

PLAN #37:

Pass, Cut -- 3v3

Objectives: speed lay ups, shooting, pass, cut, fill, 3v3

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

6 min 1 ON 2 CHASE

Equipment: basketball

Players O1 and O2 pass the ball back and forth as they move down the floor. O3 is chasing hard to play defence. After the ball is scored it is 2 on 1 coming back at the other basket. The player who shot the ball goes back on defence. Chasing drills are good to force the players passing to move at speed and to take care of the ball.

Physical Load - Social Load - Technical Load

6 min 2 ON 1 CHASE

Equipment: basketball

O1 dribbles to the far end to score. Players O2 and O3 chase the dribbler O1. After the score it is O2 and O3 coming back on offence against O1. Find some creative ways to start the drill (coach passes the ball to O1, rebound and outlet to O1)

Physical Load - Social Load - Technical Load

8 min CANADA SHOOTING

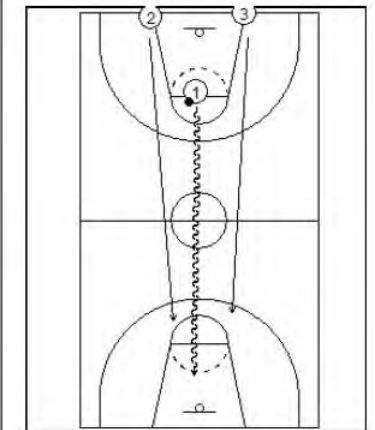
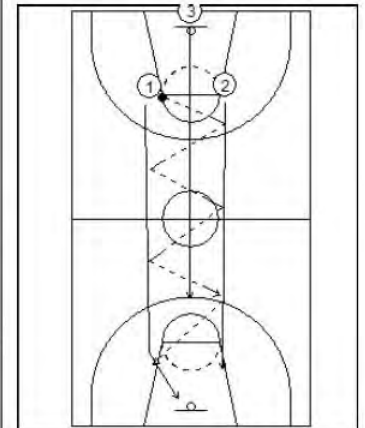
Equipment: basketball

Players line up in two lines, one outside the 3-point line and the other on the block. All players have a ball except for O4. O4 cuts baseline and receives a pass from O1, catches, shoots and rebounds their shot to fill their opposite line. After O1 makes the pass they cut to the elbow and receives a pass from O5, catches, shoots and rebounds their ball to fill their opposite line.

Footwork: Players can use inside pivot on the baseline or a jump stop. At the top use a jump stop.

Keys: Players should make hard quick passes and have your hands up ready to receive the pass. Be an active passer, this means faking pivoting with the ball. Do not stare down your pass. Use the type of pass you would use in a game. NO CHEST PASSES. Help them visualize what the defense will look like. Work the proper timing of the cuts. Make eye contact. Work for a quick release shot.

Physical Load - Social Load - Technical Load



CONCEPTS – 10 min

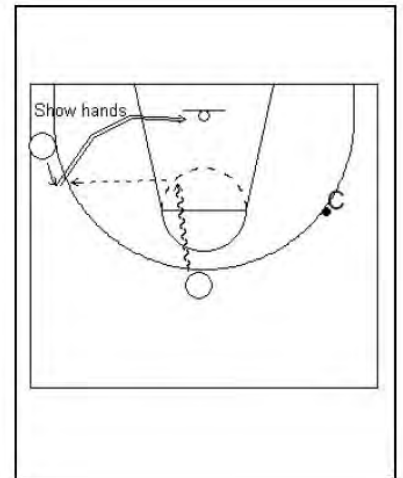
10 min 2 V 2 CUT & REPLACE

Equipment: basketball

The diagram shows doing the drill with no defence. The player at the top has the ball. They cut to the ball side post and then opens up. While seeing the ball the whole time the player balances out to the corner. The offensive player in the wing spot replaces the cutter to the top.

When the player at the top catches the ball, they want to receive it anticipating the defence; a jump stop, already square to the basket. They attack the basket with a crossover move. If their teammate shows hands, pass the ball. This player will shoot. If no hands are shown, keep attacking the basket.

Now the coach can give a guide on defence. Finally, we load the drill to play 2 on 2 with live defence. The coach is always open for a pass. The players are working on cutting.



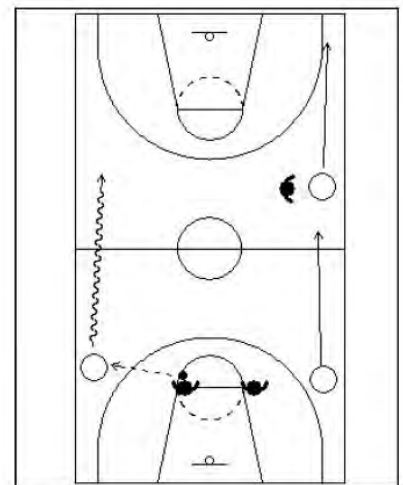
PLAY- 10 min

3 V 3 (LAT. DRIVE) DISADVANTAGE

Equipment: basketballs

Here the ball handler has the slight one second advantage on the side of the court with two offensive players on the same side. The defenders start on the inside of the offence. The drill starts when the defender makes the pass to the offensive player. The offence must also learn how to play in space. Should the second offensive wing player push the first wing player to go through or should the first wing player stop on the wing and the second offensive player balance behind to the top? These are the situations that the players must think about as they play.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #38:

Pass, Cut, Fill -- 3v3

Objectives: dribbling with movement, pass, cut fill, 3V3

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS - 20 min

6 min PARTNER MIRROR DRIBBLE

Equipment: basketball

Each player has a ball and a partner of similar ability. One player leads by dribbling and the other player follows behind mirroring the actions of the leader. When the coach calls change the two turn around and exchange roles. Have players move in broken lines. Basketball players need to learn to move with sharp changes of direction and speed. We do not want the players moving in rounded circles. Make sure they use both hands. They should use all available space. They must be aware of the other groups that are performing the drill. Find open space.

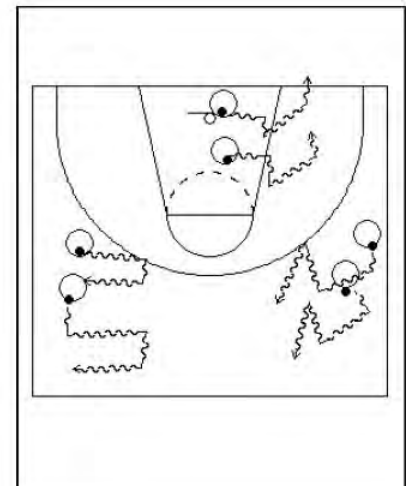
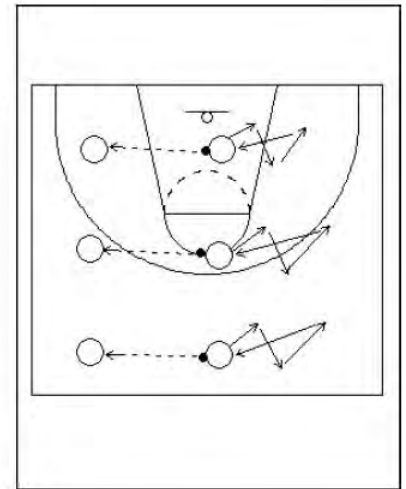
Physical Load - Social Load - Technical Load

7 min THREE SLIDES

Equipment: basketball

Each pair has one basketball and an abundance of open space behind them. The partner without the ball shows hands (ten fingers); this is the indication for the player with the ball to pass. After passing the player performs two defensive slides to the right, hip turns, two defensive slides to the left, hip turns and a final two slides to the right. Upon completion of the slides, the player cuts back to his/her partner and show hands. The player with the ball passes and does the set of three defensive slides. While the player without the ball is doing defensive slides the player with the ball is working on ball handling, performing various Maravich type drills, constantly scanning his/her partner so the pass can be made when the hands are shown.

Physical Load - Social Load - Technical Load



7 min **MIRROR MIRROR**

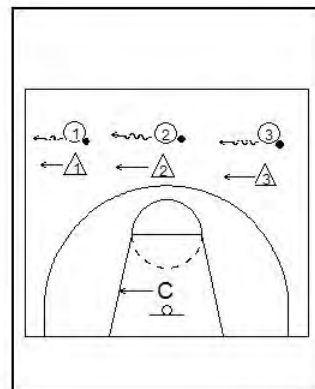
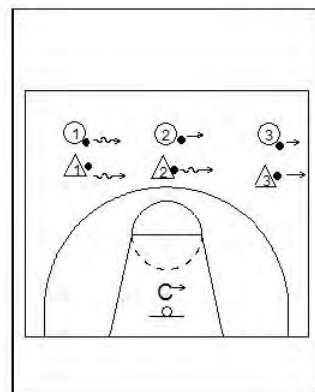
Equipment: basketball

In this drill everyone has a ball. The players facing the coach react to his/ her wave. The other player is facing the ball handler and reacts to his/her movement. Add the random pass - the player would pass the ball and immediately get a return pass. Be sure to use both the crab and the parallel dribbles

Mirror with guided defense

Now we add a guided defender who is moving to the dribble. Have the players attempt to beat the defender with a dribble move

Physical Load - Social Load - Technical Load

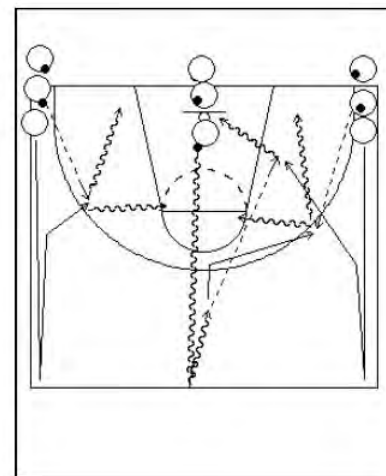


CONCEPTS 10 min

10 min **THREE LINE ENTRY PASS**

Equipment: basketball

Have three lines on the baseline. Everyone has a ball except the two players in the front of the outside lines. The player in the middle has the ball and initiates the drill by starting a speed dribble to half court. The two outside players sprint to half and return running the outside lanes. The player in the middle makes a pass to the player who is out in front. This player scores a layup as if in transition. The wing player who does not receive the pass will get a pass from the next player in the corner when they are at the attack spot. The passer in the middle makes a change of direction cut to receive a pass from the other corner at the attack spot. The timing of the passes are very important. We do not want to pass to the player between the key and three point line. They need to receive this pass in space. The players receiving passes from the corner can attack idle or baseline.



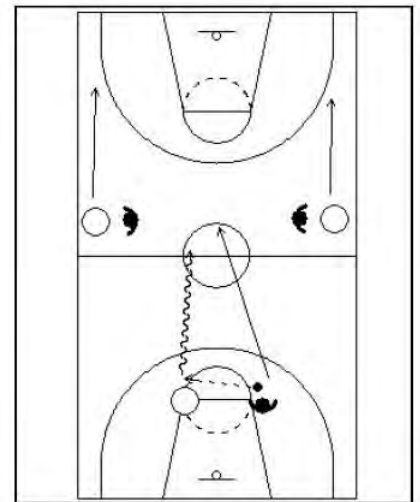
PLAY – 10 min

3 V 3 (MID. DRIVE) DISADVANTAGE

Equipment: basketballs

Here the brief one second advantage is in the middle with the ball handler deciding to pass to the other players or keep the ball themselves. Live play on the initial pass.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #39:

Pass, Cut, Fill -- 3v3

Objectives: passing with defense, passing with movement, cut and fill, 3v3

Equipment: basketballs

WARM UP GAME - 10 min
DYNAMIC WARM UP - 5min

SKILLS - 20 min

10 min **BULL IN THE RING** – review from plan #33

Equipment: basketballs

Spread out the team in a big circle. You can vary the number of defenders which stand inside the circle. (You could also use two smaller circles.)

Rules of play

Players cannot pass to someone beside them. After passing the player must trade places with a player beside you. Offensive players become a defender when there is a turnover or you forget to trade places after passing.

Physical Load - Social Load - Technical Load

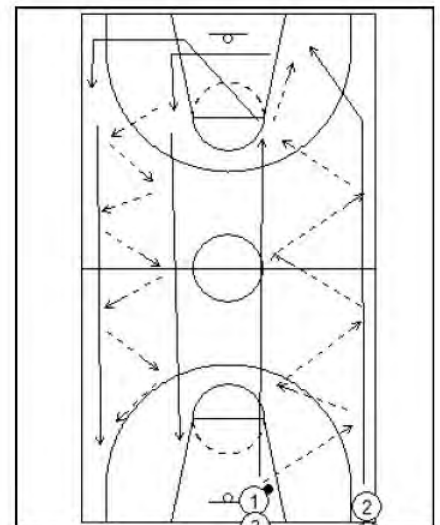
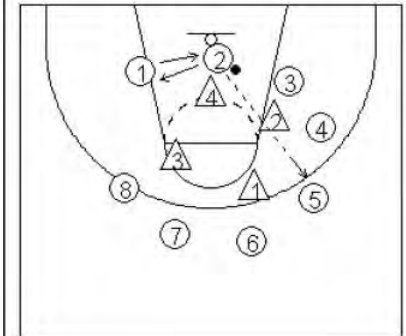
10 min **DUKE PASSING**

Players get a partner and a ball and pass while running the side lanes up the floor. Be sure to work both sides of the floor. The receiver needs to present a target. Make it wide or make it tight. Make the pass of the catch or off a specified number of dribbles

Types of passes:

- | | |
|-------------------------------|--------------------|
| 1. push pass – air | 6. behind the back |
| 2. Push pass – bounce | 7. tennis pass |
| 3. flicks - air – bounce | 8. rugby pass |
| 4. High flick – shoulder pass | 9. football pass |
| 5. behind the neck | 10. pronation pass |

Physical Load - Social Load - Technical Load

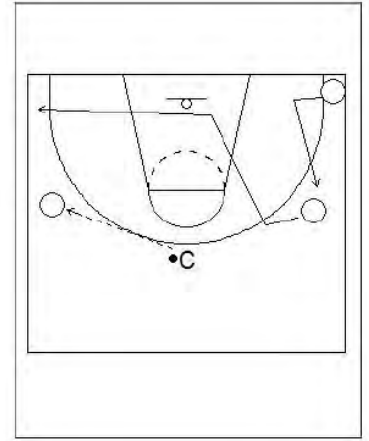


CONCEPTS – 10 min

3 V 3 CUT & REPLACE

Equipment: basketball

Start the drill with no defenders. The coach has the ball at the top and three players fill perimeter spots on offence. The concept is only cut when the player with the ball (coach) makes eye contact. After cutting, open up at the basket and fill the open space. If the player above you cuts to the rim you need to fill the open spot. If a pass is made to one of the players, the other players can still cut, but only when looked at by the player with the ball.



PLAY – 10 min

5 min MATCH-UP

Equipment: basketball

The offence lines up in three lines along the foul line extended, facing the half court line. The middle player has the ball (eventually any player could start with the ball). The defence lines up with their backs to the offensive players, facing the baseline. The offence runs out to the half court and now turns and attacks the defence. The defence runs to the baseline and comes to meet the offence.

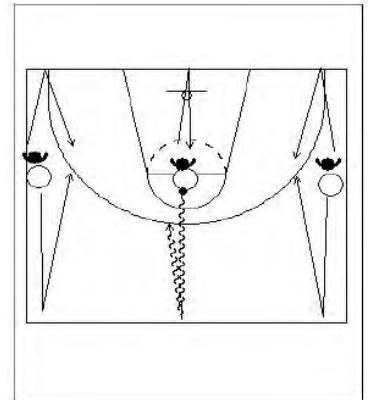
5 min NO DRIBBLE BASKETBALL

Equipment: basketball

No dribbles are to be used; pivots and cuts only. Players now try to invade offensive territory and score with no dribbles. Defense has to defend cuts and get in the passing lanes. Basically ultimate frisbee but with a hoop.

Possible Loads

Turnover if do not catch in stance and scan rim



DEBRIEF & COOL DOWN – 5 min

PLAN #40:

Pass, Cut, Fill -- 3v3

Objectives: shooting, pressure layups, pass, cut fill rhythm, 3V3,

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

7 min DRIBBLE SCORE RACE

Equipment: basketballs

The players are divided into two teams. Each player has a ball and lines up on opposite sides of the centre line. The players are given numbers. When the coach calls the number, in this example “2”. Both number two’s dribble in to score a shot. The player stays until scoring and then returns. You can have more than one pair go at a time. Keep the players active.

Physical Load - Social Load - Technical Load

7 min AROUND THE WORLD SHOOTING

Equipment: basketballs, pylons or floor markers

The coach marks out spots from which the players will shoot. Use spot markers or pylons. The players take turns in small groups at a hoop shooting from each spot. The basket or target should be at an appropriate height. The distance should also reflect their abilities. Players can start at one side and keep track of shots made individually or as a group

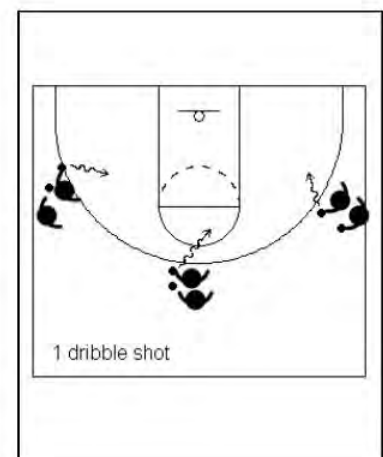
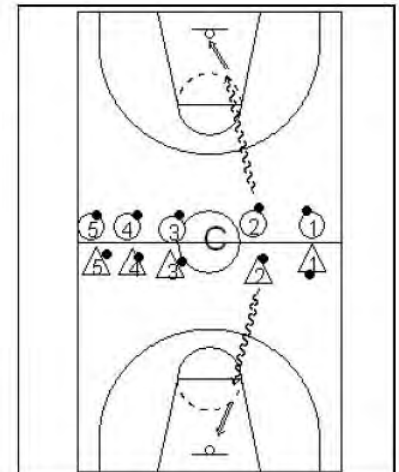
Physical Load - Social Load - Technical Load

6 min ONE DRIBBLE SHOT

Equipment: basketballs

Everybody starts with the ball extended in the left hand on their left side with bent knees: let the ball bounce on the floor, reach and catch it with two hands (the player is simulating catching a pass from the left), use a crossover step with the left foot and rip the ball for a right hand dribble, pick up the ball and take a shot. The players perform some repetitions on the right and then on the left side and then rotate spots.

Physical Load - Social Load - Technical Load



CONCEPT – 10 min

EXCHANGING PLACE (SPOT UP) 3 ON 3

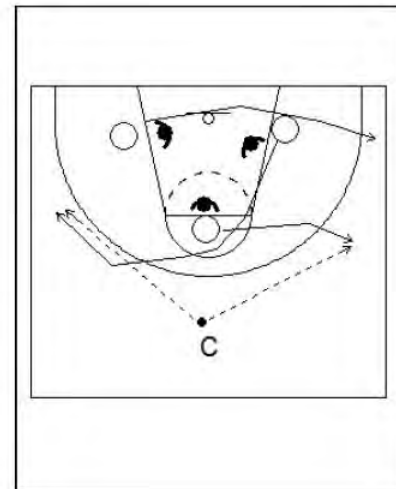
Equipment: basketballs

The players start in a triangle. The coach designates each offensive player as #1, #2 or #3. This determines who will move first, second or third. When the coach says “go” the players move in the order indicated. They cannot go out on the same side they start. The coach passes to an open player and they play 3 on 3.

This teaches the players to:

- Find open space
- Be aware of the movement of their teammates
- Play from different positions

Rhythm of offence. Not everyone moving at once



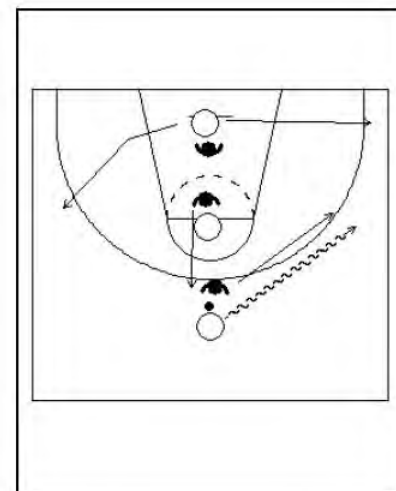
PLAY – 10 min

SPOT UP (1 GUARD)

Equipment: basketballs

The three offensive players start in a straight line. The bottom player can choose to exit out either side. The top player dribbles the ball to a side. The middle player must find open space. They then play 3 on 3 using the rules of play.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #41:

Pass, Cut, Fill -- 3v3

Objectives: attacking footwork, movement on penetration, 3V3

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS - 20 min

7 min CHANGE OF DIRECTION AND ATTACK

Equipment: basketballs

When O1 dribbles to 1/2 court the ball is set down (or passes to O2) and O2 picks it up and attacks the basket. The defense gives different looks:

- aggressive with no gap - use a protected crab dribble to start
- back pedal - use a speed attacking dribble with inside out moves and roll cross over
- gap - the defense retreats back to the 3 point line - use a attack speed dribble to close space and then go to a control dribble when approaching the defense

Physical Load - Social Load - Technical Load

7 min 1 ON 1 STARTS

Equipment: basketballs

Players practice on air going right, left, and shooting the ball. Give them time to figure it out for themselves using the correct pivot foot and cross over steps. Than the coach provides the guides to the players or players to guide the decisions. The player can go right, left or shoot depending on what the defence shows. Players can progress to where the defence is live. Have the defender move from a help or deny position into ball defence. Have them switch areas on the floor.

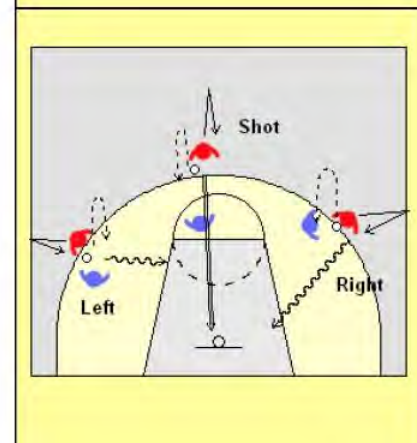
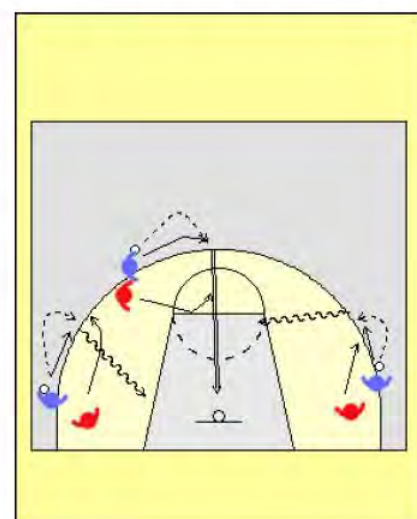
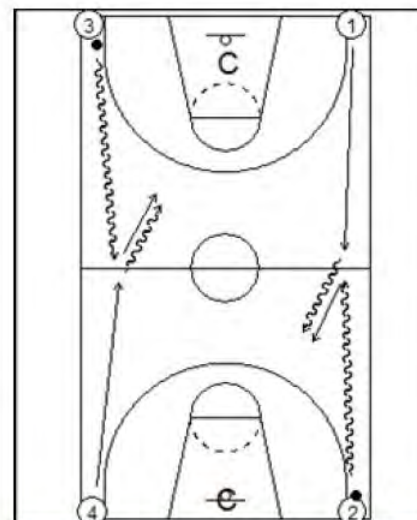
Physical Load - Social Load - Technical Load

6 min SELF TOSS

Equipment: basketballs

The players self toss to a spot and catch the toss to simulate a pass coming from the top to the wing or from one side to the other when a player cuts to the top. Here they are working on the crossover move, the curl or the shot. Players start working out the footwork of the three options off the self toss on air. Then add a defender to guide the three decisions and progress to live defence.

Physical Load - Social Load - Technical Load



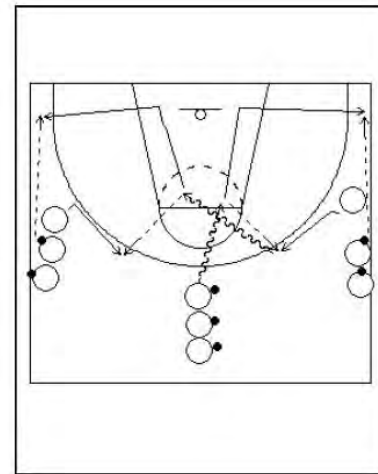
CONCEPT – 10 min

10 min CONTINUOUS PENETRATION AND KICK SHOOTING

Equipment: basketballs

The players form three lines. The first player of the two outside lines does not have a ball. Everyone else has a ball. The first player in the middle line penetrates to the middle. The wing player on that side rotates behind the penetration. The passer continues his/her cut out to the same side corner and receives a pass for a shot from the second player in the outside line.

It is imperative that the receiver of the pass off penetration shows shot for one second before penetration. This play then penetrates attacking the key. The wing player from the far outside line now rotates behind. The passer continues to cut to the same corner as he/she passes. The player who received the pass off penetration again waits for one second before continuing to penetrate to shoot a dribble jump shot. Try the other direction.



