

Sample Practice Plan I:

Team: #18	Date:	Practice: # 1
Skill Focus: Ball Handling skills		
Type / Time allocated	Detail description	Notes:
Warm ups (< 5 minutes)	Stretches	Focus on the limbering of the knee joints. Girls are susceptible to knee injuries
	Lay-ups, or something a little more aerobic	Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little.
Drill	Around the Legs	Keep your feet shoulder's width apart. Flex your knees and bend over at your waist. Holding the ball in your right hand, move it between your legs and around your left knee. Pick the ball up with your left hand, swing it around the front of your left knee and back to your right hand. Repeat. Do 20 repetitions of this drill on your left leg and then repeat it on your right leg.
Drill	Around the Knees	Keep your feet a few inches apart, flex your knees, and bend at the waist. Holding the ball in your right hand, pass it behind your knees to your left hand. Pass the ball around the front of your knees with your left hand to your right hand. Repeat the drill 20 times going in one direction as quickly as possible. Change direction and repeat the drill again.
Drill	Around the Waist	Stand up straight with your feet a shoulder's width apart. Hold the ball at waist level in your right hand and pass it behind your back as far as possible to your left hand. Pass the ball around the front of your waist as far as possible to your right hand. Repeat the drill 20 times going as quickly as possible. Change direction and repeat the drill again.
Drill	Figure 8	Keep your feet spread wider than a shoulder's width, flex your knees, and bend forward at the waist. Holding the ball at knee level in your right hand, pass it behind your left leg to your left hand. Pass it around the front of your left leg to behind your right knee to your right hand. Pass it around the front of your right knee to the back of your left knee. Repeat the drill 15 times going as quickly as possible. Change direction and repeat the drill. Don't watch the ball!
Drill	Between-The-Legs Bounce And Catch	Holding the ball over your head with two hands, spread your feet slightly further than shoulder's width. Swing the ball forward and bounce it on the floor between your legs near your heels. Swing your arms

		back quickly and catch the ball with your two hands as it bounces up toward your hips. Repeat this drill 15 times as quickly as possible.
Drill	Ball Drop/Hand Clap	<p>Here's a tricky drill that requires quickness and, since you won't be looking at the ball, a sense of where the ball is. Flex your knees, keep your feet together, and bend forward at the waist.</p> <p>Holding the ball behind your knees, let it drop to the floor. Bring your hands to the front of your knees, clap them together, then quickly bring them behind your knees to pick the ball up before the next bounce. Repeat this drill 15 times.</p>
Drill	Between the legs run (Walking Figure 8s)	This ball-handling drill is a good prelude to the between-the- legs dribbling drill. Assume a crouched position and begin moving slowly down court. As you move, pass the ball quickly from your right hand between your legs to the back of your left leg to your left hand. With the left hand, pass the ball around the front of your left leg, between your legs to the back of your right leg to your right hand. Repeat the drill continuously while moving down court.
Drill	Forward and Back	Start with both legs together pass the ball around both legs in a circle. Step forward with one leg and make the next circle around one leg. Bring foot back and make a circle around both legs again. Repeat with other foot stepping forward.

Sample Practice Plan II:

