

	5	10	15	20	25	30	35	40	45	50	55	60
Practice 1	Team Rules, Whistle, Huddle	Stationary Ball Handling		Partner Dribble Challenges		Shooting on a Line	Shooting Progression		Dog Pound	Jump Stops, Pivots, Passing		2 Line Passing
Practice 2	Team Rules, Whistle, Huddle	Partner Dribble Challenge	Dribble Zig-Zag		Shooting Progression		Dog Pound	Jump Stops, Pivots, Passing	Partner Duck Duck Goose	Take Top Foot and Go Back Door	1 v 1 Get Open	
Practice 3	Partner Dribble Challenge	Dribble Zig-Zag	Belly Ball	Dribble Zig-Zag w/ Defender		Shooting Progression		Take Top Foot and Go Back Door	2 v 1 Get Open	Team Offense		
Practice 4	Stationary Ball Handling	Dribble Zig- Zag w/ Defender		Shooting Progression		21 Shooting		2 v 1		Team Offense		
Practice 5	Dribble Zig-Zag w/ Defender		21 Shooting		Catch, Read, and Attack		2 v 2 Get Open		Team Offense/Defense			
Practice 6	Dribble Zig-Zag w/ Defender		Make it Take it		Catch, Read, and Attack		2 v 2		Team Offense/Defense			
Practice 7	Dribble Zig-Zag	Dribble Monsters	Make it Take it		Partner Shooting		3 v 2		Team Offense/Defense			
Practice 8	Stationary Ball Handling	Dribble Monsters	Shooting Progression		Partner Shooting	3 v 2		Team Offense/Defense			2 man Break	
Practice 9	Partner Dribble Challenge	Pac-man Dribble	21 Shooting		Catch, Read, and Attack	3 v 3 Protect the Paint		Team Offense/Defense			2 man Break	
Practice 10	Partner Dribble Challenge	Pac-man Dribble	21 Shooting		Catch, Read, and Attack	3 v 3 Protect the Paint		Team Offense/Defense			3 man Break	
Practice 11	Dribble Zig-Zag	Dribble Knockout	Partner Shooting		3 v 3		Team Offense/Defense			3 on 3 Get Back		
Practice 12	Dribble Zig-Zag	Dribble Knockout	Partner Shooting		3 v 3		Team Offense/Defense			3 on 3 Get Back		

Fundamentals

Breakdown

Controlled Scrimmage

Transition