

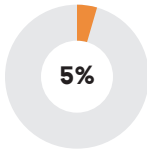
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RECOVERY	It is important that players understand the importance of recovery!	5%
Warm-Up	PARTNER RUNNING PASS DRILL (8 passes to 1 pass)	The players will work together to warm-up by passing and running the court.	5%
Building Skills	Ball-Handling		40%
	2 BALL MOVING-ADD SIDE TO SIDE (2 x down and back)	Dribble both balls side to side up the court and back.	
	2 BALL WITH CONTACT (2 x 20 sec.)	Have a partner give the dribbler contract while they dribble both balls.	
	3-2-1 IN & OUT DRIBBLE (3 x each side)	Work on changing from up to down and timing the feet and hands.	
	Passing		
	PRESSURE TIMING DRILL (3 x each side)	Keep the offensive player in a specific space with defensive pressure as they make a pass.	
	Shooting		
	MAKE FOR A CONE GAME (3 minute games)	When a team makes a shot, they get one of the other team’s cones!	
	PASS & DROP STEP DRILL (2 minutes each side)	Work on good footwork and good finishes from both sides.	
	Footwork & Conditioning		
	EXPLOSION LEAPS (1 x each way)	Build explosiveness and quickness with good bounds!	
Team Concepts	2 ON 0 POST ENTRY OR DRIVE (5 minutes)	Have the players read off of each other in the 2 on 0 scenario.	25%
	2-PERSON CLOSE OUT (2 minutes)	Keep the energy up and work on good close-outs and jumping to the ball.	
	3 ON 3 - HELP THE HELPER (6 minutes)	After helping the helper, the game becomes live.	
Competing	FULL COURT MAN (3 possessions each)	Split the court so the defensive player only guards a space half as wide as the court.	25%
	2 ON 2 - CONES (games to 4)	All the players have to run around the cones before the game is live.	
	3 ON 3 - DICTATED (games to 3)	The coach will dictate how each play must start.	

- 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.



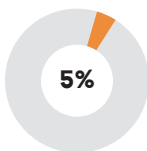
## Values



## > RECOVERY

- ★ The right amount of recovery during practices and games is critical. Very few people, maybe nobody at all, can go 100% for a full game. Take advantage of opportunities to moderate and control breathing during timeouts or while on the bench. In practices, players can push hard through drills and conditioning and then recover while shooting free throws. That way, there is no “down time,” players always are working on some aspect of their game, and they also are getting over their exhaustion so they can be prepared when practice picks up pace again. Meanwhile, they are getting the game-condition practice of shooting free throws while fatigued.
- ★ Recovery also refers to extra steps that can be taken off the court as well such as ice, days off, or even physical therapy for injuries.

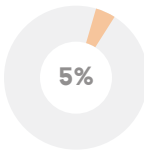
## Warm-Up



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

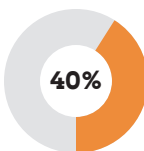
- Have the players partner up and stand on the baseline across from each other.
- The players will pass back and forth to each other as they run down the court and shoot a lay-up at the other end.
- After they lay-up, they will wait at the other end for all the groups to finish before coming back the other way.
- The group behind them can start once the group in front is almost to half court.

## WARM-UP CONTINUED



- 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.

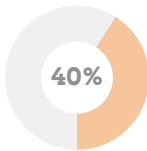
## Building Skills



### **2 Ball Moving - Add Side to Side** (2 x down and back)

- All the players will start on the baseline with 2 balls (or share).
- They will start by dribbling with 2 balls at the same time.
- After a couple of dribbles, they will begin moving at a natural pace while staying low.
- They will do this for this distance dictated before turning and coming back.
- Add dribbling both balls from side to side dribble after the first trip.

## BUILDING SKILLS CONTINUED



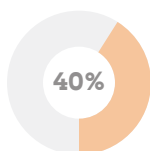
### ⊗ **2 Ball with Contact** (2 x 20 sec)

- Have the players partner up and get two balls.
- As the first player dribbles both balls, have the partner give them contact with pressure and fouls to make it more difficult to control the balls.
- Make sure the partner is controlled in their fouling and contact and is focused on helping the dribbler get better.
- After the allotted amount of time, the partners will switch and work do the same with the other partner.

