NORTH CLACKAMAS PARKS & RECREATION DISTRICT

Hoopers

Coaching Manual: Skills, Drills, & Practice Planning

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Tips for Coaching Success

- Take some time to learn the rules for your age division. There are many different rules in each age division and it is important that you know them so you can teach your players accordingly.

- Have a parent meeting at the start of your season. The best time for your parent meeting is at the start of your first practice. Include your players in this meeting. Be sure you lay out all of your rules and expectations and NCPRD rules and expectations for the parents.

- A brief team meeting with all of the players before each practice can be beneficial. Communicate your expectations. You could also share your practice plan at this time.

- Have a "Season Plan" for your team. This will help you plan each practice. You can create your plan before your first practice or wait until after you see the players so that you can pinpoint specific areas they need to work on.

- Be certain to teach the rules of the game and the language that you like to use when it comes to the game. A good example of this would be to teach the players where to go if you want them to be in the "Key". Coaches use many different words to describe areas of the court so teach the players your preferred vernacular.

- Think about the attention span of your age group when planning practices.

- Avoid drills that create long lines. The most effective way to keep players engaged is to keep them moving.

- The more fun the drill is, the more you will get out of your team as a whole especially with younger players.

- Be ready to remove a skill or drill from your season plan or practice if you try it and it does not work for your team.

Terminology

Assist: a pass that immediately leads to a basket

Backdoor cut: an offensive player draws the defender out away from the basket and then suddenly moves hard to the basket

Backboard: rectangular glass behind the rim; often used on lay-ups and other close-in shots

Backcourt:

1) When on offense, the half of the court on which the team is not trying to score
2) The members of the team who primarily play in this area of the court (the guards)

Backcourt violation (also over and back):

1) Touching the ball in the backcourt after it has crossed the half-court line and the ball was not last touched by the other team
2) Failure to cross the half-court line within the allotted time

Back screen: a type of screen in which a player comes from behind (usually the low post area) to set a screen for a teammate on the perimeter

Ball fake: when the player with the ball makes a movement to deceive the defensive player into thinking that there is going to be a shot, pass, or dribble

Ball reversal: when the ball is reversed (or swung) from one side of the court to the other; forces the defense to shift

Ball side: the half of the court that has the ball

Banana cut: a shallow, looping cut used to create space from the defender

Bank shot: a shot that hits off the backboard

Baseball pass: a long pass thrown a long distance down the court with one arm

Baseline (also endline): the boundary at the end of the court

Baseline out-of-bounds play (BLOB): an offensive set used to get the ball in or score from the baseline

Basket cut: a cut from the perimeter all the way to the basket

BEEF: a mnemonic often used to teach shooting form. B: Balance, E: Eyes, E: Elbow, F: Follow through

Block:

1) When a defensive player obstructs the movement of an offensive player
2) When a defensive player legally deflects a shot attempt

Bonus: when a team accumulates more than the allotted number of team fouls. Once a team is in the bonus, free throws (1-and-1 or 2 free throws depending on the level of basketball) are awarded for shooting and non-shooting fouls.

Bounce pass: a pass that hits the ground before bouncing up to the intended target

Box out: after someone shoots the ball, players position their bodies to establish the best position to get the rebound

Carry: a violation in which a ball handler continues to dribble after the ball comes to a rest at the top of the dribble because the ball handler turned their hand up

Center: a position assigned to a player. These players are typically tall and spend most of the game close to the basket. On defense, they are often asked to defend the rim and rebound the ball. On offense, they usually play close to the basket or are involved in a lot of on-ball screen and roll actions.

Charge: an offensive foul called when an offensive player with the ball runs into a defensive player who has established position

Chest pass: most commonly used pass. The pass is made with two hands from the chest.

Cross screen: a screen set when one player is on one side of the floor and they screen for a teammate who is even with them on the other side of the floor.

Dead ball: any time play is stopped. Examples include, a player with the ball steps out-of-bounds, a timeout is called, etc.

Dead-ball rebound: when the ball is tipped or bounces out of bounds after a missed shot before a team is able to secure a rebound

Defense: trying to prevent the other team from scoring

Deny: a defender that is attempting to not allow a pass to come to the offensive player they are guarding

Double bonus: when a team accumulates more than the allotted number of team fouls. Once a team is in the double bonus, two free throws are awarded for shooting and non-shooting fouls. Some levels of basketball do not utilize the double bonus.

Double dribble: a violation that occurs when a player either dribbles the ball with two hands or dribbles, picks the ball up, and then dribbles again

Down screen: when an offensive player cuts down towards the baseline or the basket to set a screen for a teammate coming out to the perimeter

Dribble drive motion: an offensive strategy where the offense spreads the court and attempts to drive to the basket for a shot or draw help defenders and pass the ball out to an open teammate

Drive: dribbling towards the basket

Drop step: a move often used by low post players to get around their defenders. With their back to the basket, they swing one leg back and around the defender.

Elbow: intersection of the free throw line and the side of the key

Fast break: an offensive strategy in which a team tries to move the ball up the court as quickly as possible

Field goal: any shot other than a free throw attempted by a player

Finger roll: a type of layup shot with the palm facing the shooter. The ball is rolled off the fingertips.

Flare pass: a type of bounce pass usually used to get the ball to a teammate in the post; has spin on it to wrap around a defender

Flare screen: a type of screen that is set on the side of a defensive player. The offensive player receiving the screen cuts away from the ball typically towards the sideline.

Floater: high arcing, soft shot usually attempted by smaller guards in the lane

Forward: one of the five player positions. They are typically the most versatile players on the court and can play inside and out on the perimeter.

Foul: a breach of the rules that involves illegal contact with an opponent

Free throw: a shot that is worth one point awarded to an offensive player after a foul

Front court:

1) A team's offensive half of the court
2) A team's forwards and centers

Guard:

1) A position that is usually relied upon for ball handling and to run the team's offense
2) Playing defense

Half-court defense: a defensive strategy where a team only defends the offense once they pass the half-court line

Half-court offense: offensive play in the front court

Halftime: a break period midway through a game

Hand-check foul: a foul when a defensive player obstructs an opponent using their hands or arms

Held ball: when two players on opposing teams have their hands on the ball at the same time

In-and-out dribble: a dribbling move where the ball handler fakes a crossover and then pushes the ball back out with the same hand

Isolation: an offensive strategy used to create one-on-one situations by spacing the floor

Jab step: an offensive move where a ball handler fakes in one direction as if to drive. The player will usually drive the opposite direction if the defense falls for the fake.

Jump shot: a type of shot where the shooter jumps in the air and releases the ball at the peak of the jump

Jump ball: used to begin or resume play. Two opposing players stand across from each other as an official tosses the ball into the air.

Key: area of the court that includes the free throw lane and free throw circle

Lane (also paint): the rectangular area near the basket from the baseline to the free-throw line

Layup: two-point shot attempt made when a player leaps off of one foot and lays the ball near the basket. The ball is typically bounced off the backboard before falling into the basket.

Man-to-man defense (preferred/gender neutral term is player-to-player defense): a defensive strategy for which every defensive player is matched up to an offensive player. The defensive player moves with their assigned opponent around the court rather than defending an area.

Mid-range: area of the court inside the three-point but outside the paint. Typically used when referencing a shot attempt (midrange shot).

Motion offense: an offensive strategy that relies on floor spacing, passing and cutting. Motion offenses are free flowing and do not follow a fixed, repeating pattern.

Offense: team with the ball that is trying to score

Offensive foul: a foul committed by an offensive player. The most common example is a charge.

Off-ball screen: a screen set for an offensive player without the ball

On-ball screen: a screen set on the ball handler's defender

Outlet pass: a pass used to get the ball up the court quickly after a defensive rebound

Over-and-back (also backcourt violation):

1) Touching the ball in the backcourt after it has crossed the half-court line and the ball was not last touched by the other team
2) Failure to cross the half-court line within the allotted time

Overtime: extra time added to the end of regulation if the game is tied

Paint (also the lane): inside the lane lines from the baseline to the free-throw line

Palming: gripping/holding the ball in the air in between dribbles. It is considered a violation and results in a turnover.

Pass: moving the ball from one offensive player to another

Passing lane: area between two offensive players where the ball can be passed

Perimeter: refers to the area of the court outside the free throw lane area. Sometimes used to refer to the area of the court outside the three-point line. Often used to refer to guards that typically play away from the basket (perimeter players).

Pick (also screen): a technique used on offense where a player stands in the way of a defensive player to prevent the defender from guarding a teammate

Pick and roll: an offensive play in which a player (usually a post player) sets an on-ball screen for a ball handler. After the ball handler uses the screen, the screener then rolls towards the basket pinning the defender. Most useful if the defense switched the on-ball screen because a smaller defender will likely be guarding the post player.

Pivot: rotating one's body while keeping the ball of one foot on the floor. It is used to create space and angles on offense without dribbling.

Pivot foot: the foot that remains stationary when a player is pivoting

Player-to-player defense: a defensive strategy for which every defensive player is matched up to an offensive player. The defense moves with their assigned opponent around the court rather than defending an area.

Post up: when an offensive player moves down near the basket with their back to the basket and pins the defender on their back

Rebound: gaining possession of the basketball after a missed shot

Screen (also pick): technique used on offense where a player stands in the way of a defensive player to prevent the defender from guarding a teammate

Secondary break: a type of transition offense; typically more complex than a simple fast break and used to create a quick, open shot and take advantage of poor defensive match-ups or rotations

Set shot: a type of shot where a player is stationary and shoots without jumping. In modern basketball, a set shot is typically only used when shooting a free throw.

Shot clock: digital display of the number of seconds a team has during a possession. It is usually displayed above the backboard. The length of the shot clock varies depending on the level of play.

Switch: a defensive strategy where players switch who they are guarding in certain situations. The most common switches are after screens or hand-offs.

Technical foul: a violation of a rule of the game that often involves unsportsmanlike actions

Three-point field goal: a shot attempted from beyond the three-point line

Three-point play: occurs when an offensive player is fouled in the act of shooting a 2-point field goal and the shot goes in. The offensive player is awarded one free throw attempt.

Transition defense: process in which a team must switch from offense to defense quickly

Transition offense: when a team first regains possession after playing defense

Travel (also walk): a violation that occurs when a player with the ball has taken more than the two steps without the ball being dribbled, passed, or shot. Also occurs if a player changes or moves a pivot foot.

Turnover: when the offensive team loses possession of the ball due to a violation, offensive foul, or the defense taking the ball from them

Violation: the most minor illegal action that typically results in a turnover. Some examples include carrying the ball, double-dribble, traveling, and shot clock violation.

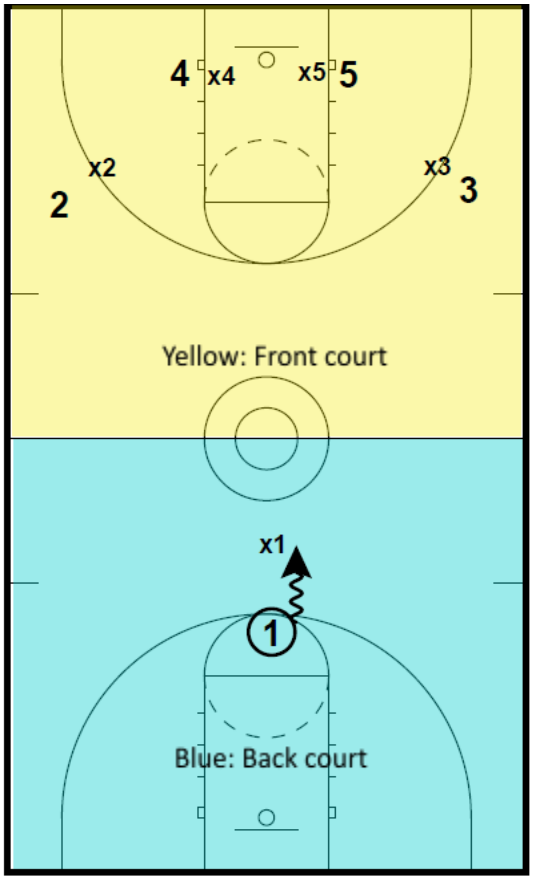
Walk (also travel): a violation that occurs when a player with the ball has taken more than two steps without the ball being dribbled, passed, or shot. Also occurs if a player changes or moves a pivot foot.

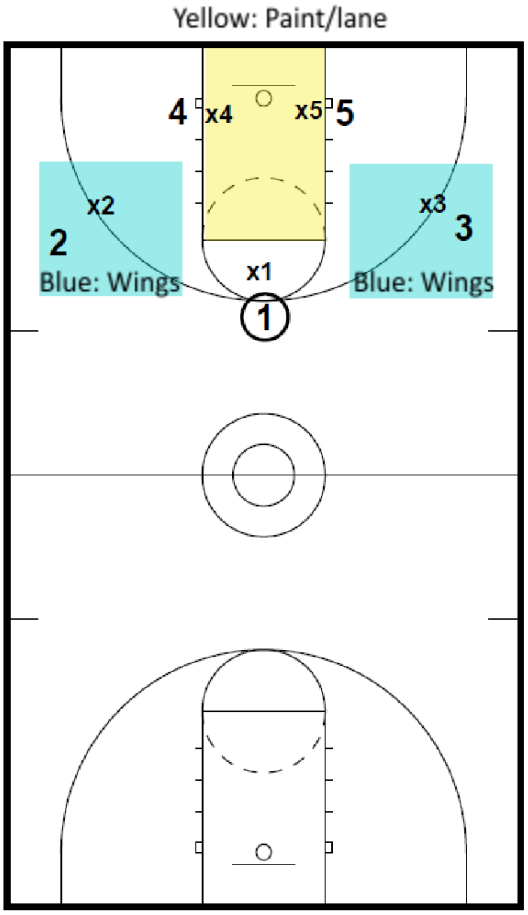
Wing:

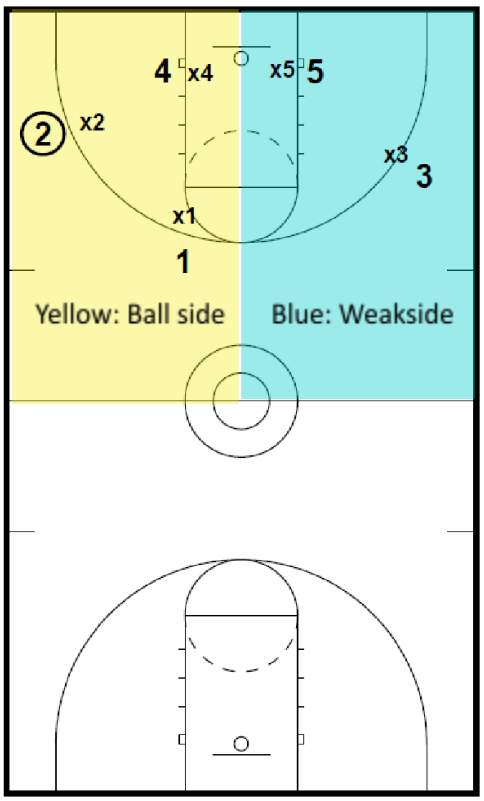
1) Area of the court located at the intersection of the three-point line and where the free-throw line extended would meet
2) Can refer to the player who usually starts in the wing area of the court; this position is often called a shooting guard

Zone defense: a defensive strategy in which players guard an area on the court rather than a person. A zone defense can have many different alignments. Some include 2-3, 3-2, 1-3-1.

General Court & Player Diagrams







Skill Development

Ball handling

Basic technique

- Cup your dribbling hand with fingers spread comfortably
- Only use finger pads
- For young players, you can tell them to “make a spider” with their hands
- Extend and flex elbow in a push, pull motion
- Eyes up
- Use non-dribbling hand to protect the ball
- Knees bent
- Chest up

Passing

Two-handed Chest pass

When to use

- Quickest and most efficient pass for ball movement
- When passing to someone with no defender in the passing lane

Basic technique

- Start with the ball at the chest with one hand on either side of the ball
- Take a step towards the target with one foot while keeping the other foot planted
- While stepping, extend the arms away from the chest and flick both wrists out
- At the end of the pass, thumbs should be pointing down and palms facing out
- Players should aim for the chest of their teammates

Two-handed Bounce pass

When to use

- At the end of a fast break
- When passing to a teammate in the post
- When passing to a teammate making a backdoor cut
- When passing under the hands of a defender whose hands are up
- Best to throw after a shot fake or a high pass fake

Basic technique

- Start with the ball at the chest with one hand on either side of the ball
- Take a step towards the target with one foot while keeping the other foot planted
- While stepping, extend the arms away from the chest and flick both wrists out
- At the end of the pass, thumbs should be pointing down and palms facing out
- Instead of aiming at the chest of a teammate, like the chest past, the passer is aiming at the floor (about two-thirds of the way towards the final target)

Push pass/One-handed pass

When to use

- Used most often in the half-court to keep the ball away from the defender
- Can be a pass directly to a teammate or it can bounce first
- Does not generate as much power as the chest pass

Basic technique

- The ball begins at the chest just like a two-handed pass but one hand is behind the ball and the other hand is on the side
- As the player steps towards the target, the arm with the hand behind ball should extend and push through the ball
- Flick the wrist and follow through towards the target to ensure proper back spin
- If passing on the left side of the body, the left hand should be used
- If passing on the right side of the body, the right hands should be used

Overhead pass

When to use

- To pass over a defender whose hands are down
- Useful for skip passes, outlet passes, and sometimes passing into the post

Basic technique

- Begin with ball just above the head
- One hand on each side of the ball
- Fingers pointed upward and thumbs pointed inward on the back of the ball
- Step towards the target while snapping arms and hands forward
- Both hands should be in a similar position pointing towards the target area

Baseball pass

When to use

- To make a very long pass to a teammate all the way down the court
- Difficult to control

Basic technique

- Face sideways to the target
- Start with body weight on back foot
- Keep two hands on the ball as long as possible
- Bring the ball back to the ear
- Shift weight to the front foot while extending the elbow and releasing the ball

Flare pass

When to use

- To pass around a defender whose hands are up
- Most useful when passing it into the low post and the post defender is playing ¾ high or low side

Basic technique

- The ball begins out to one side of the passer's body
- The ball side hand should be behind the ball and the other hand should be on the side or slightly in front of the ball
- As the ball is extended to the side of the body, the passer should primarily use forward shoulder rotation to create ball spin
- Aim for a spot on the ground ¾ of the way towards the target so that the ball bounces up to the correct height
- Release the ball as the shoulder is rotating forwards to wrap the ball around the defender
- Try to keep the elbow as straight as possible to limit unnecessary spin

- Important that the passer keeps the offhand on the ball as long as possible to protect the ball

Shooting

BEEF

B= Balance

- Knees bent and chest up
- Feet shoulder width apart pointed towards the basket or at a slight angle away from shooting hand. Right-handed shooters should angle feet slightly to the left. Left-handed shooters should angle feet slightly to the right.
- Right-handed shooters should have their right foot slightly in front of their left foot. Left-handed shooters should have their left foot slightly in front of their right foot.

