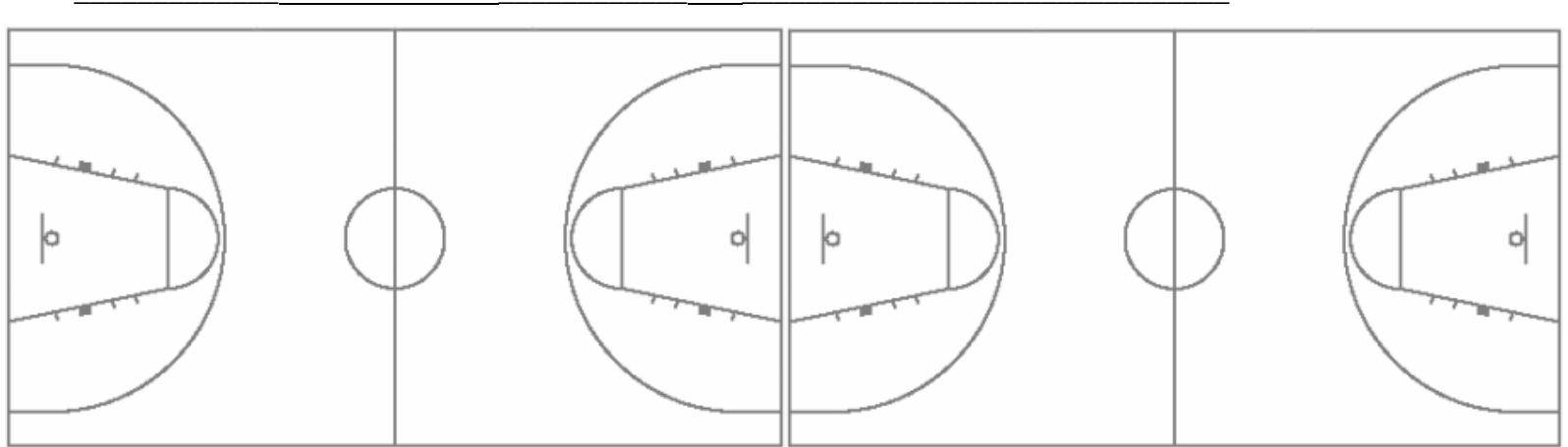




Basketball Practice Plan

Date: July 31st **Team:** Mini/Bant's **Emphasis:** Have to get rebounding in, be a little stricter with technique



0: Form shooting under hoop: focus on stance

5: _____

10: Ball handling: finger touches, circles (knees, head, candy cane)

15: Stationary dribbling: low dribbles, windshield wiper, around 1 leg, continuous crossovers

20: ½ court dribbling: continuous cross overs, 1 dribble crossovers, 2 dribble crossovers

25: Water

30: _____

2 line passing: 1 dribble push-passes

40: Star passing drill: using push-passes, added the power lay-up on last pass

45: _____

50: Group defensive footwork: Position, slides, close out, drop- step

55: _____

60: Rebound toss drill: groups of 3, rebounder, outlet, pass to new rebounder, works on hands

65: _____

70: Read the rebound off the shot: Wing shooter, rebounder at opposite wing

75: Block out the shooter: defense would contest the shot only then block out.

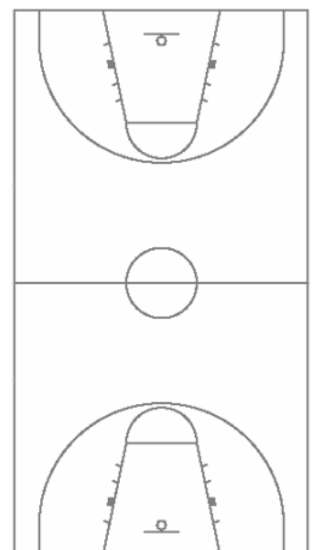
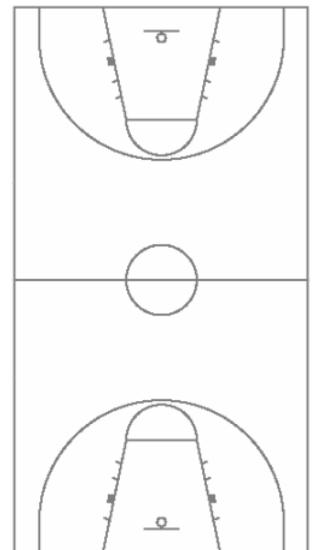
80: _____

