 **Basketball Practice #1 - Sample** 

1. Warm-up 10-15 minutes
   1. Half court dribbling
      1. Right Hand down, Left Hand back x2
      2. Crossover down and back x2
      3. Green Light (Forward), Yellow Light (Backward), Red Light (Stop but keep dribbling
   2. Passing/Catching
      1. Partner Passing back and forth to half court and back x2
      2. Star Passing (pass to person 2 to your right, Bounce & Chest)
      3. Three Person Passing (Side to Center to Side, repeat to half court and back)
2. Form shooting 5-10 minutes
   1. Practice against the wall (feet, shoulders, hand behind the ball, goose neck)
   2. Using a basketball (5 spots – baseline, angle, straight on close to the basket)
   3. On the floor (Can do at home, builds wrist and forearm strength)

Get a Drink

1. Shell Drill (Offense & Defense) 10-15 minutes
   1. Offensive Movements & Passing (Introduce small play movements)
      1. Work on spacing (use little cones)
      2. V-cuts to get open
      3. Back door cuts to get open
      4. Introduce screens without defense (get set before moving)
   2. Defensive Movements & Communication
      1. Positioning (Between person and hoop, know where ball is)
      2. Defensive Stance
      3. No reaching/No hugging (No hands, behind back?)
      4. Help your teammates
      5. Boxing out (shot goes up yell “shot”, find body to box out)
      6. Talk!!!!!!! (“I’ve got #5”, “Ball”, “Shot”, “Help”)
2. Shooting 5-10 minutes
   1. Quick Shot Drill (2 rebounders, 1 Shooter)
   2. 5 Spot Shooting (focus on form and shoot up)
   3. Lay-ups (High Fives, skipping, Elbow/Knee String)
   4. Rainbow Shooting (Under basket, lane width apart, two lines, two balls)
3. Other Drills
   1. 3 vs 0, 3 vs 1, 3 vs 2 (Work on passing, quick decisions, wings attack the basket)
   2. Lighting or Knockout (Stay calm under pressure)
   3. Shark vs Minnows (Under control, protect the ball)
   4. Simon Says (“run to the other free line”, “run to the other baseline”)
   5. One on One or Two on Two (passing, screening, talking)
   6. Obstacle Course (dribble around Chairs/cones with opposite hand, under control)