

**Kanata Basketball Association**  
**Skills & Drills**

**Ten Practice Plans**  
**for**  
**Train to Train Phase Players**  
**(Ages 11 – 13)**



# Training to Train Phase

**(Ages 11 – 13)**

This is a phase that many coaches will be focused on. Children will be between the ages of 11 and 13 during this phase. The focus here is not on the technical aspects of basketball, although some techniques should be introduced, nor is the emphasis on competing or competing to win. The major emphasis in these first 3 or 4 years of training should be on acquiring fundamental skills such as running, jumping, throwing, agility, balance, eye-hand coordination, and eye-foot coordination. Mastering these skills at a young age is critical, as they form the base for all of the more complex, sport-specific skills to be learned later in an athlete's career. It is important to note that, if these skills are not acquired early in an athlete's career, it will inhibit that athlete's ability to reach his or her potential in later years. Children can be taught to play in certain positions at the beginning of this phase, and position-specific training can be introduced toward the end of this phase.



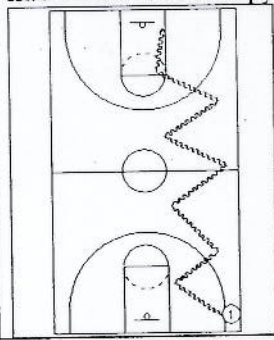




## Practice Plan #1 For players aged 11-13

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 1 Date
		-
Emphasize -BIG jump stop -eyes up when dribbling	-go as fast as you can with ball handling drills	Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-be strong when holding the ball  
 THOUGHT OF DAY- cheer for each other  
 HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1. butt kicks 2. knees to chest 3. gaint skips 4. backwards jog 5. carrioca run 6. bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble knock out	A dribbling game where kids attempt to knock the ball away from each other
12:10-12:15	<b>Ball Handling /dribbling drills</b> Finger tipping, stationary bounce Hand slaps, push pull Body circle, spider dribble Leg circles, scissor dribble Figure 8's, sitting on floor dribble	There are many drills to choose from. Try and use new ones each session
12:17-12:22	Teach Triple threat stance	demonstrate
12:22-12:25	Teach Dribble/ pivot/pass - 2 kids with 1 ball	Have a big jump stop, good sweep and quick pivot
12:25-12:27	Water	
12:27-12:33	Full court dribble moves 1. right down and left hand back 2. cross overs every 2 dribbles 3. b/w legs every 2 or 3 dribbles 4. go behind back every few bounces	-set up pylons, stagger them down the floor make a move at each pylon and score a lay up 
12:33-12:37	Teach Lay-ups	-begin with high five lay ups -then with no dribble-work on proper foot work -then with 1 dribble
12:40-12:45	Do "x lay up drill"	Kids begin beneath the basket. They dribble

		to the foul line, jump stop, pivot, and dribble in for a layup. Then dribble out the the other elbow, jumpstop, pivot and continue until 8 shots are made.
12:45-12:55	3on 0 - go over proper spacing and rotation: if a spot is empty-it must be filled.	
12:55-1:05	Play 3 on 3 in the half court	Try and get kids to focus on spacing and filling open spots.
	water	
1:05-1:15	<b>Moves on the move</b> Have players at half court with ball. Player dribbles toward pylon, makes a move and scores a layup. Player then makes the same move coming back to half court.	
1:15-1:25	Play 5 on 5 full court	
1:25-1:30	Call kids in, and review what was taught that day.	

## Practice Plan #2 For players aged 11-13

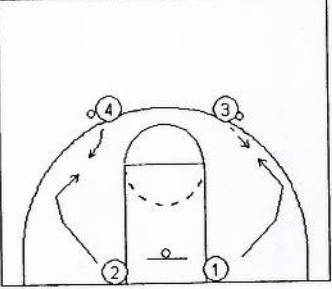
<u>Prepractice notes</u>	<u>Teams:</u>	Practice #2 Date
Emphasize -a good follow through on shot - Key words for passing "fire a pass, POP a pass" "hands up"		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-

