

BASKETBALL PRACTICE PLAN

DATE: _____
PLAN# _____
OPPONENT _____

PRE-PRACTICE

FORM RUN/COND. (MIN.)

Flexibility – 1 Leg Squats/Jump Rope
Hey Drill

WARM-UP – 3 People Per Basket

20/20/20 – Mikan/R. Mikan/1 Dribble Lane Lay-up
Other 2 players - Colonel Passing

BALLHANDLING/FOOTWORK (MIN)

_____ Follow the Leader - Stationary Dribbling
*Add Gloves to Any Drill
_____ Imagination Dribble

_____ Indiana 4 Corners

1 Leg Hops w/ Ball – Teach Triple Threat
Full Court Dribble – Eyes Up Watch Hands
X hands – crossover, ball fake, jab step

TRANSITION

_____ 5 Lines – 2 mins
3 Lines @ Halfcourt Passing – 2 mins
3 Man Weave – Progressive 5,4,3 Passes
_____ St. Joes Drill – 120 in 5 mins (Form Shoot 1ST)
4 Man Break – Hubie Brown
Outlet and Go – Bryant
_____ BU Transition – 5 lines, 3/2, 2/1, 1/1, 1/0
0/5 Defensive Transition – 1 Ball w/ Coach
4/5 to Offensive Board Only – 1/2/3 Back
2/1 Transition w/ Coach as Outlet Man
3/2 Transition
4 Minute Lay-up Drill – Oklahoma
Make 70 in 4 mins
Pinball – 2 minutes – make 120
Pass and Follow to next position

MTXE DRILLS (10 min)

Ball Crawls – 10 in 1 minute
2 man loose ball – 10 in 1 min
2 man take charge – switch at min
2 man bump cutter – switch at min
2 man back to passer – switch at min

OFFENSIVE ORGANIZATION

OFFENSIVE EXECUTION

SHOOTING (MIN)

_____ Finishing Inside
Mikan Drill – 30 in 1 min
Reverse Mikan Drill – 25 in 1 min
Rebound/Putback Drill – 10 in 1 min

_____ Form Shooting – 2 mins

T-Reach
_____ Free Throws – 2 mins

Make 2 Call Out Name
_____ Down, Low, Go – Partner Shooting – 3 mins

_____ Quarters – Pitino Shooting – 5 mins
T-Reach, Low, Line, 1-2 step

Transy Drill (2 lines underneath) – 2 mins
3 Man Shooting – Inside, T, Reach – 30 secs
Rebounder, Passer, Shooter

Partner Shooting
Count, 8 in 1 minute, Call Out Name

Fast Break Shooting
Rip go, Pull ups, 3 ptrs

_____ Motion Shooting – 3 mins
Post move, cut layup, baseline 3

_____ 2/3 Side Shooting – 3 mins
Layup, Roll, Baseline, Flair

_____ 5/4 Up Shooting – 3 mins Add Dribble at Guard
Cutter, 2 Side, Faceup
Full Court Layups – MAX 4 Dribbles

DEFENSIVE ORGANIZATION

1 ON 1 DEFENSIVE WORK

_____ Stance – EVERYDAY – 2 mins
Kings Drill – 2 mins

Stance Drill - Bounce, Chop, Stationary
_____ Zig/Zag Drill – Begin w/ Retreat Step

