

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECEPTIVENESS 1	Discuss what it means to be receptive and how to show receptiveness.	5%
Warm-Up	DYNAMIC WARM-UP (1 x each)	<ul style="list-style-type: none"> <li style="width: 33%;">• Bear Hold <li style="width: 33%;">• Stationary A Skip <li style="width: 33%;">• Forward Walking Lunge <li style="width: 33%;">• Pogo Jumps <li style="width: 33%;">• Lateral Chop <li style="width: 33%;">• Carioca 	5%
Building Skills	Ball-Handling		30%
	2 BALL JAB DRILL (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	2 BALL ALTERNATE & REACT (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	Shooting		
	LOOP SHOOTING (10 makes at 5 spots)	Work on communication and making shots.	
	FILLING THE CORNER DRILL (games to 8)	Partner the players up to compete in making shots.	
	SPIN 5 SERIES (2 x each way)	Have the players work on a variety of spin moves to finish.	
Team Concepts	Passing		30%
	POCKET PASS & SHOOT (20 each way)	Work on a pick and roll pocket pass. Both players will shoot.	
	5 ON 0 FAST BREAK (5 min)	Establish what lanes each player should run in transition.	
	BALANCE THE FLOOR DRILL (5 min)	Help the players see and understand how and why to balance the floor.	
Competing	FOLLOW THE LEADER SLIDES (1 x each)	Let the players lead the drill for 10-12 seconds each.	30%
	DIVE CONTEST CHARGE DRILL (2 x each)	This drill works on the little things that make great defensive teams.	
	3 ON 3 FROM A DOWN SCREEN (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	
	3 ON 3 FROM A PICK AND ROLL (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	
Competing	3 ON 3 FROM SCREEN THE SCREENER (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	30%
	3 ON 3 FROM PASS TO THE ELBOW (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

- 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



> RECEPTIVENESS 1

★ As you might expect from an organization called **Positive Coaching Alliance**: coachability is critical. Nobody is infallible, but coaches usually get to be coaches by demonstrating knowledge of the sport and an ability to communicate in ways that get the most out of players’ ability. Players can learn a great deal about basketball and life from most coaches. The idea that you give respect to get respect is a two-way street between coaches and players. Once all are on that same street, coachability becomes natural. Even if players do not always understand a coach’s direction, one of the great values of basketball is the chance to try new things, learn what works and what doesn’t and apply lessons from that experience to future dealings with authority figures from parents to teachers to bosses.

WARM-UP



> DYNAMIC WARM-UP (1 x each)

- Bear Hold
- Stationary A Skip
- Pogo Jumps
- Forward Walking Lunge
- Lateral Chop
- Carioca

BUILDING SKILLS



> **BALL-HANDLING**

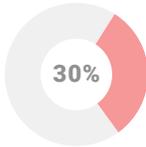
⊗ **2-Ball Jab Drill** (2 x 30 sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.
- The coach should stand out at the free throw line and encourage the players to work hard.
- If the coach holds up the left or the right hand, the players will quickly jab the corresponding foot out to the side and bring it back underneath them quickly.
- The coach will continue to hold up different hands and encourage the players to react quickly and jab to each one.
- Do this for the allotted amount.

⊗ **2 Ball Alternate & React** (2 x 30 Sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.

