will go immediately behind them.

BUILDING SKILLS  
CONTINUED



- After all groups have gone, the groups will repeat coming back.

- This time they will take one step further apart from each other so the passes are a further distance as they run.

- Continue this process and have the players run and pass further from each other every trip to build on running and passing.

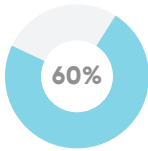
**🔍 Key Points:** Try to not drop any passes! Call each others name and lead the player with the pass.

➤ SHOOTING

🏀 **3-Line Layups Add Variations** (1 x 90 seconds each line)

- Group the players into three lines facing the basket around the 3-point line (1 line on each wing and 1 line at the top of the key).
- The first person in each line should have a ball and dribble in for a lay-up.
- After the lay-up, the player will get their own rebound, pass it to the next person in line and go to the back of the same line.
- The players in each line will have different finishes (right hand and left hand from the wing and a lay-up with no backboard in the middle).

BUILDING SKILLS  
CONTINUED



- Mix in different finishes such as the euro step. After 90 seconds the players will rotate lines.

**Key Points:** Note that there will be multiple players shooting at the same time. Remind the players that in a game there will be other players close to them as they try to score and it's ok. Work on finishing lay-up in a variety of ways.

**Form Shooting – 2 Hands** (3 x 8)

- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players hold the ball with their elbow underneath it, and their palm facing the sky.
- The player will then add their off hand as support.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.
- Have more than 1 partner per at a basket to maximize reps, space and time.

BUILDING SKILLS  
CONTINUED



**Key Points:** Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

**Spin Step-In Drill** (1 x 2 minutes each way)

- Have each player get a ball and start in 1 line on the baseline (be sure to utilize multiple baskets).
- Place 3 cones around the paint, 1 just above the block, 1 in the middle of the lane and 1 just above the opposite block.
- Have the players spin the ball out in front of the first cone, move forward and step into the ball with their inside foot.
- Once square and balance repeat the process moving to the cone in the middle of the paint.
- Again once square and balance repeat the process moving to the 3rd cone where the player will plant their inside foot and this time shoot the ball.
- The player will get their rebound and go to the back of the line.
- The players are allowed to start once the player in front of them is at the middle cone.

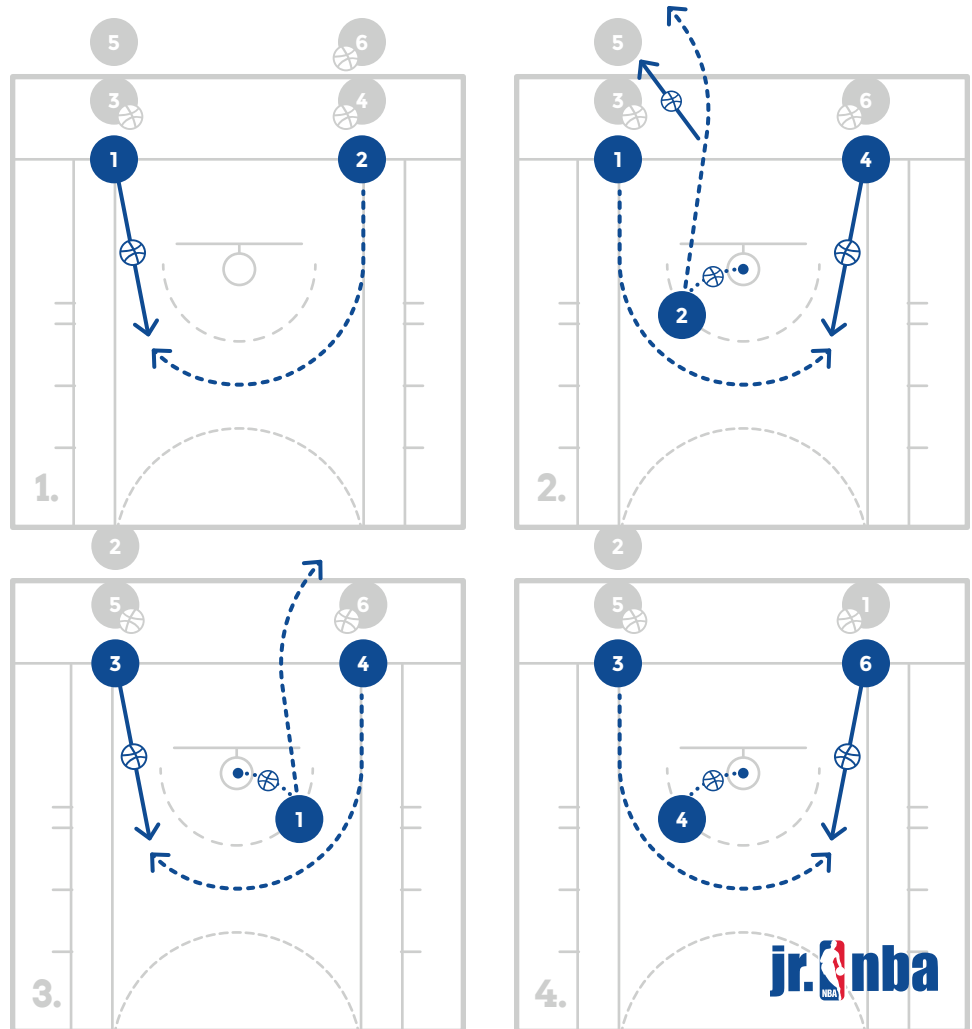
**Key Points:** Work on balance and good footwork. Be sure to go both directions.

BUILDING SKILLS  
CONTINUED

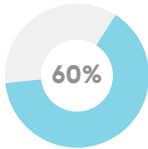


**Loop Shooting Drill** (1 x 4 minutes)

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.
- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.



BUILDING SKILLS  
CONTINUED



- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
  - After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
  - The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
  - The player who made that pass will continue the process of looping behind, shooting, and going to the other line.
  - Have the players shoot from different distances from the basket when you dictate.
- 🔍 Key Points:** Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.

➤ FOOTWORK & CONDITIONING

⊗ **Run to Backpedal Drill** (2 x down & back)

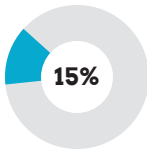
- Have the players start on the baseline in balanced lines
- On the coach's command the first player from each line will run at 75% speed down the court. At half court, the players will turn to running backwards all the way to the baseline

BUILDING SKILLS  
CONTINUED

- When each group gets to half court, the next group on the baseline will start

**Key Points:** Ensure that the players stay balanced and turn efficiently into their backpedal.

**Team Concepts**

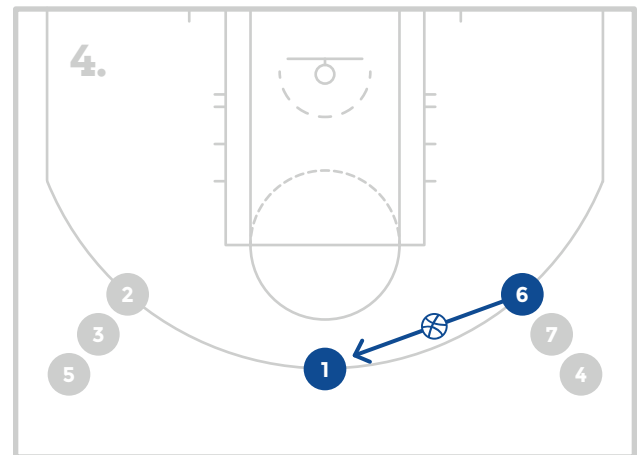
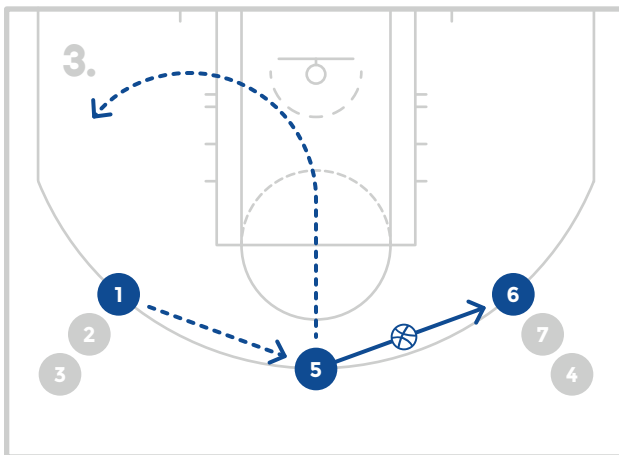
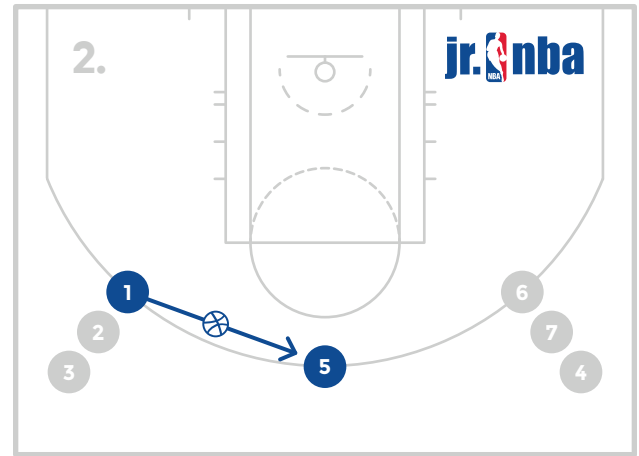
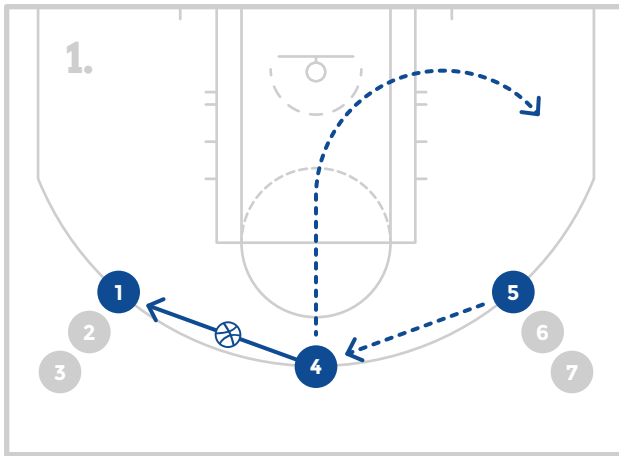


**> OFFENSE**

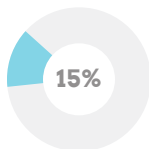
**Pass, Cut & Replace Drill** (2 minutes) [SEE DIAGRAM NEXT PAGE >>](#)

- Start with a line on each wing and 1 player at the top of the key with the ball.
- The player at the top will pass to either wing and cut to the basket looking for the ball.
- The player on the wing without the ball will “replace” the cutter and fill to the top of the key.
- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
- The wing with the ball will pass to the top where the player replaced.
- That player will reverse the ball to the other wing and cut to the basket and the series repeats.
- Cutters only cut from the top.





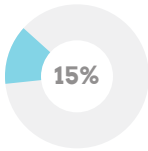
TEAM CONCEPTS CONTINUED



**Key Points:** Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes. Also emphasize that the cutter cuts hard to the basket looking for the ball with a hand up.

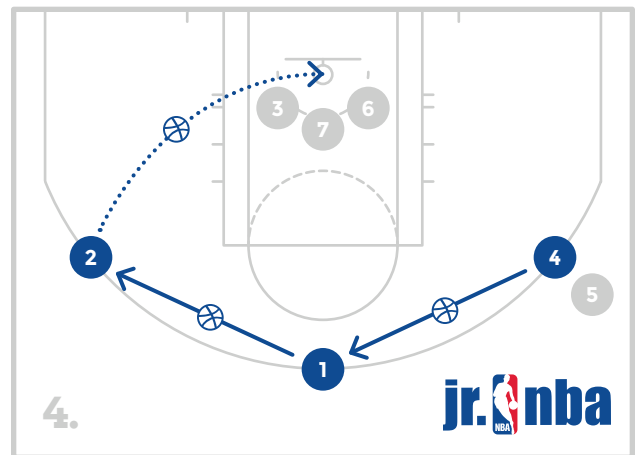
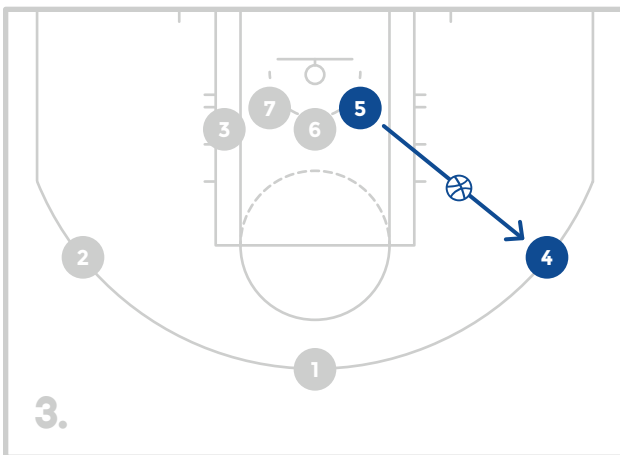
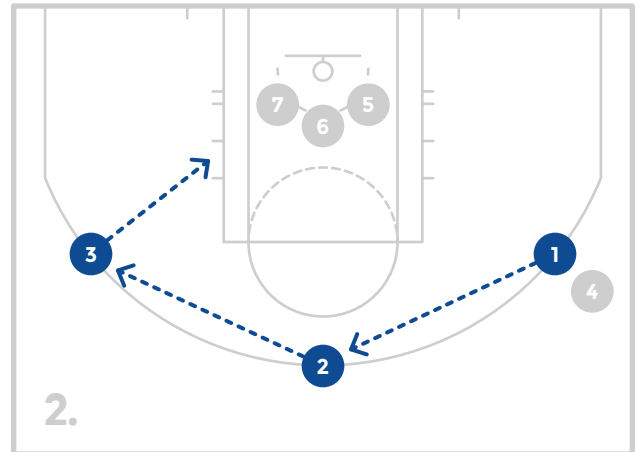
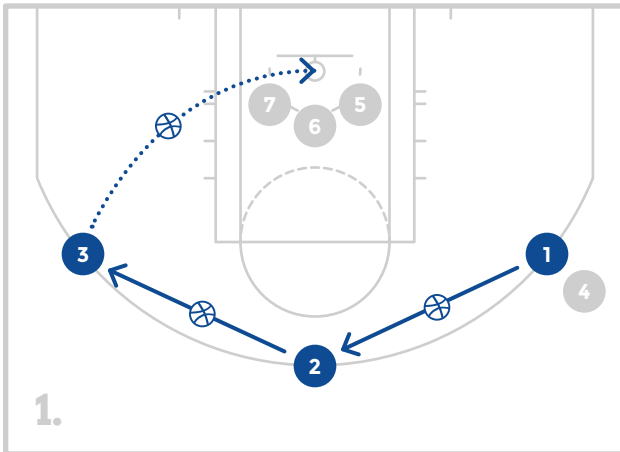
**Fundamentals of Reversing the Ball:** Teach the players what it means to reverse the ball, or pass the ball from one side of the court to the other. Reversing the ball quickly makes it more difficult for the defense as the players must shift from help side defense to ball side defense.

TEAM CONCEPTS CONTINUED

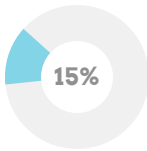


**Reverse the Ball Drill** (games to 8)

- Start with 2 players on the wing. Place another player at the top of the key and another player on the opposite wing, and 3 players in the lane as rebounders.
- 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.



TEAM CONCEPTS  
CONTINUED



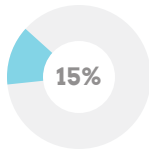
- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player on the opposite wing catches the ball, they will shoot the ball and then go to the paint as a rebounder.
- The player that gets the rebound 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.

**Key Points:** To ensure balance, have the players land in the jump stop position and count to 3 before jogging to the next spot.

> DEFENSE

★ **Fundamentals of the Close Out:** A close out happens when a defensive player must guard an offensive player who has just caught the ball. The defensive player must get to the offensive player quickly or they will have an easy shot. However, the defender must go under control or the offensive player will easily drive past them. When closing out, it is important to have 1 hand in the air to discourage the offensive player from shooting while also maintaining a good stance with the knees bent and ready to move.

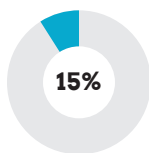
TEAM CONCEPTS  
CONTINUED



🏀 **Close Out Breakdown Drill** (1 minute)

- Have 1 player start on the wing and have a line of players on the baseline with 2 balls in the front of the line (add other lines and players on the perimeter based on numbers).
- The first player in line will pass the ball to the player on the wing and then make a good close out.
- After the close out, the offensive player will go to the back of the line and the defensive player will become the offensive player on the wing.
- Continue this process working on good close outs for the allotted amount of time.

**Competing**

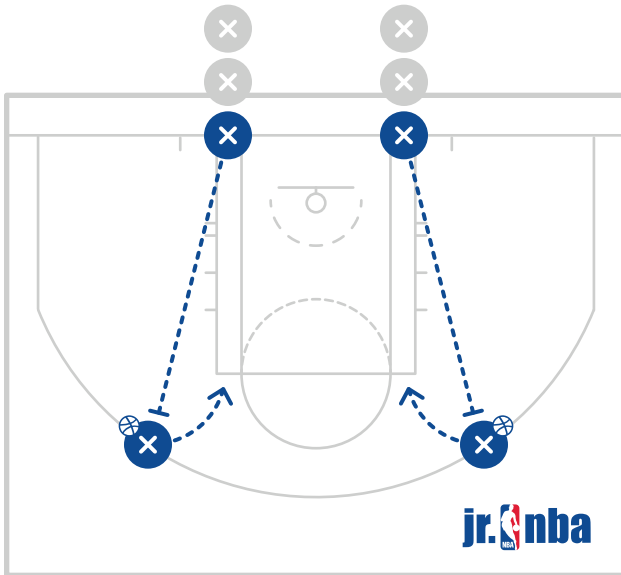


➤ **COMPETITIVE GAMES**

🏀 **Close Out 1 on 1 Drill** (4 minutes)

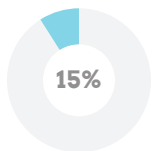
SEE DIAGRAM NEXT PAGE ➤➤

- Have players line up in two lines on the baseline and a player on each wing (utilize multiple baskets if possible).
- The first players on the baseline will pass the ball to the players on the wing and close out with good form and play defense.
- The offensive players have to stay on the half of the court they start on and are only allowed 3 dribbles before shooting.
- If the player scores, they will stay on offense and a new player on the baseline will become the new passer and defender.



- If the defender gets a defensive stop, that player will become the offensive player.
  - Compete until a player scores 6 baskets and switch sides of the court.
- Key Points:** Make sure the players chop their feet down, and put their hand up on the close out before working hard to stop the offensive player. Make sure the offensive players use good, quick, efficient moves.

COMPETING CONTINUED



**5 on 5 No Dribbles** (3 minute games)

- Divide the players into teams and have them play games of 5 on 5 with no dribbles.
- If a player dribbles, it is a turnover and the other team gets the ball.
- Play for the allotted amount of time and then communicate observations about the play.

**Key Points:** Encourage the players to keep moving and cutting to get opportunities to score. Remind the defense that with no dribbles, they can pressure the ball and deny passes!


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### Compliment Session

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

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- If needed, have the coach start the session by giving a compliment and let the players follow.

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 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

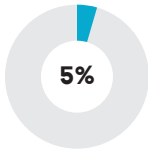
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPECT: COACHES</b>	Discuss what it means to respect your coach.	5%
<b>Warm-Up</b>	<b>THE ESCAPE GAME</b> (3 x each partner)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>QUICK DROPS DRILL</b> (2 x 10)	Work on having quick hands and catching the ball.	
	<b>STATIONARY 2 BALL DRIBBLE SAME TIME/ALTERNATE</b> (2 x 30 seconds each)	Challenge the players by dribbling with 2 balls.	
	<b>5-5-5 CREATIVE DRIBBLE</b> (1 minute)	Allow the players to be creative with the ball.	
	<b>Passing</b>		
	<b>PASS FAKE BREAKDOWN DRILL</b> (2 minutes)	Work on good pass fakes.	
	<b>PASS FAKE DRIVE DRILL</b> (1 x 2 minutes each side)	Give a good pass fake to make a defender react, then drive.	
	<b>Shooting</b>		
	<b>LUNGE SHOOTING</b> (1 minute each way)	Work on good footwork, balance and body control.	
	<b>SHOT FAKE BREAKDOWN DRILL</b> (2 minutes)	Have the players work on the correct execution of a shot fake.	
	<b>SHOT FAKE 1 DRIBBLE PULL-UP DRILL</b> (2 minutes each way)	Execute the shot fake into a shot.	
	<b>Rebounding</b>		
	<b>NO BALL BOX OUT DRILL</b> (2 minutes)	Get the players accustomed to boxing out their opponent.	
<b>Footwork &amp; Conditioning</b>			
<b>SIDE/LATERAL PUSH DRILL</b> (3 x 15 seconds)	Make sure the players are pushing off their back foot.		
<b>Team Concepts</b>	<b>USING A SCREEN SHOOTING DRILL</b> (1 x 2 minutes each way)	Work on setting up the screen before coming off to shoot.	15%
	<b>TRACING THE BALL BREAKDOWN DRILL</b> (2 x 1 min)	Work on tracing the ball with active hands.	
<b>Competing</b>	<b>2 ON 2 NUMBERS GAME</b> (games to 3 makes)	Use this fun 2 on 2 game to encourage both offense and defense.	15%
	<b>5 ON 5</b> (games to 3 makes)	Encourage the players through their play.	

- 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.



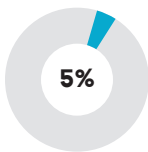
## Values



### > RESPECT: COACHES

- ★ Players should respect their coaches, who sacrifice a lot to spend time coaching. And coaches also should respect their players, because it is a coach’s job to serve players by helping them learn and improve. A big part of the mutual respect between coaches and players is listening to each other and getting to know each other so that there is a level of trust.

## Warm-Up



### > INJURY PREVENTION

#### ⊕ **The Escape Game** (3 times each partner)

- Have the players partner up and designate a partner “1” and a partner “2” for each pair.
- All 1’s will go to the center of the gym, face the center, and cover their eyes.
- Have all 2’s start next to their partner 1.
- At the coach’s command “Move with..”, partner 2’s will move away from 1’s by moving with the movement the coach chooses from the selection below.
- On the command, “Find your partners!” partner 1’s open their eyes, move as their partner was commanded, and locate and gently tag their partner.
- Once tagged both partners must go back to the center of the court, where they will switch roles and repeat.

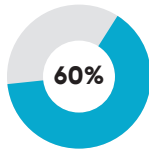


WARM-UP  
CONTINUED

★ **Movement Options:** Hopping on 1 foot, hopping on 2 feet, skipping, lateral slide, running, running sideways, running backwards.

🔍 **Key Points:** This is a great game to get the players actively warmed-up. Players should only run if commanded to run. Make sure that both partners use the movement that coach commands.

