



WORLD ASSOCIATION OF
**BASKETBALL
COACHES**

START COACHING



PRACTICE PLANS

START COACHING - PRACTICE PLANS

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1 INTRODUCTION

1.1 ABOUT THIS RESOURCE*

For coaching resources, online: www.fiba.basketball/wabc

In 2016 FIBA's World Association of Basketball Coaches introduced a Global Education Program. The first step is the Level 1 course, which takes six days although can be delivered in a variety of formats. Whether it is done in six consecutive days or over 2 weekends (for example) a significant part of the course time involves a number of assessment tasks, involving both on-court and off-court activities.

The Level 1 course is designed for coaches that are already involved with coaching a team and in particular is a great way to progress from being an assistant coach to the head coach of a team.

This Start Coaching course is suitable for ex-players, parents, teachers and anyone with an interest in coaching basketball. FIBA has developed the course recognizing that there are various barriers that may stop someone from starting coaching:

- (a) Many teams at junior levels do not have assistant coaches and even ex-players may not feel confident to start as a head coach;
- (b) Some people that are interested in coaching but may not know much about basketball;
- (c) Others may understand basketball but do not feel confident that they know how to teach.

National Federations may use this course to break down such barriers and encourage, and help, people to start coaching.

The course is practical. Participants spend most of the time on court being coached and having the opportunity to do some coaching. At the end of the course coaches will have sufficient knowledge to start coaching basketball, specifically:

- How to teach the important individual skills of the game;
- How to teach the basics of man to man defence and a basic team offence;
- The basic rules of basketball, including when coaches can make substitutions or call time-outs during a game.

Most importantly, the course will give the coaches practical tips on how to make learning basketball fun, how to keep players active and engaged and where to get help or further information if they need it. There is no formal assessment in the course, however coaches are given feedback to help them improve their coaching.

In addition to this handbook, the following resources are also available to Federations:

Coach Workbook: the “textbook” for the course – it is the same as this manual except there are no sample answers included!;

Activities Book: a collection of activities that coaches can use to teach;



Practice Plans: 10 practice plans to help a coach get through their first season;

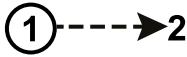



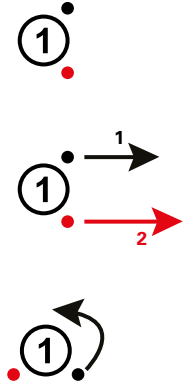
The purpose of this book is to provide a range of activities that can be used to teach the various skills and tactics involved in the book. Coaches can choose if they wish to use these activities, but there is no magic in them. More important than whatever activity a coach uses are their teaching points. The activities in this book will enable coaches to cover all the teaching points from the course. During the course, the coaches will participate in these activities.

The WABC has a range of resources, including videos, available to coaches throughout the world, which can be accessed through the WABC website www.fiba.basketball/wabc

1.2 UNDERSTANDING DIAGRAMS

The following symbols are used in diagrams in this book:

	<p>COACH</p> <p>Coaches often need to get involved in activities. You can also invite parents to be involved, particularly when you have the team working in small groups.</p>
	<p>CONE OR MARKER</p> <p>Placed on the floor to designate a particular spot. It may be where players are to stand, where they are to do a certain action (e.g. change direction) or it may designate a boundary.</p>
	<p>PLAYER</p> <p>A number or circle usually designates an offensive player although numbers may also be used to show a sequence for the players to be involved in the activity.</p>
	<p>DEFENSIVE PLAYER</p> <p>An X or X1 is used to designate a defensive player. When it appears with a number (x1) it shows which offensive player the defender is guarding.</p>

	<p>PASS</p> <p>A dotted line shows the path of a pass, here 1 is passing to 2.</p>
	<p>DRIBBLE</p> <p>A zig-zag line is used to show the path of a player that is dribbling the ball.</p>
	<p>PLAYER MOVING</p> <p>The path of a player moving is shown by an arrow.</p>
	<p>PLAYER WITH THE BALL</p> <p>A player that has the ball is shown either by:</p> <ul style="list-style-type: none"> • a circle around the number; or • a dot next to the player.
	<p>PLAYER'S FEET</p> <p>The position of a player's feet is shown with two dots.</p> <p>Movement of the feet is shown with arrows and numbering.</p> <p>A pivot is shown as only one foot moving.</p>

1.3 CONDUCTING ACTIVITIES

Every coach must provide a safe and supportive environment for the team and develop the skills and knowledge of all players. The following guidelines will help the coach to deliver activities.

1. Maximize participation: players learn best by doing and the more repetitions the better. Don't have players standing around listening or waiting for their turn.
2. Teach skills not drills: every activity has a structure – when and where the players move, where the ball goes etc. Make sure that your feedback relates to what the players are learning, not the structure of the activity.
3. Coach on the run. Wherever possible, give feedback to players while the activity continues. Speak to players while they are waiting for their turn and use “key words” so that feedback can be given quickly.
4. Look and listen before you speak –observe an activity and try to see a player more than once before giving them feedback (they may correct themselves in which case the feedback can simply be “well done”!).
5. Tell them what to do. Don't waste time telling the player what they did wrong, simply tell them what you want them to do.
6. Set objectives that focus on the process – for example, have teams race to score 20 points from lay-ups. Award one point if the lay-up is with correct footwork and correct shooting hand. Award a second point if the lay-up with correct footwork/shooting hand goes in. Deduct a point for incorrect footwork/shooting hand.
7. Vary the rules of activities to emphasise skills. For example, to emphasise passing, restrict the number of dribbles that players have (or don't allow any) and have teams score by passing to an area on the court (e.g. keyway) or by making a certain number of passes.
8. Focus on fun. Make practice fun. Making friends is just as important to young children as learning skills and they enjoy doing both. Kids enjoy competition – whether they are winning or losing – so use lots of games and activities that use basketball skills and tactics and give everyone a chance to fully participate.

9. Create “traffic” – have as many people doing an activity as possible at the one time. For example, if pairs are passing the ball to each other as they run the length of the court, have 4 or 5 pairs do it at the same time. In a game there are 10 players in the relatively small space of the court. If they only practice with 2 people on the court at one time they will not develop the vision necessary to see all players!

The following practice plans cover the fundamental team and individual skills. Each session takes 1 hour and it is important that you keep to time. You can find a full description of activities in the Start Coaching – Activities Workbook.

2 PRACTICE PLANS

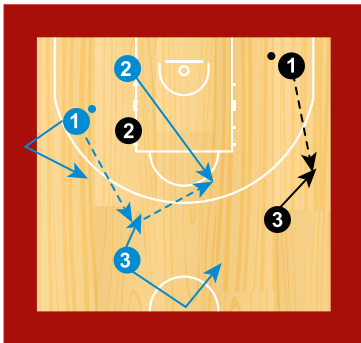
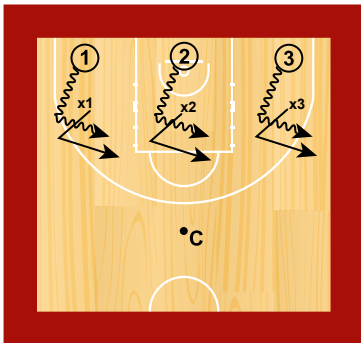
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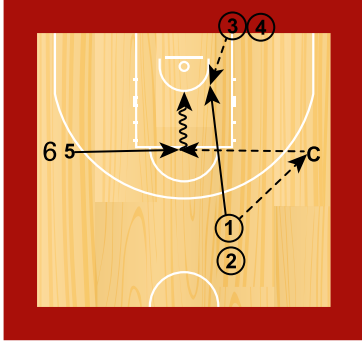
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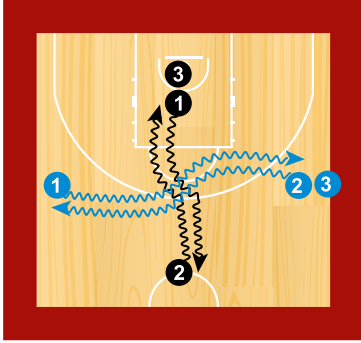
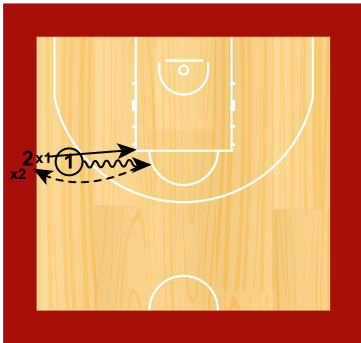
At least 6 Players

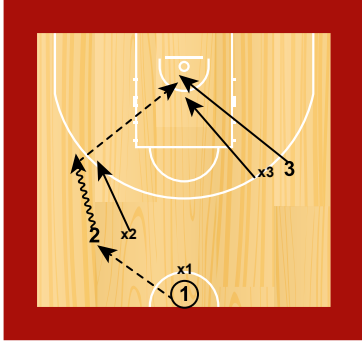
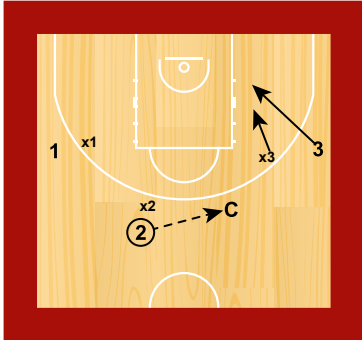
At least 4 Balls

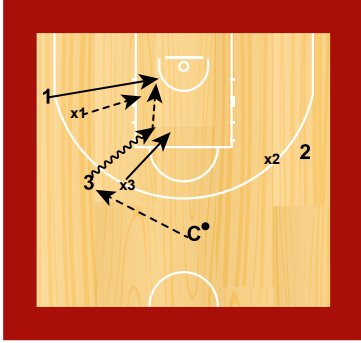
Bibs / Sashes
(one for each player)

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
WARM UP	4 mins	<p>20 Passes</p> 	<ul style="list-style-type: none"> • Two teams, each with a ball. • Players pass the ball and then must run to a sideline. • First team to make 20 passes wins. • If a pass is dropped one point is lost.
	4 mins	<p>Copy Cat</p> 	<ul style="list-style-type: none"> • Players with the ball face the coach. Defender has their back to the coach (C). • Coach points and players with ball dribble in that direction. Their partner must stay in front of them. • The player with the ball can move as quickly or slowly as they want.
	1 min	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 passes to coach and cuts toward the basket. • 3 passes to 1 and 1 shoots. • 5 cuts toward the coach. • Coach passes to 5. 5 dribbles to the basket and shoots. • 1 moves behind 6. • 5 rebounds their shot and moves behind 4. • 3 rebounds 1's shot and moves behind 2. 	<ul style="list-style-type: none"> • Players should “jump stop” before shooting. • Timing of cuts is important <ul style="list-style-type: none"> • 1 does not cut until coach has the ball • 5 does not cut until 1 is past free throw line.
	5 mins	<p>Lay-up Footwork</p> <ul style="list-style-type: none"> • Introduce lay-up footwork with players jumping to “high 5” the coach. • Progress to shooting a ball (if possible start with a tennis ball or a size 3 ball for young children). • Practice on both sides of the basket and use more than one basket if necessary – DO NOT have the kids waiting too long. 	<ul style="list-style-type: none"> • Start in the “block” at the side of the keyway. • Take one step (with foot away from baseline) and jump at the basket. • Use the “block” as a reference point to pick up the ball, take one step and shoot!

