

Week 1 Practice Plan – Grades 1 & 2

Start

0:00 Ball Handling – Stationary Dribbling

Everyone has a ball and stands in an athletic stance.

Dribble with right hand using fingertips and flick wrist, keep ball between knee and hip height.

After 30 seconds switch to left hand

Repeat right hand and left hand again, encourage players to pound the dribble hard while keeping it low.

Add crossover dribble back and forth between hands

0:05 Ball Handling – Dribbling on the Move - Have 3 lines of 2

Dribble left hand across the space you have – have the 2nd person in line go when 1st person gets halfway.

Dribble right hand across the space you have

Do this until they show improvement, then add crossover when they get halfway across the space

If you want to challenge them show them between the legs, behind the back, or spin.

(When doing a spin move, the player shouldn't switch hands until they've completed the spin)

0:10 Stationary Passing - Players partner up, 1 ball and face each other 10-15 feet apart

Teach players to step and throw a bounce pass. Pass should come from waist height, hands on the side of the ball, push the ball with a motion that makes your fingers go out and thumbs down. Players will want to throw bounce pass from forehead.

After throwing bounce pass, teach chest pass. Encourage them to throw it "to them, not through them".

During games kids always want to throw overhead passes, but their teammates typically can catch those passes. If you can teach players to throw bounce passes around defenders they will experience much more success.

Lastly teach a push pass. 1 hand on side of the ball and other hand behind the ball.

Better for passing around a defender.

For all passes, players should do a tiny hop as they catch the ball and step then they pass.

0:15 Pivot Passing – Have your partners make lines of 2, first person in line needs a ball

Person in line dribbles out 10 ft and jump stops and faces the direction they were running.

Next the player picks up 1 foot and pivots (forward or reverse) to turn and look at their partner, then pass (bounce/chest/push) to partner.

Partner repeats dribble out and jump stop pivot while first person returns to start to get the pass.

0:20 Practice Layups – Everyone gets a ball

Layup Progression

1. Stand close to the hoop on right side with right foot forward. Have players step forward with left foot and shoot a right hand layup up with right hand and knee going up when jumping off left foot.
2. When players become comfortable with footwork back up and have them run in (no dribble) and see if they can still jump off left foot and use proper technique. Usually at this age their poor dribbling throws off the timing so this is why I practice this without dribbling first to get the proper footwork.
3. Start about 10-15 feet away from hoop and start with right foot forward, have player take 1 dribble and 3 steps (Left, right left) into a regular right hand layup.

0:30 Shooting

Have half of the team get a ball and start in 1 corner. The other players without a ball scatter around the hoop 10 ft away. 1st person in line passes the ball to a player without the ball and that player passes to the next player without the ball until the ball makes it all the way around the hoop and the last player shoots.
Each player moves to where their pass went to rotate.

0:35 Follow Your Pass

1 ball and 2 single file lines facing each other 10 ft apart. Pass to the line your facing, see how long you can go without a mistake. After you pass you run across to the line you threw to.

0:40 Dribble Knock Out

Everyone has a ball and dribbles in a designated space. While dribbling in the space they try to knock the other player's ball out of the space. Last player dribbling in the space wins.

0:45 Shooting

2 lines (1 each FT lane line) facing the hoop at a distance players can shoot from. First player shoots then rebounds and passes back to line they shot from.

0:50 Play 2 on 2 or 3 on 3 half court

Explain basic rules (travel, double dribble, no stealing from dribbler, out of bounds) Talk about what happens in a real game after a team scores. Talk about what it would mean to play half court defense. Talk about what it means to guard your man, but always see the ball while guarding your man.

0:58 End of Practice

Remind Families of Game Time and Location
Pass out game shirts - pay attention to names and sizes

Week 2 Practice Plan – Grades 1 & 2

Start

0:00 Ball Handling – Stationary Dribbling

Everyone has a ball and stands in an athletic stance.

Dribble with right hand using fingertips and flick wrist, keep ball between knee and hip height.

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Explain basic rules (travel, double dribble, no stealing from dribbler, out of bounds) Talk about what happens in a real game after a team scores. Talk about what it would mean to play half court defense. Talk about what it means to guard your man, but always see the ball while guarding your man.

