

Kanata Youth Basketball Association

Practice Planner for House League Coaches

Introduction

A good practice will be engaging for the players. It will be fun. It will include a variety of different drills. And, most importantly, it will help your players develop their fundamental skills.

Every drill or practice activity can be evaluated against 4 criteria.

- 1) Does the drill help the player develop a fundamental basketball skill?
- 2) Does the drill teach the player how to react in a game situation?
- 3) Does the drill help develop the player's athleticism or conditioning?
- 4) Is the drill fun for the player?

Not every practice drill will meet all 4 criteria. In fact, many drills may only meet 1 or 2 of the criteria. That's fine. However, it's worth considering whether your mix of drills and practice activities collectively address all 4 criteria over an entire practice.

Your players should learn that "Execution Matters!" It is better to execute basic drills with precision and attention to detail than to run complex drills poorly with sloppy execution. As players begin to master a basic drill, the drill can often be "loaded" to practice more skills. Some of the best drills are those which start with a very simple concept, but can be loaded to create multiple learning points. Drills which can be executed with an element of competition will often keep the players engaged.

As a coach, you should be flexible and adaptable during your practice. If a particular drill is working well and the players are engaged, don't hesitate to let it run a little longer than the plan may have called for. It's better to have a practice plan where you may have to skip a drill than to have a plan which runs out of content before your practice time is over.

Some drills, when executed for the first time, may take some effort to get rolling. The players may not understand the purpose or the rotation. But remember that time spent teaching a new practice drill is often an investment that will pay back in future practices.

Every team will have different needs. Practice planners should be viewed as a guide and not a set formula to be exactly followed. Put your own ideas for drills – or for loading drills – into action. Consider the development needs of your specific team, and their response to previous drills. And remember, that practice time should be fun for players and rewarding for coaches!

Practice Plan for Week #1

FOCUS -> Basic Skills – Dribbling, Passing, Footwork

Approx Time	Activity
6:00pm	Greet kids, Let them grab a ball to warm-up
6:05pm	Explain coaching philosophy: 1. Listening, 2. Hustle, 3. Respect Have each player introduce themselves. How old? What school/grade? Brothers and sisters? Have they played basketball before? Promote the sense of team.
6:10pm	Each boy on sideline with ball. Stationary dribbling and ball handling drills. Demonstrate and practice cross-over. Have kids look up as they dribble. Hold up fingers. Show kids how to protect the ball with their body and non-dribbling hand.
6:15pm	Dribble Cross Court. Have players dribble cross court and back. Have them use opposite hand when coming back. Repeat. Show two foot jump stop – pass off wall – pivot and dribble back. Can do relay race (time permitting).
6:20pm	Partner Passing. Pair players up and have them practice a) bounce passes, then b) chest passes, then c) overhead passes.
6:30pm	Dribble-Pivot-Pass. Players are paired with a partner. Both partners start on sideline. One player dribbles out, does 2 foot jump stop, pivots, and passes to partner before running back. Partner receives pass and repeats.
6:35pm	Water Break
6:40pm	Demonstrate layup technique and practice layups.
6:50pm	Divide players into 2 evenly matched teams. Explain key rules such as Man-to-man defense and Half court defense.
6:50pm	Scrimmage.

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Practice Plan for Week #2

FOCUS -> Basic Skills – Dribbling, Passing

Approx Time	Activity
6:00pm	Greet kids, Let them grab a ball to warm-up
6:05pm	Call kids to centre court. What are the 3 things coach wants from the players? 1. Listening, 2. Hustle, 3. Respect. Today's key idea > Dribble with your... head up!
6:10pm	Position players on sideline. Each boy has ball for Ball Handling / Dribbling Drill (slapping, tipping, throw and catch over head, around the body, around the leg, dribbling with protection, cross-over, etc...)
6:13pm	Machine Gun Passing. Go around circle and call team-mates name as you pass. Note: Good drill to help players learn names.
6:20pm	Practice layups – using layup lines. If more than 8 kids, divide into 2 groups. If they are doing well, have a layup competition to 10 layups.
6:28pm	Water Break
6:30pm	Zig-Zag Dribbling with cones... and break-away dribble the other way to finish with a layup – each boy can have a ball for this.
6:38pm	Zig-Zag Dribbling with partner playing shadow defense. Setup cones to go both ways
6:42pm	Moving passing with partner – time permitting.
6:45pm	Play Dribble Knock-Out.
6:48pm	Water Break
6:50pm	Use 2 groups (evenly matched) to scrimmage.

