



# MVP



# MVP Level ABCD's

At the MVP level, Jr. NBA players will begin competing more frequently in order to apply and refine the skills they have developed. Players will begin to specialize and fit into more specific roles and positions. Team tactics and game strategy will also be further implemented in the MVP level.

## ALWAYS FUN

### Cheering For Others



A primary goal of the MVP level is to fully apply the skills developed and knowledge of the game into game situations. As players begin to reach new goals and enjoy the process, they will find it fun and enjoyable to see their hard work and improvement carry-over into competition. Players will also see that true success is defined by their team's success, and not just their own. Though it is important at all levels, cheering for others takes on a new meaning in the MVP level.

## BUILDING SKILLS

### See Skill Checklist



The MVP level is where players should begin to see everything come together in terms of skill development, basketball IQ, and team concepts. Players will be able to read and understand screens, identify defenses, and manage game situations. Repetition and mastering of skills is important while also increasing time spent on game situations and game experience. The MVP level should be one of growth that allows the player to see how his/her journey through the pathway has set him/herself up to be the most complete player possible.

## CORE VALUES

### Responsibility

### Receptiveness



The MVP level builds on previous lessons and adds further concepts including responsibility and receptiveness. Players must understand what it means to be responsible on and off the court as individuals and as teammates. It is at this developmental level that players should be more readily able to receive and grow from constructive feedback and mistakes. Holding players accountable for their actions will teach them lessons for life beyond basketball.

## DEVELOPING WELLNESS

### Injury Prevention

### Healthy Relationships



The MVP level puts everything together from a wellness standpoint. Injury prevention methods including range of motion, strength, or stability exercises helps players stay healthy and on the court. The MVP level also promotes meaningful & healthy relationships and social understanding. These relationships may be with parents and other family members, teammates or classmates, as well as romantic relationships.

# Skill Checklist

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

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**Ball Handling**

- Extensive Combination Moves
- 2 Ball Advanced Dribbling
- Attacking Traps
- Reading the Hand Over/ Under Crossover
- Hard Stops
- Rhythm Dribbling
- Open Stepbacks
- Dribbling with Contact
- Catching a 2nd Ball or Tennis Ball

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**Passing**

- Baseball Pass
- Dribble to 1-Hand Pass
- Behind the Back Pass
- High-Low Passing
- Pocket Passing
- Lob Passing
- Slip Pass
- Hook Pass

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**Shooting**

- Advanced Lay-Up Finishes
- Floaters
- Advanced Post Moves
- Advanced Dribble Moves To Shot
- Position Specific Shots
- Keeping It High
- Bump To Balance
- Same Foot Same Hand Finishes
- Pick & Roll Shots
- Spin Moves to Finishes
- Shoulder Shimmy

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**Rebounding**

- Team Contact Rebounding

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**Offense**

- Re-Post
- Sealing
- Taking the Defenders Space
- Attacking A Trap
- Get Hand On Top Drive
- Organizing the Team
- Balancing the Floor
- Advanced Ball Screens

- Advanced Schemes
- Offensive Alignments
- Special Situations
- Fast Break Spacing
- Reading The Pick & Roll
- Screen The Screener

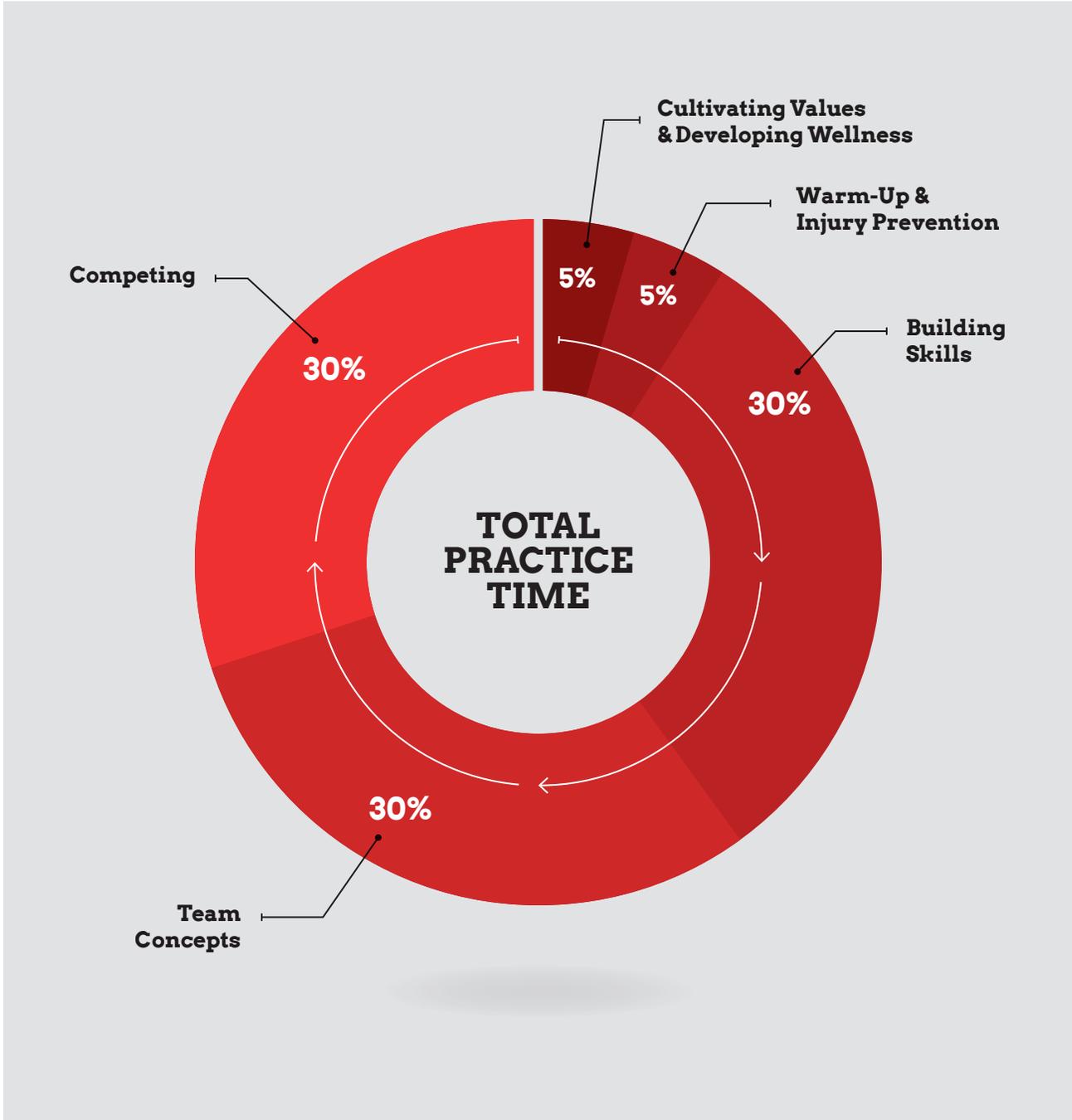
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**Defense**

- Dictate & Keep the Offense Alert
- Shot Blocking (On the Ball, Help, Open Court)
- Advanced Screening
- Advanced Schemes
- Transition
- Special Situations
- Stunt & Recover
- Defending Cross Screens
- Timing the Dribble
- Digging in the Post
- Loading to the Paint
- Screen the Screener
- Getting Multiple Stop

# 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 MVP level principles.



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPONSIBILITY 1</b>	Teach the players what it means to be a responsible person and player.	5%
<b>Warm-Up</b>	<b>FOLLOW THE LEADER WARM-UP</b> (1 x each)	Have each player lead 1 active stretch of choice.	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>CONE COMBINATION MOVES</b> (5 min)	Work on good combination moves at each cone.	
	<b>CONTACT DRIBBLE</b> (2 x 30 sec each)	Have the players work with a partner to give each other contact.	
	<b>Passing</b>		
	<b>POUND &amp; PASS</b> (2 x 1 min)	Work on stationary dribble moves to 1-handed passes.	
	<b>SLIP PASS DRILL</b> (3 x each side)	Teach the players how to decide if the slip pass is open.	
	<b>Rebounding</b>		
	<b>4 ON 4 REBOUNDING</b> (1 x each team)	The players must get 3 consecutive rebounds as a team.	
	<b>BIGS/GUARDS</b>	Post Players and Guards will divide to work on different position specific drills.	
	<b>BIGS: CATCH IT HIGH, KEEP IT HIGH</b> (2 x 5 each side)	Make sure the players don't bring the ball down when they catch it.	
<b>BIGS: DRIBBLE. BUMP. BALANCE.</b> (5 reps each/each side)	Make sure the player create space by taking a power dribble and bumping the defender.		
<b>GUARDS: SAME HAND SAME FOOT FINISHES</b> (5 reps each/each side)	Work on unnatural finishes by finishing with the same hand of the foot the player jumped from.		
<b>GUARDS: SITUATIONAL SHOOTING</b> (5 reps each/each side)	Work on coming off a pick and roll and reading the post defender.		
<b>Team Concepts</b>	<b>3 ON 0 TO 2 ON 1</b> (6 min)	Emphasize get easy baskets in transition.	30%
	<b>1 ON 1 - 3 STOPS</b> (1 x each)	Work on the players being accountable to get defensive stops.	
	<b>3 PERSON HELP THE HELPER</b> (6 min)	After helping the helper, the game becomes live.	
<b>Competing</b>	<b>3 ON 3 CONTINUOUS</b> (games to 5 makes)	Keep the players moving with a high intensity competition.	30%
	<b>5 ON 5</b> (games to 7 makes)	Coach and observe the players as they try to play together for the first time.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > RESPONSIBILITY 1

★ **Positive Coaching Alliance** advances the idea that responsibility lies at the heart of many of the life lessons that youth can learn through basketball. At the simplest level, each person on a team is responsible to all other team members for expending maximum effort, filling the roles needed for team success and upholding the team’s culture. While learning how to be responsible in a basketball sense, players also can learn how to apply those lessons in responsibility to other aspects of their lives, such as family, a school community and our society as a whole. Coaches do well to make explicit to players the connection between basketball responsibility and rest-of-your-life responsibility.

## Warm-Up



### > DYNAMIC WARM-UP

★ **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.

### ⊗ **Follow The Leader Warm-Up** (1 x each)

- All the players should spread out on the baseline.
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- Each player will lead the team in a stretch or active movement from baseline to half court or back.

- Encourage the players to lead a stretch or movement that has not yet been done.

**Key Points:** This is a great way for players to develop leadership skills and gain comfort having a voice amongst their teammates.

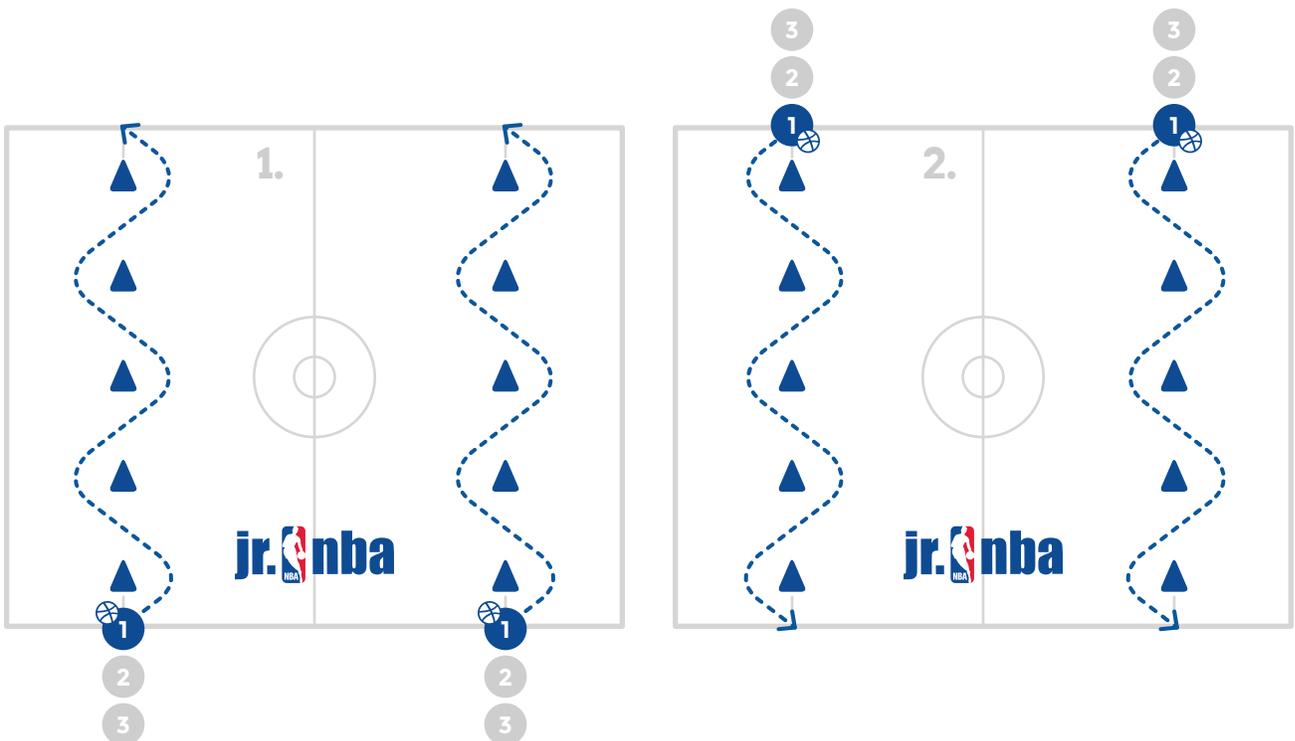
## Building Skills



### > BALL-HANDLING

#### 🏀 Cone Dribbling Drill - Combination Moves (5 min)

- 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.



BUILDING SKILLS  
CONTINUED



- The player will dribble through the cones in a zig-zag motion all the way past the last cone.

- After the player in front of them has gone through a 2-3 cones, the next player in line can begin.

- Make sure on the way back to work on the move starting with the other hand.

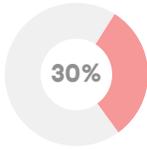
**🔑 Key Points:** The players should stay low and control the dribble. The players should also be pushing off their outside foot to change directions.

**🏀 Contact Dribble** (2 x 30 sec each)

- Have the players partner up and get 1 ball for the pair.
- One player will dribble the basketball in a stationary stance (dribbling in the manner the coach dictates).
- The other partner will give the dribbler contact by fouling the dribbler on the arms, shoulders, lower body etc.
- After the allotted time, the players will change roles and repeat.

**🔑 Key Points:** Ensure that the partner giving contact does so in a natural way that is productive for the drill. Encourage the dribbler to play through contact and maintain control of the ball.

BUILDING SKILLS  
CONTINUED



> **PASSING**

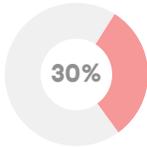
⊗ **Pound & Pass** (2 x 1 min)

- 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 such as pound, cross and pass etc.

⊗ **Slip Pass Drill** (3 x each side)

- Place a passing line at the top of the key, a screening line on the wing, and a shooting line on the same baseline.
- The coach will defend the screeners from the screening line.
- As the screener goes to set the screen, the coach will either drop back and defend the screen below the play, or step up and jump out on the shooter coming off the screen.

BUILDING SKILLS  
CONTINUED



- The passer and screener must read how the coach defends the screen; if the coach drops back, the passer will pass to the shooter coming off the screen. If the coach steps up the screener will slip and the passer will pass the ball to the screener as they slip to the basket.
- The passing line will rotate to the screening line, the screening line will move to the shooting line, and the shooting line will move to the passing line.
- Utilize both sides of the court and multiple baskets to maximize reps.
- If there aren't enough coaches, have a player execute the coach's role.

➤ **REBOUNDING**

⊗ **4 on 4 Rebounding** (1 game each team)

- Place 4 lines on the perimeter inside the three point line and one line on the baseline for the post position.
- Have the first player in each line become a defender and the next player step in as offense.
- The coach will or pass the ball to make sure the defenders adjust to where the ball is and they will pass back to coach.
- After a short period, the coach will shoot the ball.
- The defenders will box out, or tag and pursue the ball.

BUILDING SKILLS  
CONTINUED



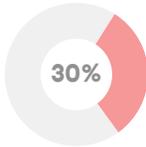
- If the offense gets the rebound they can try to score. Following the possession, the defensive team will stay on defense again and a new offensive team will come on.
- If the defensive team gets the rebound, they will reset and a new offensive group will rotate on.
- The defensive group must get 5 consecutive rebounds before rotating off.
- After 5 consecutive rebounds, that group will rotate out and another group will move into the defensive/rebounding role.

★ **Bigs/Guards:** Post Players and Guards will divide to work on different position specific drills.

⊗ **BIGS: Catch it High, Keep it High** (2 x 5 reps each/each side)

- Have the players partner up and get 1 ball per pair.
- One player will be the shooter and one will be the rebounder/passer.
- The shooter will stand in the paint around the block area.
- The passer will toss the ball up high to the shooter.
- The shooter will jump and catch the ball high with arms outstretched.
- The player will keep the ball up high with their arms outstretched as they land.

BUILDING SKILLS  
CONTINUED



- As soon as the player lands, they will quickly jump back off the floor with the ball high and shoot.

- The rebounder/passer will grab the rebound and quickly repeat the process until the shooter makes 5 shots.

- The players will change spots and do the same process.

**🔍 Key Points:** Make sure the players don't bring the ball down when they catch it. Have the rebounder hustle after the ball, and be sure to use multiple partners per basket to maximize space.

**🏀 BIGS: Dribble. Bump. Balance.** (2 x 5 reps each/each side)

- Have one player start with the ball under the backboard and the other player will stand directly behind them (between the offensive player and the basket).

- The player with the ball will take 1 dribble, will bump the defender back, balance on 2 feet, and go up strong to finish the basket.

- The players will repeat until the offensive player makes the allotted number of baskets.

- The players will switch positions and do the same process.

- Make sure to work on both sides.

**🔍 Key Points:** Make sure the player creates space by taking a power dribble and bumping the defender nice and strong. The player will need to be low, strong and balanced. Make sure they give themselves a good angle for the shot.

BUILDING SKILLS  
CONTINUED



**🏀 GUARDS: Same Hand, Same Foot Finishes**  
(2 x 5 Reps each/Each side)

- Divide the players into small groups and have a group on both sides of the basket. Use multiple baskets to get more reps.

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- The first 2 players in each line will have a ball.

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- The first player will dribble to the basket and shoot the ball with their right hand if they are on the right side of the basket and the left hand if they are on the left side of the basket.

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- If shooting with the right hand, instead of jumping off the left foot, the players will jump off their right foot. The same is true for the left side, the players will jump off their left foot to shoot with their left hand.

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- Execute this for the allotted number of reps and change sides.

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- 🔍 **Key Points:** Help the players begin to feel natural with this style of finishing which may feel awkward for them at first.

**🏀 GUARDS: Pick & Roll Situational Shooting**  
(5 reps each/each side)

- Have all the players start with a ball inside of half court on one side of the court or the other.

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- The players will dribble in and call-up/indicate that they want a ball screen (use a chair or a cone to act as a screener).

BUILDING SKILLS CONTINUED



- The player will set up the screen and come off the screen assuming that the player that would be guarding them comes over the top off the screen but gets hit by the screen.
- The coach will act the defender of the screener and either hedge the screen, drop back, or play between the two.
- The offensive player will read the coach's defense and take the appropriate shot.

**Key Points:** Work on coming off a pick and roll and reading the post defender.

Team Concepts



**3 on 0, 2 on 1** (6 min)

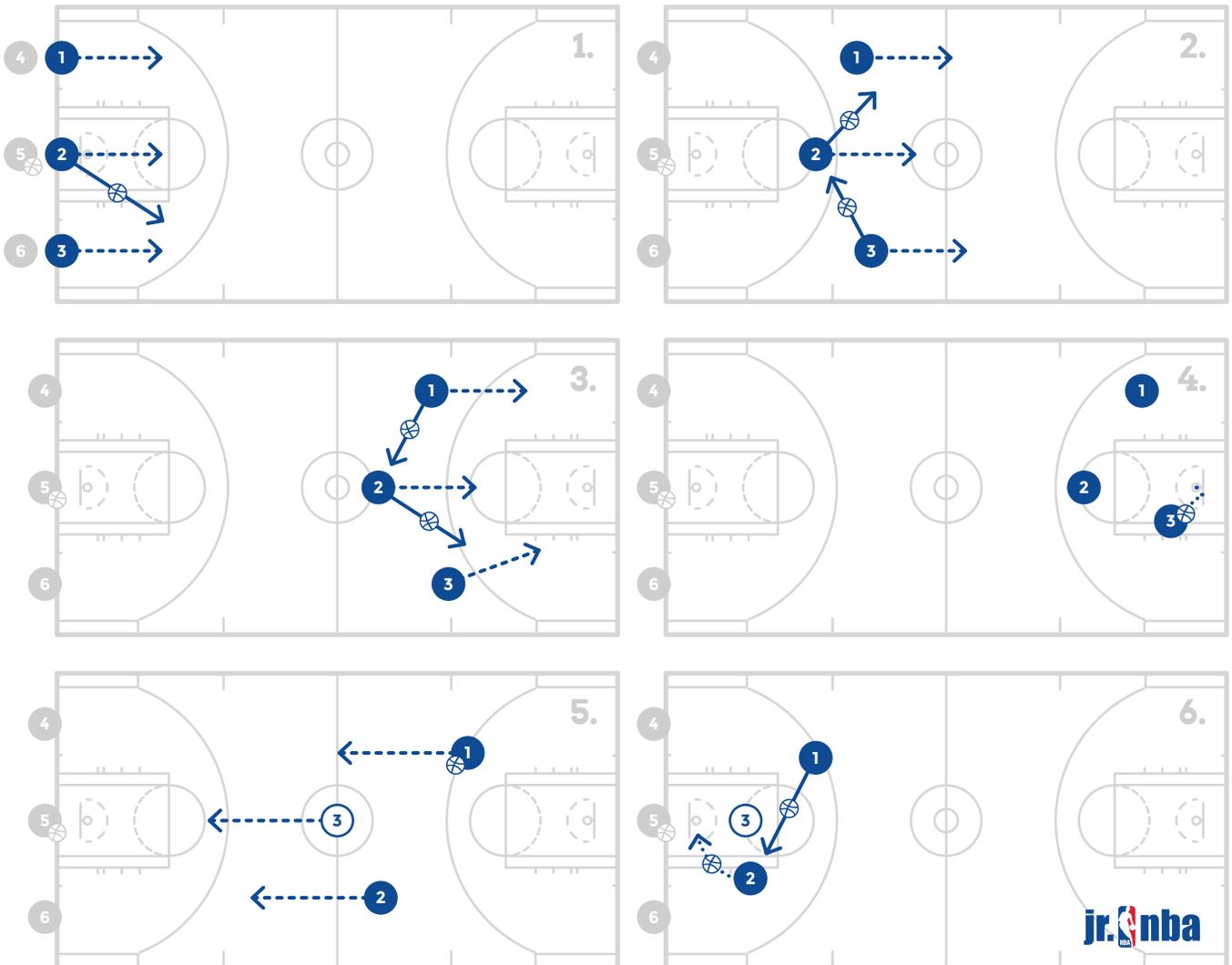
SEE DIAGRAM NEXT PAGE >>

- Have the players start in 3 lines on the baseline with 2 balls in the middle line.
- The first 3 players in line will run down the court passing the ball with the two side lines out wide.
- The player in the middle will pass to one side, receive a pass back, pass to the other side, receive a pass back, then pass to the first side.
- On this pass the player will take a layup.
- The player who laid the ball in will sprint back to the other end of the court as a defender versus the other 2 players coming back.

TEAM CONCEPTS  
CONTINUED



- The player in the middle is responsible for putting both feet in the paint and then becoming an offensive player going the other way.
- The player on the wing that did not shoot the lay-up is responsible for getting the rebound and then becomes offense going the other way 2 on 1.
- After 1 shot in the 2 on 1, they next group of 3 from the baseline will begin.



TEAM CONCEPTS  
CONTINUED



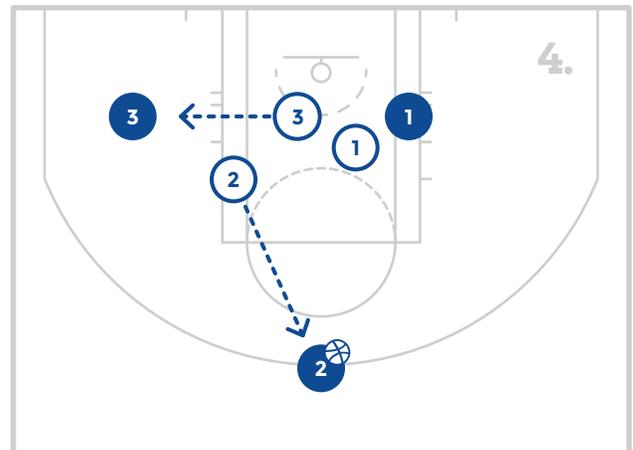
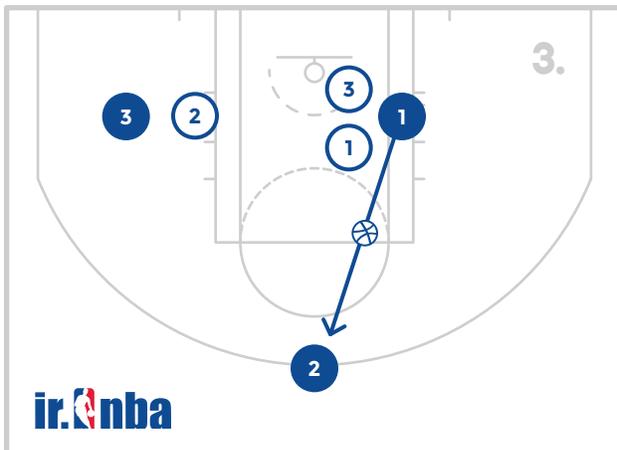
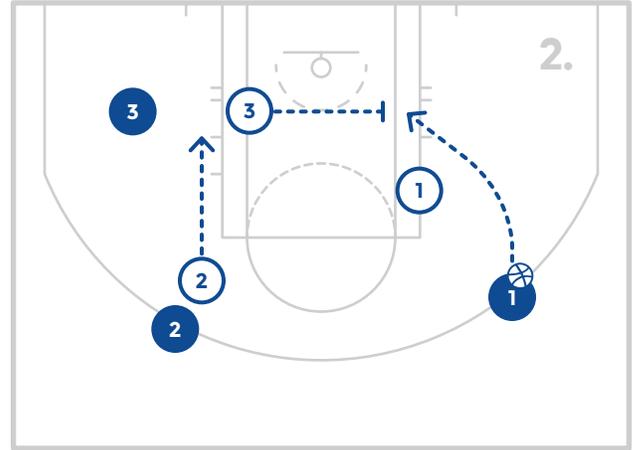
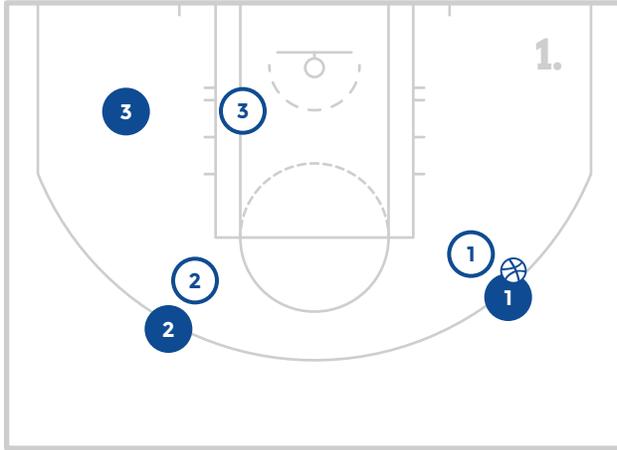
**1 on 1-3 Stops** (1 x each)

- Start with a player on each wing and a player at the top.
- There will be a player in the paint who will start as defense.
- Utilize other court space or baskets as needed or have additional players join the end of the line on the wing.
- The defensive player has to get 3 defensive 1 on 1 stops.
- They will first defend the player on the wing until they get a stop, then move to the top until they get a stop and then finish with the opposite wing before being done.
- After the player gets their third stop, the players will rotate so that the defender goes to the back of the line on the wing, the player at the front of that line will move to the top, the player at the top will move to the opposite wing, and the player from that wing will move to defense.

