

## Practice Planning – 2 hours a week

### 1. Warm Up – 20 minutes

- a. 3 in a row, Form shooting - start from right under the basket, make 3 in a row and then take a step back until you are out of your range, Focus BEEF (Balance – Elbow – Eyes – Follow Through), alternate way against a wall or lying on the floor

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- b. Wildcat Shooting – Passing, Cutting, Shooting Warmup, Starts with a line in each corner each line has 2 balls, one of the lines starts and cuts to the basket, other line passes them the ball, after you pass then you cut, get your own rebound and always alternate lines

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- c. 2-1 Layups – Simulate a 2-1 fast break, a coach is the token defense

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- d. Read and React Layups – Groups of 3 or 4 at a basket, Pass and Cut, Read Line, Dribble At, Laker Cuts

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- e. Benken Drill – 2-2 drill, Start ball at the 3 point line between the wing and top of the key, Defender on the ball puts pressure on the ball but lets the offensive player drive by him, second defender either commits to the ball and forces a drop off to second offensive player or falls back and forces a pull up jumper

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- f. 2 Ball Dribbling – groups of 3-4, everyone has 2 balls, Progression: same time low, alternating low, same time high, alternating high, control/speed, change directions

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- g. Fundamental Line Passing – groups of 3-4, first guy in each group dribble out jump stop/pivot and pass to next guy in line, second progression split up the group follow your pass each person has to “fake a pass to make a pass” maybe hold for a 2 count to be pressured

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## 2. Skill Development – 40 minutes

- a. Core Dribble Moves – Hesitation, Cross Over, Roll Move, Pull back cross over

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- b. 40 Shot Drill – 8 shots 5 spots(corners, wings, top of key) 4 three's, 2 pull ups, 2 tear drops/floater at each spot

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- c. Star Drill – 5 spots on floor have to go in shape of star making two shots at each spot, quickest guy to make 10 shots

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- d. Mikan Series – Regular, Reverse, 2 & 10

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- e. Post Progressions – U'ing, Catch Quarter turn, Jump Hook, Drop Step, Up & Under, Short corner series, Post slides

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- f. Beat Jordan – 1-1 game with your partner shoot a 3, pull up jumper, and layup starting from 5 spots (corners, wings, top of the key), 3 points for a 3, 2 points for pull up, 1 point layup, keep score 2 times around the horn to see who wins, game speed

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- g. Jordan Moves – Rip Baseline, Rip Back Elbow add token defense and counter moves

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- h. 1-1 Close outs – live 1-1 limit to 3 dribbles

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- i. 1-1 Transition – 2 cones near half court, 2 lines for offense and defense on the base line opposite the cones, coach says go and offense player speed dribbles around cone defense player sprints around other cone and then play live 1-1

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### 3. Transition Game – 15 minutes

- a. 3-3 Recognition – split team in half one group at half court with a coach other group on base line, start each possession by team on baseline simulating rebound and outlet, coach at half court tells defensive team to send 1-2-or 3 players immediately into the play, after offense crosses half court send the rest of the defensive players and play live, 6-10 possessions each

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- b. 4-4 Chase – 4 offensive players on baseline, 4 defensive players across from them FT line extended, coach throws ball to one player on baseline and the offense immediately takes off down floor, defense immediately sprints back except player across from person with ball has to touch baseline and then catch up to the play

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- c. 4-4 Hamilton – good pressing drill, starts with an offensive and defensive in each corner of the floor, coach throws a ball to one of corners and it is immediate live 4-4 going the other way

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- d. Circle Transition – 4-4 or 5-5 get in a circle around the FT line, have the guys run clock wise, coach calls out a team to have the ball and that team grabs immediately and goes the other way

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- e. Change Drill – get in your shell spots, have offensive team pass to random teammates, if coach calls change, offense puts ball down, defense picks it up and goes in transition the other way

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#### 4. Team Offense – 30 minutes

- a. Read and React Layers – Go 5-0 motion, catch eye the rim hold for a two count, give restrictions on who can score and how
  - i. Spacing 5, 4, 3 out
  - ii. Pass and Cut
  - iii. Read line
  - iv. Dribble At

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- b. Small Area Passing – put cones down in a small area of the floor, no dribbles have offense see how many passes they can complete without a turnover or going out of bounds

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- c. 3-3 On one side – Split court in half and play live 3-3 on one side, have a coach be an outlet on the other side

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- d. Cut Throat – 3-3-3 live play, one team is off, if you score on offense you stay and the next team comes on, if the defense gets a stop they go to offense and the next team comes on

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- e. 2-0, 2-1, 2-2 Screening
  - i. Back screens, Pin screens, Down screens, Flare screens
  - ii. Fade and Curl
  - iii. Primary and Secondary cutters

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- f. 4-4 & 5-5 Restrictions – No dribbles, X ball reversals, Only layups, Get Jimmy a shot, X Dribble Ats, X of certain type of screen, etc

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## 5. Team Defense – 15 minutes

- a. 3-3, 4-4, 5-5 Shell – different ways and alignments to build up to, focus positioning, jumping to the pass, help side defense, dribbling gaps, flash cuts, baseline drives

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- b. Mass stance – coach blows the whistle players slap the floor and get in good defensive stance until coach blows whistle again, kind of like a wall sit, teach push step and fundamentals of defensive slides

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- c. Alley Ball – progress defense cannot use hands, live defense, stop at half court play live 1-1

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- d. 3-3 Close Outs – live 3-3 defense under rim with coach and ball, offense in 3 spots on floor, coach passes to one of the 3 offense players, defense has to scramble out and close out on the ball

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- e. New York Rebounding – 2-2 live rebounding, every drill is a rebounding drill

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- f. Defensive Cut Throat – 3-3-3 live play, one team is off, if you get a stop on defense you stay and the next team comes on, if offense scores they go to defense and the next team comes on

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