**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