E= Elbow

- Elbow should be bent comfortably
- Shooting hand under the ball
- Off hand on the side of the ball
- Keep elbow in (avoid chicken wing); angling feet slightly away from shooting hand will help with keeping the elbow tucked in

E= Eyes

- Eyes on the target (center of the front of the rim, center of the back for the rim, first loop in the net, etc.)
- Must be consistent once the shooter finds a target he/she is comfortable with

F= Follow through

- The basketball is lifted up
- Knees and hips straighten
- Shooting elbow straightens up in the air once the basketball has been lifted above shoulder height
- Snap the wrist in the direction of the rim (“put your hand in the cookie jar”)
- The index and middle finger on shooting hand should be the last fingers to touch the ball

Offensive footwork and movement

Ready position (without the ball)/Triple threat (with the ball)

- On balance (feet about shoulder width apart)
- Knees comfortably bent
- Hands up (chest level)
- Chest up

Jump stop

- Used to come to a quick stop when a player has the ball
- Jump off of one foot. Push off of the ball of the foot.
- Land on two feet at the same time (about shoulder width apart)
- Head and chest up (avoid bending over at the hips and collapsing the upper body)
- Slight knee bend on landing

- Important not to jump high into the air before landing. Vertical height is not crucial and will make it more challenging to land on balance.

Pivoting

- Used to create space from a defensive player or to get a better angle for passing, dribbling, or shooting
- One foot (ball of the foot) remains planted on the court at all times
- Comfortable knee bend on the planted leg
- Push off the ball of the foot that is not planted and shift weight to the planted foot
- Rotate in one direction ensuring that the foot that is not planted comes back to the ground occasionally (usually after a ¼ or ½ turn) to help maintain balance
- Important to practice pivoting off of both feet and in both directions
- Right-handed players usually prefer to pivot off of the left foot while left-handed players usually prefer to pivot off of the right foot
- Reverse/back pivot: player rotates backwards
- Forward/front pivot: players rotates forwards

Cutting

Cuts to get open coming towards the ball

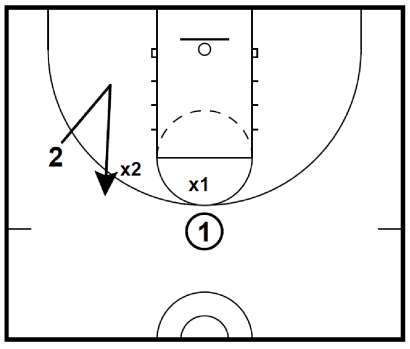
V-cut

When to use

- Typically used to get open on the wing when the defensive player is denying the entry pass

Basic technique

- Bring the defender towards the basket by walking or running a few steps in that direction
- Plant the foot closest to the basket and push off back towards the wing position
- The angle back out should be slightly different than the angle used to cut towards the basket



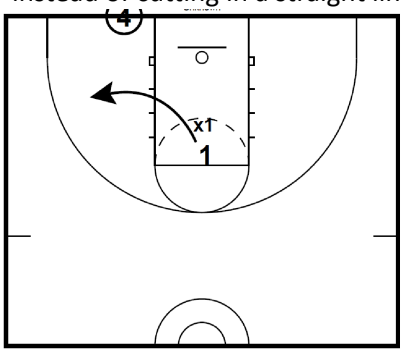
Banana cut

When to use

- Against a player-to-player defense, typically used in the backcourt or open court rather than on the wing
- Against a zone defense, commonly used on the perimeter so that shooters can find openings

Basic technique

- Similar to a V-cut, but the offensive player moves in an arc instead of cutting in a straight line



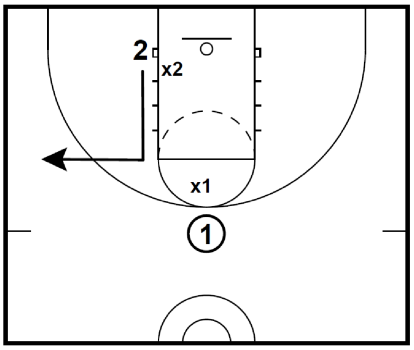
L cut

When to use

- Typically used to get open on the wing when a defender is denying the entry pass

Basic technique

- Move to a spot near the low block
- Run up the lane line
- At about the elbow, plant the inside foot, push off, and move straight out to the wing



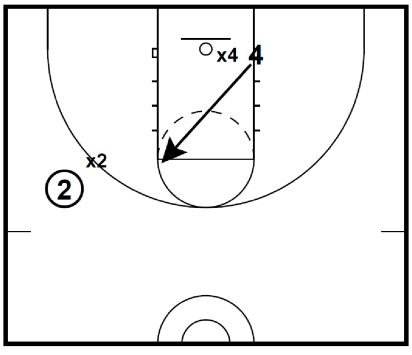
Flash

When to use

- Used when a player is on the weakside of the court
- Most commonly used against a zone defense when a low post player cuts across the lane to the opposite high post

Basic technique

- A player cuts hard towards the ball from the weakside
- Important to change speed and read the defense



Cuts to get open going towards the basket or away from the ball

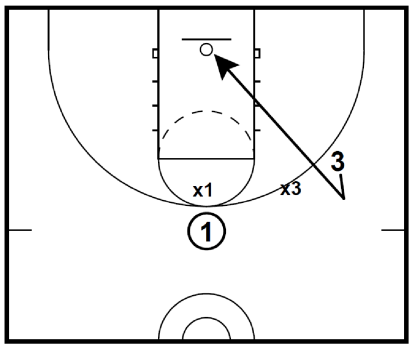
Backdoor cut

When to use

- Used when a defender is denying an entry pass out on the perimeter

Basic technique

- Set up the cut by taking a few steps farther out on the perimeter. This will draw the defender farther away from the basket
- Plant the foot closest to half-court, push off, and cut hard towards the basket



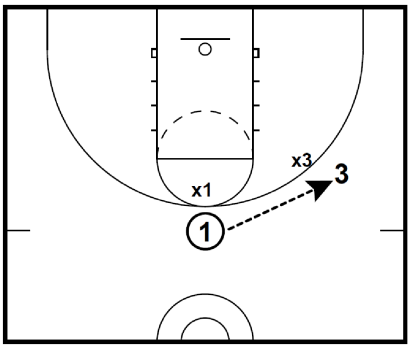
Front cut

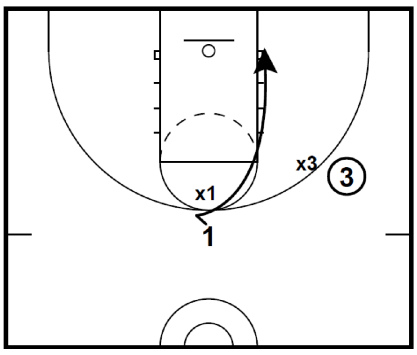
When to use

- Used when the defense is too close to the offensive player and not in the proper position in the passing lane

Basic technique

- Cutting on the ball-side of the defender towards the basket
- Set up by jabbing or beginning to cut away from the ball
- Once the defense adjusts, the offensive player takes a step towards the ball and then cuts hard to the basket





Cuts coming off of off-ball screens

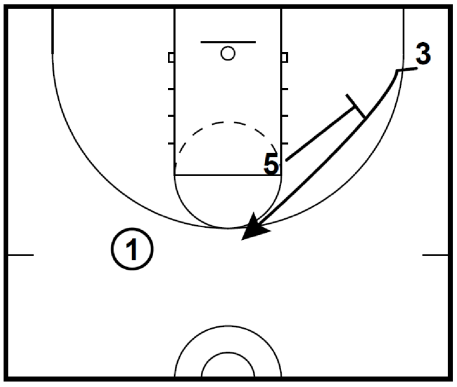
Straight cut

When to use

- Used off a pin down screen when the defender runs into the screen

Basic technique

- Set up the cut by taking a few steps in the opposite direction
- Plant the foot farthest from the screen and sprint right off of the screener's shoulder



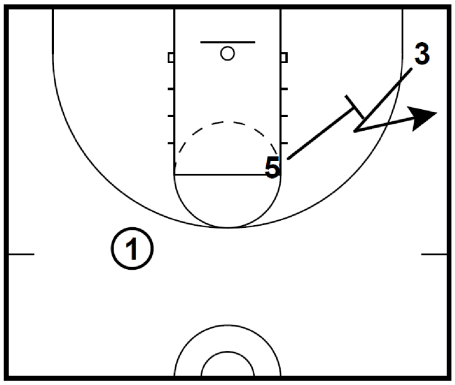
Fade/flare cut

When to use

- Used when the defender tries to jump the screen and goes ball side

Basic technique

- Set up the cut by starting to go off the screen
- When the defender jumps the screen, back pedal out to the perimeter



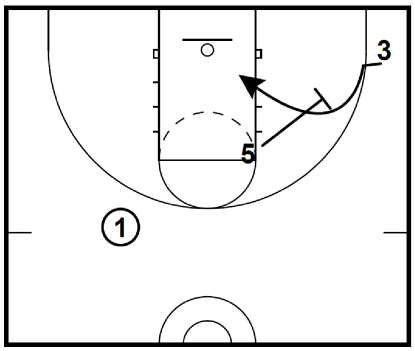
Curl cut

When to use

- Used when the defender chases the offensive player on a screen

Basic technique

- Cut right off the screener and then cut towards the basket



Screening

On-ball screens

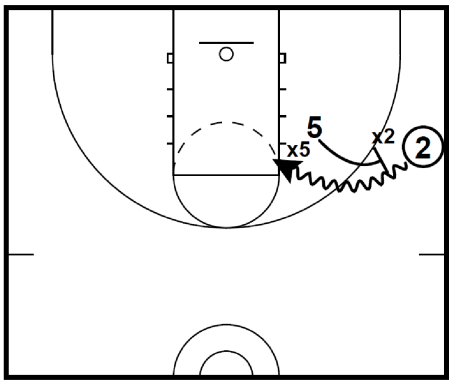
Screener: pop

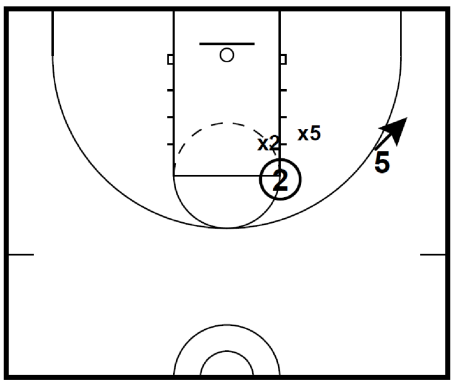
When to use

- Used when the post player setting the screen is a good shooter and/or when both defenders go with the ball handler

Basic technique

- After the ball handler passes the screener, the screener moves to an open area of the court to receive a pass for a shot





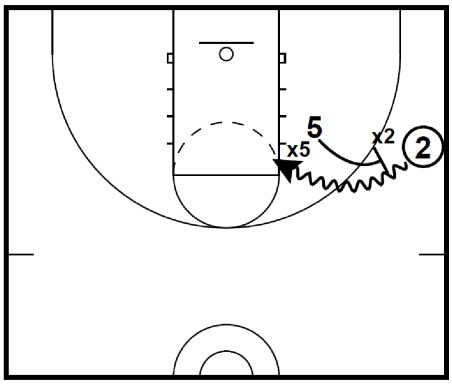
Screener: roll

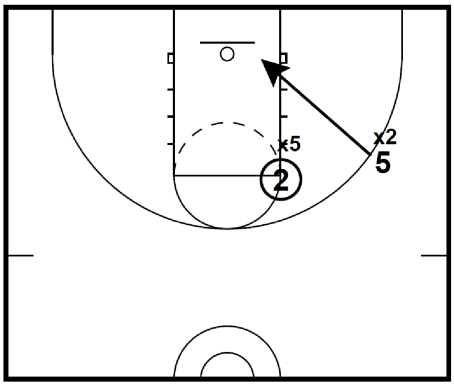
When to use

- Typically used when the defenders switch the screen and the shorter defender is guarding the post player

Basic technique

- After the ball handler passes the screener, the screener rotates and pins the defender before cutting to the basket





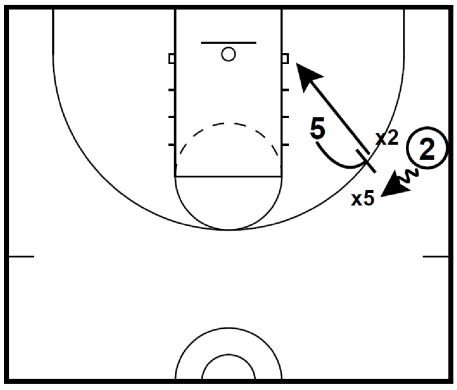
Screener: slip

When to use

- Used when the post defender steps out above the screen and helps defend the ball handler

Basic technique

- Before the ball handler even uses the screen, the screener sprints to the basket



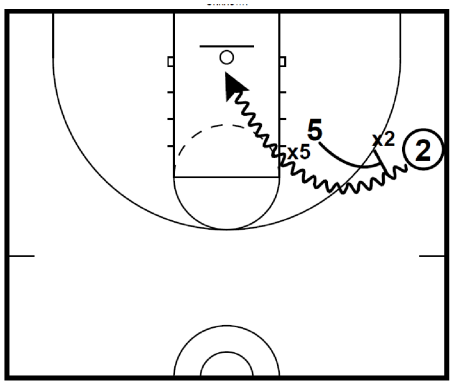
Ball handler: attack

When to use

- Used when the ball handler has an advantage over the defense to get to the rim

Basic technique

- The ball handler should not start attacking until the screener is set
- Change direction and accelerate off the screen
- Come off the screener tight (shoulder to shoulder)
- Eyes up to make the appropriate read



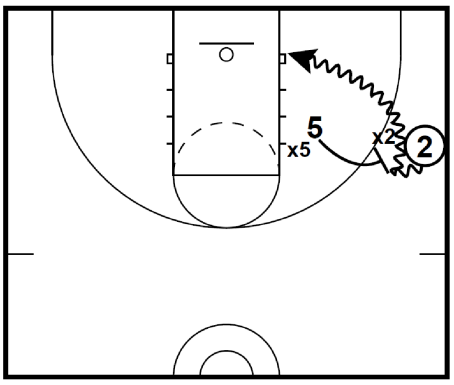
Ball handler: reject

When to use

- Used when the ball handler's defense is overly aggressive and goes over or under the screen too early

Basic technique

- The ball handler must really sell the use of the screen and wait for the on-ball defender to react to the screen
- As soon as the ball handler sees an advantage away from the screen, it is important to attack hard



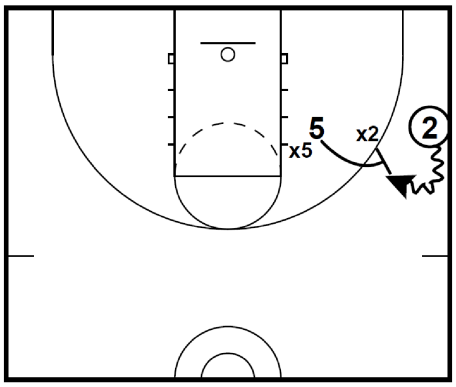
Ball handler: shoot behind the screen

When to use

- Used when the on-all defender goes under the screen

Basic technique

- The ball handler should not start attacking until the screener is set
- Once the ball handler starts to go off the screen and the defender goes under, the ball handler immediately stops and shoots
- Important for the ball handler to stop right behind the screen so that it is more difficult for the defense to recover and defend the shot



Off-ball screens

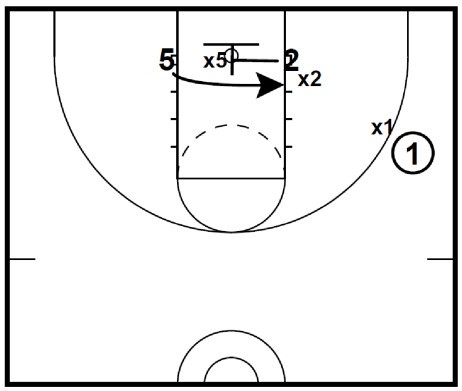
Cross screen

When to use

- Typically used in the paint with a guard setting a screen to get a post open
- Can be used on the perimeter as well or in the backcourt against a press

