## ir.Gnba

## ALL-STAR



## All-Star Level ABCD's

At the All-Star level, Jr. NBA players will begin to gain strength, quickness and the ability to better react to game situations. Practices will shift more towards team concepts and competition, while still heavily emphasizing skill development. There is usually a greater time commitment required at the All-Star level as the number of team practices increases. The goal of the All-Star level is to begin applying skills and team concepts more directly into game situations.
ALWAYS FUN
Achieving Goals
Loving the Process
At the All-Star level we
widen the experience
of fun to include
beating previous bests
or achieving goals.
Many players gain
such a love for the
game that they derive
great joy from practice
itself. Players begin
loving the process
of development and
see their deliberate
practice as a way to
reach new heights.

## BUILDING SKILLS

See Skill Checklist

## V

By the All-Star level, players should have a pretty good understanding of the basic fundamentals. In this level, players should continue to challenge themselves as they become more efficient with dribble moves, getting open, shooting in different situations, and passing around defenders. These fundamentals will continue to grow, but now it becomes important to see these skills applied in game situations. Footwork \& conditioning can also impact the outcome of games at the All-Star level and now become an area of emphasis.

## CORE VALUES

Leadership
Humility

## V

The All-Star level player should understand the values taught at previous levels and will begin to develop leadership skills. The players need to be encouraged, educated and shown how to lead. As leadership skills and ability advance, we want to continue instilling confidence but when necessary teach humility. Teaching players the healthy balance between confidence and humility is an ongoing and ever important responsibility.

## DEVELOPING WELLNESS

Time Management
Rest \& Recovery
$V$
At the All-Star level players face more demands in all areas of their lives, and learning how to prioritize and have good time management skills is essential. Knowing how to balance completing homework, visiting with friends, practicing skills, and getting good rest is a new challenge. Understanding rest \& recovery is also important at this level. Rest and recovery not only means sleep, but also stretching, icing, and other recovery techniques such as yoga. It is important that players understand how being rested and implementing recovery methods will lead to feeling better, and potentially, performing better.

## Skill Checklist

At the conclusion of the All-Star Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

| $\checkmark$ | Ball Handling |
| :---: | :---: |
| $\bigcirc$ | Behind the Back Dribble |
| $\bigcirc$ | Between the Legs Dribble |
| $\bigcirc$ | Dribble 1 Ball, Catch \& Pass A 2Nd Ball |
| $\bigcirc$ | Stationary 1-Hand Control Pass |
| $\bigcirc$ | Moving 1-Hand Control Pass |
| $\bigcirc$ | Creative Dribbling |
| $\bigcirc$ | Pull Back Dribble |
| $\bigcirc$ | Stationary 2 Ball Dribble with Contact |
| $\bigcirc$ | 2 Ball Creative Dribbling |
| $\checkmark$ | Passing |
| $\bigcirc$ | Backdoor Pass |
| $\bigcirc$ | 1-Hand Ball Control Passing |
| $\bigcirc$ | Post Entry Pass |
| $\bigcirc$ | Skip Pass |
| $\bigcirc$ | Shovel Pass |



## jr.:Gnha

## Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The twelve practice plans to follow are samples that reinforce All-Star level principles.


Practice 1 of 12
ALL-STAR LEVEL

| THEME | ACTIVITY | DETAILS PRE ${ }_{\text {PRAC }}$ | $\begin{aligned} & \text { VTAGE } \\ & \text { TOTAL } \\ & =\text { TIME } \end{aligned}$ |
| :---: | :---: | :---: | :---: |
| Values | SETting Goals | Teach the players the importance of long and short term goals. | ถ้ |
| Warm-Up | DYNAMIC WARM-UP <br> ( 1 x each from baseline to half court or vice versa) | - Leg Swings - Knee Hug <br> - Imaginary Dunks - Backwards Run <br> - Trunk Twists - Explosion Leap | ถั่ |
| Building Skills | Ball-Handling |  |  |
|  | CONE DRIBBLING VARIOUS MOVES (4 minutes) | This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender. |  |
|  | BETWEEN THE LEGS CHALLENGE ( $1 \times 2 \mathrm{~min}$.) | Challenge the players to beat their previous best. |  |
|  | SCISSORS DRIBBLE DRILL <br> ( $2 \times 20 \mathrm{sec}$.) | This is a quick ball-handling drill that will work on quickness and control. |  |
|  | 2-BALL LOW HIGH DRILL <br> ( $2 \times 20 \mathrm{sec}$. each way) | Dribble one ball low while dribbling the other one high. |  |
|  | Passing |  |  |
|  | CHEST \& BOUNCE PASS DRILL <br> ( $1 \times 30 \mathrm{sec}$. each way) | Make sure the players verbalize what pass they're making. | ¢ิ̊ |
|  | SKIP PASS DRILL <br> (2-3 min. each way) | Make a good skip pass for a lay-up. |  |
|  | Footwork \& Conditioning |  |  |
|  | JUMPSTOP, PIVOT \& PASS DRILL ( $1 \times 1$ minute each way) | Work in pairs for this footwork and passing drill. |  |
|  | Shooting |  |  |
|  | SHOT FAKE PULL UP DRILL (games to 6 makes) | Work on executing good shot fakes. |  |
|  | REVERSE LAY-UP DRILL <br> (4 reps each way) | Teach the players why and how to use a reverse lay-up. |  |
| Team Concepts | PASS, CUT \& REPLACE ( $1 \times 1-3 \mathrm{~min}$.) | Work on good passes, cutting, and filling the open spot. |  |
|  | DEFEND DOWN SCREENS TOP ( $1 \times 3$ min each way) | Teach and execute the defensive principles of guarding an off the ball screen. |  |
| Competing | 2 ON 2-DOWN SCREEN <br> (3 possessions each both ways) | Require the players to trail and defend it over the top. |  |
|  | 3 ON 3 CONTINUOUS (games to 3 makes) | The game must start with a pass and cut, or pass and screen away. |  |
|  | 5 ON 5 CONTROLLED <br> (4 minute games) | If needed, stop the game and provide teaching points. |  |

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## Values

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## > SETTING GOALS

Positive Coaching Alliance focuses heavily on goal-setting and the pursuit of goal-achievement. Developing those processes in youth players is one of the greatest gifts a coach can give. Steady progress toward goals keeps players enthused, engaged and willing to work hard. That way, they develop as individuals and the team as a whole has a better chance to succeed. More importantly, the players can take that goal orientation to other aspects of their lives, such as school work. And even more important than that, the longer players work toward goals, the more ingrained that practice becomes so that when it comes time to pursue critical goals in their adult lives - perhaps with children depending on them - they can call upon what they learned from their youth basketball coaches.

DYNAMIC WARM-UP (1 xeach from baseline to half court or vice versa)

- Leg Swings - Knee Hug
- Imaginary Dunks - Backwards Run
- Trunk Twists • Explosion Leap

Fundamentals of Warming-Up: Warming up is an extremely important part of basketball. Players should make sure their bodies are prepared to play by getting their muscles loose and their body temperature up. Warming up can keep players healthy, lengthen playing careers, and help players do their best.

## Team Concepts

> BALL-HANDLING
( Cone Dribbling Various Moves (4 minutes)

- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.
- The first player in each line will have a ball.
- The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
- Once the player is half way through the cones, the next player can begin.



## BUILDING SKILLS CONTINUED

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- After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.
Q. Key Points: Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.
$\otimes$ Between the Legs Challenge ( $1 \times 2 \mathrm{~min}$ )
- All players will have a ball and stand on the baseline.
- The coach will tell the players when to begin and the players will walk towards the opposite baseline and dribble as many times as they can consecutively between their legs.
- If the player loses control of the ball, dribbles two times on one side of their body, or has any break in dribbles from between the legs, the dribble doesn't count and the player will start over.
- Have the players remember their furthest distance or highest number of consecutive dribbles and try to beat that.
- If a player walks the full length of the court, have them continue dribbling between the legs as the make a turn and come back.


## Scissors Dribble Drill (2 x 20 sec)

- All players need a ball (or share) and should find space on a line.


## BUILDING SKILLS CONTINUED

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- The players will jump and split their legs so that their right foot is forward and left foot is back and then immediately jump and split again so their left foot is forward and the right foot is back and continue this process with their lower body.
- Every time the player jumps and splits their legs, they will dribble between their legs quickly.
- The players should players will quickly and repeatedly throw the ball between their legs.
Q. Key Points: The players should keep their feet and legs moving quickly.
$\otimes$ 2-Ball Low High Drill ( $2 \times 20 \mathrm{sec}$ each way)
- The players should have 2 balls (or partner up and share).
- The players will get in a stance and begin by dribbling with their left hand nice and low with 1 ball.
- After a few dribbles, the players will add dribbling the ball in their right hand up high.
- The players will also switch and dribble the right hand low and left hand high.
Q. Key Points: They players should make sure that balls don't slowly become the same level dribble.
$>$ PASSING
( $)$ Chest \& Bounce Pass Drill ( $1 \times 30$ sec each way)
- The Players will partner up and stand across from each other with 1 ball each.
- One player will be responsible for making a bounce pass and the other player will be responsible for making a chest pass.
- The players will pass the ball at the same time to each other making either the bounce or chest pass.
- With every pass, the player will call out loudly the pass they are making.
- After the allotted time, the players will switch which pass they are completing.
Q. Key Points: It is really important that the players talk and call out their pass to help them continue making the right pass.
- Skip Pass Drill (2-3 min each way)
- Have the players start with 2 lines on each wing.
- One line on each wing will have a ball.
- The lines with the balls will make skip passes to the line on the opposite wing that does not have the balls.


BUILDING SKILLS CONTINUED

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- When the player on the wing catches the ball, they will either drive in for a lay-up or dribble in for a shot.
- After the pass and the lay up, the passer will go the the receivers line and the receiver will go to the passers line.
- After the allotted time, the players will switch so that their group will now shoot and pass from the opposite sides.
Q. Key Points: Make sure the players clearly define the lines.


## > FOOTWORK \& CONDITIONING

Jumpstop, Pivot \& Pass Drill (1 x 1 minute each way)

- Have the players partner up or get in small groups with 1 ball and start on a line.
- The first player will dribble forward to the designated point (using a cone or a line such as the free throw line).
- When the player gets to that point they will jump stop, pivot in the manner in which coach has designated and pass back to their partner.
- After the pass, the passer will go back to the starting point while the new player will begins the process of dribbling, jump stopping, pivoting, and passing.
Q. Key Points: Mix up the pivots with both feet and forward and reverse pivots.


## $>$ SHOOTING

## Shot Fake 1 Dribble Pull Up Drill (games to 6 makes)

- Put players into 2 or 3 groups based on the number of players.
- Each group will have a line under the basket and on the perimeter.
- The group that is close to under the basket will have 2 balls.
- The first person in line will pass the ball to the first player on the perimeter and will run at them quickly.
- The shooter will catch, shot fake by sitting low, bring the ball and eyes up on the rim and then explode out of the shot fake for a good move and shoot a 1 dribble pull-up jump shot.
- The passer will go to the back of the shooting line.


## BUILDING SKILLS CONTINUED

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- The shooter will get their rebound and go to the back of the passing line and the process will repeat.
- Compete with the other lines before rotating spots.
- Also mix up which direction the player will go following the shot fake and which foot you would like them to step with first.
Q. Key Points: Make sure the passer runs at the shooter in a realistic way.
$\otimes$ Reverse Lay-up Drill (3-5 reps each way)
- Teach the players about the angle of a reverse lay-up and why they would use a reverse lay-up.
- Have the players get in two lines-high above both wings..
- Have the players in one line start with a ball.
- The first player will pass the ball to the other line as they move forward.
- The player in the other line will catch and pass the ball back quickly.
- Upon catching the ball, the player who started with the ball will take a reverse lay-up.


## Team Concepts

- After the lay-up the player from the other line will get the rebound and go to the back of the shooting line and the shooter will go to the back of the opposite line.
- This process will continue for the allotted time and then switch.
Q. Key Points: Make sure the players make good passes to each other and understand a good and where to hit the backboard.

3-Person Pass, Cut \& Replace ( $1 \times 1-3 \mathrm{~min}$ ) see diagram next page >>

- Start with a line on each wing and 1 player at the top of the key with the ball.
- The player at the top will pass to either wing and cut to the basket looking for the ball.
- The player on the wing without the ball will "replace" the cutter and fill to the top of the key.
- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
- The wing with the ball will pass the ball to the top where the player has replaced.
- That player will reverse the ball to the other wing and cut to the basket and the series repeats.
- Cutters only cut from the top.


TEAM CONCEPTS CONTINUED

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Q. Key Points: Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes. Also emphasize that the cutter cuts hard to the basket looking for the ball with a hand up.

Fundamentals of Defending the Down Screen: Anytime a defensive player is being screened, it is important for them to know where they are on the court, where the ball is, and who they are guarding. Some coaches choose to defend down screens all based on if it's on the ball side or weak side. Other coaches might require their players know the personnel and defend each player differently. Regardless, the defensive player should always know where they are on the court, where the ball is, and know the ability of the player they are guarding.

## Defending Down Screens Over the Top Breakdown Drill (1 x 3 min each way)

- Have the players partner up with a ball and go to the baseline.
- Have half the players go to one side of the court and the other to the other side on the same baseline.
- Have 2 coaches or players at the top as passers and 2 players as screeners starting on a designated point on the wing.
- Dictate whether you want the screen to be down towards the block or out wider towards the wing.
- Have the screener work on going to set good screens.
- Have the offensive player work on setting up the screen, coming shoulder to shoulder and reading the defender.


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- Have the defensive player work on seeing the play, finding the offensive players body and come over the top of the screen taking the space of the offensive player and recovering to the middle of the court.
- The coach at the top will make the pass and the offensive player will have 3 seconds to take one shot and then the next group goes.
- Offense and defense will go back to the same line on the baseline and switch roles in their next attempt.
- After a few screens, the screener (and passer if also a player) will switch with other players on the baseline.
- After the designated time, switch the lines to the other side of the court.
Q. Key Points: Make sure the players see the ball, get physical and recover to the middle of the court.


## $\otimes 2$ on 2-Down Screen (games to 3 then switch sides)

- Have the players partner up with a ball and go to the baseline.
- Have 2 groups start on the court, one on offense and one on defense.
- Have a coach pass from the top.

COMPETING CONTINUED

## 25\%

- Dictate whether you want the screen to be down towards the block or out wider towards the wing.
- Have the screener work on going to set good screens.
- Have the offensive player work on setting up the screen, coming shoulder to shoulder and reading the defender.
- Have the defensive player work on seeing the play, finding the offensive players body and come over the top of the screen taking the space of the offensive player and recovering to the middle of the court.
- The coach at the top will make the pass and the offensive team will have 1 possession to score.
- If the offensive team scores, they stay on the court and a new defensive team comes on.
- If the offensive team does not score, the defense becomes offense and a new defensive team comes on.
- Make sure that offense and defense are having both players play both positions.
- Play until 1 team has 3 made baskets then switch sides.
$\rightarrow$ 3on 3 Continuous (games to 3 makes)
- Divide the players into teams of 3 and have 1 team start at half court with the ball.

COMPETING CONTINUED

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- Have to other teams start at each side of the court to start as defense on both ends.
- If there are extra teams, have them line up on the baseline on one end.
- The offensive team will go to score at a basket.
- If they score, they will get a point, and get ball back to go the other way towards the other basket.
- If there is a team waiting on the baseline, they will take the place of the defensive team that got scored on, if there is not team on the baseline, the defensive team will remain there.
- The offensive team will do the same thing at the other end of the court and if they score or don't score dictates which team gets the ball to go the other direction.
- Anytime a defensive team gets a stop, they get the ball and go in the other direction.
- This version of the game will require the players to start every possession with a pass from the top to the wing and a screen away to start the possession.
- 5 on 5 Controlled (4 minute games)
- Divide the players into teams and play 5 on 5 full court.

COMPETING CONTINUED

## 25\%

## Compliment

 Session- Play games of 4-minutes to ensure the players play hard the entire game.
- In this version of 5 on 5 , if there is a coaching point, stop the game and make the point before continuing.
- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 2 of 12
ALL-STAR LEVEL


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## Values

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> ADVANCED RULES

- Explain the rules of the game to the players which should include the basic rules but also more advanced rules such as:
- What is the bonus and how does it work.
- What is 3 seconds.
- How does the possession arrow work.
- How many timeouts the team gets.
- What are intentional/flagrant/technical fouls and how do they work.
- Continue teaching other appropriate rules as well.
> DYNAMIC WARM-UP (1 xeach)
- The Bear Hold - Ankling
- Carioca
- Leg Swings
- Calf Raises

Building

## Skills


> BALL-HANDLING

- Full Court Cone Dribbling (5 minutes)
- Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline.
- Have all the players start on the baseline on the side with 10 cones with a ball.
- Dictate the dribble move that you want the players to work on through the 10 cones.

- The first player will dribble through the cones and when they are through the first 3-4 cones the next player will start.
- When the players get through the 10th cone, have the attack the basket and finish how you have asked them to finish.
- Then they will return up the other side of the court dribbling through the 5 cones.


## BUILDING SKILLS CONTINUED

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- As they dribble through the 5 cones, let them be creative and dribble as they wish and finish a shot at the other basket as they wish.
- To ensure the players are dribbling through the 10 cones with their eyes up, have them keep their eyes on the basket in front of them and as any player in front of them shoots, they should call out "make" or "miss" according to the shot going in or not.
* Behind the Back Wrap Breakdown Drill (8 reps each way)
- Have the players start with a ball in an open space on the court.
- The players will start with the ball in one hand.
- The player will simultaneously wrap the ball around their back so that it bounces up to their opposite hand while at the same time stepping forward.
- As the player wraps the ball, they will try to put their hand into their opposite "pocket" area on the wrap.
- The players will also take that one step forward as they dribble by pushing off the same foot of the hand the ball starts in.
- The players will repeat this process for the allotted number of reps each way.
Q. Key Points: Make sure the player wraps their hand all the way around into their opposite hip "pocket" and simultaneously step forward by pushing off the foot of the hand that the ball started in.


## BUILDING SKILLS CONTINUED

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* Behind the Back Wrap Drill (3 x Down and Back)
- Have all the players start on the baseline with a ball.
- Now have them take 2 running dribbles forward and then wrap the ball around their back to the other hand.
- The players will then again dribble 2 times with the other hand and wrap the ball behind their back to the other hand.
- Continue this process all the way down the court and back.
$\otimes$ 2-Ball Low High Drill ( $2 \times 20 \mathrm{sec}$ each way)
- The players should have 2 balls (or partner up and share).
- The players will get in a stance and begin by dribbling with their left hand nice and low with 1 ball.
- After a few dribbles, the players will add dribbling the ball in their right hand up high.
- The players will also switch and dribble the right hand low and left hand high.
Q. Key Points: They players should make sure that balls don't slowly become the same level dribble.


