

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>ADVANCED RULES</b>	Explain some advanced rules such as the bonus, possession arrow, timeouts etc.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li style="width: 33%;">• The Bear Hold</li> <li style="width: 33%;">• Ankling</li> <li style="width: 33%;">• Carioca</li> <li style="width: 33%;">• Pogo Jumps</li> <li style="width: 33%;">• Leg Swings</li> <li style="width: 33%;">• Calf Raises</li> </ul>	5%
<b>Building Skills</b>	<b>Ball - Handling</b>		40%
	<b>FULL COURT CONE DRIBBLING</b> (5 min.)	Work on specific dribble moves and finishes.	
	<b>BEHIND THE BACK WRAP BREAKDOWN DRILL</b> (8 reps each way)	Have the players work on wrapping the ball all the way around their back.	
	<b>BEHIND THE BACK WRAP DRILL</b> (3 x down and back)	Work on wrapping the ball around the back on the move.	
	<b>2-BALL LOW HIGH DRILL</b> (2 x 20 sec. each way)	Work on dribbling one ball low while dribbling the other one high.	
	<b>Footwork &amp; Conditioning</b>		
	<b>FULL COURT SPRINT</b> (2 x)	Sprint all the way down the floor 2 times!	
	<b>Dictated Pivot</b> (1 min.)	Work on stationary jump stops and pivots on command.	
	<b>Passing</b>		
	<b>PARTNER RUNNING PASS DRILL</b> (8 passes to 1 pass)	Partner up and work on making the allotted number of passes for a finish.	
<b>Shooting</b>		25%	
<b>PROGRESSION SHOOTING COMPETITION</b> (1 x 8 makes each)	Work on making 8 shots from multiple spots on the floor.		
<b>SHOOTING LINE GAME</b> (games to 8 makes)	Have fun shooting like practiced!		
<b>Team Concepts</b>	<b>3-SECOND DENY DRILL</b> (3 x each side)	Work on denying the ball for 3 seconds!	25%
	<b>JUMP TO THE BALL DRILL</b> (4 x each side)	Pressure the ball, and on the pass, jump to the ball.	
	<b>3-PERSON PASS, CUT &amp; REPLACE DRILL</b> (1 x 1-3 min.)	Work on good passes, cutting, and filling the open spot.	
	<b>DEFENDING THE BALL SCREEN</b>	Teach the various ways to defend the ball screen.	
<b>Competing</b>	<b>3 ON 3 Dictated</b> (games to 3 makes)	Players must start with a pass and cut, or pass and ball screen	25%
	<b>5 ON 5 MINIMUM 4 PASSES</b> (games to 4 makes)	Every possession has to start with 4 passes.	

- 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



### > ADVANCED RULES

- Explain the rules of the game to the players which should include the basic rules but also more advanced rules such as:
- What is the bonus and how does it work.
- What is 3 seconds.
- How does the possession arrow work.
- How many timeouts the team gets.
- What are intentional/flagrant/technical fouls and how do they work.
- Continue teaching other appropriate rules as well.

## WARM-UP



### > DYNAMIC WARM-UP (1 x each)

- The Bear Hold
- Carioca
- Leg Swings
- Ankling
- Pogo Jumps
- Calf Raises

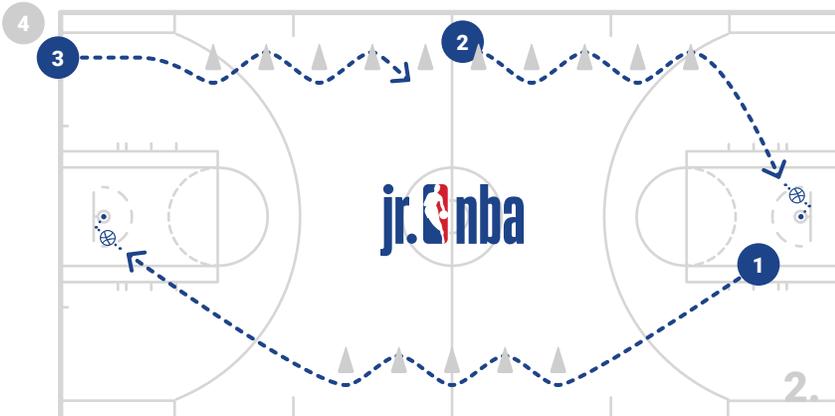
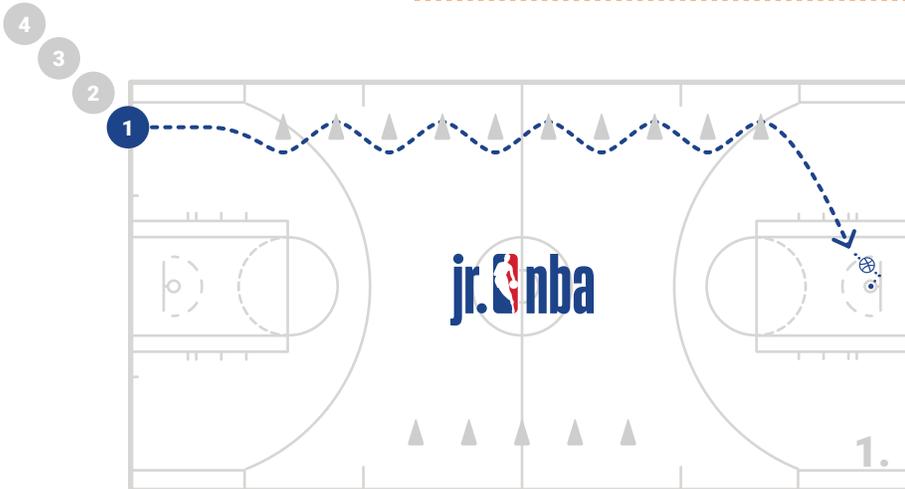
## BUILDING SKILLS