**Building Skills**

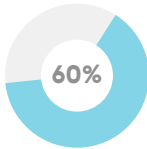


➤ **BALL-HANDLING**

🏀 **Quick Drops Drill** (2 x 10)

- Players need a basketball (or share) and should find space on the court facing the coach.
- Have players bend their knees and put the ball on the floor between your feet.
- The players will put their right hand on the ball from the front of their body.
- The players will then put their left hand on the ball from behind their body.
- The players will pick the ball up to about knee height.
- Next the players will drop the ball and quickly switch their hands so that they catch the ball in the air with their right hand behind their right leg and their left hand in front of their left leg.

BUILDING SKILLS  
CONTINUED



- If this is too difficult, let the ball bounce 1 time before the catch.

**Key Points:** Work on having quick hands while staying in a stance.

**Stationary 2 Ball Dribble Same Time** (2 x 30 sec)

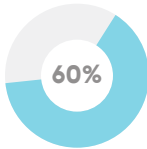
- Have each player get 2 balls or share and find space on the sideline.
- The players will bend their knees, keep their eyes and chest up and dribble both balls at the same time.
- Encourage the players to dribble quick and firm and make sure they are pushing the ball down with their off hand just as strong as their dominant hand.
- If the players are able, move them to low, middle or high dribbles.

**Key Points:** Work on coordination and ball control. Look for any weaknesses in either hand and encourage the players through the drill.

**Stationary 2 Ball Dribble Alternate** (2 x 30 sec)

- Have each player get 2 balls or share and find space on the sideline.

BUILDING SKILLS CONTINUED



- The players will bend their knees, keep their eyes and chest up and dribble both balls by alternating which ball is in their hand and which is bouncing.

- Encourage the players to dribble quick and firm and make sure they are pushing the ball down with their off hand just as strong as their dominant hand.

- If the players are able, move them to low, middle or high dribbles.

**🔍 Key Points:** Work on coordination and ball control. Look for any weaknesses in either hand and encourage the players through the drill.

**🏀 5-5-5 Creative Dribble** (1 minute)

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

- The players will get 5 seconds to dribble the ball with their right hand.

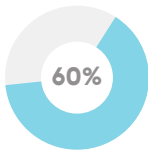
- The players will then get 5 seconds to dribble the ball with their left hand.

- The last 5 seconds the players will get to dribble creatively in any way that they want.

- Repeat this process.

- This should be a fun drill that allows each player to be creative with the ball.

BUILDING SKILLS  
CONTINUED



## > PASSING

★ **Fundamentals of the Pass Fake:** A pass fake is used to make the defense believe the offensive player will pass the ball, which ultimately leads to an advantage for the offensive player. Pass fakes can help a player drive, shoot or make a different pass. A good pass fake includes the body and the eyes.

### ⊗ **Pass Fake Breakdown Drill** (2 min)

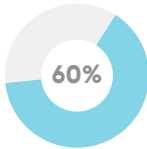
- Have the players start with a ball and line up on the court
- Have the players spin the ball to themselves from the side.
- When they catch the ball from the side, have them give a quick reverse pass fake at chest level and repeat.
- Also change sides and add pivots if appropriate.

🔍 **Key Points:** Pass fakes should be quick and include the ball moving and the eyes moving.

### ⊗ **Pass Fake & Drive Drill** (1 x 2 min each side)

- Have the players start at the top of the key with a ball (or a few balls for the line).
- Have the players pass the coach or a player the ball on the wing.
- The player or coach will catch the ball and throw it right back to the player who will then pass fake in the opposite direction and then drive for a lay-up.

BUILDING SKILLS  
CONTINUED



- The player will get their rebound and go to the back of the line.
- Utilize multiple lines to help the drill keep moving.

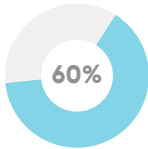
**Key Points:** Make quick pass fakes with the ball and the eyes before driving.

### > SHOOTING

#### ⊘ Lunge Shooting Drill (1 minute each way)

- Have 5 players line up along the sideline facing the court with the basket to their left.
- Have all players lunge with their left leg forward toward the paint and the ball on their right side.
- Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring their right foot around so they are balanced and square to the baseline in a ready to shoot fashion.
- The player will then turn and face the middle of the court again and repeat this motion until they reach the middle of the paint. At that point, the player will turn and actually shoot the ball.
- Each player will start after the player in front of them has provided enough available space.
- Each player will get their rebound and give the ball to the next player who will do the same.

BUILDING SKILLS  
CONTINUED



- The goal is to make as many shots as possible in 3 minutes and then do the same thing in the opposite direction, leading with the opposite foot

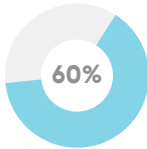
**Key Points:** This player will help the players have a good solid base and work on turning, squaring up and having good balance in their shot. Work on landing evenly on both feet and holding the follow through to finish.

**★ Fundamentals of the Shot Fake:** A shot fake is used to make the defense believe the offense will shoot the ball. The goal is to get the defensive player out of position by either jumping or raising up which creates an opportunity for the offensive player to go by them. Shot fakes can help a player drive, shoot or make a play for their teammates. A good shot fake should look exactly like the beginning of the player's normal shot. It is important to sit low during the shot fake so that the player can move explosively after the fake.

**⊕ Shot Fake Breakdown Drill (2 min)**

- Have the players start on the baseline with a ball.
- The players will spin the ball to themselves and catch the ball, shot fake and take one dribble forward with their right hand.
- The players will repeat this all the way to half court.
- On the way back, have the players now dribble forward with their left hand.
- Coach the players as they go.

BUILDING SKILLS  
CONTINUED

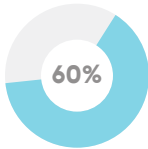


**Key Points:** Stay low and show the ball like a normal shot. Make sure the players don't rush the shot fake.

**Shot Fake 1 Dribble Pull-Up Drill** (2 minutes each way)

- Have the players divide into 3 groups.
- Each group will have a line under the basket with 2 balls, and a line on the perimeter without a ball.
- The group on the baseline will pass the ball and run towards the player with the ball.
- The player who catches the ball will shot fake by sitting low and bringing the ball and eyes up on the rim.
- The shooter will stay low so they explode out of the shot fake for a good 1 dribble pull-up jump shot.
- The shooter will rebound and give the ball to another player in their line under the basket.
- The players will switch lines and the drill will continue.
- Once the players are making the move well, compete with the other lines.

BUILDING SKILLS  
CONTINUED



> REBOUNTING

⊗ **No Ball Box Out Drill** (2 minutes)

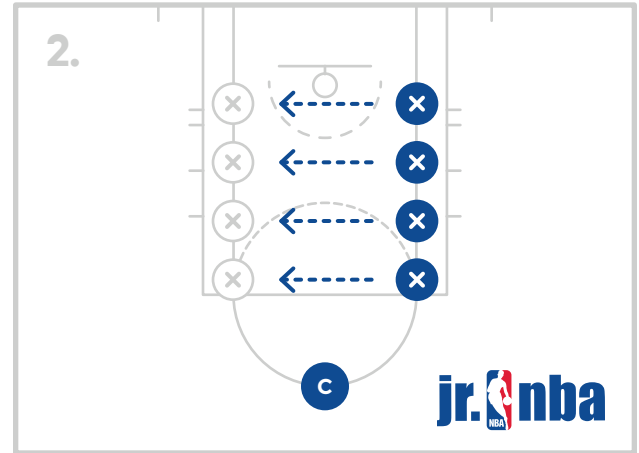
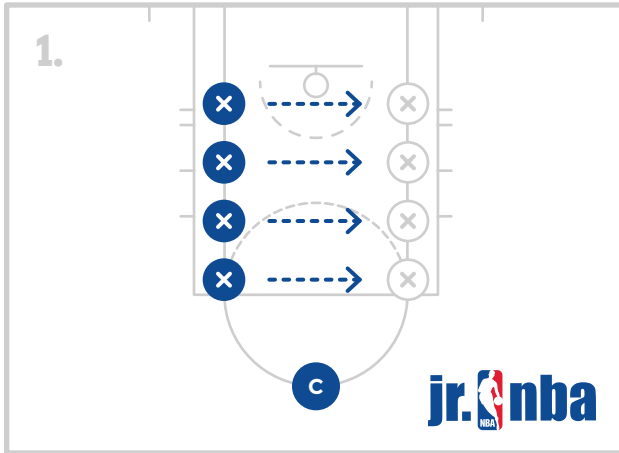
- Have the players get in 3 lines around the paint.
  - Have the first player step into the paint as if they're a defensive player facing the next person in line.
  - The defensive players will assume that the ball is where the coach is and play defense accordingly.
  - When coach simulates a shot or says "shot!" the players will say "shot!" and box out the player standing in front of them and then go and jump as high as they can at the basket.
  - The player will rotate to the back of the line and the player who was next in line will now become the defense.
  - The drill will repeat for the allotted time.
- 🔍 **Key Points:** Make sure the players are calling the shot, getting a good box out and are attacking the basket for the imaginary rebound.

> FOOTWORK & CONDITIONING

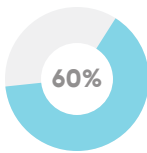
⊗ **Side/Lateral Push Drill** (3 x 15 seconds) SEE DIAGRAM NEXT PAGE >>

- Have the players line up on the lane line and face the coach.





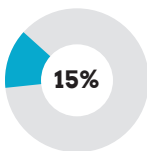
**BUILDING SKILLS  
CONTINUED**



- When the coach says go, the players should push off their back foot to slide to the other side of the lane where they will plant and push back.
- The players will continue this process for 15 seconds.

**Key Points:** Make sure the players stay in a good stance with their chest and eyes up. Have them work on changing directions quickly

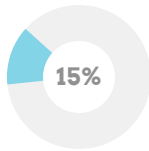
**Team  
Concepts**



**> OFFENSE**

★ **Fundamentals of Setting a Screen:** Setting a screen is something that an offensive player does to try to help their teammate get open. Screens can be set for players with the ball, or players without the ball. In order to set a screen correctly, a player must go to the point in which they want to set the screen and stop moving. The screener will then bend their knees and have a nice wide base with their feet wide, and put their arms either crossed in front of their chest or between their legs. After their teammate comes off the screen, the screener can move again to get open for the ball.

TEAM CONCEPTS  
CONTINUED



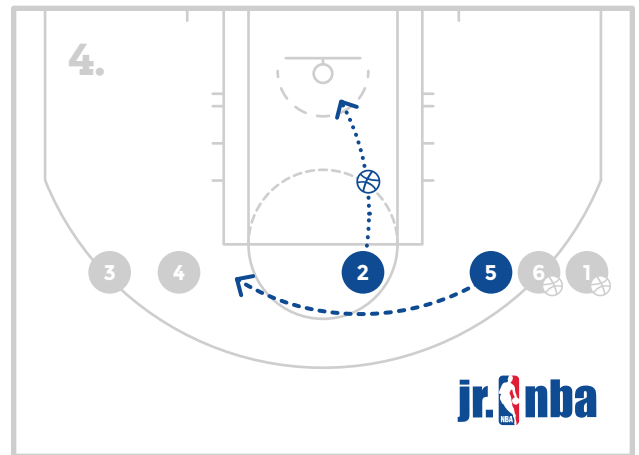
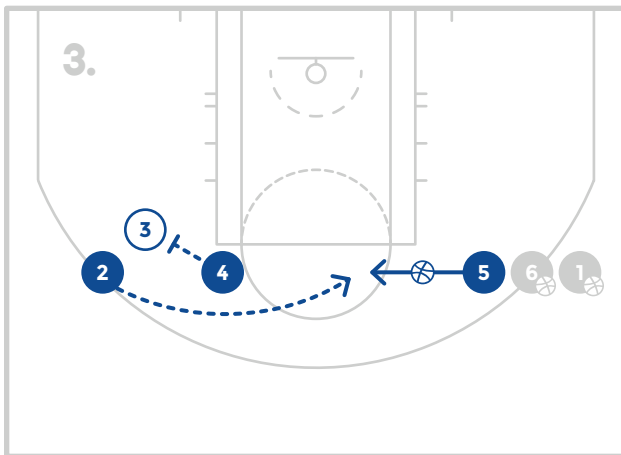
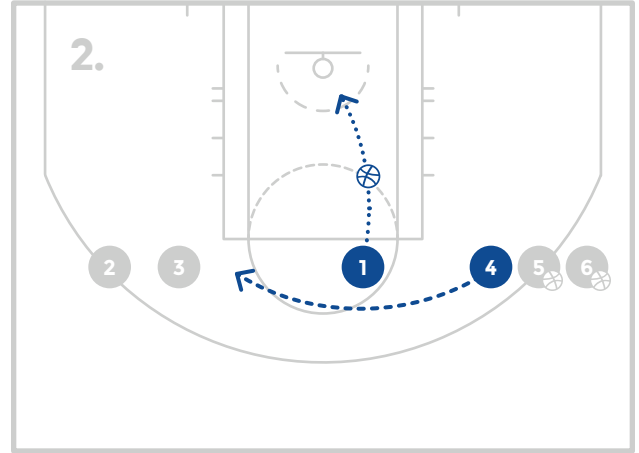
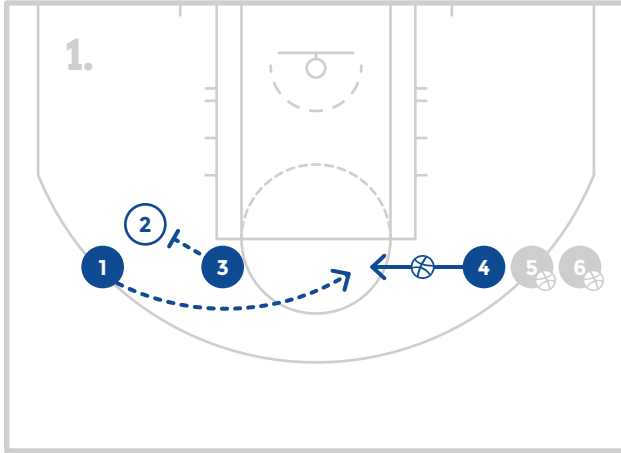
★ **Fundamentals of Setting Up a Screen:** Setting up a screen is what every offensive player must do before using a screen. Setting up the screen is what allows the screen to be useful which often means points scored. Players can set up screens with the ball and without the ball, but here we are addressing screens that happen when the player does not have the ball. To set the screen up, the offensive player must make the defender believe they are going in another direction. The offensive player can do this by running, walking or stepping in another direction. Then the player will plant their foot and directions and change speeds to run off the screen shoulder to shoulder.”

⊗ **Using a Screen Shooting Drill**

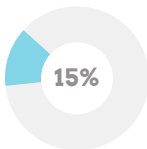
(1 x 2 minutes each way)

[SEE DIAGRAM NEXT PAGE >>](#)

- A passing line is on the wing. An offensive player, pretend defensive player and a screener are on the other side.
- The offensive player comes off the screen to catch and shoot and go to the back of the line.
- The defensive player now becomes the shooter and the screener now becomes the defensive player.

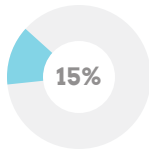


TEAM CONCEPTS CONTINUED



- The player who made the original pass now runs across and becomes the screener.
- Work on this drill as a team to make a lot of shots quickly.

TEAM CONCEPTS  
CONTINUED



## > DEFENSE

★ **Fundamentals of Tracing the Ball:** Teach the players that it is important to “trace the ball” when they are playing defense. When the offense player has the ball and is not dribbling, the players can “trace the ball” by moving their hands wherever the ball goes. Tracing the ball applies pressure to the offensive player while providing an opportunity to get deflections or force bad passes.

### ⊗ **Tracing the Ball Breakdown Drill** (2x1 min.) [SEE DIAGRAM NEXT PAGE >>](#)

- Group the players into 3’s and have one ball per group.

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- Two players should stand a little more than the lane width apart and face each other, one with the ball.

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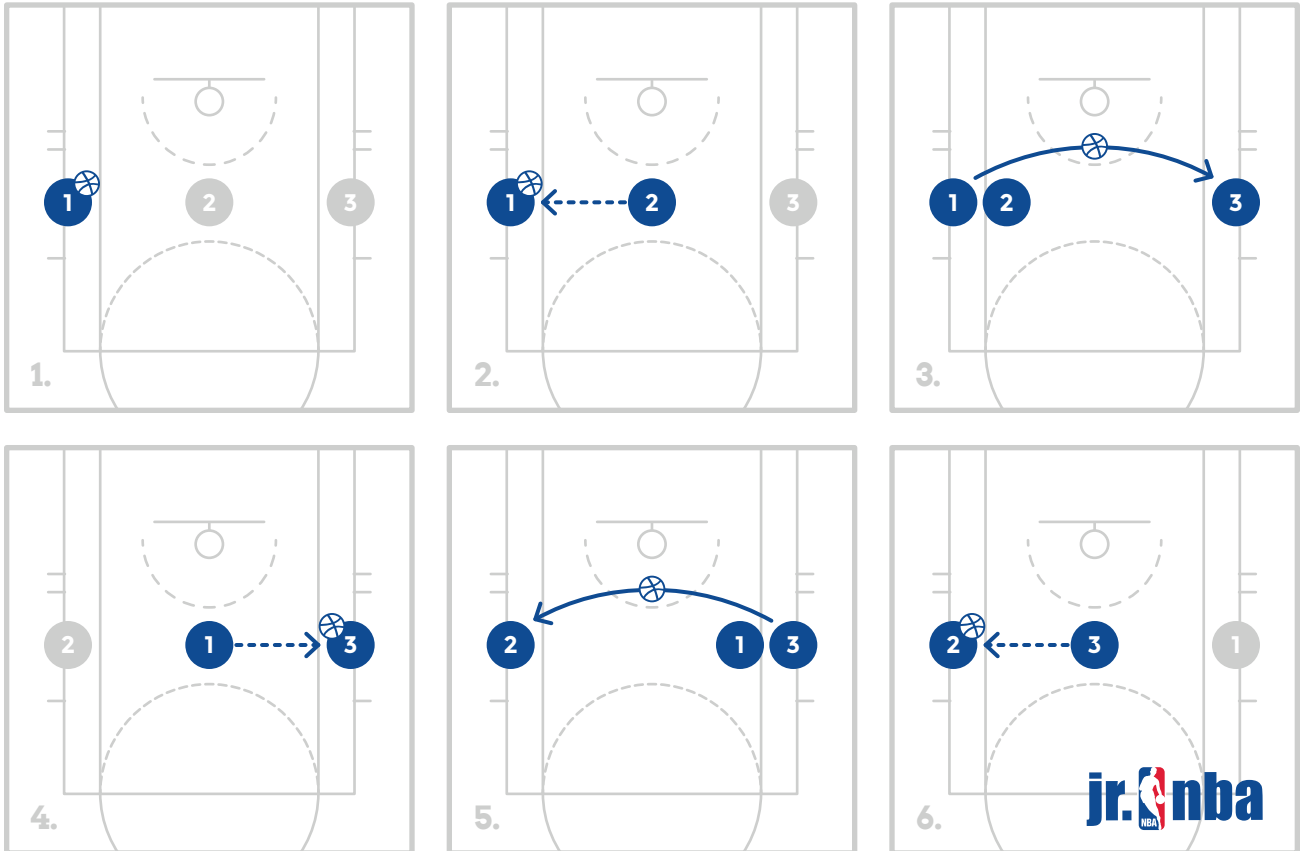
- The third player will start in the middle and run to close out to the player with the ball and trace the ball.

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- The player with the ball will wait 3 seconds before passing to their teammate.

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- After passing, the player will follow their pass and close out and trace the ball with the player that received the pass .

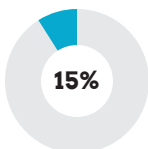


TEAM CONCEPTS CONTINUED

- Continue this cycle insuring good close outs and tracing the ball.

**Key Points:** Try to keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.

## Competing

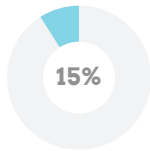


### COMPETITIVE GAMES

#### 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 are teammates and will be playing together.

COMPETING  
CONTINUED



- 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 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.

### **5 on 5** (games to 3)

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on all the basketball concepts they have learned.

## 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.

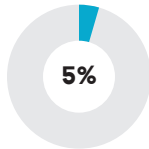
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPECT: TEAMMATES</b>	Lead a discussion around how to respect teammates.	5%
<b>Warm-Up</b>	<b>LINE HOPS</b> (1 x 20 seconds each)	<ul style="list-style-type: none"> <li>• 2 Feet Forward &amp; Backwards</li> <li>• 1 Foot Forward &amp; Backwards</li> <li>• Stationary Hip Swings</li> <li>• 2 Feet Side to Side</li> <li>• 1 Foot Side to Side</li> <li>• Arm Rolls</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>FINGER DRIBBLE DRILL</b> (1 x 30 seconds each hand)	Individually use each fingertip to dribble the ball.	
	<b>DRIBBLE BALANCE</b> (3 x 20 seconds each leg)	Balance on 1 foot while dribbling.	
	<b>SPIN DRIBBLE DRILL</b> (3 min.)	Work on a hard last dribble into a quick spin move.	
	<b>DRIBBLE FREEZE TAG</b> (3 min.)	This is a fun game of tag while dribbling the ball!	
	<b>Passing</b>		
	<b>CIRCLE PASS DRILL</b> (1 x 45 seconds each type of pass)	Work on good quick passes.	
	<b>Shooting</b>		
	<b>CROSSOVER TO A LAY-UP DRILL</b> (1 x 2 minutes each side)	Work on good moves and finishing with makes.	
	<b>1-STEP FORM DRILL</b> (10 makes each side)	Make sure the players create a lot of space with their steps.	
	<b>JUMP STOP SHOOTING GAME</b> (games to 5)	Work on good jump stops, being balanced, and making shots at game speed.	
	<b>Rebounding</b>		
	<b>WALL BOX OUT</b> (2 minutes)	Work on the proper boxout technique.	
<b>Footwork &amp; Conditioning</b>			
<b>THE JAB STEP BREAKDOWN DRILL</b> (2 minutes each way)	Help the players gain comfort making a jab step.		
<b>THE JAB &amp; ATTACK DRILL</b> (3 x each side)	Take a hard jab and a big attack step towards the basket.		
<b>Team Concepts</b>	<b>PASS &amp; CUT &amp; REPLACE DRILL</b> (1 x 3 minutes)	Get the players talking, cutting, and filling the open space.	15%
	<b>DEFENDING THE 2-ON-1 DRILL</b> (1 x 3-5 minutes)	Work on both 2 on 1 offense and defense.	
<b>Competing</b>	<b>KNOCKOUT</b> (1 game)	Have fun with this competitive shooting game.	15%
	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

- 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.



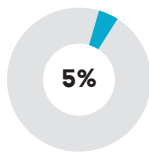
## Values



### > RESPECT: TEAMMATES

★ Basketball brings people together like nothing else can. It's a team game, and often teammates become and remain friends for life, on the court and off. That's why it's critical to respect teammates. You must be able to communicate well to play well as a team, and you must care about each other enough to sacrifice for the good of the team.

