

Practice Plan

Remember you can make additions and subtractions to any practice plan. Also, you might not get through an entire practice. Do not get frustrated, just make a new practice plan to include what was not covered in the previous practice.

It is very important that practice should be very organized to keep the attention of the younger players. Try to stay on task. If you players do not understand a drill move on and try again at the next practice. Keep them motivated with positive reinforcement.

Shooting

Shooting is one of the most difficult skills to acquire. Practice shooting form every practice is very important.

Proper Form

Stance

- Slight stagger—shooting foot forward.
- Feet slightly less than shoulder width.
- Butt behind heels **most important!** Not a deep crouch.
- When dropping hands out of shooting pocket they should hand directly in front of knees.
- Back view of stance—the elbows should not be seen.
—The ball should be seen lifting to the finish of the shot in a perpendicular line with the shooting shoulder.

Shooting Hand Grip

- Pads of the fingers must be in contact with the ball.
- Pad of hand must be in contact with the ball.
- Palm does not touch the ball.
- Index and middle finger of the shooting hand split the center of the basketball.
- Moderate and relaxed grip.
- Slight daylight between shooting hand thumb and first finger.
- Guide had forefinger should fit into palm crevis of shooting hand for correct grip check.

Shooting Hand Form

- Ball above bicep from catch to finish.
- First and second fingers should directly above the bicep.
- Elbow starts below shoulder.
- Elbow must keep moving upward until the finish of the shot.
- Wrinkle in the wrist.
- Must lift the ball to the basket. **Most Important!**

Drills to improve shooting hand form.

- form 1 extensions
- Form 1 shots
- Form 1 mirror shots

Guide Hand Form

- Used for catching ball and “tucking” ball to shoot pocket.
- Balance is very important in a shot—good guide hand is important in keeping the shooter in good balance.
- Elbows of shooting hand and guide hand act as if they are tied together—shoulder width apart.
- Guide hand fingers point to passer on catch.
- Guide hand fingers point to ceiling on shot.
- Guide hand maintains form on release of shooting hand.
- Guide hand stops when “finish” of shooting hand.
- Guide hand stop when “finish” of shooting hand begins.

Drills to improve guide hand form.

- slow-motion drill
- Form 2 extensions
- Form 2 shot
- Form 2 mirror shots
- 5 to 1 drill (5 form shots without ball into 1 form shot with ball)

Release

- Ball releases off index and middle finger of shooting hand.
- Finish release with a gooseneck.
- After release on the gooseneck the index and middle finger should be lower than the ring finger and pinky.

Drills to improve release

-lay on back and release ball with proper back spin.

“Catch Up”

- When spotting up for a shot, shooting foot is behind until pass is in the air—then shooter hops into stance simultaneously with the ball contacting the hands.
- Quick release is extremely important.
- Player getting ready to shoot the ball off a pass should be in the air when the pass is in the air.
- Shooting hand is in the tuck position before the catch.
- Catch the ball with butt behind the heels—in correct stance for quick release.

Drills to improve the “catch up”

- spin pass “catch up”
- Spin pass “catch up” to shot extension.
- Spin pass “catch up” to shot.

Other Key Points of Shooting

- Jump and shoot not jump then shoot.
- When working to improve form and quick release concentrate on execution not results.

Shooting Drills

1. Mikan Drill—Is a timed drill that last 30 seconds. This is a good drill to begin with.
For 30 seconds the player will be under the basket doing lay-ups, while not letting the ball touch the floor and without dribbling. You just make a lay-up and quickly and under control take a lay-up from the other side. Make sure the player is doing a lay up on the right side with the right hand then the left side with the left hand.
Coaching Tips:
Keep the ball high above your shoulders
Keep control of the ball—while not letting it hit the ground at all.
Get into a rhythm and routine
2. Spot Shooting—You Should have teams of 4, 5, or 6 players each. Divide them at the baskets. Line up at the low post, facing the basket. There are 4 shooting spots, low post right, elbow right, elbow left, low post left. Each player has to make 10 shots + 10 lay ups at each spot.
3. Elbow to Elbow— You get a partner that is standing near the goal. You move to either elbow and your partner feeds you the ball. You then square up and shoot. Right after you have released you turn and run and touch half court and come back to the other elbow. Then your partner feeds you the ball again and you repeat.—Concentrate on hustling back and forth between shots this will simulate getting tired in a game) - Also focus on your form and don't let it collapse after you start to get tired.

