

# Session 1

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>Ball-Handling Series</b>	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below:  Beginner Ballhandling Series <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>	Beginner Ballhandling Series: <a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a>	
5 min	<b>Tim Hardaway Crossover Dribbling Series</b>	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below:  Tim Hardaway's Crossover Series <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>	<a href="https://sportsedtv.co/3jWIKe2">https://sportsedtv.co/3jWIKe2</a>	
5 min	<b>Change of Pace Chase Down</b>	Individual—Players line up across the baseline, arms distance or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.	<a href="https://sportsedtv.co/3yRF4R5">https://sportsedtv.co/3yRF4R5</a>	

5 min	<b>Partner Pass &amp; Pivot</b>	Pairs—The partner pass and pivot drill is a foundational basketball drill for beginners. In this drill, players will learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.	<a href="https://sportsedtv.co/3yWjb3c">https://sportsedtv.co/3yWjb3c</a>	
5 min	<b>Spot Shooting For Beginners</b>	Pairs—Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.	<a href="https://sportsedtv.co/3m5FKP5">https://sportsedtv.co/3m5FKP5</a>	
5 min	<b>Dribble Pull Up Shooting</b>	Individual - Set up cones around the key, mid-range or 3pt line depending on difficulty. Have your players attack each cone with 2-3 dribbles and pull up to shoot. Players should start in a line at a designated spot on the court.	<a href="https://sportsedtv.co/3m5sFp8">https://sportsedtv.co/3m5sFp8</a>	
5 min	<b>Slide - Backpedal Square Drill</b>	The defensive slide & backpedal square drill is a foundational drill made for basketball players to improve their defensive footwork and develop sound defensive habits. In this drill players will utilize the sprint, defensive slide, backpedal, and most importantly, change of direction and change of pace to complete the sequence. This drill should be practiced by players of all levels and ages. To advance this drill, incorporate a faster pace or go for longer amounts of time.	<a href="https://sportsedtv.co/3ALbCwD">https://sportsedtv.co/3ALbCwD</a>	
15 min	<b>Passing Game</b>	2 v 1, modified half-court game—Two players become partners and play against one defensive player. No dribbling! The point of the game is for the offense to score a basket or the defense to get a stop. Rotate players (Defense goes to offense, offense player 2 moves to offensive player 1, offensive player 1 goes to back of the line and a new defender comes in).		
60 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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## Session 2

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	<p>Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	<p>Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>How To Power Layup</b>	<p>CONTINUE FROM LAYUP LINES: The purpose of a power layup is to add more power throughout your body in order to absorb the defense while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot as per a regular layup.</p>	<a href="https://sportsedtv.co/3yVpTGH">https://sportsedtv.co/3yVpTGH</a>	
10 min	<b>The Mirror Drill</b>	<p>Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes.</p> <p>Then the pairs begin gradually dribbling faster in a ZIGZAG. The offensive player changes speed and directions, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.</p>	<a href="https://sportsedtv.co/3jYABpq">https://sportsedtv.co/3jYABpq</a>	