## BUILDING SKILLS CONTINUED

FOOTWORK \& CONDITIONING
$\otimes$ Full Court Sprint (2x)

- Have the players sprint all the way down the court as fast as they can.
- If you prefer to have them do this with the ball, that is great.
$\otimes$ Dictated Pivot (1 minute)
- Have the players partner up and line up on the baseline with 1 ball per group.
- On the coaches whistle the players will dribble to the free throw line extended and jump stop.
- As they are dribbling, the coach will make 2 commands.
- The first command will be either "right" or "left" which will indicate to the player that either their right or left foot will be their pivot foot and stay on the floor after the jump stop.
- The second command will be either "front" or "reverse" which will indicate to the player that they will either make a front or a reverse pivot until they are facing their partner on the baseline.
- The partner will then pass to the partner on the baseline who will wait for the whistle and repeat the process.
- The coach will sound something like this: (whistle) "Left-Reverse!"
$>$ PASSING
* Partner Running Pass Drill (8 to 1)
- Have the players partner up and stand on the baseline across from each other.
- The players will pass back and forth to each other as they run down the court and shoot a lay-up at the other end.
- After they lay-up, they will wait at the other end for all the groups to finish before coming back the other way.
- The group behind them can start once the group in front is almost to half court.
- The players will be required to make the allotted number of passes to each other before shooting the lay-up.
- So on the first trip down, the players will make 8 passes before shooting so they must count loud and execute a layup after 8 passes.
- On their way back, they will make 7 passes before the lay-up.
- This process will continue all the way down to 1 pass for a lay-up.
Q. Key Points: Make sure the players count their passes loud and shoot the lay-up at the right time. Try not to drop any passes or miss any lay-ups. As the drill progresses, the players must run faster.
> SHOOTING
( Progression Shooting Competition ( $1 \times 8$ makes each)
- Divide the players into teams and spread them out at a basket.
- Each team should have 1 ball.
- The first player in line will take the designated shot, get the rebound, pass it to the next person in line and go to the back of the line.
- Every made shot will go towards the team's total makes at a spot.
- The first team to make all the shots from all spots will win.
- For the first 8 makes, have the players make lay-ups.
- For the next 8 makes, have the players make floaters.
- For the next 8 makes, have the players catch and shoot at midrange.
- For the next 8 makes, have the players start at the 3 point line and take 1 dribble pull-ups.
- For the last 8 makes, have the players catch and shoot and make 3's.


## BUILDING SKILLS CONTINUED

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$\otimes$ Shooting Line Game (games to 8 makes)

- Divide the players into two or more group lines and have each group at a designated shooting spot on the court.
- The group lines will operate as a team and keep their score together.
- The players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.
- Continue this drill until one team makes the designated number of shots. Then switch spots and start over.
Q. Key Points: Have the players count the makes out loud for both teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on


## Team

 Concepts> DEFENSE

* 3-Second Deny Drill (3 reps each, both sides)
- Have a line of players on each wing.
- There should be an offensive and defensive player on the court.
- The defensive player will deny the offensive player the ball for 3-5 seconds.
- After that, the defender will go to the back of the line.

TEAM CONCEPTS CONTINUED

- Next, the offensive player will become the defender.
- A new player will step in on offense and the process will repeat.
Q. Key Points: Make sure the players see the ball and the man. If the offensive player receives a pass, the defensive player must repeat. If the offensive player cuts back door, the defender must snap their head and hand in the other direction quickly.


## Jump to the Ball Drill (4 x each side)

- Have the players start in one line on the baseline.
- There will be 1 player on each wing and the coach at the top with the ball.
- The first player in line on the baseline will sprint to close out on coach.
- Coach will pass the ball to either wing.
- On the pass, the defensive player will "jump to the ball" in a good defensive stance.
- The player who receives the pass will take 1-2 dribbles to the middle of the floor and upon seeing the player who jumped to the ball, they will retreat dribble and then drive to the baseline side for a lay-up.
- The defensive player who jumped to the ball will now fill the open space on the wing.

TEAM CONCEPTS CONTINUED

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- The wing player will go to the back of the line on the baseline after their lay-up and a new player from under the basket will pass the ball to coach and close out to repeat the process.
$>$ OFFENSE
$\otimes$ 3-Person Pass, Cut \& Replace ( $1 \times 1-3 \mathrm{~min}$ )
- Start with a line on each wing and 1 player at the top of the key with the ball.



## TEAM CONCEPTS CONTINUED

- The player at the top will pass to either wing and cut to the basket looking for the ball.
- The player on the wing without the ball will "replace" the cutter and fill to the top of the key.
- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
- The wing with the ball will pass the ball to the top where the player has replaced.
- That player will reverse the ball to the other wing and cut to the basket and the series repeats.
- Cutters only cut from the top.
Q. Key Points: Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes. Also emphasize that the cutter cuts hard to the basket looking for the ball with a hand up.


## Fundamentals of Defending the Ball Screen: There are a

 variety of ways to defend the ball screen. There are different options for the guard defenders, different options for the post defenders, and different philosophies about where to push the ball. In any of these scenarios, it is important for the players to understand their responsibilities. Teach the players your philosophy and their responsibilities.
## Competing

* 3 on 3 Dictated - Pass \& Cut or Pass \& Ball Screen (games to 3 makes)
- Divide the players into teams of 3 .
- Utilize both baskets if there are four or more teams.
- The players must start with a pass and cut, or pass and ball screen.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a "check," and allowing players to get to the top of the key and start their possession.
* 5 on 5 Dictated - Minimum 4 Passes (games to 4 makes)
- Divide the players into teams and play full court games to 4 made baskets.
- No shot can be taken until the team with the ball makes 4 passes.

Practice 2 of 12

## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 3 of 12

| theme | ACTIVITY | DETAILS PRE ${ }^{\text {Prac }}$ | $\begin{aligned} & \text { NTAGE } \\ & \text { TOTAL } \\ & \text { ETIME } \end{aligned}$ |
| :---: | :---: | :---: | :---: |
| Values | LEADERSHIP | How do players show good leadership? | ถั |
| Warm-Up | DYNAMIC WARM-UP <br> (1xeach) | - Bent Knee Side Plank <br> - Forward Walking Lunge <br> - Toes and Chest <br> - Stationary A-Skip <br> - Split Squat Hold <br> - Lateral Bound <br> - Heels and Shoulders <br> - Power Skips | ถั่ |
| Building Skills | Ball-Handling |  |  |
|  | FULL COURT CONE DRIBBLING ( $3-5 \mathrm{~min}$.) | Work on specific dribble moves and finishes. |  |
|  | STATIONARY 1-2 BEHIND <br> THE BACK DRILL ( $2 \times 30 \mathrm{sec}$.) | Take 2 strong dribbles followed by a behind the back dribble. |  |
|  | BEHIND THE BACK <br> CHALLENGE (2-3 min.) | Have the players set goals and try to beat their previous best! |  |
|  | REACTION DRIbBLE ( $2 \times 1 \mathrm{~min}$.) | The players will have to react and change their dribble quickly. |  |
|  | Passing |  |  |
|  | POUND PASS DRILL <br> ( $2 \times 30$ sec. each way) | Work on a hard dribble and a controlled 1-handed pass. |  |
|  | STATIONARY 2-BALL <br> PASSING DRILL ( $2 \times 30 \mathrm{sec}$.) | The players will use two balls and pass with both hands. |  |
|  | Shooting |  |  |
|  | 3-LINE LAYUPS ( $1 \times 2 \mathrm{~min}$.) | Work on extended layups during this drill. |  |
|  | 3-PERSON SHOOTING <br> ( $2 \times 10$ shots each) | With 1 rebounder, 1 passer, and 1 shooter, get good quick reps. |  |
| Team Concepts | L-CUT DRILL <br> ( $1 \times 2$ min each way) | Work on changing speeds and changing directions to get open. |  |
|  | FILLING THE CORNER DRILL <br> ( $1 \times 15$ makes each way) | Fill the corner on a baseline drive to provide an easy pass. | セٌ |
|  | SHELL DRILL-3 ON 3 (6min) | Teach and show the players what it means to help the helper. |  |
| Competing | 3 ON 3 DICTATED - HELP <br> THE HELPER (games to 3 ) | The game starts after a drive and help the helper. |  |
|  | 5 ON 5-DICTATED (games to 3) | Play these games with no dribbling to emphasize cutting. | セั |
|  | 5 ON 5 SITUATIONAL PLAY ( 3 x ) | Help the players understand game and clock management. |  |

[^2]The percentages listed serve as approximate recommendations on
how to allocate practice time.

## Values

5\%

## LEADERSHIP

Positive Coaching Alliance (PCA) advances the idea that leadership is for everyone. All people have unique strengths, skills and voices that they can exert as leaders under different circumstances. It's not always the biggest, strongest, most athletic player who leads. Sometimes it is the grittiest, toughest, biggest-hearted player who leads. Other times, it is the smartest player, the one with the best ideas or understanding of the game situation that the team turns to for leadership. And still others, the leader is the player who knows just the right thing to say at the right time to encourage teammates to rise to the next level.
( DYNAMIC WARM-UP

- Bent Knee Side Plank - Split Squat Hold - Toes \& Chest
- Stationary A-Skip • Lateral Bound • Power Skips
- Heels \& Shoulders . Forward Walking Lunge

Building
Skills

* Full Court Cone Dribbling ( $3-5 \mathrm{~min}$ ) SEE diagram next pace >>
- Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline.
- Have all the players start on the baseline on the side with 10 cones with a ball.


## BUILDING SKILLS CONTINUED

40\%

- Dictate the dribble move that you want the players to work on through the 10 cones.
- The first player will dribble through the cones and when they are through the first 3-4 cones the next player will start.
- When the players get through the 10th cone, have the attack the basket and finish on the basket according to how you want them to finish.
- Then they will return up the other side of the court dribbling through the 5 cones.

- As they dribble through the 5 cones, let them be creative and dribble as they wish and finish a shot at the other basket as they wish.
- To ensure the players are dribbling through the 10 cones with their eyes up, have them keep their eyes on the basket in front of them and as any player in front of them shoots, they should call out "make" or "miss" according to the shot going in or not.


## BUILDING SKILLS CONTINUED

40\%
$\nrightarrow$ Stationary 1-2 Behind the Back Drill (2 x 30 sec )

- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball 2 times in the same hand and then dribble behind their back.
- Then they will dribble with the other hand 2 times, and repeat behind their back.
- The players will continue this sequence for the allotted amount of time.
Q. Key Points: This dribble should not be a wrap behind the back. The behind the back dribble should be more like a slide behind the back dribble that functions like a crossover does in front of the body meaning that the ball stays behind the back the entire dribble and should not come forward. Work on 2 strong dribbles and throwing it behind the back hard.
$\otimes$ Behind the Back Challenge (2-3 min)
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball behind their back consecutively as many times in a row as possible.
- The players should count their consecutive dribbles so they have a score that they can continually try to beat.


## BUILDING SKILLS CONTINUED

40\%

- After any mistake, the players should reset and try again.
Q. Key Points: This dribble should not be a wrap behind the back. The behind the back dribble should be more like a slide behind the back dribble that functions like a crossover does in front of the body meaning that the ball stays behind the back the entire dribble and should not come forward.
$\otimes$ Reaction Dribble ( $2 \times 1 \mathrm{~min}$ )
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball how ever they would like.
- When coach blows the whistle (or says "Change!") the players will change their dribble move quickly .
- This drill should be fast and active and allows the players to dribble creatively.


## > PASSING

## - Pound Pass Drill ( $2 \times 30$ sec each way)

- Have the players partner up and get a ball.
- The partners will stand at least the lane width apart.


## BUILDING SKILLS CONTINUED

40\%

- The partner with the ball will start by pounding the ball and then passing it out to their partner with one hand.
- The pass should not be underhand, it should overhand with their hand behind the ball and their fingers pointing up.
- The partner will catch the ball with one hand and repeat the action back to their partner.
- The players should work at an intense speed.
- Change the types of dribbles leading into the pass to keep the drill fresh.
$\otimes$ Stationary 2-Ball Passing Drill (2 x 30 sec )
- Have the players partner up and have two balls per group.
- One ball will start with one partner and the other will start with the other partner as the line up across from each other at around the lane line distance.
- The players will sit in a good stance and pass both balls back and forth.
- The ball that is one players right hand will pass to the other players left hand and will stay on that side. The other ball will work on the other side of their bodies.
- Continue for the allotted amount of time.
> SHOOTING
( 3-Line Layups - Extended Layups ( $1 \times 2 \mathrm{~min}$ )
- Group the players into three lines facing the basket around the 3 -point line ( 1 line on each wing and 1 line at the top of the key).
- The first person in each line should have a ball and dribble in for a lay-up.
- After the lay-up, the player will get their own rebound, pass it to the next person in line and go to the back of the same line.
- The players in each line will have different finishes (right hand and left hand from the wing and a lay-up with no backboard in the middle).
- Mix in different finishes such as the Extended lay-up from a longer, wider angle in which the play has to stretch out to finish.
- After 90 seconds the players will rotate lines.
Q. Key Points: Note that there will be multiple players shooting at the same time. Remind the players that in a game there will be other players close to them as the try to score and it's ok. Work on finishing lay-up in a variety of ways.

$\otimes$ 3-Person Shooting ( $2 \times 10$ shots each)
- Have the players get in groups of 3 .
- There will be 1 player that shoots 10 straight shots.
- Another player will pass, and another player will rebound.
- After 10 shots, the shooter will become the rebounder, the rebounder will become the passer, and the passer will become the shooter.
- This process will continue until the players get the allotted amount of shots.
Q. Key Points: Use this drill to get a lot of game speed shots. Make sure the rebounder is hustling for rebounds and the passer is giving good game passes.
> OFFENSE
$\otimes$ L-Cut Drill (1 $\times 2$ min each way) SEE DIAGRAM NEXT PAGE >>
- Have two lines on the baseline with 2-3 balls in each line and a coach at the top of the key aligned to each line.
- The first player will pass their ball up to coach and will come up the lane line and explode out by changing speeds and getting to the wing.


TEAM CONCEPTS CONTINUED

25\%

- The coach will pass the ball to the player on the wing who will then work on a designated move and shot.
- As the player is completing their move, the next player in line will pass the ball to the coach and repeat the same action.
- The players will continue for the allotted amount of time before switching sides.
Q. Key Points: Work on changing speeds and changing directions to get open. Once the player is open, they will execute efficient moves to score.

Fundamentals of Filling The Corner: Often in basketball a player will drive the ball towards the basket on the baseline side. As the player drives baseline, the defense will typically rotate over to help. When this happens, the easiest pass for the offensive player to make is straight in front of them to the opposite corner. For this reason, it is important for the offensive player on the weak side to fill the corner.
$\otimes$ Filling the Corner Drill ( $1 \times 15$ makes each way)

- Have one line on the wing with a ball and another line on the other wing.
- Have the line with the ball drive towards the basket on the baseline side.
- As the player drives, the player on the other wing will be dropping to fill the corner.
- As the player gets close to the basket, they will pass the ball to their teammate in the corner to catch and shoot.
- The players will get the rebound and switch lines.
- The next players in line will continue until the team has made the allotted number of shots and will then do the same thing the other way.
Q. Key Points: Make sure the players dribbling into paint with the thought of scoring. Players should make a good pass to the player who is ready to catch the pass with their hands up and knees bent ready to shoot.


TEAM CONCEPTS CONTINUED

## DEFENSE

Fundamentals of Help the Helper: Help the helper is a defensive concept rooted in the understanding that defense is played as a team and the players must help each other. When a player gets beat, it is the rest of the team's job to help stop the player they were guarding. There is a specific defensive rotation for who should help. There are different terms used for helping the helper, but as the player helps a player who has been beat, there must be someone who "helps the helper" in order to prevent an easy shot. Helping the helper is an important part of any teams defense and rebounding philosophy.
$\otimes$ Shell Drill - 3 on 3 (5-7 min)

- Work on defensive principles by dividing into groups of three and working on defensive communication and positioning.
- 3 players will be on offense, 3 on defense and 3 more ready to come in with a rotation of 3 in on offense, offense moves to defense, and defense comes off.
- the offensive players will pass the ball according to the coaches command and the defense will adjust to the correct spot.
- Coaches can allow the offensive to cut or screen if the players are ready for that.
- After a brief time of proper execution, the teams should rotate and repeat.


## Competing


$\otimes 3$ on 3 from Help the Helper (games to 3)

- Divide the players into teams of 3 .
- Utilize both baskets if there are four or more teams.
- The game must start with a baseline drive, a help player stopping the ball and the 3rd player "helping the helper".
- The offensive player must kick the ball out and then the game is live and the players can move and play as they choose.


COMPETING CONTINUED

## 25\%

- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a "check," and allowing players to get to the top of the key and start their possession.
$\otimes 5$ on 5 Dictated - No Dribbles (games to 3)
- Divide the players into teams and play full court games to 3 made baskets.
- No dribbles may be taken by either team.
$\otimes 5$ on 5 Situational Play (3x)
- Divide the players into teams and provide a specific game situation.
- Game situations may be, giving a team the ball and telling them they are winning by 1 point with the ball with 45 seconds remaining.
- Another game situation may be, losing by 2 with the ball and 2:30 left in the game.
- Help the players understand game and clock management and reinforce key points that come up in the situational play.

Practice 3 of 12

## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 4 of 12
ALL-STAR LEVEL

| theme | ACtivity | DETAILS | PERCENTAGE OF TOTAL practice time |
| :---: | :---: | :---: | :---: |
| Values | HISTORY OF THE GAME/ RULES | Spend time teaching the history of the game and explaining some of the more advanced rules. | คั |
| Warm-Up | DYNAMIC WARM-UP (1xeach) | - Stand to Athletic Position - Vertical Jump to Stick <br> - Angle Balance - Lateral Chop <br> - Over the Hurdle Forward - Over the Hurdle Backwards <br> - Lateral Squat Hold - Jog to Sprint | คั่ |
| Building Skills | Footwork \& Conditioning |  |  |
|  | $\begin{aligned} & \text { V - CUT TO FOOTWORK } \\ & \text { (1 x } 2 \text { min. each way) } \end{aligned}$ | Have the players v-cut on the wing, then finish the drill with quick feet and hops. |  |
|  | Ball-Handling |  |  |
|  | BALL FAKES (3x down \& back) | Take 2 dribbles, jump stop and work on shot fakes and pass |  |
|  | PULL BACK BREAKDOWN <br> DRILL ( $2 \times 30$ sec each way) | Work on making a good strong move and pulling back quickly. |  |
|  | Shooting |  | \%\% |
|  | 1-STEP FORM SHOOTING ( $1 \times 2 \mathrm{~min}$.) | This is a fundamental movement for all shooters to develop. |  |
|  | V-CUT SHOOTING DRILL ( $1 \times 3 \mathrm{~min}$.) | Set a team goal and try to make that many shots. |  |
|  | PASS \& UP \& UNDER DRILL (1×3 reps each way) | Work on good footwork for a fundamental post move. |  |
|  | Rebounding |  |  |
|  | TAG \& PURSUE DRILL ( $1 \times 3 \mathrm{~min}$.) | Work on defensive principles and then tag and pursue! |  |
| Team Concepts | L-CUT TO DRIVE \& KICK <br> ( $1 \times 10$ makes each side) | Work on getting open by changing speeds and directions. Then work with a teammate to drive and kick for a shot. |  |
|  | BACKDOOR PASS LAY-UP <br> DRILL ( $1 \times 3$ min each way) | The players will work on the timing of a good back cut and lay-up. | ధ్ٌ |
|  | POST PASS \& SCREEN DRILL ( $1 \times 10$ makes) | After the post pass, work on screening and then cutting for a lay-up. |  |
|  | POST PASS \& RELOCATE <br> ( $1 \times 10$ makes) | After the post pass, relocate on the perimeter for a shot. |  |
| Competing | 1 ON 1 DICTATED - DOWN SCREEN 1 (games to 3) | Work on defending and reading the down screen. | $\stackrel{\text { ®े }}{ }$ |
|  | 3 ON 3 DICTATED - DEFENSE WINS (games to 4) | The defensive team will get a point for every stop, and the offense must start with a ball screen. |  |
|  | $\mathbf{5 O N} 5$ (games to 5) | Allow the players some freedom in this set of 5 on 5 games. |  |

[^3]The percentages listed serve as approximate recommendations on
how to allocate practice time.

