

## Jerry Petitgoue- Youth League Practice Plan

### Master Practice Schedule

I.	5 minutes	Simple exercises
II.	5 minutes	Footwork drills
III.	10 minutes	Shooting drills
IV.	5 minutes	Shooting contest
V.	8 minutes	Ball-handling skills
VI.	7 minutes	Dribbling skills
VII.	5 minutes	Passing drills
VIII.	5 minutes	Shooting contest
IX.	10 minutes	3 on 3

- I. Simple exercises  
Jumping jacks, running in place, arm circles, jump rope
- II. Footwork drills
  - work on stance: Bend knees, backs straight, butt down, feet shoulder-width apart, hands up
  - Quick feet- chop feet and turn left or right on coach's whistle
  - Chair drill- hold folding chair between legs and slide. Keep butts down and feet shoulder-width apart.
- III. Shooting drills
  - Form shooting- BEEF method. Hold the follow through for 1 second
  - Lay ups right hand and left hand- step with inside foot and then up. Tell them it is a high jump, not a long jump. Once they have gotten the footwork and the form, add a ball. Then dribble in.
  - Then square up from a pass. Square up to the hoop in very important. First time through do not let them shoot, then stress the BEEF form
  - Then square up from the dribble
- IV. Shooting contest. This will relieve boredom. You could do any of a number of shooting games here such as knockout.
- V. Ball handling skills
  - Use whatever ball handling drills you use in practice. We like to give the drills names of popular NBA players.
- VI. Dribbling skills
  - Down and back with your right hand and then your left hand
  - Then down and back with 2 balls
  - Then line up chairs and weave in and out of the chairs.
- VII. Passing drills. Work on the different kinds of passes

- Chest pass. Pass should be above the waist and below the shoulders
- Bounce pass. The ball should hit the floor 2/3 of the way. Hit the receiver at the belt.
- Overhead passes
- Could also do partner passing. One throws chest passes and the other throws bounce passes
- Could also run v-cuts. 1 passer and 1 cutter

VIII. Shooting contest. One example is “Beat the Pro” It is a game to 10. You are only allowed 1 lay up. If you miss the pro gets a point, if you make the shot you get a point. First one to 10 wins.

IX. Three on three/ 5 on 5

- Only allows 3 on 3 for really young kids ( 1<sup>st</sup> and 2<sup>nd</sup> graders) because everyone gets to develop their skills. Third and fourth graders can play 5 on 5.