5 min	<b>Curl Progression Drill</b>	<p>Individual-The purpose of this drill is to establish and improve footwork and shooting skills when the defender is trailing.</p> <p>For this drill, you'll need three cones and a passer, players line up under the basket to one side. Each player should focus on having their hands in a shot ready position and calling for the ball. Each player should plant with their inside foot and shoot straight up and down. Progress this drill by curling around the cone farther and farther from the basket.</p>	<a href="https://sportsedtv.co/3snL2a1">https://sportsedtv.co/3snL2a1</a>	
10 min	<b>Level 1 Shooting Off The Dribble</b>	<p>Individual-In this drill, players will learn how to string together several basketball combination dribbling moves to improve your shooting off the dribble.</p> <p>Set up cones beyond the 3pt line and have your players dribble through them - finishing with a layup or jumpshot. Increase difficulty of moves to progress drill.</p>	<a href="https://sportsedtv.co/3xU8e0F">https://sportsedtv.co/3xU8e0F</a>	
5 min	<b>Improve Your Defensive Stance</b>	<p>Individual--Have your players line up in the corner of the court, explain the proper defensive stance and have your players roll a ball along the line to keep proper positioning.</p>	<a href="https://sportsedtv.co/2UpJ64c">https://sportsedtv.co/2UpJ64c</a>	
10 min	<b>How To Close Out</b>	<p>Individual-Also known as the star drill. Set up cones around the 3pt line. After teaching proper close out stance on each side, have your players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork and stance.</p>	<a href="https://sportsedtv.co/3AJYJTm">https://sportsedtv.co/3AJYJTm</a>	
5 min	<b>Tennis Ball Drag Race</b>	<p>Pairs: The coach will stand a couple of feet in front of the players. The players will set up in two lines, one to the left and one to the right of the coach. The coach will have two tennis ball in their stretched out hands. Players chop their feet as quickly as possible, and race to the ball when it is released.</p> <p>Players must push forward explosively in the direction of the bounced ball and catch it before it hits the ground a second time.</p>	<a href="https://sportsedtv.co/3kbpaul">https://sportsedtv.co/3kbpaul</a>	
15 min	<b>Shooting Game</b>	<p>2 v 2, modified half-court game—Players earn one point if they hit the backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations!</p>		
75 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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## Session 3

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>The Mikan Drill</b>	Individual: Have partners switch on and off after 30-60 seconds. The player starts under the basket and is working on making a layup on each side of the basket using proper footwork on each side. When the right arm shoots, the right knee follows and same on the left. Have players focus on hitting the upper outside point of the square on the backboard.	<a href="https://sportsedtv.co/3grrFrM">https://sportsedtv.co/3grrFrM</a>	
5 min	<b>Beginner Ball-Handling Series</b>	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below: <p>Beginner Ballahndling Series</p> <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>	Beginner Ballahndling Series: <a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a>	

5 min	<b>Two Ball Partner Dribbling</b>	This drill requires two balls and two players. Two ball partner dribbling intends to improve overall ballhandling and passing off the dribble. During this drill, focus on emphasizing each dribble move and sending a crisp pass to your partner.	<a href="https://sportsedtv.co/3DUHtxr">https://sportsedtv.co/3DUHtxr</a>	
5 min	<b>Tight Dribbling Series</b>	Individual: The focus of this drill is to dribble the ball tight to the body through the cones, which will help warmup and improve your ballhandling skills. Have players complete moves at their ability at each cone and finish with a layup or jumpshot.	<a href="https://sportsedtv.co/3zbpAr7">https://sportsedtv.co/3zbpAr7</a>	
10 min	<b>How To Set A Screen</b>	Screens are used by players to get open for a shot, drive, dribble or pass. In this drill, we review how to set on-ball screens and the different screens players can set for their teammate handling the ball.  First, have everyone complete each the screen without defense and add a defender when the team is ready.	<a href="https://sportsedtv.co/3mquzRb">https://sportsedtv.co/3mquzRb</a>	
15 min	<b>Dribbling Game</b>	1 v 1, modified half-court—Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. His or her opponent plays cooperative defense. No traveling or double dribble violations are called.		
15 min	<b>Free Throw Series</b>	Team: This free throw series will teach players everything they need to know about free throws. Take time to review and teach proper court placement and responsibilities in each position. <ul style="list-style-type: none"> <li>• How to shoot free throws</li> <li>• Free Throw Rebounding Roles: Guards</li> <li>• Free Throw Rebounding Roles: Posts</li> </ul>	How To Shoot Free Throws: <a href="https://sportsedtv.com/sport/basketball-instructional-videos/how-to-shoot-free-throws-male">https://sportsedtv.com/sport/basketball-instructional-videos/how-to-shoot-free-throws-male</a> Roles - Guards: <a href="https://sportsedtv.com/sport/basketball-instructional-videos/free-throw-rebounding-roles-guards">https://sportsedtv.com/sport/basketball-instructional-videos/free-throw-rebounding-roles-guards</a>  Roles - Posts: <a href="https://sportsedtv.com/sport/basketball-instructional-videos/free-throw-rebounding-roles-posts">https://sportsedtv.com/sport/basketball-instructional-videos/free-throw-rebounding-roles-posts</a>	  
75 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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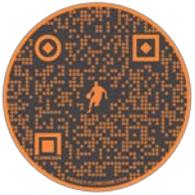


