

Session 1

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 mn	Block To Block Finishing	Individual (Split between 2 baskets)-Have each player perform the block to block finishing drill for 10 makes, 5 on each side or 30-60seconds each.	https://sportsedtv.co/3tqUw4C	
5 min	Ball-Handling Series	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"> • Stationary • Moving 	Beginner Ballahndling Series: https://sportsedtv.co/3sos172	
5 min	Tim Hardaway Crossover Dribbling Series	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"> • Stationary • Moving 	https://sportsedtv.co/3jWIKe2	

5 min	Change of Pace Chase Down	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.	https://sportsedtv.co/3yRF4R5	
5 min	Triangle Rebound Outlet	Groups of three-Player O ₁ shoots the basketball, guarded by X ₃ . X ₃ rebounds the shot and makes a strong outlet pass to O ₂ . As soon as 1 takes the shot, he or she moves quickly to play defense on 2. Player 1 then rebounds 2's shot and makes an outlet pass to X ₃ . After 2 takes the shot, he or she plays defense on X ₃ . The players continue the process for the duration of the warm-up.		
10 min	The Box Drill For Posts	(TO BE DONE WHILE GUARDS ARE DOING COMBO MOVES) Individual-Have the players line up under the basket and pass the ball to themselves at the elbow completing each of the following moves: <ul style="list-style-type: none"> • Drop Step & drive • Reverse Pivot & Shoot • Reverse Pivot, Shot Fake & drive baseline/middle 	https://sportsedtv.co/3jWVL8M	
	Combo Moves Facing The Basket	(TO BE DONE WHILE POSTS ARE DOING THE BOX DRILL) Individual-This drill focuses on adding a second move to combine with your initial move. Have your players line up at halfcourt, attack the cones and complete the following combo moves with a layup or jumpshot finish. <ul style="list-style-type: none"> • Double cross • Crossover + Through The Legs (Killer Crossover) • Through The Legs + Behind The Back 	https://sportsedtv.co/3nvWY9I	
5 min	Spot Shooting For Beginners	Pairs—Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.	https://sportsedtv.co/3m5FKP5	
5 min	Dribble Pull Up Shooting	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.	https://sportsedtv.co/3m5sFp8	
5 min	Slide - Backpedal Square Drill	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	https://sportsedtv.co/3ALbCwD	

		advance this drill, incorporate a faster pace or go for longer amounts of time.		
10 min	How To Close Out	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. Advance by adding players instead of the cones and going live on a coaches call.	https://sportsedtv.co/3AJYJTm	
10 min	Passing Game	Play 2 v 2 half-court games. Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.		
10 min	Passing Game - 5v5	Play 5v5 full court scrimmage. Players must complete at least (3, 4, 5 ect.) passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.		
90 min	TOTAL TIME			

Notes:		
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Session 2

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
10 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
	How To Power Layup	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.	https://sportsedtv.co/3yVpTGH	
	How To Do The Euro Step	CONTINUE FROM LAYUP LINES: Instruct first, then have your players complete euro steps in layup lines.	https://sportsedtv.co/3BVRBEI	

5 min	The Tip Drill	<p>Individual (Split between 2 baskets)-Have players complete each variation of the tip drill with a finish for time or makes. The wall can be used as a modification.</p> <ul style="list-style-type: none"> • Single hand each side • 5 right, 5 Left same side • Alternate Hands Each Side 	https://sportsedtv.co/3jZf0P3	
5 min	Two Ball Partner Dribbling	<p>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.</p>	https://sportsedtv.co/3DUHtxr	
10 min	The Mirror Drill	<p>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.</p>	https://sportsedtv.co/3jYABpg	
5 min	Hop Form Shooting	<p>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.</p> <p>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.</p>	https://sportsedtv.co/3DedmAm	
5 min	Curl Progression Drill	<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>	https://sportsedtv.co/3snL2a1	
10 min	Level 1 Shooting Off The Dribble	<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>	https://sportsedtv.co/3xU8e0F	