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	4 mins	<p>Dribble Chicken</p>  <ul style="list-style-type: none"> • Two players dribble directly toward each other. • They then change hands to move past each other. • Players must continue dribbling, but may stop moving to avoid collisions with other groups. 	<ul style="list-style-type: none"> • Both partners start dribbling with same hand. • Keep head up to see players on the court. • Crossover between knee and hip – push ball hard.
	4 mins	<p>Dribble, Pivot, Pass</p>  <ul style="list-style-type: none"> • Groups of at least 4 • First player dribbles and comes to jump stop. • 2nd player runs behind them. • First player turns around to throw to the next in line. The 2nd player defends the pass. • Both players return to the line to change role. 	<ul style="list-style-type: none"> • Use pass fakes and pivot to make pass. • Do not throw high passes over the top. • Be prepared to pass either left or right hand.
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
TEAM SKILLS	7 mins	<p>Pass and Win</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • One team starts in centre circle and tries to get ball into the “no charge” circle. • Players can dribble or pass. • Each defender must stay with one player. • If defence get the ball, they move to their “goal”. • After a score, the other team starts with the ball. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • Do not allow stealing ball from the person that has it – defence must intercept passes. • Cannot score by dribbling – must pass to someone in the goal area.
	7 mins	<p>Into the Key</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • Players pass and dribble and try to get into the key. • Coach can be an offensive player to make passing distances shorter. • Can use cones on the court to show where players can be on the perimeter. 	<ul style="list-style-type: none"> • Players should stay 2-3 metres apart. • Lead into the key and then back to the perimeter. • After passing, cut to the basket (and then back to the perimeter).
	2 mins	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence gets the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap.
WARM DOWN	5 mins	<p>Crocodile</p> <ul style="list-style-type: none"> • Players line up to take a shot from close to the basket. • If they make the shot, they jog to half way and rejoin the line. If they miss, they jog to the sideline and then stand near the basket. • When a shot is made, it "saves" one person from the crocodile (standing near the basket). • If there is only one person left to shoot, they rescue all players if they make the shot. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

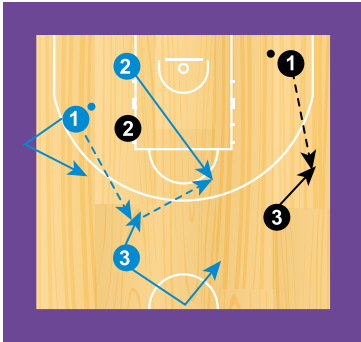
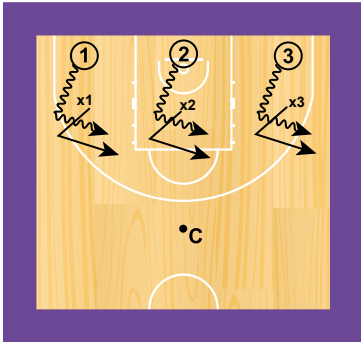
2.2 PRACTICE PLAN #2

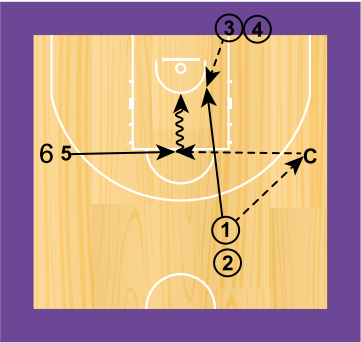
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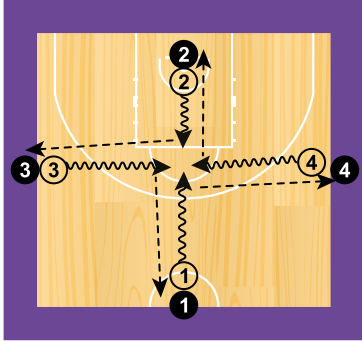
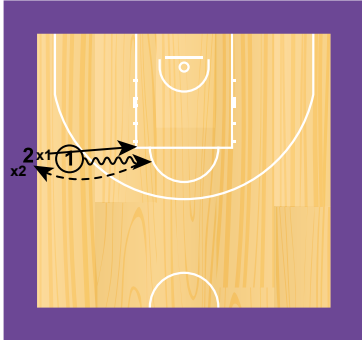
At least 6 Players

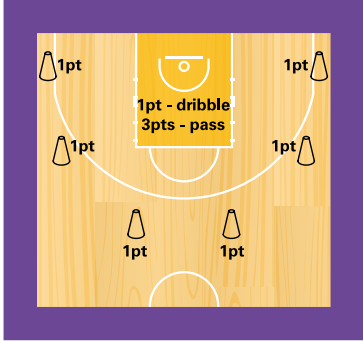
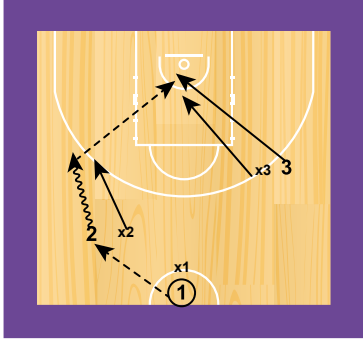
At least 4 Balls

Bibs / Sashes
(one for each player)

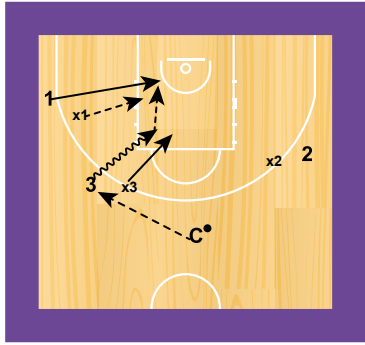
	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	<p>20 Passes</p> 	<ul style="list-style-type: none"> • Two teams, each with a ball. • Players pass the ball and then must run to a sideline. • First team to make 20 passes wins. • If a pass is dropped one point is lost. 	<ul style="list-style-type: none"> • Players “jump stop” (two feet landing) when they catch the ball. • Pivot with one foot on the ground. • Hands up to catch the ball.
	4 mins	<p>Copy Cat</p> 	<ul style="list-style-type: none"> • Players with the ball face the coach. Defender has their back to the coach (C). • Coach points and players with ball dribble in that direction. Their partner must stay in front of them. • The player with the ball can move as quickly or slowly as they want. 	<ul style="list-style-type: none"> • Dribblers must keep their head up to see the direction the coach is pointing. • Dribble “hard”, pushing the ball as hard as possible.
	1 min	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 passes to coach and cuts toward the basket. • 3 passes to 1 and 1 shoots. • 5 cuts toward the coach. • Coach passes to 5. 5 dribbles to the basket and shoots. • 1 moves behind 6. • 5 rebounds their shot and moves behind 4. • 3 rebounds 1's shot and moves behind 2. 	<ul style="list-style-type: none"> • Players should “jump stop” before shooting. • Timing of cuts is important <ul style="list-style-type: none"> • 1 does not cut until coach has the ball • 5 does not cut until 1 is past free throw line.
	5 mins	<p>Lay-up Footwork</p> <ul style="list-style-type: none"> • Introduce lay-up footwork with players jumping to “high 5” the coach. • Progress to shooting a ball (if possible start with a tennis ball or a size 3 ball for young children). • Practice on both sides of the basket and use more than one basket if necessary – DO NOT have the kids waiting too long. 	<ul style="list-style-type: none"> • Start in the “block” at the side of the keyway. • Take one step (with foot away from baseline) and jump at the basket. • Use the “block” as a reference point to pick up the ball, take one step and shoot!

