

COACH MAC'S



SHOOTING

PRACTICE PLANS

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INTRODUCTION

Hey there,

Thanks so much for purchasing the '101 Shooting Drills for Youth Basketball' eBook.

This is a bonus eBook containing 18 shooting practice plans is only available for people that purchased the 101 shooting drills eBook during the launch.

So, if you don't mind, I ask that you to keep the following pages to yourself and make the most of the practice plans!

Every drill that is contained in the 18 practice plans that follows will be found in the 101 shooting drills eBook.

Since there is only limited space on each practice plan, not all drills can be thoroughly described.

I recommend that you decide which practice plan you're going to use, and then either print off the specific drills you are going to use, or go through each drill and make sure you thoroughly understand the drill and the coaching points before heading to practice.

All practices will begin with a 5 minute warm up. On the following page you'll find the 5 minute warm up that I use each practice and that I recommend you use too.

Before you check out the practice plans, here are a few things to keep in mind:

- Drills will take longer to learn when you're first introducing them to your team. If you need to extend the minutes of some drills, that's fine. But make sure to adjust the times of others to compensate.
- I've included a blank practice plan at the end of this eBook. Feel free to steal little parts of different practices and add them together. Or you can even find your favorite drills from the '101 shooting drills eBook' and create your own practice plans!

If you have any question on any of the practice plans feel free to reach out to me at coachmac@basketballforcoaches.com. I'd love to hear any feedback.

Good luck.

- Coach Mac

THE PERFECT 5 MINUTE WARM UP

All practices will begin with a 3 - 5 minute warm up.

These exercises can be performed full-court or half-court depending on the amount of court space you have available. If only going to half-court, get the players to perform each exercise twice.

For this article I'll assume you're using the full court.

Make sure players are performing all exercises with good technique.

- 1. Forwards and Backward Jog** - Players jog forwards to the opposite baseline and then back-pedal back to the starting position.
- 2. High Knees** - With arms stretched out in front, players will jog down the court while bringing their knees up to their hands with each step. Same thing on the way back.
- 3. Butt Kicks** - Players will jog down the court and with each step attempt to bring the heel up and touch their backside on each step.
- 4. Defensive Slides** - Players will get in a defensive stance and all face the same sideline. Then they will defensive slide to the other end and back facing the same direction.
- 5. Ankle Springs** - Keeping a slight bend in the knees, players will bounce on their toes to half-way and back. The knees should not bend but should not be locked out during the exercise.
- 6. Knee Hugs** - Again only going half the distance, the team will walk to half way and on every 3rd step players, players will hug their knee to their chest for about a second.

- 7. Walking Lunges** - Players will perform lunges with good technique up and back. Only have them go half the distance. So if using full-court, go to half court. Make sure they keep their heads up.
- 8. Bounds** - Players will bound to the other end and back. This involves jumping as far as they can on each step.
- 9. Carioca** - Players will carioca to the opposite end of the court and back. Make sure players face the same direction throughout the whole exercise.
- 10. Sprints** - On the coach's call, players will sprint to the opposite end and back. Perform this exercise twice.

Beginner - 60 Minutes - Practice Plan #1

“Never let fundamentals and building skills take a backseat to game planning. Game plans win games. Fundamentals win championships”

— Tom Crean

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	Line Shooting - Players all place their shooting foot on a line and practice shooting the ball up and making it land on the line in front of them.	<ul style="list-style-type: none"> • Dominant shooting foot on the line. • Give each player individual feedback. • Hold shooting form until ball hits the floor. • All coaches must be teaching the same technique.
7 Minutes	5 Minute Drill - Split group up into two teams. Pick 5 spots on the court. Teams shoot for one minute at each of the 5 spots. Team that makes the most in 5 minutes wins.	<ul style="list-style-type: none"> • Players must be in stance before receiving the basketball. • Players must hold follow through but then hustle after their shot. • Whole team must keep count out loud!
10 Minutes	Russian Layups - Continuity drill that works on long passes and layups at full speed.	<ul style="list-style-type: none"> • All players must be calling for the ball and communicating. • Sprint up and down the floor. • Flat passes. No lob passes if strong enough. • Players should take long steps on layups.
3 Minutes	Drink Break	
10 Minutes	Fatigue Shooting - Groups of 3 or 4. Each player sprints down the court, receives the basketball from a teammate, shoots, rebounds, then runs to the baseline to make the next pass.	<ul style="list-style-type: none"> • Players must sprint to each end of the court. • Down in stance when catching the basketball. • Flat and on-target passing. • Get target hands up to show passer where you want it.

Time	Drill	Coaching Points
10 Minutes	Rainbow Shooting - 2 lines on the baseline. Players arc around and receive the ball from a teammate for a shot at different distances. They rebound their own shot and pass it to the next player in the line they received it from.	<ul style="list-style-type: none"> • Use both right and left hands on layups. • Be loud and call for the basketball. • Show target hands. • Square up using the inside foot.
10 Minutes	Elimination - 2 balls. Everyone in a single line. If the player behind you scores before you, you're out.	<ul style="list-style-type: none"> • Correct hand on layups. • No intentional misses. • Next player in line should be in stance ready to shoot. • Let the kids have fun and enjoy the drill. • Don't be afraid to join in! (The players will love beating you)

Practice Notes:

Beginner - 60 Minutes - Practice Plan #2

“Simplify the game as much as possible. When you add, you must subtract”

— Don Meyer

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	Partner Form Shooting - Players stand about 10 feet away from each other and then shoot the ball to each other.	<ul style="list-style-type: none"> • Players must be shooting the ball high. • Make sure all coaches are teaching the same technique. • Hold shooting form until your partner catches the basketball.
5 Minutes	Perfected - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
10 Minutes	30 and 1 - Split into teams. Coach picks 3 spots on the floor each team must make 10 shots from. Each team must finish with a long-distance game winning shot.	<ul style="list-style-type: none"> • Next person in line should be in stance ready to shoot the ball. • Passes should have pace and be on target. • Hustle after missed shots. • Make teams as even as possible.
10 Minutes	Mushball - One shooter and two players on block. Shooter shoots until a miss. On the miss all three players compete until a score.	<ul style="list-style-type: none"> • Players must be strong with the ball in the paint. • Always use the same free-throw routine. • Encourage players to use fakes. • Rebound with two hands.
3 Minutes	Drink Break	
7 Minutes	Layup Technique - Players practice layups off one step, two steps, and then after dribbling.	<ul style="list-style-type: none"> • Practice both sides of the floor. Outside foot then inside foot. • Encourage players to ‘swish’ the ball off the backboard. • Long steps on layups.

