

Practice Plan Book

Practice Schedules

Warm-up Drills

Ballhandling Drills

Shooting - Block Drills

Shooting - Drives Drills

Shooting - Perimeter Drills

Shooting - Perimeter Drills

Passing Drills

Rebounding Drills

Individual Defensive Drills

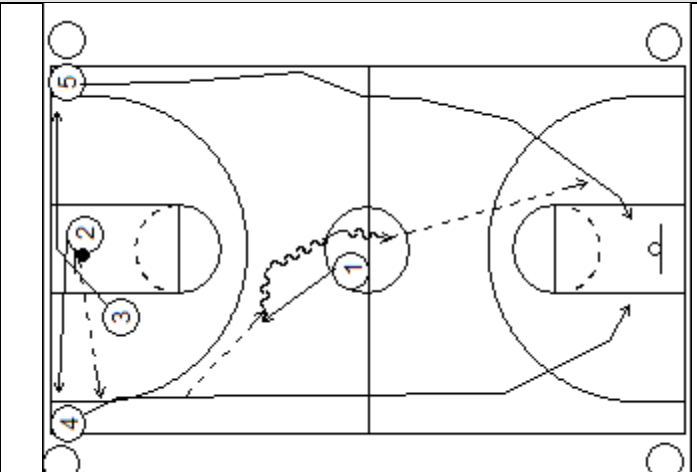
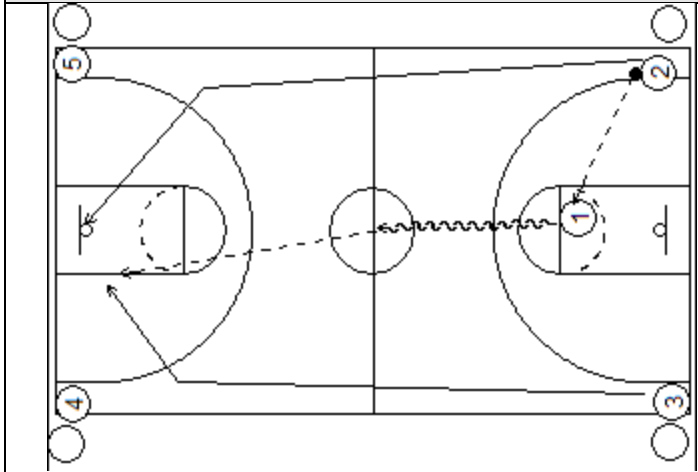
Team Concept Drills

Conditioning Drills

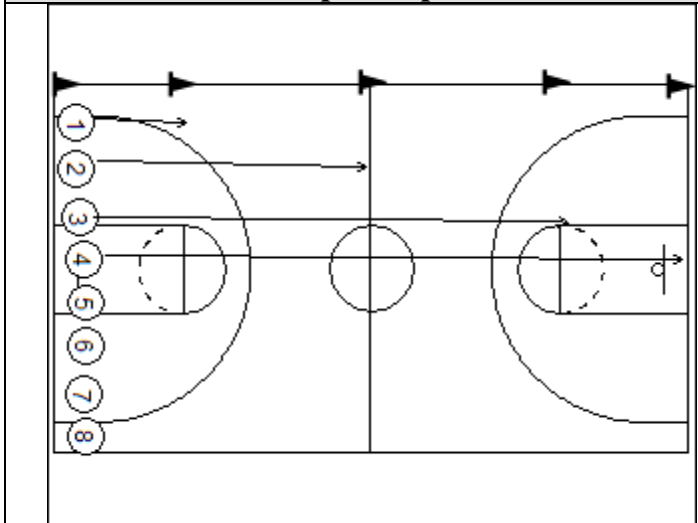
Tips on Organizing Your Practice with Teaching, Learning and Competing Phases