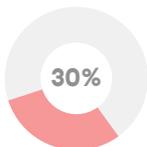
**3 on 3 From Help the Helper** (6 min)

SEE DIAGRAM NEXT PAGE >>

- 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”.

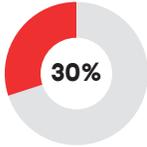


TEAM CONCEPTS CONTINUED



- The offensive player must kick the ball out and then the game 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.

## Competing



### **3 on 3 Continuous** (games to 5 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.
- 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.

COMPETING  
CONTINUED



## **5 on 5** (games to 7 makes)

- 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 and coach as they play 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.
- 🔑 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RESPONSIBILITY 2</b>	Discuss what the players are responsible for every day.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x Each)	<ul style="list-style-type: none"> <li style="width: 33%;">• 1 High Knee</li> <li style="width: 33%;">• Angle Balance</li> <li style="width: 33%;">• 4 Point Slow &amp; Low</li> <li style="width: 33%;">• In Out Turn</li> <li style="width: 33%;">• Toes &amp; Chest</li> <li style="width: 33%;">• Heels and Shoulders</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>CATCH A 2ND BALL SERIES</b> (4 min)	Use a 2nd ball or a tennis ball to work on coordination while dribbling.	
	<b>RHYTHM DRIBBLING</b> (3 min)	Help the players develop change of speed and start and stop with their dribble.	
	<b>Passing</b>		
	<b>HOOK PASS DRILL</b> (1 x 5 each hand)	Work on stationary dribble moves to 1-handed passes.	
	<b>SLIP PASS DECISION</b> (3 x each way)	Teach the players how to decide if the slip pass is open.	
	<b>Shooting</b>		
	<b>FLOATER SERIES</b> (2 sets)	Work on variations of a high floater over the defender.	
	<b>PICK &amp; POP BOTH SHOOT</b> (20 makes each way timed)	Have the players work from a pick and roll to get game shots.	
	<b>Rebounding</b>		
<b>REBOUND &amp; SCORE</b> (1 x)	Teach the players to compete and have toughness in the paint.		
<b>Team Concepts</b>	<b>STUNT &amp; RECOVER STOPS</b> (1 x 5 stops)	Emphasize get easy baskets in transition.	30%
	<b>4 ON 4 SHELL TO REBOUND</b> (1 x 5 Rebounds)	Have the players defend in shell defense and finish with a rebound.	
	<b>TRANSITION DEFENSE DRILL</b> (1 x 4 stops)	Work on communicating and matching up in transition.	
	<b>FREE THROW GOLF</b> (1 game)	Work on free throws in a fun competitive game.	
<b>Competing</b>	<b>3 TRIPS &amp; FLIP</b> (games to 5 makes)	Give the players a ½ court possession followed by 2 full court possessions.	30%
	<b>5 ON 5</b> (games to 7)	Keep the energy up and work on everything practiced.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > RESPONSIBILITY 2

#### ★ What are some of the responsibilities players must fulfill?

To teammates and coaches, responsibilities include commitment to being on time and prepared for practices and games, giving 100% all the time – from the floor to the bench to the locker-room to the bus ride home – and showing respecting for rules, opponents, officials, spectators and venue hosts. Beyond those immediate basketball surroundings, players are responsible for representing the team well in public, never embarrassing their teammates, using their status as athletes to lead in the broader community and when using social media to do so positively and constructively. Coaches and players alike are responsible for seeing to these facets of proper behavior, preventing lapses and quickly correcting any that may occur.

## Warm-Up



### > DYNAMIC WARM-UP (1 x each)

- 1 High Knee    • Angle Balance    • 4 Point Slow & Low
- In Out Turn    • Toes & Chest    • Heels & Shoulders

## Building Skills



### > BALL HANDLING

#### ⊗ Catch A 2nd Ball Series (4 min)

- Have the players partner up and get two balls per pair.
- One player will dribble one ball in one hand.

BUILDING SKILLS  
CONTINUED

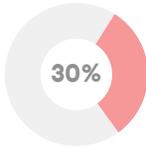


- The other player will toss the other ball to the dribblers other hand.
  - The dribbler will control the catch and toss it back.
  - Repeat this action with both hands and both players.
  - Keep the drill fresh and challenging for the players by mixing in a tennis ball or having the players make a dribble move before catching the ball.
- 🔑 Key Points:** Make sure the players control the 2nd ball with soft hands and don't simply smack the ball back to the partner.

**⊗ Rhythm Dribbling (3 minutes)**

- All the players should have a ball and find some space on the court.
  - For the allotted time, the players will work on rhythm dribbling.
  - To work on their rhythm, they can emphasize standing up and relaxing and then dropping down to make a move, Changing speeds, or taking multiple steps in one dribble, or having fun and dancing as they dribble.
- 🔑 Key Points:** Rhythm is an important part of an offensive players game and should be worked on.

BUILDING SKILLS  
CONTINUED



> **PASSING**

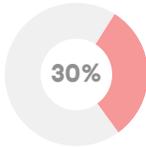
⊗ **Hook Pass Drill** (1 x 5 each hand)

- Have the players get a ball and start in a line on the wing.
- If needed utilize multiple baskets.
- Set up a cone or a chair to act as a ball screen on the wing.
- The coach will stand on the wing closer to the corner than the screen.
- The players will dribble off the ball screen and throw a hook pass to the coach.
- After the hook pass, the player will flash back towards the ball for a catch and finish.
- The player will get their own rebound and go to the back of the line.
- The next player will complete the same process.

⊗ **Slip Pass Drill** (3 x each side)

- Place a passing line at the top of the key, a screening line on the wing, and a shooting line on the same baseline.
- The coach will defend the screeners from the screening line.

BUILDING SKILLS  
CONTINUED



- As the screener goes to set the screen, the coach will either drop back and defend the screen below the play, or step up and jump out on the shooter coming off the screen.
- The passer and screener must read how the coach defends the screen; if the coach drops back, the passer will pass to the shooter coming off the screen. If the coach steps up the screener will slip and the passer will pass the ball to the screener as they slip to the basket.
- The passing line will rotate to the screening line, the screening line will move to the shooting line, and the shooting line will move to the passing line.
- Utilize both sides of the court and multiple baskets to maximize reps.
- If there aren't enough coaches, have a player execute the coach's role.

> SHOOTING

⊗ Floater Series (2 sets)

- Have the players divide into small groups and find a basket and 1 ball per group.
- Each of the players in the group will shoot 3 reps of 4 types of floaters.
- The first set of 3 shots for each player will be a floater with the right hand off the left leg.

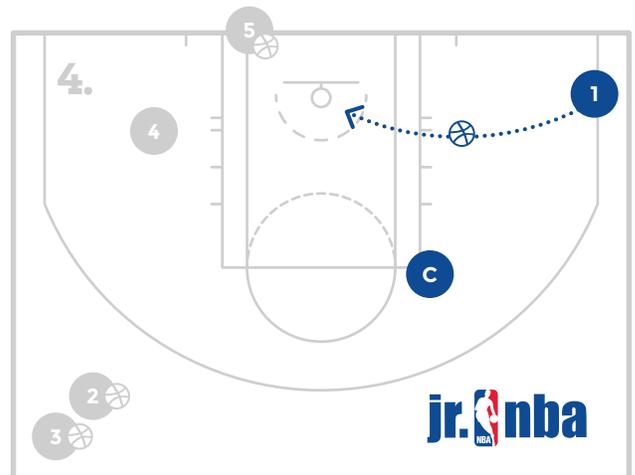
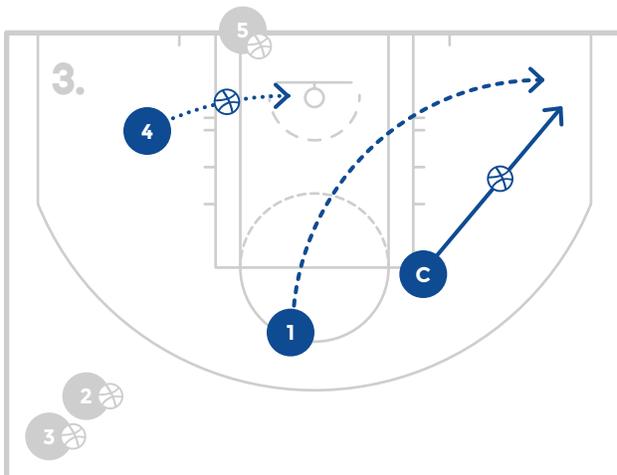
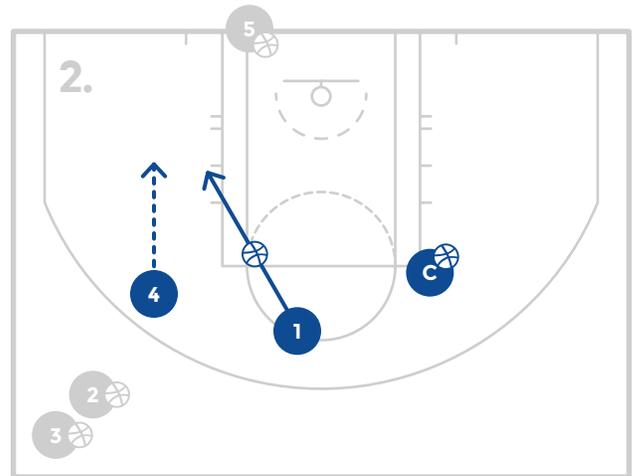
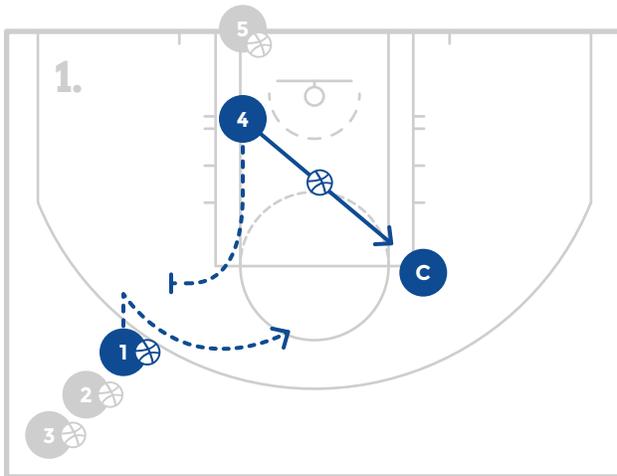
BUILDING SKILLS CONTINUED



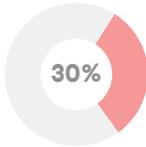
- After the players have rotated through taking 3 each, they will change to using the left hand off the right foot.
- Next the players will take floaters off of two feet using their right hand for 3 reps each, then their left hand for three reps.

**Pick & Pop Shooting** (20 makes each way timed)

- Have all the players get a ball and have the post players start on the block and the guards start above the opposite wing.



BUILDING SKILLS  
CONTINUED



- The first post player will pass the coach the ball and then go set a ball screen for the guard.
- The guard will come off the screen and pass to the pop.
- The post player will catch and take the shot designated by coach and get their rebound and go to the back of the post line.
- The guard will then relocate to a spot dictated by coach and catch a pass from coach and take a shot dictated by coach.
- The guard will get their rebound and go to the back of the guard line.

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## ➤ REBOUNDING

### ⊗ **Rebound & Score** (1 x each)

- Have 3 players start in the paint and a line on the baseline.
- The coach will shoot the ball and all 3 players will try to get 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.

BUILDING SKILLS CONTINUED



- A player must score 3 times to come out of the game and the next player in line jumps into the game immediately.
- 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.

Team Concepts



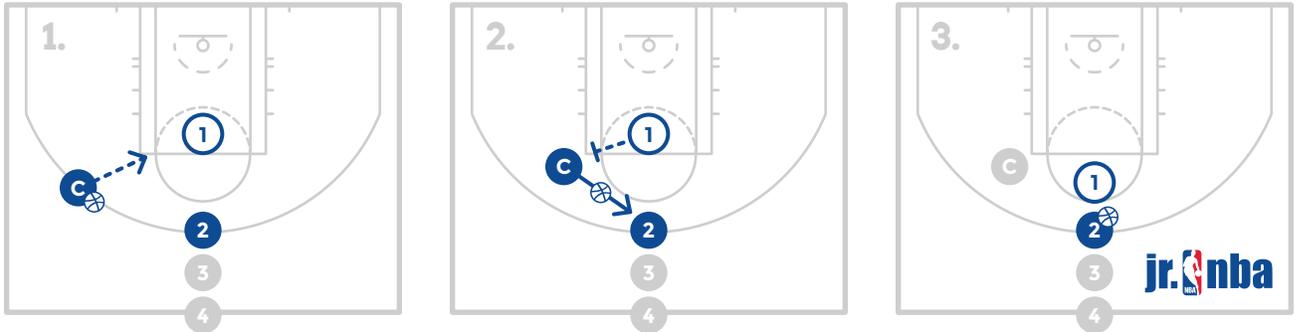
> DEFENSE

★ **Fundamentals of Stunt & Recover:** Stunt and recover is a defensive concept for a player who is not guarding the ball, but is 1 pass away from the ball. The defensive player is in a good stance and can see both the player they're guarding, and the player with the ball. If the player with the ball begins to drive towards the mentioned defensive player, the defensive player will "stunt and recover." This means, the player will fake at the offensive player with their hand and foot or "stunt" and then as the offensive player passes the ball out, the defensive player will "recover," by closing out to the player they were already guarding who now has the ball."

⊗ **1 on 1 - Stunt & Recover** (1 x 5 stops)

SEE DIAGRAM NEXT PAGE >>

- The coach will start with the ball on the wing and there will be a line of players at the top of the key.
- The first player will step on as defense and the next will be offense.
- As coach drives the ball towards the middle of the floor, the defender will stunt at the drive.



TEAM CONCEPTS CONTINUED



- The coach will then kick the ball out to the other offensive player and the defender will close out to the player with the ball.
- After the close out, the players will play 1 on 1 for one possession with just 3 dribbles.
- After the possession the offense will rotate to defense and the defense will rotate off.
- Utilize more lines to get more reps if needed.

**4 on 4 Shell to Rebound** (1 x 5 Rebounds)

- 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.

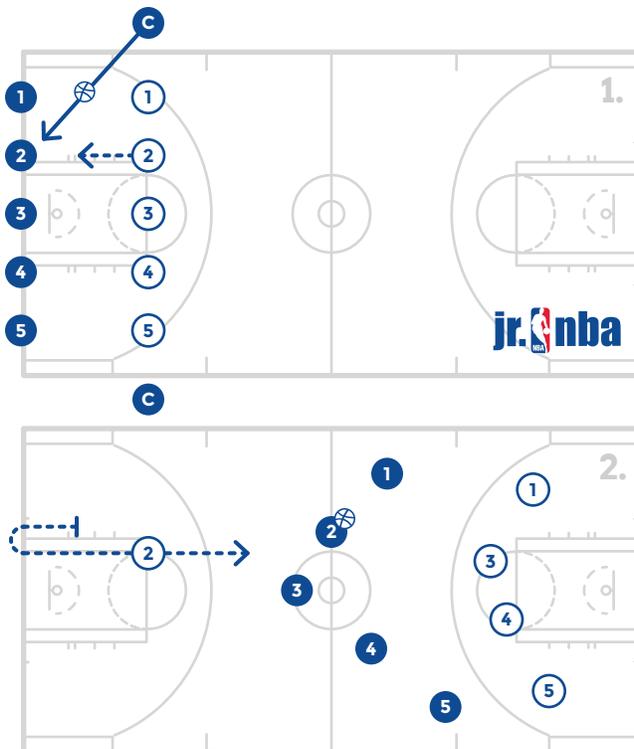
TEAM CONCEPTS  
CONTINUED



- The possession ends after the defensive team gets a rebound.
- Switch teams by having the defense step off and the offense go to defense after every possession.
- The first team to get 5 defensive rebounds will win.

**Line Up Transition Drill** (1 x 4 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.
- 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.

TEAM CONCEPTS  
CONTINUED



- 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.

 **Free Throw Golf** (1 game)

- 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).

**Competing**



 **3 TRIPS & FLIP** (games to 5 makes)

- Divide the players into two or more teams and have one be offense and one be defense at a basket.
- The team on offense will play a possession of offense starting in the half court.

COMPETING  
CONTINUED



- If the offensive team gets the rebound, they can continue to try to score, if they score or the defense gets a rebound or a steal, they will play live for a possession going the other way.
  - After that possession, the game is still live and the team that started with the ball will bring it back down to the basket they started at.
  - After this possession the 3 trips are over and the teams will switch so that the other team starts with the ball in the half court.
  - Play the game to the allotted number of baskets.
- 🔍 Key Points:** As the coach, you can dictate a play or a particular action you want the players to execute as they compete in the 1/2 court or 2 full court possessions.

**🏀 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 and coach as they play without stopping the game.
- Keep the energy up and work on everything practiced.

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### 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.
- 
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RECEPTIVENESS 1</b>	Discuss what it means to be receptive and how to show receptiveness.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li style="width: 33%;">• Bear Hold</li> <li style="width: 33%;">• Stationary A Skip</li> <li style="width: 33%;">• Forward Walking Lunge</li> <li style="width: 33%;">• Pogo Jumps</li> <li style="width: 33%;">• Lateral Chop</li> <li style="width: 33%;">• Carioca</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>2 BALL JAB DRILL</b> (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	<b>2 BALL ALTERNATE &amp; REACT</b> (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	<b>Shooting</b>		
	<b>LOOP SHOOTING</b> (10 makes at 5 spots)	Work on communication and making shots.	
	<b>FILLING THE CORNER DRILL</b> (games to 8)	Partner the players up to compete in making shots.	
	<b>SPIN 5 SERIES</b> (2 x each way)	Have the players work on a variety of spin moves to finish.	
<b>Team Concepts</b>	<b>Passing</b>		30%
	<b>POCKET PASS &amp; SHOOT</b> (20 each way)	Work on a pick and roll pocket pass. Both players will shoot.	
	<b>5 ON 0 FAST BREAK</b> (5 min)	Establish what lanes each player should run in transition.	
	<b>BALANCE THE FLOOR DRILL</b> (5 min)	Help the players see and understand how and why to balance the floor.	
<b>Competing</b>	<b>FOLLOW THE LEADER SLIDES</b> (1 x each)	Let the players lead the drill for 10-12 seconds each.	30%
	<b>DIVE CONTEST CHARGE DRILL</b> (2 x each)	This drill works on the little things that make great defensive teams.	
	<b>3 ON 3 FROM A DOWN SCREEN</b> (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	
	<b>3 ON 3 FROM A PICK AND ROLL</b> (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	
	<b>3 ON 3 FROM SCREEN THE SCREENER</b> (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	
	<b>3 ON 3 FROM PASS TO THE ELBOW</b> (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values



> RECEPTIVENESS 1

★ As you might expect from an organization called **Positive Coaching Alliance**: coachability is critical. Nobody is infallible, but coaches usually get to be coaches by demonstrating knowledge of the sport and an ability to communicate in ways that get the most out of players’ ability. Players can learn a great deal about basketball and life from most coaches. The idea that you give respect to get respect is a two-way street between coaches and players. Once all are on that same street, coachability becomes natural. Even if players do not always understand a coach’s direction, one of the great values of basketball is the chance to try new things, learn what works and what doesn’t and apply lessons from that experience to future dealings with authority figures from parents to teachers to bosses.

Warm-Up



> DYNAMIC WARM-UP (1 x each)

- Bear Hold
- Stationary A Skip
- Pogo Jumps
- Forward Walking Lunge
- Lateral Chop
- Carioca

**Building Skills**



> **BALL-HANDLING**

⊗ **2-Ball Jab Drill** (2 x 30 sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.
- The coach should stand out at the free throw line and encourage the players to work hard.
- If the coach holds up the left or the right hand, the players will quickly jab the corresponding foot out to the side and bring it back underneath them quickly.
- The coach will continue to hold up different hands and encourage the players to react quickly and jab to each one.
- Do this for the allotted amount.

⊗ **2 Ball Alternate & React** (2 x 30 Sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.

BUILDING SKILLS CONTINUED



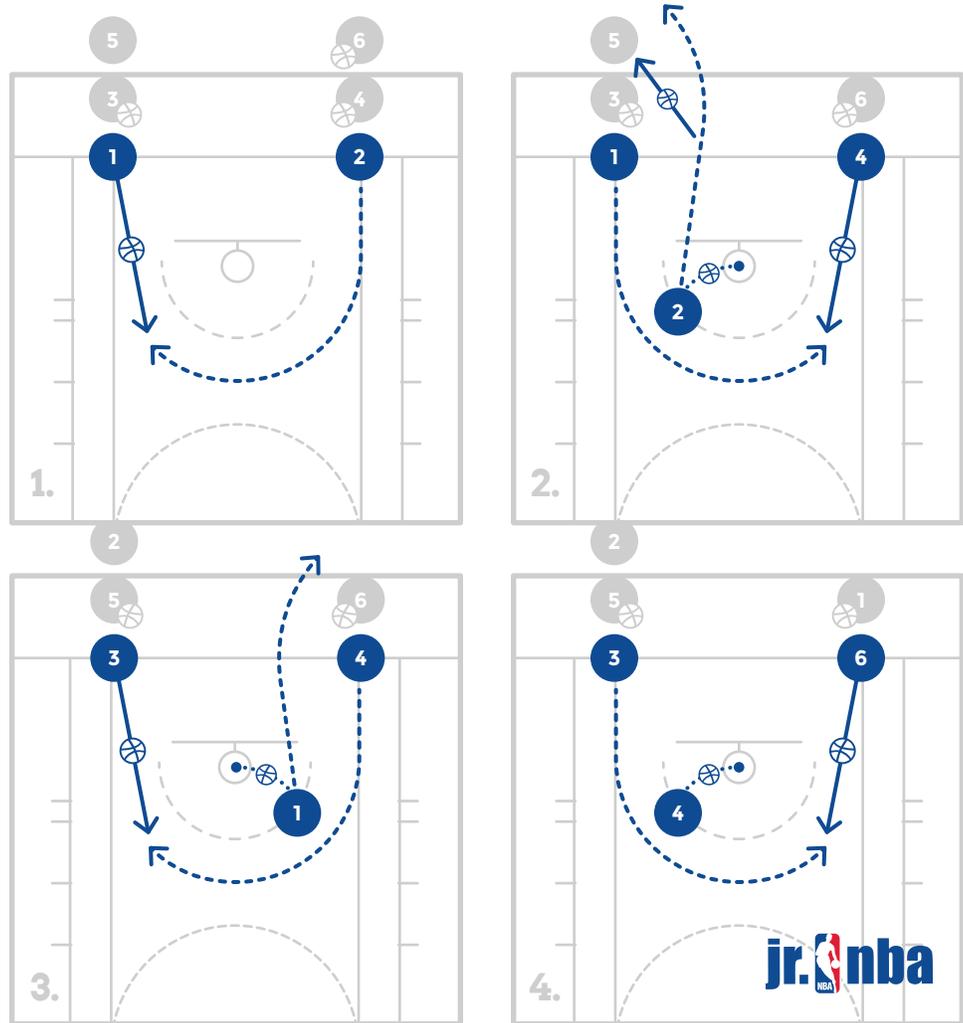
- The coach should stay out in front of the players by starting at the free throw line and encourage the players to work hard.
- The players will alternate dribbling both balls in a good stance.
- If the coach holds up the left or the right hand, the players will take one big explosive step forward with that foot as the first step.
- The players will continue to dribble 2 balls while reacting to coach and exploding forward.
- After the players get to half court, have them turn and come back as well until the allotted time has elapsed.

> SHOOTING

⊗ **Loop Shooting** (10 makes at 5 spots)

SEE DIAGRAM NEXT PAGE >>

- 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.
- 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.



BUILDING SKILLS  
CONTINUED



- 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.

**BUILDING SKILLS CONTINUED**



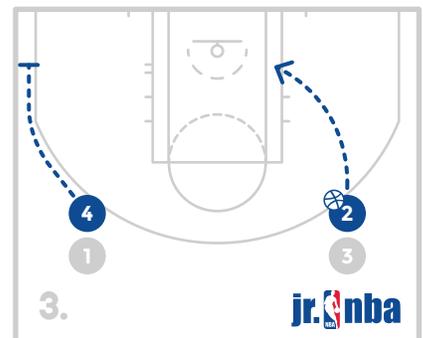
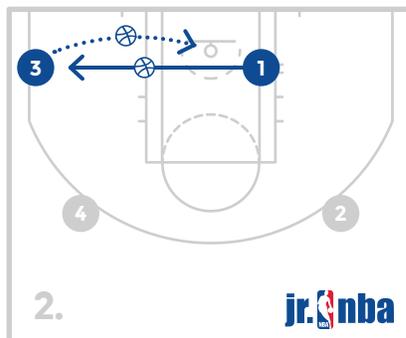
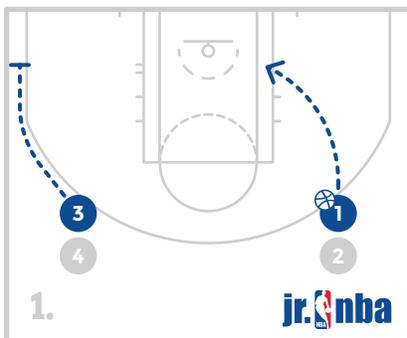
- Have the players shoot from different distances after the allotted number of makes.

**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.

- Work on communication and making shots.

**Filling the Corner Drill (2 Games to 8)**

- Have one line on the wing with a ball and another line on the other wing.
- The players will be partners and work together to compete with other groups.
- Have the partner in the line with the ball drive towards the basket on the baseline side.
- As the player drives, the partner on the other wing will be dropping to fill the corner.



BUILDING SKILLS  
CONTINUED



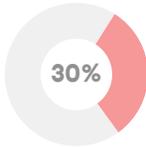
- As the player gets close to the basket, they will pass the ball to their teammate in the corner to catch and shoot.
- The players will get the rebound and switch lines.
- The next pair in line will continue until the team has made the allotted number of shots and will then do the same thing the other way.

**🔑 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.

**🌀 Spin 5 Series** (2 x each way)

- All the players need a ball and can start on the baseline along the lane line.
- Utilize the other side of the lane or other lines to maximize reps.
- The player will pass the ball to the coach at the top and flash to the same side elbow.
- The player will complete the move at which time the next player will pass to the coach and the process will continue until each player has gone 5 times.
- Each of the 5 times, the players will use a different move.
- Then the players will also work from the other elbow.