85: 2 on 2's guard to wing pick & rolls: Pick & rolls without the ball

Practice Check List

Ball Handling ☒ Foot Work ☒ Passing ☒ Lay-ups ☒ Shooting ☒ Inbounding ☐

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



Notes:

Not the best practice, 1 players not feeling 1 player had to leave early. Had to change practice plan for last 30 min. of practice. Added additional “block out the shooter” drill and “2 on 2’s pick and roll” and scrapped planned drills due to only finishing practice with 6 players.

Form shooting: very important every practice. Give the players a dot/pylon to place so they shoot from the same spot every time. Otherwise you will find the players moving around a lot. keep it competitive, tell the players when they have hit 3 swishes (nothing but net) they can take another step back with their dot/pylon. Younger players keep it to 3 baskets in a row, then they can move back 1 step

- Video: Part 1: <http://www.youtube.com/watch?v=nxrNR76AMXg&feature=related>

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

Ball handling, stationary dribbling, moving dribbling: A must for every practice, but you must mix up the drills to keep the players interest. New web site with lots of video clips of the various ball handling drills and a nice stationary dribbling video called “V dribbling series”. I kept the same crossover drill for this practice as I felt we needed it.

- Ball handling site: <http://www.coachesclipboard.net/BallHandling.html>

- Dribbling site: <http://www.youtube.com/watch?v=jTRutC-Zl18&feature=BFa&list=PL11D53C646D2995EF>

- Crossover video: <http://vimeo.com/455950>

Passing: I am focusing on the push-pass off the dribble. I found my players last year would pick up their dribble then look to pass, allowing the defense to close-out on them. I kept the same stationary push-pass drill off 1 dribble but in the star passing, I added the lay-up (power lay-up) option, **see drill sheet**.

- Push pass video: <http://vimeo.com/3254642>

Defensive footwork: Very important, but try to do it earlier in practices, if you keep it to last you will not get the same effort. Video: <http://vimeo.com/438770>

Rebounding: A nice set of drills for rebounding, works on effort, hands, timing, co-ordination and blocking out

- V ideo: <http://vimeo.com/453492>

2 on 2’s with the high pick and roll away from the ball. Started off with the basics, introduced the positioning, responsibilities and communication. I only focused on communication and body positioning in this practice.

- Setting & receiving a screen video: http://youtu.be/Wor3JZY5p_o

- **see attached drill sheet**.

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.

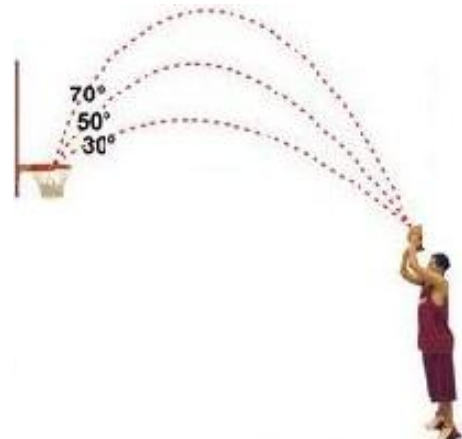
Non-shooting hand: Only finger tips touching the ball, no thumb. This prevents the players from using 2 hands to shoot the ball

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).

