



*Coaches Guide on Skills Concepts and
Sample Practice Plans*

2021 - 2022 Season



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NAYB – Coaches Practice Guide

This guide has been produced to add some consistency to what our players are learning as they progress through the North Attleboro travel basketball. Asking our coaches to teach certain fundamentals the same way will enable our players to build upon what they've learned in the past and will enable them to develop more quickly. While coaches are encouraged to introduce their own drills and strategies some of the drills included here should take a prominent place at each practice.

Our job is to prepare our players to win games when they are in High School, so we should not be preoccupied with wins and losses each year. We should treat our practice time like **Gold** and maximize your gym time by following these best practices:

- Create a practice outline – Ensure your practices are organized and address long term development.
- Ask for help – Use parents to help at practices, ask other coaches if they can help as well.
- Do not over book your time – leave 5-10 minutes of free time throughout the practice to account for things going over.
- Make time for skill building. Practices should include:
 - Shooting
 - Passing
 - Dribbling
 - Defense
 - Rebounding
- Shoot – Shoot – Shoot
 - You can't take too many shots in practice
 - If you're ever stuck on adding something, or running ahead on a night – add shooting
 - Always make time for kids to do form shooting and foul shooting
- Do not teach too many sets of out plays or out of bounds plays
 - We need to focus on the long term and improve skills and teaching more concepts.
- Make your pregame routine drills you use to start practice.
 - This will help kids jump right into practice and games while eliminating the need for you to review pregame routines too often.
- Do not schedule too many scrimmages at the expense of practice time.
 - Scrimmage at various times during the practice. Do not always leave it until the end.
 - Scrimmages can be short 5-minute sections to work on a subject just covered in a controlled setting.
 - Scrimmage with different rule to build skill and enforce concepts
 - 3 Passes before a shot
 - Free Throw to start the up and back
 - Get a paint touch before a shot
 - No 3's allowed



- Make it Competitive
 - Players should compete as often as possible during practice. This can be individually, in groups or as a whole team. Creating a competitive environment during practice helps create a competitive group during games.
- WAS IT FUN????
 - The single most important question coaches should ask at the end of every practice:
 - Was it fun?
 - Players need to have fun so they look forward to coming to basketball, walk in with a great attitude, and are ready to work and learn.
 - Find what works for your group to make it fun and always incorporate that into your practice.

With regards to the last bullet the following pages have been put together to assist you to put together productive and efficient practice plans.



Grade 4 Skills/Concepts

At the end of the year, each player should be able to...

Ball Handling

- Toss a ball to themselves and catch it
- Stand still and dribble a ball at low, middle, and high levels
- Walk back and forth while dribbling
- Perform a stationary crossover
- Jog back and forth while dribbling
- Run back and forth while dribbling
- Dribble while changing directions

Passing

- Pass to a target
- Catch a pass
- Perform a chest pass
- Perform a bounce pass
- Pass to a moving teammate
- Recognize open teammates
- Pivot and pass

Shooting

- Practice stationary form shooting with proper technique
 - Strong hand underneath the ball, elbow pointed at the target, solid balance, guide hand on side of ball, eyes on the target, follow through
- Make a strong hand lay-up
- Take one dribble and shoot
- Perform a lay-up with proper technique
 - Strong foot in air, two hands on ball for protection, extend strong hand, finish off backboard
- Shoot off the backboard when appropriate
- Dribble, make a jump stop, and shoot

Offense

- Make a pass and then cut
- Know what ball reversal is
- Explain and perform the triple threat position
- Dribble ("drive") to the hoop before passing out ("kick")
- Perform a "give & go"

Defense

- Be in proper defensive stance
 - Low to the ground, arms out wide, athletic balance/posture
- Perform a defensive slide
 - Quick steps, no crossing of feet, arms out wide, head staying level
- Stay between their man and the basket
- Trace the ball with their hand
- Keep their hands up/out

Footwork & Conditioning

- Be in a defensive stance and triple threat
- Perform a defensive slide
- Run while staying under control
- Change speeds while running
- Change directions
- Perform a two-foot jump stop
 - Pivot
 - Jump

Rebounding

- Jump, catch a loose ball, and land under control

Other

- Understand the lines/markings on the basketball court
 - Sideline, baseline, FT line
- Understand basic rules
 - Scoring, travel, double dribble, out of bounds

Grade 5 Skills/Concepts

This list assumes the player can already complete the skills & concepts listed for grade

4. At the end of the year, each player should be able to...

Ball handling

- Dribble while jogging and then complete a 2-foot jumpstop
- Dribble in and out of cones/objects
- Perform a stationary in and out dribble move
- Perform a stationary front to back dribble
- Perform an in and out move while dribbling
- Perform a crossover
- Perform a spin move
- Identify and perform a retreat dribble
- Dribble 2 balls at the same time while standing
- Dribble 2 balls, alternating while standing
- Perform a figure 8 dribble

Passing

- Perform an overhead pass
- Perform an outlet pass
- Make a pass while running
- Perform a slide with a partner and pass back and forth
- Dribble into a jump stop and complete a pass

Shooting

- Make a weak-hand lay-up
- Step into a shot with a 1-2 or hop step
- Perform a drop step into a shot
- Make an up and under move into a shot
- Perform any dribble move (crossover, spin) into a shot
- Make free throws
- Catch and shoot on the move
- Shoot off a ball screen
- Shoot off an off-ball screen

Offense

- Set and use ball and off-ball screens
- Make a v-cut
- Understand fast break spacing and concepts
- Square up and rip through
- Understand the concept of passing, cutting, and replacing
- Perform a shot fake and drive
- Understand the basics of post play
 - Post up on the first hash mark, wide base, maintain contact with defense, meet the pass
- Understand where and how to receive an outlet pass

Defense

- Understand the basics of defending the ball
 - Get lower than the offensive player, stand one-arm's length away, force the player away from the middle, outside hand in passing lane, inside hand is ready for steal
- Play basic man to man defense
 - Match up, ball side, weakside, help line, stay between your man and the basket, help on the ball
- Deny a pass
- Closeout on a shooter
- Rotate defensively – help on the ball

Footwork & Conditioning

- Make a jab step
- Use a pivot to create space against a defender
- Backpedal
- Change speeds

Rebounding

- Box out an offensive player
 - Arm bar to chest, “sit” on the player's knee, arms/hands up high, push player back, chase the ball
- Chin the ball after a rebound
- Pivot away from the defense

Other

- Understand most/all basic rules

Grade 6 Skills/Concepts

At the end of the year, each player should be able to...