## Values

5\%
$>$ HISTORYOFTHEGAME

- Spend some time sharing or quizzing the players about the history of the game. Here are a few samples but feel free to use your own.
- Who was the first Chinese born player to play basketball in the NBA? (Wang Zhi Zhi).
- Who invented the game of basketball? (Dr. James Naismith).
- Where was he from? (Canada; settled in Springfield, Mass).
- Dr. Naismith was a P.E. teacher who was instructed by his principal he had 14 days to create a game that would keep the schools track \& football players from misbehaving \& keep them in shape for their upcoming season. So he invented the game of basketball.
- What were the first basket make of? (Wooden peach baskets).
- What was the first ball that basketball was played with? (Soccer ball).
- How many players were originally on the court for each team when the game first started being played? (9 players).
> RULES
- Spend some time explaining some of the more complex rules. Here are a few samples but feel free to use your own.

VALUES CONTINUED

5\%

- If a player gets injured is he allowed to re-enter the game? (Yes).
- How many steps is a player allowed to take when he is attempting a lay-up? (2 steps).
- How many times can a coach substitute a player in \& out of a game? (Unlimited).
- Can you change your pivot foot? (No...explain why).
- If a player on the blue team passes the ball and it hits the referee and goes out of bounds, what team does the ball belong to, blue team or white team? (white team).
> DYNAMIC WARM-UP
- Stand to Athletic Position . Vertical Jump to Stick
- Angle Balance - Lateral Chop
- Over the Hurdle Forward . Over the Hurdle Backwards
- Lateral Squat Hold • Jog to Sprint

Building Skills


- V - Cut to Footwork (1 $\times 2$ min each way)
- Depending on the number of players, have them line up in a line on each wing, or 2 lines each wing if needed.


## BUILDING SKILLS CONTINUED

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- The first player in each line will start by making a V-Cut.
- Once the player is back to the wing they will jump stop and land on two feet facing the basket.
- The player will then take tiny multiple quick steps on or just outside the 3 -point line.
- After around 3 seconds of quick feet, the coach will say "Go!" and the players will bound on two feet to the baseline.
- The player will go to the back of the line.
- As the player in front of them begins their bounds, the next player in line will begin the same process starting with the V-Cut.
$>$ BALL-HANDLING
( Ball Fakes (3 x Down \& Back)
- Have the players start on the baseline with a ball.
- On the coach's whistle/command, the players will take 2-3 dribbles forward and jump stop.
- After the jump stop, the players will work on a pass fake or a shot fake.
- After the fake, the players will continue by dribbling 2-3 times again and coming to a jump stop and making a pass fake or a shot fake.


## BUILDING SKILLS CONTINUED

40\%

- This process will continue all the way down the court and back.
- If you have more players and need more than one group, please do so.
- Make sure the players go at game speed and allow them to work on the fake of their choice.

Pull Back Dribble Fundamental Skill: The pull back dribble is a great way for an offensive player to create space. The pull back dribble requires the player with the ball to move fast in one direction and then stopping by planting the foot that is running out in front of them on the same side as the ball and transferring their weight backwards and pulling the ball backwards towards their back foot and hand. By moving fast, stopping quickly, and pulling back, the offensive player should create space between them and the defender.
$\otimes$ Pull Back Dribble Breakdown drill ( $2 \times 30$ sec each way)

- All players need a basketball (or share) and should stand on the sideline.
- Place a cone out in front of each player that is a good long stride away from them.
- Have the players push forward off their left foot and put their right foot out in front in a long stride.


## BUILDING SKILLS CONTINUED

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- As their right foot hits the floor out in front, the ball will also be out in front in two hands near their right foot.
- Have the players push back off their right foot their left foot and pull the ball back with one bounce as they move.
- Their left foot shoot be their pivot foot as the come back to balance and hold the ball.
- Players should continually repeat this action and also switch to the other side.
- Work on making a good strong move and pulling back quickly.
$>$ SHOOTING
( 1-Step Form Shooting ( $1 \times 2 \mathrm{~min}$ )
- The players will line up in 2 lines, one on each side of the paint with both lines facing the opposite sideline.
- The players will alternate from each line pushing of the foot closest to half court as far across the paint as possible.
- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with there arms simulating holding a ball.
- The player will then go to the opposite line and the player from the opposite line will do the same.


## BUILDING SKILLS

 CONTINUED40\%

- This process will continually repeat for a minute.
- After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.
Q. Key Points: Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.

Fundamentals of the V-Cut: The v-Cut is a cut that offensive players use to get open for the ball. The v-cut typically happens on the wing when the offensive player is closely guarded. To make a good v-cut, the offensive player will walk or jog towards the basket, then plant their bottom foot to explode back out to the perimeter for the ball. As the player comes out for the ball, they usually move in a straight line closer to the passer so that their entire cut looks like the letter " $v$."
$\otimes$ V-Cut Breakdown Drill (1 x 2 minutes)

- Have the players line up on the wing with coach at the top of the key with a ball.
- The first player in line will make a v-cut and catch a pass from coach on the wing and square up in a triple threat stance.
- The player will then pass the ball back to coach and the next player will begin the same process.
- Continue this process for the allotted amount of time."


## BUILDING SKILLS CONTINUED

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$\otimes$ V-Cut Shooting Drill (1 x 3 min )

- Have the players line up in 2 lines, 1 on each wing.
- The first player in each line will start by making a V-Cut.
- Once the player is back to the wing they will jump stop and land on two feet facing the basket while catching the ball.
- The player will then make the commanded dribble move into their shot.
- As a team make as many shots as possible in the allotted time.
- Be sure to change sides and try to beat the previous score.

Pass \& Up \& Under Drill (1 x 3 reps each way)

- One player will start on each block and there will a line on the wing in front of each of them.
- The first few players in each line will have a ball.
- The first player with the ball will make a good post entry pass to the player making a good post up on the block.
- The player will catch the ball and execute an up and under, get their rebound and go to the back of the line.
- The player who made the pass will then run to the block and post up and prepare to receive the pass from the next person in line.


## BUILDING SKILLS CONTINUED

40\%

- This process will continue for the allotted amount of time and then the players will switch sides.
Q. Key Points: Make sure the players are executing good post entry passes, the players are posting up and making good up and under moves.


## REBOUNDING

Fundamentals of Tag \& Pursue: When a defensive player is on the perimeter, and a shot goes up, there is a lot of space between them and the rebound. Boxing out would take too much time and leave the player too far from the rebound, so the players should tag and pursue. The tag and pursue means to step towards the offensive player, tag them by putting their forearm to their chest and then turning to pursue the ball. So the process is to recognize a shot, locate the player, step towards the player, make contact with a tag, and turn and pursue the ball.

## - Tag \& Pursue Breakdown Drill (1 minute)

- Have the players get into multiple lines on the perimeter.
- Have the first player in each line step out on defense.
- When the coach says "shot" the defensive players will step to the next player in line, tag them, and then turn back towards the basket and run to the paint.
- After that, the player will go to the back of the line and the offensive player will change to defense and a new player will still in as offense.


## BUILDING SKILLS

 CONTINUED40\%

- Tag \& Pursue Drill ( $1 \times 3 \mathrm{~min}$ )
- Have the players get in groups of three and find space at a basket.
- Utilize as many baskets as possible and have at least 2 groups per basket.



## BUILDING SKILlS CONTINUED

40\%

- 1 player will be a defensive player.
- The other 2 players will be on offense not too far from each other with one ball.
- The defensive player will guard the player without the ball and start by being in "help" defense and saying "help, help, help".
- The offensive player will pass the ball to their partner.
- The defensive player will now close out and say "ball, ball ball."
- The offensive player will then pass the ball back to the other offensive player.
- The defensive player will jump into the help position and say "help, help, help".
- The offensive player will then shoot.
- The defensive player will locate their offensive player, tag and pursue the ball.

Fundamentals of the Drive \& Kick: The drive \& kick is an offensive concept that relies on a player driving the ball towards the basket. If the defensive team then helps their teammate to try to prevent a layup, the player will then pass or "kick" the ball out to an open teammate. Teams that successfully drive and kick the ball often get open shots and force the defense to scramble.

* L-Cut to Drive \& Kick ( $1 \times 10$ makes each side)
- Have two lines on the baseline, 1 at each lane line and 1 ball per group.
- The player with the ball will pass it to coach at the top of the key and the first player in both lines will make an L-cut looking to catch the ball on the wing.
- Coach will pass the ball to one player or the other.
- The player with the ball will drive either to the middle or to the baseline all the way to the paint.
- As the player attacks the basket, the other player will space to an open spot and prepare to catch and shoot.
- The player with the ball will make a pass to their teammate who will catch and shoot.
- The players will get the rebound and switch lines.
- There will be another group doing the same action immediately after.



## 25\%

- Each partner pair will work together to try to make the allotted number of shots first.
Q. Key Points: Make sure the players dribbling into paint with the thought of scoring. Players should make a good kick pass to the player who is ready to catch the pass with their hands up and knees bent ready to shoot.

Fundamentals of The Backdoor Pass: The backdoor pass is a pass that happens when the player that is trying to receive the ball is being defended really hard and the passer cannot make an easy pass to them. The player that is being denied or overplayed will then cut backdoor towards the basket to get open. The backdoor pass is typically a bounce pass that requires timing between two teammates. Often the backdoor pass occurs on the move with 1-hand.
$\otimes$ Backdoor Pass Breakdown (1×1 min)

- Have players partner up with one ball and stand apart from each other.
- The player with the ball will take 1 dribble and then snap a 1 handed bounce pass to their partner.
- The partner will catch the ball and then do the same back.
- The players will repeat this action until switching hands and continuing.
$\otimes$ Backdoor Pass Lay-Up Drill (1 x 3 min each way)
- Have the players get into 2 lines, 1 at the top and one on the wing or corner.
- Have the balls start in the line at the top and have the player with the ball dribble towards the wing.
- The player on the wing must time the cut and step up and then back cut.
- The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
- After the pass and the lay-up, the players will get the rebound and switch lines and continue.
- Based on numbers, you can utilize 2 groups or 4 lines at each basket.
$\otimes$ Post Pass \& Screen Drill (1 x 10 makes)
- Start with a line of players near the top of the key with a ball.
- Put another player on the wing and another player on the block.
- The first player in line will pass the ball to the wing, the wing will then make a post entry pass.
- After the post entry pass, the wing player will screen for the player at the top of the key who will come off towards the wing.


TEAM CONCEPTS CONTINUED

25\%

- After a quick screen, the player setting the screen will slip to the basket.
- The post player will pass to the player coming off the screen who will catch and shoot.
- The post player will get the rebound and move to the back of the line, the player who set the screen will become the post player, and the player who shot the ball will become the wing player.


## TEAM CONCEPTS CONTINUED

- The next player in line will pass the ball to the wing and the sequence will repeat until the allotted number of shots have been made.
- If you have enough players, do the same thing on the other side of the basket and have the teams compete.
- Also if preferred, have the post player make the pass to the screener cutting to the basket.
$\otimes$ Post Pass \& Relocate ( $1 \times 10$ makes)
- Have the players get a ball and line up on the wing, if you have more players use the other wing and other baskets.
- The coach will start on the block.
- The first player in line will pass the ball to the coach on the block.
- After the pass, the player will relocate by moving to open space on that side of the court.
- The coach will pass the ball back out to the player who will catch and shoot the shot designated by coach before the drill starts.
- After shooting, the player will get their own rebound and go to the back of the line.


TEAM CONCEPTS CONTINUED

- The next player will do the same and the process will continue until the allotted number of shots have been made.


## Competing

25\%
$\rightarrow 1$ on 1 Dictated - Down Screen (games to 3)

- Have the players partner up based on ability and get 1 ball.
- The players will start off the court on the baseline and 2 groups will start at the top of the key.

COMPETING CONTINUED

## 25\%

- The first group on the baseline will throw their ball up to the group at the top of the key.
- One player at the top will dribble the ball while the other one players about 70\% defense.
- The 2 players on the baseline will step on the court to where the coach dictates.
- The coach will come and set a screen for the offensive player.
- The player at the top will make a pass to the offensive player who will try to score in a one on one setting only staying on 1 side of the court.
- After the possession, the pair at the top of the key will go down to the baseline line.
- The players who played offense and defense will go to the line at the top.
- And the next group will continue the same process.
- Play 1 on 1 from this set until someone wins.
Q. Key Points: Encourage the players to read the defender and score off the screen rather than catching and then playing one on one. Also, make sure the passer is working on reading the defender and the cut the offensive player makes in order to make a good pass.
- 3on 3-Defense Wins (games to 4)
- Divide the players into teams of 3 .
- Utilize both baskets if there are four or more teams.
- The offensive team will begin play and the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get to go on defense and a new offensive team comes on.
- If the defense gets a stop, they get a point and stay on defense and a new offensive team comes on.
- Play to the allotted number of points.
- Keep the game moving quickly but not requiring a "check," and allowing players to get to the top of the key and start their possession.
$\otimes 5$ on 5 (games to 5)
- Divide the players into teams and play 5 on 5 full court.
- Play games to 5 makes and ensure the players play hard the entire game.

Practice 4 of 12

COMPETING CONTINUED

- In this version of 5 on 5 , we will let the players play freely without stopping the game.


## Compliment

 Session- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a
compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 5 of 12


[^4]The percentages listed serve as approximate recommendations on how to allocate practice time.

## Values

5\%

## HUMILITY

Positive Coaching Alliance values humility. It is one of the greatest traits a person can exhibit, and it is especially helpful in team sports, such as basketball. The best teams are the ones where even the most talented and accomplished players are humble enough to accept a less prominent role for the good of the team. For example, a player who can score more easily than many teammates can show humility by passing more and giving others the chance to score. That humility helps the other players improve and gain confidence, which contributes to the team's overall success. Ultimately, the leading scorer's short-term sacrifice in prominence may lead to greater long-term prominence as team success increases, opponents' must spread their defensive focus, and the player who sacrificed has an even easier time returning to a high-scoring role.

* Ball Tag Game (8 taggers)
- All the players will start and have to stay within half court.
- One player will be designated as it.
- The player will run around for the allotted amount of time and try to tag other players.
- If the player tags someone else, their turn is over.
- To add an element to the game, if the person has the basketball, they cannot be tagged.

WARM-UP CONTINUED

5\%

- So as the tagger approaches a player, whoever has the ball should try to pass it to the player about to be tagged so that they are safe.
- The ball makes the player safe from being tagged.
- Mix up the game based on your teams needs (2 taggers, 2 balls etc).
Q. Key Points: Ultimately you want to get the players and their bodies warm and ready to practice in a fun way.


## Building

## Skills

> BALL-HANDLING
$\rightarrow$ Full Court Cone Dribbling (3-5 min)
SEE DIAGRAM NEXT PAGE >>

- Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline.
- Have all the players start on the baseline on the side with 10 cones with a ball.
- Dictate the dribble move that you want the players to work on through the 10 cones.
- The first player will dribble through the cones and when they are through the first 3-4 cones the next player will start.
- When the players get through the 10th cone, have the attack the basket and finish on the basket according to how you want them to finish.
- They will return up the
 other side of the court dribbling through the 5 cones.
- As they dribble through the 5 cones, let them be creative and dribble as they wish and finish a shot at the other basket as they wish.
- To ensure the players are dribbling through the 10 cones with their eyes up, have them keep their eyes on the basket in front of them and as any player in front of them shoots, they should call out "make" or "miss" according to the shot going in or not.
building skills CONTINUED
* Stationary 2-Ball 1.2. Cross Drill (2 x 40 sec )
- All players should get 2 balls (or share) and find space on the court.
- The players will start by dribbling two balls at the same time for 2 dribbles.


## BUILDING SKILLS CONTINUED

40\%

- After the 2 dribbles, the players will cross the balls in front of them so that the ball that was in the left hand is now in the right hand and the ball that was in the right hand is in the left hand.
- The players will repeat this sequence for the allotted amount of time.
Q. Key Points: Make sure the 2 dribbles are pound dribbles and they crossovers are quick.
$\otimes$ Between Cross Behind ( $2 \times 30 \mathrm{sec}$ )
- All the players should have a ball (or share) and find space on the court
- On the coaches command, the players will begin dribbling in the sequence of between, cross, behind.
- If the player makes a mistake during that process, they will start over with between.
- If they complete 3 consecutive dribbles of between, cross, behind, they will count that as 1 rep.
- The players will continue this process and get as many reps as possible in the allotted amount of time.
Q. Key Points: It will help the players to say the sequence as they go so they complete the reps in the correct order. Challenge the players to move quickly and beat previous scores.

Fundamentals of the Between Cross Dribble: The between cross dribble move is a combination move that requires the player to move as they would for any other combination move such as the between-between moves or the crossbehind move. The fundamentals of these move are shifting the weight from 1 side to the opposite side in the first part of the move, loading their weight, and exploding out for the 2 nd part of the move to beat the defender.

