

THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HAVE FUN!	The game of basketball is fun! Encourage the players to enjoy the game and their teammates!	5%
	KNOW YOUR TEAM GAME	Get to know each other by answering fun questions!	
Warm-Up	THE ESCAPE GAME (3 x each partner)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	TEACH: Ball-Handling		70%
	TOSS & CATCH (1 x 45 sec.)	Develop comfort with the ball and work on hand eye coordination by tossing and catching the ball.	
	SMACKS (1 x 20 sec.)	Get comfortable with the ball, and warm-up the fingers and hands by smacking the ball.	
	TAPS (1 x 30 sec.)	Tap the ball quickly from hand to hand to gain familiarity with the ball and warm-up the fingers and hands.	
	WAIST WRAPS (1 x 10 reps/way)	Challenge the players to wrap the ball quickly around their waist.	
	HEAD WRAPS (1 x 10 reps/way)	Wrap the ball around the head as quickly as possible.	
	TEACH: Passing		
	STATIONARY WALL PASS Chest (3 x 10)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
	FORM SHOOTING No ball (2 x 8)	Focus on perfect form and visualization.	
	SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!	
	TEACH: Footwork & Conditioning		
JUMP-STOP DRILL No ball (2 x down & back)	Use this drill to work on the fundamentals of the jump stop; balance and body control.		
Team Concepts	TEAMWORK CARRY DRILL (1 - 2 games)	This is a great drill to encourage teamwork!	10%
Competing	MR. COACH, WHAT TIME IS IT? (1 - 2 games)	Have fun with this game and add a basketball if appropriate!	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s actions or performance in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	ACTIVE LIFESTYLE	Discuss with the players the positive implications of being active.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the geography of the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	TOSS & CATCH (1 x 45 sec.)	Keep this hand-eye coordination drill fun!	
	SMACKS (1 x 20 sec.)	Get comfortable with the ball and warm-up the hands.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball and warm-up the fingertips.	
	DRIBBLING FUNDAMENTAL SKILL	Teach dribbling the ball by using the fingertips of one hand to repeatedly bounce the ball off the floor.	
	STATIONARY DRIBBLE: LOW & MIDDLE (2 x 30 seconds each hand low & middle)	Work on using the fingertips while making low/middle dribbles.	
	UP OR DOWN GAME (2 x 4 minutes each)	Play a fun dribbling game to help develop dribbling skills.	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 2 minutes each)	Passing with a partner helps both passing and receiving.	
	TEACH: Footwork & Conditioning		
FUNDAMENTALS OF THE TRIPLE THREAT	The triple threat stance is an athletic stance that allows an offensive player with the ball to 1-shoot, 2-pass, or 3-dribble.		
1.2.3. TRIPLE THREAT (2 x 1 minute)	Have the players use this simple drill to get used to the triple threat position.		
EXPLOSION LEAPS (2 x sideline to sideline)	This exercise will help players work on coordination, jumping, landing, and endurance.		
Team Concepts	SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!	10%
Competing	RED LIGHT (1-2 games)	This is a fun interactive game for the team.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	CONFIDENCE	Have the players define confidence and discuss how to build it.	5%
Warm-Up	RUNNING STOP DRILL (1 x 3 minutes)	Work on listening, stopping quickly, and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	SMACKS (1 x 20 sec.)	Gain comfort and familiarity with the ball by smacking it.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball.	
	SINGLE LEG ROLLS (2 x 30 seconds each leg)	Control the ball by rolling it on the floor around 1 leg at a time.	
	DOUBLE LEG ROLLS (2 x 30 sec.)	Roll the ball on the court around both legs.	
	STATIONARY CROSSOVER LOW, MIDDLE, HIGH (3 x 20 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	TEACH: Passing		
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing and show their hands as a target before catching.	
	STATIONARY WALL PASSING (3 x 10 chest passes)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
PERFECT SHOT NO BASKET DRILL (3 x 8 attempts)	This is a fun shooting drill that challenges the players to be perfect!		
