

## TYPICAL PRACTICE PLAN

<b>Basketball - Quick Lay Up Drill</b>	<b>10 minutes</b>
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<b>Purpose:</b>	Great drill for working on layups for beginners.
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<b>Procedure:</b>	Place a ball on each lower block of the free throw line. Place one player outside of each ball. Place a player in the middle of the lane three feet behind the balls. On go the player in the middle of the lane goes to the ball on the right hand side of the basket, picks it up and makes a layup, then immediately goes to the ball on the left hand side of the basket, picks it up and makes a layup. The players on each side of the basket get the rebound and place the ball back on the block so that the player in the middle can continue working from side to side making layups. See who many layups each player can make in a minute.
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<b>Stationary Dribbling Drill</b>	<b>10 minutes</b>
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<b>Purpose:</b>	Helps players develop ball control skills.
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<b>Procedure:</b>	Start with players spread out and facing the coach in two or three lines. Have them begin in ready position dribbling in place with their dominant (Strong) hand while protecting the ball with their non-dominant (weak) hand. Move among the lines and check their balance, make sure their butts are down, backs straight and heads up (not watching the ball). When you shout "change" have them cross the ball quickly over to their other hand. Check their balance, stance, and head again.
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<b>Anticipation Drill</b>	<b>15 minutes</b>
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<b>Purpose:</b>	This drill will help players develop skills for anticipating the pass. (Playing off the ball defense)
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<b>Procedure:</b>	This drill requires 4 players and one ball. Setup one offensive player on the right block, one offensive player on the left block, one offensive player at the top of the key with the ball and one defensive player three steps ahead of the two offensive players on the block in the middle of the key. The defender should stand in the defensive "ready position" (Defensive stance) with hands ready and focusing on the person with the ball. The offensive player with the ball throws the ball to the person on the left block. The defender must anticipate the throw and step into the passing lane and catch the ball before it reaches the offensive player. Once the defender catches the ball, the player will pass it back to the point player who will then try to make a pass to the right block. Again, the defender should read the pass, step into the passing lane and catch the ball before it reaches the offensive player. At first you can let the defender know which block the pass is going to be made to. Once the defender becomes more experienced at reading the pass, the pass should be made to either block without letting the defender know where the
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pass is going. Make sure the defender is stepping into the passing lane and not running at the offensive player. Rotate players through so that each has an opportunity to pass, receive and play defense.

<b>Tip Drill</b>	<b>5 minutes</b>
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<b>Purpose:</b>	Helps develop timing and jumping ability for rebounding.
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<b>Procedure:</b>	Line up players at the free throw line in a single file line. First man in line throw the ball against the backboard and goes to the end of the line, next man follows and with arms fully extended (use wrists) tips the ball back against the backboard, each following player continues to follow and tip the ball against the backboard with arms extended and then goes to the end of the line to repeat.
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<b>Three on Three Blockout Drill</b>	<b>15 minutes</b>
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<b>Purpose:</b>	Develops blocking out skills for rebounding.
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<b>Procedure:</b>	Line up three players on top of the free throw line. Line-up another three players just inside of the free throw line. The three players closest to the goal need to block out the other three players. Each team gets a point for a rebound, first team to three wins. Winners stay in and switch to the other side.
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<b>Basketball - Shell Drill</b>	<b>10 minutes</b>
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<b>Purpose:</b>	Teaches team defensive techniques.
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<b>Procedure:</b>	Four players assume offensive positions at guards, wing and corner positions. Four players assume defensive positions based on the following:
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| <ol style="list-style-type: none"><li>1. If your man has the ball play the ball - push to sidelines, no penetration.</li><li>2. If your man is one pass away - play deny stance in the passing lane.</li><li>3. If your man is two passes away - play in the key in help position.</li><li>4. If your man is more than two passes away - play on the split line in help position.</li></ol> |
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On ball movement all defensive players move to the correct position. On receiving the pass the offense must always catch and face. When learning this drill have the offense hold the ball for two-second count before passing.
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**3 – Man Weave Drill (conditioning)****10 minutes****Basketball - Pass and Run Drill****10 minutes****Purpose:**

This is a great drill for working on moving to the ball, inbounds passing, shooting and layups.

**Procedure:**

This drill starts with two lines underneath the basket. The lines should be just outside of the free throw lane. A coach should be positioned three feet in front of the basket. A player should be placed on each side of the coach. The first two players in each line have a ball. On the whistle the player on each side of the coach heads to the basket, the first person in line makes a pass to the cutting player for a layup. As soon as the person in line makes the pass, he should run around the coach to the other side and cut to the basket and receive a pass for a layup. The player who shoots should get their own rebound. After each player has gone through the drill from each side, the coach should move back to the free throw line and the drill continues. (No dribbling is allowed).

**Pepper Drill****10 minutes****Purpose:**

Drill works on passing and receiving fundamentals.

**Procedure:**

Divide team into groups of 5 players. Player's form a semi-circle around one player. (Note that the player in the middle is one step inside the semi-circle, this ensures that the player must use their peripheral vision to see the players on the ends of the semi-circle). The player in the middle and the player on one end each have a ball. Working clock-wise the player in the middle passes to the next player in the circle who does not have a ball. Once the player in the middle makes the pass, they look for a pass from the first player in line who has a ball. They then pass to the next player in line who doesn't have a ball. This continues until they reach the last player in the semi-circle and then they return in the opposite direction. Rotate players so that each has a turn to be in the middle.

**Shooting Drill****15 minutes****Purpose:**

Drill works on shooting fundamentals and footwork.

**Procedure:**

Divide team into groups of 2 players on each basket. One player rebounds while other player shoots from the each corner of the free throw line (elbow). Teams shoot for 1 minute or see which team can make 10 baskets first. Focus on footwork, catching and shooting properly.

**Knock Out  
Free Throw Contest**