## 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 <br> starts with the first letter of their name. Continue going around the circle, and each player that <br> goes must say the name of the player and what they like before stating their own name and <br> 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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