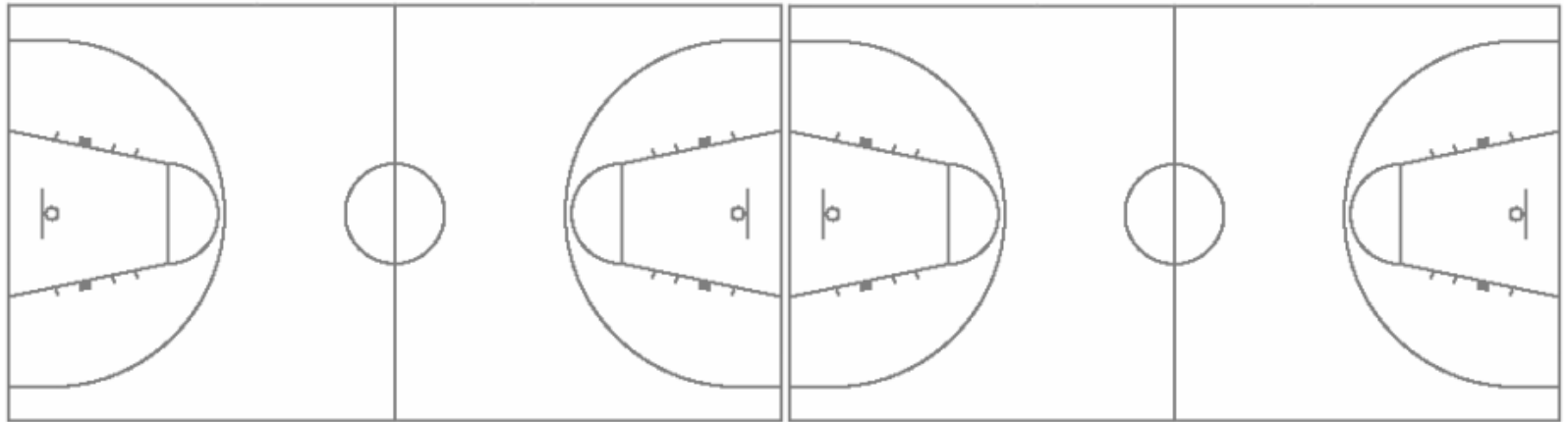




Basketball Practice Plan

Date: July 26th 2012 **Team:** Mini/Bant boys **Emphasis:** 1st practice, lots of ball handling, keep them moving, short drills



0: Form shooting, under hoop: Watch for good stance, 2 fingers no thumb on guide hand

5: _____

10: 2 line push passes: 1 dribble then push pass,

15: Star passing drill: push passes,

20: _____

25: Ball handling Circles: Head, waist, ankles

30: Stationary dribbling: right and left hand, windshield washer

35: Shoulder to Shoulder step-away dribbling:

40: _____

45: Kutney defensive breakdown drill: watch that defensive players stay low at all times

50: _____

55: Chill-Drill: step-back crossovers at every pylon

60: _____

65: Kick the Can defensive drill: No stealing the ball, work on positioning only

70: _____

75: 1 on 1's from the wing: off the backpedal

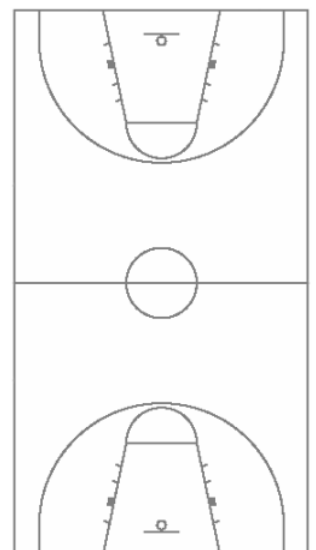
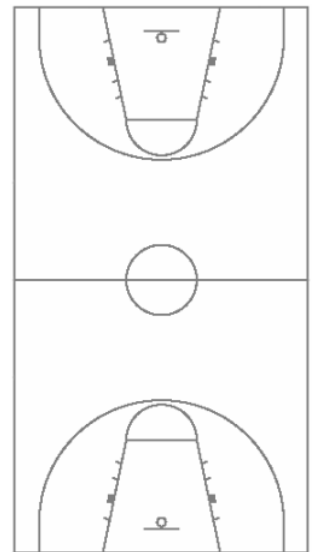
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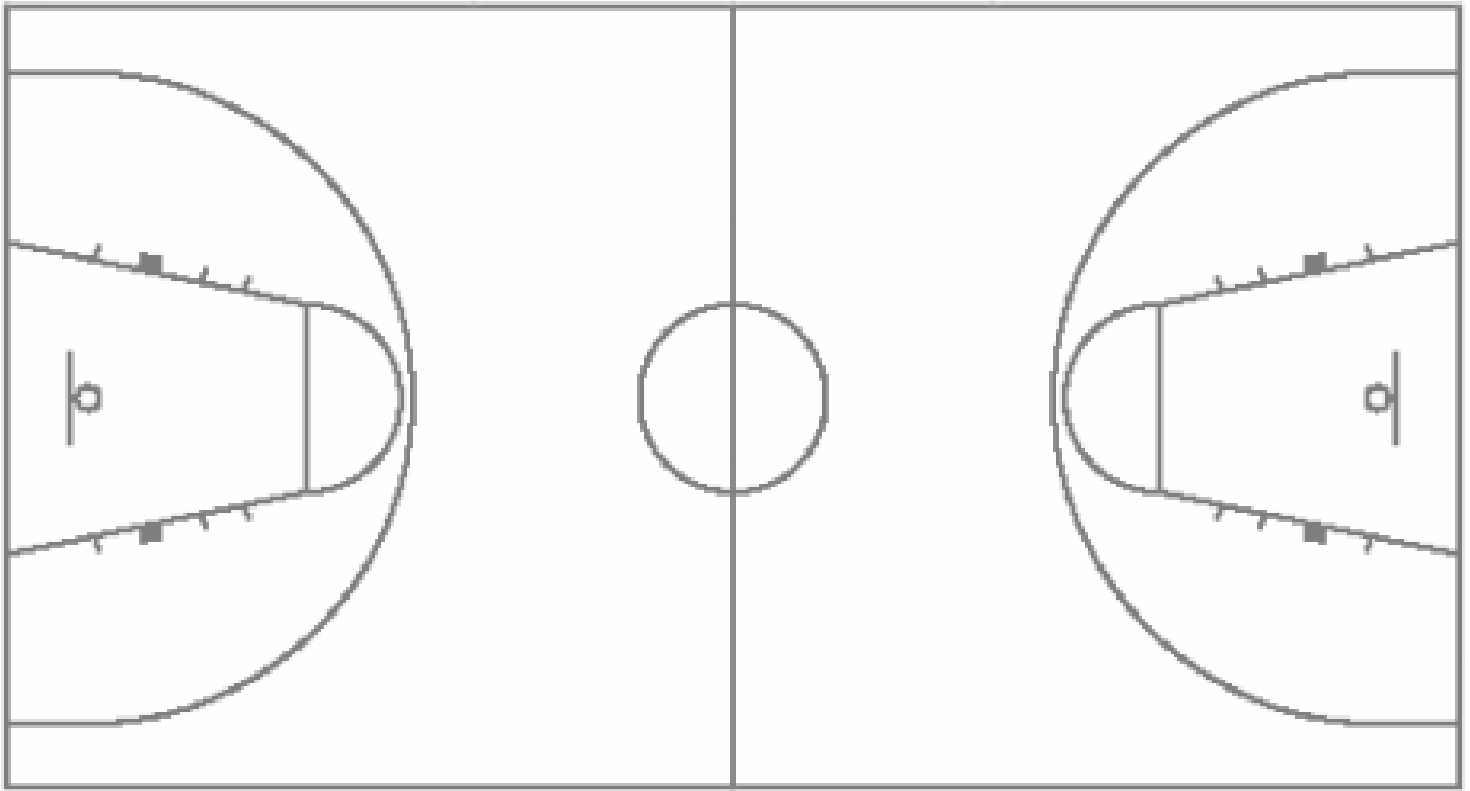
85: 2 on 2's from the wing: off the backpedal