### > BALL-HANDLING

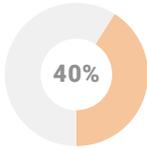
#### 🏀 Full Court Cone Dribbling (5 minutes)

- Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline.
- Have all the players start on the baseline on the side with 10 cones with a ball.
- Dictate the dribble move that you want the players to work on through the 10 cones.



- The first player will dribble through the cones and when they are through the first 3-4 cones the next player will start.
- When the players get through the 10th cone, have them attack the basket and finish how you have asked them to finish.
- Then they will return up the other side of the court dribbling through the 5 cones.

**BUILDING SKILLS  
CONTINUED**

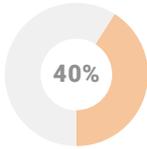


- As they dribble through the 5 cones, let them be creative and dribble as they wish and finish a shot at the other basket as they wish.
- To ensure the players are dribbling through the 10 cones with their eyes up, have them keep their eyes on the basket in front of them and as any player in front of them shoots, they should call out “make” or “miss” according to the shot going in or not.

**Behind the Back Wrap Breakdown Drill** (8 reps each way)

- Have the players start with a ball in an open space on the court.
- The players will start with the ball in one hand.
- The player will simultaneously wrap the ball around their back so that it bounces up to their opposite hand while at the same time stepping forward.
- As the player wraps the ball, they will try to put their hand into their opposite “pocket” area on the wrap.
- The players will also take that one step forward as they dribble by pushing off the same foot of the hand the ball starts in.
- The players will repeat this process for the allotted number of reps each way.
- Key Points:** Make sure the player wraps their hand all the way around into their opposite hip “pocket” and simultaneously step forward by pushing off the foot of the hand that the ball started in.

BUILDING SKILLS  
CONTINUED



## 🏀 Behind the Back Wrap Drill (3 x Down and Back)

- Have all the players start on the baseline with a ball.

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- Now have them take 2 running dribbles forward and then wrap the ball around their back to the other hand.

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- The players will then again dribble 2 times with the other hand and wrap the ball behind their back to the other hand.

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- Continue this process all the way down the court and back.

## 🏀 2-Ball Low High Drill (2 x 20 sec each way)

- The players should have 2 balls (or partner up and share).

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- The players will get in a stance and begin by dribbling with their left hand nice and low with 1 ball.

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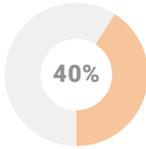
- After a few dribbles, the players will add dribbling the ball in their right hand up high.

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- The players will also switch and dribble the right hand low and left hand high.

🔑 **Key Points:** They players should make sure that balls don't slowly become the same level dribble.

BUILDING SKILLS  
CONTINUED



## ➤ FOOTWORK & CONDITIONING

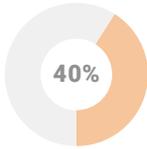
### ⊗ Full Court Sprint (2 x)

- Have the players sprint all the way down the court as fast as they can.
- If you prefer to have them do this with the ball, that is great.

### ⊗ Dictated Pivot (1 minute)

- Have the players partner up and line up on the baseline with 1 ball per group.
- On the coaches whistle the players will dribble to the free throw line extended and jump stop.
- As they are dribbling, the coach will make 2 commands.
- The first command will be either “right” or “left” which will indicate to the player that either their right or left foot will be their pivot foot and stay on the floor after the jump stop.
- The second command will be either “front” or “reverse” which will indicate to the player that they will either make a front or a reverse pivot until they are facing their partner on the baseline.
- The partner will then pass to the partner on the baseline who will wait for the whistle and repeat the process.
- The coach will sound something like this: (whistle) “Left-Reverse!”