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	Dribble and Pass 	<ul style="list-style-type: none"> • Players dribble into the free throw line and come to jump stop. • Players pivot and then pass to next line. Coach designates if forward pivot or reverse pivot. • Players moves to the line they passed to. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep "nose behind toes" on jump stop.
	4 mins	Dribble, Pivot, Pass 	<ul style="list-style-type: none"> • Groups of at least 4. • First player dribbles and comes to jump stop. • 2nd player runs behind them. • First player turns around to throw to the next in line. The 2nd player defends the pass. • Both players return to the line to change role. 	<ul style="list-style-type: none"> • Use pass fakes and pivot to make pass. • Do not throw high passes over the top. • Be prepared to pass either left or right hand.
	2 mins	Drink		

HOW LONG?	ACTIVITY:	TEACHING POINTS:
7 mins	<p>Points Game</p> 	<ul style="list-style-type: none"> Defenders should be able to see their opponent and player with the ball. Do not allow stealing ball from the person that has it – defence must intercept passes.
7 mins	<p>Pass and Win</p> 	<ul style="list-style-type: none"> Players should stay 2-3 metres apart. Lead into the key and then back to the perimeter. After passing, cut to the basket (and then back to the perimeter).
2 mins	Drink	

TEAM SKILLS

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence gets the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap. 	<ul style="list-style-type: none"> • Defenders must stay on one player. • Only dribble to attack the key (coach may limit the number of dribbles). • Offensive players should stay 2-3 metres apart.
WARM DOWN	5 mins	<p>Crocodile</p> <ul style="list-style-type: none"> • Players line up to take a shot from close to the basket. • If they make the shot, they jog to half way and rejoin the line. If they miss, they jog to the sideline and then stand near the basket. • When a shot is made, it "saves" one person from the crocodile (standing near the basket). • If there is only one person left to shoot, they rescue all players if they make the shot. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

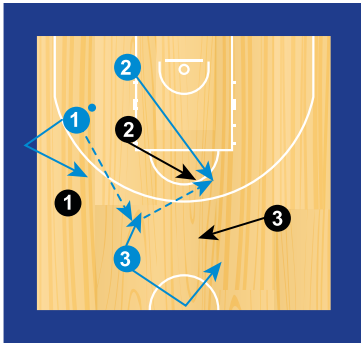
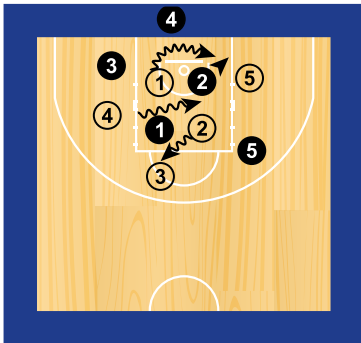
2.3 PRACTICE PLAN #3

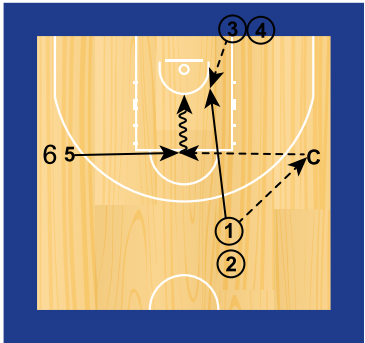
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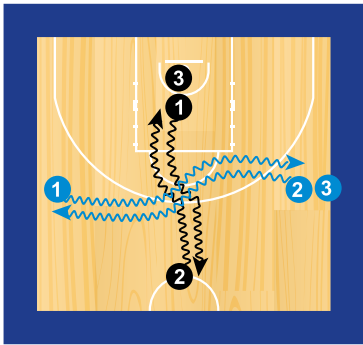
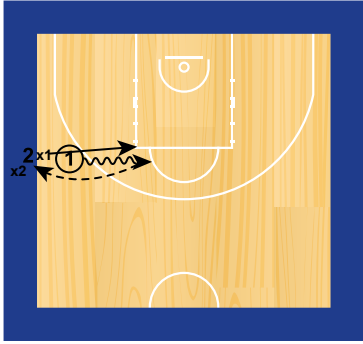
At least 6 Players

At least 4 Balls

Bibs / Sashes
(one for each player)

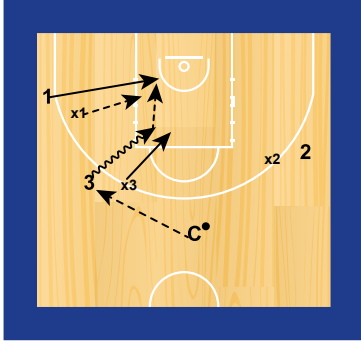
	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	<p>20 Passes – “Keeping Off”</p> 	<ul style="list-style-type: none"> • Two teams and one ball. • Rules for offence are the same as “20 Passes”. • Defence have to steal the ball and then make 20 passes to win. • Score resets to zero if the ball hits the ground. 	<ul style="list-style-type: none"> • Defenders should guard one person. • Defence should be between the opponent and player with the ball.
	4 mins	<p>Dribble Chaos</p> 	<ul style="list-style-type: none"> • 2 players from each team in the keyway dribble and try to knock opponent’s balls out of the key; • When ball is knocked out of the key (or double dribble) player steps out and team mate takes the ball into the key; • Players outside key can knock opponent’s balls but cannot step into the key. 	<ul style="list-style-type: none"> • Dribblers must keep their head up. • Dribble “hard”, pushing the ball as hard as possible.
	1 min	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 passes to coach and cuts toward the basket. • 3 passes to 1 and 1 shoots. • 5 cuts toward the coach. • Coach passes to 5. 5 dribbles to the basket and shoots. • 1 moves behind 6. • 5 rebounds their shot and moves behind 4. • 3 rebounds 1's shot and moves behind 2. 	<ul style="list-style-type: none"> • Players should "jump stop" before shooting • Timing of cuts is important <ul style="list-style-type: none"> • 1 does not cut until coach has the ball • 5 does not cut until 1 is past free throw line.
	5 mins	<p>Lay-up Footwork</p> <ul style="list-style-type: none"> • Players start outside 3-point line and run into key, take ball from coach at the "block", take one step and then jump. • Progress to dribbling from 3-point line. 	<ul style="list-style-type: none"> • Use the "block" as a reference point to pick up the ball, take one step and shoot!

HOW LONG?	ACTIVITY:	TEACHING POINTS:
4 mins	<p>Dribble Chicken</p>  <ul style="list-style-type: none"> • Two players dribble directly toward each other. • They then change hands to move past each other. • Players must continue dribbling, but may stop moving to avoid collisions with other groups. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep “nose behind toes” on jump stop.
4 mins	<p>Dribble, Pivot, Pass</p>  <ul style="list-style-type: none"> • Groups of at least 4. • First player dribbles and comes to jump stop. • 2nd player runs behind them. • First player turns around to throw to the next in line. The 2nd player defends the pass. • Both players return to the line to change role. 	<ul style="list-style-type: none"> • Use pass fakes and pivot to make pass. • Do not throw high passes over the top. • Be prepared to pass either left or right hand.
2 mins	Drink	

INDIVIDUAL SKILLS

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
TEAM SKILLS	7 mins	<p>Points Game</p>  <ul style="list-style-type: none"> • Six cones are spread around the court. 3 – 5 players on each team. • Only pass to someone at a cone, or in the keyway; • Each pass to a cone is worth 1 point. A pass in the keyway is worth 3 points; • Dribble into the key is worth 1 point. • If defence get the ball they are now on offence. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • Do not allow stealing ball from the person that has it – defence must intercept passes.
	7 mins	<p>Tallyball Touchdown</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • Team must make 6 passes and then pass to someone in the keyway to score a point. • After a score, opponent starts with ball in keyway. • Count of 6 passes resets if the ball touches the ground. 	<ul style="list-style-type: none"> • Move toward the ball and don't stop until catching it. • If the ball is not passed to you, move away so that someone else can move to the ball.
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence gets the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap. 	<ul style="list-style-type: none"> • Defenders must stay on one player. • Only dribble to attack the key (coach may limit the number of dribbles). • Offensive players should stay 2-3 metres apart.
WARM DOWN	5 mins	<p>Around the World</p> <ul style="list-style-type: none"> • Choose 6-10 shooting positions, that are within the range of your players. • Players start at the first spot and shoot in turn. If the player makes the basket they move to the next position. If they miss the next player in line shoots. • The player who first manages to make one from each spot is the winner. Players that miss three shots from a position still move on to the next position. Give every player a ball to reduce waiting time. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

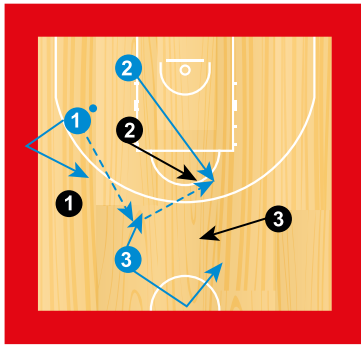
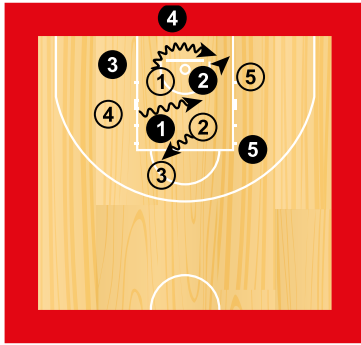
2.4 PRACTICE PLAN #4

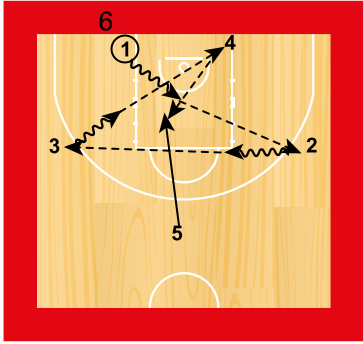
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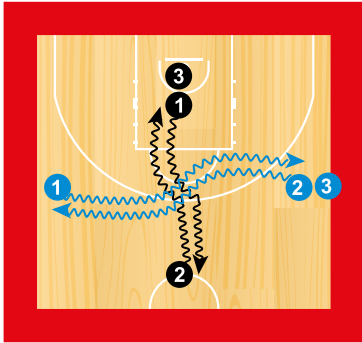
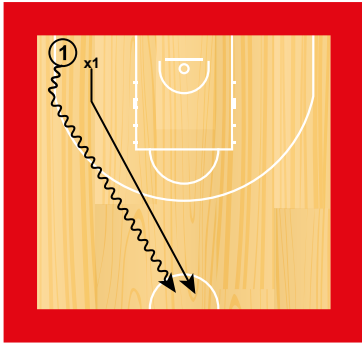
At least 6 Players

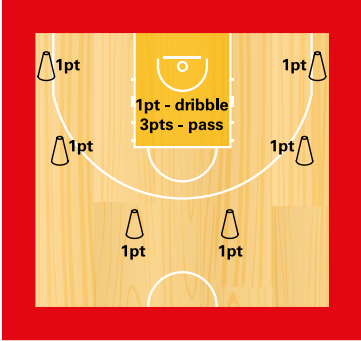
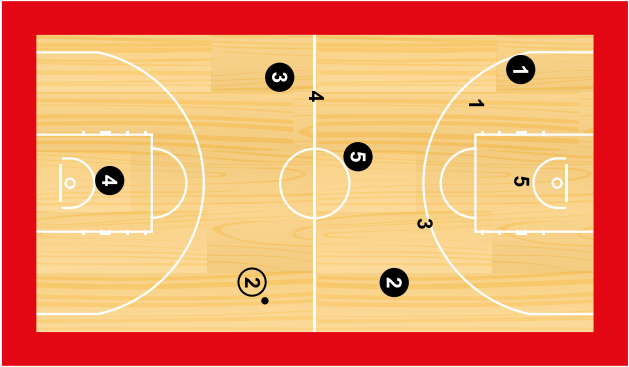
At least 4 Balls