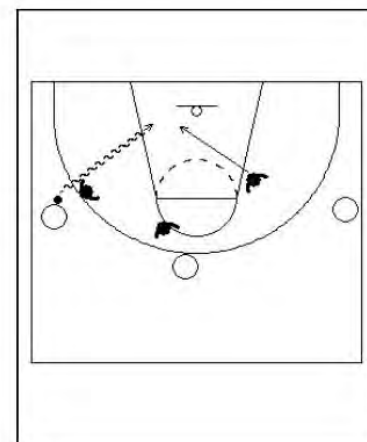
PLAY- 10 min

SEE THE OPEN MAN

Equipment:

Start the 3 on 3 with one offensive player with their back to the offence. This gives a brief one second advantage. Rotate matchups, spots and where the ball starts.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #42:

Pass, Cut, Fill -- 3v3

Objectives: directing on defence, pass, cut fill, 3v3

Equipment: basketballs, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS - 20 min

5 min CHANNELING

Equipment: pylons, basketball

Player O1 starts in the centre circle. X1 starts on the perimeter of the jump circle. With no ball involved X1 must keep O1 from running between the pylons at the foul line (you can narrow the pylons if you wish). To make it harder on the defense, make the players grab the shorts. The next progression is to add the ball.

Ask questions to guide the players. They will eventually learn it is easier to start on an angle and allow the offensive player to start running in one direction. The defense needs to stay in front of the hip. The offense will also discover that changing speeds, changing direction, and fakes makes them tougher to guard. In fact you can restrict the offense by only allowing change of direction or change of speed.

Physical Load - Social Load - Technical Load

5 min CHANNEL

Equipment: pylons, basketball

Give the defense a reward for channeling the defense to the outside of the three pylons. Start with no ball. Please note that this is a very difficult drill with out the ball, but players will gain confidence once the ball is added.

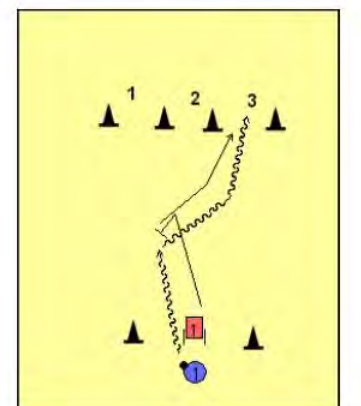
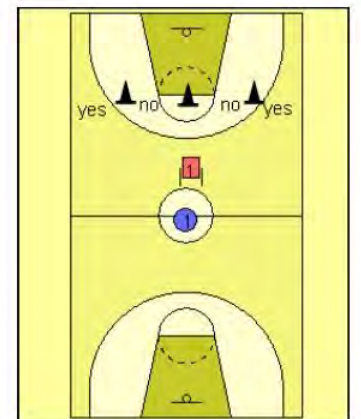
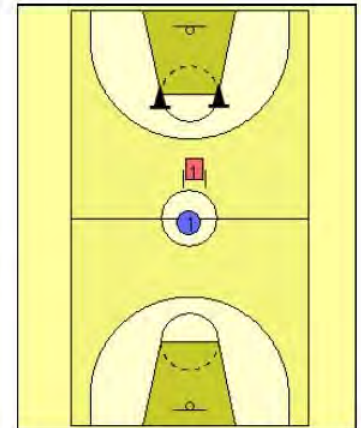
Physical Load - Social Load - Technical Load

10 min CHANNEL PLUS TURN

Equipment: pylons, basketball

We now combine the two concepts from the above drills. The coach tells the defense which hole he/she is to make the defense to go through. The offense does not know. Like a sheep dog the defender works to maneuver the sheep into the corral.

Physical Load - Social Load - Technical Load

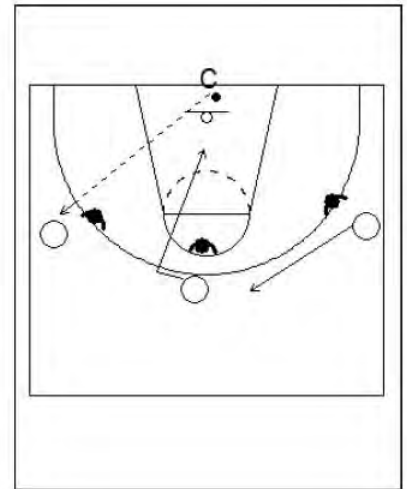


CONCEPTS- 10 min

3 V 3 CUT/REPLACE

Equipment: basketball

The coach has the ball under the basket. The defence is live but does not touch the ball until the coach passes. The drill is live on the pass by the coach. If the coach looks at you, cut. The other players must either fill or wait.



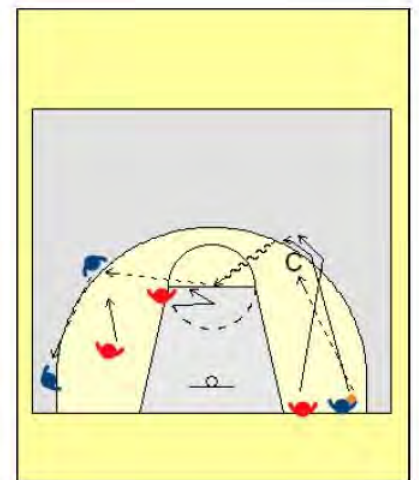
PLAY- 10 min

DYNAMIC START 3 ON 3

Equipment: basketball

This is set up to initiate a 3 on 3 situation. The coach gets to decide the direction of the one-second advantage by where they hold the ball for the offensive players. Build in transition. Allow the teams to transition after the make or miss.

Note: This drill can also be done from other positions on the floor to simulate



DEBRIEF & COOL DOWN – 5 min

PLAN #43:

Dribble Penetration -- 2v2, 3v3

Objectives: decision shooting, dribble penetration, 3v3

Equipment: basketballs, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS - 20 min

10 min SEE WHAT YOUR TEAM MATE IS DOING - Baseline

Equipment: basketballs, pylons

Form two lines at the baseline with each player having a ball. Two pylons are placed at the attack spot. The first two players dribble at the pylons and make a change of direction. The player that reaches the pylon has the choice to go around the pylon or to cross over in front. The other player must read what the first player does and do the opposite action. This forces the players to dribble with their eyes up and be aware of their teammates. Choose the type of finish at the rim; dribble jump shots, outside-inside power layups etc.

Physical Load - Social Load - Technical Load

10 min CANADA SHOOTING – review from plan #43

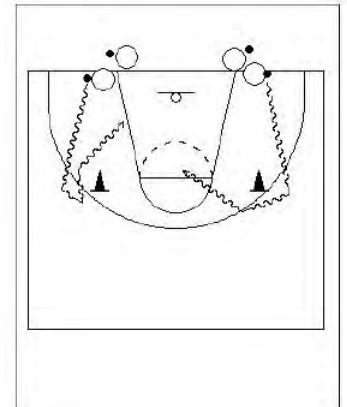
Equipment: basketball

Players line up in two lines, one outside the 3-point line and the other on the block. All players have a ball except for O4. O4 cuts baseline and receives a pass from O1, catches, shoots and rebounds their shot to fill their opposite line. After O1 makes the pass they cut to the elbow and receives a pass from O5, catches, shoots and rebounds their ball to fill their opposite line.

Footwork: Players can use inside pivot on the baseline or a jump stop. At the top use a jump stop.

Keys: Players should make hard quick passes and have your hands up ready to receive the pass. Be an active passer, this means faking pivoting with the ball. Do not stare down your pass. Use the type of pass you would use in a game. **NO CHEST PASSES.** Help them visualize what the defense will look like. Work the proper timing of the cuts. Make eye contact. Work for a quick release shot.

Physical Load - Social Load - Technical Load



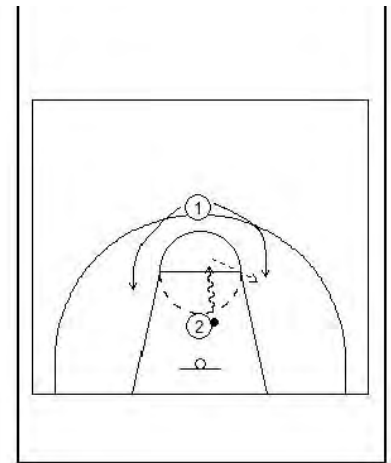
CONCEPTS – 10 min

DRIBBLE PENETRATION

Equipment: basketball

If the ball handler dribbles at the mirror, they must move to get behind the ball. This is teaching the idea of no three in a row on penetration (ball, defender, and receiver). We can now work on our creative passes such as the rugby passes.

After passing, O2 must find space. O1 can now initiate the action. It is good to practice a pass-pass sometimes.



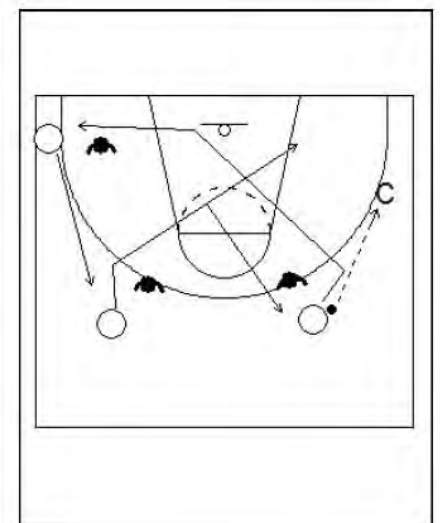
PLAY – 10 min

CUT AND REPLACE (2 GUARDS)

Equipment: basketball

The coach starts on the wing. The other three offensive players fill the other perimeter spots. To begin we want the defence to play denial. On the pass the player wants to cut to the basket. Following the rules the other players fill space. If denied at the three point line the player must cut back door.

On the catch don't freeze the ball, think shot first, pass second, and drive third. The coach is always available as a receiver. Switch offence and defence.



DEBRIEF & COOL DOWN – 5 min

PLAN #44:

Dribble Penetration -- 2v2, 3v3

Objectives: dribbling, speed dribbling, penetration to a kick, 3v3

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 MIN

10 min HEAD UP DRIBBLING

The ball handler has a live defender applying guided defense. The third player runs backward displaying a certain number of fingers that the offense must call out. If the third player puts both hands up the ball handler must pass the ball.

Physical Load - Social Load - Technical Load

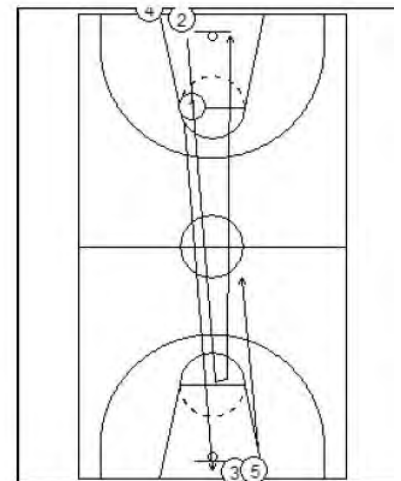
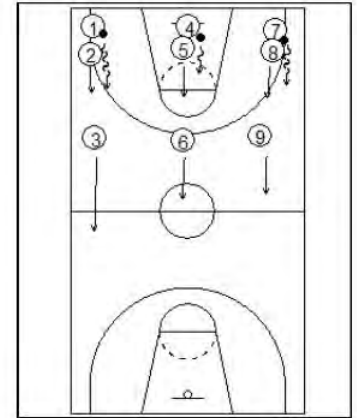
10 min RUN RABBIT RUN

Player 01 starts at the foul line. On a signal he/she takes off running to the far end. 02 is trying to tag the back of 01. Once 02 hits the foul line he/she changes direction and head back to the other basket. 05 now enters the contest try to tag 02. You may have to change the distances for the age of your players.

Add a ball so they are working on dribbling

Have more than one group going at once. The players must stay in their lanes.

Physical Load - Social Load - Technical Load

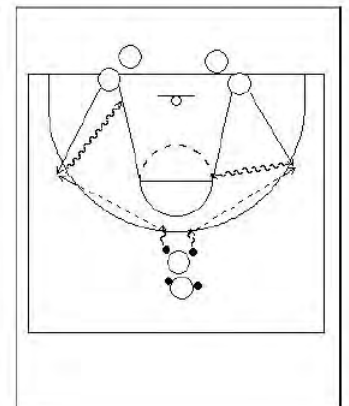


CONCEPTS- 10 min

5 min TWO BALL WING ENTRY PASS

Equipment: basketballs

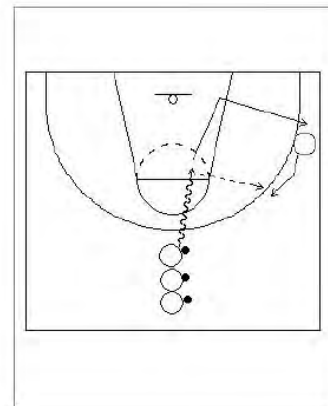
The players form three lines. The players in the top line need two basketballs each. The players on the baseline must establish who goes first. We do not want the same line going first each time. The passer must learn to scan who is open first. The rhythm of the pass is crucial. It should be delivered to the cutter when he/she arrives at the attack spot. The wing players will then either drive baseline or to the middle. The second player has to attack the basket on the opposite direction of the first one. To take the drill to Phase B, add guides to the passer and to the wing players.



5 min 2 V 0 PENETRATE & KICK

Equipment: basketball

The players at the top have the ball. The players on the wing must wait for the penetration to occur. Moving too early allows the defence to help on the ball and guard the perimeter player at the same time. The penetrator dribbles with the outside hand and must attack the paint. We want to pass the ball with the inside hand. The wing player circles behind the penetration for his/her shot. Keep running after passing and fill the same side as the pass.



PLAY – 10 min

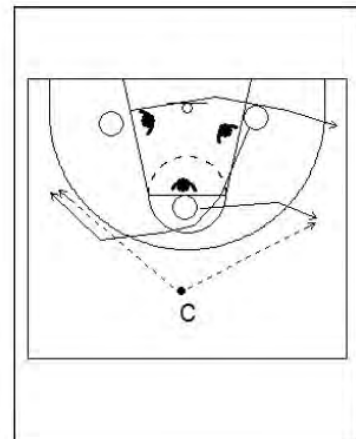
EXCHANGING PLACE (SPOT UP) 3 ON 3

Equipment: basketball

The players start in a triangle. The coach designates each offensive player as #1, #2 or #3. This determines who will move first, second, or third. When the coach says “go” the players move in the order indicated. They cannot go out on the same side they start. The coach passes to an open player and they play 3 on 3. This teaches the players to:

- Find open space
- Be aware of the movement of their teammates
- Play from different positions

Rhythm of offence. Not everyone moving at once.



DEBRIEF & COOL DOWN – 5 min

PLAN #45:

Dribble Penetration -- 2v2, 3v3

Objectives: passing with movement, penetrate and kick, 3v3

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS-20 min

10 min YUGO

Equipment: basketball

Players get a partner and a ball each and pass while running the side lanes up the floor. Be sure to work both sides of the floor. The receiver needs to present a target. Make it wide or make it tight. Make the pass of the catch or off a specified number of dribbles.

1. flicks
2. bounce air push pass
3. behind back flick
4. high elbow flicks
5. behind neck

Physical Load - Social Load - Technical Load

10 min DUKE PASSING WITH A CORNER PLAYER

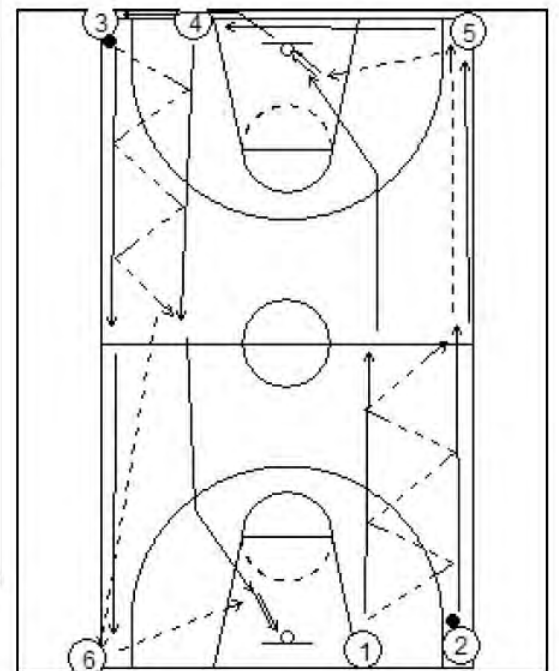
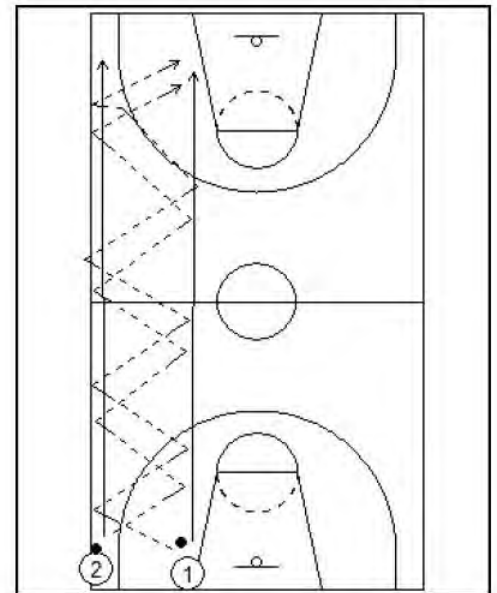
Equipment: basketball

03 has a ball and passes with 04 while running the side lanes up the floor. At half 04 passes to 06 and cuts to the rim to get the ball back to score. 06 plays trail defense and 03 fills 06's spot. Be sure to work both sides of the floor. The receiver needs to present a target. Make it wide or make it tight. Make the pass of the catch or off a specified number of dribbles. Also change around the position of the pass receiver (to wing, center of the floor post)

Types of passes:

- | | |
|-------------------------------|--------------------|
| 1. push pass – air | 6. behind the back |
| 2. push pass – bounce | 7. tennis pass |
| 3. flicks - air – bounce | 8. rugby pass |
| 4. high flick – shoulder pass | 9. football pass |
| 5. behind the neck | 10. pronation pass |

Physical Load - Social Load - Technical Load

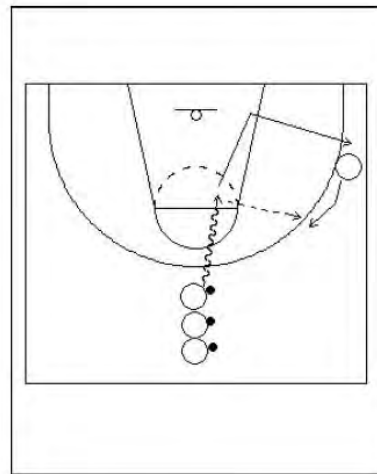


CONCEPTS- 10 min

2 V 0 PENETRATE AND KICK

Equipment: basketballs

The players at the top have the ball. The players on the wing must wait for the penetration to occur. Moving too early allows the defence to help on the ball and guard the perimeter player at the same time. The penetrator dribbles with the outside hand and must attack the paint. We want to pass the ball with the inside hand. The wing player circles behind the penetration for his/her shot. Keep running after passing and fill the same side as the pass.



PLAY- 10 min

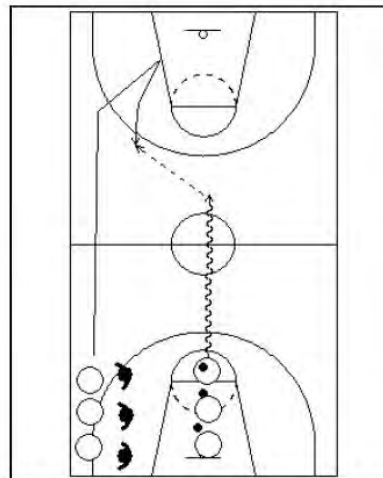
DRIVE UNDER CONTROL

Equipment: basketball

The passer line is at the foul line with the ball. The offensive player is at the sideline and defended by a defender. The action begins when the player with the ball starts to dribble. This player CANNOT score. They must dribble under control and decide if they can deliver a pass to the offensive player. The offensive player on the wing sprints to get an advantage. The defender is trying to get a position where they can protect the basket.

If the ball cannot be passed on the wing push, the offensive player goes down and comes back to get open. Never use the same plane to come out that you went to the basket on. Change the angle. Once the pass is made the passer is out of the drill.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

Objectives: pressure layups, dynamic reads, penetration to score, 2v2

Equipment: basketballs, pylons

WARM UP GAME -10 min
DYNAMIC WARM UP - 5 min

SKILLS -20 min

7 min CHASING LAY UPS

Equipment: basketballs

O1 starts with the ball at the top of the jump circle. O2 starts at the back of the jump circle. On a verbal O1 starts to dribble to the rim to score and O2 chances to touch the back of the dribbler. You can change the distances, starts (back to back), start with a pass, sprint to get in front etc.

Physical Load - Social Load - Technical Load

7 min PASS TO THE COACH

Equipment: basketballs, pylons

A coach positions them self at the top of the three point line. When the players are dribbling, the coach will show their hands to one of the two players. That player will pass the ball to the coach and cut to the basket. The opposite player makes a pass to the cutter. After passing the player cuts to the basket and receives a return pass from the coach. This makes the players keep their head up.

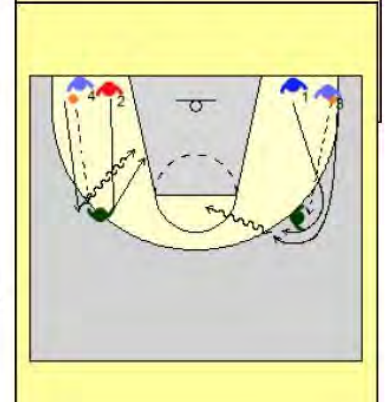
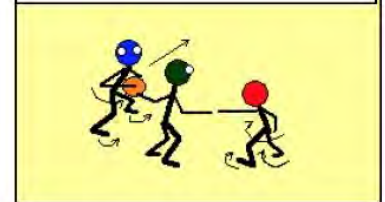
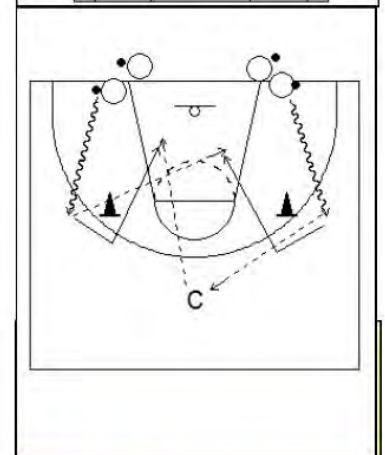
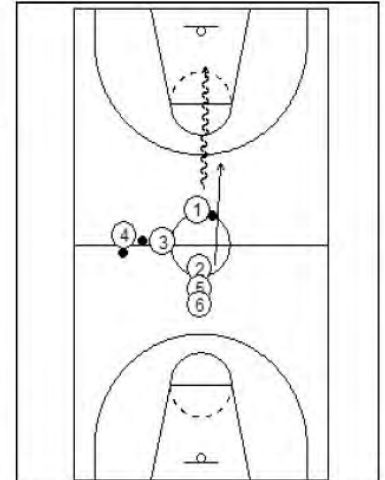
Physical Load - Social Load - Technical Load

6 min DYNAMIC HAND OFF WITH DEFENSE – review from lesson #19

Equipment: basketballs

There is now a second line of defenders to the inside of the offensive players. On the pass both players run out to the coach. If the coach holds the ball with the outside hand the defender must touch the inside hand of the coach before playing defence. This creates a one second advantage for the offensive player. If the ball is held with the inside hand the defender must circle behind the offensive player who is going to take the dribble jump shot.

Physical Load - Social Load - Technical Load



CONCEPTS- 10 min

CONTINUOUS PENETRATION AND KICK SHOOTING

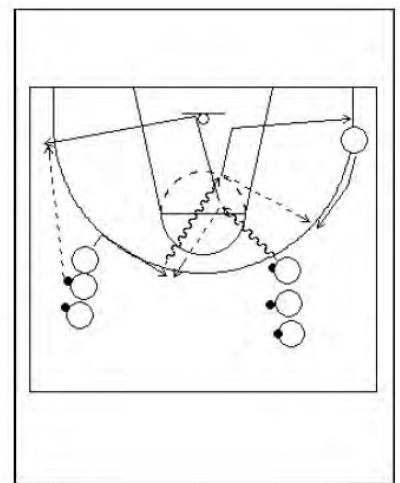
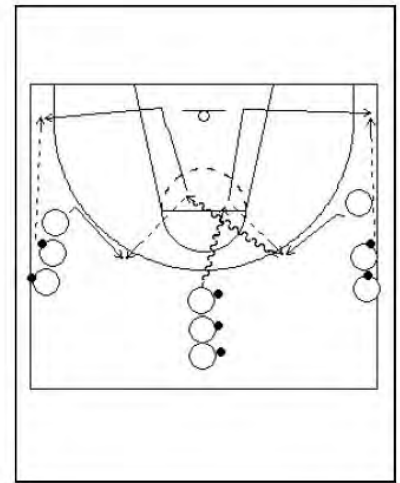
Equipment: basketballs

The players form three lines. The first player of the two outside lines does not have a ball. Everyone else has a ball. The first player in the middle line penetrates to the middle. The wing player on that side rotates behind the penetration. The passer continues his/her cut out to the same side corner and receives a pass for a shot from the second player in the outside line.

It is imperative that the receiver of the pass off penetration shows shot for one second before penetration. This play then penetrates attacking the key. The wing player from the far outside line now rotates behind. The passer continues to cut to the same corner as he/she passes. The player who received the pass off penetration again waits for one second before continuing to penetrate to shoot a dribble jump shot.