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Week 3 Practice Plan - Grades 1 & 2

0:00 Dribbling

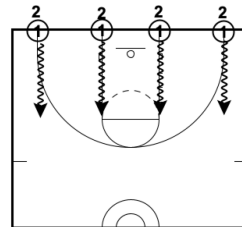
Using the length of your space have players dribble full speed left and right hand repeatedly. Next in a zigzag manner have players dribble twice in 1 direction before doing a crossover and going in a different direction. Every 2 dribbles do a crossover. Repeat drill with spin, between the legs, and behind the back as their ability allows. On the spin move the player should take their dribbling shoulder backwards to initial the spin and switch hands after spinning.

0:05 Dribble Knockout

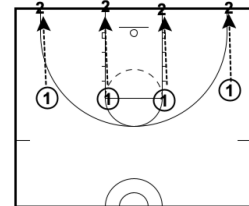
Everyone has a ball and dribble around keeping your ball safe while trying to knock away your opponent's ball. Last player left wins.

0:10 Pivot Passing – start without d and add d (just have lines of 4 and 2nd person in line follows player 1 out and plays defense on the pass after the player pivots.) Teach “Fake a pass to make a pass” after footwork is correct.

In single file lines (of 2-3 players) the first person has a ball and dribbles out, jump stops (land quietly), pivot (move 1 foot only) so you're facing your line and pass to the next person in line.



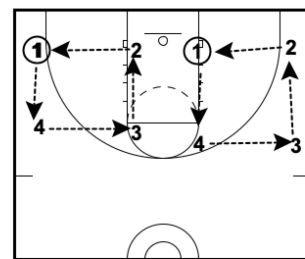
Dribble out, jump stop facing the way you dribbled, then pivot



Work on chest, bounce, push passes. After pass player 1 goes back to the line to get a pass from 2.

0:14 Passing

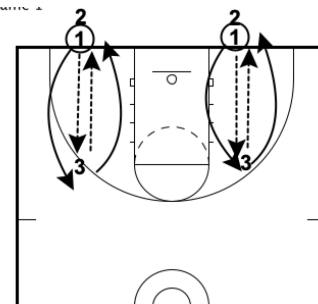
Make 2 squares or triangles with players 15 ft apart. Have the players throw bounce passes around their shape as quickly and accurately as possible. The idea is to get the players to move the ball quickly just like they need to in a game.



Have the 2 groups compete to move the quickly. Catch with 2 hands, pivot, pass.

0:18 Continuous Passing

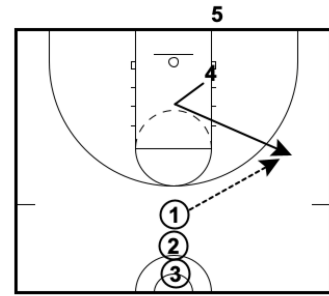
Have players get in groups of 3 or more. 1 person in group needs to be 15 ft in front of the other two with the players facing each other. The ball is in front of the line with 2. Throw a chest pass to the player across from you and run to their line. The goal is to make as many passes as possible without the ball hitting the ground. Next, add a dribble when you catch before throwing. We want to train to become efficient/quick at going from the dribble to the pass.



Pass and follow your ball to the line across from you.

0:22 Wing Entry (initiating the first pass)

Have half the players with a ball at half court, have the other half without a ball with a player on the free throw lane block (or under the basket). As the player with the ball dribbles up by half court the player by the basket "V" cuts into the ft lane and then pops out by where the ft line extended would meet the 3 point line. Dribbler passes to the cutter as he gets open and the cutter catches and rips the ball through to dribble in for a layup. Younger teams may start with the coach making the pass. Encourage bounce passes in this scenario. Demand players catch the ball with 2 hands and look at the rim before dribbling.



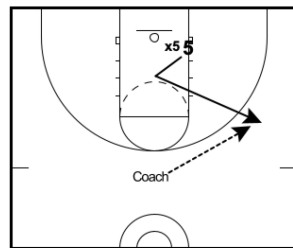
Player 4 v cuts and catches the ball on the wing. 4 then squares up and drives to the basket for a layup. Switch lines.

0:30 Play 2 on 1 (or 3 on 2 for older groups) from half court.

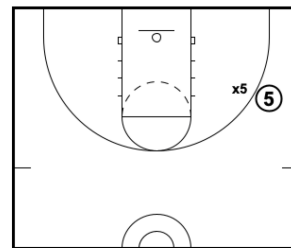
Defense starts inside the 3 point line and offense up by half court. Teach the ball handler to drive until defense stops him/her and then pass to the open player. Avoid shooting jump shots, encourage layups.

0:36 Wing entry drill to 1 on 1. Have a coach pass in younger groups.

