

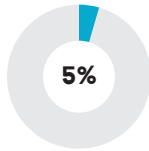
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	CONFIDENCE	Practicing and working on your game makes you more confident.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn about the court while warming up.	5%
Building Skills	Ball-Handling		60%
	FINGER DRIBBLE DRILL (1 x 30 seconds each hand)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



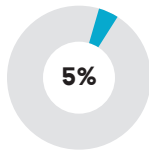
Values



> 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



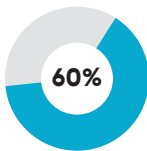
⊕ Run To That Line (1 x 5 lines)

- 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)

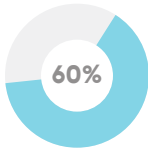
- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs bent.
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.
- The first dribble will focused on using their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

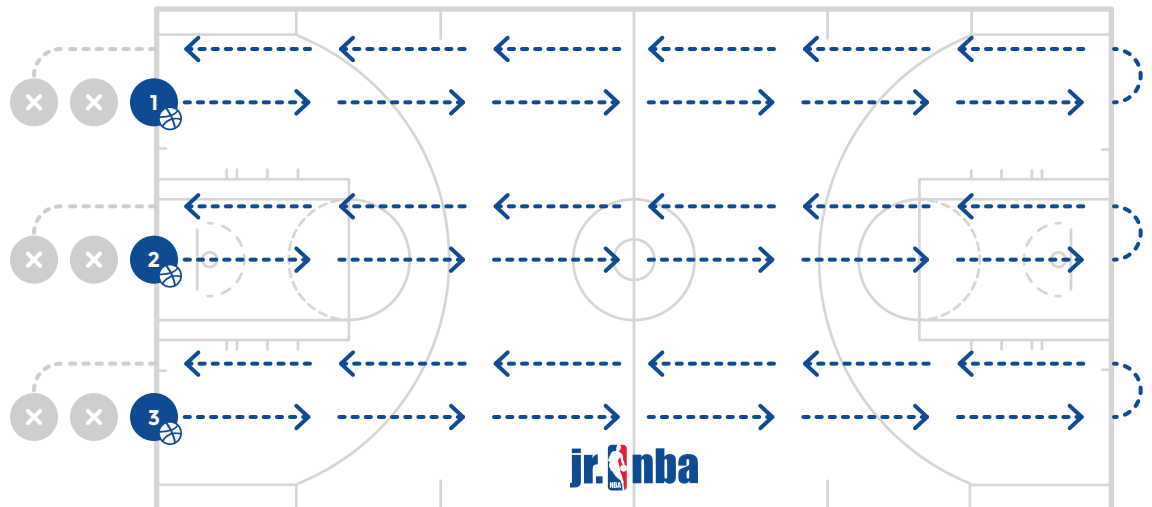
BUILDING SKILLS CONTINUED



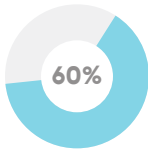
- The last 5 seconds the players will get to dribble creatively in any way that they want.
- Repeat this process.
- This should be a fun drill that allows each player to be creative with the ball.

 **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.

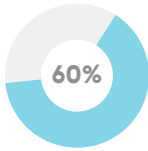
> PASSING

🏀 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)

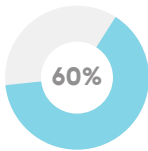
- Have the players divide into groups, hold a ball, and stand in a good stance on the baseline.
- The players will dribble to the free throw line extended and jumpstop and then forward/reverse pivots until they are facing their line again.
- Have the players then pass back to the next player in line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

