

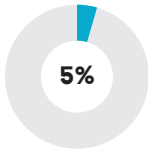
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	ACTIVE LIFESTYLE	Have the players define being active, and explain the benefits of playing multiple sports.	5%
Warm-Up	ACTIVE WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> Jog in Place Head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



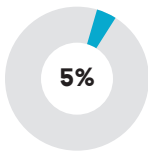
Values



> 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

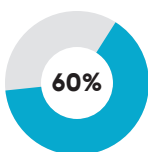


> WARM-UP & INJURY PREVENTION

⊕ **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

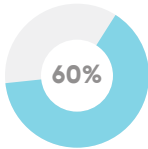


> BALL-HANDLING

⊕ **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



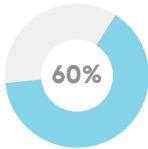
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm up to protect the ball.
 - The players will do this for 20 seconds and then switch to their left hand and complete the same process.
 - Next the player will move back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

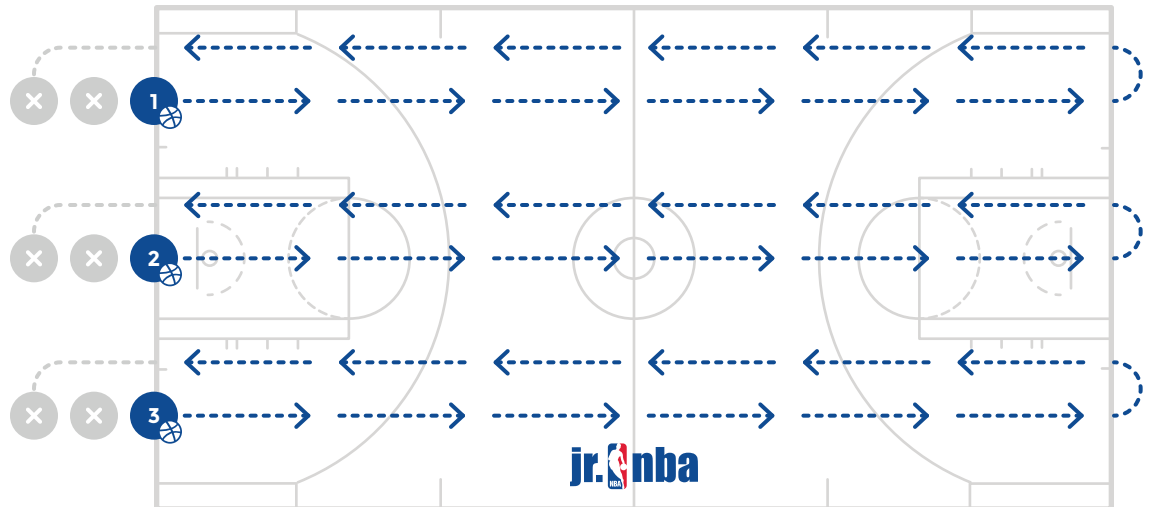
BUILDING SKILLS
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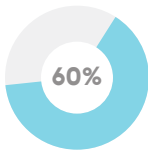
Running Dribble Right/Left/Crossover (2 x each)

- 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)

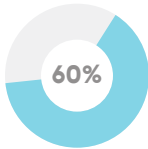
- Have two lines facing each other (or more based on numbers).
- With one ball, have the player with the ball pass to the line across from them and then run to the back of that line.
- The new player with the ball will repeat the same action of passing to the other line and running to the back of that 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.

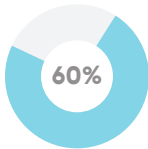
🔍 Key Points: Try to not drop any passes! Call each others name and lead the player with the pass.

➤ 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



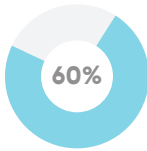
- Mix in different finishes such as the euro step. After 90 seconds the players will rotate lines.

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



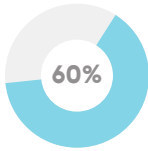
Key Points: Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

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.