## Session 4

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>Chair Crossovers</b>	Individual - Have your players line up on the baseline. In this drill, you'll learn how to most effectively complete several combo and crossover moves with a chair. Cones can replace chairs as necessary.	<a href="https://sportsedtv.co/37SMnMC">https://sportsedtv.co/37SMnMC</a>	
5 min	<b>Two Ball Dribbling Series Ft. Tim Hardaway</b>	The two-ball dribbling series is a great warm-up and drill for basketball players looking to improve their ball-handling. In this drill, you'll go through four two-ball dribbling variations that will help improve your ball control, weak-hand dribbling, and overall coordination when handling the basketball.	<a href="https://sportsedtv.co/2X6zP2f">https://sportsedtv.co/2X6zP2f</a>	
5 min	<b>Up &amp; Back Shooting</b>	Individual: Have players start at halfcourt. Each player will take two shots in their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to halfcourt and sprint to the free throw line or 3pt line for the 2nd shot.	<a href="https://sportsedtv.co/3gg8NcF">https://sportsedtv.co/3gg8NcF</a>	

10 min	<b>Give and Go Shooting</b>	<p>Individual—The give and go is often one of the first passing motions taught to players by coaches at the beginning level. In this video, SportsEdTV Executive Director, Mark Strickland, will review how to teach the give and go to youth players.</p> <p>Placement options:</p> <ol style="list-style-type: none"> <li>1. Halfcourt Wing</li> <li>2. Halfcourt Center</li> <li>3. Baseline</li> </ol>	<a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</a>	
5 min	<b>3-5 Second Box Out Drill</b>	<p>This drill is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for 3-5 seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.</p>	<a href="https://sportsedtv.co/3CRKtd8">https://sportsedtv.co/3CRKtd8</a>	
10 min	<b>Rebound Drill With Outlet Pass</b>	<p>NBA veteran Mark Strickland shows a great rebounding drill with an outlet pass. This drill will focus on lateral footwork, boxing out, grabbing the rebound and passing in the right direction to your teammate.</p>	<a href="https://sportsedtv.co/3m5SSnl">https://sportsedtv.co/3m5SSnl</a>	
10 min	<b>How To Read The Defense</b>	<p>Individual-In this video, we teach the identifiers to look for in your defense and how to score based on defensive positioning. Once you've explained this to your players, have them line up as the coach plays the defensive call. Start in the paint and work your way back for more difficulty.</p>	<a href="https://sportsedtv.co/3CTIHbE">https://sportsedtv.co/3CTIHbE</a>	
15 min	<b>Offensive Teamwork Game</b>	<p>3 v 3, short-court game. Limit players to dribbling three times or less before passing. Call modified double dribble and traveling violations.</p> <p>EX. a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps without dribbling the ball before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. Also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. To challenge the activity, remove modifications.</p>		
75 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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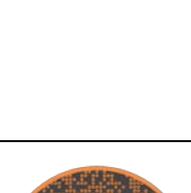