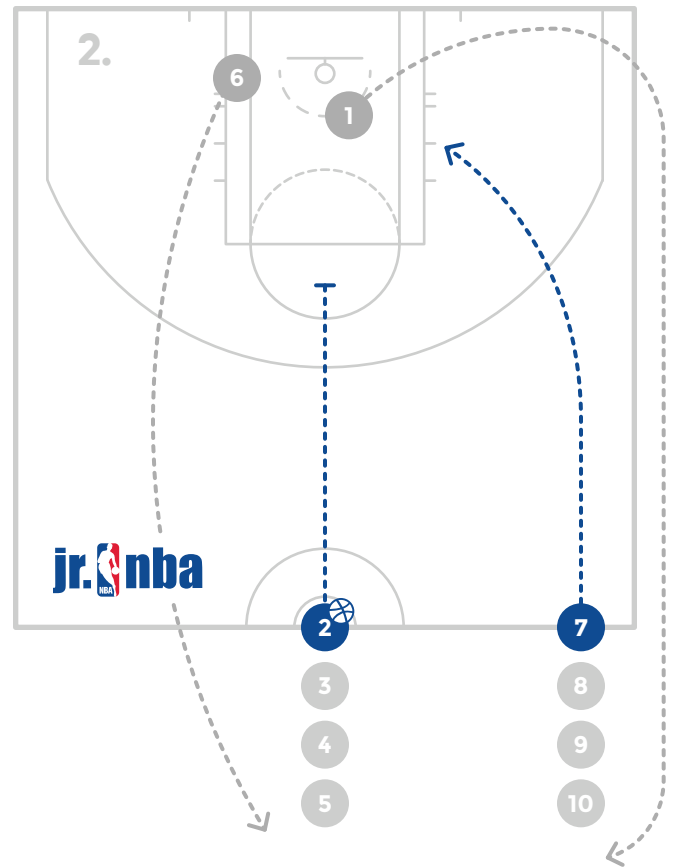
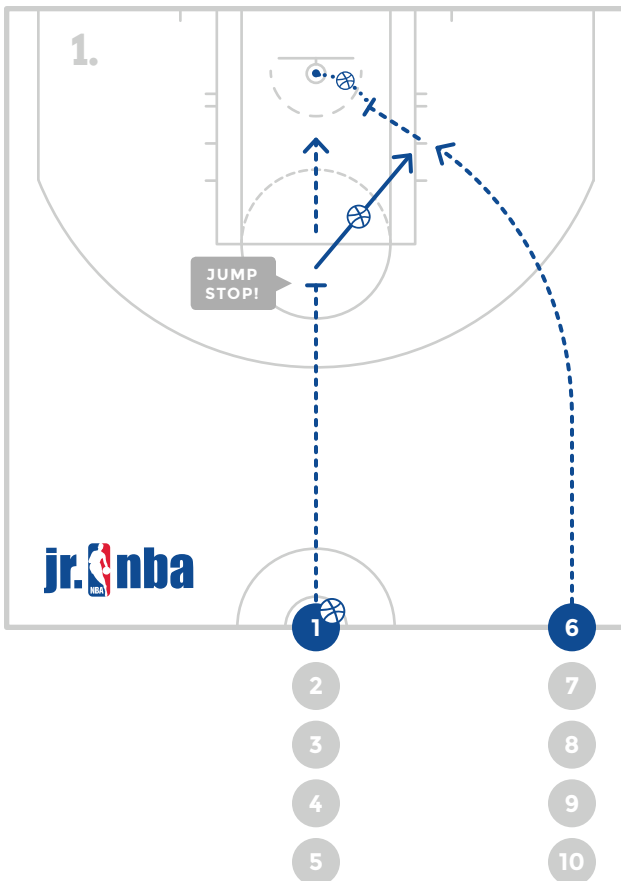


- Players receive one point each time they hit the cone.

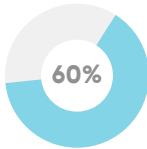
Key Points: Have fun while emphasizing a good long pass and being detailed and precise in hitting a target.

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.

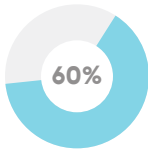
Key Points: The players should dribble under control and come to solid jump stop to make the bounce pass to a sprinting finisher.

> SHOOTING

⊗ **Partner Lay-Ups** (3 minutes)

