

Practice Plan (1 Hour)

Warm Up: (10 Mins) (6:10)

- 1) Short 1 Dribble or No dribble Lay Ups (Right & Left) (work on form and inside plant foot)

Basketball Fundamentals: (20 Mins)

9 Cones on Sideline (2 Players per Cone) (6:10 to 6:30)

- 1) Control Dribble to Opposite Sideline and Back (Right Hand & Left Hand) 4X
- 2) Speed Dribble to Opposite Sideline and Back (Right Hand & Left Hand) 4X
- 3) Two Ball Stationary Dribble (Pound / Synchronized) (30 Sec / 3x)
- 4) Two Ball on the Move (Pound) to Opposite Side Line and Back 2x
- 5) Shuffle Slide Passing Drill to Opposite Sideline and Back (Chest Pass) 2x
- 6) Shuffle Slide Passing Drill to Opposite Sideline and Back (Bounce Pass) 2x
- 7) Dribble to Cone - Jump Stop Front Pivot & Pass Back 5x
- 8) Dribble to Cone - Jump Stop Reverse Pivot & Pass Back 5x
- 9) Two Ball Simultaneous Passing Drill - Two Player Passing Drill

Skill Development Stations: (20 Mins) (6:50) (4 Mins each Station)

- 1) Modified Mikan Shooting Drill (One Player at a time) (Resting players figure 8's)
- 2) Agility Ladder Footwork (Straight Run, High Knees, Lateral Side Steps, In Outs) & Line Jumps
- 3) Jump Stop Pivot Passing Drill (Right Foot Pivot & Left Foot Pivot) (Bounce & Chest Passed)
- 4) Form Shooting Drill on Small Baskets (One Player at a time) (Resting Players around the waist)
- 5) Two Ball Stationary Dribble (Pound / Synchronized) (Resting Player off hand Stationary Dribble)

Small Sided Skill Development: (10 Mins) (0.00)

- 1) 3 on 3 Small sided Games