BUILDING SKILLS  
CONTINUED



★ **The five moves will be the following:**

1. Turn and rip to the baseline with 1 dribble and a quick spin back to the middle and finish with no more dribbles.
2. Next turn and rip to the baseline and take 2 hard dribbles and a big spin back to the middle and finish with no more dribbles.
3. Next the players will turn and rip to the baseline and take 2 hard dribbles then make a half spin towards the middle before turning back to the baseline for a shot.
4. On the next catch at the elbow the players will simulate a defender playing them as they face away from the basket and the offensive player will give a quick spin off the defender for the shot of their choice.
5. For the last catch, the players will take a dribble with their back to the basket and after the dribble, give a quick spin off to the shot of their choice.

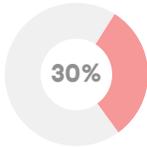
🔑 **Key Points:** Have the players work on a variety of spin moves to finishes. The first three will spins will be off of turning and facing the basket and the last two will be from starting with the back to the basket.

➤ **PASSING**

⊗ **Pocket Pass & Shoot** (20 each way)

- Have all the players get a ball and have the post players start on the block and the guards start above the opposite wing.

BUILDING SKILLS  
CONTINUED



- The first post player will pass the coach the ball and then go set a ball screen for the guard.
- The guard will come off the screen and make a pocket pass to the big.
- The post player will catch and finish in the paint and get their rebound and go to the back of the post line.
- The guard will then relocate to a spot dictated by coach, catch a pass from coach, and take a shot dictated by coach.
- The guard will get their rebound and go to the back of the guard line.

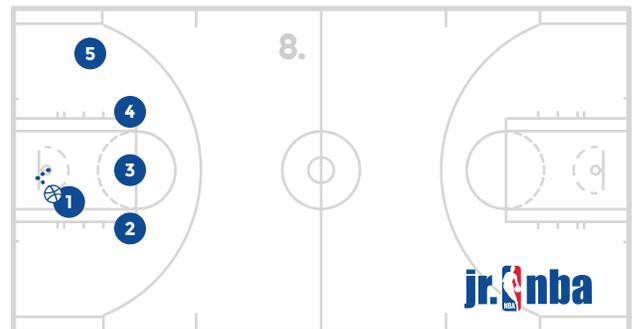
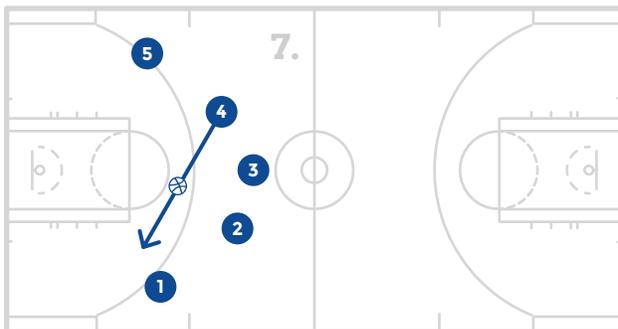
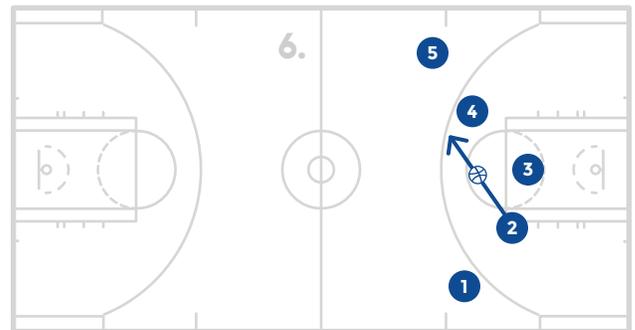
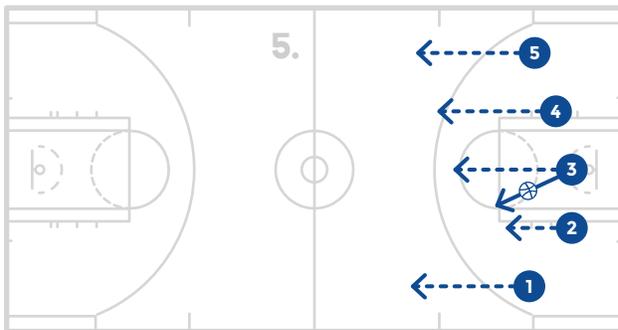
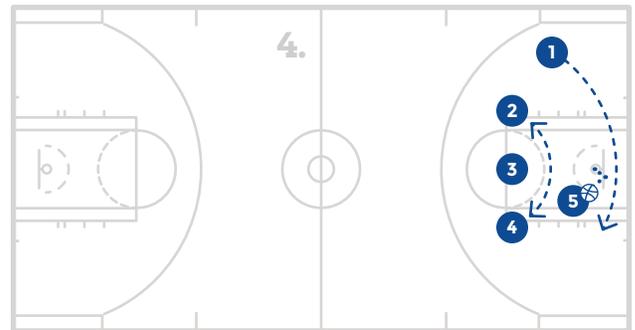
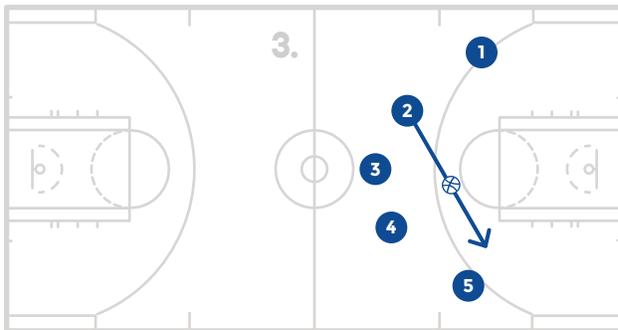
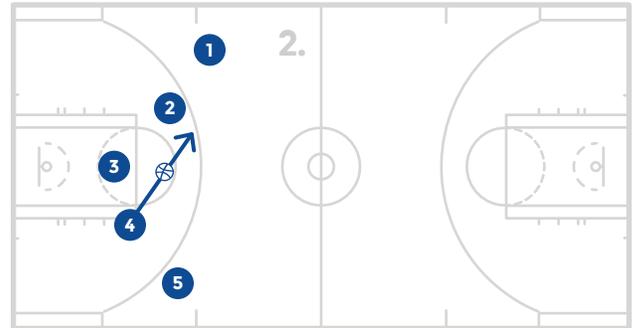
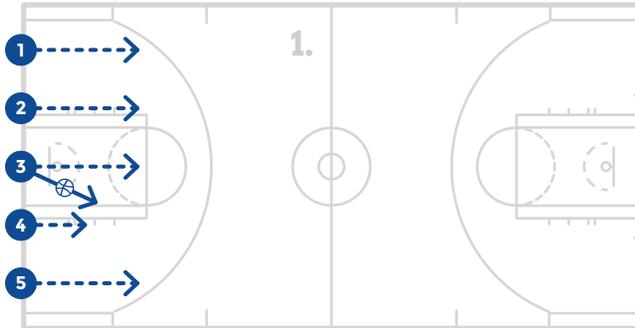
Team  
Concepts



⊗ **5 on 0 Fast Break** (5x)

SEE DIAGRAM NEXT PAGE >>

- Have the players start in 5 lines on the baseline, 1 in the middle, 2 to the sides of the middle line and 2 out wide on each side.
- The first two players in the middle line will need a ball.
- All the players will run forward towards the other basket.
- The player in the middle will pass the ball to the player closest to them on the right, that player will pass the ball to the player to the left of the middle line, and that player will pass the ball to the player running out wide to the right.



TEAM CONCEPTS  
CONTINUED



- That player will lay the ball in and swing through to switch sides with player that was running the left wing.
  - The player in the middle is responsible for getting the rebound without it bouncing while the players that were closest to the middle line will switch sides inside the paint.
  - The players will immediately do the same thing on the way back to the original side.
  - After they finish on the side they started on, they will step off the court and the next group will start.
  - Each player should rotate through each of the starting points.
- Key Points:** Encourage the players to run hard and call names as the players off the court encourage the group.

**Balance the Floor Drill (5 min)**

- Have the players start in 5 lines on the baseline, 1 in the middle, 2 to the sides of the middle line and 2 out wide on each side.
- The coach will label the lines 1 through 5 on the baseline so that everybody knows which line is each number.
- The first group up will give the coach a ball and prepare for the drill.
- The coach will pass the ball to 1 of the players and call out 2 or 3 numbers.

TEAM CONCEPTS  
CONTINUED



- The 2 or 3 players numbers that were called will run down the court identifying where the ball is and where their teammates are so they can balance the floor.
  - The player that catches the ball will dribble down the court and will help the players balance the floor. This player can also pass the ball.
  - The players will balance the floor quickly and either take a quick shot or work on driving and kicking for a shot based on coaches decision.
- 🔍 Key Points:** Help the players see and understand how and why balance the floor. Remember the player who receives the ball can also pass the ball to help the team get balanced.

**🏀 Follow The Leader Slides** (1 x each)

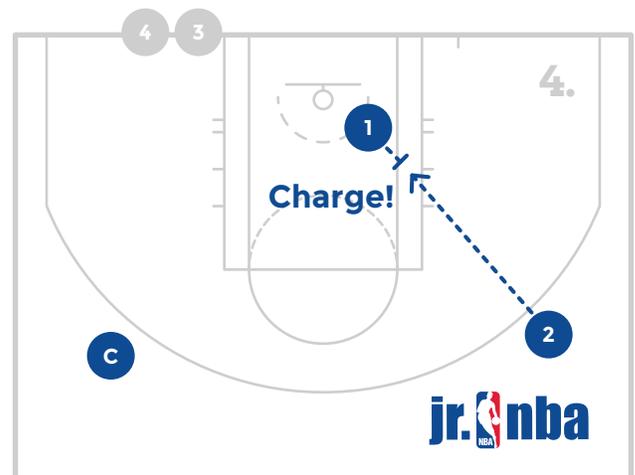
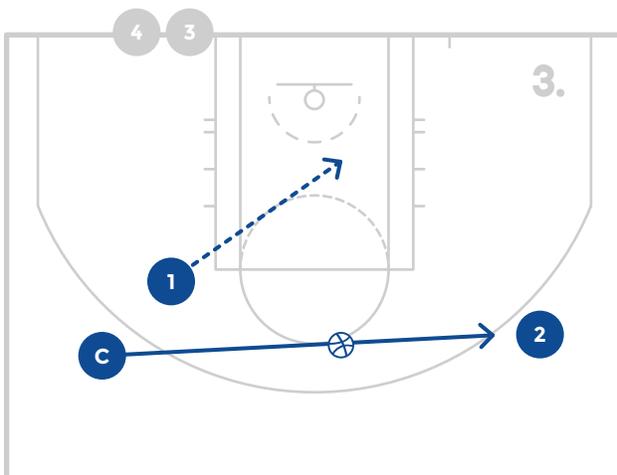
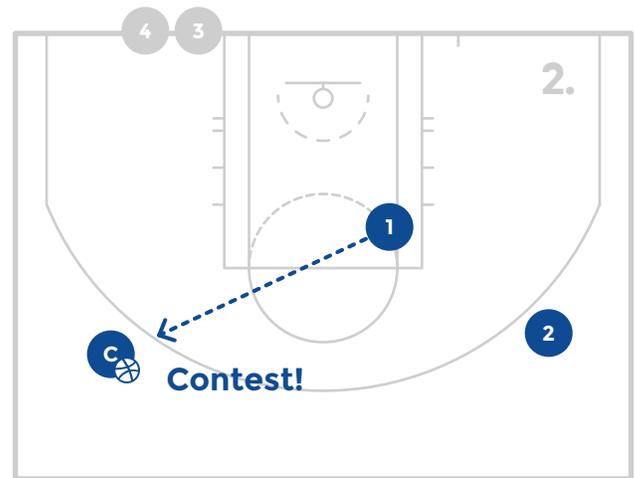
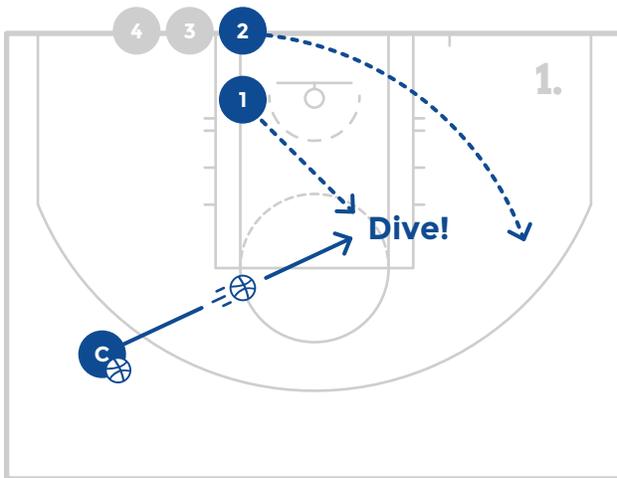
- Have the players spread out throughout the court all facing the same direction.
- Have a player come to the front of the group and face them.
- For 10-15 seconds that player will work on defense while the rest of the group follows their lead.
- The player can do foot fires, slides, jumps, take a charge, get a loose ball etc.
- Have each player rotate to the front and lead the drill.

TEAM CONCEPTS  
CONTINUED



## Dive-Contest-Charge Drill (2 x each)

- The players will start in a line on the baseline.
- The coach will start on the wing with 2 basketballs.
- The coach will start by rolling the ball towards the opposite wing.
- The player will start by running and diving on the loose ball.



TEAM CONCEPTS  
CONTINUED



- The next player in line will move slowly towards that wing as well.
- After the player dives on the ball and jumps up, they will sprint to the coach to contest an imaginary shot.
- The coach will then pass the ball to the opposite wing where the 2nd player moved to.
- The defender will jump to help and as the player on the wing drives, they will step over and take a charge.
- After the charge, the player who drove to the charge will pass the ball to the coach and begin the same series of dive, contest, & charge.

**Key Points:** This drill works on the little things that make great defensive teams.

Competing



**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.

COMPETING CONTINUED



- 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.

**⊗ 3 on 3 Dictated – Pick & Roll** (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 pick and roll.
- 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.

COMPETING CONTINUED



**⊗ 3 on 3 Dictated – Screen The Screener** (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 screen the screener which means the coach will start with the ball on the wing while a guard on the ball side block screens across the lane for a post player to come to the ball side, then a player around the free throw line area will set a screen for the guard coming off to the top.
- 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.

**⊗ 3 on 3 Dictated – Elbow Pass** (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.

COMPETING  
CONTINUED



- The players must start with a pass to the elbow from a guard at the top, there should also be a guard on the same side wing which will allow the guards multiple cuts and screens to work together on that side of the court.
- 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.
- 🔑 Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>RECEPTIVENESS 2</b>	Discuss how it can benefit everyone to be receptive.	<b>5%</b>
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP WITH BALL</b> (1 of each)	<ul style="list-style-type: none"> <li>• Skip Forward • Jog Forward • Light Quick 3 (wrap ball)</li> <li>• Skip Backward • Jog Backward • 1 High Knee (tap ball)</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>30%</b>
	<b>READ THE HAND DRILL</b> (10 total)	Have the players read the defense as they make their dribble move.	
	<b>HAND ON TOP</b> (3 each way)	As the player drives, have them use their off hand to create an advantage.	
	<b>Passing</b>		
	<b>BACKDOOR PASS LAYUP DRILL</b> (20 makes)	Work on the timing and execution of a backdoor pass.	
	<b>Shooting</b>		
	<b>3-PERSON SHOOTING REPS</b> (3 x 10 each)	Work together in groups of 3 to take good game shots.	
	<b>USING A SCREEN SHOOTING DRILL</b> (10 makes each way)	Set up the cut and then come off to shoot at game speed.	
	<b>Rebounding</b>		
	<b>TAG &amp; PURSUE</b> (6 min)	Work on tagging the offensive player on the perimeter.	
<b>Team Concepts</b>	<b>FOLLOW THE LEADER SLIDES</b> (1 x each)	Let the players lead the drill for 10-12 seconds each.	<b>30%</b>
	<b>BALL UP BALL DOWN DRILL</b> (3 min each side)	Work on the players moving efficiently as a defender.	
	<b>BIGS/GUARDS</b>		
	<b>BIGS: DEFENDING POST CROSS SCREEN</b> (8 min)	Work on specific teaching points to defending the post cross screen.	
	<b>BIGS: PICK AND ROLL READS-ROTATION</b> (8 min)	As the big rolls to the basket and catches the ball, help them see the floor and make the right decision.	
	<b>GUARDS: PICK AND ROLL READS-ON BALL</b> (8 min)	As the guard comes off the pick & roll, help them read their defender and make the right decision.	
	<b>GUARDS: PICK AND ROLL READS-2ND DEFENDER</b> (8 min)	As the guard comes off the pick & roll, help them read the 2nd defender.	
<b>Competing</b>	<b>HALF COURT 5 ON 5 - 3 SECONDS</b> (games to 5 makes)	After the first pass, no player is allowed to have the ball more than 3 seconds unless they are in a scoring motion.	<b>30%</b>
	<b>3 ON 3 CONTINUOUS</b> (games to 5 makes)	Keep the players moving with a high intensity competition	
	<b>5 ON 5</b> (games to 7 makes)	Keep the energy up and work on everything practiced.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values



> RECEPTIVENESS 2

★ **Positive Coaching Alliance** recommends that players act as sponges, soaking up all the information, instruction and experience possible. That applies to practices, team meetings, games, watching televised games, classrooms, outside reading and everyday life experiences. All the opportunities for knowledge that pile up through basketball can help players develop into better athletes and better people. Because basketball holds players’ attention, it creates an opportunity for them to understand how to focus their attention on any task at hand on or off the court. Making that connection explicit in players’ minds is a great gift for a coach to give a player.

Warm-Up



> DYNAMIC WARM-UP WITH BALL (1 of each)

- Skip Forward
- Skip Backwards
- Jog Forward
- Jog Backwards
- Light Quick 3
- 1 High Knee

**Building Skills**



> **BALL-HANDLING**

★ **Fundamentals of the Shoulder Crossover:** The shoulder crossover is like any other crossover in that the ball will change from one hand to the other. The difference in the shoulder crossover is that the player will cross the ball over higher while keeping it in the original hand and shifting their shoulder and arm to the other side of their body. That means the player would take the ball from their right side to their left side by moving their right arm and the ball to the left side of their body to dribble.

⊗ **Read the Hand Drill** (10 total)

- Have the players partner up, get 1 ball, and find some space on the court.
- The player with the ball will take 1-2 slow dribbles towards the other player who will pretend to be a defender.
- The defender will place one of their hands down low like a dig hand to deflect a crossover, or extend their arm out in front of them at around chest level.
- The offensive player will read the defensive players hand and make the appropriate move.
- If the players hand is down, the offensive player will make a high/shoulder crossover and dribble past them.
- If the players hand is up, the player will make a low crossover and dribble past them.

BUILDING SKILLS CONTINUED



- Continue this process for the allotted reps and switch partners.
- The player will then turn and come back.

**🔍 Key Points:** Have the players work on reading the defense as they make their dribble move.

**🏀 Hand on Top** (3 each way)

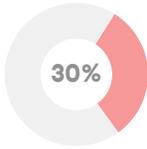
- Have the players partner up with one ball.
- There can be 3 lines at a basket (both wings and top).
- Have one player start on offense and the other on defense.
- As the offensive player drives by, the defensive player should move with them and put their arm on their body.
- The offensive player will work on getting their inside arm that is closest to the defender on top and in front of the defender's arm.
- The offensive player will continue by and shoot and then the partners will switch until the allotted number of shots have been reached.

**➤ PASSING**

**🏀 Backdoor Pass Layup Drill** (20 makes)

- Have the players get into 2 lines, 1 at the top and one on the wing or corner.

BUILDING SKILLS CONTINUED

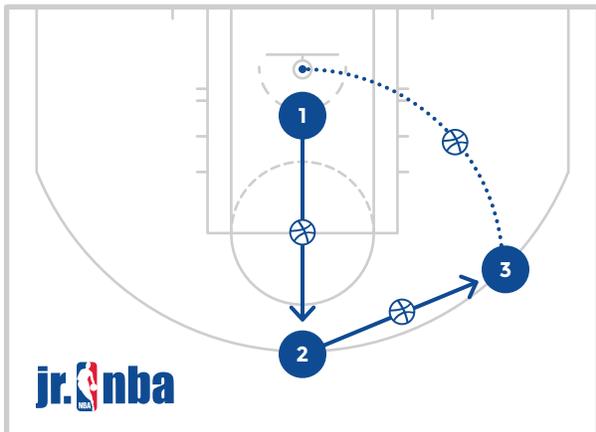


- Have the balls start in the line at the top and have the player with the ball dribble towards the wing.
- The player on the wing must time the cut and step up and then back cut.
- The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
- After the pass and the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

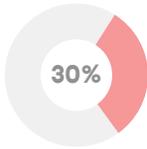
> SHOOTING

⊗ **3-Person Shooting Reps** (3 x 10 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.



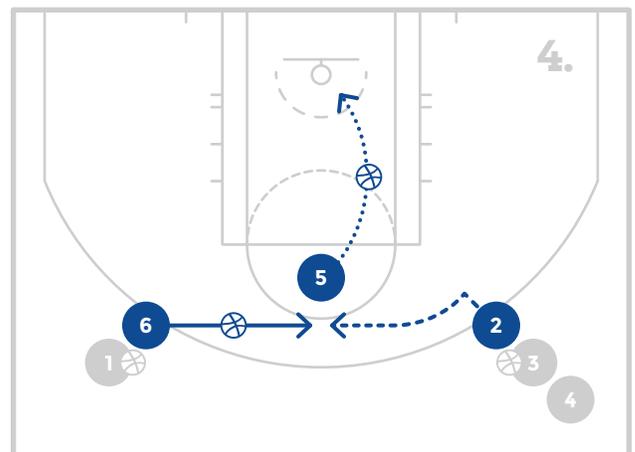
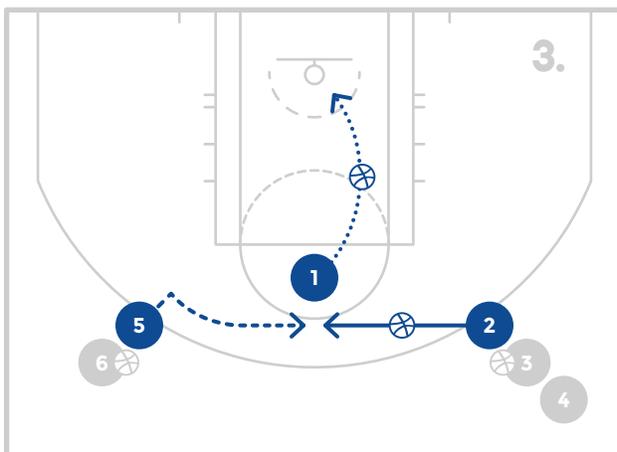
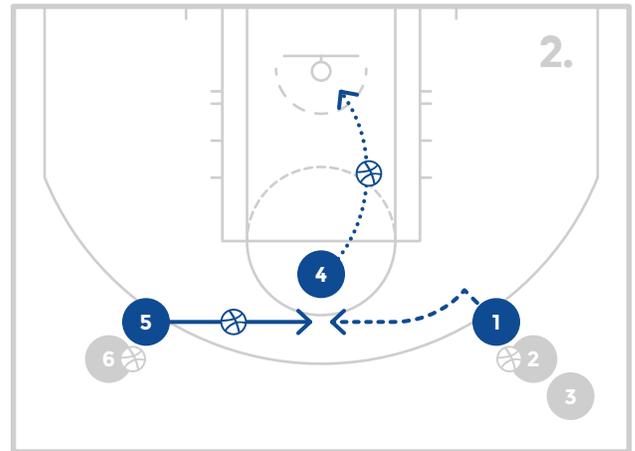
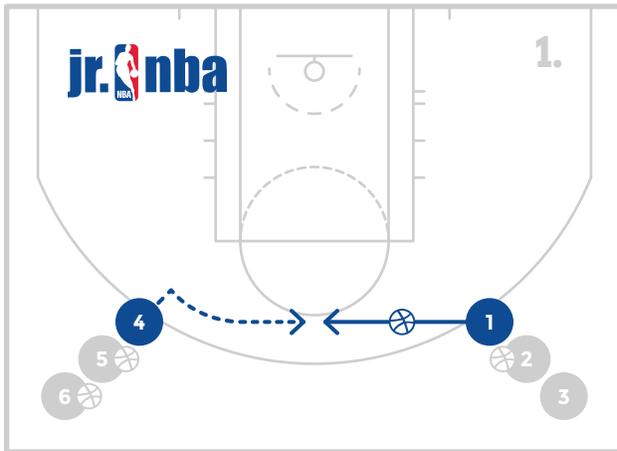
BUILDING SKILLS CONTINUED



**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.

**Using A Screen Shooting Drill** (10 makes each way)

- Have the players get in two lines, 1 on each wing.
- The first 2 players in one line need a ball and the 2nd and 3rd players in the other line need a ball.



BUILDING SKILLS  
CONTINUED



- The first player without a ball will set up an imaginary screen and come off to the top of the key.
- That player will catch a pass from the opposite line and catch and shoot.
- The player will then get the rebound and give the ball back to the line they received the pass from and go to the back of that line.
- Immediately after the players make a pass to a shooter, they will set up an imaginary screen and come off to catch and shoot in the middle.
- This process will continue until the allotted number of shots are made.
- After that, the players will then step in and fade to the corners and shoot doing the same process for the allotted number of makes.

➤ REBOUNDING

⊗ Tag & Pursue (6 min)

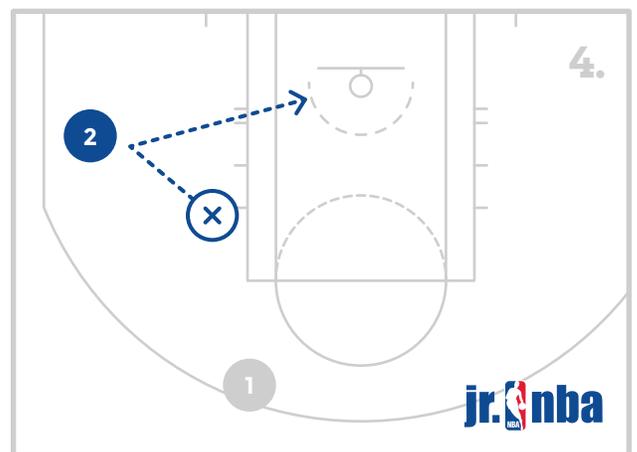
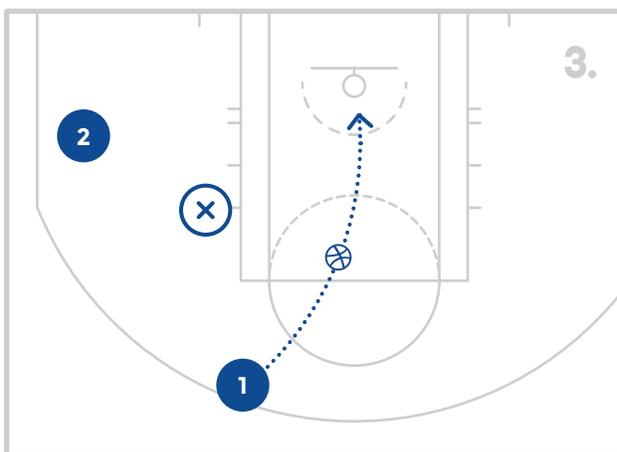
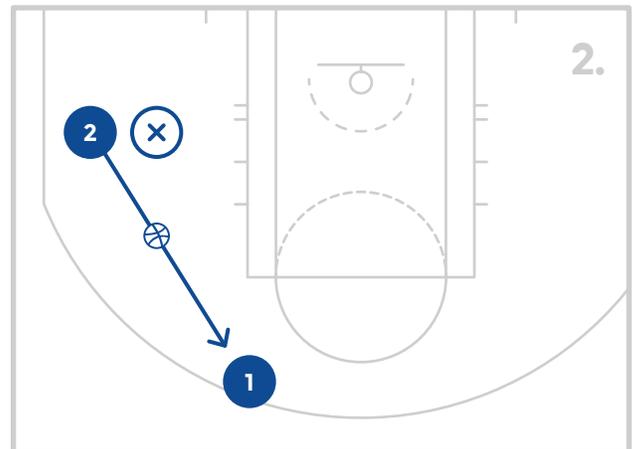
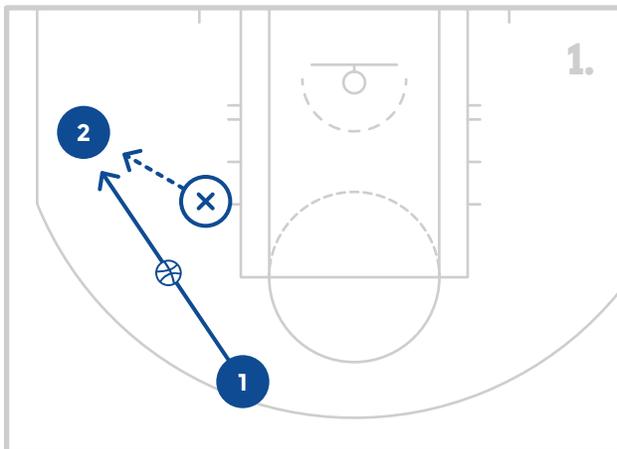
SEE DIAGRAM NEXT PAGE ➤➤

- 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**



- 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.”