BUILDING SKILLS  
CONTINUED

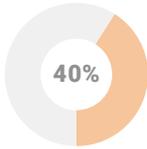


## > PASSING

### ⊗ Partner Running Pass Drill (8 to 1)

- Have the players partner up and stand on the baseline across from each other.
  - The players will pass back and forth to each other as they run down the court and shoot a lay-up at the other end.
  - After they lay-up, they will wait at the other end for all the groups to finish before coming back the other way.
  - The group behind them can start once the group in front is almost to half court.
  - The players will be required to make the allotted number of passes to each other before shooting the lay-up.
  - So on the first trip down, the players will make 8 passes before shooting so they must count loud and execute a lay-up after 8 passes.
  - On their way back, they will make 7 passes before the lay-up.
  - This process will continue all the way down to 1 pass for a lay-up.
- 🔍 **Key Points:** Make sure the players count their passes loud and shoot the lay-up at the right time. Try not to drop any passes or miss any lay-ups. As the drill progresses, the players must run faster.

BUILDING SKILLS  
CONTINUED

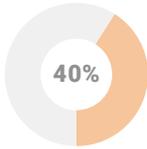


## > SHOOTING

### 🏀 Progression Shooting Competition (1 x 8 makes each)

- Divide the players into teams and spread them out at a basket.
- Each team should have 1 ball.
- The first player in line will take the designated shot, get the rebound, pass it to the next person in line and go to the back of the line.
- Every made shot will go towards the team's total makes at a spot.
- The first team to make all the shots from all spots will win.
- For the first 8 makes, have the players make lay-ups.
- For the next 8 makes, have the players make floaters.
- For the next 8 makes, have the players catch and shoot at midrange.
- For the next 8 makes, have the players start at the 3 point line and take 1 dribble pull-ups.
- For the last 8 makes, have the players catch and shoot and make 3's.

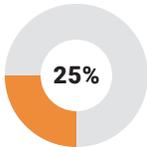
**BUILDING SKILLS  
CONTINUED**



**Shooting Line Game** (games to 8 makes)

- Divide the players into two or more group lines and have each group at a designated shooting spot on the court.
  - The group lines will operate as a team and keep their score together.
  - The players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.
  - Continue this drill until one team makes the designated number of shots. Then switch spots and start over.
- Key Points:** Have the players count the makes out loud for both teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on

**TEAM  
CONCEPTS**

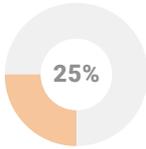


**DEFENSE**

**3-Second Deny Drill** (3 reps each, both sides)

- Have a line of players on each wing.
- There should be an offensive and defensive player on the court.
- The defensive player will deny the offensive player the ball for 3-5 seconds.
- After that, the defender will go to the back of the line.
- Next, the offensive player will become the defender.

TEAM CONCEPTS  
CONTINUED



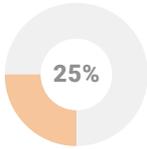
- A new player will step in on offense and the process will repeat.

**🔑 Key Points:** Make sure the players see the ball and the man. If the offensive player receives a pass, the defensive player must repeat. If the offensive player cuts back door, the defender must snap their head and hand in the other direction quickly.

**🏀 Jump to the Ball Drill (4 x each side)**

- Have the players start in one line on the baseline.
- There will be 1 player on each wing and the coach at the top with the ball.
- The first player in line on the baseline will sprint to close out on coach.
- Coach will pass the ball to either wing.
- On the pass, the defensive player will “jump to the ball” in a good defensive stance.
- The player who receives the pass will take 1-2 dribbles to the middle of the floor and upon seeing the player who jumped to the ball, they will retreat dribble and then drive to the baseline side for a lay-up.
- The defensive player who jumped to the ball will now fill the open space on the wing.
- The wing player will go to the back of the line on the baseline after their lay-up and a new player from under the basket will pass the ball to coach and close out to repeat the process.