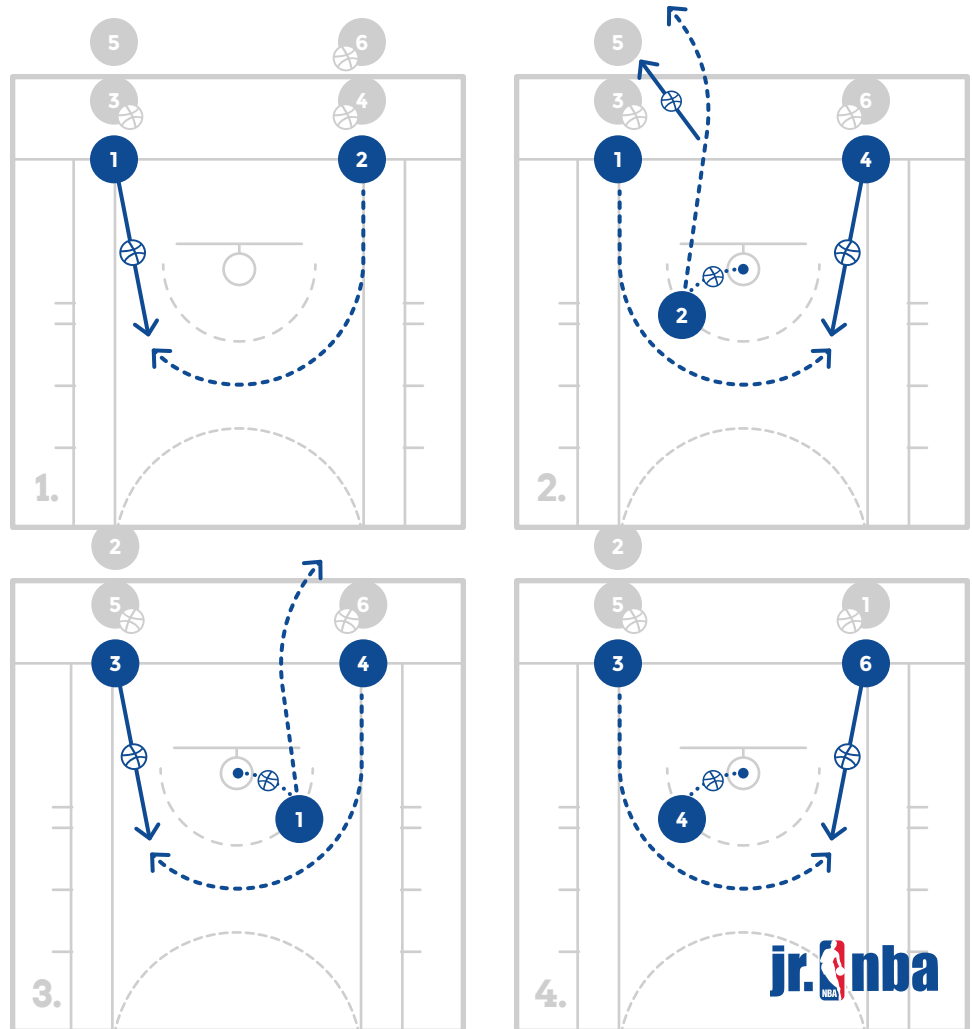
Key Points: Work on balance and good footwork. Be sure to go both directions.

BUILDING SKILLS
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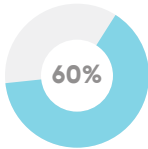


Loop Shooting Drill (1 x 4 minutes)

- 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)

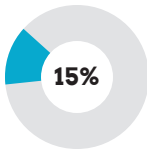
- Have the players start on the baseline in balanced lines
- On the coach's command the first player from each line will run at 75% speed down the court. At half court, the players will turn to running backwards all the way to the baseline

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.

