



36

# BASKETBALL PRACTICE PLANS

C O A C H M A C

[basketballforcoaches.com](http://basketballforcoaches.com)

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# INTRODUCTION

Hey there,

Welcome to the '**36 Basketball Practice Plans**' eBook which is part of the Championship Coaching Course.

In this PDF, I'll share 36 team practice plans that can be used for all levels of basketball. I have personally created each and every practice plan using the drills provided in the course.

**Creating and running effective practices is arguably the most important role you have as a basketball coach.**

Too many coaches go to practice without a plan and end up spending a lot of practice time working out what to do next or running drills that aren't a good fit for what the team should be practicing.

If you take only one thing from this book, let it be this...

**You must have a plan when you practice.**

## Practice Structure

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*"The structure of your practice is the main reason for your success or lack of success as a coach"*

– Bob Knight

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Practices are divided up into 5 areas...

### **1. Talk + Warm Up**

**Time: 5-Minutes**

At the beginning of each practice are 5 minutes dedicated to speaking with the players and then allowing the team to warm up.

If the gym allows it and it's appropriate for the team, I highly recommend completing the talk and warm up before practice is meant to officially start.

If your team practices for 2-hours, this isn't necessary.

But if your team only has a 1-hour practice each week due to court availability, it's important to make the most of the limited court time you have.

For example, you could have your players warm-up outside or next to the court.

## 2. Skill Development

**Time: 50% of practice (not including warm up and breaks)**

Skill development is the most important part of practice and therefore has the largest amount of time dedicated to it.

This includes drills that work on specific skills like shooting, passing, dribbling, defense, rebounding, etc.

The time spent on each drill can be quite short depending on practice time and the type of drill.

If it's your first time implementing a new drill, you may have to spend a few extra minutes explaining and walking through it until the player understand.

Once they do, the next time you use the drill at practice, the transitions from drill-to-drill will be much faster.

## 3. Strategy

**Time: 25% of practice (not including warm up and breaks)**

Many coaches spend far too much of their practices working on team strategy.

While it is important, developing basketball skills is far more important if you want to help your players achieve long-term success.

Since all coaches have their own preferences on what offense, defense, and set plays they want to run, I haven't been specific in the practice plans and instead blocked out a section for strategy.

My recommendation for 60-minute and 90-minute practices is to work on only one of the three strategy areas for the entire duration of the 'strategy' block of time.

For 120-minute practices where 25 - 30 minutes of practice is dedicated to strategy, you can either use the full time slot for one area or break it down and work on two areas for 15-minute periods.

**Coach Mac Recommendations:**

**Offense:** 5-out motion (PDF included), 4-out 1-in motion (PDF included), or the Read and React Offense.

**Defense:** Man-to-man defense (PDF included) or the Pack Line defense (PDF included).

**Set Plays:** Go through the '50 Basketball Plays' eBook and select 2 - 3 set plays that put your best players in positions to score.

**4. Games**

**Time: 25% of practice (not including warm up and breaks)**

Small-sided games or games with specific rules are a great way to get your players competing and practicing the skills they've been working on during the skill development section of practice.

Instead of running 5-on-5 scrimmages, most of the time spent on 'games' will involve SSG's or competing in drills that have specific rules players must follow.

Here are a few examples...

**Ball Drop**

Improves the ability of the players to transition quickly from offense to defense and from defense to offense while competing in a real game.

**Corner Recovery**

Allows the offense to practice quickly advancing the basketball down the court to get an open shot taking advantage of their extra player. This requires great spacing by the offense

The defense works on communicating and stopping the basketball while at a disadvantage while the extra defender recovers back into the play.

**5. Drink Breaks**

**Time: 5-minute time blocks**

During this time, each player must get a quick drink of water and make two free-throws.

Most of these drink breaks will occur directly after a fast-paced drill which is the perfect time for players to practice their free-throw shooting due to fatigue.

As most teams will only have two baskets available, some players will shoot free-throws before hydrating and others will hydrate before taking their free-throws.

I don't recommend spending too much extra time practicing free-throws during team practices.

With limited baskets, players will end up standing around for a long time if all players shoot free-throws at the same time.

Instead, players must know that the majority of free-throw shooting practice should occur outside of team practices.

## Practice Area Breakdowns

Here is a break down of the approximate amount of time you should spend on each of the 5 areas depending on the length of your practices.

Keep in mind that these do not need to be exact every practice, but are preferably the average amount of time you spend on each area throughout a season.

### **60-Minute Practice**

5 Minutes - Talk + Warm Up  
25 Minutes - Skill Development  
12.5 Minutes - Strategy  
12.5 Minutes - Games  
5 Minutes - Breaks

### **90-Minute - Practice**

5 Minutes - Talk + Warm Up  
37.5 Minutes - Skill Development  
18.75 Minutes - Strategy  
18.75 Minutes - Games  
10 Minutes - Breaks

### **120-Minute - Practice**

5 Minutes - Talk + Warm Up  
50 Minutes - Skill Development  
25 Minutes - Strategy  
25 Minutes - Games  
15 Minutes - Breaks



## Before you go...

A few things...

### 1. Customise the Practice Plans

All of the practice plans below can be customised to better suit your specific team.

*One of the drills doesn't fit number of players you have? Swap it out for another drill that focuses on improving the same skill.*

*Want to focus more time on rebounding that practice? Remove one of the dribbling drills and add another one of the rebounding drills from the eBook.*

It's up to you!

### 2. Make Sure Practice is Fun!

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*"Practice should be an activity that the players look forward to"*

— George Raveling

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Please remember that the #1 reason that many players quit playing youth sports is due to lack of enjoyment.

Here are a few ways to ensure your players enjoy practice...

- a. Use a variety of different drills and games to keep practice fresh and exciting.
- b. Bring a lot of energy to practice. Your players will feed off it.
- c. Transition quickly between different drills to keep practice fast-paced.
- d. Avoid the 3 'L's' - Laps (pointless running), Lines (players waiting too long to be involved), Lectures (talking for too long).
- e. SMILE!

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

## Practice Quote:

*"He ain't an X. He ain't an O. He's a person. Pour your soul into him. It doesn't matter where he's going on your scribbles if he doesn't trust you"*

— Buzz Williams

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Dribble Knockout</b> - Players dribble around in a small space and attempt to knock each other's basketball out of the playing area.	<ul style="list-style-type: none"> <li>● Use the key or the three-point line depending on how many players you have.</li> <li>● Encourage players to keep their arm bar up to protect the basketball.</li> <li>● If a player fouls, they're out.</li> </ul>
8 Minutes	<b>Pivot Rebounding</b> - Players practice correct rebounding technique by passing off the back board and jumping up to secure the rebound.	<ul style="list-style-type: none"> <li>● Players should pivot outside towards the sideline to face their group and pass.</li> <li>● The goal is to secure the rebound at the highest point.</li> <li>● 'Chin' the rebound on the way down to get used to protecting the basketball.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
5 Minutes	<b>Partner Form Shooting</b> - Players find a partner and practice shooting the basketball to each other using perfect shooting technique.	<ul style="list-style-type: none"> <li>● Players must hold their shooting form until the basketball has been caught by their partner.</li> <li>● Ensure all coaches are teaching proper shooting form the same way.</li> <li>● A player's elbow should finish next to their eyebrow to ensure good arc.</li> </ul>

Time	Drill	Coaching Points
12 Minutes	<b>Rainbow Shooting</b> - 2 lines on the baseline. Players run take turns passing, running the arc, and then receiving the basketball for a jump shot. After shooting, 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"> <li>• Players should be squaring up to the rim using their inside foot as the pivot foot.</li> <li>• Ensure players are on balance when they're shooting the basketball.</li> <li>• Show target hands.</li> </ul>
15 Minutes	<b>Transition Advantage</b> - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.	<ul style="list-style-type: none"> <li>• This is a great drill for training decision-making skills as the offense must make the most of their advantage.</li> <li>• Encourage the offense to quickly space the floor and make smart passes.</li> <li>• The defenders must communicate with each other to stop the basketball.</li> </ul>

**Practice Notes:**

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# Beginner: 60-Minutes - Practice Plan #2

## Practice Quote:

*"Who runs your locker room when you aren't around?"*

– Don Meyer

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Collision Dribbling</b> - Players dribble around in a small space (usually the key) practicing keeping control of the basketball while avoiding others.	<ul style="list-style-type: none"> <li>● Players must dribble randomly through the key. Don't allow players to all go one way!</li> <li>● Encourage players to keep their head's up the entire possession.</li> <li>● Variation: Left-hand only.</li> </ul>
5 Minutes	<b>Dribble Course</b> - Using cones, lay out a dribble course players need to complete. Customise the course and many different dribble moves.	<ul style="list-style-type: none"> <li>● Set up the dribble course while the players are performing the collision drill.</li> <li>● Encourage players to keep their head's up while completing the course.</li> <li>● Be creative!</li> </ul>
10 Minutes	<b>30 and 1 Shooting</b> - 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"> <li>● The game winning shot should be a shot your players can hit approximately 1/10 times.</li> <li>● The next player in line should be in stance ready to catch and shoot.</li> <li>● The shooter should be showing target hands before they receive the pass.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
<b>5 Minutes</b>	<b>Wall Rebounding</b> - Players pass the basketball high off the wall and then jump up to secure the rebound using perfect technique.	<ul style="list-style-type: none"> <li>● Taking away the rim allows the players to focus 100% on technique.</li> <li>● Players must 'chin' the basketball as they secure the rebound.</li> <li>● Players should be landing low and wide to ensure a strong base.</li> </ul>
<b>10 Minutes</b>	<b>Pivot Shooting</b> - 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"> <li>● Players should land with a 2-foot jump stop and then pivot without raising out of their stance.</li> <li>● Show target hands and call for the basketball.</li> <li>● Keep jump stops low. The higher a player jumps, the more off-balance they'll be.</li> </ul>
<b>15 Minutes</b>	<b>Shake Out</b> - Two teams jog around inside the key. The coach drops the basketball and calls out a player or team who must sprint out and retrieve the basketball. Teams then spread out and compete till a score.	<ul style="list-style-type: none"> <li>● Players must jog around randomly in the key. Don't allow them to follow and opposition player.</li> <li>● The offense must attack immediately to take advantage of the scrambling defense.</li> <li>● The defense must communicate to pick up players as quickly as possible.</li> </ul>

**Practice Notes:**

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# Beginner: 60-Minutes - Practice Plan #3

## Practice Quote:

*"The structure of your practice is the main reason for your success or lack of success as a coach"*

