

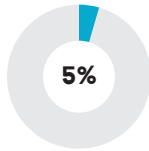
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP	Discuss how sportsmanship can translate off the court.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> • Walking Quad Stretch • Knee Hugs • Down Out Leg Walk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



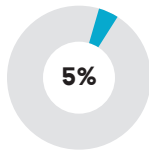
Values



> 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.

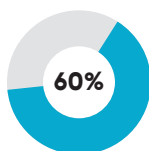
Warm-Up



> 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

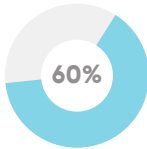


> BALL-HANDLING

⊗ 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)

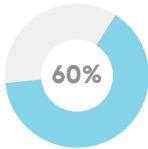
- All players need a basketball (or share) and should stand on the sideline.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for 10 seconds.
- The players will then bend their arms and tap the ball quickly from hand to hand in front of their 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)

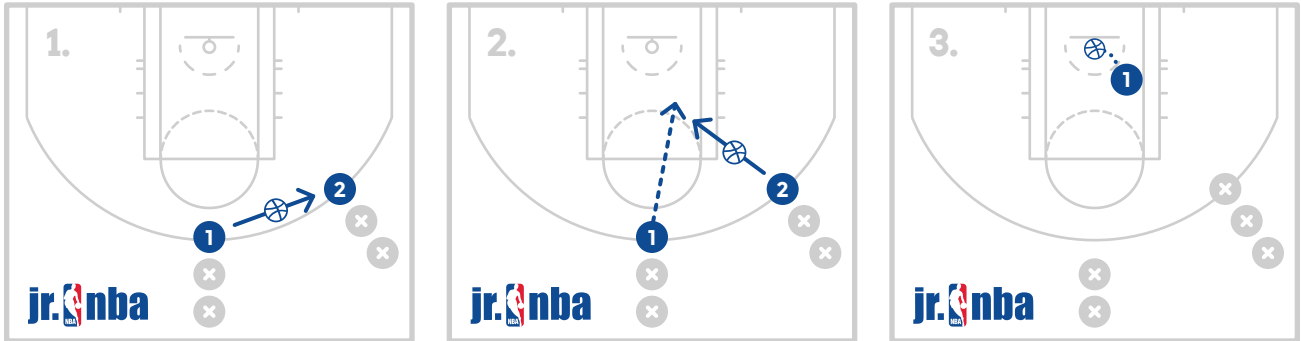
- Have the players start with a ball and find a space on the court.
- The players will take 1 to 2 dribbles to prepare for the move and will then make an in and out dribble move and push forward for 1 step.
- The players will then back up to their original spot and repeat the process for the allotted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

PASSING

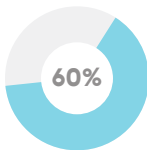
Pass & Cut Drill (90 seconds each way)

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

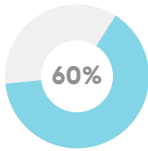


Key Points: Emphasize a good pass and a quick cut looking for the ball.

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.

