

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	<b>RESPECT: OPPONENTS</b>	Discuss how & why to respect your opponents.	5%
Warm-Up	<b>IQ WARM-UP</b> (5 lines)	Teach the players about the game as a part of the warm-up.	5%
Building Skills	<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.	
Team Concepts	<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!	
Competing	<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.	

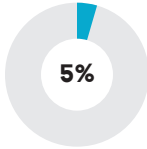
→ Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.

→ 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.



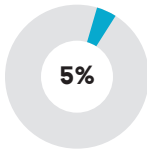
## Values



### > 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.

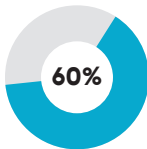
## Warm-Up



### > 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)

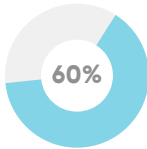
- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and keep their feet together as they wrap the ball around both legs for 10 seconds.
- The players will then change directions for 10 seconds.


🔍 **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)

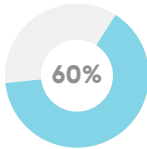
- All players need a basketball (or share) and should stand on the sideline.
- The players will start with the basketball in their right hand in a good stance with their eyes up and using their left arm up to protect the ball.
- Each dribble should bounce out in front of their right foot and will bounce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



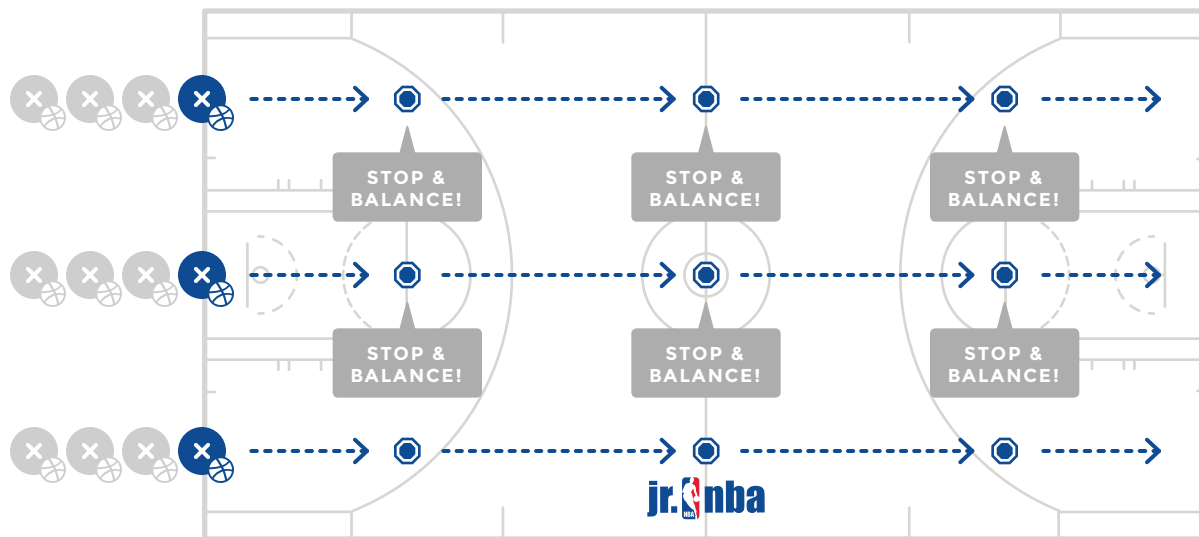
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.

- The players will then do the same thing with their left foot and left hand.

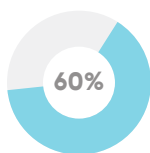
- Key Points: Work on ball-handling while maintaining good balance and stability.

## **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



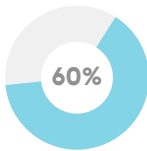
- Each group will go to the foul line, half court, the opposite foul line and the opposite baseline.

**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.

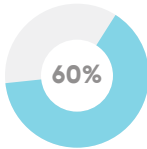
## > PASSING

### **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.

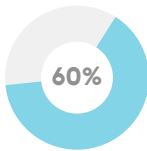
## > SHOOTING

### **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

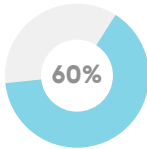


- Now have them do this by shooting the ball up in the air on the coaches command.
- To make a perfect shot to self, the player must hold up their follow through from where they finished their shot and not move their hand.
- The ball must go up in the air then bounce on the floor just in front of the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

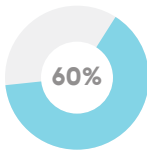
★ **Fundamentals of Chinning The Ball:** Teach the players that chinning the ball means to grab the ball and hold it strongly with 2 hands under their chin to protect it from defenders.

