



Focus on ball handling, shooting on the move, screening, pass/cut/fill motion offense, trapping, man-to-man defense principles.

TIME	SCHEDULE	NOTES
Time	Fundamentals: Focus on Fundamentals. Pick 3-4 things to focus on each practice from this category	
8	<p>Dribbling: ball control</p> <ul style="list-style-type: none"> ● L/R Pound dribble (30secs ea. hand) (Call out ankle, knee & shoulder to instruct players that's where they should dribble) ● Cross-overs/V-dribble (1min) ● L/R Push-pull (30secs ea. hand) ● L/R Side Push-pull (30secs ea. hand) ● Behind the back (1min) ● Between the legs (30secs ea. leg) ● Combination Dribble (cross, between legs, behind back) ● Spin Dribble (live up the court) ● Full court down left hand and right hand back ● Full court zig-zigs cross-over ● Full court zig-zigs in your lane ● Full court behind the back ● Full court between the legs 	<p>Points of Emphasis:</p> <ol style="list-style-type: none"> 1. Fast hands 2. Hard pounds 3. Be in a hurry but not rushed
5	<p>Pivots: used to create space with defender</p> <ul style="list-style-type: none"> ● <i>Rainbows:</i> place ball on right/left hip, bring over the top of the head, pivot forward & move the ball to opposite hip ● <i>Unicorns:</i> place ball on right/left hip, bring low to the ankle to end on the opposite hip while pivoting. Ball should be traveling in a U-Shape from hip down to ankle, across to other ankle up to opposite hip from which you started <ol style="list-style-type: none"> 1. After pivot is complete, square up to the “defender”, execute a shot fake and one hard dribble toward “basket” 	<p>Points of Emphasis:</p> <ol style="list-style-type: none"> 1. Hip to Hip 2. Quick, stern move with the ball <p>Shot Fake: Raise hips up, look toward basket with eyes, bring ball to a shooting position</p> <p>Drive: Low and long to the basket, head and chest down and sink your should to the defenders hip “clip the hip”</p>
5	<p>Rebounding:</p> <p>Drill Option A: Outlet Rebounding: 3 player rotation - player 1 top of the key, player 2 wing & player 3 under basket facing basket.</p> <ol style="list-style-type: none"> 1. Player 3 ‘shoots’ ball against backboard to simulate a rebound. Grabs ball, chins, and pivots 2. Player 2 calls for the ball. Player 3 does an overhead pass to player 2. 3. Player 2 does a bounce pass to player 1. Coach gets the ball from player 1 and the process starts over again. 4. Player 3 is a rebounder for 3 times before rotating. <p>Drill Option B: Boxing out:</p>	<ol style="list-style-type: none"> 1. Jump to get the ball vs having the ball come to you. 2. Grab the ball with two hands 3. Chin the ball after rebounding and hold tight until passing to the outlet. <p>Boxing out: Sit/Hit/Go Get</p>

	<ol style="list-style-type: none"> 1. Players slam ball on the ground 2. They take a step back with knees bent, hands wide at their side with a slightly bent forward lean so bottom is out and into 'defender' 3. Get ball and chin 	
5	<p>Passing: Put players in two lines across from one another. One line has the ball. Pass on Coach's command. Passing in unison is best to watch form.</p> <ul style="list-style-type: none"> • Chest • Bounce • Single hand (R&L) • Overhead • Single hand L/R (execute pivot and pass 'around defender') 	<ol style="list-style-type: none"> 1. Jump to the ball on the pass 2. Make a strong pass with arms & fingers extended to partner 3. Step to the receiver as you pass.
3	<p>Partner Shooting: Form shooting to a partner. Put players in two lines across from one another. One line has the ball.</p> <ol style="list-style-type: none"> a. Feet are shoulder-width apart for good balance. b. Eyes focused on the basket c. The elbow is directly under the ball in line with the basket. Not too close or too far from the body. d. After the shot, your shooting hand should be fully extended just in front of your eye. 	<ol style="list-style-type: none"> 1. Emphasize Ball to the thigh, thumb to the eye, hand to the sky 2. Wrist should be bent on the release to dip hand into the cookie jar 3. Emphasize shooting power comes from legs
8	<p>Defensive: (see below for each drill's explanation)</p> <ul style="list-style-type: none"> • Drill Option A: Shuffles: coach points right or left and kids shuffle • Drill Option B: Mirror defense (zig zag with defense mirror) • Drill Option C: 3v3 shell drill with defense emphasis (wk 3 & 4) 	<ol style="list-style-type: none"> 1. Hands out, athletic position with bottom down 2. Eyes focused on opponents waste
~20		
Time	Offense/Shooting	
8	<p>Layups</p> <ul style="list-style-type: none"> • Proper form: String attached from elbow knee. As the arm goes to finishing layup, the knee rises with it. <p>Note: Introduce jab steps and rips. Have player perform a jab step before leaving for shot.</p> <ol style="list-style-type: none"> 1. Ball should be placed on players hip with 3 points of contact - right/left hand and hip. 2. Player moves foot opposite the ball in short burst (think toe tapping) in attempt to create space. 3. Rhythm is key: change the pace of the toe taps from <ol style="list-style-type: none"> a. Slow-fast-slow b. Fast-slow-Fast c. Slow- slow-Fast 4. After performing 3 quick jab steps, rip ball from ball side to opposite ankle to get defender to shift and pull ball back hard in the direction the ball started (ie. Right hip to left ankle back to right) 5. Take a hard dribble toward basket and pull up for the shot (in the area you feel is appropriate for the shooter) 	<ol style="list-style-type: none"> 1. Knee goes up when hand goes up 2. Aim for square when shooting

