**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.