– Bob Knight

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Layup Technique</b> - Players practice layups off one step, two steps, and then after dribbling.	<ul style="list-style-type: none"> <li>● Players should be stepping outside foot and then inside foot.</li> <li>● Make sure to practice on both sides of the court.</li> <li>● Long steps on layups.</li> </ul>
12 Minutes	<b>Attack the Ring</b> - 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"> <li>● Offense must attack the ring immediately. No holding the basketball up.</li> <li>● Encourage players to score inside with a variety of finishes.</li> <li>● No silly fouls from the defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
8 Minutes	<b>Snap Rebounding</b> - Coach shoots a basketball and players practicing turning and boxing out their defender before securing the rebound.	<ul style="list-style-type: none"> <li>● Vary the distance away from the rim the players start.</li> <li>● Big emphasis on making contact, stepping across, and boxing out.</li> <li>● After securing position, players must pursue the basketball to secure the rebound.</li> </ul>



Time	Drill	Coaching Points
22 Minutes	<p><b>Basic Small-Side Game</b> - Run a small-sided game in both halves of the basketball court. Number will depend on how many players are at practice.</p>	<ul style="list-style-type: none"> <li>● Play two 10-minute small-sided games of different variations.</li> <li>● Teams must clear the basketball out behind the three-point line.</li> <li>● Focus on what your team needs to improve. Talk to the players about it before starting.</li> </ul>

**Practice Notes:**

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# Beginner: 60-Minutes - Practice Plan #4

## Practice Quote:

*"You have a choice to make when you're not playing. Either you're invested and a great teammate, or your not"*

– Brad Stevens

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Court Knowledge</b> - Coach calls out a variety of different spots on the floor and players must dribble to each spot.	<ul style="list-style-type: none"> <li>● Great drill for learning the different areas of the basketball court.</li> <li>● Make sure to print off the list on the drill page so that you're teaching them all areas.</li> <li>● Challenge: Towards the end, the last player to reach the spot is out.</li> </ul>
5 Minutes	<b>Line Shooting</b> - 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"> <li>● Hold shooting form until the basketball touches the floor.</li> <li>● Dominant foot should be placed on the line.</li> <li>● Ensure players are putting some height on the basketball when shooting.</li> </ul>
10 Minutes	<b>Partner Shooting</b> - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> <li>● Passes should be made hard and flat.</li> <li>● Shooter must be showing target hands and be down in stance when catching the ball.</li> <li>● Practice the 1-2 and the hop.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>

<b>Time</b>	<b>Drill</b>	<b>Coaching Points</b>
<b>15 Minutes</b>	<b>War</b> - Two teams competing against each other in small-sided games using a different number of players on each possession.	<ul style="list-style-type: none"> <li>● Can be run full-court or half-court.</li> <li>● Do your best to give each player an even number of possessions.</li> <li>● Attempt to make the teams as even as possible.</li> </ul>

**Practice Notes:**

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# Beginner: 90-Minutes - Practice Plan #1

## Practice Quote:

*"The great coaches know how to corral the passion of players, and they know how to use it"*

– Steve Kerr

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Partner Passing</b> - Players all find a partner and practice making a variety of passes to each other with a focus on technique.	<ul style="list-style-type: none"> <li>● Make sure to change up the type of passes the players are making often.</li> <li>● Players should be taking a step forward when passing to create power.</li> <li>● Don't allow young players to act silly when performing this drill.</li> </ul>
5 Minutes	<b>Balloon Dribbling</b> - Players attempt to keep their balloon in the air by tapping it while keeping control of the basketball.	<ul style="list-style-type: none"> <li>● Get the balloons ready while players are performing the passing drill.</li> <li>● Great drill to force players to keep their head and eyes up.</li> <li>● Variation: Non-dominant hand dribbling only.</li> </ul>
10 Minutes	<b>Speedy Layups</b> - Players take turns dribbling the full length of the court at full speed before finishing with a layup.	<ul style="list-style-type: none"> <li>● Great drill for teaching players to slow down and finish on balance.</li> <li>● Players must start from behind the baseline.</li> <li>● Ensure players are attacking the ring at the correct angle.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
5 Minutes	<b>Partner Form Shooting</b> - Players find a partner and practice shooting the basketball to each other using perfect shooting technique.	<ul style="list-style-type: none"> <li>● Players must hold their shooting form until the basketball has been caught by their partner.</li> <li>● Ensure all coaches are teaching proper shooting form the same way.</li> <li>● A player's elbow should finish next to their eyebrow to ensure good arc.</li> </ul>
10 Minutes	<b>Give and Go Shooting</b> - Players weave cones, pass and receive a pass back for a variety of shots and finishes.	<ul style="list-style-type: none"> <li>● Ensure there is not traveling by players.</li> <li>● Players should be on-balance when shooting the basketball.</li> <li>● Ensure players have their head's up while dribbling.</li> </ul>
17 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
5 Minutes	<b>No-Ball Rebounding</b> - Players focus on the technique of boxing out a defender and pursuing the rebound without a basketball being in play.	<ul style="list-style-type: none"> <li>● Make contact, box out, pursue the basketball.</li> <li>● Great drill to focus on technique that shouldn't be ran longer than 5-minutes.</li> <li>● Arms wide to prevent the offensive players from cutting around to the rim.</li> </ul>
15 Minutes	<b>Pairs Rebounding</b> - Two players on the baseline and two at the elbows. After the pass out a small-sided game commences with specific rules for both offense and defense.	<ul style="list-style-type: none"> <li>● Defenders must make contact to prevent the offense from securing a rebound.</li> <li>● The shooter must not follow their shot immediately or they'll end up shooting off-balance.</li> <li>● Use both ends of the court to prevent players waiting on the baseline too long.</li> </ul>

**Practice Notes:**

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# Beginner: 90-Minutes - Practice Plan #2

## Practice Quote:

*"Defense brings teams together. Offense makes teams feel good, but the defense is what brings teams together"*

– Doc Rivers

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Red Light, Green Light</b> - Players dribble up the court performing jump stops and pivots when the coach calls out the signal.	<ul style="list-style-type: none"> <li>● Explain to players that if they jump too high on their jump stops they'll land off-balance.</li> <li>● Players shouldn't be raising up during pivots.</li> <li>● Players should be dribbling at a controlled pace while performing this drill.</li> </ul>
12 Minutes	<b>Chaos Call Out</b> - 2 defenders attempt to steal the basketball off other players while the coach holds up numbers the dribblers must call out.	<ul style="list-style-type: none"> <li>● Forces the dribblers to focus on the coach and defenders instead of the basketball.</li> <li>● Players must be down in a low stance with an arm bar up to protect the basketball.</li> <li>● Players must shout the number the coach holds up loudly!</li> </ul>
10 Minutes	<b>Monkey in the Middle</b> - Players are in groups of 3. A player in the middle attempts to steal the basketball as the other two pass back and forth.	<ul style="list-style-type: none"> <li>● The offensive players are not allowed to lob the basketball over top of the defender.</li> <li>● Emphasise the importance of fakes.</li> <li>● Offense isn't allowed to hold the basketball more than 5 seconds.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
25 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>

Time	Drill	Coaching Points
5 Minutes	Water Break	<ul style="list-style-type: none"> <li>• Players must all make 2 free-throws.</li> </ul>
18 Minutes	<p><b>Transition Advantage</b> - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.</p>	<ul style="list-style-type: none"> <li>• This is a great drill for training decision-making skills as the offense must make the most of their advantage.</li> <li>• Encourage the offense to quickly space the floor and make smart passes.</li> <li>• The defenders must communicate with each other to stop the basketball.</li> </ul>

**Practice Notes:**

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# Beginner: 90-Minutes - Practice Plan #3

## Practice Quote:

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

– Bobby Knight

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Full-Court Continuous</b> - Players dribble in a large circle around the court performing layups or short shots of the block.	<ul style="list-style-type: none"> <li>● Players aren't allowed to overtake those in front of them.</li> <li>● Focus on players keeping their head's up while dribbling.</li> <li>● Correct footwork on layups and all jump stops.</li> </ul>
10 Minutes	<b>Fast-Break Attack</b> - 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"> <li>● Players must attack and full-speed from the half-way line.</li> <li>● Keep an eye on the footwork of each of the players.</li> <li>● Players should be on-balance when raising up to shoot pull-ups.</li> </ul>
12 Minutes	<b>2-on-1 Half-Court</b> - 2 offensive players attack 1 player on defense and practice making the correct decision in an transition advantage situation.	<ul style="list-style-type: none"> <li>● The offense cannot slow down the basketball. Remind the players it's a fast break.</li> <li>● Players must keep it simple. Read the defender and make the correct play.</li> <li>● Ensure the offensive players don't get too close to each other.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
8 Minutes	<b>4-Point Closeouts</b> - Players perform four closeouts to cones on the perimeter to practice their closeout technique.	<ul style="list-style-type: none"> <li>● Closeout by using short, choppy steps and putting one hand up to discourage the shot.</li> <li>● This should be done at a full sprint. It's a conditioning drill too!</li> <li>● If using players, the defenders should trace the basketball for 3 seconds.</li> </ul>
10 Minutes	<b>Chase Down Layups</b> - 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"> <li>● Offensive players must attack on the correct angle. Don't fade away from the rim.</li> <li>● Be sure to practice this drill on both sides of the floor.</li> <li>● No silly fouls from the defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
15 Minutes	<b>War</b> - Two teams competing against each other in small-sided games using a different number of players on each possession.	<ul style="list-style-type: none"> <li>● Can be run full-court or half-court.</li> <li>● Do your best to give each player an even number of possessions.</li> <li>● Attempt to make the teams as even as possible.</li> </ul>

**Practice Notes:**

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# Beginner: 90-Minutes - Practice Plan #4

## Practice Quote:

*"Having teammates that believe in you is a really big deal"*

– Jay Bilas

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>Sharks and Minnows</b> - The players dribbling the basketball (minnows) must attempt to get from one side of the court to the other without being tagged by the sharks!	<ul style="list-style-type: none"> <li>● Dribblers must keep their head's up throughout the drill.</li> <li>● Implement a time limit if players are taking too long to advance up the court.</li> <li>● Any dribbling violations means the player is immediately out.</li> </ul>
10 Minutes	<b>Four Corners Passing</b> - Players start in four corners and then dribble towards each other, perform a jump stop and pivot, and then pass to the next line.	<ul style="list-style-type: none"> <li>● Practice both forward and reverse pivots.</li> <li>● Ensure players aren't jumping too high on their jump stops.</li> <li>● Focus is on technique of the skills. Encourage players to do it under control.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
13 Minutes	<b>5-Minute Drill</b> - 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"> <li>● Run this drill twice in the 10-minutes.</li> <li>● Players should be down in a stance before receiving the basketball to shoot.</li> <li>● Make sure players are holding their follow through and shooting on-balance on each shot.</li> </ul>
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>