APPENDIX D
Practice Drills - Warmups

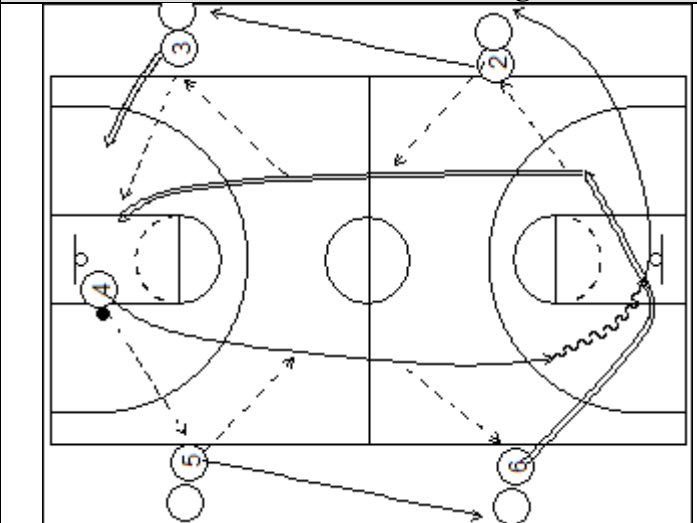
Guard In the Middle



Championship Run

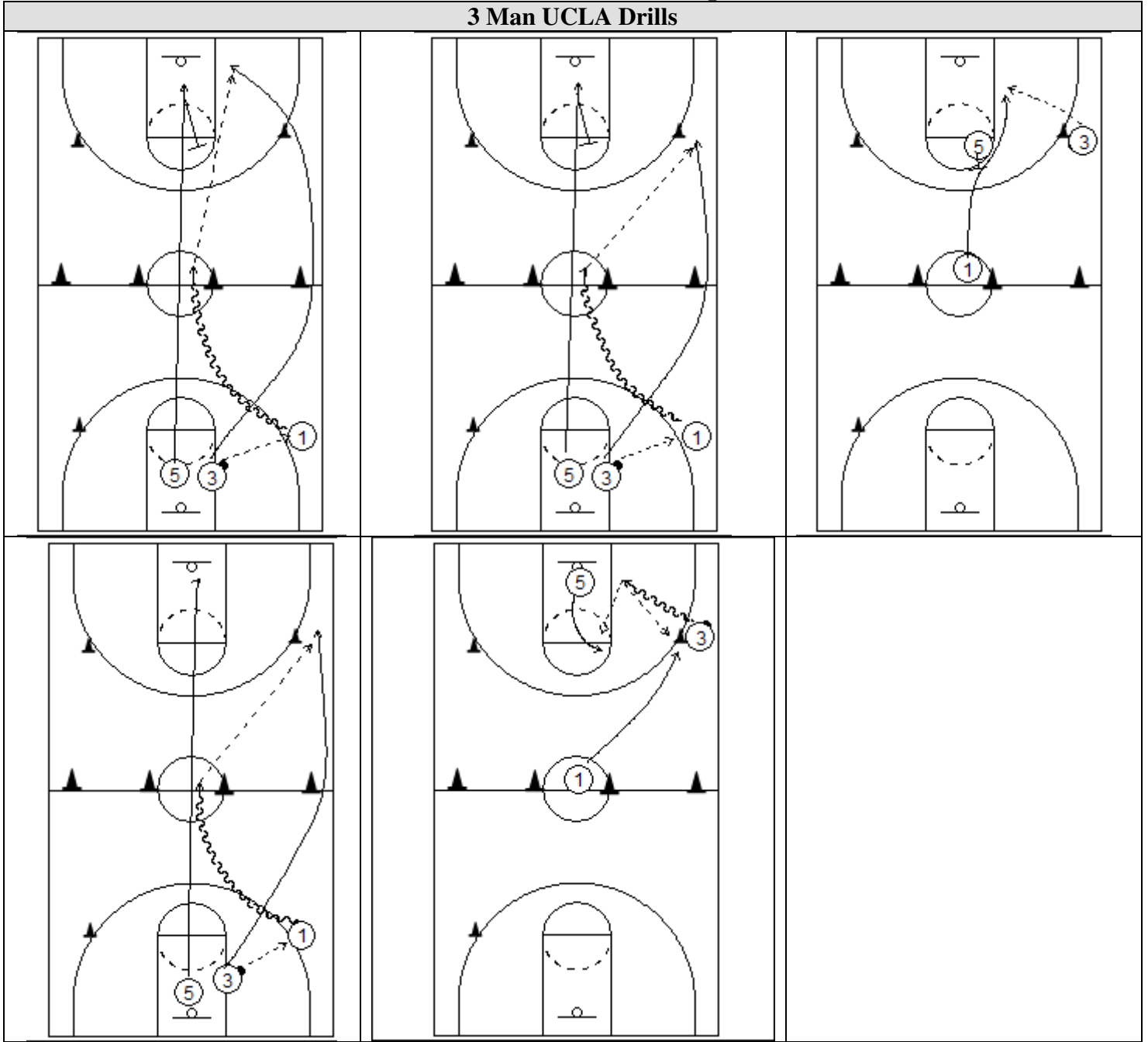


USD Full Court Passing



APPENDIX D
Practice Drills - Warmups

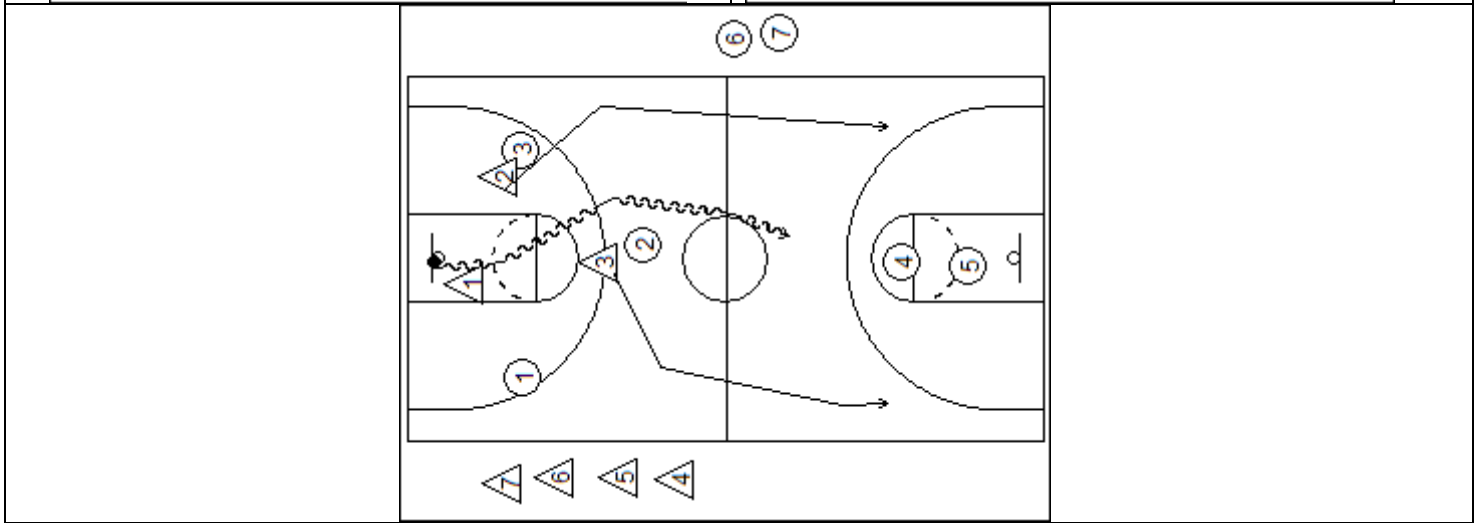
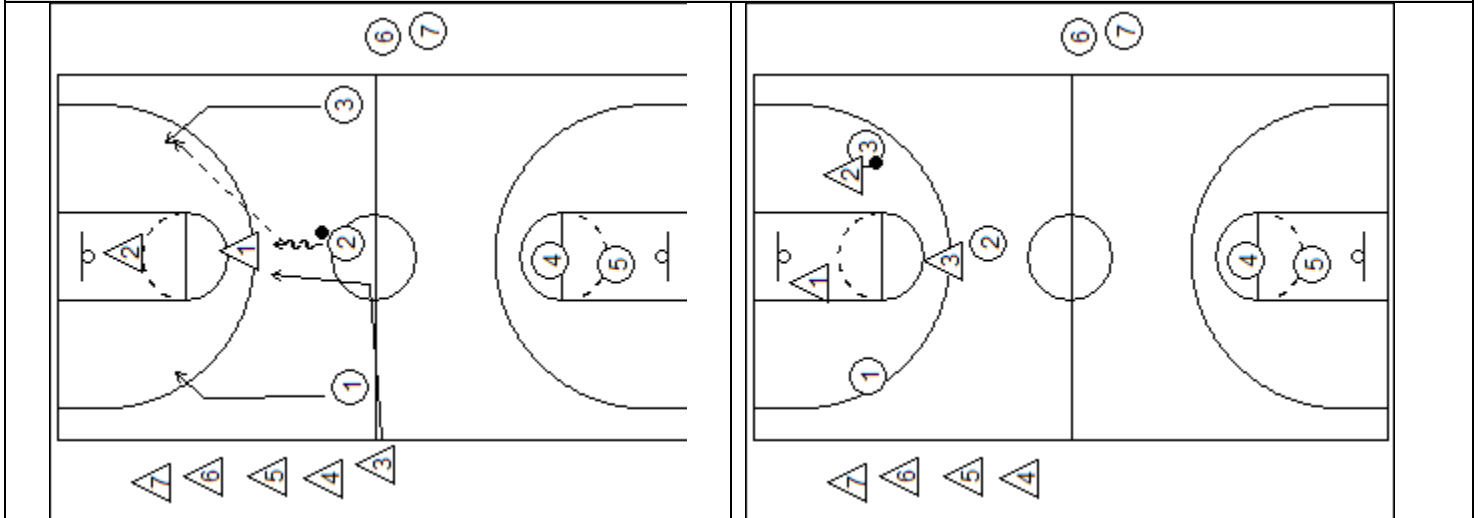
3 Man UCLA Drills