Bibs / Sashes
(one for each player)

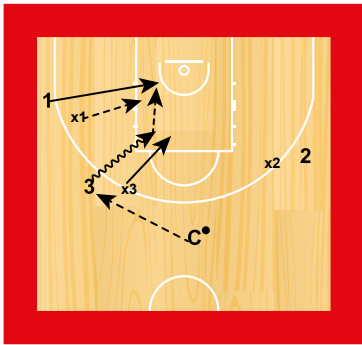
	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	<p>20 Passes – “Keeping Off”</p> 	<ul style="list-style-type: none"> • Two teams and one ball. • Rules for offence are the same as “20 Passes”. • Defence have to steal the ball and then make 20 passes to win. • Score resets to zero if the ball hits the ground. 	<ul style="list-style-type: none"> • Defenders should guard one person. • Defence should be between the opponent and player with the ball.
	4 mins	<p>Dribble Chaos</p> 	<ul style="list-style-type: none"> • 2 players from each team in the keyway dribble and try to knock opponent's balls out of the key; • When ball is knocked out of the key (or double dribble) player steps out and team mate takes the ball into the key; • Players outside key can knock opponent's balls but cannot step into the key. 	<ul style="list-style-type: none"> • Dribblers must keep their head up. • Dribble “hard”, pushing the ball as hard as possible.
	1 min	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Star Lay-up</p>  <ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball. • Instead of dribbling, can have players lead for the ball.
	5 mins	<p>Swish Lay-up</p> <ul style="list-style-type: none"> • Team attempts to make 10 lay-ups in a row that hit the backboard but do not hit the ring. 	<ul style="list-style-type: none"> • Players must jump up to basket not "long jump" toward the baseline.

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	<p>Dribble Chicken</p> 	<ul style="list-style-type: none"> • Two players dribble directly toward each other. • They then change hands to move past each other. • Players must continue dribbling, but may stop moving to avoid collisions with other groups. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep "nose behind toes" on jump stop.
	4 mins	<p>Defend the Circles</p> 	<ul style="list-style-type: none"> • Offence and defence start in the corner. • Offence tries to dribble into the "no charge" circle, free throw circle or centre circle. • Defender tries to keep the dribbler on the sideline. • Offence has 10 seconds after which defence wins! 	<ul style="list-style-type: none"> • Defender does not need to get the ball, they just need to stop the dribbler for 10 seconds! • Activity stops if offence loses their dribble, steps out of bounds etc.
	2 mins	Drink		

HOW LONG?	ACTIVITY:	TEACHING POINTS:
7 mins	<p>Points Game</p>  <ul style="list-style-type: none"> • Six cones are spread around the court. 3 – 5 players on each team. • Only pass to someone at a cone, or in the keyway; • Each pass to a cone is worth 1 point. A pass in the keyway is worth 3 points; • Dribble into the key is worth 1 point. • If defence get the ball they are now on offence. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • Do not allow stealing ball from the person that has it – defence must intercept passes.
7 mins	<p>Tallyball Touchdown</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • Team must make 6 passes and then pass to someone in the keyway to score a point. • After a score, opponent starts with ball in keyway. • Count of 6 passes resets if the ball touches the ground. 	<ul style="list-style-type: none"> • Move toward the ball and don't stop until catching it. • If the ball is not passed to you, move away so that someone else can move to the ball.
2 mins	Drink	

TEAM SKILLS

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence gets the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap. 	<ul style="list-style-type: none"> • Defenders must stay on one player. • Only dribble to attack the key (coach may limit the number of dribbles). • Offensive players should stay 2-3 metres apart.
WARM DOWN	5 mins	<p>Around the World</p> <ul style="list-style-type: none"> • Choose 6-10 shooting positions, that are within the range of your players. • Players start at the first spot and shoot in turn. If the player makes the basket they move to the next position. If they miss the next player in line shoots. • The player who first manages to make one from each spot is the winner. Players that miss three shots from a position still move on to the next position. Give every player a ball to reduce waiting time. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players). 	

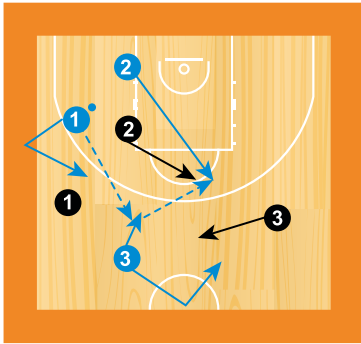
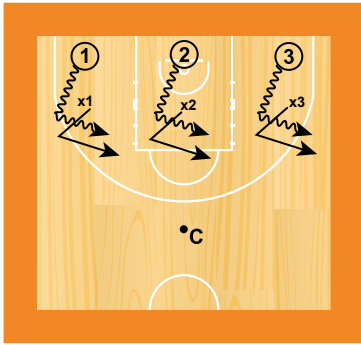
2.5 PRACTICE PLAN #5

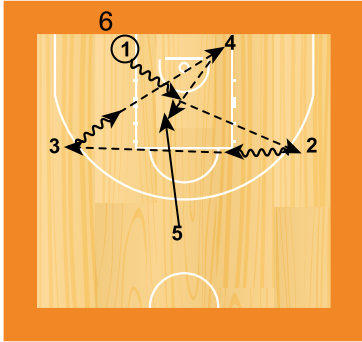
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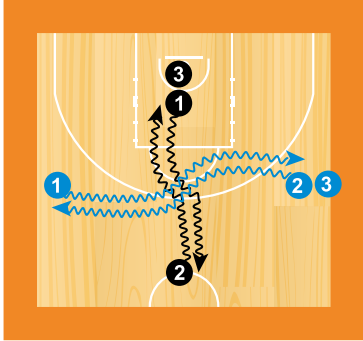
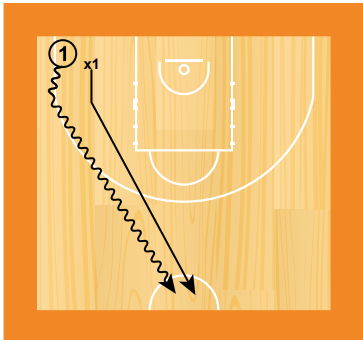
At least 6 Players

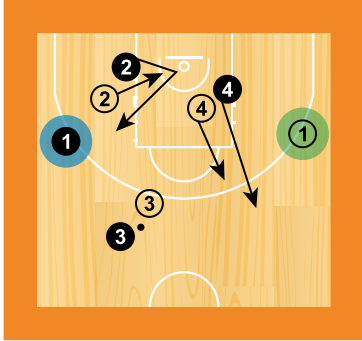
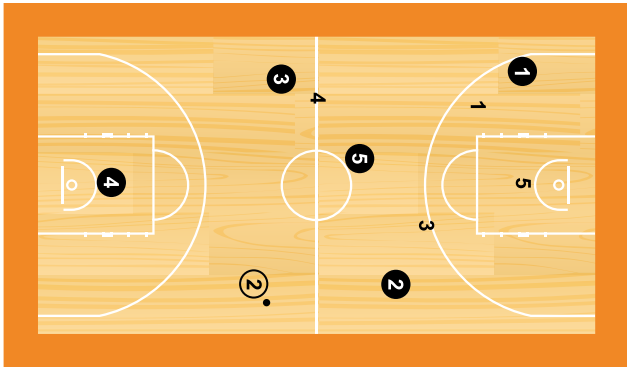
At least 4 Balls

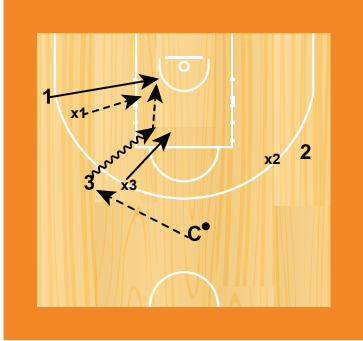
Bibs / Sashes
(one for each player)

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	20 Passes – “Keeping Off” 	<ul style="list-style-type: none"> Two teams and one ball. Rules for offence are the same as “20 Passes”. Defence have to steal the ball and then make 20 passes to win. Score resets to zero if the ball hits the ground. 	<ul style="list-style-type: none"> Defenders should guard one person. Defence should be between the opponent and player with the ball.
	4 mins	Copy Cat 	<ul style="list-style-type: none"> Players with the ball face the coach. Defender has their back to the coach (C). Coach points and players with ball dribble in that direction. Their partner must stay in front of them. The player with the ball can move as quickly or slowly as they want. 	<ul style="list-style-type: none"> Dribblers must keep their head up to see the direction the coach is pointing. Dribble “hard”, pushing the ball as hard as possible.
	1 min	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Star Lay-up</p>  <ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball. • Instead of dribbling, can have players lead for the ball.
	5 mins	<p>Swish Lay-up</p> <ul style="list-style-type: none"> • Team attempts to make 10 lay-ups in a row that hit the backboard but do not hit the ring. 	<ul style="list-style-type: none"> • Players must jump up to basket not "long jump" toward the baseline.