Ball Handling

- Dribble behind the back
- Dribble between the legs
- Make a stationary 1 hand pass
- Make a 1 hand pass while moving
- Dribble 1 ball while catching and passing a second ball
- Make a variety of dribble moves including double moves (2 moves back to back)
- Perform 2 ball stationary dribble with contact
- Dribble 2 balls while making different moves

Passing

- Make a backdoor pass
- Make a basic post entry pass (fake high, pass low or vice versa)
- Make a skip pass
- Make a shovel pass

Shooting

- Make a step back move and shoot
- Make shots after a curl, pop, flare, backdoor cuts off an off-ball screen
- Make shots after reading a ball screen (split, reject, pull-up, stop behind)
- Make a reverse lay-up
- Make a shot off the catch in transition

Offense

- Make an L cut
- Fill the opposite corner on a baseline drive
- Make the appropriate read on an off-ball screen
 - Defense gets stuck behind = pop, defense chases = curl, defense fights over = backdoor, defense cheats/goes under = flare
- Make the appropriate read on a ball screen
 - Screener's defender is late = turn the corner, screener's defender backs up = shoot the jumper, on ball defender cheats = reject screen
- Relocate after a post entry pass
 - Options: screen away, make a cut, relocate
- As a post player, rotate as a teammate drives into the paint
 - Baseline drive = slide up the lane, middle drive = move towards baseline
- Run/remember basic set plays
- Run an organized transition offense
- Run a motion or read based offense

Defense

- Three-quarter, front, or play behind a post player depending on the location of the ball
 - Ball is above FT line extended = $\frac{3}{4}$, ball is even with post player = front, ball is below post = $\frac{3}{4}$ on the low side
- Defend a ball screen (hedge, switch)
- Defend an away screen (hedge, switch)
- Help a helper on a rotation
- Play full court man to man defense
- Jump to the ball on a dribble or pass
- Understand the basics of transition defense
- Stop ball, protect basket, match up
- Take a charge

Footwork & Conditioning

- Run and turn forward and backwards
- Sprint
- Make a backdoor cut

Rebounding

- Rebound in a live drill with contact
- Box out on the perimeter

Other

- Understand advanced rules (ex: back court violation)
- Begin to understand special situations

This list assumes the player can already complete the skills & concepts listed for grade 5.

Grade 7/8 Skill Concepts

This list assumes the player can already complete the skills & concepts listed for grade 6.

At the end of the year, each player should be able to...

Ball Handling

- Perform a combination of dribble moves back to back
- Attack a trap (ex: split)
- Dribble against contact

Passing

- Make a baseball pass
- Make a pass off a dribble (one-handed)
- Make a behind the back pass
- Make and understand the concept of a high-low pass
- Make a pocket pass
- Make a lob pass
- Make a pass to a player slipping a screen

Shooting

- Make advanced lay-up finishes (ex: wrong foot/correct hand)
- Make a floater
- Perform an advanced post move (ex: square up, attack middle, spin back)
- Perform an advanced dribble move into a shot

Offense

- Post up, pass out, and re-post deeper
- Seal off a defender
- Take a defender's space
- Attack a trapping defense
- Balance the floor
- Setup/recognize various offensive alignments (Horns, Box, 5 out, 1-4 high)
- Perform in special situations (various clock/score scenarios)
- Run a fast break with proper spacing
- Read a pick and roll
- Screen the screener



Defense

- Block a shot without a foul
- Defend screens in a variety of ways (hedge, switch, lock/trail, ice)
- Effectively play transition defense
- Stunt and recover
- Dig/scrape the post
- Load up to the help line

Rebounding

- Perform team rebounding drills with contact

Grade 4 Practice Plan (90 minutes)

- **6:00pm to 6:05pm:** Team Check In
 - Review Prior Game
 - Discuss Upcoming Practice Focus
- **6:05pm to 6:10pm:** Dynamic Warmups (Entire Team at once)
 - Stretches:
 - Slow Jog to $\frac{1}{2}$ court and back.
 - Alternate front knee raises to $\frac{1}{2}$ court.
 - Alternate front lunge with torso twist from $\frac{1}{2}$ court to baseline.
 - Alternate back hamstring stretches to $\frac{1}{2}$ court.
 - High Knees from $\frac{1}{2}$ court to baseline.
 - Carioca to $\frac{1}{2}$ court (facing right) and back to baseline (facing left).
 - Sprints:
 - $\frac{1}{4}$ Court (Jog to far foul line and then sprint)
 - $\frac{1}{2}$ Court (Jog to $\frac{1}{2}$ court and then sprint)
 - $\frac{3}{4}$ Court (Jog to near foul line and then sprint)
 - Full Court (Sprint full court)
- **6:12pm to 6:17pm:** Pregame Routine Drill
 - It will be beneficial if the team has a set pre-game warmup, which will save time on game days.
 - At the beginning of the season this section will be longer, but the goal should be to get through it within 5 minutes.
 - Example Drills:
 - Layups – Right and Left-handed and start nearer to foul line extended.
 - Wrap Around – Run from baseline
 - Layup from block
 - Mid-Range jump shot
 - Shot from Elbow
 - Shot fake layup from Elbow
- **6:19pm to 6:24pm:** Full Court Team Drill – Offensive Focused
 - Example Drills:
 - Full Court Dribbling
 - Down Court with Right Hand and back with Left Hand.
 - Down and back full court with stops at the foul lines and $\frac{1}{2}$ court.
 - ✓ Make move at the above spots (ex: Retreat Step, Crossover, and Change of speed.
 - 3 Line Outlet Drill
 - Start with three lines on the baseline with two lines near the three-point line and one line under the basket – rotation will be left to right.

- Rebounder (both ends) passes to outlet (Foul Line extended)
- Outlet brings the ball to the middle and looks to pass it to the opposite player who goes in for a layup (can include short jump shots).
- Outlet players switch sides coming back and allows for another outside player go in for a layup.
- **6:26pm to 6:36pm: Skill Development – Offensive Focused**
 - If able, run two groups and rotate after 5 minutes.
 - Group 1 – Dribbling or Passing
 - Group 2 – Rebounding or Shooting
- **6:36pm to 6:39pm: Water**
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **6:39pm to 6:49pm: Play Review – Offensive**
 - Since there is no zone defense and double teaming allowed, the recommendation would be to leverage:
 - 5 Out - Review Dribble At and Pick and Roll scenarios
 - “Horns” or “UCLA” - Set starts with two players at the Elbows and two players foul line extended.
- **6:51pm to 6:56PM: Full Court Team Drill – Defensive Focused**
 - 5 vs. 4 – Transition drill where there is a group of 5 players along the baseline and another group of 5 along the free throw line.
 - The two group will be facing each other, and you can adjust match ups.
 - Drill starts by the coach passing the ball to a player along the baseline.
 - The five players will start down the court and look to score.
 - The player along the foul line that is matched up with the player who received the ball will run and touch the baseline before getting back on transition.
 - This drill is good to make sure players know the important of stopping the ball and help defense.
- **6:58pm to 7:08pm: Skill Development – Defensive Focused**
 - 3 vs. 3 and 4 vs. 4 Shell Drill
 - Rebounding/Boxout Shooter at foul line.
- **7:08pm to 7:10: Water**
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **7:10pm to 7:18pm: Out of Bounds**
 - Since there is no zone defense and double teaming allowed, below are two Baseline Out of Bounds and one Sideline Out of Bounds plays:
 - Box 1 and Line 1
 - Sideline 1
- **7:20pm to 7:30pm: Scrimmage**
 - Alternate between 5 vs. 5 and 3 vs. 3.
 - Also look to include situational scenarios.