### ⊗ **3-2-1 In & Out Dribble Drill** (3 x each side)

- Have the players start at half court and the sideline with a ball.
- Utilize the other side and other basket if needed.
- The players will move forward by dribbling 1 time forward and then take an in and out dribble.
- The player will again raise up and dribble 1 time forward followed by 2 in and out dribbles.
- The player will again raise up and dribble 1 time forward and then drop to make an in and out crossover and stride into a shot.
- The player will get their own rebound and go to the back of the line.

BUILDING SKILLS  
CONTINUED

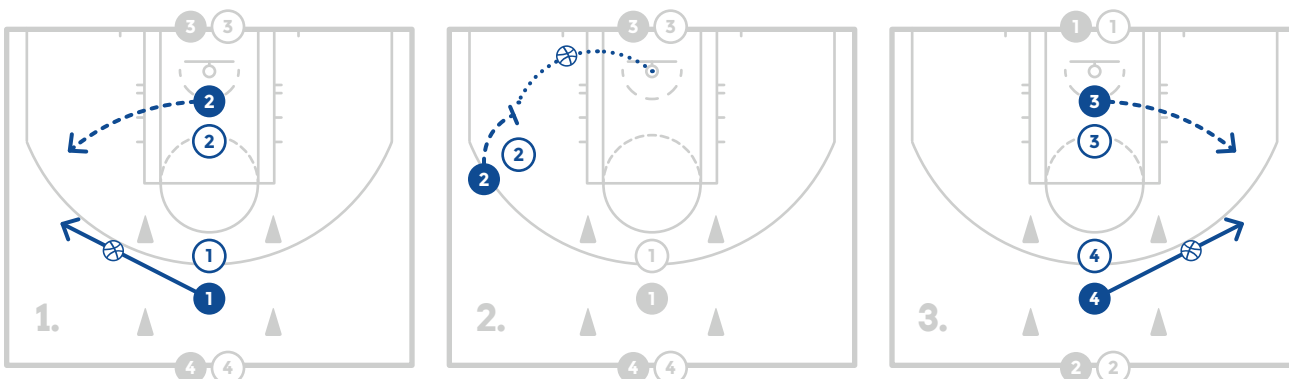


**Key Points:** Work on standing up and dropping down to make the move. Also work on the footwork within each in and out move.

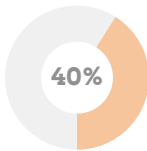
**PASSING**

**Pressure Timing Drill (3 x each side)**

- Have the players partner up and go with their partner to either the passing line at the top of the key or the cutting line under the basket.
- The first pair up will start with one player with the ball on offense inside a dictated area at the top of the key.
- The partner will defend with pressure as the player dribbles in that space.
- The partner group on the baseline will start under the basket with one offensive and one defensive player.
- The offensive player will choose to cut out towards the wing on either side of choice.



## BUILDING SKILLS CONTINUED



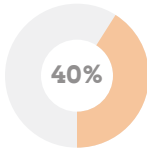
- The offensive player at the top will have to time the pass and make a good pass to the player going to the wing as the defenders try to get deflections.
- On the catch the offensive player has 3 dribbles to quickly try to score.
- The players will change lines and continue this process.
- Make sure the players are changing from offense to defense as well.

## ➤ SHOOTING

### ⊗ **Make For a Cone Game** (3 minute games)

- Players are separated into 2 even teams and line up in front of the basket.
- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and goes to the back of the line.
- If the player misses the shot they get the rebound and pass to the next person on their team and continue to the back of the line.

BUILDING SKILLS  
CONTINUED



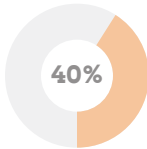
- After 3 minutes, the team with the most cones wins.

★ **Fundamentals of the Post Up:** Posting up is something an offensive player does to try to get the ball close to the basket. When posting up, the offensive player will have their back facing the basket and chest facing their teammate with the ball. The player will get in a good stance with a low wide base and make contact with the defensive player. Then they will keep their chest up and show a hand as a target to show their teammate where to pass the ball. Posting up requires the player to be physical and make contact with the defensive player in order to catch the ball where they would like.

