

WEEK 1 PRACTICE PLAN – JUNIOR DIVISION

5 MINS: INTRODUCTION / JERSEY HANDOUT

- Bring jerseys to each practice and game

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.

15 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:

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

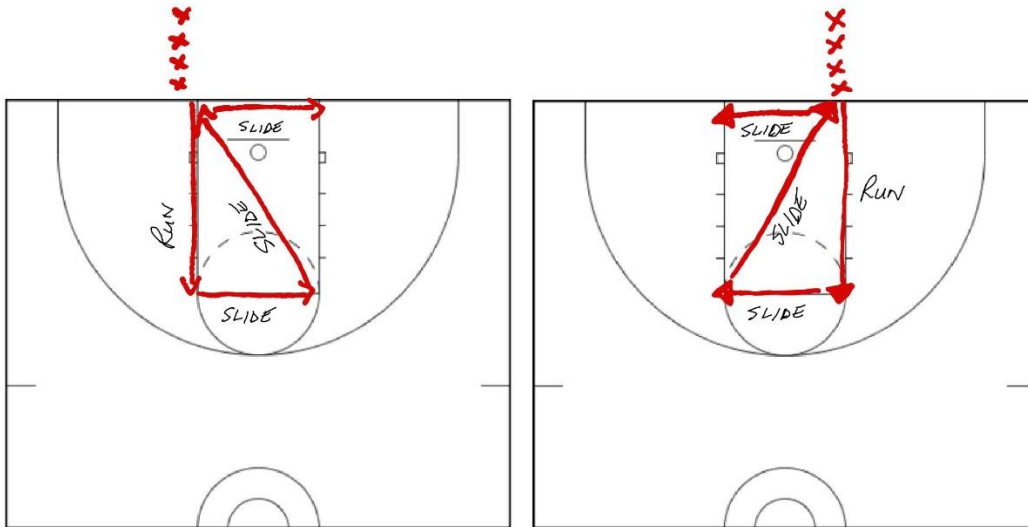
MOVEMENT DRIBBLING: (to half court and back to the baseline)

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

- Behind the back

20 MINS: DEFENSE

- Defensive stance: explain what it is, demonstrate it, and have players mirror you
 - Athletic
 - Low
 - Butt down / shoulders up – like sitting in a chair
 - Eyes up
 - Off your heels, on the balls of your feet
 - Palms up, arms out to the side slightly
- DRILL #1 – LANE SLIDES – 5 MINS
 - See this video (you don't need to count how many – just teach the movement). You can also reduce to about 15 seconds each group.
 - [\(1988\) "Lane Slides" Basketball Drill for Quick Feet - YouTube](#)
- DRILL #2 – Z LANE SLIDE DRILL – 5 MINS
 - 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 #3 – KICK THE CAN DRILL – 10 MINS
 - Fun/competitive drill to teach defending and how to stay between your man and the ball
 - No lunging by the offensive player to kick the ball – must go around the defender.
 - See this video [\(1988\) One On One Basketball Drills - Kick The Can - YouTube](#)

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.