

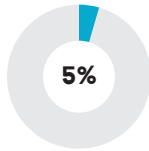
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPECT: PARENTS</b>	Discuss how to show respect for parents.	5%
<b>Warm-Up</b>	<b>RUN TO THAT LINE</b> (1 x 5 lines)	Learn the geography of the court while getting warm.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		60%
	<b>BALL 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.



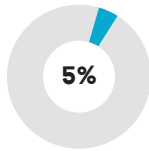
## Values



### > 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



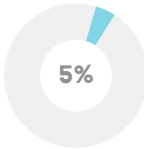
### > BASKETBALL ACTIVE IQ

#### ⊗ **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.

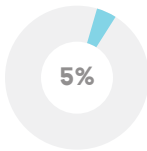
### **Forward/Backward/Lateral March**

- 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



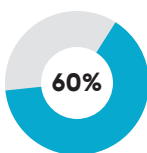
 **Quick Feet**

- 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**

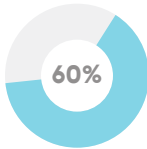


 **BALL-HANDLING**

 **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)

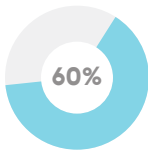
- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs bent .
- The players will dribble the basketball with each finger on their hand. Each dribble will be with a different finger focus.
- The first dribble will focused on using their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



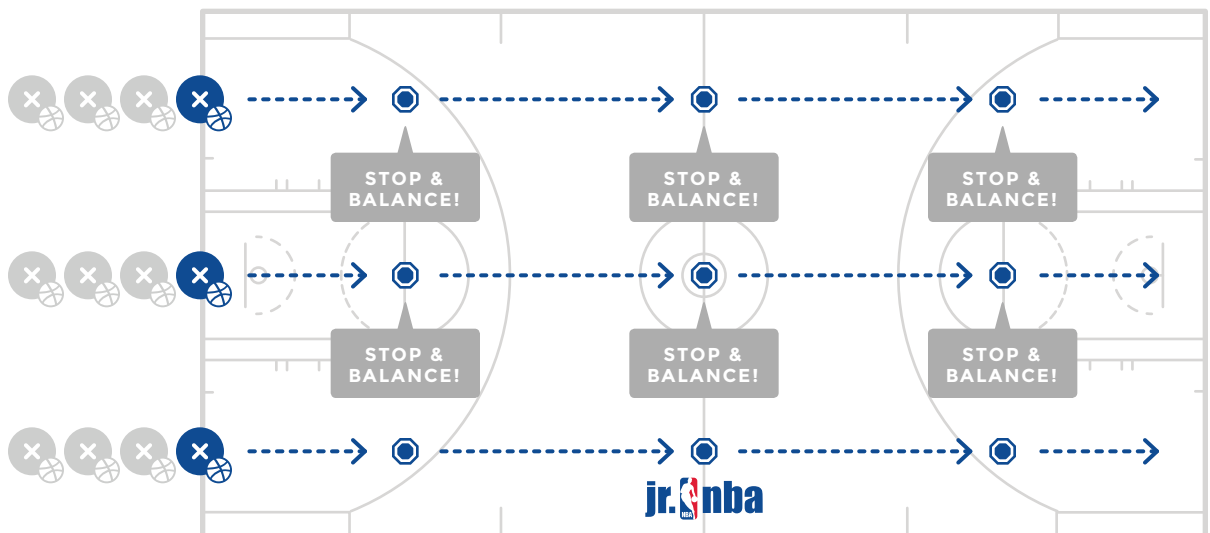
- Next the players will do the same thing at the middle level for 15 seconds and finally they will do the same at the high level for 15 seconds.

- This completes 1 set with the right hand.

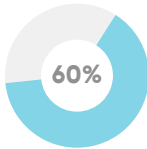
**Key Points:** This drill forces the players to have good control of the ball and quick hands.

**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



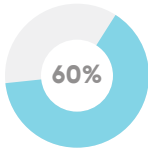
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
  - When the players get to the foul line area they will all stop on their left foot and dribble with their left hand again until the coach says go.
  - Now the players will push forward 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.