Time	Drill	Coaching Points
5 Minutes	Water Break	<ul style="list-style-type: none"> <li>• Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Ball Drop</b> - Two teams compete in a regular full-court game. When the whistle is blown, teams switch from offense to defense and must scramble to recover.	<ul style="list-style-type: none"> <li>• Emphasise the importance of sprinting back on defense immediately on a change of possession.</li> <li>• Players must place the basketball down. Don't allow them to roll it away from the opposition.</li> <li>• Don't blow the whistle when players are running at full speed.</li> </ul>
5 Minutes	<b>Game-Winner</b> - Players each take a single shot from a far distance. Players that make the shot get a reward.	<ul style="list-style-type: none"> <li>• Have fun with this drill.</li> <li>• Make sure you think of a reward before practice so that you're prepared.</li> </ul>

Practice Notes:

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# Beginner: 120-Minutes - Practice Plan #1

## Practice Quote:

*"To be a team, you must be a family"*

– Don Meyer

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Key Defensive Slides</b> - Players perform a series of defensive movements using the edges of the key as a guide.	<ul style="list-style-type: none"> <li>● Correct footwork is crucial when performing this drill.</li> <li>● Closeouts must be done with short, choppy steps and one hand up.</li> <li>● Full-speed!</li> </ul>
10 Minutes	<b>Layup Technique</b> - Players practice layups off one step, two steps, and then after dribbling.	<ul style="list-style-type: none"> <li>● Players should be stepping outside foot and then inside foot.</li> <li>● Make sure to practice on both sides of the court.</li> <li>● Long steps on layups.</li> </ul>
15 Minutes	<b>1-on-1 Finish Drill</b> - Players find a partner and start on the sidelines at half-way. One offensive and defensive player compete to attack the basket and finish at the rim.	<ul style="list-style-type: none"> <li>● The offensive player can't change their mind after selecting an end to attack.</li> <li>● Drill must be performed at full-speed.</li> <li>● Encourage players to finish with a variety of shots at the rim.</li> <li>● Ensure players are attacking the rim on the correct angle and not fading away.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Triangle Passing</b> - Players in 3 lines pass the basketball around in a triangle following to the next line after each pass.	<ul style="list-style-type: none"> <li>● Receiver must have target showing.</li> <li>● Insist on correct passing technique.</li> <li>● Players should be making passes out in front.</li> </ul>

Time	Drill	Coaching Points
<b>15 Minutes</b>	<b>Netball</b> - Regular small-sided game or scrimmage using the rule that no dribbles can be made throughout the game.	<ul style="list-style-type: none"> <li>● Encourage players to try and think 1 - 2 plays ahead of the ball.</li> <li>● Spacing is crucial.</li> <li>● No passes shorter than 3 feet.</li> </ul>
<b>15 Minutes</b>	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
<b>5 Minutes</b>	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
<b>15 Minutes</b>	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
<b>20 Minutes</b>	<b>Shake Out</b> - Two teams jog around inside the key. The coach drops the basketball and calls out a player or team who must sprint out and retrieve the basketball. Teams then spread out and compete till a score.	<ul style="list-style-type: none"> <li>● Players must jog around randomly in the key. Don't allow them to follow and opposition player.</li> <li>● The offense must attack immediately to take advantage of the scrambling defense.</li> <li>● The defense must communicate to pick up players as quickly as possible.</li> </ul>

### Practice Notes:

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# Beginner: 120-Minutes - Practice Plan #2

## Practice Quote:

*"The most important quality I look for in a player is accountability. You've got to be accountable for who you are. It's too easy to blame things on someone else"*

– Lenny Wilkins

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Partner Closeouts</b> - Players find a partner and then practice closing out on each other and then holding to trace the basketball.	<ul style="list-style-type: none"> <li>● Short, choppy steps with a hand up.</li> <li>● Players should practice having their weight back to absorb the drive.</li> <li>● Encourage players to get into the habit of calling out 'shot!'.</li> </ul>
10 Minutes	<b>Stationary Dribbling Series</b> - All players have a basketball. The coach then takes them through a series of stationary ball-handling moves.	<ul style="list-style-type: none"> <li>● Make sure to print off the list of drills from the 'Stationary Dribbling Series' page in the eBook.</li> <li>● Encourage players to push outside their comfort zone.</li> <li>● Mistakes are okay!</li> </ul>
15 Minutes	<b>Scarecrow Tiggy</b> - 1 - 2 taggers attempt to tag players dribbling a basketball. When they do, the player is stuck until another player rolls a basketball through their legs.	<ul style="list-style-type: none"> <li>● The basketball must be rolled. No throwing or passing through the legs.</li> <li>● Players become scarecrows if they perform a dribbling violation.</li> <li>● Vary the playing area and number of taggers depending on your group.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
8 Minutes	<b>Perfects</b> - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> <li>● Hold shooting form until the shot is made or missed.</li> <li>● Ensure all coaches or those helping are teaching the same technique.</li> <li>● See the form from different angles.</li> </ul>
12 Minutes	<b>Rainbow Shooting</b> - 2 lines on the baseline. Players run take turns passing, running the arc, and then receiving the basketball for a jump shot. After shooting, 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"> <li>● Players should be squaring up to the rim using their inside foot as the pivot foot.</li> <li>● Ensure players are on balance when they're shooting the basketball.</li> <li>● Show target hands.</li> </ul>
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
20 Minutes	<b>Ball Drop</b> - Two teams compete in a regular full-court game. When the whistle is blown, teams switch from offense to defense and must scramble to recover.	<ul style="list-style-type: none"> <li>● Emphasise the importance of sprinting back on defense immediately on a change of possession.</li> <li>● Players must place the basketball down. Don't allow them to roll it away from the opposition.</li> <li>● Don't blow the whistle when players are running at full speed.</li> </ul>
10 Minutes	<b>Elimination</b> - The drill involves two basketball and all players in one line. If the player behind you scores, you're out.	<ul style="list-style-type: none"> <li>● Don't allow players to intentionally miss shots.</li> <li>● Encourage players to use the correct shooting hand around the basket.</li> <li>● Join in! It's fun.</li> </ul>





# Beginner: 120-Minutes - Practice Plan #3

## Practice Quote:

*"Treat each player as your own son/daughter if you can... the parents have invested in you"*

– Hank Iba

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Explode, Pivot, Pass</b> - Start on the sideline. Players then dribble out with two hard dribbles, jump stop, pivot, pass to next person in line.	<ul style="list-style-type: none"> <li>● Main focus in on correct technique.</li> <li>● Encourage small jumps on the jump stop so that players stay on balance.</li> <li>● Players shouldn't raise up out of their stance while pivoting.</li> </ul>
10 Minutes	<b>Baseline Spin Outs</b> - Players start in 2 lines on the baseline. Then practice spinning the basketball back to themselves and squaring up to the hoop.	<ul style="list-style-type: none"> <li>● Must be run on both sides of the court so players practice squaring up with both feet.</li> <li>● Players should catch in a low stance ready to spring up and shoot.</li> <li>● Ensure players are performing this drill at game speed.</li> </ul>
12 Minutes	<b>5-Spot Variety</b> - Players start in one line and take 5 different shots from 5 different cones working on a variety of finishes at the rim.	<ul style="list-style-type: none"> <li>● Players must attack the rim with speed.</li> <li>● Provide a small contest on the shots to make them a little more difficult.</li> <li>● Take long steps on layups and make sure to finish while on balance.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
15 Minutes	<b>Chase Down Layups</b> - 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"> <li>● Offensive players must attack on the correct angle. Don't fade away from the rim.</li> <li>● Be sure to practice this drill on both sides of the floor.</li> <li>● No silly fouls from the defense.</li> </ul>
10 Minutes	<b>Snap Rebounding</b> - Coach shoots a basketball and players practicing turning and boxing out their defender before securing the rebound.	<ul style="list-style-type: none"> <li>● Vary the distance away from the rim the players start.</li> <li>● Big emphasis on making contact, stepping across, and boxing out.</li> <li>● After securing position, players must pursue the basketball to secure the rebound.</li> </ul>
15 Minutes	<b>Evolution</b> - Players practice being in correct defensive position before boxing out and rebounding after the coach takes a shot.	<ul style="list-style-type: none"> <li>● Use this drill to work on the defense you're currently running.</li> <li>● Defensive players make make contact and then pursue the rebound.</li> <li>● Defenders aren't attempting to steal the basketball as the offense passes around the perimeter.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
20 Minutes	<b>Transition Advantage</b> - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.	<ul style="list-style-type: none"> <li>● This is a great drill for training decision-making skills as the offense must make the most of their advantage.</li> <li>● Encourage the offense to quickly space the floor and make smart passes.</li> <li>● The defenders must communicate with each other to stop the basketball.</li> </ul>

**Practice Notes:**

Lined area for taking notes, consisting of multiple horizontal lines.

# Beginner: 120-Minutes - Practice Plan #4

## Practice Quote:

*"You don't want to just depend on making shots. You've got to be good defensively. You've got to be able to win some ugly games"*

– Mike Budenholzer

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Court Knowledge</b> - Coach calls out a variety of different spots on the floor and players must dribble to each spot.	<ul style="list-style-type: none"> <li>● Great drill for learning the different areas of the basketball court.</li> <li>● Make sure to print off the list on the drill page so that you're teaching them all areas.</li> <li>● Challenge: Towards the end, the last player to reach the spot is out.</li> </ul>
10 Minutes	<b>Mass Sliding</b> - Players spread out in the half-court and the perform a series of defensive moves instructed by the coach.	<ul style="list-style-type: none"> <li>● Ensure players stay low and wide throughout the entire drill.</li> <li>● Footwork is incredibly important.</li> <li>● Do your best to be enthusiastic and encourage the players to be too.</li> </ul>
12 Minutes	<b>Team V-Cuts</b> - Players practice performing the v-cut and the attacking the rim with a variety of moves and shot.	<ul style="list-style-type: none"> <li>● The correct footwork is crucial.</li> <li>● There should be an obvious change of pace as players explode out to the wing to receive the basketball.</li> <li>● Variation: Add a defender and have players compete one-on-one after a v-cut.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
8 Minutes	<b>Partner Form Shooting</b> - Players find a partner and practice shooting the basketball to each other using perfect shooting technique.	<ul style="list-style-type: none"> <li>● Players must hold their shooting form until the basketball has been caught by their partner.</li> <li>● Ensure all coaches are teaching proper shooting form the same way.</li> <li>● A player's elbow should finish next to their eyebrow to ensure good arc.</li> </ul>
15 Minutes	<b>Partner Shooting</b> - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> <li>● Passes should be made hard and flat.</li> <li>● Shooter must be showing target hands and be down in stance when catching the ball.</li> <li>● Practice the 1-2 and the hop.</li> </ul>
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>2-on-1 Half-Court</b> - 2 offensive players attack 1 player on defense and practice making the correct decision in an transition advantage situation.	<ul style="list-style-type: none"> <li>● The offense cannot slow down the basketball. Remind the players it's a fast break.</li> <li>● Players must keep it simple. Read the defender and make the correct play.</li> <li>● Ensure the offensive players don't get too close to each other.</li> </ul>
15 Minutes	<b>Positionless Transition</b> - Small-sided game where the player who has the basketball on a change of possession must advance the basketball over half-way.	<ul style="list-style-type: none"> <li>● Great drill for developing a team of players who can dribble the basketball up the court.</li> <li>● Other offensive players must immediately sprint the lanes on a change of possession.</li> <li>● Ensure the players advance the basketball in less than 8 seconds or it's a violation.</li> </ul>