Grade 5 Practice Plan (90 minutes)

- **6:00pm to 6:05pm:** Team Check In
 - Review Prior Game
 - Discuss Upcoming Practice Focus
- **6:05pm to 6:10pm:** Dynamic Warmups (Entire Team at once)
 - Stretches:
 - Slow Jog to $\frac{1}{2}$ court and back.
 - Alternate front knee raises to $\frac{1}{2}$ court.
 - Alternate front lunge with torso twist from $\frac{1}{2}$ court to baseline.
 - Alternate back hamstring stretches to $\frac{1}{2}$ court.
 - High Knees from $\frac{1}{2}$ court to baseline.
 - Carioca to $\frac{1}{2}$ court (facing right) and back to baseline (facing left).
 - Sprints:
 - $\frac{1}{4}$ Court (Jog to far foul line and then sprint)
 - $\frac{1}{2}$ Court (Jog to $\frac{1}{2}$ court and then sprint)
 - $\frac{3}{4}$ Court (Jog to near foul line and then sprint)
 - Full Court (Sprint full court)
- **6:12pm to 6:17pm:** Pregame Routine Drill
 - It will be beneficial if the team has a set pre-game warmup, which will save time on game days.
 - At the beginning of the season this section will be longer, but the goal should be to get through it within 5 minutes.
 - Example Drills:
 - Layups – Right and Left-handed and start nearer to foul line extended.
 - Could include a third line, which will pass from the corner to the cutter for a layup.
 - Wrap Around – Run from baseline.
 - Layup from block
 - Mid-Range jump shot
 - Shot from Elbow
 - Shot fake layup from Elbow
- **6:19pm to 6:24pm:** Full Court Team Drill – Offensive Focused
 - Example Drills:
 - Full Court Dribbling
 - Down Court with Right Hand and back with Left Hand.
 - Down and back full court with stops at the foul lines and $\frac{1}{2}$ court.
 - ✓ Make move at the above spots (ex: Retreat Step, Crossover, and Change of speed).

- 3 Line Outlet Drill
 - Start with three lines on the baseline with two lines near the three-point line and one line under the basket – rotation will be left to right.
 - Rebounder (both ends) passes to outlet (Foul Line extended)
 - Outlet brings the ball to the middle and looks to pass it to the opposite player who goes in for a layup (can include short jump shots).
 - Outlet players switch sides coming back.
- **6:26pm to 6:36pm:** Skill Development – Offensive Focused
 - If able, run two groups and rotate after 5 minutes.
 - Group 1 – Dribbling or Passing/Group 2 – Rebounding or Shooting
- **6:36pm to 6:39pm:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **6:39pm to 6:49pm:** Play Review – Offensive
 - Since there is no zone defense and double teaming allowed, the recommendation would be to leverage:
 - 5 Out - Review Dribble At and Pick and Roll scenarios
 - “Horns” or “UCLA” - Set starts with two players at the Elbows and two players foul line extended.
- **6:51pm to 6:56PM:** Full Court Team Drill – Defensive Focused
 - 5 vs. 4 – Transition drill where there is a group of 5 players along the baseline and another group of 5 along the free throw line.
 - The two group will be facing each other, and you can adjust match ups.
 - Drill starts by the coach passing the ball to a player along the baseline.
 - The five players will start down the court and look to score.
 - The player along the foul line that is matched up with the player who received the ball will run and touch the baseline before getting back on transition.
 - This drill is good to make sure players know the important of stopping the ball and help defense.
- **6:58pm to 7:08pm:** Skill Development – Defensive Focused
 - 3 vs. 3 and 4 vs. 4 Shell Drill
 - Rebounding/Boxout Shooter at foul line.
- **7:08pm to 7:10:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **7:10pm to 7:18pm:** Out of Bounds
 - Since there is no zone defense and double teaming allowed, below are two Baseline Out of Bounds and one Sideline Out of Bounds plays:
 - Box 1 and Line 1
 - Sideline 1
- **7:20pm to 7:30pm:** Scrimmage
 - Alternate between 5 vs. 5 and 3 vs. 3.
 - Also look to include situational scenarios.

Grade 6 Practice Plan (90 minutes)

- **6:00pm to 6:05pm:** Team Check In
 - Review Prior Game
 - Discuss Upcoming Practice Focus
- **6:05pm to 6:10pm:** Dynamic Warmups (Entire Team at once)
 - Stretches:
 - Slow Jog to ½ court and back.
 - Alternate front knee raises to ½ court.
 - Alternate front lunge with torso twist from ½ court to baseline.
 - Alternate back hamstring stretches to ½ court.
 - High Knees from ½ court to baseline.
 - Carioca to ½ court (facing right) and back to baseline (facing left).
 - Sprints:
 - ¼ Court (Jog to far foul line and then sprint)
 - ½ Court (Jog to ½ court and then sprint)
 - ¾ Court (Jog to near foul line and then sprint)
 - Full Court (Sprint full court)
- **6:12pm to 6:17pm:** Pregame Routine Drill
 - It will be beneficial if the team has a set pre-game warmup, which will save time on game days.
 - At the beginning of the season this section will be longer, but the goal should be to get through it within 5 minutes.
 - Example Drills:
 - Layups – Right and Left-handed and start nearer to foul line extended.
 - Could include a third line, which will pass from the corner to the cutter for a layup.
 - Wrap Around – Run from baseline.
 - Layup from block
 - Mid-Range jump shot
 - Shot from Elbow
 - Shot fake layup from Elbow
 - 3-Point Shot
- **6:19pm to 6:24pm:** Full Court Team Drill – Offensive Focused
 - Example Drills:
 - Full Court Dribbling
 - Zig Zag Drill – With and Without Defender.
 - Full Court Layups

- **6:26pm to 6:36pm:** Skill Development – Offensive Focused
 - If able, run two groups and rotate after 5 minutes.
 - Group 1 – Dribbling or Passing/Group 2 – Rebounding or Shooting
- **6:36pm to 6:39pm:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **6:39pm to 6:49pm:** Play Review – Offensive
 - Teams can play either Man or Zone Defense, as well as double team.
 - Basic Zone Defense that will be leveraged are a 2/1/2 or 2/3.
 - Want to focus on attacking the seams of the zone (top and sides), as well as leverage quick passes to get the zone to shift.
 - Below is an example of a Basic Zone Offense:
 - Hi/Lo
- **6:51pm to 6:56PM:** Full Court Team Drill – Defensive Focused
 - 3 vs. 2 vs 1
 - 11 Man
- **6:58pm to 7:08pm:** Skill Development – Defensive Focused
 - 3 vs. 3 and 4 vs. 4 Shell Drill
 - Rebounding/Boxout Shooter at foul line.
- **7:08pm to 7:10:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **7:10pm to 7:18pm:** Out of Bounds
 - Teams can play either Man or Zone Defense, as well as double team.
 - Below are two Baseline Out of Bounds (BLOB) and one Press Break vs. Man or Zone:
 - BLOB: Stack Low and Box 2
 - Press Break: Press Break Stack
- **7:20pm to 7:30pm:** Scrimmage
 - Alternate between 5 vs. 5 and 3 vs. 3.
 - Also look to include situational scenarios.