* Between Cross Breakdown Drill (2 $\times 30$ sec each way)
- Have all the players get a ball (or share), get a cone or other marker and find space on the court.
- The player will take 1 or 2 dribbles towards the cone in an upright position.
- Once the player gets to the cone they will drop down to dribble between the legs and loading on the inside leg (the same leg the ball is transferring to on the between dribble).
- Then the player will quickly push and dribble the ball back to the other side and move past the cone.
- After dribbling past the cone, the player will turn around and come back doing the same thing.
- Continue this process for the allotted amount of time and switch hands.
Q. Key Points: The most important part of this move is loading and changing directions quickly.
$>$ SHOOTING
- Shot Fake Lay-Up Drill (2 min each way)
- Put the players into 2 or 3 groups based on the number of players.
- Each group will have a line under the basket and on the perimeter.
- The groups that are on the baseline will have 2 balls.
- The first person in line will pass the ball to the first player on the perimeter and will run at them quickly.
- The shooter will catch, shot fake by sitting low, bring the ball and eyes up on the rim and then explode out of the shot fake for a good move and lay-up designated by coach.
- The passer will go to the back of the shooting line.
- The shooter will get their rebound and go to the back of the passing line and the process will repeat.
- Mix up which direction the player will go following the shot fake and which foot you would like them to step with first.
Q. Key Points: Make sure the passer runs at the shooter in a realistic way and work on sitting and selling a good shot fake and then attacking the basket.
$\otimes$ Step Back Breakdown Drill (1 x 8 reps each side)
- Have the players get a ball (or share) and find open space on the court.
- The players will start in a good triple threat stance and will take a dribble going right by simultaneously stepping across their body with their left foot.
- As their left foot plants out in front of them, the players will load on that leg and push back as far as possible while still staying close to the ground.
- The players should have their right foot hit the floor first with their left foot hitting the floor quickly after.
- The players will pick up the dribble take a balanced jump into the air as if they were going to shoot.
- The players will repeat this movement to both sides using both hands and feet.
- This breakdown drill only requires 1 dribble for each move.
Q. Key Points: Make sure the players are loading and exploding back on their step back. Also, make sure the player are pushing back nice and low to the ground and not jumping up in the air which allows the defense time to recover. Lastly, make sure they are balanced and can jump straight up.


## BUILDING SKILLS CONTINUED

40\%
$\otimes$ Step Back Shooting Drill ( $1 \times 10$ makes each way)

- Have the players get in 4 lines (left short corner, elbow, elbow, right wing).
- The first 2 players in each line will have a ball.
- All the players with the ball will take 1 dribble forward with their right hand and stepping with their left foot and then will take their step back, balance and shoot.
- The player will get their rebound and give it to the next player and go to the back of the line.
- If needed, give the players a visual and have them step back into a specified space.
- After making the allotted number of shots, have the lines shift (right short corner \& and left wing) and work on the step back going left.
Q. Key Points: Work on maintaining good balance while creating space for the shot.


## $\nabla$ Using a Screen Shooting Drill - Straight Cut

(20 makes for the team)

- Place a line of players at the top of the key with the first 3 players having a ball.
- Have a shooter, a $1 / 2$ speed defender and a screener all on the wing.


## BUILDING SKILLS CONTINUED



- The screener will go and set a screen for the shooter, the defender will simulate defense, and the shooter will come off and shoot from a straight cut.
- After the shot, the player will get their rebound and go to the back of the line at the top.
- The defender will now become the shooter and the screener will now become the defender and the passer will run into setting a screen.



## BUILDING SKILLS CONTINUED

40\%

- Continuously move through this drill as a passer, a screener, and a shooter working on making shots.
- Utilize multiple baskets or both sides of 1 basket to maximize reps.


## FOOTWORK \& CONDITIONING

Fundamentals of the Backdoor Cut: The backdoor cut is made by an offensive player is being overplayed or denied so that a teammate can't make an easy pass them. Therefore, the player will cut backdoor towards the basket. To make a good back cut, the player will plant and change directions and change speeds to explode quickly towards the basket so that the defender will be out of position."
$\otimes$ Backdoor Cut Lay-Up Drill (1 15 makes each side)

- Have the players get into 2 lines, 1 at the top and one on the wing or corner.
- Have the balls start in the line at the top and have the player with the ball dribble towards the wing.
- The player on the wing must time the cut and step up and then back cut.
- The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
- After the pass and the lay-up, the players will get the rebound and switch lines and continue.

BUILDING SKILLS CONTINUED


- Based on numbers, you can utilize 2 groups or 4 lines at each basket.


## $>$ REBOUNDING

$\otimes$ Tag \& Pursue Drill (2-3 min)

- Have the players get in groups of three and find space at a basket.
- Utilize as many baskets as possible and have at least 2 groups per basket.


Practice 5 of 12

## BUILDING SKILLS CONTINUED

40\%

- 1 player will be a defensive player.
- The other 2 players will be on offense not too far from each other with one ball .
- The defensive player will guard the player without the ball and start by being in "help" defense and saying "help, help, help".
- The offensive player will pass the ball to their partner.
- The defensive player will now close out and say "ball, ball ball."
- The offensive player will then pass the ball back to the other offensive player.
- The defensive player will jump into the help position and say "help, help, help".
- The offensive player will then shoot.
- The defensive player will locate their offensive player, tag and pursue the ball.


## Team Concepts

Fundamentals of Post Spacing on a Drive: It is important for post players and guards to work together to create scoring opportunities. When a guard drives, the post player must recognize the situation and space accordingly.
$\otimes$ Baseline Drive Same Side Post Shooting Competition ( $1 \times 10$ makes each side)

- Divide the players into 2 teams and have 1 team on each side of the basket.
- Both teams will start with 1 player on the block and a line of players on the wing with two balls at the front of the line.
- The player in the front of the line will drive to the baseline side towards the basket.
- As this happens, the player on the block, will space away from the drive up the lane line to make it harder for the imaginary help defender to guard both players.
- The player driving the ball will pass the ball to the post player who slid up the lane.
- The post player will catch, shoot, get their rebound and go to the back of their line.
- The player who made the pass will now become the post player and a new player from the line will now drive the baseline.
- The process will continue until 1 team or the other makes 10 shots.
$\otimes$ Shell Drill-4 on 4 ( 6 min )
- Divide the players into groups of 4 and start with 1 team on defense and one team on offense.
- The offense should only have players on the perimeter and no post players.
- The offense is only allowed to pass and cut (no screens).
- After 5 passes, the ball will become live and the offensive team can try to score but are still not allowed to screen.
- Switch teams every possession.
$\otimes$ Motion 4 on 0 Pass \& Cut ( 5 min )
- Place 4 markers on the perimeter and have a balanced line of players behind each one.
- The first 4 players up will pass and cut or pass and always fill the open spot on the court when a player leaves it.
- Encourage the players to work together to move the ball quickly and find and fill the open spots.
- Complete 5-7 passes before taking a shot.
- After the shot, the group will get their rebound and go to the back of the lines and the next 4 players will step on and repeat the process.


## Competing

$25 \%$

* 2 on 2 Numbers Game (games to 3)
- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number our teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and 1 shot of 2 on 2 .
- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by l's..
Q. Key Points: Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.


## * 5 on 5 Half Court (5 possessions at a time)

- Divide the players into groups of 5 (more if there are subs and not enough for 3 teams).
- Have 1 team start on defense and another team on offense.
- That team will play $1 / 2$ court defense for 5 possessions.
- If there is a 3rd team, the offensive team will change every possession.

COMPETING CONTINUED

## 25\%

- A possession ends with a made shot, rebound, or a turnover.
- A deflection out of bounds does not end a possession.
- Each team will get a chance to play 5 possessions of defense and the team with the most defensive stops wins.
- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 6 of 12

| theme | ACTIVITY | DETAILS PER ${ }_{\text {PRACTIC }}$ |
| :---: | :---: | :---: |
| Values | PLAYING POSITIONS | Teach the players the typical roles of each position. |
| Warm-Up | DYNAMIC WARM-UP (1 x each) | - Hip Hinge - Backward March - High Knees |
| Building Skills | Ball-Handling |  |
|  | CREATIVE CONE DRIBBLE DRILL ( $1 \times 2 \mathrm{~min}$.) | This drill allows players to work on fun creative moves. |
|  | 1-HAND BETWEEN SERIES ( $1 \times 2$ min. each way) | Dribble the ball in one hand and continually wrap it between the legs. |
|  | Passing |  |
|  | POST ENTRY PASSING <br> ( $1 \times 5$ reps each) | Encourage the defense to make this a difficult pass for the offensive player. |
|  | Shooting |  |
|  | BACKBOARD FORM SHOOTING ( $1 \times 8$ ) | Work on perfecting the shot with this fun shooting drill. |
|  | LOOP SHOOTING <br> (4 spots of 8 makes) | Keep the energy up and make shots as a team. |
|  | FULL COURT TRANSITION SHOOTING DRILL <br> (games to 9 makes) | Run the floor and knock down shots! |
| Team Concepts | SHELL DRILL 5 ON 5 - <br> WITH POST ( 5 min .) | Help the players know their defensive positioning with 5 players on the court. |
|  | MOTION-4 ON 0 ( 4 min.) | Allow for screening away from the ball. |
|  | 3 ON 2, 2 ON1 (4min.) | Work on advantage situation scoring and disadvantage defense. |
|  | 25 POINT FREE THROW GAME (1 game) | This game teaches the players to have a perfect free throw. |
| Competing | CHASE LAYUP DRILL-FULL COURT ( $1 \times 3 \mathrm{~min}$.) | Have the offensive player start at the elbow and face the defender before turning to go the other way! |
|  | 1ON 1-CONES (games to 3) | Players must touch the cones before getting to their spot for 1 on 1. |
|  | 1 ON 1-DRIBBLE OUT (gamesto 3) | Players must dribble and run out around the cones before playing 1 on 1. |
|  | 3 ON 2 TRAILER GAME <br> (games to 5 makes) | This drill encourages the players to score in the 3 on 2 setting before the 3rd defender arrives. |
|  | 5 ON 5 SITUATIONAL <br> (3 Situations) | It is very important for the players to begin to understand how to manage the game and clock. |

[^5]The percentages listed serve as approximate recommendations on
how to allocate practice time.

## Values

5\%
> PLAYING POSITIONS

Teach the players what the typical roles and responsibilities are of each playing position and then list some of their favorite players at that position:

- Point Guard: primary ball handler and distributor that sets the offensive plays for the team and is usually a good defender.
- Shooting Guard: This player is usually a scorer and a secondary ball handler.
- Small Forward: A small forward is typically a versatile player that can do a little bit of everything on the court.
- Power Forward: This is usually a taller player that can rebound and defend and may be able to stretch the floor and shoot, or score from the post.
- Center: A center is typically the tallest player on the team who protects the basket and scores close to the basket.


## Warm-Up

5\%

- Hip Hinge - Backward March - High Knees


## Building Skills


> BALL-HANDLING
( $)$ Creative Cone Dribble Drill (2 minutes)

- All players need a basketball (or share) and should stand on the baseline.
- The players will be divided into groups.
- The group will have 2 cones in front of them.
- The players will dribble to the first cone and will make any creative dribble move at the cone.
- The players will then dribble to the next cone and make any creative dribble move at the cone.
- After the second cone, the players will dribble out and shoot.
Q. Key Points: The players can work on fun creative moves with no pressure.
$\rightarrow$ 1-Hand Between Series (2 minutes each way)
- Have all the players get a ball and find space on the court.
- Have the players start with the ball in their right hand and dribble 1 time and then wrap the ball around their right leg from back to front with a $2 n d$ dribble.
- Again, dribble 1 time and then wrap again.


## BUILDING SKILLS CONTINUED

40\%

- Continue this process without touching the ball with the left hand.
- After doing this for the allotted time, continue taking 1 dribble and now wrap the ball from front to back around the right leg.
- Continue this process for the allotted time.
- Next change and do the same process with the left hand.
Q. Key Points: The focus here is to control the ball with one hand by making it wrap around the leg in 1 dribble. If the players can do this continuously without the 1 pound dribble, let them execute the drill without the extra dribble.
> PASSING
$\otimes$ Post Entry Passing ( $1 \times 5$ reps each)
- Have the players get in lines on each wing (utilize more baskets if needed).
- The first 2 players in each line should have a ball.
- There will also be a defender guarding the ball and a player on the block.
- The offensive player will work to make a good post entry pass against the defender.


## BUILDING SKILLS CONTINUED

- Once the player on the block catches the pass, they will make a move to score, get their rebound, and go to the back of the line.
- The defender will then become the post player and the passer will become the defender.
- This drill will continue for the allotted amount of reps.
Q. Key Points: Encourage the defense to make this a difficult pass for the offensive player.


## > SHOOTING

## Backboard Form Shooting (1 x 8)

- Have the players get a ball and utilize as many backboards as possible (partner up if needed).
- The players will stand a short distance from the basket to the side of the rim and will shoot the ball at the backboard.
- The goal of this drill is to shoot the ball high and have the ball touch the backboard on the way down.
- The players will do this for the allotted amount of reps.
Q. Key Points: This drill works on arc and touch as the players work on perfecting their shot.


## BUILDING SKILLS CONTINUED

40\%
$\otimes$ Loop Shooting (4 spots of 8 makes)

- The players will start in two lines facing the court where the Iane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.



## BUILDING SKILLS CONTINUED

0\%

- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
- After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.
- The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
- The player who made that pass will continue the process of looping behind, shooting, and going to the other line.
- Have the players shoot from different distances from the basket when you dictate.
Q. Key Points: Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.


## BUILDING SKILLS CONTINUED

40\%

* Full Court Transition Shooting Drill (games to 9 makes)
- A minimum of 9 players are needed to execute this drill.
- Divide the players into 3 groups, 1 group will line up on the baseline on 1 side of the court, another group will line up on the baseline in the middle of the court, and the 3rd group will line up on the baseline on the other side of the court.
- Place 1 player from each line on the opposite baseline with a ball.
- Place 1 player from each line at half court.
- And make sure the first person on the baseline has a ball.
- The player at half court will run towards the line on one of the baselines.
- The player with the ball on the baseline will pass the ball to the player who will catch and shoot.
- After shooting, the player will get the rebound and go to the back of the line.
- After passing, the player will run all the way towards the other baseline and catch a pass from the opposite baseline and shoot.
- After the shot, the player will get their rebound and get ready to be a passer from that baseline.


BUILDING SKILLS CONTINUED

40\%

- Following the pass, the player will sprint to the opposite end to catch and shoot.
- The rule is, pass and run the length of the floor to catch and shoot.
- The coaches can mix up the type of shots.
- After a team makes the dictated amount of shots, the teams can rotate spots on the court.


## Team Concepts

- Divide the players into groups of 5 and start with 1 team on defense and one team on offense.
- The offense should only have players on the perimeter and 1 post player.
- The offense is only allowed to pass and cut (no screens).
- After 5 passes, the ball will become live and the offensive team can try to score but are still not allowed to screen.
- Switch teams every possession.
- Emphasize post defense and how to help with a post player.
$\otimes$ Motion - 4 on 0 -Screens Allowed Away From Ball (4 minutes)
- Place 4 markers on the perimeter and have a balanced line of players behind each one.
- The first 4 players up will pass and cut or pass and screen away and always fill the open spot on the court when a player leaves it.
- Encourage the players to work together to move the ball quickly and find and fill the open spots.

Practice 6 of 12

TEAM CONCEPTS CONTINUED

- Complete 5-7 passes before taking a shot.
- After the shot, the group will get their rebound and go to the back of the lines and the next 4 players will step on and repeat the process.
$\rightarrow 3$ on 2,2 on 1 ( 4 minutes)
SEE DIAGRAM NEXT PAGE >>
- Start with 3 lines on the baseline (2 on the wing and 1 in the middle).
- The line in the middle will have basketballs.
- Place two players on the opposite end as defenders.
- The first player in each of the 3 lines will go with the ball up the court and try to score in the 3 on 2 fast break.
- The offense is only allowed 1 shot.
- Whichever player takes the shot or turns the ball over will get back on defense.
- The other 2 offensive players will stay there and become the 2 new defenders.
- The two current defenders will bring the ball back down the court and try to score in the 2 on 1 fast break.


TEAM CONCEPTS CONTINUED

25\%

- This process will repeat with a new group coming on from the baseline and those who just finished going to the back of the lines.
Q. Key Points: Work on spacing and making good decisions in transition.
$\otimes 25$ Point Free Throw Game (1 game)
- Utilize as many baskets as possible and have 1 player shooting at a time per basket.
- Each player will shoot 5 straight free throws until all players have shot.
- After all players have taken 5 free throws, the player with the highest score wins.
- The maximum number of points a player can score is 25 points or 5 points per shot.

Here is how it is scored:

5 If the player makes the shot nothing but net and the ball is coming back toward the free throw line so that the player can grab the ball with 1 foot still touching the free throw line, the player is awarded 5 points.

4 If the player makes the shot nothing but net and the ball does not come back toward the free throw line and they cannot grab the ball with 1 foot still touching the free throw line, the player is awarded get 4 points.

3 If the player makes the shot but the ball makes contact with the rim (or backboard) 1 time, the player is awarded 3 points.

2 If the player makes the shot but the ball makes contact with the rim (or backboard) 2 times, the player is awarded 2 points.

1 If the player makes the shot but the ball makes contact with the rim (or backboard) 3 times or rolls around on the rim, the player is awarded 1 point.

0 If the player misses the shot, they are awarded 0 points.

- Have a coach or other players count their points after every shot for 5 shots.
Q. Key Points: This drill teaches the players to be extremely focused on their free throws. Often players will make the shot but will be frustrated with their score. The scoring system also allows them to set goals and beat their record.
$\otimes$ Chase Layup Drill-Full Court ( $1 \times 3 \mathrm{~min}$ ) SEE diagram next page >>
- Have players partner up and get one ball for the two.
- The first player will start with the ball on the elbow and the other player will start on where the lane line meets the baseline.
- When the coach indicates, the player with the ball will dribble full court for a lay-up while the other player will try to run from behind to contest the lay-up.
- The next pair will start immediately behind them and each group will switch positions each time.
- Change spots on the court as the players get more comfortable.


COMPETING CONTINUED

25\%
Q. Key Points: This drill emphasizes having the players finish layups at game speed with a real defender behind them which forces them to have further concentration.
$\otimes$ 1 on 1-Cones (Games to 3)

- Have two lines at the top of the key with one line closer to the wing.
- Both lines will have a cone on the baseline directly in front of them.
- The coach will also be at the top with a basketball.

COMPETING CONTINUED

## 25\%

- The first player in each line will have to sprint to the baseline and touch the cone in front of them and then sprint to the wing for 1 on 1.
- The player that was closest to the wing will be the offensive player and the other player will be defense.
- Play 1 on 1 with a maximum of 3 dribbles for each possession.
- After the possession, the next 2 players in line will begin the same process.
$\otimes 1$ on 1-Dribble Out (games to 3)
- Have two lines on the baseline near the sideline with one slightly closer to the top of the key.
- Both lines will have a cone between above the three point line but before half court directly in front of them.
- The line closer to the sideline will have a ball.
- On the coaches command, the first two players in line will go to the cone and around them towards the middle of the court.
- The player will the ball will dribble the entire way and upon going around the cone, the players will play 1 on 1.
- After the possession, the next 2 players in line will begin the same process.


