

P.L.A.Y. Basketball Grades 3-8 Coaches Resource Book

Thank you for volunteering your time and talent to coach a PLAY Youth Basketball team. Your investment in the players and the program is vital to our success.

Basketball is a wonderful opportunity for our youth to develop physical strength, overcome challenges, create lasting memories, and make new friends. The goal of the PLAY Basketball program is to teach youth players solid basketball fundamentals in a fun and supportive environment through age-appropriate competition and practice training.

This coach's resource book will give you some proven ideas and resources for planning your basketball practices to have the most successful season possible. Whether you pull practice ideas from the internet, other PLAY coaches, or previous playing experience, this resource book will help you implement all your ideas into a consistent practice structure.

Throughout the year, PLAY will also be offering coaching support through emails and coach roundtables. If you have questions or concerns about any part of your coaching experience, don't be afraid to ask!

Thanks again for your valuable investment in PLAY Basketball, and Go LAKERS!

Questions? Concerns? Feedback? Let me know so we can continue improving our program and building a great set of resources for players and coaches.

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10 Principles of P.L.A.Y. Player Development

PLAY Player Development believes in the following core principles:

1. **Attitude First.** The two things players can control in sports is attitude and effort, and a positive attitude leads to maximum effort. PLAY coaches will teach the value of a positive attitude in sports and life.

2. **Clear Expectations.** Communicating clear expectations to players is vital to player development. From season-long expectations down to expectations for a specific practice or drill, coaches who are clear in their expectations of players will see the most player development.

3. **Focus on Fundamentals**. In basketball, everything boils down to fundamentals. The PLAY youth basketball program will focus on teaching solid fundamentals for 50% of our practice time to help our players compete and prepare for the next level.

4. **Teach the "Why"**. Basketball IQ and decision-making are the key ways players apply their fundamental skills to game situations, and we develop these tools by Teaching the "Why." As we coach our players, we must teach them WHY we do specific actions in addition to HOW to perform those actions.

5. **Less is More**. Less drills, more repetition. When we choose less drills and only the best drills, and then repeat those drills across multiple practices, we give players a chance to grow, experiment, learn, develop, and see success.

6. **Progressions and Constraints**. As we repeat our best drills, a powerful way to maximize development is to apply Progressions and Constraints to the drills. Progressions allow us to gradually increase the difficulty as players mature, and Constraints force players to grow in new ways and consider new options in their play.

7. **Game Speed**. While we begin by showing and practicing skills in a controlled environment, development happens most fully in Game Speed situations. 1v1 drills, small-sided games, and competitive contests force players to apply their skills at game speed, under pressure, and with defenders, which is vital to ongoing development.

8. **Positionless Play**. All PLAY youth basketball players will play all positions and develop all basketball skills, regardless of height or experience. This is the best and most proven way to fully develop our players and program.

9. **Celebrate Development Success**. Players will work hard and focus on the things their coaches celebrate. PLAY coaches will measure and celebrate more than just points.

10. **End With Fun**. In the end, PLAY youth will develop most fully if they are having fun! PLAY coaches should try to end each practice with a fun activity.

General Practice Planning Overview

PLAY In-House practices for grades 3-8 are 90 minutes long, once or twice each week. 90 minutes is an ideal length to help players develop, but it can be challenging to keep players interested and engaged for the entire time.

In addition, the amount of gym space and number of hoops your team will have for practice will vary. The resources included in this guide include options for full court practice as well as one hoop and half gym practice to help your planning process.

The structure and resources we've included in this resource book will hopefully help you optimize your practice so your players are fully engaged, having fun together, and growing in their basketball skills.

How to Structure Practice

For a 90-minute practice, youth development experts recommend the following approximate time breakdown:

45 minutes - fundamental skill development (athletic training, handling, shooting, defense, etc.)
25 minutes - situational strategy (motion offense, set plays, BLOB plays, etc.)
20 minutes - small-sided scrimmage (3v3v3 or 4v4 half-court games)

Another simple practice structure to use would be the following:

15 minutes - Athletic Performance and Ball Handling
15 minutes - Shooting
15 minutes - Defense and Rebounding
15 minutes - 1v1 or 2v2 situational play (rollout, pick and roll, give and go, etc.)
15 minutes - strategy (offense, defense, transition, BLOB plays)
15 minutes - small-sided scrimmage (3v3v3 or 4v4 with constraints/rules)

While it may be tempting to spend more time on strategy and scrimmaging as the season goes by, it is more helpful to players to add competitive challenges to developmental drills instead. For example, playing many variations of 1v1, 2v2, or 3v3 will ensure more ball touches and development for all players than focusing only on 4v4 or 5v5 games.

Example Practice Plan #1

Here's an example of how you might organize your PLAY basketball practice:

Time	Drill Description	Coaching Points
6:00-6:15	Discussion: What makes a great teammate? Warm-up: Jog, high knees, bottom kicks, rocket skips, lunges Training: Kangaroo Hops, Partner Planks, Wall Tips, T-pushups	Stress proper form for all exercises Remind players that if they cut corners, they are only hurting themselves.
6:15-6:30	Ball Handling Circuit: - Maravich Drills (6 min) - 1v1 Advancement (8 min)	Butt down, eyes up for all dribbling Focus on footwork/effort on defense
6:30-6:45	On-ball defense progression - Stance (30-60 seconds) - Push Step (1, then 2) - Pepper Push Step - Quick Turn (w/ Pepper) - Quick Turn + Push Step - Turn and Sprint - Contest the Shot Defense Shell Drill (if time)	- Effort - Focus on Fundamentals - Great form - Explosion with control - Active hands and eyes - Always talking Proper position on-ball, one pass, mid-line
6:45-7:00	Station 1: 1v1 Rollout - FT Line // Point/Wing // Post Station 2: Form Shooting on Wall : DPP	Watch for using the M2M basics, recognize players doing it well Be creative + aggressive on offense Add defender to DPP for game speed
7:00-7:15	1v1 with coach passer, Cutting Strategies: - Backdoor Cut - Face Cut - High Post Handoff 2v2 or 3v3, no dribble (to force cutting)	Change speed and direction Show hands and eyes on cut Try new kinds of cuts
7:15-7:30	4v4 half-court with constraints - No dribble - D side wall/O half-line on turnover - Must set away screen - Must pass to low post before shooting	Recognize players who are using the focus skills for the night Pause and correct action as necessary End with "first team to 3 buckets wins"

This practice includes 60 minutes of fundamental skill development, with some fun 1v1 games to apply those skills. Two stations are used mid-practice to optimize space and get more touches for more players. The practice ends with a strategic focus on cutting and half-court play to challenge players to further develop. In multiple sections, progressions and constraints are used to offer customized flexibility for players of various skill levels. The final drill ends with a fun competition.