Middle penetration

We form three lines. Everyone has a ball except the first player in the two outside lines. The first player in the middle line attacks the key. The first player in the outside line to the side of the penetration rotates behind for the pass. The passer continues his/her cut to the ball side corner where he/she receives a pass for a shot from the second player in line. The receiver of the pass again waits for one second before continuing his/her penetration. He/she makes a pass to the player rotating behind for a shot.



PLAY – 10 min

TIMING OF THE PASS

Equipment: basketballs

Now we play 2 on 2 with the defence coming from a different angle. One defender is at the elbow with the ball. The second defender is behind one offensive player at half court. His/her back is to the offensive player. This is to create a one second advantage for the offence.

The second offensive player is at half. This player receives a pass from the defender at the elbow. Once the pass is made the defender must touch the sideline before playing defence. This creates a brief two on zero situation. The offence must take advantage or maintain the one second advantage. The defence is working to recover.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

Objectives: jump shot, spacing, penetration to a shot, 3v3

Equipment: basketball

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS- 20 min

10 min QUICK 1-2

Equipment: basketball

Players go with a ball individually to a hoop and practice the footwork. As the ball is dribbled, the player does a quick 1-2 step with their feet. We are working towards a jump shot that can be used when the player is closely guarded. It is quicker to use the 1-2 rather than the hop. We are attempting to develop players who can execute the jump shot late in the shot clock when they are closely guarded. (The hop is still useful in situation when the player is escaping the defender and time is not as important.)

Make sure players are:

- hard dribble so you don't have to reach
- quick 1-2 with feet
- Take the ball on the diagonal to the release point in one motion.
- Jumping!!!!
- Hold the high follow through.
- Be sure to use both hands and both feet.

Put players in groups of three with the passer, jump shooter and defender at a hoop. The passer and shooter move to spots on the floor that are at least one space away and the defender defends the shooter. The shooter cuts to the open space to receive the ball from the passer and the defender allows for the catch and gives space on the catch. The shooting dribbles and pulls up for the jump shot over the defense. Players switch rolls and move to a new spot. Defence- passer, passer to shooter and shooter to defence.

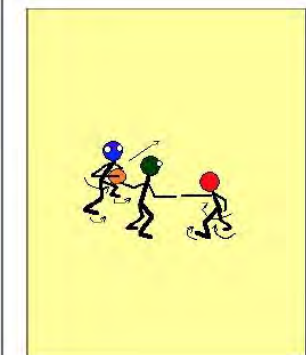
Physical Load - Social Load - Technical Load

10 min DYNAMIC 1 ON 1 WITH GUIDED D

Equipment: basketball

Player line up in four lines at the baseline. The outside lines are offence and have a ball. On the pass to the coach, both players run out to the coach. If the coach holds the ball with the outside hand the defender must touch the inside hand of the coach before playing defence. (left side of the diagram). This creates a one second advantage for the offensive player and the player does the cross over footwork to their finish near the rim. If the ball is held with the inside hand the defender must trail behind the offensive player who is going to take the dribble jump shot.(right side of the diagram)The player does their curl footwork off of the catch of the ball from the coach.

Physical Load - Social Load - Technical Load



CONCEPTS – 10 min

5 min REALISTIC

This penetration to the win from the top works on spacing. The players must react to the movement of the other player. You can have the drill start with a dribble, a direct cut or an indirect cut. Have the player execute so many concepts before scoring.

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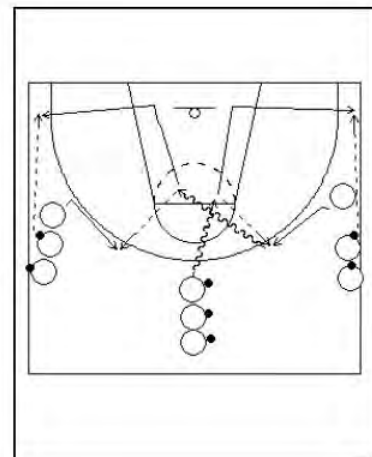
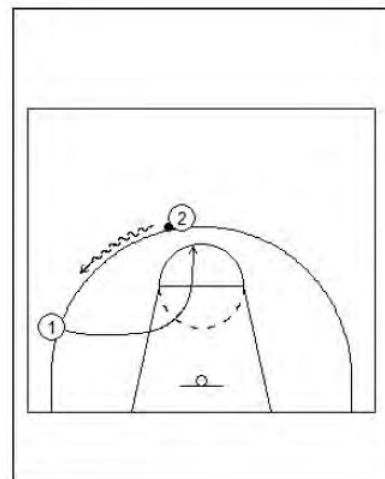
- Add guided defense
- Have two defenders and play 2 on 2

5 min CONTINUOUS PENETRATION & KICK SHOOTING

Equipment: basketballs

The players form three lines. The first player of the two outside lines does not have a ball. Everyone else has a ball. The first player in the middle line penetrates to the middle. The wing player on that side rotates behind the penetration. The passer continues their cut out to the same side corner and receives a pass for a shot from the second player in the outside line rotates behind. The passer continues to cut to the same corner as they pass. The player who received the pass off penetration again waits for one second before continuing to penetrate to shoot a dribble jump shot

It is imperative that the receiver of the pass off penetration shows shot for one second before penetration. This play then penetrates attacking the key. The wing player from the far outside line now



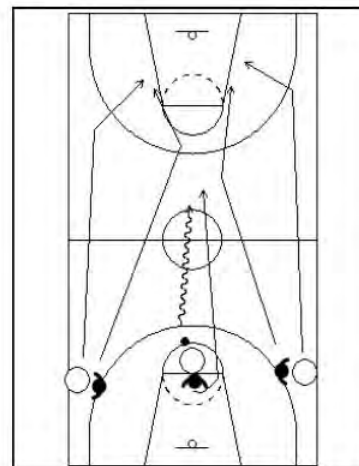
PLAY – 10 min

THREE ON THREE

Equipment: basketballs

Here we set up 3 on 3. The third defender stands with their back to the middle player. Once the middle player dribbles, everyone else is live. This gives a slight one-second advantage. The middle player is now able to score.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #48:

Dribble Penetration -- 2v2, 3v3

Objectives: defensive full court channeling, close outs, passing penetration, 2 v2

Equipment: basketballs, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP –5 min

SKILLS 20 min

10 min TURN TWO TIMES CHANNEL TO THE SIDE

Equipment: basketballs

Have the athletes force turns in the full court.

The goals are:

- to force the player to dribble to the sideline first
- to turn the dribble twice in the back court
- to make the dribbler cross half at the side line
- to make the offense attack the basket from the wing position not the middle of the floor.

The defense can score a total of four points each possession - one point for each of the goals.

Physical Load - Social Load - Technical Load

10 min CLOSE OUT

Equipment: basketballs, pylons

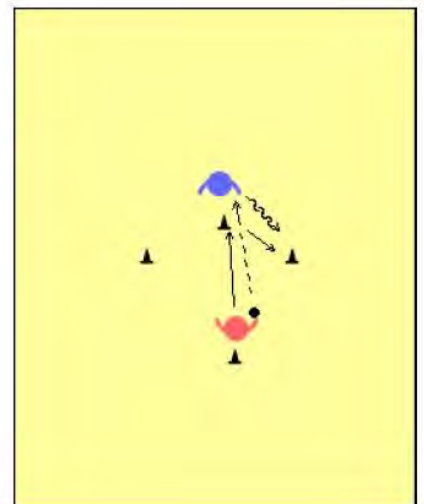
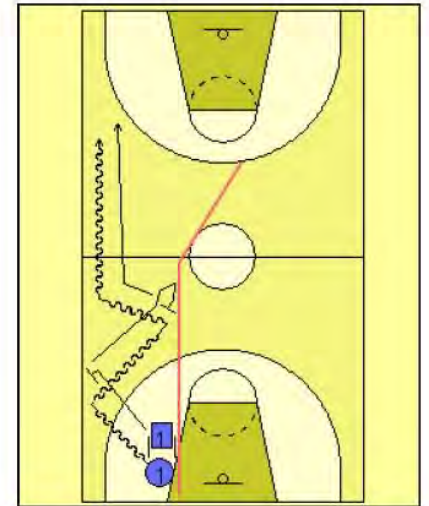
This drill is used to help the defender learn to close out and turn the offensive player from moving forward. Force the offensive to move in circles not straight lines.

The defender passes the ball to the offense and sprints under control. Use a stutter to decelerate. The offense then dribbles at one of the pylons. The defender mirrors this action.

Some ideas for loads are

- make it a game - the offense scores by getting between the pylons
- allow fakes
- have the defense channel the player toward one of the pylons

Physical Load - Social Load - Technical Load



CONCEPTS – 10 min

5 min THREE PLAYER CIRCLE PASSING

Equipment: basketball

Add a third player (increase the size of the circle if required) – now working on rhythm of the movement and the pass, pass concept.

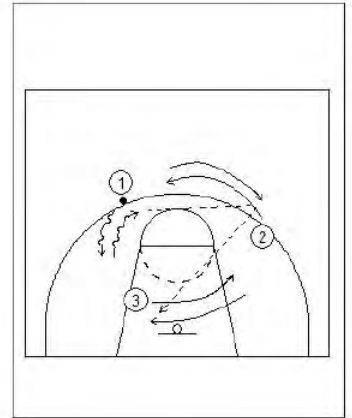
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- Add a defender(s)
- Have 4 players involved – make a pass, pass, pass

5 min ATTACK ON THE DRIBBLE

Equipment: basketballs, pylons

Players fill 5 spots on the floor with one basketball. If a player dribbles at you, cut to the basket. If a player dribbles away from you, fill that spot. If the player dribbles at the basket, look to get open if your defender helps.



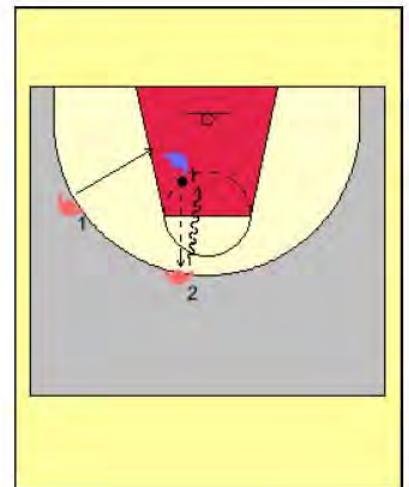
PLAY – 10 min

2 ON 2 IN TIGHT SPACES

Equipment: basketballs

The defender starts with the ball. They may pass to either player. Both players attack the basket looking to create a 2 on 1. Allow only one pass. We are looking for a lay up or a foul. No jump shots at first. The defender works on faking into the passing lane. Block out one player on the shot. Play to a defensive rebound or a basket.

In these examples, we are playing from the swing and the wing, and the corner and swing.

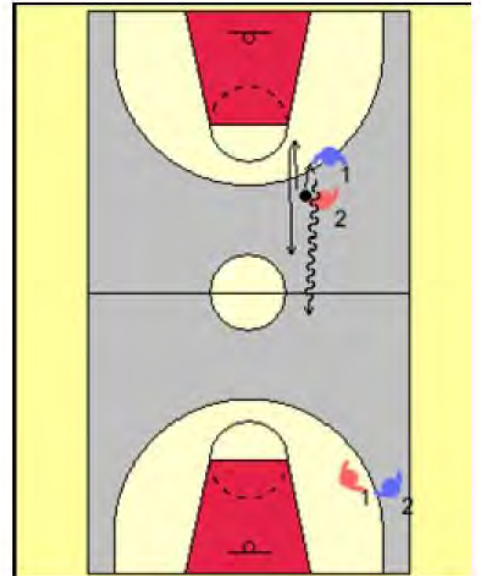


5 min LIVE 2 ON 1 UP AND BACK

Equipment: basketballs

We can now play it live. O2 Red passes the ball to #1 Blue and takes one step beside him/her. O1 Blue starts to drive the ball creating a 2 on1 with O2 Blue. Red tries to stunt and buzz the ball. If a turnover is created red goes 2 on1 in the opposite direction. If the ball is scored play 2 on 2

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

Objectives: shooting, give and go, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS –20 min

7 min TWO LINES FULL COURT SHOOTING

Equipment: basketballs

The players line up in two lines on both sidelines at half court. Every player has a ball except one. The player without the ball starts to run to one of the two baskets. The player with the ball on the opposite side of the court takes two dribbles in the same direction and makes the pass to the player running to the hoop. The player receiving the pass continues in and scores the basket. The player who passed stops, changes direction and heads to the opposite basket. This cues the next player to take two dribbles and make a pass. The drill continues with players alternating the basket they attack.

Loading in defense, a coach is laced at either end of the court. When the player drives to the basket he/she must read the positioning of the coach. If the coach places his/her chest in front of the player, the player pulls up and shoots the jump shot. If the coach does not show his/her body, the player continues in for the layup.

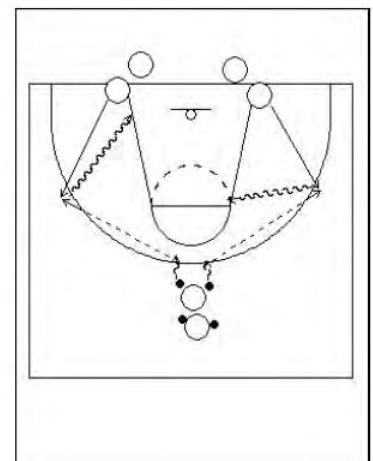
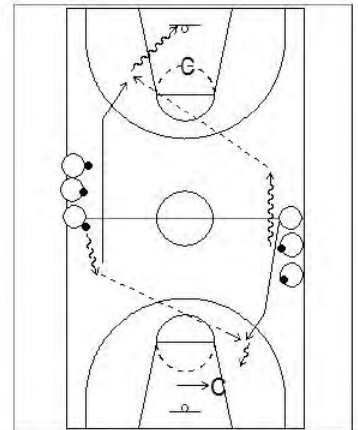
Physical Load - Social Load - Technical Load

7 min TWO BALL WING ENTRY PASS

Equipment: basketballs

The players form three lines. The players in the top line need two basketballs each. The players on the baseline must establish who goes first. We do not want the same line going first each time. The passer must learn to scan who is open first. The rhythm of the pass is crucial. It should be delivered to the cutter when they arrive at the attack spot. The wing players then will either drive baseline or to the middle. The coach can add guides to the passer and to the wing players.

Physical Load - Social Load - Technical Load

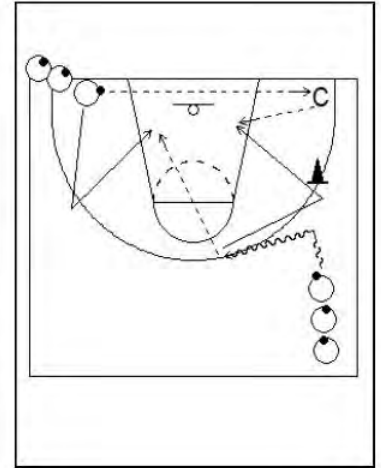


6 min **BACK DOOR PASS**

Equipment: basketballs, pylons

The players form two lines on the baseline and wing outside of the three. All players have a ball. The player in the corner starts by throwing a skip pass to the coach in the corner. For younger players they may need to shorten the pass by dribbling, pretending it is baseline penetration. The player at the top now centres the ball by taking it to the middle. The player in the corner must time his/her cut to arrive at the attack spot at the same time the player at the top is ready to make a wing entry pass. The wing player now makes a change of speed and cuts backdoor to the basket. The passer either delivers a bounce pass in the key or a lob to the corner of the square. It is important that this pass is made on the same side of the court as the receiver. Throwing a backdoor pass from ball side to help side leads to a turn over. After making the pass the player now turns and cuts to the wing and then cuts backdoor to receive a pass from the coach. It is best to have a pylon or a coach there so that the player will keep the spacing before going backdoor. Change types of finishes.

Physical Load - Social Load - Technical Load



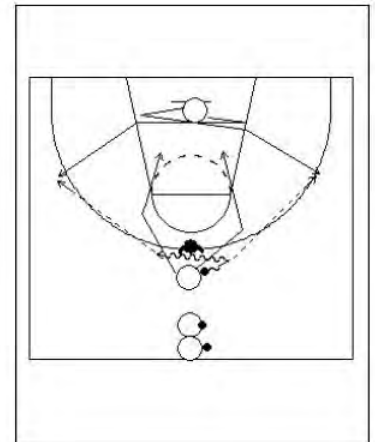
CONCEPTS- 10 min

2 V 1 DOUBLE EXIT

Equipment: basketballs

In this drill we are working on making a wing entry pass and then a give and go. The line at the top has basketballs, except the first player who turns and plays defence on the second player. A second offensive player is standing under the basket. This player can choose to exit to either attack spot. The offensive player at the top can shorten the pass by dribbling slightly to the side. Remember that the pass must arrive to the cutter when they are EXACTLY at the attack spot. We do not want the pass to a player who is running away from the basket inside the three point line, except if they are in the key. When catching the ball in “no man’s land”, between the key and three point line, it is impossible to anticipate the defence and create the one second advantage. The offensive player cannot play with his/her teammates because he/she cannot see them all. Also, there is no space for a backdoor cut.

Once the offensive player on the wing catches the ball the passer executes a give and go pass. This may be in front or behind the defender, depending on the action of the defence on the pass.

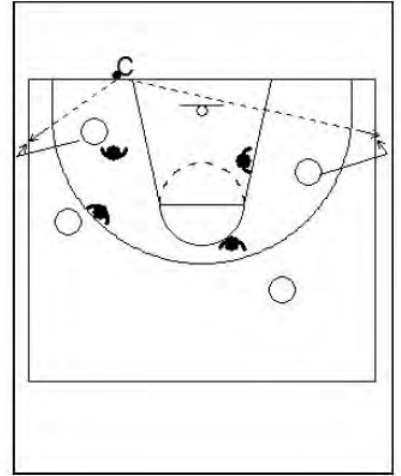


PLAY – 10 min

4 V 4 SAVE THE BALL

Equipment: basketballs

Another way to start playing 4 on 4 is to have the players moving randomly about the court. When the coach calls a colour, that team must save the ball from going out of bounds. One player saves it and the others must communicate and position themselves to receive the ball. That team now attacks the far basket on offence (the coach can designate which basket the team will be attacking). Continue to play live.



DEBRIEF & COOL DOWN – 5 min

Objectives: dribbling under pressure, dribbling reads, passing on time, 4 v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 mins

10 min CHANGE OF SPEED

Equipment: basketballs

This is an excellent drill to teach the players how to use change of speed to create a one-second advantage. It also helps in the decision making process as to what finishing move to use; the extended layup or the outside inside power or the pull up jump shot.

Have two lines of players at half court. The outside line is on offence and has a ball. The inside is the defence and faces the opposite basket in a shoulder-to-shoulder position. The offensive player begins the drill by walking or a slowly dribbling to the basket. The defence must mirror the speed while staying shoulder to shoulder. When the offense feels he/she has the advantage, he/she shifts gears and accelerates to attack the basket. The defence is live.

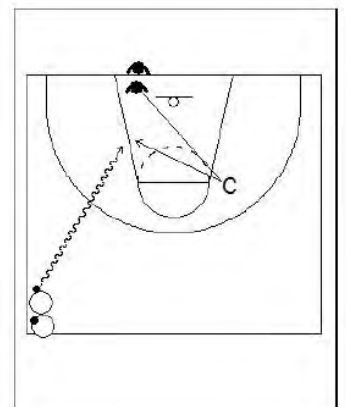
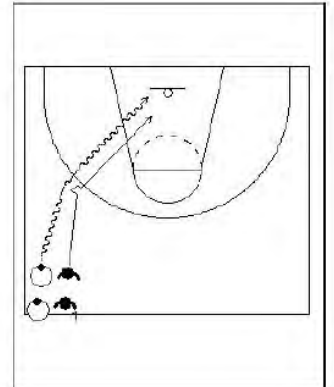
Physical Load - Social Load - Technical Load

10 min READ THE DEFENCE (ON THE SIDE)

Equipment: basketballs

The players start in two lines, one under the basket and the other at half court with basketballs. The player at half court starts to attack the basket with the dribble. The player under the basket must run and touch the coach's hand before returning to play defence on the player with the ball. As a coach you must adjust the distances based on the ability of your players. If you find the defence is always waiting for the offensive player, make the defence go a little further. If the offence always has a clear breakaway layup, make the distance shorter. You can have the defence touch different locations

Physical Load - Social Load - Technical Load

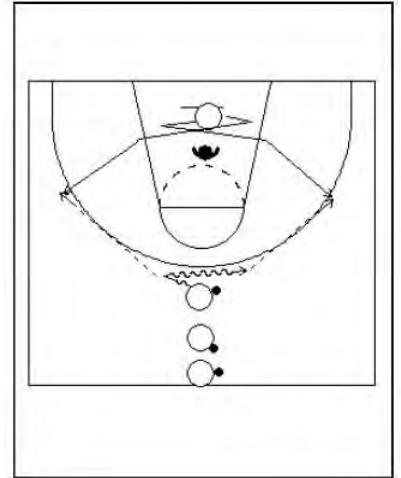


CONCEPTS- 10 min

TIMING OF THE PASS (ON TIME/TARGET)

Equipment: basketballs

Here the defence is on the cutter. The passer must deliver the pass at the exact moment to the exact spot. The pass is either a backdoor pass in the key or to the player at the attack spot at the three point line. Once the offensive player on the wing catches the ball the passer executes a give and go pass. This may be in front or behind the defender, depending on the action of the defence on the pass.



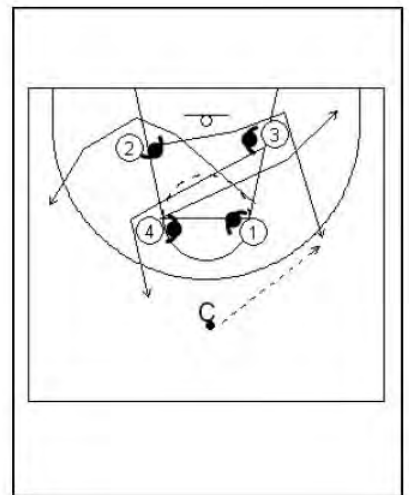
PLAY- 10 min

EXCHANGING PLACES (FINDING SPOTS) 4 ON 4

Equipment: basketballs

Here players start in a box formation to initiate 4 on 4. They must move in the numbered sequence and find the open space, but they cannot go out on the same side as they start. Live play after the first pass from the coach. Switch offence and defence.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #51:

Give and Go -- 4v4

Objectives: passing with movement, give and go, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS –20 min

10 min **THREE PLAYER CIRCLE PASSING** – review from plan #27

Equipment: basketballs

Add a third player to the circle passing drill. (increase the size of the circle if required) The players are now working on rhythm of the movement and the pass, pass concept. Offensive players without the ball work to keep spacing and use '10 fingers' to ask for passes

Physical Load - Social Load - Technical Load

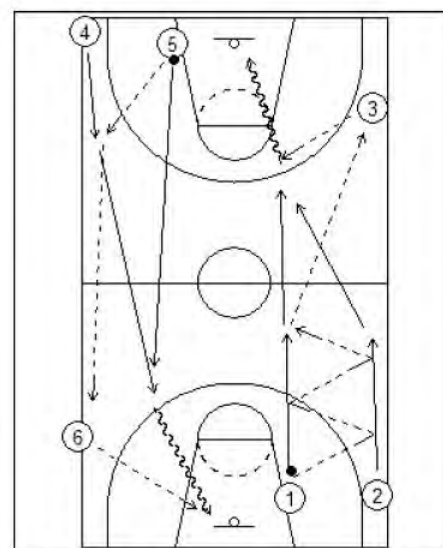
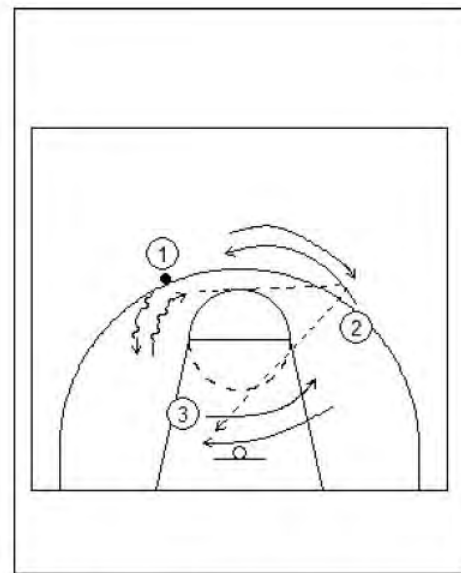
10 min **DUKE PASS TO WING PUSH 1 ON 1**

Equipment: basketballs

O1 and O2 players start at the baseline with the ball. The players pass the ball back and forth. When O3 (wing player) calls for the ball the pass is made. The outside player immediately sprints to receive the return pass. The inside player must play defense.

The next group cannot go until the players are in position for the next rotation.

Physical Load - Social Load - Technical Load



CONCEPTS – 10 min

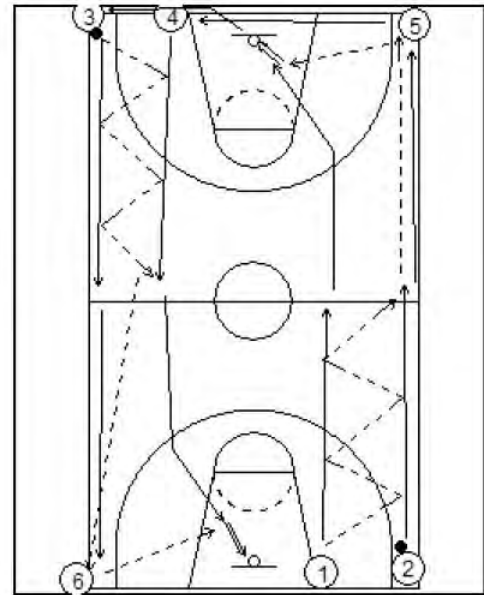
10 min DUKE PASSING WITH A CORNER PLAYER

Equipment: basketballs

Start with a ball in each corner. The two players pass the ball back and forth to the half court line. The ball is passed to the next player in the corner when they shows a target. The inside player goes to the basket to receive a return pass for a lay up. The outside player takes the corner players position.