THOUGHT OF DAY-

HANDOUT of day: no hand out today

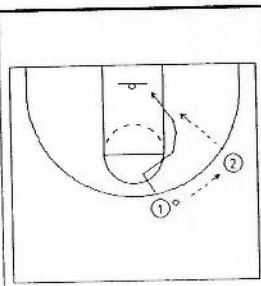
<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills (p.22) 1. butt kicks 2. knees to chest 3. gaint skips 4. backwards jog 5. carrioca run 6. bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Passing tag (p.27).	A passing game where children tag each other. The game begins with 2 players that are "it". Only when one of the "taggers" has the ball, can they tag someone. The 2 taggers move around the floor passing the ball to each other, trying to tag everyone. Once a person is tagged they become a tagger. The game ends when all players are taggers.
12:10-12:15	Full court dribbling-set up pylons in a straight line.. Accelerate-decelerate at each pylon and finish with a lay-up.	
12:15-12:17	Water break	
12:17-12:22	Introduce shooting-DEMO (p.31-33) Spread kids out on floor, and wall them through the mechanics. Wall shooting Floor shooting Form shooting Perfect shots	-against the wall, alining forearm on wall -lying on back, flick ball into air -3 feet away from basket -6 to 8 feet away from basket
12:22-12:27	-partner shooting(2 people 1 ball per pair)	-first group to make 5 shots wins! -shoot from different spots on floor

12:32-12:42	Pop out shooting-have kids in 4 separate lines. -first side to make 10 shots wins (p.36)	
12:42-12:47	Dribble Pivot Pass (p.30)	Do this quickly, focus on a Big Jump stop, and a quick pivot, get low in triple threat stance
12:47-1:00pm	3 on 3- focus on passing cutting and replacing(p.61)	-must have 3 passes before a shot can be taken.
1:00-1:10	Ball handling activities (42-45) CHOOSE 10 DRILLS FROM THIS SECTION	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> <li>9.</li> <li>10.</li> </ol>
1:10-1:15	Dribble knock out (p.27)	
1:15-1:20	Partner shooting (p.34)	
1:20-1:30	5 on 5 Scrimmage	

**Practice Plan #3 For players aged 11-13**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 3 Date
Emphasize -call names of the person your passing to -give a target - Key words for passing "flick" "follow through"		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-hands up  
 THOUGHT OF DAY- call each other's names in all passing drills  
 HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills(p.22) 1.lateral shuffle 2.carioca 3.standing long jumps 4.zig zag runs 5.running down crt. Forward then back, switch at the foul line and center crt markers.	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble Pivot Pass(p.30)	
12:10-12:15	Dribble knock out(p.27)	-guard the ball, keep eyes up
12:15-12:17	Water break	
12:17-12:22	Introduce passing(p.37) DEMO Key pts:step into pass, flick wrist, thumbs down, pinkies up, receiver has hands up	Hands on back on ball in shape of "W" Illustrate passes (chest, bounce, over head, push)
12:22-12:28	Get players to partner up, with one ball between the two of them (p.38-39) -stand about 12 feet apart, maybe closer	Execute the following passes:chest, bounce, over head, push -move quickly
12:28-12:35	-try using two balls, so players are passing to each other simultaneously	-one player makes bounce pass while the other makes chest pass
12:37-12:40	Star passing (p.39)	Have players in a semi-circle with 2 balls, after a pass is made the player in the middle receives a pass.
12:40-12:42	water	
12:42-12:52	2 on 0 give and go cuts - player 1 passes to 2, then 1 cuts towards the hoop and 2 passes back to 1 for a layup. (p.61)	

12:52-1:00	Scrimmage 3 on 3 Make sure kids work on cutting and rotating.	-rule must have 4 passes before a shot can be taken.
1:00-1:05	Talk about sweeping, DEMO. (p.64) Each child has a ball, have them sweep the ball threw their knee caps several times. Then do this into a dribble.	
1:05-1:10	Put kids in 4 lines on the baseline. Each player has a ball. On Coach's cue, player sweeps ball, dribbles 2 times and comes to a jump stop. Do this moving all the way down the floor.	
1:10-1:15	Dribble/Pivot/Pass with SWEEPS!	
1:15-1:30	Scrimmage 5 on 5	Have kids focus on cutting after they make a pass. Make a rule that after you pass, you cannot stand still

