

60 Minute Practice Plan (Beginner)

1. Warmup Exercises (5 Mins)

Dynamic Warmup (5 mins)

- Follow the leader: high knees, butt-kickers, carioca, walking lunges, high-knee skip, defensive slides

2. Shooting Drills (10 Mins)

Knockout (5 mins)

- Players line up at free throw line. First two players have a ball.
- First player shoots, second player shoots immediately after.
- If player behind you score before you do, you are out.

Closeout Shooting (5 mins)

- Shooter stands at elbow. Defenders line up under the basket.
- First defender in line rolls ball out to shooter, then closes out as shooter shoots.
- Shooter gets own rebound. Defender becomes shooter

3. Defensive Drills (2 mins)

Footfire & Mass Slides (2 mins)

- Players spread out in half court
- Start by rapidly tapping feet up and down in place.
- Slide left, slide right, back pedal, close out.

4. Offensive Drills (5 mins)

Offensive Review (5 mins)

- Review basic offensive principles – spacing, movement, cutting, passing screening
- Review offensive framework (positions and locations)

Game Shots (5 mins)

- Identify the locations and situations where your team is most likely to get shots in the context of your offense.
- Set up drills that include cuts, passes, screens, and shooting in every sequence
- Examples: give and go shooting, pass and screen away shooting, back door cut shooting etc.

5. Fast Break Drills (10 mins)

3 Man Weave, 2 on 1 Back (10 mins)

- 3 lines on baseline. Weave up the court by passing and running behind the receiver. Finish with a layup.
- Shooter runs back on defense. Other 2 players fast break into a 2 on 1.

6. Pressure Drills (10 mins)

Pressure Defense (10 mins)

- Review your half court, three-quarter court, and full court pressure defenses
- Review your half court, three-quarter court, and full court press breakers
- Play live offense vs defense

7. Special Situations (5 mins)

Sideline Play Review

- Review your baseline inbounds play(s)
- Review your sideline inbounds play(s)
- Practice against dummy defense then full speed 5 on 5 half court

8. Coaches Choice (10 mins)

Finish with a Fun, Game-like Drill

Suggestion: Sharks and Minnows

- Assign 2 sharks on defense. Everyone else is a minnow.
- Minnows spread out across one baseline. Sharks stand at half court.
- Minnows try to dribble across the floor without getting ball stolen by sharks. If ball is stolen, join the sharks.
- Continue until only one minnow left

90 Minute Practice Plan (Intermediate)

1. Warmup Exercises (5 Mins)

Dynamic Warmup (5 mins)

- Follow the leader: high knees, butt-kickers, carioca, walking lunges, high-knee skip, defensive slides

2. Shooting Drills (10 Mins)

B.E.S.T. Shooter (5 mins)

- Split team in half – one group at each basket
- Spend 1 minute shooting from each of the following locations: Bank shot, Elbow shot, Short corner shot, and Three pointer
- Team with most total baskets wins

Game Shots (5 mins)

- Identify the locations and situations where your team is most likely to get shots during games.
- Set up drills that include cuts, passes, screens, and shooting in every sequence
- Examples: give and go shooting, pass and screen away shooting, back door cut shooting etc.

3. Defensive Drills (10 mins)

Footfire & Mass Slides (2 mins)

- Players spread out in half court.
- Start by rapidly tapping feet up and down in place.
- Slide left, slide right, back pedal, close out.

Lane Slides (2 mins)

- Players line up along one lane line in defensive stance. Slide back and forth across the lane as many times as you can in 30 secs. Rest and repeat.

Shell Drill (7 mins)

- Set up 4 offensive and 4 defensive players
- Offensive players pass the ball around the three point line while defenders rotate to each defensive position: on-ball, deny (1 pass away), help (2-3 passes away)

4. Offensive Drills (10 mins)

Offensive Review (10 mins)

- Review your offensive set(s) vs man
- Review your offensive set(s) vs zone
- Practice against dummy defense then full speed 5 on 5 half court

5. Fast Break Drills (10 mins)

5 Man Weave, 3 on 2 Back (10 mins)

- 5 lines on baseline. Weave up the court by passing and running behind. Finish with a layup. Shooter and passer run back on defense. Other 3 players fast break into a 3 on 2.

