**Individual Practice Plans**

**Ball Handling:**

* Warm Up:
	+ Ball taps (x5 trips, down then up)
	+ Full body wraps (x5 trips, down then up)
	+ Leg wraps (x15 each leg in both directions)
	+ Seated around the back taps (x10 trips)
* Stationary 1 Ball Dribbling (25x with dominant hand, 50x with non-dominant hand)
	+ Pounds
	+ 1 handed cross overs (front)
	+ Front/Back dribbles (side of body)
	+ Regular cross over dribbles (x50)
	+ 2-1-0 Crossovers (two dribbles, 1 dribble, no dribble)
	+
* Stationary 2 Ball Dribbling (If you have 2 basketballs)
	+ Pounds
	+ One ball high, one ball low x50
	+ Side to side dribbles x50
	+ Front to back dribbles x 50
	+ 2 Ball crosses x25
* Wall Dribbling 🡪 above head, dribble hard x50/hand

**Shooting:**

* Form/Line Shooting
	+ Find a line (or make one), focus on good form and high arch, hit line. 10x
* Perfects (5 spots x 5 makes) 🡪 no rim/backboard
* Bounce Shots (5 spots x 5 makes) 🡪 use backboard
* Ray Range Shooting (5 spots, make 2 shots and take a step back)
* Free Throws
* Mikan Finishing (Catch high and finish high) 🡪 can be done in 30s, 45s or 60s times
	+ Forward finishes
	+ Reverse finishes
	+ Baseline Finishes
	+ Layups

Individual Practice Ideas/Tips!

* Jumping rope helps with so many skills in basketball.
* Don’t forget to STRETCH.
* Work on your balance and footwork.