5 min	Improve Your Defensive Stance	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, zigzag throughout the court, or on various lines of the court to keep proper positioning.	https://sportsedtv.co/2UpJ64c	
10 min	How To Set A Screen	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.	https://sportsedtv.co/3mquzRb	
10 min	How To Defend A Screen	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"> • How to go over a screen • How to go under a screen 	https://sportsedtv.co/3sJLYFU	
10 min	Defending The Screen Game	Play 3 v 3 games, 2 coaches on offense can be subbed for players if necessary. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.		
10 min	Defending the Screen - 5v5	Play 5v5. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.		
100 min	TOTAL TIME			

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Session 3

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Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Kyrie Irving Mikan Drill	Individual-Kyrie Irving uses the basis of the Mikan Drill to practice other finishes around the basket. Have your players make 10 layups, 5 on each side for each different finish. <ul style="list-style-type: none"> • Regular Layups • Finger Roll • Hook Shot • Euro Step 	https://sportsedtv.co/3A0u5VQ	
5 min	Two Ball Dribbling Series Ft. Tim Hardaway	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.	https://sportsedtv.co/2X6zP2f	
5 min	Tight Dribbling Series	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.	https://sportsedtv.co/3zbpAr7	

5 min	Floater Runner Finishing	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.	https://sportsedtv.co/3B8wwFY	
10 min	Post Moves	(SPLIT GUARDS & POSTS - GUARDS WORK ON DROP STEP DRIBBLE) Have your post players practice the following moves with or without defense, on both sides, in both directions (middle/baseline) <ul style="list-style-type: none"> • Drop step w/o dribble • Fake & drop step dribble • Dribble reverse • Up & Under 	https://sportsedtv.co/2YA1VVF	
	How To Drop Step Dribble	(SPLIT GUARDS & POSTS - POSTS WORK ON POST MOVES) Pairs (Offense/Defense)-Line up on either wing and have one player on offense and another on defense. Have your players work on the drop step dribble and finish with a layup. Rotate players in on offense then defense, before heading to the back of the line.	https://sportsedtv.co/3yY1h1E	
10 min	Give and Go Shooting	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. Placement options: <ol style="list-style-type: none"> 1. Halfcourt Wing 2. Halfcourt Center 3. Baseline 	https://sportsedtv.co/3xRHspE	
10 min	Offensive Cuts	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"> • V cuts • L Cuts 	https://sportsedtv.co/3jUmToU	
10 min	Offensive Cuts - 2 v 1	Play 2 v 1 half-court games with cooperative to active defenders. Another player serves as coach. The offense practices the give-and-go three times, using L-cuts or V-cuts toward the basket; then players rotate		
15 min	Offensive Cuts - 3 v 3	Play 3 v 3 half-court games. Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot. Give the offense an extra point if they use the give-and-go to score.		

15 min	Free Throw Series	<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"> • How to shoot free throws • Free Throw Rebounding Roles: Guards • Free Throw Rebounding Roles: Posts • Have each player make 10 free throws 	<p>How To Shoot Free Throws: https://sportsedtv.com/sport/basketball-instructional-videos/how-to-shoot-free-throws-male Roles - Guards: https://sportsedtv.com/sport/basketball-instructional-videos/free-throw-rebounding-roles-guards Roles - Posts: https://sportsedtv.com/sport/basketball-instructional-videos/free-throw-rebounding-roles-posts</p>	
100 min	TOTAL TIME			

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Session 4

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Chair Crossovers	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.	https://sportsedtv.co/37SMnMC	
5 min	Ball Manipulation Series	Individual-Have your players line up on the sideline or baseline in front of a cone and perform the following ball manipulation sequences. When manipulating the ball, the hand covers and wraps over the ball. <ul style="list-style-type: none"> • Basic Ball Manipulation • + Crossover Combo • + Between The Legs Combo • + All of the Above 	https://sportsedtv.co/38WBeuF	
10 min	Rapid Fire Shooting	Groups of three players—a shooter, passer, and rebounder—play "Rapid Fire." The shooter has one basketball; the passer has another. The shooter keeps moving, shooting without dribbling (later you might add shooting off the crossover dribble). The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder		