## Warm-Up

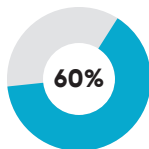


### > ACTIVE WARM-UP

#### ⊗ **Line Hops** (2 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



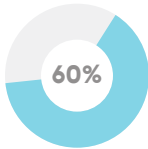
### > BALL-HANDLING

#### ⊗ **Finger Dribble Drill** (1 x 30 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs bent.
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.



BUILDING SKILLS  
CONTINUED



- The first dribble will focused on using their thumb and will then progress to using their pinky finger and back for 30 seconds.

**🔑 Key Points:** This drill works on good control dribbles using fingertips.

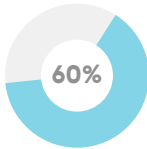
**🏀 Dribble Balance** (3 x 20 seconds each leg)

- All players need a basketball and will stand on the sideline.
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then do the same thing with their left foot and left hand.

**🔑 Key Points:** Work on ball-handling while maintaining good balance and stability.

**★ Fundamentals of the Spin Dribble:** The spin dribble or spin move is a move used by an offensive player to get by a defensive player. The offensive player will dribble forward, take a hard dribble and spin by turning their back to the defender and keeping their body between the defender and the ball. The offensive player will come all the way around until facing forward again and will now have the ball in their other hand.

BUILDING SKILLS  
CONTINUED



**🏀 Spin Dribble Drill (3 minutes)**

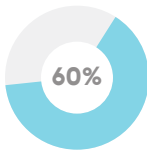
- The players will all have a ball and start on the sideline.
- They will take 2 dribbles with their right hand and spin to their left.
- The players will repeat now taking 2 dribbles with their left hand and spinning back to their right.
- The players will do this all the way down the court and back.

**🔑 Key Points:** Make sure the 2nd dribble is a hard dribble and the players can think about having their feet almost come to a jump stop at the same time as their 2nd dribble as they prepare to spin.

**🏀 Dribble Freeze Tag Game (3 minutes)**

- All players should have a basketball and spread out on the court in a designated area.
- The coach will designate a few players to be “it.”
- The players who are “it” will dribble around and tag the other players while they are trying to avoid being tagged.
- When a player is tagged, they have to jump stop and stay in one spot until another teammate unfreezes them.

BUILDING SKILLS CONTINUED



- It is the goal of the “it” players to tag as many players as possible in 1 minute.

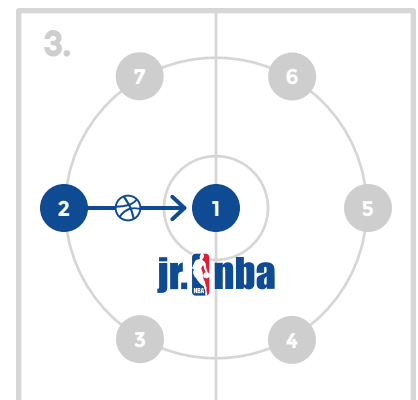
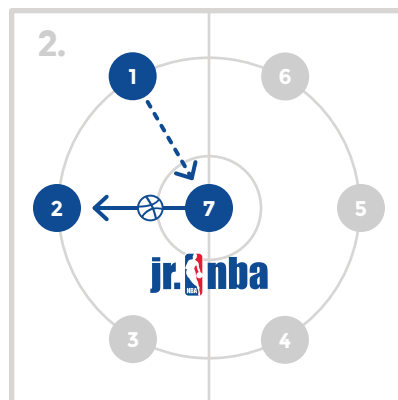
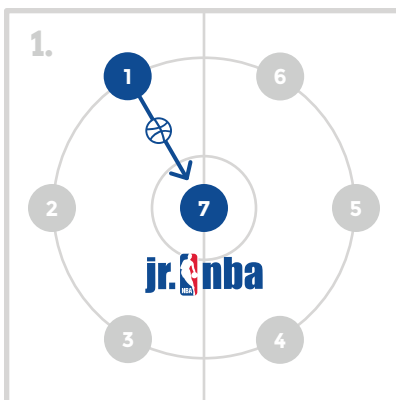
- Change who is it and repeat.

**Key Points:** Work on controlling the ball and executing good jump stops. Remind the players to keep their head up so they don't run into each other and can avoid being tagged. Players cannot be un-tagged in this game.

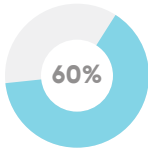
## > PASSING

### ⊘ Circle Pass Drill (1 x 45 seconds each type of pass)

- Players should start in a circle with one player in the middle.
- One player will have the ball and pass the ball to the player in the middle.
- After making the pass, the player will follow their pass and go to the middle.



BUILDING SKILLS  
CONTINUED



- The player in the middle will quickly catch and pass to the next person in the circle and follow their pass.

- This cycle will continue quickly as the ball goes all the way around.

**Key Points:** This should be a fun, quick game in which the players work on making good passes.

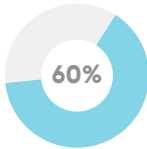
### ➤ SHOOTING

#### 🏀 Crossover to a Lay-Up Drill (1 x 2 minutes each side)

- Players will start with the ball in their left hand outside of the tree point line on the right side of the court.
- They will dribble while running with their left hand to the cone and then make a crossover dribble and continue in for the lay-up.
- After shooting, the player will get their rebound and dribble in a straight line back to half court with low crossovers.
- Count how many makes the team gets in those 2 minutes on each side.

**Key Points:** Work on a low, quick crossover by pushing off the outside foot and exploding towards the basket.

BUILDING SKILLS  
CONTINUED



**1-Step Form Drill** (10 makes each side)

- Have the players start in a line at the lane line facing the sideline with the basket to their left.
- Have the players push out off their right foot and land on the left foot as they catch the ball, turn to square up and shoot.
- The player should rebound and give the ball back to coach as the next player goes.

**Key Points:** Work on a good big push, being balanced and turning and squaring up for a perfect shot.

**Jump Stop Shooting Game** (games to 5)

- Have the players divide into 4 groups, 2 on the wings, and 2 at the top above the elbows outside the 3-point line. The player at the front of each line should have a ball.
- The players will dribble in to the cone setup a few feet from the basket, jumpstop and shoot, get their rebound and give it to the next player in line.
- The first team to 6 made baskets wins.

**Key Points:** Work on a good jump stop, being balanced and making shots moving at game speed.

BUILDING SKILLS  
CONTINUED



## > REBOUNTING

### 🏀 Wall Box Outs (1 x 2 min)

- Have players partner up in front of a wall.
- The first player will be in an athletic stance and when the coach says, “shot!” the player will turn and box out on the wall.
- The players will make sure they make contact turn and box with their elbows and hands up and can then move to jump for the ball.
- The partner will go next and the process will continue.

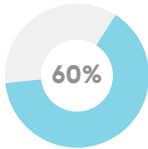
🔍 **Key Points:** Make sure the players get comfortable making contact and use perfect box out form.

## > FOOTWORK & CONDITIONING

★ **Fundamentals of the Jab Step:** A jab step is an offensive move used by the player with the ball to gain an advantage over the defense. The offensive player will move their foot so that it appears they will go in a particular direction. This fake forces the defensive player to move and respond to the jab step. Once the offensive player recognizes how the defense responds, they can make a move. The traditional jab step occurs before a player dribbles the ball.

1. The player has or will establish a pivot foot that will remain on the floor without moving throughout the jab step.

BUILDING SKILLS  
CONTINUED



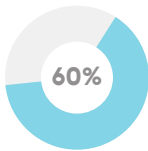
2. The player will be in a good athletic stance and push off the pivot foot while lifting the other foot and moving it forward to simulate making a move in that direction. It is important that the pivot foot does not move.
3. The player will aggressively place the lifted foot on the floor at a forward angle from where it started.
4. At the same time, the player will swing his or her arms and the ball in the same direction as the jab step in order to make the defender believe the jab.
5. The offensive player should read how the defensive player responds to the jab step to continue their effort to score.

⊗ **Jab Step Breakdown Drill** (2 minutes each way)


- All players should have a ball (or share) and line up on the baseline
- Have the players start in a good triple threat position.
- On the coach's command have the players all jab the same way.
- Correct any mistakes and also do it from the other foot.

🔍 **Key Points:** Make sure the players jab quickly and aggressively.

BUILDING SKILLS  
CONTINUED

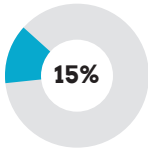


 **Jab & Attack Drill** (3 x each side)

- 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.



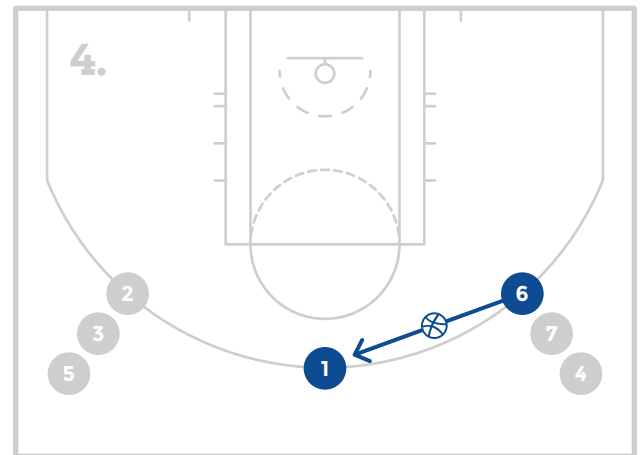
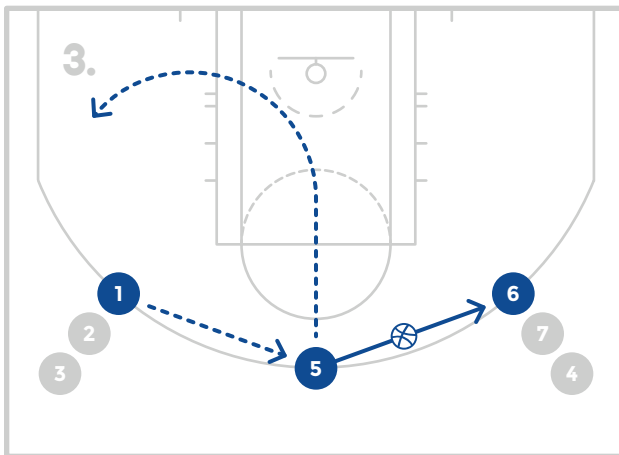
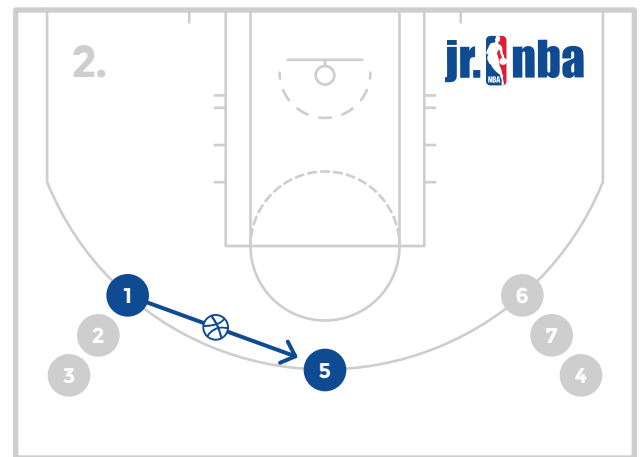
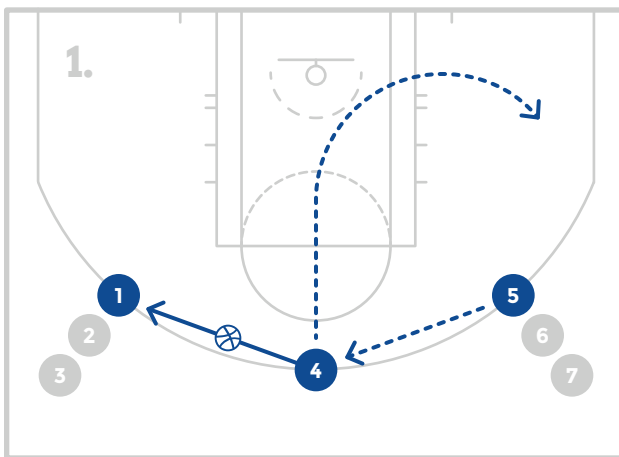
## Team Concepts



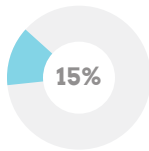
### > OFFENSE

#### ⊗ Pass, Cut & Replace Drill (1 x 3 minutes)

- Start with a line on each wing and 1 player at the top of the key with the ball.
- The player at the top will pass to either wing and cut to the basket looking for the ball.



TEAM CONCEPTS  
CONTINUED



- The player on the wing without the ball will “replace” the cutter and fill to the top of the key.
  - The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
  - The wing with the ball will pass the ball to the top where the player has replaced.
  - That player will reverse the ball to the other wing and cut to the basket and the series repeats.
  - Cutters only cut from the top.
- 🔍 Key Points:** Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes. Also emphasize that the cutter cuts hard to the basket looking for the ball with a hand up.

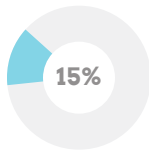
## ➤ DEFENSE

★ **Fundamentals of Defending a 2 on 1:** Teach the players to play between both players without over committing to one or the other. Often adding foot fakes at the ball helps keep the offensive players off balance.

### ⊗ **Defending the 2-on-1 Drill** (3-5 minutes)

- Have one player start at the top of the key with a ball and another starting in the short corner on the same side.

TEAM CONCEPTS  
CONTINUED



- Have 1 defender starting at the block who must guard both players.
  - The player with the ball at the top can either shoot a lay-up or pass the ball. If they pass the ball, the player in the short corner must then catch and shoot.
  - If the player in the short corner gets the ball, the defensive player is working on their contest.
- Key Points:** Work on the offensive players making good decisions and the defensive player defending both and contesting shots with a hand up.

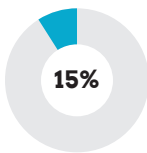
**Knockout** (1 game)

- Put the players in one line starting at the free throw line with the first 2 players having a ball.
- The first player will shoot, if they make it, they will pass the ball to the next person and go to the back of the line.
- If they miss, they will rebound and shoot from anywhere until they make a shot and then give the ball to the next person and go to the back of the line.
- If the player shooting behind any player makes their shot before you, you're out.

TEAM CONCEPTS  
CONTINUED

**Key Points:** This teaches the players that every shot is important and the consequence of missing a shot is potentially getting knocked out of the game. Players will shoot under pressure and compete to win.

Competing



COMPETITIVE GAMES

**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.


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### 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.

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 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPECT: OPPONENTS</b>	Discuss how & why to respect your opponents.	5%
<b>Warm-Up</b>	<b>IQ WARM-UP</b> (5 lines)	Teach the players about the game as a part of the warm-up.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>DOUBLE LEG WRAP</b> (2 x 20 sec)	Wrap the ball around both legs quickly!	
	<b>FRONT TO BACK DRIBBLE</b> (2 x 20 seconds each hand)	Control the ball by dribbling it front to back.	
	<b>SIDE TO SIDE DRIBBLE</b> (2 x 20 seconds each hand)	Control the ball by dribbling it from side to side.	
	<b>DRIBBLE BALANCE PUSH</b> (2 x down and back)	Have the players maintain balance and push off their outside leg.	
	<b>WALK TO JOG DRIBBLE DRILL</b> (2 each)	Work on dribbling while moving at a controlled speed.	
	<b>Passing</b>		
	<b>WHO IS READY</b> (2 minutes)	Help the players recognize when a teammate is ready.	
	<b>DRIBBLE &amp; PASS TO TARGET DRILL</b> (2 minutes each side)	Work on moving and hitting the target with a pass.	
	<b>Shooting</b>		
	<b>PERFECT SHOT NO BASKET DRILL</b> (3 x 8 attempts)	This is a fun shooting drill that challenges the players to shoot the perfect shot!	
	<b>LUNGE SHOOTING</b> (2 x 1 min)	Work on good footwork and balance with lunge shooting.	
	<b>Rebounding</b>		
	<b>TOSS &amp; GET IT DRILL</b> (2 minutes each side)	Toss the ball off the backboard and rebound!	
<b>Footwork &amp; Conditioning</b>			
<b>TUCK BACK</b> (2 x 6 each way)	Teach the players to be in a strong stance with the ball.		
<b>ON THE WHISTLE JUMP STOP</b> (2 minutes)	Have the players react to the whistle with a jump stop.		
<b>Team Concepts</b>	<b>2 ON 1 FAST BREAK</b> (3 min)	Work on good timing, spacing, and decision making.	15%
	<b>GROUP CLOSE OUT SLIDE &amp; TRACE DRILL</b> (1 min. each way)	Bring energy and work on defense!	
<b>Competing</b>	<b>ON THE BLOCK FINISH DRILL</b> (games to 3)	Have the players react and finish quickly with a live defender.	15%
	<b>ELBOWS FINISH DRILL</b> (games to 3)	Help the players take good game shots with a live defender.	
	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Use 3 on 3 to work on team concepts.	

- 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.



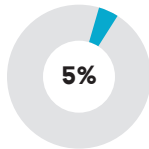
## Values



### > RESPECT: OPPONENTS

- ★ Another important component of basketball is respecting your opponents. After all, without opponents, we wouldn't have a game. Jr. NBA partner Positive Coaching Alliance uses the phrase "fierce but friendly" to describe the best type of competition. A player may hit the deck trying for a loose ball or rebound, and it's OK for everyone to play to the whistle, but then it's also fine to help that opponent up off the floor.

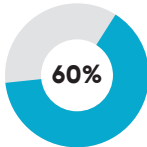
## Warm-Up



### > ACTIVE IQ WARM-UP (1 x each)

- Everybody run with high Knees to where you have 10 seconds to get the ball across.
- Everybody run with butt kicks to the position on the court that Shaquille O'Neal would catch the ball.
- Everybody do a lateral slide to where point guards are usually positioned.
- Everybody go to the opposite side of the court with skips to the part on the court that is also a human body part.

**Building Skills**



> **BALL-HANDLING**

⊗ **Double Leg Wrap** (2 x 20 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and keep their feet together as they wrap the ball around both legs for 10 seconds.
- The players will then change directions for 10 seconds.

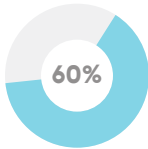
🔍 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their eyes up.

⊗ **Front to Back Dribble** (2 x 20 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Using only the right hand, each dribble should bounce wide outside of their right foot and will bounce forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to then bounce it backwards.



BUILDING SKILLS  
CONTINUED



**Key Points:** This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

**Side to Side Dribble** (2 x 20 seconds each hand)

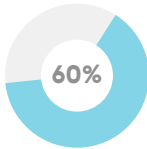
- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce from right to left only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side.

**Key Points:** This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

**Dribble Balance** (3 x 20 seconds each leg)

- All players need a basketball and will stand on the sideline.

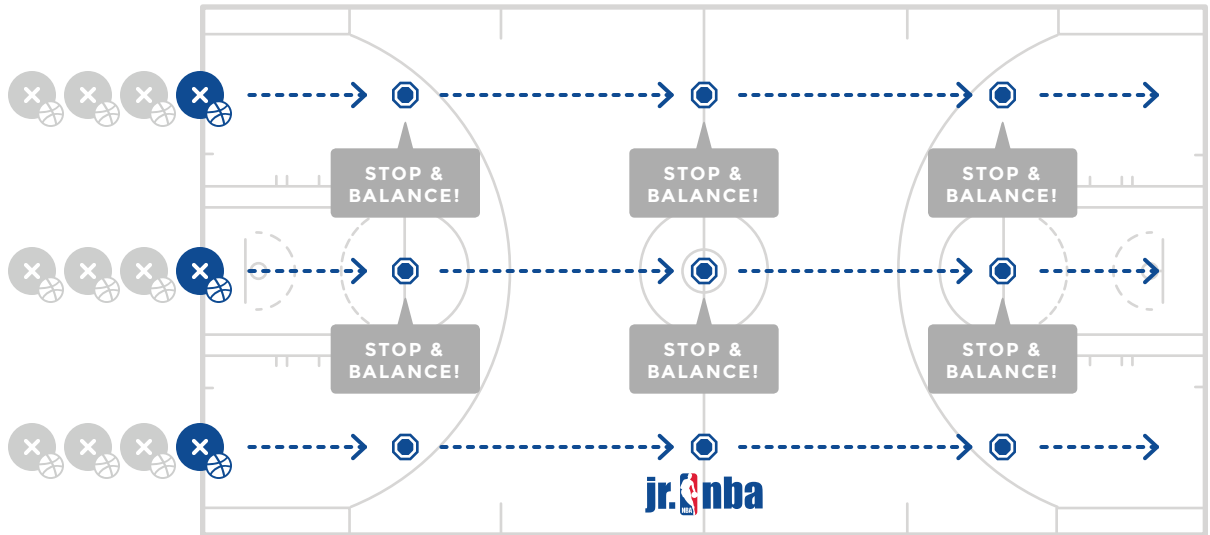
BUILDING SKILLS  
CONTINUED



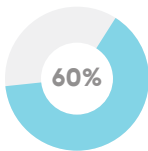
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then do the same thing with their left foot and left hand.
- Key Points: Work on ball-handling while maintaining good balance and stability.

 **Dribble Balance Push** (2 x down & back) [SEE DIAGRAM NEXT PAGE >>](#)

- Line the players up on the sideline in even groups and each player with a ball.
- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
- When the players get to the foul line area they will all stop on their left foot and dribble with their left hand again until the coach says go.
- Now the players will push forward and dribble with their right hand and continue this pattern.
- As the first group gets to the foul line the next group will begin on the baseline.



**BUILDING SKILLS CONTINUED**



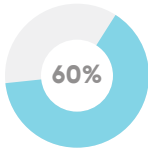
- Each group will go to the foul line, half court, the opposite foul line and the opposite baseline.

**Key Points:** Work on ball-handling while maintaining good balance and stability. Then work on pushing off that outside foot to move forward slightly to the opposite side.

**Walk to Jog Dribble Drill** (2 each)

- All players need a basketball (or share) and should stand on the baseline.
- The players will walk slowly in a low stance while dribbling the ball to half court.
- Once the players reach half court, they will transition into a jogging dribble to the other baseline.

BUILDING SKILLS  
CONTINUED



- The players will change hands and do the same thing coming back.

**Key Points:** This is a good opportunity for the players to work on dribbling with movement in a controlled drill. There is no rush and the players should focus on controlling the ball with their eyes up.

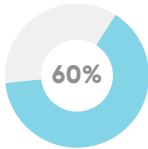
> **PASSING**

**Who Is Ready Drill** (2 minutes)

- Have the player get in groups of 3 standing in a triangle with one basketball.
- 1 player will have the ball facing away from the other two.
- The two players without the ball will determine 1 player to make eye contact with the player with the ball when they turn around.
- The player with the ball will then jump and turn around to face the two players and locate which player is looking at them and has their hands up for the pass and make a quick pass.
- Repeat this action with the new player with the ball.