## Session 5

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
10 min	<b>The Mirror Drill</b>	Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes.  Then the pairs begin gradually dribbling faster in a ZIGZAG. The offensive player changes speed and directions, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.	<a href="https://sportsedtv.co/3jYABpg">https://sportsedtv.co/3jYABpg</a>	
5 min	<b>Passing</b>	Pairs--Have players line up about 6-10ft from each other and practice these passes: <ul style="list-style-type: none"> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead pass</li> </ul>	<a href="https://sportsedtv.co/3snZkrd">https://sportsedtv.co/3snZkrd</a>	
5 min	<b>The Parrot Drill</b>	Partners face each other about 3-4 feet apart and play follow-the-leader while dribbling. Switch leaders frequently.	<a href="https://sportsedtv.co/37Ko5UZ">https://sportsedtv.co/37Ko5UZ</a>	

5 min	<b>Following Your Shot</b>	Individual--Line up your players at a specific spot on the court. Have them shoot and chase their rebound down with a 1 or 2 bounce rule based on age. Move to different spots on the court. Include a consequence to missing the rebound bounce requirement.	<a href="https://sportsedtv.co/3g8STmS">https://sportsedtv.co/3g8STmS</a>	
5 min	<b>Floater Runner Finishing</b>	Individual: Have players line up on either wing or above the three point line. In this drill we are emphasizing shooting the ball higher over the defender to avoid an offensive foul.	<a href="https://sportsedtv.co/3B8wwFY">https://sportsedtv.co/3B8wwFY</a>	
5 min	<b>Improve Your Defensive Stance</b>	Individual--Have your players line up in the corner of the court, explain the proper defensive stance and have your players roll a ball along the line to keep proper positioning.	<a href="https://sportsedtv.co/2UpJ64c">https://sportsedtv.co/2UpJ64c</a>	
5 min	<b>Slide - Pedal Charge Drill</b>	Individual-In this drill you'll work on all facets of defense, including sliding laterally left to right, sprinting front and back, and lastly, establishing your stance and taking a charge. At the beginner level, this drill teaches young athletes the proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a young athlete's game to establish early on. On an intermediate and advanced level, this drill can be progressed with speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	<a href="https://sportsedtv.co/3m8uEJh">https://sportsedtv.co/3m8uEJh</a>	
10 min	<b>Offensive Cuts</b>	Individual - Players line up under the basket and step onto the court when it is their turn to perform cut. Players make a cut and either take a jump shot or layup. <ul style="list-style-type: none"> <li>• V cuts</li> <li>• L Cuts</li> </ul>	<a href="https://sportsedtv.co/3jUmToU">https://sportsedtv.co/3jUmToU</a>	
15 min	<b>Dribbling Game</b>	3 v 2, modified half-court game—Three players play offense and two players defend, then two offensive players must switch roles with the defensive players. Switch at least twice so all players get to play defense. Players earn a point if they keep possession of the ball (dribble with control) until they shoot or they attempt a shot close to the basket. Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team's opponent takes a turn.		
75 min	<b>TOTAL TIME</b>			

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<b>Notes:</b>		
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## Session 6

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>Ball-Handling Series</b>	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below:  Beginner Ballahndling Series <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>	Beginner Ballahndling Series: <a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a>	
5 min	<b>Tim Hardaway Crossover Dribbling Series</b>	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below:  Tim Hardaway's Crossover Series <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>	<a href="https://sportsedtv.co/3jWIKe2">https://sportsedtv.co/3jWIKe2</a>	
5 min	<b>Shot Fakes, Jab Steps, Cross Steps</b>	Individual: Have your players spread across the baseline or in one line in the corner. This skill is to introduce shot fakes, jab steps and cross steps. Have your players mimic each move in a triple threat stance, and then have the coach mix up the call.	<a href="https://sportsedtv.co/3iStFe8">https://sportsedtv.co/3iStFe8</a>	