Basic technique

- The screener should sprint to the defender he/she is trying to screen
- Feet should be about shoulder width apart, knees should be bent, and arms tucked in
- The screener should angle the body in the direction the cutter wants to go (back to the ball)



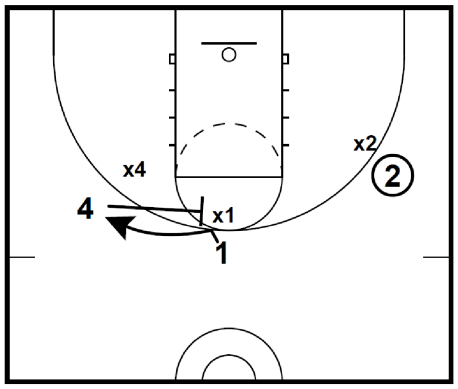
Flare screen

When to use

- Typically used out on the perimeter to get a shooter open
- Most useful when a post/taller player sets the screen for a guard/shorter player

Basic technique

- Same technique as the cross screen; the only difference is the screener is pinning the defense in and sending the cutter away from the ball



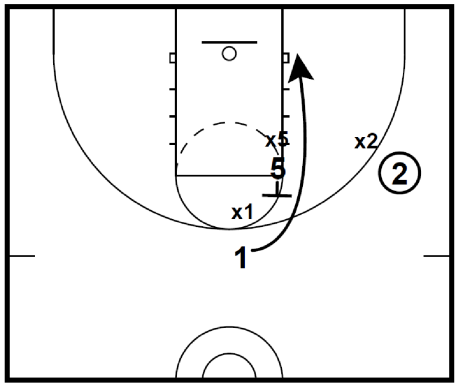
UCLA action

When to use

- Very common screening action used when the defense does not jump to the ball on the pass
- Most useful when a post/taller player sets the screen for a guard/shorter player

Basic technique

- Same basic technique as the cross screen except the screener sends the cutter to the basket from the top of the key



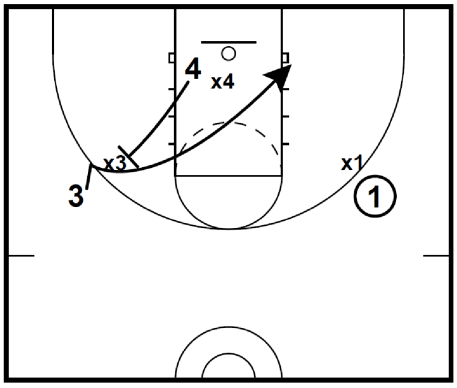
Back screen

When to use

- Used when the weak side defenders stay close to their offensive players instead of moving to help side
- Most useful when a post/taller player sets the screen for a guard/shorter player or vice versa

Basic technique

- Same technique as the UCLA screen except the screen is typically set at more of an angle



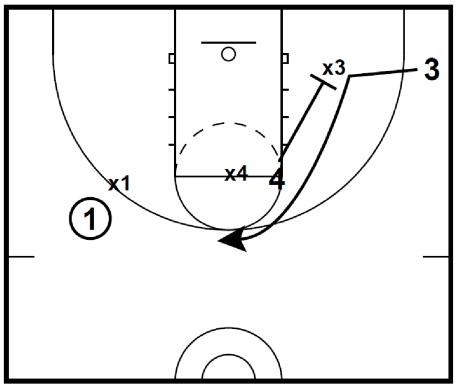
Down/Pin screen

When to use

- Typically used to get a guard/shooter open on the perimeter
- Most useful when a post/taller player sets the screen for a guard/shorter player

Basic technique

- Same technique as the cross screen; the only difference is the screener is pinning the defense down and sending the cutter out towards the perimeter



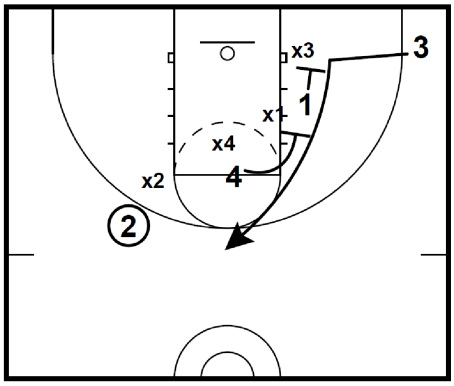
Staggered screens

When to use

- Used to get shooters open on the perimeter
- Most useful when the second screener is a post/taller player

Basic technique

- Two screeners set screens a few feet apart for a shooter coming up
- It is important that the second screener set the screen at the same angle as the first screener



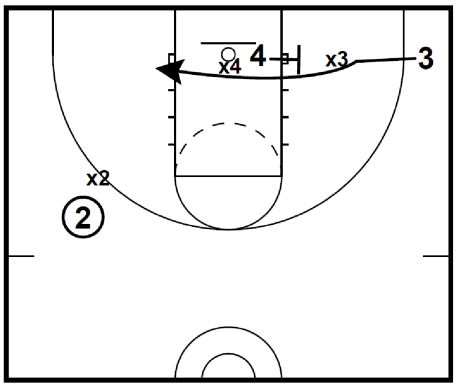
Flex Screen

When to use

- Used to get a cutter open flashing from the weakside to the basket

Basic technique

- Two screeners set screens a few feet apart for a shooter coming up
- Same technique as the cross screen; the only difference is that the cutter is coming from the perimeter instead of block to block



Defensive footwork and movement

Closing out/closeouts

- Technique used by defenders to quickly move out to an offensive player who has the ball

  Basic technique
  - Start in defensive stance (knees bent, chest up)
  - Sprint to the ball
  - Use choppy steps when a few feet away from the offensive player
  - Throw hands up to contest the shot
  - Yell "ball"
  - Force the offensive player a direction (usually baseline) based on body position; the direction will depend on team defensive philosophy

Defending screens

Off-ball screens

Shoot the gap

- Defender of the cutter goes ball side and tries to avoid the screen

  Basic technique
  - Defender of the screener must move away from their offensive player towards the ball to leave a lane
  - Defender of the cutter jumps to the ball and sprints through the lane created by their teammate meeting the offensive player on the other side of the screen

Chase/lock & trail

- Defender of the cutter goes on the same side of the screen as the offensive player they are defending

  Basic technique
  - Defender of the screener must step up even with the screener to help with the curl cut
  - Defender of the cutter moves to the outside shoulder and chases the cutter over the screen

Switch

- Defender of the cutter switches which offensive player they are guarding with the defender of the screener. Most useful when there is not a big size disparity.

  Basic technique
  - As the screen is developing, the two defenders come together to prevent a slip to the basket
  - The defender originally guarding the screener takes the offensive player cutting off the screen
  - The defender originally guarding the cutter takes the offensive player who set the screen

On-ball screens

Trap/Blitz

- Double team the ball handler

  Basic technique
  - As the ball handler goes off the screen, the defender of the screener steps out aggressively to guard the ball handler

- The on-ball defender fights over the screen and joins the other defender in a double team
- The rest of the team must rotate to help cover the screener

Hard hedge

- Defender of the screener steps out hard to help
  Basic technique
  - On-ball defender forces the ball handler to use the screen and fights over the screen
  - Defender of the screener steps out aggressively to prevent the ball handler from turning the corner
  - After the ball is stopped, the helper sprints back to their offensive player

Soft show and go over

- Defender of the screener steps out for some help
  Basic technique
  - Same concept as the hard hedge but the defender of the screener does not step out aggressively. It's just a quick help and recover to bide the on-ball defender some time to get over the screen.

Jam and go under

- On-ball defender goes under the on-ball screen while the defender of the screener stands right behind the screener. Most useful when the ball handler is not a very good outside shooter.
  Basic technique
  - On-ball defender forces the ball handler to use the screen
  - Defender of the screener jams the screener preventing the roll
  - The on-ball defender sprints underneath their teammate and the screen

Gap and go under

- On-ball defender goes under on-ball screen while the defender of the screener gives a lane. Most useful when the ball handler is not a very good outside shooter.
  Basic technique
  - Same as Jam and go under. The only difference is that the defender of the screener moves back and gives the on-ball defender a lane to go under the screen.

Ice

- Forcing the ball handler away from the screen
  Basic technique
  - As the screener is approaching, the on-ball defender shifts body position and forces the ball handler away from the screen
  - The defender of the screener shifts away from the screen to provide some help

Switch

- On-ball defender and screen defender switch offensive players
  Basic technique
  - As the ball handler uses the screen, the screen defender steps up and takes him/her

- The original on-ball defender steps back and takes the screener

Boxing out

- Putting yourself in a position to get a rebound after a missed shot
  Basic technique
  - Call out “shot” as the offense is shooting so that all defenders know there was a shot
  - All defenders must locate the offensive players they need to box out
  - The defensive player positions himself/herself between the offensive player and the basket
  - Attempt to read the direction the offensive player is going to move by looking at their eyes
  - Step towards the offensive player and make contact with a bent forearm
  - Reverse pivot into the offensive player
  - Stay balanced by getting low and bending knees
  - Watch the ball to track where it might go after it hits the rim
  - Slide feet to maintain contact with the offensive player
  - Keep arms and hands up to prevent a foul call and to make it easier to grab the ball

Drills & Games

Ball Handling

Stationary ball handling

1 basketball

- Ball slaps
- Finger tips
- Pound dribble
- Ball circles
- Figure 8-no dribble
- One leg dribble
- Figure 8 dribble
- Crossover
- Front to back
- Side to side
- Spider

2 basketballs

- Pound dribble
- Front to back
- Side to side
- Front to back/side to side
- High/low

Dribble knockout

Age group: All ages
Players required: 5 or more
Description: Every player has a basketball. Players must dribble the ball while they try to knock the ball away from other players. If a player steps out of bounds or their ball is knocked out of bounds, they are out. A player is also out if they travel or double dribble.
Variations: Different boundaries. As players are knocked out, it works best to change the boundaries making the playing area smaller and smaller. The game can be played with two teams instead of as individuals.

Dribble tag

Age group: All ages
Players required: 5 or more
Description: Every player has a basketball. 1-4 players are designated as "It" depending on the number of players. Players must avoid being tagged while dribbling. If a player is tagged, double dribbles, loses the ball, or travels, he/she is out.
Variations: Line tag (same as regular tag but player must stay on a line)

Dribbling Red light, green light

Age group: K-5th
Players required: 2 or more
Description: Every player has a basketball and starts on a designated baseline. The goal is to be the first player to cross the other baseline. A coach faces the other direction in front of the players and calls out Green light, Yellow light, or Red light. Green light is

running while dribbling, yellow light is walking while dribbling, and red light is a jump stop to triple threat. On red light, the coach spins around. If any player is still moving or is not in the correct triple threat position, they must go back to the baseline.
Variations: Instead of calling out red light, the coach can blow a whistle

Dribbling Sharks & Minnows

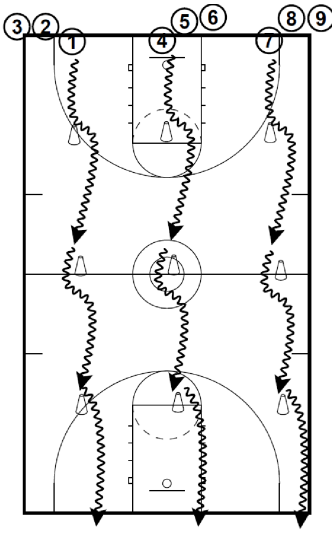
Age group: All ages
Players required: 5 or more
Description: 1-3 players are designated as the sharks. They stand in the middle of the court with no basketball. The rest of the players start on a designated baseline with a basketball. A coach yells "Go" and the players on the baseline must dribble to the other baseline. If they are tagged by a shark, they put their ball up and become a shark. Continue back and forth until all but one player is a shark.
Variations: Can require the players to only use their right hand or left hand to dribble

Dribbling Captain my Captain

Age group: K-5th
Players required: 5 or more
Description: Same concept as Sharks & Minnows. 1-3 players are designated as the Captains. They stand in the middle of the court with no basketball. The other players each have a basketball and stand on a designated baseline. The players on the baseline say "Captain, my captain, may we cross your ship?" The Captain says "Only if you are...." Examples include, wearing blue, wearing Nike shoes, etc. If the players have whatever the Captain says, they have a free pass to cross the ship. After they cross, a coach yells "Go" and the other player must dribble to the other baseline without being tagged, just like in Sharks & Minnows.
Variations: Can require the players to only use their right hand or left hand to dribble

Full court cone dribbling

Age group: All ages
Players required: 1 or more
Description: Split players into lines. Each player has a basketball. They dribble to each cone and then make a specified move depending on skill level (crossover, behind the back, etc.).
Variations: Can do relay races

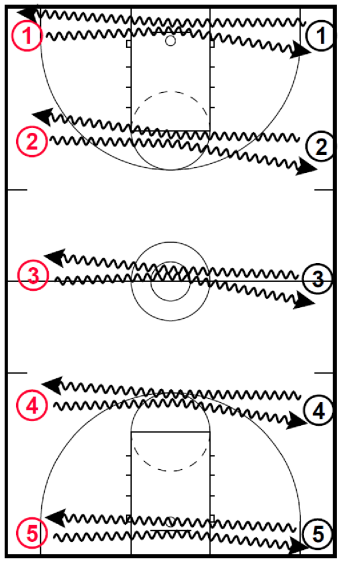


Mirror dribbling

Age group: 3rd-12th

Players required: 2 or more

Description: Every player has a basketball and they are split into partners. One partner starts on one sideline while the other starts on the opposite sideline. When the coach yells "go" the partner dribbles towards the middle of the court and makes a move (specified by the coach) before continuing to the other sideline.



Passing

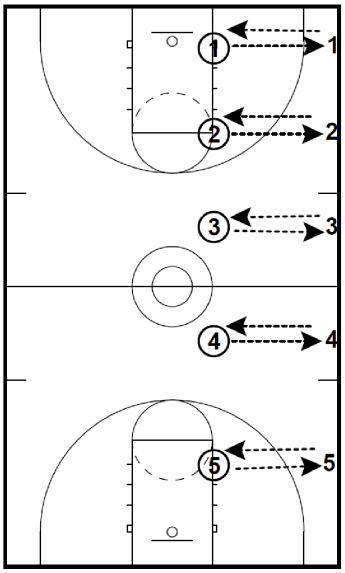
Stationary partner passing

Age group: All ages

Players required: 2 or more

Description: Players are split into partners. Each set of partners has a ball. The partners pass back and forth focusing on proper technique.

Variations: Different types of passes--bounce pass, overhead pass, chest pass, etc.



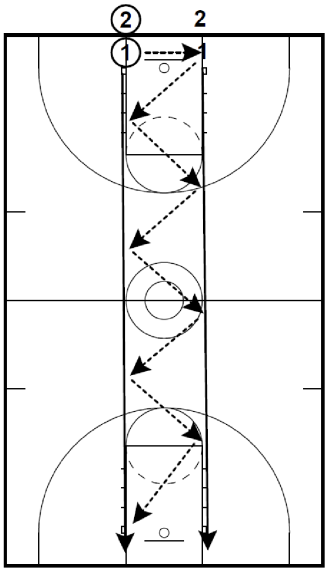
Full court partner passing

Age group: All ages

Players required: 2 or more

Description: Players are split into partners. Each set of partners has a ball. The partners pass back and forth focusing on proper technique while moving up the court. With regular chest passes and bounce passes, the players should slide sideways up the court. With push passes, the players should run up the court and use their inside hands to pass.

Variations: Different types of passes--bounce pass, overhead pass, chest pass, etc.



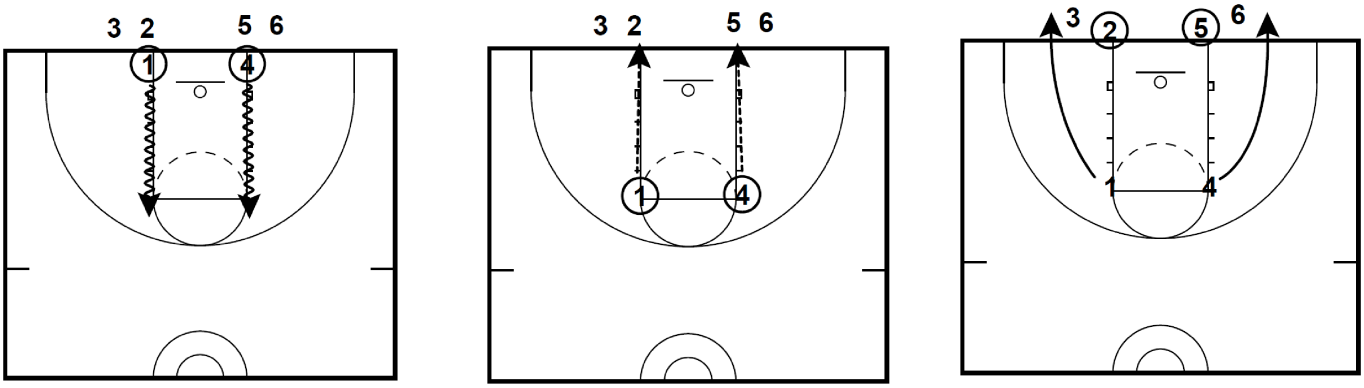
Starts, Stops, Turns

Age group: All ages

Players required: 4 or more

Description: Players are split into two groups. Each group has a ball and starts in a line on the baseline even with the lane line. The first person dribbles to the elbow, jump stops, pivots, and then passes to the next person in line.