BUILDING SKILLS
CONTINUED



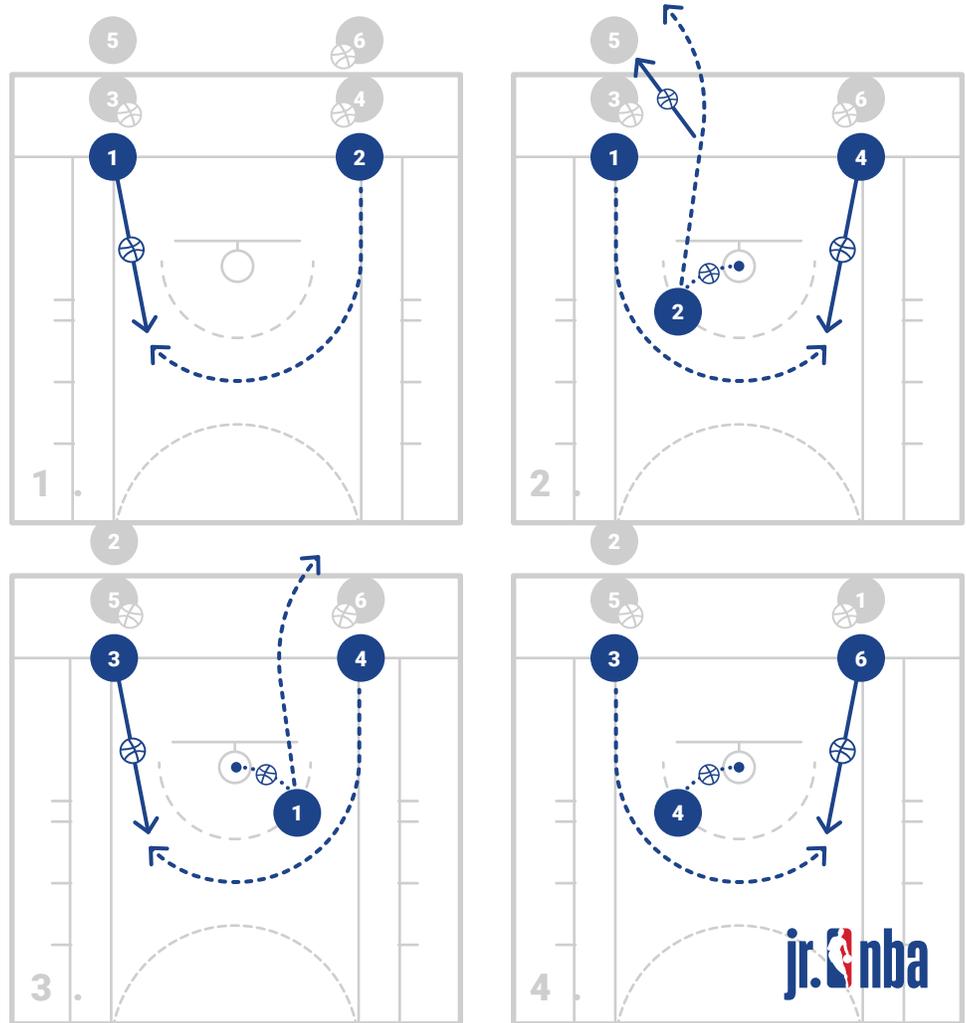
- The coach should stay out in front of the players by starting at the free throw line and encourage the players to work hard.
- The players will alternate dribbling both balls in a good stance.
- If the coach holds up the left or the right hand, the players will take one big explosive step forward with that foot as the first step.
- The players will continue to dribble 2 balls while reacting to coach and exploding forward.
- After the players get to half court, have them turn and come back as well until the allotted time has elapsed.

➤ SHOOTING

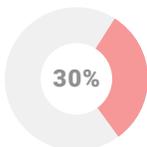
⊗ **Loop Shooting** (10 makes at 5 spots)

SEE DIAGRAM NEXT PAGE ➤➤

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.
- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.

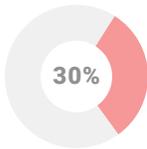


BUILDING SKILLS CONTINUED



- After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
- The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
- The player who made that pass will continue the process of looping behind, shooting, and going to the other line.

**BUILDING SKILLS
CONTINUED**



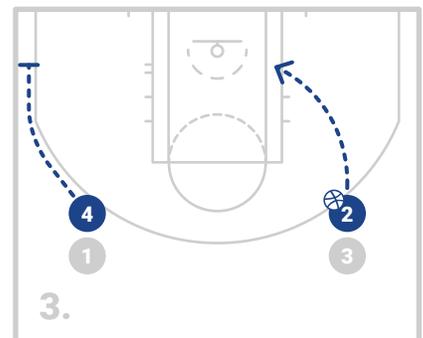
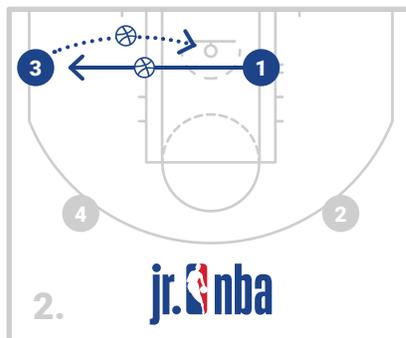
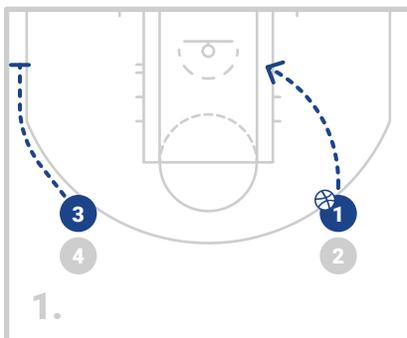
- Have the players shoot from different distances after the allotted number of makes.