5 min	<b>Change of Pace Chase Down</b>	Individual—Players line up across the baseline, arms distance or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.	<a href="https://sportsedtv.co/3yRF4R5">https://sportsedtv.co/3yRF4R5</a>	
5 min	<b>Tight Dribbling Series</b>	Individual: The focus of this drill is to dribble the ball tight to the body through the cones, which will help warmup and improve your ballhandling skills. Have players complete moves at their ability at each cone and finish with a layup or jumpshot.	<a href="https://sportsedtv.co/3zbpAr7">https://sportsedtv.co/3zbpAr7</a>	
10 min	<b>Level 1 Shooting Off The Dribble</b>	Individual-In this drill, players will learn how to string together several basketball combination dribbling moves to improve your shooting off the dribble.  Set up cones beyond the 3pt line and have your players dribble through them - finishing with a layup or jumpshot. Increase difficulty of moves to progress drill.	<a href="https://sportsedtv.co/3xU8e0F">https://sportsedtv.co/3xU8e0F</a>	
10 min	<b>How To Set A Screen</b>	Screens are used by players to get open for a shot, drive, dribble or pass. In this drill, we review how to set on-ball screens and the different screens players can set for their teammate handling the ball.  First, have everyone complete each the screen without defense and add a defender when the team is ready.	<a href="https://sportsedtv.co/3mquzRb">https://sportsedtv.co/3mquzRb</a>	
10 min	<b>How To Defend A Screen</b>	In this drill, the coach teaches the methods of defending a ball screen. All methods are used to prevent a specific move by the offense, specifically the shot and the drive to the basket.  Rotate all players in and out of four positions, two offense and two defense. Review <ul style="list-style-type: none"> <li>• How to go over a screen</li> <li>• How to go under a screen</li> </ul>	<a href="https://sportsedtv.co/3sJLYFU">https://sportsedtv.co/3sJLYFU</a>	
10 min	<b>Position &amp; Movement Game</b>	2 v 2, modified half-court game—If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. The focus of this game is to force the players to move to the open spot, and utilize each other to score.		
75 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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Coach: \_\_\_\_\_

Team: \_\_\_\_\_

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>How To Power Layup</b>	CONTINUE FROM LAYUP LINES: The purpose of a power layup is to add more power throughout your body in order to absorb the defense while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot as per a regular layup.	<a href="https://sportsedtv.co/3yVpTGH">https://sportsedtv.co/3yVpTGH</a>	
5 min	<b>The Mikan Drill</b>	Individual: Have partners switch on and off after 30-60 seconds. The player starts under the basket and is working on making a layup on each side of the basket using proper footwork on each side. When the right arm shoots, the right knee follows and same on the left. Have players focus on hitting the upper outside point of the square on the backboard.	<a href="https://sportsedtv.co/3grrFrM">https://sportsedtv.co/3grrFrM</a>	
5 min	<b>Partner Pass &amp; Pivot</b>	Pairs—The partner pass and pivot drill is a foundational basketball drill for beginners. In this drill, players will learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.	<a href="https://sportsedtv.co/3yWjb3c">https://sportsedtv.co/3yWjb3c</a>	

