Practice 1

| Time | Activity |
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| 5 Min | The coaches introduce themselves and then open in prayer |
| 10 Min | Circle up, name game |
| | The player to the left of the coach starts by saying their name and something they like that starts with the first letter of their name. Continue going around the circle, and each player that goes must say the name of the player and what they like before stating their own name and what they like. The coach goes last so he/she can be tested in knowing every player's name |
| 2 Min | Front to back dribbling drill. Demonstarte first. |
| 2 Min | Side to side dribbling drill. Demonstrate first. |
| 5 Min | Stationary partner passing drill: chest pass and bounce pass |
| 3 Min | Jump stop, pivot, and pass drill |
| 5 Min | Form Shooting Drill. Start in front of hoop. Every 5 shots take a step back. Repeat until |
| | Repeat until the player gets to the free throw line, where they add their 2nd hand. |
| | Change so they can only dribble inside the lane, continuing to walk around. |
| 5 Min | Shooting Line Game to 5 from 10'. Switch sides, play again. |
| 2 Min | Water Break |
| 3 Min | Defensive Mirror Drill |
| 5 Min | Closeout 1 on 1 Drill |
| 2 Min | Water Break |
| 6 Min | 3 v 3 Hlaf Court Scrimmage |
| 5 Min | Shooting Line Game to 5 from 10'. Switch sides, play again. Keep playing until end of practice. |
| 15 Min | Life Lesson Discussion: Love |
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| | Roster: |
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