








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>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>   |    |
| 10 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: <p>Basic Ball-handling (without dribble)</p> <ul style="list-style-type: none"> <li>• Stationary</li> </ul> <p>Beginner Ballhandling Series</p> <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>                                      | Basic Ball-handling (without dribble):<br><a href="https://sportsedtv.co/3AMFWad">https://sportsedtv.co/3AMFWad</a><br><br>Beginner Ballhandling Series:<br><a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a> | <br> |
| 10 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>   |   |






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| 5 min  | <b>Pivots</b>                   | Individual--Teach the skill of pivoting. Have players pivot in place spread out along the sideline, then have them take 3 dribbles, jumpstop and pivot.   | <a href="https://sportsedtv.co/37NpcDh">https://sportsedtv.co/37NpcDh</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> |  |
| 10 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. |   |   |
|        |                                 |   |   |   |
| 50 min | <b>TOTAL TIME</b>               |   |   |   |

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| <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>             | 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>Partner Form Shooting</b>       | Pairs—Partners practice shooting back and forth to each other with an emphasis on shooting form and landing on the 'line.'  | <a href="https://sportsedtv.co/3smpgTS">https://sportsedtv.co/3smpgTS</a> |  |
| 10 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> |  |
| 10 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.  | <a href="https://sportsedtv.co/3g8STmS">https://sportsedtv.co/3g8STmS</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! |  |  |
| 50 min | <b>TOTAL TIME</b> |   |  |  |





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| <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>Jog &amp; Backpedal</li> <li>Butt Kicks</li> <li>High Knees</li> <li>Lunge &amp; Twist</li> <li>Side Lunge Both Sides</li> <li>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>Give and Go Shooting</b>      | 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>Placement options:</p> <ol style="list-style-type: none"> <li>Halfcourt Wing</li> <li>Halfcourt Center</li> <li>Baseline</li> </ol>    | <a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</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>  |  |
| 10 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: <p>Basic Ball-handling (without dribble)</p> <ul style="list-style-type: none"> <li>Stationary</li> </ul>   | Basic Ball-handling (without dribble):<br><a href="https://sportsedtv.co/3AMFWad">https://sportsedtv.co/3AMFWad</a><br><br>Beginner Ballahndling |  |

|        |                                       |   |  |  |
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|        |                                       | Beginner Ballhandling Series <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>   | Series:<br><a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</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>The Mirror Drill</b>               | Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes. Then defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually dribbles faster in a zigzag pathway. The offensive player changes speed and directions. 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 - Backpedal Square Drill</b> | Individual-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. <ul style="list-style-type: none"> <li>• Sideline Sprint</li> <li>• Halfcourt Defensive Slide</li> <li>• Sideline Backpedal</li> <li>• Baseline Defensive Slide</li> </ul>   | <a href="https://sportsedtv.co/3ALbCwD">https://sportsedtv.co/3ALbCwD</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. |  |  |
| 60 min | <b>TOTAL TIME</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>3-5 Second Box Out Drill</b>       | Pairs-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.   | <a href="https://sportsedtv.co/3CRKtd8">https://sportsedtv.co/3CRKtd8</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> |  |
| 15 min          | <b>Offensive Teamwork Drill</b>       | <ol style="list-style-type: none"> <li>1. Introduce, demonstrate, and explain how to dribble and pass in a game situation.</li> <li>2. Have your students practice dribbling and passing in a game situation.</li> <li>3. Groups of four—Three players dribble and pass while the fourth player tries to steal the ball. Rotate the player trying to steal the ball every two minutes. This is a no-contact game. Limit the space used for the game to</li> </ol> |   |   |








|        |                                |  |  |  |
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|        |                                | half of a short court.   |  |  |
| 15 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> |  |  |
| 55 min | <b>TOTAL TIME</b>              |  |  |  |


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| <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> |   |
| 5 min           | <b>Basic Ball Handling Warmup</b> | Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below:   | <a href="https://sportsedtv.co/3AMFWad">https://sportsedtv.co/3AMFWad</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>Passing Off The Dribble</b>    | Passing off the dribble demonstrates a strong skill in ball control and accuracy. When making passes off the dribble you want to ensure that you are not touching the ball with two hands, But rather use only one hand. As you pass the ball off the dribble you want to make sure you step toward your target while putting power behind the pass so you can get the pass over to your teammate accurately and effectively. If you are passing off the dribble using a bounce pass you still are going to be stepping toward your target and you want to make sure you are pushing the ball | <a href="https://sportsedtv.co/3yO9i7s">https://sportsedtv.co/3yO9i7s</a> |  |



|        |                                    |  |   |   |
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|        |                                    | three-quarters of the way to your teammate. Doing this ensures that you have power on your pass and also allows the basketball to get to your teammate using the most effective bounce as possible.  |   |   |
| 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. |   |   |
| 10 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> |  |
| 50 min | <b>TOTAL TIME</b>                  |  |   |   |

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| <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>Slide - Pedal Charge Drill</b> | The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. 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>Give and Go Shooting</b>       | 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.<br><br>Placement options: <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>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.  | <a href="https://sportsedtv.co/3g8STmS">https://sportsedtv.co/3g8STmS</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> |  |
| 15 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. |   |   |
|        |                                     |   |   |   |
| 50 min | <b>TOTAL TIME</b>                   |   |   |   |

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| <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>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>Basic Ball-handling (without dribble)</p> <ul style="list-style-type: none"> <li>• Stationary</li> </ul> <p>Beginner Ballahndling Series</p> <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving</li> </ul>                                      | Basic Ball-handling (without dribble):<br><a href="https://sportsedtv.co/3AMFWad">https://sportsedtv.co/3AMFWad</a><br><br>Beginner Ballahndling Series:<br><a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a> | <br><br> |
| 10 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>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>Slide - Backpedal Square Drill</b> | Individual-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. <ul style="list-style-type: none"> <li>• Sideline Sprint</li> <li>• Halfcourt Defensive Slide</li> <li>• Sideline Backpedal</li> <li>• Baseline Defensive Slide</li> </ul> | <a href="https://sportsedtv.co/3ALbCwD">https://sportsedtv.co/3ALbCwD</a> |  |
| 10 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!   |   |   |
| 50 min | <b>TOTAL TIME</b>                     |   |   |   |

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| <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> |   |
| 10 min          | <b>The Mirror Drill</b>            | Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes. Then defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually dribbles faster in a zigzag pathway. The offensive player changes speed and directions. 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>Partner Form Shooting</b>       | Pairs—Partners practice shooting back and forth to each other with an emphasis on shooting form and landing on the 'line.'  | <a href="https://sportsedtv.co/3smpgTS">https://sportsedtv.co/3smpgTS</a> |  |
| 10 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> |  |










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| 5 min  | <b>3-5<br/>Second<br/>Box Out<br/>Drill</b> | Pairs-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.   | <a href="https://sportsedtv.co/3CRKtd8">https://sportsedtv.co/3CRKtd8</a> |  |
| 10 min | <b>Offensive<br/>Teamwork<br/>Game</b>      | 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.<br><br>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. |   |   |
| 50 min | <b>TOTAL TIME</b>                           |   |   |   |

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| <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>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>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>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> |  |

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| 5 min  | <b>Slide - Pedal Charge Drill</b> | The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. 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> |  |
| 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.  |   |   |
| 10 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.   | <a href="https://sportsedtv.co/3g8STmS">https://sportsedtv.co/3g8STmS</a> |  |
|        |                                   |  |   |   |
| 50 min | <b>TOTAL TIME</b>                 |  |   |   |

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| <b>Notes:</b> |  |  |
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