## 25\%

- This should be a fast pace game.
- Be sure to utilize the other side of the court or other baskets to maximize reps.
* 3 on 2 Trailer Game (games to 5 makes)
- Divide the players into 2 teams.
- 1 team will always defend the same basket with 2 players.
- Each team will also have a player or line of players that start on the sideline at half court.
- As the first team brings the ball up with three players, as they cross half court, the defending team will have their player at the sideline and half court run to the middle of half court, touch the floor and then help their teammates on defense.
- After the defensive score or stop, those 3 defenders will go the other direction to score.
- As they cross half court, the other teams player at the sideline and half court will run to touch the floor at the middle of half court and help their teammates on defense.
- This process will continue until the allotted score.
Q. Key Points: Encourage the players to score in the 3 on 2 setting before the 3rd defender arrives.

Practice 6 of 12

COMPETING CONTINUED

25\%
$\otimes 5$ on 5 Situational ( $3 x$ )

- Divide the players into teams and provide a specific game situation.
- Game situations may be, giving a team the ball and telling them they are winning by 1 point with the ball with 45 seconds remaining.
- Another game situation may be, losing by 2 with the ball and 2:30 left in the game.
- Help the players understand game and clock management and reinforce key points that come up in the situational play.
- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 7 of 12

| theme | ACTIVITY | DETAILS ${ }_{\text {PRAC }}^{\text {PRAC }}$ | PERCENTAGE PRACTICE TIME |
| :---: | :---: | :---: | :---: |
| Values | TIME MANAGEMENT | Help the players understand how to manage school, fun, sports, and other hobbies. | ถั |
| Warm-Up | DYNAMIC WARM-UP ( 1 x each from baseline to half court or vice versa) | - Leg Swings - Knee Hugs <br> - Imaginary Dunks Backwards Run <br> - Trunk Twists - Explosion Leaps | ถั |
| Building Skills | Ball-Handling |  |  |
|  | SIDE TO SIDE \& BETWEEN DRIBBLE DRILL <br> ( $2 \times 20$ sec each hand) | This drill will help increase dribble control. |  |
|  | IN \& OUT CROSSOVER <br> BREAKDOWN DRILL ( $1 \times 1 \mathrm{~min}$ ) | Have the players take a load dribble and then execute the move. |  |
|  | BEHIND THE BACK WRAP <br> BREAKDOWN DRILL ( $1 \times 1 \mathrm{~min}$ ) | Work on good wrap dribbles that move forward. |  |
|  | FOOT BETWEEN DRILL ( $2 \times 3$ ) | Teach the players to get to their spots without wasting dribbles. |  |
|  | Passing |  |  |
|  | SHOVEL PASS BREAKDOWN DRILL (1 min each way) | Work on perfecting the quick shovel pass to a teammate. |  |
|  | SHOVEL PASS DRILL (3 min) | Implement the shovel pass in a game like setting. |  |
|  | Shooting |  |  |
|  | CATCH, TURN, \& SHOOT DRILL ( $1 \times 3 \mathrm{~min}$ ) | Work on the proper shooting mechanics in this active shooting drill. |  |
|  | USING A SCREEN SHOOTING DRILL (15 makes each way) | Work on this drill as a team to make a lot of shots quickly. |  |
|  | Rebounding |  |  |
|  | ELBOW REBOUNDING <br> (games to 8) | Compete for each rebound in this rebounding drill. |  |
| Team Concepts | THE OUT CUT \& SHOT DRILL <br> (10 makes each way) | Work on the pass as well as the cut. |  |
|  | 2-PERSON CLOSEOUT (2 min) | Keep this drill very high energy with a lot of communication. |  |
|  | 3-TOUCH DEFENSIVE DRILL <br> ( 2 x each player) | Have the players work hard in this defensive drill. |  |
| Competing | 11-PERSON TRANSITION DRILL (5 min) | Divide into teams and work on transition scoring. |  |
|  | 3 ON 3 NUMBERS GAME (games to 3) | All possessions must start with a down screen. | ¢ |
|  | 5 ON 5 FREE PLAY (games to 5) | Give the players freedom and coach between the games. |  |

[^6]
## Values

5\%

## TIME MANAGEMENT

Positive Coaching Alliance reminds coaches and players of the importance of time management. We all have many obligations outside of basketball, such as school, family time and other hobbies and activities. To enjoy basketball and become our best, we have to keep the sport in its proper perspective. For example, not enough time spent on school work may leave players ineligible for teams, so that they may not be able to play basketball at all. And neglecting family and other important matters may result in losing some of the support structure that is critical to every person's success in basketball and all other aspects of life. A commitment to implementing time management skills helps keep all these important parts of our lives in balance.

- Dynamic Warm-up (1 x each from baseline to half court or vice versa)
- Leg swings - Knee Hugs
- Imaginary Dunks - Backwards Run
- Trunk Twists • Explosion Leap


## Building

Skills
$\otimes$ Side to Side \& Between Dribble Drill (2 x 20 sec )

- All players need a basketball (or share) and should find space on the court.


## BUILDING SKILLS CONTINUED

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- The players will start with the ball in their right hand and dribbling it towards the middle of their body.
- They will then move that right hand to catch the ball on its left side and push a dribble back out to the right.
- Now the ball has gone side to side quickly like a "v dribble" or windshield wiper".
- After that second dribble, the player will take the third dribble as a dribble between the legs to the left hand.
- The player will start the same process on the other side, dribble in, dribble out, dribble between.
- The players will continue this side to side and between dribble sequence for the allotted amount of time.

Fundamentals of the In \& Out Crossover: The in and out crossover is a great combination move that can help an offensive player beat their defender. To execute a good in and out crossover, the player must shift their body and the ball to deceive the defender. The player will do this by first taking their hand over the top of the ball to push it back out to the same side it started on. This is the in and out move. Next the player will load on the leg that is on the same side as the ball, and push off in the other direction as they cross the ball over in front of them. When done quickly, this move is very tough to defend.

## BUILDING SKILLS CONTINUED

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$\otimes$ In \& Out Crossover Breakdown Drill (1 x 1 minute)

- Have the players get a ball and find open space on the court.
- The players will take 1 dribble and stand up.
- Next the players will make an in and out crossover by shifting their weight and moving the ball from in and out, to a quick crossover.
- The players will again take 1 dribble to stand up, and then repeat the process.
- Continue for the allotted amount of time.
* Behind the Back Wrap Breakdown Drill (1 1 1 min)
- Have the players start with a ball in an open space on the court.
- The players will start with the ball in one hand.
- The player will simultaneously wrap the ball around their back so that it bounces up to their opposite hand as they step forward.
- As the player wraps the ball, they will try to put their hand into their opposite pocket area on the wrap.
- The players will also take that one step forward as they dribble by pushing off the same foot of the hand the ball starts in.
- The players will repeat this process for the allotted number of reps each way.

$\otimes$ Foot Between Drill ( $2 \times 3$ )
- Have the players partner or groups of 3 (if 1 player rests).
- There should be cones set up in a triangle.
- One player will start at the top of the triangle with the ball.
- The other player will be a defender guarding the player with the ball.
- It is the offensive players job to make a dribble move and get their foot between the other two cones.
- The other two cones should be about the with of the lane line and about approximately the distance from the 3 point line to the free throw line.
- The defensive player is trying to prevent the offensive player from getting their foot between the cones by playing good defense.

- After the offensive player gets their foot between the cones, they will quickly retreat dribble to the starting point and begin immediately again until they get their foot between the cones the allotted number of times.
- After that, the players will switch or rotate and continue the drill.
Q. Key Points: Teach the players to get to their spots without wasting dribbles.

PASSING

Fundamentals of the Shovel Pass: The Shovel pass is a quick deceptive pass that typically happens in or around the paint. The shovel pass is an underhand pass that usually leads to a lay-up or a shot.

- Shovel Pass Breakdown Drill (1 min each way)
- Have the players partner up with a ball.
- The players will stand across from each other at approximately the lane line distance.
- Both players will face the baseline.
- The players will work on the shovel pass back and forth to each other before changing and facing the other direction.
- Work on the quick underhand pass and if the players are comfortable, add a dribble on the opposite side of the pass.
$\otimes$ Shovel Pass Drill (3 min)
- Start in a 2 on 1 break setup with one player in the paint and 2 players above the wings.
- 1 player will dribble the ball towards the basket and the 2nd player will stay slightly behind the play


## BUILDING SKILLS CONTINUED

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- As the players approach the basket and the defensive player commits, have the player make a shovel pass to their teammate for a lay-up.
- If the defender is playing the drill, allow the passer to shoot instead if needed.
- After the lay-up the shooter will become the defender and the passer will rebound and go to the back of the line.
- The defender will also rotate to the back of the line.


## > SHOOTING

* Catch, Turn, \& Shoot Drill (1 x 3 min) SEE DIAGRAM NEXT PAGE >>
- Have the players start in one line at the top of the key (add other lines to maximize reps if needed).
- There should be two balls in the line with the $2 n d$ and 3 rd players.
- The first player will run to the baseline plant and change directions and come back towards the ball.
- The next person in line will pass them the ball and the player will plant their inside foot, turn and shoot, get their rebound and go to the back of the line.
- After the passer makes the pass, they will run to the baseline plant and come back to catch, turn on their inside foot and shoot.
- This process will continue.


BUILDING SKILLS CONTINUED

- Coaches need to dictate which way the players will turn and work on it both ways.
- The shots should be short 2 point shots that can be made at a high percentage.


## BUILDING SKILLS CONTINUED

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$\otimes$ Using a Screen Shooting Drill (15 makes each way)

- A passing line is on the wing. An offensive player, pretend defensive player and a screener are on the other side.
- The offensive player comes off the screen to catch and shoot and go to the back of the line.
- The defensive player now becomes the shooter and the screener now becomes the defensive player.



## BUILDING SKILLS CONTINUED

40\%

- The player who made the original pass now runs across and becomes the screener.
- Work on this drill as a team to make a lot of shots quickly.
$>$ REBOUNDING
$\otimes$ Elbow Rebounding (games to 8)
- Set up two lines on the baseline at the lane lines (utilize other baskets if needed).
- The players will work in pairs as a team.
- Have the first player in each line start on offense at the elbows and the next two players will step out to defend them.
- The coach will have the ball and will take a shot.

- On the shot, the defensive players will call out "shot!" and turn to make contact with the offensive player and then pursue the ball.
- If the defense gets the rebound, they will rotate to the offense and the offense will move to the end of the line while another 2 players step on as defense.
- If the offense gets a rebound, they will try to score.
- Make or miss the same offensive team will stay on the court and get a point.
- A new defensive team will rotate on.
- The team will win by getting 3 offensive rebounds.

Fundamentals Of The Out Cut:The out cut, or fade, happens when an offensive player is running off a screen to get open. As the player gets to the point of the screen, the defender goes underneath the screen. When that happens, the offensive player makes an out cut or fade to create separation between the defender and himself/herself. This allows the offensive player to get open and receive a pass from their teammate.
$\otimes$ The Out Cut \& Shot Drill (10 makes each way)

- Have 1 group of players start on the baseline and another group at the top of the key with a ball.


## TEAM CONCEPTS CONTINUED

- Place a chair or other item to simulate a screen inside the 3 point line and a coach at the top.
- The first player from the baseline will step on the court and set up the screen simulating a game situation.
- Next the player will imagine the defender going under the screen so as they get to the point of shoulder to shoulder with the screen, they will plant their foot closest to the screener and use their hand closest to the screener to push out away from the screen as an out cut.
- The player at the top will pass the ball back to the player who will shoot the shot dictated by the coach.
- The player will then get their rebound and switch lines with the passer.
- Continue to work on the timing and good passes as well.
$\otimes 2$ Person Close-Out Drill (2 min)
- There will be 2 offensive players on opposite wings with 1 ball.
- There will be a line of players under the basket.
- When the ball is skipped from one player to the other player, the defensive player on the baseline will close out to the ball.
- When the coach says "Pass" the offensive player will skip the ball to the other offensive player on the opposite wing.


TEAM CONCEPTS CONTINUED

25\%

- On that pass the next player on the baseline will close out to defend.
- The player who was guarding the ball will jump into help side defense and call out "help, help, help".
- When the coach says pass, the offensive player will skip the ball back to the opposite wing.

TEAM CONCEPTS CONTINUED

25\%

- On that pass a new defensive player from the baseline will sprint to close out, the player in help will step off and go to the back of the line and the player that was guarding the ball will jump to help.
- On the pass, a new player will close out, the player in help will step off, and the on ball defender will jump to help.
- This process will continue.
Q. Key Points: Keep high energy with a lot of communication.
- 3-Touch Defensive Drill (2 x each player) SEE dIAGRAM next pace >>
- Have a line of players on the baseline and 1 player on the court (utilize multiple baskets/space if possible.
- There will be 5 designated spots on the floor, $1 \& 2$ are the corners, $3 \& 4$ are high outside the wings, and 5 is just above the top of the key.
- The first player up will start in a stance chopping their feet, when coach points to a cone, they will sprint to the cone and come back to the starting point.
- If the coach allows time at the starting point the player will chop their feet again until the coach points to another cone, the player will sprint to the cone and sprint back.
- This will happen a 3rd time and after the 3rd touch the player will return to the starting point and sprint all the way down and back and then go to the back of the line.


TEAM CONCEPTS CONTINUED

25\%

- The entire time this player was doing their 3 touches, the next 2 players were in a stance chopping their feet.
- Everybody else in line will sit in a good stance so that everybody is active until the last person has completed the drill.
- As the players get to their 3rd touch on the court, their teammates should get load and encourage them with clapping and cheers.


## Competing

25\%
$\otimes$ 11-Person Transition Drill (3-5 min)

- This drill is the 11-person transition drill because there must be at least 11 players to make it work.
- There are 2 defenders at each basket and there are 3 offensive players going towards 1 basket which is 7 players.
- The remaining four spots are on the sideline on in between half court and the free throw line on each side of the court where a player could receive an outlet pass. With these four spots filled, there are 11 players needed.
- The players will move towards a basket in a 3 on 2 break.


COMPETING CONTINUED

## 25\%

- After 1 shot or a turnover, what ever player gets the ball (offense or defense) will make an outlet pass to one of the players on the sidelines.
- After the outlet the player will dribble to the middle of the floor and the player who made the outlet will fill the lane that they passed it to and the other player on the sideline will fill the opposite lane.
- These 3 players will attack 3 on 2.
- After a shot or turnover, any player can get the ball and repeat the process going back.
- The two defensive players will step off and two of the offensive players will become defense while the other players will fill in the outlet lines.
- Continue this transition process for the allotted amount of time.
- 3 on 3 Numbers Game (games to 3)
- Assign 3 players to each number and have everybody stand on the baseline. The three players with the same number our teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3 .

COMPETING CONTINUED

## 25\%

- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by l's.
Q. Key Points: Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.
$\otimes 5$ on 5 (games to 5)
- Divide the players into teams.
- Give the players some freedom and let them play.
- Coach the players by talking to them between the games.
- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 8 of 12

| theme | ACTIVITY | DETAILS PRA | PERCENTAGE OF TOTAL PRACTICE TIME |
| :---: | :---: | :---: | :---: |
| Values | REST | Teach the players the importance of sleep. | คั่ |
| Warm-Up | LINE HOPS ( $1 \times 20$ seconds each) | - 2 Feet Forward \& Backwards - 2 Feet Side to Side <br> - 1 Foot Side to Side - Stationary Hip Swings <br> - 1 Foot Forward \& Backwards - Arm Rolls | คั่ |
| Building Skills | Ball-Handling |  |  |
|  | SPIN DRIBBLE DRILL (3 min.) | Work on good, balanced spin moves. |  |
|  | SPIN MOVE TO SHOT <br> (2 reps each way) | After the spin, make sure the players are balanced and can shoot. |  |
|  | MOVING BETWEEN THE LEGS DRILL ( 2 x down \& back each way) | Make sure the players stay low and push forward as they dribble dribble between the legs. |  |
|  | 2 BALL SAME TIME MOVING <br> ( 2 x down \& back) | Have the players stay low and move at a natural pace. |  |
|  | Passing |  |  |
|  | POUND \& PASS DRILL <br> ( $1 \times 1$ minute each hand) | Emphasize a good Pound dribble and a controlled 1 hand pass. |  |
|  | STAR PASSING (10 x each way) | Pass and follow the pass in a star pattern that finishes with a lay-up. |  |
|  | POST PASS \& CUT DRILL <br> (12 lay-ups each way) | Work on a good post pass and a quick cut to score. |  |
|  | Shooting |  |  |
|  | SPIN STEP-IN DRILL <br> ( $1 \times 2$ min each way) | Always use the inside foot and get balanced before shooting. |  |
|  | SHOOTING LINE GAME (games to 5) | Have fun shooting like practiced! |  |
|  | Rebounding |  |  |
|  | REBOUND \& SCORE (3 each) | This is a tough rebounding and finishing drill! |  |
| Team Concepts | FULL COURT MAN (3 each) | Work on turning the offensive player and staying in front! |  |
|  | MOTION-4ONO <br> (1×8 makes) | The players will continually drive and kick until the coach says shoot. |  |
| Competing | 3 ON 2, 2 ON 1 (4 minutes) | Work on transition finishes in this game like drill. |  |
|  | LINE UP TRANSITION (5 stops) | Work on transition defense. The first team with 5 stops wins. | かّ |
|  | 5 ON 5 (games to 5) | Stop the game and coach as needed. |  |

[^7]The percentages listed serve as approximate recommendations on
how to allocate practice time.

## Values <br> $>$ REST

It is important to get plenty of rest, so your body can recuperate from strenuous workouts and games, leaving you prepared for the next, and so that your body and mind are also ready for the other challenges of the day outside of basketball. Sleep is critical to a healthy body and mind, so even if you have FOMO (fear of missing out), make sure you get plenty of sleep. If it helps, remind yourself that when it comes time for the 100\% effort necessary for success on the court, you won't be missing out if you're well-rested.

Coaches and players should relish rest during practices. Breaks from the physical exertion are necessary, and they also provide a natural time for players and coaches to talk to each other. While everyone catches their breath, you can go over plays or discuss strategy. It's also a great opportunity for coaches and players to get to know each other better. You can do icebreaker exercises or just have each player and coach talk a bit about their favorite NBA players or games they may have seen the previous night. Team-building during these rest breaks is an important part of what coaches and players should be getting from their youth basketball experience.

Warm-Up $\otimes$ Line Hops ( $1 \times 20$ seconds each $)$

- 2 feet forward \& backwards . 2 feet side to side
- 1 foot forward \& backwards . 1 foot side to side
- Stationary Hip Swings • Arm Rolls


## Building Skills

$\otimes$ Spin Dribble Drill (3 minutes)

- The players will all have a ball and start on the sideline.
- They will take 2 dribbles with their right hand and spin to their left.
- The players will repeat now taking 2 dribbles with their left hand and spinning back to their right.
- The players will do this all the way down the court and back.
Q. Key Points: Make sure the 2nd dribble is a hard dribble and the players can think about having their feet almost come to a jump stop at the same time as their $2 n d$ dribble as they prepare to spin.
$\otimes$ Spin Move to Shot (2 reps each way)
- Have the players start in lines on the wings with a ball.
- The first player will take 2 dribbles towards the baseline and simulate a defender cutting them off.
- The player will spin back towards the middle without taking another dribble, squaring up and taking a jump shot.
- The player will get their rebound and go to the other line and the process will repeat as the next player goes.