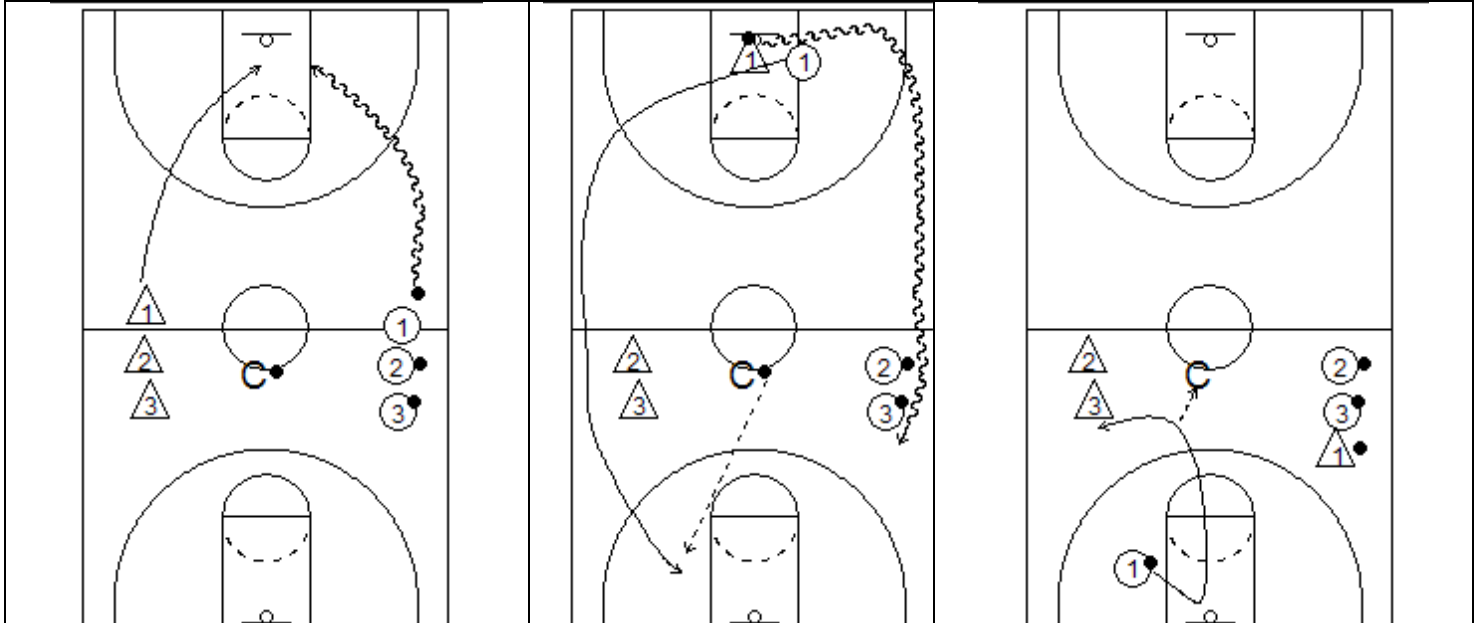
APPENDIX D

Practice Drills - Warmups

3 on 2 Continuous



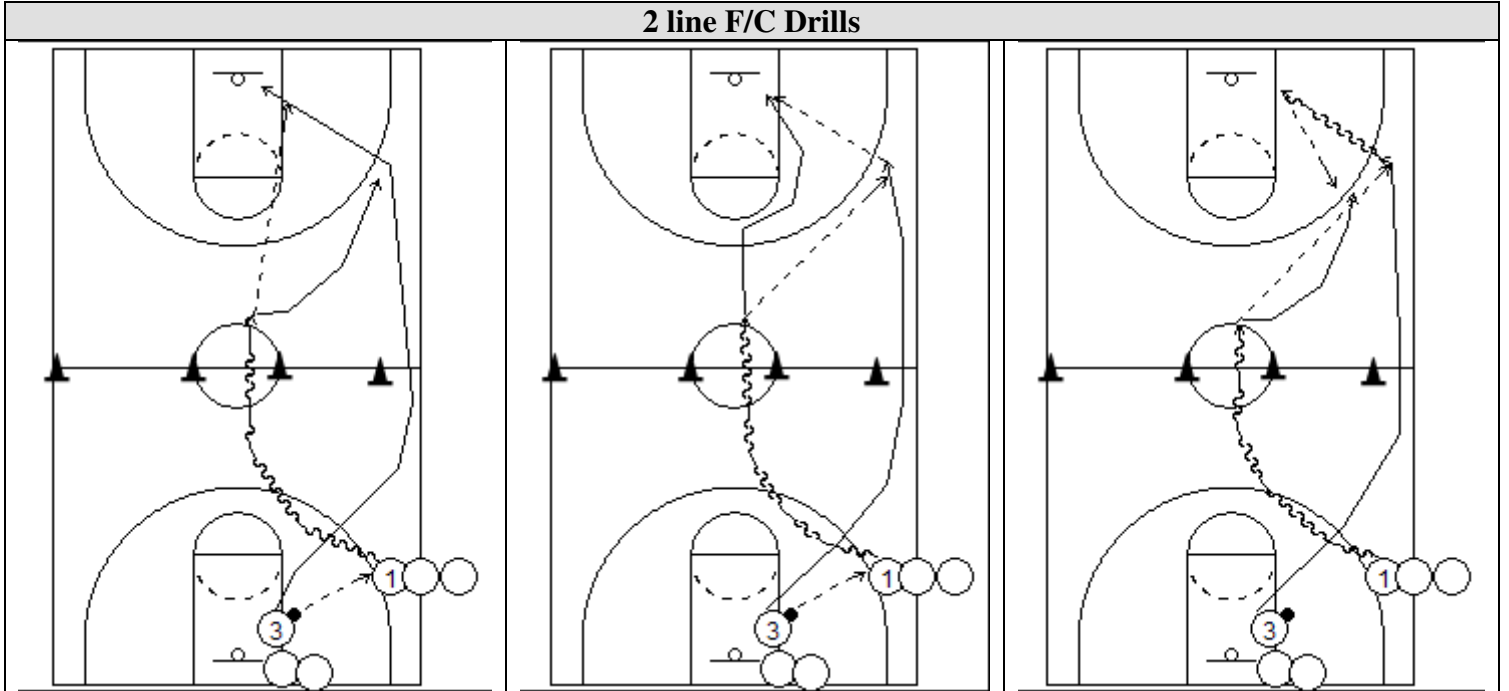
F/C Aztec Layups



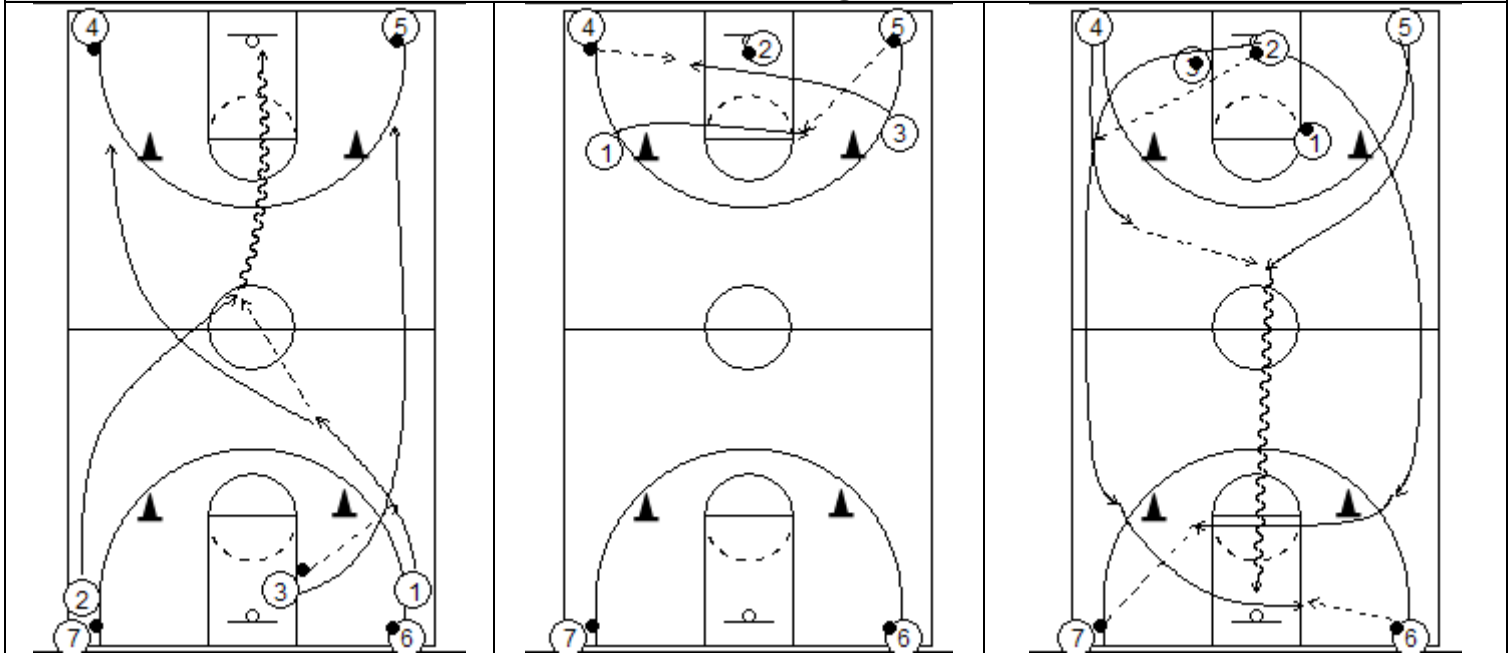
APPENDIX D

Practice Drills

2 line F/C Drills



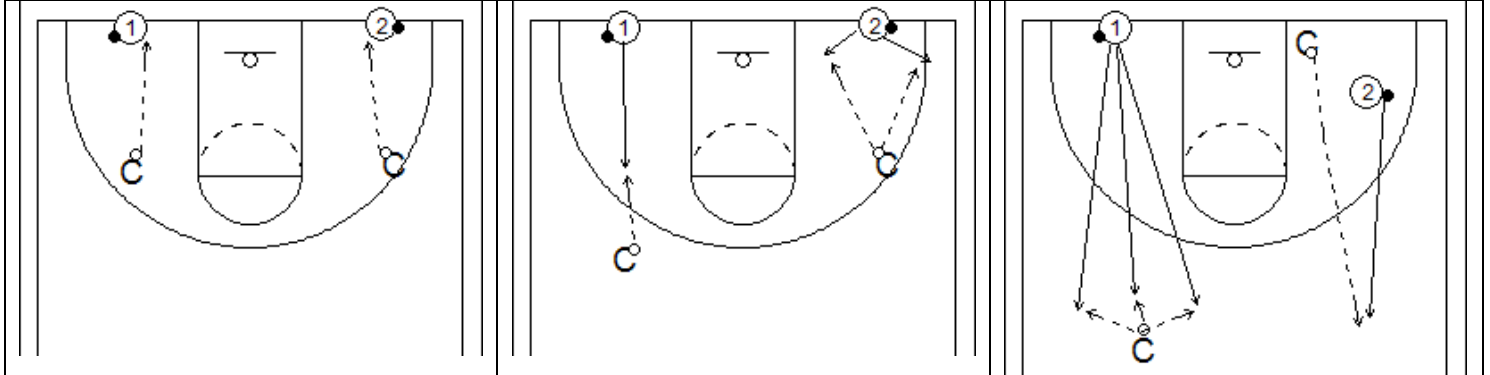
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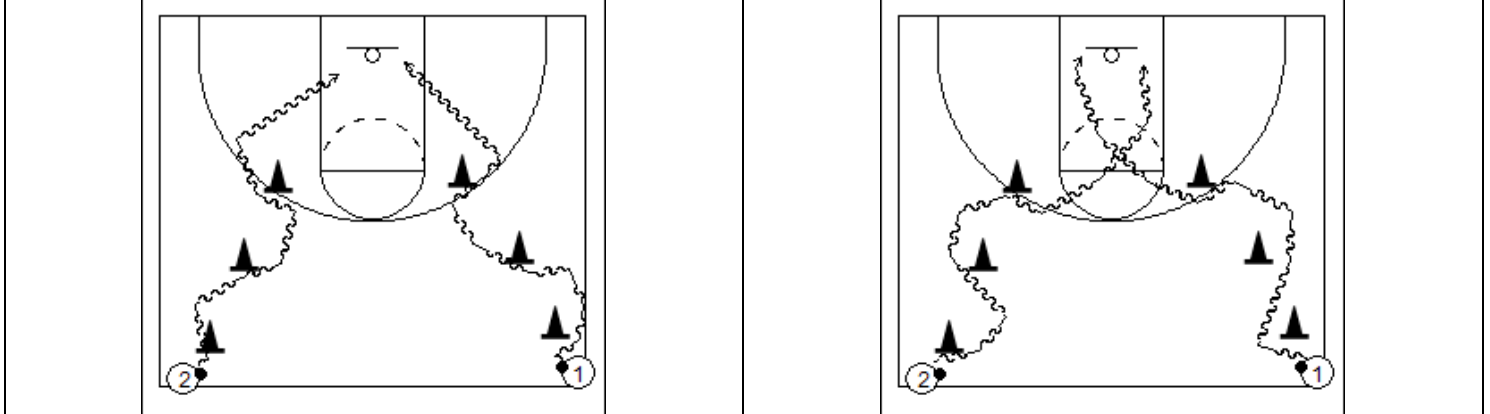
APPENDIX D