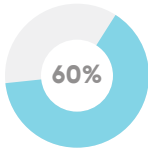
BUILDING SKILLS
CONTINUED



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

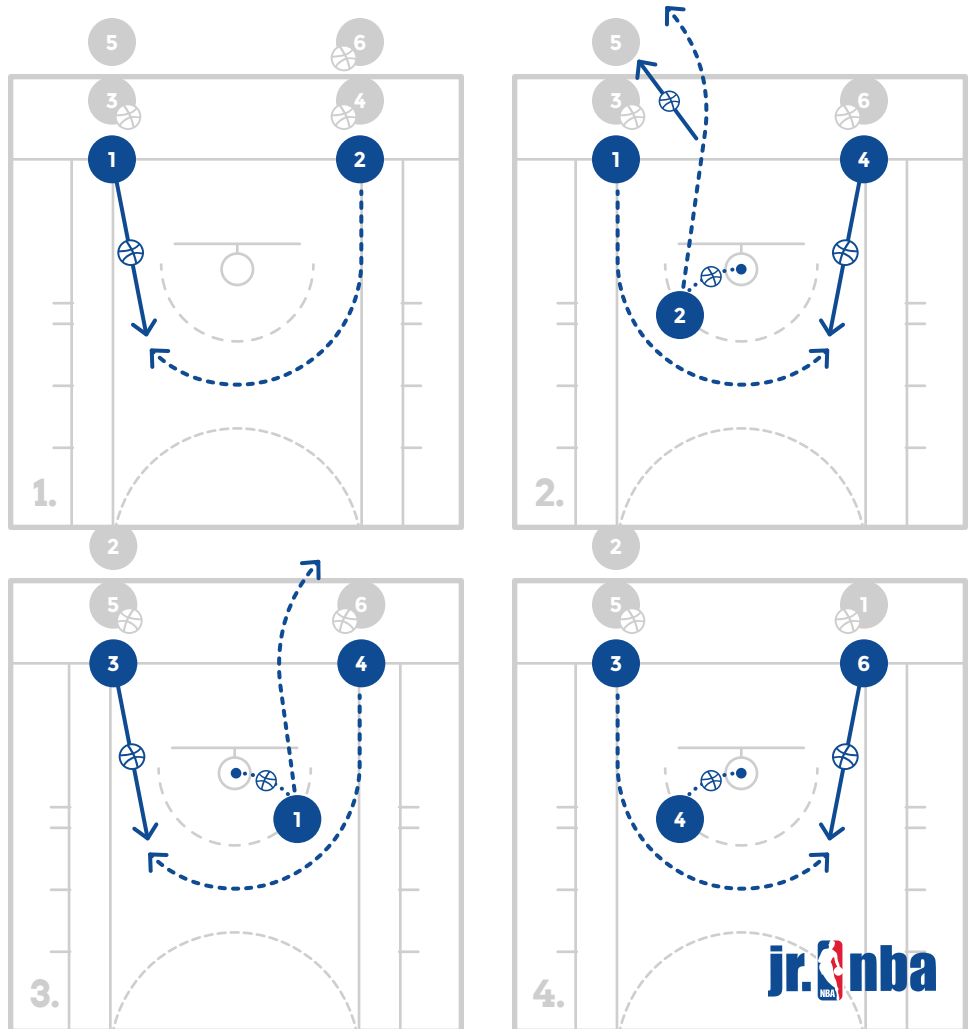
- Have 5 players line up along the sideline facing the court with the basket to their left.
 - Have all players lunge with their left leg forward toward the paint and the ball on their right side.
 - Once they hold that position for 2-3 seconds the first player should stay low, and aggressively bring 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

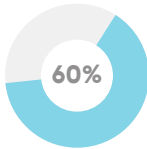


Loop Shooting Drill (2-4 minutes)

- 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



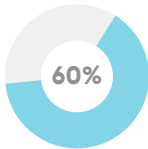
- After the player has passed the ball to the player on the court, they will loop around behind that player to the other side and receive a pass to shoot from about the block.
 - This process will continue until the team has made 10 shots from that area together.
 - Then they will start the same process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