Team: #18	Date:	Practice: # 2
Skill Focus: Dribbling skills		
Type / Time allocated	Detail description	Notes:
Warm ups (< 5 minutes)	Stretches	Focus on the limbering of the knee joints. Girls are susceptible to knee injuries
	Lay-ups, or something a little more aerobic	Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little.
Drill	Sit Dribbling	Sit on the floor with your legs crossed in front of you. With the ball in your right hand, begin to dribble it around your back as far over to your left hip as possible. Pass it to your left hand and continue dribbling in front of you as far as you can to your right hand. Repeat this drill 15 times and then switch directions.
Drill	Full-Court speed dribble	Move quickly down the court with the ball waist high and far out in front of you. Make the lay-up and head back up court, repeating the speed dribble and lay-up. Do this 6 times. Shoot 10 free throws, then repeat the drill again.
Drill	Crossover dribble	Set up a series of cones on the basketball court about 10 to 15 feet apart. Pretend that they are defensive players trying to grab at the ball. Begin at one end of the court and dribble around the chairs, weaving your way to the end. As you approach each chair, change your dribbling hand, remembering to keep the ball low and close to your body.
Drill	Reverse Dribble	Place three cones 15 feet apart on the court and pretend that they are defensive players. Dribble toward them and make your spin move, using proper form and technique. When you arrive at the next chair, repeat the move. On your return trip, try to make the move with the other hand.
Drill	Half-Reverse Dribble	Start the move just as you would the normal reverse dribble. Make a 90-degree turn and then come back to your original position. To be effective, the move must be done quickly. Keep your palm on the side of the ball for the first 90-degree turn and then switch it to the other side of the ball when you bring it back to the starting position.
Drill	Backup Dribble	This is mainly a dribbling move used to escape a dangerous defensive situation. When dribbling with

		your right hand, turn your shoulder to the defender, push back on your left foot away from the defender, and simultaneously make a dribble back. Protect the ball with your left shoulder and arm.
Drill	One Handed Crossovers	While standing in place, cross the ball in front of you using one hand. Switch hands and repeat. Also do this on the side of your body using each hand. (front to back crossovers)
Drill	Crossover Touches	While standing in place, start with crossovers in front of your body. When the ball goes to one hand, touch the floor with the other.
Drill	Scissor	While standing in place, dribble the ball between your legs. After the ball goes through switch your legs (like a scissors) and dribble the ball between your legs the other direction.
Drill	Blow by Defender	<p>Since the defense is typically waiting at the mid court, teach your players to use their Speed Dribble to get by this defender. Some of the players have a tendency to approach the defender slowly, turn their back and dribble backwards. They are now unable to see their teammates and the defender. This almost always results in a turnover.</p> <p>Set up a player on the sideline and a defender halfway across the court. The dribbler must use her speed dribble to get past the defender. Show them how to approach the defender straight ahead, make a crossover and get around them.</p>

Sample Practice Plan III:

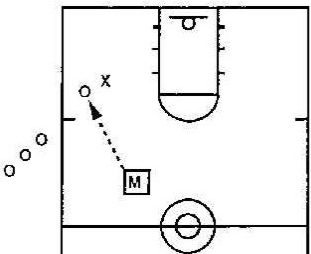
Team: #18	Date:	Practice: # 3
Skill Focus: Dribble-Footwork-Shooting		
Type / Time allocated	Detail description	Notes:
Warm ups (< 5 minutes)	Stretches	Focus on the limbering of the knee joints. Girls are susceptible to knee injuries
	Lay-ups, or something a little more aerobic	Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little.
Drill	Dribble - Jump Stop	Start on baseline or sideline, at medium speed dribble across the court until coach blows the whistle. Players should jump stop with both feet hitting the floor at the same time. This will allow the player to pivot on either foot.
Drill	Dribble/Jump Stop/Pivot	Same as above, but add in the pivot. Have a coach try and grab the ball from the player. Player should pivot away from defender while holding ball on opposite side of body.
Drill	Dribble/Jump Stop/Shoot	Make two lines at each available basket. Have the players dribble from the elbow (free throw line) to the block. They must jump stop and shoot.
Drill	Lay-ups	At the younger ages, teaching lay-ups needs to be a multi-step process. 1) Without the ball, have the players jump in place raising one arm and the same leg. 2) Without the ball, run from the elbow to the block and shoot the lay-up without the ball. 3) Same as #2 with the ball. Focus on the form, not the result.
Drill	Jump Shots	Make two lines at each available basket. Have the players dribble 2-3 times and shoot. Teach them to jump when they shoot.
Drill	Mikan	Starting under the rim, step to the right and shoot a bank shot. The foot work should look like a right handed lay-up. Rebound the ball and do the same from the left side. Repeat