Practice Drills – Ballhandling

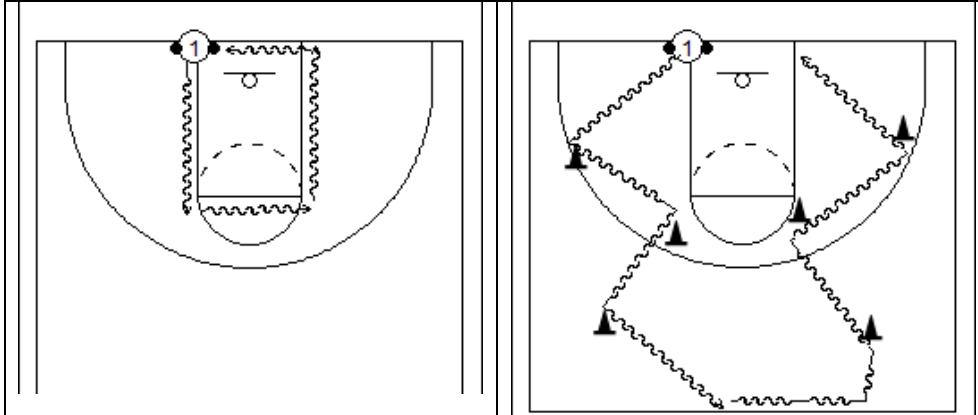
Tennis Ball Drills



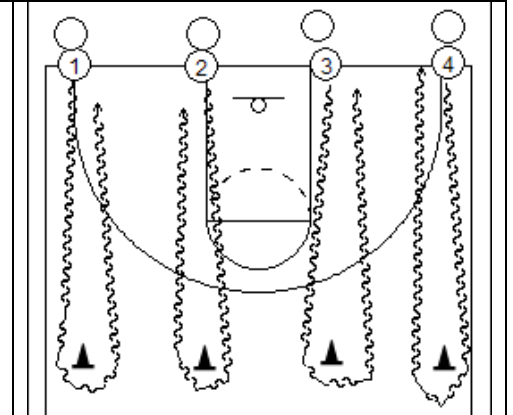
Chair Drills



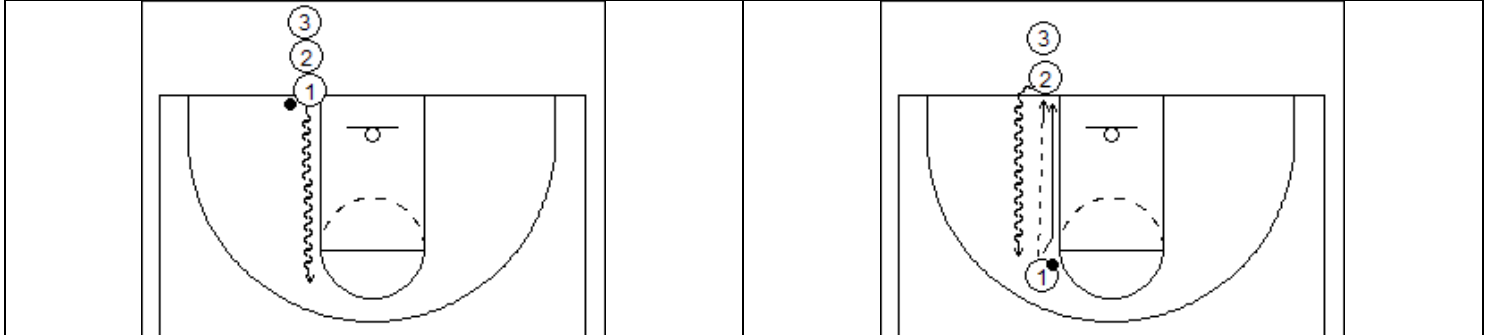
2 Ball Drills



Cone Speed Dribbling

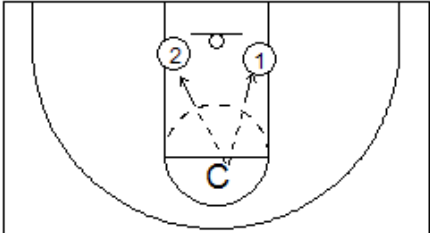
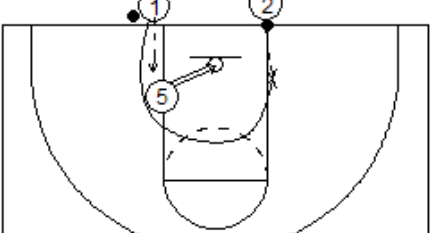
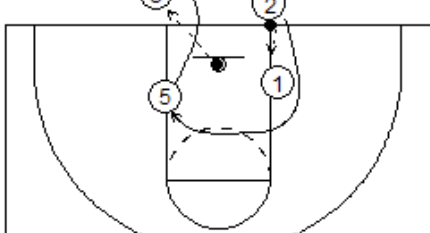
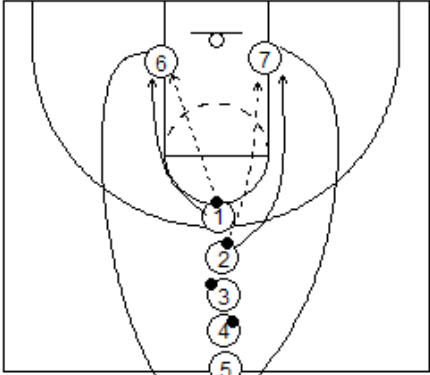
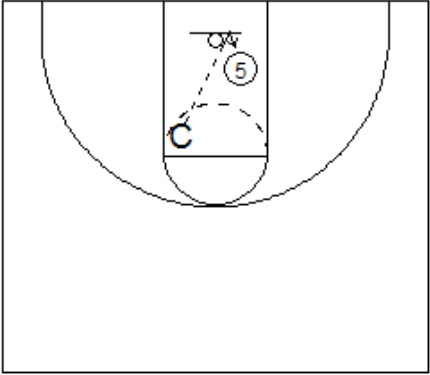
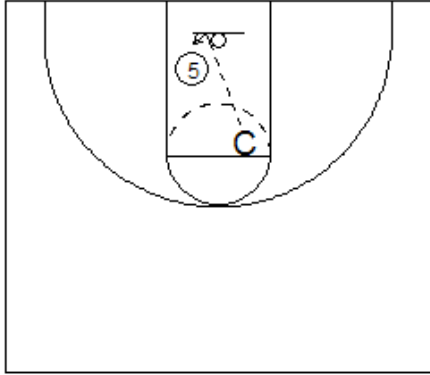
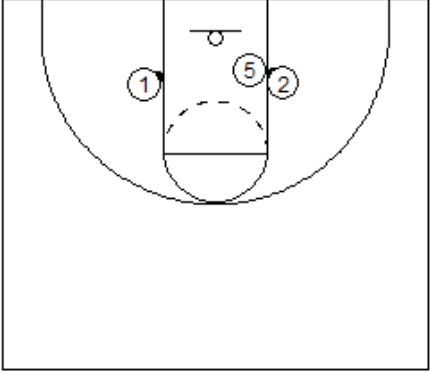
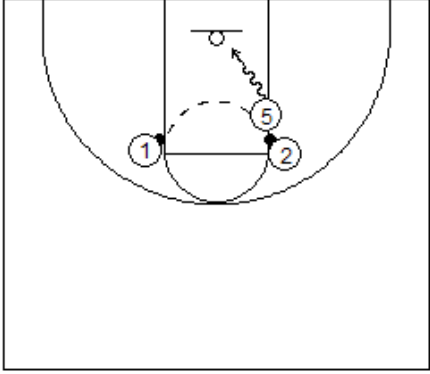


Holly Russell Drill



APPENDIX D

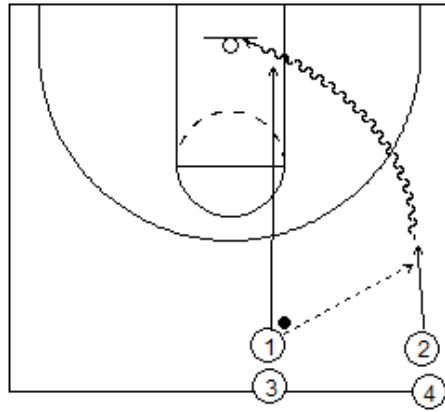
Practice Drills – Shooting - Block

V-Bates		Aztec Shooting	
 <p>A diagram of a basketball court showing a shooting drill. A dashed line forms a 'V' shape starting from the center circle (labeled 'C') and extending to the top of the key. Two arrows, labeled 1 and 2, point from the top of the 'V' towards the basket.</p>	 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the top of the key, goes down to the center circle (labeled 'C'), and then up to the basket. Arrows labeled 1, 2, 3, 4, and 5 indicate the sequence of the drill.</p>	 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the top of the key, goes down to the center circle (labeled 'C'), and then up to the basket. Arrows labeled 1, 2, 3, 4, and 5 indicate the sequence of the drill.</p>	
Tonganoxie		Off the Glass- Put Backs	
 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the center circle (labeled 'C'), goes up to the top of the key, and then down to the basket. Arrows labeled 1 through 7 indicate the sequence of the drill.</p>	 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the center circle (labeled 'C'), goes up to the top of the key, and then down to the basket. An arrow labeled 5 indicates the sequence of the drill.</p>	 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the center circle (labeled 'C'), goes up to the top of the key, and then down to the basket. An arrow labeled 5 indicates the sequence of the drill.</p>	
Power-Ups from Block		Power-Ups from Elbow	
 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the center circle (labeled 'C'), goes up to the top of the key, and then down to the basket. Arrows labeled 1, 2, and 5 indicate the sequence of the drill.</p>	 <p>A diagram of a basketball court showing a shooting drill. A dashed line starts at the center circle (labeled 'C'), goes up to the top of the key, and then down to the basket. Arrows labeled 1, 2, and 5 indicate the sequence of the drill.</p>		