8	<p>Jump Shot</p> <ul style="list-style-type: none"> • Players start at wing position. Rip the ball and drive toward the basket. • Stop and jump up. Shoot a few feet from the basket (move the spot around where you want them to perform a jump shot) <p>Note: Start off with jabs steps like above</p>	<ol style="list-style-type: none"> 1. Judge the player and their ability for proper form - coach them on proper form 2. A proper jump shot is when a player release ball at height of jump
5	<p>Tiger passing (see images below) - pass/cut/fill</p> <ol style="list-style-type: none"> 1. Line in each corner, cones are 'defenders': Pass and cut, catch and face, cut to the rim. 2. Cutter must sprint to fill the 5 spots (corner, wing, top). Basket cut must be made all the way to the rim. 3. First player in line steps onto the court when the corner spot opens. 	<ol style="list-style-type: none"> 1. Beginning stages of learning a 5-Out motion offense 2. Perform swim move pass. (after pass take one step in opposite direction. Quickly change directions back toward ball. Came across body with arm and "swim" over the top of the defender. Your body should now be position where you defender is behind you and you can receive a pass pack.
8	<p>Pure Sweat Combo (see image below) - fast break</p> <p>Set Up: Two ball handlers will start with balls near the 28-foot marks in adjacent corners. Two passers will start in adjacent corners opposite of the ball handlers. Two defenders will start inside of each lane on both ends of the floor. All of the additional players will start in lines behind the passers.</p> <ol style="list-style-type: none"> 1. Ball handlers will pass their balls ahead to the passer in front of them on the opposite end of the court, and then sprint to the elbow or three-point line, depending on their shooting range. The passers will pass the balls back to the original ball handlers once they get to their shooting range for a jump shot. 2. On the flight of the shot, the passer will crash the glass, while the defender in the lane will sprint and box out the crashing passer. Both players will pursue the rebound until one player secures the ball. 3. Whoever secures the rebound will dribble outside of the three-point line then pass the ball ahead to the passer in front of them on the opposite end of the court, and then sprint to their range for a jump shot, while the player that did not get the rebound will stay in the lane as the next defender. The shooter will rotate to the back of the passing line that they received the ball from. 	<ol style="list-style-type: none"> 1. Emphasize overhead pass to get ball up the court 2. Focus on great passing 3. Execute a great box out

~16	Total Time	
Time	Games:	
8	<p>PacMan:</p> <ol style="list-style-type: none"> 1. One player is designated PacMan and lines up on one end of the court. The other players line up on the opposite end. 2. Players dribble on all lines of the court while the PacMan tries to tag all the players. Players must stay on the lines and dribble 3. Once a player is tagged he stands & dripples in place at the spot he was tagged. Players still in the game now can't go around this player. He/she becomes a road block. 4. The last player who is not tagged in the winner and can become the PacMan on round two 	Focus is on ball control under pressure
8	<p>Chase the point guard:</p> <ol style="list-style-type: none"> 1. For 3 lines spread across baseline. 2. Point guard (middle player) dribbles up court, two outside players chase point guard. Outside players leave baseline once point guard reaches free throw. 3. Point guard attempts a layup (one shot). 4. Coming back Point Guard is defense and the two chasers are on offense trying to score. 	Focus is on shooting, spacing, running hard up court and defense
8	<p>Musical 'Chairs':</p> <ol style="list-style-type: none"> 1. Place balls around center court circle. 2. Music plays as players run around ball at center. 3. When the music stops, players grab a ball and run to a basket to shoot (and make) and come back to center. 4. Last person back is out <p>NOTE: 1st & 2nd graders run around the basket and back to the center square</p>	Focus is on dribbling and shooting under pressure
8	<p>Relay Races</p> <ol style="list-style-type: none"> 1. Divide your group into 2 or more teams based on size, and have each group line up single file behind the baseline. 2. Each team will have one ball, and the first player in line will dribble as fast as they can while controlling the ball to the opposite baseline or half-court line and back to the baseline. They will then hand the ball off to the next player in line on their team who will then run their leg of the race. 3. The first team to have every member complete the race and get back to the baseline wins. (You can place obstacles such as cones to dribble through within the course to make it more interesting and require more ball handling.) 	Focus is on sprinting full court with a ball and shooting under pressure
8	<p>Baseball</p> <ol style="list-style-type: none"> 1. Divide the group into two even teams: a dribbling team and a shooting team. 2. The dribbling team will have a basketball and will line up at one of the corners of the baseline. 	Focus is on short burst of energy and shooting free throws.

	<ol style="list-style-type: none"> 3. The shooting team will have one or two basketballs and be lined up at the free-throw line or closer depending on the age and skill level of the players. 4. The dribblers' object is to make a "home run" by dribbling the basketball around half court and back to the line. The shooters' object is to make the shot to get the dribblers out. 5. If a shot is made, the shooters call out "stop," and the current dribbler freezes and the next dribbler may begin. If the dribbler makes it home, they get one point and return to the back of the line to run again. 6. Continue until every dribbler is out and then switch team roles. The team with the most runs wins. 	
8	<p>Buzzer Beater (3rd grade)</p> <ol style="list-style-type: none"> 1. Two players start at center court and run toward opposite baskets 2. Coach has a timer that counts down from 8 seconds. 3. Each player has the allotted time to make a basket. 4. If a basket is made, player waits in the center circle for their next opponent. 5. On round two players now have 6 seconds to make a basket. If they both make it, start again with 4 seconds left on the clock 	Focus is on sprinting and shooting under pressure
~60	Total	

Tiger Passing	Pure Sweat Combo
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