		outlets to the passer. After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.		
5 min	Up & Back Shooting	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. Go for a certain number of makes.	https://sportsedtv.co/3gg8NcF	
10 min	How To Read The Defense	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.	https://sportsedtv.co/3CTIHbE	
5 min	Slide - Pedal Charge Drill	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.	https://sportsedtv.co/3m8uEJh	
5 min	3-5 Second Box Out Drill	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.	https://sportsedtv.co/3CRKtd8	
10 min	Rebound Drill With Outlet Pass	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.	https://sportsedtv.co/3m5SSnl	
15 min	Rebound & Outlet Game	Play 4 v 4 games half court, with one shooter and one outlet; O4 shoots ball. On the release, X1, X2, and X3 turn and box out the players they're guarding. X (the outlet) moves right or left, depending on which side of the basket the ball is rebounded. The rebounder turns and passes to X4. The defense tries to complete three successful outlet passes in a row; then the offense goes on defense, and vice-versa.		
10 min	Free	Play 4 v 4. Begin each play with a free throw. A made free throw is worth one point; a		

	Throw Rebounding Game	rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.		
90 min	TOTAL TIME			

Notes:		
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Session 5

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 mn	Block To Block Finishing	Individual (Split between 2 baskets)-Have each player perform the block to block finishing drill for 10 makes, 5 on each side or 30-60seconds each.	https://sportsedtv.co/3tqUw4C	
5 min	Lateral Quickness Builder	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	https://sportsedtv.co/3m2SJBq	
10 min	The Mirror Drill	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.	https://sportsedtv.co/3jYABpg	

5 min	Relocation Shooting Drill	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.	https://sportsedtv.co/3mqTVP9	
10 min	Dribble Pull Up Shooting	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.	https://sportsedtv.co/3m5sFp8	
10 min	Entry Passes for Guards and Posts	Pairs (Offense/Defense)-Have an offense and defensive player in the guard position and a post on the block with an optional defender. Have your players practice hitting the posts target hand and throwing the correct pass based on the wing defenders positioning. Have players make certain number of passes or post get a certain number of makes before rotating players in and out.	https://sportsedtv.co/2XdkTPP	
10 min	How To Close Out	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. Advance by adding players instead of the cones and going live on a coaches call.	https://sportsedtv.co/3AJYJm	
10 min	How To Read Screens	Pairs (Offense/Defense)-Demonstrate each option before players begin. Have two offensive and two defensive players step onto the court and perform these movements based on defensive positioning. Rotate players in an out playing all positions: <ul style="list-style-type: none"> • Curling for a shot • Flaring for a shot • Popping for a shot 	https://sportsedtv.co/3hjg66h	
15 mins	Defending Screens Game	Play 4 v 4 half-court games. Players call their own fouls. Players can dribble only to drive to the basket. The offense uses screens to score and create passing lanes in the attack. Use a jump ball to restart play after every basket.		
10	Free Throw Game	Play 4 v 4. Begin each play with a free throw. A made free throw is worth one point; a rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.		
100 min	TOTAL TIME			

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5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Tim Hardaway Crossover Dribbling Series	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"> • Stationary • Moving 	https://sportsedtv.co/3jW1Ke2	
5 min	Change of Pace Chase Down	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.	https://sportsedtv.co/3yRF4R5	
5 min	Shot Fakes, Jab Steps, Cross Steps	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.	https://sportsedtv.co/3iStFe8	
10 min	Rapid Fire Shooting	(HAVE PLAYERS WORK ON JAB STEPS, FAKES AND CROSS STEPS) Groups of three players—a shooter, passer, and rebounder—play "Rapid Fire." The shooter		