Passing

Remember, passing the quickest way to move the ball from side of the court to another side. In practice the players need to focus on making quick, accurate passes to their teammates. Focus on fundamentals, speed, and accuracy in your drills. The following four passes are the most effective passes one can make.

1. Chest pass—It should be the first basketball passing drill taught. Chest pass starts first, you hold the ball with two hands on the side holding tightly in your chest with elbows out. You step into the passing the ball and extend your hands outward so that your palms are facing out and your thumbs are facing the player you passed to. Remember it's a chest pass so you should be hitting the other player in the chest.
2. Bounce Pass—The bounce pass is where the pass hits the floor before reaching the other player. The pass should bounce $\frac{2}{3}$ of the way to the other player. You should follow through as the same as the chest pass with your palms of your hand facing out and your thumbs are facing the player you passed to.
3. Overhead Pass—This were you have the ball over your head. You make a pass using your upper body strength, but don't forget to have a good follow through with your wrist having your palms facing out and your thumbs are facing the player you passed to.
4. Baseball Pass—This pass is thrown straight overhand with one hand like a baseball. When releasing the ball, turn the wrist to the inside, toward the thumb.

Passing Drills

Partner Passing—Have your players pair up around the gym, approximately 6 to 8 feet apart. Have them work the series of passes, beginning with the chest pass. This will allow you to walk around and correct players and acknowledge players that are performing it correctly. Remember it doesn't have to be along drill Move quickly through the different passes.

Dribble Pass—Using the same pattern as the partner Passing drill, have your players dribble the ball three times, then pass. This will make the drill more game like.

Pass/Receive—Set up two lines about 20 feet apart. The two lines should face each other. The player with the ball passes it to his/her receiver and then runs to the end of the receiving line. The receiver passes to the next person in the opposite line. As the players move through the lines, yell out different kinds of passes

Pass & Go Circle—Make a circle at midcourt, diameter about 4 yards. One player in the middle. First player passes to middle player, and goes after his/her pass. Middle player passes to next player in circle (clockwise) and moves into circle to replace the spot where the previous player came from. Ball may not touch the ground, use chest passes. Set how many passes you want to complete without the ball touching the floor.

Step and Pass—Start off with a line in the middle of the foul line and another line on the out-of-bounds line. Start with the ball at the foul line. Face each other then start to side step down the court giving each other a chest pass every 2 or 3 steps. Do not let the ball hit the ground.

Catching—Catching is an art that takes concentration and hard work to develop. It is important to stress the catching of the basketball during your passing drills.

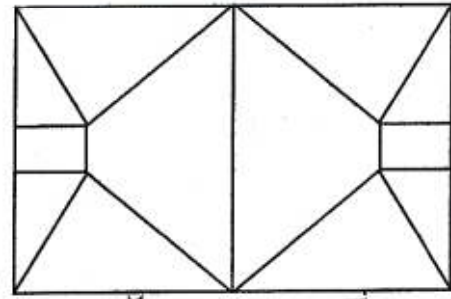
Dribbling

The dribble is the method of moving the ball from one area of the court to another. The dribble is used in advancing the ball, driving to the basket and to improve your passing angle. Do not over dribble. Always look to pass the ball first.

1. Dribble the ball with the fingertips, not with the palms. Do not slap at the ball.
2. Keep wrist straight. Bend the arm at the elbow and push down and slightly forward on the ball.
3. Dribble with your head up.
4. Practice using both hands.