Variations: Different types of passes--bounce pass, overhead pass, chest pass, etc; Different types of pivots--front pivot, reverse pivot; the two lanes can race each other to a certain number of successful passes



X passing

Age group: 4th-12th

Players required: 8 or more

Description: Players are split into four groups--one group at each corner of half court. Two groups across from each other have a basketball. Choose a direction to start the first pass. Both players with the ball, pass to the next line in that direction and then run in a straight line (slightly shifted to the side that they passed the ball to). They get the ball back and then they pass it to the line in front of them. The pattern continues.

Variations: Both left and right. Can make a team goal of a certain number of successful passes or go for a certain amount of time without dropping the ball.

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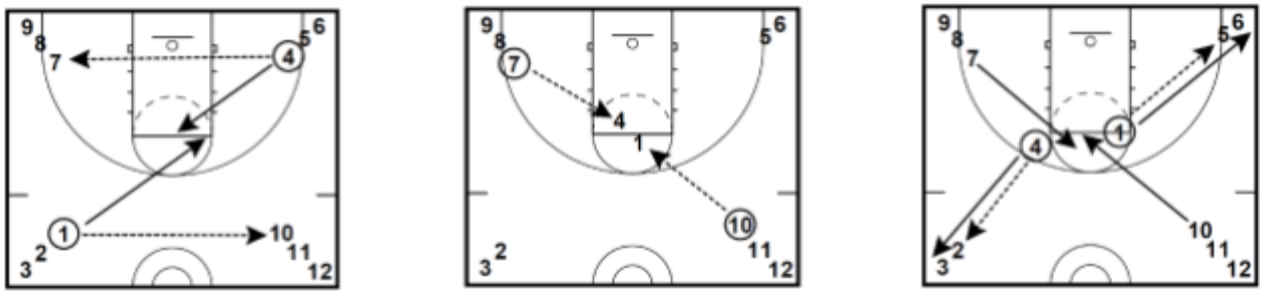
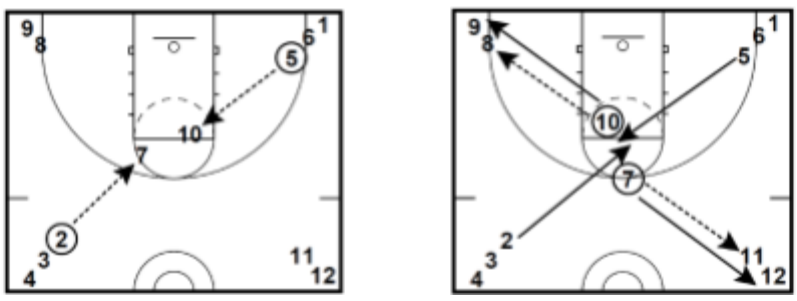


Frame 4



Star passing

Age group: 4th-12th

Players required: 7 or more

Description: Players are in the spots as illustrated in the diagram. After the player passes it to a teammate, he/she follows the pass and fills that spot. On the final pass, the player cutting to the basket, shoots a layup and the player under the basket gets the rebound. The pattern starts the pattern again.

Variations: Both left and right side; can make a team goal of a certain number of makes. You can also change the order of the passes, and mix up what you want the shooter to do (catch it outside and dribble, shoot a jump shot, cut, etc.).

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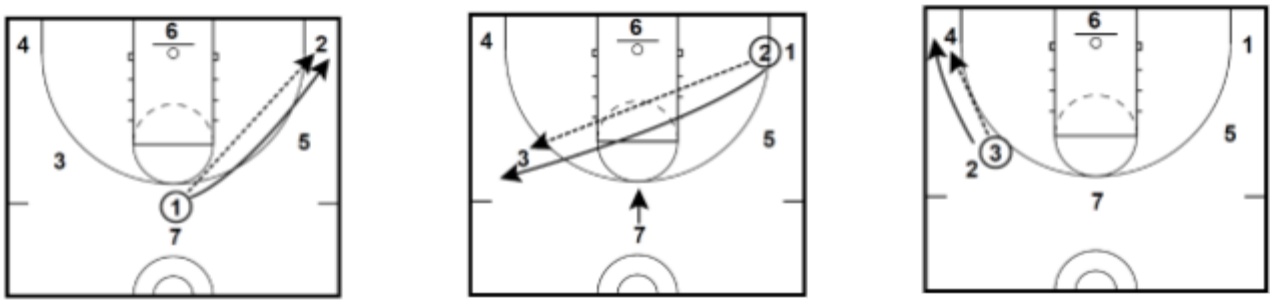

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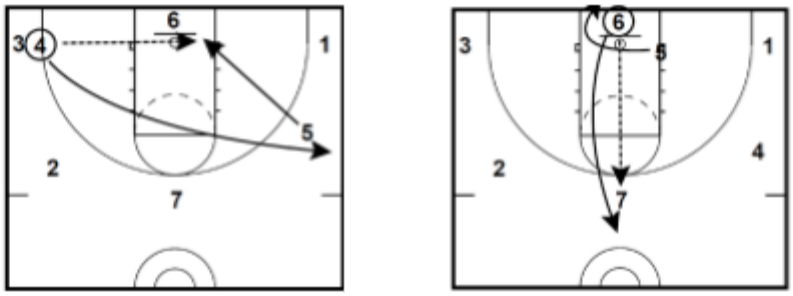

Half-court Replace Lay-ups

Age group: 5th-12th

Players required: 7 or more

Description: Players are in the spots as illustrated in the diagram. After the player passes it to a teammate, he/she follows the pass and fills that spot. On the final pass, the player cutting to the basket, shoots a layup. The player under the basket gets the rebound and starts the pattern again.

Variations: Both left and right side; Can make a team goal of a certain number of makes.

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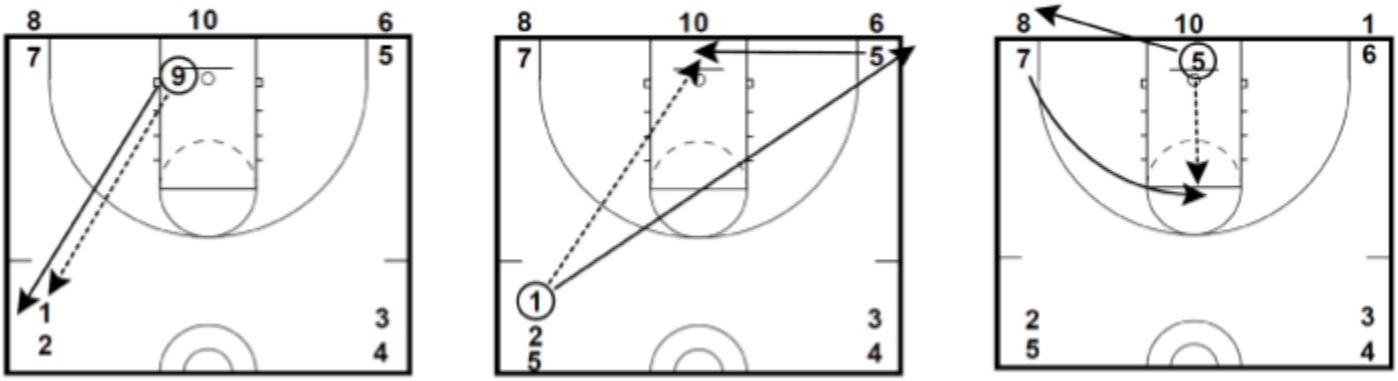

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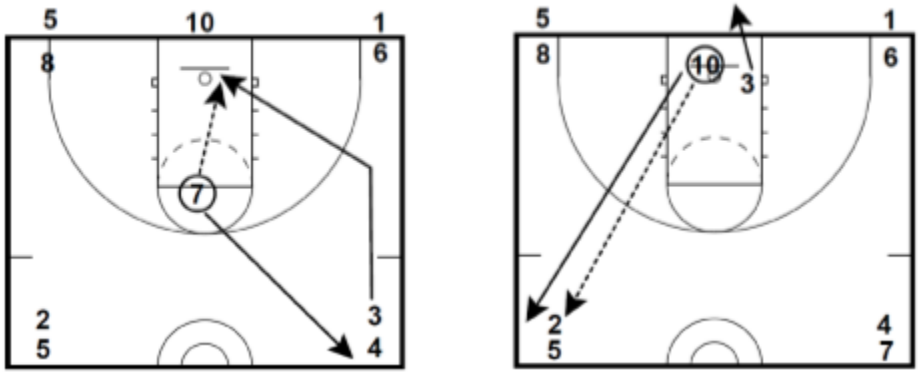

Full Court Replace Layups

Age group: 6th-12th

Players required: at least 8; best with 10 or more

Description: Players are in the spots as illustrated in the diagram. After the player passes it to a teammate, he/she follows the pass and fills that spot. On the pass from the top of the key, the player cutting to the basket shoots a layup and the passer gets the rebound. The rebounder becomes the player running up the court.

Variations: Both left and right side; different types of passes to the shooter; can make a team goal of how long it takes to get to a certain number of makes; shots other than layups

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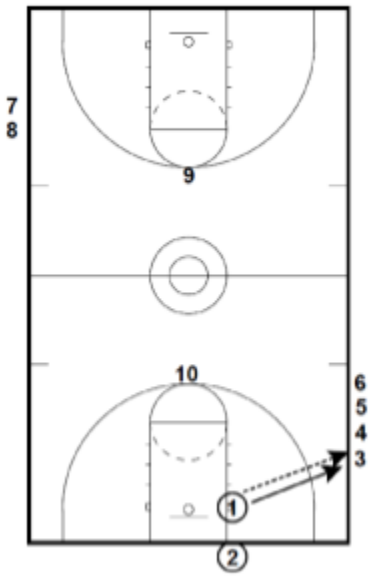

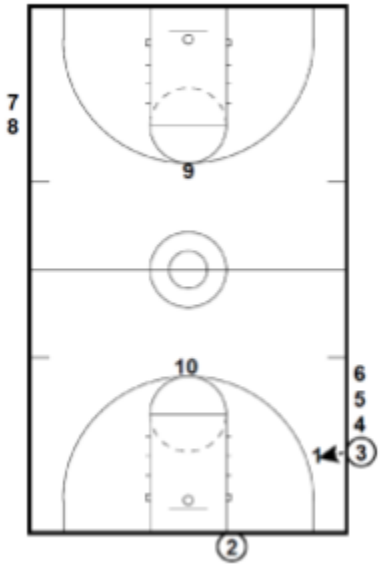

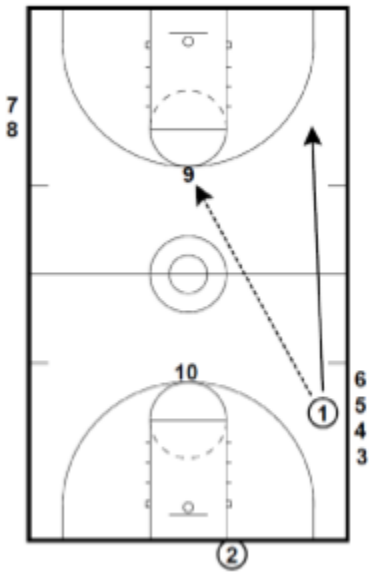

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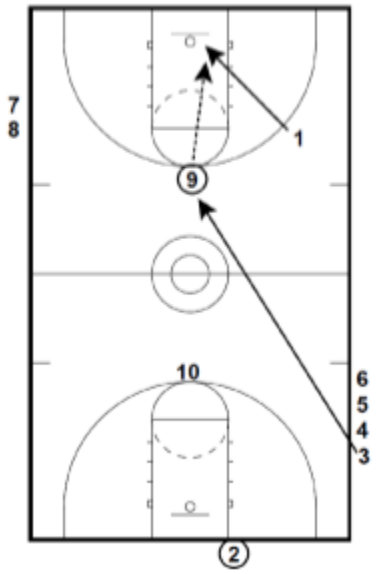
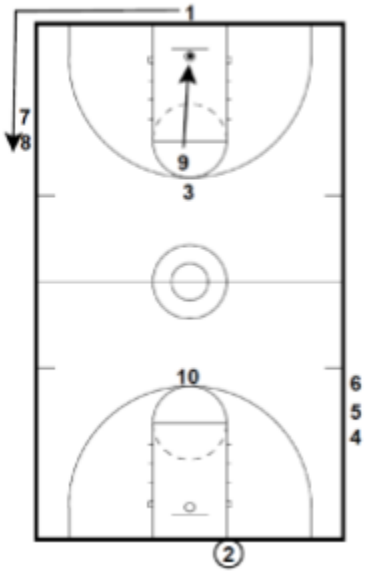
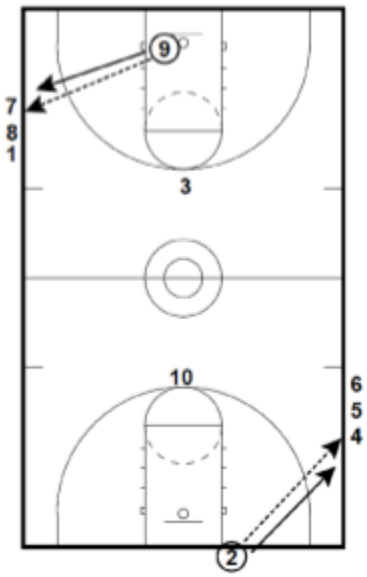
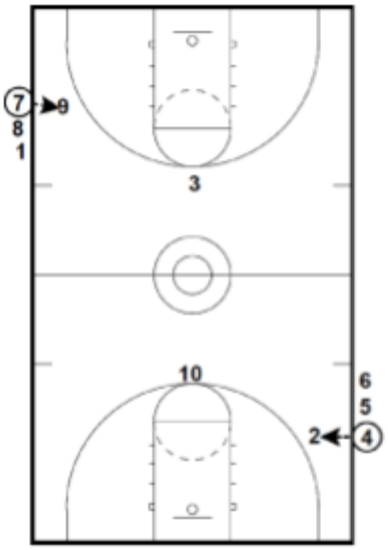
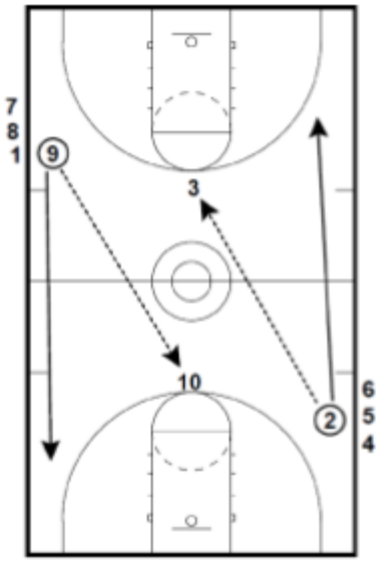


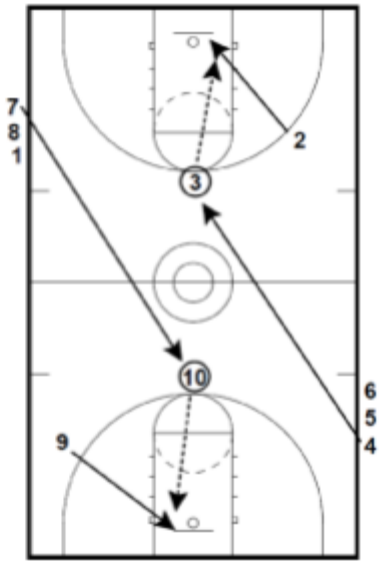




Frame 7







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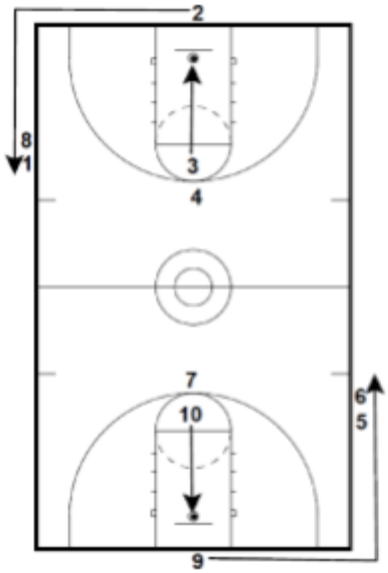


3-person weave

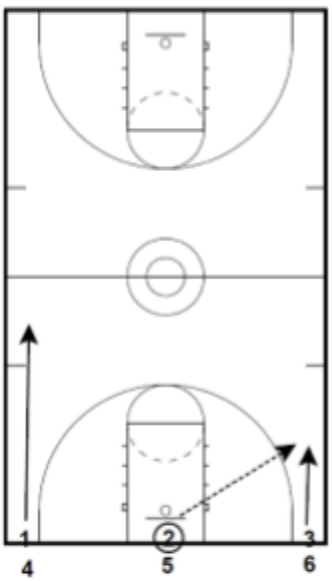
Age group: 4th-12th

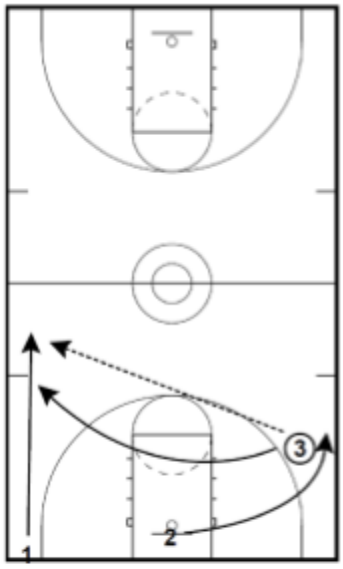
Players required: at least 3

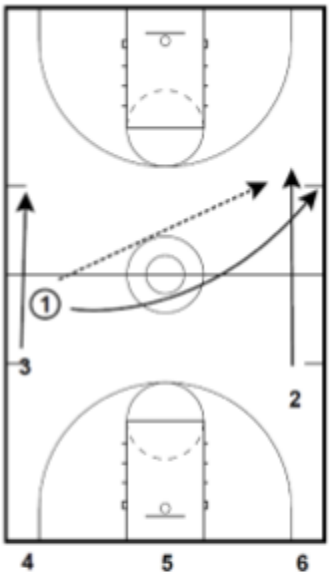
Description: Players are split into groups of three. Each group has a ball. One player starts in the middle of the court under the basket with a basketball. The other players start outside the three point line. The middle player passes it to one side and then follows their pass. The groups continues until they get closer to the basket on the other end and one player cuts in for a layup