🔑 Key Points: Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.

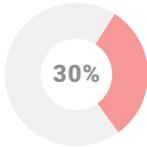
- Work on communication and making shots.

🏀 Filling the Corner Drill (2 Games to 8)

- Have one line on the wing with a ball and another line on the other wing.
- The players will be partners and work together to compete with other groups.
- Have the partner in the line with the ball drive towards the basket on the baseline side.
- As the player drives, the partner on the other wing will be dropping to fill the corner.



BUILDING SKILLS
CONTINUED

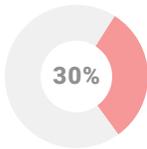


- As the player gets close to the basket, they will pass the ball to their teammate in the corner to catch and shoot.
 - The players will get the rebound and switch lines.
 - The next pair in line will continue until the team has made the allotted number of shots and will then do the same thing the other way.
- 🔑 Key Points:** Make sure the players dribbling into paint with the thought of scoring. Players should make a good pass to the player who is ready to catch the pass with their hands up and knees bent ready to shoot.

🏀 Spin 5 Series (2 x each way)

- All the players need a ball and can start on the baseline along the lane line.
- Utilize the other side of the lane or other lines to maximize reps.
- The player will pass the ball to the coach at the top and flash to the same side elbow.
- The player will complete the move at which time the next player will pass to the coach and the process will continue until each player has gone 5 times.
- Each of the 5 times, the players will use a different move.
- Then the players will also work from the other elbow.

BUILDING SKILLS
CONTINUED



★ **The five moves will be the following:**

1. Turn and rip to the baseline with 1 dribble and a quick spin back to the middle and finish with no more dribbles.
2. Next turn and rip to the baseline and take 2 hard dribbles and a big spin back to the middle and finish with no more dribbles.
3. Next the players will turn and rip to the baseline and take 2 hard dribbles then make a half spin towards the middle before turning back to the baseline for a shot.
4. On the next catch at the elbow the players will simulate a defender playing them as they face away from the basket and the offensive player will give a quick spin off the defender for the shot of their choice.
5. For the last catch, the players will take a dribble with their back to the basket and after the dribble, give a quick spin off to the shot of their choice.

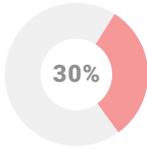
🔑 **Key Points:** Have the players work on a variety of spin moves to finishes. The first three will spins will be off of turning and facing the basket and the last two will be from starting with the back to the basket.

> **PASSING**

⊗ **Pocket Pass & Shoot** (20 each way)

- Have all the players get a ball and have the post players start on the block and the guards start above the opposite wing.

BUILDING SKILLS
CONTINUED



- The first post player will pass the coach the ball and then go set a ball screen for the guard.
- The guard will come off the screen and make a pocket pass to the big.
- The post player will catch and finish in the paint and get their rebound and go to the back of the post line.
- The guard will then relocate to a spot dictated by coach, catch a pass from coach, and take a shot dictated by coach.
- The guard will get their rebound and go to the back of the guard line.