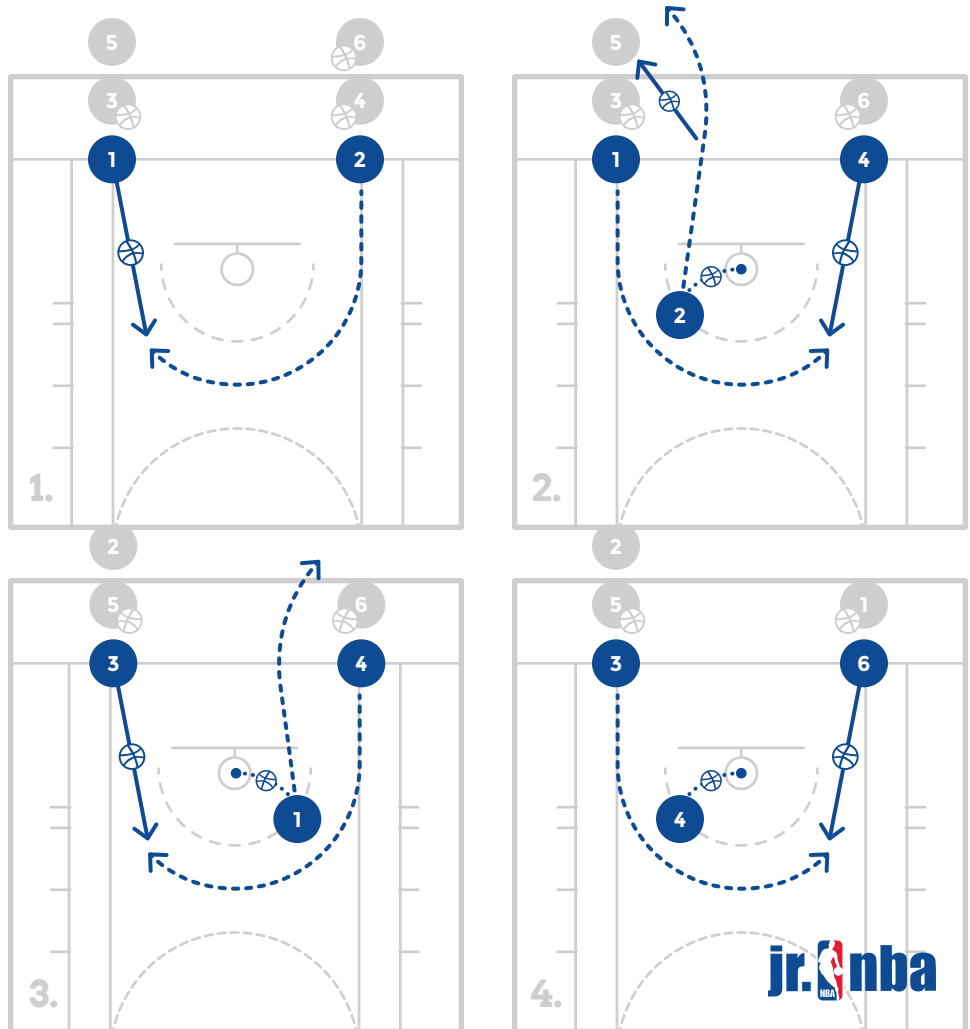
- Have players partner up and get one ball for the two.
- The first player will start with the ball on the right wing at the 3-point line and the other player will start about 2 strides behind them designated by a cone.
- When the coach indicates, the player with the ball will dribble in for a lay-up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

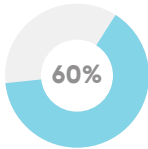


Loop Shooting Drill (3 minutes)

- 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

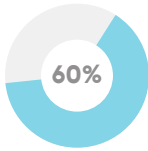


- After the player has passed the ball to the player on the court, they will loop around behind that player to the other side and receive a pass to shoot from about the block.
 - This process will continue until the team has made 10 shots from that area together.
 - Then they will start the same process 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.

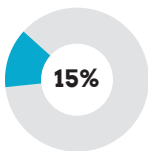
> REBOUNDING

⊗ **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.

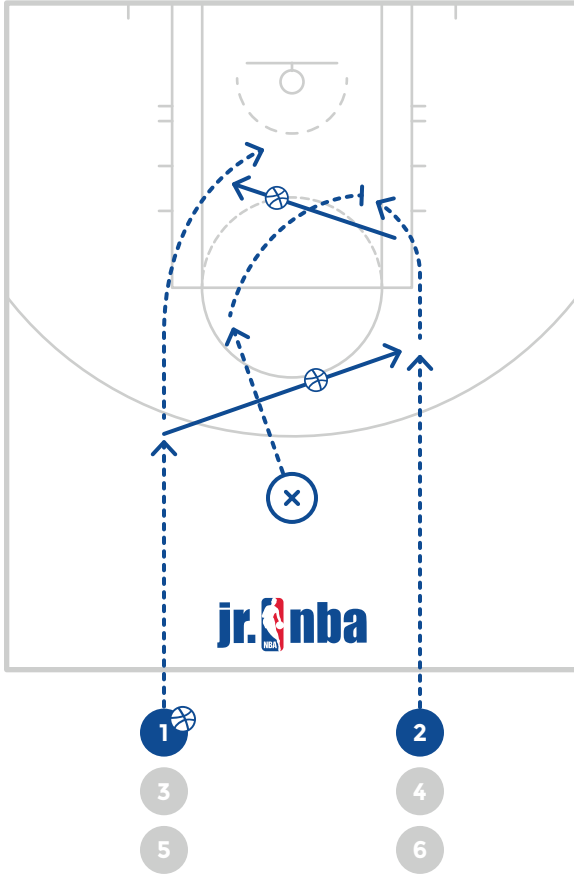
Team Concepts



> OFFENSE

⊗ **2-on-1 Fast Break Drill** (3 minutes) SEE DIAGRAM NEXT PAGE >>

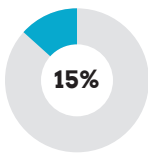
- Have one player start at the top of the key with a ball and another starting in the short corner on the same side.



- 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.

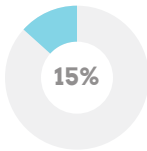
Competing



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.

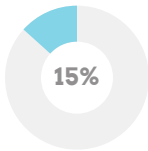
🔑 Key Points: Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

🏀 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.