**Practice Plans**

*Bantam / Midget Girls*

1. Passing Shuttles
   1. Basic
   2. Bounce
   3. 3-partner on the move
   4. Quick Stick
   5. Full Floor 4 station passing
2. Ball Movement Drills
   1. Swing
   2. Give & Go
   3. Pick & Roll
3. Cutting & Replacing / Off Ball Cutters
   1. Off Ball cut & Replace
   2. Two Option Swing

Novice / Peewee

1. Passing Shuttles
   1. Basic
   2. Bounce
   3. 3-partner on the move
2. Body position
   1. Boxing out
   2. Defense stance
   3. 1v1 loose ball battles
3. Dodges, Jab Steps, V-Cuts
4. 2v1 – Picks
5. 3 man weave
   1. 3v2 skills, quick passes, defensive I