BUILDING SKILLS  
CONTINUED

- 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



> DEFENSE

⊗ Follow The Leader Slides (1 x each)

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waste, dribbling with one hand, etc).
- The players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable of being the leaders, allow that as well.

TEAM CONCEPTS  
CONTINUED



**⊗ Ball Up Ball Down Drill (3 min each side)**

- Have an offensive player in each corner and on each wing with a ball and a corresponding line on the baseline.

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- The players on the baseline will close out to the players on offense.

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- When the coach says, “ball up” or “ball down” the offensive player will put the ball up over their head or down in the trip threat stance.

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- When the player moves the ball up, the player will push off their back foot and step closer to the player with their hands in the right defensive positioning.

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- When the player moves the ball down, the defensive player will push back off their top foot.

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- 🔍 **Key Points:** Work on the players moving efficiently as defenders and not wasting any movements.

★ **Bigs/Guards:** Post Players and Guards will divide to work on different position specific drills..

**⊗ BIGS: Defending Post Cross Screen (8 min)**

- Have an offensive and defensive player start on each block.

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- The coach will start with the ball on the wing.

TEAM CONCEPTS  
CONTINUED



- (Make sure you teach or have taught the players how you would like them to defend a big to big post screen without switching).
- Let the player on the ball side set a cross screen for the opposite big.
- Let the players work on properly defending it for several reps before adding the pass in and letting the play.
- Offense will rotate to defense and 2 new offensive players will come in, or if you don't have enough post players rotate new players 1 spot at a time.

⊗ **BIGS: Pick & Roll Reads-Rotation** (8 min)

- Have the post players start in a line on the baseline with a player in the corner and a defender guarding him.
- The first player up will run up and set a screen for the coach in the opposite slot so that the coach is moving away from the player in the corner.
- The coach will pass it to the post player rolling.
- On the catch, the post player will quickly decide if the defender is helping or staying on the player in the corner.
- If the defender is helping, the roller will pass to the corner for a shot.

TEAM CONCEPTS  
CONTINUED



- If the defender isn't helping, the roller will finish.
- The roller will become the corner shooter and the corner shooter will become the defender.
- The defender will step to the end of the line.

**⊗ GUARDS: Pick & Roll Reads-On Ball (8 min)**

- Have all the guards get a ball and start up high on the wing.
- Place a cone or a chair as the screener and have the coach act as the on ball defender.
- If the coach goes over the screen, the player will dribble off the screen for a pull up jump shot.
- If the coach goes under the screen, the player can stop behind and shoot or simulate a simulate a rescreen and come back off the other direction for a jump shot.
- Work on this from both sides and encourage the players to make good reads.

**⊗ GUARDS: Pick & Roll Reads-2nd Defender (8 min)**

- Have all the guards get a ball and start up high on the wing.
- Place a cone or a chair as the screener and have the coach act as the defender who is guarding the screener.

TEAM CONCEPTS  
CONTINUED

- If the coach steps out to hard hedge, have the players split for a shot.
- If the coach sits back, have the player come off and shoot or freeze the coach and attack the basket.

Competing



⊗ **Half Court 5 on 5 – 3 seconds** (games to 5 makes)

- Divide the players into teams and play 5 on 5 half court.
- Play games to 5 makes and ensure the players play hard the entire game.
- In this version of 5 on 5, after the first pass, no player is allowed to have the ball longer than 3 seconds or it will count as a turnover.
- If the offense scores, they keep the ball.
- Keep the energy up and work on everything practiced.

⊗ **3 on 3 Continuous** (games to 5 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



- 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.

 **5 on 5** (games to 7 makes)

- 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 and coach as they play without stopping the game.

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### 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.
- 
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>INJURY PREVENTION 1</b>	Emphasize that a player can take measures to keep themselves from being injured and on the sideline.	<b>5%</b>
<b>Warm-Up</b>	<b>PARTNER RESISTANCE</b> (20 sec each)	<ul style="list-style-type: none"> <li>• Stance</li> <li>• Knees</li> <li>• Plank</li> <li>• Arms</li> <li>• Running Long Stride</li> <li>• Running Small Steps</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>30%</b>
	<b>EARLY-CROSS JAB SERIES</b> (4 min)	Work on good footwork and finishes.	
	<b>HARD STEP, HARD POUND BREAKDOWN DRILL</b> (2 min)	Work on making a good move and stopping quickly.	
	<b>Shooting</b>		
	<b>HARD STEP &amp; SHOOT</b> (4 min each way)	Work on good moves that finish in a hard stop and shot.	
	<b>FULL COURT LANE SHOOTING</b> (3 min)	Keep track of the team's score in order to beat the score moving forward.	
<b>Team Concepts</b>	<b>Passing</b>		<b>30%</b>
	<b>HIGH LOW PASSING DRILL</b> (4 each side)	Make sure the players understand when and how to make the high low pass.	
	<b>CURL &amp; POP DRILL</b> (15 makes each way)	Work off a down screen and make sure both players get a shot.	
<b>Competing</b>	<b>SLIP PASS DRILL</b> (5 min)	Work on reading the defenders and making the slip pass.	<b>30%</b>
	<b>11-PERSON TRANSITION DRILL</b> (4 min)	Divide into teams and work on scoring in transition.	
	<b>POST CROSS SCREEN 1 ON 1</b> (games to 4)	Work on defending the cross screen and then playing 1 on 1.	
	<b>2 ON 2 FROM THE HIGH LOW FLASH</b> (games to 4)	Work on fronting the post then flash and play.	
	<b>SHELL DRILL 4 ON 4</b> (5 stops)	Start with shell defense that leads to help the helper and live play.	
	<b>SHELL DRILL 5 ON 5</b> (5 stops)	Start with 5 passes of pass and screen away and then go live.	
	<b>25 POINT FREE THROW GAME</b> (1 game)	This game teaches the players to seek perfection.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > INJURY PREVENTION 1

★ Players can't produce if they're unable to play, so coaches and players should do everything in their power to prevent injury. That starts with basic safety measures, such as ensuring playable surfaces (dry, free of debris, holes, bumps, etc.), bleachers a safe distance from the floor and padding on walls near baselines. In venues that don't accommodate, coaches and players should at least be aware of the dangers and adjust accordingly. Coaches also can talk to referees about paying extra attention to player safety in those surroundings, and players can help matters by curtailing overly physical play.

## Warm-Up



### > PARTNER RESISTANCE WARM-UP (20 sec each)

- Have the players partner up and give each other resistance for the allotted amount of time with the following exercises.
- Stance • Knees • Running Long Stride
- Plank • Arms • Running Small Steps

## Building Skills



### > BALL-HANDLING

#### ⊗ Early-Cross Jab Series (4 min)

- Have the players get a ball and a partner.
- The player with the ball will dribble towards the defender but before they are too close to the defender, they will change the ball from one hand to the other.

BUILDING SKILLS  
CONTINUED



- Right after changing hands, the player will drop and give jab step that will push them in the opposite direction past the defender.
- Make sure to work on it with both hands and changes roles with the partner.

**⊗ Hard Step, Hard Pound Breakdown Drill (2 min)**

- Have the players start with a ball on the baseline.
- The players will take two fast dribbles forward with the right hand.
- After running for two dribbles, the players will make a hard stop by stopping with their right hand making a hard dribble at the same time as their foot making a hard step to stop.
- Make sure to work on this to both sides.

**> SHOOTING**

**⊗ Hard Step & Shoot (4 min each way)**

- Have the players start with a ball and get into 3 lines at the top.
- The first player in each line will take two hard fast dribbles forward with the right hand.

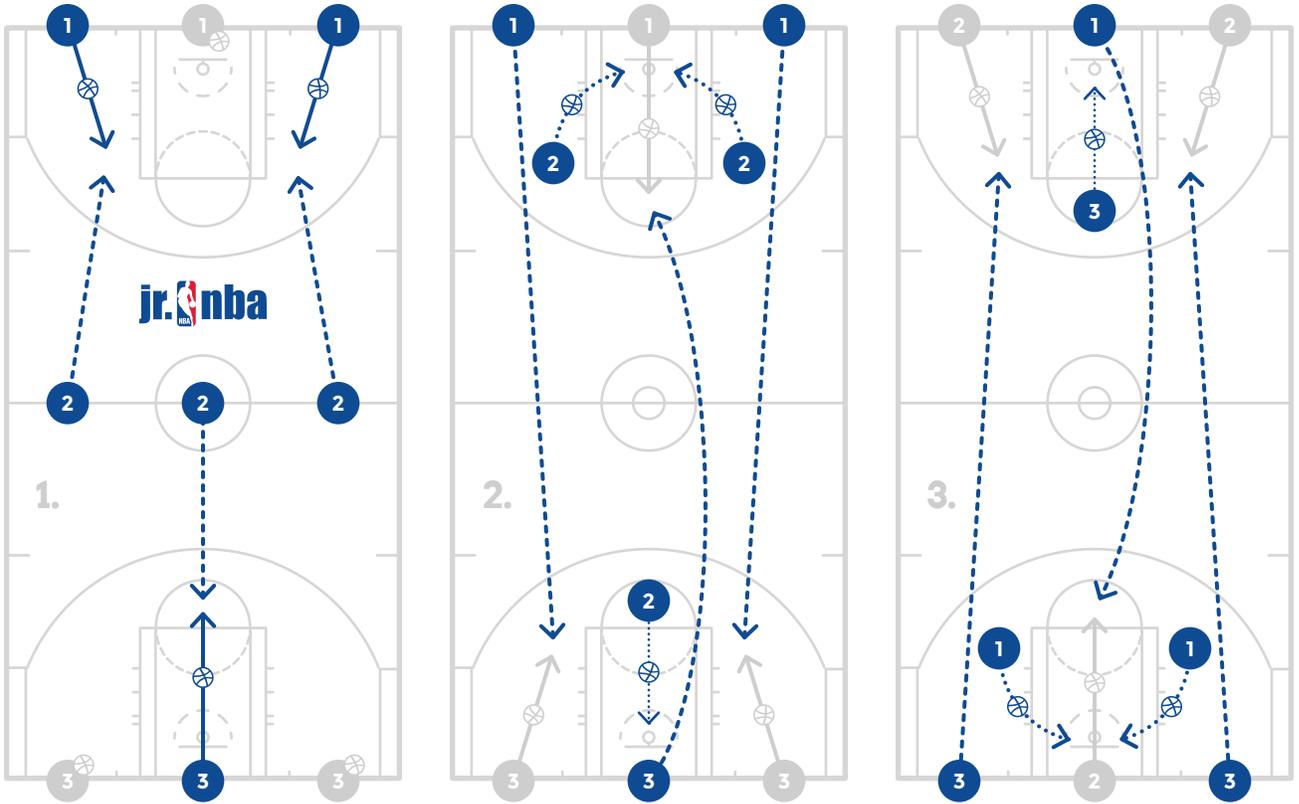
BUILDING SKILLS  
CONTINUED



- After running for two dribbles, the players will make a quick stop by stopping with their right hand making a hard dribble at the same time as their foot making a hard step to stop.
- They will then take a shot, get their rebound and move to the back of the line.
- Make sure to work on this to both sides.

 **Full Court Transition Shooting** (3 min) [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.



**BUILDING SKILLS  
CONTINUED**



- 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.
- The rule is, pass and run the length of the floor to catch and shoot.

BUILDING SKILLS  
CONTINUED



- 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.

> **PASSING**

★ **Fundamentals of If Fronted Flash:** If fronted flash is an offensive concept that requires the players to recognize how the defense is playing against a post player. If the defensive is fronted the post player on the block, the offense must recognize this and take away any help defenders by having the player whose defender is helping, flash to the high post. By flashing to the high post, their defender must decide if they will continue to help on the low post player or come up to guard their player at the high post. Upon catching at the high post, the offensive player will read the defense to either shoot, drive, or make the high low pass.”

★ **Fundamentals of the High Low Pass:** The high low pass gets its name because it is a pass from the high post to the low post. The high low pass is often a lob pass that goes over the low post defender with nice touch so the offensive player can catch and score.

⊗ **High Low Passing Drill** (4 each side)

- Have the coach start on the wing and a post player and defender on the ball side block with a line on the opposite block.
- Everyone in the line can have a ball and the first person will start by passing the ball to the coach on the wing across from them.

BUILDING SKILLS  
CONTINUED

- The coach will look into the post where the defender will be fronting the offensive player.
- That helps the player on the opposite block know to flash to the high post for the ball.
- The coach will pass the ball to the high post and that player will make a high low pass into the post player who will finish.
- The player who flashed will become the defender on the block, the defender will become the offensive player on the block and the offensive player will go to the back of the line.
- Repeat this process for the allotted number of reps.

Team  
Concepts



> OFFENSE

⊗ **Curl & Pop Drill** (15 makes each way)

- Have 2 lines, 1 on the elbow and one on the same side wing.
- The players on the elbow will have a ball and toss it to the coach at the top.
- The player at the elbow will go set a screen for the player on the wing.
- The player on the wing will curl hard assuming that their defender is going over top.
- The screener will assume that his defender must help on the curl and pop back to the ball.

TEAM CONCEPTS  
CONTINUED



- The coach will pass the screener the ball who will shoot the designated shot.
- The players will switch lines and continue the process.
- Continue until the allotted number of shots has been made and then switch sides.

 **Slip Pass Drill** (5 min)

- Place a passing line at the top of the key, a screening line on the wing, and a shooting line on the same baseline.
- The coach will defend the screeners from the screening line.
- As the screener goes to set the screen, the coach will either drop back and defend the screen below the play, or step up and jump out on the shooter coming off the screen.
- The passer and screener must read how the coach defends the screen; if the coach drops back, the passer will pass to the shooter coming off the screen. If the coach steps up the screener will slip and the passer will pass the ball to the screener as they slip to the basket.
- The passing line will rotate to the screening line, the screening line will move to the shooting line, and the shooting line will move to the passing line.
- Utilize both sides of the court and multiple baskets to maximize reps.

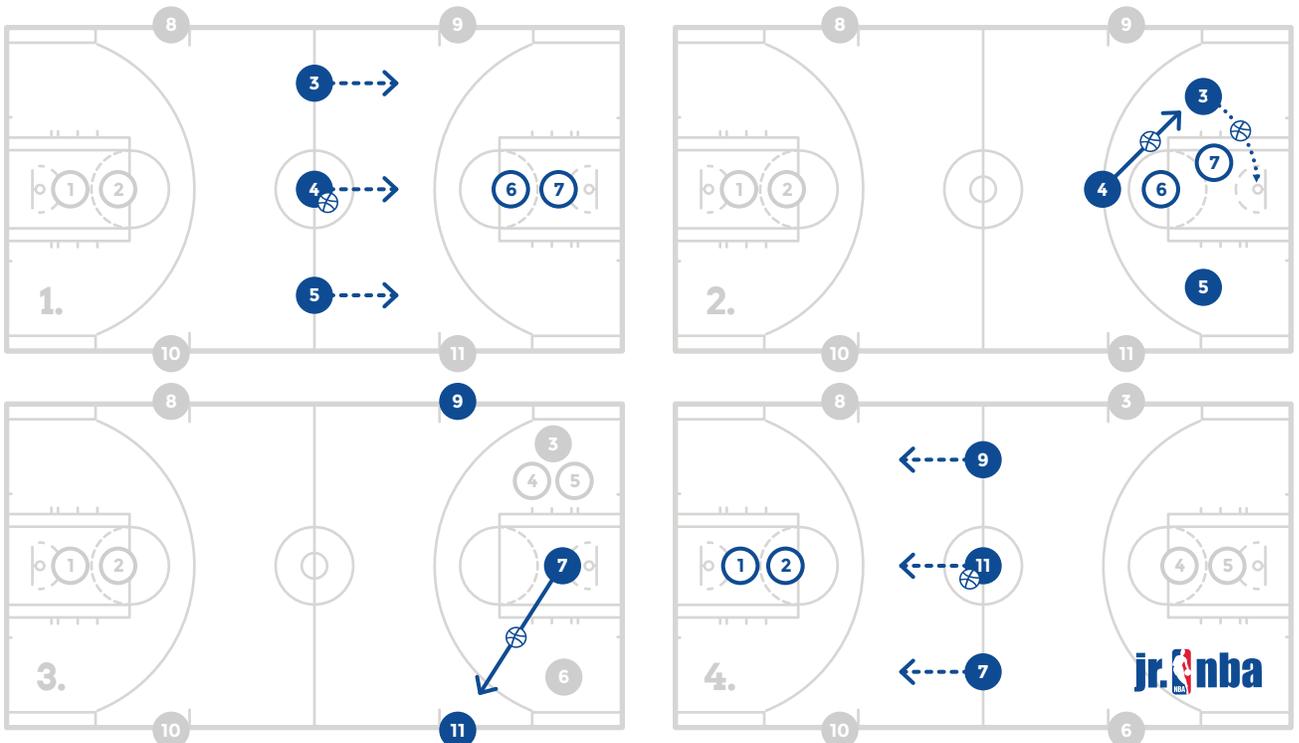
TEAM CONCEPTS  
CONTINUED



- If there aren't enough coaches, have a player execute the coach's role.

**11-Person Transition Drill (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.



TEAM CONCEPTS  
CONTINUED



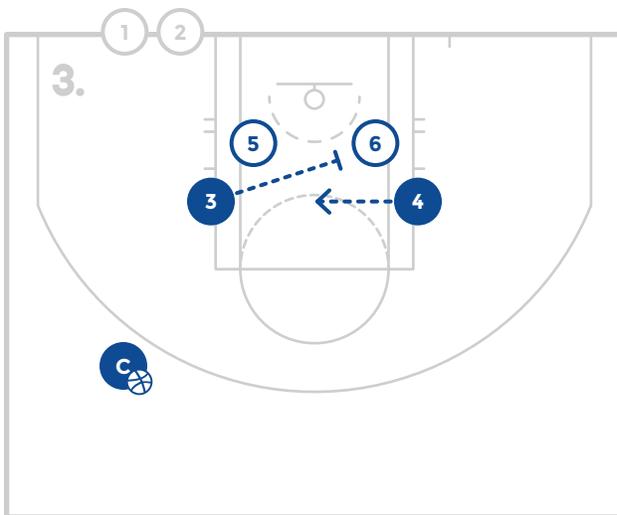
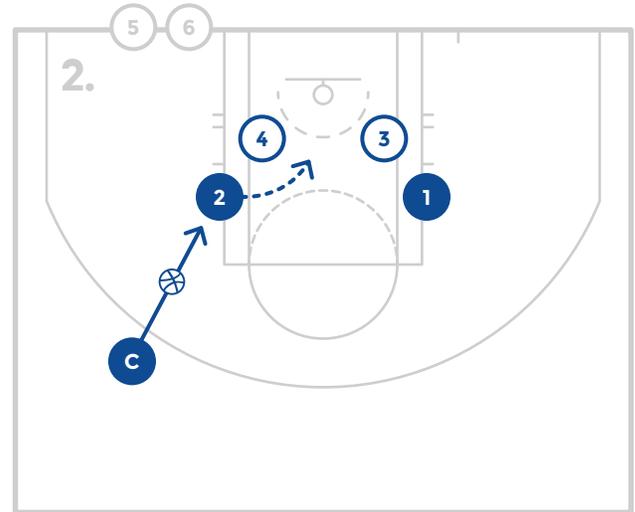
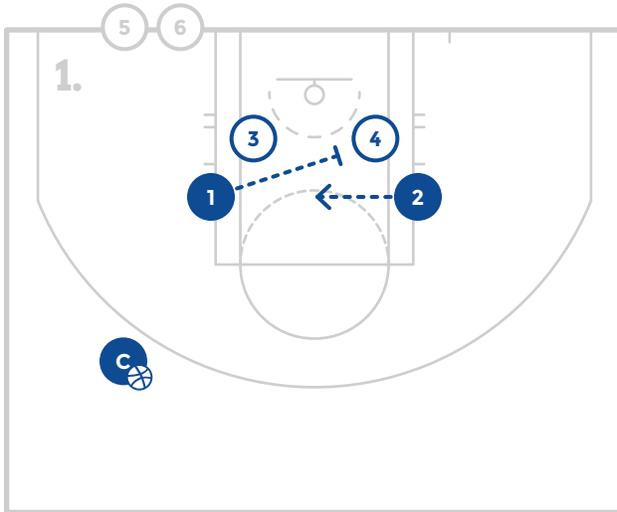
- The players will move towards a basket in a 3 on 2 break.
- After 1 shot or a turnover, what ever player gets the ball (offense or defense) will make an outlet pass to one of the players on the sidelines.
- After the outlet the player will dribble to the middle of the floor and the player who made the outlet will fill the lane that they passed it to and the other player on the sideline will fill the opposite lane.
- 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.

Competing



⊗ **1 on 1 From Post Cross Screen** (games to 4) SEE DIAGRAM NEXT PAGE >>

- Have the players partner up and have 2 teams start on offense and defense on the blocks.
- The coach will start with the ball on the wing and the player on the ball side wing will set a cross screen for the other big.
- The defensive players aren't allowed to switch and when the coach passes the ball into the post, the game is live.



- After the possession, the defense will go to offense and the offense will rotate off as a new team comes on defense
- Play to the designated score.

COMPETING CONTINUED



**2 on 2 From High Low Flash** (games to 4)

- Have the coach start on the wing and a post player and defender on the ball side block with an offensive and defensive player on the opposite block.
- All the other players will be partner up and rotate in offense to defense and defense off.

COMPETING  
CONTINUED



- The ball will start with the coach on the wing.
- The coach will look into the post where the defender will be fronting the offensive player.
- At that time, the player on the opposite block will know to flash to the high post for the ball.
- The coach will pass the ball to the high post and the game becomes live for one possession.
- After the shot or turnover, the players will rotate.

**⊗ Shell Drill 4 on 4** (5 stops)

- 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.

COMPETING  
CONTINUED



⊗ **Shell Drill 5 on 5 to Live** (5 Stops)

- Place 5 markers on the perimeter and have a balanced line of players behind each one.
- The first 5 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.
- After 5 controlled passes, the ball becomes live and the players can do anything offensively to take a shot.
- After the shot, the group will get their rebound and go to the back of the lines and the next 5 players will step on and repeat the process.

⊗ **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.

COMPETING  
CONTINUED



★ **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.

🔍 **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.

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### 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.
- 
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>INJURY PREVENTION 2</b>	Why and how should we warm-up before every activity.	<b>5%</b>
<b>Warm-Up</b>	<b>BALL TAG GAME</b> (20 sec each)	Have the players spread out for a modified version of tag.	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>30%</b>
	<b>2 BALL RESISTANCE DRIBBLING</b> (2 x 30 sec each)	Work on dribbling through contact and driving forward with each step.	
	<b>BETWEEN CROSS BEHIND</b> (2 x 20 sec)	Dribbling between, cross, behind is 1 rep. Complete as many as possible in 20 sec.	
	<b>BEATING 2 DEFENDERS</b> (3 x each)	Work on ball handling by beating two defenders.	
	<b>Passing</b>		
	<b>1<sup>ST</sup> TO 50</b> (1 game)	Work on completing passes under pressure.	
	<b>Shooting</b>		
	<b>IN &amp; OUT CROSSOVER TO SHOT</b> (5 min)	Work on the in and out crossover that moves efficiently into a shot.	
	<b>FULL COURT TRANSITION SHOOTING</b> (games to 9)	Have the players work in teams and sprint the floor to take a shot.	
<b>Team Concepts</b>	<b>Rebounding</b>		<b>30%</b>
	<b>4 ON 4 REBOUNDING - 5 IN A ROW</b> (1 each)	Make sure the players call out the shot, box out or tag, and pursue the ball.	
	<b>DEFENDING THE 2 ON 1 DRILL</b> (6 min)	Work on preventing baskets in 2 on 1 situations.	
<b>Competing</b>	<b>DRIVE &amp; KICK COMPETITION</b> (games to 8)	Emphasize a good drive and a good kick pass.	<b>30%</b>
	<b>HALF COURT SPACING DRILL</b> (5 minutes)	Based on your offense, or motion, teach the spots on the floor and proper spacing.	
	<b>2 ON 2 FROM A CLOSE OUT</b> (games to 4)	The coach will pass from the top and the defensive players will close out.	
<b>Competing</b>	<b>3 ON 3 FROM CLOSE OUT</b> (games to 5)	The coach will pass from under as the 3 players close out.	<b>30%</b>
	<b>5 ON 5 FULL COURT MAN TO MAN</b> (games to 5)	Work on full court pressure man to man defense!	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



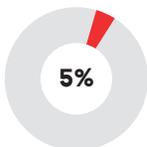
Values



> INJURY PREVENTION 2

★ Perhaps the greatest step toward injury prevention is proper warm-up and stretching. Many people don't enjoy that part of basketball; they should remember that if they don't warm-up and stretch well, it may be a long time before they recover from injury and get to enjoy any part of basketball. Stretching well, in addition to preventing injury, is an opportunity for team bonding, conversation and the chance to take turns exercising leadership voices by counting out each stretch. The discipline to stretch well, even when players don't want to, also serves as a great life lesson in the values of delayed gratification and living out the credo: Proper preparation prevents poor performance.

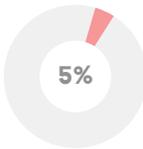
Warm-Up



⊗ Ball Tag Game (20 sec 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



- 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).

**Key Points:** Ultimately you want to get the players and their bodies warm and ready to practice in a fun way.

Building  
Skills

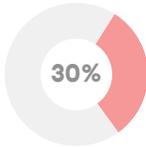


> BALL-HANDLING

⊗ **2 Ball Resistance Dribbling** (2 x 30 sec each)

- Have the players partner up with 2 balls.
- The first partner will start in a stance on the baseline and will alternate dribbling 2 balls.
- The other partner will apply pressure and resistance to the dribblers shoulders, hip and the outside of their knees.
- The dribbler will need to stay in a good strong stance and stay firm against the resistance.
- Halfway through the elapsed time, the dribbler will change to dribbling at the same time.

BUILDING SKILLS  
CONTINUED



- Then the partner will get in front of them and put two hands on their shoulders to resist them as they drive and dribble forward.
- After the allotted time, the partners will switch and repeat the process.