## Practice Plan #4 For players aged 11-13yrs

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 4 Date
Emphasize-proper foot work of lay-up -eyes up when dribbling and go as fast as you can.		- <b>Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.</b>

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills-while bouncing ball (p.22) 1.butt kicks 2.knees to chest 3.gaint skips 4.backwards jog 5.carrioca run 6.bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Full court dribbling	-working on the following x-overs: 1.in front of body 2.between legs 3.spin 4.straight ahead with both hands 5. accelerate and decelerate
12:10-12:15	<b>Ball Handling/dribbling drills (p.42-45)</b> Finger tipping, stationary bounce Hand slaps, push pull Body circle, spider dribble Leg circles, scissor dribble Figure 8's, sitting on floor dribble	There are many drills to choose from. Try and use new ones each session - do these drill balancing on alternate legs
12:15-12:17	Dribble/Pivot/Pass (p.30)	
12:17-12:22	Partner shooting contest (p.34)	2 player and 1 ball b/w the 2. First pair to make 5 shots from a designated spot wins. Players must count their score out loud.
12:22-12:27	Split into 2 lines-a lay-up line and a rebound line. (p.47)	Have kids work on their lay-ups
12:29-12:33	Form shooting at a basket (p.33)	
12:33-12:37	3 man weave (p.40)	At the end, make a lay-up and come back down towards the end at which you began.
12:37-12:43	Cross over attack (p.44)	Players partner up, each with a ball. They line up across from each other on oppsite sides of crt. On "GO!" they dribble at each other, and make the same move as they reach each other. (ie. Cross over in front of body left to right hand)
12:43-12:50	3 on 0 (p.62)	-work on cutting and replacing- <b>leave a spot-fill a spot.</b>
12:50-1:00	4 on 4 full court	Play to a score of 7 pts. Each basket is worth 1 pt.
1:00-1:10	Partner Passing (p.39) 1 ball for every 2 players work on one handed tip passes, chest passes, bounce passes, overhead passes.	

	Then do passes with 2 balls at one time.	
1:10-1:15	Partner passing on the move. Have players start on end line and move up the floor. Players must make every catch with a JUMPSTOP. Players move up the floor, passing the ball back and forth and JUMPSTOPPING on every catch.	
1:15-1:25	3 on 3 in the half court	Work on cutting and replacing.
1:25-1:30	Shot of the day. Choose a "trick shot" for that day. Who ever makes the basket, wins a juice or a pop.	

## Practice Plan #5 For players aged 11-13yrs

Prepractice notes	Teams:	Practice # 5 Date
Emphasize-proper foot for defense, keep BUTT DOWN, have a big slide.		<b>Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.</b>

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

TIME	ACTIVITY	NOTES
12:00-12:05	Running drills-while bouncing ball (p.22) 1.butt kicks 2.knees to chest 3.gaint skips 4.backwards jog 5.carrioca run 6.bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble knock out (p.27)	Players can only dribble with their Weak hand!
12:10-12:15	Introduce Defense (p.50) Get kids spread out in front of coach. Teach proper stance	Key words-"butt down, hands out, feet wide, slide"
12:15-12:17	Do the Military Drill (p.51)	Coach uses cues of :STANCE", "CHOPPERS", "LEFT", "RIGHT", SHOT", "BALL"
12:17-12:22	Full court slides(p.52)	Demo
12:22-12:27	Key slides (p.52)	-emphasize staying low, with hands up - put 30 secs on the clock, and see how many times players can slide back on forth across the key in 30 secs.
12:29-12:33	Form shooting at a basket (p.33)	-hold follow through, and go very slow. - be 3 feet away from basket
12:33-12:40	3 man weave (p.40)  Then have the person who made the lay up, run back and play defense against the other 2 players, who take the ball and come come back the other way, on a 2 vs 1 fast break.	At the end, make a lay-up and come back down towards the end at which you began.
	Water	
12:43-12:48	Dribble pivot pass- focus on a big jump stop and a "aggressive SWEEP" (p.64)	-when catching a pass, make sure you catch with a jumpstop.
12:48-1:00	Zig zag passing (p.40)	Keys-run fast, "FIRE" a pass, keep hands up