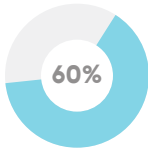
**Slide & Pass Drill** (2 sets of each pass)

- 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)

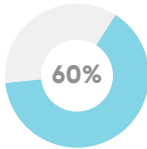
- Have players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will run the full court while making a chest pass to each other.
- Once all the groups have gone, they will repeat the same thing coming back to complete 1 rep.

**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.

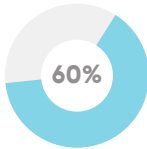
**Key Points:** Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.

## > 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.

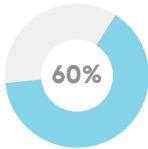
**🏀 Partner Step-In Shooting Drill** (10 makes each)

- 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.

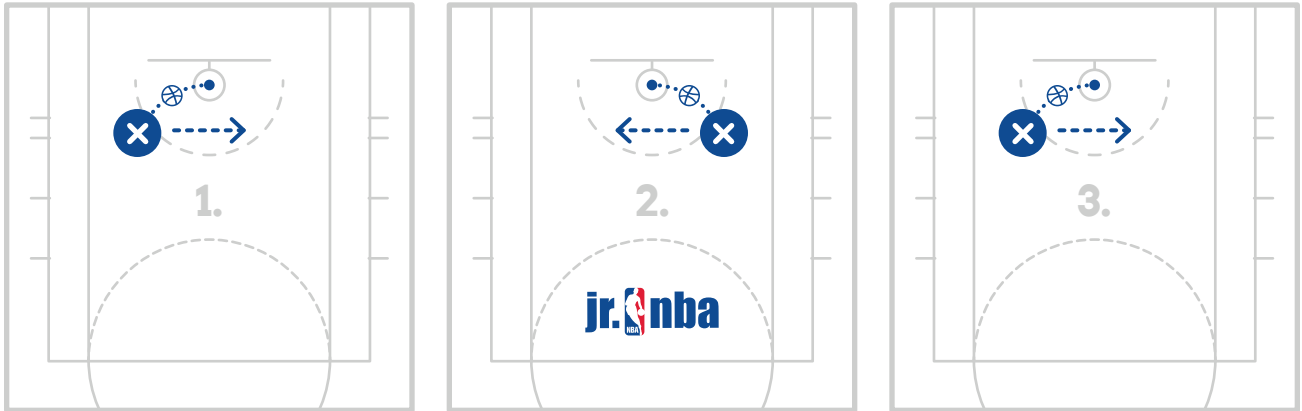
**Key Points:** This drill emphasizes having the players finish lay-ups at game speed with a real defender behind them which forces them to have further concentration.

**Block to Block Shooting Drill**

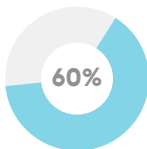
(30 seconds each player)

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.

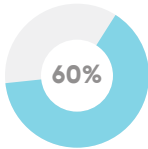
**Key Points:** Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous best score.

## ➤ 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

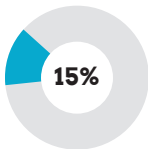


- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.