**Key Points:** The player with the ball must quickly read and recognize when a player is ready to receive a pass.

BUILDING SKILLS  
CONTINUED



**⚽ Dribble & Pass To Target Drill** (2 minutes each side)

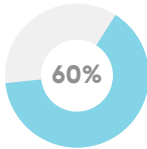
- Have the players start on the baseline on the right side of the court in one line.
  - Each player can have a basketball or the first 5-6 players.
  - Set up a cone at the opposite wing on the other side of half court.
  - Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone.
  - The coach should stand behind the cone and give the ball to the players after their pass.
  - Players will get the ball back and go to the back of the line.
  - Players receive one point each time they hit the cone.
- 🔍 Key Points:** Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

**> 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

BUILDING SKILLS  
CONTINUED

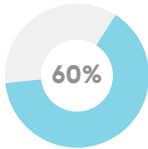


- Now have them do this by shooting the ball up in the air on the coaches command.
  - To make a perfect shot to self, the player must hold up their follow through from where they finished their shot and not move their hand.
  - The ball must go up in the air then bounce on the floor just in front of the player and bounce up and hit their hand 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 players' hand.

**🏀 Lunge Shooting Drill (2 x 1 minute)**

- Have 5 players line up along the lane line facing the sideline with the basket to their left.
- Have all players lunge with their left leg forward in the paint and the ball on their right side.
- Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring their right foot around so they are balanced and square to the basket and immediately shoot the perfect shot and hold their follow through.
- Once the first player has shot, the second player will do the same and continue down the line until all 5 players have shot.

BUILDING SKILLS CONTINUED



- Each player will get their rebound and give the ball to the next 5 players who will do the same.

- The goal is to make all 5 shots in the group.

**Key Points:** This player will help the players have a good solid base and work on turning, squaring up and having good balance in their shot. Work on landing evenly on both feet and holding the follow through to finish.

> REBOUNDING

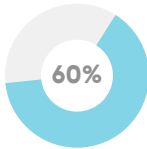
**★ Fundamentals of Chinning The Ball:** Teach the players that chinning the ball means to grab the ball and hold in strongly with 2 hands under their chin to protect it from defenders.

⊗ **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.
- 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.

BUILDING SKILLS  
CONTINUED



➤ FOOTWORK & CONDITIONING

⊗ **Tuck Back Drill** (2 x 6 each way)

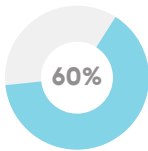
- All players need a basketball or pretend to have a ball and should stand in an open space on the court.
  - Have the players face forward in a triple threat position.
  - When the coach says “tuck back!” have the players say “strong!” while dropping their right foot and putting the ball on their right hip.
  - When the coach says “over!” have the players step forward with their right foot while turning 90 degrees.
  - When the coach says “triple threat!” the players will return back to the triple threat stance until the coach says relax.
- 🔍 **Key Points:** This drill should emphasize toughness, footwork and maintaining a strong stance with the ball. Help the players understand the carry over in game situations.

⊗ **On the Whistle Jump Stop** (2 minutes)

- Have the players dribble around the court working on their ball-handling.
- When the coach blows the whistle, all the players will jump stop and sit in a good stance.



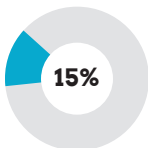
**BUILDING SKILLS CONTINUED**



- Repeat this process working on ball-handling and a good jump stop.

**Key Points:** Have all the players work on their ball-handling while moving around the court. Each player should quickly react to the whistle with a good, balanced jump stop.

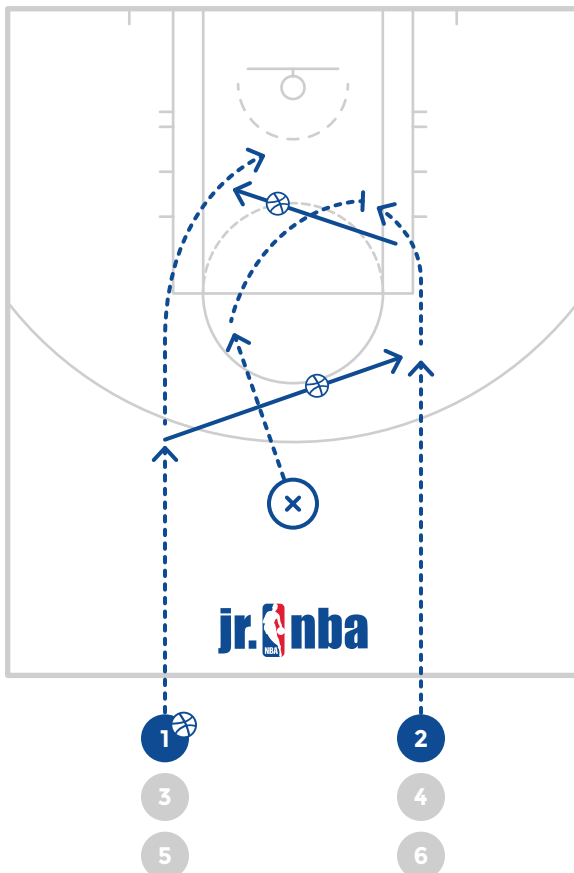
**Team Concepts**



**> OFFENSE**

**★ Fundamentals of a 2-on-1 Fast Break:** Teach the players to have good spacing, move together and share the ball by passing.

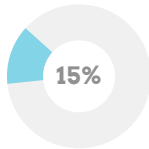
**⊕ 2-on-1 Fast Break Drill (3 minutes)**



- Start with 2 lines at half court and one line with a ball.
- Have a defender starting at the top of the key.
- Have the 2 offensive players attack to try to score in a 2 on 1 fast break setting.
- The player who takes the shot or turns the ball over will then become the defensive player at the top of the key.
- The other players will go to the back of the lines at half court

**Key Points:** Work on good fast break decision making while also working on good 2 on 1 defense.

TEAM CONCEPTS  
CONTINUED



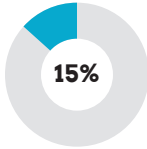
> DEFENSE

⊗ **Group Close Out Slide & Trace Drill** (1 minute each way)

- Have four players line up across the free throw line extended and 4 lines on the baseline lined up across from them and the first player in the line with the ball.
- The first player in each line will pass the ball out to the player on the court and give a good close out.
- Everybody with the ball will wait on the close out and then give 2 hard dribbles to the right so the defensive player has to move their feet.
- After the two dribbles the player will pick up the ball and the defensive player will trace the ball.
- The player with the ball will pass the ball to the next player in line and go to the back of the line.
- The previous defensive player will become the offensive player.
- Continue this drill for 1 minute in each direction.

🔍 **Key Points:** Good close outs, slide quick and trace the ball with active hands. This drill should be high energy.

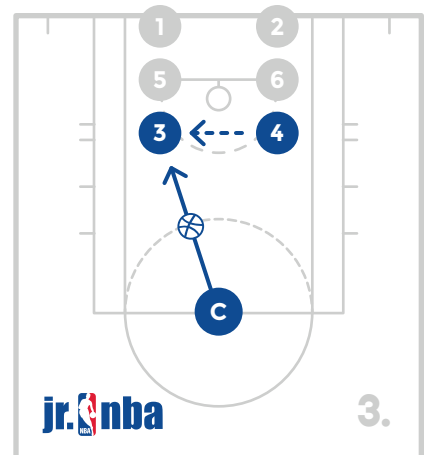
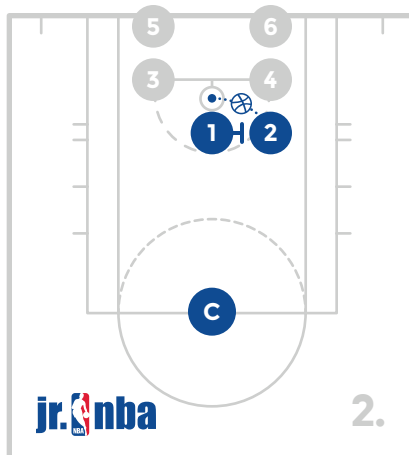
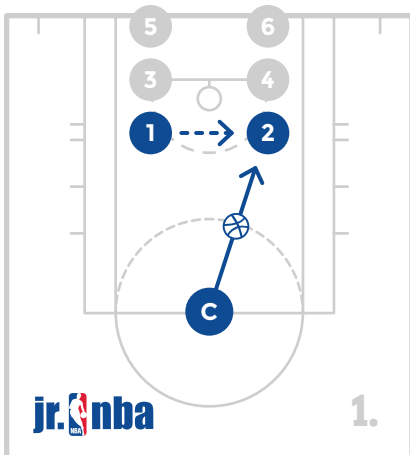
## Competing



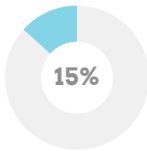
### 🏀 On the Block Finish Drill (games to 3)

- Have 2 lines on the baseline with two players standing on the blocks.
- The coach will have the ball at the free throw line and pass the ball to one of the 2 players.
- That player will have a maximum of 1 dribble to take a shot and must not move backwards.
- The player who did not receive the pass will become defense and try to stop the player with the ball.

🔍 **Key Points:** Work on finishing with a live pass and defense.



COMPETING  
CONTINUED



 **Elbows Finish Drill** (games to 5)

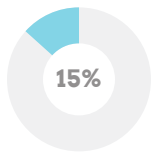
- Have 2 lines on the baseline with two players standing on the elbows.
- The coach will have the ball at the top of the key and pass the ball to one of the 2 players.
- That player will have a maximum of 2 dribble to take a shot in the paint.
- The player who did not receive the pass will become defense and try to stop the player with the ball.

 **Key Points:** Work on finishing with a live pass and defense.

 **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.

COMPETING  
CONTINUED



- 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.
- 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.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPECT: PARENTS</b>	Discuss how to show respect for parents.	5%
<b>Warm-Up</b>	<b>RUN TO THAT LINE</b> (1 x 5 lines)	Learn the geography of the court while getting warm.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>BALL SLAMS</b> (2 x 10)	Slam the ball hard to the floor and catch it on the way up.	
	<b>FINGER DRIBBLE DRILL</b> (1 x 30 seconds each hand)	Use 1 finger at a time to dribble the ball.	
	<b>SIDE TO SIDE DRIBBLE LOW, MIDDLE, HIGH</b> (3 sets each hand)	Work on controlling the ball by dribbling it back and forth.	
	<b>DRIBBLE BALANCE PUSH</b> (2 x down and back)	Develop good balance and really push out on every move.	
	<b>Passing</b>		
	<b>DRIBBLE &amp; PASS TO A TARGET DRILL</b> (1 x 2 minutes)	Emphasize hitting a specific target with each pass.	
	<b>SLIDE AND PASS DRILL</b> (2 sets of each pass)	Stay low and move while passing.	
	<b>PARTNER RUNNING PASS DRILL</b> (2 x down & back)	Make sure to lead the teammate with a good pass.	
	<b>OPEN &amp; DECIDE</b> (3 min)	Work on quick decision making.	
	<b>Shooting</b>		
	<b>FORM SHOOTING - 2 HANDS</b> (3 x 8)	Work on shooting with great form every time.	
	<b>PARTNER STEP-IN SHOOTING DRILL</b> (10 makes each)	Work with a partner to take good shooting reps.	
	<b>CHASE LAY-UPS</b> (3 minutes)	Work on making lay-ups with a live defender.	
	<b>BLOCK TO BLOCK SHOOTING DRILL</b> (30 seconds each player)	Work on using the backboard to make shots.	
	<b>Footwork &amp; Conditioning</b>		
<b>CHANGE OF SPEED DRILL</b> (3 x down and back)	Changing speeds will make every player better.		
<b>Team Concepts</b>	<b>POST PASS &amp; SCREEN DRILL</b> (3 minutes)	Use pass fakes to make passes easier.	15%
	<b>FOLLOW THE LEADER SLIDES DRILL</b> (10 seconds each)	Have the players lead these quick defensive slides.	
	<b>ZIG-ZAG DEFENSIVE SLIDE DRILL</b> (3 times down and back)	Get a good feel for changing directions while defending a dribbler.	
<b>Competing</b>	<b>BACK 1 ON 1 DRILL</b> (games to 5 makes)	Have fun with this great 1 on 1 drill.	15%
	<b>5 ON 5</b> (games to 7)	Encourage the players to keep the ball moving!	

- 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.

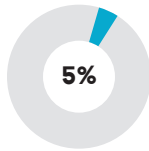
## Values



### > RESPECT: PARENTS

- ★ In many cases, our parents are the most important, influential people in our lives. We owe them thanks for the good they provide and the love they show. One way to help players mind the importance of respecting their parents is to remind them their jerseys may have their parents' names on the back; anyone watching the game will watch the players' behavior and understand who raised them.

## Warm-Up



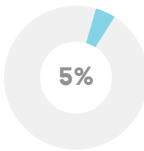
### > BASKETBALL ACTIVE IQ

#### ⊗ **Run To That Line** (1 x 4-6 lines)

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.
- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

- ★ **Example:** "Everybody go with High Knees to the baseline!"

WARM-UP  
CONTINUED



**Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

### ⊗ Forward/Backward/Lateral March

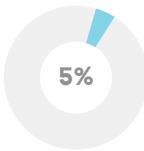
- These marches are fundamental movements that teach the players about proper running mechanics. Adding backward and lateral marches is essential for neurological variation in order to have success in subsequent movements.
- Players will march by walking and pulling their knees up, toes up, and arm up at a 90 degree angle.

### ⊗ High Knees

- High knees replicates acceleration techniques by syncing the arm and leg actions. Be sure to cue arm action, encourage an elbow angle of approximately 90 degrees and promote movement at the shoulder. Proper leg action is demonstrated by an active drive of the knee upward while targeting the heel to the top of the hamstring and keeping the foot dorsiflexed (toes up). “Heel to hamstring” is an important cue in order to promote the proper shin angle.
- Players will run and quickly alternate bringing their knees high towards their chest.



WARM-UP  
CONTINUED



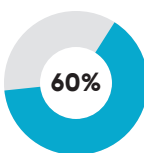
 **Quick Feet**

- Players should take numerous tiny quick choppy steps as they move in a direction instructed. The activity gets the player’s bodies moving and their foot muscles firing while working their fast twitch movement.

 **Side Push**

- Players should be in a slight athletic stance and move laterally by pushing off their back foot. The player should push off their left foot to move right and push off of their right foot to move left. It is important to emphasize pushing rather than stepping and pulling. This movement works hips, feet and balance.

**Building Skills**

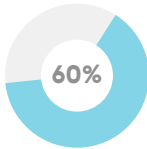


 **BALL-HANDLING**

 **Ball Slams** (2 x 10)

- All players need a basketball (or share) and should stand on the sideline.
- When the coach indicates, the players will start with the ball over their head in two hands.
- They will then slam the ball off the floor with force and catch the ball as it comes up quickly.

BUILDING SKILLS  
CONTINUED



**Key Points:** The players are warming up their arms and hands while also working on catching the ball as it comes off the ground quickly. Ensure the players do this at their own comfort while also challenging themselves.

**Finger Dribble Drill** (1 x 30 seconds each hand)

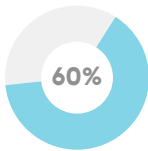
- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs bent .
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.
- The first dribble will focused on using their thumb and will then progress to using their pinky finger and back for 30 seconds.

**Key Points:** This drill works on good control dribbles using fingertips.

**Side to Side Dribble Low, Middle, High** (3 sets each hand)

- Have the players get a ball and stand in an open space facing the coach.
- The players will start with the ball in their right hand and dribble the ball low from right to left back and forth only using their right hand for 15 seconds.

**BUILDING SKILLS CONTINUED**



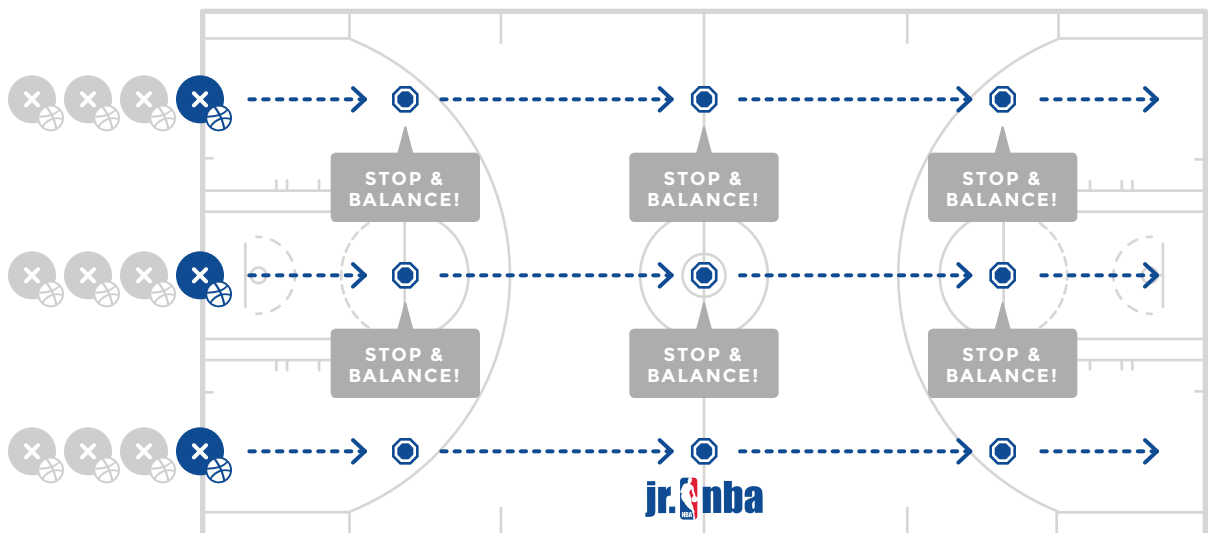
- Next the players will do the same thing at the middle level for 15 seconds and finally they will do the same at the high level for 15 seconds.

- This completes 1 set with the right hand.

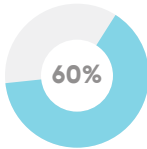
**Key Points:** This drill forces the players to have good control of the ball and quick hands.

**Dribble Balance Push (2 x down and back)**

- Line the players up on the sideline in even groups and each player with a ball.
- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.



BUILDING SKILLS CONTINUED



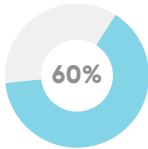
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
  - When the players get to the foul line area they will all stop on their left foot and dribble with their left hand again until the coach says go.
  - Now the players will push forward and dribble with their right hand and continue this pattern.
  - As the first group gets to the foul line the next group will begin on the baseline.
  - Each group will go to the foul line, half court, the opposite foul line and the opposite baseline.
- Key Points:** Work on ball-handling while maintaining good balance and stability. Then work on pushing off that outside foot to move forward slightly to the opposite side.

> PASSING

⊘ **Dribble & Pass To Target Drill** (1 x 2 minutes)

- Have the players start on the baseline on the right side of the court in one line.
- Each player can have a basketball or the first 5-6 players.
- Set up a cone at the opposite wing on the other side of half court.

BUILDING SKILLS  
CONTINUED



- Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone.
- The coach should stand behind the cone and give the ball to the players after their pass.
- Players will get the ball back and go to the back of the line.
- Players receive one point each time they hit the cone.

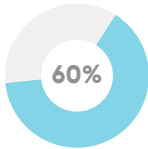
**🔑 Key Points:** Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

**🏀 Slide & Pass Drill** (2 sets of each pass)

- Have players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will sit in a good stance and slide to half court while making a chest or bounce pass to each other.
- Once all the groups have gone, they will repeat the same thing coming back for 1 rep.
- Be sure to make both the chest and bounce.


**🔑 Key Points:** Emphasize good low slides, showing a target, hitting the target and working together.

BUILDING SKILLS  
CONTINUED



 **Partner Running Pass Drill** (2 x down & back)

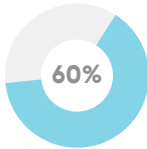
- Have players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will run the full court while making a chest pass to each other.
- Once all the groups have gone, they will repeat the same thing coming back to complete 1 rep.

 **Key Points:** Emphasize passing to where the player will be instead of where they are, showing a target, hitting the target and working together.

 **Open & Decide** (3 minutes)

- Have the players start in a line at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another player standing on each block and a coach or 4th player guarding one of those players.
- The player with the ball will open their eyes on the whistle and make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.

BUILDING SKILLS  
CONTINUED



- The passer will now take the place of the shooter. The shooter will take the place of the defender and the defender will go to the back of the line.

- Keep a tally of how many made baskets the team scores in 3 minutes so you can compete against this number in later practices.

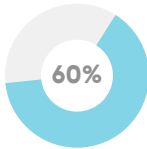
**🔍 Key Points:** Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.

## ➤ SHOOTING

### 🏀 Form Shooting – 2 Hands (3 x 8)

- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players hold the ball with their elbow underneath it, and their palm facing the sky .
- The player will then add their off hand as support.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.

BUILDING SKILLS CONTINUED



- Have the players hold their follow-through until the shot goes through the basket or misses.

- Have more than 1 partner per at a basket to maximize reps, space and time.

**🔍 Key Points:** Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

**🏀 Partner Step-In Shooting Drill** (10 makes each)

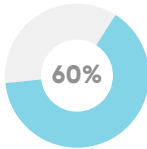
- Have 1 player stand inside the 3 point line facing the basket in a good stance ready to catch the ball.
- Have the 2nd player standing under the basket with the ball.
- The player under the basket will pass the ball to their partner.
- On the catch, the shooter will take a 1-2 step into the shot and shoot the ball.
- The passer will grab the rebound and pass again until the shooter has made 10 shots.
- After 10 makes, the players will change positions and repeat the process.

**🏀 Chase Lay-Ups** (3 minutes)

- Have players partner up and get one ball for the two.



BUILDING SKILLS  
CONTINUED



- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.
- When the coach indicates, the player with the ball will dribble in for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.
- Change spots on the court as the players get more comfortable.

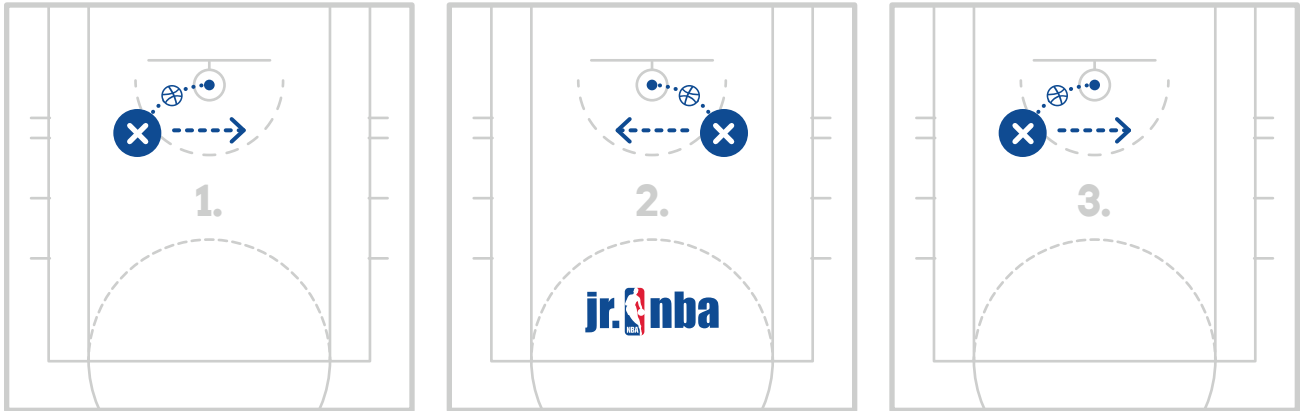
**Key Points:** This drill emphasizes having the players finish lay-ups at game speed with a real defender behind them which forces them to have further concentration.