# Intermediate: 60-Minutes - Practice Plan #1

## Practice Quote:

*"Plays are not as important as players, and players are not as important as teammates"*

– Don Meyer

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Perfects</b> - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> <li>● Hold shooting form until the shot is made or missed.</li> <li>● Ensure all coaches or those helping are teaching the same technique.</li> <li>● See the form from different angles.</li> </ul>
10 Minutes	<b>Rainbow Shooting</b> - 2 lines on the baseline. Players run take turns passing, running the arc, and then receiving the basketball for a jump shot. After shooting, 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"> <li>● Players should be squaring up to the rim using their inside foot as the pivot foot.</li> <li>● Ensure players are on balance when they're shooting the basketball.</li> <li>● Show target hands.</li> </ul>
12 Minutes	<b>1-on-2 Full-Court</b> - One player guarded by two defenders attempts to advance the basketball up the court while the two defenders work together to stop them.	<ul style="list-style-type: none"> <li>● The two defenders must communicate and work together.</li> <li>● Make sure the defenders are using their feet to stay in front instead of slapping at the ball.</li> <li>● Start the next group when the group in front crosses half-court.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>



Time	Drill	Coaching Points
10 Minutes	<b>Rotation Rebounding</b> - Defenders rotate around the key in the same direction. When the coach shoots, defenders must quickly box and out secure the rebound.	<ul style="list-style-type: none"> <li>Defenders must keep their voices loud and call out who they'll be boxing out as they rotate.</li> <li>Remind the 'Find, Hit, Get' method.</li> <li>Go up strong with two hands.</li> </ul>
13 Minutes	<b>Corner Recovery</b> - On each change of possession the player who shot or lost the basketball must sprint around a cone in the corner of the court before transitioning back on defense.	<ul style="list-style-type: none"> <li>The trailing defender must be sprinting to get back into the play.</li> <li>Defenders must communicate with each other to prevent a score while at a disadvantage.</li> <li>Offense must push the basketball and attempt to make the most of their advantage!</li> </ul>

### Practice Notes:

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# Intermediate: 60-Minutes - Practice Plan #2

## Practice Quote:

*"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	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Four Corners Passing</b> - Players start in four corners and then dribble towards each other, perform a jump stop and pivot, and then pass to the next line.	<ul style="list-style-type: none"> <li>● Practice both forward and reverse pivots.</li> <li>● Ensure players aren't jumping too high on their jump stops.</li> <li>● Focus is on technique of the skills. Encourage players to do it under control.</li> </ul>
12 Minutes	<b>Half-Court Attack</b> - Pairs of players slide along the half-court line until the coach says 'Go!'. The player with the basketball attacks the defender one-on-one from half-court.	<ul style="list-style-type: none"> <li>● The coach must attempt to give each player an even number of offensive possessions.</li> <li>● Encourage players to attack quickly. Players aren't allowed to hold up the basketball.</li> <li>● Players should be attempting to attack through the elbows.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>

Time	Drill	Coaching Points
<b>13 Minutes</b>	<b>Transition Advantage</b> - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.	<ul style="list-style-type: none"> <li>• This is a great drill for training decision-making skills as the offense must make the most of their advantage.</li> <li>• Encourage the offense to quickly space the floor and make smart passes.</li> <li>• The defenders must communicate with each other to stop the basketball.</li> </ul>

**Practice Notes:**

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# Intermediate: 60-Minutes - Practice Plan #3

## Practice Quote:

*"Play the right way' means play unselfishly, respect each other's achievements, play hard, and fulfil your role"*

– Gregg Popovich

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Pressure Finish</b> - Two players start on the baseline and must sprint around a cone before one player attempts to score at the rim while the other plays defense.	<ul style="list-style-type: none"> <li>● Vary the distance of the cones to make it harder or easier for the defense.</li> <li>● Defenders must not foul while challenging the shot at the rim.</li> <li>● Make sure players start behind the baseline!</li> </ul>
12 Minutes	<b>3-Lines, 2-Balls</b> - Players set up in 3 lines with 2 basketballs. Players shoot, rebound their own shot, and must pass to a different line.	<ul style="list-style-type: none"> <li>● Make sure players aren't off-balance when shooting as they try to rebound too quickly.</li> <li>● Players can only rebound their own shot!</li> <li>● The next player in line should be down in stance and ready to shoot.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Slide Rebounding</b> - Defenders slide side-to-side in the key and must challenge the shot and rebound when the coach passes it the ball to an offensive player.	<ul style="list-style-type: none"> <li>● Defensive communication is the most important part of this drill.</li> <li>● Make sure the defenders are getting a foot outside the key on each slide.</li> <li>● Offense must be ready to shoot when they receive the basketball.</li> </ul>

Time	Drill	Coaching Points
<b>13 Minutes</b>	<b>Netball</b> - Regular small-sided game or scrimmage using the rule that no dribbles can be made throughout the game.	<ul style="list-style-type: none"> <li>● Encourage players to try and think 1 - 2 plays ahead of the ball.</li> <li>● Spacing is crucial.</li> <li>● No passes shorter than 3 feet.</li> </ul>
<b>5 Minutes</b>	<b>Elimination</b> - The drill involves two basketball and all players in one line. If the player behind you scores, you're out.	<ul style="list-style-type: none"> <li>● Don't allow players to intentionally miss shots.</li> <li>● Encourage players to use the correct shooting hand around the basket.</li> <li>● Join in! It's fun.</li> </ul>

**Practice Notes:**


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# Intermediate: 60-Minutes - Practice Plan #4

## Practice Quote:

*"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	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Speed Change</b> - Players complete full-court layups while changing speeds at the cones positioned on the court.	<ul style="list-style-type: none"> <li>● Players must make a noticeable change of speed each time they pass a cone.</li> <li>● Players should keep their head up throughout the drill.</li> <li>● Push the basketball out in front on each hesitation move.</li> </ul>
12 Minutes	<b>2-on-1 Half-Court</b> - 2 offensive players attack 1 player on defense and practice making the correct decision in an transition advantage situation.	<ul style="list-style-type: none"> <li>● The offense cannot slow down the basketball. Remind the players it's a fast break.</li> <li>● Players must keep it simple. Read the defender and make the correct play.</li> <li>● Ensure the offensive players don't get too close to each other.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Corner Bounce</b> - Players start in one line and sprint to touch the corner before receiving the basketball from the same line and making a move to score.	<ul style="list-style-type: none"> <li>● Make sure to use both ends of the court to get maximum reps for the players.</li> <li>● Players should be showing target hands as they sprint towards the ball.</li> <li>● Ensure players are using a variety of cuts and finishing with a variety of moves.</li> </ul>

Time	Drill	Coaching Points
10 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team’s offense, defense, or set plays. Focus on the progressions and don’t move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
10 Minutes	<b>War</b> - Two teams competing against each other in small-sided games using a different number of players on each possession.	<ul style="list-style-type: none"> <li>● Can be run full-court or half-court.</li> <li>● Do your best to give each player an even number of possessions.</li> <li>● Attempt to make the teams as even as possible.</li> </ul>

**Practice Notes:**

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# Intermediate: 90-Minutes - Practice Plan #1

## Practice Quote:

*"I put players in and take them out based on effort and defense, not making or missing shots"*

– Doc Rivers

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Count 'Em Up</b> - Teams compete against each other in a game of keepings off. The goal is to reach a specific number of points.	<ul style="list-style-type: none"> <li>● Emphasise the importance of spacing.</li> <li>● No passes are allowed to be made shorter than 3 feet.</li> <li>● Turnover on each deflection.</li> </ul>
12 Minutes	<b>Russian Layups</b> - A continuity drill involving a series of passes ending with layups. Ran only on one side of the court.	<ul style="list-style-type: none"> <li>● Players must communicate and call for the basketball.</li> <li>● Players must sprint down the floor.</li> <li>● Ensure players are on-balance when they're finishing their layups.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
8 Minutes	<b>4-Point Closeouts</b> - Players perform four closeouts to cones on the perimeter to practice their closeout technique.	<ul style="list-style-type: none"> <li>● Closeout by using short, choppy steps and putting one hand up to discourage the shot.</li> <li>● This should be done at a full sprint. It's a conditioning drill too!</li> <li>● If using players, the defenders should trace the basketball for 3 seconds.</li> </ul>



Time	Drill	Coaching Points
10 Minutes	<b>Pass Denial</b> - A defender practices denying the pass from the top to the wing. The offensive player attempts to receive 3 clean catches. On the third catch they compete 1-on-1.	<ul style="list-style-type: none"> <li>Defender should have their chest facing the offensive player and their arm in the passing lane.</li> <li>The offensive player must attempt to get their foot higher than the defense and explode out to receive the basketball.</li> <li>Backdoor passes are allowed!</li> </ul>
15 Minutes	<b>1-on-1 Continuous</b> - Continuous games of 1-on-1. The offensive player must immediately close out to the opposite wing after a score or change of possession.	<ul style="list-style-type: none"> <li>The games of 1-on-1 must stay on the one side of the court.</li> <li>Footwork is incredibly important for both offense and defense.</li> <li>Variation: Maximum of 2 - 3 dribbles depending on age and skill level.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>Coach Mac Recommendations:</li> <li>Offense: 5-out motion, 4-out 1-in motion.</li> <li>Defense: Pack line, man-to-man defense.</li> <li>Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Game-Winner</b> - Players each take a single shot from a far distance. Players that make the shot get a reward.	<ul style="list-style-type: none"> <li>Have fun with this drill.</li> <li>Make sure you think of a reward before practice so that you're prepared.</li> </ul>

### Practice Notes:

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# Intermediate: 90-Minutes - Practice Plan #2