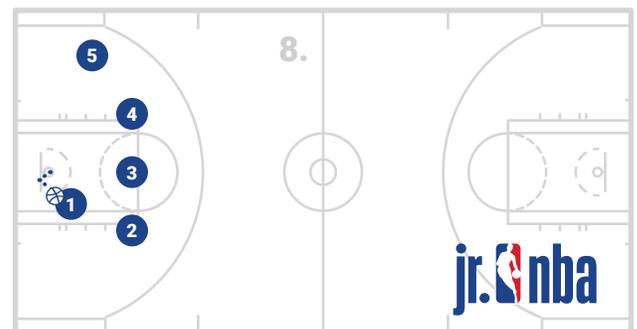
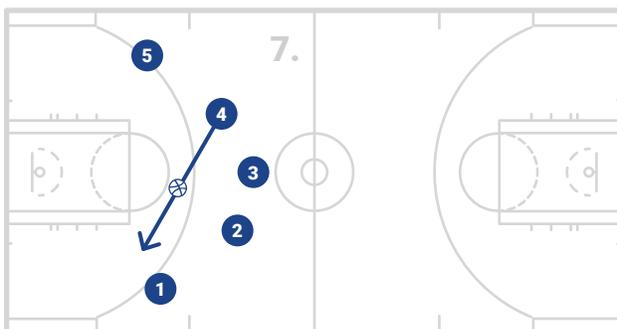
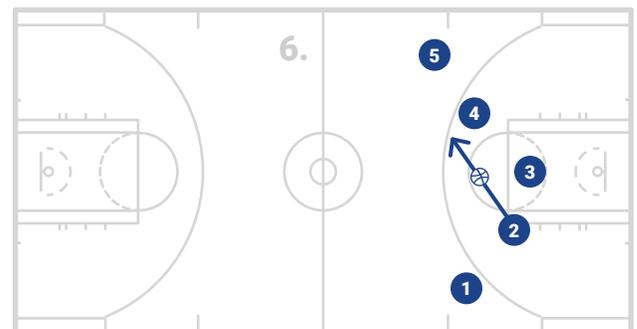
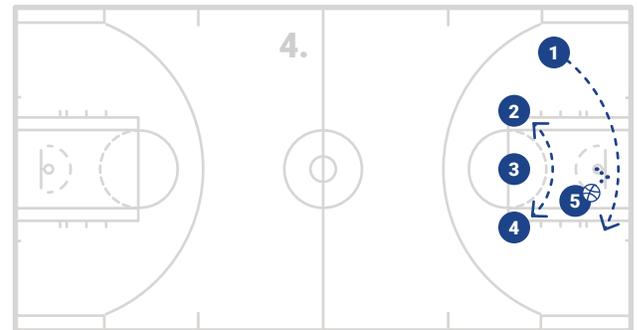
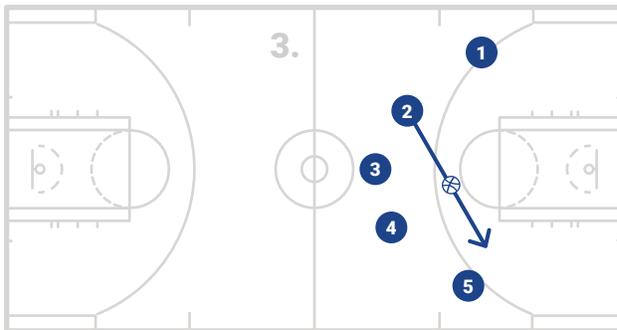
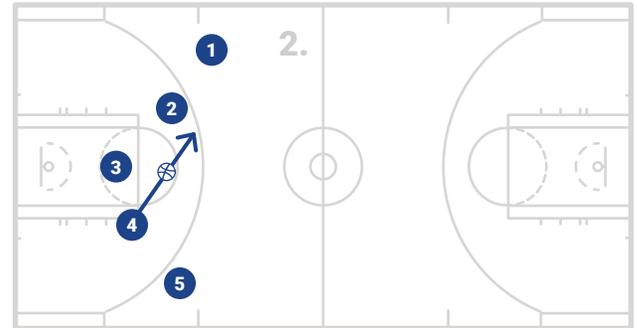
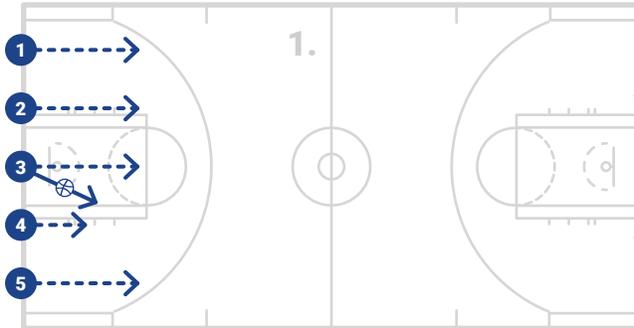
TEAM
CONCEPTS



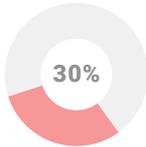
⊗ **5 on 0 Fast Break** (5x)

SEE DIAGRAM NEXT PAGE >>

- Have the players start in 5 lines on the baseline, 1 in the middle, 2 to the sides of the middle line and 2 out wide on each side.
- The first two players in the middle line will need a ball.
- All the players will run forward towards the other basket.
- The player in the middle will pass the ball to the player closest to them on the right, that player will pass the ball to the player to the left of the middle line, and that player will pass the ball to the player running out wide to the right.