Practice Plan for Week #3

FOCUS -> Basic Skills – Head Up Dribbling, Footwork, Shooting

Approx Time	Activity
6:00pm	Greet kids. Hand out jerseys. Have them grab a ball to warm-up.
6:04pm	Call kids to centre court. Last week's saying was "Dribble with your... Head Up " This week, we practice pivoting and shooting.
6:05pm	Kids on baseline <u>without</u> balls. Groups of 3. Pylons at foul lines. Run to foul line / half court / foul line and do 2 foot jump stop . Repeat. Introduce forward left foot pivot. Repeat. Introduce forward right foot pivot. Repeat. Have players do a reverse pivot (either foot). Repeat. Get a ball for each group and have them do the Snake Relay . Repeat. Option to do snake relay as a race.
6:15pm	Dribble-Pivot-Pass . Pair players up on sideline to practice dribble > jump stop > pivot > pass. Ask player to make a cut after making the pass.
6:18pm	Keep away from your partner by pivoting. (15 second cycles). Repeat.
6:19pm	Demonstrate shooting form. Keep partners and practice form shooting (to each other).
6:22pm	Make groups of 3 for 3-player shooting and rebound drill . Two rebounders feed the ball to the shooter who takes shots from the elbows (top corners of the key). Rotate shooter after 2-3 minutes.
6:32pm	Water Break. Hand our jerseys. Setup "Dribble Weave..."
6:35pm	Dribble Weave to Front Court – Put 2 players on the wings. Explain the hand signals that Coach will use (pass right, pass left, drive right, drive left). If you pass to a wing player, take their spot – and the wing player who receives the pass will drive in for layup.
6:45pm	Water Break
6:48pm	Scrimmage. Prep with some no-ball scrimmage to emphasize man-to-man defense.
7:00pm	Bring kids back to center court.

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Practice Plan for: NOVICE BOYS Week #4

FOCUS -> Basic Skills – Head Up Dribbling, Dribbling with Speed

Approx Time	Activity
6:00pm	Call kids to centre court. Remember our sayings... “Dribble with your... Head Up! ” Here’s a new one. “When you can’t dribble, you can still... Pivot! ” Games are starting soon, so we’re going to practice bringing the ball up court and passing to teammates.
6:05pm	Warm-ups. Jump stop and pivot at FL (Foul Line), HC (Half Court), FL, BL (Baseline). 2 person snake relay. 2 person moving passing.
6:10pm	Dribble Suicide. Dribble to half court and back. Then dribble full court and back. Use opposite hand when coming back.
6:12pm	Dribble Weave to Front Court – Put 2 players on the wings. Explain the hand signals that Coach will use (pass right, pass left, drive right, drive left). If you pass to a wing player, take their spot – and the wing player who receives the pass will drive in for layup. Show wing players how to make V-Cut to receive pass.
6:26pm	Dribble Suicide. Dribble to half court and back. Then dribble full court and back doing a cross-over at FL, HC, FL.
6:28pm	Water Break
6:30pm	3 Stations; Layups, 3-Man 2-Ball, Pass & Cut. Rotate after 3 minutes.
6:40pm	Dribble Suicide. Dribble to half court and back – by retracting. Then dribble full court and back doing a dribble hesitation and cross-over at FL, HC, FL.
6:42pm	Water Break
6:45pm	Scrimmage – Explain “Pass-In Guy” and “Point Guard”. If you’re not “P” or “G”, then get up court – on the wing or in the key.
7:00pm	Bring kids back to center court and do a cheer with the team name.