Loading

- alternate the types of passes
- change the location of the pass, receiver, wing, center of the floor, post



PLAY – 10 min

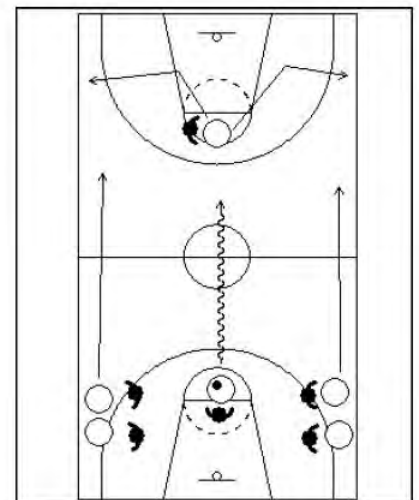
3/4 COURT 4 ON 4

Equipment: basketball

The passer line is at the foul line with the ball. The offensive player is at the sideline and defended by a defender. The action begins when the player with the ball starts to dribble. This player CANNOT score. They must dribble under control and decide if they can deliver a pass to the offensive player. The offensive player on the wing sprints to get an advantage. The defender is trying to get a position where they can protect the basket.

If the ball cannot be passed on the wing push, the offensive player goes down and comes back to get open. Never use the same plane to come out that you went to the basket on. Change the angle. Once the pass is made the passer is out of the drill. We now add a fourth pair on offence and defence. They start at the foul line at the far end. The offensive player can cut to open space.

It is often a good idea to allow the transition back the other way.



DEBRIEF & COOL DOWN – 5 min

Objectives: scoring from the wing, give and go, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min 1 V 1 ACTIVE DEFENCE

Equipment: basketball

There are two lines on the baseline. One line has a ball. This player passes the ball to the coach, who is at the top, and then cuts to the attack spot. When the player starts to run the first player in the other line runs out to play defence. In this phase we want the players to play live 1 on 1 to a score off of the dynamic catch

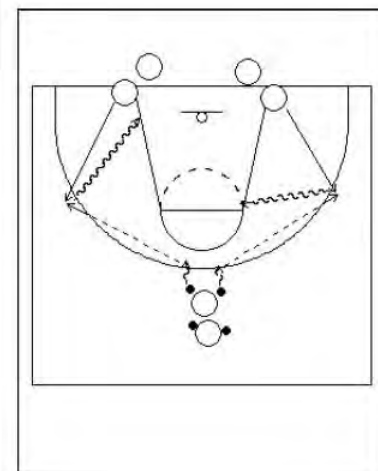
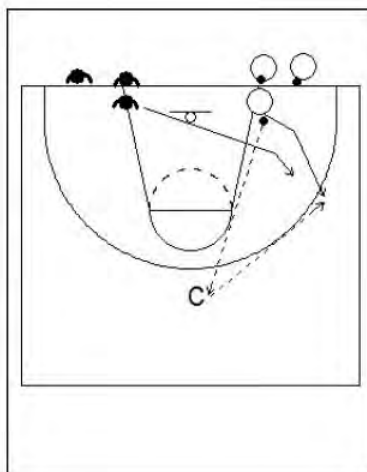
Physical Load - Social Load - Technical Load

10 min TWO BALL WING ENTRY PASS

Equipment: basketball

The players form three lines. The players in the top line need two basketballs each. The players on the baseline must establish who goes first. We do not want the same line going first each time. The passer must learn to scan who is open first. The rhythm of the pass is crucial. It should be delivered to the cutter when he/she arrives at the attack spot. The wing players then will either drive baseline or to the middle. The second player has to attack the basket on the opposite direction of the first one. To load the drill with defense, add guides to the passer and to the wing players.

Physical Load - Social Load - Technical Load



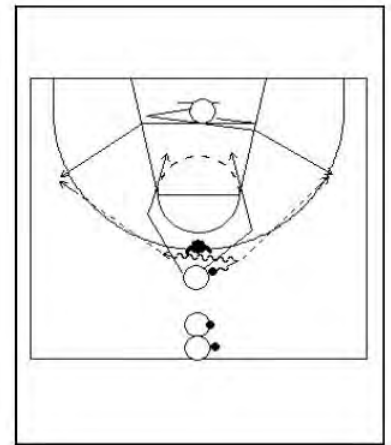
CONCEPTS – 10 min

2 V 1 DOUBLE EXIT

Equipment: basketballs

In this drill we are working on making a wing entry pass and then a give and go. The line at the top has basketballs, except the first player who turns and plays defence on the second player. A second offensive player is standing under the basket. This player can choose to exit to either attack spot. The offensive player at the top can shorten the pass by dribbling slightly to the side. Remember that the pass must arrive to the cutter when he/she is EXACTLY at the attack spot. We do not want the pass to a player who is running away from the basket inside the three-point line except if he/she is in the key.

Once the offensive player on the wing catches the ball, the passer executes a give and go pass. This may be in front or behind the defender, depending on the action of the defence on the pass.

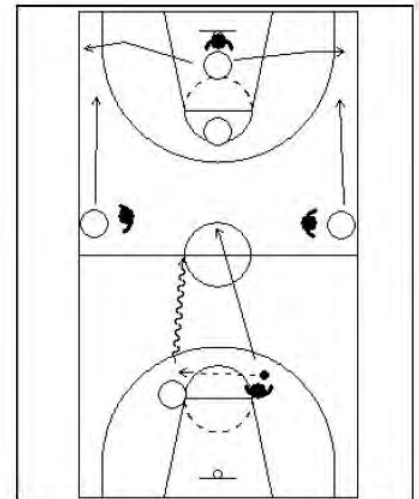


PLAY- 10 min

4 V 4 (MID. DRIVE) DISADVANTAGE

Equipment: basketballs

Here the ball handler has the slight one second advantage on the side of the court with two offensive players on the same side. The defenders start on the inside of the offence. The drill starts when the defender makes the pass to the offensive player. The offence must also learn how to play in space. Should the second offensive wing player push the first wing player to go through or should the first wing player stop on the wing and the second offensive player balance behind to the top? These are the situations that the players must think about as they play. Here we add another pair on offence at the far end. The ball handler must go under control and see the open players.



DEBRIEF & COOL DOWN – 5 min

PLAN #53:

Give and Go -- 4v4

Objectives: speed lay ups, passing on time, on target, 4v4

Equipment: basketballs, pool noodle

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

8 min SPEED LAY UPS

Equipment: basketballs, pool noodle

In finishing a 2 on 1 players needs to be able to complete a lay up while handling the ball at speed. We use the following drills to work on scoring lay ups while dribbling or receiving a pass at speed.

The players line up in a designated spot. Each player has a ball. There are two types of lay ups:

- The players pass the ball to the coach and run full speed to receive a return pass. Score the lay up.
- The player dribbles hard at the coach and scores going by the shoulders of the coach. Add a little inside out move or a fake pass.

Ideas to load the drill:

- If the coach shows ten fingers, the player drives. If not, dribble the ball hard to score.
- Have someone disrupt the lay ups with a shield or disruptor (pool noodle to hit the arms)
- Go from different spots on the floor. Vary the pass and dribble angles.

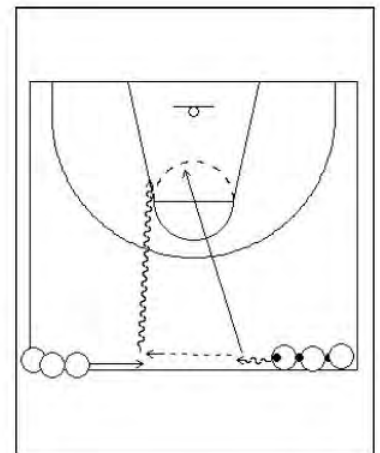
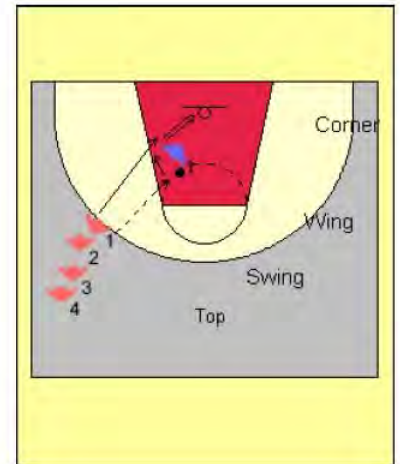
Physical Load - Social Load - Technical Load

7 min 1 V 1 CHECK THE DISTANCE - review from plan #23

Equipment: basketballs

Two lines of players at half court. One line has balls, the other does not. The player with the ball takes two dribbles to the middle. At the same time the player without the ball is cutting to the middle showing target hands. A crisp accurate pass is delivered to the player without the ball who immediately turns and attacks the basket. The passer becomes the defender. The offence has a one second advantage. The players must now learn how to maintain it and create a scoring opportunity.

Physical Load - Social Load - Technical Load

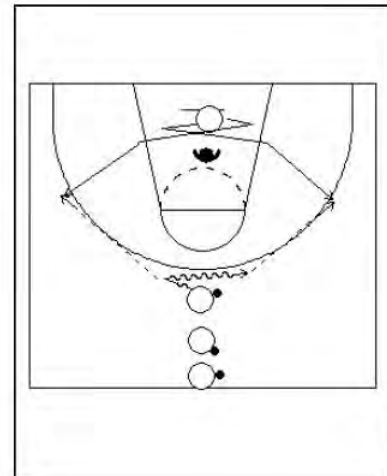


CONCEPTS- 10 min

TIMING OF THE PASS (ON TIME/TARGET)

Equipment: basketballs

Here we put the defence on the cutter. The passer must deliver the pass at the exact moment to the exact spot. The pass is either a backdoor pass in the key or to the player at the attack spot at the three point line. Once the offensive player on the wing catches the ball the passer executes a give and go pass. This may be in front or behind the defender, depending on the action of the defence on the pass.



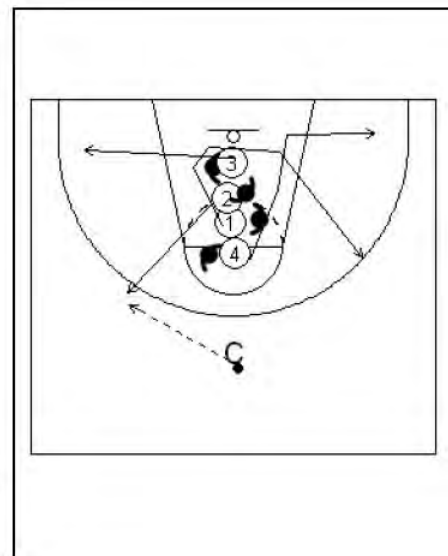
PLAY – 10 min

EXCHANGING PLACES (FINDING SPOTS) 4 ON 4

Equipment: basketballs

Here we start in a line formation to initiate 4 on 4. Again, they must move in sequence and find the open space, but they cannot go out on the same side as they start. Live play off the first pass.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

Objectives: defensive footwork, defensive channelling, give and go, 4v4

Equipment: basketballs, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10min STAY IN THE CLOCK

Equipment: basketballs

Visualize the offensive player standing on a clock. The defender wants to be in a good low stance and close enough to touch the lead hip of the offensive player. As the offensive player moves forward the defender must attempt to stay in the 1/4 of the clock from 12 to 3. The ideal is on the number 1 and 2. This is teaching the player to channel or force an offensive player to move in a certain direction. A point for the offense every time the player leaves the quadrant.

Physical Load: Work in the other front quadrant and then both quadrants. Allow changes of direction

Social Load: Players are in groups of three. Players keep score of how many times they are able to leave the designated quadrant.

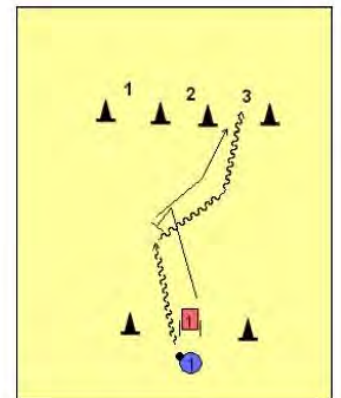
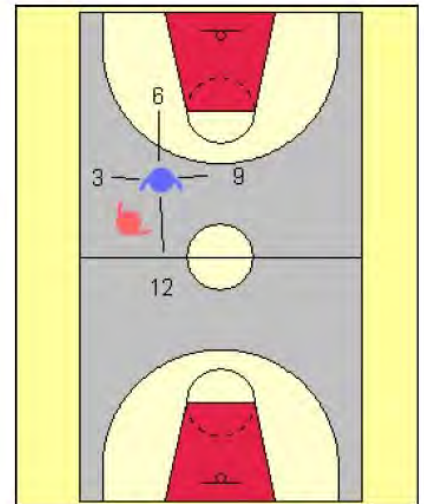
Technical Load: Add in the basketball

10 min CHANNEL PLUS TURN

Equipment: pylons, basketball

We now combine the two concepts from the above drills. The coach tells the defense which hole he/she is to make the defense to go through. The offense does not know. Like a sheep dog the defender works to maneuver the sheep into the corral.

Physical Load - Social Load - Technical Load



CONCEPTS – 10 min

5 min FULL COURT PASSING/LAY UPS

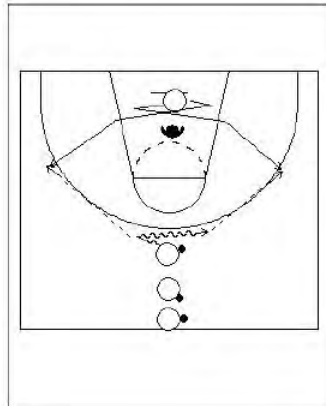
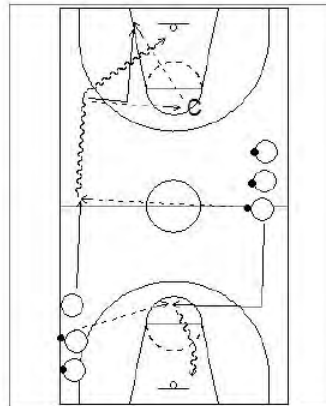
Equipment: basketballs

The first line is at half court with every player in this line with a ball. The second line is at the foul line extended. Every player has a ball except the first player in the line. This player starts the drill by running up the outside lane to the far basket. The first player on the far side makes a pass to the player at half court. This player must keep his/her head up. The coach who is stationed at the high post will show hands for a pass or no hands. The player must make the proper decision. After passing, the second player runs down the outside lane and then makes a change of direction cut to the foul line. The pass is received where the player works on a crossover or curl move. A coach can also guide this decision.

5 min TIMING OF THE PASS (ON TIME/TARGET)

Equipment: basketballs

Now we put the defence on the cutter. The passer must deliver the pass at the exact moment to the exact spot. The pass is either a backdoor pass in the key or to the player at the attack spot at the three-point line.



PLAY – 10 min

4V4 OPEN

Equipment: basketballs

Players are divided into teams of four and assigned to a hoop. There should be offense and defense at each of the hoops. The other teams of two are together in a line at the center circle of the floor. The players at the hoops play until one team scores two baskets. The team that scores the second basket calls open and one of the teams from the center court come in to play. The team that got scored on return to the end of the line at the center court.

Teams could have to do 10 passes before entering the line and the number of hoops needed to score can also be higher or lower.

DEBRIEF & COOL DOWN – 5 min

Objectives: scoring from the wing, back screen, 4v4 advantage

Equipment: basketballs, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 mins

10 min **TWO BALL WING ENTRY PASS** – review from plan #52

Equipment: basketball

The players form three lines. The players in the top line need two basketballs each. The players on the baseline must establish who goes first. We do not want the same line going first each time. The passer must learn to scan who is open first. The rhythm of the pass is crucial. It should be delivered to the cutter when he/she arrives at the attack spot. The wing players then will either drive baseline or to the middle. The second player has to attack the basket on the opposite direction of the first one. To load the drill with defense, add guides to the passer and to the wing players.

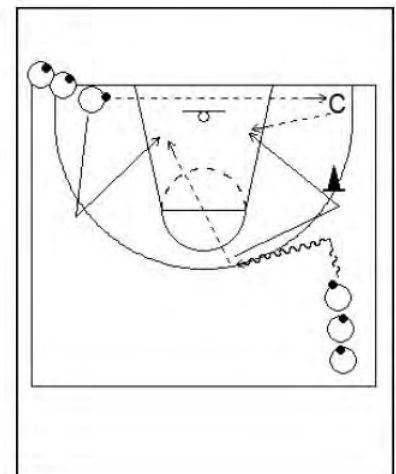
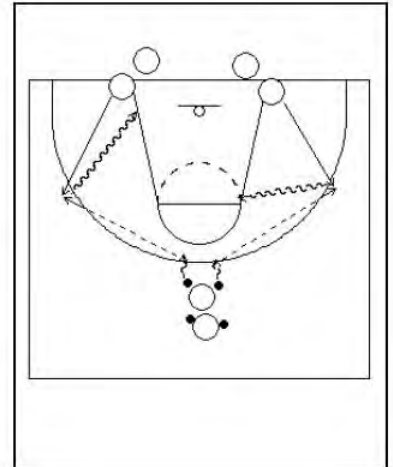
Physical Load - Social Load - Technical Load

10 min **BACK DOOR PASS** – review from plan #49

Equipment: basketballs, pylons

The players form two lines on the baseline and wing outside of the three. All players have a ball. The player in the corner starts by throwing a skip pass to the coach in the corner. For younger players they may need to shorten the pass by dribbling, pretending it is baseline penetration. The player at the top now centres the ball by taking it to the middle. The player in the corner must time his/her cut to arrive at the attack spot at the same time the player at the top is ready to make a wing entry pass. The wing player now makes a change of speed and cuts backdoor to the basket. The passer either delivers a bounce pass in the key or a lob to the corner of the square. It is important that this pass is made on the same side of the court as the receiver. Throwing a backdoor pass from ball side to help side leads to a turn over. After making the pass the player now turns and cuts to the wing and then cuts backdoor to receive a pass from the coach. It is best to have a pylon or a coach there so that the player will keep the spacing before going backdoor. Change types of finishes.

Physical Load - Social Load - Technical Load

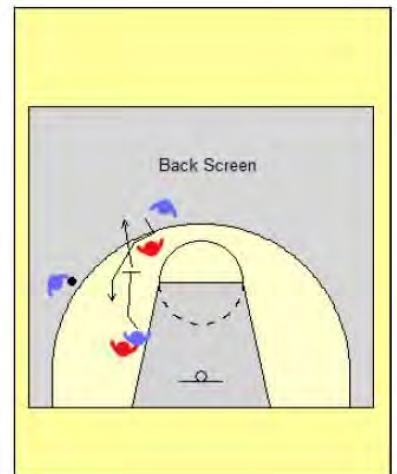


CONCEPTS- 10 min

BACK SCREEN (UCLA SCREEN)

Equipment: basketballs

Set up groups of five with three on offense and two on defense. Players are defending the top spot and the low player. Top passes the ball to the wing and the low player sets a back screen on the top player. Make sure to rotate spots and switch sides.



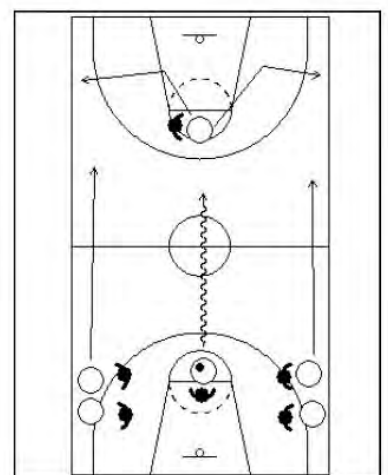
PLAY- 10 min

EXPLOIT THE ADVANTAGE

Equipment: basketballs

The third defender stands with their back to the middle player. The fourth pair on offence and defence. They start at the foul line at the far end. The offensive player can cut to open space. The outside offensive players have defenders facing them. Once the middle player dribbles, everyone else is live. This gives a slight one-second advantage. The middle player is now able to score.

It is often a good idea to allow the transition back the other way.



DEBRIEF & COOL DOWN – 5 min

PLAN #56:

Pass and Screen Away -- 4v4

Objectives: attack dribble, control dribble, screening, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 mins

ATTACKING DRIBBLES

Equipment: basketballs

Players need to understand the importance of attacking. With the 24-second shot clock and 8-second backcourt, wasting time is not a wise strategy.

Attacking space

When a player with the ball has open space and no shot or pass opportunity, he/she needs to close that space quickly and under control.

Attacking the defense

Once the defense is engaged and no pass is open and the clock is winding down, the player may need to attack the defender. This would require a different form of dribbling than attacking space.

Attacking the basket

Once an open driveline to the basket has been established, the ball handler must quickly go to score before a defender can take away the driveline.

Control dribble

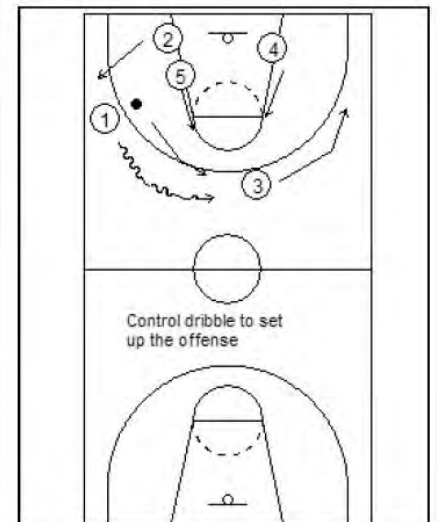
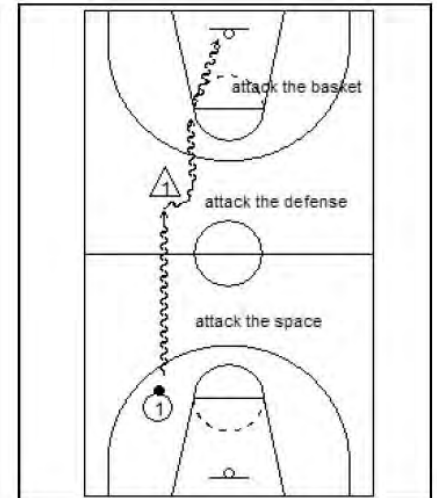
This form of dribble is when a player is using the dribble to improve a passing angle, to relieve pressure or to advance the ball against the defense. It is crucial that the head is up and the ball is protected.

Control in space

This is used to set up the offense to work time off the clock

Control vs. A defender

This is a protection dribble. The player must look through the defender to see options that may appear.



10 min CHANGING FROM ONE TYPE OF DRIBBLE TO THE NEXT

Equipment: basketball

Players must constantly be changing from attack to control and vice versa. The ball handler must also be ready to pass at any time. “When” to use each type of dribble is the key. This is the what to dribbling, players will still have to learn the when.

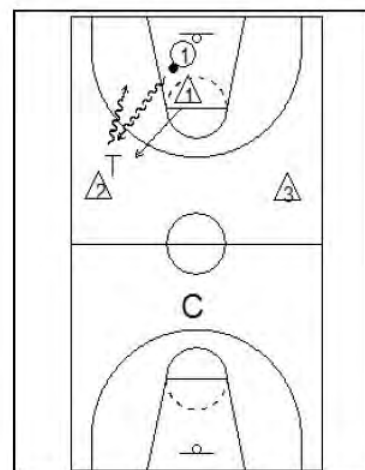
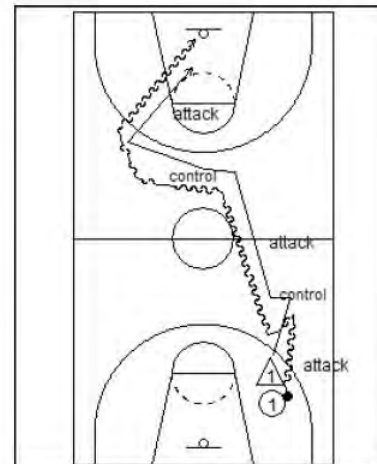
Physical Load - Social Load - Technical Load

10 min ATTACKING PRESSURE

Equipment: basketball

This is an excellent drill for the ball handler to learn to keep their head up. As he/she attacks the defense they attempt to trap. Pull back and cross over and attack the other side. The coach displays fingers to force the guard to keep his/her head up. If the coach puts both hands up he/she must pass.

Physical Load - Social Load - Technical Load

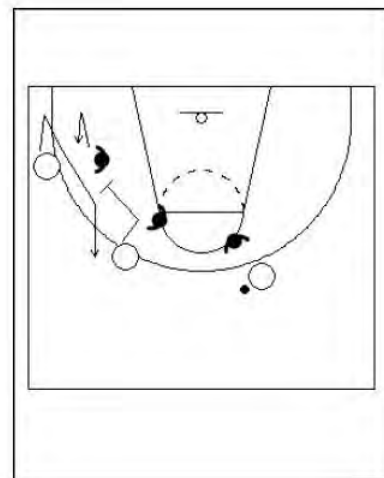


CONCEPTS- 10 min

PASS AND SCREEN AWAY

Equipment: basketball

Groups are set up in threes. The top player passes to one of the wings after they have cut to get open at the three-point line. After passing the ball the top player screens away, setting the screen on the wings defense player. Play live off of the pass. Rotate positions and make sure the pass is going to the left and the right.