		has one basketball; the passer has another. The shooter keeps moving, shooting without dribbling. The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder outlets to the passer. After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.		
10 min	Tight Dribbling Series	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.	https://sportsedtv.co/3zbpAr7	
10 min	Level 1 Shooting Off The Dribble	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.	https://sportsedtv.co/3xU8e0F	
10 min	The Box Drill For Posts	(TO BE DONE WHILE GUARDS ARE DOING COMBO MOVES) Individual-Have the players line up under the basket and pass the ball to themselves at the elbow completing each of the following moves: <ul style="list-style-type: none"> • Drop Step & drive • Reverse Pivot & Shoot • Reverse Pivot, Shot Fake & drive baseline/middle 	https://sportsedtv.co/3jWVL8M	
	Combo Moves Facing The Basket	(TO BE DONE WHILE POSTS ARE DOING THE BOX DRILL) Individual-This drill focuses on adding a second move to combine with your initial move. Have your players line up at halfcourt, attack the cones and complete the following combo moves with a layup or jumpshot finish. <ul style="list-style-type: none"> • Double cross • Crossover + Through The Legs (Killer Crossover) • Through The Legs + Behind The Back 	https://sportsedtv.co/3nvWY9I	
10 min	Entry Passes for Guards and Posts	Pairs (Offense/Defense)-Have an offense and defensive player in the guard position and a post on the block with an optional defender. Have your players practice hitting the posts target hand and throwing the correct pass based on the wing defenders positioning. Have players make certain number of passes or post get a certain number of makes before rotating players in and out.	https://sportsedtv.co/2XdkTPP	
10 min	Off-Ball Defense	Paired-up players practice off-the-ball defensive positioning. Set up 3-4 offensive players around the key and in the paint. Have the offense work the ball around to ensure proper defensive		

		positioning. Call the ball live to trigger offense to score.		
15 min	Position & Movement Game	5v5 Scrimmage - Each team must have the ball passed into the paint before scoring. Emphasize proper on and off ball defensive positioning.		
100 min	TOTAL TIME			

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Session 7

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Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
10 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
	How To Power Layup	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.	https://sportsedtv.co/3yVpTGH	
	How To Do The Euro Step	CONTINUE FROM LAYUP LINES: Instruct first, then have your players complete euro steps in layup lines.	https://sportsedtv.co/3BVRBEi	
5 min	Following Your Shot	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.	https://sportsedtv.co/3g8STmS	

10 min	Post Moves	(SPLIT GUARDS & POSTS - GUARDS WORK ON DROP STEP DRIBBLE) Have your post players practice the following moves with or without defense, on both sides, in both directions (middle/baseline) <ul style="list-style-type: none"> • Drop step w/o dribble • Fake & drop step dribble • Dribble reverse • Up & Under 	https://sportsedtv.co/2YA1Vvf	
	How To Drop Step Dribble	(SPLIT GUARDS & POSTS - POSTS WORK ON POST MOVES) Pairs (Offense/Defense)-Line up on either wing and have one player on offense and another on defense. Have your players work on the drop step dribble and finish with a layup. Rotate players in on offense then defense, before heading to the back of the line.	https://sportsedtv.co/3yYlh1E	
5 min	Improve Your Defensive Stance	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, zigzag throughout the court, or on various lines of the court to keep proper positioning.	https://sportsedtv.co/2UpJ64c	
5 min	Slide - Backpedal Square Drill	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.	https://sportsedtv.co/3ALbCwD	
5 min	3-5 Second Box Out Drill	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.	https://sportsedtv.co/3CRKtd8	
5 min	Triangle Rebound Outlet	Groups of three-Player O ₁ shoots the basketball, guarded by X ₃ . X ₃ rebounds the shot and makes a strong outlet pass to O ₂ . As soon as 1 takes the shot, he or she moves quickly to play defense on 2. Player 1 then rebounds 2's shot and makes an outlet pass to X ₃ . After 2 takes the shot, he or she plays defense on X ₃ . The players continue the process for the duration of the warm-up.		
10 min	How To Take A Charge	Individual-Have your players line up on the baseline. Demonstrate how to take a charge. Have one player at a time step onto the court in a help position. A coach or player drives the basketball from the middle or baseline while the player in help defense steps in to take a charge.	https://sportsedtv.co/3DZLhNH	

15 min	Rebound & Outlet Game	Play 4 v 4 games half court, with one shooter and one outlet; O4 shoots ball. On the release, X1, X2, and X3 turn and box out the players they're guarding. X (the outlet) moves right or left, depending on which side of the basket the ball is rebounded. The rebounder turns and passes to X4. The defense tries to complete three successful outlet passes in a row; then the offense goes on defense, and vice-versa.		
15 min	Free Throw Fast Break Drill	Offensive and defensive teams alternate free throws. Practice defensive positioning after release of ball and practice making outlet passes, as in a fast break. If the offensive team gets the rebound, continue play until they score or the defense wins the ball.		
90 min	TOTAL TIME			