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Practice Plan for Week #5

FOCUS -> Moving without the Ball, Quick Passing to Teammates

Approx Time	Activity
6:00pm	Call kids to centre court. Remember our sayings... “Dribble with your... Head Up! ”; “When you can’t dribble, you can still... Pivot! ” For today, our new expression is “Cut to... Get Open! ” (spacing!)
6:05pm	Everybody on baseline. Dribble full court and back. Dribble with move at half court... hesitation and cross-over. Dribble suicide.
6:08pm	Pass and Cut Away. Make 3 groups of 4.
6:12pm	Swinging Ball Side to Side. Divide team into two groups of ~5 players. Each assistant takes a group and sets up the ‘Swinging Ball’ drill as per Diagram #2. As kids get the hang of this, advance to ‘Options’ per Diagrams 2.A, and 2.B. Tip: Coach should walk back and forth behind the kids when calling out ‘DRIVE!’, or ‘CUT!’ Advancement > Show kids how to take a couple steps to get open – even if they aren’t making a hard cut to the basket.
6:28pm	Water break.
6:30pm	Pass and Cut Away. Cut away and loop down through key and around to the other side. May also have post player to pass to. Alternative > Swinging Ball Side to Side with shadow defense.
6:40pm	Rebound and Breakaway. One player rebounds and passes ahead to another player on a breakaway layup.
6:45pm	Water Break, if needed.
6:48pm	Scrimmage – Note: Encourage passing and cut away / cut to get open
7:00pm	Bring kids back to center court to do the team cheer. Explain how tomorrow will work.

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Diagram #1 – Passing to Post Drill

Diagram #2 – Swinging Ball Side to Side

Diagram #2.A – Swinging Ball Side to Side – with DRIVE! Option

Diagram #2.B – Swinging Ball Side to Side – with CUT! Option

Practice Plan for Week #6

FOCUS -> Dribbling with Change of Speed / Direction

Approx Time	Activity
6:00pm	Greet kids. Have them grab a ball to warm-up.
6:02pm	Dribble Suicide – Second time with cross-over at centre court.
6:04pm	Dribble Chaos. Players weave through cones going from corner to corner and crisscrossing with other players at center court. Must keep head up. Run for 3 minutes. Stop. Load drill by having them do layup at each end. .
6:12pm	Dribble Laps. Clockwise with LH. CCW with RH.
6:16pm	Dribble Blast – Pull Back – Crossover. Drive past cone. Pull back cross-over and blast up other side. Do layup at each end.
6:22pm	Water Break
6:24pm	3-on-3. Emphasize cutting and motion.
6:35pm	Zig-Zag Dribbling – with Defender. Match up against your opponent from 3 on 3. Zig zag dribble up court. Defender stays in position but does not steal ball. Offensive player protects ball.
6:42pm	Dribble British Bulldog – Coaches are it to start.
6:48pm	Water Break
6:50pm	Scrimmage – with handshakes after game.
7:00pm	Review what we learned. .

Practice Plan for Week #7

FOCUS -> Passing, Passing in Motion

Approx Time	Activity
6:00pm	<p>Greet kids. Have them grab a ball to warm-up. During warm-up, have kids put jerseys on to make balanced team.</p> <p>Red – < list of players > White – < list of players ></p> <p>Call kids to center court. Explain focus for today > PASSING.</p> <p>Concept > When you get the ball look to 1) DRIVE – to basket, 2) PASS – to teammate, 3) SHOOT – a good shot, 4) DRIBBLE – is the last option... unless it's a drive to the basket.</p>
6:08pm	<p>Machine gun passing. Divide into the Red team and White team. One player in middle with others around him in a circle. Pass between perimeter and player in the middle. Go around circle and call team-mates name as you pass.</p> <p>Option > Competition between Red and White to see who can finish first.</p>
6:20pm	<p>Practice layups. Keep divided into the 2 groups. Start on right side. Take time to review footwork and form for boys who have not mastered the layup. When ready, move ball to left side.</p> <p>Move ball back to right side, and have right line pass to left line then cut to basket to receive ball and do layup (Give and Go).</p> <p>Emphasis for the passing line. Pass quickly back to your teammate and pass the ball ahead of them to <u>where they are going</u>.</p>
6:30pm	<p>Water Break.</p> <p>Before next drill, gather kids at center court. The “Big Thought” in Passing is: Pass to a... “Moving Target”. After you make a pass, you need to cut. Cut either a) away from ball, or b) towards the basket.</p> <p>Don't run towards the player you just passed to.</p>

