

Sample Practice Plan I:

<b>Team:</b> #18	<b>Date:</b>	<b>Practice:</b> # 1
<b>Skill Focus:</b> Ball Handling skills		
<b>Type / Time allocated</b>	<b>Detail description</b>	<b>Notes:</b>
Warm ups (< 5 minutes)	Stretches	Focus on the limbering of the knee joints. Girls are susceptible to knee injuries
	Lay-ups, or something a little more aerobic	Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little.
Drill	Around the Legs	Keep your feet shoulder's width apart. Flex your knees and bend over at your waist. Holding the ball in your right hand, move it between your legs and around your left knee. Pick the ball up with your left hand, swing it around the front of your left knee and back to your right hand. Repeat. Do 20 repetitions of this drill on your left leg and then repeat it on your right leg.
Drill	Around the Knees	Keep your feet a few inches apart, flex your knees, and bend at the waist. Holding the ball in your right hand, pass it behind your knees to your left hand. Pass the ball around the front of your knees with your left hand to your right hand. Repeat the drill 20 times going in one direction as quickly as possible. Change direction and repeat the drill again.
Drill	Around the Waist	Stand up straight with your feet a shoulder's width apart. Hold the ball at waist level in your right hand and pass it behind your back as far as possible to your left hand. Pass the ball around the front of your waist as far as possible to your right hand. Repeat the drill 20 times going as quickly as possible. Change direction and repeat the drill again.
Drill	Figure 8	Keep your feet spread wider than a shoulder's width, flex your knees, and bend forward at the waist. Holding the ball at knee level in your right hand, pass it behind your left leg to your left hand. Pass it around the front of your left leg to behind your right knee to your right hand. Pass it around the front of your right knee to the back of your left knee. Repeat the drill 15 times going as quickly as possible. Change direction and repeat the drill. Don't watch the ball!
Drill	Between-The-Legs Bounce And Catch	Holding the ball over your head with two hands, spread your feet slightly further than shoulder's width. Swing the ball forward and bounce it on the floor between your legs near your heels. Swing your arms

		back quickly and catch the ball with your two hands as it bounces up toward your hips. Repeat this drill 15 times as quickly as possible.
Drill	Ball Drop/Hand Clap	<p>Here's a tricky drill that requires quickness and, since you won't be looking at the ball, a sense of where the ball is. Flex your knees, keep your feet together, and bend forward at the waist.</p> <p>Holding the ball behind your knees, let it drop to the floor. Bring your hands to the front of your knees, clap them together, then quickly bring them behind your knees to pick the ball up before the next bounce. Repeat this drill 15 times.</p>
Drill	Between the legs run (Walking Figure 8s)	This ball-handling drill is a good prelude to the between-the- legs dribbling drill. Assume a crouched position and begin moving slowly down court. As you move, pass the ball quickly from your right hand between your legs to the back of your left leg to your left hand. With the left hand, pass the ball around the front of your left leg, between your legs to the back of your right leg to your right hand. Repeat the drill continuously while moving down court.
Drill	Forward and Back	Start with both legs together pass the ball around both legs in a circle. Step forward with one leg and make the next circle around one leg. Bring foot back and make a circle around both legs again. Repeat with other foot stepping forward.