

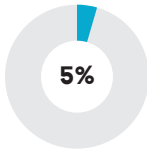
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	POSITIVITY	How can having a positive attitude help your team?	5%
Warm-Up	ACTIVE WARM-UP (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none">• Backward Jog• Skip Arm Swings• Jog to Sprint• 2 Foot Hop• Stance Resistance• Jog & Turn• Stance Lateral Chop• Bent Knee Side Plank	5%
Building Skills	Ball-Handling		60%
	TOSS & CATCH WITH CLAP (1 x 45 seconds)	Have fun and get comfortable with the ball.	
	LOW, MIDDLE, HIGH DRIBBLE (3 x 20 sec each level & each hand)	Stay consistent with good dribbles at each level.	
	ZIG ZAG DRIBBLING (2 x down and back)	Work on changing directions with a quick move.	
	DRIBBLE KNOCKOUT (2 games)	Have fun with this competitive dribble game!	
	Passing		
	CIRCLE PASS DRILL (1 x 45 seconds each type of pass)	Get the team working together with good passes.	
	PARTNER RUNNING PASS DRILL (2 x down & back)	Try not to have any dropped passes!	
	Shooting		
	2-BOUNCE SHOOTING GAME (games to 5)	Hustle after rebounds to prevent two bounces.	
	Footwork & Conditioning		
	ON THE WHISTLE JUMP STOP (2 minutes)	The players will react quickly with a good jump stop.	
TUCK BACK DRILL (2 x 6 each way)	This drill encourages toughness with the ball!		
CHANGE OF SPEED DRILL (3 x down and back)	Changing speeds will help all players improve their game.		
Team Concepts	2 ON 1 FAST BREAK DRILL (3 minutes)	Emphasize good decision making.	15%
	TRACING THE BALL BREAKDOWN DRILL (4 min)	Work on tracing the ball with active hands.	
Competing	ON THE BLOCK FINISH DRILL (games to 3)	Work on game like finishes from the block.	15%
	ELBOWS FINISH DRILL (games to 3)	Work on taking good shots starting from the elbow.	
	2 ON 2 FROM CLOSE OUT (games to 5)	Help the players understand the importance of the close out.	

- 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.



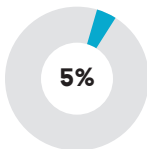
Values



> POSITIVITY

- ★ It is important for basketball players to stay positive. There are so many opportunities in games and practices for things to go wrong – from missed shots (even the well-chosen ones with perfect form!) to mental mistakes and miscommunications on defense – that teammates must support each other and help each other past mistakes.
- ★ Even if you are not the best athlete or basketball player, you can contribute to team success more than you ever imagined just with vocal encouragement, smiles, head nods and daps. It is not easy to stay positive with yourself and your teammates when times are tough, but the more you do, the quicker those tough times pass and the stronger your team will be when you come through on the other side.

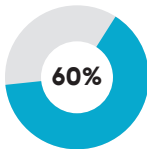
Warm-Up



> ACTIVE WARM-UP (1 x each from baseline to half court)

- Backward Jog
- 2 Foot Hop
- Stance Lateral Chop
- Skip Arm Swings
- Stance Resistance
- Bent Knee Side Plank
- Jog to Sprint
- Jog & Turn

Building Skills



> BALL-HANDLING

⊗ **Toss & Catch with Clap** (1 x 45 seconds)

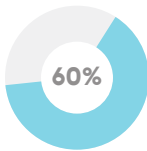
- Players need a basketball (or share) and should find space on the court facing the coach.
- With two hands on the ball, the players will toss the ball into the air and catch it on its way down.
- The players can toss the ball higher if they are comfortable.
- The coach can have the players work together or at their own speed and should feel free to add wrinkles to the drill.

🔍 **Key Points:** Develop hand-eye coordination and familiarity with the ball by tossing and catching it at different heights. Emphasize a controlled toss and a soft catch.

⊗ **Low, Middle, High Dribble** (3 x 20 seconds each level & each hand)


- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm up to protect the ball.
- The players will do this for 20 seconds and then switch to their left hand and complete the same process.

BUILDING SKILLS CONTINUED



- Next the player will move back to their right hand and dribble and the middle level for 20 seconds and then switch hands before going to the high dribble around their shoulder for 20 seconds each hand.