5 min	<b>Lateral Quickness Builder</b>	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	<a href="https://sportsedtv.co/3m2SJBg">https://sportsedtv.co/3m2SJBg</a>	
5 min	<b>Slide - Backpedal Square Drill</b>	The defensive slide & backpedal square drill is a foundational drill made for basketball players to improve their defensive footwork and develop sound defensive habits. In this drill players will utilize the sprint, defensive slide, backpedal, and most importantly, change of direction and change of pace to complete the sequence. This drill should be practiced by players of all levels and ages. To advance this drill, incorporate a faster pace or go for longer amounts of time.	<a href="https://sportsedtv.co/3ALbCwD">https://sportsedtv.co/3ALbCwD</a>	
5 min	<b>One-Two Step</b>	Individual: Have your players spread across the baseline or in one line in the corner. This skill is to introduce the one-two step into a shot or pass. Have players take 2-3 dribbles and one-two step in a zigzag motion full or half court.	<a href="https://sportsedtv.co/3g8Uwkm">https://sportsedtv.co/3g8Uwkm</a>	
10 min	<b>Dribble Pull Up Shooting</b>	Individual - Set up cones around the key, mid-range or 3pt line depending on difficulty. Have your players attack each cone with 2-3 dribbles and pull up to shoot. Players should start in a line at a designated spot on the court.	<a href="https://sportsedtv.co/3m5sFp8">https://sportsedtv.co/3m5sFp8</a>	
10 min	<b>How To Read The Defense</b>	Individual-In this video, we teach the identifiers to look for in your defense and how to score based on defensive positioning. Once you've explained this to your players, have them line up as the coach plays the defensive call. Start in the paint and work your way back for more difficulty.	<a href="https://sportsedtv.co/3CTIHbE">https://sportsedtv.co/3CTIHbE</a>	
15 min	<b>Shooting Game</b>	2 v 2, modified half-court game—Players earn one point if they hit the backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations!		
75 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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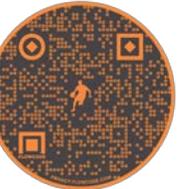
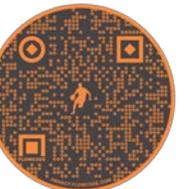


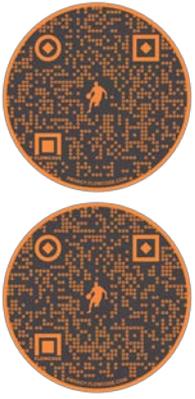
## Session 8

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
5 min	<b>Hop Form Shooting</b>	Individual/Pairs: In this drill, the player will use a hop motion to simulate basic foot movements experienced in a live game. During the hop form shooting drill you want to focus on landing in a balanced stance, and shooting your shot straight up and down with a full follow through.  Repeat 2, 4, 6, 8, 10x, times on each foot before switching players. If multiple hoops are available, spread players out in pairs/threes. If not, line up behind the 3 point line.	<a href="https://sportsedtv.co/3DedmAm">https://sportsedtv.co/3DedmAm</a>	
5 min	<b>Chair Crossovers</b>	Individual - Have your players line up on the baseline. In this drill, you'll learn how to most effectively complete several combo and crossover moves with a chair. Cones can replace chairs as necessary.	<a href="https://sportsedtv.co/37SMnMC">https://sportsedtv.co/37SMnMC</a>	
5 min	<b>Two Ball Partner Dribbling</b>	This drill requires two balls and two players. Two ball partner dribbling intends to improve overall ballhandling and passing off the dribble. During this drill, focus on emphasizing each dribble move and sending a crisp pass to your partner.	<a href="https://sportsedtv.co/3DUHtxr">https://sportsedtv.co/3DUHtxr</a>	