Have O/D start under the hoop and work on popping out to get open. Once coach passes to offense it's like 1 on 1. Offense needs to score in 4 dribbles or less. Emphasize catching the ball with 2 hands and looking at the rim BEFORE dribbling. Then the player could shot fake, jab fake, etc before trying to score.



Player V cuts to get open. Coach or player passes as O gets open.



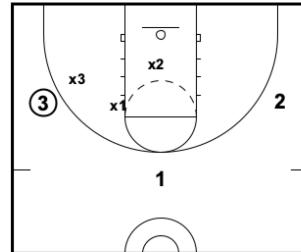
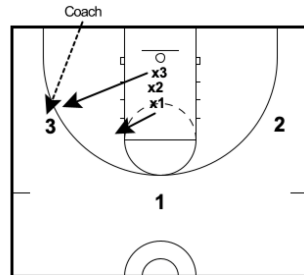
Catch 2 hands, pivot to hoop and then live 1 on 1. 4 dribbles or less.

0:44 Play 3 on 3 or 4 on 4 with no dribbles.

Players can't dribble so defense should play aggressive deny defense. Defense should only guard their player. This drill is to help the offense learn to move and pass. Encourage them to throw primarily bounce passes. Offense gets a point for every pass, defense gets to play offense if they get a steal. On a steal throw the ball to coach and everyone resets to know who is on offense vs defense. Play to a score like 20 or 30 points. If the offense scores a layup they earn 10 points and keeps the ball. Players will need to learn that if they are not open they need to move to create passing angles or space for someone else to cut to the ball. Help players see that the drill is easier for offense when the ball moves quickly and players aren't holding onto it. This only happens if players are continuously cutting in space as their teammates catch a pass.

0:50 Play live 3 on 3 off of a structured start

3 offense outside the 3 point line and 3 defenders in a single file line inside the ft lane. Coach passes to offense and players on d must talk about who they are guarding and immediately match up. If the ball is on the left side of the floor the defenders on the right side should slide to the middle of the floor to be in position to help. Never let 2 players guard 1.



Defenders are in their help side positions
notice x2 didn't need to move.

0:55 Finish practice playing 3 on 2 or 4 on 3 half court. Teach players to pass to the open player on offense. On defense teach players to always:

- #1. Protect the basket.
- #2. Guard the most dangerous player (the one with the ball – even if it's not your player)

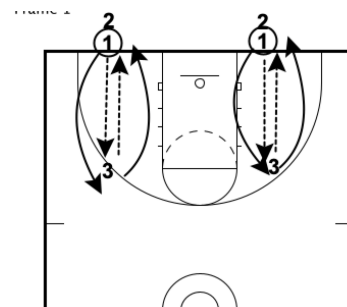
Week 4 Practice Plan - Grades 1 & 2

0:00 Ball Handling Drills

- Dribble the length of the practice space multiple times.
- Zig-zag dribble using a crossover each time you change direction
- Stationary dribbling - controlling the ball over a line each dribble.
- Partner up and do 2 ball dribble - stationary. Have the balls bounce at the same time then have the balls bounce at alternating times.
- Dribble knock out games in a small space
- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.

0:15 Passing off the dribble.

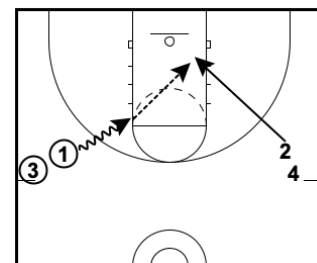
Have players get in groups of 3 or more. 1 person in group needs to be 15 ft or greater in front of the other two with the players facing each other. The ball is in front of the line with 2. Take 1 dribble and throw a chest or bounce pass to the player across from you and run to their line. Work on getting kids to hop on the catch and not move backwards or catch the ball with their stomach/forearms.



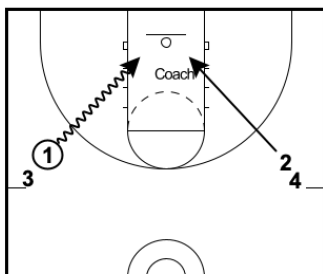
Pass and follow your ball to the line across from you.

0:18 Partner Layups

Have players work on passing the ball with the correct timing so a teammate can catch and shoot a layup without dribbling while both players are on the move

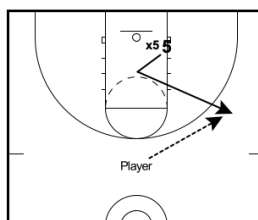


0:23 Decision Making Layups

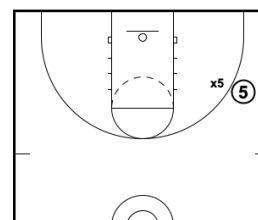


1 dribbles in and if coach stops 1 with his chest then 1 passes to 2 for a layup. If coach doesn't stop 1 then 1 shoots a layup.