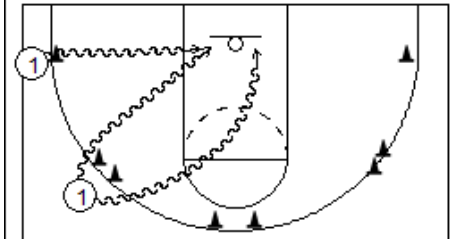
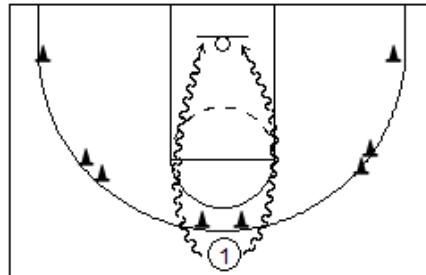
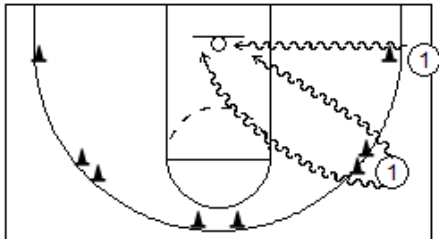
APPENDIX D

Practice Drills – Shooting - Drives

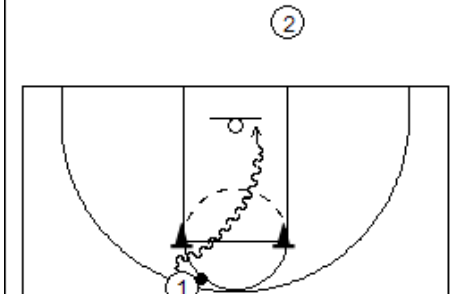
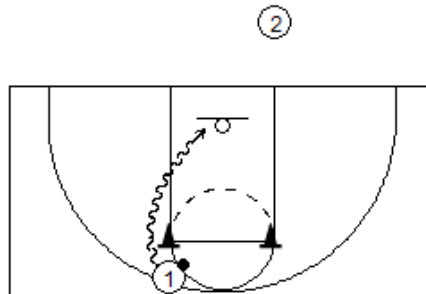
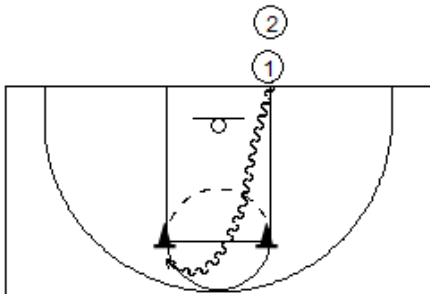
Chase Layups



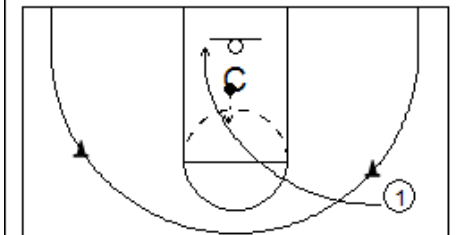
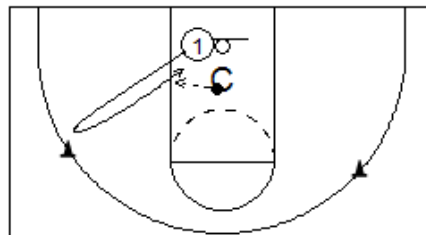
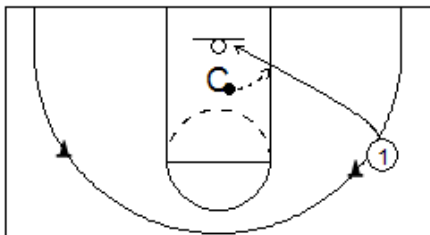
8 Spot Layups



T-Drills

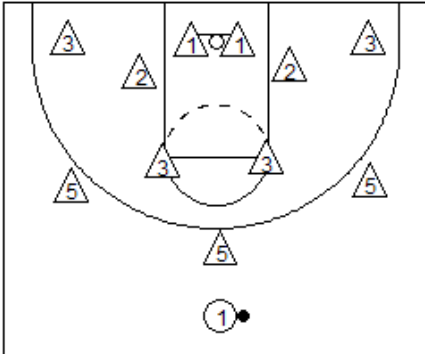
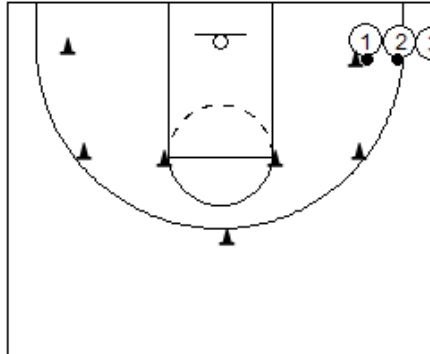
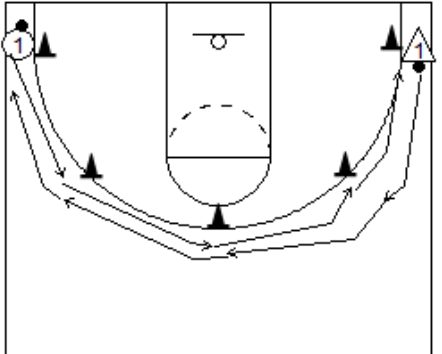
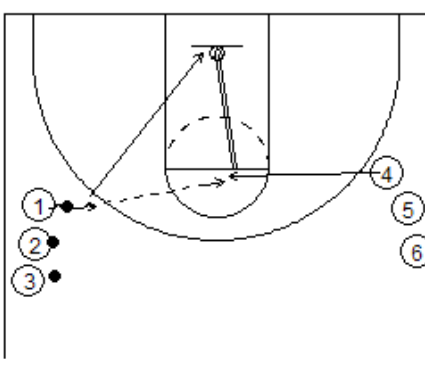
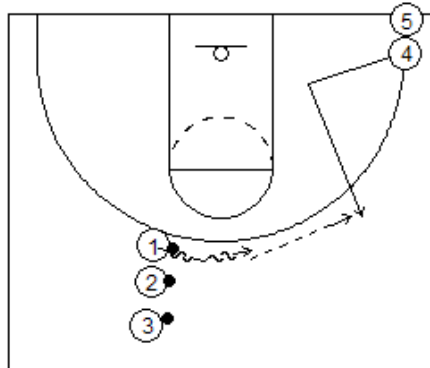
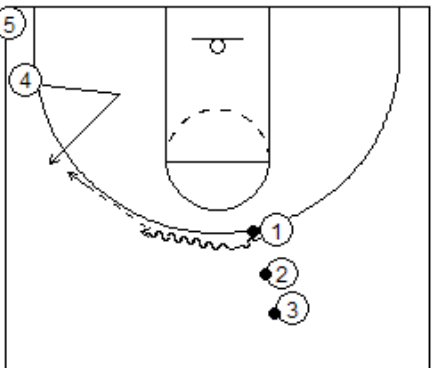
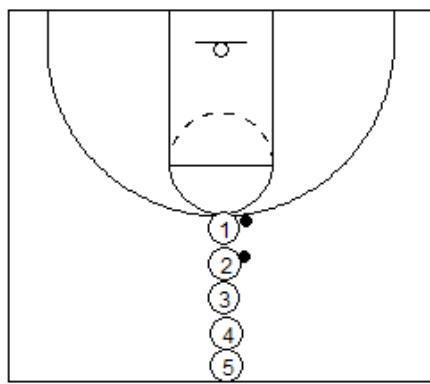