Grade 7 Practice Plan (90 minutes)

- **6:00pm to 6:05pm:** Team Check In
 - Review Prior Game
 - Discuss Upcoming Practice Focus
- **6:05pm to 6:10pm:** Dynamic Warmups (Entire Team at once)
 - Stretches:
 - Slow Jog to $\frac{1}{2}$ court and back.
 - Alternate front knee raises to $\frac{1}{2}$ court.
 - Alternate front lunge with torso twist from $\frac{1}{2}$ court to baseline.
 - Alternate back hamstring stretches to $\frac{1}{2}$ court.
 - High Knees from $\frac{1}{2}$ court to baseline.
 - Carioca to $\frac{1}{2}$ court (facing right) and back to baseline (facing left).
 - Sprints:
 - $\frac{1}{4}$ Court (Jog to far foul line and then sprint)
 - $\frac{1}{2}$ Court (Jog to $\frac{1}{2}$ court and then sprint)
 - $\frac{3}{4}$ Court (Jog to near foul line and then sprint)
 - Full Court (Sprint full court)
- **6:12pm to 6:17pm:** Pregame Routine Drill
 - It will be beneficial if the team has a set pre-game warmup, which will save time on game days.
 - At the beginning of the season this section will be longer, but the goal should be to get through it within 5 minutes.
 - Example Drills:
 - Layups
 - Wrap Around
 - Weave and switch sides of first pass after 10 makes.
- **6:19pm to 6:24pm:** Full Court Team Drill – Offensive Focused
 - Example Drills:
 - Full Court Weave with three players at opposite end with two outside players with balls. ball.
 - At the end of the Weave one person will go in for a layup and the other two players will get passes from the baseline for short jump shots.
 - The person along the baseline, who does not have a ball will start the weave with the other two players along the baseline.

- **6:26pm to 6:36pm:** Skill Development – Offensive Focused
 - If able, run two groups and rotate after 5 minutes.
 - Group 1 – Dribbling or Passing/Group 2 – Rebounding or Shooting
- **6:36pm to 6:39pm:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **6:39pm to 6:49pm:** Play Review – Offensive
 - Teams can play either Man or Zone Defense, as well as double team.
 - Basic Zone Defense that will be leveraged are a 2/1/2 or 2/3.
 - Want to focus on attacking the seams of the zone (top and sides), as well as leverage quick passes to get the zone to shift.
 - Below is an example of a Basic Zone Offense:
 - Hi/Lo
- **6:51pm to 6:56PM:** Full Court Team Drill – Defensive Focused
 - 3 vs. 2 vs 1
 - 11 Man
- **6:58pm to 7:08pm:** Skill Development – Defensive Focused
 - 5 vs. 5 – Defensive closeout from baseline and rotate the ball around the arc to reinforce help defensive principles.
- **7:08pm to 7:10:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **7:10pm to 7:18pm:** Out of Bounds
 - Teams can play either Man or Zone Defense, as well as double team.
 - Below are two Baseline Out of Bounds (BLOB) and one Press Break vs. Man or Zone:
 - BLOB: Stack Low and Box 2
 - Press Break: Press Break 1
- **7:20pm to 7:30pm:** Scrimmage
 - Alternate between 5 vs. 5 and 3 vs. 3.
 - Also look to include situational scenarios.

Grade 8 Practice Plan (90 minutes)

- **6:00pm to 6:05pm:** Team Check In
 - Review Prior Game
 - Discuss Upcoming Practice Focus
- **6:05pm to 6:10pm:** Dynamic Warmups (Entire Team at once)
 - Stretches:
 - Slow Jog to $\frac{1}{2}$ court and back.
 - Alternate front knee raises to $\frac{1}{2}$ court.
 - Alternate front lunge with torso twist from $\frac{1}{2}$ court to baseline.
 - Alternate back hamstring stretches to $\frac{1}{2}$ court.
 - High Knees from $\frac{1}{2}$ court to baseline.
 - Carioca to $\frac{1}{2}$ court (facing right) and back to baseline (facing left).
 - Sprints:
 - $\frac{1}{4}$ Court (Jog to far foul line and then sprint)
 - $\frac{1}{2}$ Court (Jog to $\frac{1}{2}$ court and then sprint)
 - $\frac{3}{4}$ Court (Jog to near foul line and then sprint)
 - Full Court (Sprint full court)
- **6:12pm to 6:17pm:** Pregame Routine Drill
 - It will be beneficial if the team has a set pre-game warmup, which will save time on game days.
 - At the beginning of the season this section will be longer, but the goal should be to get through it within 5 minutes.
 - Example Drills:
 - Layups – Right and Left-handed and start nearer to foul line extended.
 - Could include a third line, which will pass from the corner to the cutter for a layup.
 - Wrap Around – Run from baseline.
 - Layup from block
 - Mid-Range jump shot
 - Shot from Elbow
 - Shot fake layup from Elbow
 - 3-Point Shot
- **6:19pm to 6:24pm:** Full Court Team Drill – Offensive Focused
 - Example Drills:
 - Full Court Dribbling
 - Zig Zag Drill – With and Without Defender.
 - Full Court Layups

- **6:26pm to 6:36pm:** Skill Development – Offensive Focused
 - If able, run two groups and rotate after 5 minutes.
 - Group 1 – Dribbling or Passing/Group 2 – Rebounding or Shooting
- **6:36pm to 6:39pm:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **6:39pm to 6:49pm:** Play Review – Offensive
 - Teams can play either Man or Zone Defense, as well as double team.
 - Basic Zone Defense that will be leveraged are a 2/1/2 or 2/3.
 - Want to focus on attacking the seams of the zone (top and sides), as well as leverage quick passes to get the zone to shift.
 - Below is an example of a Basic Zone Offense:
 - Hi/Lo
- **6:51pm to 6:56PM:** Full Court Team Drill – Defensive Focused
 - 3 vs. 2 vs 1
 - 11 Man
- **6:58pm to 7:08pm:** Skill Development – Defensive Focused
 - 3 vs. 3 and 4 vs. 4 Shell Drill
 - Rebounding/Boxout Shooter at foul line.
- **7:08pm to 7:10:** Water
 - Leverage this time to team build and ensure players are not on phones, as well make them sit together.
- **7:10pm to 7:18pm:** Out of Bounds
 - Teams can play either Man or Zone Defense, as well as double team.
 - Below are two Baseline Out of Bounds (BLOB) and one Press Break vs. Man or Zone:
 - BLOB: Box 3 and Box 4
 - Press Break: Press Break 1
- **7:20pm to 7:30pm:** Scrimmage
 - Alternate between 5 vs. 5 and 3 vs. 3.
 - Also look to include situational scenarios.

Appendix

NAHS Varsity Boys Sample Practice Plan

PRACTICE 5

TUE DEC 22

3:30-5:30

Pre-Practice

Competitive Cauldron update Stretch

3:35 Center Court (5)

Review rankings

Focus: 4 practices until scrimmage; stay focused; compete level must remain high

3:40 Fast Break (10)

5 on 0 - 1 Trip

- Circle up / everything is a make
- Pitch
- Keep
- Drive the 45 (wing)

3 on 1 Transition (Shooting Groups +1)

- We are OK with wide open 3's early
- Pitch ahead or keep; Only 3's allowed
- Constraints: must drive the 45, must pitch, must keep

3:50 Offensive Breakdown (20)

3 on 0 Mix and Match (3 on 3 Teams)

- Start w / called action; finish on your own (layup or kickout 3 only)
- Focus: 0.5 decisions; great spacing
- Blur screen
- Dribble at + fill
- Pass + cut + fill LATE
- Failed drive

3 on 3 Compete (3 on 3 Teams +3)

- Blur screen
- Dribble at + fill
- Pass + cut + fill LATE
- Failed drive

4:10 Break / Free Throws (5)

2:00 break

3:00 Free Throws w / 1 on 1 box out (Guards and Forwards - 3 groups)

4:15 Half Court Offense (15)