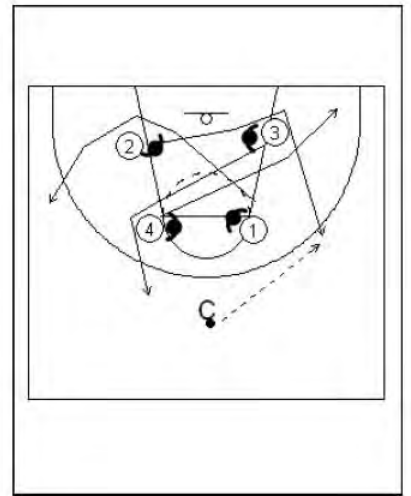
PLAY- 10 min

EXCHANGING PLACES (FINDING SPOTS) 4 ON 4

Equipment: basketball

Here we start in a box formation to initiate 4 on 4. They must move in sequence and find the open space, but they cannot go out on the same side as they start. Live play off of the coach's pass.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #57:

Pass and Screen Away -- 4v4

Objectives: passing under pressure, back screens, 4v4

Equipment: basketballs, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

10 min **DUKE PASSING WITH A CORNER PLAYER**- review from plan #

Equipment: basketball

03 has a ball and passes with 04 while running the side lanes up the floor. At half 04 passes to 06 and cuts to the rim to get the ball back to score. 06 plays trail defense and 03 fills 06's spot. Be sure to work both sides of the floor. The receiver needs to present a target. Make it wide or make it tight. Make the pass of the catch or off a specified number of dribbles. Also change around the position of the pass receiver (to wing, center of the floor post)

Types of passes:

- | | |
|-------------------------------|--------------------|
| 1. push pass – air | 6. behind the back |
| 2. push pass – bounce | 7. tennis pass |
| 3. flicks - air – bounce | 8. rugby pass |
| 4. high flick – shoulder pass | 9. football pass |
| 5. behind the neck | 10. pronation pass |

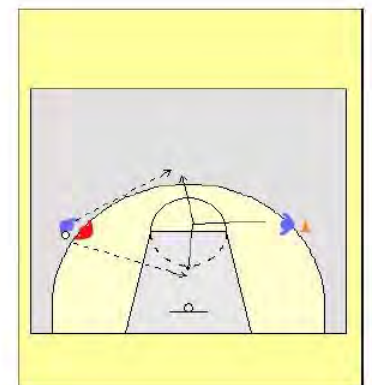
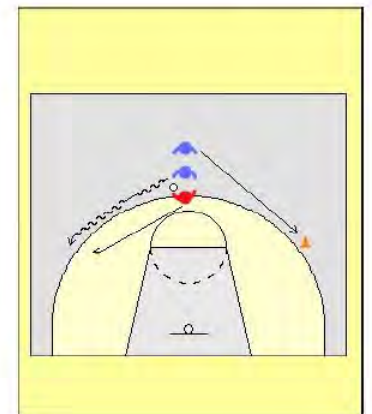
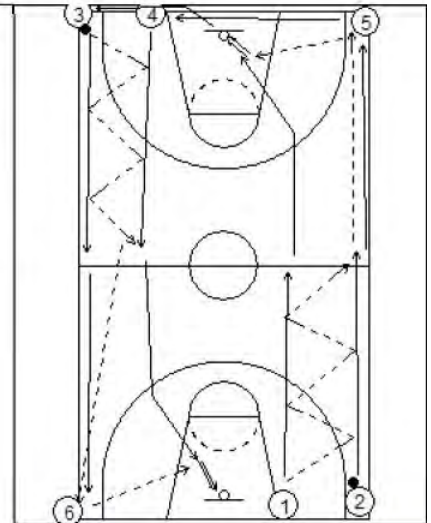
Physical Load - Social Load - Technical Load

10 min **CUTTER - GUARD THE PASSER**

Equipment: basketballs, pylons

The three players line up at the top. The first player is the defender, the second is the passer with the ball and the third is the cutter. The passer dribbles the ball over to an attack spot, the defender plays pressure defence on the ball. The cutter touches the pylon and establishes eye contact with the passer. When the passer is ready the cutter cuts. We only want the pass outside the three-point line or in the key. Passing in the area between the three-point line and key is poor spacing. If the player has to move off the three-point line it is automatically a back door cut. This is a time when the pivot foot of the passer is essential. If the player uses the foot closest to the defender he/she will face extreme pressure and usually deliver a dirty pass. We want to use the foot furthest from the defender and keep the ball in front of the pivot foot.

Physical Load - Social Load - Technical Load

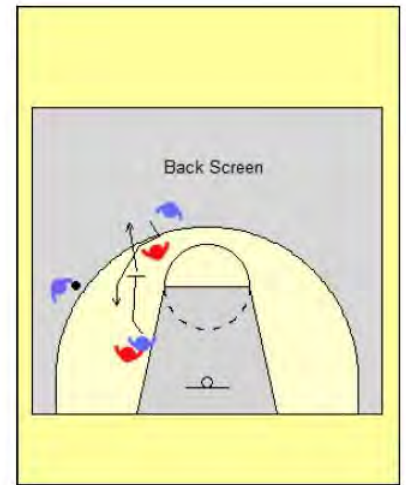


CONCEPTS- 10 min

BACK SCREEN (UCLA SCREEN)

Equipment: basketballs

Set up groups of five with three on offense and two on defense. Players are defending the top spot and the low player. Top passes the ball to the wing and the low player sets a back screen on the top player. Make sure to rotate spots and switch sides.

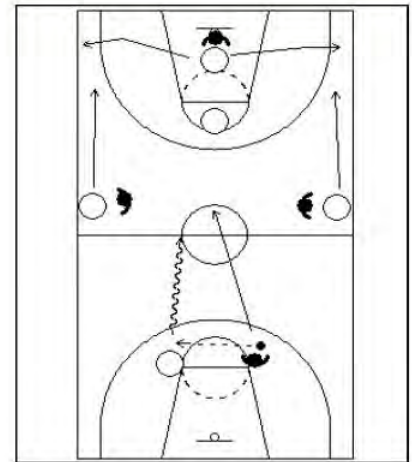


PLAY- 10 min

4 VS. 4 (MID. DRIVE) DISADVANTAGE

Equipment: basketballs

Here the ball handler has the slight one second advantage on the side of the court with two offensive players on the same side. The defenders start on the inside of the offence. The drill starts when the defender makes the pass to the offensive player. The offence must also learn how to play in space. Should the second offensive wing player push the first wing player to go through or should the first wing player stop on the wing and the second offensive player balance behind to the top? These are the situations that the players must think about as they play. Here we add another pair on offence at the far end. The ball handler must go under control and see the open players.



DEBRIEF & COOL DOWN – 5 min

PLAN #58:

Pass and Screen Away -- 4v4

Objectives: scoring from the wing, pass and screen away, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS - 20 min

10 min **PASS TO THE COACH** – review from plan #46

Equipment: basketballs, pylons

A coach positions them self at the top of the three point line. When the players are dribbling, the coach will show their hands to one of the two players. That player will pass the ball to the coach and cut to the basket. The opposite player makes a pass to the cutter. After passing the player cuts to the basket and receives a return pass from the coach. This makes the players keep their head up.

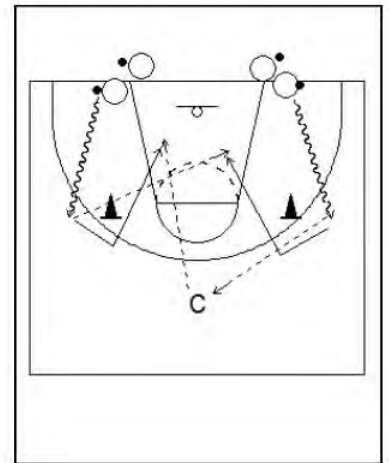
Physical Load - Social Load - Technical Load

10 min **1 V 1 ACTIVE DEFENCE** – review from plan #52

Equipment: basketball

There are two lines on the baseline. One line has a ball. This player passes the ball to the coach, who is at the top, and then cuts to the attack spot. When the player starts to run the first player in the other line runs out to play defence. In this phase we want the players to play live 1 on 1 to a score off of the dynamic catch

Physical Load - Social Load - Technical Load

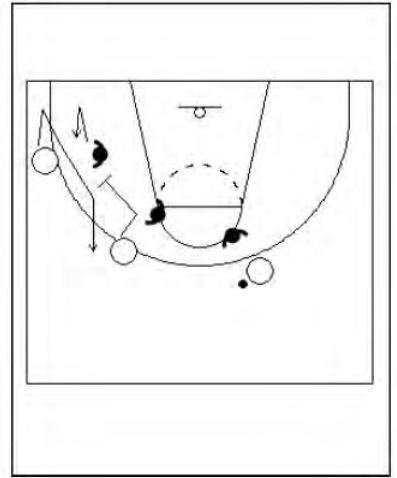


CONCEPTS- 10 min

PASS AND SCREEN AWAY

Equipment: basketball

Groups are set up in threes. The top player passes to one of the wings after they have cut to get open at the three-point line. After passing the ball the top player screens away, setting the screen on the wings defense player. Play live off of the pass. Rotate positions and make sure the pass is going to the left and the right.

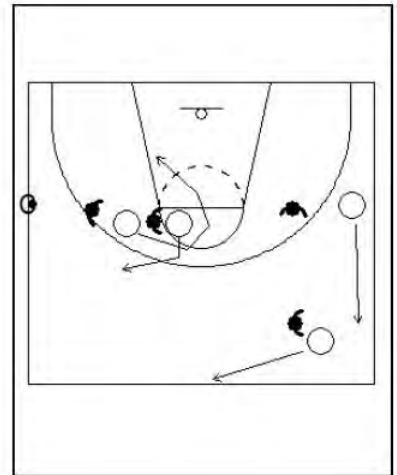


PLAY- 10 min

4 V 4 S. O. B.

Equipment: basketball

The coach stands with the ball out of bounds on the sidelines. Both teams move randomly on the court. When the coach calls a colour they sets the ball down. That team must now inbound the ball. They can attack whichever basket the coach designates.



DEBRIEF & COOL DOWN – 5 min

PLAN #59:

Pass and Screen Away -- 4v4

Objectives: individual skills, starts, screens, 4v4

Equipment: basketballs

WARM UP GAME – 10 min DYNAMIC WARM UP – 5 min

SKILLS - 20 min

10 min **1 ON 1 STARTS** – review from plan # 41

Equipment: basketballs

Players practice on air going right, left, and shooting the ball. Give them time to figure it out for themselves using the correct pivot foot and cross over steps. Then the coach provides the guides to the players or players to guide the decisions. The player can go right, left or shoot depending on what the defence shows. Players can progress to where the defence is live. Have the defender move from a help or deny position into ball defence. Have them switch areas on the floor.

Physical Load - Social Load - Technical Load

10 min **CHANGE OF SPEED**

Equipment: basketballs

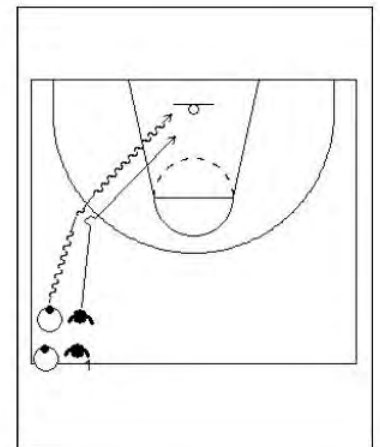
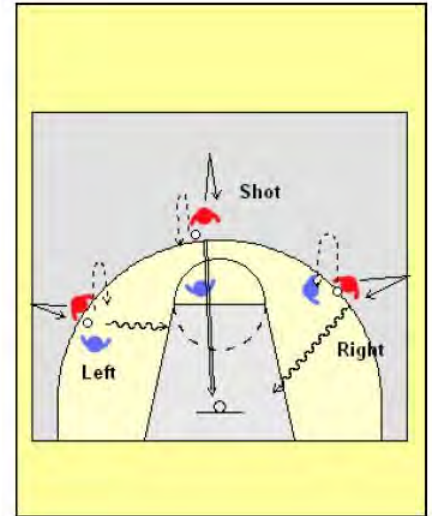
This is an excellent drill to teach the players how to use change of speed to create a one second advantage. It also helps in the decision making process as to what finishing move to use; the extended layup or the outside inside power or the pull up jump shot.

Two lines of players at half court. The outside line is on offence and has a ball. The inside is the defence and faces the opposite basket in a shoulder to shoulder position. The offensive player begins the drill by walking or a slow dribble to the basket. The defence must mirror the speed while staying shoulder to shoulder. When the offensive feels he/she has the advantage they shift gears and accelerate to attack the basket. The defence is live. Common errors:

- There is no change of speed. The offensive player stays the same speed the whole time.
- The change of speed occurs too soon.
- Put the defender on your back. Too often the offensive player will drive in a wide arc and allow the defence to recover.

Read the defence on your finish. Sometimes stop and allow the defence to fly by out of control.

Physical Load - Social Load - Technical Load



CONCEPTS- 10 min

SCREENS

Equipment: basketball

When cutting the basket is no longer open, the player can break off the cut and go set a screen for a teammate. When first learning, it is best to screen for the player who would fill your spot. If an open basket appears, the player attacks it with the cut. You can start with four or five on air and add defenders rather quickly so that the offence can screen a body. Remind the players of their spacing and options to score only off a screen. Have the players switch spots and offence-defence.



PLAY- 10 min

4 V 4 B. O. B.

Equipment: basketballs

The coach stands with the ball out of bounds. Both teams move randomly on the court. When the coach calls a colour they sets the ball down. That team must now inbound the ball. They can attack whichever basket the coach designates. Have the players be creative with how they get open on the inbound. Remind them of their timing of cuts.



DEBRIEF & COOL DOWN – 5 min

PLAN #60:

Pass and Screen Away -- 4v4

Objectives: channeling, levels of defensive pressure, screens, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS- 20 min

10 min TURN TWO TIMES CHANNEL TO THE SIDE

Equipment: basketballs

Have the athletes force turns in the full court.

The goals are:

- to force the player to dribble to the sideline first
- to turn the dribble twice in the back court
- to make the dribbler cross half at the side line
- to make the offense attack the basket from the wing position not the middle of the floor.

The defense can score a total of four points each possession - one point for each of the goals.

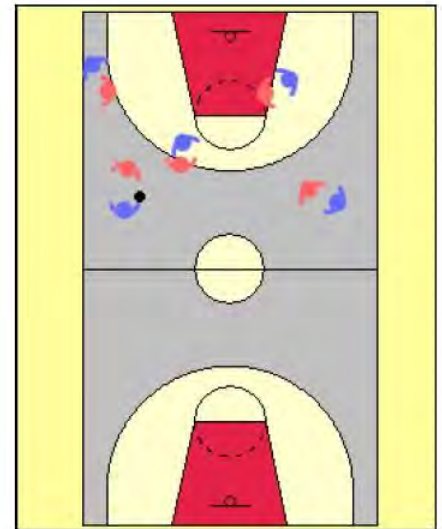
Physical Load - Social Load - Technical Load

10 min GAMES APPROACH GAME

Equipment: basketballs

One of the best ways to teach both offensive and defensive concepts is by playing basketball with restrictions. Set up teams of 3 on 3. The rule is no dribbling. The offense can score a point every time they complete a pass and there is no immediate ball pressure within one second. If the offense is weak, give them an advantage of an extra player. This forces the defense to rotate and communicate. Also, the offense is working on finding the open player.

Physical Load - Social Load - Technical Load

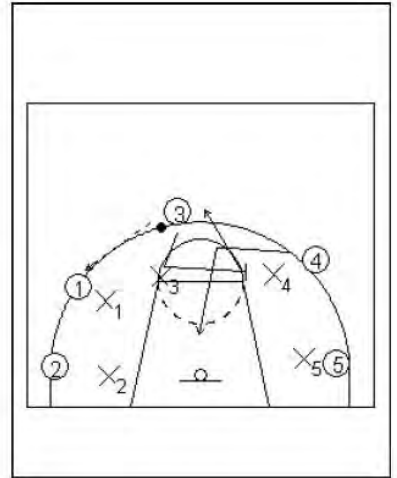


CONCEPTS- 10 min

SCREENS

Equipment: basketball

When cutting the basket is no longer open, the player can break off the cut and go set a screen for a teammate. When first learning, it is best to screen for the player who would fill your spot. If an open basket appears, the player attacks it with the cut. You can start with four or 5 on air and add defenders rather quickly so that the offence can screen a body. Remind the players of their spacing and options to score only off a screen. Have the players switch spots and offence-defence.

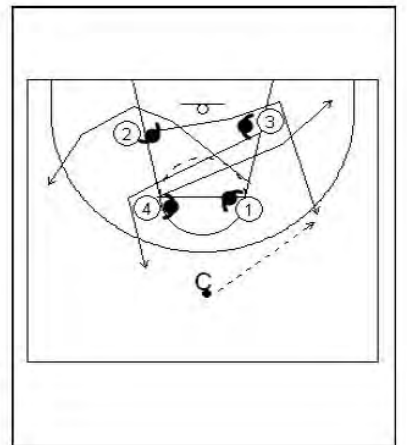


PLAY- 10 min

EXCHANGING PLACES (FINDING SPOTS) 4 ON 4

Equipment: basketball

Here we start in a box formation to initiate 4 on 4. They must move in sequence and find the open space, but they cannot go out on the same side as they start. Live play off of the coach's pass



DEBRIEF & COOL DOWN – 5 min

PLAN #61:

Post Entry -- 3v3, 4v3

Objectives: shooting, post actions, 3v3 advantage

Equipment: basketballs

WARM UP GAME – 10 min DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min **PIRATE SHOOTING**

Equipment: basketballs, beanbags, pylons

Use 2-4 teams. Each team lines up at the elbow, for instance (depending on the amount of baskets). Each team has 2 balls. Each team has a corresponding “treasure chest” in the center circle with beanbags or pylons that represent treasure. As the shooting begins, if a player makes a shot, he/she can go and steal treasure from another team. Strategy may come into play if there are more than 2 teams. Shooter gets his/her own rebound and passes to the next person in line. If the shot is missed, shooter joins end of line without getting treasure.

Physical Load - Social Load - Technical Load

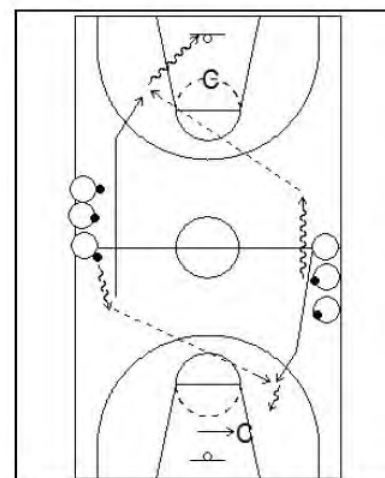
10 min **TWO LINES FULL COURT SHOOTING**

Equipment: basketballs

The players line up in two lines on both sidelines at half court. Every player has a ball except one. The player without the ball starts to run to one of the two baskets. The player with the ball on the opposite side of the court takes two dribbles in the same direction and makes the pass to the player running to the hoop. The player receiving the pass continues in and scores the basket. The player who passed stops, changes direction and heads to the opposite basket. This cues the next player to take two dribbles and make a pass. The drill continues with players alternating the basket they attack.

Loading in defense, a coach is laced at either end of the court. When the player drives to the basket he/she must read the positioning of the coach. If the coach places his/her chest in front of the player, the player pulls up and shoots the jump shot. If the coach does not show his/her body, the player continues in for the layup.

Physical Load - Social Load - Technical Load



CONCEPTS- 10 min

CANADA INSIDE SHOOTING

Equipment: basketballs

Players are now working on strong power moves back to the basket.
You can add a coach to give a read.

- Pivot to a shot
- Drop step finish
- Hook shot
- Step thru

Could also add an up fake. If the coach takes away one direction reverse and go to the other side.



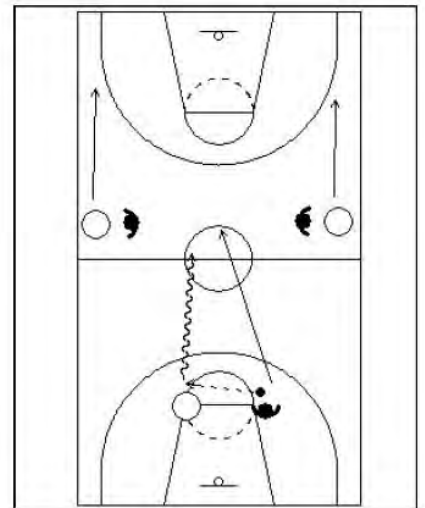
PLAY- 10 min

3 V 3 (MID. DRIVE) DISADVANTAGE

Equipment: basketballs

Here the brief one second advantage is in the middle with the ball handler deciding to pass to the other players or keep the ball themselves.
Live play on the initial pass.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #62:

Post Entry -- 3v3, 4v3

Objectives: dribbling, 1 on 1 post play, 4v4

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS- 20 min

6 min PARTNER MIRROR DRIBBLE

Equipment: basketball

Each player has a ball and a partner of similar ability. One player leads by dribbling and the other player follows behind mirroring the actions of the leader. When the coach calls change the two turn around and exchange roles.

Have players move in broken lines. Basketball players need to learn to move with sharp changes of direction and speed. We do not want the players moving in rounded circles. Make sure they use both hands. They should use all available space. They must be aware of the other groups that are performing the drill. Find open space.

Physical Load - Social Load - Technical Load

7 min RUNNING THE OUTSIDE LANE

Equipment: basketballs

Two lines are formed in diagonal corners. Each player in these lines has a ball. One player is placed at each foul line without a ball. The player in the corner starts to dribble to the far nearside elbow. The player at the foul line sprints to the near sideline and up the outside lane. The player with the ball delivers the pass when the player hits the attack spot. The same action is happening on the other side. The dribbler becomes the next player at the foul line.

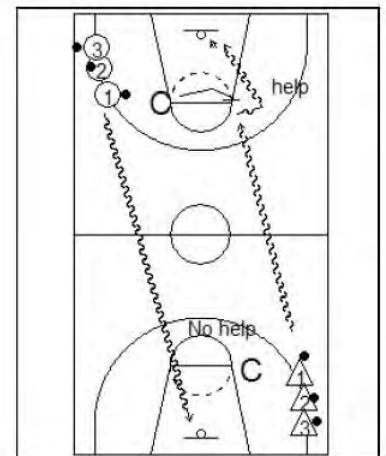
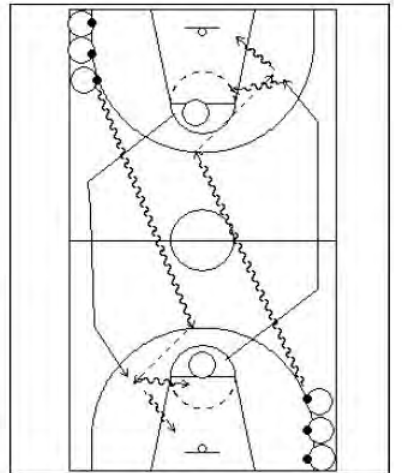
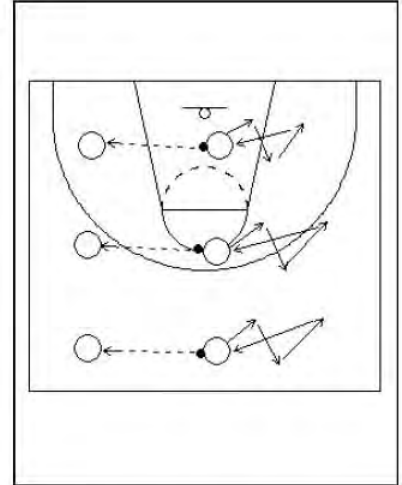
Physical Load - Social Load - Technical Load

7 min FULL COURT DRIBBLE READ THE HELP

Players come from the far foul line pushing the ball in as few as dribbles as possible. Come under control and read the coach.

- no help - lay up
- help - hesitate, beat the coach
- sag help – shot

Physical Load - Social Load - Technical Load



CONCEPTS- 10 min

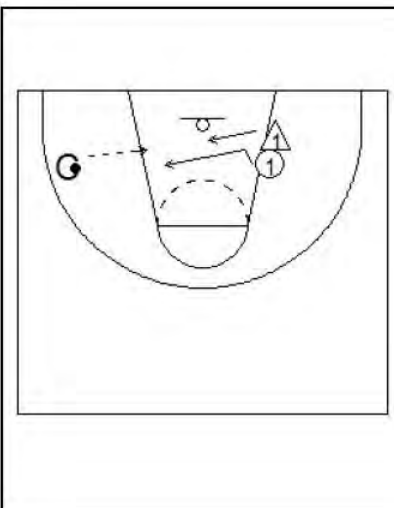
1 ON 1 IN POST

Equipment: basketball

Two players line up in the opposite block. Both cut to the ball fighting for position (have a signal to start). Work on sealing. The coach passes to whichever player gains position.

Key

- Take the defence high or low to gain the position right at the front of the rim
- take a long step and leg whip the other player to get yourself in front- use body fakes
- Now play offense with your back to the basket.



