

## ONE-HOUR PRACTICE PLAN - EXAMPLE

|                             |             |   |
|-----------------------------|-------------|---|
| Pre-Practice - Stretching   | 1:25 - 1:35 | Team Offense                            |
| 1:00 - 1:05 Warm-Up Time    | 1:35 - 1:45 | Team Defense                            |
| 1:05 - 1:15 Skills Drills   | 1:45 - 1:50 | Special Situations                      |
| 1:15 - 1:25 Shooting Drills | 1:50 - 2:00 | Team Scrimmage / Post-Practice Comments |

## THINGS THAT SHOULD BE DONE DURING PRACTICE

1. Warm-Up and Stretching: Set up a routine. (Let players do this). Change leaders every practice.
2. Skills Drills: This can change each practice. Advance in relationship to the ability of each player.
3. Shooting Drills: Work on accuracy. Contests are fun. Free throw shooting is a must. Work on self-improvement.
4. Team Offense: Teach team offense (Zone and Man). Break it down (2 on 2, 3 on 3, etc.).
5. Team Defense: Teach team defense (Man and Zone). Break it down (2 on 2, 3 on 3, etc.).
6. Special Situations: Out-of-bounds plays, last second shot, delay game, jump ball.

## ONE-HOUR PRACTICE PLAN BREAKDOWN

Teach players to stretch on their own before practice begins (you only have an hour).

### WARM-UP TIME - 5 MINUTES

Body balance and control drills:

1. Change pace/direction
2. Two-foot jump stop - With or Without Ball
- 3. **Two-foot and reverse pivot - Without Ball**
4. Defensive stance
5. Defensive slides
6. Silent run - high knees

### SKILLS DRILLS WITH BALL - 10 MINUTES

- 1. **2 Lines - Equal amount of players in each line**
  - A. **Dribble, two-foot jump stop, reverse pivot, crossover, pull back, change of pace, and behind the back.**
  - B. Pass, receive, jump stop, full court.
2. 3 Lines
  - A. Dribble down the court - crossover, pull back, change of pace.
  - B. Pass/Weave - Pass and go behind the player.
  - C. Opposite Lane, power dribble. Dribble to middle.
  - D. Add defense, 3 on 2, and 2 on 1.
  - E. No defense, Add trailer (4 man), add safety (5 man), add defense.

### FREE THROWS

1. Five and rotate. Two players in each group - 1 shooter and 1 rebounder.
- 2. **One plus one bonus (miss 1st shot - no bonus, sprint full-court).**
3. Free-throws in a row.
  - A. One sprint if shooter misses first attempt.
  - B. Three straight successful shots = Bonus point.

### SHOOTING DRILLS CONTESTS - 10 MINUTES

1. SPOT - 2 players with one ball
- 2. **GROUP SHOOTING - games/make it fun. Baseline, Wing, Free Throw - 2 balls per group.**
3. INDIVIDUAL SHOOTING - 30 Second Drills

### OFFENSE - 10 MINUTES

- 1. **Zone**
  - A. **1-3-1 (Wheel)**
    1. **Wing Entry/Overload**
    2. **High Post Entry**
  - B. 1-4
    1. Wing Entry
    2. Post Entry
    3. Dribble Entry

Notes: Basic Principles for zone offense:

- A. Don't line up near an opponent.
  - B. **Don't line up near one of your own players.**
  - C. Every time you receive the ball, do the following: Triple Threat
    1. Look to shoot.
    2. Drive (get by the defender who guards you).
    3. Pass and move to a new spot.
  - D. **Fake a Pass - Make a Pass.**
  - E. Offensive Rebounding. Anticipate the missed shot.
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2. Man Offense
    - A. Passing game.
      1. Pass and Screen Away.
    - B. Shuffle.
    - C. High-Low Post.

### DEFENSE - 10 MINUTES

- 1. **2-1-2**
2. 1-2-2
  - A. Wing Slides
  - B. Corner Slides
3. 1-3-1
  - A. Point to Wing Slide
  - B. Wing to Corner Slide
4. Half-court man

### SPECIAL SITUATIONS - 5 MINUTES

- 1. **Defend out-of-bounds (under basket).**
2. Out-of-bounds plays (offense)
  - A. Box Set - Screen Across, Screen Up
3. Free-throw blockouts.
4. Attack the press (zone or man)

TEAM SCRIMMAGE - 10 MINUTES      Teach while they play.