

PRACTICE 3



WARM UP	SKILL DRILLS	SKILL DRILLS	DEVOTIONS	SKILL DRILLS	PLAYS
Dynamic Stretching/ Running	Dribbling	Passing	Devotion/Prayer/ Memory Verse	Shooting	Setting Screens/ Pick and Roll
:00–:05	:05–:15	:15–:25	:25–:33	:33–:45	:45–End

WARM UP

- **High Knees:** Start on the baseline and run to half court, emphasizing a high knee kick.
- **Backward Kicks:** Start on the baseline and run to half court, emphasizing kicking backwards.
- **Karaoke:** Start on the baseline facing the sideline. Criss-cross legs, alternating in front and behind.
- **Defensive Slides:** Slide to half court facing the sideline. Slide back to the baseline facing the same sideline.
- **Toy Soldiers:** While walking to half court, alternate high leg kicks, keeping legs straight. While kicking the leg as high as possible to stretch the hamstrings, touch that foot with the opposite arm. When that foot touches the ground, repeat that exercise on the other leg and so forth. It should be a continuous motion.
- **Jumping Jacks:** Do jumping jacks for 20 or 30 repetitions.
- **Lunges:** Alternate legs while lunging to half court.
- **High Skips:** Skip to half court. With every skip, try to jump as high as possible.

DRIBBLING SKILL DRILLS

- **Speed Dribbling:** Players will dribble around cones set up in a zigzag pattern then return in a straight line. This drill can also be done as a race, where players will dribble as fast as they can down and back.
 - *Main Points: Dribble quickly with eyes and head looking up-court*
- **High-Low Dribble:** Players will have a ball in each hand. In the stationary dribbling stance, the player will dribble the ball in the right hand at shoulder height, while dribbling the ball in the left hand at knee height. The low dribble should bounce twice for every one high dribble. Every 10 high dribbles, switch the high and low dribbles to the opposite hand. Do this until both hands have done 30 high dribbles.
 - *Main Points: Dribble with both hands at the same time, eyes and head looking up-court*
- **Change Directions:** Players start in the corner of the baseline and sideline. Cones should be set up at about a 30 degree angle from the corner and from each cone after that. The player dribbles to the first cone with the outside hand. At the first cone, the player will crossover dribble to switch directions and dribble to the next cone, using the new outside hand to dribble. This should be a zigzag pattern between cones all the way down the court. Coaches may want to try other ways to change directions at the cones as well, such as behind the back dribble, spin move, and between the legs dribble.
 - *Main Points: Changing directions while maintaining dribble, dribbling with both hands, footwork, eyes and head looking up-court*

PASSING SKILL DRILLS

- **Baseball Pass:** *This pass is often intended to start fast breaks. One line will be at sideline half court, and another line will be at the free throw line. The player at the free throw line throws the ball off the backboard to simulate a shot and then rebounds the ball. When the player rebounds the ball, the player at half court starts running to the opposite basket. The player who rebounded the ball turns and throws a one-handed baseball pass to the other player. The other player should catch the pass and shoot a layup.*
 - *Main Points: The baseball pass should be thrown finishing with the thumb down and the palm of the player's hand facing out in order to keep the ball from having sidespin; the ball will bounce toward the center of the court*
- **2-Man Passing:** *Two lines are formed on the baseline: one in the corner and one in line with the lane. Balls should all be in one line, and each player should be matched up with a player in the other line. The first player from each line starts out facing each other. They will make passes back and forth to half court, maintaining spacing the whole time. The outside line will be sliding down the sideline, and the inside line will be sliding equal to the lane extended. Once the players reach half court, have them switch sides and go back down the opposite sideline towards the baseline where they started, so that it can be a continuous drill. After doing chest passes a couple times, have them work on bounce passes while doing the same drill.*
 - *Main Points: Good passes, court spacing, footwork*

DEVOTION

SHOOTING SKILL DRILLS

- **George Mikan's:** *From under the basket, make a layup with the right hand, rebound the ball under the net with the left hand and make a layup with the left hand. Rebound with the right hand and layup with the right hand. Continue to repeat this, alternating hands. Eventually the player should learn how to quickly grab the ball and take a shot while only taking two steps.*
 - *Main Points: Footwork, layups, timing, be able to use both hands*
- **Off-the-Dribble:** *The player begins outside the three point line and will take one or two dribbles toward the basket before pulling up to shoot a jumper. The player rebounds his or her own shot and passes back to the next person in line.*
 - *Main Points: Being able to shoot quickly and shoot off the dribble, following your shot*
- **Bank Shots:** *Players work on bank shots from the wing. The ball should hit either the top right or top left corner depending on whether they are on the right or left side. Players rebound their own shot and pass back to the next person in line.*
 - *Main Points: Shooting at a target, following your shot*

SCREEN DRILLS

- **Setting a Screen:** *Have one offensive player dribbling with a defensive player following. Have a third offensive player demonstrate the proper technique. Feet should be shoulder width apart, setting a wide base, with hands locked stiffly in front of you. Body should be vertical and stationary in front of the defensive player.*
 - *Main Points: Proper technique for setting screens*
- **Pick and Roll:** *Go a step further with the previous technique and add the roll. Have players alternate playing offensive and defense. One will dribble the ball with a defensive player on them. The other offensive player will run up, set the pick, and roll toward the basket. They should always roll toward the basket to be ready for a pass and then shoot.*
 - *Main Points: Scoring off of a pick and roll*