

## ONE-HOUR PRACTICE PLAN - EXAMPLE

Pre-Practice - Stretching	1:25 - 1:35	Team Offense
1:00 - 1:05 Warm-Up Time	1:35 - 1:45	Team Defense
1:05 - 1:15 Skills Drills	1:45 - 1:50	Special Situations
1:15 - 1:25 Shooting Drills	1:50 - 2:00	Team Scrimmage / Post-Practice Comments

## THINGS THAT SHOULD BE DONE DURING PRACTICE

1. Warm-Up and Stretching: Set up a routine. (Let players do this). Change leaders every practice.
2. Skills Drills: This can change each practice. Advance in relationship to the ability of each player.
3. Shooting Drills: Work on accuracy. Contests are fun. Free throw shooting is a must. Work on self-improvement.
4. Team Offense: Teach team offense (Zone and Man). Break it down (2 on 2, 3 on 3, etc.).
5. Team Defense: Teach team defense (Man and Zone). Break it down (2 on 2, 3 on 3, etc.).
6. Special Situations: Out-of-bounds plays, last second shot, delay game, jump ball.

## ONE-HOUR PRACTICE PLAN BREAKDOWN

Teach players to stretch on their own before practice begins (you only have an hour).

### WARM-UP TIME - 5 MINUTES

Body balance and control drills:

1. Change pace/direction
2. Two-foot jump stop - With or Without Ball
- 3. **Two-foot and reverse pivot - Without Ball**
4. Defensive stance
5. Defensive slides
6. Silent run - high knees

### SKILLS DRILLS WITH BALL - 10 MINUTES

- 1. **2 Lines - Equal amount of players in each line**
  - A. **Dribble, two-foot jump stop, reverse pivot, crossover, pull back, change of pace, and behind the back.**
  - B. Pass, receive, jump stop, full court.
2. 3 Lines
  - A. Dribble down the court - crossover, pull back, change of pace.
  - B. Pass/Weave - Pass and go behind the player.
  - C. Opposite Lane, power dribble. Dribble to middle.
  - D. Add defense, 3 on 2, and 2 on 1.
  - E. No defense, Add trailer (4 man), add safety (5 man), add defense.

### FREE THROWS

1. Five and rotate. Two players in each group - 1 shooter and 1 rebounder.
- 2. **One plus one bonus (miss 1st shot - no bonus, sprint full-court).**
3. Free-throws in a row.
  - A. One sprint if shooter misses first attempt.
  - B. Three straight successful shots = Bonus point.

### SHOOTING DRILLS CONTESTS - 10 MINUTES

1. SPOT - 2 players with one ball
- 2. **GROUP SHOOTING - games/make it fun. Baseline, Wing, Free Throw - 2 balls per group.**
3. INDIVIDUAL SHOOTING - 30 Second Drills

### OFFENSE - 10 MINUTES

- 1. **Zone**
  - A. **1-3-1 (Wheel)**
    1. **Wing Entry/Overload**
    2. **High Post Entry**
  - B. 1-4
    1. Wing Entry
    2. Post Entry
    3. Dribble Entry

Notes: Basic Principles for zone offense:

- A. Don't line up near an opponent.
  - B. **Don't line up near one of your own players.**
  - C. Every time you receive the ball, do the following: Triple Threat
    1. Look to shoot.
    2. Drive (get by the defender who guards you).
    3. Pass and move to a new spot.
  - D. **Fake a Pass - Make a Pass.**
  - E. Offensive Rebounding. Anticipate the missed shot.
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2. Man Offense
    - A. Passing game.
      1. Pass and Screen Away.
    - B. Shuffle.
    - C. High-Low Post.

### DEFENSE - 10 MINUTES

- 1. **2-1-2**
2. 1-2-2
  - A. Wing Slides
  - B. Corner Slides
3. 1-3-1
  - A. Point to Wing Slide
  - B. Wing to Corner Slide
4. Half-court man

### SPECIAL SITUATIONS - 5 MINUTES

- 1. **Defend out-of-bounds (under basket).**
2. Out-of-bounds plays (offense)
  - A. Box Set - Screen Across, Screen Up
3. Free-throw blockouts.
4. Attack the press (zone or man)

TEAM SCRIMMAGE - 10 MINUTES      Teach while they play.

## FINAL COMMENT - POST PRACTICE

Remember that this is the greatest game to play. We all wish we could still play like we could when we were our players' age. That is because it is fun. Practices are fun. Whenever I had moral problems, it was because the game was no longer fun. When kids stop playing, it is because the pressures of winning, playing, time, and outside influences outweigh the fun they are having. Also, send them to camps. For more information on NJB Day camps, check our website; **WWW.NJBL.ORG**

## **60-MINUTE SELF-IMPROVEMENT PLAN**

### You Will Attain

1. A Positive Attitude
2. More Receptivity to Instruction
3. Cutting Mistakes to a Minimum

### Offense

1. Shooting
2. Passing (Ball Handling)
3. Dribbling
4. Pivoting (Footwork and Faking)
5. Rebounding

### You Increase

1. Muscular Strength
2. Agility and Coordination
3. Acquiring More Knowledge

### Defense

1. Develop Stance
2. Footwork
3. Helpside
4. Pressure on Ball
5. Sliding
6. Transition