Dribbling Drills

Zig Zag—Set one line at the opposite baselines. Have the dribble baseline to elbow to half court to elbow to baseline and then pass the ball to the front of the line. Use left when dribbling left and right hand when dribbling right.



Add cross over
Dribble, then
Behind the back
And then
Between the
Legs.
Advance your
Players by
Their skill level.

○

Dribbling Drills

Two Ball Drill—Set players at the base line and give them two basketball. Each player dribbles both balls at the same time to half court. Working on dribbling the basketballs no higher than their knees and keeping their head up.

1. Dribbling balls at the same time.
2. Dribbling balls opposite of each other.
3. Dribbling to half court crossover basketballs in front.
4. Dribbling to half court cross through legs with one basketball and shift the other ball over to the other hand.

* On the way back dribble backwards.

Reminder to work only at the level of your players abilities.

Speed Dribble—Try to dribble the ball as fast as you can from one baseline to the other and back. Use right hand one way and left hand another. Reminder keep your head up and dribble as low as your knees.

5 Minute Circle—This drill, all you need is a basketball and a circle to dribble in. (ie. Free-throw or half-court circle). For anywhere from three to five minutes you dribble in the circle using all dribbling moves that you want to work on. ie. Crossover, behind the back, spiral change of pace, cross-through.

Knock Out—Use any boarder that you want, as the players are knocked out, make the boarders smaller. Each player has a ball, they start to dribble within the boarders trying to maintain their dribble while attacking the other players within the boarders trying to knock their ball away. If a player loses his/her dribble/stops his/her dribble or is out of the boarder, that player is out.

Ball Handling Drills

1. Maneuver the ball around your head, waist, one leg and both legs in both directions.
2. Dribble figure eights in and around your legs.
3. Throw the ball up in the air and catch it behind your back. Figure eight in and around your legs without dropping the ball.
4. Stand with your feet together and bend over like you are going to touch your toes. Place the ball behind your knees. Let the ball go, clap your hands in front of your knees and catch the ball before it hits the ground.
5. Spider - Dribble the ball in between you legs, keeping the ball under the body. Use both hands, alternating each hand in front and behind your legs.
6. Ricochet—Hold the ball at chest height with both hands. You then bounce the ball between your legs. Move both hands from front to back, catching the ball behind your back. Attempt to slam the ball through your legs as hard as you can.

Pivoting

Pivoting is a very essential part of the game. We need to teach are players the jump stop with control. This allows the player to use either foot to be used as their pivot foot.

Drills for Pivoting

1. Jump-Stop Left-Right and Right-Left—Have your players form a square with everyone facing the same direction. When you, blow the whistle, the players run around the square. When you blow the whistle again, they must come to a one-two stop. The foot that hits first will be their pivot foot. You then tell them to pivot—quarter turn, full circle, back to the front. When everyone is facing the same direction, blow the whistle and repeat the drill.
2. Two-Footed Stop—Have your players repeat the drill from above, but instead of the one-two stop, the player will stop with both feet at the same time. You then tell them to front pivot right, back pivot right, and have them repeat it with the left.

Rebound

Controlling the boards is a very important aspect of the game. You do not have to be tall to become an effective rebounder. What you need is excellent technique. The player who blocks out well, has good timing on his/her jumps, and is aggressive will get their share of the rebounds.