**Between Cross Behind** (2 x 20 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.
- 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.

BUILDING SKILLS  
CONTINUED



## 🏀 **Beating 2 Defenders** (3 x each)

- For this drill, have the players get in groups of 3 with 1 ball and start at the center of half court

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- One player will take the ball and be offense and the other two will become defense and stand just above the 3 point line.

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- The offensive player will be allowed 10 seconds to make a move to get a shot off against two defenders.

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- After the possession, the next group will come on and repeat the process.

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- The group of three will rotate every possession so that a new offensive player gets a turn for the allotted amount of turns.

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- 🔑 **Key Points:** Teach the players some keys such as attacking a weaker defender, splitting if the defenders allow space, and creating space.

## ➤ **PASSING**

### 🏀 **1st to 50** (1 game)

- In this drill there will be two teams of five and one ball.

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- The team that starts on offense will be allowed no dribbles and no screens but must pass the ball from player to player without taking a shot.

BUILDING SKILLS  
CONTINUED



- They must count every pass as the attempt to reach 50 passes to win.
- If the defensive team gets a steal, a turnover or a deflection, it will immediately be their ball and they will start passing and counting their passes.
- When the possessions change, the offense will start counting from the number they left off on before their last change of possession.
- So if a team has 12 passes and then turn it over, the next time they get the ball back, they will start with 12 and build from there.
- This game allows the defense to really pressure the ball and aggressively seek turnovers so it's important for the offense to be strong and make good passes under pressure.

➤ SHOOTING

⊗ **In & Out Crossover to Shot** (3 min each way)

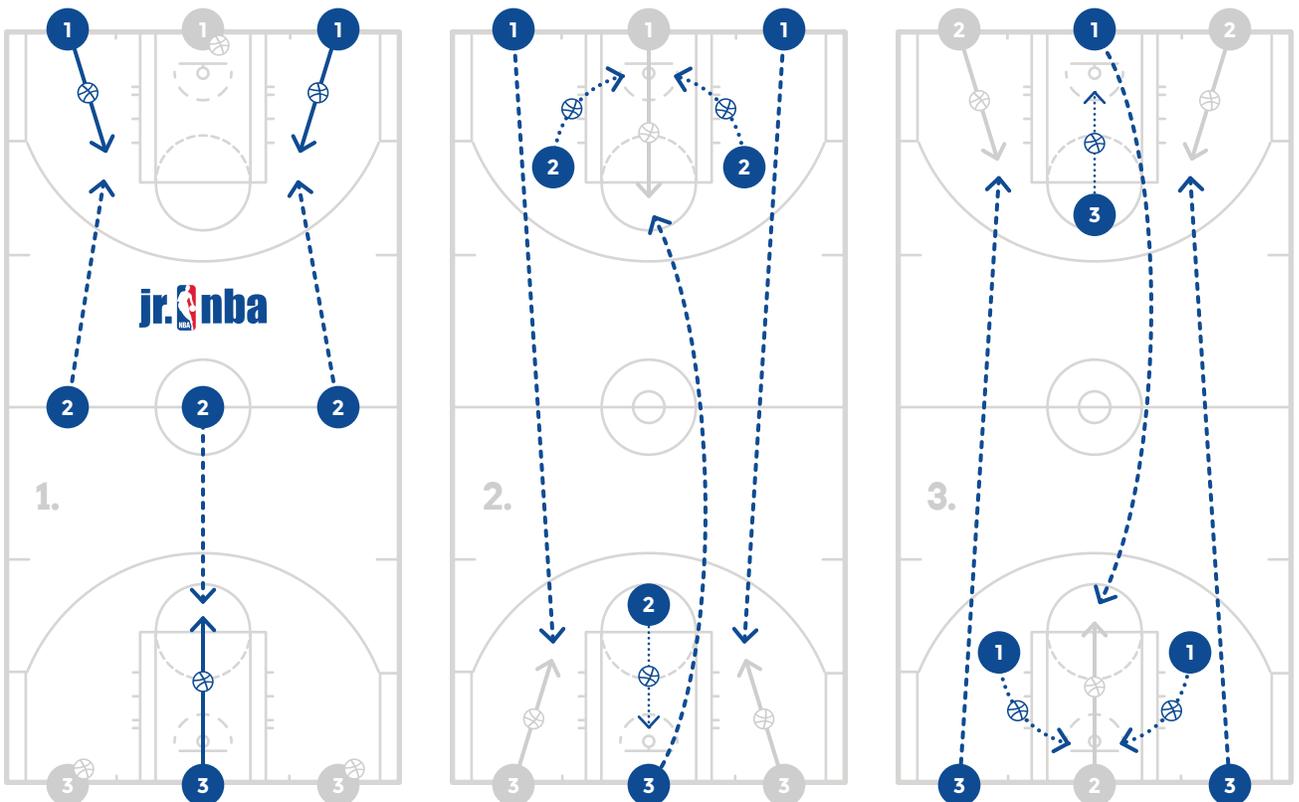
- Have the players get in multiple lines at a basket with the first 1-2 players having a ball.
- The first player in line will make an in and out crossover, shoot the ball, get their rebound and pass to the next in line who will repeat.
- Remember to work in both directions and keep a score to make it competitive.

**BUILDING SKILLS CONTINUED**

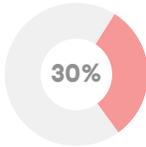


**🏀 Full Court Transition Shooting Drill (games to 9 makes)**

- 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.

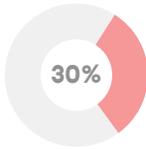


BUILDING SKILLS  
CONTINUED



- 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.
- 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.

BUILDING SKILLS  
CONTINUED



> REBOUNDING

⊗ **4 on 4 Rebounding - 5 in a Row** (1 each)

- Place 4 lines on the perimeter inside the three point line and one line on the baseline for the post position.
- Have the first player in each line become a defender and the next player step in as offense.
- The coach will or pass the ball to make sure the defenders adjust to where the ball is and they will pass back to coach.
- After a short period, the coach will shoot the ball.
- The defenders will box out, or tag and pursue the ball.
- If the offense gets the rebound they can try to score. Following the possession, the defensive team will stay on defense again and a new offensive team will come on.
- If the defensive team gets the rebound, they will reset and a new offensive group will rotate on.
- The defensive group must get 5 consecutive rebounds before rotating off.
- After 5 consecutive rebounds, that group will rotate out and another group will move into the defensive/rebounding role.

**Team Concepts**

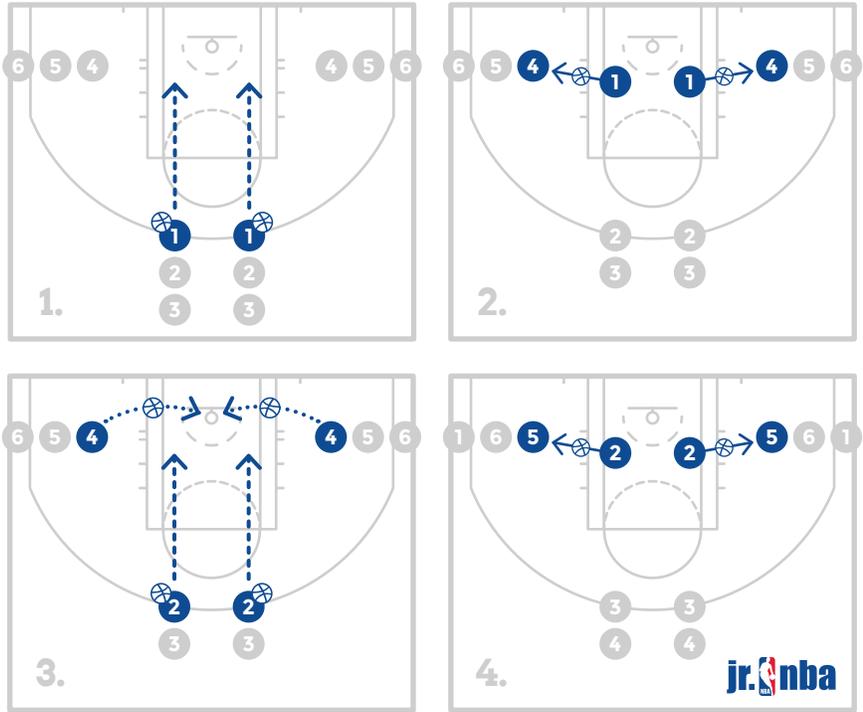


**⊗ Defending the 2 on 1 Drill (6 min)**

- Start with 2 lines up high around half court on opposite sides and 1 defender back.
- Have the players attack 2 on 1 trying to score.
- After the possession, the shooter or the person who turned the ball over will become the new defender and the other players will go to the back of the line as the next group comes on offense.
- This process will repeat.
- Key Points: Emphasize the defensive part of the game and teach the players to foot fake and keep active hands to discourage easy layups.

**⊗ Drive & Kick Competition (games to 8) SEE DIAGRAM NEXT PAGE >>**

- Have one line at the top of the key with a ball and another line at the short corner.
- Have the player at the top dribble the ball down the middle of the paint with the ball in the hand that is on the same side as the other line.
- As the player gets close to the basket, they will jump stop and pass (kick) the ball to their teammate in the short corner to catch and shoot.



- The players will get the rebound and switch lines.
- There will be another group doing the same action on the other side of the paint and short corner. These two groups will compete.

**Key Points:** Make sure the players dribbling into paint with the thought of scoring and coming to a good jump

stop. Players should make a good chest pass to the player who is ready to catch the pass with their hands up and knees bent ready to shoot.

**TEAM CONCEPTS CONTINUED**



**Half Court Spacing Drill (5 minutes)**

- Place tape down on the court for the teams offensive spots (maybe it's 3 around 2, 4 around 1 or 5 out).
- Based on these spots, have a line at each spot with one group up to start
- The players will pass and cut and fill the open spots but will always have someone on all 5 spots.

TEAM CONCEPTS CONTINUED



- After a designated period the coach will tell the team to get a shot and they will shoot and the next group will come on and repeat the process.

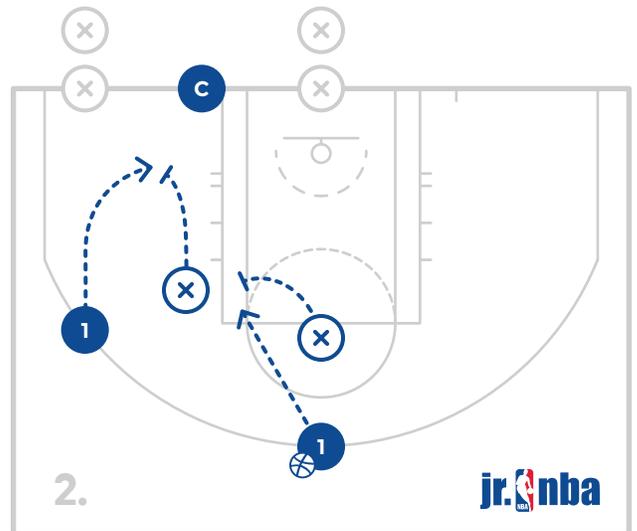
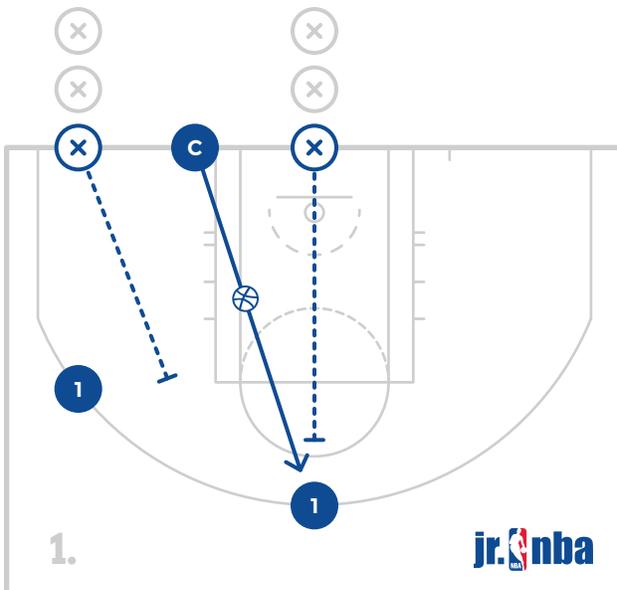
**Key Points:** This allows coaches to emphasize their key spots in the offense and allow the players to become accustomed to the spots and proper spacing between the spots.

Competing



**2 on 2 - Close Out** (games to 4)

- Have a player on the wing and the top of the key and 2 lines on the baseline lined up across from them.
- When the coach passes the ball to one of the players on the perimeter, the first two players on the baseline will close out to the ball or help defense, and then begin playing 2 on 2.
- Each team gets 1 shot.



COMPETING CONTINUED



- The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next close out.

**🔍 Key Points:** Make sure the players work on good close outs and playing good defense.

**🏀 3 on 3 from Close Out** (games to 5)

- Have a player on both wings and the top of the key and 3 lines on the baseline lined up across from them.
- When the coach passes the ball to one of the players on the perimeter, the first 3 players on the baseline will close out to the ball and then begin playing 3 on 3.

- Each team gets 1 shot

- The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next close out.

**🔍 Key Points:** Make sure the players work on good close outs and playing good defense.

**🏀 5 on 5 Full Court Man to Man** (games to 5)

- Divide the players into balanced teams and play 5 on 5.
- In this game the players will be responsible for matching up and guarding each other full court.

COMPETING  
CONTINUED

- The coach needs to emphasize full court pressure while also have the other players to the line of the ball.

## 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.

 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HEALTHY RELATIONSHIPS 1</b>	Emphasize the importance of relationships on and off the court.	<b>5%</b>
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x Each)	<ul style="list-style-type: none"> <li style="width: 33%;">• 1 High Knee</li> <li style="width: 33%;">• Angle Balance</li> <li style="width: 33%;">• 4 Point Slow</li> <li style="width: 33%;">• In Out Turn</li> <li style="width: 33%;">• Toes &amp; Chest</li> <li style="width: 33%;">• Heels &amp; Shoulders</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>30%</b>
	<b>ZIG ZAG DRIBBLING</b> (2 x down and back)	Emphasize being cut off and having a good change of direction.	
	<b>IN &amp; OUT AROUND THE LANE</b> (3 each side)	Work on the in and out dribble coming up the lane line and then finish.	
	<b>Shooting</b>		
	<b>UP &amp; OUT SHOOTING</b> (10 makes each)	Use different shots in this continuous shooting drill.	
	<b>Footwork &amp; Conditioning</b>		
	<b>THE JAB &amp; ATTACK DRILL</b> (3 each way)	Work on good jab steps and attacking out.	
<b>REVERSE PIVOT SERIES</b> (2 each side)	Work on good reverse pivots directly into offensive moves.		
<b>CLOSEOUT, SLIDE &amp; BACKPEDAL DRILL</b> (1 x 2 min each way)	Work on closeouts and changing directions quickly.		
<b>Team Concepts</b>	<b>3 ON 0, 2 ON 1</b> (6 min)	Work on making good decisions and scoring in transition.	<b>30%</b>
	<b>LINE UP TRANSITION DRILL</b> (games to 5 stops)	Use this full court transition drill to teach communication and matching up.	
	<b>BIGS/GUARDS</b>	Post Players and Guards will divide to work on different position specific drills.	
	<b>BIGS: REBOUND, SPRINT &amp; SEAL</b> (6 min)	Make sure the bigs are sprinting the floor and sealing the defender.	
	<b>GUARDS: REBOUND, SPRINT &amp; SHOOT</b> (6 min)	Make sure the guards are running the floor wide and are ready to shoot.	
<b>Competing</b>	<b>1 ON 1 - CONES</b> (games to 4)	All the players have to run around the cones before the game is live.	<b>30%</b>
	<b>5 ON 5</b> (4 Quarters)	Simulate a more realistic game.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > HEALTHY RELATIONSHIPS 1

★ **Positive Coaching Alliance** places a great emphasis on the value of healthy relationships. Beyond some of the obvious connections between teammates and coaches, consider relationships between players and parents and players and classmates. Student-athletes usually enjoy high status in their school communities. That gives them the power to set certain social tones. Coaches can cultivate that sense of responsibility within their players, leading by example and devoting some practice or team meeting time to what constitutes a healthy relationship.

## Warm-Up



### > DYNAMIC WARM-UP (1 x Each)

- 1 High Knee
- Angle Balance
- 4 Point Slow
- In Out Turn
- Toes & Chest
- Heels & Shoulders

## Building Skills



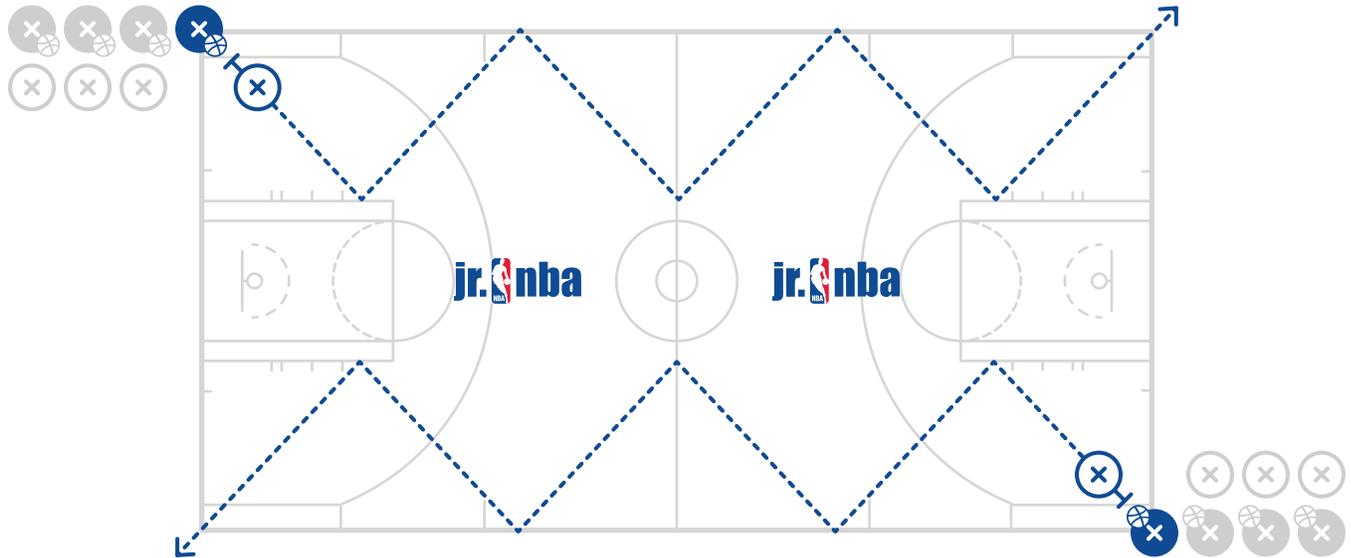
### > BALL-HANDLING

#### ⊗ **The Zig Zag Drill – with Defender**

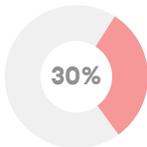
(2 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Have half the players partner up with one ball and line up on the corner of the baseline and sideline and the other half line up on the opposite corner of the baseline and sideline.



**BUILDING SKILLS CONTINUED**



- The first pair in line will start with a dribbler and a defender in a stance with his back to the court.

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- The offensive player will dribble side to side making moves to change directions at their discretion and the defender will slide back at angles to cut the offensive player off all the way down the court.

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- Once the pair in front of them gets to the free throw line, the next group will begin.

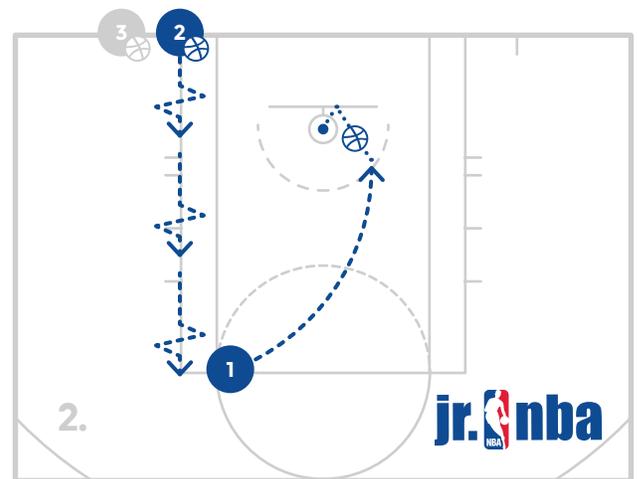
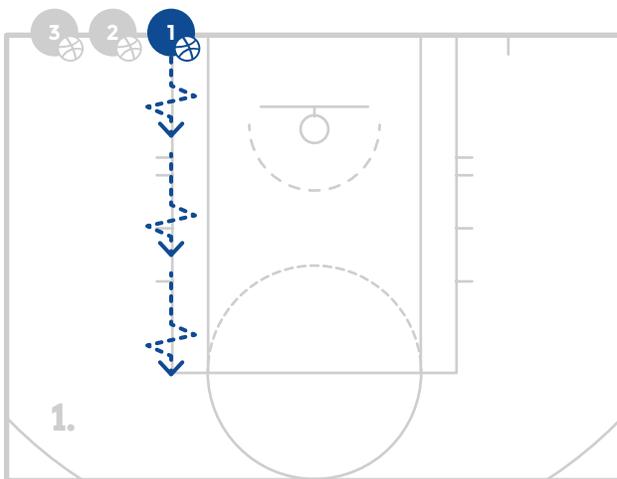
**🔑 Key Points:** The players will work on pushing off their back foot, staying low having their hands out and moving quickly down the court as a defender. Depending on the players level, give some guidelines to the offensive players speed.

**BUILDING SKILLS  
CONTINUED**



**🏀 In & Out Around the Lane (3 each side)**

- Have the players get a ball and start in a line on the baseline at the point where the lane line meets the baseline.
- The first player up will take a dribble and then drop for a quick in and out move coming up the lane line.
- The player will do this 2 to 3 more times coming up the lane line until they pass the elbow.
- Once the player gets above the elbow, they will turn the corner back towards the basket and attack for a lay up.
- As soon as the player in front of them is halfway up the lane, the next player will start.
- Continue this process for the allotted reps and utilize multiple baskets if needed.



BUILDING SKILLS  
CONTINUED



SHOOTING

⊗ **Up & Out Shooting** (10 makes each)

- The players will start in 1 line on the baseline under the basket.
- The first player will start without a ball and the next few players will have a ball.
- The first player will run to the top of the key and then make a straight line cut to the wing.
- The next player in line will pass the ball to the player and the player will catch and shoot or use another designated shot.
- That player will get their rebound, give it to the next person without a ball in line and go to the back of the line.
- The player who passed the ball will run to the top of the key and make a straight line cut to the opposite side of the first player.
- The next person in line will pass to that player and continue the process by running up and cutting out to the opposite side as the person in front of them.
- Continue this drill for the allotted amount of shots.

BUILDING SKILLS  
CONTINUED

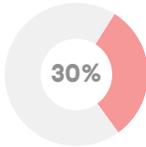


**FOOTWORK & CONDITIONING**

**⊗ The Jab & Attack Drill** (3 each way)

- The player should start by facing the basket where 1/2 court and the sideline meet.
  - The player will jab the foot closest to the sideline.
  - Immediately following the jab, the player will step across their body with the jab foot and take a big step and a big dribble in the opposite forward/angle direction.
  - The player will pick up the ball as if they are shooting after the jab one stride 1-2 stop.
  - From that point, the player will stay there, reset, and repeat the process jabbing again and attacking the middle of the court.
  - The goal is for the player to get inside the 3-point line after 3 of these jabs and take a jump shot after the 3rd jab.
  - The player must take a big stride and cover a lot of ground and be able to explode up into their shot.
  - It is important to do this drill from both directions.
- 🔍 Key Points:** Some players may need to start with more than 3 dribbles Don't allow players to hop onto 2 feet after the dribble. Always have them 1-2 step.

BUILDING SKILLS  
CONTINUED



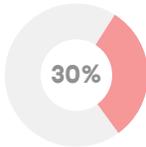
⊗ **Reverse Pivot Series** (2 each side)

- Have the players start in two lines on the wings with a ball and the first person start wide off the block with facing the line with the balls.
- The player in line will pass the ball to the player facing them who will then make the move and get the rebound and go to the back of the line.
- The player who passed the ball will become the next shooter.
- The players should do the same process from the opposite side.

★ **Here is the 8 shot series of moves for the reverse pivot series:**

1. Reverse pivot rip for a lay up.
2. Reverse pivot rip opposite for a lay up.
3. Reverse Pivot straight into a jab and shot.
4. Reverse pivot opposite straight into a jab and shot.
5. Reverse pivot jab and attack opposite for a pull-up.
6. Opposite foot reverse pivot jab and attack opposite for a pull-up.
7. Reverse pivot jab and attack opposite for a move of choice.
8. Opposite foot opposite foot reverse pivot jab and attack opposite for a move of choice.

BUILDING SKILLS  
CONTINUED



**Closeout, Slide & Backpedal Drill** (1 x 2 min each way)

- Have the players start in one line on the baseline where it meets the lane line.
- The first player in line will sprint to a closeout at the elbow.
- As soon as the player in front of them gets to the elbow, the next player will begin.
- From the elbow, the player will quickly defensive slide across the lane line.
- Once the player reaches the other elbow, they will backpedal to the baseline.
- The player will then get in the back of the line and continue for the allotted amount of time.

**Team  
Concepts**



**3 on 2, 2 on 1** (6 min)

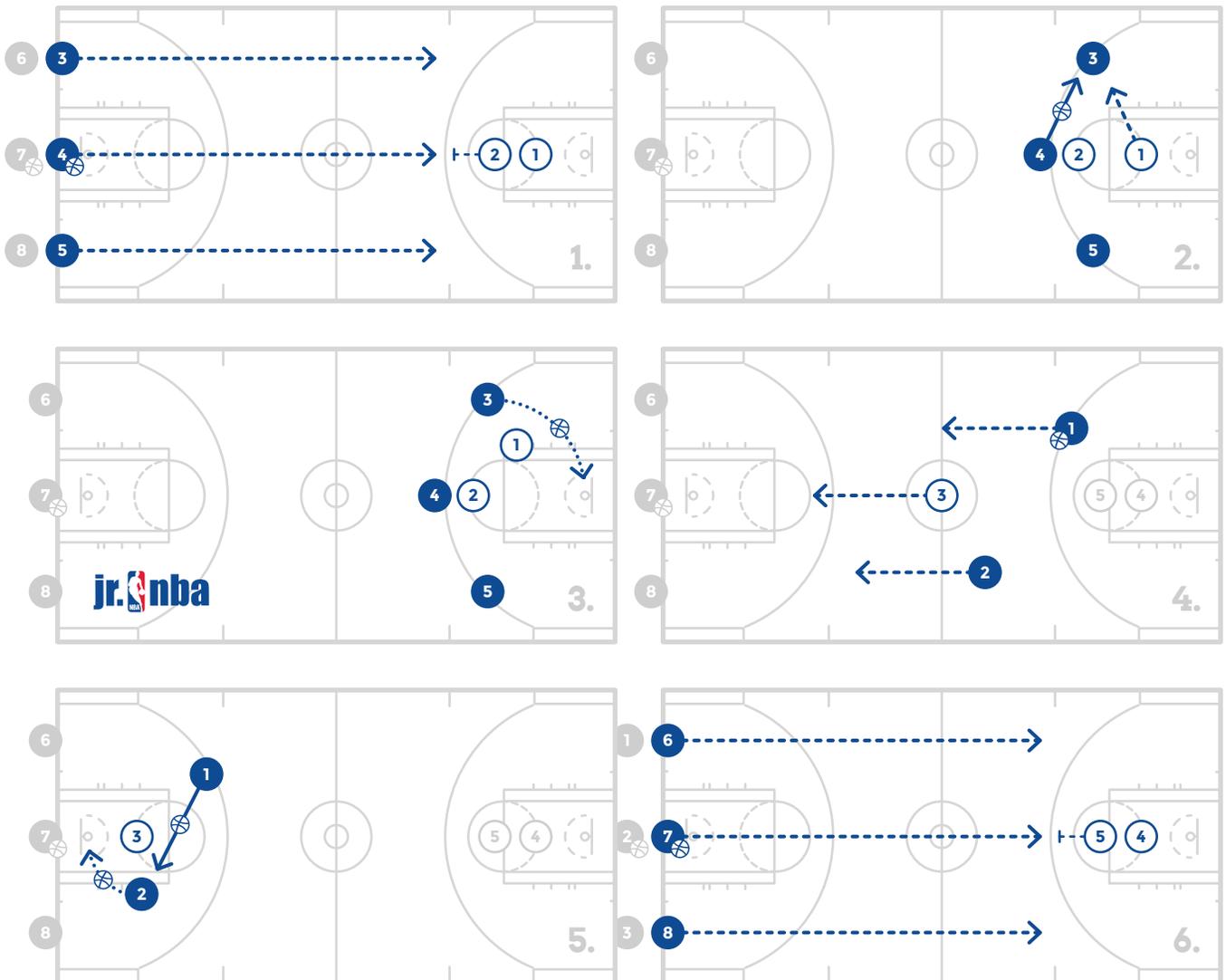
SEE DIAGRAM NEXT PAGE >>

- Have the players start in 3 lines on the baseline with 2 balls in the middle line.
- The first 3 players in line will run down the court passing the ball with the two side lines out wide.
- The player in the middle will pass to one side, receive a pass back, pass to the other side, receive a pass back, then pass to the first side.

