

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

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>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.  Placement options: 1. Halfcourt Wing 2. Halfcourt Center 3. Baseline	<a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</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>			

<b>Notes:</b>		
---------------	--	--

## 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>How To Power Layup</b>	Power layups are a necessity for all players once they've reached an intermediate level of basketball. Power layups are used when there is a tight defense around the basket, or a player is being closely guarded when attacking the basket. 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. The difference between a power layup and a regular layup happens in the feet. 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>	
10 min	<b>Level 1 Shooting Off The Dribble</b>	In this video, you will learn how to string together several basketball combination dribbling moves to improve your shooting off the dribble. In a basketball game, it is very common for a player to immediately find an open shot after making a move to get past your defender. The key of this skill is to effectively transition from intermediate level dribbling skills into your shot. Offer the variation that applies to the skill level of your players.	<a href="https://sportsedtv.co/3xU8e0F">https://sportsedtv.co/3xU8e0F</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 - 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>	
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>			

<b>Notes:</b>		
---------------	--	--

## 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>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:  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's Crossover Dribbling Series</b>	Learn how the repetition of working on your crossover dribble will help you enhance your dribbling abilities and effectiveness in shifting your defenders. With the crossover dribble, you want to utilize your shoulders, eyes and hips. Starting in a stationary position, start dribbling the ball with either your right or left hand, then cross the ball in front of you in the middle of your body, preferably low and beneath your knees to the opposite hand and side of your body. Do this as quickly as possible so that you can build up the dribble speed and power with your crossover dribble. Do the same thing while performing the crossover dribble behind your back. As you start to add movement to your dribble, perform the same tasks, but this time you move forward or backward as you complete	<a href="https://sportsedtv.co/3jWIKe2">https://sportsedtv.co/3jWIKe2</a>	

		each crossover dribble. Practice these moves and, while you may not become the next 'Crossover King', you will become a more feared opponent when handling the basketball.		
10 min	<b>Curl Progression Drill</b>	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. Each player should focus on having their hands in a shot ready position and calling for the ball. Further, it's important to focus on curling around each cone as tightly as possible to prevent the defender from getting in front of the shot. 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>	
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>	
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.		
50 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
---------------	--	--

## 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>	
10 min	<b>How To Read The Defense</b>	This skill is an important skill that builds basketball IQ and muscle memory. Reading the defense as an individual will help players become more efficient scorers within their offense. 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.	<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 (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>		
50 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
---------------	--	--

## Session 5

Coach:

Team:

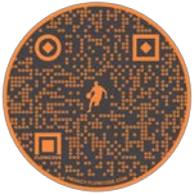
Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	<b>Dynamic Warm-up</b>	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <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>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>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>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>	

		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.		
10 min	<b>Dribble Pull Up Shooting</b>	When it comes to the dribble-pull up, the path to improvement is simple: Repetition is key. In this video you'll learn the proper footwork to the dribble pull up shot and how to focus on the correct movements throughout the drill. Next, complete the drill that will ensure you are effectively practicing your dribble pull up shot at all spots on the court. Players should start in a line at a designated spot on the court.	<a href="https://sportsedtv.co/3m5sFp8">https://sportsedtv.co/3m5sFp8</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.		
50 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
---------------	--	--

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>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>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>	
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. Have players practice shot fakes, jab steps and cross steps before they take a shot.	<a href="https://sportsedtv.co/3m5FKP5">https://sportsedtv.co/3m5FKP5</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.		
50 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
---------------	--	--

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>How To Close Out</b>	Closing out on defense is an essential skill for basketball players. A proper close out aims to achieve to limit the opportunities created by an offensive player with their strong hand - since most players are less efficient with their weak hand. In this video, we deliver the defensive method for closing out on each part of the basketball court and review a quick drill to apply the skill.	<a href="https://sportsedtv.co/3AJYJTm">https://sportsedtv.co/3AJYJTm</a>	
10 min	<b>How To Read The Defense</b>	This skill is an important skill that builds basketball IQ and muscle memory. Reading the defense as an individual will help players become more efficient scorers within their offense. 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.	<a href="https://sportsedtv.co/3CTIHbE">https://sportsedtv.co/3CTIHbE</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/3m5SSnI">https://sportsedtv.co/3m5SSnI</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>			

<b>Notes:</b>		
---------------	--	--

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>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>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>	

5 min	<b>Chair Crossovers</b>	Using a chair as a defender is one of the easiest ways to mimic an in game situation without a live defender. In this drill, you'll learn how to most effectively complete several combo moves with a chair. Cones can replace chairs as necessary.	<a href="https://sportsedtv.co/37SMnMC">https://sportsedtv.co/37SMnMC</a>	
10 min	<b>Dribble Pull Up Shooting</b>	When it comes to the dribble-pull up, the path to improvement is simple: Repetition is key. In this video you'll learn the proper footwork to the dribble pull up shot and how to focus on the correct movements throughout the drill. Next, complete the drill that will ensure you are effectively practicing your dribble pull up shot at all spots on the court. 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>Offensive Teamwork 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.  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>			

<b>Notes:</b>		
---------------	--	--

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>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 - 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>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>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>	
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.		
50 min	<b>TOTAL TIME</b>			

<b>Notes:</b>		
---------------	--	--