

BASKETBALL4ALL

PRACTICE STRUCTURE

TIME	EVERY PRACTICE	EVERY OTHER PRACTICE	OCCASIONALLY	AS NEEDED
	PRE-PRACTICE Ind. Ballhandling, Shooting	Circle intended drills to be used	Circle intended drills to be used	Circle intended drills to be used
5-10	Walk Thrus	Offense, Defense	Out of Bounds Plays	Special Situations
	WARM UP			
5	3/5 Lines Dynamic Warmup	Form Shooting in lines		Specific Fundamentals
3	Full Floor Dribbling/Passing	Weave, Zig Zag Dribble Drill	Fast Break	Pre-Game Warm Up
3	3 on 3 - No Dribble-1 Dribble	Scramble Transition	4 on 4 on 4 Transition	3 on 2/2 on 1
5-10	Shell Defense – 1 Phase/day	Help on Drives, Help-Helper	Screens, Cuts	Post D, Flash Post
10-15	FUNDAMENTAL FACTORY			
		Crazy Man, Passing Contests	Give and Go	Post D
		Closeouts, Dribble Games	Screening	Pick and Rolls
		Full Court 1on1, 1on1 + player	1 on 2 dribbling, 5 to Half	Double Teams
2	WATER BREAK			
10	SHOOTING GAMES	Around the World, Horse	Beat Ray Allen, Knockout	Hot Shot, 44 pt Shooting
15	TEACHING			
		Offensive Fundamentals	OB Plays, Fast break	5 on 4 scrimmage
		Defense, Rebounding	Transition D	40 point game
	COMPETITIVES			
5	Pressbreak, Press D	Man, Zone		Specials
2	Ft's, Conditioning	40 Layups-2 min, Dribble Relay	3 on 2/2 on 1	
5	Zone Scrimmage	2-3, 1-3-1 Offense & Defense		Specials
2	Ft's, Conditioning	Run for Your Life	4 on 4 on 4 Transition	
5	Man To Man Scrimmage	Passing Game, 5-Out		Specials
3	Ft's, Conditioning	6 Ball Passing	King Drill	