

## LFE Hoops In House Academy Practice Plan 1 2023-2024

Let's roll. I'm leaving the basic guidelines below, but here's the thing that is most important in practice 2.

**CONSISTENCY.** Don't introduce more than 1 new drill. Everything should mirror or be an extension of things you worked on in practice 1. I know what's below looks rigorous for our younger players.

**IT IS.**

In my experience though, they will do what you coach them to do. I understand they are limited in their skill set, and I'm going to be sending out some information for individual skill development that is really important, and we will be pushing that on the parents and players, so that you don't have to spend practice time on it.

But seriously, do the same thing as last week only faster, better and more efficiently. Go a little deeper with the teaching and address things that were problems for the girls last week.

Teaching new stuff just scatters your brain. Keep it consistent for them. Teaching less things on a deeper level is always better than teaching more things in a more shallow way. It's tempting, but you lose with that approach.

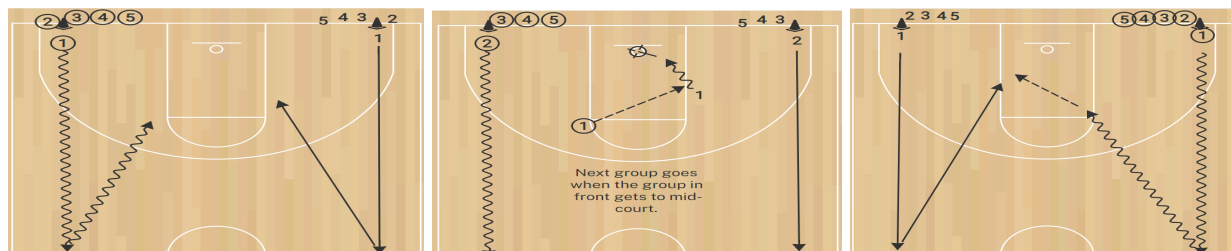
We want them to be good at the important things.

### **A few basic guidelines:**

1. These practice plans will work. If you commit to doing something close to what I give you each week, your team will grow both collectively and individually.
2. You do not have time to practice ONE SKILL AT A TIME. Each drill that you work on must be used to collapse timeframes and allow you to work on more than one thing at a time. The only exception to this rule is ball handling (more on this later).
3. Avoid having the girls stand in long lines. We want as many reps as possible, and we want the ball in their hands as much as possible.

### **Up and Back (6-8 minutes)**

A great drill to get them moving, cooperating and doing a lot of things at a high speed. Put a line of girls with basketballs in one corner and a line without basketballs in the other corner. There should be eye contact between the dribbler at her partner before they go. The ball line speed dribbles all the way to mid court and the other line will keep pace with dribbler on her side. Once they hit mid-court, they will turn to come back and now they should angle toward each other to shorten the pass. Between the three point line and foul line the dribbler should come to a jump stop and throw a bounce pass. The recipient will catch, take one dribble, jump stop and score.



Right Hand Dribble-Switch Lines—Keep the ball in the inside hand—Switch & Use the Left Hand

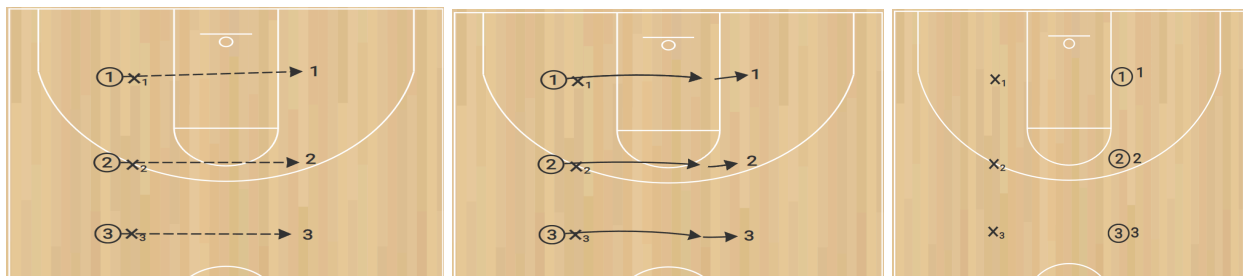
### Coaching Points:

1. The player must use the correct hand with her dribble. On the right side, the ball will stay in her right the whole way. That means it will be in the outside hand as she dribble up the sideline, and when she turns to come back toward the basket, it will be in her inside hand. Obviously, it will be a bigger challenge with the weak hand.
2. Take a good angle to the basket. Take a look at the diagrams. Place a cone or a water bottle on the floor as a target if you need to.
3. Make a good pass that leads your teammate into the space, but the pass must be thrown ABOVE THE BLOCK. If the pass is thrown below the block, the receiver will not have a good angle to be able to use the backboard to score the ball.

