

# Practice Plan Guide



Time	Skill	Drill	Emphasis
5 –15 Minutes	<ol style="list-style-type: none"> <li>Holding the ball</li> <li>Wrist</li> <li>Going for the Ball</li> </ol>		<b>Individual Warm-Up</b> Players work on the skills they need most. Give individual instructions. Devise individual practice plans. If players work hard, than extend the time. Watch for players shooting from great distances, practicing incorrectly, or wasting time. Increase the time as the season progresses. Teach players to practice efficiently on their own.
10-20 Minutes	<ol style="list-style-type: none"> <li>Ball Handling</li> <li>Footwork</li> <li>Passing</li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> <li></li> </ol>	<b>Warm Up, Speed, Conditioning</b> Increase endurance, flexibility, strength and speed. Condition players while practicing basic skills. Initially, players perform simple ball handling skills while constantly moving. Players need to just move, not sprint. Increase the time as the season progresses.
15-30 Minutes	<ol style="list-style-type: none"> <li>Dribbling</li> <li>Passing</li> <li>Shooting</li> <li>Catching &amp; Cutting</li> <li>Moves</li> <li>Rebounding</li> <li>Perimeter Play</li> <li>Post Play</li> <li>Screens</li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> <li></li> </ol>	<b>Individual Skills</b> Initially, all lessons are new, so introduce only one new lesson at each practice early in the season. Focus on pivoting, dribbling, shooting and going-for-the ball skills (catching, passing, and cutting).
10-15 Minutes	<ol style="list-style-type: none"> <li>Footwork</li> <li>On Ball</li> <li>Post</li> <li>Use of Hands</li> <li>Team Defense</li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> <li></li> </ol>	<b>Defensive Exercises</b> Teach proper man-to-man defensive form and concepts. Start with footwork. Move to one-on-one, then to the rules of ball pressure defense in the Shell Drill.
10-20 Minutes	<ol style="list-style-type: none"> <li>Right Lay-up</li> <li>Left Lay-up</li> <li>Set Shot</li> <li>Jump Shot</li> <li>Foul Shot</li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> <li></li> </ol>	<b>Shooting</b> Teach proper shooting form, good balance, fluid motion, use legs, follow through. Catch ball ready to shoot. Correct bad form immediately. Proper footwork before the shot is crucial.
10-15 Minutes	<ol style="list-style-type: none"> <li>Pivoting</li> <li>Faking</li> <li>Looking</li> <li>Cutting</li> </ol>	<ol style="list-style-type: none"> <li></li> <li></li> </ol>	<b>Individual Skill or Transition or Team</b> For the first several weeks, teach individual skills in this slot. When players are ready, start teaching the team skills.
5-10 Minutes			<b>Warm Down</b> Warp up practice on a positive note. Do something competitive that the players have fun doing. Make sure players are cooling off and talking.

**Notes:**

- Review Practice
- Discuss Goals