⊗ **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

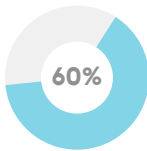
⊗ **Tuck Back Drill** (2 x 6 each way)

- 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.

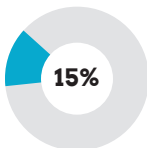
## BUILDING SKILLS CONTINUED



- 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.

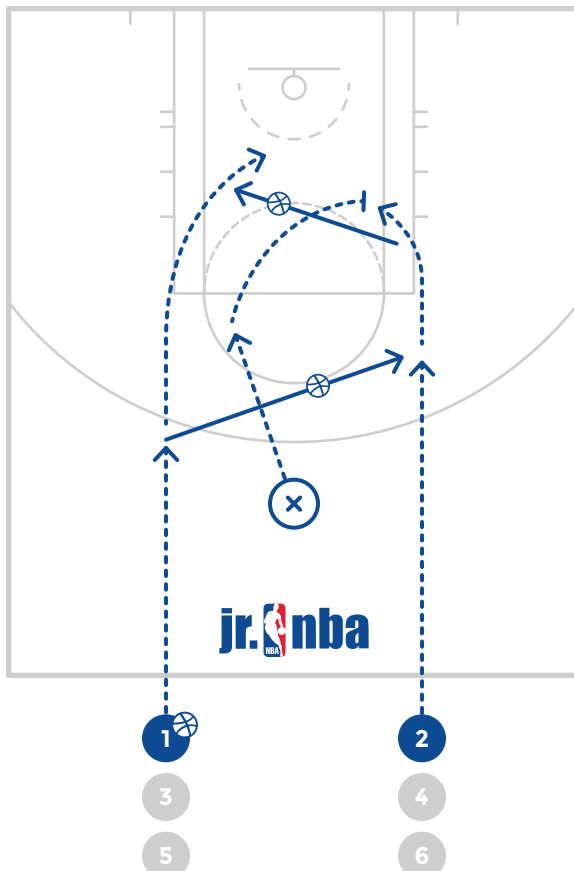
## Team Concepts



### > OFFENSE

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

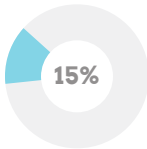
### ⚽ 2-on-1 Fast Break Drill (3 minutes)



- 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



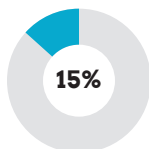
## > DEFENSE

### ⊗ **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.

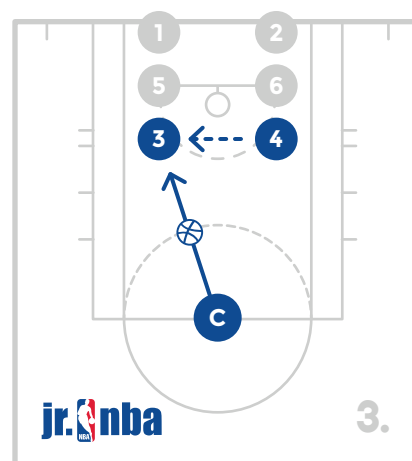
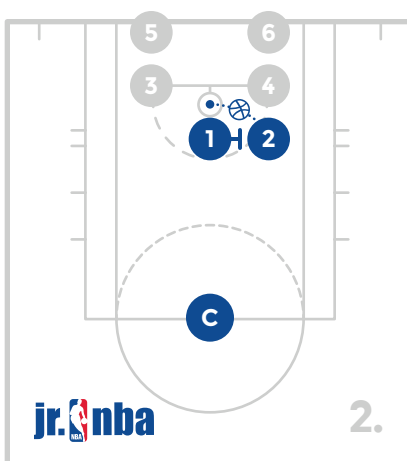
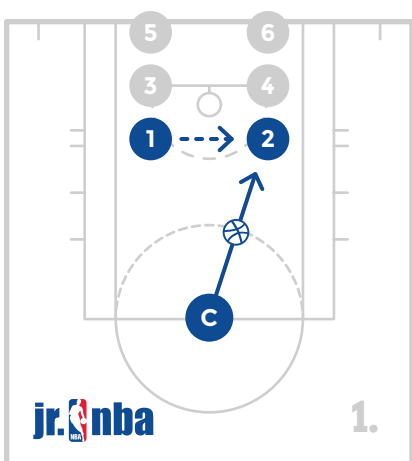
## Competing



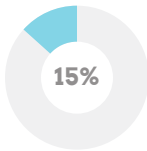
### On the Block Finish Drill (games to 3)

- 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)

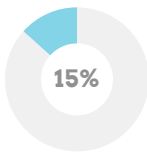
- Have 2 lines on the baseline with two players standing on the elbows.
- The coach will have the ball at the top of the key and pass the ball to one of the 2 players.
- That player will have a maximum of 2 dribble to take a shot in the paint.
- The player who did not receive the pass will become defense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