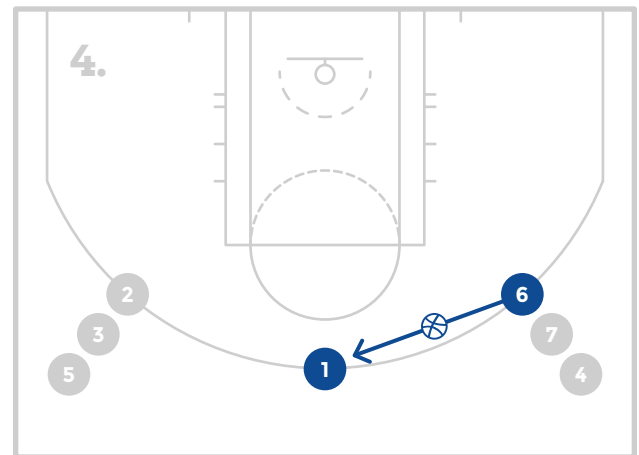
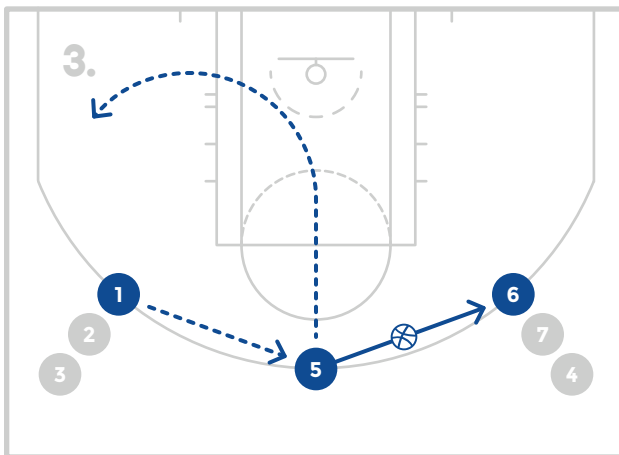
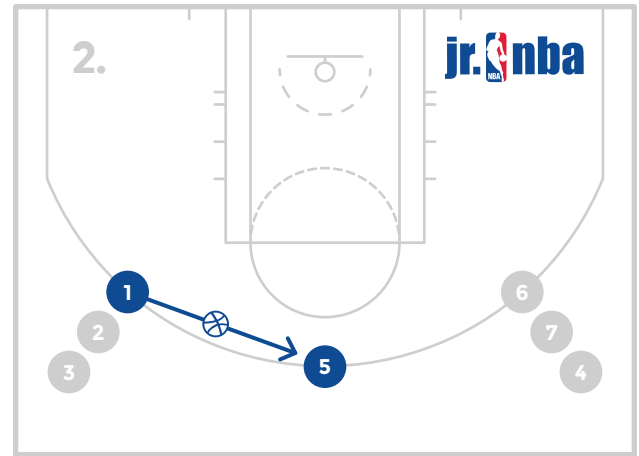
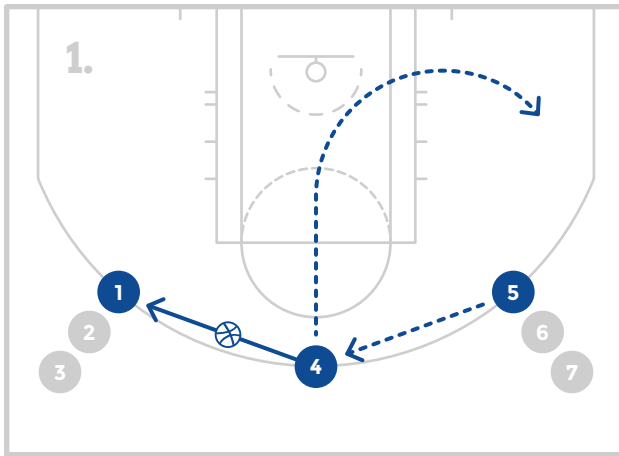
Team Concepts



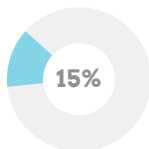
> OFFENSE

⊗ 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.



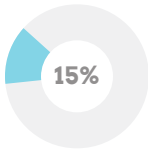
TEAM CONCEPTS
CONTINUED



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.