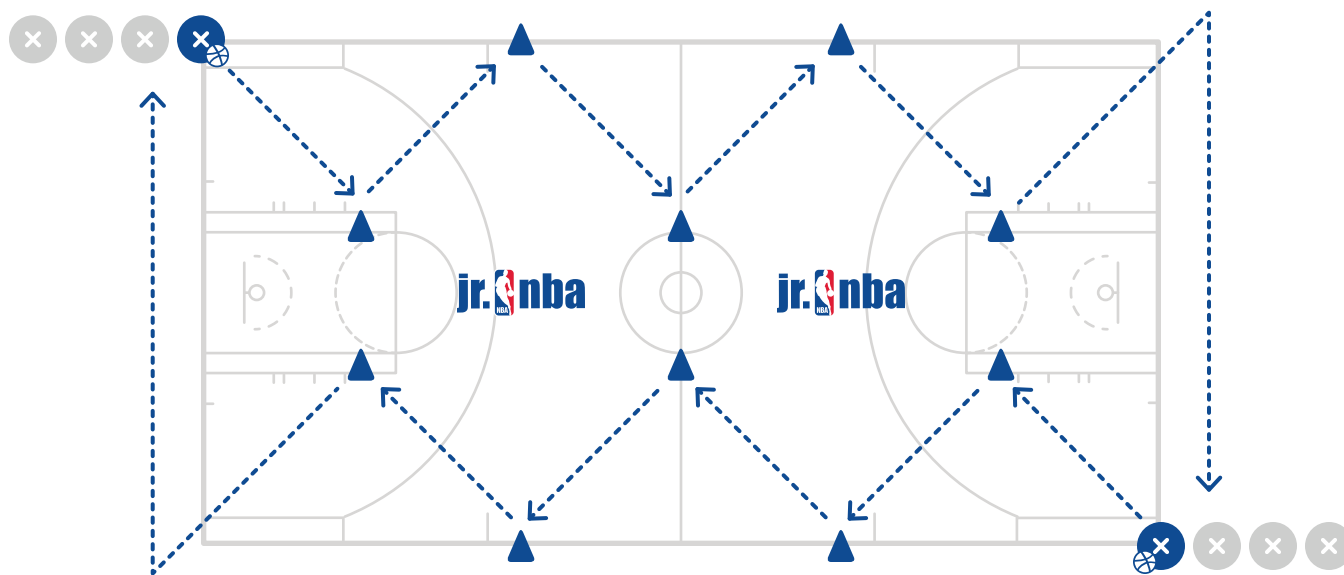
- Throughout this drill, the coach will hold up a variety of numbers of fingers. The players must see the fingers and call out the number.

 **Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

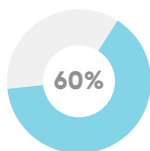
Zig Zag Dribbling (2 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Have the players start in two lines in opposite corners where the baseline and sideline meets.
- If every player cannot have a ball, ensure that the first 3 players in each line have a ball.
- The players will start by dribbling from the starting point to the elbow.
- At the elbow, the players will make a move you have designated (Rookie Level-Crossover) and continue to where half court and the sideline meet.
- The players will again make the move you have designated and continue to the opposite elbow where they will make the designated move and finish in the opposite corner.



BUILDING SKILLS CONTINUED



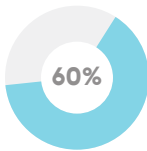
- When they finish, they should dribble along the baseline and begin the same process coming back in the opposite direction.

Key Points: This drill allows the players to work on changing directions and making a moving crossover. Make sure the players stay low on the crossover and push off their outside foot to change directions.

Dribble Knockout (2 Games)

- All players need a basketball and should stand on the sideline. Depending on the number of players, have all the players start inside of half court, or the 3-point line.
- The players must dribble the ball without picking it up, double dribbling or going out of bounds. All players should try to knock the other players ball away while dribbling.