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	<p>Dribble Chicken</p> 	<ul style="list-style-type: none"> • Two players dribble directly toward each other. • They then change hands to move past each other. • Players must continue dribbling, but may stop moving to avoid collisions with other groups. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep “nose behind toes” on jump stop.
	4 mins	<p>Defend the Circles</p> 	<ul style="list-style-type: none"> • Offence and defence start in the corner. • Offence tries to dribble into the “no charge” circle, free throw circle or centre circle. • Defender tries to keep the dribbler on the sideline. • Offence has 10 seconds after which defence wins! 	<ul style="list-style-type: none"> • Defender does not need to get the ball, they just need to stop the dribbler for 10 seconds! • Activity stops if offence loses their dribble, steps out of bounds etc.
	2 mins	<p>Drink</p>		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
TEAM SKILLS	7 mins	<p>Hoop Ball</p>  <ul style="list-style-type: none"> • Place two hoops on the court. • Players may dribble or pass and score by passing to a team mate in their hoop. • When a team scores, the opponent starts with the ball at half way. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • Do not allow stealing ball from the person that has it – defence must intercept passes.
	7 mins	<p>Tallyball Touchdown</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • Team must make 6 passes and then pass to someone in the keyway to score a point. • After a score, opponent starts with ball in keyway. • Count of 6 passes resets if the ball touches the ground. 	<ul style="list-style-type: none"> • Move toward the ball and don't stop until catching it. • If the ball is not passed to you, move away so that someone else can move to the ball.
	2 mins	<p>Drink</p>	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence gets the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap.
WARM DOWN	5 mins	<p>Around the World</p> <ul style="list-style-type: none"> • Choose 6-10 shooting positions, that are within the range of your players. • Players start at the first spot and shoot in turn. If the player makes the basket they move to the next position. If they miss the next player in line shoots. • The player who first manages to make one from each spot is the winner. Players that miss three shots from a position still move on to the next position. Give every player a ball to reduce waiting time. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

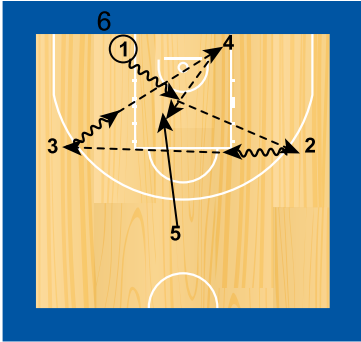
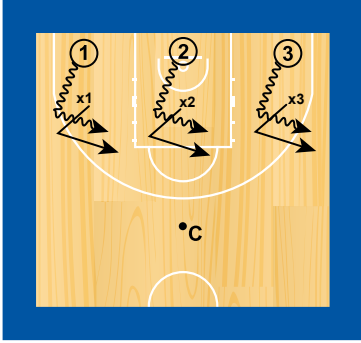
2.6 PRACTICE PLAN #6

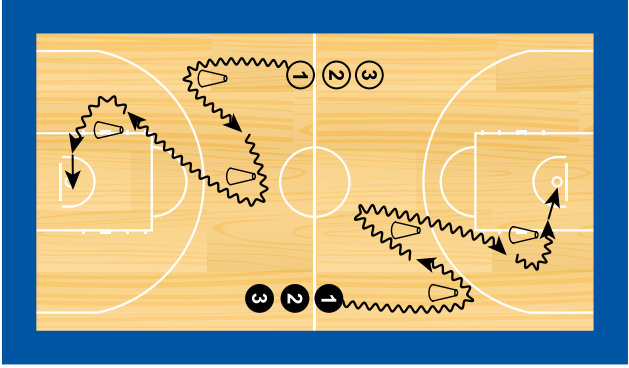
WHAT YOU NEED:

At least 6 Players

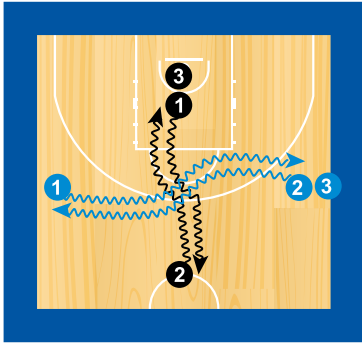
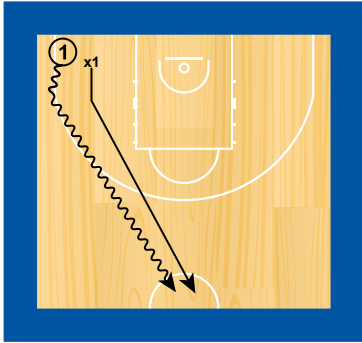
At least 4 Balls

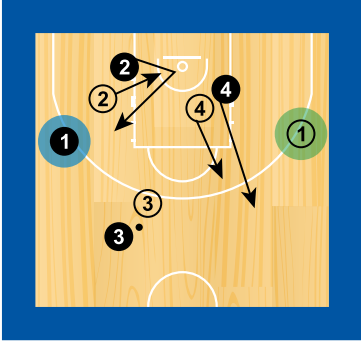
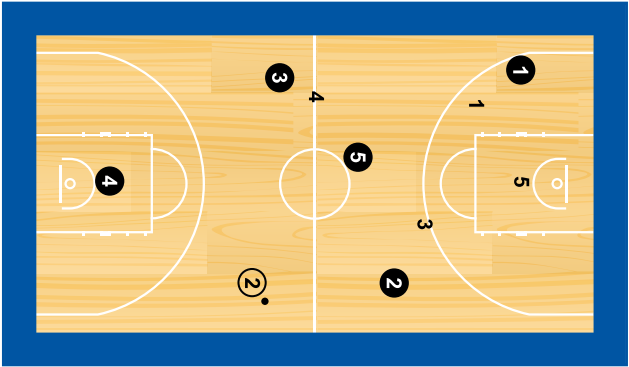
Bibs / Sashes
(one for each player)

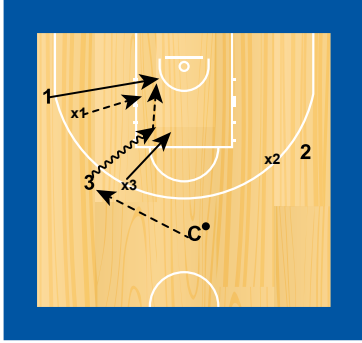
	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	Star Lay-up 	<ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball. • Instead of dribbling, can have players lead for the ball.
	4 mins	Copy Cat 	<ul style="list-style-type: none"> • Players with the ball face the coach. Defender has their back to the coach (C). • Coach points and players with ball dribble in that direction. Their partner must stay in front of them. • The player with the ball can move as quickly or slowly as they want. 	<ul style="list-style-type: none"> • Dribblers must keep their head up to see the direction the coach is pointing. • Dribble "hard", pushing the ball as hard as possible.
	1 min	Drink		

HOW LONG?	ACTIVITY:	TEACHING POINTS:
5 mins	<p>Dribble Slalom</p>  <ul style="list-style-type: none"> • Each team dribbles around cones and then shoots lay-up. • First team to make set score wins (or ahead at end of time). • Players change hands at each cone. 	<ul style="list-style-type: none"> • Coach or parent can stand at cones to deflect ball if it is not protected.
5 mins	<p>Swish Lay-up</p> <ul style="list-style-type: none"> • Team attempts to make 10 lay-ups in a row that hit the backboard but do not hit the ring. 	<ul style="list-style-type: none"> • Players must jump up to basket not “long jump” toward the baseline.

INDIVIDUAL SKILLS

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	<p>Dribble Chicken</p> 	<ul style="list-style-type: none"> • Two players dribble directly toward each other. • They then change hands to move past each other. • Players must continue dribbling, but may stop moving to avoid collisions with other groups. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep "nose behind toes" on jump stop.
	4 mins	<p>Defend the Circles</p> 	<ul style="list-style-type: none"> • Offence and defence start in the corner. • Offence tries to dribble into the "no charge" circle, free throw circle or centre circle. • Defender tries to keep the dribbler on the sideline. • Offence has 10 seconds after which defence wins! 	<ul style="list-style-type: none"> • Defender does not need to get the ball, they just need to stop the dribbler for 10 seconds! • Activity stops if offence loses their dribble, steps out of bounds etc.
	2 mins	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
TEAM SKILLS	7 mins	<p>Hoop Ball</p>  <ul style="list-style-type: none"> Place two hoops on the court. Players may dribble or pass and score by passing to a team mate in their hoop. When a team scores, the opponent starts with the ball at half way. 	<ul style="list-style-type: none"> Defenders should be able to see their opponent and player with the ball. Do not allow stealing ball from the person that has it – defence must intercept passes.
	7 mins	<p>Tallyball Touchdown</p>  <ul style="list-style-type: none"> Teams with equal numbers. Team must make 6 passes and then pass to someone in the keyway to score a point. After a score, opponent starts with ball in keyway. Count of 6 passes resets if the ball touches the ground. 	<ul style="list-style-type: none"> Move toward the ball and don't stop until catching it. If the ball is not passed to you, move away so that someone else can move to the ball.
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence get the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap. 	<ul style="list-style-type: none"> • Defenders must stay on one player. • Only dribble to attack the key (coach may limit the number of dribbles). • Offensive players should stay 2-3 metres apart.
WARM DOWN	5 mins	<p>Around the World</p> <ul style="list-style-type: none"> • Choose 6-10 shooting positions, that are within the range of your players. • Players start at the first spot and shoot in turn. If the player makes the basket they move to the next position. If they miss the next player in line shoots. • The player who first manages to make one from each spot is the winner. Players that miss three shots from a position still move on to the next position. Give every player a ball to reduce waiting time. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players). 	