Rebounding Drills

1. Mirror—Introduce this drill first. When you blow the whistle, the players should put a hand up to contest the shot, turn, stay low, and pretend pretend to box out their particular person.
2. 2 Person and Continuation—Two players begin on either end of the foul line (the elbows). Standing opposite them on the baseline are another two players. One of the players on the baseline has a ball and passes out from under the basket to either player on the foul line. The player on the foul line will catch and shoot the ball.
As soon as the player on the baseline passes out he/she will run out his/her opposite player on the foul line. He/she knows that he/she will shoot the ball immediately so he/she is aiming to get to the player and prevent him/her from rebounding the ball.
3. 2 on 1—Coach has ball at free throw line with three players facing the basket. Coach shoots the ball and all three players fight for the rebound. The player that secures the rebound goes up to score and the other two players fight for the rebound. The ball is always live, there are no out of bounds, there are no fouls.
- ★ 3. 3 on 2—The Coach stands under the basket with the ball in hand while 3 players on offense stand at wings and top of the key. 2 defensive players stand facing offense on the blocks. Coach passes the ball to one of the offensive players. The two defensive players are not allowed to look at coach. They have to box out the two non shooters. Shooter does not go for the rebound.

Defense

To be able to play good defense, one must work very hard. Once a player knows how to play strong defense, it is up to each player to make a strong effort to do it. Team defense relies on everyone working their hardest and communicating with each other.

Good Defensive position:

1. Knees bent.
2. Feet slightly wider than shoulder width apart.
3. On balls of feet.
4. Hands out; palms up.
5. Head up.
6. Back Straight.

When playing the good defense on the ball, there are two major responsibilities:

1. Nose on the ball. (Make sure your nose is lined up with the basketball.)
2. Make sure you stay between the dribbler and the basket. Stay arm length away from the dribbler and slide to the opening. Make the dribbler change directions and/or pick up the dribble to pass.

Defensive Drills

Whistle Drill—The players line up and get in a good defensive position. The coach has a basketball in hands and a whistle. When the coach blows his/her whistle and points with the basketball. The players take a drop step and come back to balance. The coach blows the whistle and points down to the floor with the basketball, the players drive like they are diving for a loose ball and get back up to balance position. When the coach blows the whistle and points up to the ceiling, the players jump with hands in the air and yell shot.

Defensive Drills

Zig Zag—Line up players in two corners of the gym and have them face the basket. Using defensive slide, players move in a zig zag pattern from the corner to the elbow to the sideline to the center circle and son all the way up the court, making a drop step each time they change direction. When they reach the other end of the court, have them jog along the end line to the corner of the gym and start again. This will provide the coach an opportunity to watch and correct any problems with the stance as they move.

Figure Eight—Have your players line up, run up to the midcourt line, hit the floor and yell, "defense!" and do a defensive slide across the court. They should next run backward to the end line, hit the floor and yell, "defense!" and o another defensive slide across the court. When players get to the sideline, they should sprint down to the other end of the court, ready to do the drill again.

Mirror—Have your players partner up. One player has a ball and the other will be in a good defensive stance. The player with the ball will move the ball around attempting to pass and/or shoot the ball. (Do not pass or shoot the ball). The defensive player will mirror the ball with his/her hands. Do not steal the ball.

The Shell—The shell drill is designed to teach team defense. The basis of this drill is to have the defense move as the ball moves. In the beginning of the drill, the offense is stationary, and the offensive players' role is to stay in their positions and pass the ball around the perimeter. As the ball is passed around the perimeter, each defender moves with it. This drill can be done with either two-on-two, three-on-three, or four-on-four.

The shell drill is designed to have a clear middle, with players around the perimeter and not clogging up the lane. Whatever formation is used, stress the concepts. If a player is guarding the ball, he/she yells, "ball" and guards his/her person, pressuring the ball, staying low, and being active. If a player is one pass away, then he/she is in a "deny" position, with a hand in the passing lane. If a player is more than one pass away, he/she is in the "help" position.

More Drills

Heads Up Direction Change—Along the center court line space out 4 to 5 players facing you. You should be off the court at center court. Instruct your players to move while dribbling in whichever direction you move—side to side, forward and backwards. Change direction without words so they have to keep their eyes on you. As they progress change directions more quickly.

