

Practice #1 - 75 minutes *This is a practice plan for beginner players. Passing and pivoting with the ball are important to review each practice. On offense, catch the ball first, then face the basket and be a threat to pass, shoot or dribble (triple threat).

Drill	Description	Time
Partner Relay Race (without ball) - warmup and stretching in between turns	Players line up on same sideline in groups of 2. Partner 1 runs from one sideline, to the other sideline and touches the floor, turns around and runs back to slap Partner 2's hand that is waiting on the initial sideline. While Partner 2 is repeating what Partner 1 just did, Partner 1 is stretching by standing and touching their toes with their legs straight (hamstrings stretch). Repeat this 2 more times to complete calf and quadriceps stretches. Also, can increase the increments of the back and forth or change from running to defensive slides.	5 mins
Introduce a ball and go over warm up drills with the ball	Each player should have a ball in their respective lines. Discuss the importance of using your finger tips while dribbling, catching and shooting. Show them drills that warm up their finger tips - the person waiting will be doing these drills and other dribbling drills while the other player dribbles the ball across the court and back.	3 mins
Partner Relay Race (with ball)	Players line up on same sideline in groups of 2. Partner 1 dribbles from one sideline, to the other sideline and dribbles back with the opposite hand. Coach can place a cone in the middle to work on different dribble moves.	5 mins
Dribble Knock Out Game	Each player has a ball and gathers in the lane area. The game is for each player to continuously dribble their ball while trying to knock the other players ball away from them and outside the lane. If your ball goes outside the lane you are out of the game. The last one in the lane is the winner. Prior to starting the game the coach can emphasize protecting the ball with your body and a bent forearm while dribbling with the other hand.	2 mins
1 ball passing*	Bounce, chest, hook passes	2 mins
2 ball passing*	Bounce, chest, hook passes - each player has a ball and passes simultaneously (one bounce, one chest; the hook pass is a bounce pass from opposite sides)	2 mins
Partner passing	side line and lane line to half court or full court, circle motion to keep the lines going	2 mins
Drink Break - teach terminology for points on the court	While the players are having a drink, explain to them what each spot on the court is called - sideline, baseline, half court line, lane, foul line, lane line, block, elbow, wing, corner, top of the key.	2 mins
Partner Passing and Hand Offs for Layups	Pass to partner at 3 spots on court (left elbow, right elbow, middle foul line) - first team to make 3 shots - then rotate. There should be 3 players around the top of the key aligned with their partner. The player above the top of the key should pass to their partner, the player receiving the ball should step to the pass and catch the ball. The player that passed the ball immediately follows their pass and receives a hand off. Once the player receives the hand off they should turn directly towards the basket and dribble the ball in to make a layup. After they shoot, they get their rebound and pass to their partner who just handed the ball off to them and switch spots. Repeat the same process until a team makes 3 shots.	5 mins
Partner Passing and Layups (give and go)	Form 2 lines - one above the top of the key and one on the wing (pick one side of the court). Player at the top of the key starts with the ball, passes to the wing, then starts to go away to the opposite side wing, but changes direction and cuts to the basket along the ball side lane line, looking to receive a pass back from their partner on the wing. The wing passes the ball ahead of their cutting teammate for a layup. Have the player use the backboard while shooting a layup.	5 mins
Partner shooting	Have two groups shooting at different baskets. Players should partner up and rebound for each other. The players with the ball should start under the basket, pass the ball to partner (who is within shooting range of the basket), follow their pass to become the shooter next, the player receiving the pass shoots the ball and then gets their own rebound. Repeat the process. First group to make 5 shots is the winning group. Prior to starting this game, the coach should discuss the proper shooting technics (B-E-E-F).	10 mins
Drink Break - teach pivot foot concept	While the girls are getting a drink, demonstrate what a pivot foot is and how and why to pivot. Emphasize catching and facing the basket while pivoting.	2 mins
Triple Threat and Pivoting*	Have partners with a ball line up on the baseline. Have other partners line up across the foul line. The partners on the baseline passes the ball and follows their pass. The receiving partner steps towards the pass and catches it and immediately gets in the triple threat position facing the basket. The player without the ball tries to take the ball away from the partner. The player with the ball must pivot and protect the ball for 20 seconds. Focus on the pivoting player continuing to pivot while facing forward. Teach them to move the ball in "rainbow" and "smile face" motions while pivoting. Switch and repeat.	3-5 mins
Triple Threat and Pivoting (rip through and ball fakes or jab steps)	Have partners with a ball line up on the baseline. Have the 3 other partners line up on the elbows and the middle of the foul line. The partner on the baseline passes the ball and follows their pass. The receiving partner steps towards the pass and catches it and immediately gets in the triple threat position facing the basket. The player without the ball tries to take the ball away from the partner. The player with the ball while facing the basket (the goal is not to turn their back to the basket), pivots, rips through or jabs and fakes to make a move past the defender towards the basket and in for a layup or shot.	5-7 mins
3 v 3 games	Let the players play while emphasizing the concepts you just worked on in the half court. Defense gets a rebound or steal they must pass to a coach to get to switch to playing offense.	10 mins
Full Court 5 v 5	Let the players play while emphasizing the concepts you just worked on in the full court. Ref and teach the game while the players are playing. Call travels and fouls. Give extra points for good passing.	10 mins