Time	Drill	Coaching Points
10 Minutes	Fast Break Attack - Players attack a cone or chair at the top of the key before scoring then practice dribbling through cones.	<ul style="list-style-type: none">• Players must attack hard from half-way. Can't practice in slow motion.• Watch each players' footwork.• Make sure players are on balance off pull-ups.• Players must keep their head up while dribbling.
5 Minutes	Game Winner - Players each take a single shot from a far distance. Players that make the shot get a reward.	<ul style="list-style-type: none">• Have fun. This drill is meant to finish practice with a smile.• Keep safety in mind. Make sure no one will get hit by a wild shot from half court.

Practice Notes:

Beginner - 90 Minutes - Practice Plan #1

"I continually stress to my players that all I expect from them at practice and in the games is their maximum effort"

— John Wooden

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	Partner Form Shooting - Players stand about 10 feet away from each other and then shoot the ball to each other.	<ul style="list-style-type: none"> • Players must be shooting the ball high. • Make sure all coaches are teaching the same technique. • Hold shooting form until your partner catches the basketball.
10 Minutes	Partner Shooting - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> • No half-hearted passes. They must be flat and on-target. • Shooter must be in stance when receiving the basketball. • Use the 1-2 or hop but be consistent.
10 Minutes	3-Man Fast Break - Groups of three passing down the court. Outside players shoot while middle player performs a layup.	<ul style="list-style-type: none"> • Players must sprint in this drill! No slacking. • Good passes. Flat and on-target. • Everyone must vary which spot they start in. • Players must hustle after rebounds. • Make sure players are on-balance when they go up for the shot.
3 Minutes	Drink Break	
7 Minutes	Speedy Layups - Two lines at opposite ends of the court. Players take it in turns dribbling the length of the floor, performing a layup, and passing to the next player in line.	<ul style="list-style-type: none"> • Take the least amount of dribbles as possible when dribbling full-court. • Players must start behind the baseline. Don't cheat! • Find a parent to keep track of made layups so you can focus on technique. • Drive in at the correct angle. • Long steps on layups.

Time	Drill	Coaching Points
15 Minutes	Half-Court Attack - Players start in pairs. Pass between each other until coach says 'go'. Player with basketball then attacks the ring.	<ul style="list-style-type: none"> • Attempt to attack through the high-post. Don't go too wide. • Try and be even with the amount each player is on offense and defense. • Must attack at full speed!
12 Minutes	23 Cones - 23 cones at opposite end of the floor. Players shoot and are rewarded with another shot at the other end. If they make it, they collect a cone for their team.	<ul style="list-style-type: none"> • Players must always pass back their own shots. • Everyone shoots. Not just the best shooters. • Learn who your best shooters under pressure are.
3 Minutes	Drink Break	
10 Minutes	Close Out Shooting - Players line up around 3-pt line. Take it in turns passing to a shooter, closing out, boxing out. Shooters gets own rebound and then closes out next player.	<ul style="list-style-type: none"> • No injuries. Watch for closing out under the shooters foot. • Short, choppy steps on the close out. • Box out hard! • Shooter must be in stance when they catch the ball. Quick shot. • Make sure they're good passes.
10 Minutes	Golden Child - Two even teams. One shoots and one dribbles. Shooters must get the dribblers out by making shots.	<ul style="list-style-type: none"> • Shooters must rebound their own shots. • Players that are 'out' must not be in the way of the next dribblers. • Vary which player is golden child.

Beginner - 90 Minutes - Practice Plan #2

"I didn't get into teaching and coaching for the number of wins or the money. It was a passion for trying to help young people"

— Bo Ryan

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	No Basketball Form Shooting - Players form a circle around the coach and practice the correct shooting form without a basketball.	<ul style="list-style-type: none"> • Make sure you watch all players. • If more than one coach, all coaches should be teaching shooting the same way.
5 Minutes	Line Shooting - Players all place their shooting foot on a line and practice shooting the ball up and making it land on the line in front of them.	<ul style="list-style-type: none"> • Dominant shooting foot on the line. • Give each player individual feedback. • Hold shooting form until ball hits the floor. • All coaches must be teaching the same technique.
10 Minutes	Box Shooting - Four pairs at each basket. One rebounder and a shooter. First to make a certain amount of shots.	<ul style="list-style-type: none"> • Correct shooting form. • Show target hands and be down in stance. • Passers must be working hard to chase down rebounds.
10 Minutes	Pivot Shooting - Two lines on baseline. Players pass to coach/parent and then catch the ball and square up to basket before scoring.	<ul style="list-style-type: none"> • Players must catch in a two-foot jump stop. • Remind players the higher they jump, the more off-balance they will land. • This is a footwork drill. Watch out for travels. • Players must call for the basketball. • Don't come out of a low stance when pivoting.
3 Minutes	Drink Break	

Time	Drill	Coaching Points
12 Minutes	Post Move Crossovers - Players start on the wings and take it in turns cutting to the block and making certain post moves.	<ul style="list-style-type: none"> • Be sure to go through footwork prior to running the drill. • Hard cuts along the baseline. • Must call for the ball and show target hands. • Add a defender when players are comfortable with the footwork. • Must be in a low stance and strong with the basketball.
10 Minutes	Take it to the Bank - Players start on the 45 degree angle and practice making bank shots. Players swap sides after each shot	<ul style="list-style-type: none"> • Encourage players to learn where it's best to hit on the backboard based on distance. • Hustle after rebounds. • Call out the team score after each shot.
7 Minutes	Laps - Players shoot two free-throws each with consequences for missing.	<ul style="list-style-type: none"> • Players must complete their entire free-throw routine. • Players must sprint the court when running. No jogging.
3 Minutes	Drink Break	
10 Minutes	Corner Bounce - Players start in one line and switch which corner they sprint to before receiving the ball on the way back.	<ul style="list-style-type: none"> • Footwork is most important in this drill. • No jogging. Players must sprint to the corner and back. • Switch up which way you want them to score.
10 Minutes	Corners - A fun game where players compete against each other to make full court layups as quickly as possible until there's a winner.	<ul style="list-style-type: none"> • Don't play with a super large group. Will take too long. • No players being silly when sitting at half court. We don't want injuries. • No throwing the ball out in front and sprinting to catch up to it. • Players must be under control when performing layups.