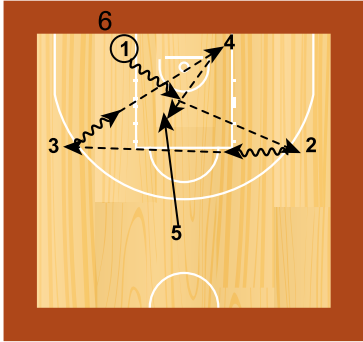
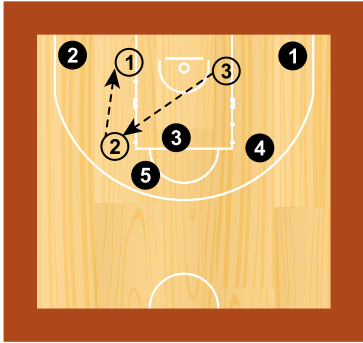
2.7 PRACTICE PLAN #7

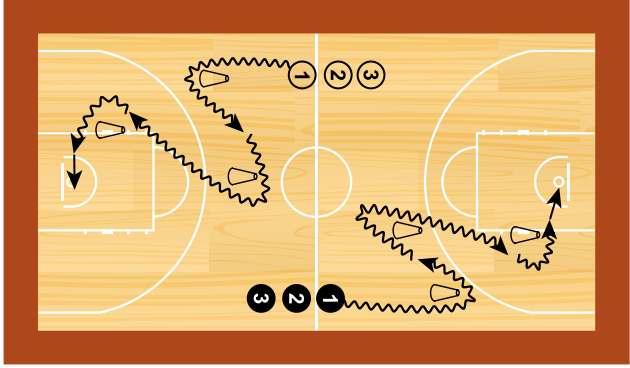
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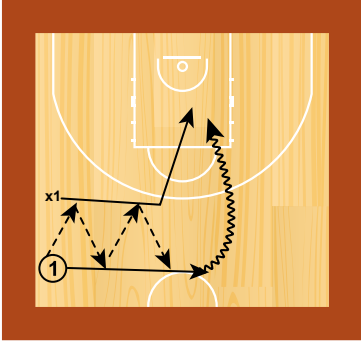
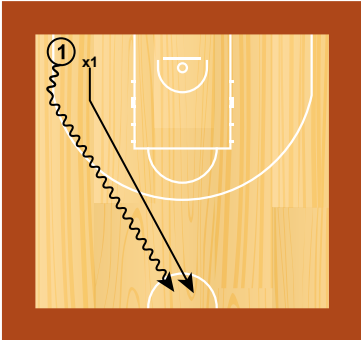
At least 6 Players

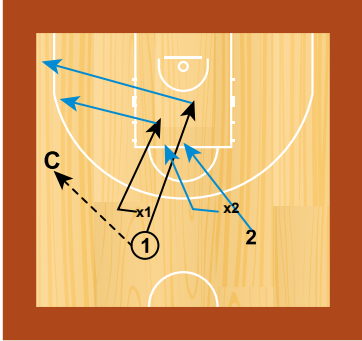
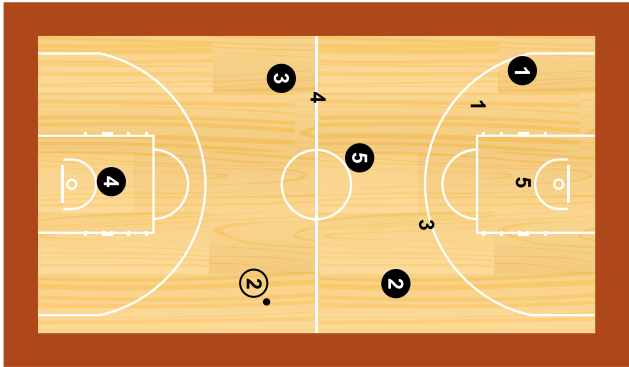
At least 4 Balls

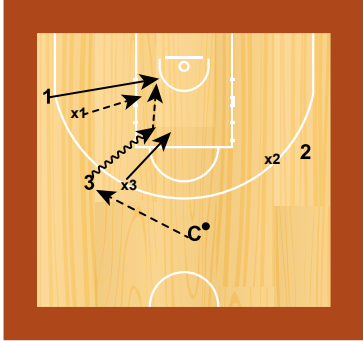
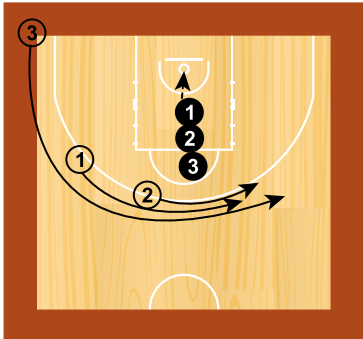
Bibs / Sashes
(one for each player)

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	Star Lay-up 	<ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball. • Instead of dribbling, can have players lead for the ball.
	4 mins	Pass Tag 	<ul style="list-style-type: none"> • 3 players are "taggers" and others move in defined area (e.g. within 3pt line). • Taggers pass between themselves and attempt to touch an opponent with the ball. They must hold the ball and not throw it at an opponent. • See how many "tags" they get in set time. 	<ul style="list-style-type: none"> • Taggers must move as a team. • Do not allow taggers to travel, however they can pivot.
	1 min	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Dribble Slalom</p>  <ul style="list-style-type: none"> • Each team dribbles around cones and then shoots lay-up. • First team to make set score wins (or ahead at end of time). • Players change hands at each cone. 	<ul style="list-style-type: none"> • Coach or parent can stand at cones to deflect ball if it is not protected.
	5 mins	<p>Swish Lay-up</p> <ul style="list-style-type: none"> • Team attempts to make 10 lay-ups in a row that hit the backboard but do not hit the ring. 	<ul style="list-style-type: none"> • Players must jump up to basket not “long jump” toward the baseline.

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	4 mins	<p>"GO"</p> 	<ul style="list-style-type: none"> • Offence and defence pass the ball to each other while moving across the court. • At any time, offence can "GO" and drive to the basket. • Defender tries to stop them getting into the key.
	4 mins	<p>Defend the Circles</p> 	<ul style="list-style-type: none"> • Offence and defence start in the corner. • Offence tries to dribble into the "no charge" circle, free throw circle or centre circle. • Defender tries to keep the dribbler on the sideline. • Offence has 10 seconds after which defence wins!
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
TEAM SKILLS	7 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 can pass either to the coach or 2 and then cuts to the basket. • 1 and 2 score if they can get the ball into the key. • Defence win if they get the ball or offence have not got into the key in 10 seconds. • When 1 passes to coach, 2 must wait until 1 has cut before they cut. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • They must stay between their opponent and the player with the ball.
	7 mins	<p>Tallyball Touchdown</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • Team must make 6 passes and then pass to someone in the keyway to score a point. • After a score, opponent starts with ball in keyway. • Count of 6 passes resets if the ball touches the ground. 	<ul style="list-style-type: none"> • Move toward the ball and don't stop until catching it. • If the ball is not passed to you, move away so that someone else can move to the ball.
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
CONTESTED ACTIVITIES	10 mins	<p>Pass and Cut</p> 	<ul style="list-style-type: none"> Teams with equal numbers. Coach passes to one offence player. Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. When defence get the ball, they pass to the coach and activity starts again. After 5 possessions offence and defence swap. 	<ul style="list-style-type: none"> Defenders must stay on one player. Only dribble to attack the key (coach may limit the number of dribbles). Offensive players should stay 2-3 metres apart.
WARM DOWN	5 mins	<p>Golden Child</p> 	<ul style="list-style-type: none"> Teams with equal numbers. One team is shooting, the other starts at the corner of the court. As team shoots, one person from other team runs around the 3-point line. They stop running when a shot is made, and next person runs. Last person to run is the "golden child". As they run past a team mate, the team mate run again. Running team score 1 point for each person that gets back around the 3-point line. 	<ul style="list-style-type: none"> Be balanced before shooting. Push up as high as possible (reward hitting the net/ring with very young players).

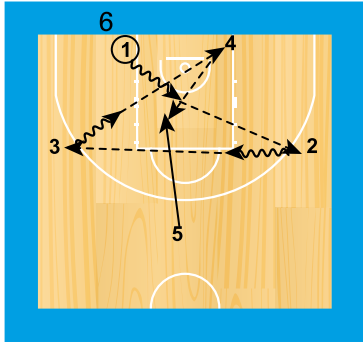
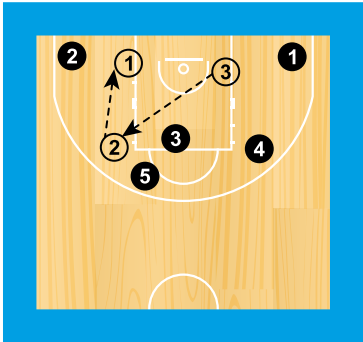
2.8 PRACTICE PLAN #8

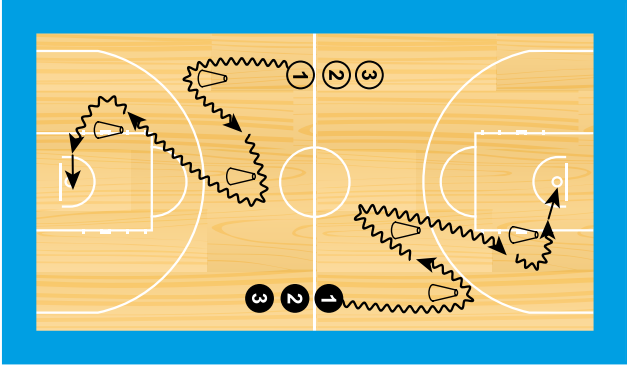
WHAT YOU NEED:

At least 6 Players

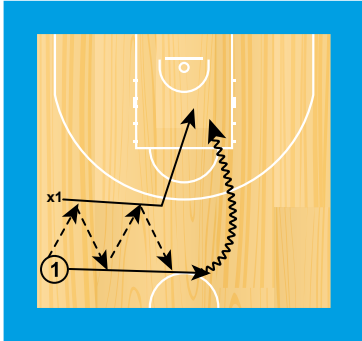
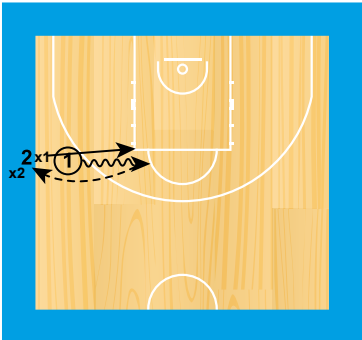
At least 4 Balls

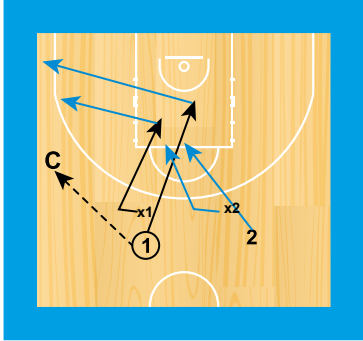
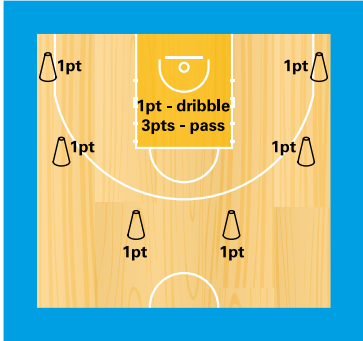
Bibs / Sashes
(one for each player)