### Three Player Pivot, Press, Pass, and Close Out (8-10 minutes)

Put players in groups of 3.

One player has the, another player is defending the ball, and the third player is 10-15 feet away depending on your level. Coach can count out loud to one and a half (to simulate the five second violation) and the defender should get close and play good, solid on the ball defense, getting low and mirroring the ball as it's moved. The pass recipient remains stationary. The offensive player with the ball should use her pivot foot to handle the pressure. The player with the ball should not turn her back, rather she should step right between the defender's feet while hiding the ball in her "back pocket" before stepping and completing her pass which she will follow to the recipient. The defender takes the offensive player's place and the passer follows that pass she threw and performs a "close out" as she approaches the player who she passed the ball to. To perform a close out, the player should sprint until she gets about as far away as she is tall and then she will chop her feet and sit down as her hands go up to help her stop her momentum. The drill is then repeated.



X Players Pressure-Pass Is Made—Circle player follows her pass—Closeout and repeat the drill

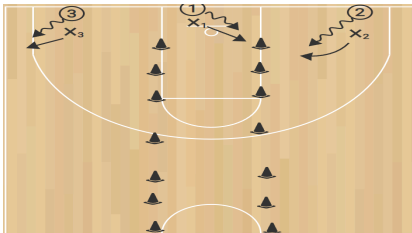
Coaching Points:

1. Defense. Get up and pressure. Guard without fouling. Stay low and mirror the ball with the hand that is on the ball side.
2. Offense. Pivot. Do not let them practice traveling. Look past the defender and keep eyes on teammate who they will pass to. Find the defender's feet and step between her feet to get space. Rip the ball and don't put it in your belly button. The ball should be "in your ear" or in your "back pocket."

### Full Court or Half Court 1 on 1 (8-10 minutes)

This is maybe my favorite drill. There is so much to be learned here. Dribblers must learn how to handle the ball with a defender in front of them, and defenders will learn that the name of the

game on defense is not reaching, but moving their feet to get to a stop to make the ball handler change directions. Have the girls pick a partner (or assign partners based on relative ability/athleticism). One player starts with the ball and the other defends. We aren't working to a basket; we are just working to get to the other side of the floor. The offensive player is not



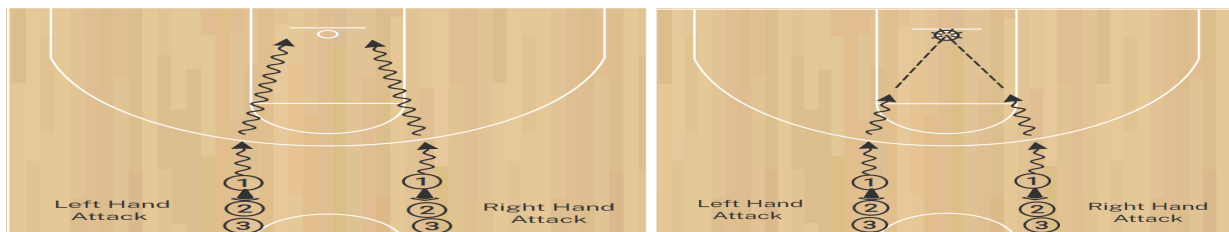
allowed to just speed dribble up the sideline, and the job of the defender is to make the offensive player change directions as many times as possible. Cut the court into thirds for the drill so the defender only has to guard one alley or lane. Both players should stay low. Defenders should use their slides to cut their offensive player off.

Once the players get to the other side, the offense should switch to defense and vice versa and then they come back.

#### Coaching Points:

1. Offense should not speed dribble more than 3 times. They should stop and retreat to avoid being out of control.
2. Defense needs to give up its slide if they are beaten. All it takes to be beaten is if the offensive player has one should by the defense. In that case, the defense should switch its hips to turn to run to a spot up the floor that will allow them to cut off the offensive player and then the defense should immediately get back into its slide.