	-half way through, switch roles so the runners become passers and passers become runners.	
1:00-1:10	Introduce the Jab fake.(p.53) and ball fake. DEMO	Have players in 4 lines on the baseline. First player up, makes a fake, take 2 dribble and comes to a jumpstop.
1:10-1:15	Beat the Pro (p.54)	Have kids tell you who they are playing against
1:15-1:20	1 on 1	Pair kids up and have them play 1 on 1 to a score of 3 baskets. -use the following rules: you must use atleast one fake, and you cannot dribble more than 5 times.
1:20-1:30	Scrimmage 5 vs 5 full court.	

**Practice Plan #6 For players aged 11-13**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 6 Date
Emphasize		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills(p.22) 1. 2. 3. 4. 5. 6. 7.	CHOOSE NEW RUNNING DRILLS THIS WEEK! (P.22-26)  Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Ball Handling and Dribbling drills (p.42-46) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	CHOOSE NEW DRILLS THIS WEEK! (p.42-46) For some of the drills, have kids do them while balancing on 1 leg. This is a good chance for kids to work on their balance with out realizing it.
12:10-12:15	Dribble knock out(p.27)	-guard the ball, keep eyes up!
12:15-12:17	Water break	
12:17-12:22	Star Passing (p.39)	
12:22-12:28	Pig in middle passing (p.39)	Good chance to work on fakes! "fake high and pass low"
12:28-12:32	Rebounding DEMO (p.55)	
12:32-12:38	Big Boards (p.57)	Have player jump high, keeping their hands above their head when they go for the rebound.

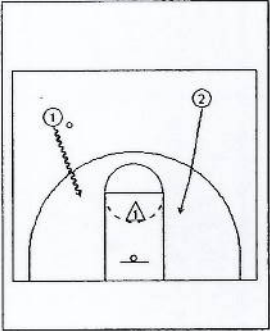
12:38-12:42	Circle Box outs (p.55)	
12:42-12:48	Rebounding to One on One (p.56)	<ul style="list-style-type: none"> <li>- have two lines at the top of the key, each line is one team.</li> <li>- Play to a score of 7.</li> </ul>
12:48-12:55	<p>2 on 0 give and go cuts (p.61)</p> <ul style="list-style-type: none"> <li>- player 1 passes to 2, then 1 cuts towards the hoop and 2 passes back to 1 for a layup. (p.61)</li> <li>- player cutting must make a <b>HARD, QUICK CUT.</b></li> </ul>	
1:00-1:05	Partner shooting. 1 ball per pair.	Play until one pair get s 10 baskets.
1:05-1:10	Water	
1:10-1:20	<p>2 vs 1 decision making</p> <ul style="list-style-type: none"> <li>-have 2 line at half court, 1 line has the basketballs.</li> <li>-there is one player on defense.</li> <li>-the 2 offensive player "attack" the defender and try to score.</li> <li>-only when the defender stops the dribbler, should the should the dribbler pass the ball. If the dribbler is not stopped, he/she should go for a lay up.</li> </ul>	
1:15-1:30	Scrimmage 5 on 5	<p>Have kids focus on cutting after they make a pass.</p> <p>Make a rule that after you pass, you cannot stand still</p>

### Practice Plan #7 For players aged 11-13

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 7 Date
Emphasize		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills(p.22) 1. 2. 3. 4. 5. 6. 7.	CHOOSE NEW RUNNING DRILLS THIS WEEK! (P.22-26)  Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Ball Handling and Dribbling drills (p.42-46) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	CHOOSE NEW DRILLS THIS WEEK! (p.42-46) For some of the drills, have kids do them while balancing on 1 leg. This is a good chance for kids to work on their balance with out realizing it.
12:10-12:15	Passing tag (p.27)	-keep hands up -call names
12:15-12:17	Water break	
12:17-12:22	Wall shooting (p.33) Floor shooting (p.33)	
12:22-12:28	Partner shooting	-shoot from straight on, and from each baseline.
12:28-12:32	Work on feet going 1-2 for a pull up jump shot.(p.36)	-out of a triple threat stance, player take a dribble and comes to a 1-2 stop.