10 min	<b>Give and Go Shooting</b>	<p>Individual—The give and go is often one of the first passing motions taught to players by coaches at the beginning level. In this video, SportsEdTV Executive Director, Mark Strickland, will review how to teach the give and go to youth players.</p> <p>Placement options:</p> <ol style="list-style-type: none"> <li>1. Halfcourt Wing</li> <li>2. Halfcourt Center</li> <li>3. Baseline</li> </ol>	<a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</a>	
5 min	<b>Up &amp; Back Shooting</b>	<p>Individual: Have players start at halfcourt. Each player will take two shots in their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to halfcourt and sprint to the free throw line or 3pt line for the 2nd shot.</p>	<a href="https://sportsedtv.co/3gg8NcF">https://sportsedtv.co/3gg8NcF</a>	
5 min	<b>Relocation Shooting Drill</b>	<p>Pairs: Have one guard set up on the wing, one post set up on the block. If the guard drives baseline, the post will pop to the high post and call for the ball. If the guard drives middle, the post will pop out to the short corner for a baseline jumpshot. Work both sides and have the guard make the read to shoot or pass based on the defense.</p>	<a href="https://sportsedtv.co/3mqTVP9">https://sportsedtv.co/3mqTVP9</a>	
5 min	<b>3-5 Second Box Out Drill</b>	<p>This drill is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for 3-5 seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.</p>	<a href="https://sportsedtv.co/3CRKtd8">https://sportsedtv.co/3CRKtd8</a>	
10 min	<b>Offensive Teamwork Game</b>	<p>3 v 3, short-court game. Limit players to dribbling three times or less before passing (you can modify the number of dribbles as necessary). Call modified double dribble and traveling violations.</p> <p>For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps without dribbling the ball before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. Also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. To challenge the activity, remove modifications.</p>		
15 min	<b>Free Throw Series</b>	<p>Team: This free throw series will teach players everything they need to know about free throws. Take time to review and teach proper court placement and responsibilities in each position.</p> <ul style="list-style-type: none"> <li>• How to shoot free throws</li> <li>• Free Throw Rebounding Roles: Guards</li> <li>• Free Throw Rebounding Roles: Posts</li> </ul>	<p>How To Shoot Free Throws:  <a href="https://sportsedtv.co/2Wkd6ih">https://sportsedtv.co/2Wkd6ih</a></p> <p>Roles - Guards:  <a href="https://sportsedtv.co/3j8KNMJ">https://sportsedtv.co/3j8KNMJ</a></p> <p>Roles - Posts:  <a href="https://sportsedtv.co/387sPUU">https://sportsedtv.co/387sPUU</a></p>	

				
75 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> <li>1. Jog &amp; Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge &amp; Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	<a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>	
5 min	<b>Layup Lines</b>	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	<a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>	
10 min	<b>The Mirror Drill</b>	Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes.  Then the pairs begin gradually dribbling faster in a ZIGZAG. The offensive player changes speed and directions, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.	<a href="https://sportsedtv.co/3jYABpg">https://sportsedtv.co/3jYABpg</a>	
5 min	<b>Slide - Pedal Charge Drill</b>	In this drill you'll work on all facets of defense, including sliding laterally left to right, sprinting front and back, and lastly, establishing your stance and taking a charge. At the beginner level, this drill teaches young athletes the proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a young athlete's game to establish early on. On an intermediate and advanced level, this drill can be progressed with speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	<a href="https://sportsedtv.co/3m8uEJh">https://sportsedtv.co/3m8uEJh</a>	

10 min	<b>How To Close Out</b>	Individual-Also known as the star drill. Set up cones around the 3pt line. After teaching proper close out stance on each side, have your players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork and stance.	<a href="https://sportsedtv.co/3AJYJTm">https://sportsedtv.co/3AJYJTm</a>	
10 min	<b>Rebound Drill With Outlet Pass</b>	NBA veteran Mark Strickland shows a great rebounding drill with an outlet pass. This drill will focus on lateral footwork, boxing out, grabbing the rebound and passing in the right direction to your teammate.	<a href="https://sportsedtv.co/3m5SSnl">https://sportsedtv.co/3m5SSnl</a>	
10 min	<b>Spot Shooting</b>	Pairs—Partners practice shooting around the key or at select spots They keep track of the number of baskets made.	<a href="https://sportsedtv.co/3m5FKP5">https://sportsedtv.co/3m5FKP5</a>	
10 min	<b>Curl Progression Drill</b>	Individual-The purpose of this drill is to establish and improve footwork and shooting skills when the defender is trailing.  For this drill, you'll need three cones and a passer, players line up under the basket to one side. Each player should focus on having their hands in a shot ready position and calling for the ball. Each player should plant with their inside foot and shoot straight up and down. Progress this drill by curling around the cone farther and farther from the basket.	<a href="https://sportsedtv.co/3snL2a1">https://sportsedtv.co/3snL2a1</a>	
15 min	<b>Dribbling Game</b>	1 v 1, modified half-court—Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. His or her opponent plays cooperative defense. No traveling or double dribble violations are called.		
80 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
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