A Practice Template you can print and use to hand-write your practice plan is available as part of this resource book, along with 3 additional complete practice plans.

Athletic Training Options for Grades 3-8

Rocket Skips: Skip from one end of the court to the other, but focus on exploding up like a rocket on each skip jump. Raise your hand as high as possible with each rocket skip. Remind players this training is not a race - it's about great form and explosive jumping. Praise players you see doing it correctly.

Partner Planks: Players partner up and get into pushup position with their heads facing each other. On "go," the two players alternate clapping right and left hands while keeping the plank position. For players that can't quite complete this move, holding the plank position is fine. Perform for 30-90 seconds depending on age and ability.

Perfect Pushups: For grades 3-8, we want to teach kids to perform pushups with perfect form and gradually increase repetitions. Doing 5-8 perfect pushups is ideal for a warmup. Focus on keeping the body straight, core muscles engaged, chest to ground, always under control. For basketball, working on keeping elbows tucked into the body is a helpful focus for improving shooting form and power.

Kangaroo Hops: Players start at one end of the court in pivot position; ball at their chest, both hands on the ball with elbows out. Feet shoulder-width apart, knees bent, a solid power stance. Keeping this position, players will move from one end of the court to the other by taking a large jump forward, then a small jump backward. Repeat until players reach the other end of the gym. All jumps should be off two feet, under control, with the ball held at chest with both hands. Teach players to land softly with knees bent.

Lunge and Ball Twist: Players start at one end of the court in pivot position, ball at chest and elbows out. Player steps forward with one foot and performs a lunge, with the back knee almost touching the ground. In the low lunge position, the player then "twists" with the ball and chest to one side. Repeat with alternating legs. This is a challenging move for balance and strength, so players should go slow with proper form.

Superman Knee Raise: All players face coach and start standing tall with their arms up/out. Raise one knee to 90 degrees and hold for a couple seconds. Then, in one motion players reach down and touch the floor with their hands while simultaneously swinging your high knee back into a straight leg "Superman" behind your body. Ideally, the foot should never touch the ground in this motion. Return to hands high and knee at 90 degrees. Perform 5 "Supermans" per leg, 10 total. This move works leg muscles, core muscles, balance, and coordination, so it's ok for players to struggle! Encourage everyone to do their best and improve a little each week.

Pepper Feet Jumps: Players spread out at one end of the court. Begin with pepper feet. A coach will say "jump!" and point either left or right. Players will jump off one leg diagonally forward in the direction the coach pointed, then return to pepper feet. Coach should alternate left and right until all players reach the far end of the gym. ADVANCED: Have the players jump diagonally backward!

Zig Zag Drop Steps + Line Hops: Place a series of cones in a zig zag formation across one half of the gym space. Players drop step and defensive slide through the zig zag cones. Then, on the other half of the gym, pick a line and have the players quickly jump over the line repeatedly as they move across the gym. First time through they face forward and jump left and right. Next time, face the side and jump forward and back. Jumps should be off two feet and quick. The zig zags and line hops complete a circuit players can repeat as many times as you like.

Featured Basketball Drills

(***Drills that should be featured and repeated regularly***)

Ball Handling

1. ***Maravich Drills
2. ***1v1 Advancement
3. DPPs
4. Jump Stop Lines

Shooting

1. ***Wall Form Shooting
2. Elbow Shooting Contest
3. Elbow Progressions
4. Give and Go Layups

Passing and Cutting

1. ***Gael Passing
2. Rainbow Passing with Layups

Defense

1. Defense Stance Progression
2. Shell Defense Positioning
3. ***Shell Rebounding
4. 4 Second Game

Situational Play

1. ***1v1 Rollout Progressions
2. 2v2 Rollout (Pick and Roll Training)
3. ***3v3v3 with Constraints
4. 3v2 Transition
5. 2v2 or 3v3 Frenzy
6. Fox Chase / Number Chase

**Ball Handling - ***Maravich Drills (Static and Moving)

Goal Of The Drill:

Maravich Drills are designed to teach proper fundamental ball handling, combination dribbles, creativity, and fun. Players will progress through a series of increasingly complex dribble moves that can be adjusted for any age and ability level.

Setup and Directions:

Here is the complete list of progressions:

Static Maravich Drills

FOR ALL STATIC DRIBBLES - Begin with the proper low, athletic stance. Feet about shoulder width apart, knees slightly bent. Bottom down, chest up, *eyes looking up at the coach as much as possible*. Non-dribble hand should be extended to protect the ball and provide balance.

- RH pound: Pound dribble the ball with right hand only. Ball should never rise above waist, ideally staying around knee high.
- LH pound: Pound dribble the ball with left hand only. Ball should never rise above waist, ideally staying around knee high.
- Quick Turn rotation RH/LH pound: Begin with pound dribble, then say “turn” and have players jump turn left or right and switch hands.
- RH/LH crossover: Face forward and perform a basic crossover dribble. Try a low crossover, wide crossover, and slow/fast crossovers.
- RH and LH V dribble side-to-side: With just the right or left hand, dribble in a V shape with an in-out dribble.
- RH and LH V dribble front-back: With just the right or left hand, dribble in a V shape with a front-back dribble.
- RH V // crossover // LH V: This is a combo dribble. Start with a one-hand V, then crossover, then a one-hand V with the opposite hand.
- RH/LH semicircle: Face forward, feet shoulder-width and knees bent. With just one hand, dribble in a semi-circle around front of body.
- Two ball dribble: Simultaneously pound dribble two balls under control with proper form. Eyes up!
- Figure 8 dribble (ADVANCED): Attempt to dribble in a figure 8 between legs and around body. Will be a challenge!

Moving Maravich Drills

FOR ALL MOVING DRIBBLES - Players should go slowly with proper static dribble form. Bottom down, eyes up, slow athletic steps, always under control. Increase speed only when form is perfect. Form, form, form!

- RH pound/LH pound: Slow and under control, cross the gym RH and return LH. Dribble should stay low, eyes up, knees bent
- RH V /LH V: Slow and under control, cross the gym RH and return LH. Dribble low, eyes up
- Pound/Cross: Pound dribble RH, crossover, pound dribble LH, repeat. Walk slow, eyes up, under control. Focus on a good power dribble.