TEAM CONCEPTS
CONTINUED



- That player will lay the ball in and swing through to switch sides with player that was running the left wing.

- The player in the middle is responsible for getting the rebound without it bouncing while the players that were closest to the middle line will switch sides inside the paint.

- The players will immediately do the same thing on the way back to the original side.

- After they finish on the side they started on, they will step off the court and the next group will start.

- Each player should rotate through each of the starting points.

🔍 Key Points: Encourage the players to run hard and call names as the players off the court encourage the group.

⊗ Balance the Floor Drill (5 min)

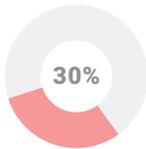
- Have the players start in 5 lines on the baseline, 1 in the middle, 2 to the sides of the middle line and 2 out wide on each side.

- The coach will label the lines 1 through 5 on the baseline so that everybody knows which line is each number.

- The first group up will give the coach a ball and prepare for the drill.

- The coach will pass the ball to 1 of the players and call out 2 or 3 numbers.

TEAM CONCEPTS
CONTINUED



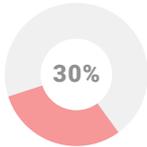
- The 2 or 3 players numbers that were called will run down the court identifying where the ball is and where their teammates are so they can balance the floor.
- The player that catches the ball will dribble down the court and will help the players balance the floor. This player can also pass the ball.
- The players will balance the floor quickly and either take a quick shot or work on driving and kicking for a shot based on coaches decision.

🔍 Key Points: Help the players see and understand how and why balance the floor. Remember the player who receives the ball can also pass the ball to help the team get balanced.

🏀 Follow The Leader Slides (1 x each)