**Block to Block Shooting Drill**

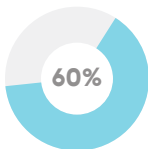
(30 seconds each player)

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.
- 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.



**BUILDING SKILLS CONTINUED**



- 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.

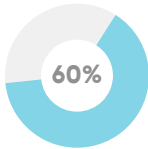
**Key Points:** Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous best score.

## ➤ FOOTWORK & CONDITIONING

### ⊕ **Change of Speed Drill** (3 x down and back)

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.

BUILDING SKILLS CONTINUED

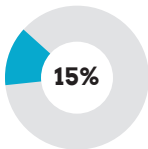


- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.

- The first set should be down and back with the right hand, the second set with the left hand and the 3rd set with crossovers at the change of speed.

**Key Points:** This drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

Team Concepts

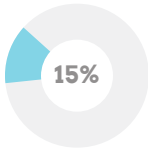


> OFFENSE

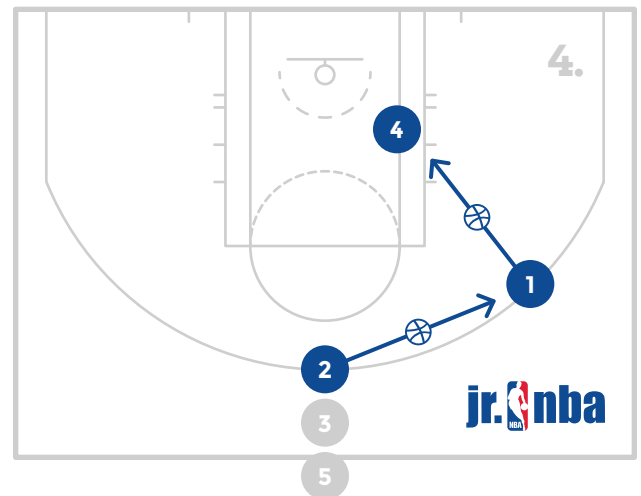
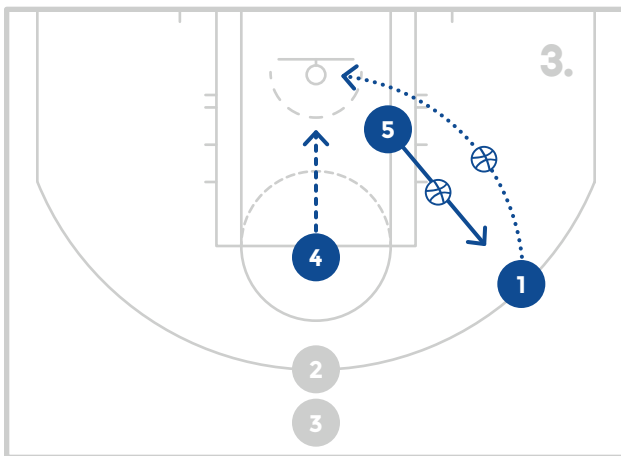
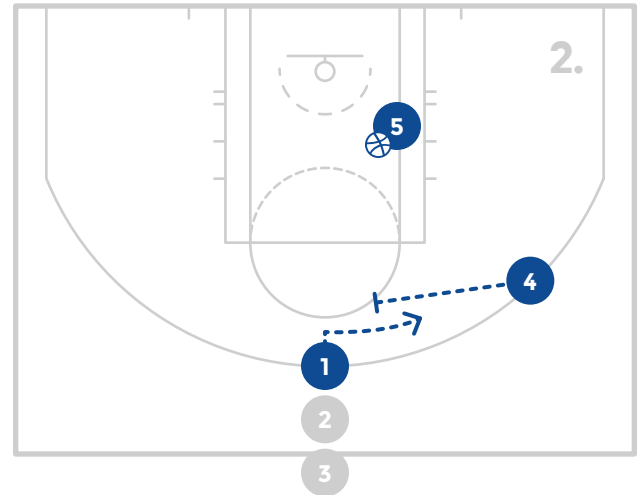
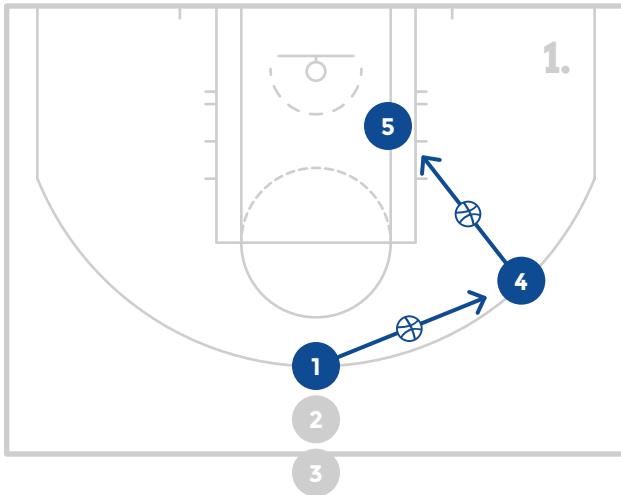
**Post Pass & Screen Drill** (3 minutes) [SEE DIAGRAM NEXT PAGE >>](#)

- Start with a line of players near the top of the key with a ball.
- Put another player on the wing and another player on the block.
- The first player in line will pass the ball to the wing, the wing will then make a post entry pass.
- After the post entry pass, the wing player will screen for the player at the top of the key who will come off towards the wing.
- After a quick screen, the player setting the screen will slip to the basket.

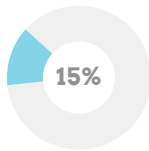
TEAM CONCEPTS CONTINUED



- The post player will pass to the player coming off the screen who will catch and shoot.
- The post player will get the rebound and move to the back of the line, the player who set the screen will become the post player, and the player who shot the ball will become the wing player.
- The next player in line will pass the ball to the wing and the sequence will repeat until the allotted number of shots have been made.



TEAM CONCEPTS  
CONTINUED



- If you have enough players, do the same thing on the other side of the basket and have the teams compete.

- Also if preferred, have the post player make the pass to the screener cutting to the basket.

> DEFENSE

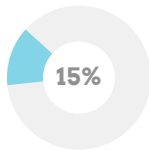
⊗ **Follow the Leader Slides Drill** (10 seconds)

- Have a player stand in front of the team at half court.
- The team will be responsible for mirroring what the player in front does.
- The player in front can be in a stance, chop their feet, slide side to side, jump for rebounds, take imaginary charges and dive for imaginary loose balls
- Each player will be in front and lead for 10-15 seconds before the next player leads.

🔑 **Key Points:** Have the players bring energy and excitement for quick and intense group defensive slides.

★ **Fundamentals of Turning the Dribbler:** Turning the dribbler means the defensive player sliding their body in front of a dribbler so they can no longer go in the direction they are going and they must turn and go in a different direction.

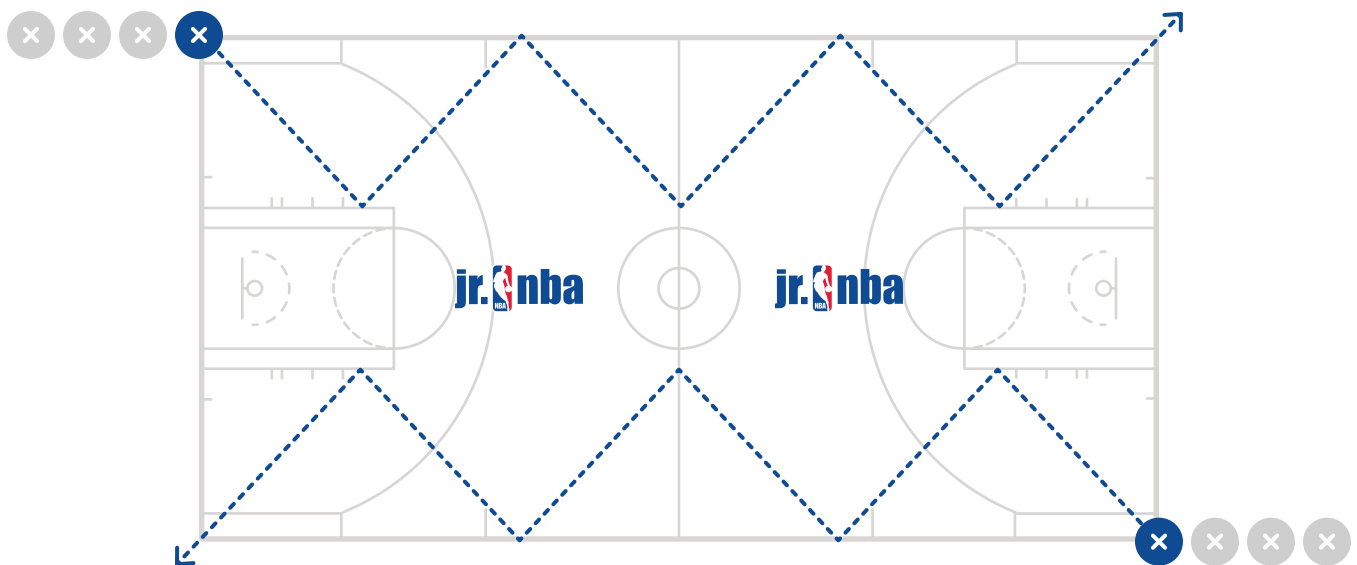
TEAM CONCEPTS  
CONTINUED



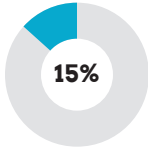
## Zig-Zag Defensive Slide Drill (3 times down and back)

- Have half the players 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.
- The first player in line will start in a stance with his back to the court and slide back at angles touching their foot to the sideline and the lane line extended all the way down the court.
- Once the player in front of them gets to the free throw line, the next player 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.



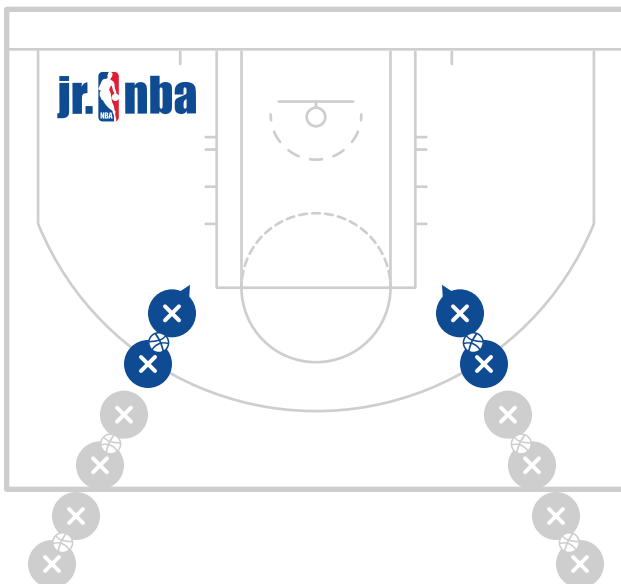
## Competing



### > COMPETITIVE GAMES

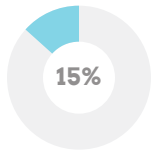
#### 🏀 Back 1 on 1 Drill (games to 5)

- Have the players partner up and get one ball.
- There will be groups at each wing and at the top.
- One partner will stand just inside the 3-point line and face the basket in a stance. The other partner will stand behind them with the ball and touch the ball to the back of the player in front.
- When the player in the back with the ball pulls the ball off of the players back, they will begin playing one on one.
- The player in front will have to turn around and quickly try to locate the offensive player and play defense.



- The offensive player gets 3 dribbles to take 1 shot.
- Alternate possessions regardless of make or miss and play to 5. After 5 baskets, the players can change spots on the floor.
- 🔍 **Key Points:** The offensive player must make a quick and efficient move to score a basket while the defensive player must have quick reactions to make a good defensive play.

COMPETING  
CONTINUED



**5 on 5** (games to 7 makes)

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on all the basketball concepts they have learned.

## 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.



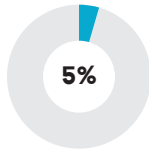
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>SPORTSMANSHIP</b>	Discuss how sportsmanship can translate off the court.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>• Walking Quad Stretch</li> <li>• Knee Hugs</li> <li>• Down Out Leg Walk</li> <li>• Light Quick 3</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>SMACKS &amp; TAPS</b> (1 x 20 seconds each)	Get the fingers and hands warm and ready to practice.	
	<b>3-3-3 DRIBBLING DRILL</b> (2 x 30 seconds)	Push the ball hard with each dribble!	
	<b>STATIONARY IN &amp; OUT DRILL</b> (1 min each way)	Work on good control and good footwork.	
	<b>Passing</b>		
	<b>PASS &amp; CUT DRILL</b> (5 x each player on each side)	Work on good passes and good cuts.	
	<b>OPEN &amp; DECIDE</b> (3 min)	Good decision making is essential in basketball!	
	<b>Shooting</b>		
	<b>3-LINE LAYUPS ADD VARIATIONS</b> (1 x 90 sec each line)	Practice the fundamentals of the lay-up.	
	<b>LUNGE SHOOTING DRILL</b> (2 min. each way)	Work on good footwork and balance with lunge shooting.	
<b>LOOP SHOOTING DRILL</b> (2-4 min.)	This shooting drill should build energy and teamwork.		
<b>Rebounding</b>		15%	
<b>TOSS &amp; GET IT DRILL</b> (2 minutes each side)	Emphasize good timing and rebounding with two hands.		
<b>Footwork &amp; Conditioning</b>		15%	
<b>4 CORNER PASSING DRILL</b> (2 min each way)	Be sure to mix up the dribbles and pivots.		
<b>Team Concepts</b>	<b>THE PASS IS FASTER DRILL</b> (2 x down and back each player)	Emphasize that the pass is faster than the dribble.	15%
	<b>HALF COURT TURN &amp; TRACE DRILL</b> (2 minutes)	Build defensive principles in this high-energy drill.	
<b>Competing</b>	<b>2 ON 2 DRIVE AND KICK</b> (games to 3 baskets)	Play 2 on 2 out of a drive and kick.	15%
	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Use 3 on 3 to develop team concepts.	

- 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.



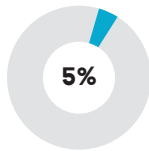
## Values



### > SPORTSMANSHIP

- ★ One way to show sportsmanship instead of just saying “good game” is to give each opposing player and coach a firm handshake, eye contact and a sincere “thanks for the game” or “I enjoyed competing with you.” If you are serious about your sportsmanship, you may even pay a specific compliment, for example, if they shot well or played clean, hard defense. Good sportsmanship does not mean you don’t mind losing; it means you are willing to win - or lose - with honor.

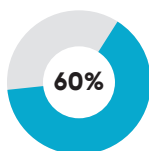
## Warm-Up



### > DYNAMIC WARM-UP (1x each from baseline to half court or vice versa)

- Walking Quad Stretch
- Walking TFL Stretch
- Knee Hugs
- 4 Point Slow & Low
- Down Out Leg Walk
- Jog & Drop
- Light Quick 3
- Long Straight Leg Run

## Building Skills

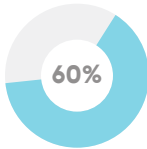


### > BALL-HANDLING

#### ⊗ Smacks (1 x 20 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- 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 while smacking the ball for a fun ball-handling warm-up.

**🏀 Taps (1 x 20 seconds)**

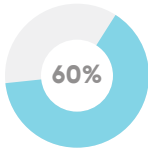
- All players need a basketball (or share) and should stand on the sideline.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for 10 seconds.
- The players will then bend their arms and tap the ball quickly from hand to hand in front of their face for 10 seconds.
- The players will again tap the ball from side to side the same motion in front of their waste now for 10 seconds.
- This completes 1 set of 30 seconds.

**🔍 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.

**🏀 3-3-3 Dribbling Drill (2 x 30 seconds)**

- Have each player get a ball and line up on the baseline.

BUILDING SKILLS  
CONTINUED



- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand, 3 crossover dribblers, and then 3 dribbles with their left hand, 3 crossover dribbles, 3 right hand dribbles etc.

**Key Points:** This drill will work on low controlled dribbles.

**Stationary In & Out Drill** (1 min. each way)

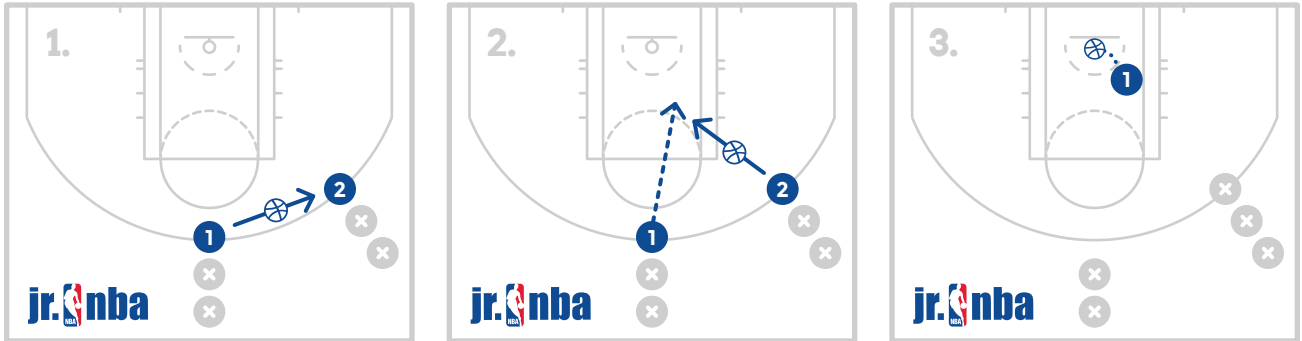
- Have the players start with a ball and find a space on the court.
- The players will take 1 to 2 dribbles to prepare for the move and will then make an in and out dribble move and push forward for 1 step.
- The players will then back up to their original spot and repeat the process for the allotted amount of time.

**PASSING**

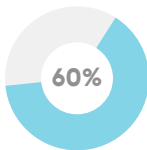
**Pass & Cut Drill** (90 seconds each way)

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.
- 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.



BUILDING SKILLS  
CONTINUED



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

**Open & Decide** (3 minutes)

- Have the players start in a line at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another player standing on each block and a coach or 4th player guarding one of those players.
- The player with the ball will open their eyes on the whistle and make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.
- The passer will now take the place of the shooter. The shooter will take the place of the defender and the defender will go to the back of the line.
- Keep a tally of how many made baskets the team scores in 3 minutes so you can compete against this number in later practices.

BUILDING SKILLS  
CONTINUED



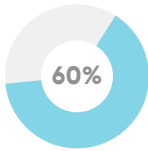
**Key Points:** Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.

## > SHOOTING


### 3-Line Layups Add Variations (1 x 90 seconds each line)

- Have a line on each wing and a line at the top of the key with the first person in each line with a ball.
- Use multiple baskets if there is space.
- Have the first person in line dribble in, shoot a lay-up, rebound and pass it to the next player in that line and go to the back of the same line.
- The line on the right wing will shoot a right handed lay up off the backboard.
- The line in the middle will shoot a right handed lay up over the front of the rim without using the backboard.
- And the line on the left wing will shoot left handed lay-ups off the backboard.
- The lines will continue for 1-minute before rotating spots.

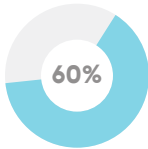
BUILDING SKILLS  
CONTINUED



 **Lunge Shooting Drill** (2 minutes each way)

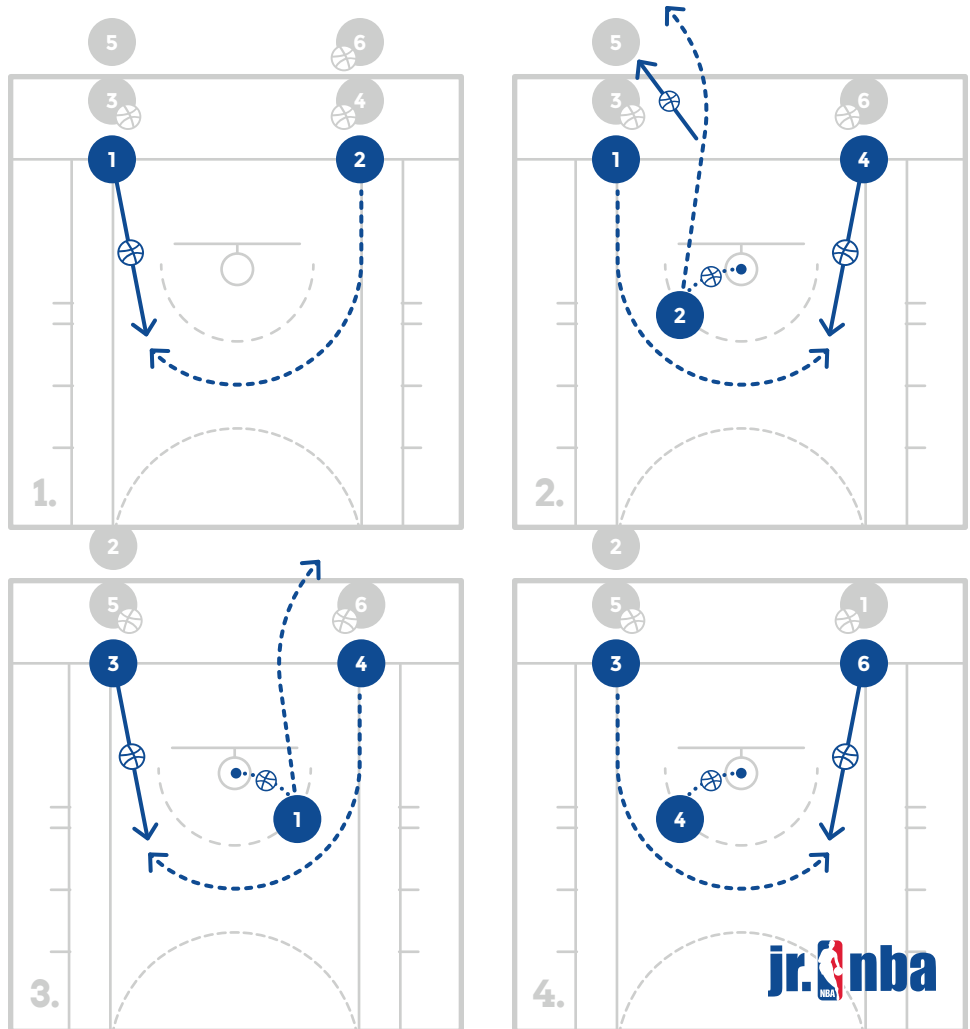
- Have 5 players line up along the sideline facing the court with the basket to their left.
  - Have all players lunge with their left leg forward toward the paint and the ball on their right side.
  - Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring their right foot around so they are balanced and square to the baseline in a ready to shoot fashion.
  - The player will then turn and face the middle of the court again and repeat this motion until they reach the middle of the paint. At that point, the player will turn and actually shoot the ball.
  - Each player will start after the player in front of them has provided enough available space.
  - Each player will get their rebound and give the ball to the next player who will do the same.
  - The goal is to make as many shots as possible in 3 minutes and then do the same thing in the opposite direction, leading with the opposite foot.
-  **Key Points:** This player will help the players have a good solid base and work on turning, squaring up and having good balance in their shot. Work on landing evenly on both feet and holding the follow through to finish.

