

PERCENTAGE
OF TOTAL
PRACTICE TIME

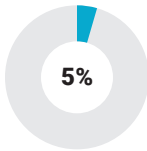
THEME	ACTIVITY	DETAILS	
Values	TEAMWORK	Lead the players in a discussion about teamwork.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the court while warming up.	5%
Building Skills	Ball-Handling		60%
	BALL RUBS (1 x 10 sec.)	Get the hands warm and gain comfort with the ball.	
	SINGLE LEG WRAPS (2 x 20 sec. each leg)	Wrap the ball quickly around each leg.	
	SEATED DRIBBLE (1 x 20 sec. each hand)	Sit and work on low, quick dribbles with the fingertips.	
	3-3-3 DRIBBLE DRILL (2 x 20 sec.)	Make sure each dribble is quick and powerful.	
	CONE DRIBBLING (1 x 3 min. with variations)	Work on changing directions with the dribble.	
	Passing		
	OVERHEAD PASS DRILL (1 min.)	Make firm overhead passes with a partner.	
	Shooting		
	FORM SHOOTING One Hand (2 x 10 shots)	The shot pocket originates from where a player would hold the ball with 1 hand.	
	1-2 STEP LAY-UPS BOTH SIDES (1 x 2 minutes each side)	Ensure the proper footwork while working with both hands.	
	SHOOTING LINE GAME (games to 8 makes)	Have fun shooting like practiced!	
Footwork & Conditioning			
JUMP-STOP DRILL With ball (2 times down & back)	Work on the fundamentals of the jump stop; balance and body control.		
Team Concepts	THE PASS IS FASTER DRILL (2 x down and back each player)	Work on ball-handling, passing, and catching while demonstrating that the pass is faster than the dribble.	15%
	DEFENSE, I LOVE IT DRILL (2 x 5)	Have fun and bring energy to defense!	
Competing	DRIBBLE RELAYS (2x)	Create teams and compete in fun relay races.	15%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	

- 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.



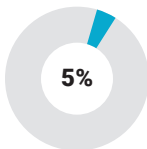
VALUES



> TEAMWORK

- ★ **Positive Coaching Alliance (PCA)** shares that teamwork is all about trust, and trust is a key component to any team. Whether it's your family, your friends, your co-workers later in life or your basketball teammates at any level, trust is critical.
- ★ You want to be able to trust your teammates (especially to call out screens!), and you want your teammates to trust you. As you work to build a team that trusts each other, remember you have to give trust to get trust, and once you have trust, teamwork is second nature.

WARM-UP



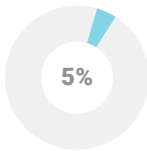
> WARM-UP & INJURY PREVENTION

- ★ **Fundamentals of Warming-Up:** Warming up is an extremely important part of basketball. Players should make sure their bodies are prepared to play by getting their muscles loose and their body temperature up. Warming up can keep players healthy, lengthen playing careers, and help players do their best.

⊗ **Run To That Line** (1 x 5 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.

WARM-UP
CONTINUED

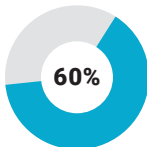


- Announce both the way to get to the line or area and the line or area.
- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

★ **Example:** “Everybody go with High Knees to the baseline!”

🔍 **Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

BUILDING
SKILLS



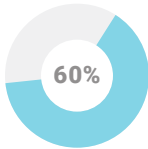
➤ **BALL-HANDLING**

🏀 **Ball Rubs** (1 x 10 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- Players should be in a stance with their legs wide and their chest up.
- The players will hold the ball with both hands in front of them and use each hand to continuously rub the ball firmly.
- The players will execute this for the allotted amount of time and then move on to the next drill.

🔍 **Key Points:** Get a good feel for the ball and warm-up the fingers and hands.

**BUILDING SKILLS
CONTINUED**



Single Leg Wraps (2 x 20 seconds each leg)

- All players need a basketball (or share) and should stand on the sideline.

- Players should be in a stance with their legs wide and their chest up.

- The players will then wrap the ball around one leg for 10 seconds and then change directions for 10 seconds.

- The players will then do the same activity on the other leg which completes one set.

Key Points: Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Help the players feel confident moving the ball as if it is an extension of themselves. Push the players to wrap the ball fast in order to challenge their control.