Variations: Different amount of trips down and back

Frame 1







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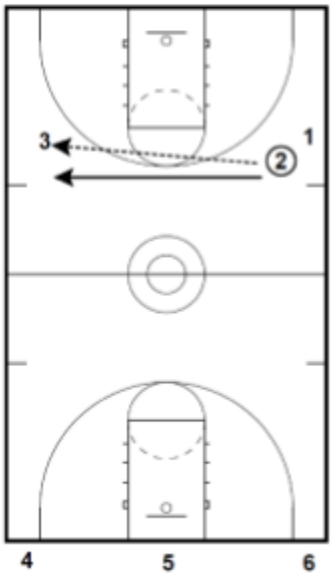

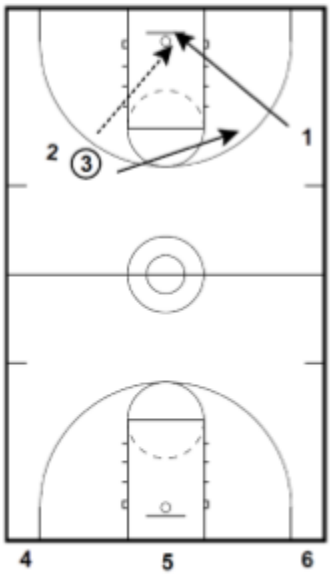

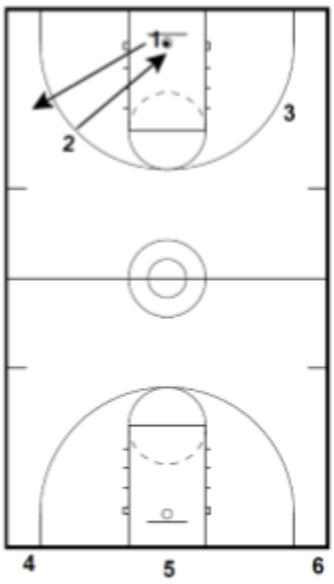

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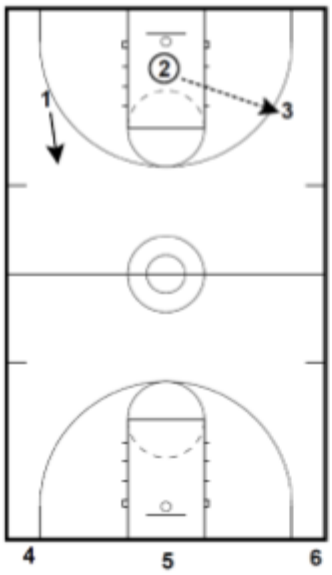

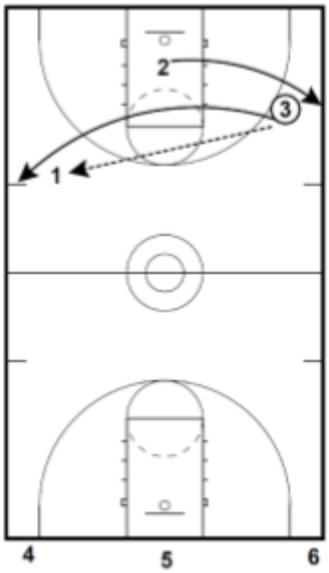

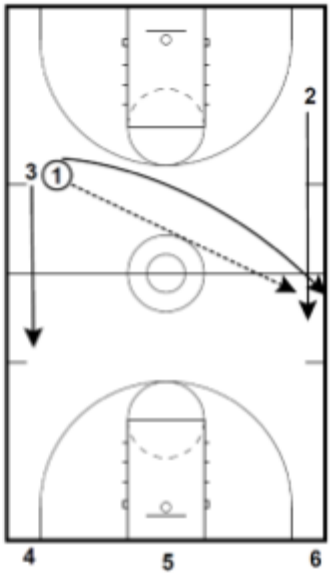

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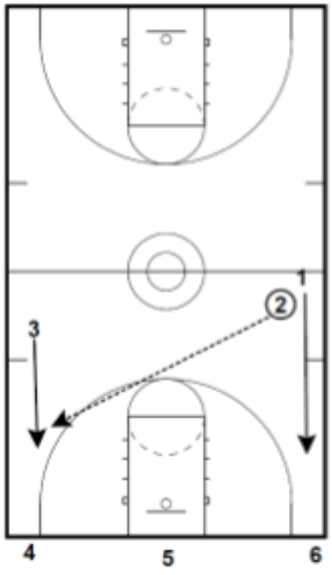
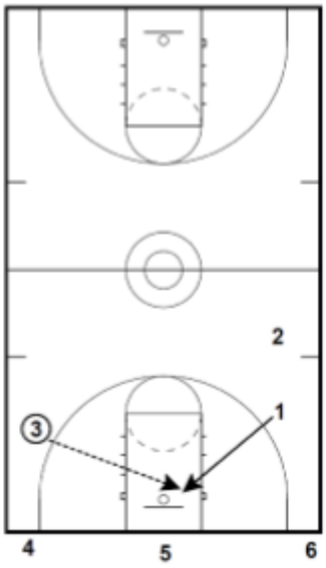




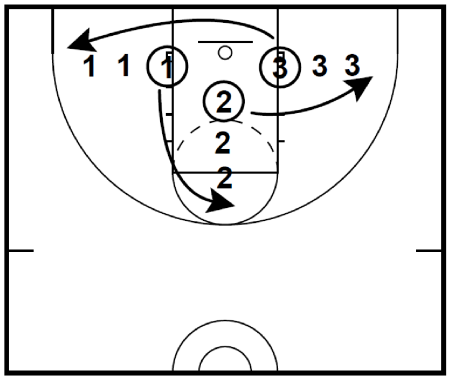
Shooting

Form shooting

Age group: All ages

Players required: 1 or more

Description: Split players into lines at the baskets. Players shoot one shot focusing on their shooting form (BEEF). After they shoot, they get their own rebound, and pass the basketball to the next person in line. The players rotate spots.



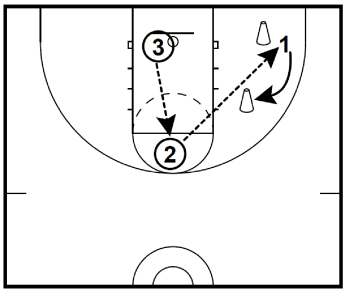
3-person, 2-ball shooting

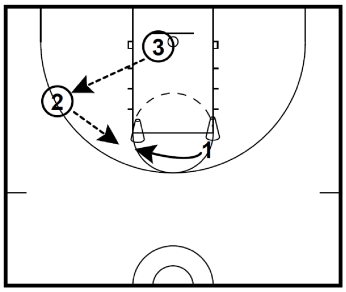
Age group: All ages

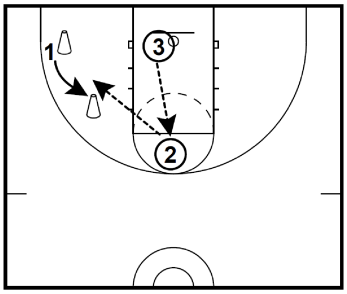
Players required: 3 or more

Description: Split the players into groups of three. Each group has two basketballs. One player in each group is a shooter, one is a passer, and one is a rebounder. The shooter moves back and forth between two spots for a specified amount of time (1 minute is suggested). The players rotate spots.

Variations: Vary the type/distance of shot (base it off of age and skill level); vary the amount of time that each player shoots







Triangle Shooting

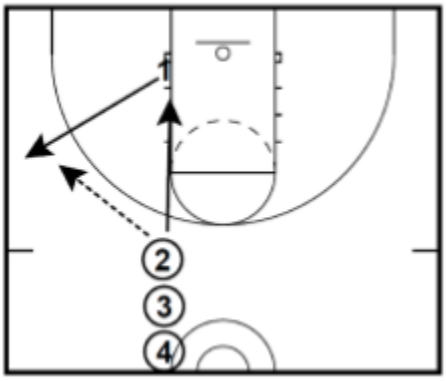
Age group: All ages

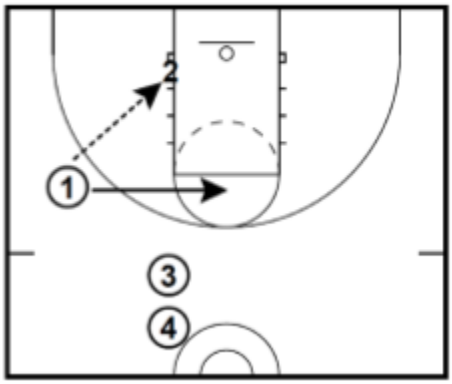
Players required: 3 or more

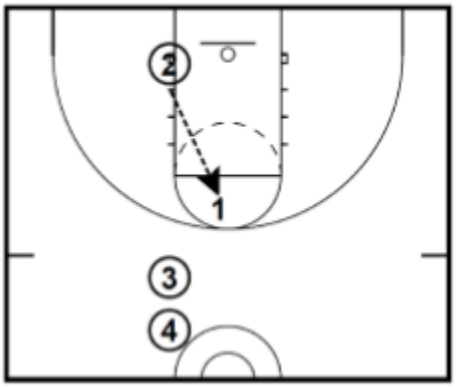
Description: One player starts on the block and pops out. The player up top passes the ball and then cuts to the block. After throwing a post entry pass, the player on the wing relocates for a shot. The pattern continues.

Variations: Shooter can cut to the corner; vary the type/distance of shot (base it off of age and skill level)

Frame 1







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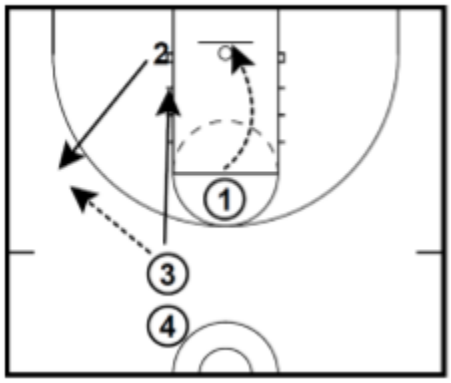


Tic Tac Toe Shooting

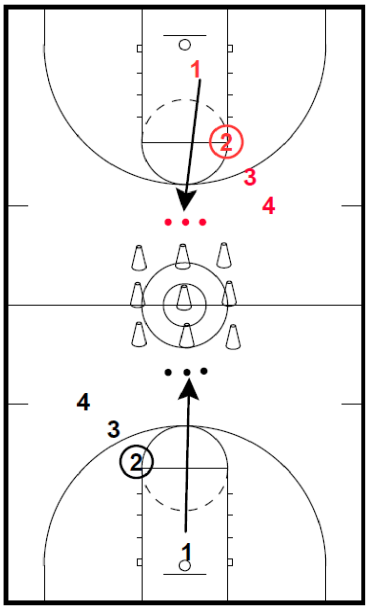
Age group: All ages; K-2nd will need help with where to place the game pieces for tic tac toe

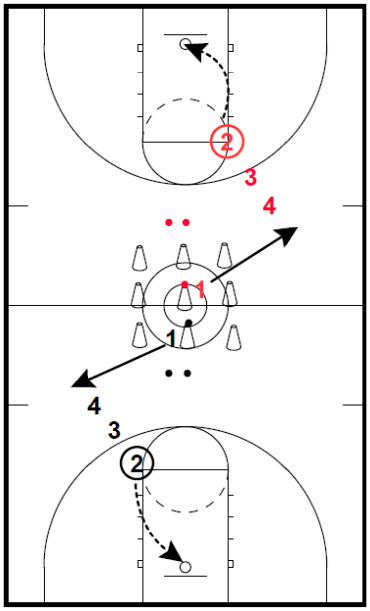
Players required: 4 or more

Description: Split the group into two teams. Each team has one basketball and lines up at a spot specified by the coach. The first player in line shoots, follows their shot, and passes it to the next player in line. If the player makes the shot, he/she runs to the middle and places a game piece on the tic tac toe board. The game continues. The first team to get three in a row, wins. If all game pieces are on the board but not three in a row, the players can move the pieces. Players can only move one game piece after a made shot. Once a game piece has been picked up, the player must commit to moving that piece. Players can only move their team's pieces.

Variations: Vary the type/distance of shot (base it off of age and skill level)

Frame 1





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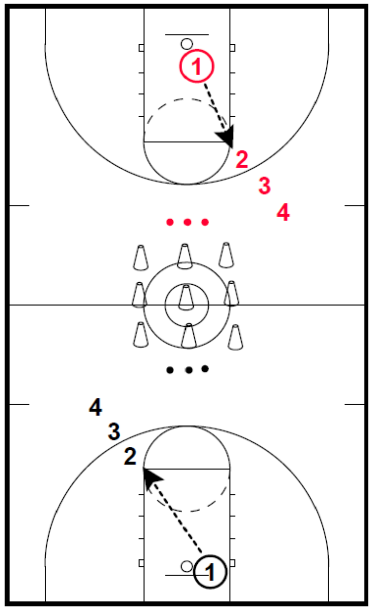
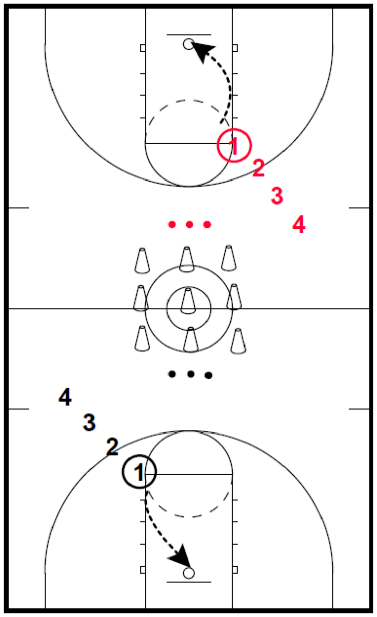




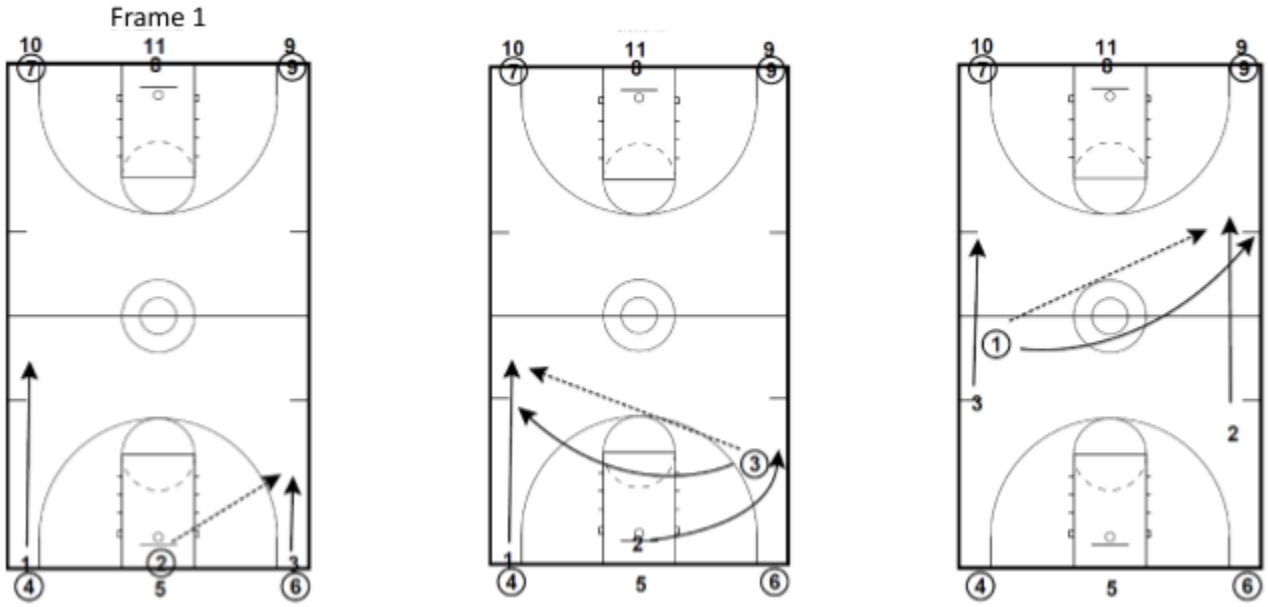
Olympic shooting

Age group: 6th-12th

Players required: at least 9; if you only have 9, you must start the drill from the 6-person side

Description: Three-person weave; one player shoots a layup and the other two players shot from specified spot