- Pound/Pound/Cross: Same as pound/cross, but add a second pound dribble before crossing over. Keep them moving slow!
- Pound/Pound/Spin: Moving diagonally across the gym, players perform 2-3 pound dribbles with one hand, then spin (protecting the ball), switch hands and continue. Show players the proper way to spin to protect the dribble. Players should also use their off hand to protect.
- Pound/Pound/Pullback: At a slow jog, players use one hand to take two pound dribbles forward, then one pullback dribble in reverse. RH one direction, LH other direction.
- Pound/Pound/Pullback/Cross: This builds on the previous move. Instead of staying with one hand for one direction, after the pullback dribble players will crossover to their other hand, then repeat the pound/pound/pullback.
- Pound/Between: For more advanced ball handlers, start with 1-2 pound dribbles, then progress into a between-the-leg dribble. Start slow and pick up speed as form improves.
- Two ball dribble: Dribble to halfcourt and back with two balls simultaneously. This is one of the most challenging and helpful drills for players to practice because it works on so many fundamentals (vision, coordination, control, both hands, focus, footwork, etc.)

Coaching Points:

- Keep players in a low, athletic stance. This drill will strengthen their legs, core, and back simply by keeping them in the correct stance throughout the moves.
- Remind them to keep their eyes up! Players who can dribble with their eyes up are able to avoid defenders and see open teammates for passes.
- Use added progressions and variations to challenge your more advanced players or simplify the moves for your beginner players.

Variations, Progressions, and Constraints:

- This is a progression drill by design, so players can work on performing the moves with more and more speed without compromising form.
- Pete Maravich, the player credited with starting this progression drill, used it to develop more creativity in his ball handling. Invite players to be creative and combine movements in their own way! In addition to teaching ball handling skills, the goal of this progression is to help players enjoy dribbling the ball and playing basketball.

Ball Handling - ***1v1 Advancement

Goal Of The Drill:

The goal of 1v1 Advancement is to help players work on their ball handling and 1v1 defense in a competitive, controlled environment.

Setup and Directions:

For 1v1 Advancement, use lines painted on the court or cones to create narrow lanes, approximately 8-10 feet wide. In a half gym, you can divide the space into 3-4 narrow lanes.

Dive players into pairs. Players take turns 1v1 trying to dribble from one end of the lane to the other while the second player plays defense. When the first player reaches the far end of their lane, players switch offense/defense and play again back to the starting side.

If the defender steals the ball or the ball goes out of bounds, give the ball back to the offensive player and keep going.

Coaching Points:

- Players will get tired if they are fully engaged in this drill! Encourage them to work hard on both offense and defense.
- Offensive player should protect the ball with their non-dribble arm and work on using a variety of dribble moves, spins, and changes of speed to get open.
- Defensive player should move their feet, avoid slapping at the ball, and use the lane lines to keep the offensive player from dribbling past them.
- Make it a competition! Give points for hustle, steals, deflections, great dribble moves, etc.

Variations, Progressions, and Constraints:

- For younger players, dividing into groups of 3 or 4 can give players a break between rounds and help them focus on the drill.
- Move players around so your best, fastest players compete with each other. This is an easy drill to modify to ensure all your players have a fair challenge based on their partner.
- If your players are reaching and “slapping” at the ball too much, force them to perform the drill with ARMS BEHIND THEIR BACK! This forces them to move their feet.
- For advanced dribblers, I’ve also done this drill 1v2, with 2 defenders trying to trap and stop the dribbler. This is a great workout for elite dribblers.

Ball Handling - DPPs

This is a simple dribble/pivot/pass (DPP) drill that builds fundamental skill but can be customized for more advanced players.

Goal Of The Drill:

The goal of the DPP drill is to build fundamental skill in some of the most basic, vital actions of the game - dribbling, pivoting, and passing.

Setup and Directions:

Form lines of 2-3 kids along baseline, one ball per line.

On “go,” the first player in line dribbles out to a cone/line about 12-15 feet from baseline, jump stops, performs three perfect pivots, then passes to the next person in line and runs back to the end of the line. Vary the pass (chest, bounce, side bounce, etc.). The second player receives the pass, then repeats the dribble/pivot/pass sequence.

Once kids get the hang of it, one player can be added to each group to play defense on the pivot/pass attempt. This player waits by the jump stop area, and when the dribbler arrives and jump stops, the defender jumps in and tries to steal or deflect the ball. Players must use good pivots and good passes to escape the pressure. Rotate players on defense and make it a competition for most completed or deflected passes.

Coaching Points:

- Ensure younger players are using both hands for dribbling.
- Make sure players emphasize a perfect jump stop. Tell them to jump stop loud, landing strongly on both feet. Jump stopping is a skill that is absolutely vital for playing at higher levels of basketball.
- Teach various pivots with proper form while protecting the ball with elbows and body. Front pivot, reverse pivot. Teach players to “screw their pivot leg into the court.” Don’t let them drag the pivot foot!

Variations, Progressions, and Constraints:

- Even at the grade 7-8 traveling basketball level, we have many players called for traveling due to not jump stopping or dragging/moving their pivot foot. Even for advanced players, use this drill to refresh and reinforce DPP skills at the start of practice.
- When you add a defender to the drill, it makes it very competitive. Coaches can also step in as defenders.

Ball Handling - Jump Stop Lines

Goal Of The Drill:

To create a lot of movement and build strong habits around jump stopping and firm chest/bounce passes to teammates.

Setup and Directions:

Make two lines of players on the 3-pt line at each wing. One ball.

First player in one of the lines has the ball, jab steps, rips the ball low and dribble drives into the middle of the lane. There, she performs a perfect jump stop, shot fakes, pivots and throws a firm pass to the first person in the other line, and runs to the end of the other line. The player who received the pass repeats the same moves (jab step, rip through, dribble drive, jump stop, firm pass).

Coaching Points:

- Players should be moving through the lines pretty quickly in this drill. Encourage players to slowly build up speed as they understand the movements.
- Focus on a strong, controlled jump stop. Players should get low when they jump stop, elbows protecting the ball, hips pivoting to shield the ball.

Variations, Progressions, and Constraints:

- If you have 2 hoops, you can divide your team into 2 groups for more repetitions per player.
- Pass fakes, jab steps, shot fakes, and multiple pivots can be added to this drill to practice additional skills

Shooting- ***Wall Form Shooting

Goal Of The Drill:

To teach and practice proper shooting form at younger ages. Form before power!