Seated dribbles (1 x 20 seconds each hand)

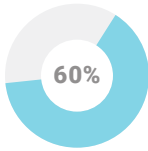
- All players need a basketball (or share) and should sit on the sideline.

- The players will put the ball out to the side of their body and begin dribbling.

- The dribbles should be low and quick, mostly using the fingertips.

- The players will do this for the allocated amount of time and switch to the other hand and put the ball on the other side of their body.

BUILDING SKILLS
CONTINUED



Key Points: Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Encourage the players to keep their eyes up and challenge them by requiring them to keep the ball further away from their body.

3-3-3 Dribble Drill (2 x 20 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start in a good stance with their knees bent and eyes up and take 3 dribbles with their right hand.
- Next the players will complete 3 crossover dribbles.
- Then the players will execute 3 dribbles with their left hand.
- The players will go back to 3 crossover dribbles and then 3 right handed dribbles and continue the process for the allotted amount of time.

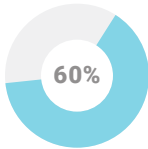
Key Points: This drill will work on low controlled dribbles with both hands as well as the crossover.

Cone Dribbling (1 x 3 min with variations)

[SEE DIAGRAM NEXT PAGE >>](#)

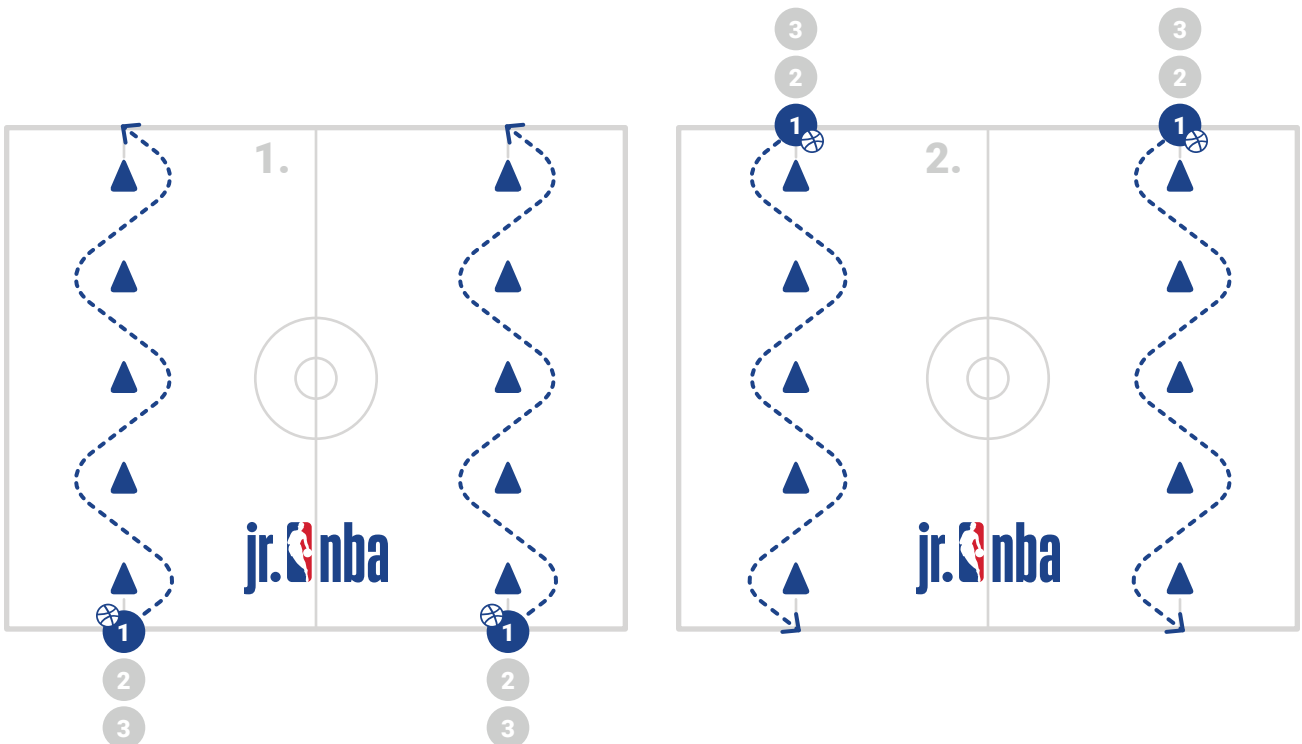
- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.