6:35pm	<p>Pass and Cut Away. Make 3 groups of 4 if all players are there. The drill puts 2 players on each side of the floor. They pass the ball to the other side, then run <u>away</u> from their pass to touch the sideline behind them before coming back to catch the next pass. Meanwhile, the other 2 players in their group of 4 are doing the same. The ball goes back and forth between the same 2 points, but the players are always moving.</p>
6:40pm	<p>Rebound and Breakaway. One player rebounds and passes ahead to another player on a breakaway layup.</p>
6:45pm	<p>20 Passes! Use the Red and White teams for this game.</p> <p>Objective First team to complete 20 passes (in total, not in a row) wins. One coach for each team will keep count of the completed passes. Each time a pass is complete, they yell out the count. Again, first team to reach 20 total passes is the winner.</p> <p>Key Rules > You can go anywhere on the court to get open, but you must stay inbounds. > If you go out of bounds, the ball goes to the other team > There is no dribbling – only passing > If the ball touches the ground (other than a clean bounce pass), the ball goes to the other team</p>
6:50pm	<p>Water Break, if needed.</p>
6:52pm	<p>Scrimmage Note: Encourage more passing, moving without the ball to get open, and cutting to the basket or cutting away from the ball. Handshakes after game.</p>

Practice Plan for Week #8

FOCUS -> 1-on-1 Moves from Triple Threat, Defensive Stance and Positioning

Approx Time	Activity
6:00pm	Ball Handling and Stationary Dribbling. Each boy on sideline with ball. Slapping, tipping, circling, high dribble, low dribble. Demonstrate and practice cross-over. Have kids look up as they dribble. Hold up fingers. Show kids how to protect the ball with their body and non-dribbling hand.
6:04pm	Dribble Cross Court. Have players dribble cross court and back. Do Red Light – Green Light. Have them use opposite hand when coming back. Repeat. Show two foot jump stop – pass off wall – pivot and dribble back. Can do relay race (time permitting).
6:07pm	Triple Threat. Players on sideline. Explain triple threat position. Practice “Shot!”, “Pass!”, “Blast/Drive!” Have players do shot fake then blast and dribble across court.
6:10pm	Catch in Triple Threat to Layup. Divide kids into two groups – one group at each basket. Put into layup lines – each group with only 1 ball. Rebounder passes to shooting line where offensive player catches ball in triple threat. 1 – Shot fake before driving for layup. 2 – Pass fake before driving for layup. 3 – Jab step before driving for layup. 4 – Jab step then pass to other line and cut (Give and Go). Note: Option to do these from left hand side.
6:25pm	Water Break. During break, make balanced teams. Suggestion... Red – < list of players > White – < list of players >

6:27pm	<p>Discussion at Center Court Review the basketball sayings we've learned so far... "Dribble with your... Head Up!" "When you can't dribble, you can still... Pivot!" "Cut to... Get Open!" "Pass to a... Moving Target!"</p> <p>Today, my new expression is related to defense. It goes like this: "For Defense, Man – Me... Basket!" Explain how you stay between your man and the basket</p> <p>Also demonstrate good defensive position and defensive slide. STEP – SLIDE – CHOP!</p>
6:30pm	<p>Zig-Zag Dribbling with Shadow Defense Setup cones. Set players up with partner – the person they will cover in the scrimmage.</p>
6:38pm	<p>2 Person Passing Move up court with partner passing. Ball should not touch the floor. At foul line extended, the partner on outside cuts to basket for layup. Switch positions to come back on other side of floor.</p>
6:42pm	<p>Rebound and Breakaway. One player rebounds and passes ahead to another player on a breakaway layup.</p>
6:48pm	<p>Water Break, if needed.</p>
6:50pm	<p>Scrimmage Note: Encourage passing, moving without the ball to get open, and cutting to the basket or cutting away from the ball. On Defense, Man – Me... Basket!</p> <p>Handshakes after game.</p>