Practice Check List

Ball Handling Foot Work Passing Lay-ups Shooting Inbounding

Defense Rebounding Offense Fast Break Team "O" Team "D"





Notes: Good first practice. I had to add the 2 line push pass drill as the players were not ready to go straight into the star passing drill. Some of the drills went longer then I planned. Due to running out of time, I didn't get any rebounding drills in. I will have to make sure to get some in next practice.

- 2 part form shooting video - Part 1: <http://www.youtube.com/watch?v=nxrNR76AMXg&feature=related>
 - Part 2: <http://www.youtube.com/watch?v=DZcGlogqFbI>
- Push passing video: <http://vimeo.com/3254642>
- Ball handling circles drill video: <http://www.youtube.com/watch?v=FBBPON7kMs4&feature=related>
- Shoulder to Shoulder step-away drill: 2 players go shoulder to shoulder trying to move each other while keeping their dribble with their outside hands. On the coaches signal, the pre-selected leader of the 2 players will step away. The follower must maintain his balance and dribble. Repeat drill rotating leader/follower and the dribble hand.
- Teaching defense video: <http://vimeo.com/438770>
- Dribbling video: <http://vimeo.com/455950>
- Please see below drill sheets

Form Shooting, Under hoop



1 big step back

Start in triple threat position.

Feet: Shoulder width apart (shooting hand foot can be slightly ahead of other foot) with toes pointed toward the hoop.

Knees: Bent pointed to the basket

Back: Straight, slightly forward

Eyes: Always looking at the hoop

Shooting hand: Only fingers and base of the fingers are touching the ball, no palms touching.

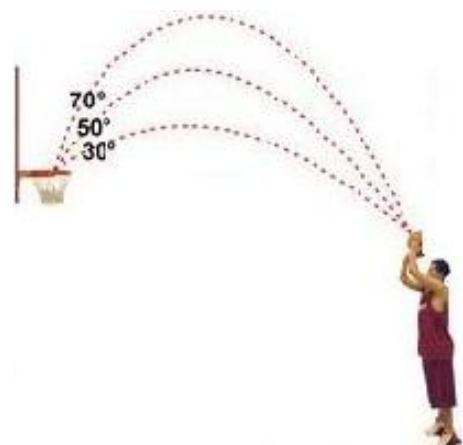
Non-shooting hand: Only finger tips touching the ball, no thumb. This prevents the players from using 2 hands to shoot the ball

The players are to set up 1 large step back from under the hoop. This forces the players to use lots of arc on the shot. Players can shoot at any angle from the hoop but the goal is to score without hitting the backboard or rim. You can have as many as 3 players at each hoop (right side, left side and centre).