#### Attack and Score Drill (3 minutes)



We want to instill an attack mentality from the youngest ages with our girls, so the first option on offense will always be, "GO SCORE IT." Just take notice of the setup. Our lines are not in the middle of the floor and everyone has a ball. This spot is called the SLOT (coach Sciolla calls it the "pro spot"). Please point this out to the girls. As we start to build new systems with our offensive philosophy, we want to use common terminology and make the girls aware of where they are on the floor. This drill is very simple. They simple attack straight down the lane line and score the ball. Once you give them 3-4 straight line drives, have them work on a little move when the get to the 3 point line (you could put a cone or a water bottle down to simulate the defender) an inside move or little hesitation move would be perfect. Make your move and go score it (we would want to work on finishing with jump stop first and layup feet when we are ready). After we have gotten 7-8 finishes off an attack, we can work on pulling up for a short jump shot just below the foul line.

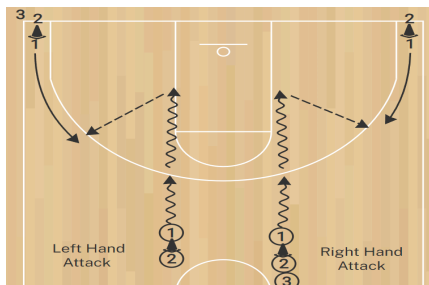
#### Coaching Points:

1. **YOU MUST MAKE THEM ATTACK WITH THE CORRECT HAND.** Girls using their strong hand on the wrong side must be corrected and sent back to their cone to go again. This is crucial. If we seek to create skilled players at every level, you must work at practice to correct things that are wrong.

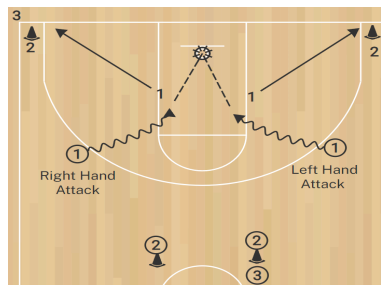
2. 4th-12th graders should be encouraged to shoot the layup on the weak hand side with the WEAK HAND. The same logic applies as correcting the dribblers. You can't send them back with this because this is how they finish the drill, but that's your directive. Finish the drill with the correct hand, and the correct hand is the outside hand even if it makes them feel uncomfortable. Here's what I tell them:

1. Jump stop
2. Stick the ball in your outside ear
3. Jump and reach for the corner of the block

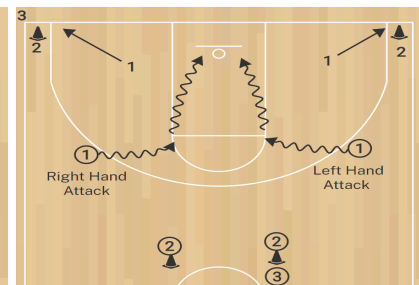
### Attack and Lift Drill (5 minutes)



**Diagram 22**



**Diagram 23**



**Diagram 24**

Next we drill a stopped drive and a lift. Players at the top will again attack at full speed, make an inside out move at the three point line then come to jump stop just above the block. The corner player then lifts, sliding outside of the 3 point line and catching in a drop stance so she go immediately attack the same gap. Diagram 23 shows that the attacking player should be using her outside hand to attack this gap. It is especially important that the does not allow the player to attack with the strong hand when it's incorrect. An example would be a right handed player attacking to her left BUT with her right hand which would be the inside hand. THAT MUST BE CORRECTED EVERY SINGLE TIME. Send them back and have them go again. In Diagram 23, we are stopping and shooting a 10-12 foot jump shot just inside the right and left elbows. In Diagram 24 we having our girls attack toward the elbow, plant the inside foot and make a crossover move of some to attack the basket for a layup. As you practice this, work on finish with either hand (especially the outside hand) off of a jump stop and off of "layup feet." Even at the youngest ages, challenge the girls to finish with both their right and left hands. It's good that they build resilience as they miss all the time until, at some point, they start making off hand layups with consistency, and it's a big moment because they can see that they've improved in a tangible way. (don't mind the diagram numbers-this is copy and pasted from our much longer Modified Dribble Drive Motion Breakdown)

### **2 on 2 (5 minutes)**

Turn the attack and lift drill into a couple minutes of two on two. Start the offense in the top right slot and in the right corner. Place the defender of the ball handler at the 3 point line and the defender of the girl in the corner a step or two off the block. The ball handler will attack down the lane line as drilled, attacking her player trying to get to the block. The defender of the corner player will slide to help on the drive (help first then recover) and the corner will lift and attack the basket.