Practice Plan for Week #9

FOCUS -> Form Shooting, Dribbling, Spacing and Cutting

Approx Time	Activity
6:00pm	<p>Ball Handling and Stationary Dribbling. Each boy on sideline with ball. Slapping, tipping, circling, catching, high dribble, low dribble.</p> <p>Shooting Form “Use Proper Shooting... Form!” Put balls down. Talk about BEEF. Practice form without ball. Pickup ball and practice against wall.</p>
6:06pm	<p>Dribble Suicide. Move to baseline. Number off 1-2-1-2... Dribble to half court and back. Dribble full court and back doing a cross-over at FL, HC, FL.</p>
6:08pm	<p>Dribble Laps. Dribble CCW with right side layup/shot. 2 laps. Then CW with left side layup/shot. 2 laps.</p>
6:12pm	<p>Dribble Knock-Out.</p>
6:15pm	<p>Water Break. During break, make balanced teams. Red – < list of players > White – < list of players ></p>
6:16pm	<p>Floor Spacing – V-Cut, Basket Cut (Back Door and Front Door). Explain positions 1-2-3-4-5. Show V-Cut. Sharp <u>change of direction</u>. Get players to rotate ball – but only pass to player if he does a V-Cut. Remember... “Cut to... Get Open!” and “Pass to a... Moving Target!”</p> <p>Setup next 5 players... Explain that ball rotation is good, but we really want to get the ball into the KEY. How can we do this without dribbling? A: CUT! Show how to make a back door cut if defender over-denies the pass. Show how to make a front door cut with a quick burst of speed...</p>

6:20pm	<p>5-on-1 Practice Cutting to Basket. After teaching segment, put a group at each end basket. Explain how they need to re-balance the floor (reset) after a cutter goes through.</p> <p>Coach can play defense... or one player can go on defense. Coach can call cutter name... or even better, let players decide when to cut.</p>
6:35pm	<p>Basketball Football. No dribbling. The KEY is the endzone. Cut to Get Open!</p>
6:45pm	<p>Water Break</p>
6:50pm	<p>Scrimmage</p> <p>Note: Encourage passing, moving without the ball to get open, and cutting to the basket or cutting away from the ball. On Defense, remember... “Man – Me... <u>Basket!</u>”</p> <p>Handshakes after game.</p>

Practice Plan for Week #10

FOCUS > Review Expressions, Passing Practice, Catching on the Move

Approx Time	Activity
6:02pm	Rebound and Breakaway. One player rebounds and passes ahead to another player on a breakaway layup. Do from left hand side. 2-on-0 Fast Break. Outlet, dribble to foul line, pass to player streaking to basket.
6:06pm	Dribble Relay Race. 2 to 3 teams. Cross court – pass off wall. Dribble back with opposite hand.
6:08pm	Recall Basketball Expressions... (ask for 2 demonstrators) Dribble with your... Head Up! When you can't dribble, you can still... Pivot! Cut to get... Open! Pass to a... Moving Target! On defense... Man – Me – Basket! Use proper shooting... Form! Before you make a pass... Fake a Pass!
6:12pm	Passing Practice. Groups of 3 in triangle – to practice chest pass and bounce pass. Remember... Before you make a pass... fake a pass. Fake a chest pass, then make a bounce pass. Fake to one player, then pass to the other. Overhead pass – with one player in the middle. Rotate so each player has a turn in the middle. Key point > Not too high, just high enough to go over defender.
6:18pm	Man in the Middle, OR, Bull in the Ring
6:23pm	Water Break. During break, make balanced team. Suggestion... Red – < list of players > White – < list of players >

