

## WEEK 5 PRACTICE PLAN – SENIOR DIVISION

5 MINS: STRETCH

10 MINS: REVIEW – DEFENSIVE POSITIONING: MAN-U-NET

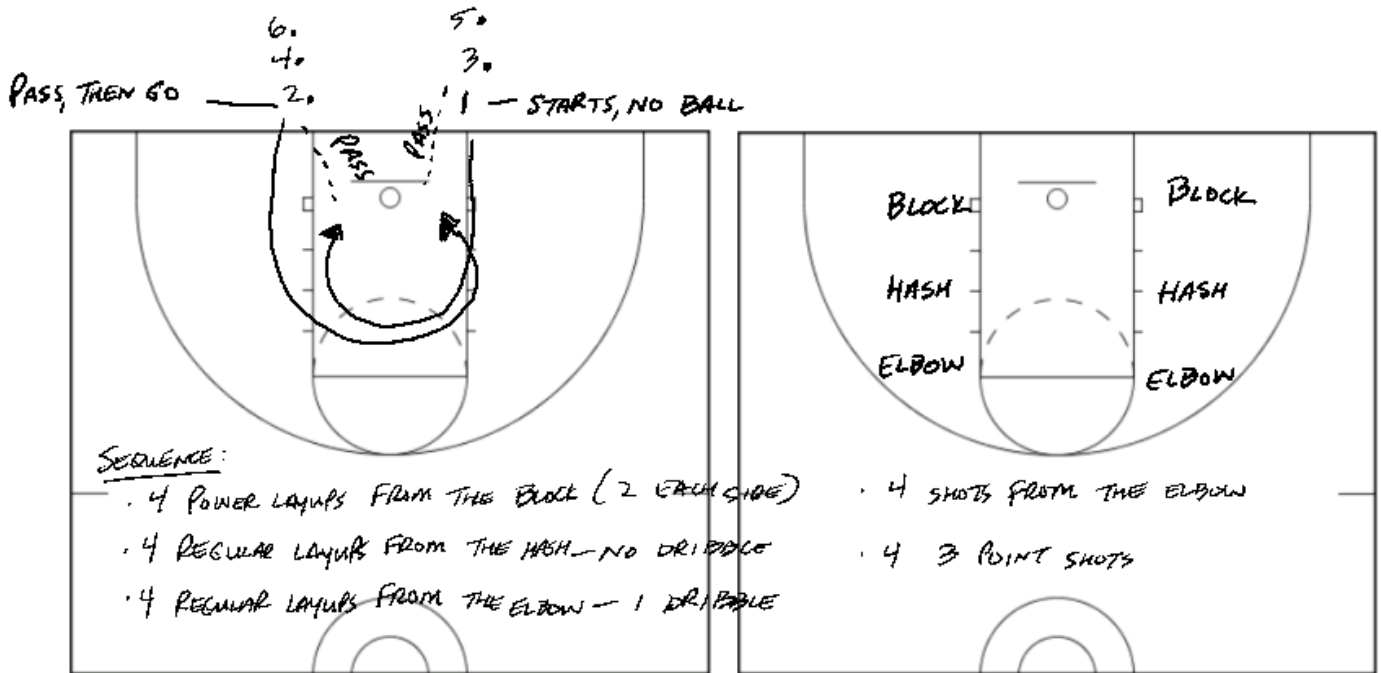
- Teach MAN – U – NET
  - Meaning that when you're in proper defensive position, it should be **your man**, then **you**, then the **net you're defending**.
- Teach players on defense to ALWAYS see the player they're defending – don't follow the ball with your eyes at all times, therefore losing sight of your man.
- Using the Man – U – Net concept, try positioning your body so that you can see your man and the ball whenever possible.
- Teach players to check their defensive positioning by using their left and right pointer fingers to point one at the player they're guarding, and the other at the offensive player with the basketball.
- **DRILL:**
  - Depending on how many players you have at practice, have players partner up.
  - Use 1 main basket only
  - Position players in random spots on offense (slot, wing, corner, post, etc...) and have their partner on defense – implementing the MAN-U-NET concept to start
  - Slowly have the coach dribble (or walk) to a spot on the court and then stop to check the defensive players position (offensive players don't move) – **have they repositioned their bodies (and are they pointing with both left and right pointer fingers) so that they can see both their man and the ball?**
  - Continue to move to other offensive spots on the court and check positioning.
  - Switch offensive and defensive players and repeat.
  - A bit boring, but super important to understand!

If time permits – do the same as though the ball is being passed in from the sideline or baseline (1 player to simulate the inbound passer, 4 others on offense spread out, defenders guarding each player) – check the MAN-U NET positioning and that each player can see both their player and the ball.