Setup and Directions:

In wall form shooting, players space out along the wall, standing about 4-6 feet from the wall. Players aim for a brick/line target about 6-10 feet up the wall. Use the coaching points below to teach proper form. Aim for 50-100 perfect reps for each player. Stress to the players that learning to shoot with good form will make basketball much easier and more fun! Shots in wall form shooting should never go higher than 10-12 feet up the wall - form is the goal, not power.

Coaching Points:

To help players shoot with proper form, we use the acronym FEHLA (pronounced “fella” for easy memory). FEHLA is a reminder that shooting involves the entire body, not just the arm/hand.

- **F - feet.** Feet should be positioned shoulder width apart, toes pointed parallel, and pointed at the target. Some shooters prefer a slightly closed stance (about 5-15% closed), but feet should still be parallel and pointed in the same direction even with a slight closed stance.
- **E - eyes.** Players should pick a part of the rim/wall and focus their eyes on that target during the shot. Stephen Curry focuses on the small eyelet rings that hold the net to the rim. Other shooters will focus on the front or back of the rim. The important thing is to teach kids to keep their eyes on the target and pick a consistent target to focus on. Some shooters keep their eyes on the rim even after they shoot, while others follow the arc of the ball with their eyes. Either approach is fine as long as the eyes pick and focus on a consistent target while in the shot motion.
- **H - hands.** The ball should sit comfortably on the fingers of the shooting hand. We want a slight gap between the palm of the hand and the ball, called the “pocket.” During wall shooting, we want kids to learn to load the ball in front of their chin, not down by their shoulder or chest. As kids grow between grades 3-8, they will develop more power, but first we want to teach form. The non-shooting hand should be on the side of the ball. Many young shooters use their off-hand to provide extra power for longer shots. When we teach shot form, we want them to stop using their guide hand for power because it will lower the accuracy of their shot as they grow.
- **L - legs**. This is where a young shooter’s power comes from. We want to focus on a slight knee bend and loading the muscles in the core and hips to provide power. Players don’t need an extreme knee bend for power - just a small bend with a focus on hip and core strength. As they shoot, they should push into a slight jump or high onto their tiptoes.
- **A - arm**. We want to focus on the arm position during and after the shot to keep shots straight and aligned. The shooting arm may start with a slight elbow out, but should begin to straighten out during the early part of the shot, and players should focus on having their arm straight up at the end of the shot, with the fingers of their shooting hand pointing directly at their target after they release the ball. When practicing form shooting, have young shooters exaggerate the high release, high shooting arm, and finger point to build solid shot habits.

Shooting- Elbow Shooting Contest

Goal Of The Drill:

To give players lots of shot repetitions in a challenging competition, while also stressing the importance of rebounding and passing.

Setup and Directions:

Two lines (one at each elbow), 1-2 balls per line.

On “go,” the first player in each line shoots an elbow jumper, rebounds their shot, passes it to the next person in their line, and goes to the end of their line. Time the contest for 1-2 minutes and see which team makes the most shots. Focus on proper shooting form, as well as rebounding and accurate passing. Grades 3-5 can do this from closer than the elbow as necessary. If you have more than one hoop, you can create smaller groups for more shots per player.

Coaching Points:

- This drill will challenge players to shoot quickly, but we still want to focus on proper form. If you see a player rushing their shot and using poor form, remind them of FEHLA form.
- This is more than a shooting drill! Players who rebound quickly and deliver good passes to their teammates will have more success. Celebrate players who are working hard at rebounding and passing.

Variations, Progressions, and Constraints:

- You can vary the location of the shot based on age and experience - this drill can be used from closer to the hoop, short corners, elbows, or 3 pt line.
- If you feel like your players are rushing and using poor form, you can give players a point for good form instead of a made basket. In general, you always want to score your practice games based on the skill you are working on!
- To raise the competition, you can have the team making less shots do 5 pushups, or choose another age-appropriate reward or consequence (but keep it fun!)

Shooting - Elbow Progressions (station)

This is a great drill for a full team at multiple hoops or for 4-6 players while other players work at other stations.

Goal Of The Drill:

To learn and practice a variety of dribble, pivot, and shot moves players can use in game situations.

Setup and Directions:

Two lines of 2-3 players on the baseline on either side of a hoop. 1 ball per player or 2 balls per line.

The first player in each line walks out toward the elbow, spins the ball with backspin, then grabs the ball while performing a jump stop with back to the hoop. This is the starting move of a progression of shots you can practice:

- First, players pivot, then rip through and drive for a layup (right or left hand depending on which side of the hoop they are on.)
- Second, players pivot, jab step, then shoot an elbow jumper
- Third, players pivot, rip through, drive and jump stop at the hoop before shooting a post shot.
- Fourth, players pivot, pump fake, jab step, then shoot a jumper.

Coaching Points:

- Start slow with players and show the proper footwork, pivot, jab step, and shot. Player should perform the move correctly, then add speed.
- Celebrate proper footwork and shot form in addition to made shots.
- Players should move between lines to use both hands for layups and shoot from both elbows.

Variations, Progressions, and Constraints:

- You can add additional variations to this progression based on the age and skill level of your team (step back jumpers, spin moves, reverse layups, pivots and drop steps, etc.) What we want players working on is the combination of jump stops, pivots, dribble drives, and various types of footwork leading to a good shot with proper form.

Shooting - Give and Go Layups

Goal Of The Drill:

To work on basic passing, cutting, layups, and rebounds

Setup and Directions:

Form two wide lines near half court, all balls in one line. First player in line 1 passes a ball to first player in line 2, then cuts hard toward the hoop. Player in line 2 receives the pass and passes the ball back to first player (give and go), then follows the pass to rebound the layup. Players switch lines after rebound and the second players in both lines repeat. This is a traditional layup/rebound line with a give and go passing component added in for more reps.

Coaching Points:

- After completing a layup and rebound, players should clear to the outside of the court so they don't run into the next players performing the drill.
- This can be a warm-up drill or a "game speed" drill. Tell players what you expect of them!
- Younger players will need to focus on "leading the player" with the give and go pass so they can catch the ball on the run and proceed for a layup.
- Make sure the rebounder sprints after the pass. Try to gather the rebound without the ball touching the court!