6:25pm	<p>20 Passes! Use the Red and White teams for this game.</p> <p>Objective First team to complete 20 passes (in total, not in a row) wins. One coach for each team will keep count of the completed passes. Each time a pass is complete, they yell out the count. Again, first team to reach 20 total passes is the winner.</p> <p>Key Rules > You can go anywhere on the court to get open, but you must stay inbounds. > If you go out of bounds, the ball goes to the other team > There is no dribbling – only passing > If the ball touches the ground – other than a clean bounce pass, the ball goes to the other team</p>
6:30pm	<p>Layup Line for Give and Go – from Left Hand Side Remember... “Pass to a... <u>Moving Target!</u>”</p>
6:38pm	<p>Pass to Right Wing with Coach Defense to Deny Use back door cut to get open and do right hand layup. Remember... “Cut to... <u>Get Open!</u>”</p>
6:45pm	<p>Water Break. During break, make balanced team. Suggestion... Red – < list of players > White – < list of players ></p>
6:46pm	<p>Scrimmage Note: Encourage passing, moving without the ball to get open, and cutting to the basket or cutting away from the ball. On Defense, Man – Me... <u>Basket!</u> Handshakes after game.</p>

Practice Plan for Week #11

FOCUS -> Review Triple Threat, Transition Offense, Game Situation Decision Making

Approx Time	Activity
6:00pm	Greet kids. Have them grab a ball to warm-up.
6:05pm	Position players on baseline and have them get in Triple Threat position. Show players how they can Pivot and resume a triple threat position. Show them a Jab Step. Jab and dribble. Ball fake and dribble. Shot fake and dribble. Jab step and shot, etc...
6:10pm	Dribble Zig-Zag Chaos. Setup zig-zag course and remind players how to dribble through. Keep your head up. Use both hands. Protect the ball. Have kids pick up the cones when done.
6:15pm	<p>Recall What are the 3 behaviours that Coach looks for? Now is the time for Listening... We'll discuss offensive principles. Q: If our team could get an open layup or a contested jump shot, which is better? Q: To get good shots for the team, what does the guy with the ball need to do? (Keep head up and see the floor... pass to open guy) Q: If he hasn't dribbled, how many different things can he do? (Think Triple Threat.) Q: What about the guys who don't have the ball? (Move to get open)</p> <p>Coaches demo – two coaches/helpers on offense and one coach on defense.</p> <ul style="list-style-type: none"> ➤ Pass fake and dribble. ➤ Jab step (create space) and take shot. ➤ Ball fake and pass to cutter. Shot fake and pass to cutter. ➤ Catch pass and drive (defender out of position). ➤ Use up dribble – take a “contested shot”. <p>Q: Who do we want to take most of our shots? (A: the open guy!) Story > Steve Nash, MVP – not the leading scorer in the league... not even the leading scorer on his team! It's about making plays for team-mates!</p>

6:20pm	<p>Find the Open Guy. 3 lines on baseline – ready for 3 players to bring ball upcourt. Ask kids to get in a different line each time. Two coaches on defense. One player will be left open because coaches only cover “1-2”, “1-3”, or “2-3”.</p> <p>Objective > Find the open guy! Get a layup or close-in shot.</p> <p>If possible, evolve the drill so that 2 of the previous offensive players become the defensive players for next trio. Offensive player who takes shot goes back down court to get in line. Players who didn’t shoot go onto defense.</p> <p>Note: Coaches may need to assign coverage for next trio.</p>
6:30pm	<p>3-on-2 to 2-on-1. Two players at one end on defense. The rest of players are in 3 lines at the opposite end. First 3 players come up court with ball looking to find the open man and open shot.</p> <p>When the 2 defending players get ball (after score, rebound, or turnover), they attack in the other direction. The last offensive player to touch ball must go back on defense. The other 2 remain to play defense against the next 3 players in line.</p>
6:40pm	<p>Face up and make your move. (Time permitting). Two lines – Ball on left wing. Opposite line cuts to top of key – receives pass and ‘makes their move – either shoot or drive’.</p>
6:45pm	<p>BUMP (Game at Each End). Make up two teams for scrimmage. The BUMP winner from each team gets to take the jump ball for scrimmage.</p>
6:48pm	<p>Water Break.</p>
6:50pm	<p>Scrimmage – Note: Think about cutting to the basket to get open and receive a pass. Move without the ball to get open. If you have ball, use Triple Threat and keep your head up to see your teammates and “Fine the... Open Guy”.</p>
7:00pm	<p>Bring kids back to center court. Congratulate them on a good practice.</p>