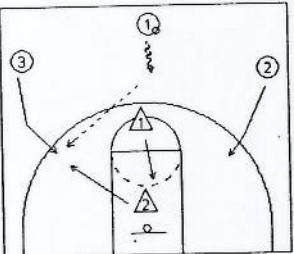
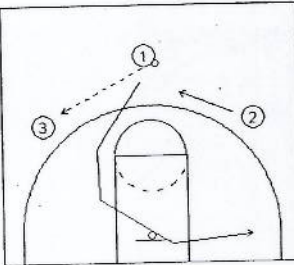
12:32-12:38	Ball spin pull ups.	Have players begin underneath the basket, spin the ball out to themselves, jumpstop, pivot, and dribble into a 1-2 stop and shoot the ball.
12:38-12:48	Scramble (p.56)	<ul style="list-style-type: none"> <li>- divide players into 2 teams</li> <li>- play to a score of 7.</li> </ul>
12:48-1:00	Drink of water then score a shot at each basket and sit in center circle.	
1:00-		
1:00-1:05	Partner shooting. 1 ball per pair.	Play until one pair get s 10 baskets.
1:05-1:10	Water	
1:10-1:20	<p>2 vs 1 decision making</p> <ul style="list-style-type: none"> <li>-have 2 line at half court, 1 line has the basketballs.</li> <li>-there is one player on defense.</li> <li>-the 2 offensive player "attack" the defender and try to score.</li> <li>-only when the defender stops the dribbler, should the should the dribbler pass the ball. If the dribbler is not stopped, he/she should go for a lay up.</li> </ul>	
1:15-1:30	Scrimmage 5 on 5	<p>Have kids focus on cutting after they make a pass.</p> <p>Make a rule that after you pass, you cannot stand still</p>

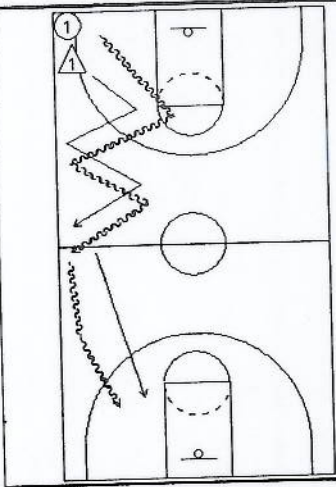
### Practice Plan #8 For players aged 11-13

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 8 Date
Emphasize		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills(p.22) 1. 2. 3. 4. 5. 6. 7.	CHOOSE NEW RUNNING DRILLS THIS WEEK! (P.22-26)  Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Ball Handling and Dribbling drills (p.42-46) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	CHOOSE NEW DRILLS THIS WEEK! (p.42-46) For some of the drills, have kids do them while balancing on 1 leg. This is a good chance for kids to work on their balance with out realizing it.
12:10-12:15	Moves on the Move (p.43)	- keep head up and perform the following moves: B/w legs, behing back, in and out, cross over in front of body, change of pace.
12:15-12:17	Water break	
12:17-12:22	Wall shooting (p.33) Floor shooting (p.33)	
12:22-12:28	x-Lay-ups.(p.48) Have each player go 1 at a time. Give each player 45 secs to see how many lay-ups they can make in that time. Each time after a lay-up they must dribble back to the foul line.	-winner gets a pop or juice.
12:28-12:32	One set of Zig Zag slides.(p.52)	

12:32-12:38	One on One tournament	Pair up players for one on one tournament of use the one on one ladder. See p.54, drill #6. -each player is allowed a maximum of 5 dribbles. -make sure the defense is in a stance.	
12:38-12:48	Introduce V-cut and L-cut (p.57) DEMO	<ul style="list-style-type: none"> <li>- have player in 2 lines (one at the top of key and one on the wing).</li> <li>- Player will do V-cut then go in for lay-up.</li> <li>- Go on both side, and use both V and L cuts.</li> </ul>	
12:48-1:00	<b>3 vs 2 decision making</b> <ul style="list-style-type: none"> <li>- Have the ball begin in the center with the 1 man. The 3 offensive players run from half court and try to score on the 2 defenders.</li> <li>- The bottom defender should take the first pass and the top defender should drop below the hoop.</li> </ul>		
1:00-	water		
1:00-1:05	<b>3 on 0 cut and fill (p.62)</b> -after a cut always SPACE OUT(to 3 pt. Line) and UP.  -players on the wing can use their new cuts to get open.(V-cuts and L-cuts)		