Variations, Progressions, and Constraints:

- This drill can be used as a warm-up before games
- More advanced players can add a variety of dribble moves, pull-up jumpers, or other variations into the sequence.
- This drill can be adapted for pick and roll action as well - player one passes to player two, then runs over to set a screen. Player two dribbles off the screen and either attacks for a layup, passes to the rolling screener, or shoots a jump shot. Whichever player doesn't shoot, rebounds.
- Yet another variation is a half-court version of a 3 person weave. 3 lines, ball starts in middle line. Middle passes to one side, who dribbles back toward middle while the opposite side player sprints for a layup pass. After passing, middle player follows behind their pass and finds an open spot for a jumper or 3 pt shot. Opposite side player can choose to shoot the layup or kick to the open shooter on the outside. Middle player rebounds.

Passing and Cutting - ***Gael Passing

Gael passing is basically a glorified game of keep-away, but is very effective for grades 3-8 in teaching pivots, spacing, and movement in a fun game situation.

Goal Of The Drill:

To teach the importance and skill of strong pivots, cutting, and passing in a competitive environment.

Setup and Directions:

Divide players into two teams. Playing area can be a half-circle (3-pt line and baseline), small rectangle using court lines, or similar sized area you can create with lines and cones.

The goal of the drill is for one team to complete 8-12 consecutive passes without a turnover. No dribbling is allowed. The second team plays defense. If the ball is ever stolen or goes out of bounds, teams switch offense/defense and keep playing.

Feel free to adjust the players, teams, size of court, and number of passes to make it competitive and fast-paced.

Coaching Points:

- Young players will ALWAYS bunch up in this drill. When they do, freeze the drill, show them how bunched up they are, and make them move away from the ball to create space, then cut hard to the ball to get open. They'll figure it out with practice!
- Without the ability to dribble, players will be forced to cut and "seal" their defender to create passing lanes. Celebrate players who show good examples of cutting and spacing.
- Players will begin to see how effective off-ball screens and give-and-go passes can be to keep the ball moving without dribbling.
- Receiving the pass is as important as delivering the pass. Teach players to go hard to the ball and get it!

Variations, Progressions, and Constraints:

- As the players get better, you can increase the number of passes needed to win or add constraints (bounce passes only, set an off-ball screen, etc.)
- Playing inside the 3 pt line and baseline is easy for players to understand, but more difficult for the offense than a rectangle shape. Find the right size and shape of court for your team's ability and age.

Passing and Cutting - Rainbow Passing with Dribble Drive Layup/Shot

Goal Of The Drill:

To learn passing, cutting, and reversing the ball from one side of the court to the other side.

Setup and Directions:

Start with a line of players behind the baseline near the hoop, 1-2 balls. Place 4-5 cones around the 3 point line and have a player start at each cone. First player in line passes to the corner cone, who then passes to the next cone, all the way around the rainbow. When the player at the last cone receives the pass, they dribble drive toward the hoop for a layup or shot.

After each pass, the player making the pass runs and replaces the person at the next cone. In this way, players will slowly proceed around the rainbow and back to the starting line.

Coaching Points:

- Focus on good rip pivots, accurate passes, and getting players moving and working together.
- After the players understand the drill, feel free to add in more basketballs to make everyone move faster.

Variations, Progressions, and Constraints:

- You can yell “reverse” during the drill and make everyone pass the opposite direction.
- To simulate game situations, coaches or players can step in and play defense between passes, making the pass tougher.
- You can add cones to the elbows or low post area and include them in the passing rainbow, depending on the type of offense you run and the age/skill of your team.
- Finally, you can have the shooting player perform different shots depending on age and skill: 3 pointer from corner, elbow shot, floater, reverse layup, etc.

Defense - Defense Stance Progression

The full progression, adapted from Jim Huber's defensive system, is listed below. I'd recommend spending at least 10-15 minutes on this progression early in the season, then by mid-season cutting it to 5-8 minutes and adding in shell concepts for team spacing and movement. Really challenge the kids to stay low, get their legs burning, and get them energized about playing incredible defense.

Setup and Progression Directions:

Have all players spread out and face a coach. Move through the following progression in order based on the skill/age of your team:

- Defense stance - feet shoulder-width apart or a little wider, knees bent, bottom down, chest up, arms active and wide (for balance and to deflect passes), eyes up and alert. Talk about "sitting in a chair" to help players feel the proper form. Keep hands wide and active while holding stance. Start the progression by having players hold the stance for 30-90 seconds. They should feel the work in their quad muscles! Let them stand and shake out their legs after the long hold.
- Push Step - from the defense stance, have players perform an explosive push step in one direction, then the other direction. The coach can then point either direction and players perform a push step in that direction. Focus on quickness and balance. Players should stay low, with wide hands before, during, and after the push step.
- Two Push Steps - same as one step, but perform two quick steps instead of one. Focus on holding proper form through both steps and returning to a low, active stance. Periodically pause and relax the legs.
- Pepper Push Steps - Start with players running in place with quick, pepper feet, staying low and ready to explode. Coach points in a direction and says "push step," and players explode into the move. Return to pepper feet after the push step. Repeat for 30-90 seconds.
- Lane Slide Push Steps- Pick two gym lines approximately lane-width apart (About 8-10 feet). Have players start in defensive stance position with one foot on one of the lines. On "go!," players will move quickly back and forth between the two lines using push steps. Focus on maintaining butt down, eyes up, good form, and powerful quick movements.
- Quick Turns - Players face forward in good defensive stance. When the coach says "turn!", players quickly jump-turn to one side, then back to forward. This is a similar move to a drop-step, but instead of sliding the lead foot, both feet quickly jump to a diagonal position. This move is quicker than a drop step and builds footwork and coordination.
- Pepper Quick Turns - Start with pepper feet, then do a quick turn when coach says "turn!" Continue to pepper feet between turns.
- Quick Turn + Push Step - Putting the moves together, players will quick turn (jump turn diagonally with both feet) then push step diagonally as if they were cutting off a dribbler. After each turn-push, jog back to starting point and resume defensive stance for the next rep.
- Contest the Shot - For this final progression, each player will need to imagine they are guarding the coach, even though they won't be right in front of the coach. They should react as if they are the on-ball defender. To contest the shot, we want to teach players to close out on the shooter, hands high (but stance low), and not to jump unless/until the shooter jumps. Coach should do a series of pump fakes to keep the players from jumping or yelling early. When the coach shooter does finally release the shot, defense should yell "shot!"

Defense - Shell Defense Positioning

Goal Of The Drill:

To teach the fundamental positions and movements of team defense.

Setup and Directions:

For shell defense, you are working to show the team how to play team defense. This can be done 3v3, 4v4, or 5v5.