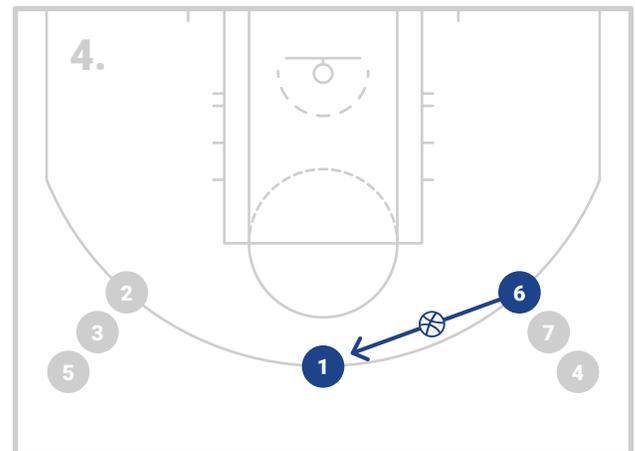
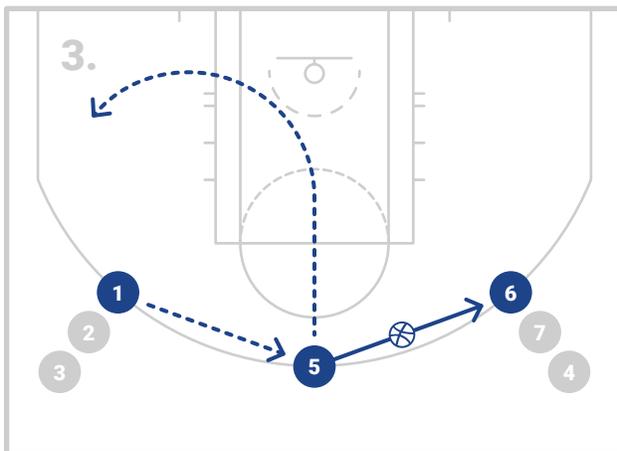
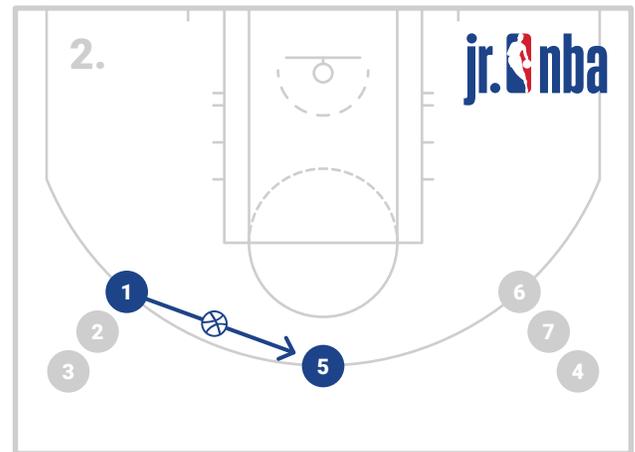
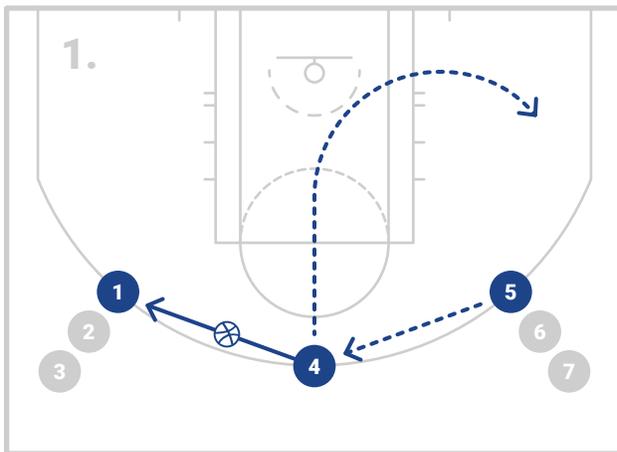
TEAM CONCEPTS CONTINUED



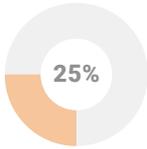
## OFFENSE

### 3-Person Pass, Cut & Replace (1 x 1-3 min)

- 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.



TEAM CONCEPTS  
CONTINUED



- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.

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- The wing with the ball will pass the ball to the top where the player has replaced.

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- That player will reverse the ball to the other wing and cut to the basket and the series repeats.

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- Cutters only cut from the top.

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- 🔑 **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 Defending the Ball Screen:** There are a variety of ways to defend the ball screen. There are different options for the guard defenders, different options for the post defenders, and different philosophies about where to push the ball. In any of these scenarios, it is important for the players to understand their responsibilities. Teach the players your philosophy and their responsibilities.

## COMPETING



### ⊗ **3 on 3 Dictated – Pass & Cut or Pass & Ball Screen** (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The players must start with a pass and cut, or pass and ball screen.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a “check,” and allowing players to get to the top of the key and start their possession.

### ⊗ **5 on 5 Dictated - Minimum 4 Passes** (games to 4 makes)

- Divide the players into teams and play full court games to 4 made baskets.
- No shot can be taken until the team with the ball makes 4 passes.

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## 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.
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-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.