1.2.3. SHOOTING (1 x 3 minutes)	Help the players think of shooting in a simple 3-step process.		
Team Concepts	TEAMWORK CARRY DRILL (2 games)	This is a fun team building exercise that teaches players to work together.	10%
Competing	COACH SAYS (1-2 games)	This is a fun game for defense and listening!	10%
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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP 1	Have players talk about sportsmanship and provide examples of good and bad sportsmanship.	5%
Warm-Up	SKIP TAG (1 game)	A fun warm-up game to prepare the players to practice.	5%
Building Skills	TEACH: Ball-Handling		70%
	STATIONARY FIGURE 8 ROLLS (1 x 15 seconds each direction)	Stay in a good stance and work on ball control by rolling it on the court around the legs.	
	MOVING SIDE TO SIDE ROLLS (1 X half court and back)	This is a great introduction to moving ball control.	
	WALK TO JOG DRIBBLE (2 x down and back)	This is a good opportunity for the players to work on dribbling with movement in a controlled drill.	
	UP OR DOWN GAME (games of 4 minutes each)	Play a fun dribbling game to help develop dribbling skills.	
	TEACH: Footwork & Conditioning		
	PIVOTING	Teach the players the fundamental skill of pivoting.	
	FORWARD PIVOT BASIC (4 x each foot)	Help the players gain comfort, confidence, and balance while pivoting.	
	TEACH: Shooting		
	LAY-UP HIGH FIVE DRILL (3 minutes each side)	A simple high five can teach the fundamentals of a lay-up!	
LAY-UP SKIPS DRILL (2 x down and back)	Help the players gain comfort with the proper lay-up form before moving to a ball and a basket.		
1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.		
Team Concepts	FUNDAMENTALS OF CUTTING	A cut is an offensive movement that a player makes to get open for the ball. There are several of types of cuts to learn.	10%
	PASS & CUT DRILL (2-3 minutes each way)	Work on passing, cutting, and finishing with a lay-up.	
	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	
Competing	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to work on man to man defense, and creating a shot on offense.	10%
	MR. COACH, WHAT TIME IS IT? (1-2 games)	Enjoy a fun game that will put a smile on everyone's face.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP 2	Is good sportsmanship just about shaking hands after the game?	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	ONE HAND MOVING ROLLS (1 x each hand to half court & back)	Roll the ball up the court while maintaining contact with 1 hand.	
	LOW, MIDDLE, HIGH DRIBBLE (2 x 20 seconds each level & each hand)	Work on fingertip, control, and pound dribbles.	
	WALKING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x down and back each)	Work on controlling the dribble while moving.	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 2 minutes each)	Passing with a partner helps both passing and receiving.	
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing, and show their hands as a target before catching.	
	TEACH: Shooting		
1-STEP FORM DRILL (1 x 2 minutes)	Work on perfect execution of the basics of shooting.		
TEACH: Rebounding			
SELF-TOSS REBOUND DRILL (3 x 8)	The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak.		
Team Concept	GIVE & GO DRILL (2 minutes each side)	This basic basketball movement will help the players understand moving without the ball.	10%
Competing	DRIBBLE FREEZE TAG GAME (5 x 1 minute)	This is a fun game of tag while dribbling the ball!	10%
	MAKE FOR A CONE GAME (games of 3 minutes)	When a team makes a shot, they will take a cone from the other team.	
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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	FAIRNESS 1	Explain the basic rules and why we have them.	5%
Warm-Up	AVOID THE COACH GAME (2-3 minutes)	Build rapport with the players while preparing for practice!	5%
Building Skills	TEACH: Ball-Handling		70%
	RUNNING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x each)	Encourage the players to challenge themselves to run fast and control the dribble at the same time.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	ZIG ZAG DRIBBLING (2 x down and back)	Work on dribbling on the move and changing directions.	
	TEACH: Passing		
	SLIDE & PASS DRILL (2 x each pass)	This drill works on multiple skills at once. Be sure to teach the players to lead the player with the pass.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.		