5 on 3 Closeout

- Focus: 0.5 decisions

5 on 5 Create an Advantage (+2 Red vs. White)

- Blur screen
- Dribble at + fill
- Pass + cut + fill LATE
- Failed drive

4:30 Shooting / Skill Work (20)

2 on 1 Shooting (Shooting Groups +1)

1 on 1 - 3 dribble max (1 on 1 Groups +2)

Skip Pass 1 on 1 (1 on 1 Groups +2)

2 on 2 Advantage (2 on 2 Groups +1)

- 2 cones

4:50 Break (5)

2:00 Break

3:00 Free Shooting

4:55 Half Court Defense (15)

3 on 3 Blind - Baseline Drive (Red vs. White +1) 4 on

4 Advantage (Red vs. White +1)

5:10 Install (15)

Installs (Red vs. White +1)

- "Box" - SLOB
- "Slice" - SLOB
- "Spain" - Quick Hitter
- Each group runs same # of plays

5:25 Team Shooting

Team 3's (Shooting Groups +2)

- 4 balls; rebound + pass to new line + must pivot on pass

1 on 1 - 1 Brody/Casey/Edan 2-Jimmy/Jason/Tommy/Gavin
3-Vacher/Hayden/Nate/Marc
 2 on 2 - 1 Brody/Nate/Marc 2-Casey/Vacher 3-Edan/Hayden 4 Jason/Gavin
5-Tommy/Jimmy
 3 on 3 - 1-Brody/Gavin/Nate/Marc 2-Edan/Tommy/Jason/Hayden
3-Casey/Jimmy/Vacher
 Shooting Groups - 1-Brody/Jimmy/Tommy 2-Edan-Casey/Jason/Gavin
3-Hayden/Nate/Vacher/Marc
 Red - Edan-Jason-Jimmy-Gavin-Vacher-Marc
 White - Brody-Tommy-Casey-Nate-Hayden

NAHS Varsity Girls Sample Practice Plan

Girls Varsity Basketball 5:30-7:30

Practice next day after game: areas to focus on

- Cutting
- Shot Selection
- Defending the Post/ Entry pass and pressure on Ball(Fronting, $\frac{3}{4}$,play from behind)
- Setting up pick n Roll/pick n Pop, Defending the Pick n Roll

5:30: Stretch

5:40-5:55: Review areas from game night before (Things from Film)

5:55-6:10: Offense full court drill

- Pass
- Cut
- Dribble
- Shot

6:10: Run (3-2-3)/Free Throws/Water

6:20-6:45: Defending Post with ball pressure on entry pass

- Front Post, help from weak side
- Defend from behind
- $\frac{3}{4}$ defense

6:45: Run (2-1-2)/Free Throws/Water

6:55-7:15: Screen sets off our offense (OPEN)

- Pick N Roll (Set up)
- Pick N Pop

Defend Pick N Roll

- High Hedge
- Switch
- Fight Through, over vs Under

7:15-7:25: Full Court LA Shooting (2 mins on, 30 secs off, 2mins on)

- Rotate spots
- Foot fires until receive pass

7:25-7:30: Rim Runner with wing shooters (2mins on, 1off, 2 mins on)

- 3 lines
- Basket to basket
- Post Player always middle



Warm Up

2 Foot Hop

<https://www.youtube.com/watch?v=GGGFialZDVg&t=7s>

Carioca

<https://www.youtube.com/watch?v=b8kLSoqCKtU&t=11s>

Explosion Leaps

<https://www.youtube.com/watch?v=OKZ9V4Mt8Vk&t=14s>

Forward and Backward Run

<https://www.youtube.com/watch?v=lnNZ5h7tBXg>

Forward Walking Lunge

<https://www.youtube.com/watch?v=Tw78SXrRUrM&t=8s>

Forward, Backward and Lateral March

https://www.youtube.com/watch?v=hsO_dSeRBFY&t=11s

Fundamentals of Warming Up

<https://www.youtube.com/watch?v=H-EzioX1c7k&t=9s>

High Knees

<https://www.youtube.com/watch?v=UVRgeAYA3SM&t=6s>

Hip Hinge

https://www.youtube.com/watch?v=qbygSgSjc_0

Knee Hugs

<https://www.youtube.com/watch?v=rppj5Lw1qSU&t=6s>

Lateral Squat Hold

<https://www.youtube.com/watch?v=Uo1RgY489bc&t=6s>

Pogo Jumps

<https://www.youtube.com/watch?v=89sNU6fyftI&t=32s>

Quick Feet

<https://www.youtube.com/watch?v=c5JKVIY54nE&t=6s>

Split Squat Hold

<https://www.youtube.com/watch?v=JGCowXJefSY&t=13s>

Stationary a Skip

<https://www.youtube.com/watch?v=ANqEBhDgzZ8&t=8s>

The Walking Hamstring

<https://www.youtube.com/watch?v=GDP5sEigV2M&t=7s>



Vertical Jump to Stick

<https://www.youtube.com/watch?v=5ibeG6hY38s&t=4s>

Walking Quad Stretch

<https://www.youtube.com/watch?v=a00pqMgw0TQ&t=8s>



Rookie (4th and 5th Grade)

BALLHANDLING

Cone Dribbling

https://www.youtube.com/watch?v=1Sp_dQorGvA

Dribble Balance

<https://www.youtube.com/watch?v=dMdBt2SfwHc&list=PLmPIogZWH3R4xiAiSfYtc0fAoRoUYiUSk&index=1>

Dribble Balance Push

<https://www.youtube.com/watch?v=I768xjquFzk&list=PLmPIogZWH3R4xiAiSfYtc0fAoRoUYiUSk&index=2>

Dribbling Fundamentals

<https://www.youtube.com/watch?v=BnvGa0I8bMc&t=19s>

Moving Side to Side Rolls

<https://www.youtube.com/watch?v=vn4osCorjCI&t=6s>

One Hand Moving Rolls

<https://www.youtube.com/watch?v=aTk6d-UfGOQ>

Over and Under Relay

<https://www.youtube.com/watch?v=aLgAn25I0so&t=7s>

Running Dribble Right/Left/Crossover

<https://www.youtube.com/watch?v=OiSVkWPt0nk&t=29s>

Single Leg Rolls

<https://www.youtube.com/watch?v=5TAITtWxphk>

Stationary Crossover Low, Middle and High

https://www.youtube.com/watch?v=2_Nqc7eXkBM

Stationary Figure 8 Rolls

<https://www.youtube.com/watch?v=1Pg4FjyXfqE&t=9s>

Stationary High Dribble

<https://www.youtube.com/watch?v=UY1Z4bKUZRU&list=PLmPIogZWH3R4xiAiSfYtc0fAoRoUYiUSk&index=59>

Stationary Low Dribble

<https://www.youtube.com/watch?v=qBkSotWQe4o&list=PLmPIogZWH3R4xiAiSfYtc0fAoRoUYiUSk&index=60>

Stationary Middle Dribble

<https://www.youtube.com/watch?v=MLaayKKMCLY&list=PLmPIogZWH3R4xiAiSfYtc0fAoRoUYiUSk&index=61>

The Zig Zag Drill

<https://www.youtube.com/watch?v=HI3uyIRp1OY&list=PLmPIogZWH3R4xiAiSfYtc0fAoRoUYiUSk&index=65>

Toss and Catch

https://www.youtube.com/watch?v=XXSmPJS8_M



Waist Wraps

<https://www.youtube.com/watch?v=IC9WsV0vkTo&t=10s>

Walk to Jog Dribble Drill

<https://www.youtube.com/watch?v=tjub-087BWw&t=8s>

Walking Dribble Right/Left/Crossover

<https://www.youtube.com/watch?v=vvHUzu6XC-0&t=26s>

PASSING

Open and Decide Drill

<https://www.youtube.com/watch?v=RT13mVgyxxU&t=11s>

Reverse Pivot Drill

<https://www.youtube.com/watch?v=5DgXrx7ZkHU&t=12s>

Stationary Partner Pass: Bounce and Chest

<https://www.youtube.com/watch?v=HL6KBD31-zQ&t=55s>

Who is Ready Drill?