Variations: Vary the type/distance of shot (base it off of age and skill level)



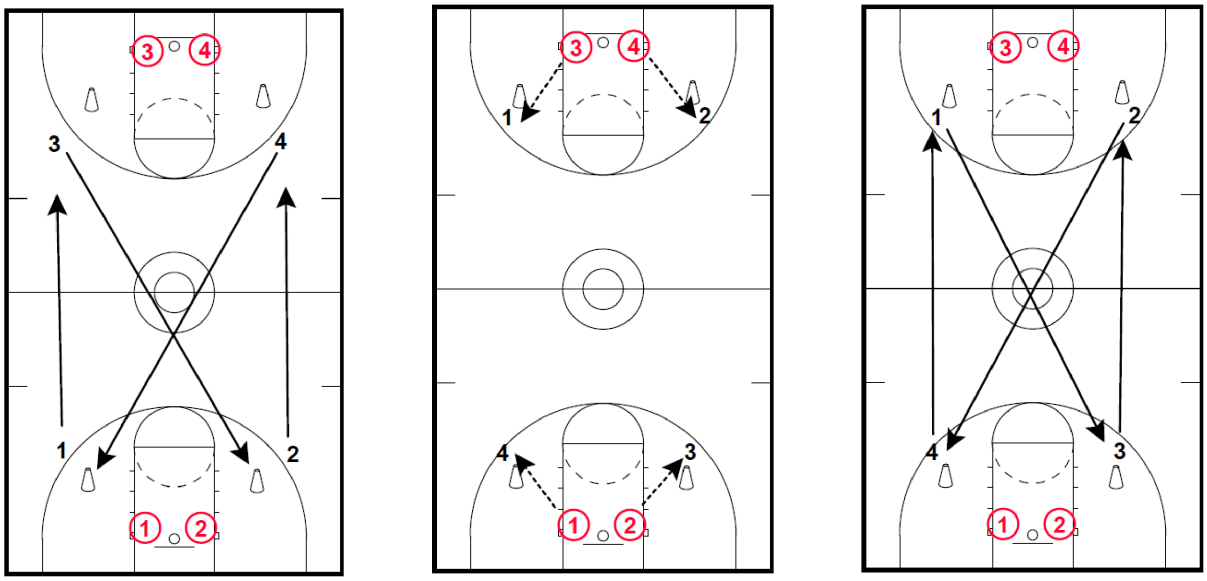
Full court shooting

Age group: all ages

Players required: at least 6 (only 1 shooter at each basket); best with 8 or 12 (multiples of 4)

Description: Split players into partners. Four players will shoot at a time while four players rebound. The shooters run back and forth between the baskets shooting for a certain length of time (1 minute is suggested). When the shooters are running to one end, they should cross. When running to the other end, they do not cross.

Variations: Vary the type/distance of shot (base it off of age and skill level); go for different lengths of time; can count makes and create individual or team competitions



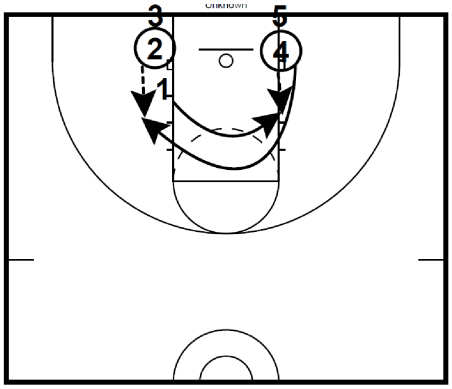
Rainbow/Horseshoe shooting

Age group: 3rd-12th

Players required: at least 6

Description: Players start in two lines on the baseline even with the lane line. The first player cuts to the other side and receives a pass. The passer cuts to the other side. The pattern continues.

Variations: Vary the type/distance of shot (base it off of age and skill level); can have the players gradually move back after a certain number of made shots



Star shooting spots

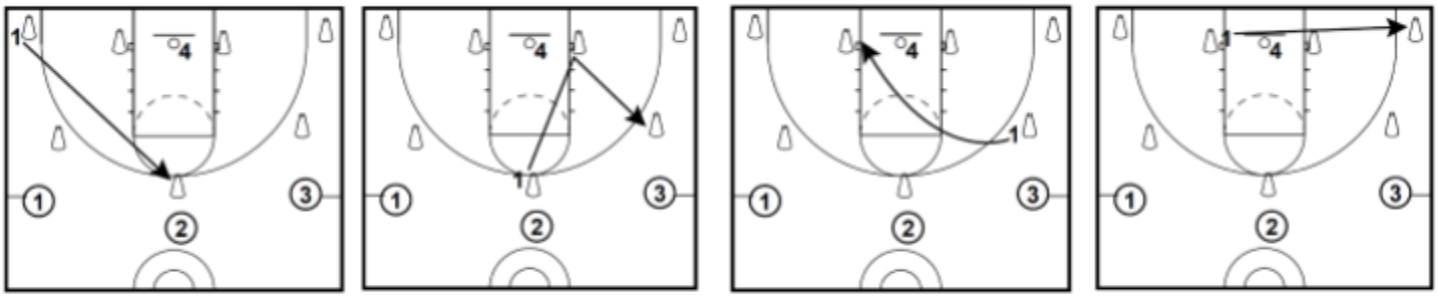
Age group: 5th-12th

Players required: Best with at least 5; if there are less, coaches can step is as the rebounder and/or passers

Description: Best to have three passers, a rebounder, and a shooter. Players shoot eight shots in the pattern illustrated in the diagram.

Variations: Vary the distance of the shots (based on age and skill level)

Frame 1



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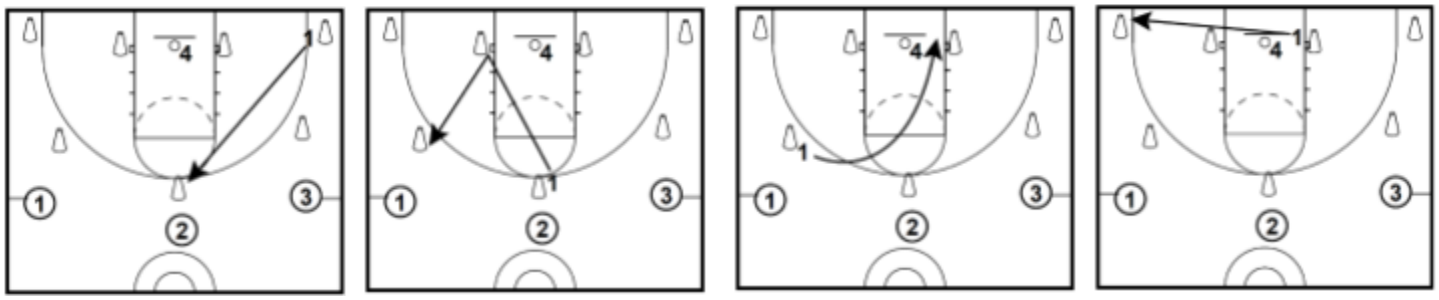


Defense

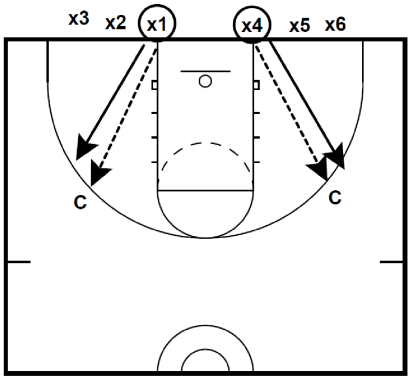
Closeout

Age group: All ages

Players required: At least 1

Description: Players start in two lines under the basket. Each line has a basketball. Coaches stand out on the perimeter. The first person in line passes the ball to a coach and closes out. The coach takes two dribbles in one direction. The player defensive slides through half court or the baseline depending on the direction and then switches lines.

Variations: The coaches could have different strengths (shooter, driver, etc.) so the players have to adjust how tight they close out



Shell drill

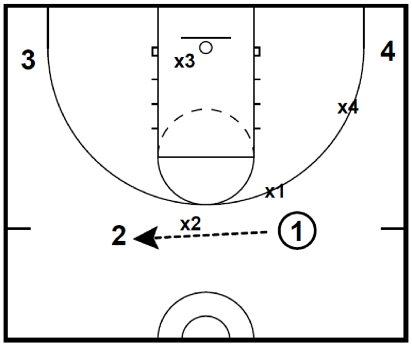
Age group: All ages

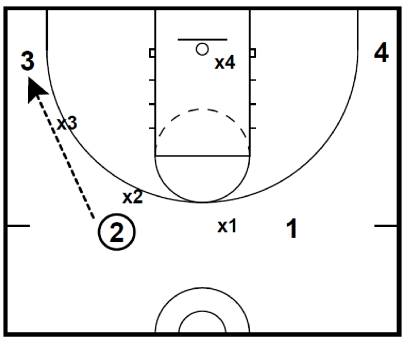
Players required: At least 8

Description: Players are split into two groups (offense and defense). The offense passes the basketball around the perimeter and the defense shifts.

Variations: Vary the drill based on the overall team defensive philosophy (forcing baseline, deny the passing lanes, etc.)

Frame 1





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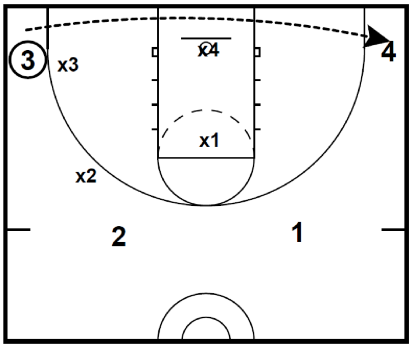
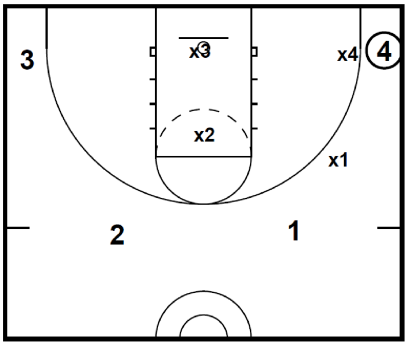




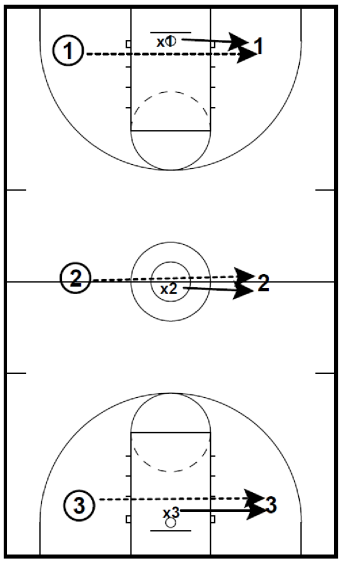
3-Person Closeouts

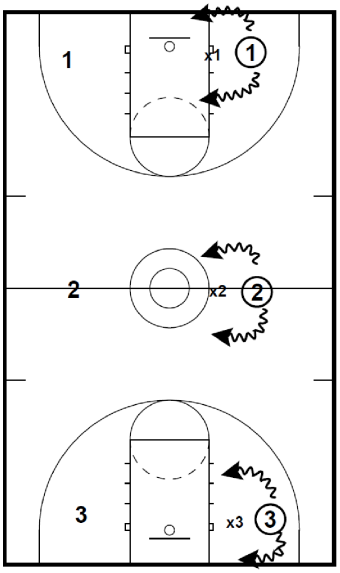
Age group: All ages

Players required: At least 3

Description: Players are split into groups of three. One player starts in the middle of the court as the defender. The other two players start on either side with one basketball. As the ball is passed from one side to the other, the player in the middle closes out and defends the ball handler for a couple of dribbles. The defender and ball handler switch positions. The basketball is then passed to the other side.

Variations: Vary the drill based on the overall team defensive philosophy (forcing baseline, forcing left, etc.)





Continuous closeouts

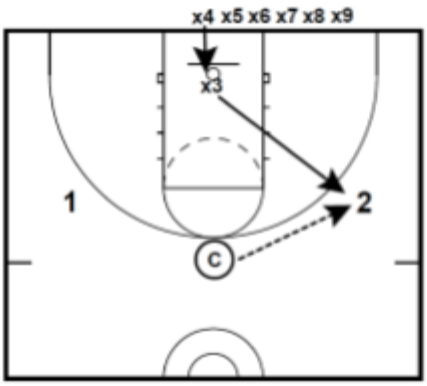
Age group: All ages

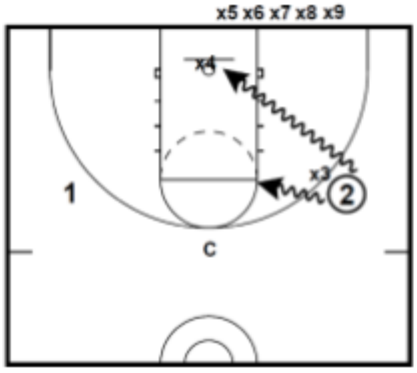
Players required: At least 3

Description: Two players start on offense out on the perimeter. The rest of the players start in a line under the basket. A coach has a basketball at the top of the key. The coach passes the ball to a side and the first player in line closes out. The offensive player attacks the basket either direction. After a few dribbles he/she passes it back out to the coach who swings the ball to the other side. Defense rotates to offense and offense rotates to the end of the line. With older players, the second player in line must be ready to play help defense if the on-ball defender gets beat.

Variations: Vary the drill based on the overall team defensive philosophy (forcing baseline, forcing left, etc.)

Frame 1

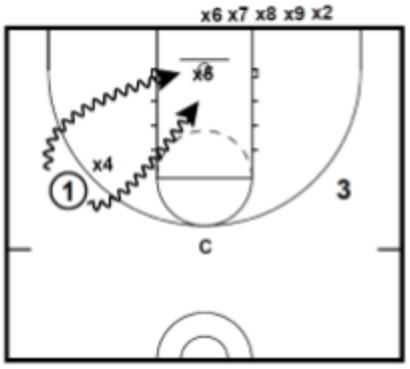






Frame 4







Frame 7



Team competitions

Note: In most of these competitive drills, you can manipulate the drill to work on something specific at any time. Some examples: must score out of an on-ball screen action, must get the ball into the low post before scoring, must score off an assist, etc.

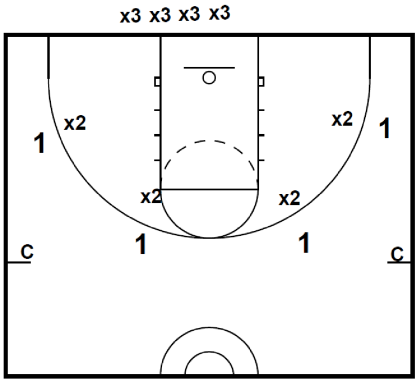
Offensive make it take it

Age group: All ages

Players required: At least 6

Description: Players are split into three teams. One team starts on the baseline. One team starts on the perimeter on offense and one team starts on defense. The two teams play out a possession. If the offense scores, they stay. If the defense stops the offense from scoring, they move to offense. The team that was out rotates in on defense. In between possessions the ball is passed to a coach to reset.

Variations: 2v2v2, 3v3v3, 4v4v4; more than 3 teams; play for different lengths of time or to different amounts of points



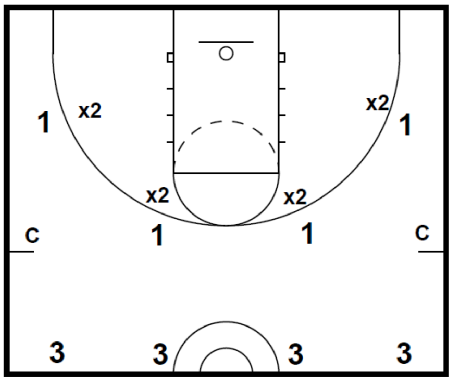
Defense stays

Age group: All ages

Players required: At least 6

Description: Same set up as "offensive make it take it" but teams stay on the court if they get a stop. Teams rotate in on offense. Designate points for defense (for example, 1 point for a regular stop, 2 points for a forced turnover, etc.).

Variations: 2v2v2, 3v3v3, 4v4v4; more than 3 teams; play for different lengths of time or to different amounts of points



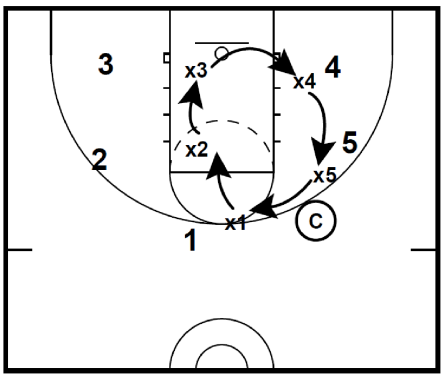
Ball bounce rebound

Age group: 5th-12th

Players required: At least 8

Description: Players are split into two teams. One team starts on the perimeter on offense and one team starts on the inside on defense. A coach has a basketball. Every time the coach bounces the ball, the defenders rotate clockwise. Eventually the coach shoots. The offense crashes in for the rebound and the defense boxes out.

Variations: 4v4 or 5v5; can end the drill on the box out or you can play some possessions in the full court.