BUILDING SKILLS  
CONTINUED



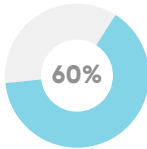
**Loop Shooting Drill** (2-4 minutes)

- Have the players line up in two lines on the baseline at the lane line width.
- The first 2 players in one line will have a ball and the 2nd and 3rd players in the other line will have a ball.
- The first player without a ball will run a small loop in the paint and catch a pass from the other line around the block area to catch and shoot.





BUILDING SKILLS CONTINUED



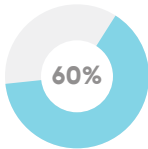
- After the player has passed the ball to the player on the court, they will loop around behind that player to the other side and receive a pass to shoot from about the block.
  - This process will continue until the team has made 10 shots from that area together.
  - Then they will start the same process from the elbow until the team has made 10 shots.
  - Next the team will catch at the 3-point line and take 1 dribble pull-ups until the team has made 10 shots.
  - Last, the team will do the same thing catching at the top and driving for a lay-up until the team has made 10 shots.
  - Remember, after shooting, the players must get their own rebound and pass it to the line that they received it from and go to the back of that line.
- 🔍 Key Points:** Have the players encourage each other and try to complete this game as quickly as possible.

➤ 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



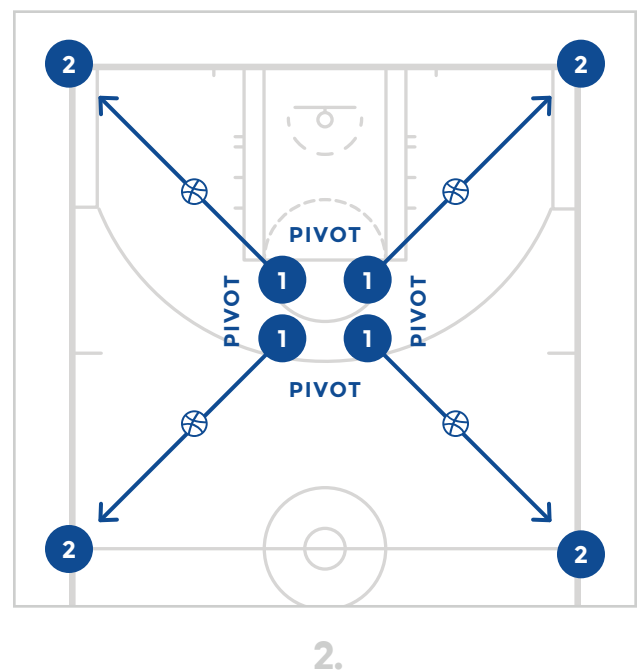
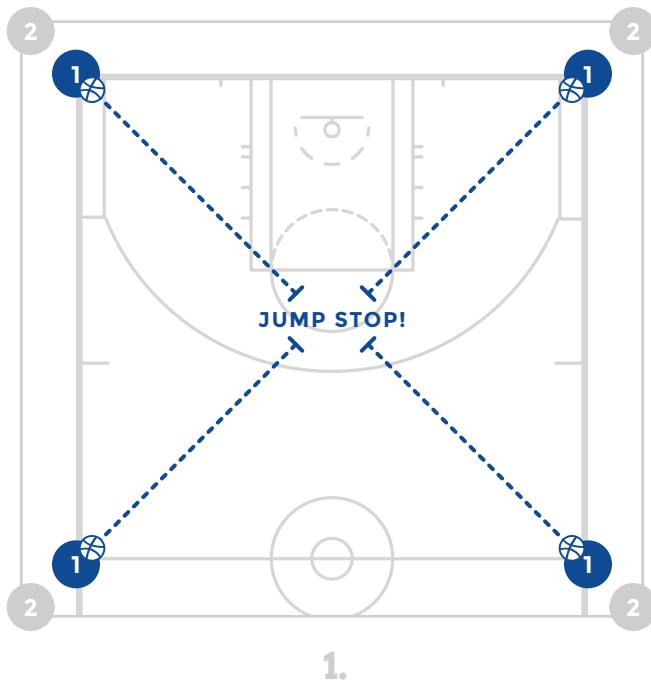
- Repeat this process and switch sides after two minutes.

**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.

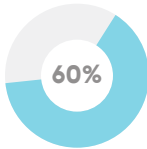
## FOOTWORK & CONDITIONING

### 4 Corner Passing Drill (2 min. each way)

- Have the players get into 4 balanced lines at both sidelines and half court and bout sidelines and baseline.
- The first person in each line has a ball.



BUILDING SKILLS CONTINUED

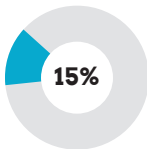


- The players with the ball will all dribble to the middle of the floor where they will jump stop together keep a right pivot foot and pivot their left foot around and pass to the next line to their right and follow their pass to the back of that line.

- The new players with the ball will continue doing the same.

**Key Points:** Work on ball-handling, good jump stops, good pivots and good passes. Make sure the players call out their teammates names as they pass and receive from one another.

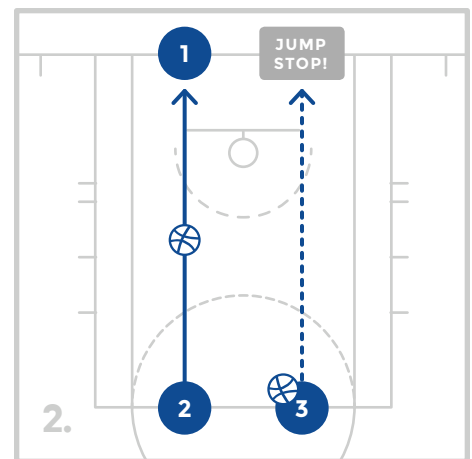
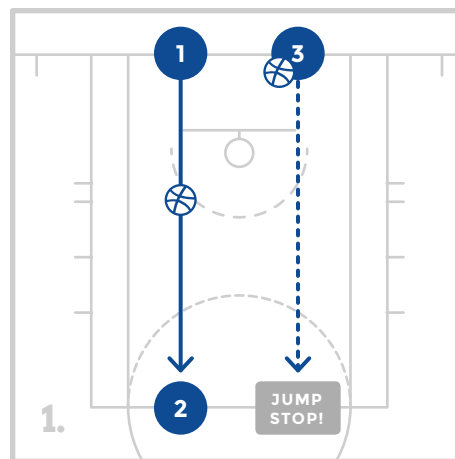
## Team Concepts



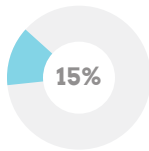
### OFFENSE

#### **The Pass is Faster Drill** (2x down and back each player)

- Divide players into groups of 3 and designate each as 1, 2 or 3.
- Player 1 should start on the baseline with a ball. Player 2 should stand across from player 1 at the free throw line without a ball. Player 3 should start on the baseline next to player 1 with a ball.



TEAM CONCEPTS  
CONTINUED



- When the coach says “go,” player 1 will pass the ball to player 2. At the same time, player 3 will dribble and jump stop next to player 2.

- Repeat this action with the pass back from player 2 to player 1 while player 3 dribbles the same distance and jump stops next to player 1. Repeat and change positions.

**Key Points:** This drill works on passing, receiving, dribbling and jump stops. Continually emphasize that the pass moves faster than the ball.

> DEFENSE

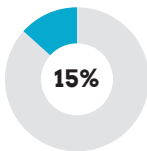
⊗ **Half Court Turn & Trace Drill** (2 minutes)

- Have 4 lines at half court and 4 lines on the baseline lined up with each other and the first player in the lines on the baseline with a ball.
- The players with the ball will make a long pass to the first player in line at half court and will run fast to close out on the player.
- After the close out, the player with the ball will dribble in either direction.
- The player on defense will work hard to turn the dribbler and make them change directions.
- Once the player has changed directions and taken a few more dribbles they will jump stop and move the ball around strongly while the defensive player traces the ball.

TEAM CONCEPTS  
CONTINUED

- The player with the ball will pass to the line on the baseline and go to the back of that line and the defensive player will go to the back of the line at half court and the drill will repeat.

## Competing



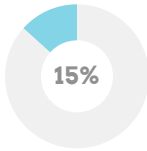
### > COMPETITIVE GAMES

#### ⚽ 2 on 2 Drive and Kick (games to 3)

- Players will get with partners for 2 on 2 and line up on the baseline.
- 1 player will start at the top of the key with the ball and one player on the wing.
- The defensive player guarding the ball will allow the player to have a slight advantage driving the ball to the basket on the side of the teammate.
- The player will drive and kick the ball out and the 2 on 2 game will start for 1 shot.
- The defensive team becomes offense and the offensive team goes to the back of the line on the baseline. A new team of two will step on for defense.

🔑 **Key Points:** Encourage the players to play out of a drive and kick situation.

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.
  - 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.

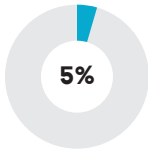
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>POSITIVITY</b>	How can having a positive attitude help your team?	5%
<b>Warm-Up</b>	<b>ACTIVE WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>• Backward Jog</li> <li>• Skip Arm Swings</li> <li>• Jog to Sprint</li> <li>• 2 Foot Hop</li> <li>• Stance Resistance</li> <li>• Jog &amp; Turn</li> <li>• Stance Lateral Chop</li> <li>• Bent Knee Side Plank</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>TOSS &amp; CATCH WITH CLAP</b> (1 x 45 seconds)	Have fun and get comfortable with the ball.	
	<b>LOW, MIDDLE, HIGH DRIBBLE</b> (3 x 20 sec each level & each hand)	Stay consistent with good dribbles at each level.	
	<b>ZIG ZAG DRIBBLING</b> (2 x down and back)	Work on changing directions with a quick move.	
	<b>DRIBBLE KNOCKOUT</b> (2 games)	Have fun with this competitive dribble game!	
	<b>Passing</b>		
	<b>CIRCLE PASS DRILL</b> (1 x 45 seconds each type of pass)	Get the team working together with good passes.	
	<b>PARTNER RUNNING PASS DRILL</b> (2 x down & back)	Try not to have any dropped passes!	
	<b>Shooting</b>		
	<b>2-BOUNCE SHOOTING GAME</b> (games to 5)	Hustle after rebounds to prevent two bounces.	
	<b>Footwork &amp; Conditioning</b>		
	<b>ON THE WHISTLE JUMP STOP</b> (2 minutes)	The players will react quickly with a good jump stop.	
<b>TUCK BACK DRILL</b> (2 x 6 each way)	This drill encourages toughness with the ball!		
<b>CHANGE OF SPEED DRILL</b> (3 x down and back)	Changing speeds will help all players improve their game.		
<b>Team Concepts</b>	<b>2 ON 1 FAST BREAK DRILL</b> (3 minutes)	Emphasize good decision making.	15%
	<b>TRACING THE BALL BREAKDOWN DRILL</b> (4 min)	Work on tracing the ball with active hands.	
<b>Competing</b>	<b>ON THE BLOCK FINISH DRILL</b> (games to 3)	Work on game like finishes from the block.	15%
	<b>ELBOWS FINISH DRILL</b> (games to 3)	Work on taking good shots starting from the elbow.	
	<b>2 ON 2 FROM CLOSE OUT</b> (games to 5)	Help the players understand the importance of the close out.	

- 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.



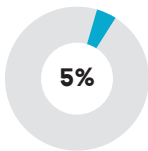
Values



> POSITIVITY

- ★ It is important for basketball players to stay positive. There are so many opportunities in games and practices for things to go wrong - from missed shots (even the well-chosen ones with perfect form!) to mental mistakes and miscommunications on defense - that teammates must support each other and help each other past mistakes.
- ★ Even if you are not the best athlete or basketball player, you can contribute to team success more than you ever imagined just with vocal encouragement, smiles, head nods and daps. It is not easy to stay positive with yourself and your teammates when times are tough, but the more you do, the quicker those tough times pass and the stronger your team will be when you come through on the other side.

Warm-Up

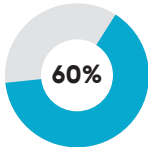


> ACTIVE WARM-UP (1 x each from baseline to half court)

- Backward Jog
- 2 Foot Hop
- Stance Lateral Chop
- Skip Arm Swings
- Stance Resistance
- Bent Knee Side Plank
- Jog to Sprint
- Jog & Turn



**Building Skills**



➤ **BALL-HANDLING**

⊗ **Toss & Catch with Clap** (1 x 45 seconds)

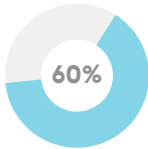
- Players need a basketball (or share) and should find space on the court facing the coach.
- With two hands on the ball, the players will toss the ball into the air and catch it on its way down.
- The players can toss the ball higher if they are comfortable.
- The coach can have the players work together or at their own speed and should feel free to add wrinkles to the drill.

🔍 **Key Points:** Develop hand-eye coordination and familiarity with the ball by tossing and catching it at different heights. Emphasize a controlled toss and a soft catch.

⊗ **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 up to protect the ball.
- The players will do this for 20 seconds and then switch to their left hand and complete the same process.

BUILDING SKILLS  
CONTINUED



- Next the player will move back to their right hand and dribble and the middle level for 20 seconds and then switch hands before going to the high dribble around their shoulder for 20 seconds each hand.

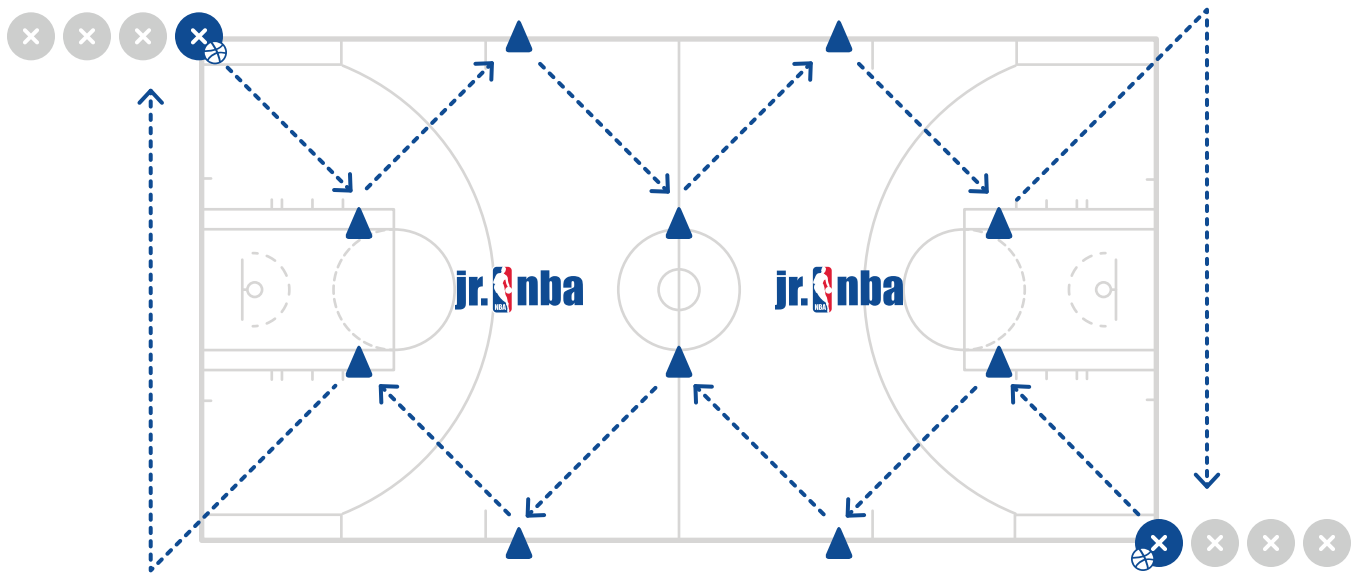
- Throughout this drill, the coach will hold up a variety of numbers of fingers. The players must see the fingers and call out the number.

**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.

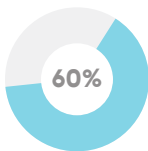
**Zig Zag Dribbling** (2 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Have the players start in two lines in opposite corners where the baseline and sideline meets.
- If every player cannot have a ball, ensure that the first 3 players in each line have a ball.
- The players will start by dribbling from the starting point to the elbow.
- At the elbow, the players will make a move you have designated (Rookie Level-Crossover) and continue to where half court and the sideline meet.
- The players will again make the move you have designated and continue to the opposite elbow where they will make the designated move and finish in the opposite corner.



**BUILDING SKILLS CONTINUED**



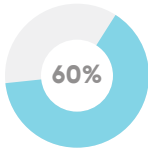
- When they finish, they should dribble along the baseline and begin the same process coming back in the opposite direction.

**Key Points:** This drill allows the players to work on changing directions and making a moving crossover. Make sure the players stay low on the crossover and push off their outside foot to change directions.

**Dribble Knockout (2 Games)**

- All players need a basketball and should stand on the sideline. Depending on the number of players, have all the players start inside of half court, or the 3-point line.
- The players must dribble the ball without picking it up, double dribbling or going out of bounds. All players should try to knock the other players ball away while dribbling.

**BUILDING SKILLS CONTINUED**



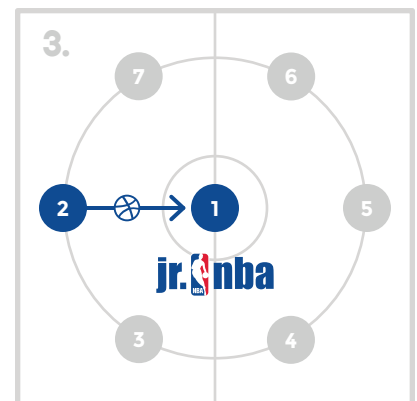
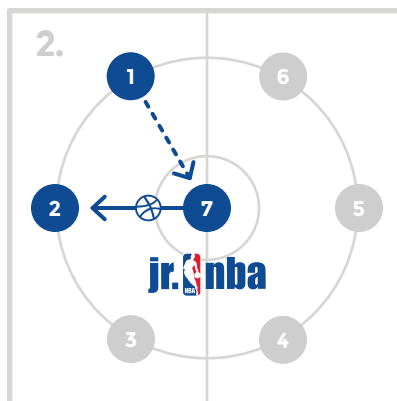
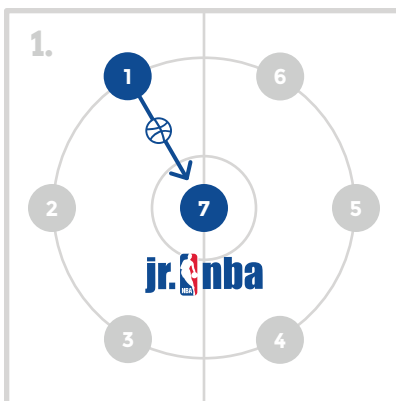
- It is the goal to be the last player with still dribbling.
- As the number of players still in gets lower, change the out of bounds area to a smaller area such as inside the 3-point line or lane or the circle at 1/2 court.

**Key Points:** Work on ball-handling in a fun game setting.

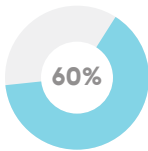
## ➤ PASSING

### 🏀 Circle Pass Drill (1 x 45 seconds each type of pass)

- Players should start in a circle with one player in the middle.
- One player will have the ball and pass the ball to the player in the middle.
- After making the pass, the player will follow their pass and go to the middle.
- The player in the middle will quickly catch and pass to the next person in the circle and follow their pass



BUILDING SKILLS  
CONTINUED



- This cycle will continue quickly as the ball goes all the way around.

**🔑 Key Points:** This should be a fun, quick game in which the players work on making good passes.

**🏀 Partner Running Pass Drill** (2 sets)

- Have players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will run the full court while making a chest pass to each other.
- Once all the groups have gone, they will repeat the same thing coming back to complete 1 rep.

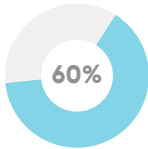
**🔑 Key Points:** Emphasize passing to where the player will be instead of where they are, showing a target, hitting the target and working together.

**➤ SHOOTING**

**🏀 2-Bounce Shooting Game** (games to 5)

- Have 4 players at a basket each with a ball.
- The players will start outside the 3 point line and take 1 dribble toward the basket and take a shot.
- After the shot, the shooter must get to the rebound before the ball bounces 2 times.

BUILDING SKILLS  
CONTINUED



- If the ball bounces 2 times then the make does not count.
- Once the player has the rebound, they will take the ball back out to the perimeter where they will repeat the process until somebody has made 5 shots to win.

**Key Points:** Make sure the players are hustling for their rebounds.

➤ FOOTWORK & CONDITIONING

⊕ **On the Whistle Jump Stop** (2 minutes)

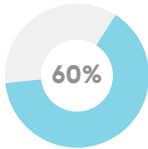
- Have the players dribble around the court working on their ball-handling.
- When the coach blows the whistle, all the players will jump stop and sit in a good stance.
- Repeat this process working on ball-handling and a good jump stop.

**Key Points:** Have all the players work on their ball-handling while moving around the court. Each player should quickly react to the whistle with a good, balanced jump stop.

⊕ **Tuck Back Drill** (2 x 6 each way)

- All players need a basketball or pretend to have a ball and should stand in an open space on the court.

BUILDING SKILLS  
CONTINUED



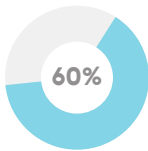
- Have the players face forward in a triple threat position.
- When the coach says “tuck back!” have the players say “strong!” while dropping their right foot and putting the ball on their right hip.
- When the coach says “over!” have the players step forward with their right foot while turning 90 degrees.
- When the coach says “triple threat!” the players will return back to the triple threat stance until the coach says relax.

**Key Points:** This drill should emphasize toughness, footwork and maintaining a strong stance with the ball. Help the players understand the carry over in game situations.

**Change of Speed Drill** (3 x down and back)

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.
- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.

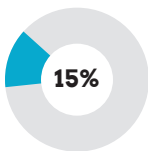
**BUILDING SKILLS CONTINUED**



- The first set should be down and back with the right hand, the second set with the left hand and the 3rd set with crossovers at the change of speed.

**Key Points:** This drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

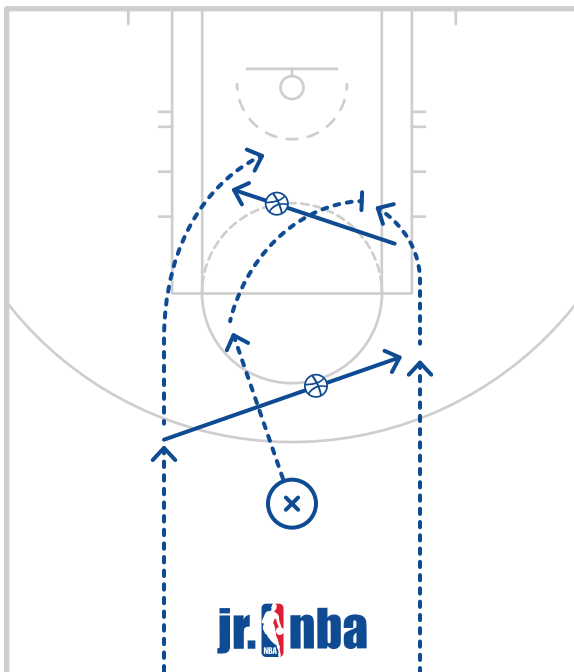
**Team Concepts**



**OFFENSE**

**2 on 1 Fast Break Drill (3 minutes)**

- Start with 2 lines at half court and one line with a ball.