BUILDING SKILLS CONTINUED



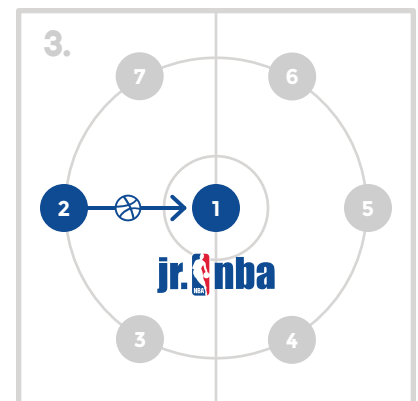
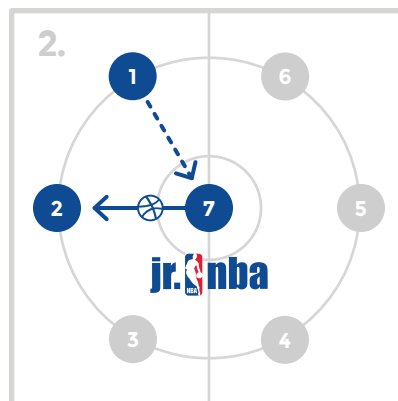
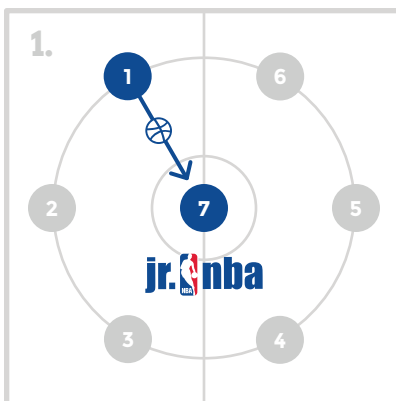
- It is the goal to be the last player with still dribbling.
- As the number of players still in gets lower, change the out of bounds area to a smaller area such as inside the 3-point line or lane or the circle at 1/2 court.

Key Points: Work on ball-handling in a fun game setting.

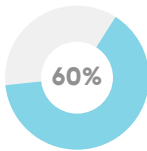
> PASSING

Circle Pass Drill (1 x 45 seconds each type of pass)

- Players should start in a circle with one player in the middle.
- One player will have the ball and pass the ball to the player in the middle.
- After making the pass, the player will follow their pass and go to the middle.
- The player in the middle will quickly catch and pass to the next person in the circle and follow their pass



BUILDING SKILLS
CONTINUED



- This cycle will continue quickly as the ball goes all the way around.

Key Points: This should be a fun, quick game in which the players work on making good passes.

Partner Running Pass Drill (2 sets)

- Have players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will run the full court while making a chest pass to each other.
- Once all the groups have gone, they will repeat the same thing coming back to complete 1 rep.

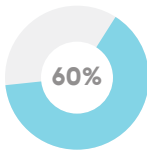
Key Points: Emphasize passing to where the player will be instead of where they are, showing a target, hitting the target and working together.

SHOOTING

2-Bounce Shooting Game (games to 5)

- Have 4 players at a basket each with a ball.
- The players will start outside the 3 point line and take 1 dribble toward the basket and take a shot.
- After the shot, the shooter must get to the rebound before the ball bounces 2 times.

BUILDING SKILLS
CONTINUED



- If the ball bounces 2 times then the make does not count.
- Once the player has the rebound, they will take the ball back out to the perimeter where they will repeat the process until somebody has made 5 shots to win.

Key Points: Make sure the players are hustling for their rebounds.

FOOTWORK & CONDITIONING

On the Whistle Jump Stop (2 minutes)

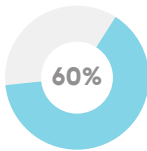
- Have the players dribble around the court working on their ball-handling.
- When the coach blows the whistle, all the players will jump stop and sit in a good stance.
- Repeat this process working on ball-handling and a good jump stop.

Key Points: Have all the players work on their ball-handling while moving around the court. Each player should quickly react to the whistle with a good, balanced jump stop.

Tuck Back Drill (2 x 6 each way)

- All players need a basketball or pretend to have a ball and should stand in an open space on the court.

BUILDING SKILLS
CONTINUED



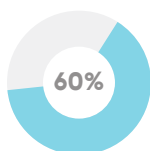
- Have the players face forward in a triple threat position.
- When the coach says “tuck back!” have the players say “strong!” while dropping their right foot and putting the ball on their right hip.
- When the coach says “over!” have the players step forward with their right foot while turning 90 degrees.
- When the coach says “triple threat!” the players will return back to the triple threat stance until the coach says relax.

