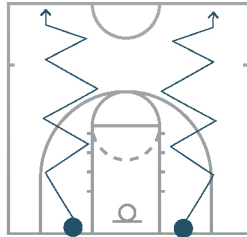




# BASKETBALL PRACTICE PLAN

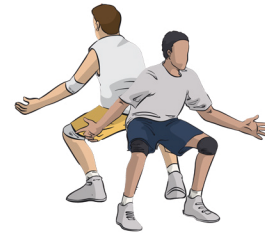


60-90 MINUTES



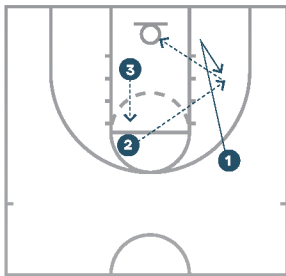
### CROSSOVER DRIBBLE DRILL: 5-10 MINUTES

- Players line up with a ball across the baseline
- Take two hard diagonal dribbles to the right, then crossover.
- Then two hard diagonal dribbles left and crossover.
- Repeat, working all the way to half court.
- Practice front crossovers, between the legs crossovers and behind the back crossovers



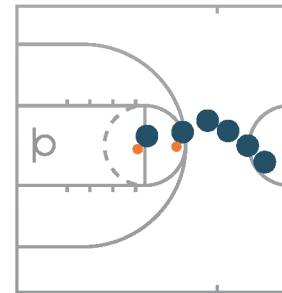
### SUMO BOX-OUT DRILL: 5-10 MINUTES

- Two players stand back to back inside the center circle
- On the whistle, they drop down into box-out position and try to push their opponent out of the circle
- Set up a tournament and crown a Sumo Box-out Champion!



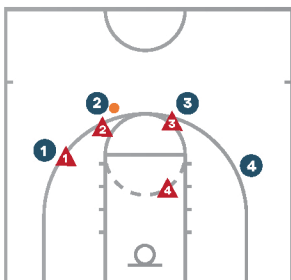
### 3 PERSON SHOOTING: 10 MINUTES

- Players into groups of 3. One group at each basket.
- Player 1 starts at the wing. Player 2 at FT line. Player 3 under the basket in rebounding position.
- Player 1 makes a V-Cut, receives the pass from 2 and shoots.
- Player 3 gets the rebound and passes to 2.
- Shoot for 60 seconds then rotate.



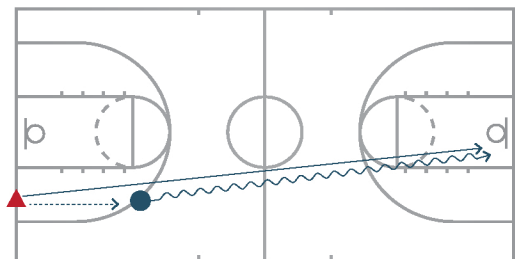
### GOTCHA DRILL: 5-10 MINUTES

- Also known as "Bump" or "Lightning"
- First player in line shoots, followed by second player.
- If the shooter behind you scores before you do, you are out.
- Otherwise, players continue to shoot until they score, then pass to the next person in line.
- Continue until only one player is left



### 4 VS 4 SHELL DRILL: 10-15 MINUTES

- 4 players on offense around the perimeter. 4 players on defense matched up man to man
- The offense passes the ball around while the defense reacts.
- Defense rotates from "On-Ball" position, (D2), to "Denial Position" (D1 and D3), to "Help Side" position (D4)



### DRIBBLE CHASE DRILL: 10-15 MINUTES

- Defender stands on the baseline. Dribbler stands at the wing facing the opposite hoop
- On the whistle, the dribbler speed dribbles to the opposite end and tries to score a layup.
- The defender sprints to catch up and try to safely strip or block the shot

Scrimmage: 10-20 mins