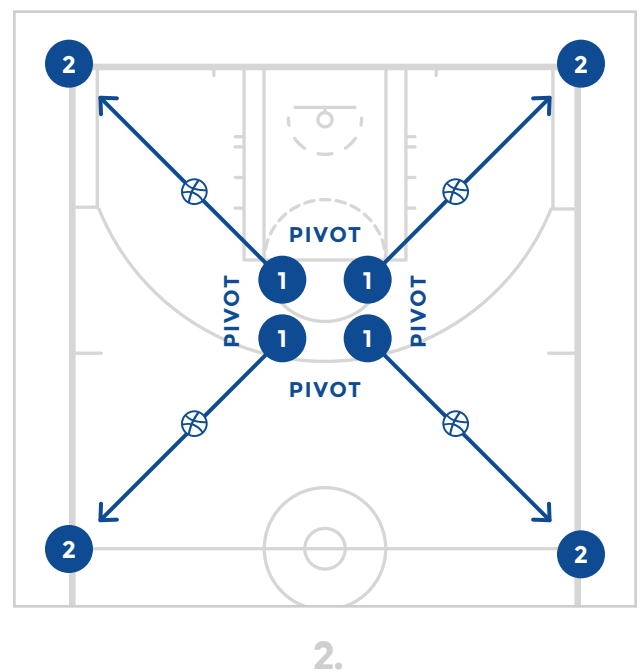
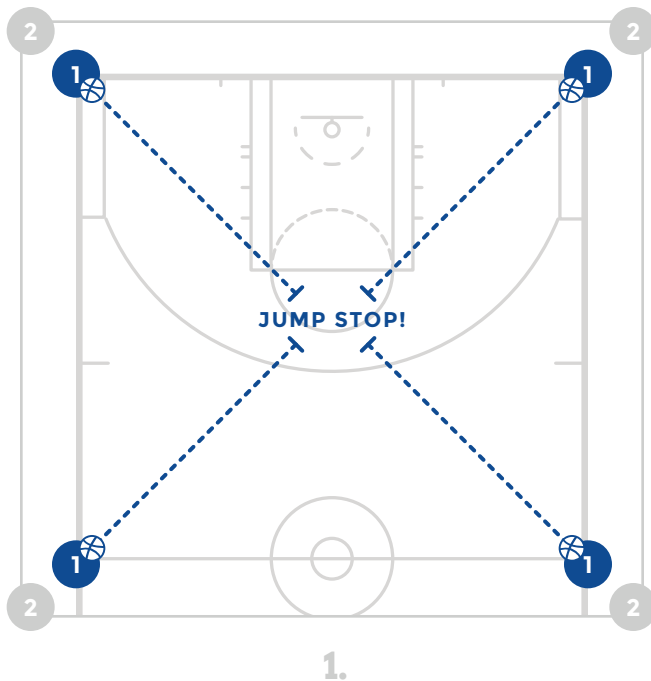
- Repeat this process and switch sides after two minutes.

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.

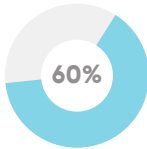
FOOTWORK & CONDITIONING

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

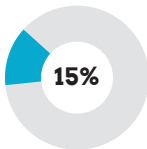


- The players with the ball will all dribble to the middle of the floor where they will jump stop together keep a right pivot foot and pivot their left foot around and pass to the next line to their right and follow their pass to the back of that line.

- 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.

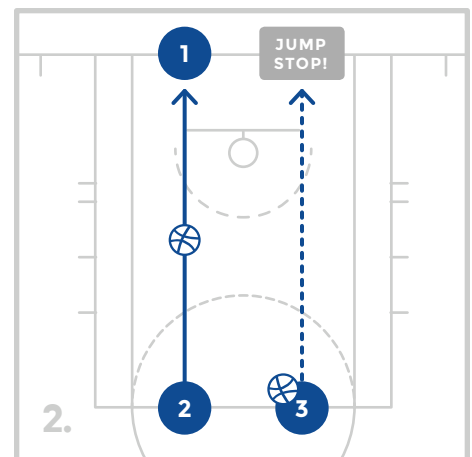
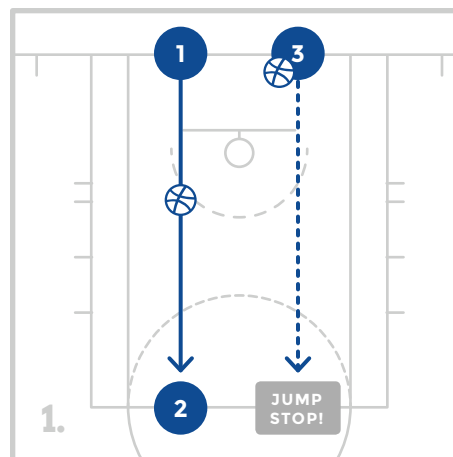
Team Concepts



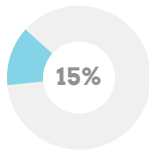
OFFENSE

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

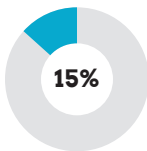
⊘ **Half Court Turn & Trace Drill** (2 minutes)

- 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



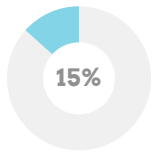
> COMPETITIVE GAMES

⚽ 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.