Beginner - 120 Minutes - Practice Plan #1

“Practice should be an activity that the players look forward to”

— *George Raveling*

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	No Basketball Form Shooting - Players form a circle around the coach and practice the correct shooting form without a basketball.	<ul style="list-style-type: none"> • Make sure you watch all players. • If more than one coach, all coaches should be teaching shooting the same way.
10 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
15 Minutes	Rainbow Shooting - 2 lines on the baseline. Players arc around and receive the ball from a teammate for a shot at different distances. They rebound their own shot and pass it to the next player in the line they received it from.	<ul style="list-style-type: none"> • Use both right and left hands on layups. • Be loud and call for the basketball. • Show target hands. • Square up using the inside foot.
12 Minutes	Titan Shooting - Three lines across the free-throw line. Players shoot, rebound their own shot, pass back to the same line, and then run part of the court before returning to another line.	<ul style="list-style-type: none"> • Players must show target hands and be in stance. • Conditioning drill too. Make sure the players are sprinting. • Entire team counts out loud on each basket. <p>Call for the ball!</p>
3 Minutes	Drink Break	
7 Minutes	Full Court Continuous - Players run in a large circle around the court performing layups or short shots of the block.	<ul style="list-style-type: none"> • Heads must be up while dribbling the basketball. • No overtaking another player. • Watch for correct footwork.

Time	Drill	Coaching Points
20 Minutes	4 Station Shooting - Split the court up into 4 quarters and players perform a different shot at each station. 4 minutes each station.	<ul style="list-style-type: none"> • Don't waste time on changeovers. • Go through each station before starting the drill. • Explain the key points of each shot.
10 Minutes	Baseline Free Throws - Everyone on the baseline. Take it in turns shooting one free-throw each. Consequences for misses.	<ul style="list-style-type: none"> • Use full shooting routine. • Make sure the team is positive even on missed shots. • Players must sprint for consequences. No jogging.
3 Minutes	Drink Break	
15 Minutes	Advantage - Offense has one extra player. Goal is to get a good shot on each possession using good ball movement.	<ul style="list-style-type: none"> • Players must make quick decisions. • Defense will have to scramble and will make mistakes. Let them. • Encourage players to make fake passes.
15 Minutes	Around the World - Split up into 2 teams. Teams compete to make 10 shots from around the key.	<ul style="list-style-type: none"> • Players must encourage each other. • Correct form on all shot. • For the free throw go through the full routine.

Beginner - 120 Minutes - Practice Plan #2

"I expect to coach execution, not effort"

— Roy Williams

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
10 Minutes	Off Dribble Form Shooting - Players practice 1-2 step and hop form and shoot on third use of footwork.	<ul style="list-style-type: none"> • Stay in a low stance throughout the entire drill. • Correct form and footwork. Watch everyone. • Step and bounce must be at the same time. • Players must be shooting on-balance.
12 Minutes	Pass Back Shooting - Players pass to the coach and receive the pass back making sure to use the correct footwork before shooting.	<ul style="list-style-type: none"> • If players don't call for the ball, don't pass it to them. • Main focus is on the footwork on the catch. • Make sure players aren't falling forward on the shot.
10 Minutes	Speed Shooting - Three groups. First player in each line sprints the floor, pulls up for the shot, and does the same on the way back before switching.	<ul style="list-style-type: none"> • Must shoot on-balance which means learning how to decrease speed. • Sprinting up and down the court. • Finish shooting routine before chasing the rebound. Don't fall forward. • Watch out for travelling violations.
3 Minutes	Drink Break	
10 Minutes	Layup Technique - Players practice layups off one step, two steps, and then after dribbling.	<ul style="list-style-type: none"> • Practice both sides of the floor. Outside foot then inside foot. • Encourage players to 'swish' the ball off the backboard. • Long steps on layups.

Time	Drill	Coaching Points
15 Minutes	5 Spot Variety - Players line up behind same cone and take 4 different shots from 5 different spots.	<ul style="list-style-type: none"> • Must attack the rim with speed. Game-like. • Coaches can contest layups to add pressure. • Long steps on layup. Jump high off second step.
13 Minutes	Mac Transition - One player dribbles down and performs a layup. Then there's a shot and an outlet pass to the opposite side.	<ul style="list-style-type: none"> • Dribbler must sprint down the court. • Passes must be on target even though players moving at full speed. • Spot up shooter must be in stance. • Composed on layups.
10 Minutes	In-a-Row - Groups of 3 - 5. Players must make a certain amount of free throws in a row.	<ul style="list-style-type: none"> • Complete full routine on each free throw. • Sprint for consequences. No jogging.
3 Minutes	Drink Break	
14 Minutes	50 Shots - Two teams. Goal is to make 50 shots as a team. 10 from 5 spots on the floor.	<ul style="list-style-type: none"> • Players must be in stance before catching the ball to shoot. • Don't rush shots just because it's a race. • Players must rebound their own shot.
10 Minutes	Elimination - 2 balls. Everyone in a single line. If the player behind you scores before you, you're out.	<ul style="list-style-type: none"> • Correct hand on layups. • No intentional misses. • Next player in line should be in stance ready to shoot. • Let the kids have fun and enjoy the drill. • Don't be afraid to join in! (The players will love beating you)
5 Minutes	Game Winner - Players each take a single shot from a far distance. Players that make the shot get a reward.	<ul style="list-style-type: none"> • Have fun. This drill is meant to finish practice with a smile. • Keep safety in mind. Make sure no one will get hit by a wild shot from half court.