## Practice Quote:

*"You want to create an environment where they'll let you coach them"*

– Chuck Daly

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>4-Line Passing</b> - Four players progress up the court passing to the player 2 lines away from them and finish with layups at the end of the court.	<ul style="list-style-type: none"> <li>● Passes must be made in front to lead the teammate forward to catch.</li> <li>● Players should have their target hands up to receive the pass.</li> <li>● Stay aware of the other players or the basketballs will collide.</li> </ul>
10 Minutes	<b>Stationary Dribbling Series</b> - All players have a basketball. The coach then takes them through a series of stationary ball-handling moves.	<ul style="list-style-type: none"> <li>● Make sure to print off the list of drills from the 'Stationary Dribbling Series' page in the eBook.</li> <li>● Encourage players to push outside their comfort zone.</li> <li>● Mistakes are okay!</li> </ul>
12 Minutes	<b>Fast-Break Jump Shots</b> - Players all have a basketball and take it in turns attack both ends of the court and finishing with a variety of shots.	<ul style="list-style-type: none"> <li>● Ensure players are on balance when they pull up for the shot.</li> <li>● Players must attack at game-speed from the half-court line.</li> <li>● Encourage players to practice a variety of finishes at the rim.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
10 Minutes	<b>Dribble-Kick Shooting</b> - Two lines of players drive and then pass out to a player on the perimeter for the shot. The passer then becomes the next shooter.	<ul style="list-style-type: none"><li>• The player attacking the rim must look like they're going to shoot.</li><li>• The shooter must be down in stance ready to catch and shoot.</li><li>• Players can shoot off either the hop or the 1-2 step.</li></ul>
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"><li>• Coach Mac Recommendations:</li><li>• Offense: 5-out motion, 4-out 1-in motion.</li><li>• Defense: Pack line, man-to-man defense.</li><li>• Set Plays: Choose from eBook.</li></ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"><li>• Players must all make 2 free-throws.</li></ul>
15 Minutes	<b>Ball Drop</b> - Two teams compete in a regular full-court game. When the whistle is blown, teams switch from offense to defense and must scramble to recover.	<ul style="list-style-type: none"><li>• Emphasise the importance of sprinting back on defense immediately on a change of possession.</li><li>• Players must place the basketball down. Don't allow them to roll it away from the opposition.</li><li>• Don't blow the whistle when players are running at full speed.</li></ul>

**Practice Notes:**

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# Intermediate: 90-Minutes - Practice Plan #3

## Practice Quote:

*"I've learned to shut up more. Sometimes letting a player play is more important than being Mr. Coach"*

– Gregg Popovich

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>Partner Shooting</b> - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> <li>● Passes should be made hard and flat.</li> <li>● Shooter must be showing target hands and be down in stance when catching the ball.</li> <li>● Practice the 1-2 and the hop.</li> </ul>
10 Minutes	<b>Chase Down Layups</b> - 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"> <li>● Offensive players must attack on the correct angle. Don't fade away from the rim.</li> <li>● Be sure to practice this drill on both sides of the floor.</li> <li>● No silly fouls from the defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
12 Minutes	<b>2-on-2 Box Out</b> - 2 defensive players practice correct box out technique and securing the rebound off a shot from the coach or another player.	<ul style="list-style-type: none"> <li>● Defenders must make contact and cut off the offensive player's path to the hoop.</li> <li>● Don't hold the box out. Pursue the basketball!</li> <li>● The basketball is still live on a made shot.</li> </ul>

Time	Drill	Coaching Points
12 Minutes	<b>No Hands Defense</b> - Teams practice going through an entire defensive possession without the use of their hands to encourage correct positioning.	<ul style="list-style-type: none"> <li>● The focus on defense is using your feet to stay in front and keep good positioning.</li> <li>● If players struggle with this, get them to hold two tennis balls.</li> <li>● Put a big focus on defensive communication.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
14 Minutes	<b>Tip Transition</b> - Two teams tip one basketball off the backboard until the coach calls out 'Go!'. Whoever has the basketball becomes offense and teams must transition quickly.	<ul style="list-style-type: none"> <li>● Defense must sprint back to half way immediately before finding a player.</li> <li>● Encourage the offense to push the basketball up the court as quick as possible.</li> <li>● Must be light passes off the backboard to keep the ball in play.</li> </ul>

**Practice Notes:**

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# Intermediate: 90-Minutes - Practice Plan #4

## Practice Quote:

*"To be a great teacher of the game you must study the game; know your craft and be proud of your knowledge; but never satisfied with your knowledge"*

– Kevin Eastman

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Post Move Crossovers</b> - Players rotate through passing into the post from the wing and then cutting to and scoring in the post.	<ul style="list-style-type: none"> <li>● Ensure players are focusing on their footwork when performing post moves.</li> <li>● Post players must get low and show their hands when posting up.</li> <li>● Variation: Put a defender on the perimeter to practice feeding into the post.</li> </ul>
10 Minutes	<b>23 Cones</b> - Place 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"> <li>● Players must always pass back their own shot attempts.</li> <li>● Great drill for finding out which players shoot best under pressure.</li> <li>● All players must shoot!</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
25 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
15 Minutes	<p><b>2-on-2 Ball Screen</b> - Drill starts 2-on-2. The offense practices scoring out of the pick and roll while the defense works on defending the pick and roll.</p>	<ul style="list-style-type: none"> <li>• Players must stay on one side of the court.</li> <li>• The defense is not allowed to switch.</li> <li>• Ensure you talk about correct pick and roll principles before starting the drill.</li> </ul>
15 Minutes	<p><b>Advantage</b> - A regular small-sided game but the offense has one extra player on the court.</p>	<ul style="list-style-type: none"> <li>• Great drill for teaching spacing. As long as the offense is spread, someone should always be open.</li> <li>• Offensive players should be making decisions quickly on the catch.</li> <li>• The defense must communicate and scramble to cover whoever has the basketball.</li> </ul>

**Practice Notes:**

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# Intermediate: 120-Minutes - Practice Plan #1

## Practice Quote:

*"Effective teamwork begins and ends with communication"*

– Mike Krzyzewski

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Cross-Court Passing</b> - Four lines of players in the corners of full court. Players practice their cross-court passing as they transition to each end of the court.	<ul style="list-style-type: none"> <li>● Passes should be made in front of the receiver so they can catch on the run.</li> <li>● Practice chest passes and 1-hand passes.</li> <li>● Drill should be performed at full speed!</li> </ul>
12 Minutes	<b>Titan Shooting</b> - Three lines across the free-throw line. Players shoot, rebound, and then must sprint a specific length of the court before joining the end of a line.	<ul style="list-style-type: none"> <li>● Great drill when you have 1 ring and a large group of players.</li> <li>● Run at both ends of the court if possible.</li> <li>● Players must be shooting on balance. Don't let them lean forward on the shot.</li> </ul>
10 Minutes	<b>1-on-1 Finish Drill</b> - Players find a partner and start on the sidelines at half-way. One offensive and defensive player compete to attack the basket and finish at the rim.	<ul style="list-style-type: none"> <li>● The offensive player can't change their mind after selecting an end to attack.</li> <li>● Drill must be performed at full-speed.</li> <li>● Encourage players to finish with a variety of shots at the rim.</li> <li>● Ensure players are attacking the rim on the correct angle and not fading away.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Let it Bounce</b> - Defensive players box out on the coach's shot attempt and attempt to hold the offensive players off long enough for the basketball to bounce.	<ul style="list-style-type: none"> <li>● Seal off and ensure constant contact on the offensive player.</li> <li>● Keep arms out to prevent the offense from slipping around the box out.</li> <li>● Hold the box out for as long as possible.</li> </ul>



Time	Drill	Coaching Points
15 Minutes	<b>Battle Boards</b> - 2 offense and 2 defense start on the elbows. The defenders see how many points they can score by securing rebounds before giving up 3 offensive rebounds.	<ul style="list-style-type: none"> <li>● Encourage players to be physical (within reason) and battle for the rebound.</li> <li>● Defense should make contact and then pursue the rebound.</li> <li>● Size doesn't matter. Allow players of different sizes to practice boxing out each other.</li> </ul>
13 Minutes	<b>2-on-2 Spread</b> - Defenders practice denying the pass to the player they're guarding. On the catch, the drill transitions into a live game of 2-on-2.	<ul style="list-style-type: none"> <li>● Defenders should have their chest facing the offensive player, arm out, and vision over their shoulder.</li> <li>● Refrain from throwing lob passes as there will usually be defenders to intercept this pass.</li> <li>● Correct footwork is important for both offense and defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
15 Minutes	<b>3-on-2 Continuous</b> - 3 offensive players attack 2 defenders. On a change of possession, the defenders outlet to an extra player and then transition in the opposite direction.	<ul style="list-style-type: none"> <li>● Encourage great spacing on the floor.</li> <li>● This is a fast-break drill. Encourage players to attack quickly on each possession.</li> <li>● Variation: No dribbles allowed.</li> </ul>

**Practice Notes:**

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# Intermediate: 120-Minutes - Practice Plan #2

## Practice Quote:

*"What a player can't do is every bit as important for him to know as what he can do"*

– Bob Knight

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Scatter Passing</b> - Players hand the basketball around in a circle. On the coach's call, players scatter the court and must pass to the same player who handed them the ball as they constantly move around the court.	<ul style="list-style-type: none"> <li>● Fun warm-up drill for encouraging communication.</li> <li>● Don't allow players to follow the player they're going to pass to.</li> <li>● Variation: Call out 'reverse' and the basketball must go the opposite direction.</li> </ul>
12 Minutes	<b>3-Lines, 2-Balls</b> - Players set up in 3 lines with 2 basketballs. Players shoot, rebound their own shot, and must pass to a different line.	<ul style="list-style-type: none"> <li>● Make sure players aren't off-balance when shooting as they try to rebound too quickly.</li> <li>● Players can only rebound their own shot!</li> <li>● The next player in line should be down in stance and ready to shoot.</li> </ul>
13 Minutes	<b>3-Man Fast Break</b> - 3 players complete a specific series of passes without the basketball touching the floor as they make 3 trips of the court finishing with 3 layups.	<ul style="list-style-type: none"> <li>● Passes should be as flat as possible and out in front of their teammates.</li> <li>● Players must sprint throughout the entire drill.</li> <li>● Ensure players aren't committing traveling violations.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
10 Minutes	<b>Sideline Screens</b> - Players practice scoring with a variety of moves out off of the pick and roll.	<ul style="list-style-type: none"> <li>• Ensure players are using the correct footwork as they're driving off the screen.</li> <li>• Moves: Turn down, split, attack the hip, drag out and drive, shoot.</li> <li>• Players must be practicing on both sides of the court.</li> </ul>
15 Minutes	<b>Ball-Screen Practice</b> - 2 offensive players practice executing a ball-screen against a single defender. Both the dribbler and screener finish the drill with a shot.	<ul style="list-style-type: none"> <li>• Players must be setting screens on the correct angle.</li> <li>• The dribbler must be patient as the screen is being set.</li> <li>• The dribbler should be attacking shoulder-to-shoulder with the screener.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>• Coach Mac Recommendations:</li> <li>• Offense: 5-out motion, 4-out 1-in motion.</li> <li>• Defense: Pack line, man-to-man defense.</li> <li>• Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>• Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>• Coach Mac Recommendations:</li> <li>• Offense: 5-out motion, 4-out 1-in motion.</li> <li>• Defense: Pack line, man-to-man defense.</li> <li>• Set Plays: Choose from eBook.</li> </ul>
15 Minutes	<b>Transition Advantage</b> - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.	<ul style="list-style-type: none"> <li>• This is a great drill for training decision-making skills as the offense must make the most of their advantage.</li> <li>• Encourage the offense to quickly space the floor and make smart passes.</li> <li>• The defenders must communicate with each other to stop the basketball.</li> </ul>