Practice 8 of 12
Q. Key Points: Make sure the players take a hard last dribble a take a good big powerful spin towards the middle while sitting in a good stance to maintain balance.

- Moving Between the Legs Drill (2 x down \& back)
- All players need a ball (or share) and will start on the baseline.
- The players will will dribble all the way down the floor taking two dribbles and then exploding forward between the legs.
- 2-Ball Same Time Moving ( 2 x down \& back)
- All the players will start on the baseline with 2 balls (or share).
- They will start by dribbling with 2 balls at the same time.
- After a couple of dribbles, they will begin moving at a natural pace while staying low.
- They will do this for this distance dictated before turning and coming back.
$>$ PASSING


## P Pound \& Pass Drill ( $1 \times 1$ minute each hand)

- Have the players partner up and get a ball.
- The partners will stand at least the lane width apart.
- The partner with the ball will start by pounding the ball and then passing it out to their partner with one hand.
- The pass should not be underhand, it should overhand with their hand behind the ball and their fingers pointing up.
- The partner will catch the ball with one hand and repeat the action back to their partner.
- The players should work at an intense speed.
- Change the types of dribbles leading into the pass to keep the drill fresh.
Q. Key Points: Emphasize a good pound dribble and a controlled 1 hand pass.
$\otimes$ Star Passing (10 x each way)
- Have 5 lines of players, 1 on each elbow, 1 on each block, and 1 under the basket.
- Have 1 player start with the ball under the basket facing the court.


## BUILDING SKILLS CONTINUED

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- The player with the ball will pass the ball to the player on the right elbow and then follow the pass to take that spot.
- The player on the elbow will pass the ball to the opposite block and follow that pass to the back of that line.
- The player on the block will pass across to the other block and follow to that line.
- The player on the block will pass to the player on the opposite elbow and follow that pass to the back of that line.
- The player on the elbow will catch the ball and dribble in for a lay-up.
- The line under the basket will grab the rebound and the process will begin again.



## BUILDING SKILLS CONTINUED

40\%
$\otimes$ Post Pass \& Cut Drill (12 lay-ups each way)

- Have the players start in a line at the three point line with the first several players having a ball.
- The first player in line will start with the ball in triple threat and fake a pass, then make a pass to the post player or coach.
- Immediately after the pass, the player will make a baseline cut and receive the ball back for a lay-up.
- The player will get their rebound and go back to the end of the line.
- This process will continue.
> SHOOTING


## Spin Step-In Drill (1 x 2 min each way)

- Have each player get a ball and start in 1 line on the baseline (be sure to utilize multiple baskets).
- Place 3 cones around the paint, 1 just above the block, 1 in the middle of the lane and 1 just above the opposite block.
- Have the players spin the ball out in front of the first cone, move forward and step into the ball with their inside foot.


## BUILDING SKILLS CONTINUED

40\%

- Once square and balance repeat the process moving to the cone in the middle of the paint.
- Again once square and balance repeat the process moving to the 3rd cone where the player will plant their inside foot and this time shoot the ball.
- The player will get their rebound and go to the back of the line.
- The players are allowed to start once the player in front of them is at the middle cone.
Q. Key Points: Work on balance and good footwork. Be sure to go both directions. Always use the inside foot and get balanced before shooting.
$\otimes$ Shooting Line Game (games to 5)
SEE DIAGRAM NEXT PAGE >>
- Divide the players into two or more group lines and have each group at a designated shooting spot on the court.
- Group lines will operate as a team and keep their score together.
- The players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.
- Continue this drill until one team makes the designated number of shots. Then switch spots and start over.


BUILDING SKILLS CONTINUED

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Q. Key Points: Have the players count the makes out loud for both teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.

REBOUNDING

Rebound \& Score (3 each)

- Have 3 players start in the paint and a line on the baseline.
- Coach will shoot the ball and all 3 players will try for the rebound.
- Once a player has the rebound they have to try to score.
- All shots have to be in the paint and limited fouls are called.
- The other 2 players are playing defense and trying to prevent the player with the ball from scoring.
- A player must score 3 times to come out of the game and the next player in line jumps into the game immediately.

BUILDING SKILLS CONTINUED

- There are no pauses and the ball is always live, even as it just passes through the net.
- This is a tough rebounding and finishing drill that will force the players to battle and work hard to rebound and score in the paint.

Fundamentals of Defending the Post: There are a variety of ways to defend post players and coaches may choose to adjust their defense depending on the team or the player. Regardless, you always want to keep the offensive player away from the basket, so the more difficult you can make it for the player to get close and catch close to the basket, the better. Next, the defense will depend on where the ball is. For this example, if the ball is on the wing on the same side as the post, there are the options of fronting the post by getting between the passer and the post player. You can also play behind the post player and stay between the player and the basket. Or you could choose to defend in between with something like a $3 / 4$ or $1 / 2$ front in which one foot is in front of the player with a hand discouraging the pass, and one foot behind the player so the defense can easily get back behind the player on the catch. There are also options of defending from the high side or the baseline side.

Of course, there are different ways to double team as well. Maybe doubling from the passers defender works for you, or perhaps doubling from the weak side from the baseline side is what you like. Or maybe you'll prefer always doubling from the other post player, or maybe you like waiting until the player dribbles to double team. The point is, there are a lot of options and we encourage you to explore what works best for you.
$\otimes$ Full Court Man (3 x each)

- Have the players partner up based on skill level and position and get a ball.
- Have half the groups start on one baseline and the other half on the other baseline.
- Pretend the court is split in half down the whole court on the lane line so the players cannot cross over the middle.
- The defensive player will try to make the offensive player change directions as much as possible and will stay in front by sliding or running to get back in front if beat.
- The offensive player is trying to score at the opposite basket.
- Once players get to half court the next group in that line can go.
- After a group finishes, they will go to the end of the line at the end they shot at and switch offense to defense
Q. Key Points: This is not an easy defensive drill but it is important that the work hard to make it difficult for the offense.
$\otimes$ Motion - 4 on 0-Screens Allowed Away From Ball (1 x 8 makes)
- Place 4 markers on the perimeter and have a balanced line of players behind each one.


## TEAM CONCEPTS CONTINUED

25\%

- The first 4 players up will pass and cut or pass and screen away and always fill the open spot on the court when a player leaves it.
- Encourage the players to work together to move the ball quickly and find and fill the open spots.
- Complete 5-7 passes before taking a shot.
- After the shot, the group will get their rebound and go to the back of the lines and the next 4 players will step on and repeat the process.


## Competing

$\otimes 3$ on 2,2 on $1(4 \mathrm{~min})$
SEE DIAGRAM NEXT PAGE >>

- Start with 3 lines on the baseline (2 on the wing and 1 in the middle).
- The line in the middle will have basketballs.
- Place two players on the opposite end as defenders.
- The first player in each of the 3 lines will go with the ball up the court and try to score in the 3 on 2 fast break.
- The offense is only allowed 1 shot.
- Whichever player takes the shot or turns the ball over will get back on defense.

COMPETING CONTINUED

25\%

- The other 2 offensive players will stay there and become the 2 new defenders.
- The two current defenders will bring the ball back down the court and try to score in the 2 on 1 fast break.
- This process will repeat with a new group coming on from the baseline and those who just finished going to the back of the lines.


COMPETING CONTINUED

25\%
$\otimes$ Line Up Transition (5 stops)

- Divide the players into teams and have 5 players line up across the baseline and 5 players line up on the free throw line extended across from them.
- The coach will have a ball and pass it to a player on the baseline and that player and that team will go to the other basket to try to score.
- The player that is standing free throw line extended in front of the player who caught the ball will have to sprint to the baseline in front of them and turn and sprint back into the play which is now ahead of them.

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- The defensive team will need to stop the ball and match up as they are at a 5 on 4 disadvantage until the player hustles back into the play.
- After the possession, have the teams switch (baseline to free throw line extended and vice versa) and continue the drill.
- Coach the players through the proper method of stopping the ball and matching up.
- The team with the set number of defensive stops first wins
$\otimes 5$ on 5 (games to 5)
- Divide the players into teams and play 5 on 5 full court.
- Play games of 4-minutes to ensure the players play hard the entire game.
- In this version of 5 on 5 , if there is a coaching point, stop the game and make the point before continuing.


## Compliment

 Session- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 9 of 12
ALL-STAR LEVEL


[^8]The percentages listed serve as approximate recommendations on
how to allocate practice time.

## Values

5\%

## RECOVERY

The right amount of recovery during practices and games is critical. Very few people, maybe nobody at all, can go 100\% for a full game. Take advantage of opportunities to moderate and control breathing during timeouts or while on the bench. In practices, players can push hard through drills and conditioning and then recover while shooting free throws. That way, there is no "down time," players always are working on some aspect of their game, and they also are getting over their exhaustion so they can be prepared when practice picks up pace again. Meanwhile, they are getting the gamecondition practice of shooting free throws while fatigued.

Recovery also refers to extra steps that can be taken off the court as well such as ice, days off, or even physical therapy for injuries.

* Partner Running Pass Drill (8 to 1)
- Have the players partner up and stand on the baseline across from each other.
- The players will pass back and forth to each other as they run down the court and shoot a lay-up at the other end.
- After they lay-up, they will wait at the other end for all the groups to finish before coming back the other way.
- The group behind them can start once the group in front is almost to half court.

WARM-UP CONTINUED

5\%

- The players will be required to make the allotted number of passes to each other before shooting the lay-up.
- So on the first trip down, the players will make 8 passes before shooting so they must count loud and execute a layup after 8 passes.
- On their way back, they will make 7 passes before the lay-up.
- This process will continue all the way down to 1 pass for a lay-up.
Q. Key Points: Make sure the players count their passes loud and shoot the lay-up at the right time. Try not to drop any passes or miss any lay-ups. As the drill progresses, the players must run faster.


## Building Skills

* 2 Ball Moving - Add Side to Side ( 2 x down and back)
- All the players will start on the baseline with 2 balls (or share).
- They will start by dribbling with 2 balls at the same time.
- After a couple of dribbles, they will begin moving at a natural pace while staying low.
- They will do this for this distance dictated before turning and coming back.
- Add dribbling both balls from side to side dribble after the first trip.
$\rightarrow 2$ Ball with Contact ( $2 \times 20 \mathrm{sec}$ )
- Have the players partner up and get two balls.
- As the first player dribbles both balls, have the partner give them contact with pressure and fouls to make it more difficult to control the balls.
- Make sure the partner is controlled in their fouling and contact and is focused on helping the dribbler get better.
- After the allotted amount of time, the partners will switch and work do the same with the other partner.
(3-2-1 In \& Out Dribble Drill (3 x each side)
- Have the players start at half court and the sideline with a ball.
- Utilize the other side and other basket if needed.
- The players will move forward by dribbling 1 time forward and then take an in and out dribble.
- The player will again raise up and dribble 1 time forward followed by 2 in and out dribbles.
- The player will again raise up and dribble 1 time forward and then drop to make an in and out crossover and stride into a shot.
- The player will get their own rebound and go to the back of the line.


## BUILDING SKILLS CONTINUED

0\%
Q. Key Points: Work on standing up and dropping down to make the move. Also work on the footwork within each in and out move.

## PASSING

$\Rightarrow$ Pressure Timing Drill (3 x each side)

- Have the players partner up and go with their partner to either the passing line at the top of the key or the cutting line under the basket.
- The first pair up will start with one player with the ball on offense inside a dictated area at the top of the key.
- The partner will defend with pressure as the player dribbles in that space.
- The partner group on the baseline will start under the basket with one offensive and one defensive player.
- The offensive player will choose to cut out towards the wing on either side of choice.



## BUILDING SKILLS CONTINUED

0\%

- The offensive player at the top will have to time the pass and make a good pass to the player going to the wing as the defenders try to get deflections.
- On the catch the offensive player has 3 dribbles to quickly try to score.
- The players will change lines and continue this process.
- Make sure the players are changing from offense to defense as well.


## SHOOTING

Make For a Cone Game (3 minute games)

- Players are separated into 2 even teams and line up in front of the basket.
- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and goes to the back of the line.
- If the player misses the shot they get the rebound and pass to the next person on their team and continue to the back of the line.


## BUILDING SKILLS

 CONTINUED40\%

- After 3 minutes, the team with the most cones wins.

Fundamentals of the Post Up: Posting up is something an offensive player does to try to get the ball close to the basket. When posting up, the offensive player will have their back facing the basket and chest facing their teammate with the ball. The player will get in a good stance with a low wide base and make contact with the defensive player. Then they will keep their chest up and show a hand as a target to show their teammate where to pass the ball. Posting up requires the player to be physical and make contact with the defensive player in order to catch the ball where they would like.
$\otimes$ Pass \& Drop Step Drill (2min each side)

- One player will start on each block and there will a line on the wing in front of each of them.
- The first few players in each line will have a ball.
- The first player with the ball will make a good post entry pass to the player making a good post up on the block.
- The player will catch the ball and execute a drop step, get their rebound and go to the back of the line.
- The player who made the pass will then run to the block and post up and prepare to receive the pass from the next person in line.
- This process will continue for the allotted amount of time and then the players will switch sides.

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BUILDING SKILLS CONTINUED
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## 40\%

Q. Key Points: Make sure the players are executing good post entry passes, the players are posting up and making good drop step moves..

## FOOTWOORK \& CONDITIONING

$\otimes$ Explosion Leaps ( 1 x each way)

- Have the players start on the sideline and bound by loading their arms and legs and bounding off two feet as far up and out as possible.
- The players will land on two feet and immediately repeat the process.
- The players will continue for the allotted distance.
Q. Key Points: Emphasize explosiveness and quickness with each bound!

Team Concepts
$\otimes 2$ on 0 Post Entry or Drive (5 minutes)

- Have the players get 4 lines, 1 on each wing, and 1 on each block.
- The players on the wing will start with the ball and has the option of passing it into the post player or driving the ball.
- If the player passes to the post, they can cut, screen in, or relocate to receive a pass back and a shot.

TEAM CONCEPTS CONTINUED

- If the player drives the ball, they can drive middle or baseline and the post player will react accordingly and get a shot.
- After the shot, the players will switch lines and the next group up will continue with the same process.
- Help the players to react off of each other and play together.
$\rightarrow$ 2-Person Close Out (2 minutes)
- There will be 2 offensive players on opposite wings with 1 ball.
- There will be a line of players under the basket.
- When the ball is skipped from one player to the other player, the defensive player on the baseline will close out to the ball.
- When the coach says "Pass" the offensive player will skip the ball to the other offensive player on the opposite wing.
- On that pass the next player on the baseline will close out to defend.
- The player who was guarding the ball will jump into help side defense and call out "help, help, help".
- When the coach says pass, the offensive player will skip the ball back to the opposite wing.


TEAM CONCEPTS CONTINUED

25\%

- On that pass a new defensive player from the baseline will sprint to close out, the player in help will step off and go to the back of the line and the player that was guarding the ball will jump to help.
- On the pass, a new player will close out, the player in help will step off, and the on ball defender will jump to help.
- This process will continue.
Q. Key Points: Keep this drill very high energy with a lot of communication.

TEAM CONCEPTS CONTINUED

25\%
-3 on 3-Helpthe Helper (6 minutes)

- Divide the players into teams of 3 .
- Utilize both baskets if there are four or more teams.
- The game must start with a baseline drive, a help player stopping the ball and the 3rd player "helping the helper".
- The offensive player must kick the ball out and then the game is live and the players can move and play as they choose.


25\%

- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a "check," and allowing players to get to the top of the key and start their possession.
$\otimes$ Full Court Man (3 possessions each)
- Have the players partner up based on skill level and position and get a ball.
- Have half the groups start on one baseline and the other half on the other baseline.
- Pretend the court is split in half down the whole court on the lane line so the players cannot cross over the middle.
- The defensive player will try to make the offensive player change directions as much as possible and will stay in front by sliding or running to get back in front if beat.
- The offensive player is trying to score at the opposite basket.
- Once the players get to $1 / 2$ court the next group in that line can go.
- After a group finishes, they will go to the end of the line at the end they shot at and switch offense to defense.

COMPETING CONTINUED
Q. Key Points: This is not an easy defensive drill but it is important that the work hard to make it difficult for the offense.

2 on 2-Cones (games to 4)

- Have two lines at both sides of the top of the key with one line closer to the wing.
- All lines will have a cone on the baseline directly in front of them.
- The coach will also be at the top with a basketball.
- The first player in each line will have to sprint to the baseline and touch the cone in front of them and then sprint to the wing.
- The players that were closest to the wing will be on offense and the other players will be defense.
- The coach can pass to either side and the players will play 2 on 2 with a maximum of 3 dribbles for each possession.
- After the possession, the next 4 players in line will begin the same process.
- All the players have to run around the cones before the game is live.


## 25\%

$\otimes 3$ on 3 Dictated (games to 3)

- Divide the players into teams of 3 .
- Utilize both baskets if there are four or more teams.
- The players must start the play how the coach dictates any time the coach decides to dictate a first action.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a "check," and allowing players to get to the top of the key and start their possession.


## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 10 of 12
ALL-STAR LEVEL

| theme | ACTIVITY | DETAILS ${ }^{\text {PRA }}$ | PERCENTAGE PRACTICE TIME |
| :---: | :---: | :---: | :---: |
| Values | TEAMWORK | Lead the players in a discussion about teamwork. | คั่ |
| Warm-Up | DYNAMIC WARM-UP (1xeach) | - The Bear Hold - Pogo Jumps Ankling - Leg Swings $\quad$ Carioca | ٌٌ |
| Building Skills | Ball-Handling |  |  |
|  | FULL COURT CONE DRIBBLING ( 5 min .) | Work on specific dribble moves and finishes. |  |
|  | STATIONARY 1-2 BEHIND THE <br> BACK ( $2 \times 30 \mathrm{sec}$.) | Work on 2 strong dribbles and then dribble behind the back. |  |
|  | BEHIND THE BACK CHALLENGE (3 min.) | Have the players set goals and try to beat their previous best! |  |
|  | REACTION DRIBBLE ( $2 \times 1 \mathrm{~min}$.) | Players change dribbles on the coach's whistle. |  |
|  | Shooting |  |  |
|  | 1-STEP FORM SHOOTING ( $1 \times 2 \mathrm{~min}$.) | This is a fundamental movement for all shooters to develop. |  |
|  | V-CUT LAYUP DRILL ( $1 \times 3 \mathrm{~min}$.) | Work on good footwork and attacking the basket. |  |
|  | PASS \& UP \& UNDER DRILL <br> (1×3 reps each way) | Work on good footwork and good form. |  |
|  | BACKDOOR PASS LAYUP <br> DRILL ( $1 \times 15$ makes each side) | Work on good timing and great passes. |  |
|  | POST ENTRY PASSING <br> (1x5 reps each) | Encourage the defense to make this a difficult pass for the offensive player. |  |
| Team Concepts | DEFENSIVE MIRROR DRILL <br> ( $2 \times 20 \mathrm{sec}$ each) | Have the players partner up and work on moving efficiently. |  |
|  | DEFENSE TO SHOOTING DRILL (game to 2) | Two players will compete at a time. |  |
|  | DIVE-CONTEST-CHARGE <br> DRILL (2 x each player) | Bring a lot of energy to this drill. |  |
| Competing | 3 ON 3 CONTINUOUS PLAY <br> (games to 3) | The coach will dictate how each play must start. |  |
|  | 4 ON 4 NO DRIBBLES (games to 3) | Encourage the players to cut and move without the ball. | セٌ |
|  | 5 ON 5 (games to 3) | Coach the players as they play. |  |

[^9]The percentages listed serve as approximate recommendations on
how to allocate practice time.