0:28 Wing Entry



Player V cuts to get open. Coach or player passes as O gets open.

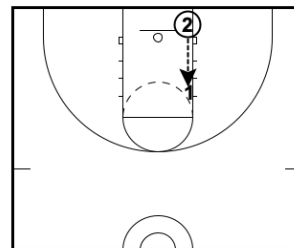


1. Catch 2 hands, pivot to square up to hoop
2. After mastering timing and ability to get open do the same drill but finish with live 1 on 1.

0:33 Play 1 on 1 or 2 on 2 with a coach always being available to pass to on offense. The purpose here is to encourage players to pass to the open person. Do not allow double dribbles or travels in this drill because they should always have an open coach to pass to. After you pass players need to basket cut to create space for another person to cut to their vacant spot.

0:40 1 on 1 Rebounding Practice

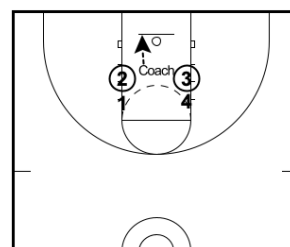
Players pass out to their partner and then box out until they know where the rebound goes and then go get the ball. Players often run under the hoop before they know where the rebound is going. Defender must let shooter land before boxing out.



1 will catch and shoot on the pass and 2 must box out 1 until player 2 knows where the rebound is going

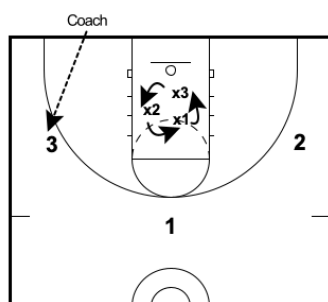
0:45 Offensive Rebounding Practice

Toss the ball off the backboard and have a player jump to catch the ball and practice catching the ball with 2 hands above their head. When the player comes down they shoot it right back up.

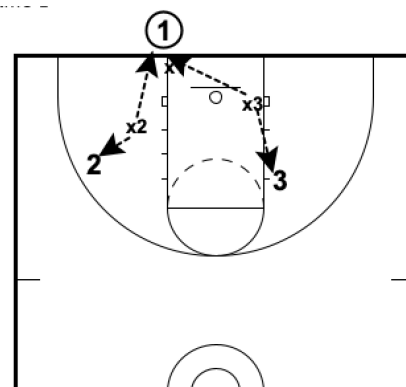


Players hand the ball for coach to toss off the backboard when it is their turn.

0:50 Play 2 on 2 or 3 on 3 from a chaotic start. Have the defenders circling around so they don't know who they are guarding before the play starts. The coach passes to anyone on offense.



Defenders walk in a circle before coach passes the ball. Players must learn to talk about who they have based on where they are on the court. Sometimes we must scramble to make sure the ball gets guarded by the closest player to the ball since the player with the ball is the most dangerous player.



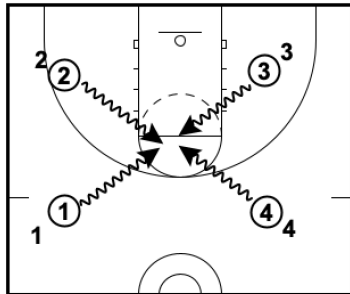
Defenders should be slid to the ball and dotted lines show vision of ball and man in peripheral vision. Hands in passing lanes

Week 5 Practice Plan - Grades 1 & 2

0:00 Ball Handling Drills

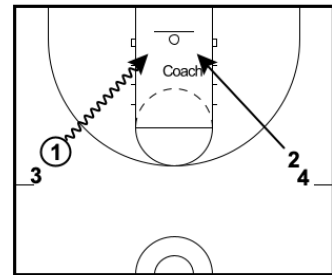
- Dribble the length of the practice space multiple times.
- Zig-zag dribble using a crossover each time you change direction
- Stationary dribbling - controlling the ball over a line each dribble.
- Partner up and do 2 ball dribble - stationary. Have the balls bounce at the same time then have the balls bounce at alternating times.
- Dribble knock out games in a small space
- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.