Practice Plan for Week #12

FOCUS -> Defense, Rebounding

Approx Time	Activity
6:00pm	Greet kids. Have them grab a ball to warm-up.
6:04pm	Call kids to centre court. Today's focus is Defense and Rebounding. Explain defensive positioning. Stay between player and basket. Demo 'deny defense'. Good defense requires great hustle.
6:07pm	Position players on sideline and show them defensive shuffle footwork. Shuffle in different directions. Emphasize good position.
6:10pm	Defend Your Partner. Pair kids up. One plays defense on the other while he tries to dribble up court. Player with ball should protect the ball and use cross-over dribbles. Switch spots to come back. Option to attempt lay-up when they get to basket.
6:15pm	Deny Defense. Divide into groups of 3 at each end of the floor. Two players on offense. One on defense. Player with ball can pivot, but can't dribble. Defender tries to prevent player from getting the ball. Offensive player should cut to get open. If defender can deny for 15 seconds or gets the ball, they win! Can rotate players through positions (passer, cutter, defender)
6:22pm	Water Break.
6:25pm	Kids to centre court; each with ball. Explain Rebounding . Key points - Go <u>up</u> to get the ball. Catch it <u>over</u> your head. Demo boxing out.
6:28pm	Cross Court Relay Race. Kids dribble cross court and then take 3 shots above line on wall. They must catch ball over their head – and then dribble back. Note: Each player can have a ball for this drill.
6:32pm	Rebound, Outlet, and Run. Kids in line at top of key with ball. They hand to coach who puts up a shot. They must rebound and outlet to teammate who dribbles down court for layup. Rebounder moves to outlet and next player steps up to rebound.

6:40pm	Rebound, Box Out, Outlet, and Run. Kids in line at top of key with ball. Shooter shoots, Defender boxes out – and outlets. Outlet passes ahead to streaking player. Everyone rotates.
6:45pm	Face up and make your move. (If ahead of schedule). Two lines – Ball on left wing. Opposite line cuts to top of key – receives pass and ‘makes their move – either shoot or drive’.
6:48pm	Water Break
6:50pm	Scrimmage – Note: Think about rebounding and defense. On offense remember to cut to the basket.

Practice Plan for Week #13

FOCUS -> Passing to Moving Target, Catch Ball with Feet off Ground

~ Time	Activity
6:05pm	Quad Pass and Cut Away – Two players on each side of a passing lane. First player passes ball, and then must cut away to touch a line on the floor behind him. Same action on other side of passing lane. The ball can move quickly back and forth and the players should always be moving. Players should also learn to catch ball with feet in the air – and land with a 2 foot jump stop.
6:10pm	Tri Pass and Follow – Similar drill to above, but rather than cutting away, players follow pass and touch a line behind the opposite side.
6:15pm	3-on-1 to 3-on-0 – One player goes down to play defense. 3 players attack – looking for open man and open shot. Whichever offensive player is last touch will stay on defense. The other 3 players run the court 3-on-0 for layup at other end. Key point to emphasize > Look ahead and pass ahead.
6:25pm	3 to 4 player Shooting and Rebounds. Two or three rebounders feed ball to shooter who takes shots from elbows. On 5 th shot, rebound is live. Whoever gets it is the next shooter. Make sure everyone gets at least 1 chance to be the shooter.
6:35pm	Face up and make your move. Two lines – Ball on left wing. Passer will become rebounder. Right side line cuts to key – calls for ball – receives pass, and “makes their move” either shoot or drive. Coach defense. <i>Can also have receiver cut to basket to receive pass for layup. Call name of passer if you want the ball.</i>
6:45pm	Scrimmage with whistle stops & instruction. Focus on head-up dribbling (‘see the floor’), cutting to get open, defensive position (Man – Me – Basket), and rebounding.