3, 4, or 5 offense players space out around the 3 pt line and defense players match up to defend the offense players. The offense players won't move and will slowly pass the ball around between them. Defense players need to move into the proper defensive position as the ball is passed.

The on-ball defender should be directly between the player they're guarding and the hoop, just close enough to get their fingertips on the ball, in proper defensive stance. One hand should be up (contest the shot) while the other "traces" or "mirrors" the ball to deflect passes or get steals. The player defending the ball should yell "ball!" when their player receives the pass.

"One pass away" defenders should be positioned between their player and the hoop, but *one step back* toward the hoop and *one step closer* to the player with the ball. The goal is to make sure every player can always see the player with the ball and the player they are defending. At older grades, players who are one pass away need to be able to step in and stop dribble drives. Players defending one pass away should yell "help!" when they are in help position.

"More than one pass away" defenders should be positioned "midline." They still need to be able to see both the ball and the player they are guarding, but they shift toward the middle of the lane to be in position to help their teammates. Players defending midline should yell "midline!" when in proper position.

Stop and show the players where to position themselves and explain why. Talk about team defense, helping each other, and trying to stop the easy shots. It takes a while for players to learn they will be assigned to guard one player AND they need to help their teammates sometimes. The more we can show this in practice, the easier it becomes.

Coaching Points:

- Start this drill slow, and add quicker passes as players understand positions. You can add a post player for older ages to teach post defense as well.
- Once the players are doing this drill with good skill, you can transition to a live play point after 6-8 passes. Play one point, reset, and repeat.

Defense - ***Shell Rebounding

Goal Of The Drill:

To practice boxing out and rebounding as a team.

Setup and Directions:

For shell rebounding, 2-4 players are on offense and find spots about 12-15 feet from the hoop. 2-4 other players match up to play defense against the offense players. A coach shoots the ball and the defense players try to box out the offense players and get the rebound. Switch offense/defense and repeat.

Coaching Points:

- Rebounding is 20% skill and 80% effort. Teach players to value rebounds and work hard to get them.
- After the shot, young players on defense will turn and immediately face the hoop. Instead, teach them to keep their eyes on the player they are guarding for 1-2 seconds to ensure they get good box out position.
- Make it a competition! Award 1 point for a defensive rebound and 2 points for an offensive rebound. First team to 11 wins.
- Switch teams and player matchups as necessary to help each player work hard, improve, and have some success learning this skill.

Variations, Progressions, and Constraints:

- This drill can be combined with shell defense positioning and practiced at the same time. Teams can work on shell defense for 30 seconds, ending with a shot and rebound drill. Switch offense/defense and repeat.
- After starting with coaches shooting for this drill, allow players to shoot instead. This will help teach players how their teammates shoot and where the rebounds may go.
- Have players move around and box out opponents at different parts of the court - 3 pt line, elbow, low post, etc.

Defense - 4 Second Game

A 1v1 rebounding drill that improves boxing out is called the “4 Second Game.”

Goal Of The Drill:

To teach players to properly box out an opponent and hold the box out for 4 seconds (or more!)

Setup and Directions:

Players pair up and space out around the gym space. Each pair places a ball on the ground and moves about 5 feet away from the ball. One player is offense and one defense, with the defense player closer to the ball. On “go,” the defense player tries to keep the offense player boxed out for 4 seconds to win the possession. Switch roles and repeat.

Coaching Points:

- This is a fun, competitive drill that can be challenging for some players. Have fun with it, but encourage players to work their hardest!
- Try to pair players up for this drill with teammates who are close in ability level. This will help all players find success and improve.
- The value of this drill is that it teaches players to focus on their opponent when boxing out, not the ball. When a team has 5 players on the court who are focused on boxing out, rebounding becomes much easier.

Variations, Progressions, and Constraints:

- Make it a tournament to crown the 4 second champion!

Situational Play - ***1v1 Rollout Progressions (station)

1-2 groups of players can play these progressions at one hoop while other players work at other stations. If you have multiple hoops, you can have multiple groups playing 1v1 for more repetitions. 1v1 is the best way to get every player lots of reps, especially timid players who don't get the ball much in games or who always pass the ball.

Goal Of The Drill:

To help players learn grow in ball handling, shooting, footwork, and defense in competitive 1v1 situations that will improve their overall basketball game.

Setup and Directions:

The most basic version of rollout is having players in a line at the baseline and one player on offense at the free throw line. First player in line has a ball and is the defender. He rolls the ball out to the player at the free throw line, then runs out to play defense 1v1.

Offense player tries to score by shooting a free throw length shot, driving for a layup, or some other method. After one shot, defense rotates to offense and offense goes to end of line.

Coaching Points:

- Encourage players to work hard, try new moves, challenge their teammates, and focus on the skills they've learned in practice. Celebrate small successes.

Variations, Progressions, and Constraints:

You can add many constraints to this game to help players work on various skills:

- Only allow 2 dribbles to force players to be aggressive and quick in their decisions.
- Defender "King of the Court" - Have the defense player stay on defense if they stop the offense player from scoring to make the drill focused on great defense.
- Turn the drill into a low post game by having the offense player start at the low block with the defender behind them. A player or coach passes the ball in to start the point.
- Focus on transition defense by having the defense rollout line start at the top of the key and the offense player start at the wing. This gives the offense player a slight advantage to drive for a layup and forces the defense to sprint to the low block to defend.
- To get more kids playing, you can divide one hoop into two "courts" by putting a cone line down the middle of the court. Each line will only have half a court to work with, so this constraint forces players to try new moves in addition to getting more players more reps.

Situational Play - 2v2 Rollout (P+R, Give and Go, Low/High Post)

Goal Of The Drill:

To teach and practice the fundamental 2v2 situations that occur in basketball - Pick and roll, give and go, and post entry/cut

Setup and Directions:

This is just like 1v1 rollout, but instead of a baseline rollout, players simply check the ball in and play a live point from any game-like scenario you want to practice:

- On-ball screen at the top of the key
- Elbow/High Post give and go or handoff
- Low post feed and score
- One defender arrives late to force team defense.
- Double team and recover on defense.

Pick situations your players often face in games and build 2v2 situations that will help them overcome those situations. By playing 2v2 in multiple groups, you can group players by ability and make sure many players are getting the chance to dribble, shoot, defend, rebound, and improve.