<p>1:05-1:15</p>	<p>One on One full court.(p. 54)          -Play one on one zig zag to half court, then at half court, the players play "live".          The ball handler is allowed 8 dribbles maximum before she/he take a shot          -we are working <b>on offense and defense</b> in this drill.</p>	
<p>1:15-1:20 1:20-1:30</p>	<p>Dribble/Pivot/Pass          Scrimmage 5 on 5</p>	<p>Have kids focus on cutting after they make a pass.          Make a rule that after you pass, you cannot stand still.</p>

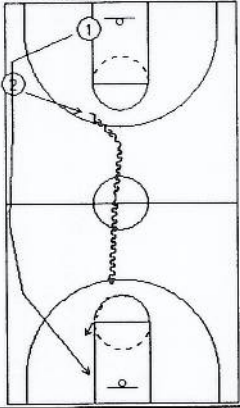
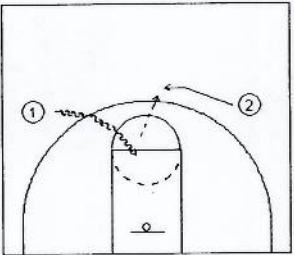


**Practice Plan #9 For players aged 11-13**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice #9 Date
Emphasize		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills(p.22) 1. 2. 3. 4. 5. 6. 7.	CHOOSE NEW RUNNING DRILLS THIS WEEK! (P.22-26)  Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Ball Handling and Dribbling drills (p.42-46) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	CHOOSE NEW DRILLS THIS WEEK! (p.42-46) For some of the drills, have kids do them while balancing on 1 leg. This is a good chance for kids to work on their balance with out realizing it.
12:10-12:15	4 corner passing (p.40)	-FIRE a pass
12:15-12:17	Water break	
12:17-12:22	Form shooting (.33)	

12:22-12:28	2 on 0 Bust out (p.59)	
12:28-12:30	water	
12:30-12:38	Step up Shooting (p.36) -each player takes 10 shots then rotate	<ul style="list-style-type: none"> <li>- have hands up</li> <li>- feet must be set</li> <li>- BUTT down and get low.</li> </ul>
12:38-12:44	Beat the Pro! (p.54)	
12:44-12:54	<p>2 on 0 Drive and kick</p> <p>-ball begins with 1. 1 <b>sweeps</b> and drives the ball to the middle of the key. Comes to a <b>JUMPSTOP</b> and passes to 2, who fills in behind. 2 then shoots the ball.</p> <p>2 fills in behind to make the pass easier for 1.</p>	
12:54-1:00	<p>All players have a ball and are on the baseline. Execute the following cross over moves when moving down the court. (p.43)</p> <ol style="list-style-type: none"> <li>1. b/w legs</li> <li>2. behind back</li> <li>3. spin</li> <li>4. x-over in front of body</li> <li>5. change of pace</li> </ol>	
1:00-1:10	<p>3 on 3 cut and fill (p.62)</p> <p>-after a cut always <b>SPACE OUT</b>(to 3 pt. line) and <b>UP</b>.</p> <p>-players on the wind can use their new cuts to get open.(V-cuts and L-cuts)</p>	<ul style="list-style-type: none"> <li>-separate players into two teams.</li> <li>-player to s score of 4 baskets.</li> <li>-stay in the half court so players can work on cutting and filling</li> <li>-use the drive and kick principles that were worked on earlier in practice.</li> </ul>

1:10-1:15	3 partner shooting. Have 2 basketballs. Player must retrieve their own shot and pass to the open man who is <b>shot ready (p.33)</b> , waiting for a shot.	-first group to make 15 shots wins. -must count out score loud after each make.
1:15-1:20 1:20-1:30	Scrimmage 5 on 5 Full court.	Be sure to stop play to make corrections Play short games to 4 or 5 baskets.