Notes:		
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Session 8

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	The Tip Drill	Individual (Split between 2 baskets)-Have players complete each variation of the tip drill with a finish for time or makes. The wall can be used as a modification. <ul style="list-style-type: none"> • Single hand each side • 5 right, 5 Left same side • Alternate Hands Each Side 	https://sportsedtv.co/3jZf0P3	
5 min	Kyrie Irving Mikan Drill	Individual-Kyrie Irving uses the basis of the Mikan Drill to practice other finishes around the basket. Have your players make 10 layups, 5 on each side for each different finish. <ul style="list-style-type: none"> • Regular Layups • Finger Roll • Hook Shot • Euro Step 	https://sportsedtv.co/3A0u5VQ	
5 min	Hop Form Shooting	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.	https://sportsedtv.co/3DedmAm	

5 min	How To Do The Jump Stop Pro Hop	Individual - Have your players line up on the baseline to complete this footwork move. Practice this move going full court and back without the shot. Next, have your players line up on the wing and use this move when attacking the basket and finishing at the rim.	https://sportsedtv.co/3nhHDsH	
10 min	The Mirror Drill	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.	https://sportsedtv.co/3jYABpg	
10 min	How To Set A Screen	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.	https://sportsedtv.co/3mqzRb	
10 min	How To Defend A Screen	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"> • How to go over a screen • How to go under a screen 	https://sportsedtv.co/3sJLYFU	
10 min	Defending The Screen Game	Play 3 v 3 games, 2 coaches on offense can be subbed for players if necessary. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.		
10 min	Defending the Screen - 5v5	Play 5v5. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.		
10 min	Inbound Passing Game	The offense will score by running set play within 10 seconds of inbounding the ball from the end line. Play 5 v 5, half court. Players can't dribble except to drive to the basket. Use a 2-1-2 defense to defend space around the basket. Restart play from the end lines.		

10 min	Free Throw Sprints	Have each player shoot 10 free throws, 2 at a time. Every miss is a down & back sprint.	How To Shoot Free Throws: https://sportsedtv.com/sport/basketball-instructional-videos/how-to-shoot-free-throws-male	
100 min	TOTAL TIME			

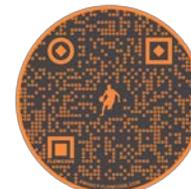
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Session 9

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	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"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Lateral Quickness Builder	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	https://sportsedtv.co/3m2SJBg	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Ball Manipulation Series	Individual-Have your players line up on the sideline or baseline in front of a cone and perform the following ball manipulation sequences. When manipulating the ball, the hand covers and wraps over the ball. <ul style="list-style-type: none"> • Basic Ball Manipulation • + Crossover Combo • + Between The Legs Combo • + All of the Above 	https://sportsedtv.co/38WBeuF	
10 min	Curl Progression Drill	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.	https://sportsedtv.co/3snL2a1	

10 min	Spot Shooting	Pairs—Partners practice shooting around the key or at select spots They keep track of the number of baskets made.	https://sportsedtv.co/3m5FKP5	
5 min	Up & Back Shooting	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. Go for a certain number of makes.	https://sportsedtv.co/3gg8NcF	
10 min	How To Read The Defense	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.	https://sportsedtv.co/3CTIHbE	
5 min	Slide - Pedal Charge Drill	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.	https://sportsedtv.co/3m8uEJh	
10 min	Give and Go Shooting	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. Placement options: <ol style="list-style-type: none"> 1. Halfcourt Wing 2. Halfcourt Center 3. Baseline 	https://sportsedtv.co/3xRHspE	
10 min	Offensive Cuts	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"> • V cuts • L Cuts 	https://sportsedtv.co/3jUmToU	
10 min	Offensive Cuts - 2 v 1	Play 2 v 1 half-court games with cooperative to active defenders. Another player serves as coach. The offense practices the give-and-go three times, using L-cuts or V-cuts toward the basket; then players rotate		

10 min	Offensive Cuts - 3 v 3	<p>Play 3 v 3 half-court games. Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot.</p> <p>Give the offense an extra point if they use the give-and-go to score.</p>		
100 min	TOTAL TIME			

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