BUILDING SKILLS CONTINUED

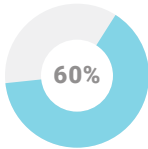


- The first player in each line will have a ball.
- The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
- Once the player is half way through the cones, the next player can begin.
- After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.

Key Points: Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.



BUILDING SKILLS
CONTINUED



> PASSING

★ **Fundamentals of the Overhead Pass:** The overhead pass is a strong pass that is executed by holding the ball firmly over the head with 2 hands. The player will then step to generate momentum and make a strong pass to a teammate.

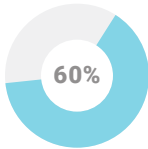
- The overhead pass is often used for longer distance passes, skip passes, and outlet passes.

🔍 **Key Points:** Players should not bring the ball back behind their head as it opens up opportunities for players behind them to steal it. Keep the ball nice and strong above the head while maintaining good body control, strength and balance.

🏀 **Overhead Pass Drill** (1 x 1 minute)

- Have players partner up, get a basketball and line up about 10 feet apart.
- Based on the fundamental passing skills and wall passing previously taught, have the players now step and pass to their partner.
- The 2 partners will make overhead passes to each other for 2 sets of 60 seconds and then do the same thing with chest passes.

BUILDING SKILLS
CONTINUED



Key Points: Ensure that the players make eye contact before passing and the receiver shows their hands as a target. The players should take a big step towards their partner, extend their elbows and snap their down to make a good pass.

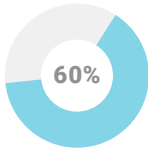
> SHOOTING

Form Shooting – 1 Hand (2 x 10)

- 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 lift the ball in that one hand so that their elbow is underneath it and their palm is facing the sky.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.

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.

**BUILDING SKILLS
CONTINUED**



1-2 Step Lay-Ups (1 x 2 minutes each side)

- All players should have a partner and 1 ball per group.

- There can be at least 3 partner groups per basket (side, middle, side).

- One player will line up 3 to 6 feet away from the basket and the other partner will stand just behind the basket.

- When coach says “1. 2.” The player will take 1-2 steps and perform a lay-up shooting for the square on the backboard.

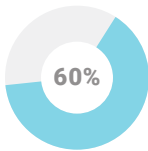
- The players will not dribble the ball.

- The partner will grab the rebound and give it back to the shooter to repeat.

- That player will work for 1-minute before switching with the partner.

Key Points: Emphasize the correct hand and foot until the movement becomes natural for the players. Make sure to do this from both sides with both hands.

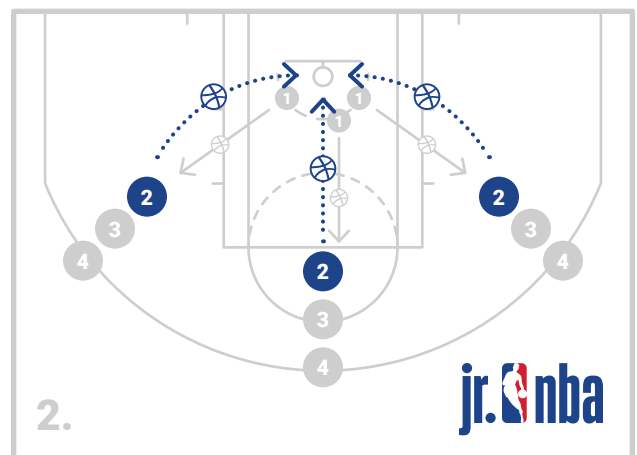
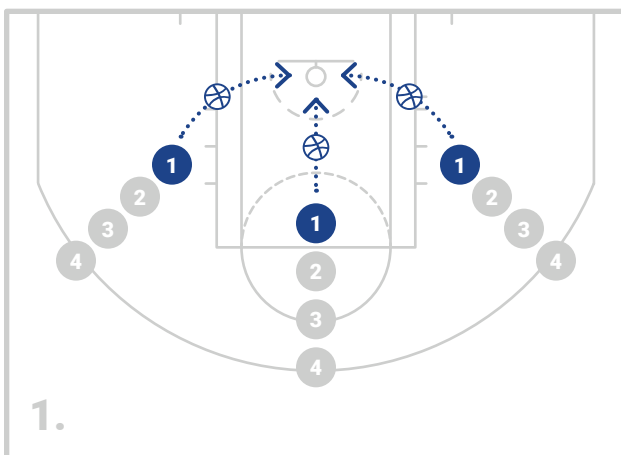
**BUILDING SKILLS
CONTINUED**