<https://www.youtube.com/watch?v=sdZFewSdIqQ&t=37s>

SHOOTING

1 Step Form Drill

<https://www.youtube.com/watch?v=lzm5lpoOGbM&t=5s>

Around the World

<https://www.youtube.com/watch?v=KCYAeuepnNw>

Block to Block Shooting Drill

<https://www.youtube.com/watch?v=qVOHQWKjb9k&t=10s>

Form Shooting - 2 Hands

<https://www.youtube.com/watch?v=lIezoHBdF-k&t=5s>

Jump Stop Shooting Game

<https://www.youtube.com/watch?v=AueLd1-H1V8&t=19s>

Lay-Up High Five Drill

<https://www.youtube.com/watch?v=h10aUdwBAqw&t=9s>

Lay-Up Skips Drill

<https://www.youtube.com/watch?v=9z6NtAuiB4U&t=12s>

Perfect Shot No Basket Drill

<https://www.youtube.com/watch?v=ihKEQGN3KNo&t=9s>



Shooting Line Game

<https://www.youtube.com/watch?v=PbJ4QU3E4Fo>

FOOTWORK AND CONDITIONING

Explosion Leaps

<https://www.youtube.com/watch?v=OKZ9V4Mt8Vk>

Forward Pivot Basic

<https://www.youtube.com/watch?v=3GPNfqIzs9Y&t=4s>

REBOUNDING

Self-Toss Rebound Drill

<https://www.youtube.com/watch?v=gQNmBiAvJHI&t=11s>

Toss and Get It Drill

<https://www.youtube.com/watch?v=rjAT8hKISuw&t=9s>

OFFENSE

1.2.3. Triple Threat

https://www.youtube.com/watch?v=7WU_lb8t3Gk

Drive and Kick Competition Drill

<https://www.youtube.com/watch?v=8WNXzc04T8g&t=3s>

Give and Go Drill

<https://www.youtube.com/watch?v=wH79CAnB9Vw&t=6s>

Pass and Cut Drill

<https://www.youtube.com/watch?v=YzadRKLSMB4&t=10s>

Reverse the Ball Drill

<https://www.youtube.com/watch?v=lbnUUaYWGfC&t=11s>

DEFENSE

Defense, I love it Drill

<https://www.youtube.com/watch?v=dYmeloQdxLs>

Fundamental of Tracing the Ball

<https://www.youtube.com/watch?v=tjIwAgcm1ts>

Side Lateral Push Drill

<https://www.youtube.com/watch?v=j7JUvMrXLRk&t=9s>

Tracing the Ball Breakdown Drill

<https://www.youtube.com/watch?v=Xh1abiF-eeM&t=10s>



Starter (6th and 7th Grade)