0:15 4 to center pivot passing



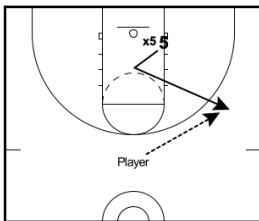
Requires 8 players, but can use triangle with 6. All of the people in the front of the line have a ball. All 4 with ball dribble to center, jump stop, pivot (forward or reverse) and pass to the left. You can also have them pass right, you pick the type of pass (chest/bounce).

0:23 Decision Making Layups

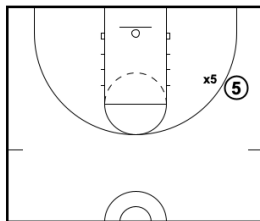


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0:28 Wing Entry

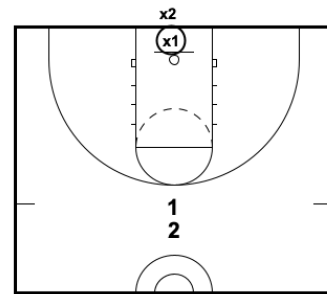


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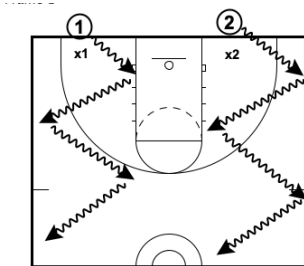
1. Catch 2 hands, pivot to square up to hoop
2. After mastering timing and ability to get open do the same drill but finish with live 1 on 1.

0:33 1 on 1 closeouts



x1 rolls ball to 1 and x1 closes out to 1. Closeout out = sprint halfway then chop your steps (get low) and yell "ball" as you keep your hands out wide. Deter the shot, but expect the drive.

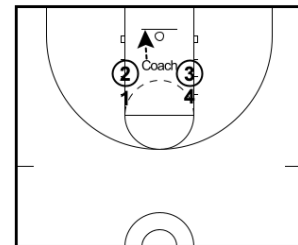
0:40 Z defense



Defense shuffles and tries to keep chest in front of dribbler and force them to turn. No steals. Dribbler working on ball handling. Switch who had the ball when they come back.

0:45 Offensive Rebounding Practice

Toss the ball off the backboard and have a player jump to catch the ball and practice catching the ball with 2 hands above their head. When the player comes down they shoot it right back up.



Players hand the ball for coach to toss off the backboard when it is their turn.

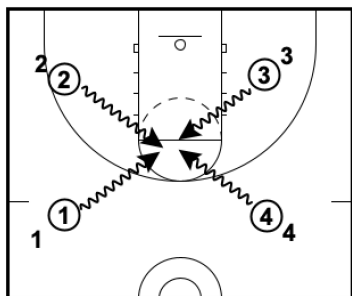
0:50 Play 2 on 2 or 3 on 3

Week 6 Practice Plan - Grades 1 & 2

0:00 Ball Handling Drills

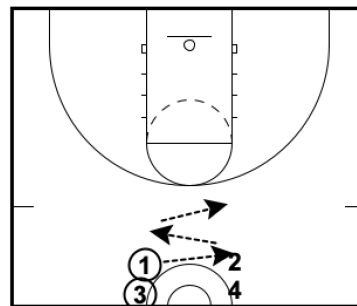
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0:15 4 to center pivot passing (partner dribble out and pivot passing if you don't have enough)



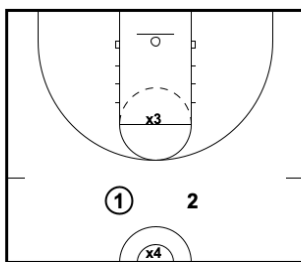
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0:20 Partner Passing to 1 on 1



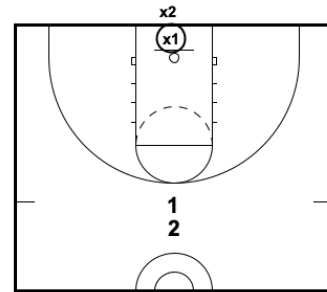
1 and 2 pass back and forth while moving toward the hoop. On the 3rd catch 2 will go to the basket and 1 will play defense.

0:25 2 on 1 with a chaser (1st and 2nd grade no chaser)



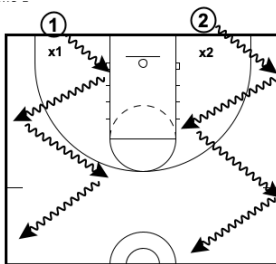
Player 1 and Player 2 go 2 on 1 vs x3. x4 is chasing so offense needs to attack quickly. Player with the ball should attack for layup until D stops dribbler with their chest and then pass for a layup.