Everything above was the same as last week, but now that you've gotten through all of that faster and better, it's time to introduce something new and that something is some level of team defense.

### 2/3 & 4/5 "Three Player Help and Recover" (15 minutes)

I recommend this drill if you are just starting out with 2/3 and 4/5 players. One rule that I live by with my teams is "the ball is not allowed below the foul line without a second player helping to stop the ball." Even now, my 7th graders are required to stop all drives with help defense before the foul line is breached.

That's what "3 player help and recover" will teach your players is that their job when they are one pass away is to clog the gap and help stop dribble penetration. Too many girls are staring face to face with their player trying to deny the catch that they neglect their most important job. **HELP YOUR TEAMMATE STOP THE BALL.** That's job 1 of teaching defense. Don't be selfish. **HELP YOUR TEAMMATE STOP THE BALL.**

Watch the video for the setup and execution of 3 Player Help and Recover.

### 6/7 & 8/12 Basic Shell Defense (15 minutes)

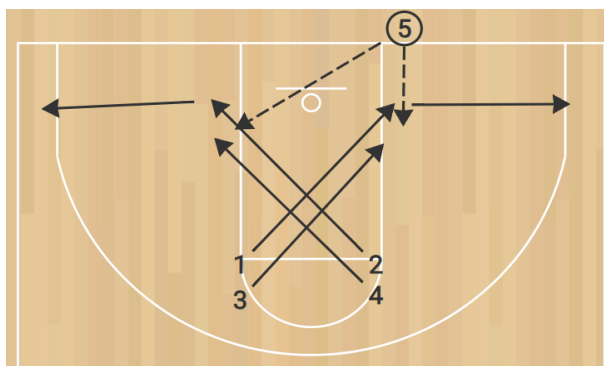
After doing this once, this should become a staple drill of your practice. Our middle school teams do shell defense before games to set the tone for the way we are going to play on the defensive end.

The primary teaching point is that girls who are on the "weak side" (the side opposite of the ball), those players must get to the "mid line" meaning they must be in the middle of the floor seeing ball and their player but looking to hard help on any drive to stop the ball.

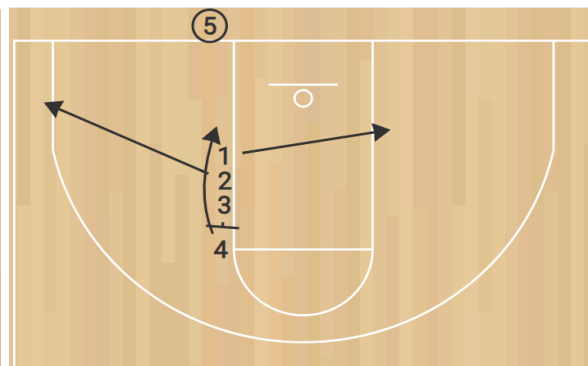
### **Inbound Play Install (5 min)**

The motto for BLOBs and SLOBs is keep it simple. 2/3 doesn't need inbound plays at all, so spend the extra time on team D.

I would put in 1 maybe 2 inbound plays. Here's two that are simple AND work:



We call this play "X"



"STACK" or "LINE"

In "X" the teaching points are as follows:

1. We'd like to get the ball to the block.
2. Opposite elbow goes first.
3. Cut right off the heels of your teammate

4. 1 goes block to corner. 2 goes block to corner. 3 goes to block. 4 goes to block.

In "LINE" or "STACK" the teaching points are as follows:

1. Start on the hash above the block
2. Player 1 goes to the opposite block. 2 goes to the corner. 3 sets a screen for 4 to flash to the ball side block. Player 3 backs out to the top after the screen.

Accept that your team is going to do crazy things on Saturday with another team in front of them, and they will also do awesome things. It's all part of the journey. Most of all, help them process what they are learning and preach toughness and overcoming any adversity to them. Setbacks are not the enemy. In fact, they should be used to teach us how to better equip ourselves next time.

Please reach out if you need anything.

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