X-Out Layups



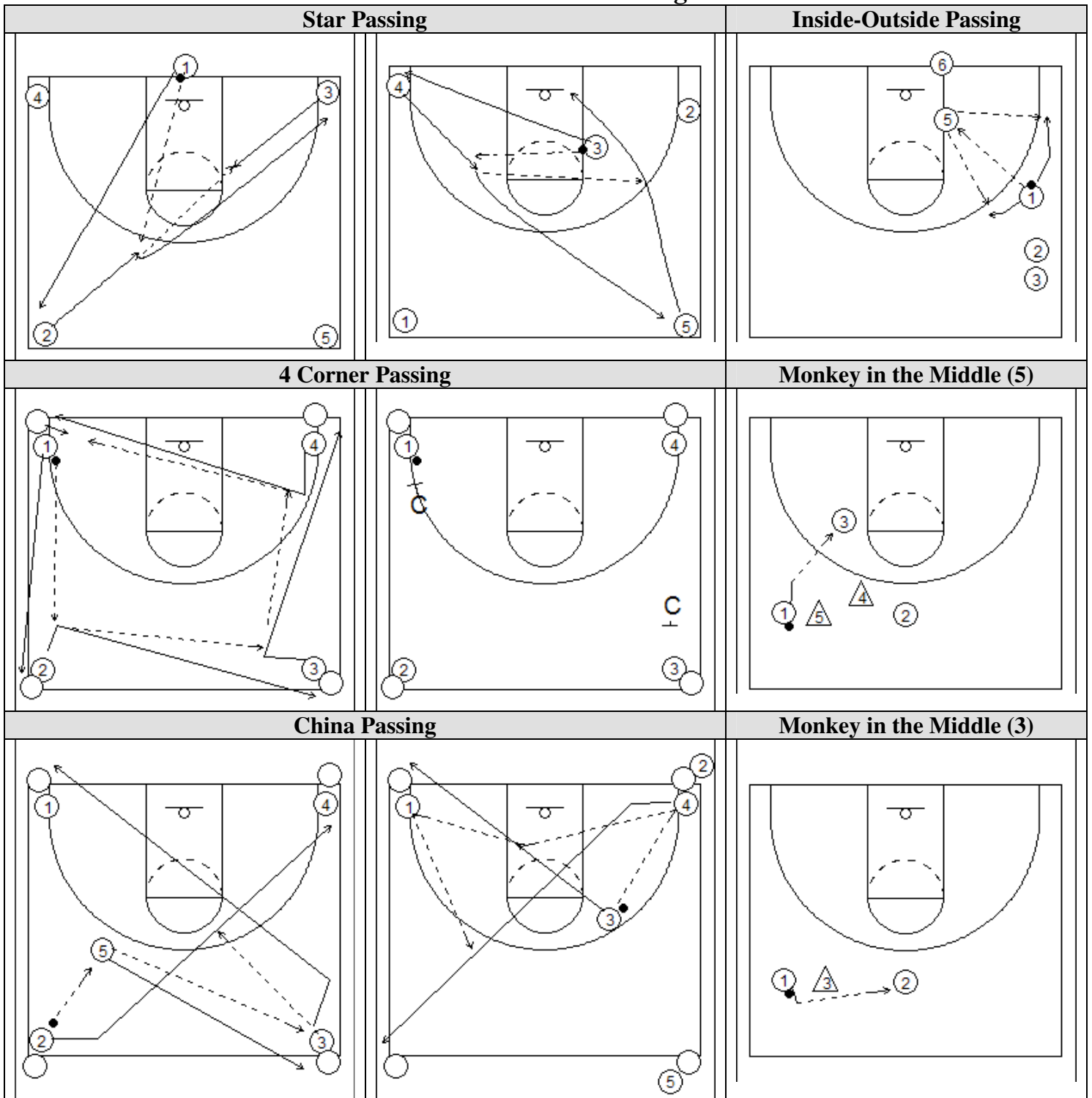
APPENDIX D

Practice Drills – Shooting - Perimeter

Hot Shot Competition	Auburn Shooting	Herrera 3 pt Competition
 <p>A basketball court diagram for the Hot Shot Competition. A player (1) is positioned at the bottom center. Five triangles (3, 2, 1, 2, 3) are arranged in a semi-circle at the top. Five triangles (5, 3, 3, 5) are arranged in a semi-circle at the bottom. Arrows indicate a path from the bottom player to the top triangles and back.</p>	 <p>A basketball court diagram for Auburn Shooting. A player (1) is at the bottom center. Three players (1, 2, 3) are at the top right. Arrows show a path from the bottom player to the top right and back.</p>	 <p>A basketball court diagram for Herrera 3 pt Competition. A player (1) is at the bottom center. Two triangles (1) are at the top corners. Arrows show a path from the bottom player to the top corners and back.</p>
Kentucky Shooting	Knockout Competition	Knockout Competition
 <p>A basketball court diagram for Kentucky Shooting. A player (1) is at the bottom left. Three players (2, 3) are at the bottom left. Four players (4, 5, 6) are at the bottom right. Arrows show a path from the bottom left player to the top and back.</p>	 <p>A basketball court diagram for Knockout Competition. A player (1) is at the bottom center. Three players (2, 3) are at the bottom center. Two players (4, 5) are at the top right. Arrows show a path from the bottom center player to the top right and back.</p>	 <p>A basketball court diagram for Knockout Competition. A player (1) is at the bottom center. Three players (2, 3) are at the bottom center. Two players (4, 5) are at the top left. Arrows show a path from the bottom center player to the top left and back.</p>
Knockout Competition		
	 <p>A basketball court diagram for Knockout Competition. A player (1) is at the bottom center. Four players (2, 3, 4, 5) are lined up vertically at the bottom center. Arrows show a path from the bottom center player to the top and back.</p>	

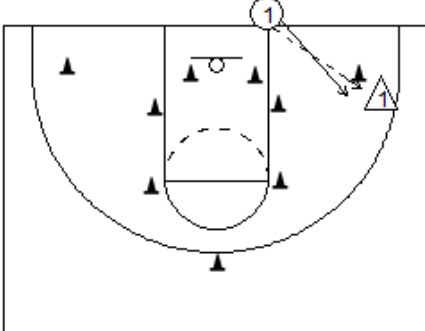
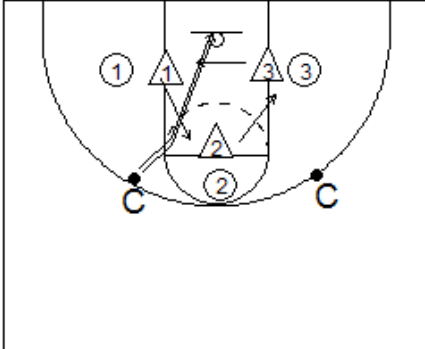
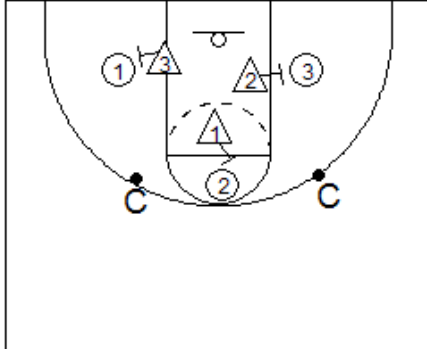
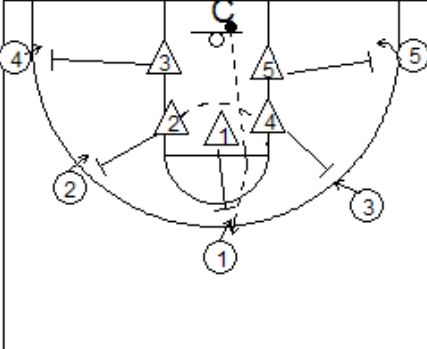
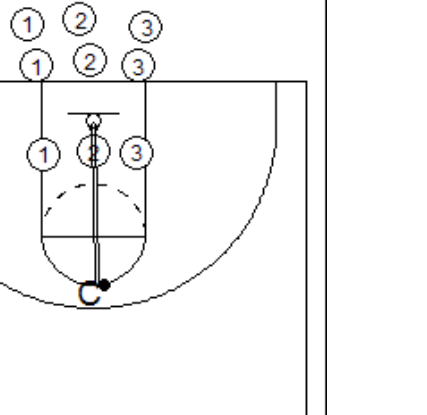
APPENDIX D