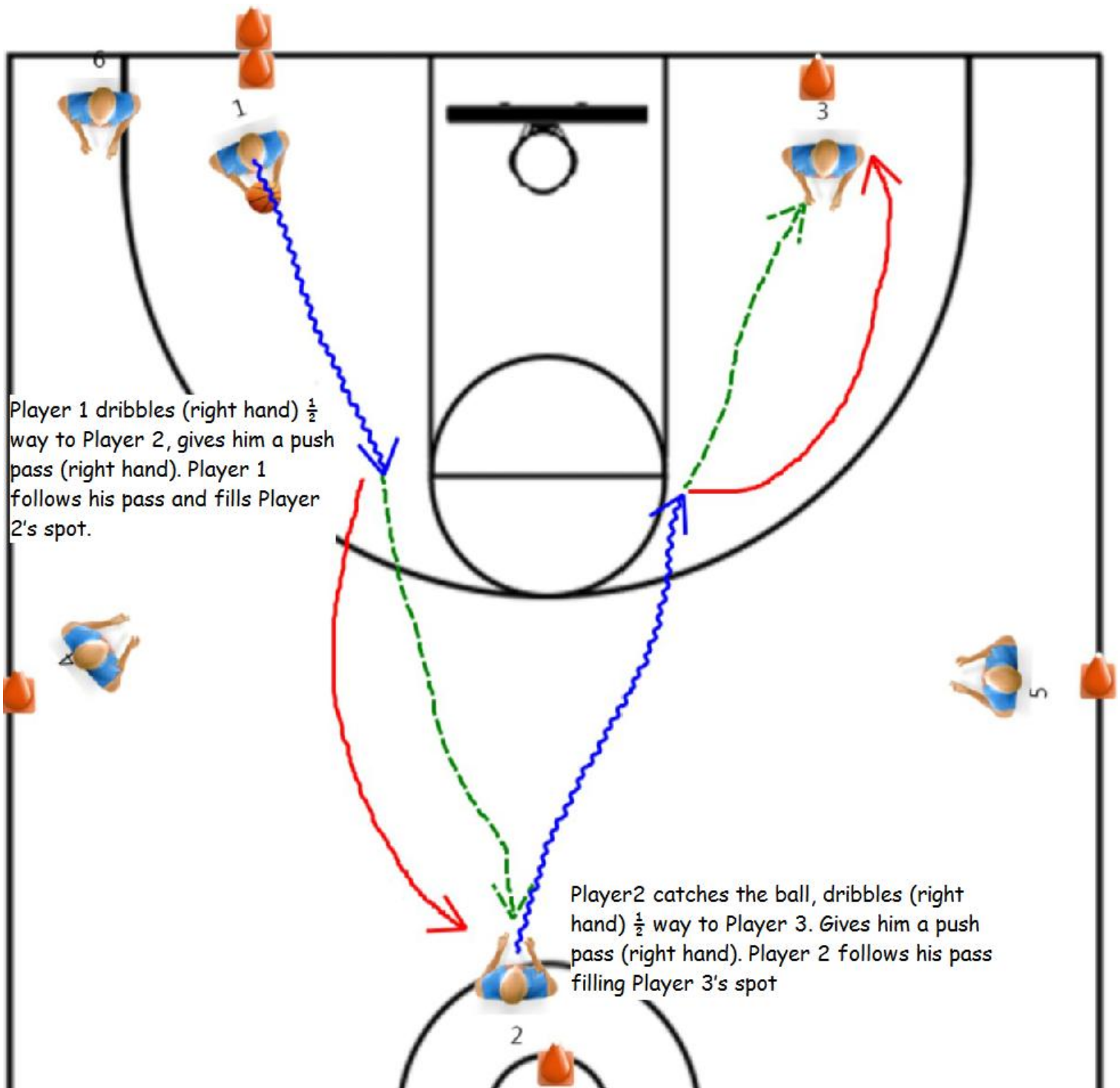
As the player shoot, make sure the shooting arm elbow stays under the ball and pointed to the hoop (no chicken wing). Watch that they extend their arm and flick their wrist (break their wrist) as they shoot. The pointer finger on the shooting hand should end up pointing at their target. Legs should be fully extended after the shot.

2 part video on shooting form: Part 1 <http://www.youtube.com/watch?v=nxrNR76AMXg&feature=related>

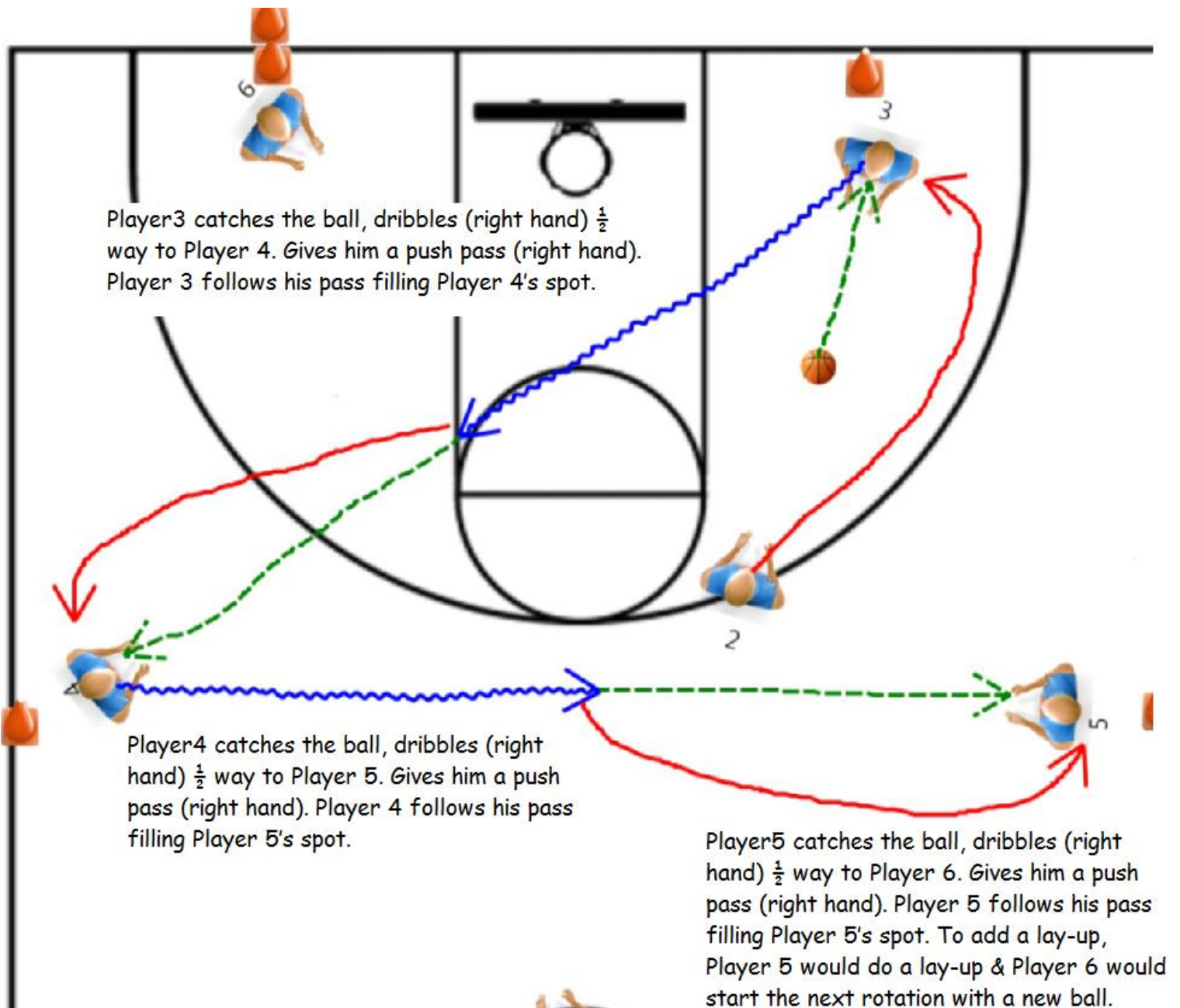
Part 2 <http://www.youtube.com/watch?v=DZcGlogqFbI>