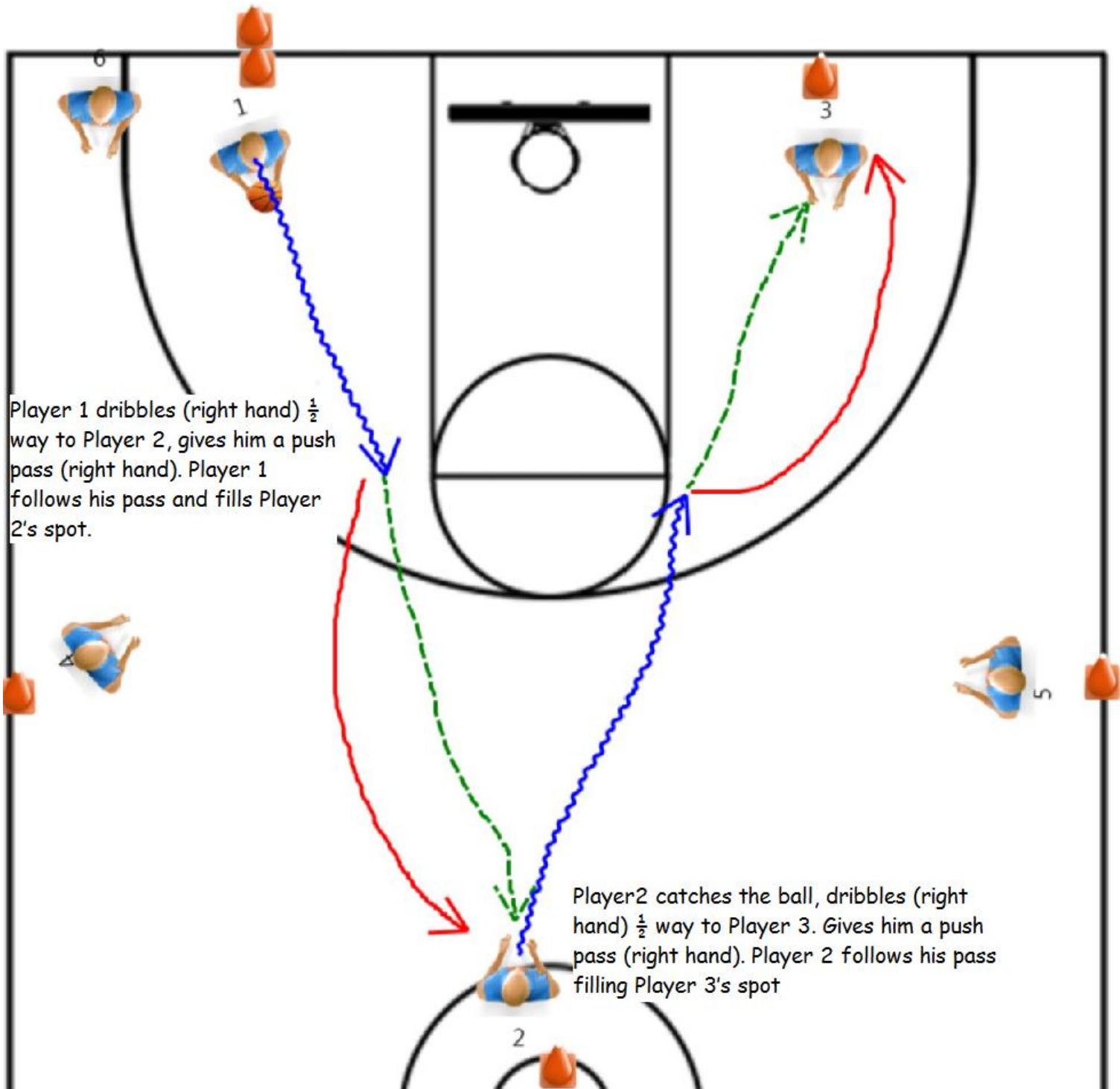
As the player shoot, make sure the shooting arm elbow stays under the ball and pointed to the hoop (no chicken wing). Watch that they extend their arm and flick their wrist (break their wrist) as they shoot. The pointer finger on the shooting hand should end up pointing at their target. Legs should be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