0:32 1 on 1 closeouts



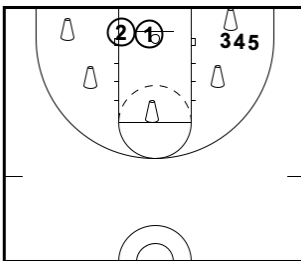
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0:38 Z defense



Defense shuffles and tries to keep chest in front of dribbler and force them to turn. No steals. Dribbler working on ball handling. Switch who had the ball when they come back.

0:42 5 spot Shooting - Make a competition to make a number as a team in a given amount of time



2 people under the hoop, pass out to the single file line and the catcher shoots. Make a certain number from each cone and work your way around. Can also add 1 dribble pull ups or rip through and go layups off of this drill. Rebound your own shot and become a passer underneath after shooting.

0:50 Play 2 on 2 or 3 on 3

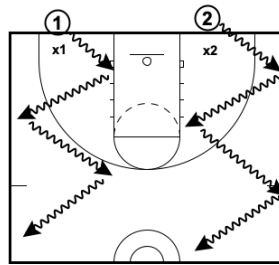
Start where they have to pass or where you pass to them getting open

Week 7 Practice Plan - Grades 1 & 2

0:00 Ball Handling Drills

- Dribble the length of the practice space multiple times.
- Zig-zag dribble using a crossover each time you change direction
- Stationary dribbling - controlling the ball over a line each dribble.
- Partner up and do 2 ball dribble - stationary. Have the balls bounce at the same time then have the balls bounce at alternating times.
- Dribble knock out games in a small space
- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.

0:15 Z Defense



Defense shuffles and tries to keep chest in front of dribbler and force them to turn. No steals. Dribbler working on ball handling. Switch who had the ball when they come back.

0:18 Layups

Have players dribble in for layups and then give them a dribbling course to complete on their way back to the end of the line. Everyone has a ball and is always dribbling while waiting for their turn to go in for a layup

0:23 Shooting/Rebounding

Have a player shoot and another player track the ball in the air and try to catch the ball with 2 hands in the air. Catch the ball above the head if possible. Shooter becomes next rebounder. Rebounder dribbles a designated course back to the end of the line. Everyone has a ball but the first rebounder.

0:28 Partner Passing

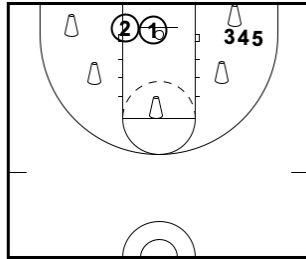
Have players pass back and forth stationary working on 2 hand catches without moving. Backward. Bounce pass, chest pass, push pass, overhead pass for more skilled players. Players should be about 12 ft apart.

0:33 Play 2 on 2

Don't allow any double dribbles. Offense moves to defense, defense sits out, and new group of 2 becomes offense after each possession. Have a coach be a person that is

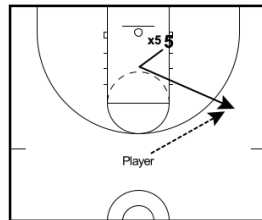
always open so the kids can pass to someone without turning it over. Demand that there be no double dribbles. If they double dribble, have them rotate to defense.

0:40 5 Spot Shooting - Make 3 from each spot as a team

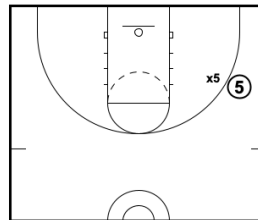


2 people under the hoop, pass out to the single file line and the catcher shoots. Make a certain number from each cone and work your way around. Can also add 1 dribble pull ups or rip through and go layups off of this drill. Rebound your own shot and become a passer underneath after shooting.

0:45 Wing Entry - to live 1 on 1



Player V cuts to get open. Coach or player passes as O gets open.



1. Catch 2 hands, pivot to square up to hoop
2. After mastering timing and ability to get open do the same drill but finish with live 1 on 1.

0:50 Thunder & Lightning

Players line up and first 2 have a ball, shoot until you make it or the person behind you makes it. If the person behind you makes it before you do you are eliminated. If you make it before the person behind you then pass the ball to the next person in line and go to the end of the line. Last person left wins.

0:55 Play 3 on 3

Call all double dribbles and insist that they pass when they pick up their dribble.