## Values

5\%

TEAMWORK

Positive Coaching Alliance (PCA) shares that teamwork is all about trust, and trust is a key component to any team. Whether it's your family, your friends, your co-workers later in life or your basketball teammates at any level, trust is critical.

You want to be able to trust your teammates (especially to call out screens!), and you want your teammates to trust you. As you work to build a team that trusts each other, remember you have to give trust to get trust, and once you have trust, teamwork is second nature.

## Warm-Up

- The Bear Hold • Ankling • Carioca
- Pogo Jumps • Leg Swings • Walking Kicks
> BALL-HANDLING
$*$ Full Court Cone Dribbling (5 minutes)
- Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline.
- Have all the players start on the baseline on the side with 10 cones with a ball.

- Dictate the dribble move that you want the players to work on through the 10 cones.
- The first player will dribble through the cones and when they are through the first 3-4 cones the next player will start.
- When the players get through the 10th cone, have the attack the basket and finish how you have asked them to finish.
- Then they will return up the other side of the court dribbling through the 5 cones.

BUILDING SKILLS CONTINUED

40\%

- As they dribble through the 5 cones, let them be creative and dribble as they wish and finish a shot at the other basket as they wish.
- To ensure the players are dribbling through the 10 cones with their eyes up, have them keep their eyes on the basket in front of them and as any player in front of them shoots, they should call out "make" or "miss" according to the shot going in or not.
$\otimes$ Stationary 1-2 Behind the Back ( $2 \times 30 \mathrm{sec}$ )
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball 2 times in the same hand and then dribble behind their back.
- Then they will dribble with the other hand 2 times, and repeat behind their back.
- The players will continue this sequence for the allotted amount of time.
Q. Key Points: This dribble should not be a wrap behind the back. The behind the back dribble should be more like a slide behind the back dribble that functions like a crossover does in front of the body meaning that the ball stays behind the back the entire dribble and should not come forward. Work on 2 strong dribbles and throwing it behind the back hard.
$\otimes$ Behind the Back Challenge (3 min)
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball behind their back consecutively as many times in a row as possible.
- The players should count their consecutive dribbles so they have a score that they can continually try to beat.


## BUILDING SKILLS

 CONTINUED40\%

- After any mistake, the players should reset and try again.
Q. Key Points: This dribble should not be a wrap behind the back. The behind the back dribble should be more like a slide behind the back dribble that functions like a crossover does in front of the body meaning that the ball stays behind the back the entire dribble and should not come forward.
$\otimes$ Reaction Dribble ( $2 \times 1 \mathrm{~min}$ )
- Have the players find a space on the court with a ball (or share).
- The players will start in a good stance and will dribble the ball how ever they would like.
- When coach blows the whistle (or says "Change!") the players will change their dribble move quickly.
- This drill should be fast and active and allows the players to dribble creatively.


## SHOOTING

## 1-Step Form Shooting Drill (1 x 2 minutes)

- The players will line up in 2 lines, one on each side of the paint with both lines facing the opposite sideline.
- The players will alternate from each line pushing of the foot closest to half court as far across the paint as possible.


## BUILDING SKILLS CONTINUED

0\%

- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with there arms simulating holding a ball.
- The player will then go to the opposite line and the player from the opposite line will do the same.
- This process will continually repeat for a minute.
- After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.
Q. Key Points: Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.


## $\otimes$ V-Cut Layup Drill (1x3 min)

- Have the players line up in 2 lines, 1 on each wing.
- The first player in each line will start by making a V-Cut.
- Once the player is back to the wing they will jump stop and land on two feet facing the basket while catching the ball.
- The player will then drive for a layup dictated by coach.
- As a team make as many shots as possible in the allotted time.


## BUILDING SKILLS

 CONTINUED- Be sure to change sides and try to beat the previous score.
- Set a team goal and try to make that many shots.
- Pass \& Up \& Under Drill (1 x 2 minutes)
- One player will start on each block and there will a line on the wing in front of each of them.
- The first few players in each line will have a ball.
- The first player with the ball will make a good post entry pass to the player making a good post up on the block.
- The player will catch the ball and execute an up and under, get their rebound and go to the back of the line.
- The player who made the pass will then run to the block and post up and prepare to receive the pass from the next person in line.
- This process will continue for the allotted amount of time and then the players will switch sides.
Q. Key Points: Make sure the players are executing good post entry passes, the players are posting up and making good up and under moves.
$\otimes$ Backdoor Pass Layup Drill (1 x 15 makes each side)
- Have the players get into 2 lines, 1 at the top and one on the wing or corner.
- Have the balls start in the line at the top and have the player with the ball dribble towards the wing.
- The player on the wing must time the cut, step up, then back cut.
- The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
- After the pass and the lay-up, the players will get the rebound and switch lines and continue.
- Based on numbers, you can utilize 2 groups or 4 lines at each basket.
- Work on good timing and great passes.
$\otimes$ Post Entry Passing ( $1 \times 5$ reps each )
- Have the players get in lines on each wing (utilize more baskets if needed).
- The first 2 players in each line should have a ball.
- There will be a defender guarding the ball and a player on the block.


## BUILDING SKILLS CONTINUED

40\%

- The offensive player will work to make a good post entry pass against the defender.
- Once the player on the block catches the pass, they will make a move to score, get their rebound, and go to the back of the line.
- The defender will then become the post player and the passer will become the defender.
- This drill will continue for the allotted amount of reps.
Q. Key Points: Encourage the defense to make this a difficult pass for the offensive player.
$\otimes$ Defensive Mirror Drill ( $2 \times 20$ sec each)
- Have the players partner up and get 1 ball to share
- Both players will hold the ball in front of them so that 1 player is the leader with their hand on top and bottom of the ball, and the other player is their mirror with their hands on the sides of the ball.
- When you say go, the leader will take slow push steps in either direction.
- The player that is the mirror, will mirror the movement, focusing on staying balanced with the ball at a healthy distance from their chest and not wasting any steps in either direction.
- After the allotted time switch roles and repeat.
$\otimes$ Defense to Shooting Drill (game to 2)
- Have two lines of players on the elbow facing the basket.
- The first two players up will defensive slide at angles down the court and will from time to time simulate they got beat and have to turn spring and get back in front and keep sliding (the coach can also add a charge if wanted).
- On the coaches whistle, the players will sprint back towards where they started to catch a pass from their teammate and shoot.



## TEAM CONCEPTS CONTINUED

25\%

- They will repeat the process and shoot again until one of the two players has made two shots.
- Once a player has made two, the next two players will begin the same process until the entire team has gone.
$\rightarrow$ Dive-Contest-Charge (2 x each player)
- The players will start on the block in a stance chopping their feet with a line of players behind them on the baseline.



## TEAM CONCEPTS CONTINUED

## 25\%

- Coach will roll the first ball out so the player must run and dive on it as a lose ball.
- The player will quickly get up and close out on the coach at the 3 point line.
- The coach will then pass to a player on the opposite wing and the defender will jump into help.
- The player will drive to the basket and the defensive player must step over and take a charge completing the dive, contest and charge.
- The player who to the charge will move to the wing where they will be the driver.
- The driver will go to the back of the line on the baseline and the next player in line will step on the court and get in a stance to start the process of dive, contest, and charge.
Q. Key Points: Bring a lot of energy to this drill!


## Competing

25\%

* 3 on 3 Continuous (games to 3 makes)
- Divide the players into teams of 3 and have 1 team start at half court with the ball.
- Have to other teams start at each side of the court to start as defense on both ends.

COMPETING CONTINUED

## 25\%

- If there are extra teams, have them line up on the baseline on one end.
- The offensive team will go to score at a basket.
- If they score, they will get a point, and get ball back to go the other way towards the other basket.
- If there is a team waiting on the baseline, they will take the place of the defensive team that got scored on, if there is not team on the baseline, the defensive team will remain there.
- The offensive team will do the same thing at the other end of the court and if they score or don't score dictates which team gets the ball to go the other direction.
- Anytime a defensive team gets a stop, they get the ball and go in the other direction.
$\otimes 4$ on 4 No Dribbles (Games to 3)
- Divide the players into teams of 4 and play 4 on 4 with no dribbling.
- Encourage the players to cut and move without the ball.

Practice 10 of 12

COMPETING CONTINUED

25\%
$\otimes 5$ on 5 (gamesto 3 )

- Divide the players into teams and provide a specific game situation.
- Game situations may be, giving a team the ball and telling them they are winning by 1 point with the ball with 45 seconds remaining.
- Another game situation may be, losing by 2 with the ball and 2:30 left in the game.
- Help the players understand game and clock management and reinforce key points that come up in the situational play.
- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 11 of 12

| theme | ACTIVITY | DETAILS PRER ${ }^{\text {PRACTIC }}$ | $\begin{aligned} & \text { NTACE } \\ & \text { TOTAL } \\ & =\text { TIME } \end{aligned}$ |
| :---: | :---: | :---: | :---: |
| Values | SPORTSMANSHIP | How can players show good Sportsmanship? | กั่ |
| Warm-Up | DYNAMIC WARM-UP (1xeach) | - Leg swings - Knee Hug • Imaginary Dunks <br> - Explosion Leaps - Trunk Twists - Walking Hamstring | คٌ |
| Building Skills | Ball-Handling |  |  |
|  | PULL BACK BREAKDOWN <br> ( $2 \times 30 \mathrm{sec}$ each) | Work on making a good strong move and pulling back quickly. |  |
|  | 3-2-1 IN \& OUT DRIBBLE <br> (3 each way) | Work on good in \& out dribbles into finishes. |  |
|  | STATIONARY 2-BALL 1-2 CROSS DRILL ( $2 \times 40 \mathrm{sec}$.) | Work on dribbling 2 balls and then switching them with the crossover. |  |
|  | BETWEEN CROSS BEHIND $\text { ( } 2 \times 30 \mathrm{sec} \text {.) }$ | Get as many reps as possible within the allotted time. |  |
|  | Shooting |  |  |
|  | READING SCREEN SERIES <br> (6 makes of each) | Make 6 curl cuts, 6 straight cuts, and 6 out cuts. | ¢\% |
|  | FULL COURT LANE SHOOTING DRILL (3 min.) | The player who shoots the lay-up will go back with the two passers. |  |
|  | Passing |  |  |
|  | POUND BETWEEN PASS DRILL ( $2 \times 30 \mathrm{sec} /$ way ) | Work on a hard dribble and a controlled 1-handed pass. |  |
|  | STATIONARY 2 BALL PASSING DRILL ( $2 \times 30 \mathrm{sec}$.) | The players will use two balls and pass with both hands. |  |
|  | Rebounding |  |  |
|  | TAG \& PURSUE DRILL (3 min.) | Work on defensive principles and then tag and pursue! |  |
| Team Concepts | BASELINE DRIVE SAME SIDE POST SHOOTING COMPETITION ( $1 \times 10$ makes each side) | Teach the players to create space while making themselves available. | ゆ్ |
|  | 3 ON 2, 2 ON 1 (5min.) | Work on transition offense and defense. |  |
|  | SHELL DRILL 5 ON 5 (8min) | Work on communication and team defense. |  |
|  | 25 POINT FREE THROW GAME (1 game) | This game teaches the players to have a perfect free throw. |  |
| Competing | 11-PERSON TRANSITION DRILL (5 min.) | Divide into teams and work on transition scoring. | セٌ |
|  | 3 ON 3 DICTATED (games to 3) | All possessions must start with a down screen. |  |

[^10]how to allocate practice time.

## Values

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SPORTSMANSHIP

One way to show sportsmanship instead of just saying "good game" is to give each opposing player and coach a firm handshake, eye contact and a sincere "thanks for the game" or "I enjoyed competing with you." If you are serious about your sportsmanship, you may even pay a specific compliment, for example, if they shot well or played clean, hard defense. Good sportsmanship does not mean you don't mind losing; it means you are willing to win - or lose - with honor.

## Warm-Up

## Building

 Skills

- Imaginary Dunks • Walking Hamstring
- Trunk Twists - Explosion Leaps
- Leg swings - Knee Hug

BALL-HANDLING
$\otimes$ Pull Back Dribble Breakdown drill ( $2 \times 30$ sec each way)

- All players need a basketball (or share) and should stand on the sideline.
- Place a cone out in front of each player that is a good long stride away from them.


## BUILDING SKILLS CONTINUED

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- Have the players push forward off their left foot and put their right foot out in front in a long stride.
- As their right foot hits the floor out in front, the ball will also be out in front in two hands near their right foot.
- Have the players push back off their right foot their left foot and pull the ball back with one bounce as they move.
- Their left foot shoot be their pivot foot as the come back to balance and hold the ball.
- Players should continually repeat this action and also switch to the other side.
- Work on making a good strong move and pulling back quickly.


## 3-2-1 In \& Out Dribble Drill (3 x each side)

- Have the players start at half court and the sideline with a ball.
- Utilize the other side and other basket if needed.
- The players will move forward by dribbling 1 time forward and then take an in and out dribble.
- The player will again raise up and dribble 1 time forward followed by 2 in and out dribbles.


## BUILDING SKILLS CONTINUED

- The player will again raise up and dribble 1 time forward and then drop to make an in and out crossover and stride into a shot.
- The player will get their own rebound and go to the back of the line.
Q. Key Points: Work on standing up and dropping down to make the move. Also work on the footwork within each in and out move.
*Stationary 2-Ball 1-2 Cross Drill (2 x 40 sec )
- All players should get 2 balls (or share) and find space on the court.
- The players will start by dribbling two balls at the same time for 2 dribbles.
- After the 2 dribbles, the players will cross the balls in front of them so that the ball that was in the left hand is now in the right hand and the ball that was in the right hand is in the left hand.
- The players will repeat this sequence for the allotted amount of time.
Q. Key Points: Make sure the 2 dribbles are pound dribbles and they crossovers are quick.
$\otimes$ Between Cross Behind ( $2 \times 30 \mathrm{sec}$ )
- All the players should have a ball (or share) and find space on the court.
- On the coaches command, the players will begin dribbling in the sequence of between, cross, behind.
- If the player makes a mistake during that process, they will start over with between.
- If they complete 3 consecutive dribbles of between, cross, behind, they will count that as 1 rep.
- The players will continue this process and get as many reps as possible in the allotted amount of time.
Q. Key Points: It will help the players to say the sequence as they go so they complete the reps in the correct order. Challenge the players to move quickly and beat previous scores.


## SHOOTING

Fundamentals of the Curl Cut: The curl cut is a cut an offensive player makes when they come off a screen. The curl cut usually happens when the defender plays the offensive player very tight and tries to ride them over the top of the screen. By curling tight around the screener, the offensive player has the opportunity to catch the ball moving towards the basket with the defender behind them.

## BUILDING SKILLS CONTINUED

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$\otimes$ Reading Screen Series - Curl Cut, Straight Cut, Out Cut (6 makes of each)

- Place a line of players at the top of the key with the first 3 players having a ball.
- Have a shooter, a $1 / 2$ speed defender and a screener all on the wing.
- The screener will go and set a screen for the shooter, the defender will simulate defense, and the shooter will come off and shoot from a straight cut.
- After the shot, the player will get their rebound and go to the back of the line at the top.
- The defender will now become the shooter and the screener will now become the defender and the passer will run into setting a screen.
- Continuously move through this drill as a passer, a screener, and a shooter working on making shots.
$\otimes$ Full Court Lane Shooting Drill (3 min) See diagram next page >>
- Have the players balance 3 lines on the baseline with a ball in the middle and a ball with the 2 nd player in each line of on the outside.
- Also have 2 players on the opposite baseline corners with basketballs.

- The drill will start with the first three players running the court.
- The player in the middle will pass to the right, get a pass back, pass to the left, get a pass back and pass back to the right.
- On the last pass to the right, the player on the right will take a lay-up and get the rebound and go the other direction doing the same thing, pass the ball to the right, get it back, pass to the left, get it back and pass to the right for a lay-up.
- The two players who do not get the lay-up will fill over to the wings and receive passes from the baseline and catch and shoot.
- They will get their rebound and give the ball back to the line they received it from and balance the lines.
- After the players on the baseline pass to the players on the court, they are ready to go the other direction.
- The routine is that the player who shoots the lay-up will go back with the two passers.
- Time this drill and keep a score to challenge the team each time you do it.
> PASSING
- Pound Between Pass Drill ( $2 \times 30$ sec each way)
- Have the players partner up and get a ball.
- The partners will stand at least the lane width apart.


## BUILDING SKILLS CONTINUED

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- The partner with the ball will start by pounding the ball, then dribbling between their legs, and then passing it out to their partner with one hand.
- The pass should not be underhand, it should overhand with their hand behind the ball and their fingers pointing up.
- The partner will catch the ball with one hand and repeat the action back to their partner.
- The players should work at an intense speed.
- Change the types of dribbles leading into the pass to keep the drill fresh.
- Stationary 2 Ball Passing drill ( $2 \times 30 \mathrm{sec}$ )
- Have the players partner up and have two balls per group.
- One ball will start with one partner and the other will start with the other partner as the line up across from each other at around the lane line distance.
- The players will sit in a good stance and pass both balls back and forth.
- The ball that is one players right hand will pass to the other players left hand and will stay on that side. The other ball will work on the other side of their bodies.
- Continue for the allotted amount of time.

> REBOUNDING
$\otimes$ Tag \& Pursue Drill (3 min)
- Have the players get in groups of three and find space at a basket.
- Utilize as many baskets as possible and have at least 2 groups per basket.
- 1 player will be a defensive player.