Coaching Points:

- For grades 3-6, this is the simplest way to teach the pick and roll and learn to defend it. It won't take your players long to get the hang of it!
- Teach players to set good, hard screens, then cut or roll to an open area. Players that learn to screen and roll/cut in grades 3-8 will improve much more quickly.
- When players are learning to defend screens, the most important thing is to COMMUNICATE. Defenders should yell "screen!" when there is a screen coming, and then either "switch" if the defenders need to switch players, or "through" if they are able to fight through the screen.

Variations, Progressions, and Constraints:

- Like 1v1, you can add constraints like limited dribbles or 6 seconds to score to keep things moving and make it fun.
- Mix and match 2v2 teammates to give different teammates the chance to play together. This is a great drill for players who don't dribble much in games to work on their dribbling. Look for variety in 2v2 teams so players are learning new things.

Situational Play - ***3v3v3 with Constraints

I end nearly every practice with some version of 3v3 with constraints to hone specific skills. 3v3 is the perfect size to create many chances to move, cut, and screen while giving all players a lot of reps with the ball and on defense.

Goal Of The Drill:

To play fast-based and competitive points with focus on skill development.

Setup and Directions:

In 3v3v3, one team starts on offense, another team on defense, and a third team sitting out behind the baseline (but ready to jump in). Offense starts by spreading around the 3 pt line and tries to score. If they score, they stay on the court, defense rotates out, and the third team comes in on defense. If the offense doesn't score, they rotate out, defense becomes offense, and the third team comes in on defense.

After each made or missed basket, teams should rotate and play again quickly. Once players understand the rotations, you can rotate quickly and get very competitive with this drill. Play until one team scores 4-5 baskets, then pause and discuss the good and bad things you're seeing in the game. Set up and play again.

Coaching Points:

- In 3v3, you have more space for players to move, cut, and dribble drive than 5v5.
- Help players remember to focus on fundamental skills by celebrating great ball handling, screens, passes, good form shooting, great box outs, etc. Remember, your players will work hard on the things you celebrate and cheer for!
- Change and adjust teams as necessary to create highly competitive games.

Variations, Progressions, and Constraints:

- Add limitations and constraints to force the players to try new skills and see the game differently. Limit the number of dribbles, require teams to post up before shooting, require teams to set an off-ball screen to start the point, etc. Incorporate elements and actions in whatever offense or plays you use with your team.
- Don't be afraid to freeze the game for teaching moments and be sure to celebrate players who attempt to practice and use new skills.

Situational Play - 3v2 Transition

This is the drill that can be used in practice and to warm up before games.

Goal Of The Drill:

To practice offense and defense situations when the offense has a 3v2 advantage.

Setup and Directions:

Form three lines near half-court (2-3 players per line) with two players starting in the lane on defense. First player in each line will be on offense. Coach passes the ball to a player, and the 3 players try to score on the 2 defenders.

Offense needs to move, pass, and see the open player while defense needs to communicate, anticipate, and work to not give up an easy shot. After possession, defense players and the offense player who shot the ball (or touched the ball last on a turnover) rotate out and the 2 offense players who didn't shoot become defense. Repeat with the next players in line.

Coaching Points:

- Transition offense is all about spacing and proper movement. Teach the dribbler to force one defender to stop her, then make the pass. Teach the other offense players to be aggressive and find the space for an open shot.
- Transition 2v3 defense is all about forcing a tough shot and trying to slow down the offense so teammates have a chance to recover. Teach players on defense to stop the ball early, force an extra pass, and be disruptive in the passing lanes.
- Also, teach the defense to remember to box out and rebound!

Variations, Progressions, and Constraints:

- If you find your team dribbles too much during this drill and isn't making quick, accurate passes, limit each player to 1-2 dribbles. This will force them to keep their eyes up and see their teammates cutting and moving.
- Talk about what a good transition shot is vs a bad transition shot. A contested, off-balance floater is not a great transition shot. Depending on age and skill, we are looking for open shots close to the hoop, from the elbows, or from the 3 pt line.

Situational Play - 2v2 or 3v3 Frenzy (half-court version and full-court version)

This is a great game to end practice with, players love it and learn to work hard in transition.

Goal Of The Drill:

To learn the importance and skills of offense and defense transition.

Setup and Directions:

Half-Court Version:

Two players start on defense with all other players lining up on offense in two lines near half court. Coach is positioned with a ball just outside of the top of the key. First players in each line play offense first, coach passes them the ball and they play out a possession 2v2. When the defenders steal or rebound the ball, they quickly pass the ball to the coach.

Then, two things happen simultaneously: 1) Coach holds the ball for 1-2 seconds, then passes the ball to the next offense players in line. They quickly try to attack the hoop for a basket, and 2) Defenders run and touch either a side wall or halfcourt line, then run back out to play defense again. Choose a wall or court location that makes the defenders have to sprint, but still allows them to get back just in time to play defense.

After 4-5 defense possessions, switch players and keep playing. Or, you can make this drill defense king of the court and defense stays as long as they get stops.

Full-Court Version

Divide players into two teams. Each team has 2 players start on court. The other players start out of bounds, forming lines at the free throw line extended on the side of the court (in a good position to receive an outlet pass from their teammates).

Team 1 receives the ball and tries to score 2v2. On a made basket, defensive rebound, or turnover, Team 1 players sprint back to play defense while team 2 players take the ball and outlet passes to two new offense players in line on the sidelines. These 2 new players try to score 2v2 in the other direction. Play continues both directions until coach stops the game.

Players rotate from offense to transition defense to outlet pass to out of bounds and back to offense.

Coaching Points:

- This drill is all about transition offense and defense. Teach players that on a made basket or turnover, they need to sprint back on defense. No arguing with the ref or feeling sad about a missed shot - hustle back on defense!
- Don’t let the outlet pass lines cheap toward half court. Keep them back in good outlet position for passes.
- Score the drill based on whatever skills you want to prioritize - made layups, good passes, defensive stops, rebounds, etc.

Variations, Progressions, and Constraints:

- If you have 10+ players, this drill can be done 3v3 as well. Everything is the same, except on a turnover or defensive rebound, the defensive player who secured the rebound or steal stays in on offense instead of rotating out. This will keep 3v3 on the court while still having 2 lines for outlet passes.

Situational Play - Fox Chase // Number Chase

Another great game kids love to play to end practice.

Goal Of The Drill:

Setup and Directions:

Form two lines near half court (younger players) or the far baseline (older players), either close together near the middle of half court or in the corners on either side of half court. Coach is between the lines with a ball, and the first player in each line ready. Coach will roll/bounce/throw the ball into play toward the a hoop. The first two players sprint to try to win the loose ball.