⊗ **Pass & Drop Step Drill** (2min each side)

- One player will start on each block and there will a line on the wing in front of each of them.
- The first few players in each line will have a ball.
- The first player with the ball will make a good post entry pass to the player making a good post up on the block.
- The player will catch the ball and execute a drop step, get their rebound and go to the back of the line.
- The player who made the pass will then run to the block and post up and prepare to receive the pass from the next person in line.
- This process will continue for the allotted amount of time and then the players will switch sides.

## BUILDING SKILLS CONTINUED



**Key Points:** Make sure the players are executing good post entry passes, the players are posting up and making good drop step moves..

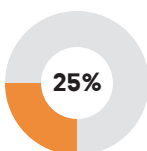
## FOOTWOORK & CONDITIONING

### ⊗ **Explosion Leaps** (1 x each way)

- Have the players start on the sideline and bound by loading their arms and legs and bounding off two feet as far up and out as possible.
- The players will land on two feet and immediately repeat the process.
- The players will continue for the allotted distance.

**Key Points:** Emphasize explosiveness and quickness with each bound!

## Team Concepts

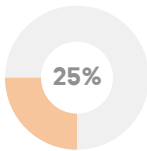


### ⊗ **2 on 0 Post Entry or Drive** (5 minutes)

- Have the players get 4 lines, 1 on each wing, and 1 on each block.
- The players on the wing will start with the ball and has the option of passing it into the post player or driving the ball.
- If the player passes to the post, they can cut, screen in, or relocate to receive a pass back and a shot.



TEAM CONCEPTS  
CONTINUED



- If the player drives the ball, they can drive middle or baseline and the post player will react accordingly and get a shot.
- After the shot, the players will switch lines and the next group up will continue with the same process.
- Help the players to react off of each other and play together.

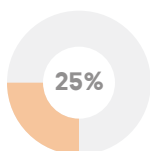
⊗ **2-Person Close Out** (2 minutes)

SEE DIAGRAM NEXT PAGE >>

- There will be 2 offensive players on opposite wings with 1 ball.
- There will be a line of players under the basket.
- When the ball is skipped from one player to the other player, the defensive player on the baseline will close out to the ball.
- When the coach says “Pass” the offensive player will skip the ball to the other offensive player on the opposite wing.
- On that pass the next player on the baseline will close out to defend.
- The player who was guarding the ball will jump into help side defense and call out “help, help, help”.
- When the coach says pass, the offensive player will skip the ball back to the opposite wing.