Key Points: This drill should emphasize toughness, footwork and maintaining a strong stance with the ball. Help the players understand the carry over in game situations.

Change of Speed Drill (3 x down and back)

- Have all players with a ball and divided into balanced lines on the baseline.
- The first person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court.
- At half court the players will change speeds back to a jog until the opposite free throw line and then again explode out to the baseline.

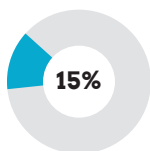
BUILDING SKILLS CONTINUED



- The first set should be down and back with the right hand, the second set with the left hand and the 3rd set with crossovers at the change of speed.

Key Points: This drill works on developing rhythm and timing with the dribble. Being able to change speeds well, will help the players be harder to guard.

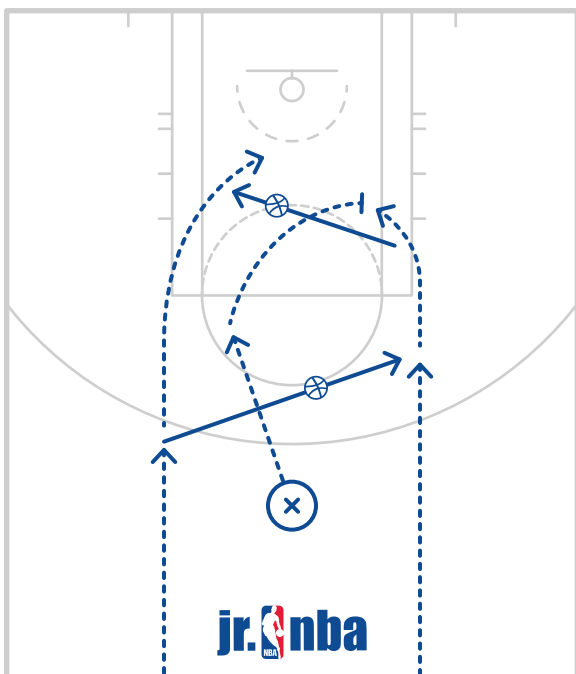
Team Concepts



> OFFENSE

🏀 2 on 1 Fast Break Drill (3 minutes)

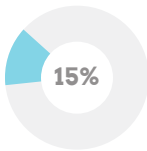
- Start with 2 lines at half court and one line with a ball.



- Have a defender starting at the top of the key.
- Have the 2 offensive players attack to try to score in a 2 on 1 fast break setting.
- The player who takes the shot or turns the ball over will then become the defensive player at the top of the key.
- The other players will go to the back of the lines at half court.

Key Points: Work on good fast break decision making while also working on good 2 on 1 defense.