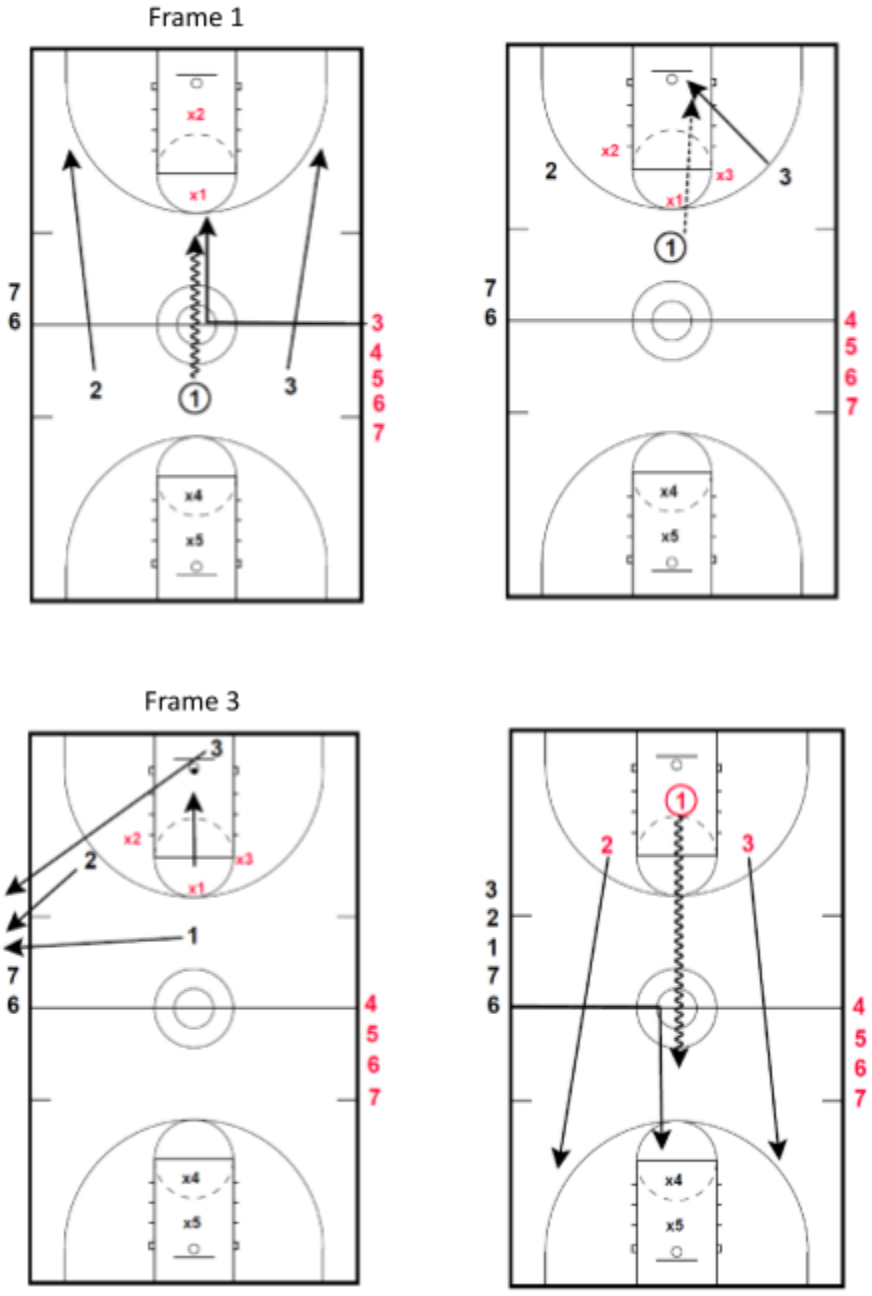
3v2 continuous

Age group: All ages

Players required: At least 8 (2v1); at least 12 (3v2)

Description: Players are split into two teams. Two players from one team start on defense at one end and two players from the other team start on the other end. The rest of the players start on either side of half court. One team starts with the ball. As soon as the ball crosses half court, another defender sprints to half court and then sprints in on defense. After a made basket or a stop, the defense takes the ball and tries to score on the end. Play continues for a certain length of time or to a certain score.

Variations: 2v1; for younger players, it's best to play 3v3 or 2v2 continuous and eliminate the player running in



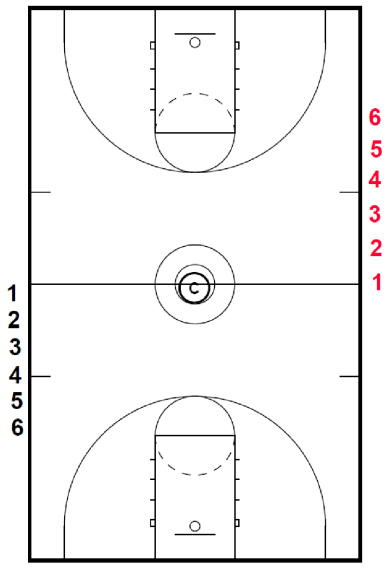
Run in numbers

Age group: All ages

Players required: At least 8

Description: Players are split into two teams. One team starts on one side of the court at half court and the other team starts on the other side. A coach starts in the middle of the court with a basketball. The coach yells out a number (1 through 5) and then yells "Go". The number designates how many players run out on the court. They play full court until the coach stops it or a basket is made. To help reduce collisions, it's best to alternate which team has the ball each possession (announce who has the ball to start each round)/.

Variations: For younger players, it helps to have a coach at the front of each line to help send the correct number of players out



Disadvantaged transition

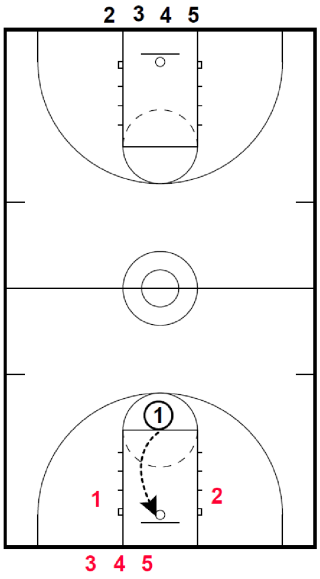
Age group: 5th-12th

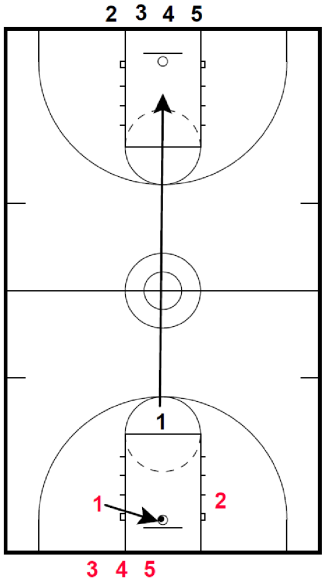
Players required: At least 8 (can only build up to 4v4); at least 10 for 5v5

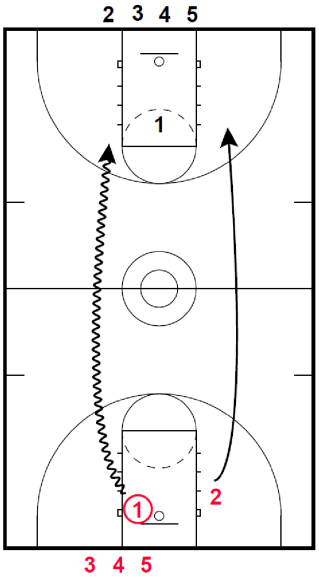
Description: Players are split into two teams. One player starts by shooting a free throw. Two players from the other team line up on the free throw lane line. The rest of the players start on the baselines. After shooting the free throw, the shooter sprints back on defense and the two other players get the ball and play offense on the other end. On each change of possession, two additional players are added until it becomes 5v5.

Variations: Build up to 4v4 or 5v5

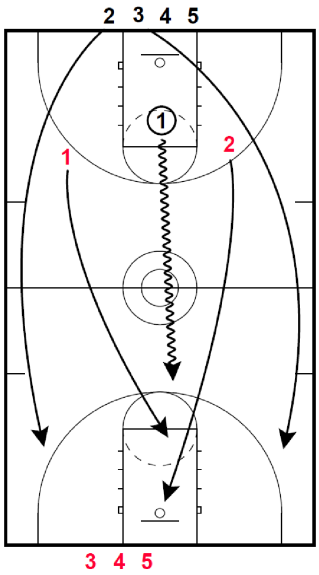
Frame 1

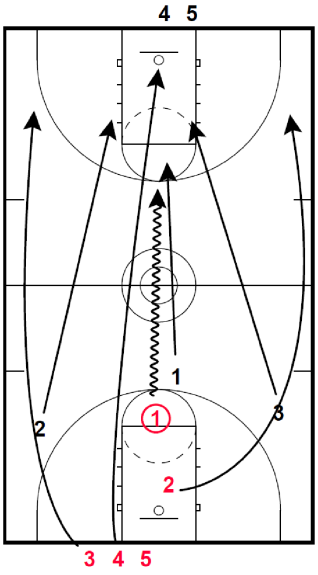


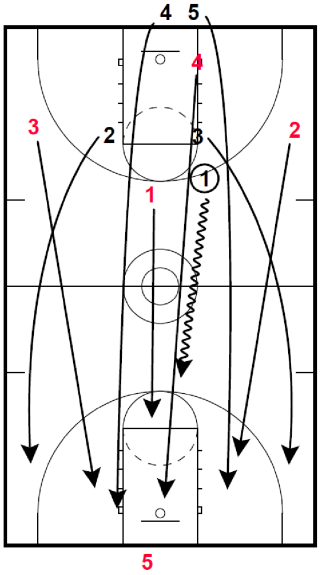


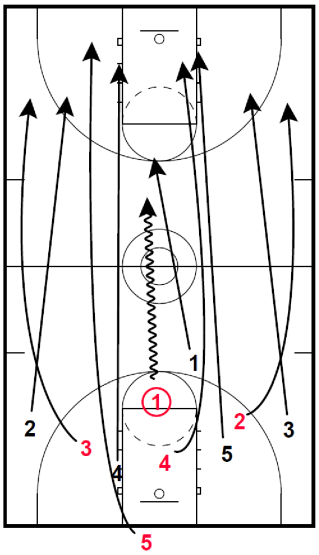


Frame 4









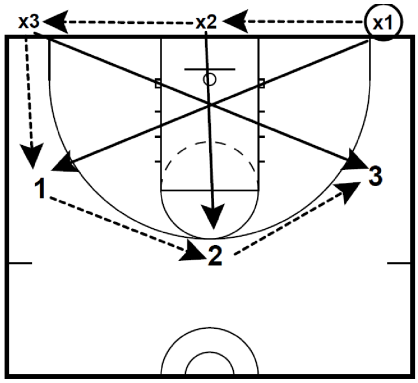
3v3 Closeouts

Age group: All ages

Players required: At least 6

Description: Players are split into two teams. One team starts out on offense. The other team starts on the baseline on defense. The first defender has the basketball. The defense passes the ball along the baseline and closes out to the offensive players in the pattern illustrated in the diagram. The offense then passes the ball on the perimeter. Once the last player gets the ball, play goes live. The teams play in the halcourt.

Variations: 4v4 or 5v5; you can also have more than two teams. With three teams, you can play "offensive make it take it" or "defense stays". If playing with more than 2 teams, it's best to have a coach out on the perimeter as an outlet. After a defensive rebound, made basket, or other change of possession, the new offensive team throws it to the coach and the coach throws the ball to the new x1. This makes for a very up-tempo, competitive drill. With younger players, coaches will need to stand on the baseline and remind the players who they are guarding.



Season Planning

Goals & youth sport benefit

Grade	Basketball Skill Focus*	Youth Sport Benefit
K	Holding a basketball, triple threat, stationary dribbling, passing & catching, jump stop, basic shooting mechanics (BEEF), defensive stance, defensive slides (lateral movement)	Confidence
1	Advancing the ball by dribbling, forward pivoting, close out, on-ball defense	Spatial awareness
2	Specific passes (bounce, chest, overhead), reverse pivoting, general rebounding (offensive and defensive), off-ball defensive positioning	Teamwork
3	Lay-ups (Shooting around the basket), make contested passes, dribbling with left and right hand, cutting, boxing out	Sportsmanship
4	Helping on defense, screening on offense (off-ball and on-ball), defending screens, floor spacing. transition offense and defense	Communication
5-6	Set plays, communication, reading the defense	Preparation
7-8	Zone offense and defense	Leadership
9-12	Implementing more advanced techniques and strategies (for example, shooting off the dribble, extending shooting range, help defense, etc.)	Competition

***The skills for each grade level also includes all previous skills from younger grade levels**

Season outline

Week 1	Practice Focus:
Week 2	Practice Focus:
	Game Focus:
Week 3	Practice Focus:
	Game Focus:
Week 4	Practice Focus:
	Game Focus:
Week 5	Practice Focus:
	Game Focus:
Week 6	Practice Focus:
	Game Focus:
Week 7	Practice Focus:
	Game Focus:
Week 8	Practice Focus:
	Game Focus:
Week 9	Practice Focus:
	Game Focus:

Blank praactice plans

Week 1	Time	Drill	Additional Notes/Information	Skill/Focus

Week 2	Time	Drill	Additional Notes/Information	Skill/Focus

Week 3	Time	Drill	Additional Notes/Information	Skill/Focus

Week 4	Time	Drill	Additional Notes/Information	Skill/Focus

Week 5	Time	Drill	Additional Notes/Information	Skill/Focus

Week 6	Time	Drill	Additional Notes/Information	Skill/Focus

Week 7	Time	Drill	Additional Notes/Information	Skill/Focus

Week 8	Time	Drill	Additional Notes/Information	Skill/Focus

Week 9	Time	Drill	Additional Notes/Information	Skill/Focus

Sample age group practice plans

Grade: K
Basketball Skill Focus: Holding a basketball, triple threat, stationary dribbling, passing & catching, jump stop, basic shooting mechanics (BEEF), defensive stance, defensive slides (lateral movement)
Youth Sport Benefit: Confidence

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Holding a basketball/triple threat intro	P. 13	Link
10-15	Jump stop intro	P. 13	Link
15-25	Red Light, Green Light with Whistle	Players line up on one end line and have to make it to the other end. The coach stands in the middle facing away from the kids. The coach calls out a color (green=running or yellow=walking) or blows the whistle (stop). The coach turns around after the whistle. Any player that is moving goes back to the starting line. Can do this without basketballs to start and then add basketballs (best not to dribble yet...just run with the basketballs to get that familiarity and to work on jump stops).	Link
25-35	Stationary ball handling	P. 11	Link
35-45	Stationary partner passing	P. 31/11 (focus on chest passes or bounce passes, whichever they find easiest)	Link
45-55	Cooperative full court passing	Players have to get the ball from one end of the court (or half court) to the other end with only passing. Can time them each round to add a goal to beat.	
55-60	Shooting introduction (BEEF)	P. 13	Link

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Warm-up game	Freeze tag, line tag, red light/green light, dribble tag, agility ladders races, etc.	
10-15	Stationary ball handling	P. 11/28	Link
15-25	Kids vs. coaches dribble knockout	P. 28	Link
25-35	Shooting review (BEEF)	P. 13	Link
35-45	Form shooting	P. 39	Link
45-55	Defensive stance intro	P. 25	Link
55-60	Defensive slides intro/races	P. 25; Knees bent, keep feet apart; can do some relay races with defensive slides	Link

Warm-ups/Pre-game Practices

Shooting/Court-Spacing Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Form shooting	P. 39	Link
10-15	Team shooting races	Split team into smaller groups (however many baskets you have available). Pick a spot to shoot from. One basketball per group so they have to get their own rebound and pass it to the next person. Compete to a certain number of made baskets	
15-20	Court position/spacing intro	Simple spots to stand on the court (wings, post, top of the key, etc.); P. 10	Link

Passing Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Stationary partner passing	P. 31	Link
10-15	Full court partner passing	P. 31 (can use half-court)	Link
15-20	Cooperative full court passing	Players have to get the ball from one end of the court (or half court) to the other end with only passing. Can time them each round to add a goal to beat.	