Star Passing Drill



A good passing drill that you can use for push passes, chest passes, bounce passes. You can easily adapt it to pass of a jump stop and pivot, and you can add a lay-up. Basic rule; Set up in a star pattern as shown, I use 2 pylon's to show the players where we start the drill from. When dribbling right handed, you rotate counter clockwise (bird's eye view). Once set up you simply tell the players which way we are rotating and that they are to pass to every 2nd player in the rotation. Then you tell the players they are to follow their pass and fill the spot of the player they passed to. If you have more than 6 players have them all rotate in from the start position. This forces the players to hustle to the spot where the player was that they passed to as there is no-one else there.

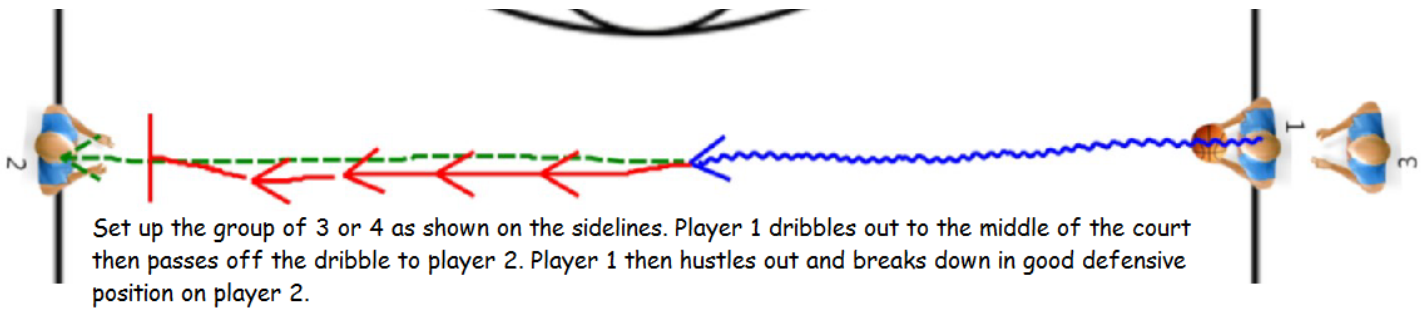


Coaching Point:

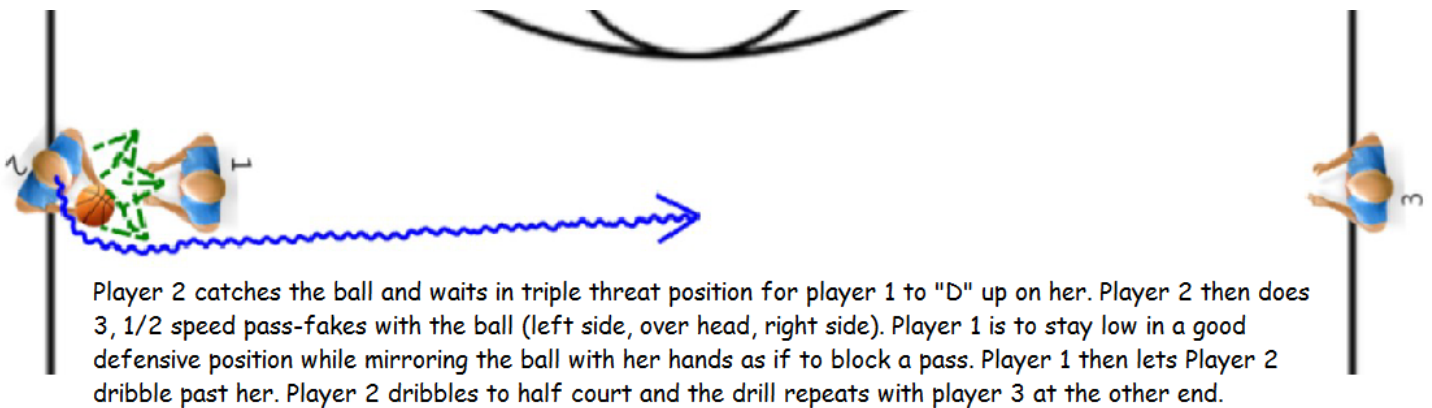
Watch for heads up dribbling. Players need to be calling out the team-mates name they are passing to. Players receiving a pass need to have their hands up ready to receive a pass. To load the drill, add another basketball and have 2 basketball going at the same time. Remember to give the same amount of time going to the right side. Simply move the double pylons to the right side on the baseline and start from there going clockwise (bird's eye view)

A great teaching video of the push pass can be seen at: <http://vimeo.com/3254642>

Kutney Defensive Breakdown drill



This drill works running out at a player, breaking down defensively on the offensive player into a good defensive position. It also adds passing off the dribble practice.

