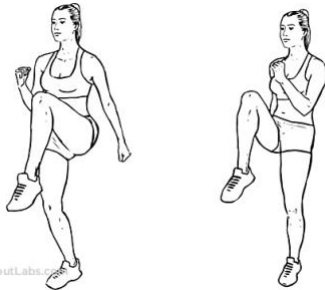


Morinville Youth Basketball Association

At Home Basketball Practice Plan #2

Warm-Up

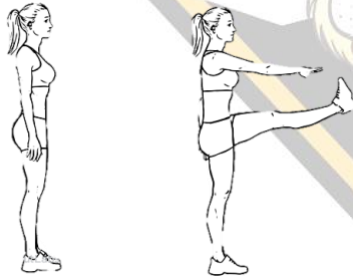
1. Stationary High Knees (30 seconds)



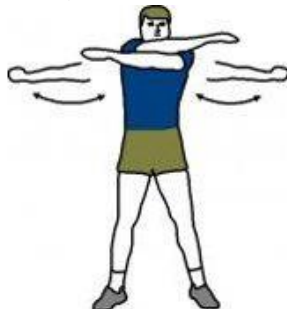
2. Stationary Back Kicks (30 seconds)



3. High Kicks (walk the length of your driveway or court)



4. Skipping (length of driveway or court) - Go forwards and backwards!
5. Arm Swings while Skipping (length of driveway our court)



Ball-Handling

1. Ball Wraps
 - a. Around your knees (20 times in both directions)
 - b. Around your waist (20 times in both directions)
 - c. Around your head (20 times in both directions)
2. Stationary Dribbling Part 1 (The easy stuff!)
 - a. Right and Left Hand - High Dribbles (x50)
 - b. Right and Left Hand - Mid Dribbles (x50)
 - c. Right and Left Hand - Low Dribbles (x50)
 - d. Right and Left Hand - One handed crossovers (x50)
 - e. Stationary Crossover - (x50)
 - f. Right and Left Hand - One handed, pull ball front to back (x50)

IF you have two basketballs, do the stationary dribbling but with TWO balls and include the dribble high/dribble low drill! ([Video Example](#))

3. Dribbling Part 2
 - a. Between the Legs (Walking and Stationary)
 - i. Walk the length of court or driveway as you dribble between the legs
 - ii. Stay stationary and go between the legs.
 1. [Stationary Between the Legs](#) - Video Example
 - b. Behind the back (Stationary)
 - i. Two dribbles, pull ball behind the back, two dribbles
 - ii. One dribble, pull ball behind the back, one dribble
 - iii. No dribble, ball behind back, no dribble
 1. [Stationary 1-2 Behind the Back](#)
 - c. Whips
 - i. Right and Left Hand (x25)
 1. Feet shoulder-width apart, using your right hand only, whip the ball around your right leg, behind your back and through your legs from back to front. Do the same with your left.



- d. Between, Cross, Behind
 - i. Go between your legs, cross over, behind the back.
 - ii. [Between, Cross, Behind](#) - Video Example

Finishing Around the Net

1. 1 Ball Mikan Layups (Keep the ball up, don't bring it down & use the PROPER hands!)
 - a. Start with making 15 shots with both hands (for a total of 30)
 - b. Now, time yourself.
 - i. How many can you make in 30s? 45s? 1 minute?
 - ii. [Mikan Layup Example \(One Ball\)](#)
2. 2 Ball Mikan Layups (If you have two balls)
 - a. [2 Ball Mikan Drill](#) - Video Example
 - b. Start with making 15 shots with both hands (for a total of 30)
 - c. Now, time yourself.
 - i. How many can you make in 30s? 45s? 1 minute?
3. "Perfects"
 - a. There are 5 shooting spots around the net. Two baseline, two at a 45 degree angle, and one from the top.
 - b. Start close (a few feet back, not outside the key) and MAKE 5 shots from each of the 5 spots.
 - c. Take 1 step back and MAKE another 5 shots from each spot. Stay close to the net, do not go farther back than the free throw line.
 - d. *There is ONE rule for this drill. NO BACKBOARD and NO RIM!*
 - i. Make a perfect shot that does not touch the backboard or the rim.
 - ii. Focus on your form, hold your follow through, and flick your wrist.
4. Up & Under Finish
 - a. Watch the following video:
 - i. [Fundamentals of the Up & Under](#)
 - b. Start on the low block, go slowly, make sure you sell the fake.
 - c. Do 15 on each side at a slow pace, then go 15 game speed.
5. Layups
 - a. Watch this and follow the instructions!
 - b. [Daily 3 - 3 Minute Layup Routine](#)

Cool-Down

1. Make 10 Free Throws (or close shots)
2. Static Stretches
 - a. [Stretching and Cool Down](#)

Goodluck and Have Fun!