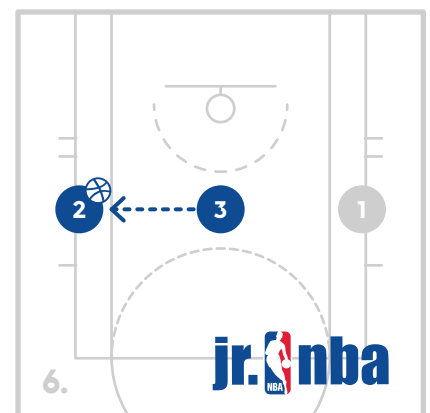
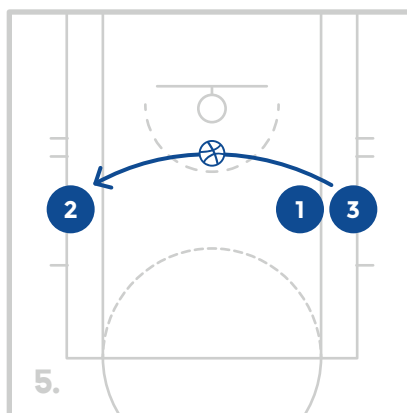
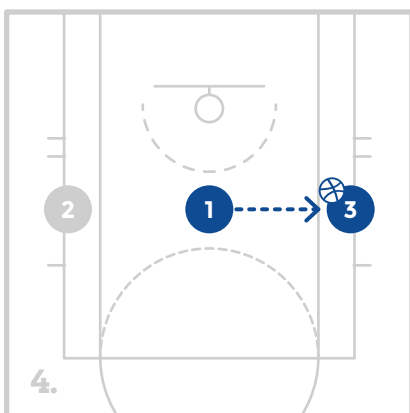
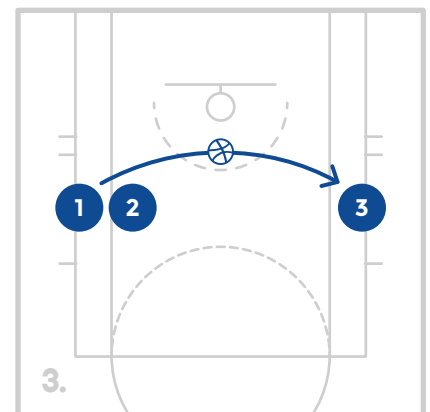
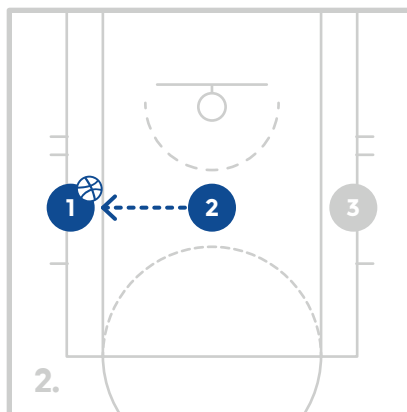
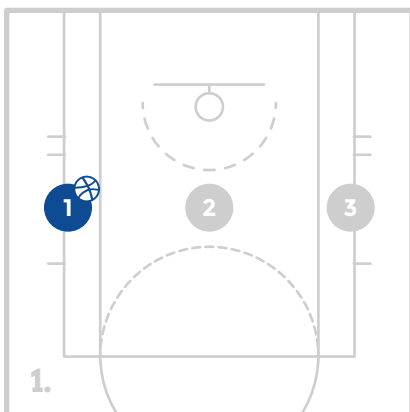
TEAM CONCEPTS CONTINUED



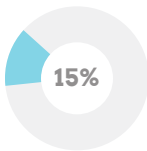
> DEFENSE

⊗ Tracing the Ball Breakdown Drill (4 minutes)

- Group the players into 3's and have one ball per group.
- Two players should stand a little more than the lane width apart and face each other, one with the ball.
- The third player will start in the middle and run to close out to the player with the ball and trace the ball.
- The player with the ball will wait 3 seconds before passing to their teammate.



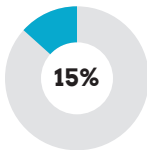
TEAM CONCEPTS
CONTINUED



- After passing, the player will follow their pass and close out and trace the ball with the player that received the pass.
- Continue this cycle insuring good close outs and tracing the ball.

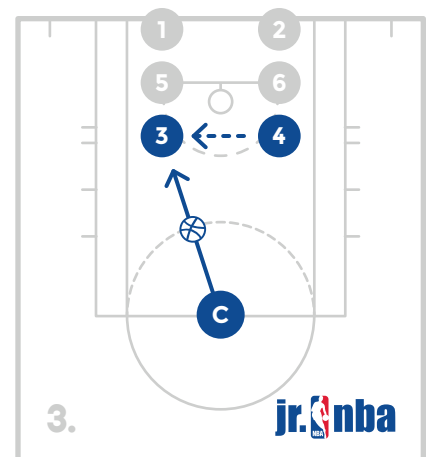
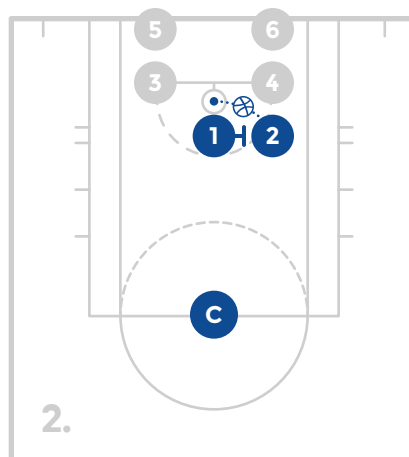
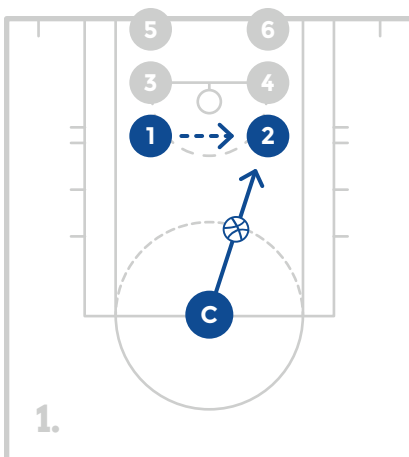
Key Points: Keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.