Bow Ties – 2 mins

_____ Cross Face Drill
Deny 3X after ball pickup

_____ EKV Slide/Sprints – 3 times Fullcourt
Recovery Drill

Chop feet, slap floor, rotate
Run/Slide/Run – Sprint to Slide Recovery

_____ 1 Man Challenge Shot Drill
Call ‘Shot’, Box Out, Rebound

_____ 1 on 1 Closeout
Roll ball, closeout, verbals, box out

1 on 1 in Lane Fullcourt

_____ 1/1 Guard A Yard
Keep Offense Outside Elbows

Linebacker Drill
3 guys, roll ball, dive on ball

_____ 1/1 vs. 2 Screeners – Chase Cutter – Get Low

Full Court Slides – stand up/go again

Zig-Zag Drill

Slide, head in front, 1 on 1 at half

1 on 1 Stunt the Dribbler

_____ Wing Denial Drill

5 Second Count at Top of Key

2 ON 2 DEFENSIVE WORK

_____ 2/2 Post Traps w/ 3 Perimeters – Say ‘GO’

2/2 Weakside Closeout Coach Passes/Middle

2/2 Full Court No Dribble

3 ON 3 DEFENSIVE WORK

SCREENS

Down, Back, Ball, Cross, Flex, Flash, UCLA

_____ 3/3 Closeout Drill

3/3 Full Court Play w/ work on options

*Screen Away, Handoff, Ball Screens

3/3 Perimeters w/ Post Traps on Managers

_____ 4 Offense vs. 3 Defense

_____ 3/3 – 2 Screeners/1 Cutter

3/3 Knockout is 1 pt for stop – 1 pt for off. reb.

4 ON 4 DEFENSIVE WORK

_____ Shell Drill w/ Driver in Middle/Work on Screens

4/4 Transition Drill – Pass to Man/Defense Back

_____ 5 Offense vs. 4 Defense

4/4 Keep Away – 45 secs Highest Passes Wins

5 ON 5 DEFENSIVE WORK

_____ 5/0 Dummy into 5/5 on other end

Say ‘Change’ – Offense Ball Down/Get Back on
Defense in Transition – Duke

_____ 5 on 4 Transition w/ Cherry Picker

4 have one man back – score pushups

5 keep scoring stay

REBOUNDING – 10 Suicides @ End

_____ 1/1 vs. Blocking Dummy Box Out

*Teach Swim, Teach Crotch Step

_____ 2 on 2 Box Out – Scored on under, Scorers top

_____ 3 on 3 Cut Throat – Reb. +1, Off. Reb. +2

War – Everyone in Paint or Groups of 5

Rebounding Progression – FT, 3PT, HC

PASSING

_____ 2 Man Passing – Triple Threat

_____ Lane Passing – Closeout, Trace Ball

Fast Break – 2/0 Transition

_____ 3 Lines at Halfcourt

Bounce/Chest, Crossover/Pass, Between Legs

Partner – Fig. 8, 1 Drib. Xover, Shoulder Pass

Full Court V Cut Passing – 3 mins

_____ Post Entry Passing – Guard on Wing/Hit Post

Using Screens
 Grab Shirt – Cut Under Elbow of Screener
 Post Moves – Drop Step, Up/Under, Face up
 Guard Moves – Stutter, Inside out, Crossover
 Slow In – Quick Out/Explosion

DO THESE IN ALL DRILLS

1/0 PERIMETER W/ BALL
 Catch/Face, Triple Threat, 1 Pivot Foot
 Without ball – hands ready, 1-2 step ready

1/0 POST W/ BALL
 Catch/Chin/Check, Face-up
 Without ball – Physical, wide base, move feet

2/0 PERIMETERS
 Wing – Middle Drive Space, Baseline Drift
 Corner – Baseline Drift, Middle Drift
 European – Fill Behind Drive

2/0 POSTS
 Hi/Low – Duck-in + Reverse Pivot Seal
 Wing – 1 step out/1 step up, face up
 Post Catch – Dump Down Pass

2/0 1 POST/1 GUARD
 I Cut on Baseline Drive
 Rim Cut on Opp. Block

3/0 2 GUARDS/1 POST
 Wing – Guard Corner/Cut Through/Screen

3/0 2 POSTS/1 GUARD
 Ball screen/Drive/Duck in

4/0 2 POSTS/2 GUARDS
 Ball screen/Drive/Duck in

PERIMETER PLAYERS
 1/1 on the 3pt Line – Attack shoulder, lay – up
 1/2 on the 3pt Line – Drive by, help shows

POST PLAYERS
 1 Move – Drop Step, 2 – Up/Under, 3 – Face-up
 Fast Break – Reverse Pivot

FAST BREAK ORGANIZATION
 2/0 – Outlet Drill
 3/0 – Outlet Drill *Add Variations
 4/0 – Outlet + Trailer
 5/0 – Outlet + 2 Trailers Run Carolina