TEAM CONCEPTS  
CONTINUED



- On this pass the player will take a layup.
- The player who laid the ball in will sprint back to the other end of the court as a defender versus the other 2 players coming back.
- The player in the middle is responsible for putting both feet in the paint and then becoming an offensive player going the other way.



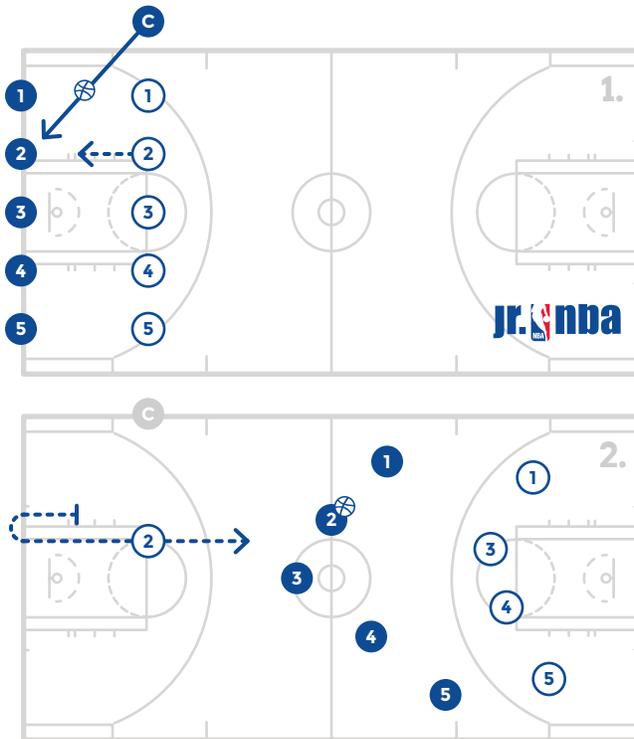
TEAM CONCEPTS  
CONTINUED



- The player on the wing that did not shoot the lay-up is responsible for getting the rebound and then becomes offense going the other way 2 on 1.
- After 1 shot in the 2 on 1, they next group of 3 from the baseline will begin.

**Line Up Transition Drill** (games to 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.
- 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.

TEAM CONCEPTS  
CONTINUED



- 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.

★ **Bigs/Guards:** Post Players and Guards will divide to work on different position specific drills.

⊗ **BIGS: Rebound, Sprint & Seal** (6 min)

- Have the post players start with a ball at one basket in a line.
- The first player will toss the ball off the backboard and grab the rebound and make a good outlet pass to the coach.
- The player will run to half court and sprint back to the paint.
- The next player in line will play defense in the paint while holding onto their basketball with 2 hands above their head.
- The offensive player will seal the defender, receive a pass from coach and finish.
- The next player in line who was the defender will then toss their ball off the backboard and begin the same process.
- Make sure to work on this from both sides of the court.

TEAM CONCEPTS  
CONTINUED



**⊗ GUARDS: Rebound, Sprint & Shoot (6 min)**

- Have the guards start in two lines under the basket with the ball.
- The first player will toss their ball to coach and jump to touch the backboard.
- After touching the backboard the player will sprint out wide to touch the line where half court and the sideline meet and sprint back to the same side corner for a catch from coach and shoot the designated shot.
- Right after this, the player in the other line will begin the same process.
- Make sure the guards are running the floor wide and are ready to shoot on the catch.

**Competing**



**⊗ 1 on 1 - Cones (Games to 4)**

- 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.
- 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.

COMPETING  
CONTINUED



- 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.

 **5 on 5** (4 quarters)

- Divide the players into two teams and play a four quarter game.
- Try to make this game feel more like an actual game than a regular part of practice.

**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.
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HEALTHY RELATIONSHIPS 2</b>	Teach the players that friendships last a lifetime.	<b>5%</b>
<b>Warm-Up</b>	<b>LINE HOPS</b> (1 x 20 seconds each)	<ul style="list-style-type: none"> <li>• 2 Feet Forward &amp; Backwards</li> <li>• 1 Foot Forward &amp; Backwards</li> <li>• Stationary Hip Swings</li> <li>• 2 Feet Side to Side</li> <li>• 1 Foot Side to Side</li> <li>• Arm Rolls</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Passing</b>		<b>30%</b>
	<b>PARTNER RUNNING PASS DRILL</b> (8 to 1)	Partner up and work on making the allotted number of passes for a finish.	
	<b>Shooting</b>		
	<b>BACKBOARD FORM SHOOTING</b> (3 x 8)	Work on shooting the ball nice and high and have it hit the backboard on the way down.	
	<b>1-STEP FORM SHOOTING</b> (20 makes)	Work on taking a big step into each shot.	
<b>Team Concepts</b>	<b>TIMING THE DRIBBLE</b> (3 x)	Guards will work on timing the dribble for a steal. Bigs will work on timing the dribble for "pulling the chair."	<b>30%</b>
	<b>CLOSE OUT TO PREVENT MIDDLE</b> (3 reps each side)	Make sure the bigs are sprinting the floor and sealing the defender.	
	<b>DIGGING IN THE POST</b> (3 reps each)	Teach the players to dig with their body facing the court and hands active.	
	<b>DEFENDING THE POST PLAYER</b>	There are different ways to defend a post player but there are also some aspects that never change.	
	<b>1 ON 1 POST CROSS SCREEN</b> (games to 3)	Work on getting through screens and playing post defense.	
<b>Competing</b>	<b>3 ON 3 DICTACTED - POST ENTRY</b> (games to 3)	All possessions must start with a post entry.	<b>30%</b>
	<b>5 ON 5</b> (games to 7)	Keep the energy up and work on everything practiced.	
	<b>SITUATIONAL PLAY</b> (4-6)	Work on game and clock management through situational play.	
	<b>AROUND THE WORLD PLUS ½ COURT!</b> (1 game)	Play a fun shooting competition for a positive end to practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > HEALTHY RELATIONSHIPS 2

★ **Positive Coaching Alliance** sees the relationships developed through basketball as the game’s greatest reward. Teammates often bond for life. Scores are forgotten, but friendships are not. Coaches and players should do all they can to cultivate great relationships with each other, to place the highest possible value on coming together in pursuit of common goals. That’s not to say there won’t be differences; the healthiest families have their fair share of those. But when all is said and done, coaches and players should love each other. As their paths separate and then come back together throughout the rest of their lives, there can always be a bond, a smile and some of the best memories of their lives.

## Warm-Up



### > LINE HOPS (1 x 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



### > PASSING

#### ⊗ **Partner Running Pass Drill** (8 to 1)

- Have the players partner up and stand on the baseline across from each other.

BUILDING SKILLS  
CONTINUED



- 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 lay-up 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.
- 🔍 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.

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## ➤ SHOOTING

### 🏀 Backboard Form Shooting (3 x 8)

- Have the players get a partner and a ball and find a space near the basket.

BUILDING SKILLS  
CONTINUED



- The first player will stand very close to the basket and shoot 8 shots and the other partner will rebound and pass back until it's time for the players to switch.
- The players will try to shoot the ball up high so that it hits the backboard on it's way back down to the ground.
- The players aren't trying to make shots or even shoot at the basket, just the backboard next to the rim.
- Make sure the players focus on shooting the ball nice and high and soft.

 **1-Step Form Shooting** (20 makes)

- 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.
- This process will continually repeat for a minute.

BUILDING SKILLS CONTINUED



- 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.

**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.

Team Concepts



> DEFENSE

⊗ **Timing the Dribble** (3 x)

- Timing is an important part of the game, for this drill the guards will partner up with a ball and find space on the court and the bigs will partner up with a ball and go to the blocks.
- The guards will have one dribbler and 1 defender and the defender will try to get a feel for timing the offensive players dribble and time it so that when the ball is going down leaving the offensive players hand, they can go for a steal.
- The bigs will allow the offensive player to dribble and bump against them for 1 or 2 dribbles to get a feel for the offensive players timing before “pulling the chair” by moving backwards away from the offensive player as they try to bump them. This often causes the offensive player to lose lose balance and lose control of the ball or travel.
- Take turns with the partner until they have executed the allotted number of attempts.

TEAM CONCEPTS  
CONTINUED



**⊗ Close Out to Prevent Middle** (3 reps each side)

- Start with two lines on the baseline and a player on each wing.
  - The first players in line on the baseline will pass the ball to the players on the wing and then close out to defend the offensive player.
  - The offensive player can make 2 dribbles wherever they would like and the defender must defend them trying to prevent a middle drive.
  - After the two dribbles, the offensive player will pick up the ball and the defender will pressure the ball before rotating.
  - The defender will become the offensive player on the wing and a new defender will step on from the baseline.
- 🔍 Key Points:** Many teams want to prevent the offense from getting to the middle. Work on this concept with good close-outs.

**★ Fundamentals of Digging in the Post:** Teach the players how to dig in the post by playing both the player on the wing while jabbing and faking down into the post to disrupt the post player. The players should do this with their body facing the court with long arms to dig with one hand and the other hand to attempt to get deflections.

**⊗ Digging in the Post** (3 reps each)

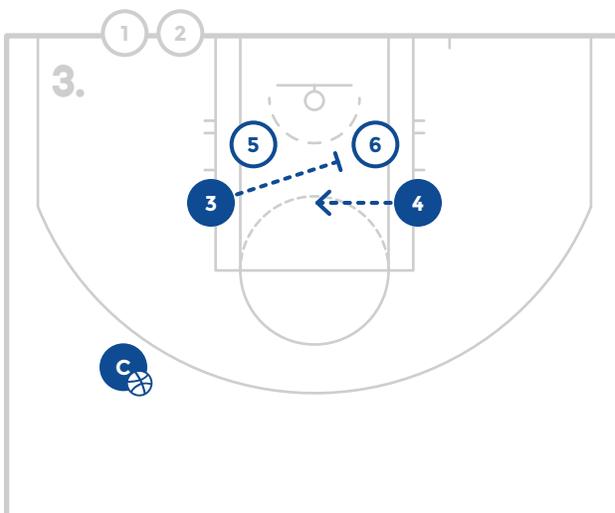
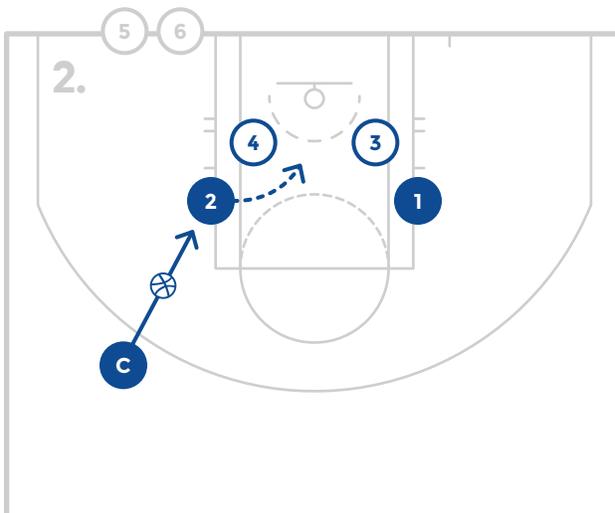
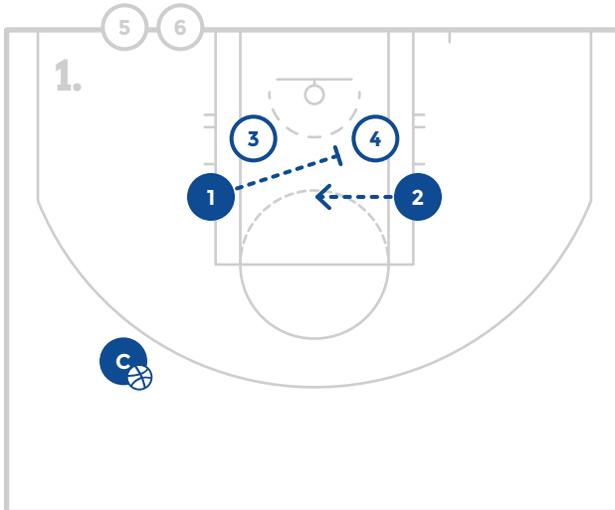
- Have the players get in a line on the wing with the coach on the same side block.

TEAM CONCEPTS  
CONTINUED



- The first player in line will turn and defend the next player.
- The offensive player will make a post entry pass to the coach.
- The defensive player will then work on digging down to make the coach pass the ball back out.
- The players will repeat this process for 3 reps and then rotate so that the defender goes to the back of the line and the offensive player becomes the defender and the next person in line becomes the offensive player on the wing.
- Continue through this process until all the players have done the activity.
- Utilize the other wing or other space to maximize reps.

★ **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.



**1 on 1 From Post Cross Screen**  
(games to 4)

- Have the players partner up and have 2 teams start on offense and defense on the blocks.
- The coach will start with the ball on the wing and the player on the ball side wing will set a cross screen for the other big.
- The defensive players aren't allowed to switch and when the coach passes the ball into the post, the game is live.
- After the possession, the defense will go to offense and the offense will rotate off as a new team comes on defense
- Play to the designated score.

TEAM CONCEPTS  
CONTINUED



**3 on 3 Post Entry & Play** (games to 3)

- Divide the players into teams of 3 and have one group on offense, another on defense and any additional groups behind the offensive team.
- The offense will have a player at the top of the key starting with the ball, a player on the post and a player on the same side wing.
- The possession will start with the wing player getting open for the pass and then making a post entry pass (all passes are live and can be stolen).
- After the pass to the post the guards can cut, screen, relocate as the ball is live but should primarily try to stay on the same side of the court.
- The defensive player can work on digging in the post when appropriate.

**Competing**



**5 on 5 Situational Play** (games to 7 makes)

- 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 and coach as they play without stopping the game.

COMPETING  
CONTINUED



⊗ **Situational Play** (4-6)

- 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.
- Around the World Plus (makes plus 1/2 court!) (1 game).
- Place five cones around the court as five shooting spots and divide the players evenly and have a team start in each corner spot.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will shoot from that spot until the team makes 6 shots.
- After the 6 makes, teams will rotate to the next spot and repeat until they have made all 6 from every spot.
- After the last spot, the team will have to make 1 half court shot!

COMPETING CONTINUED



**⊗ Around the World - Makes!** (1 game)

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will shoot until their team has made 5 shots from that specific spot.
- After the team makes 5 shots, the group will rotate to the next spot and repeat until each team has shot at all five spots.
- After a team has made 5 shots from all 5 spots, they will then have to make a half court shot to finish!
- The team to finish first wins.

**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.
- 🔑 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>SETTING GOALS</b>	Teach the players the importance of long and short-term goals.	<b>5%</b>
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>• The Bear Hold</li> <li>• Anklng</li> <li>• Carioca</li> <li>• Pogo Jumps</li> <li>• Walking Quad</li> <li>• Calf Raises</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Footwork</b>		<b>30%</b>
	<b>OPEN STEP BACK BREAKDOWN</b> (3 min)	Work on the correct timing and footwork to the move.	
	<b>Shooting</b>		
	<b>SLIDE TO OPEN STEP BACK</b> (games to 4 makes each side)	Slide dribble towards the sideline and finish with an open step back shot.	
	<b>FINISHING THROUGH CONTACT</b> (3 x each side)	Have the players attack the basket and meet them with contact as they finish.	
<b>Team Concepts</b>	<b>Passing</b>		<b>30%</b>
	<b>PASS &amp; UP &amp; UNDER DRILL</b> (1 x 3 reps each way)	Work on good footwork for a fundamental post move.	
	<b>ADDITIVE TRANSITION</b> (1 x 15)	Work on transition offense and defense in this competitive game.	
	<b>ZIG ZAG DEFENSIVE SLIDES - WITH DRIBBLER</b> (3 x each)	Work on turning the offensive player and staying in front!	
<b>Competing</b>	<b>FILLING THE CORNER DRILL</b> (1 x 15 makes each way)	Fill the corner for shots as a team.	<b>30%</b>
	<b>SIDE BALL SCREEN DRILL</b> (1 x 10 min)	Focus on the ball screen defense from a 2 on 2 set.	
	<b>3 ON 3 - CONTINUOUS</b> (games to 5 makes)	Keep the players moving with a high intensity competition.	
	<b>5 ON 5 NO DRIBBLES</b> (games to 3)	The team that moves without the ball the best will get the best opportunities to score.	
	<b>5 ON 5</b> (games to 7 makes)	Keep the energy up and encourage the players to play together on offense and defense.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values



> SETTING GOALS

★ Positive Coaching Alliance urges you to consider two different types of goals: effort goals and outcome goals. As an example, an outcome goal is grabbing a certain number of rebounds in a game, and an associated effort goal is that defenders establish excellent box-out position on each opponent’s shot. This works because players cannot control results (in this case, height and leaping ability relative to the opponent play a role), but players can always control their effort. Having players focus on an effort goal gets them into the habit of exerting that effort, which often is the key to improved outcomes.

Warm-Up



> DYNAMIC WARM-UP (1 x each)

- The Bear Hold
- Ankling
- Carioca
- Pogo Jumps
- Walking Quad
- Calf Raises

Building Skills



⊗ Open Step Back Breakdown Drill (3 min)

- Have the players partner up with a ball and face each other.
- The players will work on their open step back by dribbling with the right hand, waiting until the ball is about to come back down out of their hand to push to the side/back off their left foot to the right while picking up the ball.

BUILDING SKILLS  
CONTINUED



- They will then pass the ball to their partner who will do the same.

- Repeat this until it's time to do the same move in the other direction.

⊗ **Slide to Open Step Back** (games to 4 makes each side).

- Start with two lines on the wing and 2 balls in each line (utilize other baskets if needed).

- Have the players take 2 to 3 slide dribbles toward the baseline with their chest facing the basket.

- After the last slide dribble have the players take an open step back or side step and take a jump shot inside the 3 point line.

- The players will get their own rebound and pass to the next person in line.

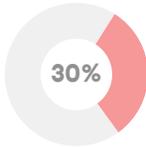
- Compete with the other line for the allotted number of baskets and then switch and compete on the other side.

⊗ **Finishing Through Contact** (3 x each side).

- Have the players start with a ball in a line on the wing.

- The players will make a dribble move and attack the basket for a layup.

BUILDING SKILLS  
CONTINUED



- The coach should use a pad or find a way to foul the players as they go in to finish the basket.

- The players will get their rebound and go to the end of the line until the allotted number of attempts.

- Utilize more baskets or lines if possible.

**🔍 Key Points:** Work on attacking the basket and finishing through contact by jumping off two foot to maintain balance and strength.

**🏀 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.

- This process will continue for the allotted amount of time and then the players will switch sides.

BUILDING SKILLS  
CONTINUED

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

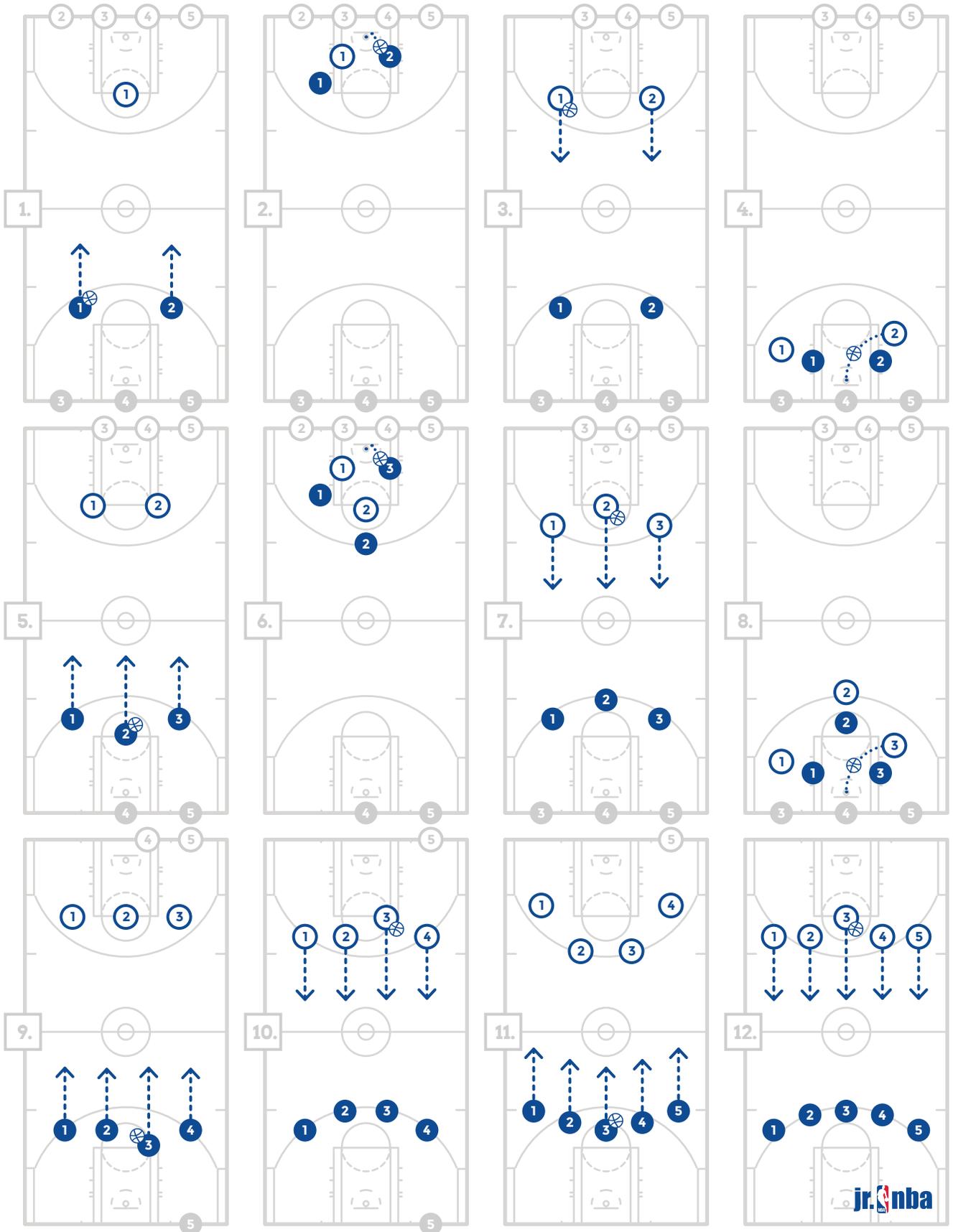
## Team Concepts



### **Additive Transition** (1 x 15)

SEE DIAGRAM NEXT PAGE >>

- Divide the players into 2 teams and put one on each end of the court.
- One team will be the advantage team and start with the ball going 2 on 1 towards the other team.
- After a shot or turnover the 1 defender will have a teammate join and go back the other way 2 on 2.
- After a shot or turnover, a player will add to the advantage team as they go back 3 on 2.
- This process will continue, come back 3 on 3, down 4 on 3, back 4 on 4, down 5 on 4, back 5 on 5.
- After the 5 on 5 possession, the teams will switch so there is a new advantage team and start over.
- The first team to the allotted number of points will win.

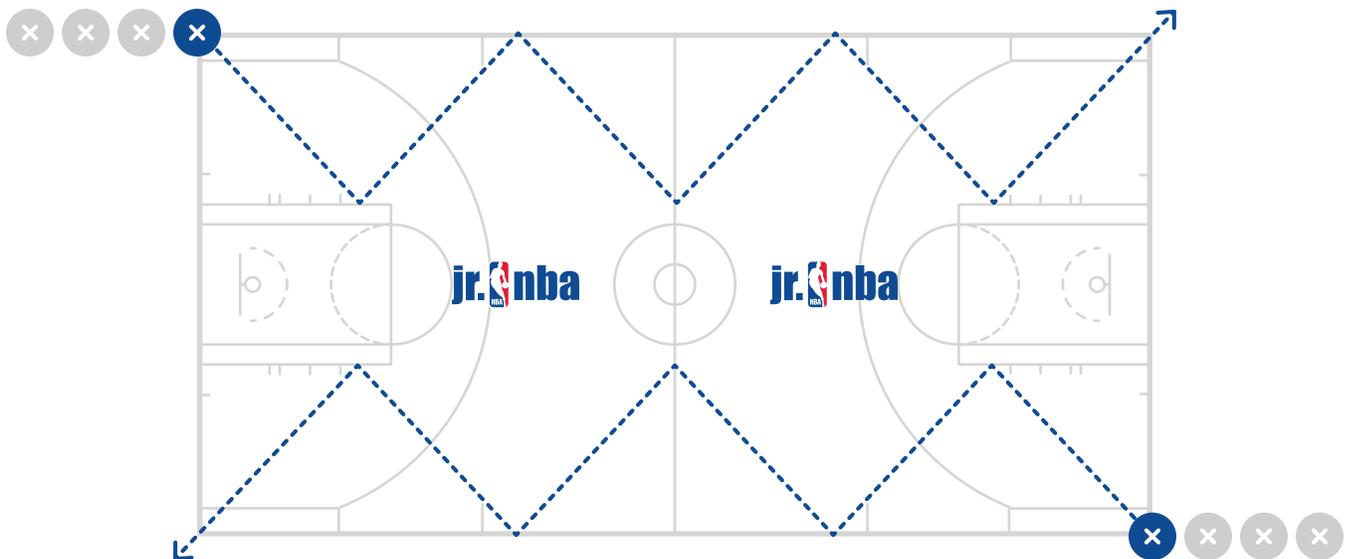


TEAM CONCEPTS  
CONTINUED



**Zig Zag Defensive Slides –with Dribbler** (3 x down and back)

- Have half the players partner up with one ball and line up on the corner of the baseline and sideline and the other half line up on the opposite corner of the baseline and sideline.
  - The first pair in line will start with a dribbler and a defender in a stance with his back to the court .
  - The offensive player will dribble side to side making moves to change directions at their discretion and the defender will slide back at angles to cut the offensive player off all the way down the court.
  - Once the pair in front of them gets to the free throw line, the next group will begin.
- Key Points:** The players will work on pushing off their back foot, staying low having their hands out and moving quickly down the court as a defender. Depending on the players level, give some guidelines to the offensive players speed.