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

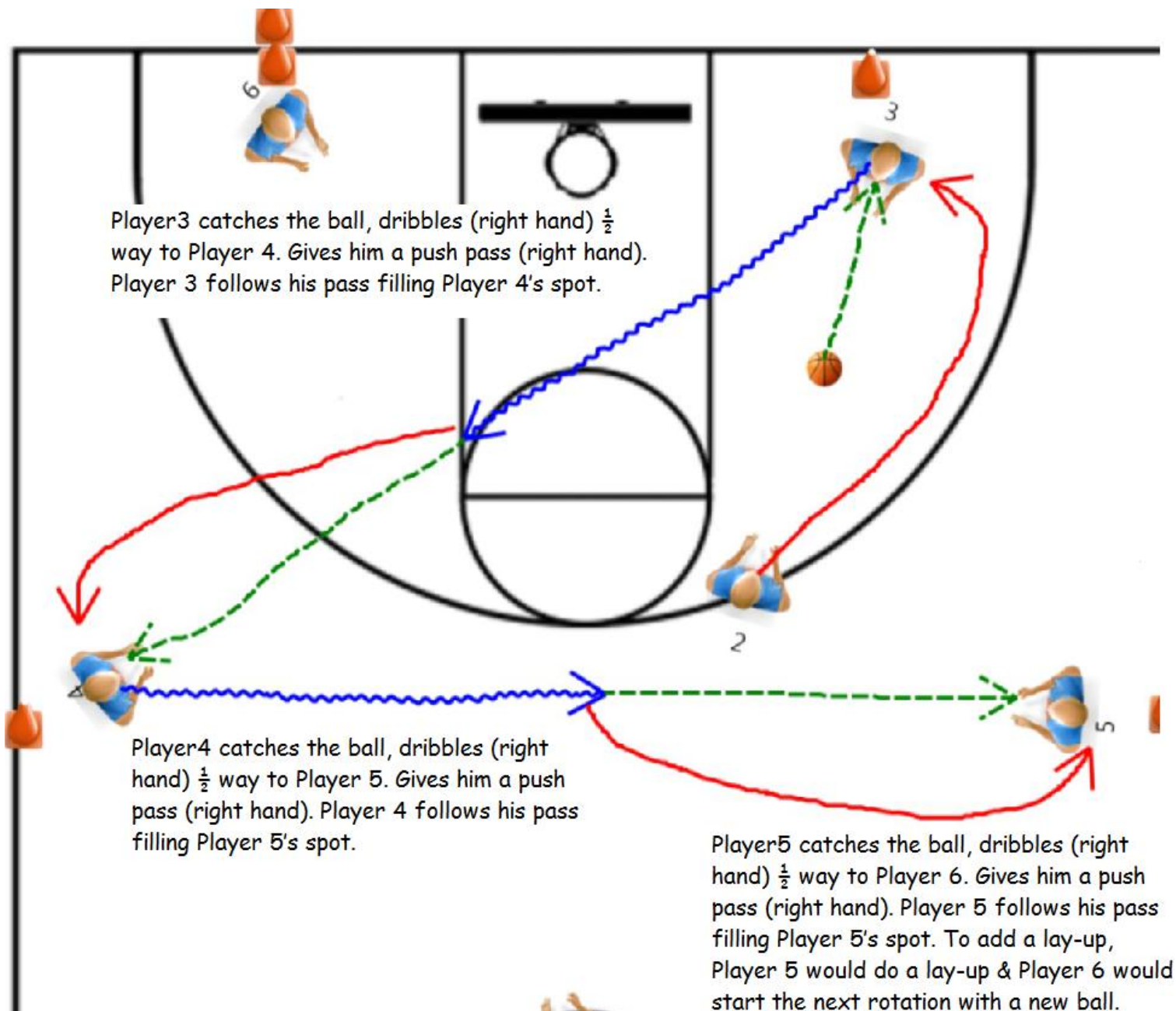
Part 2 <http://www.youtube.com/watch?v=DZcGlogqFbI>



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.