Ball Handling

Ball Slams

<https://www.youtube.com/watch?v=MdcaAwjwh6I&t=35s>

Dribble Knockout

<https://www.youtube.com/watch?v=qnzaBf7aQGs>

Dribble Relays

<https://www.youtube.com/watch?v=MzpOzJEjdPc&t=40s>

Finger Dribble Drill

<https://www.youtube.com/watch?v=8NiQszvmHho&t=8s>

Fundamentals of the Retreat Dribble

https://www.youtube.com/watch?v=LY31S_8yyOA&t=8s

Retreat Dribble Drill

<https://www.youtube.com/watch?v=dULzc0gf9WQ&t=9s>

Stationary 2 Ball Dribble

<https://www.youtube.com/watch?v=AH8jtkNA5KU&t=7s>

Stationary 2 Ball Dribble Same Time

<https://www.youtube.com/watch?v=6nfnBHvDkRk&t=7s>

Stationary Front to Back Dribble

<https://www.youtube.com/watch?v=kKh0G1xzN2k>

Stationary In and Out Dribble

<https://www.youtube.com/watch?v=Fy3gNOuxHmw&t=6s>

Stationary Side to Side Dribble

<https://www.youtube.com/watch?v=L6Po2gUpcFA>

Stationary Under the Leg Dribble Drill

https://www.youtube.com/watch?v=KIBJzEn_QG8&t=6s

Toss and Catch with Clap

https://www.youtube.com/watch?v=XXSmPIS8_M&t=21s

3-3-3 Dribble Drill

<https://www.youtube.com/watch?v=v1Et3nW1IQ8>



Passing

Dribble and Pass to Target Drill

<https://www.youtube.com/watch?v=8F4D7KWWLl8&t=8s>

Fundamental of the Kick Pass

<https://www.youtube.com/watch?v=BKMSf3QVvAk&t=8s>

Fundamentals of Receiving the Outlet Pass

<https://www.youtube.com/watch?v=QI1WtMzH1LY>

Fundamentals of the Pass Fake

https://www.youtube.com/watch?v=r_4YC3Q0alY&t=11s

Kick Pass Breakdown Drill

<https://www.youtube.com/watch?v=dVNOFVgxXjs&t=11s>

Open and Decide Drill

<https://www.youtube.com/watch?v=RT13mVgyxxU&t=49s>

Overhead Pass Drill

<https://www.youtube.com/watch?v=y7uxFUC9phU>

Partner Running Pass Drill

<https://www.youtube.com/watch?v=scQxZL2KYrA&t=6s>

Pass and Follow Drill

<https://www.youtube.com/watch?v=UxN-i7WnOGs&t=11s>

Pass Fake and Drive Drill

<https://www.youtube.com/watch?v=lwliXSVdj14&t=36s>

Pass Fake Breakdown Drill

<https://www.youtube.com/watch?v=hgou9028ZNE&t=5s>

Receiving the Outlet Pass Breakdown Drill

<https://www.youtube.com/watch?v=9bbQHNAG5Yg&t=7s>

The Kick Pass Drill

<https://www.youtube.com/watch?v=j8Hbk7-qy8A&t=21s>

Shooting

Chase Lay-ups

<https://www.youtube.com/watch?v=hvo7psfb7ag>

Drop Step Lay-up Breakdown Drill

<https://www.youtube.com/watch?v=XXjV6wYmQKE&t=9s>



Fundamentals of the Drop Step Layup

<https://www.youtube.com/watch?v=TlOw009gzpl>

Fundamentals of the Free Throw

<https://www.youtube.com/watch?v=lnuZNZPDvaY&t=9s>

Fundamentals of the Shot Fake

<https://www.youtube.com/watch?v=Uv323KLwytA>

Fundamentals of the Up and Under

<https://www.youtube.com/watch?v=h-FP8ieKi7U>

Jump Stop Shooting Game

<https://www.youtube.com/watch?v=AueLd1-H1V8&t=34s>

Loop Shooting Drill

<https://www.youtube.com/watch?v=px6g9M-sexI&t=4s>

Partner Step-In Shooting Drill

<https://www.youtube.com/watch?v=agCZTsxYI9g&t=31s>

Pass and Up and Under Drill

https://www.youtube.com/watch?v=WQe_EJF9BL8&t=9s

Shot Fake 1 Dribble Pull-up Drill

<https://www.youtube.com/watch?v=Auzwv0cDHlc&t=11s>

Shot Fake Breakdown Drill

<https://www.youtube.com/watch?v=9L2sWmFi0gA&t=12s>

Spin Step-In Drill

<https://www.youtube.com/watch?v=gJnAfOCaRnc&t=5s>

Up and Under Breakdown Drill

<https://www.youtube.com/watch?v=jTEZKUCeYEQ&t=8s>

Rebounding

No Ball Box Out Drill

<https://www.youtube.com/watch?v=J6QmHTVdKKc&t=10s>

Footwork and Conditioning

4 Corner Passing Drill

<https://www.youtube.com/watch?v=TZUJYK7i8bA&t=8s>

Fundamentals of the Jab Step

<https://www.youtube.com/watch?v=WM90iRa0Z3w&t=13s>

Jab Attack Drill

https://www.youtube.com/watch?v=gjLbJ2_UH7I&t=9s



Jab Step Breakdown Drill

<https://www.youtube.com/watch?v=Ggg1unQOFFy&t=8s>

On the Whistle Jump Stop

<https://www.youtube.com/watch?v=OCAi4E0sm9g&t=7s>

Tuck Back Drill

<https://www.youtube.com/watch?v=T5RTMkOiqyk>

Offense

Drive and Kick Competition Drill

<https://www.youtube.com/watch?v=8WNXzc04T8g&t=16s>

Elbows Finish Drill

<https://www.youtube.com/watch?v=42xpPJ07xCo&t=13s>

Fundamentals of Setting a Screen

<https://www.youtube.com/watch?v=Ruce8Fb7zTY&t=11s>

Fundamentals of Setting Up a Screen

<https://www.youtube.com/watch?v=Ruce8Fb7zTY>

Fundamentals of the Drive and Kick

<https://www.youtube.com/watch?v=AOCcfhpcub0>

On the Block Finish Drill

<https://www.youtube.com/watch?v=4054lN9teZU&t=8s>

Pass, Cut and Replace Drill

<https://www.youtube.com/watch?v=YzadRKLSMB4&t=22s>

Post Pass and Screen Drill

<https://www.youtube.com/watch?v=7We03w2lXMM&t=16s>

The Pass is Faster Drill

<https://www.youtube.com/watch?v=aAK8iqHXX9A&t=9s>

Using a Screen Shooting Drill

<https://www.youtube.com/watch?v=NqgaWL7b86A>

Defense

2 Person Closeout Drill

<https://www.youtube.com/watch?v=380WaSj2DxE&t=5s>

Closeout 1 on 1 Drill

<https://www.youtube.com/watch?v=FWWi46rqCec&t=18s>

Closeout Breakdown Drill

<https://www.youtube.com/watch?v=6mzS2sVhcdg&t=8s>



Defending the 2 on 1 Drill

<https://www.youtube.com/watch?v=qlkloL-KBPc&t=9s>

Follow the Leader Slides

<https://www.youtube.com/watch?v=P-fqrEYD6sQ&t=9s>

Fundamentals of Defending a 2 on 1

<https://www.youtube.com/watch?v=tRDYAjN1enQ&t=8s>

Fundamentals of the Closeout

<https://www.youtube.com/watch?v=nOwQXU7IHZg&t=7s>



All Star (8th Grade)

Ball Handling

1 Ball Pound, 1 Ball Control

<https://www.youtube.com/watch?v=esyfjhH3NWU&t=38s>

2 Ball Alternate and React

<https://www.youtube.com/watch?v=wLt6COMkRq4&t=8s>

2 Ball Jab Drill

<https://www.youtube.com/watch?v=tINDUvk9GR4>

2 Ball Low High Drill

<https://www.youtube.com/watch?v=t6YYf3kkwhk&t=29s>

3-2-1 In and Out Dribble Drill

<https://www.youtube.com/watch?v=b1R15D1gaIA&t=6s>

5-5-5 Creative Dribble

<https://www.youtube.com/watch?v=fk4NRCuWg2k>

Behind the Back Challenge

<https://www.youtube.com/watch?v=7rmwTjA4OXQ&t=7s>

Behind the Back-Wrap Breakdown Drill

<https://www.youtube.com/watch?v=cGQ7dXW0jCA&t=5s>

Behind the Back-Wrap Drill

<https://www.youtube.com/watch?v=RqJBBRCX5oY&t=8s>

Between Cross Behind

https://www.youtube.com/watch?v=kkWkt_hUp6k&t=7s

Between Cross Breakdown Drill

<https://www.youtube.com/watch?v=l9EC1dzQ4WY&t=8s>

Between the Legs Dribble Challenge

<https://www.youtube.com/watch?v=b3hXI87nAtE&t=21s>

Creative Cone Dribble Drill

<https://www.youtube.com/watch?v=NNatij1m2tY&t=9s>

Figure 8 Dribble 4

<https://www.youtube.com/watch?v=l9wet2iXRuI&t=16s>

Foot Between Drill

<https://www.youtube.com/watch?v=2w59g76DL8w&t=7s>



Fundamentals of the Between Cross Dribble

<https://www.youtube.com/watch?v=BSxa28H3uz0>

Fundamentals of the In and Out Crossover

<https://www.youtube.com/watch?v=OQWe-Y4zwEg&t=6s>

In and Out Crossover Breakdown Drill

<https://www.youtube.com/watch?v=m6Mv2467mPs&t=40s>

In and Out Overs Drill

<https://www.youtube.com/watch?v=MqJL-0LPJR4&t=7s>

Moving Between the Legs Drill

<https://www.youtube.com/watch?v=xTtNAM2I8DM&t=8s>

Over the Line Dribble Drill

<https://www.youtube.com/watch?v=LrqfDY8JRtE&t=8s>

Pull Back Dribble Breakdown Drill

<https://www.youtube.com/watch?v=9ajQMW1RQ8E&t=10s>

Pull Back Dribble Fundamental Skill

<https://www.youtube.com/watch?v=HDHFyQ0DwS4>

Scissors Dribble Drill

<https://www.youtube.com/watch?v=D2hhRG2Hda4&t=6s>

Side to Side & Between Dribble Drill

<https://www.youtube.com/watch?v=yHR1T07-sjQ&t=52s>

Stationary 1-2 Behind the Back Drill

<https://www.youtube.com/watch?v=ys89FbETe3c&t=7s>

Zig Zag Drill with Defenders

<https://www.youtube.com/watch?v=HI3uyIRp1OY>

Passing

Fundamentals of "If Fronted Flash"