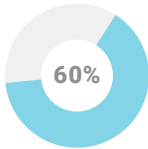
Shooting Line Game (games to 8 makes)

- Divide the players into two or more groups and have each group at a designated shooting spot on the court.
- The groups will function as a team and keep their score together.
- The players will shoot, 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 repeat.

Key Points: Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.



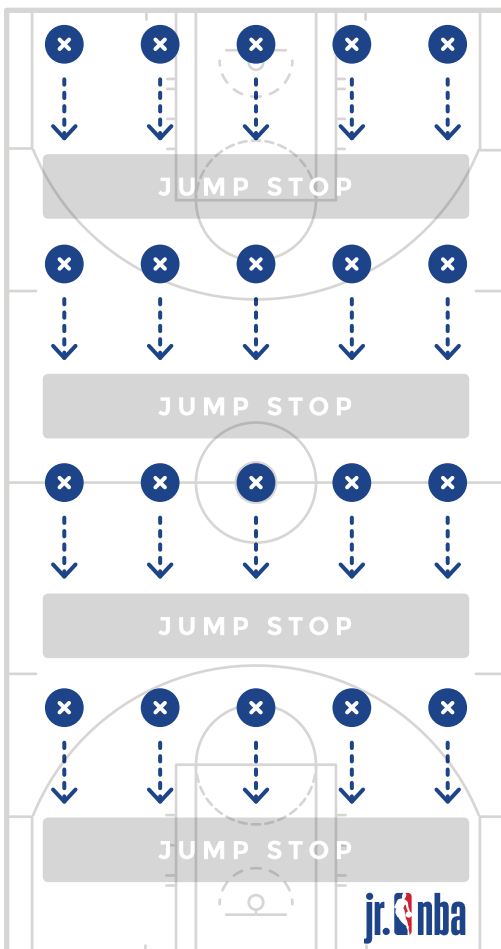
BUILDING SKILLS CONTINUED



> FOOTWORK & CONDITIONING

★ **Jump Stop Fundamental Skill:** The act of landing on both feet at the same time when either receiving a pass or after a player's last dribble. Landing on both feet at the same time then allows the player to use either foot as a pivot foot.

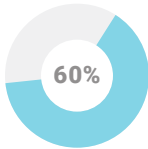
- A player should keep their eyes and chest up and stay balanced by having their knees bent.



🏀 Jump Stop Drill with Ball (2x down and back)

- Players should form balanced lines on the baseline and the first player in each line will start in an athletic stance.
- The first player in each line will jog to the foul line and make a deliberate jump stop at the foul line.
- On the whistle, the players will repeat at half court, the opposite foul line, and the opposite baseline.
- Once the group in front of the player moves towards the next jump stop location, the next player begins the same process.

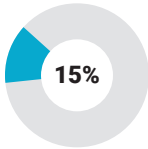
BUILDING SKILLS CONTINUED



- The players will wait at the opposite baseline until all the players finish and then do the same process going back.

Key Points: To ensure balance, have the players land in the jump stop position and count to 3 before blowing the whistle to allow them to jog to the next spot.

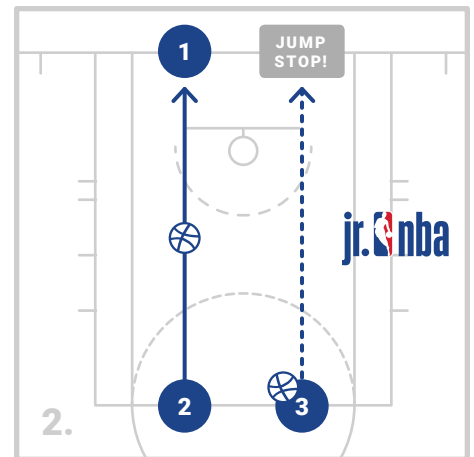
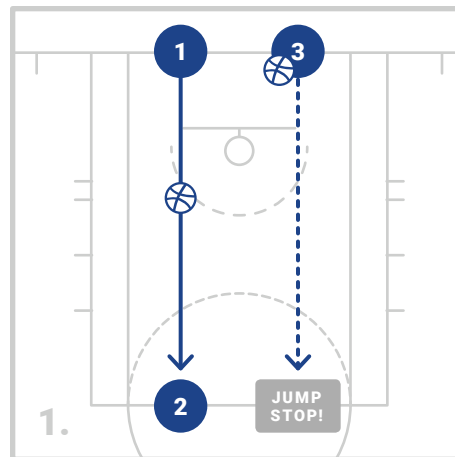
TEAM CONCEPTS



