

Basketball Practice Plans

Plan #1

Warm-Up (5 min)	See Warm-up Exercises linked below.
Court (5 min)	Court Knowledge - Coach calls out a variety of different spots on the floor and players must dribble to each spot.
	<ul style="list-style-type: none"> *Great drill for learning the different areas of the basketball court. *Make sure to print off the list on the drill page so that you're teaching them all areas. *Challenge: Towards the end, the last player to reach the spot is out.
Shooting (5 min)	Line Shooting - Players all place their shooting foot on a line and practice shooting the ball up and making it land on the line in front of them.
	<ul style="list-style-type: none"> *Hold shooting form until the basketball touches the floor. *Dominant foot should be placed on the line. *Ensure players are putting some height on the basketball when shooting.
Shooting (10min)	Partner Shooting - Players each take 10 shots each from a variety of distances on the court before swapping over.
	<ul style="list-style-type: none"> *Passes should be made hard and flat. *Shooter must be showing target hands and be down in stance when catching the ball. *Practice the 1-2 and the hop.
Water Break (5 min)	All players must make 2 free throws
Dribbling (15 min)	Chaos Call Out - 2 defenders attempt to steal the basketball off other players while the coach holds up numbers the dribblers must call out.
	<ul style="list-style-type: none"> *Forces the dribblers to focus on the coach and defenders instead of the basketball. *Players must be down in a low stance with an arm bar up to protect the basketball. *Players must shout the number the coach holds up loudly!
Game (15 min)	War - Two teams competing against each other in small-sided games using a different number of players on each possession.
	<ul style="list-style-type: none"> *Can be run full-court or half-court. *Do your best to give each player an even number of possessions. *Attempt to make the teams as even as possible.

Relevant Resources

[Warm-Up Exercises](#)

Plan #2

Plan #2	
Warm-Up (5 min)	See Warm-up Exercises linked below.
Dribbling (5 min)	Collision Dribbling - Players dribble around in a small space (usually the key) practicing keeping control of the basketball while avoiding others.
	<ul style="list-style-type: none"> *Players must dribble randomly through the key. Don't allow players to all go one way! *Encourage players to keep their head's up the entire possession. *Variation: Left-hand only.
Dribbling (5 min)	Dribble Course - Using cones, lay out a dribble course players need to complete. Customize the course and many different dribble moves.
	<ul style="list-style-type: none"> *Set up the dribble course while the players are performing the collision drill. *Encourage players to keep their heads up while completing the course. *Be creative!
Shooting (10min)	30 and 1 Shooting - Split into teams. Coach picks 3 spots on the floor each team must make 10 shots from. Each team must finish with a long-distance game winning shot.
	<ul style="list-style-type: none"> *The game winning shot should be a shot your players can hit approximately 1/10 times. *The next player in line should be in stance ready to catch and shoot. *The shooter should be showing target hands before they receive the pass.
Water Break (5 min)	All players must make 2 free throws
Rebounding (5 min)	Wall Rebounding - Players pass the basketball high off the wall and then jump up to secure the rebound using perfect technique.
	<ul style="list-style-type: none"> *Taking away the rim allows the players to focus 100% on technique. *Players must 'chin' the basketball as they secure the rebound. *Players should be landing low and wide to ensure a strong base.
Shooting (10 min)	Pivot Shooting - Two lines on baseline. Players pass to coach/parent and then catch the ball and square up to basket before scoring.
	<ul style="list-style-type: none"> *Players should land with a 2-foot jump stop and then pivot without raising out of their stance. *Show target hands and call for the basketball. *Keep jump shots low. The higher a player jumps, the more off-balance they'll be.
Game (15 min)	Shake Out - Two teams jog around inside the key. The coach drops the basketball and calls out a player or team who must sprint out and retrieve the basketball. Teams then spread out and compete till a score.
	<ul style="list-style-type: none"> *Players must jog around randomly in the key. Don't allow them to follow and opposition player. *The offense must attack immediately to take advantage of the scrambling defense. *The defense must communicate to pick up players as quickly as possible.
Relevant Resources	
Warm-Up Exercises	

Plan #3

Warm-Up (5 min)	See Warm-up Exercises linked below.
Layups (8 min)	Layup Technique - Players practice layups off one step, two steps, and then after dribbling.
	<ul style="list-style-type: none"> *Players should be stepping outside foot and then inside foot. *Make sure to practice on both sides of the court. *Long steps on layups
Game (12 min)	Attack the Ring - Two lines on the baseline. Players sprint out and one receives the ball from a coach. They become offense and attack while the other defends.
	<ul style="list-style-type: none"> *Set up the dribble course while the players are performing the collision drill. *Encourage players to keep their head's up while completing the course. *Be creative!
Water Break (5 min)	All players must make 2 free throws
Rebounding (8 min)	Snap Rebounding - Coach shoots a basketball and players practicing turning and boxing out their defender before securing the rebound.
	<ul style="list-style-type: none"> *Vary the distance away from the rim the players start. *Big emphasis on making contact, stepping across, and boxing out. *After securing position, players must pursue the basketball to secure the rebound.
Game (22 min)	Basic Small-Side Game - Run a small-sided game in both halves of the basketball court. The number will depend on how many players are at practice.
	<ul style="list-style-type: none"> *Play two 10-minute small-sided games of different variations. *Teams must clear the basketball out behind the three-point line. *Focus on what your team needs to improve. Talk to the players about it before starting.

Relevant Resources

[Warm-Up Exercises](#)

Plan #4

Warm-Up (5 min)	See Warm-up Exercises linked below.
Dribbling (10 min)	<p>Dribble Knockout - Players dribble around in a small space and attempt to knock each other's basketball out of the playing area.</p> <p>*Use the key or the three-point line depending on how many players you have. *Encourage players to keep their arm bar up to protect the basketball. *If a player fouls, they're out.</p>
Rebounds (8 min)	<p>Pivot Rebounding - Players practice correct rebounding technique by passing off the back board and jumping up to secure the rebound.</p> <p>*Players should pivot outside towards the sideline to face their group and pass. *The goal is to secure the rebound at the highest point. *'Chin' the rebound on the way down to get used to protecting the basketball.</p>
Water Break (5 min)	All players must make 2 free throws
Shooting (5 min)	<p>Partner Form Shooting - Players find a partner and practice shooting the basketball to each other using perfect shooting technique.</p> <p>*Players must hold their shooting form until the basketball has been caught by their partner. *Ensure all coaches are teaching proper shooting form the same way. *A player's elbow should finish next to their eyebrow to ensure good arc.</p>
Shooting (12 min)	<p>Rainbow Shooting - 2 lines on the baseline. Players run take turns passing, running the arc, and then receiving the basketball for a jump shot. After shooting, they rebound their own shot and pass it to the next player in the line they received it from.</p> <p>*Players should be squaring up to the rim using their inside foot as the pivot foot. *Ensure players are on balance when they're shooting the basketball. *Show target hands.</p>
Game (15 min)	<p>Transition Advantage - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.</p> <p>*This is a great drill for training decision-making skills as the offense must make the most of their advantage. *Encourage the offense to quickly space the floor and make smart passes. *The defenders must communicate with each other to stop the basketball.</p>

Relevant Resources

[Warm-Up Exercises](#)

[Chinning the Ball](#)

[Shooting Technique](#)