6:55pm	Cross court relay race. Two foot jump stop – shoot against wall – catch ball above head. Time permitting, second relay with pivot – ball fake – pivot – pass off wall.
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Practice Plan for Week #14

FOCUS -> Attacking the Basket, Looking for Layups

~ Time	Activity
6:05 pm	<p>Dribble-Pivot-Kick-Layup – player with ball makes a drive to basket from Triple Threat position – but simulates being stopped, and kicking ball to teammate to attack basket for layup.</p> <p>Next, use coach defense to direct player either left or right. If you get to the basket, shoot. If you get stopped, kick ball to team-mate.</p>
6:15pm	<p>Zig-Zag, Dribble - Penetrate - and Pass.</p> <p>Match up players of similar ability. Note: Drill requires an even number of players to keep balanced match-ups.</p> <p>First pair sets up down-court in left and right wing position. These players will be the receiver/scorer on the first rotation. Their job is to make V-Cuts to get open, then pass to their partner who cuts to basket for layup.</p> <p>Next pair starts out as Point Guard & On the Ball Defense (note: this pair will switch Offense for Defense next time they come through the rotation.)</p> <p>The PG brings ball up court doing zig-zag as necessary and dribble penetrates to foul line or below. Then, passes to an open wing player. Opposite wing cuts to basket to receive pass and score on a layup. The player who scores sprints back. The other player does a dribble zig-zag back up sideline.</p> <p>Point guard and defender now rotate to wing positions.</p> <p>Next pair is ready to bring ball up court.</p>
6:30pm	<p>2 on 0 Fast Break – Have kids pair up with their cover.</p> <p>Rebound, outlet, and run!</p> <p>Key idea > Run full speed and get up court!</p> <p>BIG THOUGHT > Pass to your team-mate if they are ahead of you.</p>
6:40pm	<p>Scrimmage – Layups worth 2 points. Other shots are only worth 1 point.</p>
6:55pm	<p>Cross court relay race. Two foot jump stop – shoot against wall – rebound by catching ball above head. 2 ways to win; ‘fastest team’ and ‘best form’.</p> <p>Time permitting, second relay with pivot – ball fake – pivot – pass off wall.</p>

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Practice Plan for Week #15

FOCUS -> V-Cuts, Backdoor Cuts, Transition Offence, Layups

~ Time	Activity
6:00pm	Call kids to centre court. Today, we're going to do some cutting and layup drills.
6:05pm	Ball Handling Warm-Up – On sideline. Dribble across and back. Do slapping, circling, jump & catch, triple threat, dribble high / low / between legs. Again, across court – go behind back at other side.
6:10pm	Dribble Zig-Zag Chaos. Setup zig-zag course and remind players how to dribble through. Keep your head up. Use both hands. Protect the ball. Have kids pick up the cones when done.
6:15pm	V-Cut to Get Open – then Drive for Layup. (Split into 2 groups = teams for scrimmage) Make 2 lines (like for layups). Ball on right side. Left side player does V-Cut to receive pass – and then right side player does V-Cut to get ball back. After getting pass, square up; fake a shot or pass; and then drive for layup. Key idea > Square up to the basket... <u>on every catch!</u> Key idea > Fake a move, then... <u>make a move!</u> Switch sides for left hand layups. Next, add option to do a backdoor cut after making V-Cut. Option to add defender to play deny defense. Passer and cutter need to work together with eye contact to make a successful pass.
6:25pm	20 Passes! First team to complete 20 passes (in total, not in a row) wins.
6:35pm	3-on-2 to 2-on-1. Remember, last touch comes back for defense.
6:45pm	Scrimmage
6:55pm	Suicide Layups – 3 minutes to get 12 layups Alternative > If team misses 3 layups in a row, they must do suicide. Also option to “earn the coach a suicide” if they make 5 layups in a row.

Key Expressions

You can teach these to your players. Then, coach starts the phrase, and players finish the phrase.

- Dribble with Your... **Head Up**
- Before you Make a Pass... **Fake a Pass**
- Pass to a... **Moving Target**
- Cut to Get... **Open**
- Find the... **Open Man**
- Square up to the Basket on... **Every Catch**
- Fake a Move, then... **Make a Move**
- Drive Towards... **the Basket**
- On a Fast Break, Look... **Ahead**
- Use Proper Shooting... **Form**
- On Defense, Man – Me... **Basket**
- On Rebounding, Man First... **then Ball**