# Intermediate: 120-Minutes - Practice Plan #3

## Practice Quote:

*"When analyzing your offense, you can't just go by whether the shot goes in. Did you get a good shot?"*

– Jeff Van Gundy

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Bull in a Ring</b> - 5-6 players circle one defender. The offensive players pass to each other and if the defender tips the basketball they swap positions with the passer.	<ul style="list-style-type: none"> <li>● Players aren't allowed to pass to teammates next to them.</li> <li>● Ensure players have their hands up ready to receive the pass.</li> <li>● Players can't hold the basketball longer than three seconds.</li> </ul>
8 Minutes	<b>Partner Form Shooting</b> - Players find a partner and practice shooting the basketball to each other using perfect shooting technique.	<ul style="list-style-type: none"> <li>● Players must hold their shooting form until the basketball has been caught by their partner.</li> <li>● Ensure all coaches are teaching proper shooting form the same way.</li> <li>● A player's elbow should finish next to their eyebrow to ensure good arc.</li> </ul>
12 Minutes	<b>4-Man Fatigue Shooting</b> - Players in groups of 4. Two shooters sprint the floor taking shots for a specific amount of time while the rebounders pass to them. Then switch.	<ul style="list-style-type: none"> <li>● Shots: Midrange, three-pointers, pull-ups.</li> <li>● Shooters must be sprinting the floor on every possession.</li> <li>● Players must transition quickly between rebounding and shooting to keep the drill high-paced.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
12 Minutes	<b>Sideline Shooting</b> - Players cut towards the ball from each side of the court and perform a variety of moves and shots from the elbow or slot position.	<ul style="list-style-type: none"> <li>● Prepare a list of the shots you want the players practicing so that you're prepared.</li> <li>● Footwork is crucial. Emphasise it as the most important part of the drill.</li> <li>● All shots should be taken while on balance.</li> </ul>
13 Minutes	<b>Corner Closeouts</b> - The basketball is passed corner-top-corner. The first passer sprints across court and closes out on the opposite corner before playing 1-on-1 until a score or defensive stop.	<ul style="list-style-type: none"> <li>● Focus on players correctly closing out on the basketball. Weight back to absorb the drive.</li> <li>● The offense should be reading the defense on the closeout and make an immediate decision.</li> <li>● The way the defender closes out will depend on the team's defensive philosophy.</li> </ul>
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Retreat Attack</b> - Players attack a cone, retreat out using two dribbles, and then attack again finishing with an outside shot or a shot at the rim.	<ul style="list-style-type: none"> <li>● Players must protect the retreat dribble by using their off-arm and turning their body.</li> <li>● Explode towards the rim on the second attack.</li> <li>● Ensure players are using good footwork as they pull up or finish at the rim.</li> </ul>
20 Minutes	<b>West Virginia Transition</b> - An offensive team attacks with an advantage while a defender stays in the front-court. The initial offensive team must sprint back in defensive transition to prevent an open shot from the loose player.	<ul style="list-style-type: none"> <li>● As soon as a shot is taken, one of the players must sprint back immediately.</li> <li>● On the change of possession, the initial defensive team must push the ball up court and look for the quick score if it's available.</li> <li>● Spacing is crucial when at an advantage. The offense must get an open shot.</li> </ul>



# Intermediate: 120-Minutes - Practice Plan #4

## Practice Quote:

*"Your greatness as a coach isn't tied to the greatness of your players. Anyone who thinks otherwise doesn't understand coaching"*

– Jeff Van Gundy

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
25 Minutes	<b>4-Station Shooting</b> - The court is split up into four corners and players are split up into 4 groups. Groups rotate through each station practicing a different shot at each one.	<ul style="list-style-type: none"> <li>● Write down station ideas from the main drill page in the shooting eBook.</li> <li>● 2 - 3 minutes at each station and each groups goes to each station twice.</li> <li>● Players must hustle between stations. No time-wasting.</li> </ul>
15 Minutes	<b>Drive-By Dribbling</b> - A player on the baseline attempts to dribble past a defender and reach half-way without being tagged.	<ul style="list-style-type: none"> <li>● When a dribbler is tagged they become the new defender.</li> <li>● Players have 8 seconds to advance the basketball over the half-way line.</li> <li>● Run at both ends of the court.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Paint Combat</b> - Two players battle 1-on-1 inside the paint playing offense and defense while using passers on the perimeter. First player to reach a set amount of points wins.	<ul style="list-style-type: none"> <li>● Must pass out to a perimeter player to transition from defense to offense.</li> <li>● Allow players to be physical but don't allow blatant fouls. Must be consistent with this.</li> <li>● Emphasise the importance of footwork and establishing position early.</li> </ul>





# Advanced: 60-Minutes - Practice Plan #1

## Practice Quote:

*"Winning is the last of all criteria that I think you should use to determine how well you're playing"*

– Bob Knight

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Titan Shooting</b> - Three lines across the free-throw line. Players shoot, rebound, and then must sprint a specific length of the court before joining the end of a line.	<ul style="list-style-type: none"> <li>● Great drill when you have 1 ring and a large group of players.</li> <li>● Run at both ends of the court if possible.</li> <li>● Players must be shooting on balance. Don't let them lean forward on the shot.</li> </ul>
10 Minutes	<b>Fast-Break Attack</b> - 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"> <li>● Players must attack and full-speed from the half-way line.</li> <li>● Keep an eye on the footwork of each of the players.</li> <li>● Players should be on-balance when raising up to shoot pull-ups.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
10 Minutes	<b>Rotation Rebounding</b> - Defenders rotate around the key in the same direction. When the coach shoots, defenders must quickly box and out secure the rebound.	<ul style="list-style-type: none"> <li>● Defenders must keep their voices loud and call out who they'll be boxing out as they rotate.</li> <li>● Remind the 'Find, Hit, Get' method.</li> <li>● Go up strong with two hands.</li> </ul>



# Advanced: 60-Minutes - Practice Plan #2

## Practice Quote:

*"Relationships with people are what it's all about. You have to make players realize you care about them"*

– Gregg Popovich

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Defensive Specialist</b> - Players complete a series of defensive movements including close outs, sliding, back-peddalling, etc.	<ul style="list-style-type: none"> <li>● 100% effort throughout the drill.</li> <li>● Closeouts should be done with weight back and one hand up to challenge the shooter.</li> <li>● Hold the closeout for 2 - 3 seconds.</li> </ul>
5 Minutes	<b>Partner Form Shooting</b> - Players find a partner and practice shooting the basketball to each other using perfect shooting technique.	<ul style="list-style-type: none"> <li>● Players must hold their shooting form until the basketball has been caught by their partner.</li> <li>● Ensure all coaches are teaching proper shooting form the same way.</li> <li>● A player's elbow should finish next to their eyebrow to ensure good arc.</li> </ul>
10 Minutes	<b>Fast-Break Jump Shots</b> - Players all have a basketball and take it in turns attack both ends of the court and finishing with a variety of shots.	<ul style="list-style-type: none"> <li>● Ensure players are on balance when they pull up for the shot.</li> <li>● Players must attack at game-speed from the half-court line.</li> <li>● Encourage players to practice a variety of finishes at the rim.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
12 Minutes	<b>1-on-2 Full-Court</b> - One player guarded by two defenders attempts to advance the basketball up the court while the two defenders work together to stop them.	<ul style="list-style-type: none"> <li>• The two defenders must communicate and work together.</li> <li>• Make sure the defenders are using their feet to stay in front instead of slapping at the ball.</li> <li>• Start the next group when the group in front crosses half-court.</li> </ul>
15 Minutes	<b>Positionless Transition</b> - Small-sided game where the player who has the basketball on a change of possession must advance the basketball over half-way.	<ul style="list-style-type: none"> <li>• Great drill for developing a team of players who can dribble the basketball up the court.</li> <li>• Other offensive players must immediately sprint the lanes on a change of possession.</li> <li>• Ensure the players advance the basketball in less than 8 seconds or it's a violation.</li> </ul>

**Practice Notes:**

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# Advanced: 60-Minutes - Practice Plan #3

## Practice Quote:

*"Don't be afraid to let your players know how much you care about them"*

- Thad Matta

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Partner Shooting</b> - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> <li>● Passes should be made hard and flat.</li> <li>● Shooter must be showing target hands and be down in stance when catching the ball.</li> <li>● Practice the 1-2 and the hop.</li> </ul>
10 Minutes	<b>4-Man Fatigue Shooting</b> - Players in groups of 4. Two shooters sprint the floor taking shots for a specific amount of time while the rebounders pass to them. Then switch.	<ul style="list-style-type: none"> <li>● Shots: Midrange, three-pointers, pull-ups.</li> <li>● Shooters must be sprinting the floor on every possession.</li> <li>● Players must transition quickly between rebounding and shooting to keep the drill high-paced.</li> </ul>
10 Minutes	<b>Road Runner 2.0</b> - Two players compete for a rebound and then outlet to a player on the wing who sprints down the court and finishes with a layup.	<ul style="list-style-type: none"> <li>● The outlet players must dribble full-speed down the court and finish the layup.</li> <li>● Allow players to be physical inside.</li> <li>● Rebounders must be securing the board with two hands.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>



# Advanced: 60-Minutes - Practice Plan #4

## Practice Quote:

*"X & O's aren't worth a damn without a team. If your team isn't with you it doesn't matter what you draw up"*

- Hubie Brown

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
5 Minutes	<b>Perfects</b> - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> <li>● Hold shooting form until the shot is made or missed.</li> <li>● Ensure all coaches or those helping are teaching the same technique.</li> <li>● See the form from different angles.</li> </ul>
12 Minutes	<b>5-Minute Drill</b> - 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"> <li>● Run this drill twice in the 10-minutes.</li> <li>● Players should be down in a stance before receiving the basketball to shoot.</li> <li>● Make sure players are holding their follow through and shooting on-balance on each shot.</li> </ul>
8 Minutes	<b>Chase Down Layups</b> - 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"> <li>● Offensive players must attack on the correct angle. Don't fade away from the rim.</li> <li>● Be sure to practice this drill on both sides of the floor.</li> <li>● No silly fouls from the defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>