Red light-Green light 2—Have a group of kids start at one baseline, don't bunch them too closely together. Each player in the group has a ball. When the coach shouts green light the players dribble forward, blue light they dribble left, yellow light they dribble right, and red light they stop. All during this drill the players keep dribbling.

Speed Dribble—Players start at 1/2 court or baseline. Each line or player has a ball. Objective is to reduce the number of dribbles.

Let the players cover the required distance and count their dribbles. Have them cover the same distance and reduce the dribbles by 1. Repeat and reduce by 1 again. Continue reducing until you have increased speed.

Speed Lay-up—Coach times player for 1 minute; team counts aloud the number of shots made and encourages player along the way.

Player with a basketball stands to the right of the basket, coach says "go" and the player shoots a lay-up (using backboard) from right side... then miss or make goes to left side. He/she continues to alternate sides, team counts how many are made in one minute.

Coach may decide to give stronger players 45 seconds, weaker players 1 minute.

More Drills

Side-Line Lay-ups—The O's pass to the outlet line. The line to their left they are going to shoot left handed lay-ups and vice versa. The O then runs the floor to receive a bounce pass at the other end. X throws a baseball pass down the sideline. Then pass to the foul line, the X at the foul line gives a bounce pass to O for the lay-up. X's always follow their pass to the next line. X at the foul line get the rebound of O and are the next shooters.

With two balls, shoot to get 20 makes in two minutes with 4-6 graders. Double this when adding the third and fourth ball.

Free Throw Drill—Have a player shoot 10 free throws. However many he misses have the team run that many conditioners. Then have the same person shoot how many he missed the first time, and have them run how many he/she missed the second time. Repeat until he/she gets to zero.

Team Free Throws—Have one player on the free throw line. The other players are all lined up one behind the other on the sideline. The rest of the team begins to make lay-ups around the court (usually timed). The player at the free throw line must make three free throws in a row, if misses the team takes another lap. This continues until the shooter makes three in a row. Then next person in line goes and repeat the process.

Pivot Shot—The passer has the ball and stands on the perimeter, player 2 stands outside of the three-second area. Player 1 is the defensive player and stands between player 2 and the baseline. The other players form a line behind player 3 behind the baseline. Player 2 posts up, raises his ball side hand, and receives the ball. He pivots on his/her outside foot away from player 1, squares up, and shoots a jump shot. If player 1 moves in front of player 2, player 2 steps to his/her non-pivot foot, sealing off player 1, and then makes a power lay-up to the basket.

More Drills

The Shot Doctor—Player one starts underneath the basket with the basketball. He/she then throws the ball out to player two who is standing at the three-point line. Player one then boxes out the coach as the player two shoots the ball. Player one must rebound the shot, and while this is going on player two makes a v cut towards the basket. Player one then makes a pass as player two gets close to the basket. While player two is shooting his/her lay-up, player one sprints to the next outside shot-spot. The drill repeats steps.

Jump Shot Under Pressure—Start with two players; one with a basketball under the basket, and one in his/her shooting range. Player one (with the ball) makes a pass to player 2, and charges at the player to defend against the shot. Player 2 must catch the ball in proper shooting position, square to the basket, focus on the rim, and shoot the jump shot. Player 1 may not try to block the shot; instead, he/she may distract the shooter by yelling (shot) or waving his/her hand.

After the shot is released, Player 1 must block out Player 2 until the ball hits the floor. Players rotate from offense to defense on each shot. Allow each player to take 5 shots from spots on the floor that they will shoot from in a game.

This is more than just a basketball shooting drill, it will help defensively as well.

Loose Ball Drill—Form 2 lines under the basket, one on each side of the backboard. The coach gets in the middle with the ball (bounces) the ball anywhere in the half-court.

2 players should go after the ball and anything goes. The player who controls the ball comes back to the basket and the player without the ball immediately becomes the defense trying to stop the player with the ball from scoring. You can not foul in this phase.