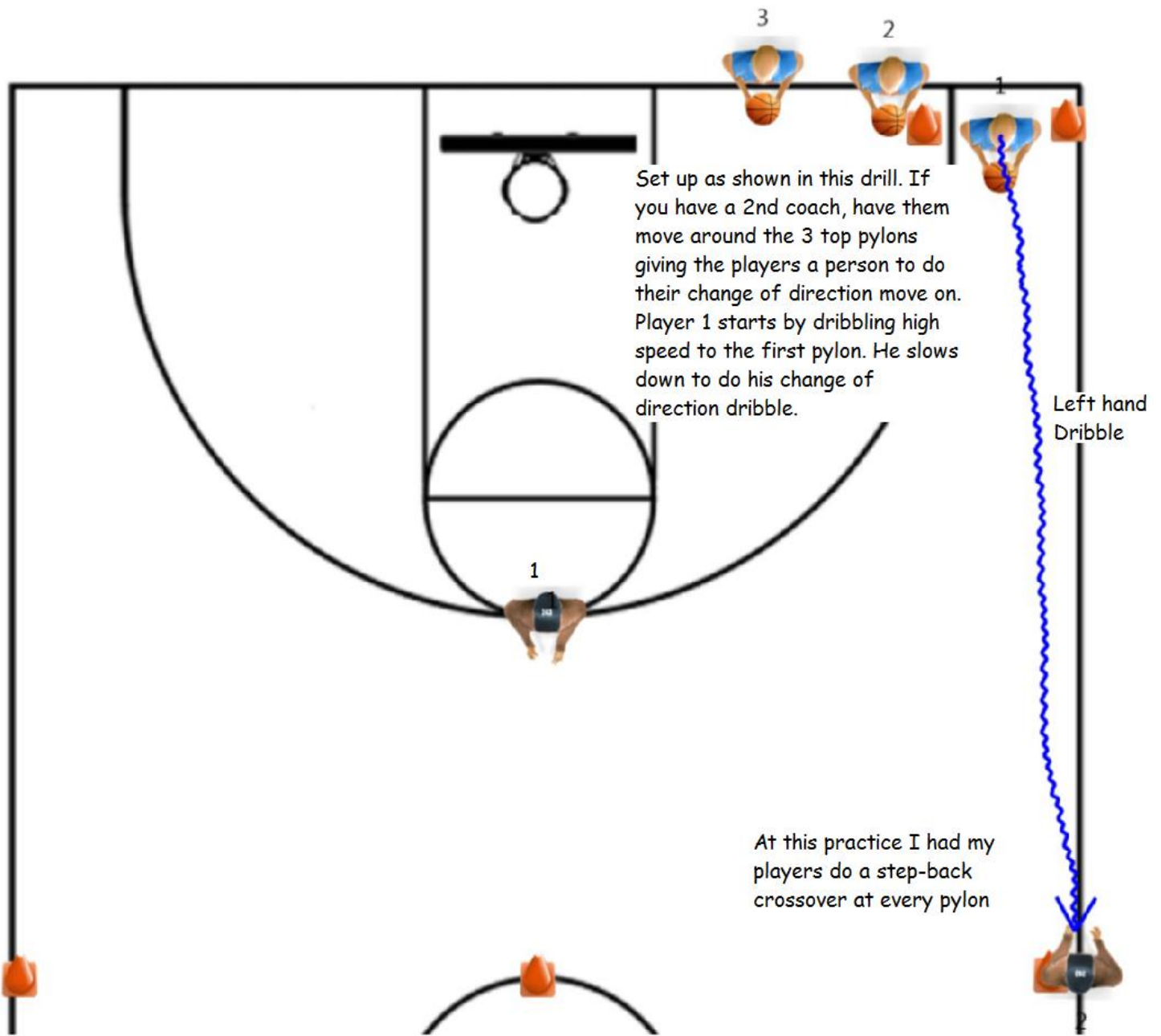


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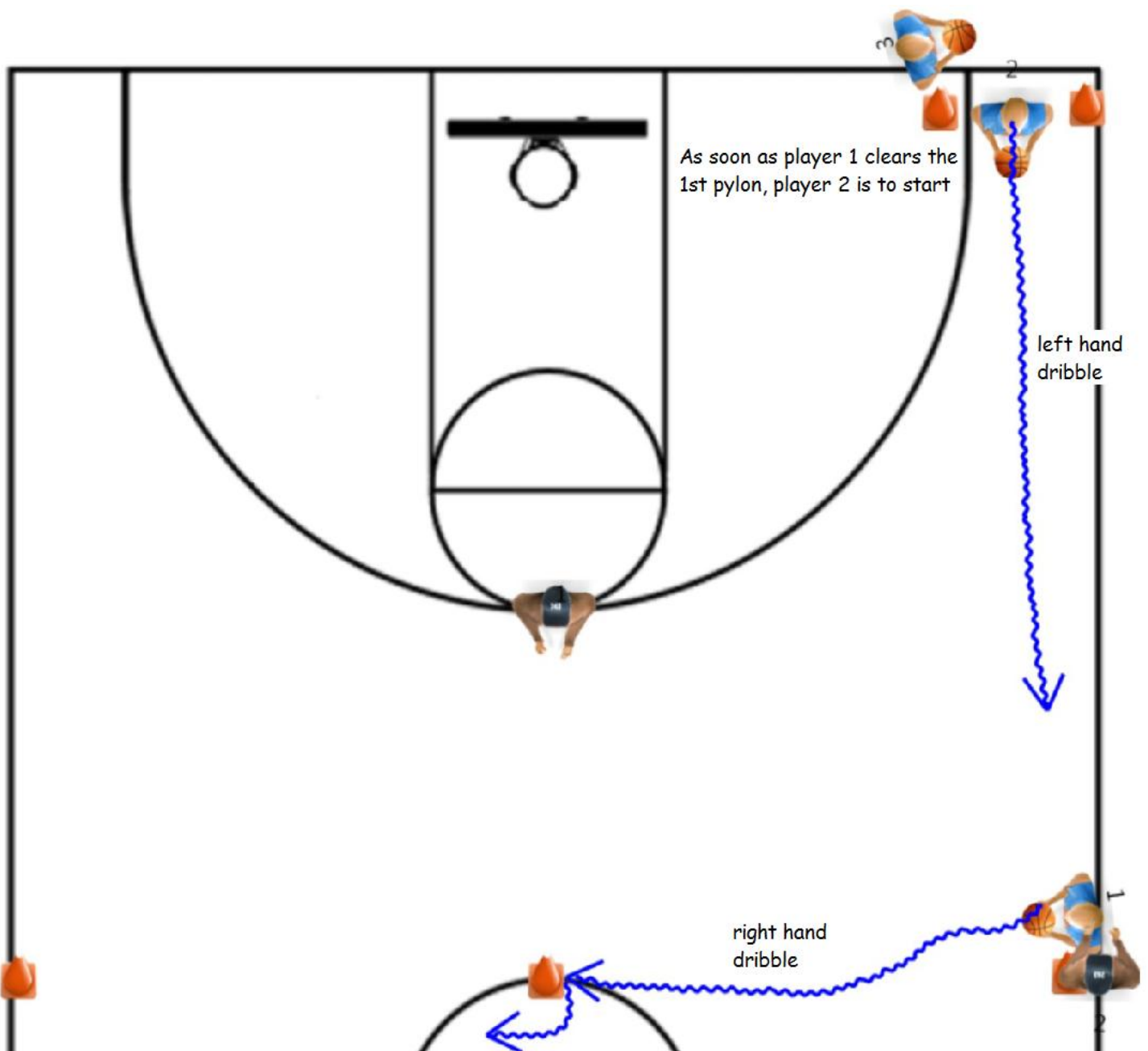
Make sure the defense is breaking down into a good athletic defensive stance but also has good spacing from the offensive player (close enough to slap a ball away but not close enough to touch the player). Watch that the defensive player stays low, especially when the offensive player does the over the head ball fake.