Time	Drill	Coaching Points
<p><b>10 Minutes</b></p>	<p><b>Numbers Rebounding</b> - Coach passes to a shooter and calls out the number of one of the defenders. That defender must close out on the shot while the other defenders communicate and box out.</p>	<ul style="list-style-type: none"> <li>● Run at both ends of the court if possible and you have a large group of players.</li> <li>● Communication is critical for the defenders to work out who they're boxing out.</li> <li>● Make contact and then pursue the basketball!</li> </ul>
<p><b>15 Minutes</b></p>	<p><b>Corner Recovery</b> - On each change of possession the player who shot or lost the basketball must sprint around a cone in the corner of the court before transitioning back on defense.</p>	<ul style="list-style-type: none"> <li>● The trailing defender must be sprinting to get back into the play.</li> <li>● Defenders must communicate with each other to prevent a score while at a disadvantage.</li> <li>● Offense must push the basketball and attempt to make the most of their advantage!</li> </ul>

**Practice Notes:**

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# Advanced: 90-Minutes - Practice Plan #1

## Practice Quote:

*"If I don't push you, I'm cheating you"*

– Tom Izzo

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
8 Minutes	<b>Stationary Dribbling Series</b> - All players have a basketball. The coach then takes them through a series of stationary ball-handling moves.	<ul style="list-style-type: none"> <li>● Make sure to print off the list of drills from the 'Stationary Dribbling Series' page in the eBook.</li> <li>● Encourage players to push outside their comfort zone.</li> <li>● Mistakes are okay!</li> </ul>
10 Minutes	<b>30 and 1 Shooting</b> - 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"> <li>● The game winning shot should be a shot your players can hit approximately 1/10 times.</li> <li>● The next player in line should be in stance ready to catch and shoot.</li> <li>● The shooter should be showing target hands before they receive the pass.</li> </ul>
12 Minutes	<b>3-Man Fast Break</b> - 3 players complete a specific series of passes without the basketball touching the floor as they make 3 trips of the court finishing with 3 layups.	<ul style="list-style-type: none"> <li>● Passes should be as flat as possible and out in front of their teammates.</li> <li>● Players must sprint throughout the entire drill.</li> <li>● Ensure players aren't committing traveling violations.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
15 Minutes	<b>Pairs Rebounding</b> - Two players on the baseline and two at the elbows. After the pass out a small-sided game commences with specific rules for both offense and defense.	<ul style="list-style-type: none"> <li>● Defenders must make contact to prevent the offense from securing a rebound.</li> <li>● The shooter must not follow their shot immediately or they'll end up shooting off-balance.</li> <li>● Use both ends of the court to prevent players waiting on the baseline too long.</li> </ul>
15 Minutes	<b>4-on-4 Shell Drill</b> - The defensive players practice being in the correct position on the floor depending on which offensive player has the basketball.	<ul style="list-style-type: none"> <li>● The correct positioning will be determined by the defense your team is running.</li> <li>● Defenders do not attempt to steal the basketball.</li> <li>● After a certain amount of passes, go live.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Transition Advantage</b> - Two lines of players across the court. The defender of the player who receives the basketball must retreat and touch the line before joining play.	<ul style="list-style-type: none"> <li>● This is a great drill for training decision-making skills as the offense must make the most of their advantage.</li> <li>● Encourage the offense to quickly space the floor and make smart passes.</li> <li>● The defenders must communicate with each other to stop the basketball.</li> </ul>

**Practice Notes:**

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# Advanced: 90-Minutes - Practice Plan #2

## Practice Quote:

*"When you have a team that communicates on the floor, it's like having an extra player"*

- Doug Collins

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Rainbow Shooting</b> - 2 lines on the baseline. Players run take turns passing, running the arc, and then receiving the basketball for a jump shot. After shooting, 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"> <li>● Players should be squaring up to the rim using their inside foot as the pivot foot.</li> <li>● Ensure players are on balance when they're shooting the basketball.</li> <li>● Show target hands.</li> </ul>
10 Minutes	<b>Chase Down Layups</b> - 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"> <li>● Offensive players must attack on the correct angle. Don't fade away from the rim.</li> <li>● Be sure to practice this drill on both sides of the floor.</li> <li>● No silly fouls from the defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Post Passing</b> - Players practicing feeding the basketball into the post as well as practice passing the basketball out to the perimeter from the low post.	<ul style="list-style-type: none"> <li>● Post player must be low and wide when receiving the basketball inside.</li> <li>● Variation: Post players scores before passing out.</li> <li>● Variation: Add a wing defender to make the feed into the post more difficult.</li> </ul>

Time	Drill	Coaching Points
<b>20 Minutes</b>	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
<b>5 Minutes</b>	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
<b>10 Minutes</b>	<b>Tough Catch</b> - Pairs of players shoot 10 shots each. The passer intentionally passes away from the shot pocket of the shooter to simulate shooting off a poor in-game pass.	<ul style="list-style-type: none"> <li>● Don't allow players to be silly in the drill passing incredibly far away from the shooter.</li> <li>● Explain to your players why this drill is important.</li> <li>● The shooter must change position to get their feet under the basketball if possible.</li> </ul>
<b>15 Minutes</b>	<b>Plus One</b> - The game starts 2-on-1 and gradually builds up to 5-on-5 adding one player on each trip of the court.	<ul style="list-style-type: none"> <li>● Encourage the teams to push the basketball up the court quickly.</li> <li>● The team with the advantage in numbers should always get an open shot if they have correct spacing.</li> <li>● Change which team has the advantage each game.</li> </ul>

**Practice Notes:**

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# Advanced: 90-Minutes - Practice Plan #3

## Practice Quote:

*"Coaching needs to be less 'here's what you're doing wrong' and more 'here's what you need to do right'"*

– George Raveling

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>Dribble Tag</b> - One or two players must attempt to tag everyone dribbling around with a basketball inside a specific playing area. Last player in is the winner.	<ul style="list-style-type: none"> <li>● Players are out if they commit any dribbling violation.</li> <li>● Vary the size of the court depending on the size of the group and number of taggers.</li> <li>● Encourage players to keep their heads up throughout the drill.</li> </ul>
15 Minutes	<b>2-on-2 Spread</b> - Defenders practice denying the pass to the player they're guarding. On the catch, the drill transitions into a live game of 2-on-2.	<ul style="list-style-type: none"> <li>● Defenders should have their chest facing the offensive player, arm out, and vision over their shoulder.</li> <li>● Refrain from throwing lob passes as there will usually be defenders to intercept this pass.</li> <li>● Correct footwork is important for both offense and defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
8 Minutes	<b>Sideline Screens</b> - Players practice scoring with a variety of moves out off of the pick and roll.	<ul style="list-style-type: none"> <li>● Ensure players are using the correct footwork as they're driving off the screen.</li> <li>● Moves: Turn down, split, attack the hip, drag out and drive, shoot.</li> <li>● Players must be practicing on both sides of the court.</li> </ul>

Time	Drill	Coaching Points
12 Minutes	<b>Ball-Screen Practice</b> - 2 offensive players practice executing a ball-screen against a single defender. Both the dribbler and screener finish the drill with a shot.	<ul style="list-style-type: none"> <li>● Players must be setting screens on the correct angle.</li> <li>● The dribbler must be patient as the screen is being set.</li> <li>● The dribbler should be attacking shoulder-to-shoulder with the screener.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
15 Minutes	<b>Advantage</b> - A regular small-sided game but the offense has one extra player on the court.	<ul style="list-style-type: none"> <li>● Great drill for teaching spacing. As long as the offense is spread, someone should always be open.</li> <li>● Offensive players should be making decisions quickly on the catch.</li> <li>● The defense must communicate and scramble to cover whoever has the basketball.</li> </ul>

**Practice Notes:**

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# Advanced: 90-Minutes - Practice Plan #4

## Practice Quote:

*"It's not about any one person. You've got to get over yourself and realize that it takes a group to get this thing done"*

- Gregg Popovich

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>3-Lines, 2-Balls</b> - Players set up in 3 lines with 2 basketballs. Players shoot, rebound their own shot, and must pass to a different line.	<ul style="list-style-type: none"> <li>● Make sure players aren't off-balance when shooting as they try to rebound too quickly.</li> <li>● Players can only rebound their own shot!</li> <li>● The next player in line should be down in stance and ready to shoot.</li> </ul>
10 Minutes	<b>Half-Court Attack</b> - Pairs of players slide along the half-court line until the coach says 'Go!'. The player with the basketball attacks the defender one-on-one from half-court.	<ul style="list-style-type: none"> <li>● The coach must attempt to give each player an even number of offensive possessions.</li> <li>● Encourage players to attack quickly. Players aren't allowed to hold up the basketball.</li> <li>● Players should be attempting to attack through the elbows.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
10 Minutes	<b>Post Move Crossovers</b> - Players rotate through passing into the post from the wing and then cutting to and scoring in the post.	<ul style="list-style-type: none"> <li>● Ensure players are focusing on their footwork when performing post moves.</li> <li>● Post players must get low and show their hands when posting up.</li> <li>● Variation: Put a defender on the perimeter to practice feeding into the post.</li> </ul>



Time	Drill	Coaching Points
20 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team’s offense, defense, or set plays. Focus on the progressions and don’t move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
13 Minutes	<b>Slide Rebounding</b> - Defenders slide side-to-side in the key and must challenge the shot and rebound when the coach passes it the ball to an offensive player.	<ul style="list-style-type: none"> <li>● Defensive communication is the most important part of this drill.</li> <li>● Make sure the defenders are getting a foot outside the key on each slide.</li> <li>● Offense must be ready to shoot when they receive the basketball.</li> </ul>
10 Minutes	<b>Netball</b> - Regular small-sided game or scrimmage using the rule that no dribbles can be made throughout the game.	<ul style="list-style-type: none"> <li>● Encourage players to try and think 1 - 2 plays ahead of the ball.</li> <li>● Spacing is crucial.</li> <li>● No passes shorter than 3 feet.</li> </ul>

**Practice Notes:**

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# Advanced: 120-Minutes - Practice Plan #1

## Practice Quote:

*"It is foolish to expect a young man to follow your advice and to ignore your example"*