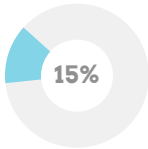


- Have a defender starting at the top of the key.
- Have the 2 offensive players attack to try to score in a 2 on 1 fast break setting.
- The player who takes the shot or turns the ball over will then become the defensive player at the top of the key.
- The other players will go to the back of the lines at half court.

**Key Points:** Work on good fast break decision making while also working on good 2 on 1 defense.



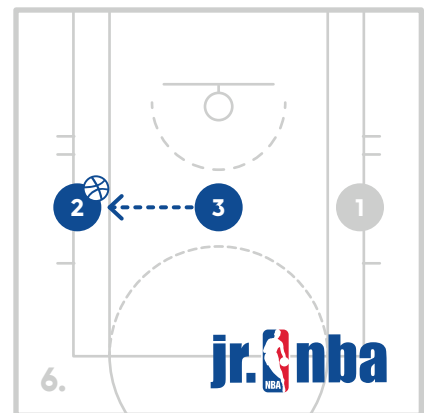
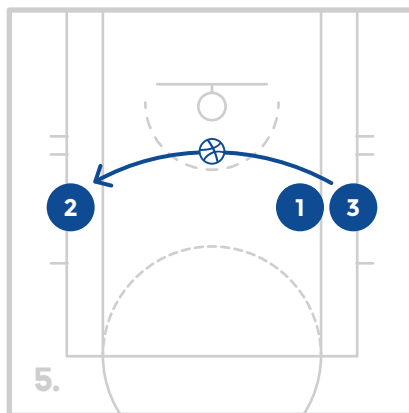
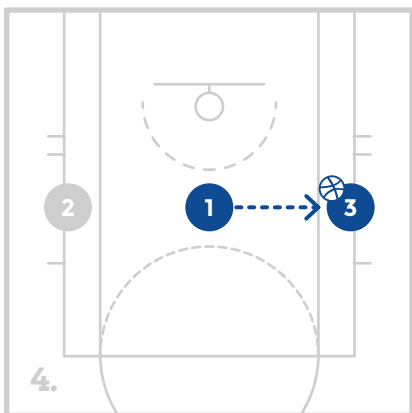
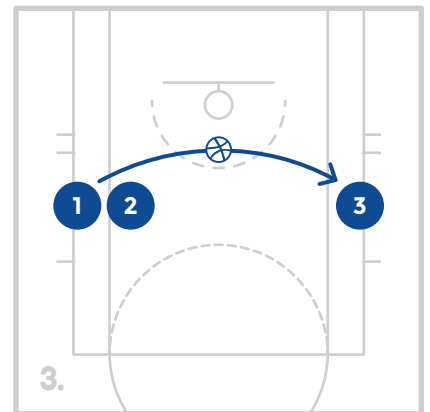
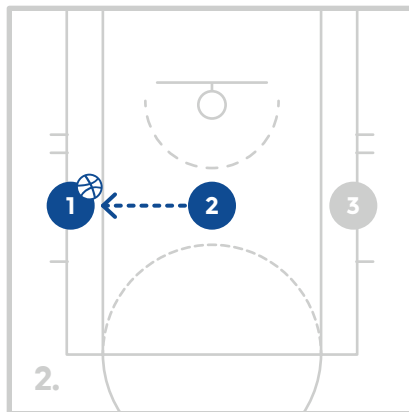
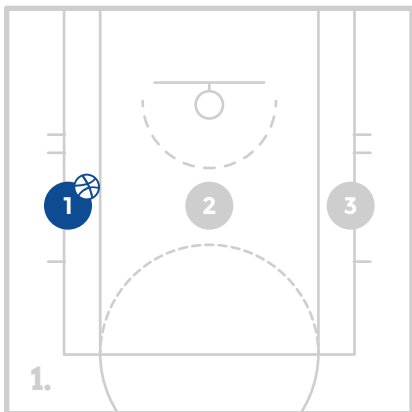
TEAM CONCEPTS  
CONTINUED



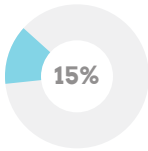
> DEFENSE

⊗ **Tracing the Ball Breakdown Drill** (4 minutes)

- Group the players into 3's and have one ball per group.
- Two players should stand a little more than the lane width apart and face each other, one with the ball.
- The third player will start in the middle and run to close out to the player with the ball and trace the ball.
- The player with the ball will wait 3 seconds before passing to their teammate.



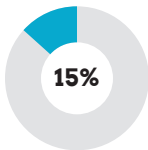
TEAM CONCEPTS CONTINUED



- After passing, the player will follow their pass and close out and trace the ball with the player that received the pass.
- Continue this cycle insuring good close outs and tracing the ball.

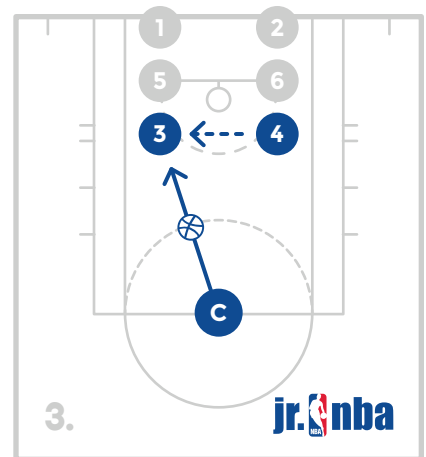
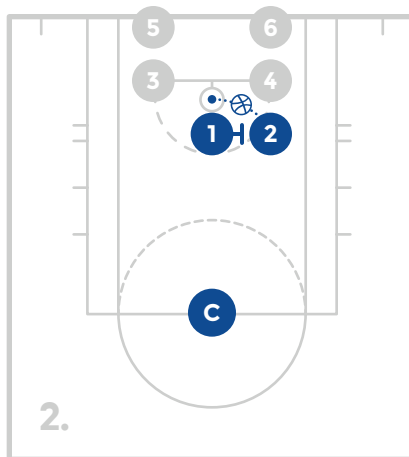
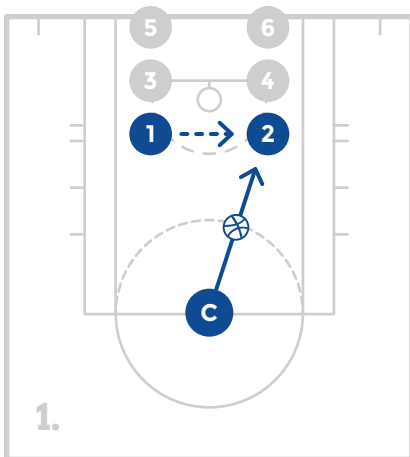
**Key Points:** Keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.

Competing

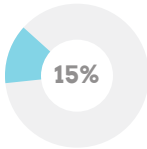


**On the Block Finish Drill** (games to 3)

- Have 2 lines on the baseline with two players standing on the blocks.
- The coach will have the ball at the free throw line and pass the ball to one of the 2 players.
- That player will have a maximum of 1 dribble to take a shot and must not move backwards.
- The player who did not receive the pass will become defense and try to stop the player with the ball.



TEAM CONCEPTS  
CONTINUED



**🔑 Key Points:** Work on finishing with a live pass and defense.

**🏀 Elbows Finish Drill** (games to 3)

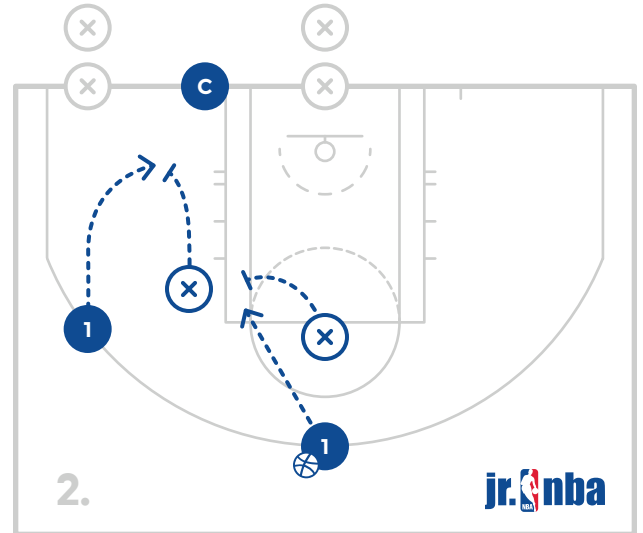
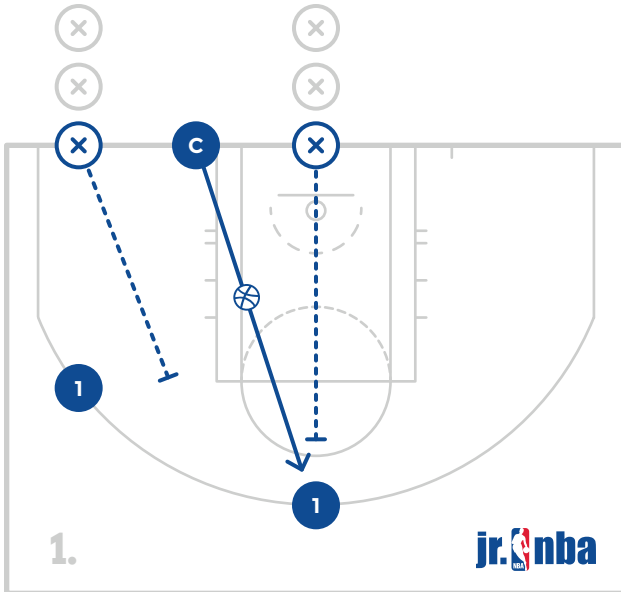
- Have 2 lines on the baseline with two players standing on the elbows.
- The coach will have the ball at the top of the key and pass the ball to one of the 2 players
- That player will have a maximum of 2 dribble to take a shot in the paint.
- The player who did not receive the pass will become defense and try to stop the player with the ball.

**🔑 Key Points:** Work on finishing with a live pass and defense.

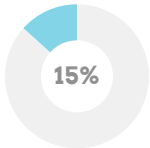
**🏀 2 on 2 Close Out** (games to 5)

SEE DIAGRAM NEXT PAGE >>

- Have a player on the wing and the top of the key and 2 lines on the baseline lined up across from them.
- When the coach passes the ball to one of the players on the perimeter, the first two players on the baseline will close out to the ball or help defense, and then begin playing 2 on 2.
- Each team gets 1 shot.



COMPETING CONTINUED



- The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next close out.

**Key Points:** Make sure the players work on good close outs and playing good defense.

## 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.

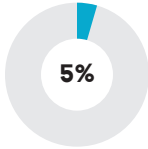
**Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>NUTRITION</b>	How does food affect how you play?	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>• In Out Turn</li> <li>• Quick Feet</li> <li>• Hip Up &amp; Over Touch</li> <li>• Over the Hurdle Forward</li> <li>• Over the Hurdle Backwards</li> <li>• Jog to Sprint</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>FIGURE 8 FINGERTIPS</b> (1 x 30 sec each way)	Work on low quick dribbles in a figure 8 motion.	
	<b>SINGLE LEG WRAPS</b> (2 x 20 sec)	Wrap the ball quickly around each leg!	
	<b>FRONT TO BACK DRIBBLE</b> (2 x 20 seconds each hand)	Control the ball by dribbling it from front to back.	
	<b>SIDE TO SIDE DRIBBLE</b> (2 x 20 seconds each hand)	Dribble the ball side to side with good control.	
	<b>3-3-3 DRIBBLING</b> (2 x 30 sec)	The players will continuously execute the 3-3-3 dribble routine.	
	<b>DRIBBLE BALANCE PUSH</b> (2 x down and back)	Work on balance and pushing out of every move.	
	<b>RUNNING DRIBBLE RIGHT, LEFT, &amp; CROSSOVER</b> (2 x each)	Work on controlling the dribble while running.	
	<b>Passing</b>		
	<b>OPEN &amp; DECIDE</b> (3 min)	Stress the importance of good, quick decisions.	
	<b>Shooting</b>		
	<b>1-STEP FORM DRILL</b> (10 makes each side)	Create a lot of space and have good balance with each shot.	
	<b>PARTNER LAY-UPS</b> (3 minutes)	Work in pairs on specific finishes.	
	<b>Rebounding</b>		
<b>3-SECOND BOX OUT DRILL</b> (2 minutes each side)	Work on making contact and holding a good box out.		
<b>Footwork &amp; Conditioning</b>			
<b>CHANGE OF SPEED</b> (3x)	Changing speeds will help all players improve.		
<b>Team Concepts</b>	<b>PASS &amp; CUT</b> (3x each way)	Passing and cutting is an offensive concept at all levels of the game.	15%
	<b>REVERSE THE BALL DRILL</b> (games to 8)	Reinforce the concept of reversing the ball.	
	<b>CHANGE DIRECTION SLIDE DRILL</b> (3 minutes)	Work on moving quickly and efficiently.	
<b>Competing</b>	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Use 3 on 3 to emphasize team concepts.	15%
	<b>5 ON 5</b> (games to 6)	Encourage team play and good decision making.	

- 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.

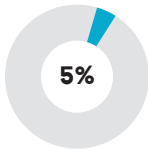
Values



> NUTRITION

- ★ There is an old saying that applies to many aspects of life: “Garbage in, garbage out.” That means if you put a lot of garbage foods into your body, your body’s output of athletic energy will be lacking.
- ★ It is important to eat balanced meals that include enough fruits and vegetables, protein and carbohydrates. It’s also important to avoid processed sugar, such as in candy or soft drinks.
- ★ All true basketball players want to perform at their best every time they hit the court. To make sure you can do that, eat right and drink plenty of water to stay hydrated and healthy, especially in the hot summer months.

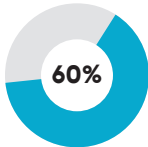
Warm-Up



> DYNAMIC WARM-UP (1 x each from baseline to half court)

- In Out Turn
- Over the Hurdle Forward
- Quick Feet & Turn
- Over the Hurdle Backwards
- Hip Up & Over Touch
- Jog to Sprint

**Building Skills**



> **BALL-HANDLING**

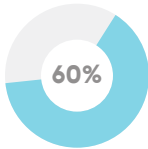
⊗ **Figure 8 Fingertips** (1 x 30 sec each way)

- Have all the players get a ball (or share) and find a space on the court.
- The players will begin taking small dribbles in front of their right foot and then continue taking small quick dribbles as they dribble between their legs to the left hand.
- The player will continue the process with the left hand coming around the left leg and then through the legs to the right.
- Continue this process for the allotted time and then switch directions.

⊗ **Single Leg Wraps** (2 x 20 seconds each leg)

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs wide and their chest up.
- The players will then wrap the ball around one leg for 10 seconds and then change directions for 10 seconds.
- The players will then do the same activity on the other leg which completes one set.

BUILDING SKILLS  
CONTINUED



**Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Help the players feel confident moving the ball as if it is an extension of themselves. Push the players to wrap the ball fast in order to challenge their control.

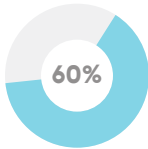
**Front to Back Dribble** (2 x 20 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Using only the right hand, each dribble should bounce wide outside of their right foot and will bounce forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to then bounce it backwards.

**Key Points:** This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.



BUILDING SKILLS  
CONTINUED



⊗ **Side to Side Dribble** (2 x 20 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce from right to left only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side.

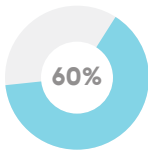
🔍 **Key Points:** This drill helps build dribble control and forces the players move their hand quickly to gather control of the ball and then push it in the opposite direction. As the players get comfortable push them to make this dribble forward and backwards very quickly.

⊗ **3-3-3 Dribbling Drill** (2 x 30 seconds)

- Have each player get a ball and line up on the baseline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand, 3 crossover dribblers, and then 3 dribbles with their left hand, 3 crossover dribbles, 3 right hand dribbles etc.

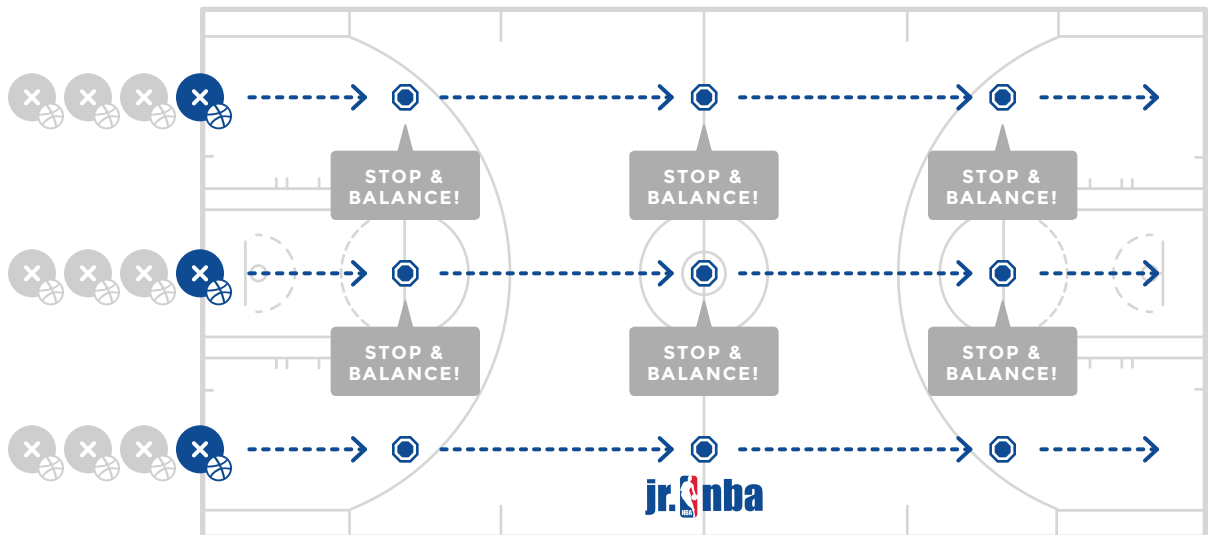
🔍 **Key Points:** This drill will work on low controlled dribbles.

**BUILDING SKILLS CONTINUED**

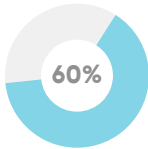


**Dribble Balance Push (2 x down and back)**

- Line the players up on the sideline in even groups and each player with a ball.
- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
- When the players get to the foul line area they will all stop on their left foot and dribble with their left hand again until the coach says go.
- Now the players will push forward and dribble with their right hand and continue this pattern.
- As the first group gets to the foul line the next group will begin on the baseline.



BUILDING SKILLS  
CONTINUED

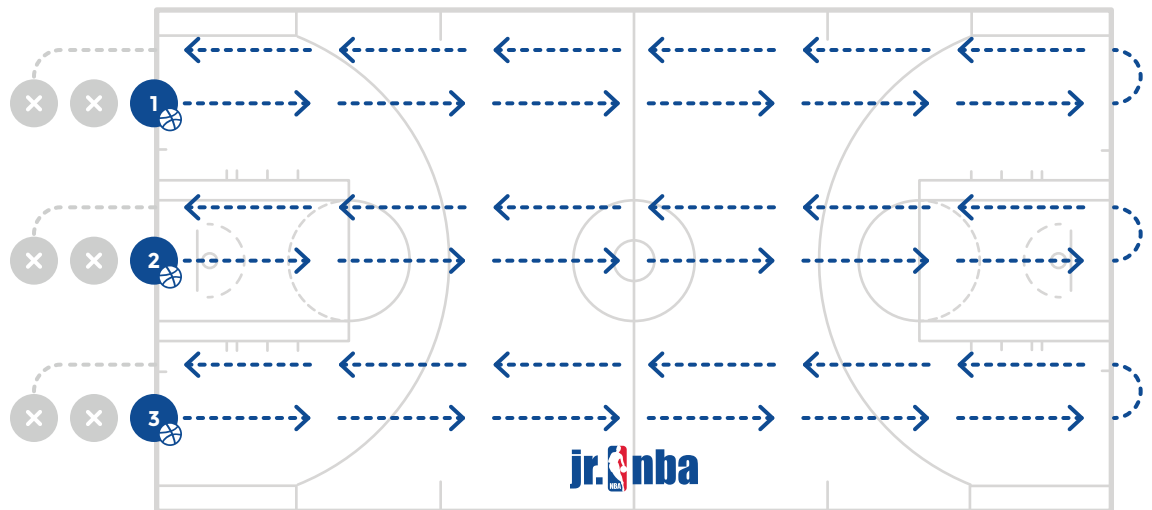


- Each group will go to the foul line, half court, the opposite foul line and the opposite baseline.

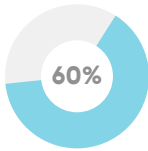
**Key Points:** Work on ball-handling while maintaining good balance and stability. Then work on pushing off that outside foot to move forward slightly to the opposite side.

### Running Dribble Right/Left/Crossover (2 x each)

- Have players get into balanced groups and line up on the baseline. The first player in each line should have a ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.



BUILDING SKILLS  
CONTINUED



- Players should do this 2 times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.

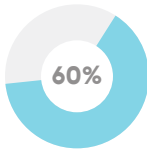
**Key Points:** Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.

### > PASSING

#### 🏀 **Open & Decide** (3 minutes)

- Have the players start in a line at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another player standing on each block and a coach or 4th player guarding one of those players.
- The player with the ball will open their eyes on the whistle and make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.
- The passer will now take the place of the shooter. The shooter will take the place of the defender and the defender will go to the back of the line.
- Keep a tally of how many made baskets the team scores in 3 minutes so you can compete against this number in later practices.

BUILDING SKILLS  
CONTINUED



**Key Points:** Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.

> SHOOTING

**1-Step Form Drill** (10 makes each side)

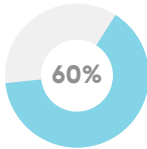
- Have the players start in a line at the lane line facing the sideline with the basket to their left.
- Have the players push out off their right foot and land on the left foot as they catch the ball, turn to square up and shoot.
- The player should rebound and give the ball back to coach as the next player goes.

**Key Points:** Work on a good big push, being balanced and turning and squaring up for a perfect shot.

**Partner Lay-Ups** (3 minutes)

- Have players partner up and get one ball for the two.
- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.

BUILDING SKILLS  
CONTINUED



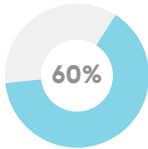
- When the coach indicates, the player with the ball will dribble in for a lay-up while the other player will try to run from behind to contest the lay-up.
  - The next pair will start immediately behind them and each group will switch positions each time.
  - Change spots on the court as the players get more comfortable.
- Key Points:** This drill emphasizes having the players finish lay-ups at game speed with a real defender behind them which forces them to have further concentration.