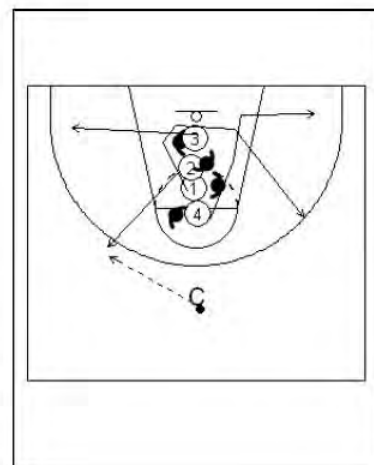
PLAY- 10 min

EXCHANGING PLACES (FINDING SPOTS) 4 ON 4

Equipment: basketballs

Here is the same drill, only we start in a box formation to initiate 4 on 4. Again, athletes must move in sequence and find the open space, but they cannot go out on the same side as they start.

We can also start in a stack of four players. Again, this is used to start the play and to find the open space.



DEBRIEF & COOL DOWN – 5 min

PLAN #63:

Post Entry -- 3v3, 4v3

Objectives: passing with defence, post series, 3v3

Equipment: basketballs

WARM UP GAME – 10 min DYNAMIC WARM UP – 5 min

SKILLS – 20 min

8 min **BREAK THE THREE IN A ROW** – review from plan #21

Equipment: basketballs

Same set up as Pass and Replace with Pressure, only the receiver must break the straight line of the ball, the defense and receiver. The passer wants to fake away from the direct the receiver cuts. The players will need bigger space to do this drill. The receiving player should cut to a space where the defense cannot deflect the ball.

Physical Load - Social Load - Technical Load

12 min **KOREAN PASSING INTO PASSING TO THE POST**

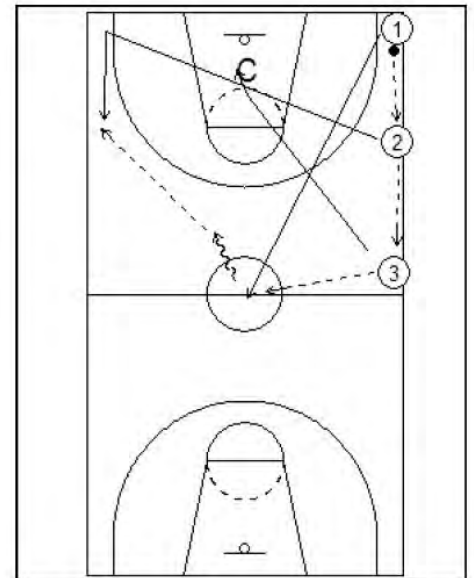
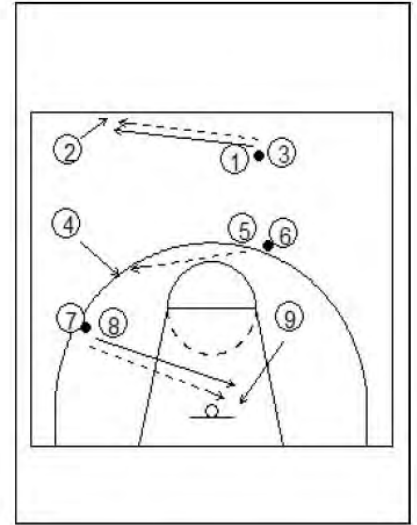
Equipment: basketballs

Here we are working on rhythm (timing and spacing) and using a passing drill to get into a concept of how we want to play on offense.

O1 passes to O2 and fill to center court. O2 then passes to O3 and cuts to the opposite wing. O2 must catch the ball below the foul line extended, outside the three point line on a 45° angle (Attack spot) and make an attack pass (one where the post goes immediately to score) to O3. Players can only hold the ball for 1 second. O3 must arrive at the front of the rim and keep on the back (KOB) the guided defender (coach) This must occur when O2 is ready to pass. You only have 3 seconds in the key.

O1 must deliver the ball to O2 when he or she arrives at the attack spot.

Physical Load - Social Load - Technical Load



CONCEPTS- 10 min

POST DRIBBLE MOVE SERIES

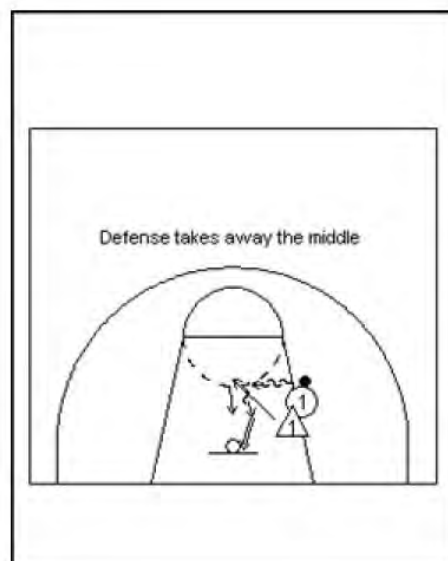
Equipment: basketballs

Key - The post must check to make sure that no doubles are coming.

Attack the dotted circle right at the front rim - dribble with the baseline hand. Use your top arm as a sensor. If the defender leans on your arm you sense the defense is playing high. If you do not feel the defense the defense is staying low.

Read the defenders position. If she is up high to stop middle - reverse to baseline move

If the defender stays low attack the top foot. This can be with a power move or an inside pivot.



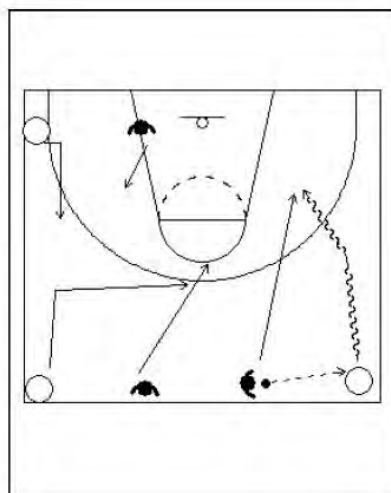
PLAY- 10 min

EXPLOIT THE ADVANTAGE

Equipment: basketballs

This is another way to start with a one second advantage. The three defenders start off the offensive players. The defence starts with the ball. Once the pass is made the players play 3 on 3. The player with the ball has a brief one second advantage. If they hesitate they will lose the one second advantage. Play live after the defender passes.

With the remainder of the time play competition games



DEBRIEF & COOL DOWN – 5 min

PLAN #64:

Post Entry -- 3v3, 4v3

Objectives: scoring from the wing, passing into the post, 4v4

Equipment: basketballs, jerseys, pylons

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min **PASS TO THE COACH** – review from plan #46

Equipment: basketballs, pylons

A coach positions them self at the top of the three point line. When the players are dribbling, the coach will show their hands to one of the two players. That player will pass the ball to the coach and cut to the basket. The opposite player makes a pass to the cutter. After passing the player cuts to the basket and receives a return pass from the coach. This makes the players keep their head up.

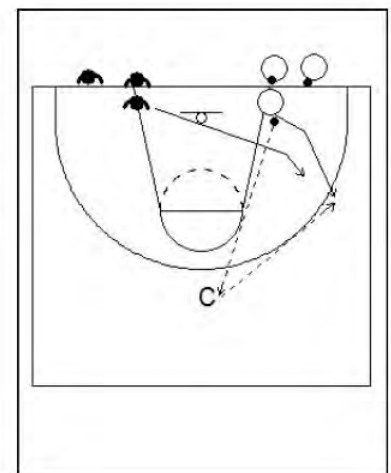
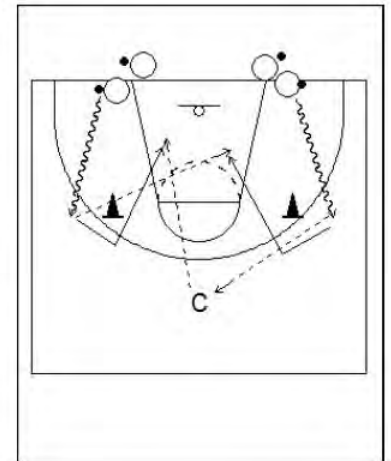
Physical Load - Social Load - Technical Load

10 min **1 V 1 ACTIVE DEFENCE** - review from plan #52

Equipment: basketball

There are two lines on the baseline. One line has a ball. This player passes the ball to the coach, who is at the top, and then cuts to the attack spot. When the player starts to run the first player in the other line runs out to play defence. In this phase we want the players to play live 1 on 1 to a score off of the dynamic catch

Physical Load - Social Load - Technical Load



CONCEPTS- 10 min

KOREAN PASSING INTO PASSING TO THE POST

Equipment: basketballs

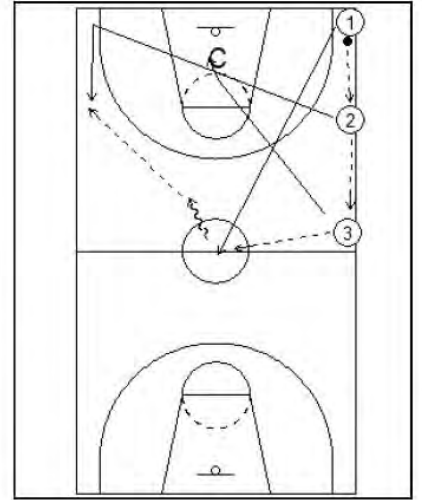
Working on rhythm (timing and spacing). O1, O2 and O3 are lined up the sideline. O1 passing the ball and fills the center. O2 Passes the ball to O3 and fills the corner, O3 passes to O1 and dives to the front rim.

Using a passing drill to get into a concept of how we want to play on offense.

Rules:

O2 must catch the ball below the foul line extended, outside the three-point line on a 45° angle (attack spot) and make an attack pass (one where the post goes immediately to score) to O3. They can only hold the ball for 1 second. O3 must arrive at the front of the rim and keep on the back (KOB) of the guided defender (coach). This must occur when O2 is ready to pass. You only have 3 seconds in the key.

O1 must deliver the ball to O2 when they arrives at the attack spot.

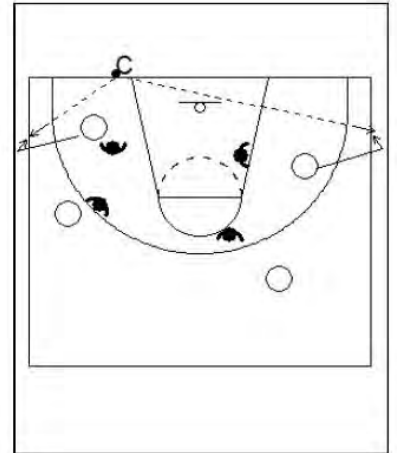


PLAY- 10 min

4 V 4 SAVE THE BALL

Equipment: basketballs, coloured jerseys

This way to start playing 4 on 4 or 5 on 5 is to have the players moving randomly about the court. When the coach calls a colour, that team must save the ball from going out of bounds. One player saves it and the others must communicate and position themselves to receive the ball. That team now attacks the far basket on offence (the coach can designate which basket the team will be attacking).



DEBRIEF & COOL DOWN – 5 min

PLAN #65:

Post Entry -- 3v3, 4v3

Objectives: decision making for shooting, post entry, 4v4

Equipment: basketballs, jerseys

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min **JUMP SHOT OR LAY UP**

Equipment: basketballs

The players form two lines on the baseline. The first player in one line has a ball, the first player in the other does not have a ball. The rest of the players alternate with and without a ball. One ball is placed on the floor at the attack spot in front of the player who does not have a ball. The player with the ball dribbles out to the attack spot and sets the ball down on the floor. At the same time, the player without the ball sprints to pick up the ball on the floor in front of him/her. This player is now on offence. The player who set the ball down is on defence. The offensive player must read the defence. If the defence shows a chest, shoot the jump shot; if just an arm, use your outside inside power layup; if there is no defender use your speed layup.

Change the angle of the start lines and the location of the spot and ball

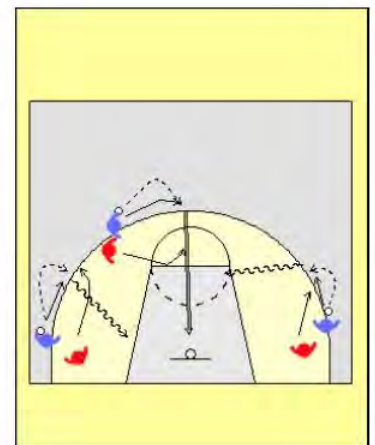
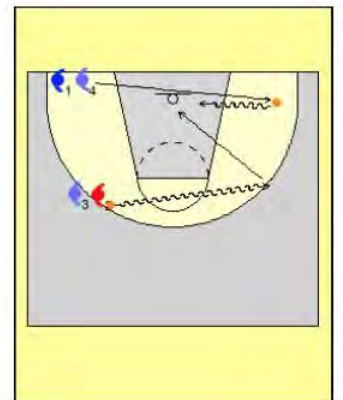
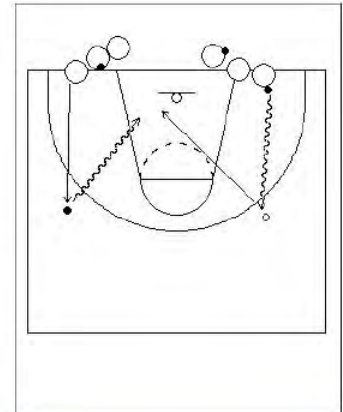
Physical Load - Social Load - Technical Load

10 min **SELF TOSS** – review from plan # 41

Equipment: basketballs

The players self toss to a spot and catch the toss to simulate a pass coming from the top to the wing or from one side to the other when a player cuts to the top. Here they are working on the crossover move, the curl or the shot. Players start working out the footwork of the three options off the self toss on air. Then add a defender to guide the three decisions and progress to live defence.

Physical Load - Social Load - Technical Load



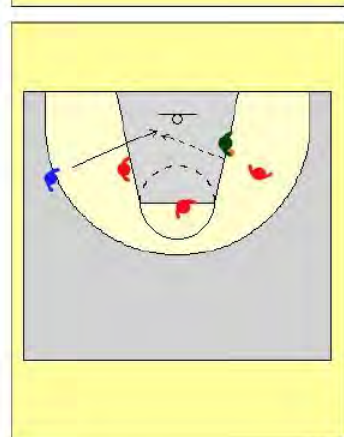
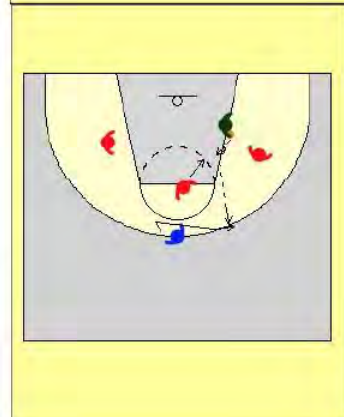
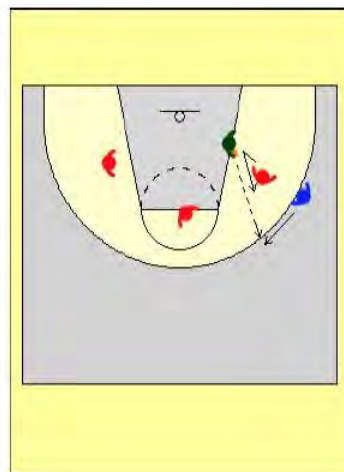
CONCEPTS- 10 min

PLAY 1 ON 1 THREE TIMES FROM A POST PASS

The coach has the ball in the post position. The offensive player is playing 1 on 1 against his check. Learn to play off the shoulder of your defender. Make it difficult for the defender to help and also watch the offensive player. The coach passes and the players play 1 on 1.

The offensive player now moves immediately to the second position at the top and plays against that defender. If the coach dribbles, the defender stunts. Play off the back shoulder of the defender.

The offensive player moves to the third position. Here, he/she sees the defence, and turns his/her back so the cut is to the rim. By playing offence three consecutive times it is very rare that the player will use the same move three times. They will be thinking about reading.



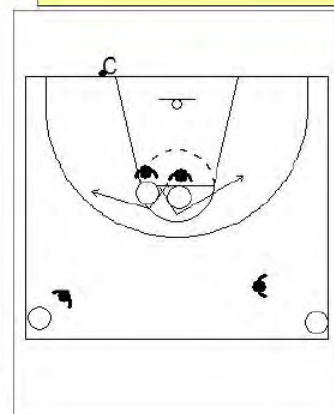
PLAY- 10 min

4 V 4 B.O.B. AND 4 V 4 S.O.B.

Equipment: basketball, jerseys

The coach stands with the ball out of bounds. Both teams move randomly on the court. When the coach calls a colour they set the ball down. That team must now inbound the ball. They can attack whichever basket the coach designates

Integrate and mix up the same on the side inbounds.



DEBRIEF & COOL DOWN – 5 min

Objectives: defensive close outs, diving in the post, 4v3

Equipment: basketballs, jerseys

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min **CLOSE OUT**

Equipment: basketballs, pylons

This drill is used to help the defender learn to close out and turn the offensive player from moving forward. Force the offensive to move in circles not straight lines.

The defender passes the ball to the offense and sprints under control. Use a stutter to decelerate. The offense then dribbles at one of the pylons.

The defender mirrors this action.

Some ideas for loads are

- make it a game - the offense scores by getting between the pylons
- allow fakes
- have the defense channel the player toward one of the pylons

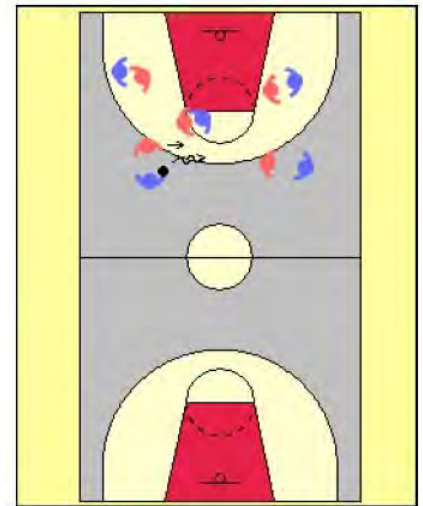
Physical Load - Social Load - Technical Load

10 min **GAMES APPROACH- 1 SEC**

Equipment: basketball

Create teams of 3 or 4. The offensive player must make a decision within one second of catching the ball. The defense must still apply ball pressure immediately. This forces the defender to be able to react to the dribble from the close out. You may have to give the offense an extra player with younger kids until their passing and scanning skills improve. Play with points for a score.

Physical Load - Social Load - Technical Load

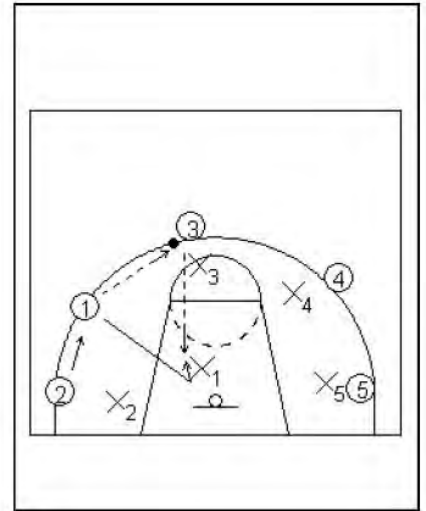


CONCEPTS- 10 min

POSTING

Equipment: basketball

Players are set up in spots on the perimeter with a defender. Players pass and cut to the front rim. If a player finds they have an advantage or can seal their defender at the rim they may do so. If the ball is not delivered, exit cut to an open spot. The offence is looking to score off a post entry or a kick out off a post entry.



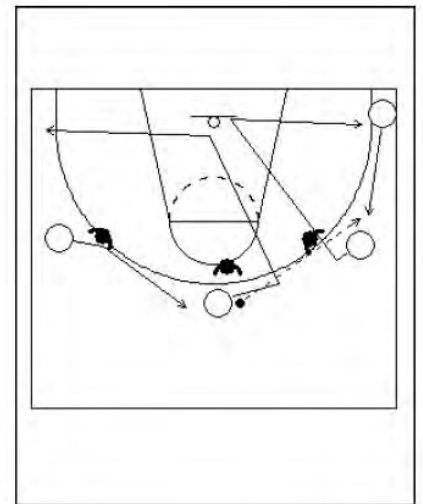
PLAY- 10 min

4 V 3 CUT/REPLACE

Equipment: basketball

This is a very important drill for teaching the players the sequence of their options; shot, pass dribble attack. The defence starts by playing in the passing line. The offensive player initiates the drill with a backdoor cut when the passer looks at them.. The next player fills. This is not the three point shot we want since the ball has not penetrated into the key first (as players mature we will have some players that have proven that this shot is okay for them to take, but at this stage we want to stress the rules).

The player receiving the pass must go through their options. It is about finding the open player. Switch offence and defence.



DEBRIEF & COOL DOWN – 5 min

Objectives: Review skills and concepts, 5v5

Equipment: basketballs, jerseys

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min PASS AND REPLACE WITH PRESSURE

Equipment: basketballs

The drill works the same as before only now the passer becomes a defender on the receiver. The passer is not allowed to dribble. He/she must work on fakes and pivots to create a passing lane. Try to get the passer to beat the feet of the defender and make crisp fakes before passing.

The receiver must have a target.

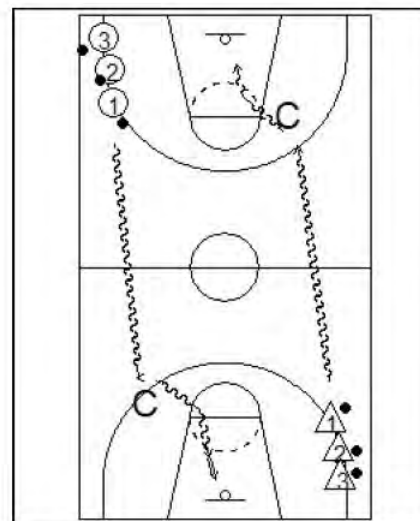
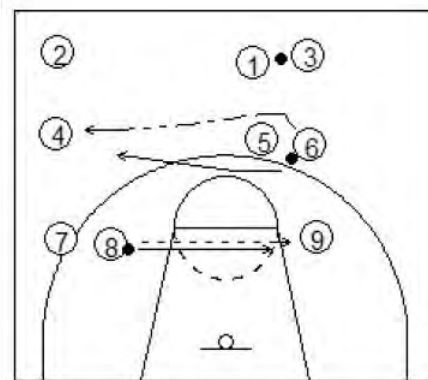
10 min FULL COURT DRIBBLING

Equipment: basketballs

O1 dribbles hard at the coach and does a stutter step to read the defense. If the Coach's arm is up, attach the opposite arm. If coach steps back, shoot. Have the players sell their hesitation move.

Go in both directions.

Note; coaches must learn to make corrections "on the fly". Do not stop the drill.



CONCEPTS - 10 min

POWER LAYUPS

Equipment: basketballs

1, 2 Power Layup

This layup is very important skill for players to learn who are driving into traffic. The footwork is the same as the regular lay-up starting with the outside foot followed quickly by the inside foot. The only difference is that the player does not continue to drive the outside foot up. He/she takes off on both feet.

Pivot Away

If trouble occurs the player can use the outside foot to pivot away. As they become more adept they can also develop a little baby hook from this position.

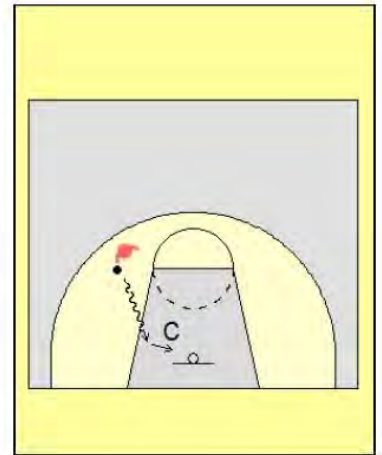
Step through

If the defense moves up the player can step through by continuing to pivot. Throughout the whole process the player stays strong and on balance.

Now when the player drives the coach gives the player different reads:

- If the coach is not present do a normal speed lay up
- If contact may occur use the 1, 2 power.
- If the coach is ready to block, pivot away
- If the coach moves up, use the up and under

Add the different types of Power layup finishes. Switch sides of the floor.



PLAY- 10 min

5 V 5 "MATCH - UP"

Equipment: basketballs

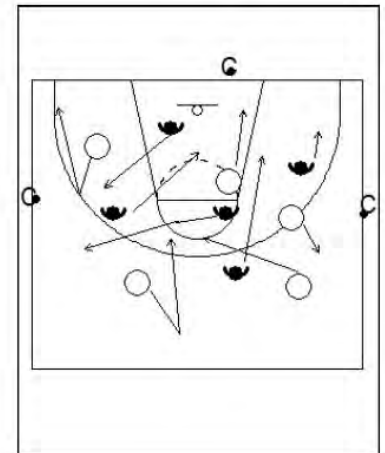
The players from both teams are moving randomly in space. The coach will pass the ball to one team. This team is now on offence.

The ball can also be rolled on the floor. The team that saves the ball gets to start on offence.

The coach can also shoot the ball. The team that rebounds is on offence.

The coach can bounce the ball hard on the floor. The team that gains possession is now on offence.

Play live on the catch. You can add one transition play after a score or stop.



DEBRIEF & COOL DOWN - 5 min

Objectives: Review skills and concepts, 5v5

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min DYNAMIC HAND OFF WITH DEFENSE

Equipment: basketballs

There is now a second line of defenders to the inside of the offensive players. On the pass both players run out to the coach. If the coach holds the ball with the outside hand the defender must touch the inside hand of the coach before playing defence. This creates a one second advantage for the offensive player. If the ball is held with the inside hand the defender must circle behind the offensive player who is going to take the dribble jump shot.