Dribbling/Ball-Control Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Cone dribbling	P. 29	Link
10-15	Dribbling red light, green light or Sharks & Minnows	P. 28/29	Link
15-20	Dribble knockout	P. 28	Link

Defense Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Defensive stance review	P. 25	Link
10-15	Defensive slides	P. 25; Knees bent, keep feet apart	Link
15-20	Shell drill intro	P. 45; go over general positioning and how to adjust to the ball	Link

Grade: 1
Basketball Skill Focus: Advancing the ball by dribbling, forward pivoting, close out, on-ball defense
Youth Sport Benefit: Spatial awareness

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Dribbling Captain my Captain	P. 29	
10-15	Forward/front pivoting intro	P. 14	Link
15-25	Starts, stops, turns races	P. 32	Link
25-30	Shooting review (BEEF)	P. 13	Link
30-40	Form shooting	P. 39	Link
40-50	Triangle shooting races	P. 40; can have two baskets competing against each other to see who can make more shots	Link
50-55	Close out intro	P. 25	Link
55-60	Team shooting races	Split team into smaller groups (however many baskets you have available). Pick a spot to shoot from. One basketball per group so they have to get their own rebound and pass it to the next person. Compete to a certain number of made baskets	
60-75	3v3, 4v4, 5v5 half court	Start with 3v3 and gradually build to 5v5	

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Stationary ball handling	P. 11/28	Link
10-15	Dribbling Sharks & Minnows	P. 29	Link

15-25	Defensive slides	Knees bent, keep feet apart	Link
25-35	Dribbling vs on-ball defense	Match up players and give them lines on the sides to stay in and a line down the court to reach; have the defender focus on defensive stance, spacing, and lateral slides; have the ball handler focus on dribbling and keeping eyes up as possible	Link
35-45	Closeouts	P. 45	Link
45-55	Continuous closeouts	P. 47	
55-60	Shell drill intro	P. 45; go over general positioning and how to adjust to the ball	Link
60-75	Scrimmage	Short 3-5 minute scrimmages; mix up teams and match ups	

Warm-ups/Pre-game Practices

Shooting/Court-Spacing Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Form shooting	P. 39	Link
10-20	3-person, 2-ball shooting	P. 39	Link
20-25	Court position/spacing review	Simple spots to stand on the court (wings, post, top of the key, etc.), P. 10	Link
25-30	Triangle Shooting	P. 40	Link

Passing Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-15	Stationary partner passing	P. 31	Link
15-20	Starts, stops, turns	P. 32	Link
20-25	Dribble races with jump stops	Split team into smaller groups. The groups stand in lines even with each other. Have a spot on the court that they have to dribble to and back. When	

		they get back, have them jump stop and pass to the next person in line.	
25-30	Form shooting	P. 39	Link

Dribbling/Ball-Control Focused			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Stationary ball handling	P. 28	Link
10-15	Cone dribbling	P. 29	Link
15-25	Dribble tag	P. 28	Link
25-30	Form shooting	P. 39	Link

Defensive Focus			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Defensive stance review	P. 25	Link
10-15	Defensive slides	P. 25; Knees bent, keep feet apart	Link
15-25	3-person closeouts	P. 46	
25-30	Team shooting races	Split team into smaller groups (however many baskets you have available). Pick a spot to shoot from. One basketball per group so they have to get their own rebound and pass it to the next person. Compete to a certain number of made baskets	

Grade: 2
Basketball Skill Focus: Specific passes (bounce, chest, overhead), reverse pivoting, general rebounding (offensive and defensive), off-ball defensive positioning
Youth Sport Benefit: Teamwork

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Dribbling red light, green light	P. 28	Link
10-15	Stationary partner passing	P. 31/11-13 (intro all key passes-bounce, chest, etc.)	Link
15-25	Ultimate basketball	Same general concept and rules as ultimate frisbee; split group into two teams; designate two endzones; ball can only be advanced on a pass; team scores when they successful pass the ball into the endzone	
25-30	Shooting review (BEEF)	P. 13	Link
30-40	Form shooting	P. 39	Link
40-50	Off-ball defensive position intro	Jump to the ball; passing lanes; hands up; ready to help	Link
50-60	Shell defense drill	P. 45	Link
60-75	3v3, 4v4, 5v5 half court		

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Dribble tag	P. 28	Link
10-15	Reverse pivot intro	P. 14	Link
15-25	Starts, stops, turns	P. 32; use forward pivot and reverse pivot	Link
25-35	Rebounding intro	General concepts of following shot on offense; staying between ball and player on defense	Link

35-45	3-person, 2-ball shooting	P. 39	Link
45-55	Tic Tac Toe Shooting	P. 41	Link
55-75	Scrimmage	Short 3-5 minute scrimmages; mix up teams and match ups	

Warm-ups/Pre-game Practices

Shooting/Court-Spacing Focused			
Minutes	**Drill/Game**	**Additional Details**	
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Form shooting	P. 39	Link
10-20	3-person, 2-ball shooting	P. 39	Link
20-30	Triangle shooting races	P. 40; can split into groups and use multiple baskets to compete for made shots	Link

Passing Focused			
Minutes	**Drill/Game**	**Additional Details**	
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Stationary partner passing	P. 31	Link
10-15	Ultimate basketball	Same general concept and rules as ultimate frisbee; split group into two teams; designate two endzones; ball can only be advanced on a pass; team scores when they successful pass the ball into the endzone	
15-20	Form shooting	P. 39	Link
20-30	Team shooting races	Split team into smaller groups (however many baskets you have available). Pick a spot to shoot from. One basketball per group so they have to get their own rebound and pass it to the next person. Compete to a certain number of made baskets	

Dribbling/Ball-Control Focused			
Minutes	**Drill/Game**	**Additional Details**	
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Stationary ball handling	P. 28	Link
10-15	Triangle shooting with dribbling	P. 40; have the lines farther away from the basket so that the players have to dribble to initiate the drill; the shooter can also dribble closer to the basket before shooting	Link
15-20	Dribble races with pivoting	Split team into smaller groups. The groups stand in lines even with each other. Have a spot on the court that they have to dribble to and back. When they get back, have them jump stop, pivot, and pass to the next person in line.	
20-30	3-person, 2-ball shooting	P. 39	Link

Defense-Focused			
Minutes	**Drill/Game**	**Additional Details**	
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Red Light, Green Light with Whistle and defensive slides (no basketballs)	Players line up on one end line and have to make it to the other end. The coach stands in the middle facing away from the kids. The coach calls out a color (green=running or yellow=defensive slides) or blows the whistle (stop). The coach turns around after the whistle. Any player that is moving goes back to the starting line.	
10-20	3-person closeouts	P. 46	
20-30	Triangle shooting	P. 40	Link

Grade: 3
Basketball Skill Focus: Lay-ups (Shooting around the basket), make contested passes, dribbling with left and right hand, cutting, boxing out
Youth Sport Benefit: Sportsmanship

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Stationary partner passing	P. 31	Link
10-15	Stationary ball handling	P. 11/P. 28	Link
15-25	Dribble knockout	P. 28	Link
25-30	Shooting review (BEEF)	P. 13	Link
30-40	3-person, 2-ball shooting	P. 39	Link
40-50	Defensive stance/close out	P. 25	Link
50-60	3v3 closeouts	P. 53	Link

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Triangle shooting	P. 40	Link
10-20	Box out intro	P. 27	Link
20-35	1v1, 2v2, 3v3, 4v4, 5v5 box outs	Build up from 1v1 to 5v5; offense starts on the perimeter and defense starts in the paint. Coach shoots, offense crashes, and defense boxes out	
35-45	Cutting intro	P. 14-18	Link
45-55	3-person weave	P. 37	Link
55-60	Scrimmage	Can give extra points if they score off of something that was highligted earlier in practice (scoring off of a cut, for example)	

General Skills Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Lay-up intro		Link
10-20	Rainbow shooting layups	P. 43, focus on layups only for now	Link
20-25	3-person closeouts	P. 46	
25-40	3v3 closeouts	p. 53	Link
40-50	3-person, 2-ball shooting with cuts	P. 39; incorporate various cuts to work on getting open	Link
50-60	Run in numbers	P. 51	Link

Offense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Rainbow shooting	P. 43	Link
10-20	Intro offensive sets, 5v0		
20-30	5v5 half-court offensive make it take it	P. 48	
30-40	General transition offense principles	Sprint lanes, eyes up	Link
40-50	Full court shooting	P. 43	
50-60	Scrimmage with offensive sets		

Defense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Continuous closeouts	P. 47	
10-20	Defense positioning/Shell drill	P. 45	Link
20-35	5v5 half-court defense stays	P. 48	

35-40	General transition defense principles	Sprinting back, pick up ball, locate shooters	Link
40-50	1v1, 2v2, 3v3, 4v4, 5v5 box outs	Build up from 1v1 to 5v5; offense starts on the perimeter and defense starts in the paint. Coach shoots, offense crashes, and defense boxes out	
50-60	3v2 continuous	P. 50	Link

Grade: 4
Basketball Skill Focus: Helping on defense, screening on offense (off-ball and on-ball), defending screens, floor spacing. transition offense and defense
Youth Sport Benefit: Communication

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Stationary partner passing	P. 31	Link
10-15	Dribble knockout	P. 28	Link
15-20	Shooting review (BEEF)	P. 13	Link
20-25	Rainbow shooting	P. 43	Link
25-30	Defensive stance/close out review	P. 25	Link
30-40	Shell defense drill	P. 45, focus on help defense positioning	Link
40-50	Setting & using off-ball screens	P. 21-24	Link
50-60	Setting & using on-ball screens	P. 18-20	Link

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Full court cone dribbling	P. 29	Link
10-15	Full-court replace lay-ups	P. 35	
15-20	Box out review	P. 27	Link
20-35	Ball bounce rebound	P. 49	
35-45	Introduce team offense (5v0)		
45-55	Drill breakdowns for offensive plays/sets	Work on smaller components of offense (on-ball screen, off-ball action, cutting, etc.)	

55-60	5v5 half-court offensive make it take it	P. 48	

General Skills Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	X passing	P. 32	Link
10-20	Starts, stops, turns	P. 32	Link
20-30	3-person weave	P. 37	Link
30-40	3-person, 2-ball shooting	P. 39	Link
40-50	Review setting & using screens	P. 18-24 (off-ball and on-ball)	Off-ball: Link On-ball: Link
50-60	Scrimmage	Emphasize screens (could give extra points for scoring off of a screen)	

Offense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-15	Star passing	P. 33	Link
15-25	Transition offense intro		Link
25-35	3v2 continuous	P. 50	Link
35-45	Half-court offense review		
45-60	Run in numbers	P. 51; use offense plays when playing 5v5	Link

Defense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Transition defense intro		Link
10-20	3v2 continuous	P. 50, points for getting a stop on defense	Link
20-30	Shell defense drill	P. 45	Link

30-40	Defending on-ball screens	P. 25-26	Link
40-50	Defending off-ball screens	P. 25	Link
50-60	Half-court 5v5 defense stays	Offense must set a certain amount of off-ball and on-ball screens each possession	

Grade: 5-6
Basketball Skill Focus: Set plays, communication, reading the defense
Youth Sport Benefit: Preparation

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Stationary ball handling	P. 11/P. 28	Link
10-15	Dribble knockout	P. 28	Link
15-20	Shooting review (BEEF)	P. 13	Link
20-25	Rainbow shooting	P. 43	Link
25-30	Defensive stance/close out review	P. 25	Link
30-40	Shell defense drill	P. 45	Link
40-50	Continuous closeouts	P. 47	
50-60	5v5 half-court defense stays	P. 48; can do 5v5v5 if enough players	

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Full court cone dribbling	P. 29	
10-15	Box out review	P. 27	Link
15-30	Ball bounce rebound	P. 49	
30-40	Offensive Spacing and intro press break		
40-50	Intro transition defense		Link
50-60	Disadvantaged transition	P. 52	

Practice 3 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Form shooting	P. 39	Link
10-15	Star passing	P. 33	Link
15-25	Half-court repace lay-ups	P. 34	
25-40	3v3 Closeouts	P. 53; can also do 4v4 and/or 5v5	Link
40-50	Defending screens review (on-ball & off-ball)	P. 25-26	On-ball: Link Off-ball: Link
50-60	5v5 half-court defense stays or offensive make it take it	P. 48	

Practice 4 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Mirror dribbling	P. 30	
10-20	3v2 Continuous	P. 50	Link
20-30	Introduce team offense (5v0)		
30-40	Drill breakdowns for offensive plays/sets	Work on smaller components of offense (on-ball screen, off-ball action, cutting, etc.)	
40-50	5v5 half-court offensive make it take it	P. 48	
50-60	Scrimmage		

General Skills Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Form shooting	P. 39	Link
10-20	Dribble knockout	P. 28	Link
20-30	Half-court replace lay-ups	P. 34	

30-40	3-person weave	P. 37	Link
40-50	Olympic Shooting	P. 42	Link
50-60	Team shooting races	Split team into smaller groups (however many baskets you have available). Pick a spot to shoot from. One basketball per group so they have to get their own rebound and pass it to the next person. Compete to a certain number of made baskets	

Offense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Dribble tag	P. 28	Link
10-25	Full-court cone dribbling	P. 29	Link
25-35	Review offensive sets		
35-45	Intro transition offense and/or work on press break	P. 48	
45-60	Scrimmage	Emphasize running the floor	

Defense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-15	Continuous closeouts	P. 47	
15-25	Shell defense drill	P. 45	Link
25-40	5v5 closeouts	P. 53; defense stays	Link
40-50	Transition defense review or introduce press defense		
50-60	Disadvantaged transition	P. 52; can work on press and press break once it gets to 5v5	

Grade: 7-8
Basketball Skill Focus: Zone offense and defense
Youth Sport Benefit: Leadership

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Stationary ball handling	P. 11/P. 28	Link
10-15	Dribble knockout	P. 28	Link
15-20	Shooting review (BEEF)	P. 13	Link
20-25	Full court shooting	P. 43	
25-30	Defensive stance/close out review	P. 25	Link
30-40	Shell defense drill	P. 45	Link
40-50	3-person closeouts	P. 46	
50-60	5v5 half court defense stays	P. 48	

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Full court cone dribbling	P. 29	Link
10-20	Box out review	P. 27	Link
20-30	Ball bounce rebound	P. 49	
30-40	Offensive spacing and intro press break		
40-50	Intro transition defense		
50-60	3v2 Continuous	P. 50	Link

Practice 3 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Form shooting	P. 39	Link
10-15	Half-court repace lay-ups	P. 34	
20-30	Intro zone defense		
30-40	5v5 half-court defense stays with zone defense	Give offense different concepts to challenge the defense	
40-50	Intro zone offense		
50-60	Scrimmage	Zone offense and defense	

Practice 4 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Mirror dribbling	P. 30	
10-25	Introduce player-to-player offense (5v0)		
25-35	Drill breakdowns for offensive plays/sets	Work on smaller components of offense (on-ball screen, off-ball action, cutting, etc.)	
35-40	5v5 half-court offensive make it take it	P. 48; Mix up zone and player-to-player defense	
40-60	Scrimmage	Short 3-5 minute scrimmages; mix up teams and defenses	

General Skills Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Form shooting	P. 39	Link
10-20	Star shooting spots	P. 44	
20-30	Full court replace layups	P. 35	
30-40	Olympic shooting	P. 42	Link

40-50	Dribble knockout	P. 28	Link
50-60	Scrimmage	Focus on different skills/concepts (screens, passing, etc.) depending on what the team needs to work on	

Offense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Rainbow shooting	P. 43	Link
10-20	Review player-to-player offense (5v0)		
20-30	Drill breakdowns for offensive plays/sets	Work on smaller components of offense (on-ball screen, off-ball action, cutting, etc.)	
30-40	5v5 half-court offensive make it take it	P. 48; player-to-player defense	
40-50	Review zone offense		
50-60	5v5 half-court offensive make it take it	P. 48; zone defense	

Defense-Focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-15	Shell defense drill	P. 45	Link
15-30	3v3, 3v3, 5v5 Closeouts	P. 53; gradually build up from 3v3 to 5v5; mix in different requirements to test your defense (offense has to set an on-ball screen before they score, for example)	Link
30-40	Review transition defense and/or work on press		
40-50	Disadvantaged transition	P. 52	
50-60	Run in numbers	P. 51	Link

Grade: 9-12
Basketball Skill Focus: Implementing more advanced techniques and strategies (for example, shooting off the dribble, extending shooting range, help defense, etc.)
Youth Sport Benefit: Competition

Practice 1 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Stationary ball handling	P. 11/28	Link
10-15	Dribble knockout	P. 28	Link
15-20	Shooting review (BEEF)	P. 13	Link
20-25	Rainbow shooting	P. 43	Link
25-30	Defensive stance/close out review	P. 25	Link
30-35	Shell defense drill	P. 45	Link
35-40	Continuous closeouts	P. 47	
40-50	5v5 half-court defense stays	P. 48	
50-60	Scrimmage	Short 3-5 minute scrimmages; mix up teams and match ups	
60-70	Introduce player-to-player offense		
70-75	5v5 half-court offensive make it take it	P. 48	

Practice 2 (Before games start)			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-10	Full court cone dribbling	P. 29	Link
10-15	Box out review	P. 27	Link
15-30	Review player-to-player offense and intro press break		

30-45	Ball bounce rebound	P. 49; Use some different defensive looks so the offense can work on player-to-player offense and press break	
45-65	Introduce zone offense and general zone defense positioning/concepts		
65-75	Scrimmage	Short 3-5 minute scrimmages; mix up zone and player-to-player defenses	

General Skills Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up	High knees, slides, ladder drills, etc.	Link
5-10	Form shooting	P. 39	Link
10-15	Star passing	P. 33	Link
15-25	Half-court repace lay-ups	P. 34	
25-35	3v3 Closeouts	P. 53	Link
35-50	Defending and using screens review (on-ball & off-ball)	P. 25	Defense On-ball: Link Defense Off-ball: Link Offense On-ball: Link Offense Off-ball: Link
50-60	5v5 half-court defense stays or offensive make it take it	P. 48	
60-75	Intro press break		

Offense-focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-15	Mirror dribbling	P. 30	
15-30	3v2 continuous	P. 50	Link
30-40	Drill breakdowns for offensive plays/sets	Work on smaller components of offense (on-ball screen, off-ball action, cutting, etc.)	

40-50	5v5 half-court offensive make it take it	P. 48	
50-60	Review press break		
60-75	Situational scrimmages	Short scrimmages with different time, score, and defenses; focus on press break	

Defense-focused Practice			
Minutes	**Drill/Game**	**Additional Details**	**Video**
0-5	Agilities/Dynamic Warm-up/Warm-up Game	High knees, slides, ladder drills, tag, etc.	Link
5-15	3-person closeouts	P. 46	
15-30	Defending screens review (on-ball & off-ball)	P. 25-26	On-ball: Link Off-ball: Link
30-45	Ball bounce rebound	P. 49; mix up zone and player-to-player defenses; offense must set a certain amount of screens each possession	
45-60	Intro press defense		
60-75	Situational scrimmages	Short scrimmages with different time, score, and defenses; focus on press	