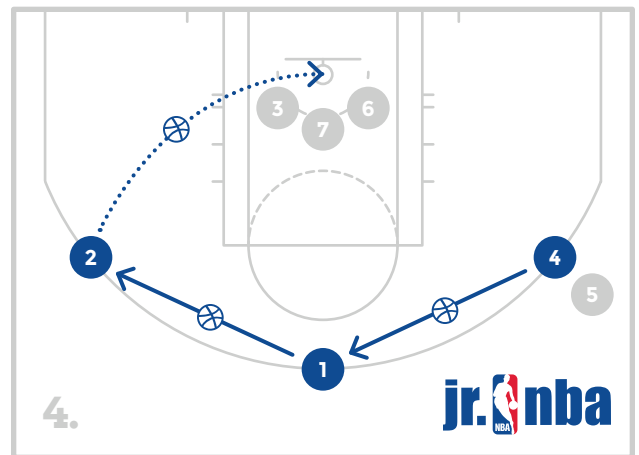
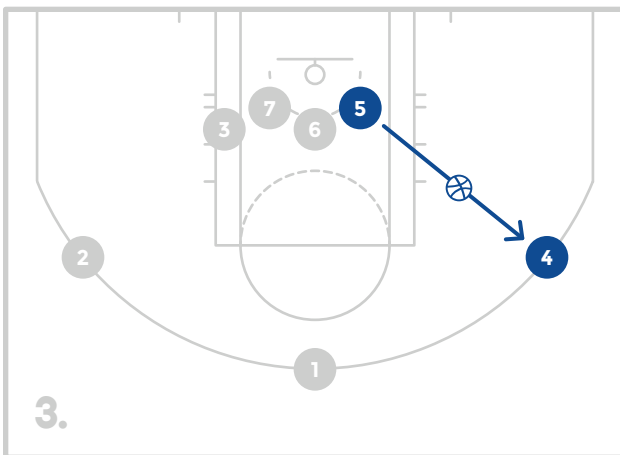
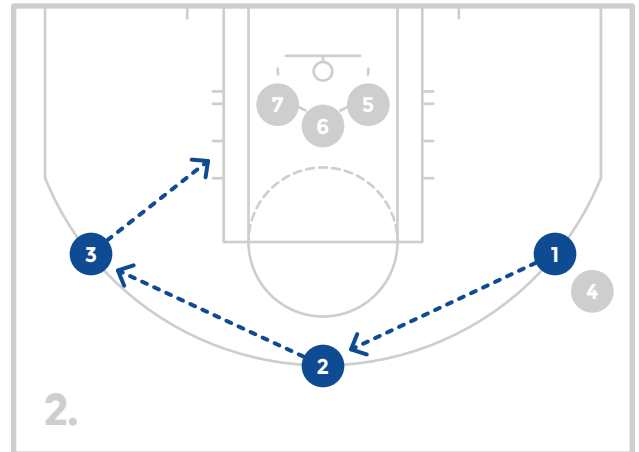
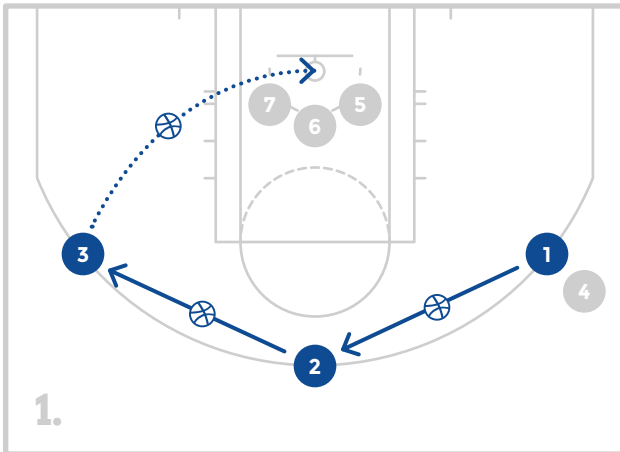
Fundamentals of Reversing the Ball: Teach the players what it means to reverse the ball, or pass the ball from one side of the court to the other. Reversing the ball quickly makes it more difficult for the defense as the players must shift from help side defense to ball side defense.

TEAM CONCEPTS CONTINUED

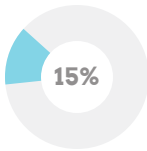


Reverse the Ball Drill (games to 8)

- 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



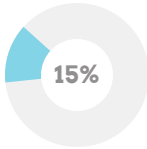
- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player on the opposite wing catches the ball, they will shoot the ball and then go to the paint as a rebounder.
- The player that gets the rebound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

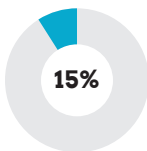
TEAM CONCEPTS
CONTINUED



🏀 **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

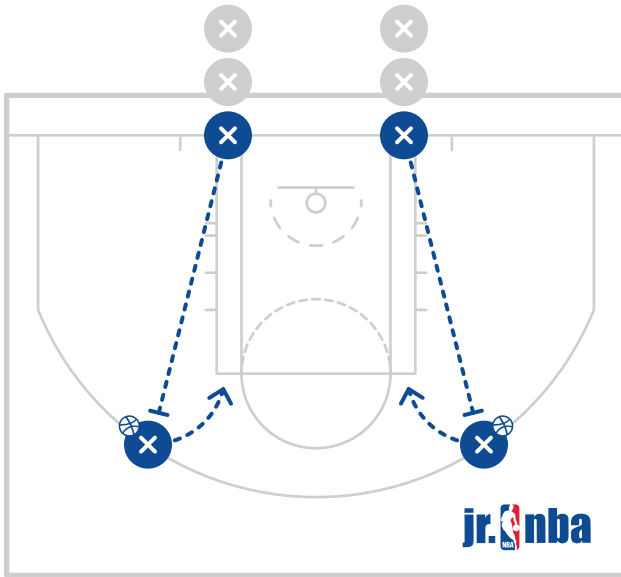


➤ **COMPETITIVE GAMES**

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

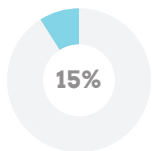
SEE DIAGRAM NEXT PAGE ➤➤

- 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!

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.