MAKE FOR A CONE GAME (3 games of 3 minutes each)	Making a shot allows you to take a cone from the other team		
Team Concepts	TEACH: Footwork & Conditioning		10%
	ZIG-ZAG V JUMPS (2 x each player)	Make sure the players have good body control and balance as they jump.	
	DEFENSE, I LOVE IT DRILL (2 x 30 seconds)	Make sure the players have both a good defensive stance and a lot of energy!	
Competing	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	10%
	SWIPERS GAME (1 game)	This is a fun game that allows the players to work on their ball-handling in a game speed environment.	
Compliment Session	2 ON 2 NUMBERS GAME (games to 5)	2 on 2 will help the players understand how to play together with a teammate.	10%
	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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Values	FAIRNESS 2	Is it fair if you hold a player on defense while the ref isn't looking?	5%
Warm-Up	RUNNING STOP DRILL (1 x 3 minutes)	Work on listening, stopping quickly and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	LOW, MIDDLE, HIGH DRIBBLE (3 x 20 seconds each level & each hand)	Controlled dribbling is essential to the development of all youth players.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	AVOID THE COACH GAME (1x)	This is a great way to build a fun rapport with the players while working on ball-handling!	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 1 minute each)	Passing with a partner helps both passing and receiving.	
	PASS & CUT DRILL (4 x each player on each side)	This fundamental drill will help the players gain comfort with passing and cutting.	
	TEACH: Footwork & Conditioning		
	REVERSE PIVOT DRILL (4 x each foot)	Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting.	
	TEACH: Rebounding		
SELF-TOSS REBOUND DRILL (3 x 8)	The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak.		
TEACH: Shooting			
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots "around the world."	
	MAKE FOR A CONE GAME (1 x 3 minutes)	Make a shot and your team gets a cone!	
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
Competing	1 ON 1 & 2 ON 2 NUMBERS GAME (games to 3)	Use these competitive games to work on both offense and defense.	10%
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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: COACHES	Have the players define respect and discuss what it means to respect their coach.	5%
Warm-Up	AVOID THE COACH GAME (2 minutes)	Build rapport with the players while preparing for practice!	5%
Building Skills	TEACH: Ball-Handling		70%
	DRIBBLE BALANCE (3 x 20 seconds each leg)	Work on ball-handling while maintaining good balance and stability.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that helps the players keep their eyes up while working on a variety of ball-handling moves.	
	CAPTURE THE CONES GAME (2 x 4 minutes)	This is a fun team game that will reinforce basic ball-handling skills.	
	TEACH: Footwork & Conditioning		
	CONE JUMP & PASS DRILL (1 x 3 minutes)	The players will jump over cones and then pass the ball.	
	TEACH: Passing		
	OPEN & DECIDE DRILL (3 minutes)	This drill teaches the players to read the situation, make a quick decision, and make a good pass to their teammate.	
	TEACH: Shooting		
FORM SHOOTING – 2 HANDS (3 x 8)	Work on the proper shooting mechanics.		
AROUND THE WORLD (2 games)	Divide the players into teams for this competitive shooting game.		
Team Concepts	TRACING THE BALL BREAKDOWN DRILL (2 x 1 min)	Keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.	10%
Competing	LAY-UP BOWLING (1-2 games)	This game emphasizes the importance of making lay-ups.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

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THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: TEAMMATES	Discuss how we respect our teammates.	5%
Warm-Up	SKIP TAG (2 minutes)	This is a fun warm-up game to prepare the players to practice.	5%
Building Skills	TEACH: Ball-Handling		70%
	DRIBBLE BALANCE (3 x 20 seconds each leg)	Work on ball-handling while maintaining good balance and stability.	
	DRIBBLE BALANCE PUSH (2 x down and back)	Have the players maintain their balance and push off their outside leg.	
	OVER/UNDER RELAY (1 game)	This is a fun, team game aimed to encourage the players to work together.	
	TEACH: Passing		
	WHO IS READY DRILL (2 minutes)	This drill helps offensive players recognize when a teammate is ready to receive a pass.	
	KEEP AWAY GAME (30 sec each)	Work on movement, teamwork, passing, and defense.	