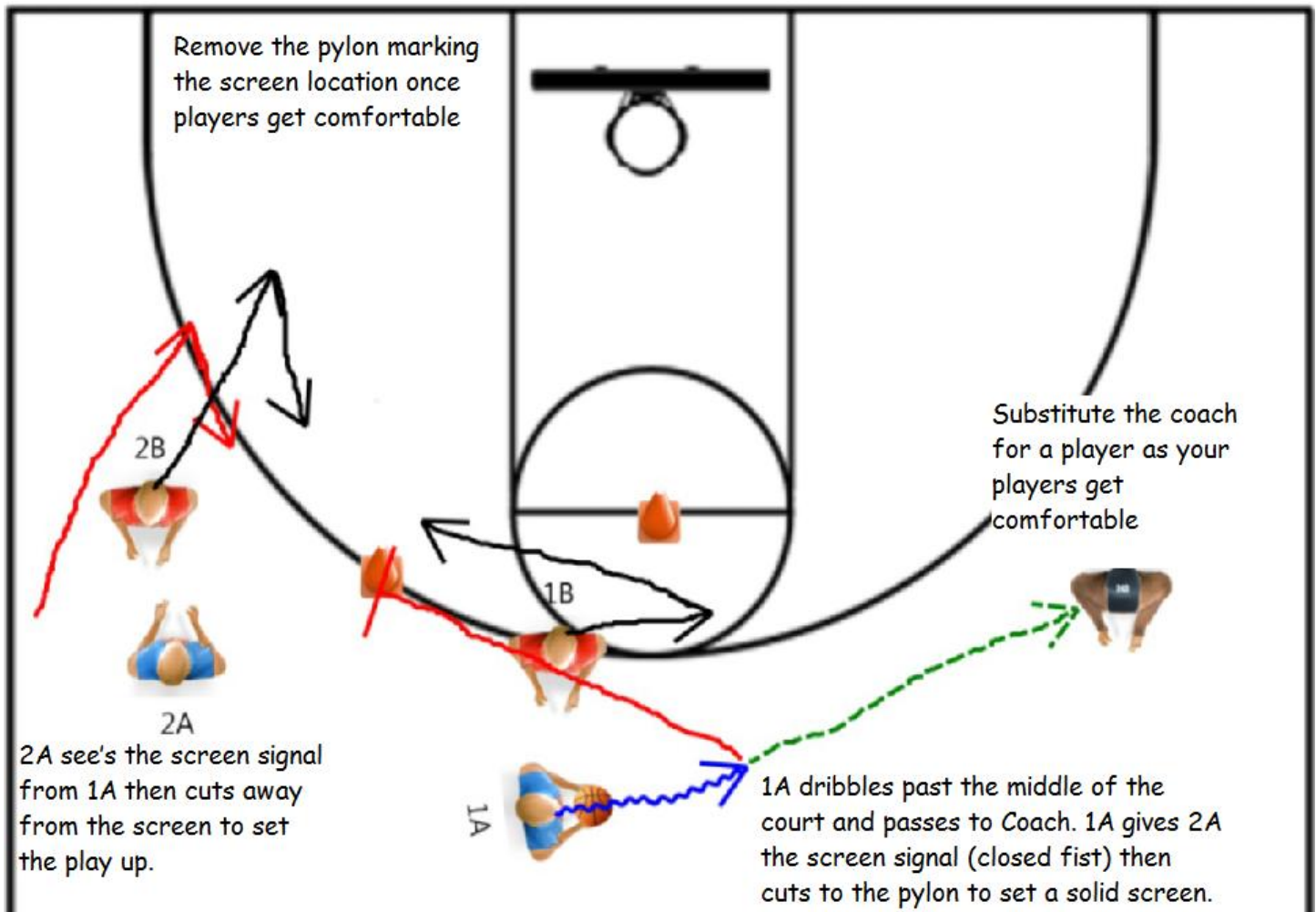


Coaching Point:

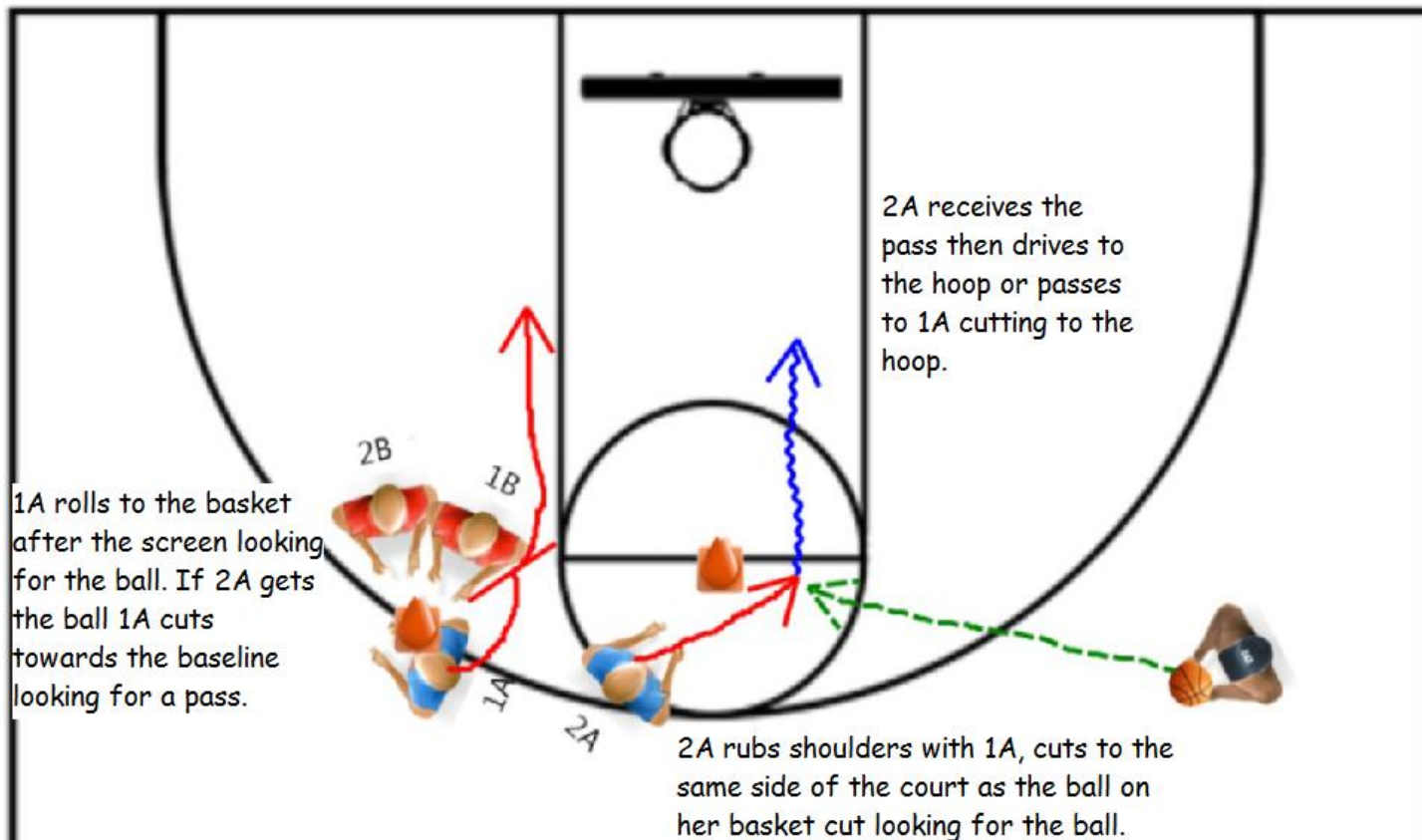
Watch for heads up dribbling. Players need to be calling out the team-mates name they are passing to. Players receiving a pass need to have their hands up ready to receive a pass. To load the drill, add another basketball and have 2 basketballs going at the same time. Remember to give the same amount 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)

Push pass video: <http://vimeo.com/3254642>

Pick & Roll away from the ball



Start off drill using the pylon's. Once players are comfortable remove pylon's. You want 1A to start the drill away from the coach. You are teaching the players how to set up the screen, and that they must cross the middle of the court before making that pass to minimize interceptions. Teach your players that the signal for setting a screen is a closed fist (use me to get open) an open hand signal indicates you want a screen set for you (help me to get open). Teach the screeners that their job is to get to the spot to set a screen then stand still in a good athletic position. It is 2A's job to make the screen work. She must set it up by cutting away from the screen to get her defense moving. Then explode to the screen.



Coaching point:

- Watch for good solid legal screens from 1A
- Make sure 1A rolls the proper direction
- When 1A cuts to the baseline looking for a pass, she must keep good spacing from her teammate
- 2A must cut away from the screen to set it up, then run right at the screen, rubbing shoulders.
- 2A must get over to the ball side of the court, passes from the wing across the key are not successful.

Loading the drill

- You can add a defense to either stop 2A's drive and force her to pass. Or stop the pass to 1A and force her to drive
- Have the coach pass the ball to 1A and let her drive or pass to 2A cutting to the basket. Note, if 2A doesn't get the ball she is to keep cutting to the hoop, no stopping.

Setting & receiving screens video: http://youtu.be/Wor3JZY5p_o