10 MINS: HORSESHOE LAYUPS & SHOOTING

- See graphic below
- Follow the sequence shown on the graphic
- First 4 layups are power layups (2 foot takeoff), close to the basket (from the block)
  - Pass should be made when the player gets close to the basket as this is a catch and layup drill – no dribble
- With each layer of the sequence, the offensive player doing the layup / shot will make their horseshoe pattern larger and larger, progressing from the middle of the key to the 3 point line.
- Next 4 layups are regular layups (1 foot takeoff) – pass should be caught around the hash mark and no dribble
- Next 4 will see the player catch the pass around the elbow area and use 1 or 2 dribbles to perform the layup.
- Next 4 will be shots – catch the pass around the elbow area and shoot
- Last 4 (if appropriate) are 3 point shots

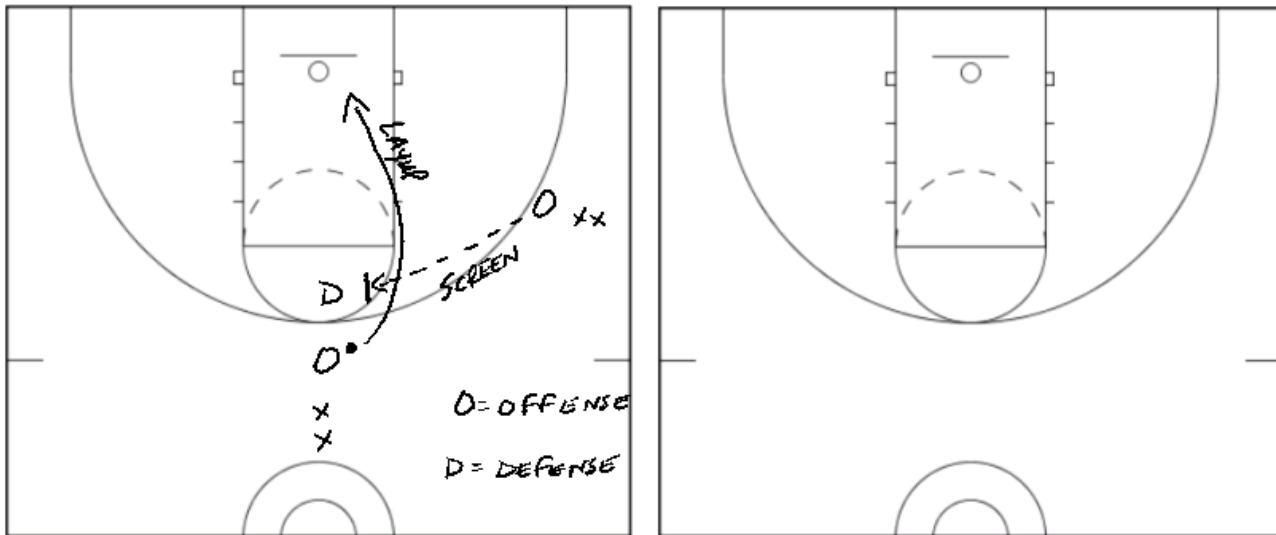
- Shooters always get their own rebound and go to the back of the line where the pass came from



**10 MINS: REVIEW: SETTING & USING A SCREEN**

- Teach the proper technique for setting a screen
  - Set the screen on the defensive player that's guarding the offensive player you're screening for.
  - Screener should have a wide base – wider than shoulder width.
  - Screener should stay still once the screen is set.
- Teach the offensive player being screened for, how to use the screen
  - Once the screen is set, the offensive player should try and stay tight to the screener – this will help them get away from their defender that may be trailing them
- The offensive player coming off the screen can do a layup and the screener should follow them to the basket for the rebound after setting the screen.
- See this video for help with setting and using screens [\(46\) Setting and Using a Screen | Basketball - YouTube](#)

## SETTING A SCREEN



### Notes:

- WING PLAYER COMES OVER AND SETS A SCREEN ON THE DEFENDER THAT'S GUARDING THE BALL.
- OFFENSIVE PLAYER WITH THE BALL USES THE SCREEN AND DOES A LAYUP.
- AFTER SETTING THE SCREEN, THE SCREENER SHOULD ROLL TO THE BASKET TO REBOUND.

### 15 MINS: TEACH AN INBOUND PLAY

- Visit the coaches only section on the website and look for the INBOUND PLAYS section. Choose 1 of the basic inbound plays shown to teach to your team.
- Teach by running the play with 5 offensive players and no defensive players to start
- Walk through it slowly to teach each player's responsibilities, then run it live
- When 5 on 0, tell the players that are setting the screen to envision a defender there and to screen them, not their offensive teammate. Screens are set on the defense.

### 5 MINS: SCRIMMAGE

- Run the inbound play when appropriate.

### 5 MINS: FINAL WORD AND WRAP-UP

- Final words about game time on Saturday, and which gym at Massey.
- Gather equipment so that the next practice can begin on time.