Once your players do well with these drills, combine the skills from the first three practice plans.
ie: Dribble / cross over / jump stop / jump shot

Try and keep a ball in everyone hands at all times. Drills that incorporate a line with one ball aren't as productive as drills that include everyone at the same time. Typically our league has 12-14 practices and

10 games. If you can keep a ball in everyone's hands at all times, you can make significant advances in the skill level of your team. As the skill level of the player increases their enjoyment of the game increases and that's what its all about.

Sample Practice Plan IV:

Team: #18	Date:	Practice: # 4
Skill Focus: Defense (Man-to-Man)		
Type / Time allocated	Detail description	Notes:
Warm ups (< 5 minutes)	Stretches	Focus on the limbering of the knee joints. Girls are susceptible to knee injuries
	Lay-ups, or something a little more aerobic	Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little.
Drill	Slide	Everyone stand on the base line and face the wall behind the basket. Slide down the baseline without crossing the feet. When you reach the corner run backwards to mid court. At mid court slide down the line to the opposite side of the court. Run forwards to the baseline and repeat. Make sure the players are sliding in the proper "sitting" position. (Stay Low / palms up)
Drill	On-the-Ball Defense	Teach the defender to stay between the basket and offensive player. When the offensive player dribbles, slide your feet to stay in position.
Drill	One pass away Defense (Denial) 	Divide team in half. Position groups at opposite sides of the court. Form lines outside the sideline and the wing position. First player in line assumes defensive responsibilities and denies the wing pass to the offensive player. Entry pass can be attempted by a coach or manager at the point guard position. Instruct the defense to see both players and use quick feet. To help the defense concentrate, have them say aloud, "I see them both." Offense rotates to defense, defense to the end of the line. Continue drill in this manner on both sides of the floor.
Drill	One pass away Defense (Denial) Zig-Zag Drill	Start with the coach holding the ball the the three point line 5-10 feet to one side of the middle of the court. Another coach starts under the basket with a player defending them. The coach cuts back and forth across the key and out toward the free throw line. The defender must adjust their denial position in relation to the ball and the goal. The coach with the ball will make a bounce pass when the other coach reaches the free throw lane. The defender must step in and deflect the ball with their back hand. Now they

		have the best position to get the loose ball.
Drill	Two + passes away (Open)	
Drill	Shell Drill	<p>Purpose: To teach ball denial, and help side defense at various spots on the floor; to improve communication during player-to-player team defense.</p> <p>Procedure:</p> <p>This is an excellent 4-on-4 half-court-defensive drill. Position an offensive player near each elbow and an offensive player near each wing.</p> <p>Position defensive players according to the following help side rules in relation to the ball:</p> <p>Player guarding the ball plays in a squared stance with the inside foot forward.</p> <p>Players that are guarding an opponent one pass away from the ball are in a deny position.</p> <p>Players that are guarding an opponent two passes from the ball should have one foot in the lane and be in a position to see their player and the ball. They also must be in a position to deny an inside cut.</p> <p>Players guarding an opponent that is more than two passes away should have both feet in the lane and be in a position to see both player and ball, denying all cuts.</p> <p>All four defensive players must be ready to block out on all shots.</p> <p>Stress the importance of communication; encourage players to call out loud the proper defensive position. Use the terms, "ball", "deny", and "help" every time the ball is passed on offense.</p> <p>The offensive team members must understand that their role in this drill is to help teach the defenders proper positioning. Here is a progression of tasks that will require the defenders to react to progressively more complex situations:</p> <p>Teach proper positioning without a ball first</p> <p>Have the offensive players pass the ball one pass at a time, on your command. On each pass, all four players must readjust their positions, stances, and visual field.</p>