	PASS IT DOWN THE LINE GAME (1 min/group)	This drill will help players pass and catch on the run.	
	TEACH: Rebounding		
	TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, grabbing it, and chinning it securely.	
TEACH: Shooting		10%	
1-2 STEP LAY-UPS (3 x 1 min each)	Breakdown the proper lay-up form and have the players put it into action.		
JUMP STOP SHOOTING GAME (games to 6)	Work on good jump stops, being balanced, and making shots at game speed.		
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
	COACH SAYS (1 game)	Work on defense and listening!	
Competing	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	10%
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Values	RESPECT: OPPONENTS	Discuss how to respect the opponent.	5%
Warm-Up	THE ESCAPE GAME (3 x each)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	TEACH: Ball-Handling		70%
	LOW, MIDDLE, HIGH DRIBBLE (20 sec each level/each hand)	Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high dribbles to improve coordination and ball control.	
	WALKING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x down and back each)	This is a good opportunity for the players to work on dribbling with movement in a controlled drill.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	CAPTURE THE CONES GAME (games of 3 min)	This is another great team ball-handling game that will reinforce the skills previously learned.	
	TEACH: Footwork & Conditioning		
	CONE JUMP & PASS DRILL (3 x each)	The players will jump over cones and then pass the ball.	
	WATER OR LAND (3 X 15 seconds)	This drill forces the players to listen, balance and react quickly.	
Team Concepts	TEACH: Shooting		10%
	1-STEP FORM DRILL (1 x 2 minutes)	This is a fundamental movement for players as they grow into becoming great shooters!	
DRIVE & KICK COMPETITION DRILL (games to 10)	Have the players compete while working on the drive and kick concept.	10%	
Competing	MAKE FOR A CONE GAME (1 x 3 minutes)	Make a shot and take a cone from the other team!	10%
	2 ON 2 NUMBERS GAME (games to 5)	Use this fun 2 on 2 game to encourage players to work together on offense and defense.	
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Values	RESPECT: REFS	Discuss how to respect the refs.	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots "around the world."	
	DRIBBLE, JUMP STOP & PASS (2 minutes each side)	Work on dribbling, jump stops, passing, and lay-ups.	
	TEACH: Rebounding		
TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, going to grab it, and chinning it securely.		
TEACH: Teach: Footwork & Conditioning		10%	
THE BACKPEDAL, SLIDE, & SPRINT DRILL (1 x 1 minute)	Work on good footwork and changing directions quickly.		
Team Concepts	PASS & CUT DRILL (3 minutes each way)	Emphasize a good pass and a quick cut looking for the ball.	10%
	FOLLOW THE LEADER SLIDES (1 x 10 seconds each player)	Have all the players follow the lead of a player at the front doing defensive movements.	
Competing	DRIBBLE RELAYS (2 games)	Create teams and compete in fun relay races.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
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Values	RESPECT: PARENTS	Discuss how to show respect for parents.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	5-5-5 CREATIVE DRIBBLE (4 x)	Allow the players to be creative with the ball.	
	CREATIVE CONE DRIBBLE DRILL (2 minutes)	The drill allows players to work on fun creative moves.	
	TEACH: Shooting		
	SHOOTING LINE GAME (games to 8 makes)	Have some fun shooting just like the players practiced!	
	AROUND THE WORLD (2 games)	Divide the players into teams as they shoot in all spots "around the world."	
	TEACH: Passing		
JUMP STOP PIVOT PASS DRILL (3 minutes)	Help the players understand the importance of a good jump stop, good balance on, good passes, and showing a target. Be sure to mix up the pivots and passes in this drill.		
PASS IT DOWN THE LINE GAME (3 minutes)	This drill will help players pass and catch on the run.		
Competing	LAY-UP BOWLING (2 games)	This creative game emphasizes the importance of making lay-ups.	10%
	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to allow players to work on both individual offensive move and 1 on 1 defense.	
	3 ON 3 NUMBERS GAME (games to 5)	Use this fun 3 on 3 game to encourage players to work together on offense and defense.	
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