

Sample Practice Plan III:

Team: #18	Date:	Practice: # 3
Skill Focus: Dribble-Footwork-Shooting		
Type / Time allocated	Detail description	Notes:
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	Dribble - Jump Stop	Start on baseline or sideline, at medium speed dribble across the court until coach blows the whistle. Players should jump stop with both feet hitting the floor at the same time. This will allow the player to pivot on either foot.
Drill	Dribble/Jump Stop/Pivot	Same as above, but add in the pivot. Have a coach try and grab the ball from the player. Player should pivot away from defender while holding ball on opposite side of body.
Drill	Dribble/Jump Stop/Shoot	Make two lines at each available basket. Have the players dribble from the elbow (free throw line) to the block. They must jump stop and shoot.
Drill	Lay-ups	At the younger ages, teaching lay-ups needs to be a multi-step process. 1) Without the ball, have the players jump in place raising one arm and the same leg. 2) Without the ball, run from the elbow to the block and shoot the lay-up without the ball. 3) Same as #2 with the ball. Focus on the form, not the result.
Drill	Jump Shots	Make two lines at each available basket. Have the players dribble 2-3 times and shoot. Teach them to jump when they shoot.
Drill	Mikan	Starting under the rim, step to the right and shoot a bank shot. The foot work should look like a right handed lay-up. Rebound the ball and do the same from the left side. Repeat

Once your players do well with these drills, combine the skills from the first three practice plans.
ie: Dribble / cross over / jump stop / jump shot

Try and keep a ball in everyone hands at all times. Drills that incorporate a line with one ball aren't as productive as drills that include everyone at the same time. Typically our league has 12-14 practices and

10 games. If you can keep a ball in everyone's hands at all times, you can make significant advances in the skill level of your team. As the skill level of the player increases their enjoyment of the game increases and that's what its all about.