Intermediate - 60 Minutes - Practice Plan #1

"We should not have to push players to work hard. Players should work hard because they want to be great players"

— Bob Knight

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
10 Minutes	Ball Outs - Two lines on baseline. Players pass to coach, perform a cut off a screen, and then score using a variety of moves.	<ul style="list-style-type: none"> • Practice setting player up by taking a few steps towards the middle of the floor. • Target hands. • Call for the ball. • Big emphasis on footwork.
10 Minutes	Dummy Close Outs - Players pass out to an offensive player on the perimeter and then close out playing dummy defense so the offensive player can practice correct footwork.	<ul style="list-style-type: none"> • No travelling. Big emphasis on footwork in this drill. • Close out hard. Use it as practice for correct form. • Make sure the offensive player is really selling the fake.
5 Minutes	Star Layups - Players start in 5 lines forming a star formation. Pass to each of the 5 lines in a star and the last line performs a layup.	<ul style="list-style-type: none"> • Attack the ring on layups. Don't be soft. • Passes must be sharp. • Cut quickly from group to group.
3 Minutes	Drink Break	
10 Minutes	30 and 1 - Split into teams. Coach picks 3 spots on the floor each team must make 10 shots from. Each team must finish with a long-distance game winning shot.	<ul style="list-style-type: none"> • Next person in line should be in stance ready to shoot the ball. • Passes should have pace and be on target. • Hustle after missed shots. • Make teams as even as possible.
		<ul style="list-style-type: none"> •

Time	Drill	Coaching Points
10 Minutes	23 Cones - 23 cones at opposite end of the floor. Players shoot and are rewarded with another shot at the other end. If they make it, they collect a cone for their team.	<ul style="list-style-type: none"> • Players must always pass back their own shots. • Everyone shoots. Not just the best shooters. • Learn who your best shooters under pressure are.

Practice Notes:

Intermediate - 60 Minutes - Practice Plan #2

"To go from good to great, it's all in the details. Everything matters"

— Steve Kerr

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Off Dribble Form Shooting - Players practice 1-2 step and hop form and shoot on third use of footwork.	<ul style="list-style-type: none"> • Stay in a low stance throughout the entire drill. • Correct form and footwork. Watch everyone. • Step and bounce must be at the same time. • Players must be shooting on-balance.
10 Minutes	Fast Break Jump Shots - Two lines at half way facing opposite directions. Players take it in turns attacking the free throw line and scoring a variety of shots before changing lines.	<ul style="list-style-type: none"> • Make sure players are on-balance when going up for the shot. • Must attack the free-throw line. Go full speed. • Watch for travels before players go up for their shot.
10 Minutes	Sideline Shooting - One line on each sideline. Players cut across the court and receive the pass for a shot. Passer becomes next shooter.	<ul style="list-style-type: none"> • Have to be cuts at game-speed. • Don't allow player to hold the ball too long. Must make an immediate move. • Change up the shot often.
3 Minutes	Drink Break	
10 Minutes	Dribble Screen Shooting - Three lines of players with 4 chairs/cones in front of each line. Players weave in and out and use last chair as a screen.	<ul style="list-style-type: none"> • Players must keep their head up while dribbling. • Explode off the screen. • Swap which sides players are coming off the screen half-way through the drill.
10 Minutes	Swing Shooting - Groups of three. A passer, rebounder, and a shooter. Swap over after certain amount of shots.	<ul style="list-style-type: none"> • Passes must be on target. • Use hop or 1-2 but be consistent. • Low stance when catching the basketball.

5 Minutes	Pressure - Players take in in turns shooting a free-throw. If the player before you hits a shot and you miss, you're out.	<ul style="list-style-type: none">• Complete free-throw routine.• No distracting other players.• Split up and use both ends of the court if you can.
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Practice Notes:

Intermediate - 90 Minutes - Practice Plan #1

"I don't believe in luck. I believe in preparation"

— Bobby Knight

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
10 Minutes	Texas Layups - 4 lines around the court and 2 players with a basketball under the ring. Pass down the sideline and get a layup. Last passer becomes the next player performing the layup.	<ul style="list-style-type: none"> • Basketball should never touch the floor. • No travelling. • Players must communicate loud and show target hands. • Runner must be sprinting down the court.
10 Minutes	Attack the Ring - Two lines on the baseline. Players sprint out and one receives the ball off a coach. They become offense and attack while the other defends.	<ul style="list-style-type: none"> • Don't hold the ball after the catch. Attack immediately. • Encourage offense to use a variety of moves to score. • No silly fouls from the defense. • Try to be fair with amount of offensive possessions.
7 Minutes	30 Seconds - Groups of 3. One rebounder, one shooter, one runner. 30 seconds of each.	<ul style="list-style-type: none"> • Don't need to complete full free throw routine. • Runner must sprint the court hard! • Rebounder must hustle.
3 Minutes	Drink Break	
5 Minutes	Dummy Close Outs - Players pass out to an offensive player on the perimeter and then close out playing dummy defense so the offensive player can practice correct footwork.	<ul style="list-style-type: none"> • No travelling. Big emphasis on footwork in this drill. • Close out hard. Use it as practice for correct form. • Make sure the offensive player is really selling the fake.