6. Pressure Drills (10 mins)

Pressure Defense (10 mins)

- Review your half court, three-quarter court, and full court pressure defenses
- Review your half court, three-quarter court, and full court press breakers
- Play live offense vs defense

7. Special Situations (5 mins)

Sideline Play Review

- Review your baseline inbounds play(s)
- Review your sideline inbounds play(s)
- Practice against dummy defense then full speed 5 on 5 half court

8. Coaches Choice (30 mins)

Finish with a Game-Like Drill

- Full court scrimmage
- Full court fast break drills
- Shooting contests
- 2 on 2 or 3 on 3 tournament
- Free throw shooting when tired

120 Minute Practice Plan (Advanced)

1. Warmup Exercises (10 Mins)

Dynamic Warmup (5 mins)

- Follow the leader: high knees, butt-kickers, carioca, walking lunges, high-knee skip, defensive slides

2. Shooting Drills (20 Mins)

3 Man Shooting (10 mins)

- Players get into groups of 3 – shooter, passer, rebounder.
- Shooter v-cuts, receives pass from passer, then shoots. Rebounder gathers ball and passes to passer.
- Repeat for 2 minutes, then rotate.

Game Shots (10 mins)

- Identify the locations and situations where your team is most likely to get shots during games.
- Set up drills that include cuts, passes, screens, and shooting in every sequence
- Examples: give and go shooting, pass and screen away shooting, back door cut shooting etc.

3. Defensive Drills (10 mins)

Footfire & Mass Slides (2 mins)

- Players spread out in half court.
- Start by rapidly tapping feet up and down in place.
- Slide left, slide right, back pedal, close out.

Lane Slides (2 mins)

- Players line up along one lane line in defensive stance. Slide back and forth across the lane as many times as you can in 30 secs. Rest and repeat.

Half Court Zig Zag (2 mins)

- Players pair up – one dribbler, one defender
- Dribbler begins at baseline corner, then dribbles to half court against defender
- Defender slides with dribbler and forces him to change direction every 3 dribbles

Closeout Drill (2 mins)

- Players pair up – one defender, one ballhandler
- Defenders line up on the baseline with a ball, ballhandlers 15-20 feet away
- Defenders roll the ball to ballhandler, then sprint to close out. Switch and repeat

Gauntlet (2 mins)

- Players line up in baseline corner
- Sprint to close out at 3 pt line, then slide across to mid court. Backpedal to under basket. Slide across to the block, then take simulated charge from coach

4. Offensive Drills (10 mins)

Offensive Review (10 mins)

- Review your offensive set(s) vs man
- Review your offensive set(s) vs zone
- Practice against dummy defense then full speed 5 on 5 half court

5. Fast Break Drills (15 mins)

Chase Drill (5 mins)

- Dribbler starts at free throw line with ball. Defender starts on baseline. Both facing opposite basket.
- On whistle, dribbler goes full speed to try and score a layup at the opposite end. Defender sprints to catch up and try to disrupt the shot

3 on 2, 2 on 1 Back (10 mins)

- Start with 3 offensive players on one baseline and 2 defenders at the opposite end of the court.
- Fast break into a 3 on 2. Shooter runs back on defense. The 2 defenders fast break into a 2 on 1

6. Pressure Drills (15 mins)

Pressure Defense (10 mins)

- Review your half court, three-quarter court, and full court pressure defenses
- Review your half court, three-quarter court, and full court press breakers
- Play live offense vs defense

7. Special Situations (5 mins)

Sideline Play Review

- Review your baseline inbounds play(s)
- Review your sideline inbounds play(s)
- Practice against dummy defense then full speed 5 on 5 half court

8. Coaches Choice (35 mins)

Finish with Game-Like Drills

- Full court scrimmage
- Full court fast break drills
- 4 on 4 shell drill
- Shooting contests
- 2 on 2 or 3 on 3 tournament
- Free throw shooting when tired

My Practice Plan

1. Warmup Exercises (5-10 Mins)

- Dynamic warmup, athletic development and footwork drills

2. Shooting Drills (10-20 Mins)

- Run drills to replicate shots you will get in the context of your offense
- Incorporate screening, cutting, dribbling and passing

3. Defensive Drills (10-15 mins)

- Choose 2-5 defensive drills run for 2 minutes each.
- Focus on foot quickness, aggressiveness, blocking out and rebounding

4. Offensive Drills (5-10 mins)

- Practice your offensive sets vs man to man and zone

5. Fast Break Drills (10-15 mins)

- Practice 2 on 1, 3 on 2, 4 on 0, 5 on 0 situations

6. Pressure Drills (10-15 mins)

- Practice your own pressure defense and attacking a pressure defense. Half, three-quarter and full court.

7. Special Situations (5 mins)

- Practice inbounds plays and situational set plays
- End of game, need a three etc.

8. Coaches Choice

- Fun game-like drill to finish practice
- Never do suicides at end of practice!