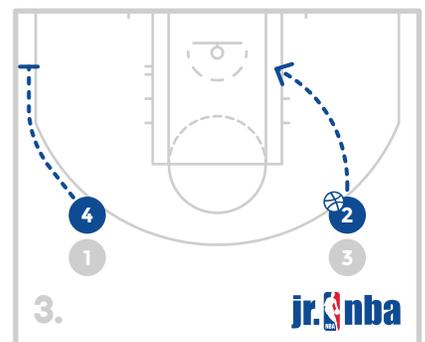
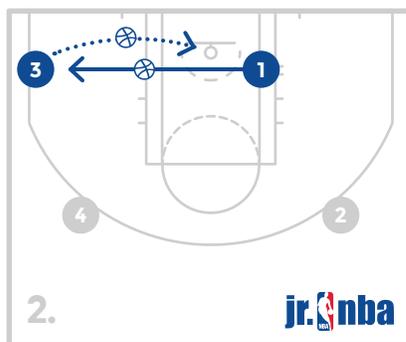
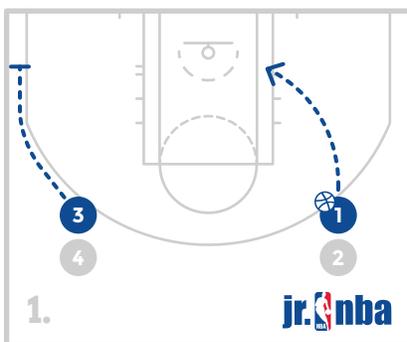
TEAM CONCEPTS  
CONTINUED



**Filling the Corner Drill** (1 x 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.

**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.



**Competing**



**⊗ Side Ball Screen Drill** (1 x 10 min)

- Have the guards partner up based on ability and start two lines, 1 high on each wing near half court.
- Have the bigs partner up and get in two lines on the baseline where the lane line meets.
- The first two guards on one wing will step on as offense and defense and the post players on the same side will do the same.
- The post player will wait for the guard to signal and then go set a ball screen and the 4 players will play 1 possession of 2 on 2 from the side ball screen.
- Immediately after, the players on the other side of the court will do the same thing.
- Players should rotate sides and offense and defense with the partners and continue this drill.
- Coaches can put any restrictions in the drill and can dictate how to defend the pick and roll if they choose.

**⊗ 3 on 3 Continuous** (games to 5 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



- 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.

**⊗ 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.

**⊗ 5 on 5** (games to 7 makes)

- Divide the players into teams and play 5 on 5 full court.

COMPETING  
CONTINUED



## Compliment Session

- 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.
- Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>LEADERSHIP</b>	How do players show good leadership?	<b>5%</b>
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each)	<ul style="list-style-type: none"> <li>• Bent Knee Side Plank</li> <li>• Forward Walking Lunge</li> <li>• Hip Hinge</li> <li>• A-Skips</li> <li>• Split Squat Hold</li> <li>• Jog &amp; Drop</li> <li>• Walking Kicks</li> <li>• Stand to Athletic</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>30%</b>
	<b>OVER THE LINE DRIBBLE DRILL</b> (2 x 30 sec each)	Control the ball with 1-hand at the top of each dribble.	
	<b>CONE DRIBBLING - COMBINATION MOVES</b> (5 min)	Work on good combination moves at each cone.	
	<b>CATCH A 2ND BALL SERIES</b> (4 min)	Use a 2nd ball or a tennis ball to work on coordination while dribbling.	
	<b>Shooting</b>		
	<b>FLOATER SERIES</b> (2 sets)	Work on variations of a high floater over the defender.	
<b>Rebounding</b>			
<b>4 ON 4 REBOUNDING</b> (1 x each team)	The players must get 3 consecutive rebounds as a team.		
<b>Team Concepts</b>	<b>3-SECOND DENY DRILL</b> (4 reps each side)	Work on denying the ball for 3 seconds.	<b>30%</b>
	<b>DENY LAYUP DRILL</b> (3 min each side)	The players will deny, deflect and shoot a layup.	
	<b>1 ON 1 - 3 STOPS</b> (1 x each)	Work on the players being accountable to get defensive stops.	
	<b>LINE UP TRANSITION DRILL</b> (1 x 4 stops)	Work on communicating and matching up in transition.	
<b>Competing</b>	<b>1 ON 1 DRIBBLE OUT</b> (games to 3)	The players must dribble and run around the cones before playing 1 on 1.	<b>30%</b>
	<b>3 TRIPS &amp; FLIP</b> (games to 5 makes)	Give the players a ½ court possession followed by 2 full court possessions.	
	<b>5 ON 5</b> (games to 7)	Keep the energy up and work on everything practiced.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > LEADERSHIP

★ **Positive Coaching Alliance** encourages you to understand the different types of leadership. There are quiet leaders, who most often lead by example. Seeing those players giving their all, teammates are bound to follow. There also are vocal leaders, who say the right things at the right times and may even yell to get their teammates excited and to create a sense of urgency for all the players on the team to boost their levels of energy and effort. Players who understand the different types of leadership can begin to try those different leadership roles on for size and see what type of leader they want to be and can be.

## Warm-Up



### > DYNAMIC WARM-UP (1 x each)

- Bent Knee Side Plank
- Split Squat Hold
- Forward Walking Lunge
- Jog & Drop
- Hip Hinge
- Walking Kicks
- A-Skips
- Stand to Athletic

## Building Skills



### > BALL-HANDLING

#### ⊗ **Over the Line Dribble Drill** (2 x 30 sec each)

- Have the players get a ball and find a line on the court.
- The players will put 1 foot on each side of the line with their knees bent in a good stance.

BUILDING SKILLS  
CONTINUED



- The player will then dribble the ball with the right hand on the right side of the line, as the ball comes up, the player will control the ball so that the next dribble will bounce on the left side of the line.

- The player will dribble the ball on a different side of the line on each dribble using only 1 hand for the allotted amount of time and then switch hands and repeat.

⊗ **In & Out Overs Drill** (1 x 30 sec each hand)

- Have the players partner up and share a basketball.
- 1 partner will dribble the ball while the other partner will put their arm straight out in front of the dribbler at about waist level.
- The dribbler will take 1 or 2 dribbles and then make an in and out dribble move that must go over the top of the player's arm and then bounce under their arm and back to the same hand it started in.
- The players will do this for the allotted amount of time before switching hands and roles.

⊗ **Cone Dribbling - Combination Moves**  
(5 min)

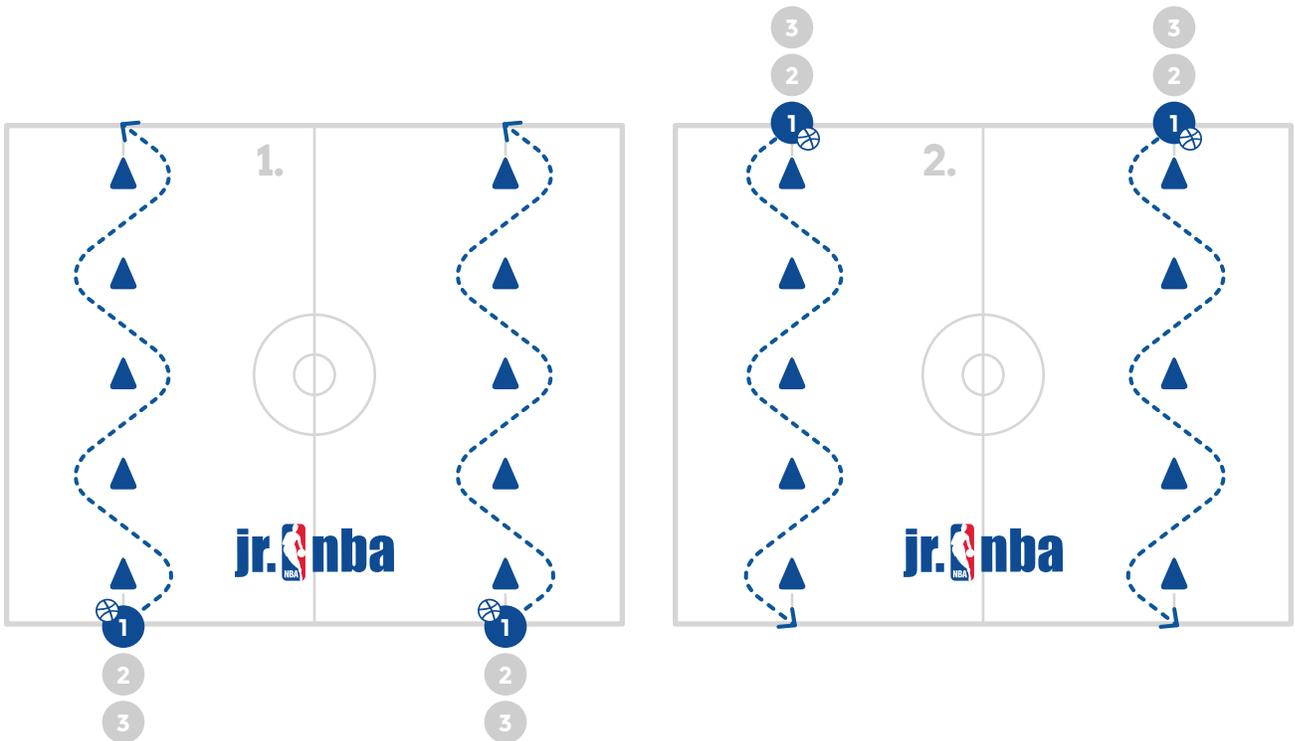
SEE DIAGRAM NEXT PAGE >>

- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.

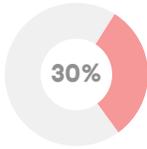
**BUILDING SKILLS  
CONTINUED**



- The first player in each line will have a ball.
  - The player will dribble through the cones in a zig-zag motion all the way past the last cone.
  - After the player in front of them has gone through a 2-3 cones, the next player in line can begin.
  - Make sure on the way back to work on the move starting with the other hand..
- 🔑 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.



BUILDING SKILLS  
CONTINUED



**⊗ Catch a 2nd Ball Series (4 min)**

- Have the players partner up and get two balls per pair.
- One player will dribble one ball in one hand.
- The other player will toss the other ball to the dribblers other hand.
- The dribbler will control the catch and toss it back.
- Repeat this action with both hands and both players.
- Keep the drill fresh and challenging for the players by mixing in a tennis ball or having the players make a dribble move before catching the ball.

**> SHOOTING**

**⊗ Floater Series (1 set)**

- Have the players divide into small groups and find a basket and 1 ball per group.
- Each of the players in the group will shoot 3 reps of 3 types of floaters.
- The first set of 3 shots for each player will be a floater with the right hand off the left leg.
- After the players have rotated through taking 3 each, they will change to using the left hand off the right foot.

BUILDING SKILLS  
CONTINUED

- Next the players will take floaters off of two feet using their right hand for 3 reps each, then their left hand for three reps.

> REBOUNDING

⊗ **4 on 4 Shell to Rebound** (1 game each team)

- 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.
- The possession ends after the defensive team gets a rebound.
- Switch teams by having the defense step off and the offense go to defense after every possession.
- The first team to get 5 defensive rebounds will win.

Team  
Concepts



> DEFENSE

⊗ **3-Second Deny Drill** (4 reps each, both sides)

- Have a line of players on each wing.

TEAM CONCEPTS  
CONTINUED



- 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.
  - Next, the offensive player will become the defender.
  - A new player will step in on offense.
  - And the process will repeat.
- 🔍 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.

**⊗ Deny Layup Drill** (3 min each side)

- Have a line of players on each wing with a ball and a coach at the top.
- There should be an offensive and defensive player on the court.
- The defensive player will deny the offensive player the ball for a few seconds and the coach will try to make a pass to the offensive player.
- The defensive player will deflect the pass and go the other direction for a contested layup.

TEAM CONCEPTS  
CONTINUED



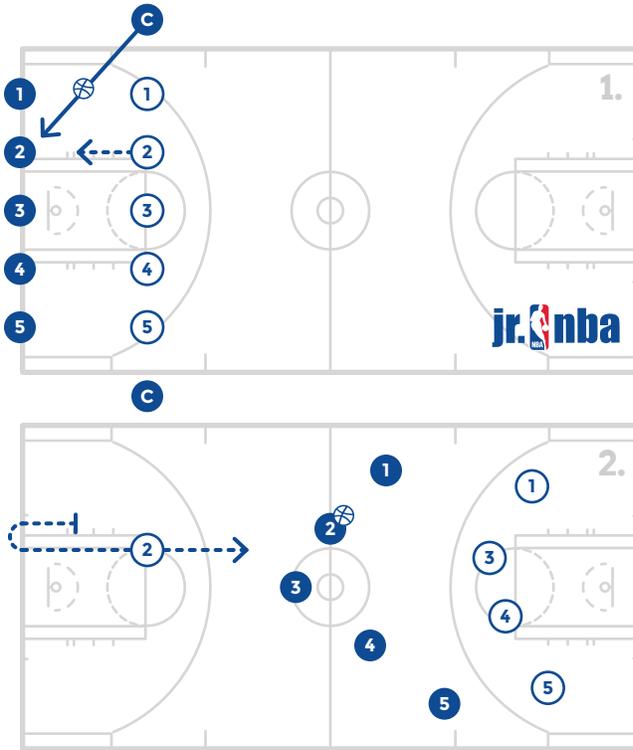
- Key Points: The offensive player will try to get open. Once the defensive player has made the deflection and gained possession of the ball, the former offensive player will then try to defend the layup going the other way.

⊗ **1 on 1-3 Stops** (1 x each)

- Have a line on the wing and 1 ball.
- There will be a player at the top, a player on the opposite wing and a defender guarding the first player in line.
- The defender must get a defensive stop on the player on the wing, then the defensive player must get a defensive stop against the player at the top of the key. Lastly, the player must get a stop on the player at the opposite wing.
- After 3 defensive stops, the defender will go to the end of the line on the wing.
- The other players will rotate from original wing to top, top to opposite wing, and opposite wing will become the new defender.
- Each player will go through this process so utilize multiple baskets if needed.

⊗ **Line Up Transition Defense Drill** (1 x 4 stops) SEE DIAGRAM NEXT PAGE >>

- 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.
- 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.

**TEAM CONCEPTS CONTINUED**



- 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.

**Competing**



**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.

COMPETING  
CONTINUED



- 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 with 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.
- This should be a fast pace game.
- Be sure to utilize the other side of the court or other baskets to maximize reps.

**⊗ 3 Trips & Flip** (games to 5 makes)

- Divide the players into two or more teams and have one be offense and one be defense at a basket.
- The team on offense will play a possession of offense starting in the half court.
- If the offensive team gets the rebound, they can continue to try to score, if they score or the defense gets a rebound or a steal, they will play live for a possession going the other way.
- After that possession, the game is still live and the team that started with the ball will bring it back down to the basket they started at.

COMPETING  
CONTINUED



- After this possession the 3 trips are over and the teams will switch so that the other team starts with the ball in the half court.

- Play the game to the allotted number of baskets.

**🔑 Key Points:** As the coach, you can dictate a play or a particular action you want the players to execute as they compete in the 1/2 court or 2 full court possessions.

**🏀 5 on 5 Controlled** (games to 7)

- Divide the players into teams and play 5 on 5 full court.
- Play games of 4-minutes (or 7 points) 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.

**🔑 Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>HUMILITY</b>	Talk through what it means to be humble.	<b>5%</b>
<b>Warm-Up</b>	<b>PARTNER RESISTANCE</b> (20 sec each)	<ul style="list-style-type: none"> <li>• Stance</li> <li>• Knees</li> <li>• Plank</li> <li>• Arms</li> <li>• Running Long Stride</li> <li>• Running Small Steps</li> </ul>	<b>5%</b>
<b>Building Skills</b>	<b>Ball-Handling</b>		<b>30%</b>
	<b>2 BALL JAB DRILL</b> (2 x 30 sec)	Work on dribbling 2 balls while reacting to coach with quick feet.	
	<b>2 BALL ALTERNATE &amp; REACT</b> (2 x 30 Sec)	Work on dribbling 2 balls while reacting to coach by exploding forward.	
	<b>Passing</b>		
	<b>BACKDOOR PASS LAYUP DRILL</b> (1 x 15 makes each side)	Work on good timing and great passes.	
<b>Team Concepts</b>	<b>Shooting</b>		<b>30%</b>
	<b>LOOP SHOOTING</b> (10 makes at 5 spots)	Work on communication and making shots.	
	<b>DIVE CONTEST CHARGE DRILL</b> (2 x each)	This drill works on the little things that make great defensive teams.	
<b>Competing</b>	<b>LOAD TO THE PAINT</b> (3 x each)	Teach the players to load to the paint when getting back on defense.	<b>30%</b>
	<b>SHELL DRILL - 5 ON 5 WITH POST</b> (8 min)	Make sure the players are getting to their defensive spots quickly.	
	<b>5 ON 0 FAST BREAK</b> (8 min)	Establish what lanes each player should run in transition.	
	<b>3 ON 3 FROM A DOWN SCREEN</b> (games to 3 makes)	Work on offensive and defensive execution of the down screen in this game.	
<b>Competing</b>	<b>3 ON 3 FROM A PICK AND ROLL</b> (games to 3 makes)	Work on offensive and defensive execution of the pick & roll in this game.	<b>30%</b>
	<b>3 ON 3 FROM SCREEN THE SCREENER</b> (games to 3 makes)	Work on offensive and defensive execution of screening the screener in this game.	
	<b>3 ON 3 FROM PASS TO THE ELBOW</b> (games to 3 makes)	Work on offensive and defensive reads playing from the elbow.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



## Values



### > HUMILITY

★ **Positive Coaching Alliance** sees players who exhibit humility as improving the overall quality of the game we all love. If players are humble enough to not consider themselves more important than their teammates, they are ready to play a beautiful style of basketball, sharing the ball on offense and the effort on defense. And, players who are humble enough to respect their opponents as equals will not disrupt the game with trash-talk or overly physical, dangerous play. Therefore, humility is a key to preserving the game so that it can continue giving so much joy to all of us and elevating our spirits.

## Warm-Up



### > PARTNER RESISTANCE WARM-UP (20 sec each)

- Have the players partner up and give each other resistance for the allotted amount of time with the following exercises.
- Stance • Knees • Running Long Stride
- Plank • Arms • Running Small Steps

## Building Skills



### > BALL-HANDLING

#### ⊗ **2 Ball Jab Drill** (2 x 30 sec)

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.

BUILDING SKILLS  
CONTINUED



- The coach should stand out at the free throw line and encourage the players to work hard.
- If the coach holds up the left or the right hand, the players will quickly jab the corresponding foot out to the side and bring it back underneath them quickly.
- The coach will continue to hold up different hands and encourage the players to react quickly and jab to each one.
- Do this for the allotted amount.

**⊗ 2 Ball Alternate & React (2 x 30 Sec)**

- All the players will have 2 balls or share with a partner and spread out on the baseline.
- The players will get in a good stance and work on pounding two balls at the same time.
- The coach should stay out in front of the players by starting at the free throw line and encourage the players to work hard.
- The players will alternate dribbling both balls in a good stance.
- If the coach holds up the left or the right hand, the players will take one big explosive step forward with that foot as the first step.

BUILDING SKILLS  
CONTINUED



- The players will continue to dribble 2 balls while reacting to coach and exploding forward.

- After the players get to half court, have them turn and come back as well until the allotted time has elapsed.

➤ **PASSING**

⊗ **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 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

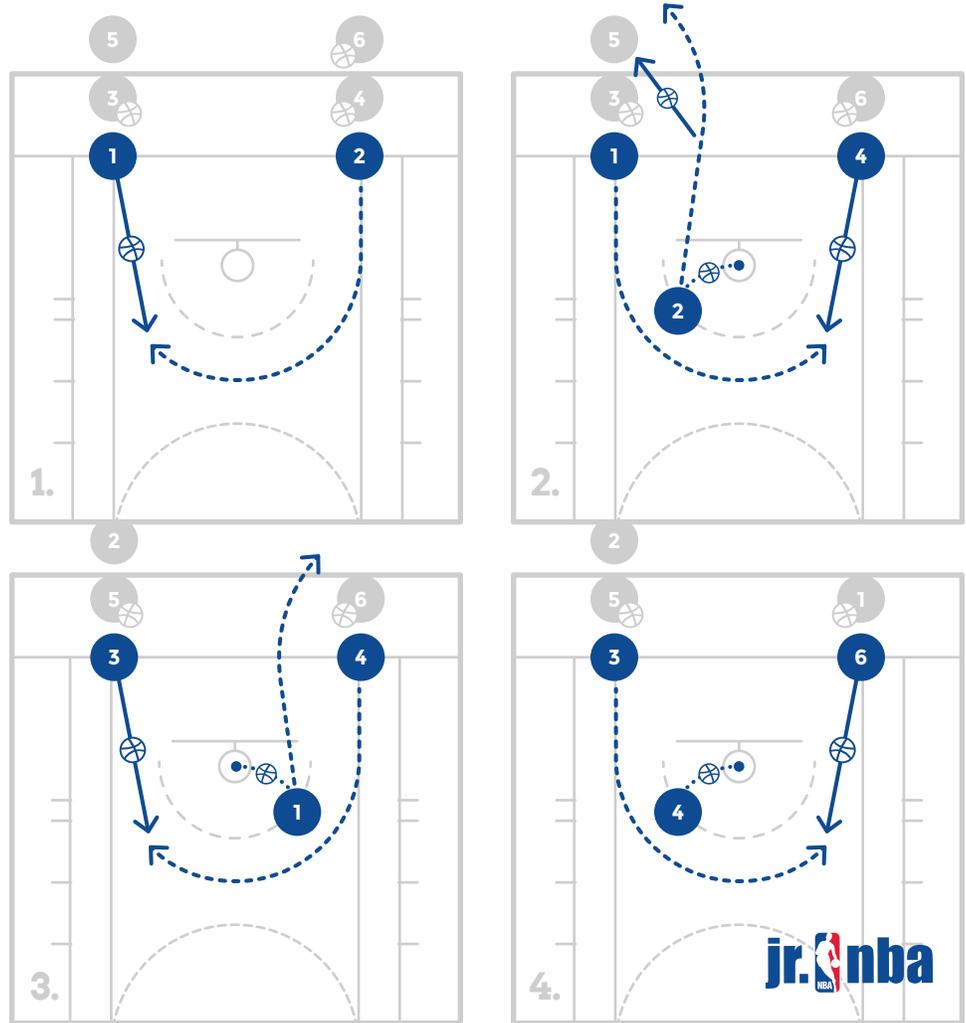


> SHOOTING

⊗ **Loop Shooting** (10 makes at 5 spots)

SEE DIAGRAM NEXT PAGE >>

- 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.
- 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.



BUILDING SKILLS  
CONTINUED

**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.

**Team Concepts**



**DEFENSE**

**Dive-Contest-Charge Drill** (2 x each)

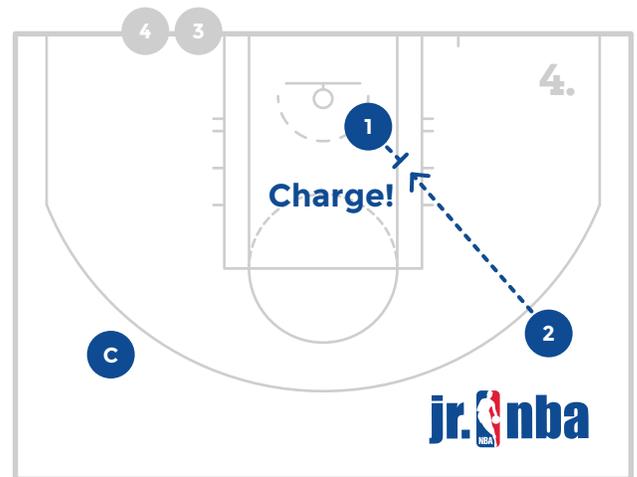
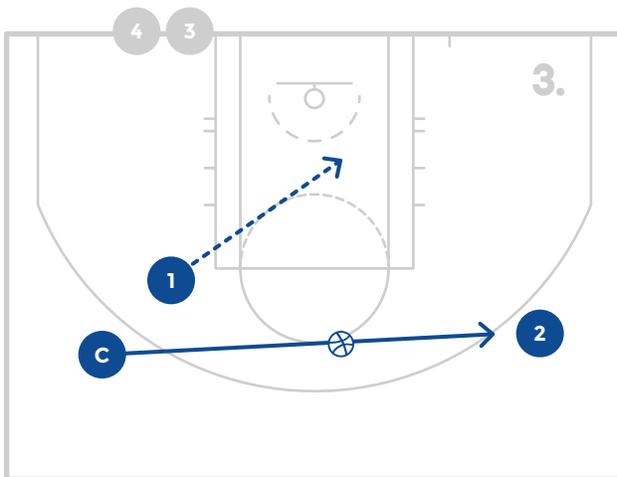
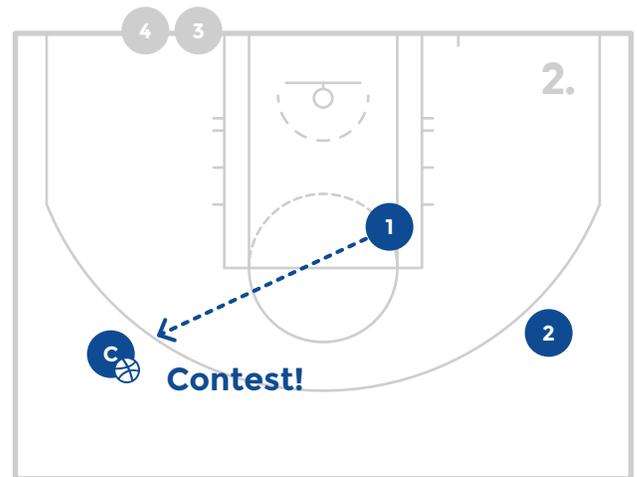
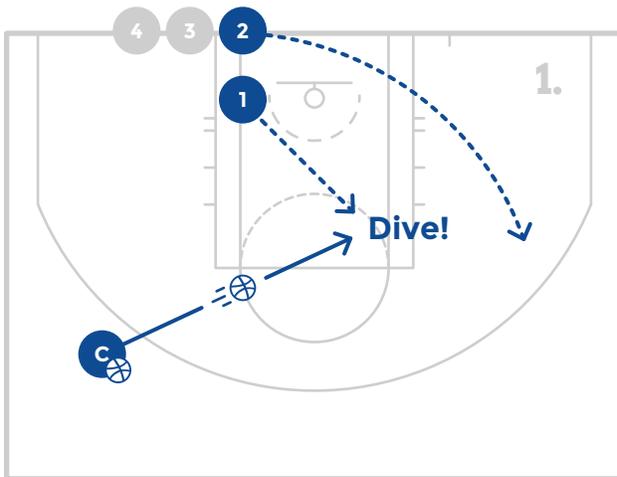
SEE DIAGRAM NEXT PAGE >>

- The players will start in a line on the baseline.

TEAM CONCEPTS CONTINUED



- The coach will start on the wing with 2 basketballs.
- The coach will start by rolling the ball towards the opposite wing.
- The player will start by running and diving on the loose ball.
- The next player in line will move slowly towards that wing as well.
- After the player dives on the ball and jumps up, they will sprint to the coach to contest the an imaginary shot.