Time	Drill	Coaching Points
10 Minutes	Criss Cross - 3 defenders on baseline. 3 offensive players around 3pt arc. Pass out and close out, then play live.	<ul style="list-style-type: none"> Defenders must talk who's going over and who's going under. No closing out under the shooter. We don't want any injuries. Wing players must be ready to catch and shoot. Close out with weight back. Quick decisions on offense.
10 Minutes	Three Point Bombs - Split into 2 teams. Everyone has a basketball. Everyone shoots three pointers for the allocated amount of time. Team that makes the most wins.	<ul style="list-style-type: none"> Must rebound and shoot your own basketball. No cheating. Whole team must count loudly on each make. Must hustle after each shot. Complete full shot. Don't start chasing the basketball too early and shoot forward.
3 Minutes	Drink Break	
10 Minutes	Hand-Off Shooting - Players dribble down from the top of the key and perform a hand-off with a player that starts on the wing.	<ul style="list-style-type: none"> Make sure players perform the hand-off with correct technique. Footwork is super important in this drill. The player that performs the hand-off should turn their body to set a screen. Receiver must take large steps out of the hand-off.
10 Minutes	Elimination - 2 balls. Everyone in a single line. If the player behind you scores before you, you're out.	<ul style="list-style-type: none"> Correct hand on layups. No intentional misses. Next player in line should be in stance ready to shoot. Let the kids have fun and enjoy the drill. Don't be afraid to join in! (The players will love beating you)

Intermediate - 90 Minutes - Practice Plan #2

"You don't win games as a coach during games. You win games as a coach before games. Players win during games, not coaches"

— Red Auerbach

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Partner Form Shooting - Players stand about 10 feet away from each other and then shoot the ball to each other.	<ul style="list-style-type: none"> • Players must be shooting the ball high. • Make sure all coaches are teaching the same technique. • Hold shooting form until your partner catches the basketball.
10 Minutes	Weave Layups - 3 lines at half-court. Players make two passes and perform a layup. Then outlet and pass back to the middle line.	<ul style="list-style-type: none"> • Run the drill without a goal the first time through. • The ball should never touch the ground. • Passing accuracy is crucial! • Rebounder should only make a half-turn. • Players need to swap between all 3 lines.
10 Minutes	100 Seconds - 100 seconds to make 21 shots. 7 jump shots and 7 one-dribble pull ups left and right.	<ul style="list-style-type: none"> • Must be in stance when receiving the basketball. • Shooter must rebound their own basketball. • Create space on the one-dribble pull-up.
3 Minutes	Drink Break	
10 Minutes	Finish Strong - Both players start on block. Coach passes to one player and they become offense and the other is defense.	<ul style="list-style-type: none"> • Best run with a smaller group. • Put emphasis on contesting the shot without fouling. • Attack immediately! • Finish with a variety of moves around the basket. • Try to give each player an even amount of time on offense and defense.

Time	Drill	Coaching Points
10 Minutes	Chase Down Layups - Two lines on the baseline. Offense starts with an advantage. When coach calls out 'go' both players sprint to other end and try to score.	<ul style="list-style-type: none"> • Make sure offensive player is driving in at the correct angle. • Be sure to practice on both sides of the floor. • Defense shouldn't be flying out of bounds. Try to get boards too.
10 Minutes	Partner Shooting - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> • No half-hearted passes. They must be flat and on-target. • Shooter must be in stance when receiving the basketball. • Use the 1-2 or hop but be consistent.
3 Minutes	Drink Break	
12 Minutes	Off-Ball Screen Shooting - Players cut down the lane and pop out and receive the ball from next player in line. Then make a scoring move. Passer is next player to cut.	<ul style="list-style-type: none"> • Must be a change of pace when cutting. • Explain the different types of cuts and practice them all. • Make sure passes are on target. • Shooter must be showing target hands.
10 Minutes	Corners - A fun game where players compete against each other to make full court layups as quickly as possible until there's a winner.	<ul style="list-style-type: none"> • Don't play with a super large group. Will take too long. • No players being silly when sitting at half court. We don't want injuries. • No throwing the ball out in front and sprinting to catch up to it. • Players must be under control when performing layups.

Practice Notes:

Lined area for practice notes, consisting of 25 horizontal lines.

Intermediate - 120 Minutes - Practice Plan #1

"It takes time to create excellence. If it could be done quickly, more people would do it"

— John Wooden

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Spin Outs - Players start on baseline and spin the ball back to themselves practicing squaring up to the ring. Do this around the arc before shooting.	<ul style="list-style-type: none"> • Square up and then use a pump fake. • Players must be low on the catch and turn. • Make sure pump fakes are being performed correctly.
10 Minutes	3-Man Fast Break - Groups of three passing down the court. Outside players shoot while middle player performs a layup.	<ul style="list-style-type: none"> • Players must sprint in this drill! No slacking. • Good passes. Flat and on-target. • Everyone must vary which spot they start in. • Players must hustle after rebounds. • Make sure players are on-balance when they go up for the shot.
12 Minutes	Fatigue Shooting - Groups of 3 or 4. Each player sprints down the court, receives the basketball from a teammate, shoots, rebounds, then runs to the baseline to make the next pass.	<ul style="list-style-type: none"> • Players must sprint to each end of the court. • Down in stance when catching the basketball. • Flat and on-target passing. • Get target hands up to show passer where you want it.
15 Minutes	Mushball - One shooter and two players on block. Shooter shoots until a miss. On the miss all three players compete until a score.	<ul style="list-style-type: none"> • Players must be strong with the ball in the paint. • Always use the same free-throw routine. • Encourage players to use fakes. • Rebound with two hands.
3 Minutes	Drink Break	

Time	Drill	Coaching Points
5 Minutes	Post Play Basics - Players begin on the baseline and flash to the block where they receive a pass and finish at the ring with different post moves.	<ul style="list-style-type: none"> • Teach and practice a variety of post moves. • Correct footwork is super important! • Establish a strong low-post position with high hands.
13 Minutes	Post Move Crossovers - Two wings and one players on the block. Players pass into the player on the block and then baseline cut to the opposite block. This continues.	<ul style="list-style-type: none"> • Teach the footwork on all moves before starting the drill. • Cutter must be strong on the post up and show high hands. • Add a defender after a while.
10 Minutes	Pass and Relocate - One player in the post and rest of players on the wing all with a basketball. Players pass into post and relocate for the pass back and jump shot.	<ul style="list-style-type: none"> • Get down in stance when catching the basketball. • Emphasise faking the defender before exploding to the shooting spot. • Add a defender and let them play live after the pass back. • Must get shot off quickly.
3 Minutes	Drink Break	
15 Minutes	Flare Screen Shooting - One screener, passer, and dribbler. Dribbler dribbles down, passes, and then receives a flare screen for the shot.	<ul style="list-style-type: none"> • Court awareness. Make sure to flare behind the three-point line. • Swap the player that's making the skip pass often. • Skip pass should be an overhead pass.
10 Minutes	Three Point Bombs - Split into 2 teams. Everyone has a basketball. Everyone shoots three pointers for the allocated amount of time. Team that makes the most wins.	<ul style="list-style-type: none"> • Must rebound and shoot your own basketball. No cheating. • Whole team must count loudly on each make. • Must hustle after each shot. • Complete full shot. Don't start chasing the basketball too early and shoot forward.
12 Minutes	On the Rack - Players take it in turns shooting behind the three-point line. If player before you makes shot, one is on the 'rack'.	<ul style="list-style-type: none"> • Meant to be a fun game. • Don't be afraid to join in!