A great video for teaching defense can be seen at: <http://vimeo.com/438770>

Chill-Drill

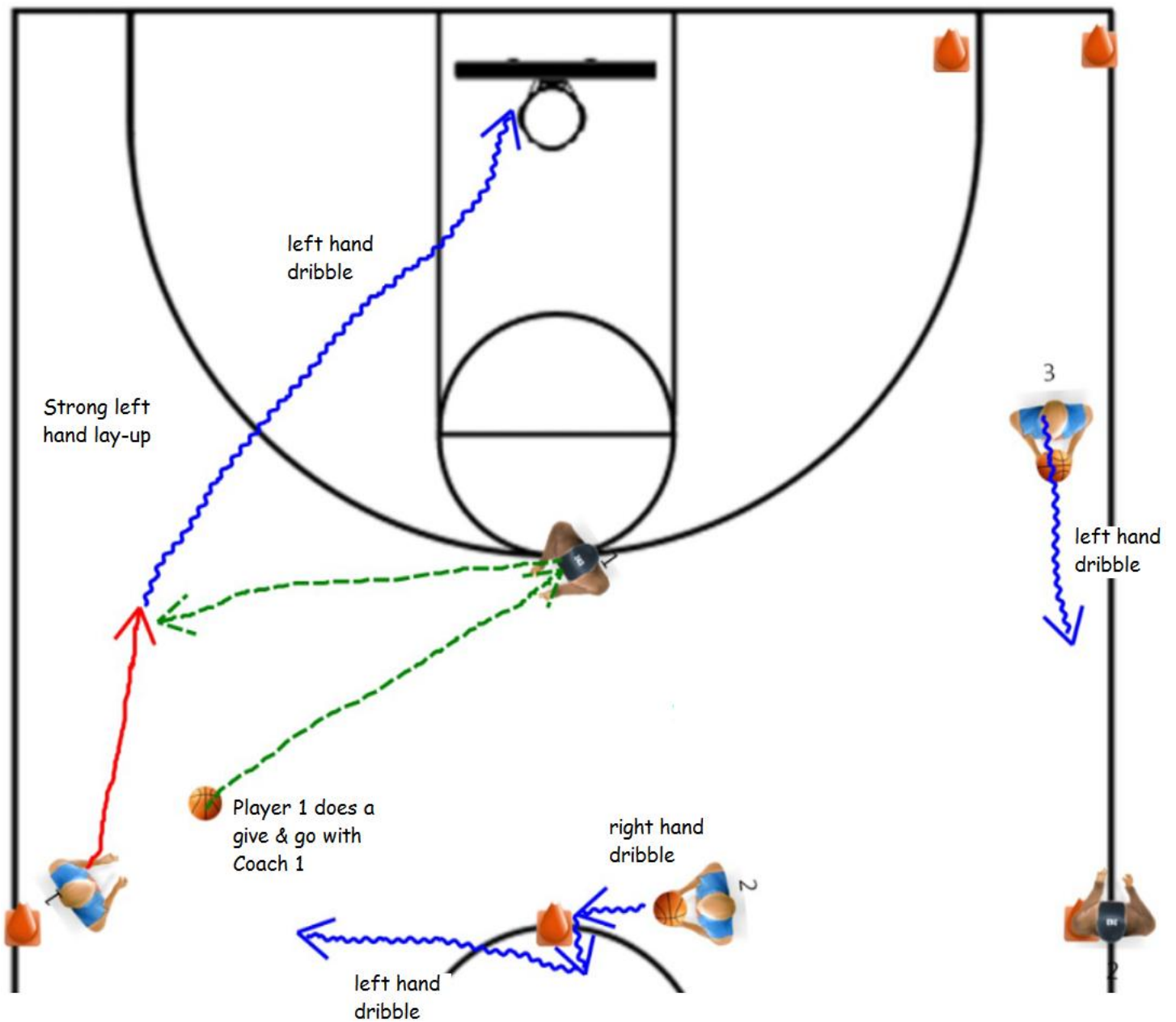


A great practice and game warm up drill and the players like it. You can use any change of direction dribble in this drill. For my younger players, I start them off by doing a step-back crossover at every pylon. Then as I teach more change of direction dribbles throughout the year I include them in this drill.



Coaching Point:

- Watch for heads up dribbling
- Make sure the players dribble right up to the pylon / coach then do their change of direction move
 - o Players will tend to try to do the change of direction move too far away from the defense which allows the defense more time to react.
- Make sure players switch dribble hands after every pylon / change of direction move.