5min MIRROR DRIBBLE

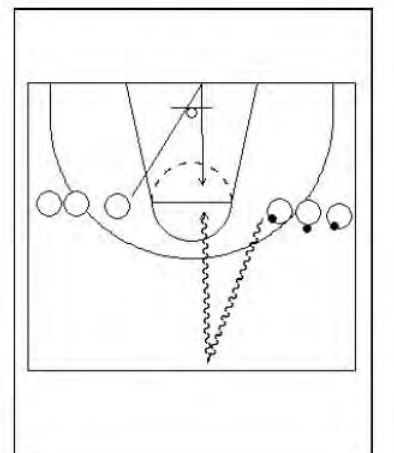
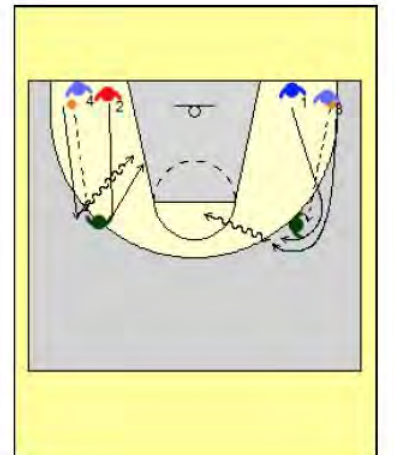
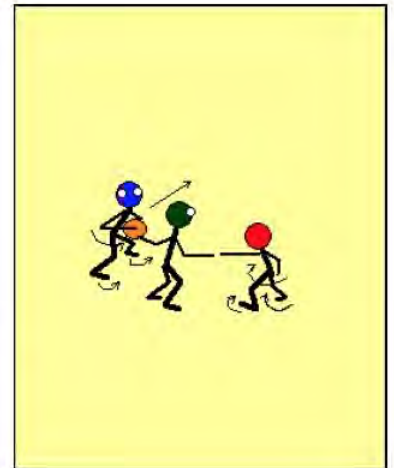
Equipment: basketball

The opposite player must move in a mirror like fashion to the dribbler. When the “mirror” puts up their hands the pass is thrown. The players switch rolls. This is teaching the passer to react to a stimulus. This is now starting to add the “when” to the skill.

5 min BODY FAKES

Equipment: basketballs

This is a good drill for learning how to attack a lone defender who is protecting the basket. Two lines are formed at the foul line extended. One line has basketballs, the other does not. The player with the ball starts the drill by dribbling to half court. At the same time the defender runs to touch the baseline. The two players now play 1 on 1. Encourage the defender to escape the paint to play defence. The ball handler has to attack the defence on the side (not on the chest) and see the reaction of the defender. Beat the defender with a crossover dribble or with a change of speed. Exchange lines.



CONCEPTS- 10 min

5 min DUKE PASS TO WING PUSH 1 ON 1 TO FC 1 ON 1

Equipment: basketballs

The drill is set up the same as before. Once the ball is scored O3 takes the ball out of bounds to inbound. O2 must find O1 and deny the inbounds pass. O1 and O2 play 1 on 1 full court. The restriction is that the ball must be passed to O3 in the front court and a return pass given before O2 can score.

You can see how the psychological load has been increased.

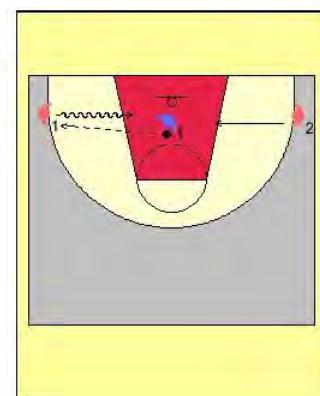
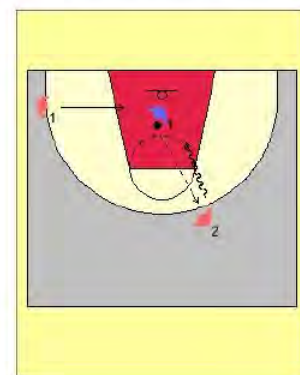
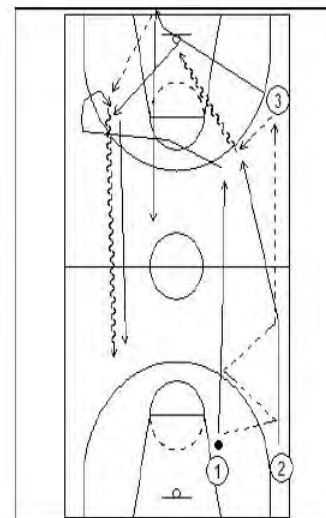
Note: You could eliminate the 1 on 1 on the first side and just have the corner pass.

5 min 2 ON 1 IN TIGHT SPACES

Equipment: basketballs

The defender starts with the ball. They may pass to either player. Both players attack the basket looking to create a 2 on 1. Allow only one pass. We are looking for a lay up or a foul. No jump shots at first. The defender works on faking into the passing lane. Block out one player on the shot. Play to a defensive rebound or a score.

In these examples we are playing from the swing and the wing, and the corner and swing

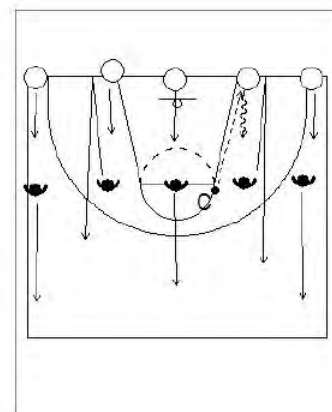


PLAY- 10 min

5 V 5 "DISADVANTAGE"

Equipment: basketballs

Line up the defence on the foul line and the offence on the baseline. The coach passes to one of the offensive players. The opposite defensive player must touch the baseline before returning on defence. Play transitioning up the floor with the advantage until the defence returns. Switch offence and defence.



Objectives: Review skills and concepts, 5v5

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min SEE WHAT YOUR TEAM MATE IS DOING

Equipment: basketballs, pylons

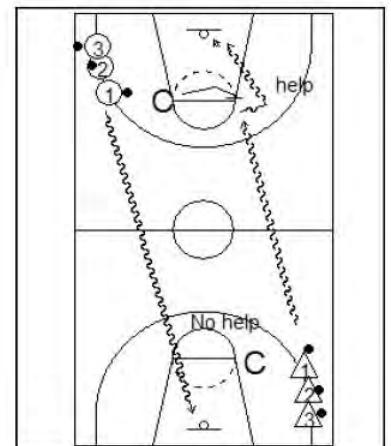
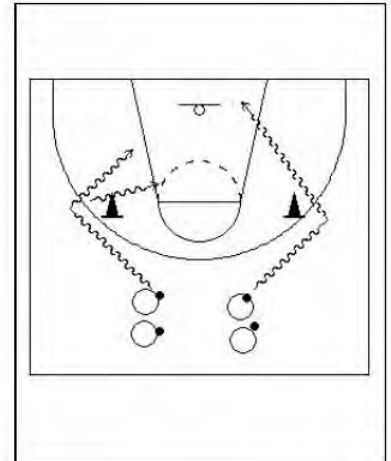
Form two lines at the top with each player having a ball. Two pylons are placed at the attack spot. The first two players dribble at the pylons and make a change of direction. The player who arrives first to the pylons chooses to go baseline or to the middle to a score. The other player must read what the first player does and do the opposite action. This forces the players to dribble with their eyes up and be aware of their teammates.

10 min FULL COURT DRIBBLE READ THE HELP

Equipment: basketballs,

Players come from the far foul line pushing the ball in as few as dribbles as possible. Come under control and read the coach.

- a) no help - lay-up
- b) help - hesitate, beat the coach
- c) sag help – shot



CONCEPTS- 10 min

5 min CUT TO THE OPEN BASKET

Equipment: basketballs

In this example, player #2 sees his/her defender getting caught looking at the ball and leaving the rim open. It is important that if the player does not receive the ball he/she quickly exits to leave the rim open for another cutter.

5 min CUT AND REPLACE (2 guards)

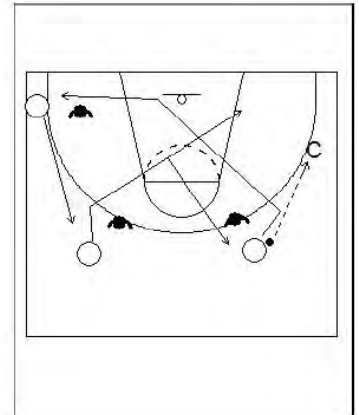
Equipment: basketball

The coach starts on the wing. The other three offensive players fill the other perimeter spots. To begin we want the defence to play denial. On the pass the player wants to cut to the basket. Following the rules the other players fill space. If denied at the three-point line the player must cut back door.

On the catch don't freeze the ball, think shot first, pass second, and drive third. The coach is always available as a receiver.

Note: An often-asked question is: "What should I teach my players to do if defence sags, because they know my players cannot shoot?"

The answer is to spend time on teaching them to shoot. By solving this problem with a tactic or strategy it only works for a short time, but over a long period of time this does not solve the problem of learning how to shoot.



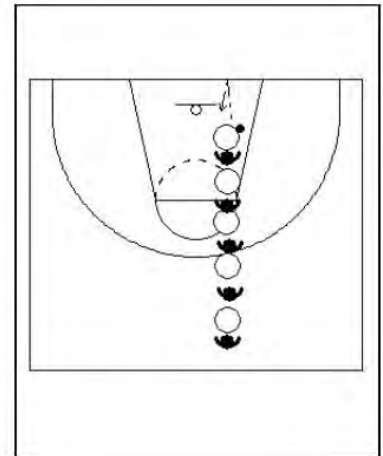
PLAY- 10 min

5 V 5 "TAP-IN"

Equipment: basketballs

The players line up in one straight line in front of the backboard. They alternate an offensive player then a defensive player. The ball is tossed up on the backboard and kept alive by tipping. The players rotate back to the end of the line. When the coach calls "stop," the player who has the ball takes the ball and their team is now on offence (you can also have the team score the ball and then the other team will inbound). This is just another way to initiate offence.

Ball is live on the score or after the last tap and the players transition up the floor to play live.



DEBRIEF & COOL DOWN – 5 min

PLAN #70:

Review -- 5v5

Objectives: Review skills and concepts, 5v5

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS – 20 min

10 min CREATIVE START 2 ON 1

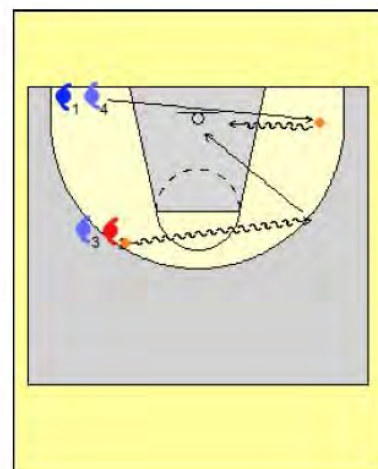
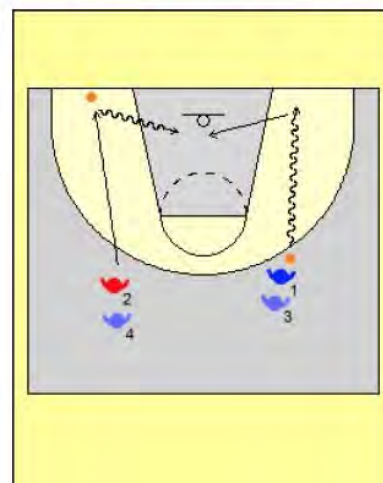
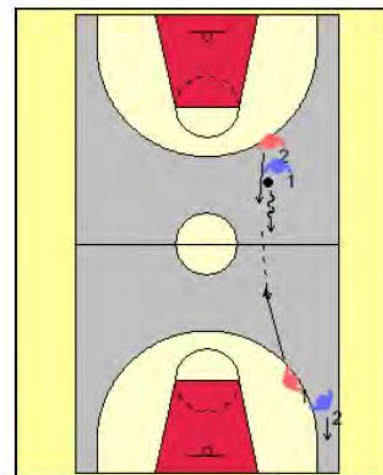
Equipment: basketballs

In this situation Blue #1 is dribbling the ball. Red #2 "buzzes" the ball (runs behind and tips it forward). Red #1 is playing defense on the wing player. Blue #2 grabs the ball and quickly creates a 2 on 1 with Red #2 against Blue #1. Blue #2 trails the play as the second defender.

10 min JUMP SHOT OR LAY UP

Equipment: basketballs

The players form two lines on the baseline. The first player in one line has a ball, the first player in the other does not have a ball. The rest of the players alternate with and without a ball. One ball is placed on the floor at the attack spot in front of the player who does not have a ball. The player with the ball dribbles out to the attack spot and sets the ball down on the floor. At the same time, the player without the ball sprints to pick up the ball on the floor in front of him/her. This player is now on offence. The player who set the ball down is on defence. The offensive player must read the defence. If the defence shows a chest, shoot the jump shot; if just an arm, use your outside inside power lay up; if there is no defender, use your speed lay up.



CONCEPTS- 10 min

5 min 1 V 0 - 2 V 1 SPLIT THE COURT

Equipment: basketballs

The defender starts with the ball under the far basket. The coach is under the opposite basket. The two offensive players are lined up in the corner. The player with the ball pushes the ball with a speed dribble using alternate hands. This allows the player to go faster.

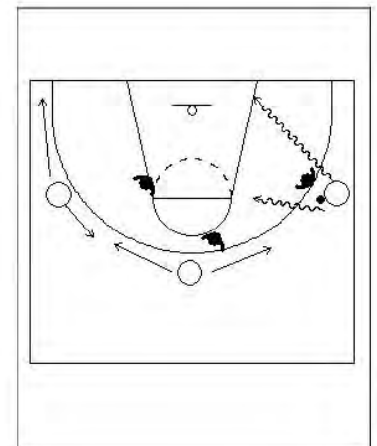
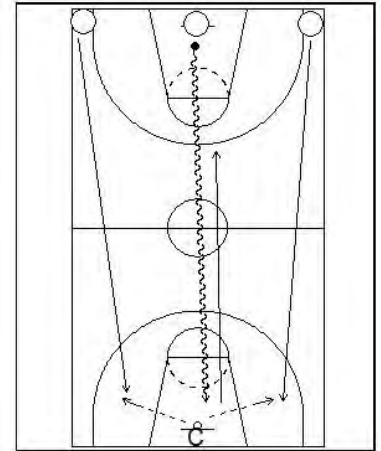
When the coach shows hands the player passes the ball to the coach. The two offensive players start to sprint. The coach passes the ball to one of the two players. They now go 2 on 1.

5 min 3 V 3 HANDICAP SPACING

Equipment: basketballs

We now play 3 on 3 starting with a handicap. One defender starts with his/her back to the defender. This creates the one-second advantage. Notice that the other offensive players must read the penetration before they move.

It is suggested that you add transition to the drill. Allow the players to go 3 on 3 in the other direction.

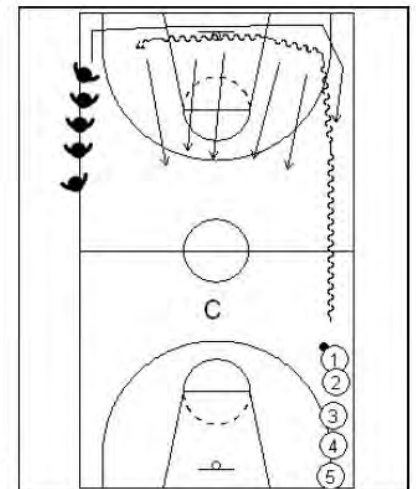


PLAY- 10 min

RUN THE COURT

Equipment: basketballs

The five offensive players and five defensive players line up in opposite corners of the gym. The first offensive player has a ball. When the coach says “go” the players start to jog along the perimeter of the court. When the coach blows the whistle, the team on offence starts to attack the far basket; the defence must match up and play defence. Switch offence and defence.



DEBRIEF & COOL DOWN – 5 min

PLAN #71:

Review -- 5v5

Objectives: Review skills and concepts, 5v5

Equipment: basketballs

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS - 20 min

10 min CHANNEL PLUS TURN

Equipment: pylons, basketball

We now combine the two concepts from the above drills. The coach tells the defense which hole he/she is to make the defense to go through. The offense does not know. Like a sheep dog the defender works to maneuver the sheep into the corral.

5 min CANADA SHOOTING – review from plan #43

Equipment: basketball

Players line up in two lines, one outside the 3-point line and the other on the block. All players have a ball except for O4. O4 cuts baseline and receives a pass from O1, catches, shoots and rebounds their shot to fill their opposite line. After O1 makes the pass they cut to the elbow and receives a pass from O5, catches, shoots and rebounds their ball to fill their opposite line.

Footwork: Players can use inside pivot on the baseline or a jump stop. At the top use a jump stop.

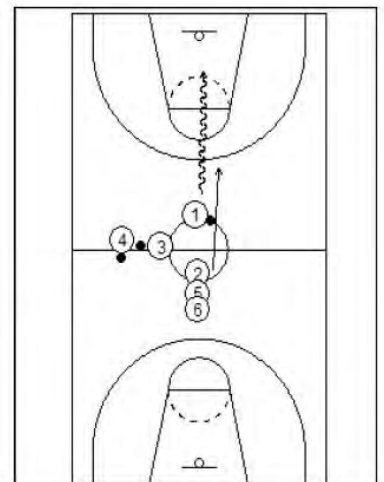
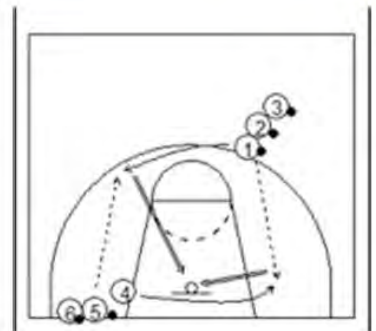
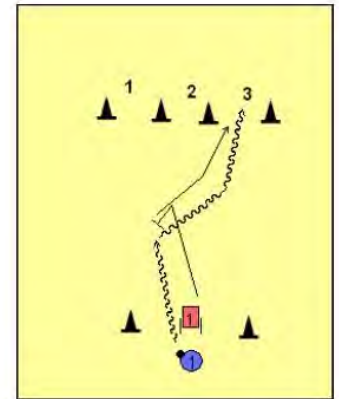
Keys: Players should make hard quick passes and have your hands up ready to receive the pass. Be an active passer, this means faking pivoting with the ball. Do not stare down your pass. Use the type of pass you would use in a game. NO CHEST PASSES. Help them visualize what the defense will look like. Work the proper timing of the cuts. Make eye contact. Work for a quick release shot.

5 min CHASING LAY UPS

Equipment: basketballs

O1 starts with the ball at the top of the jump circle. O2 starts at the back of the jump circle. On a verbal O1 starts to dribble to the rim to score and O2 chances to touch the back of the dribbler. You can change the distances, starts (back to back), start with a pass, sprint to get in front etc.

Physical Load - Social Load - Technical Load

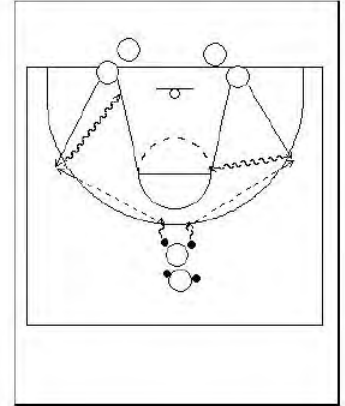


CONCEPTS- 10 min

TWO BALL WING ENTRY PASS

Equipment: basketballs

The players form three lines. The players in the top line need two basketballs each. The players on the baseline must establish who goes first. We do not want the same line going first each time. The passer must learn to scan who is open first. The rhythm of the pass is crucial. It should be delivered to the cutter when he/she arrives at the attack spot. The wing players will then either drive baseline or to the middle. The second player has to attack the basket on the opposite direction of the first one. To take the drill to Phase B, add guides to the passer and to the wing players.

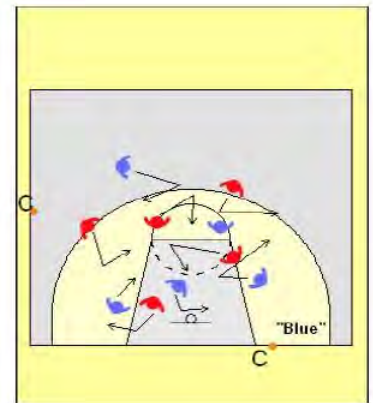


PLAY- 10 min

INBOUNDING

Equipment: basketballs

Both teams are moving randomly in the half court. One coach is on the sideline and the other is on the baseline. Both coaches have a ball. One will call a colour and set the ball down. That team must now inbound the ball and attack the chosen basket. The play is live on the inbound. You can also add a transition and then reset on the far end.



DEBRIEF & COOL DOWN – 5 min

Objectives: Review skills and concepts, 5v5

Equipment: basketballs, jerseys

WARM UP GAME – 10 min
DYNAMIC WARM UP – 5 min

SKILLS- 20 min

5 min CHANGING FROM ONE TYPE OF DRIBBLE TO THE NEXT

Equipment: basketball

Players must constantly be changing from attack to control and vice versa. The ball handler must also be ready to pass at any time. “When” to use each type of dribble is the key. This is the what to dribbling, players will still have to learn the when.

5 min CHANGE OF SPEED

Equipment: basketballs

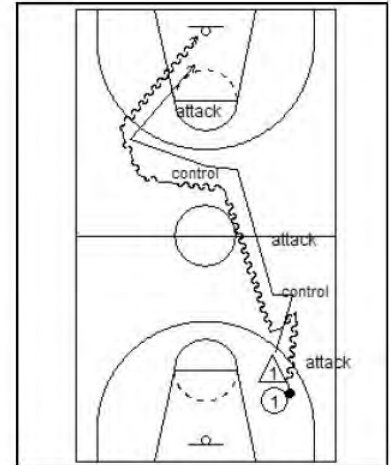
This is an excellent drill to teach the players how to use change of speed to create a one second advantage. It also helps in the decision making process as to what finishing move to use; the extended layup or the outside inside power or the pull up jump shot.

Two lines of players at half court. The outside line is on offence and has a ball. The inside is the defence and faces the opposite basket in a shoulder to shoulder position. The offensive player begins the drill by walking or a slow dribble to the basket. The defence must mirror the speed while staying shoulder to shoulder. When the offensive feels he/she has the advantage they shift gears and accelerate to attack the basket. The defence is live. Common errors:

- There is no change of speed. The offensive player stays the same speed the whole time.
- The change of speed occurs too soon.
- Put the defender on your back. Too often the offensive player will drive in a wide arc and allow the defence to recover.

Read the defence on your finish. Sometimes stop and allow the defence to fly by out of control.

Physical Load - Social Load - Technical Load

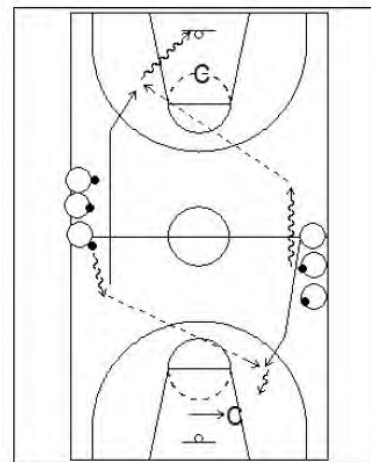


10 min TWO LINES FULL COURT SHOOTING

Equipment: basketballs

The players line up in two lines on both sidelines at half court. Every player has a ball except one. The player without the ball starts to run to one of the two baskets. The player with the ball on the opposite side of the court takes two dribbles in the same direction and makes the pass to the player running to the hoop. The player receiving the pass continues in and scores the basket. The player who passed stops, changes direction and heads to the opposite basket. This cues the next player to take two dribbles and make a pass. The drill continues with players alternating the basket they attack.

Loading in defense, a coach is laced at either end of the court. When the player drives to the basket he/she must read the positioning of the coach. If the coach places his/her chest in front of the player, the player pulls up and shoots the jump shot. If the coach does not show his/her body, the player continues in for the layup.

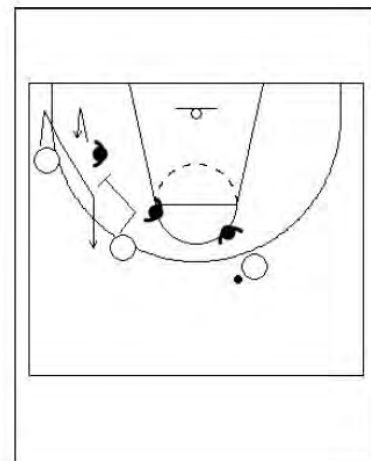


CONCEPTS- 10 min

PASS AND SCREEN AWAY

Equipment: basketball

Groups are set up in threes. The top player passes to one of the wings after they have cut to get open at the three-point line. After passing the ball the top player screens away, setting the screen on the wings defense player. Play live off of the pass. Rotate positions and make sure the pass is going to the left and the right.



PLAY- 10 min

5 V 5 "MATCH - UP"

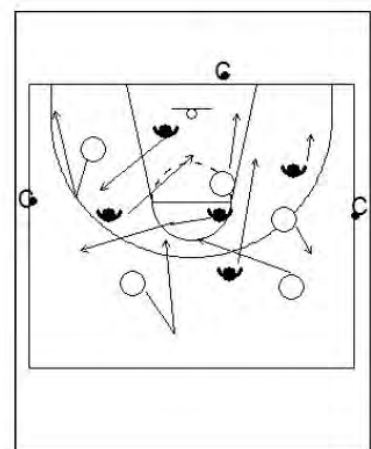
Equipment: basketballs

The players from both teams are moving randomly in space. The coach will pass the ball to one team. This team is now on offence.