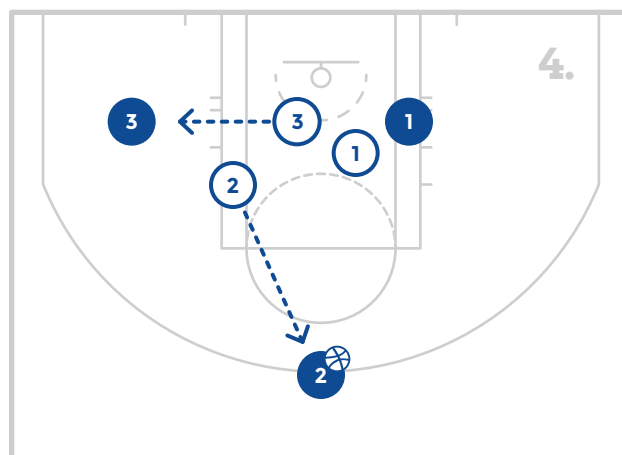
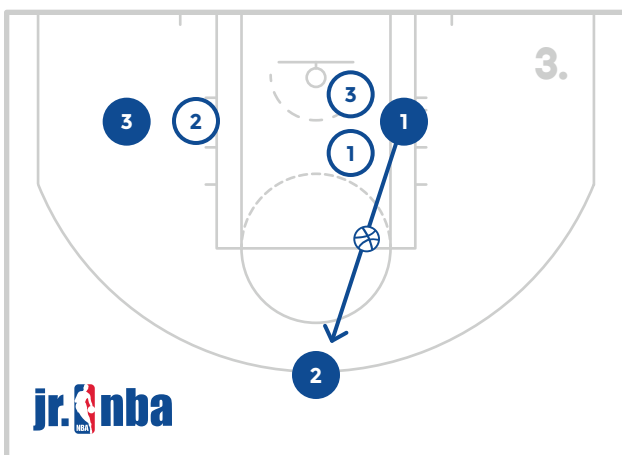
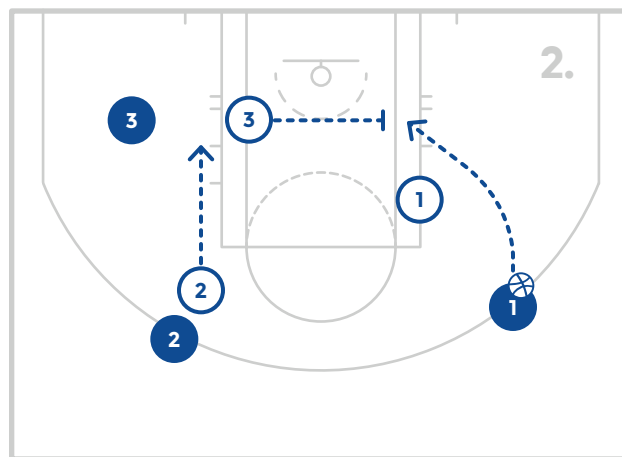
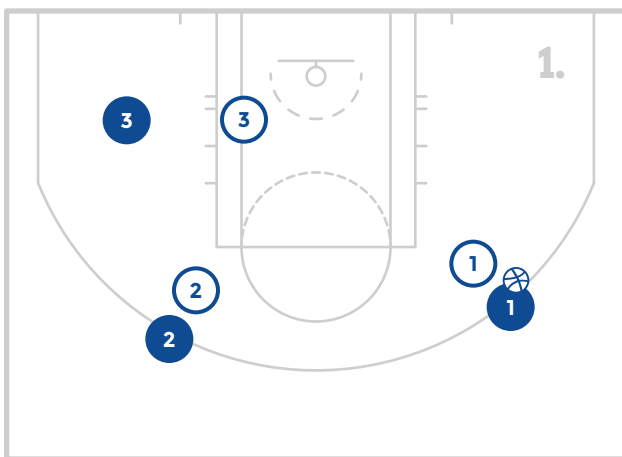


TEAM CONCEPTS  
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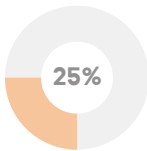


🏀 **3 on 3 - Help the Helper** (6 minutes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The game must start with a baseline drive, a help player stopping the ball and the 3rd player “helping the helper”.
- The offensive player must kick the ball out and then the game is live and the players can move and play as they choose.

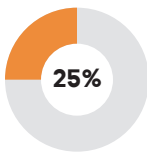


TEAM CONCEPTS  
CONTINUED



- 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.

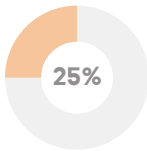
Competing



⊗ **Full Court Man** (3 possessions each)

- Have the players partner up based on skill level and position and get a ball.
- Have half the groups start on one baseline and the other half on the other baseline.
- Pretend the court is split in half down the whole court on the lane line so the players cannot cross over the middle.
- The defensive player will try to make the offensive player change directions as much as possible and will stay in front by sliding or running to get back in front if beat.
- The offensive player is trying to score at the opposite basket.
- Once the players get to  $\frac{1}{2}$  court the next group in that line can go.
- After a group finishes, they will go to the end of the line at the end they shot at and switch offense to defense.

COMPETING  
CONTINUED

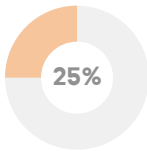


**Key Points:** This is not an easy defensive drill but it is important that the work hard to make it difficult for the offense.

### **2 on 2 - Cones** (games to 4)

- Have two lines at both sides of the top of the key with one line closer to the wing.
- All lines will have a cone on the baseline directly in front of them.
- The coach will also be at the top with a basketball.
- The first player in each line will have to sprint to the baseline and touch the cone in front of them and then sprint to the wing.
- The players that were closest to the wing will be on offense and the other players will be defense.
- The coach can pass to either side and the players will play 2 on 2 with a maximum of 3 dribbles for each possession.
- After the possession, the next 4 players in line will begin the same process.
- All the players have to run around the cones before the game is live.

## COMPETING CONTINUED



### **3 on 3 Dictated** (games to 3)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.
- The players must start the play how the coach dictates any time the coach decides to dictate a first action.
- 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.