<https://www.youtube.com/watch?v=e2EX9m9R04k&t=29s>

Fundamentals of the High Low Pass

<https://www.youtube.com/watch?v=l9pVT325pZA&t=5s>

Fundamentals of the Shovel Pass

<https://www.youtube.com/watch?v=JndCv19EIA0>

High Low Passing Drill

<https://www.youtube.com/watch?v=OfiV-0qRtr0&t=7s>



Jump Stop Pivot Pass Drill

<https://www.youtube.com/watch?v=jgqdv9ySjYM&t=13s>

Partner Running Pass Drill Part 2

<https://www.youtube.com/watch?v=gfCM45YOEHI>

Post Pass and Cut Drill

<https://www.youtube.com/watch?v=xfdPkdVjo9Q&t=8s>

Pound Pass Drill

https://www.youtube.com/watch?v=akNbK7X_EsM&t=6s

Shovel Pass Breakdown Drill

<https://www.youtube.com/watch?v=gK-UADw3ZQs&t=6s>

Shovel Pass Drill

<https://www.youtube.com/watch?v=Lr0zBmUQDyk&t=6s>

Star Passing

<https://www.youtube.com/watch?v=BbEJ26PoN34&t=9s>

Stationary 2 Ball Pass Drill

<https://www.youtube.com/watch?v=O0KoiTwN7Yw&t=28s>

Shooting

4-5-4 Drop Step Drill

<https://www.youtube.com/watch?v=xolJZP1HAN4&t=7s>

Catch, Turn and Shoot Drill

<https://www.youtube.com/watch?v=O5b5HaxCE3U&t=7s>

Fundamentals of the Post Up

<https://www.youtube.com/watch?v=CvI980x11Jk&t=8s>

Fundamentals of the V Cut

<https://www.youtube.com/watch?v=SXYIYWHOPzI>

In and Out Crossover to Shot

<https://www.youtube.com/watch?v=ajAQJRkSkIo&t=7s>

Jump Through the Hips and Finish

<https://www.youtube.com/watch?v=poOeNtq0Uw0&t=8s>

Post Pass Shooting Drill

<https://www.youtube.com/watch?v=mDLAI96CjCo&t=5s>

Shooting Line Game

<https://www.youtube.com/watch?v=Pbj4QU3E4Fo>



Spin Step-In Drill

<https://www.youtube.com/watch?v=gInAfOCARnc&t=24s>

Using a Screen Shooting Drill

<https://www.youtube.com/watch?v=NqgaWL7b86A&t=40s>

V Cut Breakdown Drill

<https://www.youtube.com/watch?v=NNJaA7XiuAQ&t=9s>

V Cut Layup Drill

<https://www.youtube.com/watch?v=QSzapEqhOaE&t=7s>

Rebounding

Fundamentals of Tag and Pursue

<https://www.youtube.com/watch?v=hI8YgpYn9hM&t=9s>

Tag and Pursue Drill

<https://www.youtube.com/watch?v=4nGy-LhPGtc&t=12s>

Footwork and Conditioning

Closeout, Slide and Backpedal Drill

<https://www.youtube.com/watch?v=aSvFDJclzys>

Fundamentals of the Backdoor Cut

<https://www.youtube.com/watch?v=k9GckaZVj8&t=14s>

Jab Attack Drill

https://www.youtube.com/watch?v=gjLbJ2_UH7I&t=21s

Offense

Backdoor Pass Breakdown

<https://www.youtube.com/watch?v=HVfq7bKuvOU&t=30s>

Backdoor Pass Lay-up Drill

<https://www.youtube.com/watch?v=l0LQMgMqFUE&t=8s>

Baseline Drive Same Side Posting Shooting Competition

https://www.youtube.com/watch?v=xq_TClGNRQk&t=8s

Filling the Corner Drill

https://www.youtube.com/watch?v=YAyFm_aGpGw

Fundamentals of Filling the Corner

<https://www.youtube.com/watch?v=S8Axex3GLoA&t=8s>

Fundamentals of Post Spacing on a Drive

<https://www.youtube.com/watch?v=mljme6vQxVw&t=8s>



Fundamentals of the Backdoor Pass

<https://www.youtube.com/watch?v=N6YwYTbhW5Q&t=40s>

Fundamentals of the Out Cut

<https://www.youtube.com/watch?v=EHVzpuxqLzs>

Pass and Drop Step Drill

<https://www.youtube.com/watch?v=2hJI6oXB7Y4&t=11s>

Post Pass and Relocate

<https://www.youtube.com/watch?v=Xe3mMaGXXWs&t=8s>

The Out Cut and Shot Drill

<https://www.youtube.com/watch?v=wJlz5ThSTbA&t=6s>

Defense

3 Second Deny Drill

<https://www.youtube.com/watch?v=G3pVP5rktVg&t=7s>

3 Touch Defensive Drill

<https://www.youtube.com/watch?v=PggPs5r-iJY&t=9s>

Ball Up Ball Down Drill

<https://www.youtube.com/watch?v=5BookhyL1o0&t=7s>

Defensive Mirror Drill

<https://www.youtube.com/watch?v=HJwBzfT3ZJc&t=18s>

Deny Layup Drill

<https://www.youtube.com/watch?v=O7ZnEOIHciE&t=10s>

Fundamentals of Help the Helper

<https://www.youtube.com/watch?v=KJM9701zZaU&t=7s>

Fundamentals of Stunt and Recover

<https://www.youtube.com/watch?v=iEEiFzzNMgI>

Jump to the Ball Drill

<https://www.youtube.com/watch?v=8Ww5Lsj7ZLI&t=25s>

Shell Drill - 3 on 3

https://www.youtube.com/watch?v=2TZ_KE2LmyE&t=17s



Resources for Drills/Practice Plans

<https://jr.nba.com> - Unbelievable resource with skills, drills, sample practice plans all broken down by ability level.

<http://www.coachesclipboard.net/> - great resource with drills broken down by topic.

<https://www.breakthroughbasketball.com> - another resource with skills and drills, broken down by level.

<https://www.fastmodelsports.com/library/basketball> - resource more suited for coaches of older players. This site is a bank of basketball plays/offenses and drills. Great resource to find a set play for a certain situation.

Tips for Practice Planning:

1. Write it down! *Writing down your plan forces you to think about how to best utilize your time. It doesn't have to be fancy, hand written plans work. Consider writing down the drills and how long you want to spend on each segment. Something that works for us is having a goal or two for the day. We communicate this goal to our players and emphasize it throughout. As the old adage goes, it's not what you coach, it's what you emphasize!*
2. Find time for skill development. *Winning is important, but if the players are not developing their games, it will be short lived. Consider doing 5-15 minutes a practice (or more, depending on level and resources available). We like to do a lot of shooting and ball handling on a daily basis.*
3. Use your assistant coaches and side baskets! *Players should rarely be standing around in your practice. Consider breaking the team up into multiple groups and having groups rotate between baskets and coaches. Doing this allows young players with limited attention spans to stay focused while also allowing you to get multiple things accomplished in a shorter amount of time.*
4. Make it fun and competitive. *Whenever possible and appropriate, make drills competitive. With younger grades, make sure it is still fun. Even with juniors and seniors in high school, we want to make sure our kids are enjoying themselves. A simple way to do this is make a drill or a game competitive. It is unbelievable how a team's focus and effort level ramps up when they are told the winners of the next drill don't have to run or do pushups.*
5. Use a clock. *For coaches, it is easy to get caught up in a drill or a portion of practice. Using a clock or a scoreboard (when possible) is a great way to stay on task and accomplish all your daily goals. However, don't become a slave to the clock. If the kids are really getting a concept but there is still 5:00 left, move on to the next part of practice. Conversely, if the clock is a 0:00 but your kids didn't "get it", give it some more time*