

PRACTICE PLAN - _____

This document is meant to serve as an example practice plan layout with several items per practice to choose from. Only one or two items in each category should be covered in a practice.

90 MIN	Activity	Notes
5 MIN	Instruction Explain the focus of the practice, review the last game (good & bad), review expectations, team rules	Stretching can be done at this time or in the hall. Shoes should be put on in the hall.
10 MIN	Ball Handling Stationary 1-ball and 2-ball Drills Dribble Relay, Zig Zag Cone Dribble with moves Ball Handling w/ Defense - Between the Lines, Knock-Out	Emphasize below the waste & Head up w/both hands Introduce Triple Threat, cross-over dribble & cone moves
10 MIN	Shooting Left/Right Handed Lay-ups, Short Shots Stationary 1 & 2 Handed Shooting - Concentration on Form Transition Shooting from Pass or Dribble - Feet set	Emphasize proper form Work on shot fake & drive
10 MIN	Passing Pass & Catch (Team & Coach), Chest/Bounce/Over Head Entry Passes & Wing Passes Passing Weave, Shuffle Passing, Pickle in Middle	Emphasize hands ready Lead your player Always try to beat catch & shoot score
10 MIN	Getting Open - V-cuts, Give-n-Go, Backdoor Setting & Using Screens & Pick & Rolls Defending Screens - Switching, over or under	This section of practice can change, but is available to focus on whatever is needed based on the last contest or game.
10 MIN	Offensive Spacing and Sets Out of Bounds Plays & Side Line Plays	Be sure to rotate all players through every spot. Emphasize spacing. Never practice a play w/out Defense
10 MIN	Defense Defensive Shuffle, Quick Feet, On Ball/Off Ball Defensive Shell Drill, Help Defense, Close Outs Box Outs and Rebounding	Review illegal defenses/Zones Double/Triple Team in the lane Emphasize talking (Dead ball/Shot/Help)
10 MIN	Controlled Scrimmage 1 on 1, 2 on 2, 3 on 3, 5 on 5 - Half-court, Full-court No-dribble Scrimmage, 3-pass scrimmage, 3 on 3 on 3 Game situations & Plays	Always Review the Rules: travel, double dribble, 5 Sec in the lane, over & back, Must fall back
5 MIN	Free-Throws Work on how to line up	Emphasize boxing out, squeezing out, defend the shooter. FT - Rules
10 MIN	Competitive Games Shooting Contests, Football, Lightning, 1 -2 -3 -4 -5 Golf, red light green light,	This should be fun and Competitive.