Practice Drills – Passing



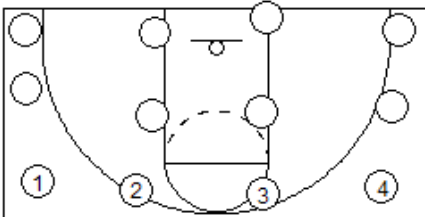
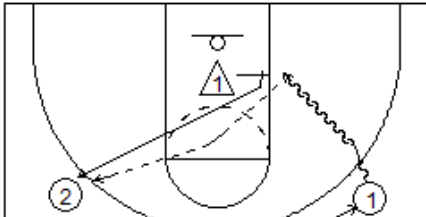
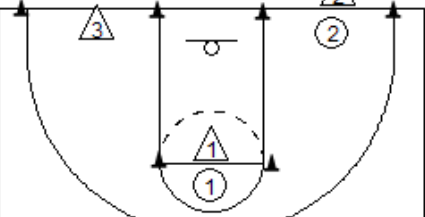
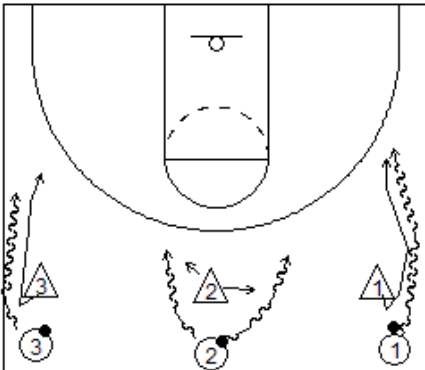
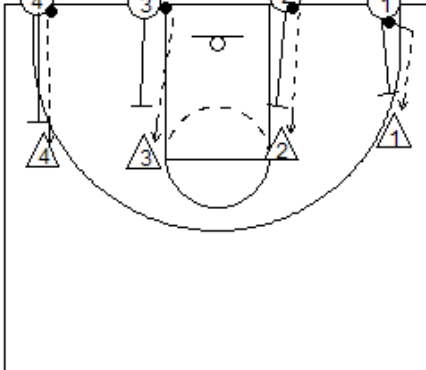
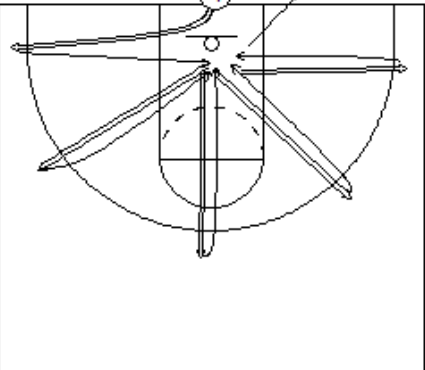
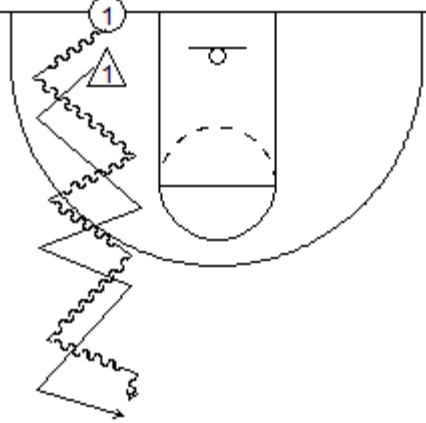
APPENDIX D

Practice Drills – Rebounding

Quick Spot Series	Sumo Boxout	SFC 2 on 2 Game
 A basketball court diagram showing a drill. A player (1) is positioned at the top of the key, with an arrow pointing to a rebound spot. Several triangles represent other players positioned around the key and in the paint.		
 A basketball court diagram for a 'Merry Go Around' drill. A player (1) is at the top of the key, and another player (2) is at the bottom. Triangles represent other players. Two 'C' markers are on the baseline. Arrows indicate a path from player 1 to player 2.		
 A basketball court diagram for a 'Merry Go Around' drill, similar to the previous one. A player (1) is at the top of the key, and another player (2) is at the bottom. Triangles represent other players. Two 'C' markers are on the baseline. Arrows indicate a path from player 1 to player 2.		
1 on1 Boxout Game		 A basketball court diagram for a '5 on 5 Game' drill. Five players (1-5) are positioned around the key and in the paint. Triangles represent other players. A 'C' marker is on the baseline. Arrows indicate movement paths.
		 A basketball court diagram for an 'NBA' drill. Three players (1, 2, 3) are positioned at the top of the key. Three other players (1, 2, 3) are positioned at the bottom. A 'C' marker is on the baseline. Arrows indicate movement paths.

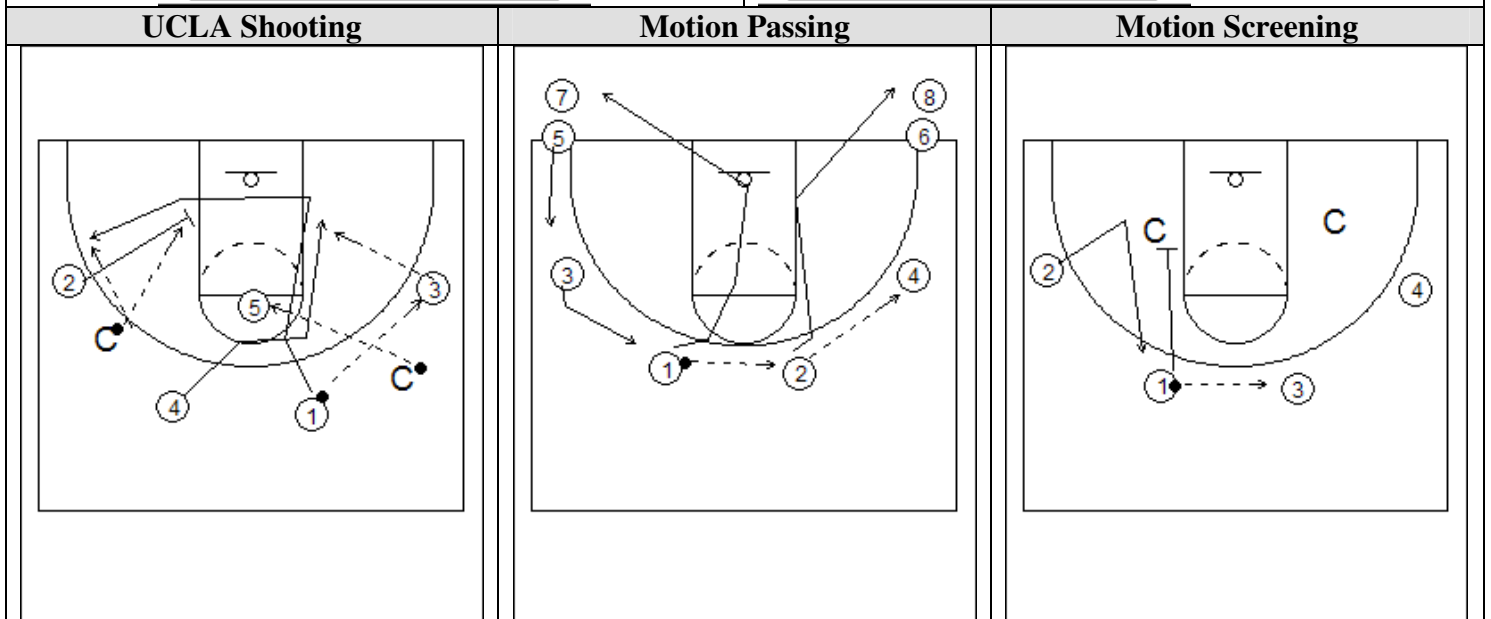
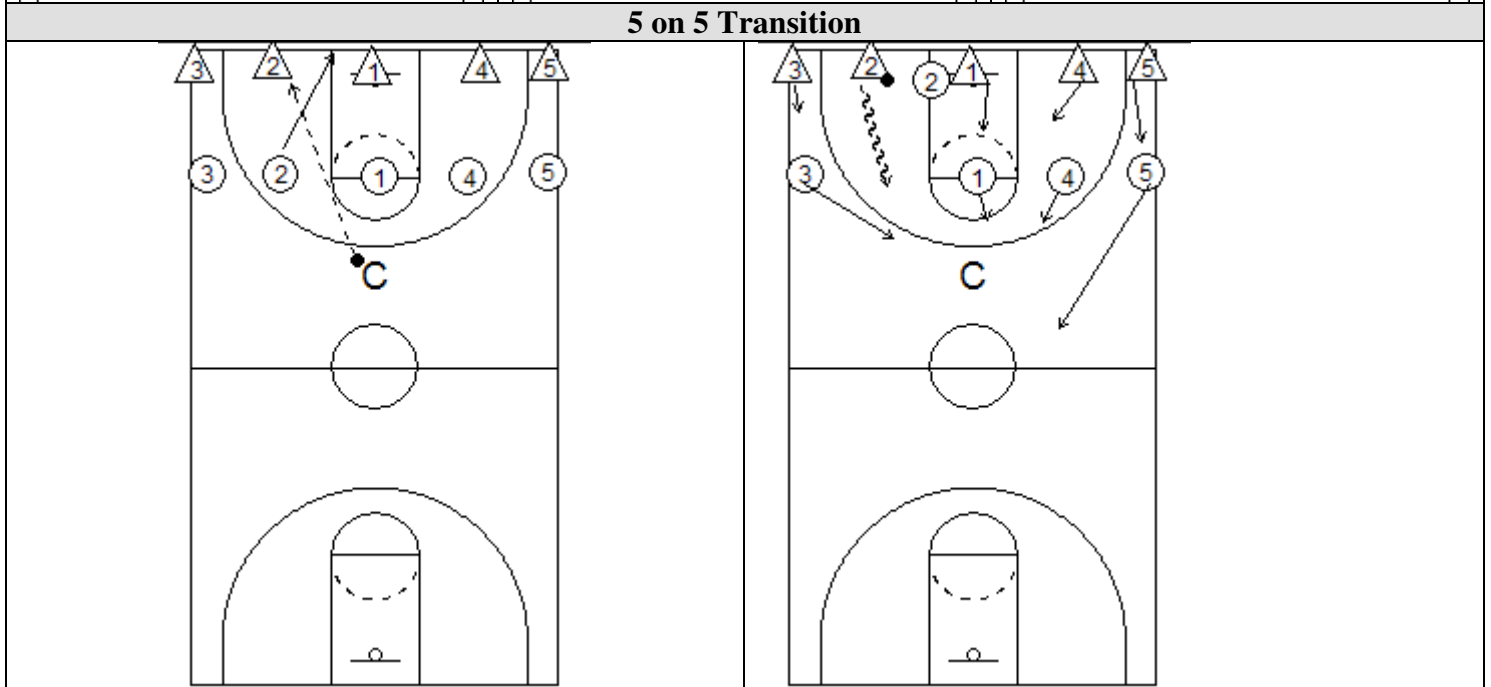
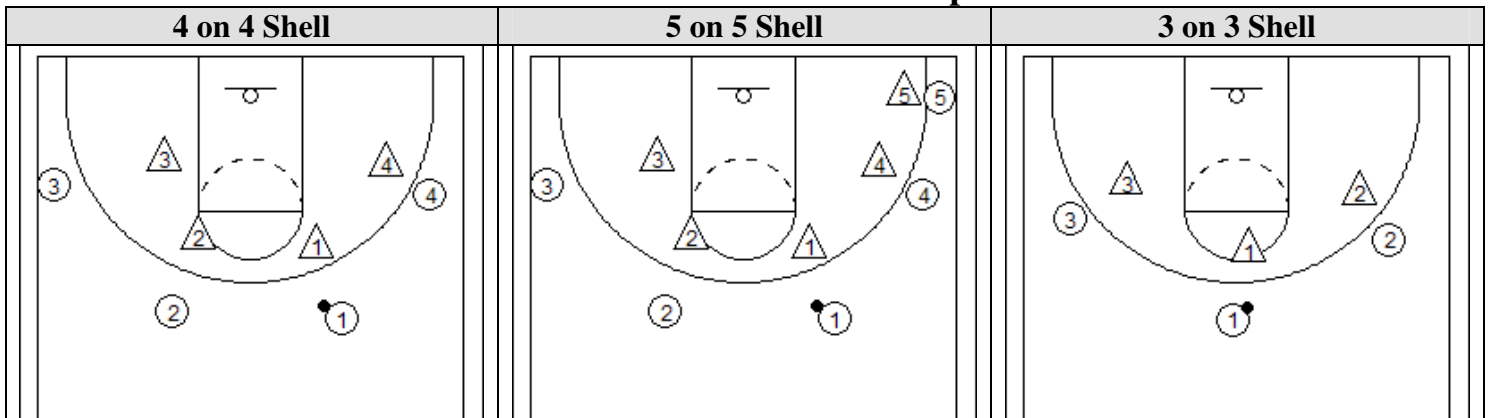
APPENDIX D