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	Star Lay-up 	<ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball. • Instead of dribbling, can have players lead for the ball.
	4 mins	Pass Tag 	<ul style="list-style-type: none"> • 3 players are "taggers" and others move in defined area (e.g. within 3pt line). • Taggers pass between themselves and attempt to touch an opponent with the ball. They must hold the ball and not throw it at an opponent. • See how many "tags" they get in set time. 	<ul style="list-style-type: none"> • Taggers must move as a team. • Do not allow taggers to travel, however they can pivot.
	1 min	Drink		

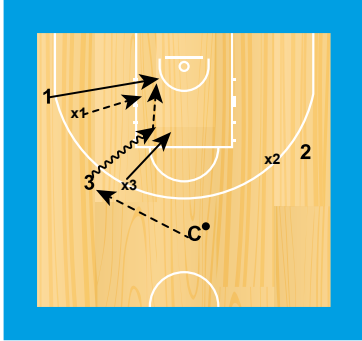
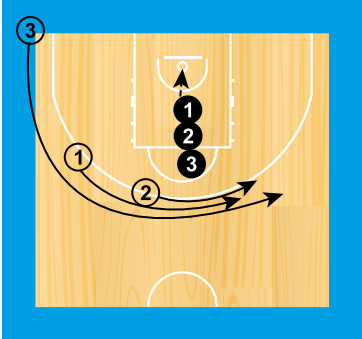
HOW LONG?	ACTIVITY:	TEACHING POINTS:
5 mins	<p>Dribble Slalom</p>  <ul style="list-style-type: none"> • Each team dribbles around cones and then shoots lay-up. • First team to make set score wins (or ahead at end of time). • Players change hands at each cone. 	<ul style="list-style-type: none"> • Coach or parent can stand at cones to deflect ball if it is not protected.
5 mins	<p>Pressure Shot</p> <ul style="list-style-type: none"> • Two teams compete against each other to be the first to make 10 shots that the coach designates. • When they are on 3, if the next shot is missed they go back to zero. When they are on 5, if the next shot is missed they lose 1 point. 	<ul style="list-style-type: none"> • Choose shots within range of players.

INDIVIDUAL SKILLS

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	<p>"GO"</p> 	<ul style="list-style-type: none"> • Offence and defence pass the ball to each other while moving across the court. • At any time, offence can "GO" and drive to the basket. • Defender tries to stop them getting into the key. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep "nose behind toes" on jump stop.
	4 mins	<p>Dribble, Pivot, Pass</p> 	<ul style="list-style-type: none"> • Groups of at least 4. • First player dribbles and comes to jump stop. • 2nd player runs behind them. • First player turns around to throw to the next in line. The 2nd player defends the pass. • Both players return to the line to change role. 	<ul style="list-style-type: none"> • Use pass fakes and pivot to make pass. • Do not throw high passes over the top. • Be prepared to pass either left or right hand.
	2 mins	<p>Drink</p>		

HOW LONG?	ACTIVITY:	TEACHING POINTS:
7 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 can pass either to the coach or 2 and then cuts to the basket. • 1 and 2 score if they can get the ball into the key. • Defence win if they get the ball or offence have not got into the key in 10 seconds. • When 1 passes to coach, 2 must wait until 1 has cut before they cut. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • They must stay between their opponent and the player with the ball.
7 mins	<p>Points Game</p>  <ul style="list-style-type: none"> • Six cones are spread around the court. 3 – 5 players on each team. • Only pass to someone at a cone, or in the keyway; • Each pass to a cone is worth 1 point. A pass in the keyway is worth 3 points; • Dribble into the key is worth 1 point. • If defence get the ball they are now on offence. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • Do not allow stealing ball from the person that has it – defence must intercept passes.
2 mins	Drink	

TEAM SKILLS

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
CONTESTED ACTIVITIES	10 mins	<p>5 Possessions</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • Coach passes to one offence player. • Offence get 1 point if they get the ball in the key and 2 points for a successful shot from inside the key. • When defence get the ball, they pass to the coach and activity starts again. • After 5 possessions offence and defence swap. 	<ul style="list-style-type: none"> • Defenders must stay on one player. • Only dribble to attack the key (coach may limit the number of dribbles). • Offensive players should stay 2-3 metres apart.
WARM DOWN	5 mins	<p>Golden Child</p> 	<ul style="list-style-type: none"> • Teams with equal numbers. • One team is shooting, the other starts at the corner of the court. • As team shoots, one person from other team runs around the 3-point line. They stop running when a shot is made, and next person runs. • Last person to run is the "golden child". As they run past a team mate, the team mate run again. • Running team score 1 point for each person that gets back around the 3-point line. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

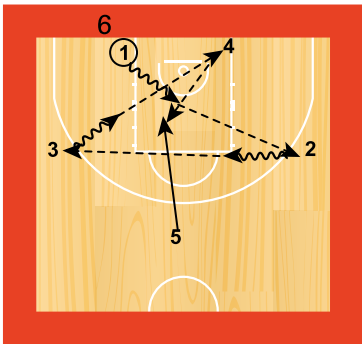
2.9 PRACTICE PLAN #9

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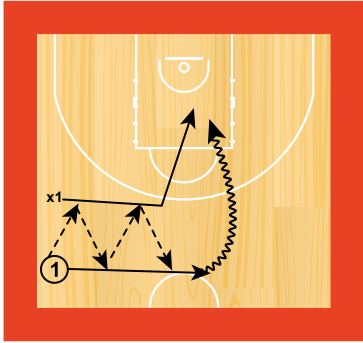
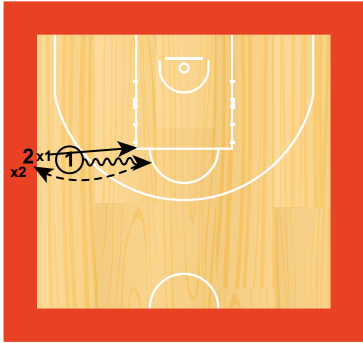
At least 6 Players

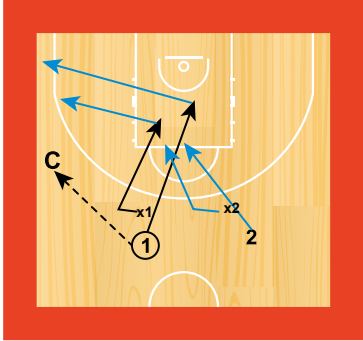
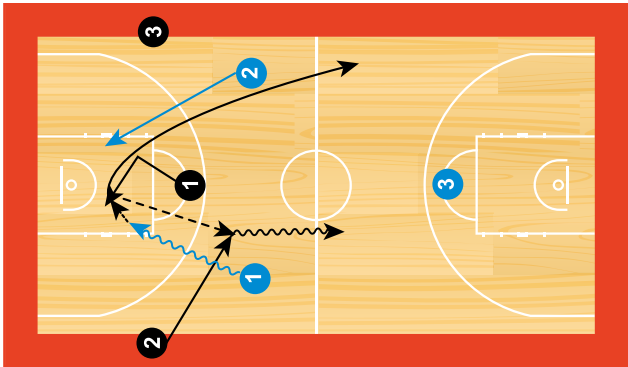
At least 4 Balls

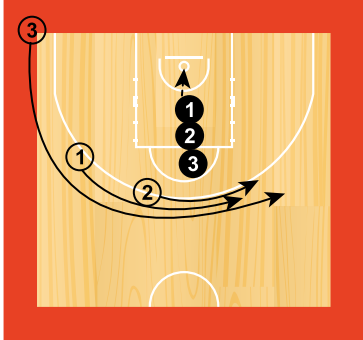
Bibs / Sashes
(one for each player)

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
WARM UP	4 mins	<p>Star Lay-up</p>  <ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball. • Instead of dribbling, can have players lead for the ball.
	4 mins	<p>Tiger Tail</p> <ul style="list-style-type: none"> • Every player has a ribbon tucked into the back of their shorts. Player's run around and try to steal the ribbon from other players. The player with the most ribbons wins! • When the coach blows whistle, all players must stop and stand still. Anyone that moves after the whistle must give any tails they have collected to whoever is nearest them. • If a player loses a tail, they can replace it with one that they collect. 	<ul style="list-style-type: none"> • Have some (or all) players dribble the ball to make it more complex.
	1 min	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	Dribble Knockout <ul style="list-style-type: none"> • Each player has a ball (if possible). • Players move in a set area (e.g. within 3-point line) and try to knock the ball away from opponents. • If every player does not have a ball, then they try to steal a ball and must dribble it when they get one. • A player that loses a ball is out. Make the area smaller as there are less players. • The last remaining player is the winner. 	<ul style="list-style-type: none"> • Players need to keep their head up and should change hands to avoid opponents. • Make more skilled players use their non-preferred hand or even dribble with two balls.
	5 mins	Pressure Shot <ul style="list-style-type: none"> • Two teams compete against each other to be the first to make 10 shots that the coach designates. • When they are on 3, if the next shot is missed they go back to zero. When they are on 5, if the next shot is missed they lose 1 point. 	<ul style="list-style-type: none"> • Choose shots within range of players.