Intermediate - 120 Minutes - Practice Plan #2

“Average players want to be left alone. Good players want to be coached. Great players want to be told the truth”

— Doc Rivers

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
8 Minutes	Full Court Continuous - Players run in a large circle around the court performing layups or short shots of the block.	<ul style="list-style-type: none"> • Heads must be up while dribbling the basketball. • No overtaking another player. • Watch for correct footwork.
12 Minutes	Tennessee - Ball starts under basket with 4 lines around the court at free throw extended. Pass down in three man weave before making 3 shots. Continues each way down the floor.	<ul style="list-style-type: none"> • Players must sprint down the court! • Shooters must be low when receiving the pass. • Lots of communication! • Consider consequences for missed layups.
10 Minutes	Laps - Players shoot two free-throws each with consequences for missing.	<ul style="list-style-type: none"> • Players must complete their entire free-throw routine. • Players must sprint the court when running. No jogging.
3 Minutes	Drink Break	
5 Minutes	Ball Screen Basics - One line of shooters and screeners. Normal practice using the ball-screen.	<ul style="list-style-type: none"> • Screen must sprint to set the screen. Get them used to this. • The dribbler must use a fake before using the screen. • Screen must hold the screen long enough. • Emphasise that the screeners are setting the screen on the correct angle.

Time	Drill	Coaching Points
10 Minutes	Ball Screen Practice - Dribbler practices coming off the screen for a shot in live play. Screener receives the pass from coach for a shot.	<ul style="list-style-type: none"> • Again, make sure the screen is set at the proper angle. • Dribbler must explode shoulder-to-shoulder. • Screener must hold the screen long enough. • Ensure the dribbler doesn't use the screen too early.
15 Minutes	Off-Ball Screen Shooting - Players cut down the lane and pop out and receive the ball from next player in line. Then make a scoring move. Passer is next player to cut.	<ul style="list-style-type: none"> • Must be a change of pace when cutting. • Explain the different types of cuts and practice them all. • Make sure passes are on target. • Shooter must be showing target hands.
10 Minutes	Double Shot - All players take two shots from five spots. One three pointer and one one-dribble pull-up.	<ul style="list-style-type: none"> • Rebounder must make good passes! • Make sure shooters are in stance and showing target hands. • Make sure players create space on the one-dribble pull-up.
3 Minutes	Drink Break	
12 Minutes	Team V-Cuts - One player on each wing and 2 lines at the top of the key. Wing player v-cuts and explodes out to catch and make a scoring move. Passer becomes next shooter.	<ul style="list-style-type: none"> • Must be a change of pace when exploding out of the v-cut. • Footwork is crucial in this drill. • Add a defender but limit dribbles allowed. • Show target hands when leading out.
15 Minutes	Advantage - Offense has one extra player. Goal is to get a good shot on each possession using good ball movement.	<ul style="list-style-type: none"> • Players must make quick decisions. • Defense will have to scramble and will make mistakes. Let them. • Encourage players to make fake passes.
5 Minutes	Game Winner - Players each take a single shot from a far distance. Players that make the shot get a reward.	<ul style="list-style-type: none"> • Have fun. This drill is meant to finish practice with a smile. • Keep safety in mind. Make sure no one will get hit by a wild shot from half court.

Practice Notes:

Advanced - 60 Minutes - Practice Plan #1

“Don’t ever have a rule that you won’t enforce with your best player”

— Doug Collins

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	50 Shots - Two teams. Goal is to make 50 shots as a team. 10 from 5 spots on the floor.	<ul style="list-style-type: none"> • Players must be in stance before catching the ball to shoot. • Don’t rush shots just because it’s a race. • Players must rebound their own shot.
7 Minutes	Take it to the Bank - Players start on the 45 degree angle and practice making bank shots. Players swap sides after each shot.	<ul style="list-style-type: none"> • Encourage players to learn where it’s best to hit on the backboard based on distance. • Hustle after rebounds. • Call out the team score after each shot.
10 Minutes	Tennessee - Ball starts under basket with 4 lines around the court at free throw extended. Pass down in three man weave before making 3 shots. Continues each way down the floor.	<ul style="list-style-type: none"> • Players must sprint down the court! • Shooters must be low when receiving the pass. • Lots of communication! • Consider consequences for missed layups.
3 Minutes	Drink Break	
10 Minutes	Titan Shooting - Three lines across the free-throw line. Players shoot, rebound their own shot, pass back to the same line, and then run part of the court before returning to another line.	<ul style="list-style-type: none"> • Players must show target hands and be in stance. • Conditioning drill too. Make sure the players are sprinting. • Entire team counts out loud on each basket. • Call for the ball!
10 Minutes	Screen Away - One player on each wing and rest of players at top of the key. Players at the top alternate which side they screen down on and players practice shooting off screens.	<ul style="list-style-type: none"> • Must be a change of pace when coming off the screen. • Make sure screeners are screening the correct position. • Must be great passes! It’s a skill to pass to a player coming off a screen.