- 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

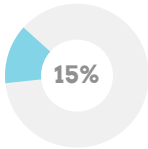


> OFFENSE

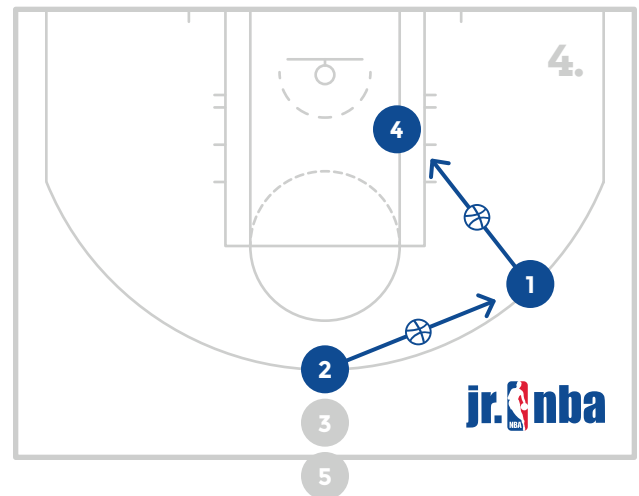
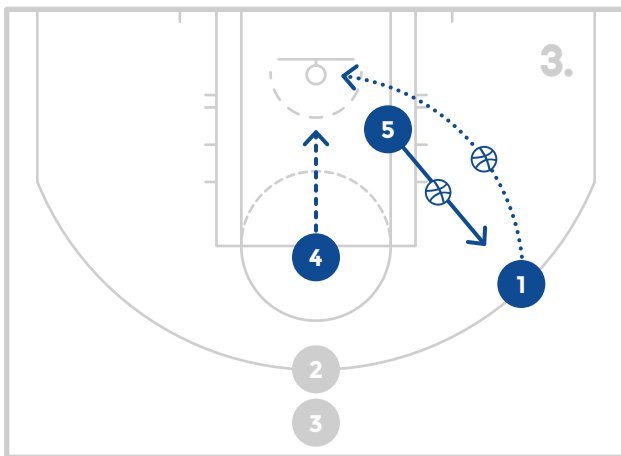
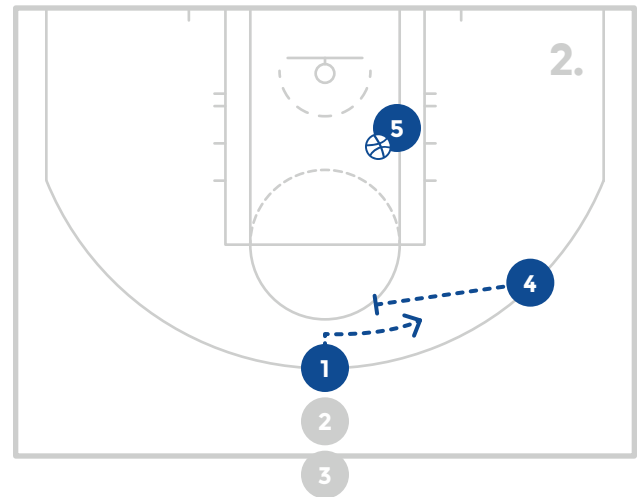
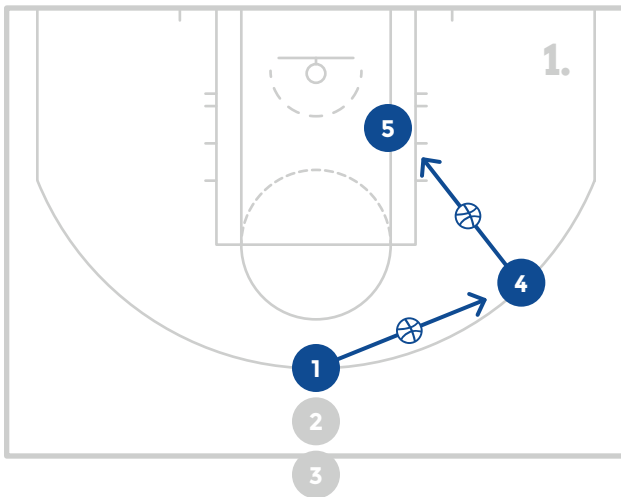
**Post Pass & Screen Drill** (3 minutes) [SEE DIAGRAM NEXT PAGE >>](#)

- 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.

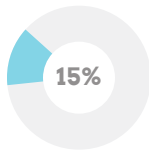
TEAM CONCEPTS CONTINUED



- 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)

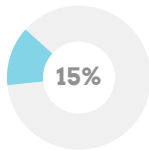
- Have a player stand in front of the team at half court.
- The team will be responsible for mirroring what the player in front does.
- The player in front can be in a stance, chop their feet, slide side to side, jump for rebounds, take imaginary charges and dive for imaginary loose balls
- Each player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