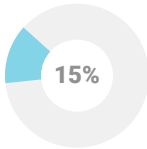
OFFENSE

The Pass is Faster Drill (2x down and back each player)

- Have players divided into groups of 3 and designate each player 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.
- 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 right next to player 2.



TEAM CONCEPTS
CONTINUED



- 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

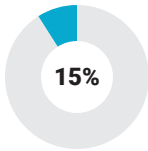
★ Defensive Stance Fundamental Skill: The position used by defenders in which they have their knees bent, feet a little more than shoulder width apart with their toes and knees facing forward, their eyes up and their hands outstretched and active. From this position they can easily move in any direction.

⊗ Defense, I Love It Drill (2 x 5)

- Have the players spread out on the court in front of the coach.
- When the coach says “Defense!” have the players slap the floor and get in a defensive stance while saying “I love it!”
- Have the players stay in the stance and repeat this call and response action 5 times.

🔑 Key Points: Make sure the players have a lot of energy and enjoy this. Also ensure they have good form in the defensive stance.

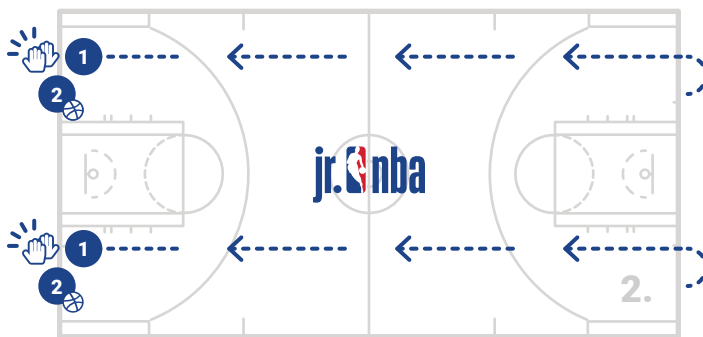
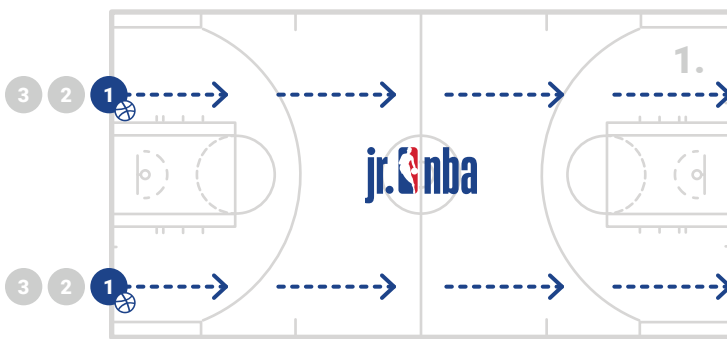
COMPETING



> FUN GAMES

🏀 Dribble Relays (2 x)

- Divide the players into even groups and have them line up on the baseline with the first person in line with a ball.
- Designate how you want the players to dribble to half court by choosing either right or left hand.



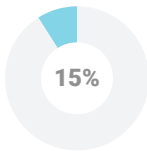
- On the coach's command the first player will dribble to half court in the designated way and dribble back, jump stop, give the next player a high five, and then give them the ball.

- Once everybody has gone 3 times, the team has finished.

- Next do the same thing with the other hand.

- 🔍 **Key Points:** Make sure the players have a lot of energy and enjoy this. Encourage the players to be good teammates throughout this game.

COMPETING
CONTINUED



3 on 3 Numbers Game (games to 5)

- Assign 3 players to each number and have everybody stand on the baseline. The three players with the same number our 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.

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.