Advanced - 60 Minutes - Practice Plan #2

"The single most important aspect of coaching is running effective practices"

— Bobby Knight

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
7 Minutes	31 - Split up into groups. Take it in turns taking 3 shots. Elbow, block, layup. First team to 31 points.	<ul style="list-style-type: none"> • Shooting form is most important. • Assign one player as scorekeeper for each team. • Rotate positions after each game.
5 Minutes	100 Seconds - 100 seconds to make 21 shots. 7 jump shots and 7 one-dribble pull ups left and right.	<ul style="list-style-type: none"> • Must be in stance when receiving the basketball. • Shooter must rebound their own basketball. • Create space on the one-dribble pull-up.
10 Minutes	Mac Transition - One player dribbles down and performs a layup. Then there's a shot and an outlet pass to the opposite side.	<ul style="list-style-type: none"> • Dribbler must sprint down the court. • Passes must be on target even though players moving at full speed. • Spot up shooter must be in stance. • Composed on layups.
3 Minutes	Drink Break	
10 Minutes	Off-Ball Screen Shooting - Players cut down the lane and pop out and receive the ball from next player in line. Then make a scoring move. Passer is next player to cut.	<ul style="list-style-type: none"> • Must be a change of pace when cutting. • Explain the different types of cuts and practice them all. • Make sure passes are on target. • Shooter must be showing target hands.

Advanced - 90 Minutes - Practice Plan #1

“We understand what goes into winning and that the battle is won or lost long before its fought. It comes from preparation”

— Tom Thibodeau

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	Spin Outs - Players start on baseline and spin the ball back to themselves practicing squaring up to the ring. Do this around the arc before shooting.	<ul style="list-style-type: none"> • Square up and then use a pump fake. • Players must be low on the catch and turn. • Make sure pump fakes are being performed correctly.
20 Minutes	4 Station Shooting - Split the court up into 4 quarters and players perform a different shot at each station. 4 minutes each station.	<ul style="list-style-type: none"> • Don't waste time on changeovers. • Go through each station before starting the drill. • Explain the key points of each shot.
3 Minutes	Drink Break	
10 Minutes	Drive and Kick - Players attack gaps with two dribbles before passing out to the perimeter. Last player to receive pass takes the shot.	<ul style="list-style-type: none"> • Down in stance when receiving the basketball. • First step must be explosive. No travels. • Don't raise up to pass. Stay low. • Player must sell the drive with the body and eyes.
12 Minutes	4-Man Fatigue - 4 players per group. 2 rebounders and 2 shooters. Shooters switch ends after each shot. Switch positions after certain amount of attempts or time.	<ul style="list-style-type: none"> • Players must be sprinting up and down the court. • Watch players footwork when leading in for a catch-and-shoot. • Target hands up. • Important that rebounders hustle and make good passes.
10 Minutes	Pressure Jump Shots - Players must make 8 shots in total. On each miss have to join the same line again.	<ul style="list-style-type: none"> • Must give player room to shoot. • Watch that players are shooting with their normal technique since they'll be nervous. • Must rebound own shot.
3 Minutes	Drink Break	

Time	Drill	Coaching Points
10 Minutes	Corner Bounce - Players start in one line and switch which corner they sprint to before receiving the ball on the way back.	<ul style="list-style-type: none"> • Footwork is most important in this drill. • No jogging. Players must sprint to the corner and back. • Switch up which way you want them to score.
12 Minutes	On the Rack - Players take it in turns shooting behind the three-point line. If player before you makes shot, one is on the 'rack'.	<ul style="list-style-type: none"> • Meant to be a fun game. • Don't be afraid to join in!

Practice Notes:

Advanced - 90 Minutes - Practice Plan #2

“Great players and great teams want to be driven. They want to be pushed to the edge. They don't want to be cheated. Ordinary players and average teams want it to be easy”

— Pat Riley

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
5 Minutes	Reversal Shooting - Three lines around the perimeter. Pass around and last line finishes with a shot or layup then passes out to first line.	<ul style="list-style-type: none"> • Layups must be on-target. • Add a second and possibly a third basketball. • Must attack the ring at full speed!
12 Minutes	10 Spots - Partners. Each player takes 4 shots from 10 spots around the perimeter. A three, one-dribble pull-up, mid-range shot, and layup.	<ul style="list-style-type: none"> • Must be down in stance when catching the basketball. • Attack hard on the layup. • Get distance with one-dribble pull-up.
10 Minutes	Give and Go - Players weave cones, pass and receive a pass back for a variety of shots and finishes.	<ul style="list-style-type: none"> • Watch out for travelling. • Consistent with either the 1-2 step or the hop. • Make sure players are on balance while shooting. • Head up while dribbling!
3 Minutes	Drink Break	
12 Minutes	Attack the Ring - Two lines on the baseline. Players sprint out and one receives the ball off a coach. They become offense and attack while the other defends.	<ul style="list-style-type: none"> • Don't hold the ball after the catch. Attack immediately. • Encourage offense to use a variety of moves to score. • No silly fouls from the defense. • Try to be fair with amount of offensive possessions.

Time	Drill	Coaching Points
10 Minutes	Criss Cross - 3 defenders on baseline. 3 offensive players around 3pt arc. Pass out and close out, then play live.	<ul style="list-style-type: none"> Defenders must talk who's going over and who's going under. No closing out under the shooter. We don't want any injuries. Wing players must be ready to catch and shoot. Close out with weight back. Quick decisions on offense.
10 Minutes	30 and 1 - Split into teams. Coach picks 3 spots on the floor each team must make 10 shots from. Each team must finish with a long-distance game winning shot.	<ul style="list-style-type: none"> Next person in line should be in stance ready to shoot the ball. Passes should have pace and be on target. Hustle after missed shots. Make teams as even as possible.
3 Minutes	Drink Break	
10 Minutes	Tough Catch - Partners and shoot 10 shots each. Passer purposely makes the pass a bad one so shooter has to catch and adjust before shooting.	<ul style="list-style-type: none"> Explain why they're practicing it. Players must throw tough passes, but not silly passes. Encourage shooters to get their feet under the ball if possible.
10 Minutes	Three Point Bombs - Split into 2 teams. Everyone has a basketball. Everyone shoots three pointers for the allocated amount of time. Team that makes the most wins.	<ul style="list-style-type: none"> Must rebound and shoot your own basketball. No cheating. Whole team must count loudly on each make. Must hustle after each shot. Complete full shot. Don't start chasing the basketball too early and shoot forward.

