

# DAILY PRACTICE PLAN

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In order to teach the necessary skills and concepts the coach must be committed to a long-term plan. Players cannot develop these skills and concepts on one practice and three games a week. The ratio needs to be reversed. Running an effective practice is one of the best ways to assist the players in their development.

## **PART ONE: WARM UP (5%)**

Warm up – games approach or fundamental movement skills  
Movement prep – injury prehabilitation

## **PART TWO: INDIVIDUAL FUNDAMENTALS (30%)**

Shooting, passing and dribble form  
Dribble start/pivot foot  
Dynamic one-on-one  
Combination drills - dribble/pass/shoot  
Defensive skills/abilities

## **PART THREE: BREAK DOWN OFFENCE / DEFENCE (30%)**

1v1 Decision making  
2v2 Game situation – half-court – defence/offence  
3v3 Advantage/game situation - means that there is an advantage given to the offence (i.e. three-on-two). It may be only a brief advantage before the third defender arrives.  
2v1 Transition drill  
3v2 Transition drill – full-court – defence/offence  
3v3 Advantage

## **PART FOUR: HALF-COURT AND FULL-COURT (30%)**

4v4 Break down defence/offence  
5v5 Offensive/defensive system  
5v5 Scrimmage

## **PART FIVE: (5%)**

Cool down, recovery