The ball can also be rolled on the floor. The team that saves the ball gets to start on offence.

The coach can also shoot the ball. The team that rebounds is on offence.

The coach can bounce the ball hard on the floor. The team that gains possession is now on offence.



DEBRIEF & COOL DOWN – 5 min

Objectives: use skills and concepts in multiple competitions

Equipment: basketballs, jerseys, timer, score

WARM UP GAME – 10 min
DYNAMIC WARM UP – 10 min

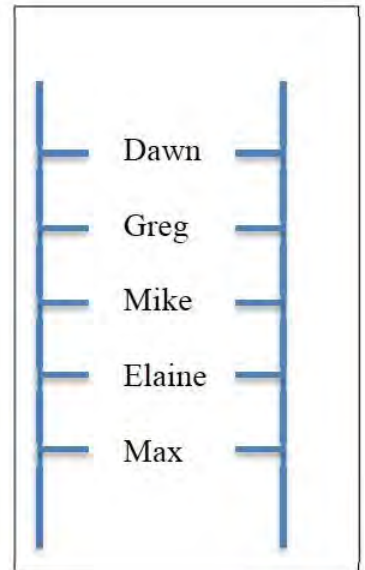
TOURNAMENT PLAY – 30 min

LADDER TOURNAMENT SET UP

All of the players' names are listed like they are the rungs of a ladder. Generally, the stronger players are placed at the bottom of the ladder. Players then can challenge a player a predetermined maximum amount of rungs above them, for example no more than two rungs above them. (Mike can challenge Dawn but Elaine can only challenge Mike or Greg)

If the lower seat wins then they would switch their names on the ladder, if the lower seat losses it stays the same. You cannot challenge the same player in back to back games.

This set up can be done in 1v1 games or in team challenges of 2v2, 3v3 etc. Games can be set up by timed games or amount scored. When using more hoops, more teams can be playing and active. Scoring can also be adjusted to emphasize skills or concepts. (For example all baskets are worth 1 but layups are worth 2.)



DEBRIEF & COOL DOWN – 10 min

PLAN #74:

Objectives: use skills and concepts in multiple competitions

Equipment: basketballs, jerseys, timer, score

WARM UP GAME – 10 min
DYNAMIC WARM UP – 10 min

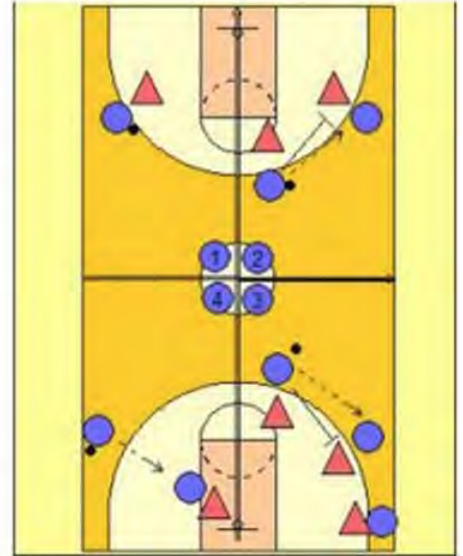
TOURNAMENT PLAY – 30 min

ROYAL COURT TOURNAMENT SET UP

Break the court up into four courts and make one the 'royal' court which would represent court 1 in the diagram. Number the rest or give each one a royal name (Ace's court, Jack's court, Joker's court). The goal is to end up at the royal court. Players must understand the lines of play to avoid contact – if there are four hoops full baskets can also be used.

Players are assigned to play on a court and the winner moves up a court and the losing team moves down a court. Players that are at the top court don't move up and players that are at the bottom court don't move down. If there are extra players they can wait a game to play into their court. This set up can be done in 1v1 games or in team challenges of 2v2, 3v3 etc

Winning a game could be determined by time, by score, first player to score two baskets, first player to cause two stops/turnovers.



DEBRIEF & COOL DOWN – 10 min

Objectives: use skills and concepts in multiple competitions

Equipment: basketballs, jerseys, timer, score

WARM UP GAME – 10 min
DYNAMIC WARM UP – 10 min

TOURNAMENT PLAY – 30 min

ROUND ROBIN TOURNAMENT SET UP

Decide on what kind of competition is going to be played and make teams (1v1, 2v2, 3v3 etc) and how many courts will be used. Once the teams are created give each team a number to differentiate them. You create games so that each team plays every other team. If there are more teams than courts, you can have teams sitting off.

Here are a few examples:

4 teams, 2 courts, 8-9 min games		
Game #	Team Match up Court 1	Match up Court 2
1	1 v 2	4 v 3
2	4 v 1	2 v 3
3	3 v 1	4 v 2

6 teams, 2 courts, 5 min games			
Game #	Team Match up Court 1	Match up Court 2	Teams off
1	1 v 2	3 v 4	5, 6
2	5 v 1	6 v 3	2, 4
3	2 v 5	4 v 6	1, 3
4	1 v 3	2 v 4	5, 6
5	5 v 3	6 v 1	2, 4
6	2 v 6	4 v 5	1, 3

DEBRIEF & COOL DOWN – 10 min

WARM-UP GAMES

PAC MAN

Equipment: lines on the floor

The players spread out around the gym, but must stand on a line. One player is chosen as “the Pac man/lady”. Players move along the lines trying not to get tagged by Pac man/lady. Once a player is tagged, they become the Pac man/lady. Players cannot retag the old Pac man/lady. If there are a lot of players, they can be divided into two games on separated parts of the floor.

Physical Load: Coaches can vary the type of movements players can do: running, sliding, skipping, high knees, running, hopping, etc.

Social Load: Multiple players can be the Pac man/lady. Players, once they tag, can share something about themselves. E.g., their favorite food, how many brothers or sisters they have, their name, etc.

Tactical Load: Players can have a ball and dribble around the lines while performing different types of movements. Also, once players are tagged by the Pac man/lady, they can perform a certain action (shot/layup) prior to their return to the game. Pac Man/lady would then change after a certain amount of time and not on the ‘tag’.

CASTLES

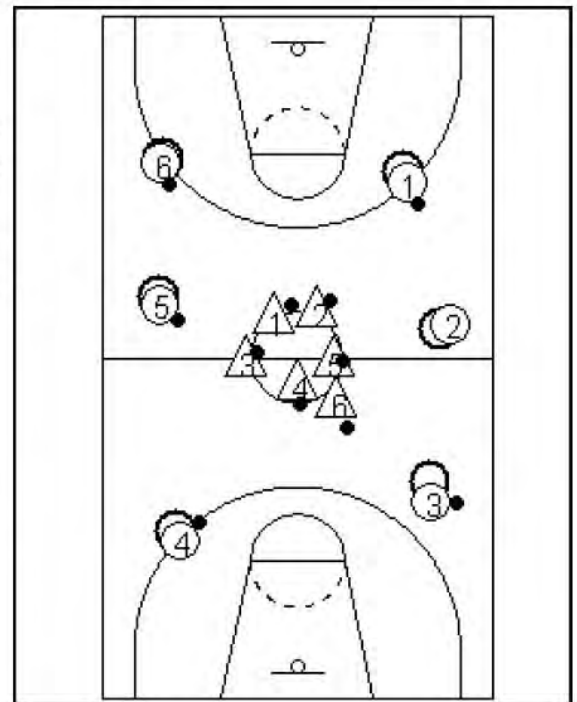
Equipment: balls, hoop, bean bags

Players partner up and each pair has two balls, a hoop, and some beanbags. The player inside the hoop protects the beanbags. The player outside the hoop visits the other groups’ hoops and attempts to take the beanbags. If the defender of the hoop tags a player, the player must visit another hoop. If a beanbag is stolen he/she returns to his/her home and switches roles with his/her partner. The coach can also call switch, forcing the players to switch positions.

Physical Load: If a player is tagged the player must do a physical activity before going to another hoop e.g., push up, sit up, jumps over a line, squats, etc.

Social Load: Teams chose team names around a theme (fruits/veggies, colours, NCAA, countries)

Tactical Load: After a player picks up a beanbag, he/she must make a lay up/shot before returning the bag to his/her hoop.



10 PASSES

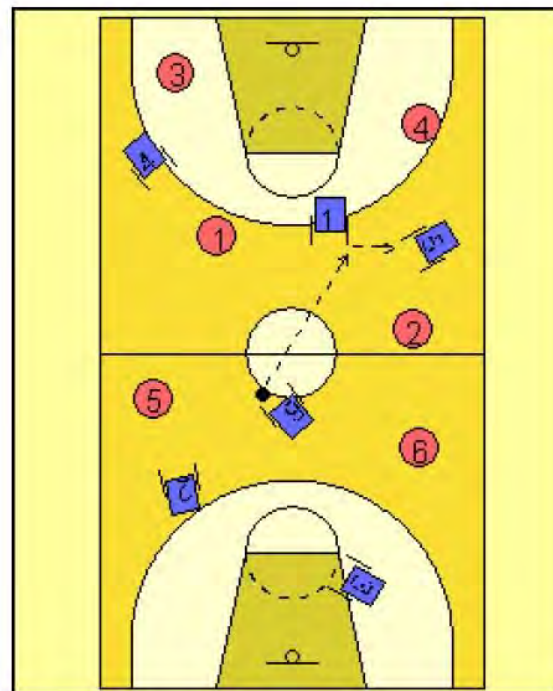
Equipment: jerseys, ball, space

There are two equal teams with one ball. The object is to pass the ball between your teammates 10 times without dribbling, traveling, or fumbling the ball. The players without the ball can move to get open. If any of the above three things happens, the other team immediately grabs the ball and starts to pass.

Physical Load: Once a player makes a pass to a teammate he/she must do a physical activity before he/she can receive a pass again. E.g., touch a wall, squats, wall jumps, etc.

Social Load: Have player call out the names of the players that are receiving the pass. All players have to receive 1 or 2 passes to win.

Tactical Load: All of the players are dribbling and a second soft ball is being passed for the 10 passes. Set up a ball on a chair under two hoops. Players must make a shot/lay up before returning to play. Another option: Players must complete the 10 passes and a score to win. Both teams can rebound the shot and a rebound could count as a pass



DRIBBLE TAG

Equipment: balls, space

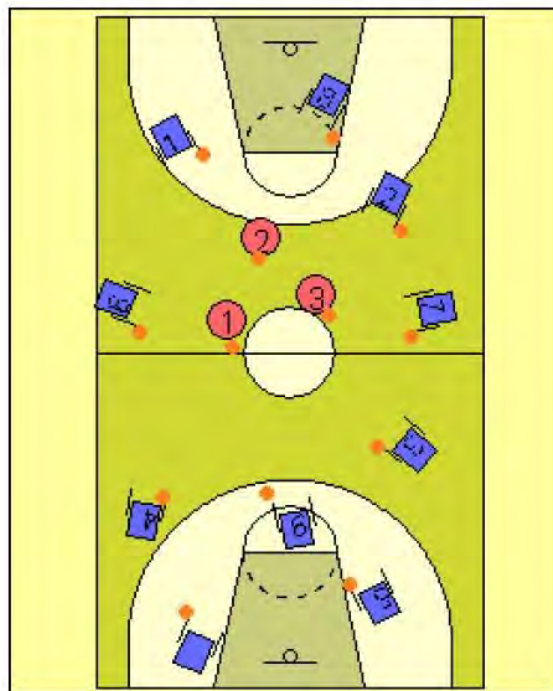
All of the players have a ball and spread out around the court. In this example, three players are chosen as "it". When the coach says "go," the players who are 'it' try to tag the others players while dribbling the ball. When tagged you have a number of options;

- 1) have them perform a task and then return
- 2) become "it" (two options here - keep going until only one remains or the old "it" is now being chased.)
- 3) frozen and wait for a teammate to unfreeze him/her (a good way is to do a ball tip with legs spread so a teammate can dribble a ball between the legs to unfreeze.)

Physical Load:

Social Load:

Tactical Load:



BALL TAG

Equipment: ball

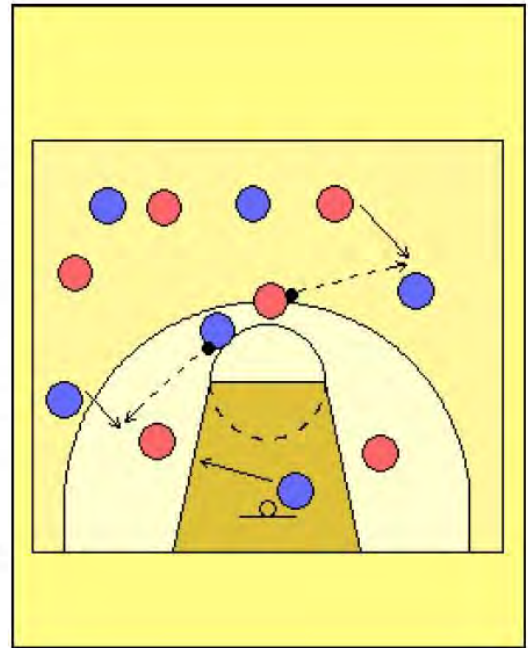
Two teams are made, one of the teams has possession of the ball. The player with the ball is only allowed to pivot. Players without the ball are allowed to move within the boundary. For this example the space is half of the basketball court.

One team attempts to tag the other team with the ball by passing, cutting, and moving. A player is tagged if the ball touches them while in possession of a player on the other team without a travel. The ball cannot be thrown. Once tagged, the player is eliminated. The team without the ball is allowed to try and steal the ball. Time how long it takes each team to eliminate the other or how many each team was able to eliminate after a set time.

Physical Load: Eliminated players must perform a certain exercise or go through a circuit before returning to play. After they pass, players must perform an exercise.

Social Load: Players must call out the name of the teammate they are passing to before passing. One team wins once everyone on the team tags someone

Tactical Load: Multiple balls can be added to the team tagging



Whirlpools and Volcanoes

Equipment: pylons, balls

Half of the pylons are scattered around gym facing “up” as volcanoes. The other half are facing “down” as whirlpools. There are 2 even teams. One team wants to make every pylon into a volcano and vice versa by dribbling around and switching them. If a player stops their dribble to flip it, turn it back. Set an amount of time and at the end of the time count to see how many whirlpools and volcanos are in the playing field.

Physical Load: After a pylon is turned over, a player can do a physical activity e.g., air squat, line jumps, sprint to touch a target before being able to turn over another pylon

Social Load: Players play while linked together in pairs, they can both have balls or only one has a ball. Once they turn over a pylon, players can switch to link with another partner.

Tactical Load: Players must perform a dribble move before turning over a pylon. Players can only dribble with their non dominant hand. Players, after turning over a pylon, must make a shot on their team hoop.

Hunter

Equipment: ball

This is a tag game with a twist. The only player who cannot be tagged by ‘it’, who is called the hunter, is the player with the ball. The player with the ball is allowed to run with the ball and wants to stay close to the hunter. When the hunter tries to tag someone, the player with the ball can pass to the player the hunter is trying to tag; therefore ensuring that the player cannot be tagged. If the hunter tags someone, that player becomes the hunter. The players without the ball must see the ball when he/she is running away from the hunter. By turning their back the players cannot receive the pass that will save him/her from being tagged. You may want to put a time limit on the hunter or ensure that everyone has a chance. Two small games are better than one big one.



DYNAMIC WARM-UP

BACKWARD RUN

Start with the hips low, in a quarter-squat position. The athletes are to take small, backward steps while keeping their feet beneath their hips. Have them focus on making short, quick steps. Their hips should stay low and their chests should be held high.

BACKWARD AND FORWARD LUNGE WALKS

Athletes take one giant step forward and drop down into a lunge position. Using their forward leg, they rise out of the lunge position and step forward using their opposite leg. Have them perform the movement both backwards and forwards.

BUTT KICKS

Athletes lean slightly forward, but still have a straight back. They then move in a forward direction while kicking their bums. Encourage them to pump and drive their arms and legs throughout the drill. For this movement, the goal is not to move up the court. Have the athletes focus on quickly bringing their heels to their bums.

CARIOCA

Players move laterally down the court and back at a fast pace. At each step, the dominant or leading leg will rise up in front of the body, stretching and opening up the hip flexors and hamstrings.

GROIN STRETCH

For this move, players work their way down the court laterally. At each step, the feet should stay wide, the body should stay balanced, and players should lean to the left and then the right. Athletes can lightly rest their hands on their hips or upper legs while leaning in each direction. They should feel this stretch on the inside of their upper legs.

HIGH KNEE WALK

As athletes step forward, they grasp just below their knee on the opposite leg and pull it towards their chest. While grasping the knee, they can extend their stepping leg and rise to their toe. Ensure they are keeping their chests high and are not leaning back.

INCHWORM

Have your athletes start in a push-up position. Have them drop their hips until they come in contact with the floor (keep arms extended so that their chests are off the floor). Keeping their legs straight, they walk their feet as close as possible to their hands. Then they walk their hands out until they arrive back to the pushup position.

JUMPING JACKS

Have the athletes stand upright with their hands at their sides. Then, have them jump and raise their arms up over their heads and land with their feet wider than shoulder width apart. Jump and return to the start position.

LUNGE & TWIST

To open and stretch the muscles of the hip and lower torso, athletes plant one foot in front of their body and drop down into a lunge position. They are to keep the front knee directly above their foot – the knee should not extend beyond the toes. As they drop down into their lunge, they can swing their arms and rotate to the left and then to the right.

This move readies the athletes' muscles for action and challenges them to work on their balance and coordination. Have them walk across the court and drop down into their lunge and twist at each step. When finished, have them perform the same move, but backwards.

SEAL JACKS

Athletes stand upright with their hands together in front of their chest. To perform the movement, they jump and move their arms out to the side with feet landing wider than shoulder width apart. The arms are making a seal clapping motion.

SKI JACKS

Athletes stand upright with their hands at their sides. To perform the movement, they jump and move their legs in a cross-country ski motion.

STRAIGHT LEG WALK

March with straight legs and reach for toes with opposite hand. Athletes should keep their chests high and avoid leaning backwards. The goal is to actively raise the leg until tension is felt in the hamstring, not to simply kick the leg up. y kick the leg up.

WALL SWINGS

Athletes will require some space against a wall for this movement. Have them place both hands on the wall and allow one leg to swing down and back up from side to side (between the wall and their body). Hips should stay in a locked position and remain square to the wall in order to feel the stretch. After a few swings, have the athletes change legs and try a sideways wall swing.

WALL SWINGS (SIDEWAYS)

Have your athletes rotate their bodies sideways and touch the wall with just one hand. The leg closest to the wall should swing forward and then back, as high as possible, without allowing the body to break or bend at the trunk. Make sure they alternate legs.

COOL DOWN

COPYCAT CIRCUIT

Equipment: None

Assign partners and spread them out in stations throughout the practice area. Partners have to come up with a stretch. When the circuit begins, partners perform their move while watching the pair to their right. After 20-30 seconds, each pair rotates one station to the right and performs the move the previous pair was doing.

BALL GOES ROUND & ROUND

Equipment: Basketball

The goal of this cool down is to see how many different ways the athletes can get the basketball around the circle. One person begins with the ball and starts with a bounce pass. Each player does the same until the ball makes its way back to the sender. The athlete next to the new sender chooses a different way to pass the ball (e.g., chest pass, two hands, one hand, overhand, high, low, left hand only...). Remember: Keep your eyes on the ball!

BALL SAFE

Equipment: Basketballs

All athletes stand inside a specified area. Two or more each have a ball. One player is assigned to be it. The main objective is to avoid being tagged by the person who is it. Players with the ball are safe and have to prevent non-its from being tagged by passing them a ball. Consider using foam balls. Increase or decrease the number of balls in play.

DRAW TWO

Equipment: Cards

Create two piles of cards. One pile lists or illustrates an exercise or a stretch on each card, and the second pile indicates a repetition or time. An athlete draws a card from each pile. For example, the exercise card might say "sit-up," and the number card might say "7". Everyone performs 7 sit-ups.

FOLLOW THE LEADER

Equipment: None

Have a player lead the rest of the group around the activity area using a variety of movements. Every 30 seconds, change leaders and vary speed (e.g., jog, speed walk, walk, slow walk).

FOLLOW THE LEADER (VARIATION)

Equipment: Flag or marker

Have the group move around the activity area in a single file. The first person in line chooses a movement and everyone behind must copy it. The last person in line is holding a flag or marker and makes his/her way to the front. When he/she makes it to the front of the line, the movement changes and the flag/marker is passed to the back. The sequence continues. Everyone must pay attention to the leader.

INSTANT REPLAY

Equipment: None

This is another “follow the leader” game, but with a twist! The coach performs an exercise or a stretch. The group watches and when you change to a second move, everyone must perform the *first one*. When you change to a third option, the group executes the *second one*, etc.

MUSCLE MIX

Equipment: None

Place the athletes in pairs and scatter them throughout the practice environment. Call out different instructions: “Touch elbow to elbow, touch knee to hand.” When you call out, “muscle mix,” the pairs split and form new pairs. You can also find a partner and he/she can be the new leader.

POSITIVE PASSING

Equipment: Basketball

In a circle, players pass the ball to each other while saying the name of the person they pass to. They can pass around or across the circle. Players can also say something positive to another teammate before or after the pass is made.

SHOE PASS

Equipment: Shoes

Players sit in a circle with their left shoe in their right hands. Start in a crunch position, knees bent, feet on the floor. Give the following challenges:

- Tap your shoe on the floor next to your right foot
- Lie down and tap your shoe on the floor over your head
- Pass the shoe under your legs to the person on your right
- Repeat until you get the shoe back

Variation: Do the same thing while in the plank position.

Try making up your own challenges or have the athletes make suggestions.

SLOW PASSING

Equipment: Object(s) to pass (beanbags, basketballs, etc.)

The players walk around the playing environment while slowly decreasing their speed and passing an object from person to person. Give them a signal to stop. The last person to touch the object leads the others in a stretch.

STRETCHING CIRCUIT

Equipment: Exercise Diagrams and Instructions

Create stations and post a card at each one with the name and picture of a muscle and a description of how to stretch it. Athletes perform the movement on the card. Rotate every 30 seconds.

STRETCH WAVE

Equipment: None

Have players from a circle. They should be one arm length apart from the people next to them. Select someone to lead a series of stretches. He/she begins by demonstrating and holding a stretch. One at a time, in a clockwise direction, the players do the same stretch, creating a wave around the circle. When the stretch reaches the last person, the leader (or the person next to him/her) starts a new stretch. Athletes should hold the previous stretch until the new stretch comes to them. Monitor the size of the group to ensure that the stretch can be held for 10-15 seconds.

THREAD THE NEEDLE

Equipment: None

The group stands in a straight line while holding hands. On signal, the first person in line leads the group under the arms of the last two people and around and under the arms of the next two people. They continue this process until they are all facing the other way. Then, they unwind. Separate the group and have teams compete against each other for fun.

TOUCH

Equipment: The practice environment

Have everyone line up on his or her stomach along the baseline. Think of an object in the practice area (e.g., a letter on the wall, a specific colour, wood, etc.) that everyone must touch. When it is called out, everyone must get up, touch the correct object, and return to the baseline as fast as possible. Variations: How many different things can be touched in one minute? Combine objects (e.g., wood and the colour red). Try again and improve the number.

DEBRIEFS

Debriefing athletes at the end of training is extremely beneficial for their learning or a check in to evaluate where their learning is and it is,] a good review. When done with intention debriefs can also help athletes learn to communicate and be aware of their learning. Here are a few suggestions on debriefing.

Debriefing rules (look like sound like to define from the athletes)

- Kind
- Respectful

Debrief set up:

- Can be asked out loud and answered in teams
- Partners or small groups and changing groups
- In a large group
- While cooling down
- Players can come up with their own debrief questions
- Have a debriefing leader or pair that leads the debrief

Debriefing language:

Players can ABCD on other players' feedback (with practice it will be prompted or initialized by themselves)

A – AGREE with the previous comment and why

B – BUILD on the previous and why

C – CHALLENGE on the previous comment and why

D- DEEP apply to what you are going to do next (tonight, at school, in life)

Ask athletes to reference what they saw or heard during a debrief rather than what they 'think'. I think Kathy ran hard in practice vs Kathy was first to finish in the sprints and ran hard. It is recommended that athletes start their debrief from an 'I' perceptive before going into what 'we' need to do or what 'you/others' need to do.

Debrief questions:

- What activities did you enjoy?
- What can you do on your own before our next session?
- What did you learn today?
- Was there something that was challenging today with practice?
- Did you learn something new about a teammate today?
- Is there a skill from today that you want to work on at home?

Debriefing recognitions/spotlights

- Recognition can be from coaches or by players
- Special values you saw during the session
- Exceptional effort
- Positive attitudes

Debriefing conclusion:

- Create action steps or an action plan to bring the athlete's learning closer to the next level
- Helps the athlete transfer from practice to everyday activity

REFERENCES

- Canada Basketball's Game Plan website documents
- Canada Basketball's Long-Term Athlete Development Model
- Canada Basketball's NCCP Learn to Train Tool Box
- Canada Basketball's NCCP Fundamentals Tool Box
- Canada Basketball's: Renato Pasquali: Coaching Youth Basketball
- Long-Term Athlete Development for Athletes with Intellectual Disabilities
- Long-Term Athlete Development Model

Thank you!



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