

Practice plans

- Always have a plan.
- Try to have 1 offensive goal & 1 defensive goal you are going to teach at each practice.
- An hour will always seem too short and go by quickly.
- Don't spend too much time talking & always listen for suggestions.
- Try to involve parent volunteers as much as possible.
- Use games to make it fun, i.e. relays, dribbling games, etc...
- Never underestimate what you can accomplish.
- Stay positive.

Sample practice plan

- ❖ 5 minutes – Start with a team meeting. Check in with players, explain goals/what the team is going to work on.
- ❖ 5 minutes – Warm ups (lay ups, jumps shots, free throws)
- ❖ 10 minutes – Divide team into 2 or 3 even groups. Lining up under basket, first person in line dribbles using right hand to free throw line and back. Give ball to next player in line and repeat. When all players in group have completed, have them sit down. Repeat drill going to mid court. Switch hands and repeat.
- ❖ 10 minutes – Defensive slides. Pair up players. Offensive player starts at the free throw line and dribbles. Defensive player has hands behind back and moves to block other player. Rotate pairs in. Change to use hands but no steals, then steal if possible.
- ❖ 5 minute water break
- ❖ 10 minutes – Catch & shoot drill. Pair up players. Start with small pass to partner, passer then moves to a close-out position but does not block shot. Ball handler tries to shoot.
- ❖ 10 minutes – Scrimmage. Start with jump ball at center court. Try to set up for free throw.
- ❖ 5 minutes – Conditioning, down & backs.
- ❖ Closing – Thanks and praise for hard work, remind of upcoming game & time.