

Practice #2 - 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
Layup lines	2 lines above both elbows outside the 3 point arc - right handed layups, dribble toward the block (go in on an angle), eyes up, focus on the top corner of the square on the backboard, shoot the ball to hit the backboard at this spot. Rebounding line comes in grabs the rebound and continuously dribbles the ball to the half court line (use outside left hand and teach protecting the ball from the imaginary defender on the inside). Player is now in the shooting line waiting their turn while dribbling. Eventually place a cone at the elbow and have the players complete a dribbling move, for example, crossover - start with a left handed dribble towards the middle, plant your inside foot and push off to change direction to the outside and explode past the cone while dribbling in to shoot a layup. Switch sides and do the same thing on the left side. Try to shoot with your left hand.	10 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
Passing while doing defensive slides (blow the whistle and have the player with the ball try to score a layup)	Partner up players with comparable skill level along the baseline at each lane line. Focus on passing the ball ahead of the player showing their hands to receive the pass. Both players should be doing defensive slides while moving to receive the next pass. When the coach blows the whistle, the player with the ball will attempt to score a layup, and the other player becomes the defender. Continue to play until the defense rebounds or steals the ball.	5 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
WAR game	Line up players on each lane line across from one another. Each player gets a number and the player across from them should have the same number. The coach calls out a number(s) while placing the ball down on the middle of the foul line, first one to ball is on offense, player can pass to their sideline if they stop dribbling. Can give the defensive player(s) a turn to play offense if a jump ball is the call when they initially try to possess the ball.	10 mins
Drink Break	Teach shell drill - on ball, 1 pass away, 2 passes away, see ball and see man	2 mins
3 v 3 games	Do a shell drill for each team to go over defensive positioning	5-10 mins
V cuts to get open	Have the players line up on the wing. Set up cones below the wing, but before the block, and around the elbow. The player on the wing prior to receiving the pass from the coach at the top of the key, will do a v cut to get open by following the positions of the cones. Emphasize stepping to the pass and showing your hands as the person receiving the pass. Once the player catches the ball they should immediately face the basket in the triple threat position. Then they are to do a ball fake one way and go the other way (jab step move). Focus on the pivot foot and not picking it up prior to dribbling.	5 mins
V cuts into a back door to get open	Have the players line up on the wing. The player on the wing prior to receiving the pass from the coach at the top of the key, will do a v cut to get open. Emphasize stepping to the pass and showing your hands as the person receiving the pass. This time the player is not open when they pop out from the v cut around the elbow or 3 point line. When this occurs the player trying to receive the pass should plant their outside foot and cut "back door". The coach will then pass the ball ahead of the player cutting to the basket. The player receives the pass and shoots the layup.	5 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 offense. Ref and teach the game while the players are playing. Call travels and fouls. Give extra points for good passing and v-cut back doors.	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 and v-cut back doors.	10 mins