> REBOUNDING

⊗ **3-Second Box Out Drill** (2 minutes)

- Have the players partner up and get a ball
- The players will place the ball on the floor and take four steps away from the ball
- 1 player will be offense and 1 player will be defense facing the offensive player with their back to the ball
- When coach yells “shot” the defensive player will make contact and box out the offensive player as the offensive player tries to go touch the ball

BUILDING SKILLS  
CONTINUED



- The goal is to have all defensive players to hold the box out preventing the offensive player for touching the ball for 3 seconds

- Switch roles and repeat the process.

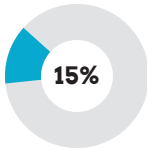
➤ FOOTWORK & CONDITIONING

⊗ **Change of Speed Drill** (3 x down and back)

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.
- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.
- The first set should be down and back with the right hand, the second set with the left hand and the 3rd set with crossovers at the change of speed.

🔑 **Key Points:** This drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

## Team Concepts



### > OFFENSE

#### ⊕ **Pass & Cut Drill** (3 x each way)

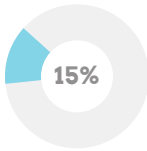
- Have the players line up at the top of the key with a few balls at the front of the line.
  - Have the players pass the ball to the coach on the wing and the cut by running to the basket.
  - The coach will catch the ball and pass it back to the player who will complete a lay-up, rebound and go to the back of the line.
  - The lines should move quick but utilize multiple coaches and multiple lines if possible.
- 🔍 **Key Points:** Emphasize a good pass and a quick cut looking for the ball.

#### ⊕ **Reverse the Ball Drill** (games to 8)

- Start with a 2 players on the wing. Place another player at the top of the key and another player on the opposite wing, and 3 players in the lane as rebounders.
- 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.

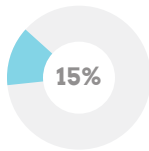


TEAM CONCEPTS  
CONTINUED



- 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 paint as a rebounder.
  - 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.
- Key Points:** To ensure balance, have the players land in the jump stop position and count to 3 before jogging to the next spot.

TEAM CONCEPTS  
CONTINUED



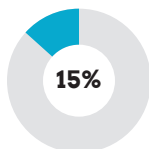
> DEFENSE

⊗ **Change Direction Slide Drill** (3 minutes)

- Place four spread out lines on the baseline.
- Have the first player in each line start with their back to the court in a good defensive stance.
- The players will take two slides at an angle backwards while keep their chest, shoulders and hips facing forward.
- After two slides they will change directions and push back at the opposite angle and continue this all the way down the court.
- The next player can begin once the player in front of them gets to half court.

🔍 **Key Points:** Players should try to keep their chest, shoulders and hips facing forward and never turn to open up. Every push should be off of their back foot, not a step and pull.

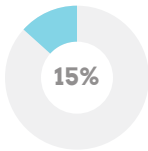
**Competing**



⊗ **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.

COMPETING  
CONTINUED



- 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.

 **5 on 5 No Dribbles** (games to 6)

- Divide the players into teams and have them play games of 5 on 5 with no dribbles.
  - If a player dribbles, it is a turnover and the other team gets the ball.
  - Play for the allotted amount of time and then communicate observations about the play.
-  **Key Points:** Encourage the players to keep moving and cutting to get opportunities to score. Remind the defense that with no dribbles, they can pressure the ball and deny passes!
-  **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.

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### Compliment Session

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

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- If needed, have the coach start the session by giving a compliment and let the players follow.

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- Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

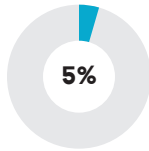
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>CONFIDENCE</b>	Practicing and working on your game makes you more confident.	5%
<b>Warm-Up</b>	<b>RUN TO THAT LINE</b> (1 x 5 lines)	Learn about the court while warming up.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>FINGER DRIBBLE DRILL</b> (1 x 30 seconds each hand)	Dribble with a different finger every time.	
	<b>5-5-5 CREATIVE DRIBBLE</b> (1 minute)	Let the players use their imagination with the ball.	
	<b>RUNNING DRIBBLE RIGHT/LEFT/CREATIVE</b> (2 x each)	Work on controlling the ball while running.	
	<b>Passing</b>		
	<b>WHO IS READY DRILL</b> (2 minutes)	Work on building decision making skills with the ball.	
	<b>DRIBBLE &amp; PASS TO TARGET DRILL</b> (2 min. each side)	Work on being perfect with the pass.	
	<b>DRIBBLE, JUMP STOP, &amp; PASS DRILL</b> (2 min. each side)	Reinforce that a good pass leads to an easier shot.	
	<b>Shooting</b>		
	<b>PARTNER LAY-UPS</b> (3 minutes)	Work on making lay-ups with a partner!	
	<b>LOOP SHOOTING DRILL</b> (3 minutes)	Start close and progress to shots further away.	
	<b>JUMP STOP SHOOTING GAME</b> (games to 6)	Make sure the players land with both feet at the same time.	
<b>Rebounding</b>			
<b>SELF-TOSS REBOUNDING DRILL</b> (3 x 8)	Work on timing and catching the ball with two hands.		
<b>Team Concepts</b>	<b>2-ON-1 FAST BREAK DRILL</b> (3 min)	Work on making good decisions.	15%
<b>Competing</b>	<b>2 ON 2 NUMBERS GAME</b> (games to 3)	Use this fun 2 on 2 game to teach offense and defense.	15%
	<b>3 ON 3 NUMBERS GAME</b> (games to 5)	Use 3 on 3 to emphasize team concepts.	
	<b>5 ON 5</b> (games to 5)	Encourage team play and good decision making.	

- 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.



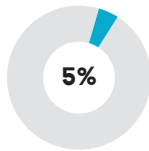
Values



> CONFIDENCE

★ Confidence comes mostly from hard work. If players know they have put all they can into preparing, they will feel much more confident come game time. 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



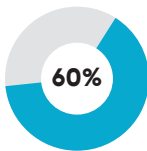
⊕ Run To That Line (1 x 5 lines)

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.
- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

★ **Example:** “Everybody go with High Knees to the baseline!”

WARM-UP  
CONTINUED

**Building Skills**



**Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

**BALL-HANDLING**

**Finger Dribble Drill** (1 x 30 seconds each hand)

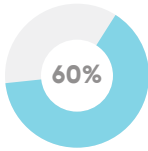
- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs bent.
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.
- The first dribble will focused on using their thumb and will then progress to using their pinky finger and back for 30 seconds.

**Key Points:** This drill works on good control dribbles using fingertips.

**5-5-5 Creative Dribble** (2 x 30 seconds)

- All players need a basketball (or share) and should stand on the baseline.
- The players will get 5 seconds to dribble the ball with their right hand.
- The players will then get 5 seconds to dribble the ball with their left hand.

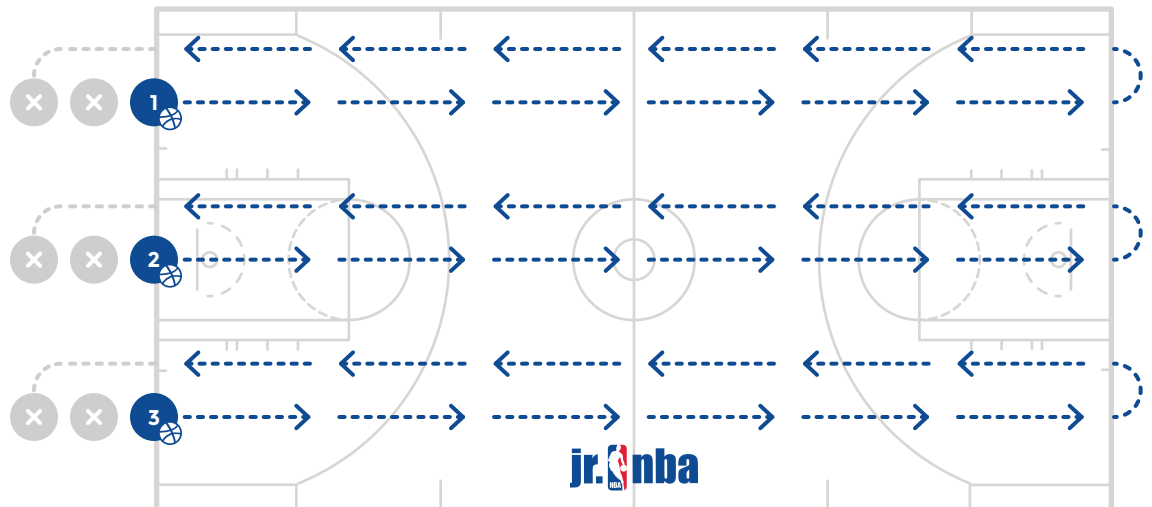
BUILDING SKILLS CONTINUED



- The last 5 seconds the players will get to dribble creatively in any way that they want.
- Repeat this process.
- This should be a fun drill that allows each player to be creative with the ball.

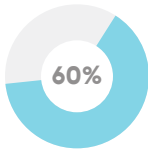
 **Running Dribble Right/Left/Crossover** (2 x each)

- Have players get into balanced groups and line up on the baseline. The first player in each line should have a ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.





BUILDING SKILLS  
CONTINUED



- Players should do this 2 times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.

**Key Points:** Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.

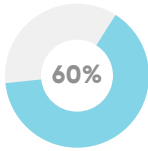
### > PASSING

#### 🏀 Who Is Ready Drill (2 minutes)

- Have the player get in groups of 3 standing in a triangle with one basketball.
- 1 player will have the ball facing away from the other two.
- The two players without the ball will determine 1 player to make eye contact with the player with the ball when they turn around.
- The player with the ball will then jump and turn around to face the two players and locate which player is looking at them and has their hands up for the pass and make a quick pass.
- Repeat this action with the new player with the ball.

**Key Points:** The player with the ball must quickly read and recognize when a player is ready to receive a pass.

BUILDING SKILLS  
CONTINUED



**🏀 Jump Stop Pivot Pass Drill** (3 minutes mixing pivots and passes)

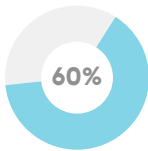
- Have the players divide into groups, hold a ball, and stand in a good stance on the baseline.
- The players will dribble to the free throw line extended and jumpstop and then forward/reverse pivots until they are facing their line again.
- Have the players then pass back to the next player in line and continue the process.

**🔍 Key Points:** Help the players understand the importance of a good jump stop, good on balance pivots, good passes and showing a target.

**🏀 Dribble & Pass To Target Drill** (2 minutes each side)

- Have the players start on the baseline on the right side of the court in one line.
- Each player can have a basketball or the first 5-6 players.
- Set up a cone at the opposite wing on the other side of half court.
- Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone.
- The coach should stand behind the cone and give the ball to the players after their pass.
- Players will get the ball back and go to the back of the line.

BUILDING SKILLS CONTINUED

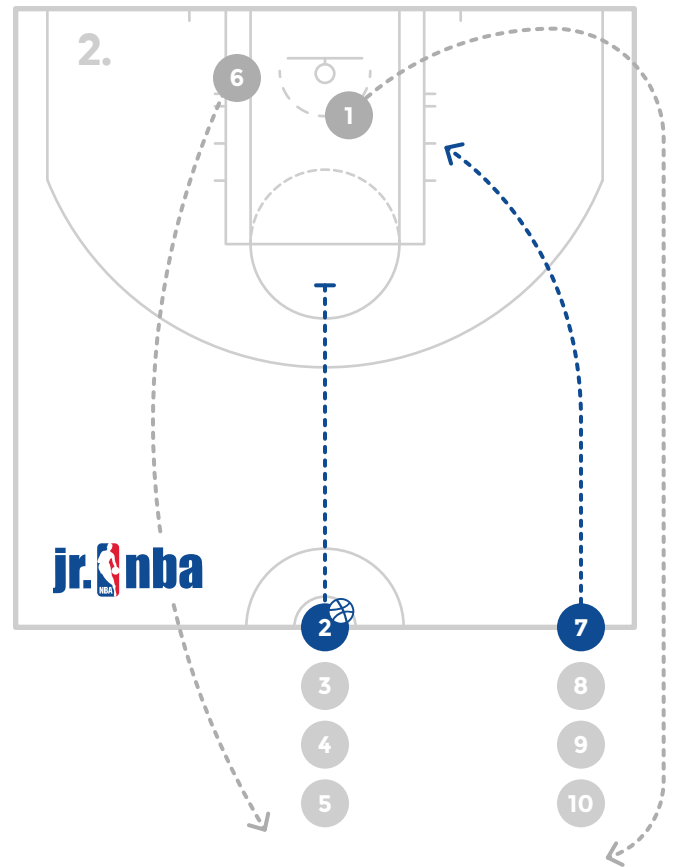
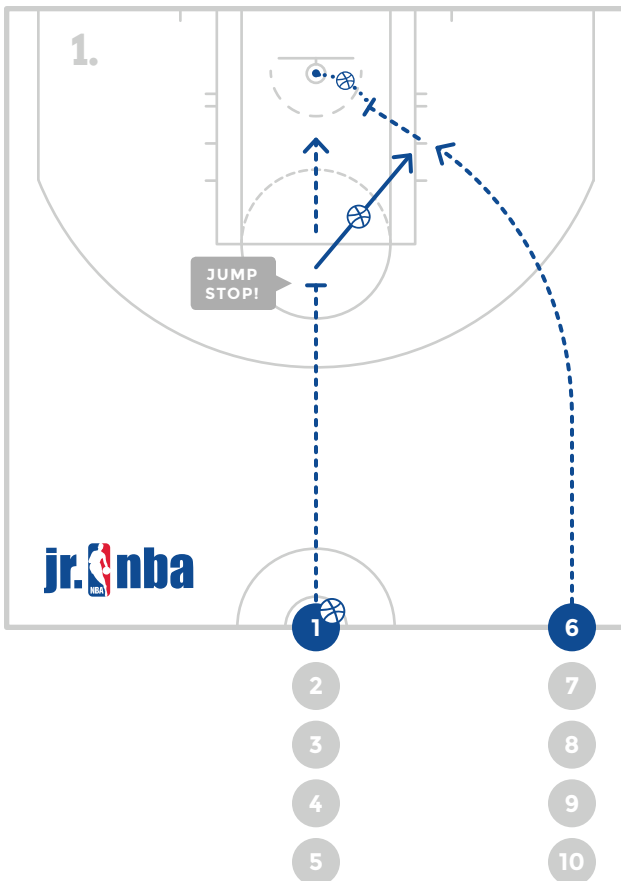


- Players receive one point each time they hit the cone.

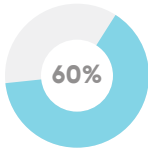
**Key Points:** Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

**Dribble, Jump Stop, & Pass Drill** (2 minutes each side)

- 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.



BUILDING SKILLS  
CONTINUED



- 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.

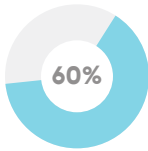
**Key Points:** The players should dribble under control and come to solid jump stop to make the bounce pass to a sprinting finisher.

## > SHOOTING

### ⊗ **Partner Lay-Ups** (3 minutes)

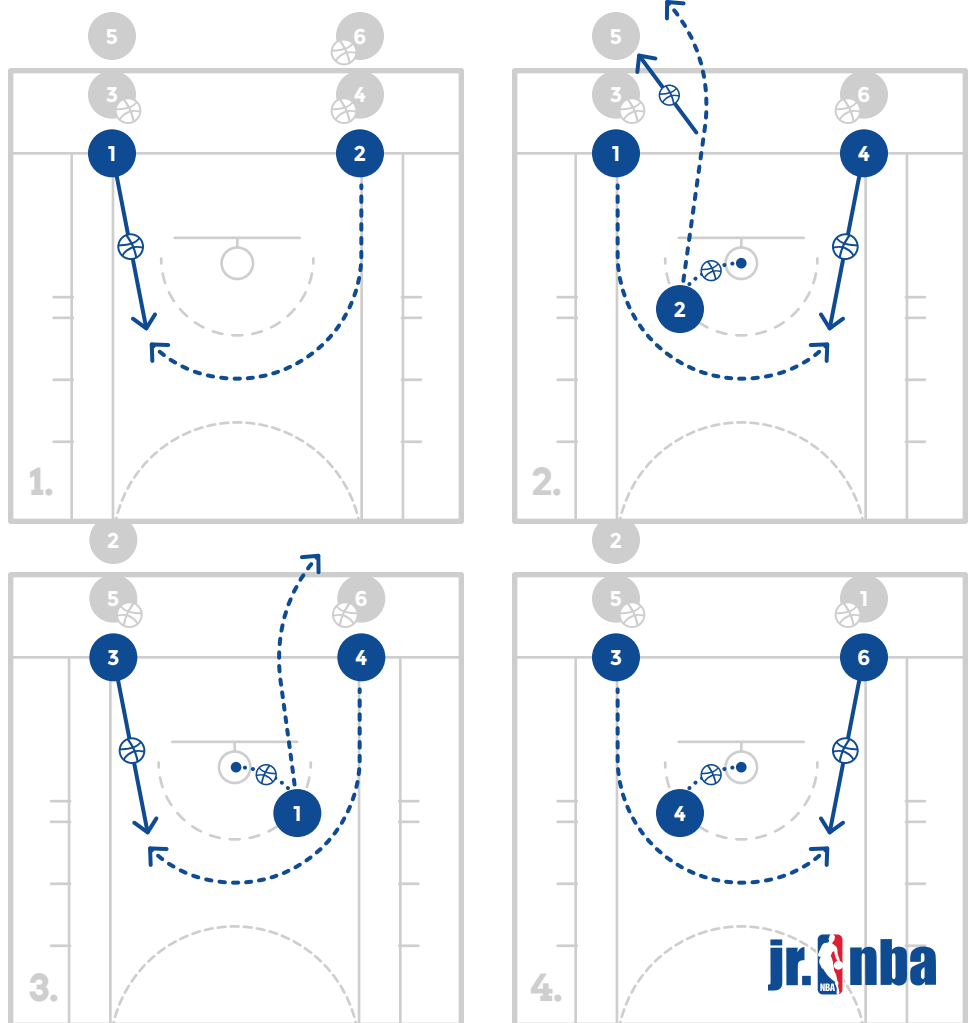
- Have players partner up and get one ball for the two.
- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.
- When the coach indicates, the player with the ball will dribble in for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.

BUILDING SKILLS  
CONTINUED

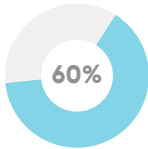


**Loop Shooting Drill** (3 minutes)

- Have the players line up in two lines on the baseline at the lane line width.
- The first 2 players in each one line will have a ball and the 2nd and 3rd players in the other line will have a ball.
- The first player without a ball will run a small loop in the paint and catch a pass from the other line around the block area to catch and shoot.



BUILDING SKILLS CONTINUED

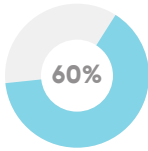


- After the player has passed the ball to the player on the court, they will loop around behind that player to the other side and receive a pass to shoot from about the block.
  - This process will continue until the team has made 10 shots from that area together.
  - Then they will start the same process from the elbow until the team has made 10 shots.
  - Next the team will catch at the 3-point line and take 1 dribble pull-ups until the team has made 10 shots.
  - Last, the team will do the same thing catching at the top and driving for a lay-up until the team has made 10 shots.
  - Remember, after shooting, the players must get their own rebound and pass it to the line that they received it from and go to the back of that line.
- 🔍 Key Points:** Have the players encourage each other and try to complete this game as quickly as possible.

🏀 **Jump Stop Shooting Game** (games to 6)

- Have the players divide into 4 groups, 2 on the wings, and 2 at the top above the elbows outside the 3-point line. The player at the front of each line should have a ball.
- The players will dribble in to the cone setup a few feet from the basket, jumpstop and shoot, get their rebound and give it to the next player in line.

BUILDING SKILLS CONTINUED



- The first team to 6 made baskets wins.

**Key Points:** Work on a good jump stop, being balanced and making shots moving at game speed.

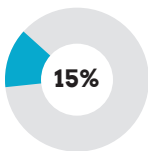
> REBOUNDING

⊗ **Self-Toss Rebounding 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 bounce the ball hard off the ground into the air.
- The player will move towards the ball, jump and catch the ball at their peak.
- 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.

Team Concepts

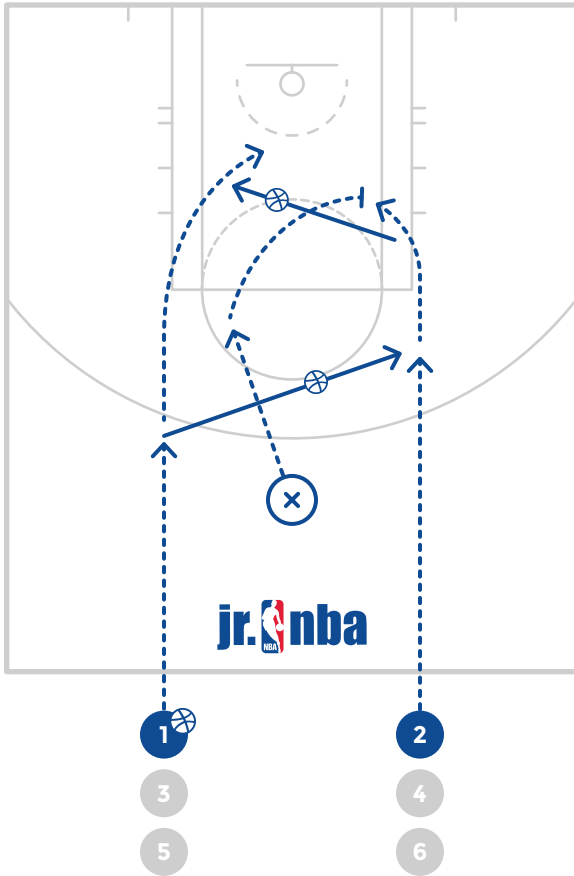


> OFFENSE

⊗ **2-on-1 Fast Break Drill** (3 minutes)

SEE DIAGRAM NEXT PAGE >>

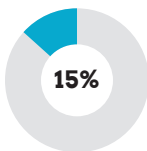
- Have one player start at the top of the key with a ball and another starting in the short corner on the same side.



- Have 1 defender starting at the block who must guard both players.
- The player with the ball at the top can either shoot a lay-up or pass the ball. If they pass the ball, the player in the short corner must then catch and shoot.
- If the player in the short corner gets the ball, the defensive player is working on their contest.

**Key Points:** Work on the offensive players making good decisions and the defensive player defending both and contesting shots with a hand up.

## Competing

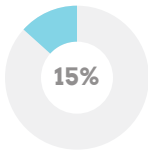


### 2 on 2 Numbers Game (games to 3)

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number are 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.



COMPETING  
CONTINUED



- 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.

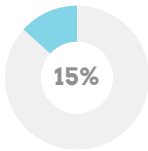
**3 on 3 Numbers Game** (games to 5)

- 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.

COMPETING  
CONTINUED



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

- Divide the players into teams (have substitutes if needed).
- Play 5 on 5 until a team makes 3 shots.
- Encourage the players to cut, move the ball and work on all the basketball concepts they have learned.

**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.