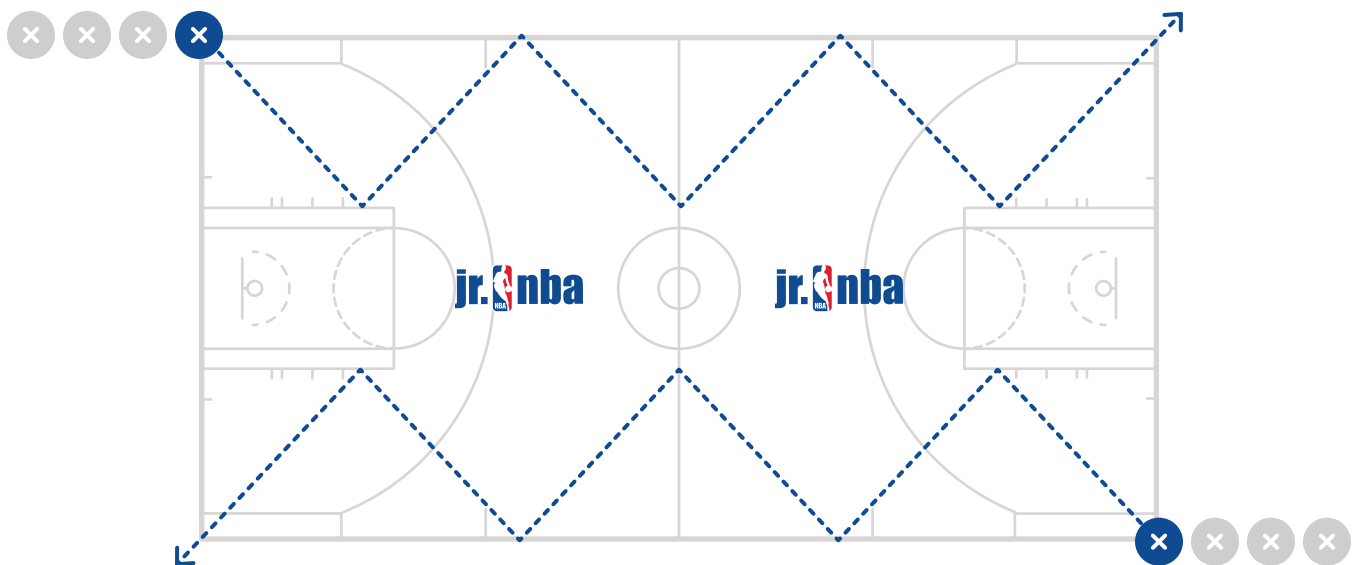
TEAM CONCEPTS  
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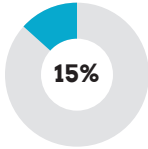
## Zig-Zag Defensive Slide Drill (3 times down and back)

- 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.



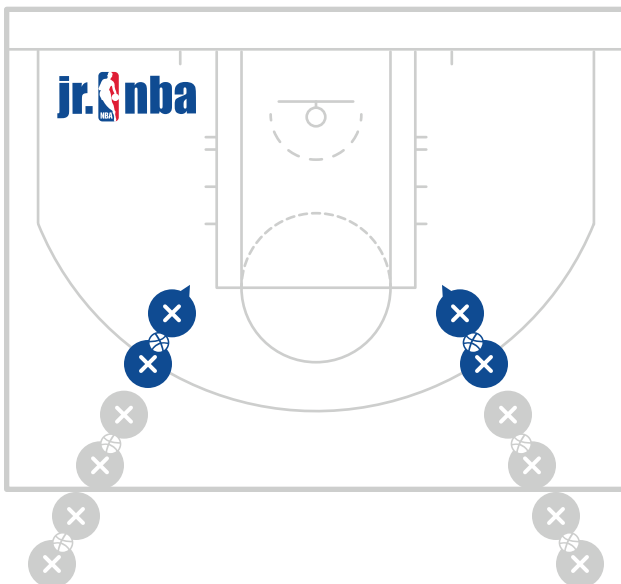
## Competing



### > COMPETITIVE GAMES

#### 🏀 Back 1 on 1 Drill (games to 5)

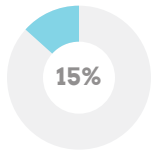
- Have the players partner up and get one ball.
- There will be groups at each wing and at the top.
- One partner will stand just inside the 3-point line and face the basket in a stance. The other partner will stand behind them with the ball and touch the ball to the back of the player in front.
- When 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.