Competing

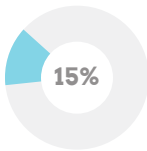


On the Block Finish Drill (games to 3)

- Have 2 lines on the baseline with two players standing on the blocks.
- The coach will have the ball at the free throw line and pass the ball to one of the 2 players.
- That player will have a maximum of 1 dribble to take a shot and must not move backwards.
- The player who did not receive the pass will become defense and try to stop the player with the ball.



TEAM CONCEPTS
CONTINUED



 **Key Points:** Work on finishing with a live pass and defense.

 **Elbows Finish Drill** (games to 3)

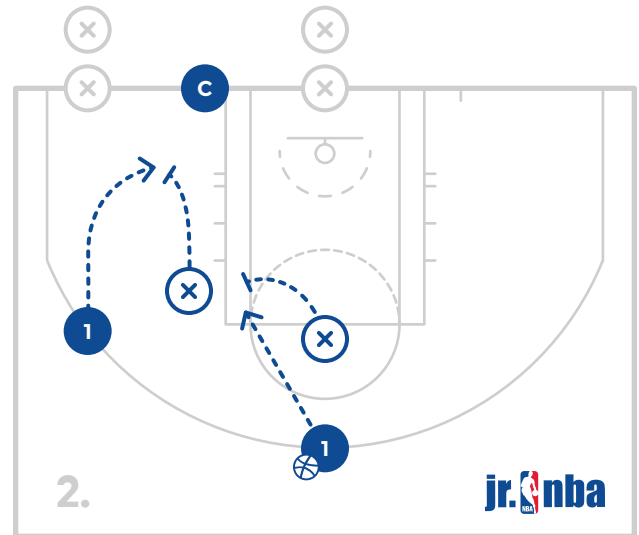
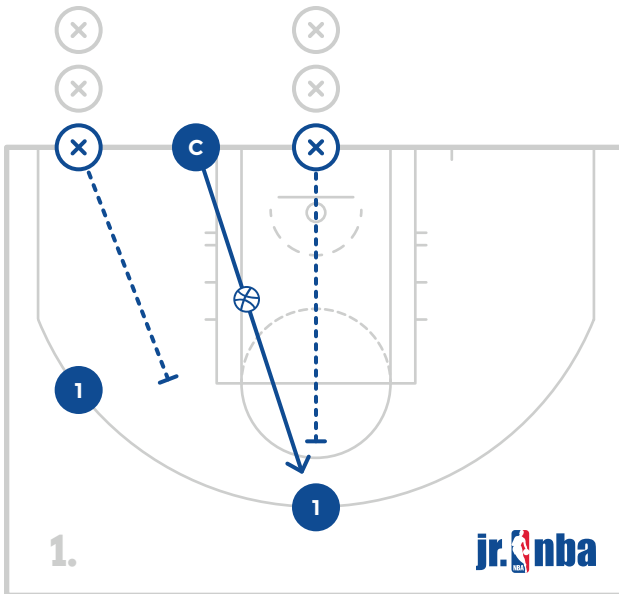
- Have 2 lines on the baseline with two players standing on the elbows.
- The coach will have the ball at the top of the key and pass the ball to one of the 2 players
- That player will have a maximum of 2 dribble to take a shot in the paint.
- The player who did not receive the pass will become defense and try to stop the player with the ball.

 **Key Points:** Work on finishing with a live pass and defense.

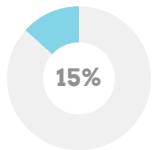
 **2 on 2 Close Out** (games to 5)

SEE DIAGRAM NEXT PAGE >>

- Have a player on the wing and the top of the key and 2 lines on the baseline lined up across from them.
- When the coach passes the ball to one of the players on the perimeter, the first two players on the baseline will close out to the ball or help defense, and then begin playing 2 on 2.
- Each team gets 1 shot.



COMPETING
CONTINUED



- The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next close out.

Key Points: Make sure the players work on good close outs and playing good defense.

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.