- Don Meyer

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
10 Minutes	<b>32 Advance</b> - Three players pass two basketball up the court finishing with layups from the players on the outside.	<ul style="list-style-type: none"> <li>● Passes must be made out in front of the receiver.</li> <li>● No player should travel with the basketball. The outside players are allowed to dribble.</li> <li>● Players should be showing target hands.</li> </ul>
15 Minutes	<b>Connecticut Rebounding</b> - The coach calls out the numbers of three offensive players as they shoot the ball. The three defenders inside the key must communicate, box out, and secure the defensive rebound.	<ul style="list-style-type: none"> <li>● The basketball is still live on a made shot.</li> <li>● Defenders must cut off the path of the offensive player, make contact, and then pursue the rebound.</li> <li>● Defensive communication is incredibly important during this drill.</li> </ul>
12 Minutes	<b>1-on-1 Continuous</b> - Continuous games of 1-on-1. The offensive player must immediately close out to the opposite wing after a score or change of possession.	<ul style="list-style-type: none"> <li>● The games of 1-on-1 must stay on the one side of the court.</li> <li>● Footwork is incredibly important for both offense and defense.</li> <li>● Variation: Maximum of 2 - 3 dribbles depending on age and skill level.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
8 Minutes	<b>Perfects</b> - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> <li>● Hold shooting form until the shot is made or missed.</li> <li>● Ensure all coaches or those helping are teaching the same technique.</li> <li>● See the form from different angles.</li> </ul>
15 Minutes	<b>Fatigue Shooting</b> - Players are in groups of three. Players pass to a shooter, sprint the floor to receive a pass and shoot, and rebound their own shot. This cycle continues for a set amount of time.	<ul style="list-style-type: none"> <li>● Ensure players are shooting on-balance. Don't allow them to lean forward on the shot.</li> <li>● Players should be down in stance as they sprint in to receive the shot.</li> <li>● Show target hands to the passer.</li> </ul>
10 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
20 Minutes	<b>Relentless Transition</b> - Teams compete 3-on-3. On a change of possession defense outlets to two new players and the passer joins them to attack 3-on-3 in the opposite direction.	<ul style="list-style-type: none"> <li>● Players must be sprinting hard the entire time during this drill.</li> <li>● Outlet players must be ready to sprint on a change of possession.</li> <li>● Play first to reach 7 or 11 points and then take a break.</li> </ul>



# Advanced: 120-Minutes - Practice Plan #2

## Practice Quote:

*"Discipline is the only sure way I know to convince people to believe in themselves"*

- Pat Summitt

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>Dribble Warfare</b> - Dribblers must attempt to pass 3 defenders who can only slide laterally within a limited lane of the court.	<ul style="list-style-type: none"> <li>● Encourage dribblers to use different moves to beat each defender.</li> <li>● Swap the defenders every few minutes.</li> <li>● Focus on the footwork of the players.</li> </ul>
15 Minutes	<b>2-on-1 Half-Court</b> - 2 offensive players attack 1 player on defense and practice making the correct decision in an transition advantage situation.	<ul style="list-style-type: none"> <li>● The offense cannot slow down the basketball. Remind the players it's a fast break.</li> <li>● Players must keep it simple. Read the defender and make the correct play.</li> <li>● Ensure the offensive players don't get too close to each other.</li> </ul>
10 Minutes	<b>Hand-Off Shooting</b> - Players practice shooting or attacking the basketball after receiving a hand-off from a teammate on the wing.	<ul style="list-style-type: none"> <li>● The player handing off the basketball should have a hand on the top and bottom of the ball.</li> <li>● The receiver should curl tight around their teammate to use them as a screen.</li> <li>● Ensure correct footwork after receiving the ball on the hand-off.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
10 Minutes	<b>Drive and Kick</b> - Players practice attacking gaps in the defense with two hard dribbles before kicking out to a shooter. The final player to receive the pass shoots the ball.	<ul style="list-style-type: none"> <li>● Players must look like they're going to shoot when attacking the lane.</li> <li>● Players must receive the basketball on the perimeter down in stance ready to shoot or drive.</li> <li>● Ensure players aren't travelling in their first step.</li> </ul>
13 Minutes	<b>Tennessee</b> - A fast-paced shooting drill involving a layup and two jump shots on each trip down the floor. Ran for a specific amount of time.	<ul style="list-style-type: none"> <li>● Ensure players are loud when calling for the basketball and encouraging each other.</li> <li>● Shooters must catch the ball in a low stance while showing target hands.</li> <li>● No missed layups!</li> </ul>
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team's offense, defense, or set plays. Focus on the progressions and don't move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Defensive Cutthroat</b> - Two teams compete in the half-court and are rewarded by playing defense. Each defensive stop gains the team 1 point. A third team quickly transitions on court after each stop.	<ul style="list-style-type: none"> <li>● Players must stay focused throughout the entire drill since it moves fast!</li> <li>● Emphasise the importance of communication the entire possession.</li> <li>● Basketball must be passed back to the coach on each score.</li> </ul>
15 Minutes	<b>2-on-2 Frenzy</b> - Teams compete in a constant game of transition 2-on-2 where the offense must quickly sprint back on defense to challenge the shot.	<ul style="list-style-type: none"> <li>● Emphasise that it's a transition drill. The players receiving the outlet shouldn't hold the basketball up. Attack!</li> <li>● Great drill for conditioning your players.</li> <li>● Run for short bursts of time before giving your players a quick break.</li> </ul>



# Advanced: 120-Minutes - Practice Plan #3

## Practice Quote:

*"You can't sacrifice culture"*

- Greg McDermott

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>Bronze Passing</b> - A fun warm-up passing drill involving pairs of players passing as they run down the court and then passing from sideline-to-sideline as they return to the start.	<ul style="list-style-type: none"> <li>● Don't allow too much arc on the passes made on the outside.</li> <li>● All passers must be made out in front of the receiver.</li> <li>● Players must switch sides after each down-and-back trip.</li> </ul>
16 Minutes	<b>Partner Shooting</b> - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> <li>● Passes should be made hard and flat.</li> <li>● Shooter must be showing target hands and be down in stance when catching the ball.</li> <li>● Practice the 1-2 and the hop.</li> </ul>
12 Minutes	<b>Baseball Passing</b> - Players pass off the backboard to themselves and then make a baseball pass to a teammate sprinting down the sideline who finishes with a layup.	<ul style="list-style-type: none"> <li>● Passes must be made out in front of the receiver.</li> <li>● Receiver should be showing a target hand.</li> <li>● This is an important pass that must be worked on.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
15 Minutes	<b>Bulldog Rebounding</b> - Three players inside the key battle to secure a rebound and then finish with a score as the other two players defend.	<ul style="list-style-type: none"> <li>● Allow players to be physical, but make sure it's done in a safe way.</li> <li>● Emphasise the importance of establishing position early.</li> <li>● Players should be rebounding with two hands.</li> </ul>



<b>20 Minutes</b>	<b>Offense/Defense/Set Plays</b> - Work on either the team’s offense, defense, or set plays. Focus on the progressions and don’t move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
<b>5 Minutes</b>	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
<b>10 Minutes</b>	<b>Netball</b> - Regular small-sided game or scrimmage using the rule that no dribbles can be made throughout the game.	<ul style="list-style-type: none"> <li>● Encourage players to try and think 1 - 2 plays ahead of the ball.</li> <li>● Spacing is crucial.</li> <li>● No passes shorter than 3 feet.</li> </ul>
<b>20 Minutes</b>	<b>West Virginia Transition</b> - An offensive team attacks with an advantage while a defender stays in the front-court. The initial offensive team must sprint back in defensive transition to prevent an open shot from the loose player.	<ul style="list-style-type: none"> <li>● As soon as a shot is taken, one of the players must sprint back immediately.</li> <li>● On the change of possession, the initial defensive team must push the ball up court and look for the quick score if it’s available.</li> <li>● Spacing is crucial when at an advantage. The offense must get an open shot.</li> </ul>

**Practice Notes:**

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# Advanced: 120-Minutes - Practice Plan #4

## Practice Quote:

*"We're building a culture of accountability, trust, and togetherness. Entitlement will not be tolerated"*

- Brad Stevens

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>Dribble Knockout</b> - Players dribble around in a small space and attempt to knock each other's basketball out of the playing area.	<ul style="list-style-type: none"> <li>● Use the key or the three-point line depending on how many players you have.</li> <li>● Encourage players to keep their arm bar up to protect the basketball.</li> <li>● If a player fouls, they're out.</li> </ul>
14 Minutes	<b>Team V-Cuts</b> - Players practice performing the v-cut and the attacking the rim with a variety of moves and shot.	<ul style="list-style-type: none"> <li>● The correct footwork is crucial.</li> <li>● There should be an obvious change of pace as players explode out to the wing to receive the basketball.</li> <li>● Variation: Add a defender and have players compete one-on-one after a v-cut.</li> </ul>
12 Minutes	<b>Three-Point Bombs</b> - Two teams at each end of the floor compete against each other to see who can make the most three-pointers in a specific amount of time.	<ul style="list-style-type: none"> <li>● Players can only rebound their own basketball. No rebounding for teammates.</li> <li>● Everyone on the team must be counting the team's score out loud.</li> <li>● Ensure players don't follow their shots too quickly or they'll be shooting off-balance.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>

Time	Drill	Coaching Points
15 Minutes	<b>Offense/Defense/Set Plays</b> - Work on either the team’s offense, defense, or set plays. Focus on the progressions and don’t move on until your team understands it well.	<ul style="list-style-type: none"> <li>● Coach Mac Recommendations:</li> <li>● Offense: 5-out motion, 4-out 1-in motion.</li> <li>● Defense: Pack line, man-to-man defense.</li> <li>● Set Plays: Choose from eBook.</li> </ul>
25 Minutes	<b>Triple Split</b> - 3 pairs of players compete 1-on-1 in their own section of the court. One pair at each basket and one pair in the middle advancing the basketball up court.	<ul style="list-style-type: none"> <li>● No double teams are allowed in this drill. Must be played one-on-one.</li> <li>● Make sure the pairs get a chance to practice all roles.</li> <li>● If you have fewer players, you can have pairs compete in the half-court.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
20 Minutes	<b>Corner Recovery</b> - On each change of possession the player who shot or lost the basketball must sprint around a cone in the corner of the court before transitioning back on defense.	<ul style="list-style-type: none"> <li>● The trailing defender must be sprinting to get back into the play.</li> <li>● Defenders must communicate with each other to prevent a score while at a disadvantage.</li> <li>● Offense must push the basketball and attempt to make the most of their advantage!</li> </ul>
7 Minutes	<b>Elimination</b> - The drill involves two basketball and all players in one line. If the player behind you scores, you’re out.	<ul style="list-style-type: none"> <li>● Don’t allow players to intentionally miss shots.</li> <li>● Encourage players to use the correct shooting hand around the basket.</li> <li>● Join in! It’s fun.</li> </ul>

**Practice Notes:**

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# CONCLUSION

I hope you enjoyed the 36 Basketball Practice Plans eBook and that they can assist you to improve your team!

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at [coachmac@basketballforcoaches.com](mailto:coachmac@basketballforcoaches.com). I welcome all feedback and love hearing from the readers of BFC.
2. This PDF is part of the '*Championship Coaching Academy*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at [coachmac@basketballforcoaches.com](mailto:coachmac@basketballforcoaches.com) and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

Thanks!

— *Coach Mac*