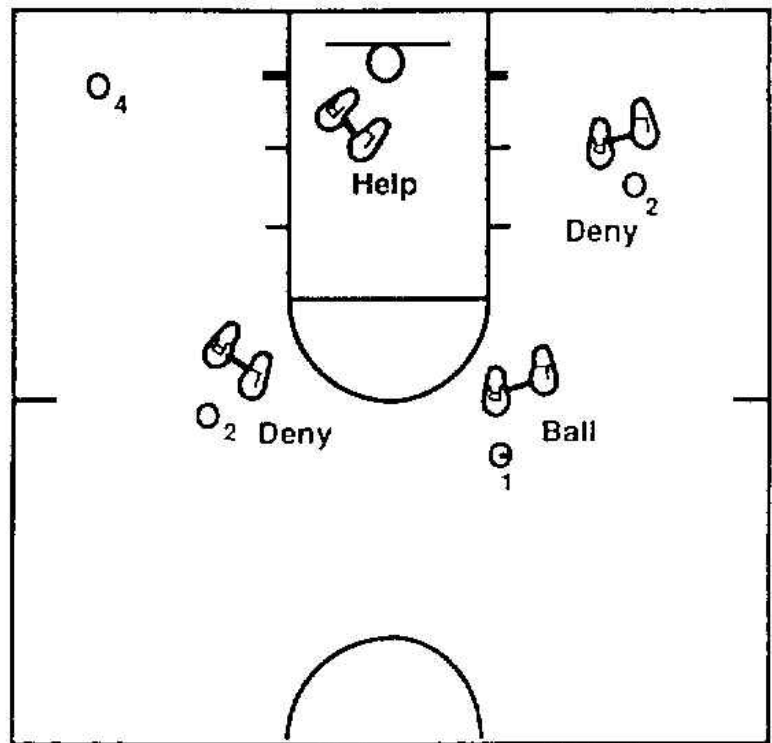
Have the offense pass it two or three times consecutively, but do not allow any shots, cuts, or skip passes.

Have the offensive team pass the ball two or three times before allowing them to initiate a dribble-drive move in an attempt to penetrate the interior of the defense. Players without the ball may slide along the perimeter only.

Instruct the players at the guard positions to exchange positions with the forwards on any guard-to-guard pass.

Instruct the guards to cut to the basket on a guard to forward pass. If they do not receive a pass, they should balance the floor the weak side as the other players rotate towards the ball.

Instruct the weak side forward to flash through the key to try to receive pass from the strong side guard or forward.



Sample Practice Plan V:

Team: #18	Date:	Practice: # 5
Skill Focus: Passing skills		
Type / Time allocated	Detail description	Notes:
Warm ups (< 5 minutes)	Stretches	Focus on the limbering of the knee joints. Girls are susceptible to knee injuries
	Lay-ups, or something a little more aerobic	Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little.
Run the following drills with two lines facing each other. Only one ball is needed. (2-3 players per line)		
The first person in one line passes to the first person in the other line. After they make the pass they veer to the right and go to the back of the opposite line.		
Drill	Chest Pass	Start with the ball in the chest area, step toward the target and throw the ball with both hands. Look for correct form. The person catching the ball always needs to be moving toward the ball when they make the catch.
Drill	Bounce Pass	Same as above only throw a bounce pass.
Drill	Outlet Pass (overhead)	Same as above only throw a two handed overhead pass.
Drill	Baseball Pass	Same as above only throw a baseball style pass
Drill	Cross-step Pass	The coach should stand directly between the lines, facing the passer. The player with the ball will drive directly toward the coach (defender), once they get to the defender they will pick up the dribble and jump stop. They will then cross-pivot (left foot pivots outside of right or vice-versa) and make a pass to the other line.
Drill	Up and Over then Pass	Everyone can do this at one time. When the offense is being closely guarded, and they are pivoting around looking to pass. When the ball is brought around toward the defender, they should bring the ball up and over their heads, so the defender can't grab it.