TEAM CONCEPTS  
CONTINUED



- The coach will then pass the ball to the opposite wing where the 2nd player moved to.
- The defender will jump to help and as the player on the wing drives, they will step over and take a charge.
- After the charge, the player who drove to the charge will pass the ball to the coach and begin the same series of dive, contest, & charge.

**🔍 Key Points:** This drill works on the little things that make great defensive teams.

**🏀 Load to the Paint** (3 x each)

SEE DIAGRAM NEXT PAGE >>

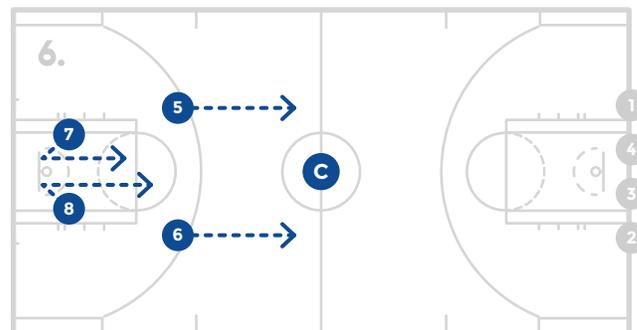
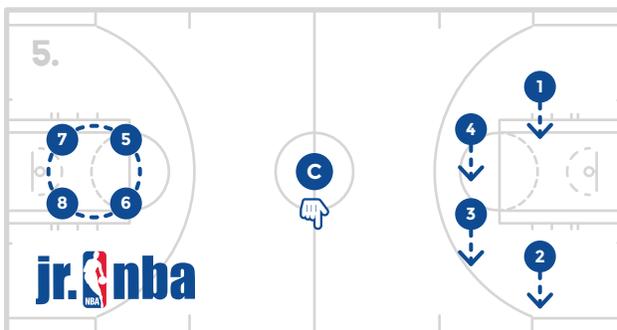
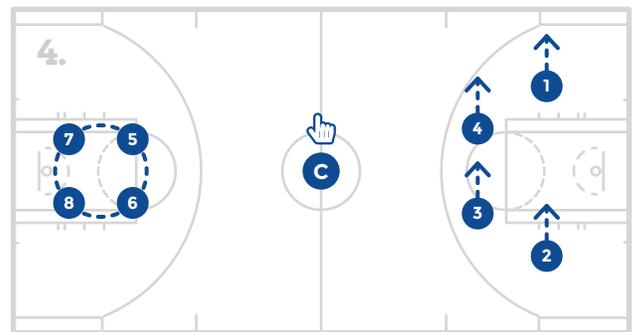
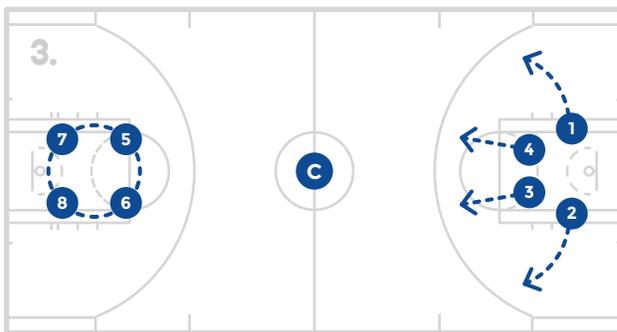
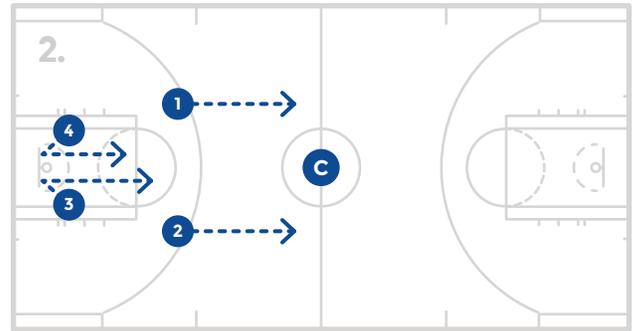
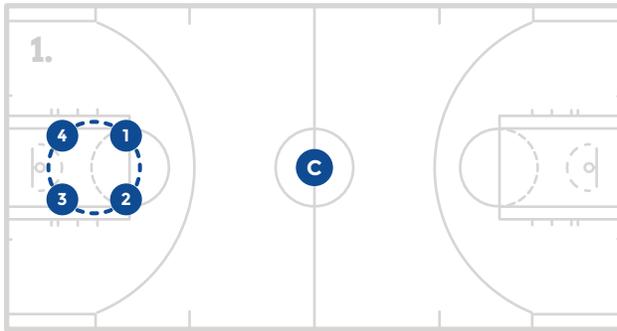
- Have the players get in groups of 4 or 5 and get on the baseline.
- Bring the first group out to the lane and have them run in a small circle until the coach tosses the ball in the air.
- When the ball is tossed in the air have all the players yell shot.
- At the same time have the players that are allowed to crash the offensive boards, run and touch the backboard and sprint back.
- The guards or those not allowed to crash the offensive boards will run back as soon as the ball is tossed.
- All players will load to the paint by sprinting to the paint then turning and closing out to the nearest spot on perimeter yelling “Ball! Ball! Ball!”.

TEAM CONCEPTS  
CONTINUED



- Quickly the coach will point in a couple of directions to have them slide from side to side and then have them clap and hustle off to the baseline of that end of the court while the next group begins the same process.

- Repeat this process until each group has completed the allotted number of reps.



TEAM CONCEPTS  
CONTINUED



> OFFENSE

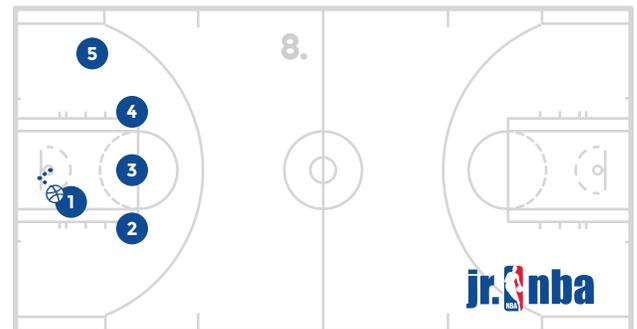
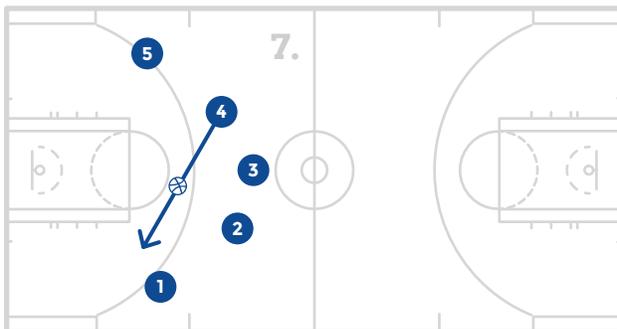
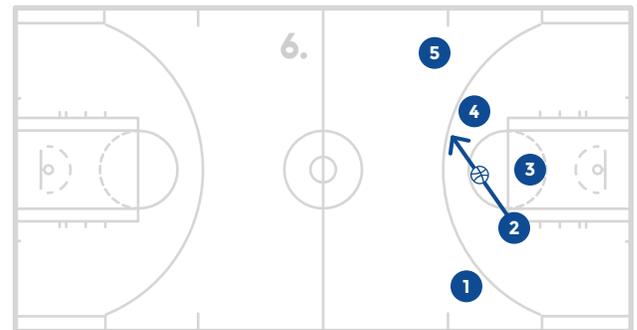
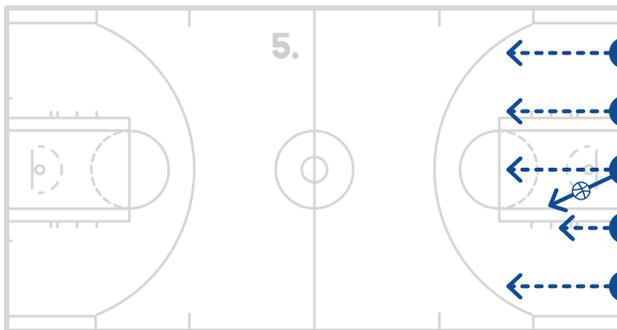
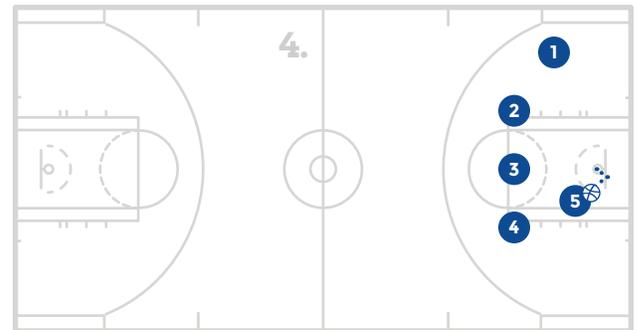
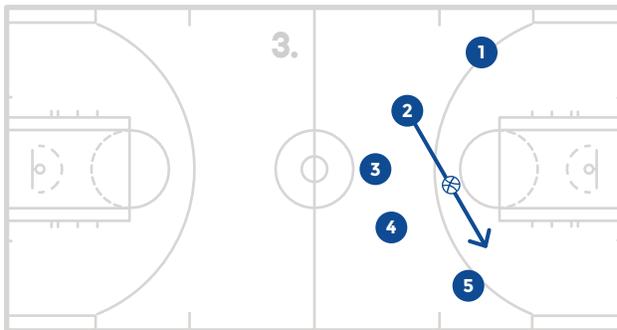
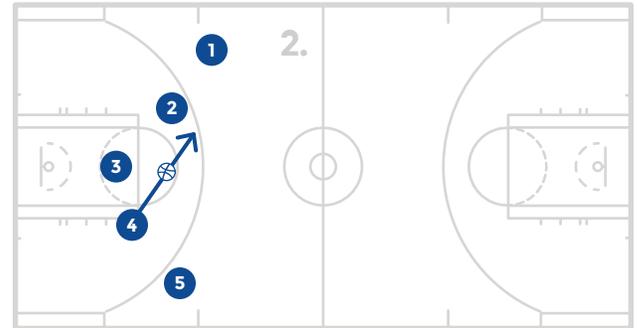
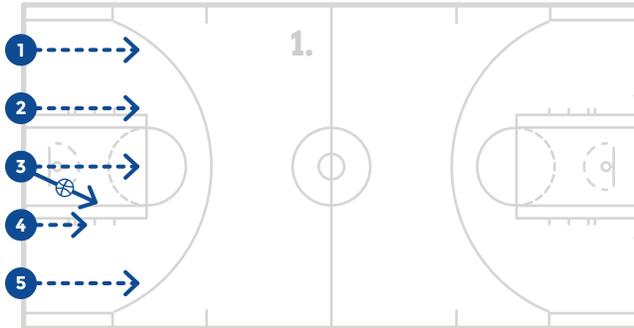
⊗ **Shell Drill - 5 on 5 with Post** (8 minutes)

- 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.

⊗ **5 on 0 Fast Break** (8 min)

SEE DIAGRAM NEXT PAGE >>

- Have the players start in 5 lines on the baseline, 1 in the middle, 2 to the sides of the middle line and 2 out wide on each side.
- The first two players in the middle line will need a ball.
- All the players will run forward towards the other basket.
- The player in the middle will pass the ball to the player closest to them on the right, that player will pass the ball to the player to the left of the middle line, and that player will pass the ball to the player running out wide to the right.



TEAM CONCEPTS  
CONTINUED



- That player will lay the ball in and swing through to switch sides with player that was running the left wing.
  - The player in the middle is responsible for getting the rebound without it bouncing while the players that were closest to the middle line will switch sides inside the paint.
  - The players will immediately do the same thing on the way back to the original side.
  - After they finish on the side they started on, they will step off the court and the next group will start.
  - Each player should rotate through each of the starting points.
- Key Points:** Encourage the players to run hard and call names as the players off the court encourage the group.

Competing



**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.

COMPETING  
CONTINUED



- 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.

**⊗ 3 on 3 Dictated – Pick & Roll** (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 pick and roll.
- 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.

**⊗ 3 on 3 Dictated – Screen The Screener** (games to 3 makes)

- Divide the players into teams of 3.
- Utilize both baskets if there are four or more teams.

COMPETING  
CONTINUED



- The players must start with a screen the screener which means the coach will start with the ball on the wing while a guard on the ball side block screens across the lane for a post player to come to the ball side, then a player around the free throw line area will set a screen for the guard coming off to the top.
- 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.

**⊗ 3 on 3 Dictated – Elbow Pass** (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 to the elbow from a guard at the top, there should also be a guard on the same side wing which will allow the guards multiple cuts and screens to work together on that side of the court.
- After that, the ball is live and the players can move and play as they choose.

COMPETING  
CONTINUED



- 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.
- 🔑 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
<b>Values</b>	<b>TIME MANAGEMENT</b>	Help the players understand how to manage, school, fun, sports, and other hobbies.	5%
<b>Warm-Up</b>	<b>DYNAMIC WARM-UP</b> (1 x each from baseline to half court or vice versa)	<ul style="list-style-type: none"> <li>• Walking Hamstrings</li> <li>• Knee Hugs</li> <li>• Jump to Stick</li> <li>• Lateral Squat Hold</li> <li>• Quick Feet</li> <li>• 2 Foot Hops</li> </ul>	5%
<b>Building Skills</b>	<b>Ball-Handling</b>		30%
	<b>FIGURE 8 DRIBBLE 4</b> (2 x 20 sec)	The players are allowed 4 hard dribbles to complete the figure 8 movement.	
	<b>IN &amp; OUT AROUND THE LANE</b> (3 each side)	Work on the in and out dribble coming up the lane line and then finish.	
	<b>1-BALL POUND, 1-BALL CONTROL</b> (3 x 20 sec each way)	Make sure the players listen and react quickly and correctly.	
	<b>EARLY-CROSS JAB SERIES</b> (5 min)	Work on good footwork and finishes.	
	<b>Passing</b>		
	<b>1ST TO 50</b> (1 game)	Work on completing passes under pressure.	
	<b>Shooting</b>		
<b>JUMP THROUGH THE HIPS &amp; FINISH</b> (3 min each way)	Work on good balance and body control with this finish move.		
<b>4-5-4 DROP STEP DRILL</b> (3 x)	Work on good drop steps and finish strong.		
<b>Team Concepts</b>	<b>POST PASS SHOOTING DRILL</b> (2 x 15)	Keep this drill moving quickly by making shots!	30%
	<b>CURL &amp; POP DRILL</b> (15 makes each way)	Work off a down screen and make sure both players get a shot.	
	<b>1 ON 1 POST CROSS SCREEN</b> (games to 4)	Work on defending the cross screen and then playing 1 on 1.	
<b>Competing</b>	<b>3 ON 3 FROM CLOSE OUT</b> (games to 5)	The coach will pass from under as the 3 players close out.	30%
	<b>5 ON 5 FULL COURT MAN TO MAN</b> (games to 5)	Work on full court pressure man to man defense!	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



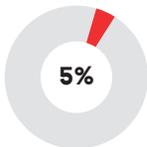
Values



> TIME MANAGEMENT

★ **Positive Coaching Alliance** recommends some practical ways to manage your time. For example, use travel time to and from school, practices and games to read or to complete homework assignments. Take short breaks between tasks to clear your mind so that you can move on to the next task or project and complete it efficiently. Don't procrastinate. The temptation to do so often means you are dreading a certain project. Diving right in reduces the dread, so that the time you might have spent worrying you now are spending on completing the assignment and eliminating the need for worry. Best of all that clears your mind to focus 100% on your basketball, making it more likely you will excel on the court.

Warm-Up



> DYNAMIC WARM-UP (1x each from baseline to half court or vice versa)

- Walking Hamstrings
- Knee Hugs
- Jump to Stick
- Lateral Squat Hold
- Quick Feet
- 2 Foot Hops

Building Skills

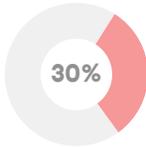


> BALL-HANDLING

⊗ **Figure 8 Dribble 4** (2 x 20 sec)

- All players will get a ball and line up with some space on the baseline.

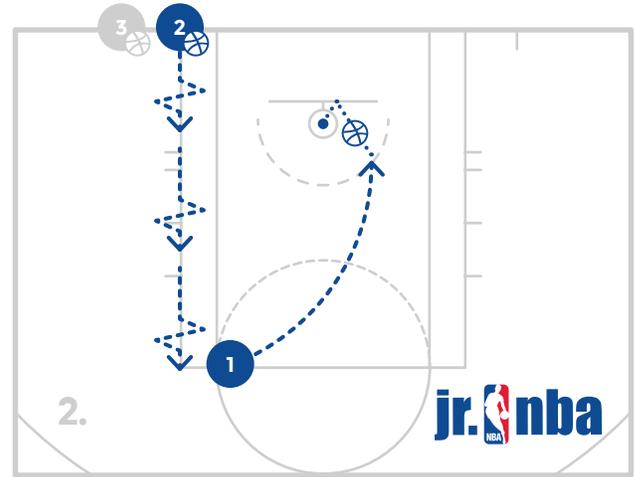
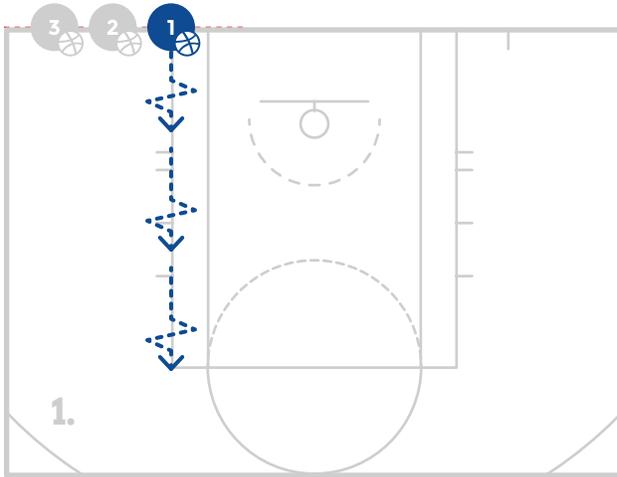
BUILDING SKILLS  
CONTINUED



- The players will be allowed 4 dribbles to dribble the ball in the figure 8 motion for the allotted amount of time.
- The first dribble will be to their right side with their right hand.
- The second dribble will be between the legs from the right hand to the left.
- The third dribble will be with the left hand on the left side of the body.
- The fifth dribble will be between the legs from the left side between the legs to the right side.
- This process will continue.

 **In & Out Around the Lane** (3 each side) SEE DIAGRAM NEXT PAGE >>

- Have the players get a ball and start in a line on the baseline at the point where the lane line meets the baseline.
- The first player up will take a dribble and then drop for a quick in and out move coming up the lane line.
- The player will do this 2 to 3 more times coming up the lane line until they pass the elbow.
- Once the player gets above the elbow, they will turn the corner back towards the basket and attack for a lay up.



**BUILDING SKILLS CONTINUED**



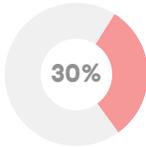
- As soon as the player in front of them is halfway up the lane, the next player will start.

- Continue this process for the allotted reps and utilize multiple baskets if needed.

**🏀 1-Ball Pound, 1-Ball Control (3 x 20 seconds each way)**

- Have the players get 2 balls and find an open space on the court facing coach.
- 1 ball will be on the floor with a hand touching it while maintaining a good stance and dribbling the other ball with eyes and chest up.
- The coach will indicate that when they say a number 1 through 4 that each of those 4 numbers will correlate to moving the ball on the floor a certain direction and then back to the starting point.

BUILDING SKILLS  
CONTINUED



- As the players point the ball, coach might say “3!” at which time the players will continue dribbling and also quickly move the ball that is on the ground to the 3 spot and back to the starting spot.
- This process will continue for the allotted time and with both hands.

⊗ **Early-Cross Jab Series** (5 min)

- Have the players get a ball and a partner
- The player with the ball will dribble towards the defender but before they are too close to the defender, they will change the ball from one hand to the other.
- Right after changing hands, the player will drop and give jab step that will push them in the opposite direction past the defender.
- Make sure to work on it with both hands and changes roles with the partner.

➤ **PASSING**

⊗ **1st to 50** (1 game)

- In this drill there will be two teams of five and one ball.
- The team that starts on offense will be allowed no dribbles and no screens but must pass the ball from player to player without taking a shot.

BUILDING SKILLS  
CONTINUED



- They must count every pass as the attempt to reach 50 passes to win.
- If the defensive team gets a steal, a turnover or a deflection, it will immediately be their ball and they will start passing and counting their passes.
- When the possessions change, the offense will start counting from the number they left off on before their last change of possession.
- So if a team has 12 passes and then turn it over, the next time they get the ball back, they will start with 12 and build from there.
- This game allows the defense to really pressure the ball and aggressively seek turnovers so it's important for the offense to be strong and make good passes under pressure.

➤ SHOOTING

⊗ **Jump Through The Hips & Finish** (3 min each way)

- Have the players get in lines with a couple of balls at the front of each line.
- The players will dribble in as if they are taking a traditional layup.

BUILDING SKILLS  
CONTINUED



- Prior to getting to the basket, the players will imagine a defender cutting in front of them and will take a hard last dribble as they jump and twist their hips to the middle of the floor.
- Upon landing, the players will quickly jump back up to shoot.
- Repeat this process for the allotted amount of time and on both sides of the court.”

 **4-5-4 Drop Step Drill** (3 x)

- Have the players get in groups of 3 at a basket with 2 balls.
- The two basketballs will be on the blocks and there will be a player responsible for rebounding that ball and putting it back quickly each time.
- The shooter will quickly go from block to block executing a great drop step and finish.
- After this player has completed the 4th drop step, the player on the other side will change rolls and begin.
- This player will complete 5 drop steps and change with the last player who will complete 4 drop steps.
- Key Points: The numbers 4-5-4 will help for a quick and smooth transition in the drill.

**Team Concepts**



> **OFFENSE**

⊗ **Post Pass Shooting Drill (2 x 15)**

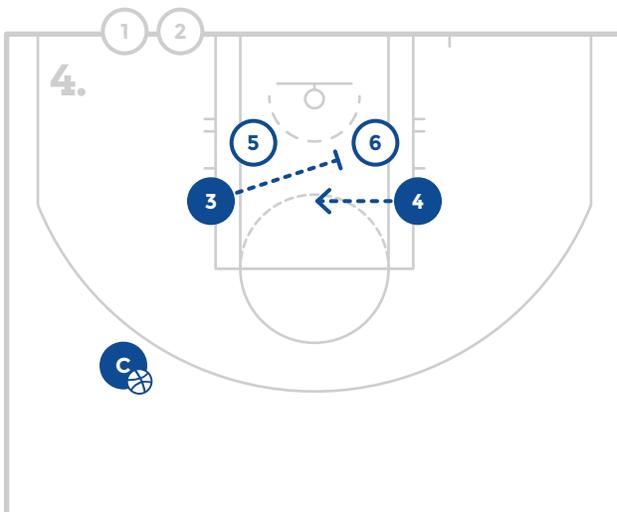
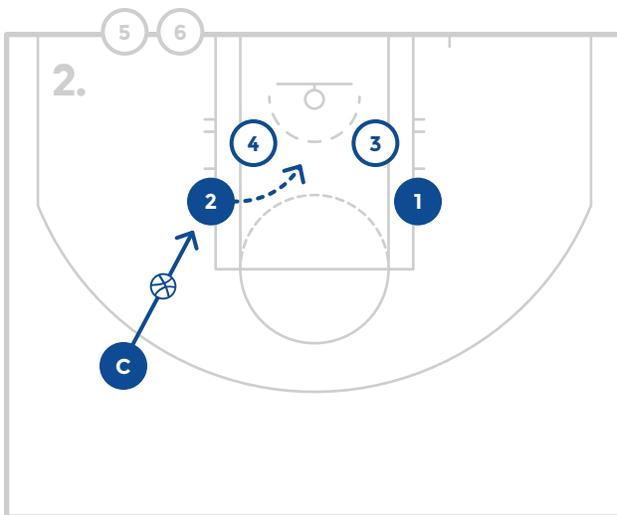
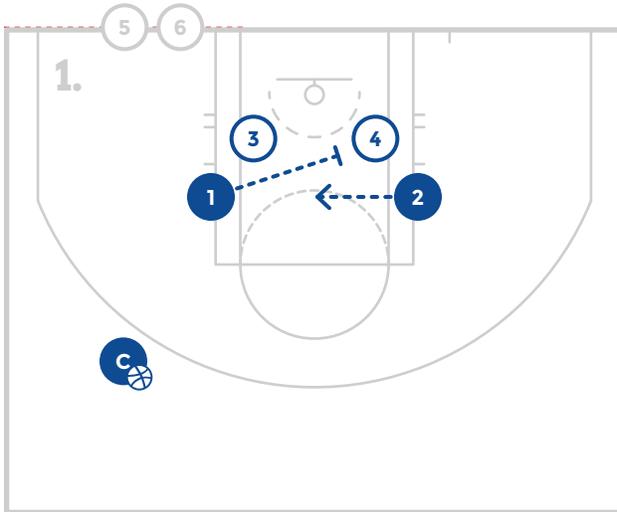
- Have the players start in a line at the top with a couple of balls in the line.
- Also start with a player on the post and a player on the wing.
- The player at the top will pass the ball to the player on the wing.
- The player on the wing will pass the ball to the player on the post and then cut.
- The post player will pass the ball to the cutter for an open jumpshot.
- After the shot, the shooter will get the rebound and go to the back of the line.
- The post player will quickly flash out to the wing and receive a pass from the next player at the top.
- The previous player at the top will sprint to the baseline and then back to the block to post up and receive the pass from the player from the wing.
- The wing player will pass and cut and the post player will pass the ball back for a shot.
- This process will continue for the allotted amount of makes.

TEAM CONCEPTS  
CONTINUED



⊗ **Curl & Pop Drill** (15 makes each way)

- Have 2 lines, 1 on the elbow and one on the same side wing.
- The players on the elbow will have a ball and toss it to the coach at the top.
- The player at the elbow will go set a screen for the player on the wing.
- The player on the wing will curl hard assuming that their defender is going over top.
- The screener will assume that his defender must help on the curl and pop back to the ball.
- The coach will pass the screener the ball who will shoot the designated shot.
- The players will switch lines and continue the process.
- Continue until the allotted number of shots has been made and then switch sides.



**🏀 1 on 1 Post Cross Screen** (games to 4)

- Have the players partner up and have 2 teams start on offense and defense on the blocks.
- The coach will start with the ball on the wing and the player on the ball side wing will set a cross screen for the other big.
- The defensive players aren't allowed to switch and when the coach passes the ball into the post, the game is live.
- After the possession, the defense will go to offense and the offense will rotate off as a new team comes on defense.
- Play to the designated score.

Competing



**3 on 3 from Close Out** (games to 5)

- Have a player on both wings and the top of the key and 3 lines on the baseline lined up across from them.
  - When the coach passes the ball to one of the players on the perimeter, the first 3 players on the baseline will close out to the ball and then begin playing 3 on 3.
  - Each team gets 1 shot.
  - The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next close out.
- Key Points:** Make sure the players work on good close outs and playing good defense.

**5 on 5 Full Court Man to Man** (games to 5)

- Divide the players into balanced teams and play 5 on 5.
- In this game the players will be responsible for matching up and guarding each other full court.
- The coach needs to emphasize full court pressure while also have the other players to the line of the ball.

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### 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.
- 
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.