SECONDARY BREAK
 Carolina w/ dribble or pass

PRESS BREAK FULL COURT
 Sideline vs. 1-2-1-1 or Man/Man
 4 Corners vs. Zone Press
 Clear vs. Change-up Pressure

PRESS BREAK HALF COURT
 2 Guard vs. Half Court Trap 2.2.1 Alignment
 Pass Across Halfcourt – NO Dribble
 1 Guard vs. Half Court Trap 1.3.1 Alignment

ZONE OFFENSIVE ORGANIZATION
 3/2 Offensive Work Perimeters – Make 2 Guard
 2/3 Offensive Work Post – Screen/Short Corner

ZONE OFFENSE
 Zone – 1/4 High Entry Set
 Call 1 – Dribble Entry/Call 2/3/4/5 Pass Entry
 Motion – Posts to Short Corners and Elbows

OFFENSE
 Motion Twirl Hand for Turn it Over
 Call Triangle – Ball Inside
 Entry Set
 2/3 Side – From Motion First
 4/5 Up – Read + Call
 2/3 Down – Post Entry for 2/3
 Reverse – Call ‘R’
 Power – Cross Screen Entry
 Baseline – Flex Entry
 *Baseline Entry When Reversal is Denied
 Twirl Entry (1-4 High Entry)
 Point Set Entry
 Kansas – Cutter/Screener – 4 Out/1 In Motion
 Wide – Open Post (Dribbled at you = backdoor)

BREAKDOWN SETS
 Fist – High Ball Screen
 Down – 4 Flat

BASELINE OUT OF BOUNDS
 Series for 1 – 5
 Triangle – Screen the Screener
 Vs. Zone – Call Name/Box Set (Wayne Co.)
 *Name is man taking it out/Curler

SIDE OUT OF BOUNDS
 Side Out – Set Up Every Time

VERBAL CALLS
SHOOTING
 T/Reach, 1/2 step
 Low/Line, Down/Low/Go

POST PLAY
 Catch/Chin/Check

GUARD PLAY
 Rim/Post/Action

DEFENSE
PACKAGE
 Red Series – Fist Signal
 2.3 Zone/Box + 1/Triangle + 2
 Reset Each Time Red is Called

White – Open Hand Signal
 Man to Man PACK
 Black – Two Fist Signal
 1.3.1 Zone

DEFENSIVE SHELL ORGANIZATION
 G-F Pass – Cut – Jump to Ball
 G-G Pass – Jump to Ball/Screen Away
 Teach Screening Situations
 Add Baseline Driver/Middle Driver
 Take The Charge
 3 out 1 in – Defend Ball/Double Post
 Rim/Top/Deny
 4/4 Shell – Get 3 Stops to Get Out/No Off. Rebs

DEFENSIVE TECHNIQUE TEACHING

VERBAL CALLS
MAN DEFENSE
 Deny/Ball/Shot/Screen
ZONE DEFENSE
 Cutter/Shot/Ball
TRIANGLE + 2
 I got ##/Ball/Shot
BOX + 1
 I got ##/Ball/Shot

SPECIAL SITUATIONS
 Full Court Finish Drill
 Huddle on FT
 FT Game
 Teach X, FX, and Head Tap Break
 Perfect Possession
 No Score for 35 Seconds or Go Again
 Full Court Pivots

GAME PREPARATION
 2 Minutes – Tie Game
 Warm-up Drills
 Captains Choose After First Two Drills

NEW IDEAS FOR PRACTICE
 Different Post Moves to Score in Dummy
 Different Dribble Moves/Posts-Guards Meet
 Different Passes Each Day
 Different Rules – No Dribble, Fake Pass/Make 1
 Change Up Partners Daily – Posted
 Change Up # of Suicides for Hustle Plays
 Vary Post/Perimeter Rules Each Day
 Add a Conditioner to End of All Drills
 *Stance, Closeout, Slides, Retreat Step
 Add Stations to Practice – Teach Diff. Defense
 Change Up Start of Scrimmage UOOB, SOOB
 2 Minute Games – Up/Down – Plays
 Boxes and Elbows – Terminology