Practice Drills – Individual Defensive Drills

Stance & Footwork	Help and Recover	Cats and Dogs
 <p>C</p>	 <p>C</p>	 <p>▲ ▲ ▲ ▲</p> <p>▲ ▲ ▲ ▲</p>
Steering	Closeout	Star Closeout
		
Slides 1 on 1 – Zig Zags		
		

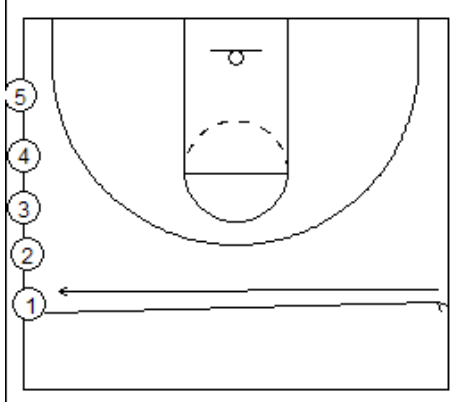
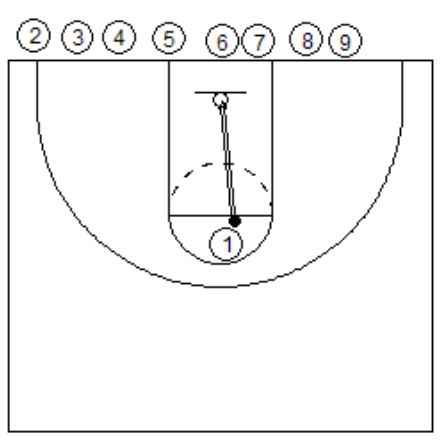
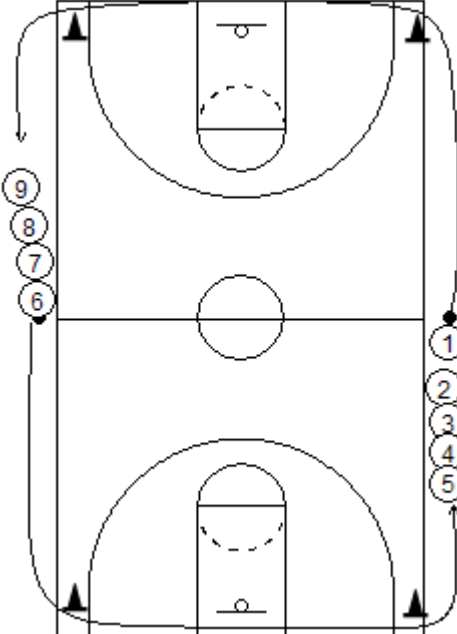
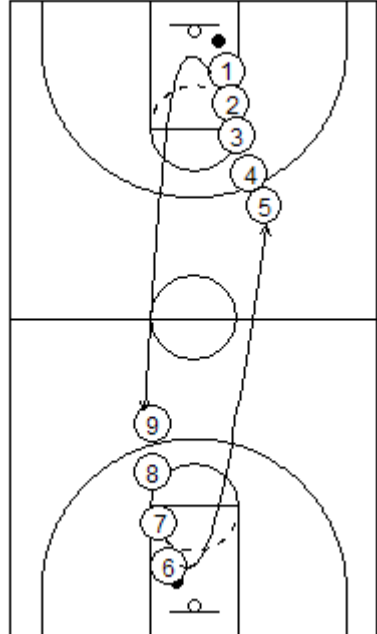
APPENDIX D

Practice Drills – Team Concepts



APPENDIX D

Practice Drills – Conditioning

UNLV's		Pressure FT's	
			
Popcorn Passing – Around Court		Popcorn Passing – Off Glass	
			

Organizing Your Practice with Teaching, Learning and Competing Phases

by

Mike McNeill, Coaching Development, Basketball BC

A common mistake coaches make during practice is to constantly stop the players and then lecture them about what they did and/or should have done. Though coaches do this with good intent, it is in many cases poor strategy. Basketball is a game that not only involves physical movement combined with technical skills, but it also involves tremendous decision-making ability. To learn and consistently perform quality decision making players must be mentally engaged. However if during practice, players are regularly stopped and lectured to they will tend to lose their focus. Each practice must have a high level of activity in which teaching is done “on the fly” or is interspersed with the occasional stoppage. It is unfair of coaches to constantly stop players, have them cool-down while listening to a lecture, and then expect the athletes to then perform at a high level.

Most coaches understand the importance of practice, they love to teach and see their players improve. Players on the other hand enjoy the game and simply want to play. So while learning the game is important to players, most players would rather play and do not want to be constantly listening to a coach talk! Coaches must not make the mistake of attempting to pass on all their knowledge to their players. Outstanding coaches analyze their player’s needs and then teach to these needs, keeping their instructions brief and specific. Therefore these coaches have the ability to keep things simple but teach with constant repetition.

An idea that can work is for the coach to use an organizational plan which uses Teaching, Learning, and Competing phases during each practice. Each of these phases refers to who has control of each activity (players, coach or both) and the focus of each activity during practice.

Teaching Phase

During a Teaching Phase the focus is to teach a particular skill, tactic or strategy to the players. During this phase the drill will be stopped constantly so the players can thoroughly understand what is being taught. Both the players and coaches may stop the drill because there are questions or comments that need to be made to ensure the what is being taught is comprehended. During this phase there will be continual feedback to the players on both an individual and team basis.

Learning Phase

During the Learning Phase the coach controls the drill and will stop it when he/she feels the players are not applying the skills, tactics or strategies that have been taught. The players do not stop drills to ask questions or clarify points however they are encouraged to ask when they are on the sideline. The coach should be “coaching on the fly” to ensure feedback is still constant but with a limited amount of stoppages. When the coach does stop the play it should be to clarify points that are necessary for all players to hear, not for points that only apply to an individual.

Competing Phase

During the Competing Phase the coach again controls the competition, however stoppages are extremely rare. This is the opportunity for the players to play in a more game-like environment. Most coaches understand that players will make mistakes, however many coaches do not prepare their players to play through mistakes. These coaches, with good intentions, stop the play to point out most of the mistakes and hope the players learn from them. But in these situations players are not given the opportunity to move on from the mistake, as they must do during a game. By incorporating competing phases in practice, which have few stoppages, the players will better develop the ability to re-focus after a

mistake. Coaches should only stop play at intervals similar to what might occur in a game; a time-out when a team makes a run or after four to five minutes of continual play. The competing phase then will help develop the fitness level of the players. Practices in which the players are constantly stopped, fail to place the athletes into periods of physical stress and therefore their fitness is not improved. Stoppages during the Competing Phase should be infrequent. If, however, the athletes are not performing with the intensity necessary to compete successfully then the coach should stop the activity and attempt to re-focus and motivate the players to perform to the best of their ability.

How to Put the T-L-C into Practice

The coach simply writes a T (Teaching), L (Learning), or C (Competing) beside each drill or activity on the written practice plan to indicate the type of phase each falls into. The coach must be disciplined to follow his/her plan if he/she is to get the rewards of this organizational plan.