Advanced - 120 Minutes - Practice Plan #1

"I was proud when my wife Nellie told an interviewer, 'I never could tell whether John had a good practice or a bad practice, because he never brought it home'"

— John Wooden

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
7 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
10 Minutes	Push the Break - Players are in pairs and run a two-man fast break. They swap roles at each end.	<ul style="list-style-type: none"> • Keep the basketball high on the outlet. • Run hard each time up and down the floor. • Must hit targets. No lazy passes!
12 Minutes	Tennessee - Ball starts under basket with 4 lines around the court at free throw extended. Pass down in three man weave before making 3 shots. Continues each way down the floor.	<ul style="list-style-type: none"> • Players must sprint down the court! • Shooters must be low when receiving the pass. • Lots of communication! • Consider consequences for missed layups.
8 Minutes	100 Seconds - 100 seconds to make 21 shots. 7 jump shots and 7 one-dribble pull ups left and right.	<ul style="list-style-type: none"> • Must be in stance when receiving the basketball. • Shooter must rebound their own basketball. • Create space on the one-dribble pull-up.
3 Minutes	Drink Break	

Time	Drill	Coaching Points
15 Minutes	Ball Screen Practice - Dribbler practices coming off the screen for a shot in live play. Screener receives the pass from coach for a shot.	<ul style="list-style-type: none"> • Again, make sure the screen is set at the proper angle. • Dribbler must explode shoulder-to-shoulder. • Screener must hold the screen long enough. • Ensure the dribbler doesn't use the screen too early.
12 Minutes	Off-Ball Screen Shooting - Players cut down the lane and pop out and receive the ball from next player in line. Then make a scoring move. Passer is next player to cut.	<ul style="list-style-type: none"> • Must be a change of pace when cutting. • Explain the different types of cuts and practice them all. • Make sure passes are on target. • Shooter must be showing target hands.
10 Minutes	Pass and Relocate - One player in the post and rest of players on the wing all with a basketball. Players pass into post and relocate for the pass back and jump shot.	<ul style="list-style-type: none"> • Get down in stance when catching the basketball. • Emphasise faking the defender before exploding to the shooting spot. • Add a defender and let them play live after the pass back. • Must get shot off quickly.
3 Minutes	Drink Break	
13 Minutes	Drive and Kick - Players attack gaps with two dribbles before passing out to the perimeter. Last player to receive pass takes the shot.	<ul style="list-style-type: none"> • Down in stance when receiving the basketball. • First step must be explosive. No travels. • Don't raise up to pass. Stay low. • Player must sell the drive with the body and eyes.
10 Minutes	Swing Shooting - Groups of three. A passer, rebounder, and a shooter. Swap over after certain amount of shots.	<ul style="list-style-type: none"> • Passes must be on target. • Use hop or 1-2 but be consistent. • Low stance when catching the basketball.
12 Minutes	On the Rack - Players take it in turns shooting behind the three-point line. If player before you makes shot, one is on the 'rack'.	<ul style="list-style-type: none"> • Meant to be a fun game. • Don't be afraid to join in!

Advanced - 120 Minutes - Practice Plan #2

"Discipline is the greatest form of love you can show someone. Great players crave discipline"

— Tom Izzo

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
12 Minutes	Partner Shooting - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> • No half-hearted passes. They must be flat and on-target. • Shooter must be in stance when receiving the basketball. • Use the 1-2 or hop but be consistent.
15 Minutes	3-Man Fast Break - Groups of three passing down the court. Outside players shoot while middle player performs a layup.	<ul style="list-style-type: none"> • Players must sprint in this drill! No slacking. • Good passes. Flat and on-target. • Everyone must vary which spot they start in. • Players must hustle after rebounds. • Make sure players are on-balance when they go up for the shot.
10 Minutes	Fast Break Attack - Players attack a cone or chair at the top of the key before scoring then practice dribbling through cones.	<ul style="list-style-type: none"> • Players must attack hard from half-way. Can't practice in slow motion. • Watch each players' footwork. • Make sure players are on balance off pull-ups. • Players must keep their head up while dribbling.
3 Minutes	Drink Break	
10 Minutes	Hand-Off Shooting - Players dribble down from the top of the key and perform a hand-off with a player that starts on the wing.	<ul style="list-style-type: none"> • Make sure players perform the hand-off with correct technique. • Footwork is super important in this drill. • The player that performs the hand-off should turn their body to set a screen. • Receiver must take large steps out of the hand-off.

Time	Drill	Coaching Points
12 Minutes	Screen Away - One player on each wing and rest of players at top of the key. Players at the top alternate which side they screen down on and players practice shooting off screens.	<ul style="list-style-type: none"> • Must be a change of pace when coming off the screen. • Make sure screeners are screening the correct position. • Must be great passes! It's a skill to pass to a player coming off a screen.
12 Minutes	10 Spots - Partners. Each player takes 4 shots from 10 spots around the perimeter. A three, one-dribble pull-up, mid-range shot, and layup.	<ul style="list-style-type: none"> • Must be down in stance when catching the basketball. • Attack hard on the layup. • Get distance with one-dribble pull-up.
3 Minutes	Drink Break	
8 Minutes	Close Out Shooting - Players line up around 3-pt line. Take it in turns passing to a shooter, closing out, boxing out. Shooters gets own rebound and then closes out next player.	<ul style="list-style-type: none"> • No injuries. Watch for closing out under the shooters foot. • Short, choppy steps on the close out. • Box out hard! • Shooter must be in stance when they catch the ball. Quick shot. • Make sure they're good passes.
10 Minutes	Flare Screen Shooting - One screener, passer, and dribbler. Dribbler dribbles down, passes, and then receives a flare screen for the shot.	<ul style="list-style-type: none"> • Court awareness. Make sure to flare behind the three-point line. • Swap the player that's making the skip pass often. • Skip pass should be an overhead pass.
15 Minutes	Advantage - Offense has one extra player. Goal is to get a good shot on each possession using good ball movement.	<ul style="list-style-type: none"> • Players must make quick decisions. • Defense will have to scramble and will make mistakes. Let them. • Encourage players to make fake passes.
5 Minutes	Game Winner - Players each take a single shot from a far distance. Players that make the shot get a reward.	<ul style="list-style-type: none"> • Have fun. This drill is meant to finish practice with a smile. • Keep safety in mind. Make sure no one will get hit by a wild shot from half court.