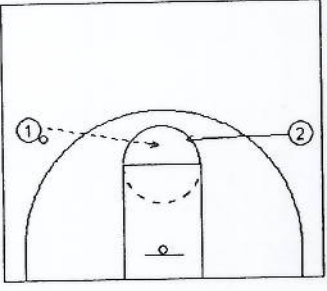
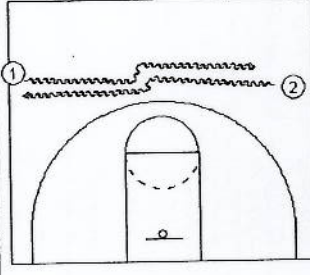
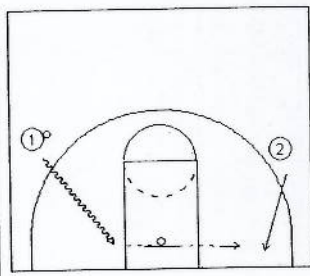


**Practice Plan #10 For players aged 11-13**

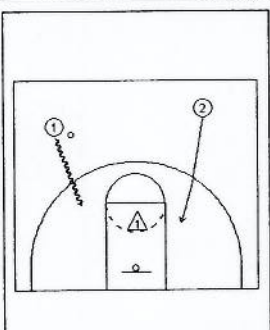
<u>Prepractice notes</u>	<u>Teams:</u>	Practice #10 Date
Emphasize		Please refer to Steve Nash Youth Basketball Coaching Manual where page numbers are indicated.

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day:

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills(p.22) 1. 2. 3. 4. 5. 6. 7.	CHOOSE NEW RUNNING DRILLS THIS WEEK! (P.22-26)  Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Ball Handling and Dribbling drills (p.42-46) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	CHOOSE NEW DRILLS THIS WEEK! (p.42-46) For some of the drills, have kids do them while balancing on 1 leg. This is a good chance for kids to work on their balance with out realizing it.
12:10-12:15	Dribble knock out	-do once with left hand only then with both hands
12:15-12:17	Form shooting	
12:17-12:22	Dribble/Pivot/Pass	

12:22-12:28	Fill cut to shot drill (p.36) - make sure player 2 cuts hard to the pass with hands up, and make sure player 1 throws a good pass.	
12:28-12:30	water	
12:30-12:38	3 man weave to 2 on 1 (p.60)	-player who scores lay-up must run back on defense. - the other 2 player have a 2 vs 1 fast break.
12:38-12:44	Cross-over attack (p.44) - CHOOSE DIFFERENT MOVES TO MAKE!! (p.43) - 1. - 2. - 3. - 4. - 5.	
12:44-12:54	2 on 0 Drive and kick -ball begins with 1. 1 sweeps and drives the ball to the baseline. Comes to a JUMPSTOP and passes to 2, who rotates down to the baseline as well. 2 then shoots the ball. -important to make the pass easier for the passer. - go on both sides	
12:54-1:00	<b>Wall passing-</b> Have player in 3 lines(3 or 4 player per line) -have 1 ball per group -player throws HARD chest pass at wall, then fills in behind line.  - all players do this, this is a continuous drill-chest pass and go to back of line	-key to this drill are to throw very HARD passes against the wall and to quickly shuffle in behind the line as player can get ready to go again.

1:00-1:10	<p>3 on 3 cut and fill (p.62)</p> <p>-after a cut always SPACE OUT(to 3 pt. line) and UP.</p> <p>-players on the wind can use their new cuts to get open.(V-cuts and L-cuts)</p>	<p>-separate players into two teams.</p> <p>-player to s score of 4 baskets.</p> <p>-stay in the half court so players can work on cutting and filling</p> <p>-use the drive and kick principles that were worked on earlier in practice.</p>
1:10-1:15	Star passing (p.39)	

1:15-1:20	2 on 1 decision making	
1:20-1:30	5 on 5 scrimmage (p.63)	Keep score and play short games to 5 pts each.