## BUILDING SKILLS CONTINUED

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- the other 2 players will be on offense not too far from each other with one ball .
- The defensive player will guard the player without the ball and start by being in "help" defense and saying "help, help, help".
- The offensive player will pass the ball to their partner.
- The defensive player will now close out and say "ball, ball ball".
- The offensive player will then pass the ball back to the other offensive player.
- The defensive player will jump into the help position and say "help, help, help".
- The offensive player will then shoot.
- The defensive player will locate their offensive player, tag and pursue the ball.

Baseline Drive Same Side Post Shooting Competition ( $1 \times 10$ makes each side)

- Divide the players into 2 teams and have 1 team on each side of the basket.
- Both teams will start with 1 player on the block and a line of players on the wing with two balls at the front of the line.
- The player in the front of the line will drive to the baseline side towards the basket.
- As this happens, the player on the block, will space away from the drive up the lane line to make it harder for the imaginary help defender to guard both players.
- The player driving the ball will pass the ball to the post player who slid up the lane.
- The post player will catch, shoot, get their rebound and go to the back of their line.
- The player who made the pass will now become the post player and a new player from the line will now drive the baseline.
- The process will continue until 1 team or the other makes 10 shots.
$\otimes 3$ on 2,2 on $1(5 \mathrm{~min})$
- Start with 3 lines on the baseline (2 on the wing and 1 in the middle).
- The line in the middle will have basketballs.
- Place two players on the opposite end as defenders.
- The first player in each of the 3 lines will go with the ball up the court and try to score in the 3 on 2 fast break.


## TEAM CONCEPTS

 CONTINUED25\%

- The offense is only allowed 1 shot.
- Whichever player takes the shot or turns the ball over will get back on defense.
- The other 2 offensive players will stay there and become the 2 new defenders.


Practice 11 of 12

## TEAM CONCEPTS CONTINUED

- The two current defenders will bring the ball back down the court and try to score in the 2 on 1 fast break.
- This process will repeat with a new group coming on from the baseline and those who just finished going to the back of the lines.
$\otimes$ Shell Drill-5 on 5 with Post (8 minutes)
- Divide the players into groups of 5 and start with 1 team on defense and one team on offense.
- The offense should only have players on the perimeter and 1 post player.
- The offense is only allowed to pass and cut (no screens).
- After 5 passes, the ball will become live and the offensive team can try to score but are still not allowed to screen.
- Switch teams every possession.
- Emphasize post defense and how to help with a post player.

25 Point Free Throw Game (1 game)

- Utilize as many baskets as possible and have 1 player shooting at a time per basket.


## 25\%

- Each player will shoot 5 straight free throws until all players have shot.
- After all players have taken 5 free throws, the player with the highest score wins.
- The maximum number of points a player can score is 25 points or 5 points per shot.


## Here is how it is scored:

5 If the player makes the shot nothing but net and the ball is coming back toward the free throw line so that the player can grab the ball with 1 foot still touching the free throw line, the player is awarded 5 points.

4 If the player makes the shot nothing but net and the ball does not come back toward the free throw line and they cannot grab the ball with 1 foot still touching the free throw line, the player is awarded get 4 points.

3 If the player makes the shot but the ball makes contact with the rim (or backboard) 1 time, the player is awarded 3 points.

2 If the player makes the shot but the ball makes contact with the rim (or backboard) 2 times, the player is awarded 2 points.

1 If the player makes the shot but the ball makes contact with the rim (or backboard) 3 times or rolls around on the rim, the player is awarded 1 point.

0 If the player misses the shot, they are awarded 0 points.

## TEAM CONCEPTS

 CONTINUED25\%

## Competing

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- Have a coach or other players count their points after every shot for 5 shots.
Q. Key Points: This drill teaches the players to be extremely focused on their free throws. Often players will make the shot but will be frustrated with their score. The scoring system also allows them to set goals and beat their record.
$\otimes$ 11-Person Transition Drill (5 min)
SEE DIAGRAM NEXT PAGE >>
- This drill is the 11-person transition drill because there must be at least 11 players to make it work.
- There are 2 defenders at each basket and there are 3 offensive players going towards 1 basket which is 7 players.
- The remaining four spots are on the sideline on in between half court and the free throw line on each side of the court where a player could receive an outlet pass. With these four spots filled, there are 11 players needed.
- The players will move towards a basket in a 3 on 2 break.
- After 1 shot or a turnover, what ever player gets the ball (offense or defense) will make an outlet pass to one of the players on the sidelines.
- After the outlet the player will dribble to the middle of the floor and the player who made the outlet will fill the lane that they passed it to and the other player on the sideline will fill the opposite lane.


COMPETING CONTINUED

25\%

- These 3 players will attack 3 on 2.
- After a shot or turnover, any player can get the ball and repeat the process going back.
- The two defensive players will step off and two of the offensive players will become defense while the other players will fill in the outlet lines.
- Continue this transition process for the allotted amount of time.


## 25\%

$\otimes 3$ on 3 Dictated - Down Screen (games to 3 makes)

- Divide the players into teams of 3 .
- Utilize both baskets if there are four or more teams.
- The players must start with a down screen.
- After that, the ball is live and the players can move and play as they choose.
- Every change of possession, the ball must get back to the top of the key in order to start the next possession.
- If the offense scores, they get the ball back.
- Keep the game moving quickly but not requiring a "check," and allowing players to get to the top of the key and start their possession.


## Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

Practice 12 of 12

| theme | ACTIVITY | DETAILS PR | PERCENTAGE OF TOTAL pRACTICE TIME |
| :---: | :---: | :---: | :---: |
| Values | POSITIVITY | How can having a positive attitude help your team? | คั |
| Warm-Up | BALL TAG GAME ( 2 x each) | A player is considered safe if they have the ball. | ® |
| Building Skills | Ball-Handling |  |  |
|  | CREATIVE CONE DRIBBLE <br> DRILL ( $1 \times 2 \mathrm{~min}$.) | This drill allows players to work on fun creative moves. |  |
|  | 1-HAND BETWEEN SERIES <br> (2 min. each way) | Dribble the ball in one hand and continually wrap it between the legs. |  |
|  | WALKING BETWEEN THE <br> LEGS DRILL ( $1 \times 1$ minute) | Dribble between the legs as many times as possible. |  |
|  | Shooting |  |  |
|  | BACKBOARD FORM SHOOTING ( $1 \times 8$ ) | Work on perfecting the shot with this fun shooting drill. | ¢ |
|  | LOOP SHOOTING <br> (4 spots of 8 makes) | Keep the energy up and make shots as a team. |  |
|  | FULL COURT TRANSITION SHOOTING DRILL <br> (games to 9 makes) | Run the floor and knock down shots! |  |
|  | Rebounding |  |  |
|  | ELBOW REBOUNDING <br> (games to 8) | Compete for each rebound in this rebounding drill. |  |
|  | Footwork \& Conditioning |  |  |
|  | DICTATED PIVOT (1 min.) | Work on stationary jump stops and pivots on command. |  |
| Team Concepts | 3 SECOND DENY DRILL (3 reps each, both sides) | Work on denying the ball for 3 seconds! |  |
|  | JUMP TO THE BALL DRILL ( $1 \times 4$ reps each, both sides) | Pressure the ball and on the pass, jump to the ball. | ํํ |
|  | SHELL DRILL 2 ON 2 (3min) | Keep the players active and talking. |  |
|  | PASS, CUT \& REPLACE DRILL (3 min.) | Work on good passes, cutting, and filling the open spot. |  |
|  | MOTION-4 ON O ( 5 min .) | Allow for screening away from the ball. |  |
|  | FREE THROW GOLF <br> (10 shots 2 at a time) | This is a fun competitive free throw game. |  |
| Competing | 5 ON 5 (games to 7) | Coach the players through their play. | セٌ |

[^11][^12]
## Values

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## POSITIVITY

It is important for basketball players to stay positive. There are so many opportunities in games and practices for things to go wrong - from missed shots (even the wellchosen ones with perfect form!) to mental mistakes and miscommunications on defense - that teammates must support each other and help each other past mistakes.

Even if you are not the best athlete or basketball player, you can contribute to team success more than you ever imagined just with vocal encouragement, smiles, head nods and daps. It is not easy to stay positive with yourself and your teammates when times are tough, but the more you do, the quicker those tough times pass and the stronger your team will be when you come through on the other side.
$\otimes$ Ball Tag Game (2 x each)

- All the players will start and have to stay within half court.
- One player will be designated as it.
- The player will run around for the allotted amount of time and try to tag other players.
- If the player tags someone else, their turn is over.
- To add an element to the game, if the person has the basketball, they cannot be tagged.

WARM-UP CONTINUED

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- So as the tagger approaches a player, whoever has the ball should try to pass it to the player about to be tagged so that they are safe.
- The ball makes the player safe from being tagged.
- Mix up the game based on your teams needs (2 taggers, 2 balls etc).
Q. Key Points: Ultimately you want to get the players and their bodies warm and ready to practice in a fun way.


## > BALL-HANDLING

- Creative Cone Dribbling Drill (1 x 2 min )
- All players need a basketball (or share) and should stand on the baseline.
- The players will be divided into groups.
- The group will have 2 cones in front of them.
- The players will dribble to the first cone and will make any creative dribble move at the cone.
- The players will then dribble to the next cone and make any creative dribble move at the cone.
- After the second cone, the players will dribble out and shoot.
Q. Key Points: The players can work on fun creative moves with no pressure.


## BUILDING SKILLS

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- 1-Hand Between Series ( 2 min each way)
- Have all the players get a ball and find space on the court.
- Have the players start with the ball in their right hand and dribble 1 time and then wrap the ball around their right leg from back to front with a 2 nd dribble.
- Again, dribble 1 time and then wrap again.
- Continue this process without touching the ball with the left hand.
- After doing this for the allotted time, continue taking 1 dribble and now wrap the ball from front to back around the right leg.
- Continue this process for the allotted time.
- Next change and do the same process with the left hand.
Q. Key Points: The focus here is to control the ball with one hand by making it wrap around the leg in 1 dribble. If the players can do this continuously without the 1 pound dribble, let them execute the drill without the extra dribble.
$\otimes$ Walking Between the Legs Drill (1x1 minute)
- All the players should have a ball and line up on the baseline.
- The players will walk and dribble the ball between their legs with each dribble from the baseline to half court.


## BUILDING SKILLS CONTINUED

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- The players will count each consecutive dribble between the legs and try to reach a higher number after each attempt.
- Continue for the allotted amount of time.
$\otimes$ Backboard Form Shooting ( $1 \times 8$ )
- Have the players get a ball and utilize as many backboards as possible (partner up if needed).
- The players will stand a short distance from the basket to the side of the rim and will shoot the ball at the backboard.
- The goal of this drill is to shoot the ball high and have the ball touch the backboard on the way down.
- The players will do this for the allotted amount of reps.
Q. Key Points: This drill works on arc and touch as the players work on perfecting their shot.

Loop Shooting (4 spots of 8 makes)

- The players will start in two lines facing the court where the lane line meets the sideline.
- Each line will have two balls.
- There will be one player who starts on the court on the block.


## BUILDING SKILLS CONTINUED

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- The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound.
- After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line.
- After the player passes, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line.



## BUILDING SKILLS

 CONTINUED40\%

- The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line.
- The player who made that pass will continue the process of looping behind, shooting, and going to the other line.
- Have the players shoot from different distances from the basket when you dictate.
Q. Key Points: Make sure the players go around the outside of the shooter. Also make sure the players get their rebounds quickly and give it to the line they received the pass from.
$\otimes$ Full Court Transition Shooting Drill
(games to 9 makes)
SEE DIAGRAM NEXT PAGE >>
- A minimum of 9 players are needed to execute this drill.
- Divide the players into 3 groups, 1 group will line up on the baseline on 1 side of the court, another group will line up on the baseline in the middle of the court, and the 3rd group will line up on the baseline on the other side of the court.
- Place 1 player from each line on the opposite baseline with a ball.
- Place 1 player from each line at half court.
- And make sure the first person on the baseline has a ball.
- The player at half court will run towards the line on one of the baselines.

- The player with the ball on the baseline will pass the ball to the player who will catch and shoot.
- After shooting, the player will get the rebound and go to the back of the line.
- After passing, the player will run all the way towards the other baseline and catch a pass from the opposite baseline and shoot.
- After the shot, the player will get their rebound and get ready to be a passer from that baseline.
- Following the pass, the player will sprint to the opposite end to catch and shoot.


## BUILDING SKILLS

 CONTINUED40\%

- The rule is, pass and run the length of the floor to catch and shoot.
- The coaches can mix up the type of shots.
- After a team makes the dictated amount of shots, the teams can rotate spots on the court.
> REBOUNDING
$\otimes$ Elbow Rebounding (games to 8)
- Set up two lines on the baseline at the lane lines (utilize other baskets if needed).
- The players will work in pairs as a team.
- Have the first player in each line start on offense at the elbows and the next two players will step out to defend them.
- The coach will have the ball and will take a shot.
- On the shot, the defensive players will call out "shot!" and turn to make contact with the offensive player and then pursue the ball.
- If the defense gets the rebound, they will rotate to the offense and the offense will move to the end of the line while another 2 players step on as defense.
- If the offense gets a rebound, they will try to score.



## BUILDING SKILLS CONTINUED

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- Make or miss the same offensive team will stay on the court and get a point.
- A new defensive team will rotate on.
- The team will win by getting 3 offensive rebounds.
> FOOTWORK \& CONDITIONING
$\rightarrow$ Dictated Pivot (1 min)
- Have the players partner up and line up on the baseline with 1 ball per group.
- On the coaches whistle the players will dribble to the free throw line extended and jump stop.
- As they are dribbling, the coach will make 2 commands.

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BUILDING SKILLS CONTINUED
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- The first command will be either "right" or "left" which will indicate to the player that either their right or left foot will be their pivot foot and stay on the floor after the jump stop.
- The second command will be either "front" or "reverse" which will indicate to the player that they will either make a front or a reverse pivot until they are facing their partner on the baseline.
- The partner will then pass to the partner on the baseline who will wait for the whistle and repeat the process.
- The coach will sound like this: (whistle) "Left-Reverse!"


## DEFENSE

Fundamentals of Denying the Pass: Denying the pass is a defensive concept in which the defensive player tries to prevent the player they are guarding from getting the ball. The defensive player will try to keep a hand in the passing lane to discourage the offensive player from passing the ball to the player they are guarding. Denying the ball like many aspects of defense, requires a lot of focus and effort.

## - 3-Second Deny Drill (3 reps each, both sides)

- Have a line of players on each wing.
- There should be an offensive and defensive player on the court.
- The defensive player will deny the offensive player the ball for 3-5 seconds.


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- After that, the defender will go to the back of the line.
- Next, the offensive player will become the defender.
- A new player will step in on offense.
- And the process will repeat.
Q. Key Points: Make sure the players see the ball and the man. If the offensive player receives a pass, the defensive player must repeat. If the offensive player cuts back door, the defender must snap their head and hand in the other direction quickly.

Fundamentals of Jumping to the Ball: Jumping to the ball is a term that refers to what a defensive player does when the player they are guarding has the ball, and then passes it. In order to be a great team defender and help their teammates, the defensive player should "jump to the ball" by taking a big push in the direction the ball was passed. This ensures that the player is in good position to help and discourage the offensive player from driving.

* Jump to the Ball Drill (1 $\times 4$ reps each, both sides)
- Have the players start in one line on the baseline.
- There will be 1 player on each wing and the coach at the top with the ball.
- The first player in line on the baseline will sprint to close out on coach.

TEAM CONCEPTS CONTINUED

- Coach will pass the ball to either wing.
- On the pass, the defensive player will "jump to the ball" in a good defensive stance.
- The player who receives the pass will drive the baseline for a lay-up.
- The defensive player who jumped to the ball will now fill the space on the wing.
- The wing player will go to the back of the line on the baseline after their lay-up and a new player from under the basket will pass the ball to coach and close out to repeat the process.
$\otimes$ Shell Drill-2 on 2 (3 minutes)
- Have the players get in 2 lines on the baseline around the lane lines.
- Have the first 2 players come out on offense in the slots and the next two players step on the court as defense.
- The coach will start with the ball and the players will both be in help defense.
- Coach will pass the ball to an offensive player and the defensive players will adjust their positioning.
- The offense will wait for the coach to say "pass" before they pass to their teammate.


## TEAM CONCEPTS CONTINUED

## 25\%

- On the pass, the defense will adjust and both players will continue to call out either "ball" or "help."
- After a short period of this action the players will rotate so that the defense becomes offense and the offense goes to the back of the line on the baseline.
- 2 new defenders will step on and the process will repeat.
Q. Key Points: Keep the energy up and make sure the players move quickly and with urgency.
> OFFENSE
* 3-Person Pass, Cut \& Replace Drill (3 min) seediagram next page >>
- Start with a line on each wing and 1 player at the top of the key with the ball.
- The player at the top will pass to either wing and cut to the basket looking for the ball.
- The player on the wing without the ball will "replace" the cutter and fill to the top of the key.
- The cutter is now out of the drill and will go to the back of the line on the wing that replaced them.
- The wing with the ball will pass the ball to the top where the player has replaced.
- That player will reverse the ball to the other wing and cut to the basket and the series repeats.


TEAM CONCEPTS CONTINUED

- Cutters only cut from the top.
Q. Key Points: Make sure the players show their hands to catch the ball and stand in the triple threat position before making strong passes. Also emphasize that the cutter cuts hard to the basket looking for the ball with a hand up.
- Motion -4 on $0(3-5 \mathrm{~min})$
- Place 4 markers on the perimeter and have a balanced line of players behind each one.

TEAM CONCEPTS CONTINUED

- The first 4 players up will pass and cut or pass and always fill the open spot on the court when a player leaves it.
- Encourage the players to work together to move the ball quickly and find and fill the open spots.
- Complete 5-7 passes before taking a shot.
- After the shot, the group will get their rebound and go to the back of the lines and the next 4 players will step on and repeat the process.
$\otimes$ Free Throw Golf (10 shots 2 at a time)
- Utilize as many baskets as possible and have 1 player shooting at a time.
- The player will shoot 2 free throws at a time and rotate until each player has shot 10 total free throws.
- After every player has taken 10 free throws, the player with the lowest score wins.
- The scoring is as follows: If a player makes a shot nothing but net, they receive minus 2 points (-2).
- If a player makes a shot in any way other than nothing but net, they receive minus 1 points ( -1 ).
- If a player misses a shot, they receive plus 1 point (+1)

Practice 12 of 12

## Competing

25\%

- 5 on 5 (games to 7)
- Divide the players into teams and play 5 on 5 full court.
- Play games to 5 makes and ensure the players play hard the entire game.
- In this version of 5 on 5 , we will let the players play freely without stopping the game.
- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
Q. Key Points: All compliments should be natural. Not every player has to give or receive a compliment.


[^0]:    $\rightarrow$ Please limit standing time for players by spreading out and using
    The percentages listed serve as as many baskets, basketballs, and parents/helpers as possible. approximate recommendations on
    $\rightarrow$ Be sure to take regular water breaks to help your players stay hydrated.

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