Whichever player gets control of the ball becomes offense, and other player becomes defense. They play out a 1v1 possession. Game can either be a knockout game (if your opponent scores on you, you're out) or a contest (count how many baskets you make and how many you give up) with the final two top scorers going head-to-head at the end to determine a champion. After one possession, players go to the end of the line and the next 2 players get ready.

Depending on the players, make it fun! Throw the ball high, bounce it off a side wall, roll it out fast, throw it closer to one player to give them a chance, etc.

Coaching Points:

- This drill is about having fun, and it's also about hustle and effort. Celebrate players who work hard and recover on defense.
- As you get to know the size/speed/skill of your team, you can alter your rolls or tosses to give all players a chance to play offense and defense.

Variations, Progressions, and Constraints:

- For a "number chase" variation, instead of two lines, divide the players into two teams with each team secretly giving players numbers 1-5. All players gather at half court. Coach throws the ball and yells out a number. Those two players run out and compete. (Coach can also call out 2-3 numbers instead of 1 number to make it interesting.) After everyone goes 1-2 times, teams secretly assign new numbers and play again. Keep track of team points and declare a winner.

Practice Plan Template
Date: _____

Time	Drill Description	Coaching Points
:00-:15		
:15-:30		
:30-:45		
:45-1:00		
1:00-1:15		
1:15-1:30		

Example Practice Plan #2

Date Used: _____

Time	Drill Description	Coaching Points
6:00-6:15	Discussion: How do we show a great attitude? Warm-up: Jog, high knees, bottom kicks, rocket skips, Superman floor touches Training: Kangaroo Hops, Partner Planks, Wall Tips, T-pushups Ball Handling: Maravich Drills	Listening, encouraging teammates, working hard, celebrating success. Stress proper form for all exercises Remind players that if they cut corners, they are only hurting themselves.
6:15-6:30	Shooting Circuit: - Wall Form Shooting - Two line elbow shooting contest	FEHLA form shooting on wall. 50-100 perfect reps. Watch for perfect form and celebrate it!
6:30-6:45	On-ball defense progression - Stance (30-60 seconds) - Push Step (1, then 2) - Pepper Push Step - Quick Turn (w/ Pepper) - Quick Turn + Push Step 4 Second Rebounding Game	- Effort - Focus on Fundamentals - Great form - Explosion with control - Active hands and eyes - Always talking Adjust partners to find good matches.
6:45-7:00	Station 1: 2v2 Rollout (3-5 players) - Set on-ball screen to start - Dribble handoff to start - Give and go to start Station 2: DPP (3-5 players)	Offense: set good screens, roll hard, good vision and good passes. Defense: communicate and work hard! Use proper footwork. Add defender to DPP for game speed
7:00-7:15	2v2 Frenzy (transition work)	Choose a frenzy wall to really challenge the defense to work hard.
7:15-7:30	3v3 or 4v4 half-court with constraints - No dribble - Must set away screen - Must pass to low post before shooting	Recognize players who are using the focus skills for the night Pause and correct action as necessary End with “first team to 3 buckets wins”

Example Practice Plan #3

Date Used: _____

Time	Drill Description	Coaching Points
6:00-6:15	Discussion: What makes a great defender? Warm-up: Jog, high knees, bottom kicks, rocket skips, Lunge twists Training: Kangaroo Hops, Partner Planks, Wall Tips, Perfect pushups Ball Handling: Zig Zag dribbles + line hops	Effort! Communication! Footwork! Stress proper form for all exercises Remind players that if they cut corners, they are only hurting themselves.
6:15-6:30	Gael Passing (4v4 or 5v5)	Stress the importance of great spacing, hard cuts, and away screens.
6:30-6:45	Shooting Circuit: - Wall Form Shooting - Jump Stop Lines - Give and Go Layups	FEHLA shooting. Power from the legs and always finish hand high, fingers pointed at the rim. Pause and show proper layup form if necessary.
6:45-7:00	On-ball defense progression - Stance (30-60 seconds) - Push Step (1, then 2) - Pepper Push Step - Quick Turn (w/ Pepper) - Quick Turn + Push Step Defense Shell Drill	- Effort - Focus on Fundamentals - Great form - Explosion with control - Active hands and eyes - Always talking Celebrate great movement.
7:00-7:15	Fox Chase (transition practice) Number Chase	Focus on being aggressive to get the ball and quickly transitioning to defense if your opponent gets the ball.
7:15-7:30	3v3 or 4v4 half-court with constraints - No dribble - Must set away screen - Must pass to low post before shooting	Recognize players who are using the focus skills for the night Pause and correct action as necessary End with “first team to 3 buckets wins”

Example Practice Plan #4

Date Used: _____

Time	Drill Description	Coaching Points
6:00-6:15	Discussion: Why is communication important in basketball? Warm-up: Jog, high knees, bottom kicks, rocket skips, Lunge twists Training: Kangaroo Hops, Partner Planks, Wall Tips, Perfect pushups Ball Handling: Maravich Drills	Communication creates vision, focus, and teamwork. Stress proper form for all exercises Remind players that if they cut corners, they are only hurting themselves.
6:15-6:30	1v1 Advancement 3v2 Transition	Remind players that working their hardest helps make their teammates better as well Freeze and show players key concepts.
6:30-6:45	Shooting Circuit (stations): Station 1: Wall Form Shooting (3-5 players) Station 2: Partner Elbow Shooting (4-5 players in 2 groups)	FEHLA shooting 50-100 perfect reps One player shoots, rebounds, passes to partner. Focus on a great rebound and perfect pass to get more shots in.
6:45-7:00	On-ball defense progression - Stance (30-60 seconds) - Push Step (1, then 2) - Pepper Push Step - Quick Turn (w/ Pepper) - Quick Turn + Push Step 2v2 Rollout Rebounding Drill	Defense progression: focus on staying low, eyes and chest up, and exploding into moves. Rebounding: Focus on making contact with shooter, boxing out, and going after the ball with energy.
7:00-7:15	BLOB plays - Pick 2-3 plays to discuss and practice together. - Let the players ask questions about the plays.	Starting with basic box play setup is a great way to teach spacing and show screen options. Check out these options.
7:15-7:30	3v3 or 4v4 half-court with constraints - No dribble - Must set away screen - Must pass to low post before shooting	Recognize players who are using the focus skills for the night Pause and correct action as necessary End with “first team to 3 buckets wins”