

## WEEK 2 PRACTICE PLAN – JUNIOR DIVISION

### **10 MINS: STRETCH & BASKETBALL TAG**

- TAG:
  - Set your boundaries – half court playing area can be used.
  - Pick one player to be “it” – this player (when the coach says go) is to run around and tag the other players until every player has been tagged.
  - When a player gets tagged, or if they run out of the boundary, they must leave the playing area and sit outside the boundary out of the way.
  - If the last player or 2 can’t be caught, you can count it down from 10 seconds – once time is out, the remaining players “win” that round.
  - Choose a new player to be “it” and do it again.
  - Great warm-up drill, great for teaching cutting and change of speed.

### **10 MINS: BALL HANDLING**

- Partner up as we only have 5 team basketballs – have partners stand one in front of the other on the baseline – one partner has a basketball
- First partner with the ball steps up and performs the first ball handling skill as demonstrated by the coach – perform this for about 10-15 seconds – the coach can blow their whistle or yell switch and the next partner steps up and does the same skill. Repeat for the all the skills below (feel free to add or replace these with others you know of):

#### **STATIONARY DRIBBLING:**

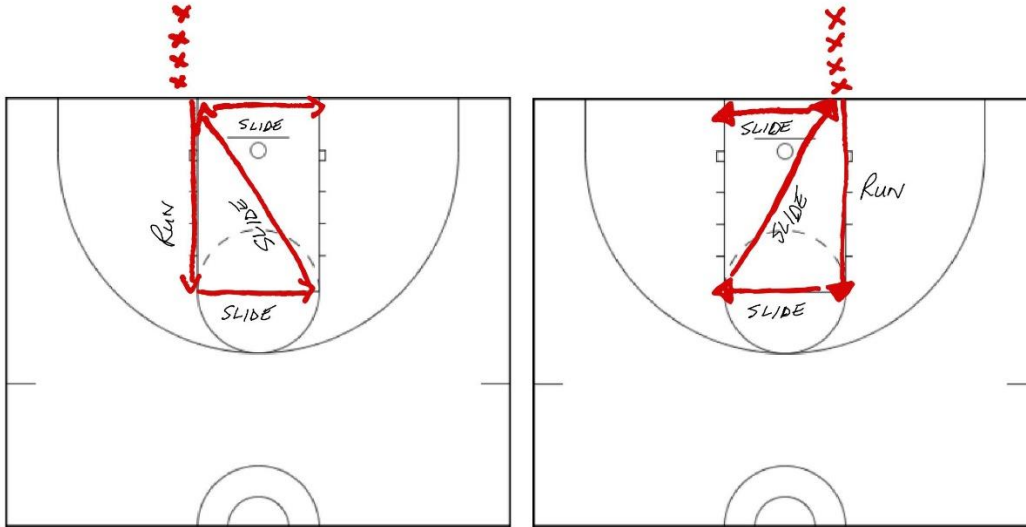
- Right hand pound dribble
- Left hand pound dribble
- Crossover – right to left, left to right, right to left...
- R/H only – crossover in front
- L/H only – crossover in front
- R/H only – front to back on right side of body
- L/H only – front to back on left side of body
- Figure 8 with multiple dribbles

#### **MOVEMENT DRIBBLING: (to half court and back to the baseline)**

- Push dribble – right hand down, left hand back
- Crossovers – 2 on the way there, 2 on the way back
- Behind the back

**10 MINS: DEFENSE**

- DRILL #1 – Z LANE SLIDE DRILL
  - Use the basketball “key” for this drill as well



Notes:

- PLAYERS BEGIN IN A LINE ON THE BASELINE ON THE EDGE OF THE KEY.
- 1 PLAYER AT A TIME.
- THE PLAYER RUNS UP TO THE TOP OF THE KEY AND THEN DOES A DEFENSIVE SLIDE TO THE OTHER SIDE OF THE FOUL LINE, THEN DOES A DROP STEP TO DEFENSIVE SLIDE ON AN ANGLE TO THE STARTING SPOT, AND THEN SLIDES TO THE OTHER SIDE OF THE BASELINE TO FINISH.

- DRILL #2 – ZIG ZAG DRILL
  - See this short video ([2003\) Defensive Zig-Zag Slide - YouTube](#))
  - In the half court, start all players in one corner of the gym (where baseline and sideline meet)
  - Have the player that goes first step into the court and face the baseline to perform the drill.
  - Slide from the corner to the lane line on a 45-degree angle (side of the basketball key), then drop step to open hips and slide back towards the sideline (on a 45-degree angle). Continue until reaching half court.
  - Run to the back of the line and repeat.

**15 MINS: LAYUPS**

- See this video ([2003\) Basketball Lay Up Drills - 3 Lay Up Progressions For Beginners - YouTube](#))
- Use 3 baskets if possible to split players up and give more reps.

- Teach footwork – players can use strong hand on both sides of the basket at this age – more focused on footwork right now
- Here are the steps for a right-handed player (reverse for left-handed players):
  - Standing close to the basket, right foot forward, left foot back, athletic stance, ball on right side of body – player takes a step with the left foot and then drives the right knee up towards the basket to help jump – shoot the basketball off the backboard. Repeat many times.
  - Next progression – left foot forward, right foot back, step with the right, then with the left, then drive right knee up and shoot (no dribbling). Repeat many times.
  - Next progression – jogging pace – right foot forward, left foot back – start with the left foot and 1 dribble, then right foot, left foot, shot. Repeat many times.
  - Tell players to envision a string attached from their right knee to their elbow and that when they raise their arms to shoot, it pulls their right knee up with it.

**10 MINS: SHOOTING – 3 PERSON, 2 BALL SHOOTING DRILL**

- 3 players per basket with 2 basketballs
- Can adapt the numbers if needed to be 4 players, 3 balls or 2 players, 1 ball.
- See this video for instructions [\(2003\) 3 Man 2 Ball Individual Improvement Shooting Drill - YouTube](#)
- Tell the players to remember these keys:
  - You always get your own rebound after you shoot
  - Once you rebound your shot, you always pass to the same player (who doesn't have a ball)
  - Shoot within your range – the point is to make a high percentage.
  - Have your hands up and ready to catch the pass.
- With only 5 basketballs, this will only work with a maximum of 8 players – if you have more, you can do it with only 1 basketball per group – same rules apply – rebound your own shot and always pass to the same person. It will just be a bit slower with 2 players waiting to shoot vs 1. (I'm working on getting another basketball for each team)

**5 MINS: FINAL WORD AND WRAP-UP**

- Final words about game time on Saturday, and which gym at Massey.
- Gather equipment so that the next practice can begin on time.