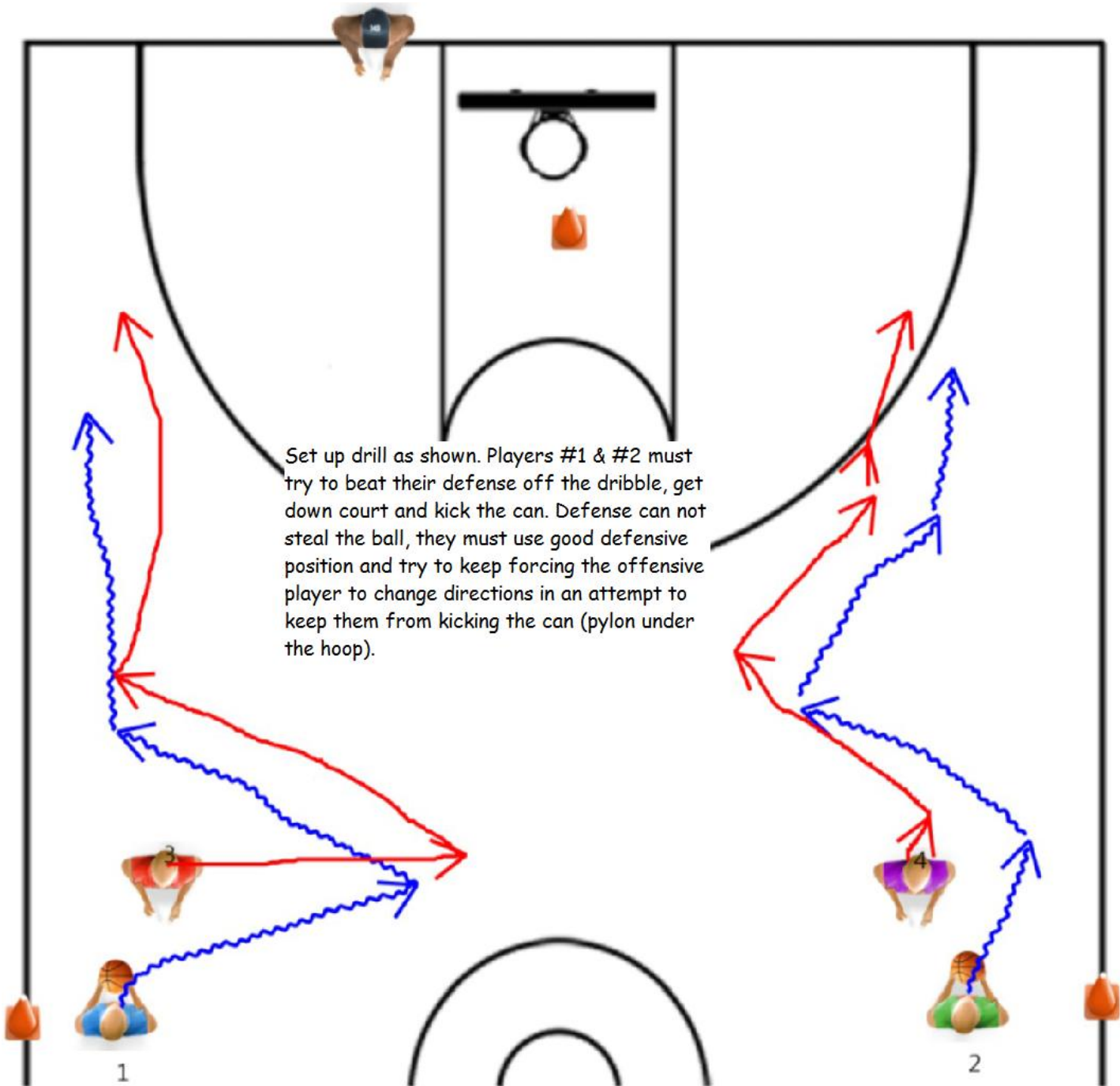
After the last pylon / change of direction dribble move, the player does a give and go with Coach 1. Coach 1 is to return the pass to the player cutting to the basket at different spots each time. This improves their reactions and foot work. With my younger players I only have them doing power lay-ups. Player 1 will rebound his lay-up and quickly move to the start pylons to run the drill again. Don't forget to move your start pylons to the left side of the court to work on right hand lay-ups.

Coaching Point:

- Watch for a strong lay-up using the proper hand

A good teaching video for dribbling can be seen at: <http://vimeo.com/455950>

Kick the Can Defensive Drill

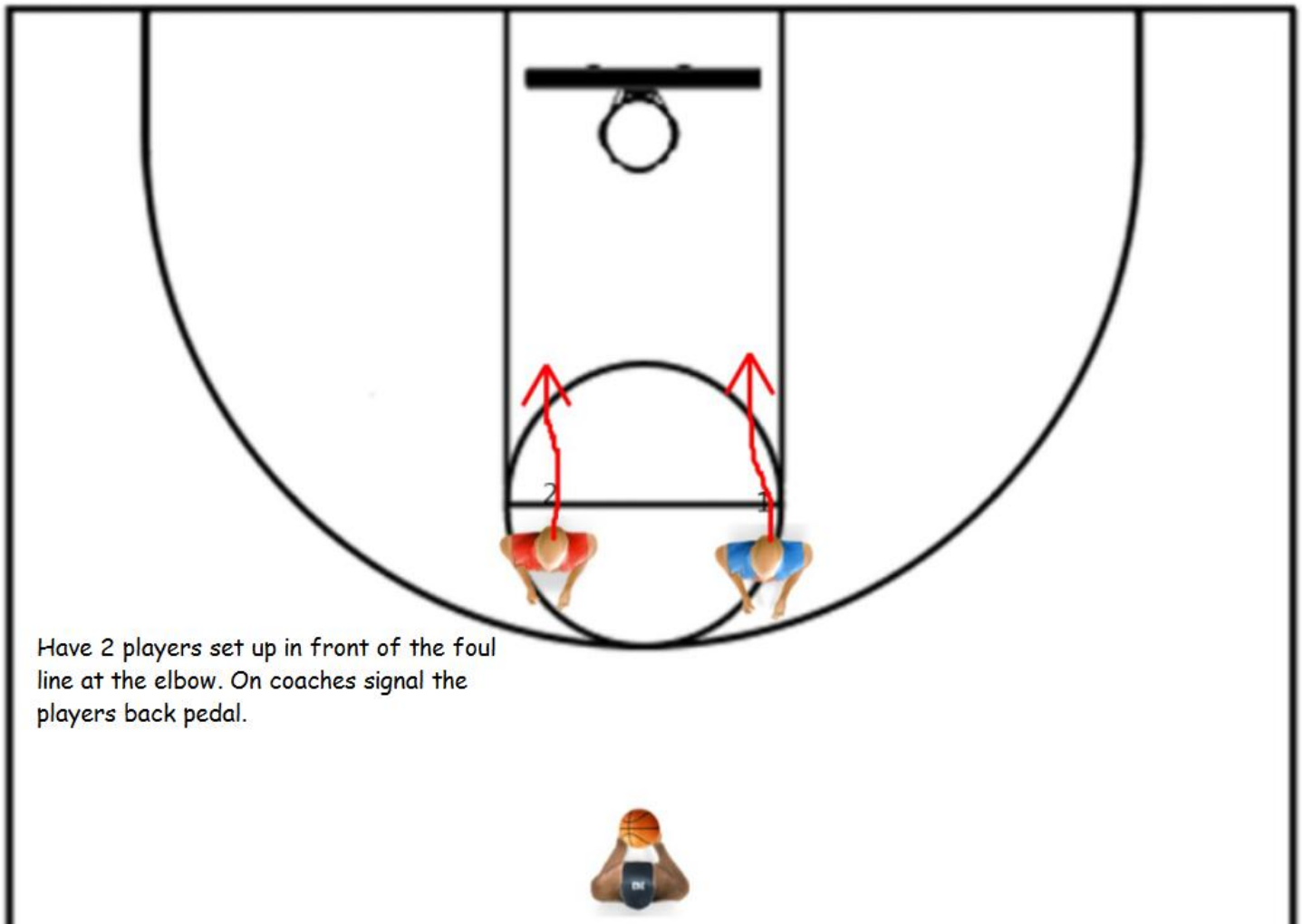


Great drill for working on defensive positioning and staying between your man and the basket. Simple to set up, I get good results from this drill.

Coaching Point:

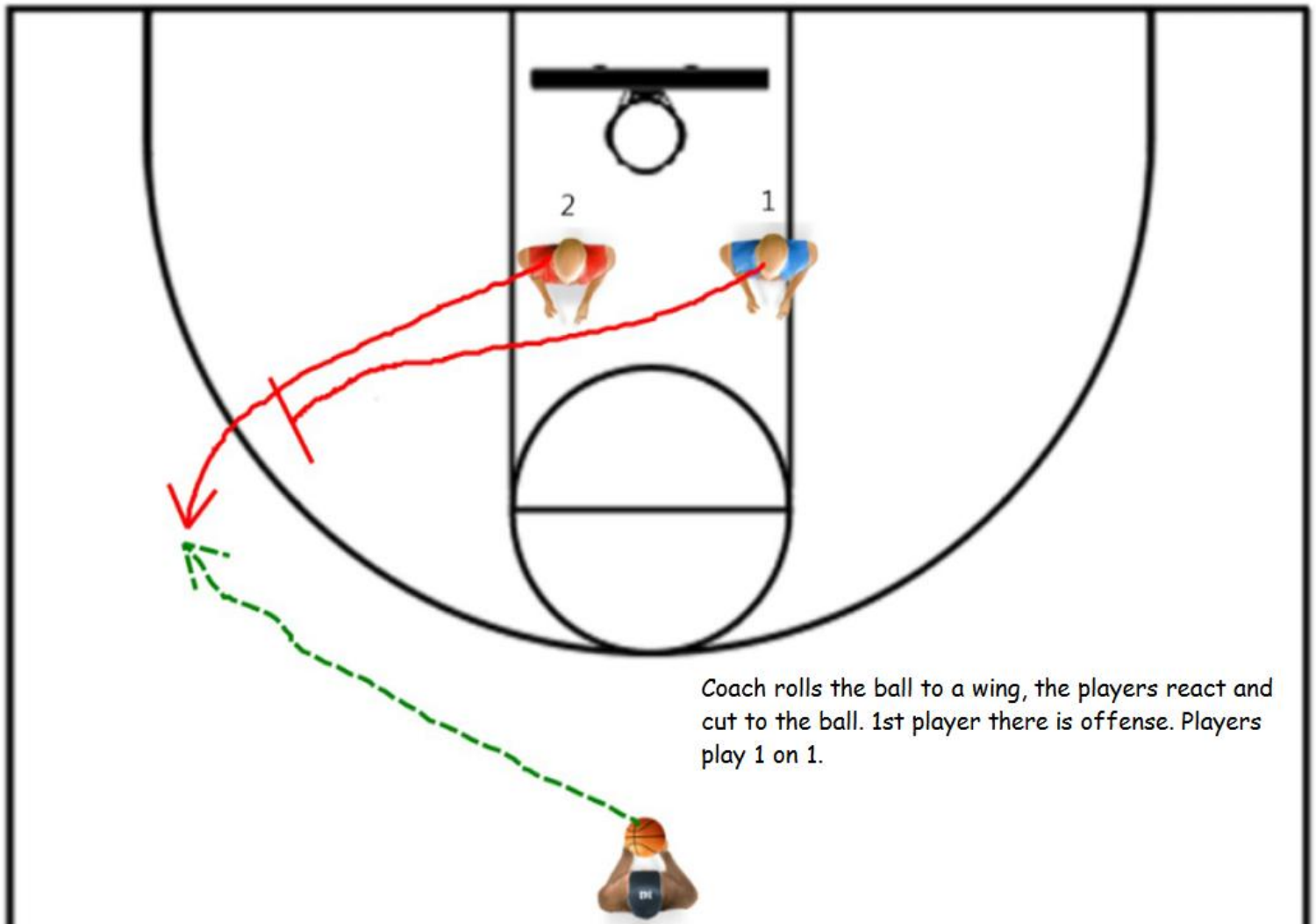
- Keep the drill under 10 seconds
- Remind the players it is ok for there to be some contact, basketball is a contact sport. There is going to be some collisions between the players
- Watch for defensive players using their hands / arms too much and holding/pushing
- Don't let offensive players simply kick the pylon from between the feet of the defense. They must get around them

1 on 1's from the Wing off the Back Pedal



Have 2 players set up in front of the foul line at the elbow. On coaches signal the players back pedal.

This is a good, fun drill to end practices on. This drill works on footwork, reaction time, offense and defense. Tell the players they have 5 seconds to score once they pick up the ball.



Coaching Point:

- Watch for good defensive positioning and movements
- When a shot goes up defense must yell “shot” and block out

You can also run this 2 on 2’s. For 2 on 2’s I give a little more time to get a shot up as I expect a pass. No more than 10 seconds though.