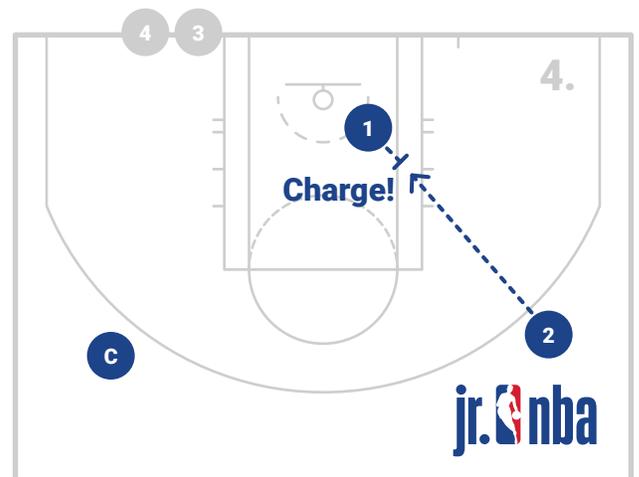
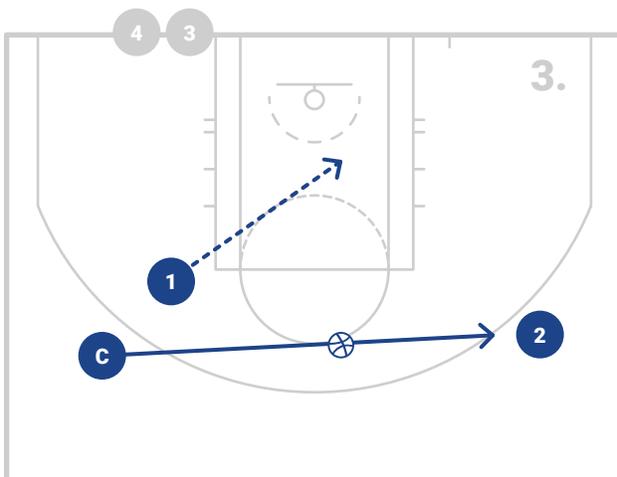
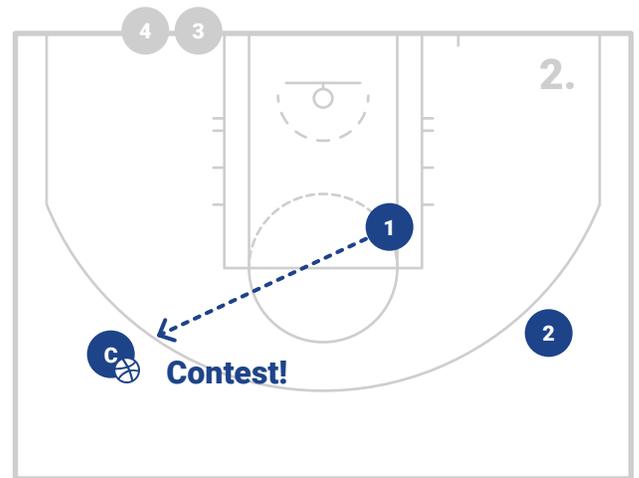
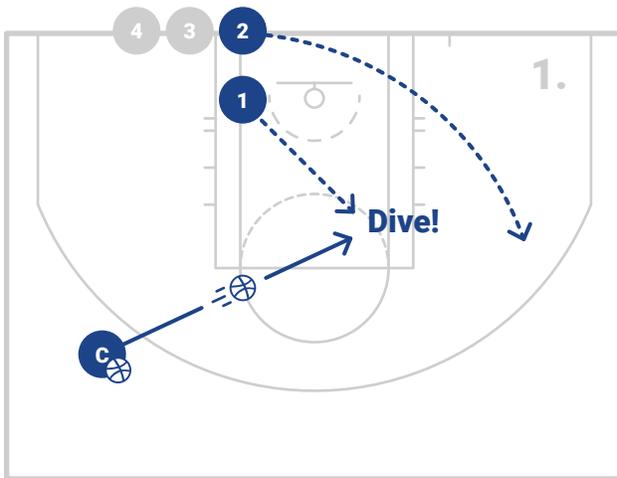
- Have the players spread out throughout the court all facing the same direction.
- Have a player come to the front of the group and face them.
- For 10-15 seconds that player will work on defense while the rest of the group follows their lead.
- The player can do foot fires, slides, jumps, take a charge, get a loose ball etc.
- Have each player rotate to the front and lead the drill.

TEAM CONCEPTS CONTINUED

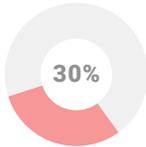


Dive-Contest-Charge Drill (2 x each)

- The players will start in a line on the baseline.
- The coach will start on the wing with 2 basketballs.
- The coach will start by rolling the ball towards the opposite wing.
- The player will start by running and diving on the loose ball.



TEAM CONCEPTS
CONTINUED



- The next player in line will move slowly towards that wing as well.
- After the player dives on the ball and jumps up, they will sprint to the coach to contest an imaginary shot.
- The coach will then pass the ball to the opposite wing where the 2nd player moved to.
- The defender will jump to help and as the player on the wing drives, they will step over and take a charge.
- After the charge, the player who drove to the charge will pass the ball to the coach and begin the same series of dive, contest, & charge.

🔑 Key Points: This drill works on the little things that make great defensive teams.

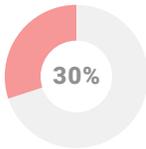
COMPETING



🏀 3 on 3 Dictated – Down 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 down screen.
- After that, the ball is live and the players can move and play as they choose.

COMPETING
CONTINUED



- 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.

⊗ 3 on 3 Dictated – Pick & Roll (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 pick and roll.
- 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.

COMPETING
CONTINUED



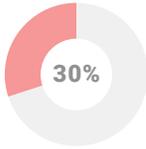
⊗ **3 on 3 Dictated – Screen The Screener** (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The players must start with a screen the screener which means the coach will start with the ball on the wing while a guard on the ball side block screens across the lane for a post player to come to the ball side, then a player around the free throw line area will set a screen for the guard coming off to the top.
- 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.

⊗ **3 on 3 Dictated – Elbow Pass** (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.

COMPETING
CONTINUED



- The players must start with a pass to the elbow from a guard at the top, there should also be a guard on the same side wing which will allow the guards multiple cuts and screens to work together on that side of the court.
- 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.

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.