

Practice #3 - 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
Dribbling/Warm Up	Each player has a ball on the half court line. Finger tip warm ups, circles around head, waist and feet, figure 8s, hard dribbling waist and knee high with each hand, cross overs	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
Rebounding/Box Out 2 Lines while 1 line shoots layups	Keep all but 2 players dribbling at half court. Have 1 player stand in the corner and 1 player stand at the elbow (same side). When the shot goes up the player at the elbow needs to get inside position and box out the player crashing in from the corner. The shooter goes to the opposite corner. The person who gets the rebound dribbles out to half court and waits in line to become the shooter while doing dribbling drills.	10 mins
Passing to REVERSE the ball to the opposite side (good way to score against a zone defense)	3 lines - top of key and wings. Both wings v cut to get open. Player at top of key passes to one side. After passing screen away (or the players can stay in the original spots). If screen away, other wing pops up to middle and receives pass. After receiving the pass at top of the key, QUICKLY pass the ball to the other side (reversal). The player on the opposite wing, catches the ball and makes a fake pass back to the middle, then drives the ball in for a layup. Each person goes in each position at least once.	5 mins
Screen and roll	2 lines - 1 line at the block (under the basket) and the other line with the ball at half court. Tell the player on the block to move to foul line/top of key area to set a screen on the dribbler's defender. Have the dribbler start toward the left lane line and dribble toward the right lane line as the player dribbling the ball approaches the screener. The dribbler should dribble around the outside shoulder of the screener (try to rub shoulders). The goal is to have the dribbler's defender run into the screener. Then the dribbler should try to dribble in the most direct line towards the basket to shoot a layup. Teach the legal screening technics - screener cannot move into the defender, must be stationary prior to contact and needs to give a step to avoid contact when setting a blind screen.	10 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
Triple Threat and Pivoting*	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 must pivot and protect the ball for 20 seconds. Switch and repeat	3-5 mins
Half court 3 man weave, 2 passers get shots from elbow	5 lines - 3 lines at half court (middle, left and right wings), 2 lines underneath the basket along the lane lines. Half court 3 man weave, 2 passers get shots from elbow via passes from 2 players underneath the basket along the lane lines (layup, 2 shots from elbows - 3 total shots each repetition).	10 mins
3 v 3 v 3 games	Full court, 3 teams, 1 team at each end, and 1 team with the ball. If the offense scores, they get to play offense again at the other end. If the defense gets the rebound or steal, they get to play offense at the other end against the other team. Ref and teach the game while the players are playing. Call travels and fouls. Give extra points for good passing, ball reversals, v-cut back doors and screen and rolls.	10 mins
Full Court 5 v 5	Let the players play while emphasizing the concepts you have been working on. Ref and teach the game while the players are playing. Call travels and fouls. Give extra points for good passing, ball reversals, v-cut back doors and screen and rolls.	15 mins
Full Court sprints (2x)	Give the players a time to beat to finish up and back (end line to end line)	2 mins