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	<p>"GO"</p> 	<ul style="list-style-type: none"> • Offence and defence pass the ball to each other while moving across the court. • At any time, offence can "GO" and drive to the basket. • Defender tries to stop them getting into the key. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep "nose behind toes" on jump stop.
	4 mins	<p>Dribble, Pivot, Pass</p> 	<ul style="list-style-type: none"> • Groups of at least 4. • First player dribbles and comes to jump stop. • 2nd player runs behind them. • First player turns around to throw to the next in line. The 2nd player defends the pass. • Both players return to the line to change role. 	<ul style="list-style-type: none"> • Use pass fakes and pivot to make pass. • Do not throw high passes over the top. • Be prepared to pass either left or right hand.
	2 mins	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
TEAM SKILLS	7 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 can pass either to the coach or 2 and then cuts to the basket. • 1 and 2 score if they can get the ball into the key. • Defence win if they get the ball or offence have not got into the key in 10 seconds. • When 1 passes to coach, 2 must wait until 1 has cut before they cut. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • They must stay between their opponent and the player with the ball.
	7 mins	<p>2v1 Continuous</p>  <ul style="list-style-type: none"> • Blue attack 2 offence against 1 defence. • When black gets the ball, one person joins them and they go to the other end 2 against 1. The 2 blue players run to the sidelines at the other end. • The 3rd black player steps in to be the next defender. 	<ul style="list-style-type: none"> • Player with the ball should pass ahead when their teammate is looking. • The dribbler attacks the basket trying to get a lay-up. • IF the defender commits to guarding them, the dribbler should pass. • The defender should be active so that the dribbler is not sure who they are defending.
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
CONTESTED ACTIVITIES	10 mins	<p>Scrimmage Activity</p> <ul style="list-style-type: none"> • Game is played in 2 halves. • In first half, one team is on offence at one end and one team is on defence. • When the defence get the ball, they go back to the other end and shoot until they score – NO DEFENCE is played against them. The ball comes back for another contested possession. • At half time, the team on defence is probably ahead, as they scored every time they had the ball. • The teams swap in the second half. 	<ul style="list-style-type: none"> • Coach can vary how teams score in contested – e.g. getting the ball into the key, shot hitting the ring etc.
WARM DOWN	5 mins	<p>Golden Child</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • One team is shooting, the other starts at the corner of the court. • As team shoots, one person from other team runs around the 3-point line. They stop running when a shot is made, and next person runs. • Last person to run is the "golden child". As they run past a team mate, the team mate run again. • Running team score 1 point for each person that gets back around the 3-point line. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

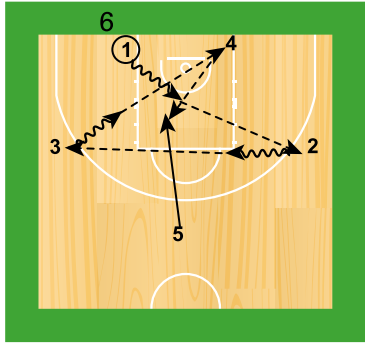
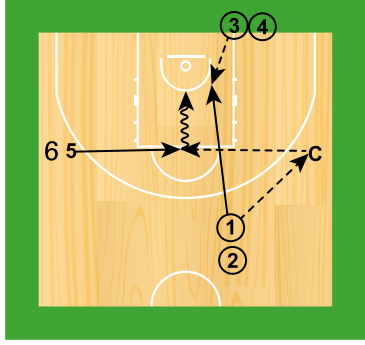
2.10 PRACTICE PLAN #10

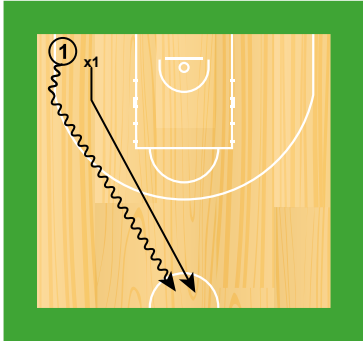
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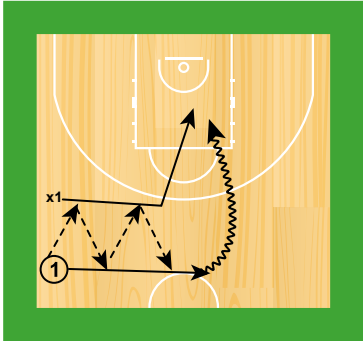
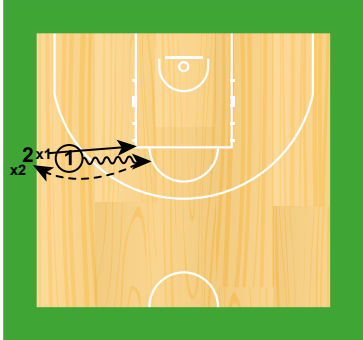
At least 6 Players

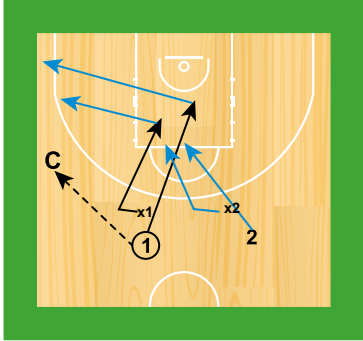
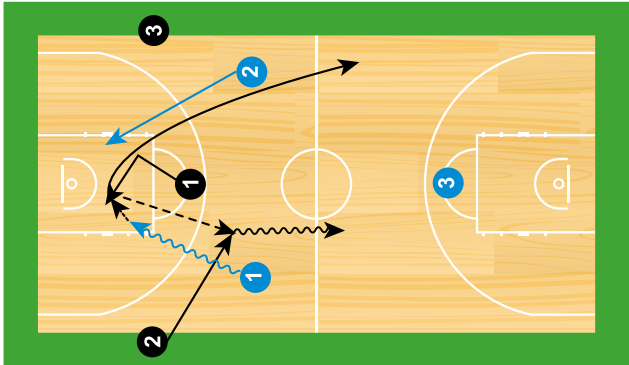
At least 4 Balls

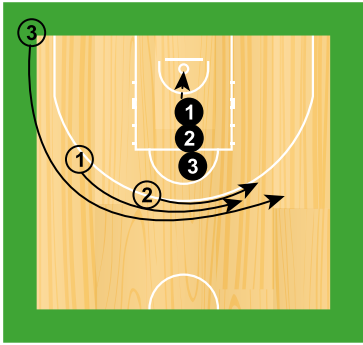
Bibs / Sashes
(one for each player)

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
WARM UP	4 mins	<p>Star Lay-up</p> 	<ul style="list-style-type: none"> • 1 dribbles and passes to 2. • 2 dribbles and passes to 3. • 3 dribbles and passes to 4. • 4 passes to 5 who shoots a lay-up. • 6 rebounds pass and activity continues. • Players move to the line that they passed to. 	<ul style="list-style-type: none"> • Call for the ball • Instead of dribbling, can have players lead for the ball
	4 mins	<p>Pass and Cut</p> 	<ul style="list-style-type: none"> • 1 passes to coach and cuts toward the basket. • 3 passes to 1 and 1 shoots. • 5 cuts toward the coach. • Coach passes to 5. 5 dribbles to the basket and shoots. • 1 moves behind 6. • 5 rebounds their shot and moves behind 4. • 3 rebounds 1's shot and moves behind 2. 	<ul style="list-style-type: none"> • Players should "jump stop" before shooting. • Timing of cuts is important <ul style="list-style-type: none"> • 1 does not cut until coach has the ball. • 5 does not cut until 1 is past free throw line.
	1 min	Drink		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
INDIVIDUAL SKILLS	5 mins	<p>Defend the Circles</p>  <ul style="list-style-type: none"> • Offence and defence start in the corner. • Offence tries to dribble into the “no charge” circle, free throw circle or centre circle. • Defender tries to keep the dribbler on the sideline. • Offence has 10 seconds after which defence wins! 	<ul style="list-style-type: none"> • Defender does not need to get the ball, they just need to stop the dribbler for 10 seconds! • Activity stops if offence loses their dribble, steps out of bounds etc.
	5 mins	<p>Pressure Shot</p> <ul style="list-style-type: none"> • Two teams compete against each other to be the first to make 10 shots that the coach designates. • When they are on 3, if the next shot is missed they go back to zero. When they are on 5, if the next shot is missed they lose 1 point. 	<ul style="list-style-type: none"> • Choose shots within range of players.

	HOW LONG?	ACTIVITY:	TEACHING POINTS:	
INDIVIDUAL SKILLS	4 mins	<p>"GO"</p> 	<ul style="list-style-type: none"> • Offence and defence pass the ball to each other while moving across the court. • At any time, offence can "GO" and drive to the basket. • Defender tries to stop them getting into the key. 	<ul style="list-style-type: none"> • Dribble with head up. • Keep "nose behind toes" on jump stop.
	4 mins	<p>Dribble, Pivot, Pass</p> 	<ul style="list-style-type: none"> • Groups of at least 4. • First player dribbles and comes to jump stop. • 2nd player runs behind them. • First player turns around to throw to the next in line. The 2nd player defends the pass. • Both players return to the line to change role. 	<ul style="list-style-type: none"> • Use pass fakes and pivot to make pass. • Do not throw high passes over the top. • Be prepared to pass either left or right hand.
	2 mins	<p>Drink</p>		

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
TEAM SKILLS	7 mins	<p>Pass and Cut</p>  <ul style="list-style-type: none"> • 1 can pass either to the coach or 2 and then cuts to the basket. • 1 and 2 score if they can get the ball into the key. • Defence win if they get the ball or offence have not got into the key in 10 seconds. • When 1 passes to coach, 2 must wait until 1 has cut before they cut. 	<ul style="list-style-type: none"> • Defenders should be able to see their opponent and player with the ball. • They must stay between their opponent and the player with the ball.
	7 mins	<p>2v1 Continuous</p>  <ul style="list-style-type: none"> • Blue attack 2 offence against 1 defence. • When black gets the ball, one person joins them and they go to the other end 2 against 1. The 2 blue players run to the sidelines at the other end. • The 3rd black player steps in to be the next defender. 	<ul style="list-style-type: none"> • Player with the ball should pass ahead when their teammate is looking. • The dribbler attacks the basket trying to get a lay-up. • IF the defender commits to guarding them, the dribbler should pass. • The defender should be active so that the dribbler is not sure who they are defending.
	2 mins	Drink	

	HOW LONG?	ACTIVITY:	TEACHING POINTS:
CONTESTED ACTIVITIES	10 mins	<p>Scrimmage Activity</p> <ul style="list-style-type: none"> • Game is played in 2 halves. • In first half, one team is on offence at one end and one team is on defence. • When the defence get the ball, they go back to the other end and shoot until they score – NO DEFENCE is played against them. The ball comes back for another contested possession. • At half time, the team on defence is probably ahead, as they scored every time they had the ball. • The teams swap in the second half. 	<ul style="list-style-type: none"> • Coach can vary how teams score in contested – e.g. getting the ball into the key, shot hitting the ring etc.
WARM DOWN	5 mins	<p>Golden Child</p>  <ul style="list-style-type: none"> • Teams with equal numbers. • One team is shooting, the other starts at the corner of the court. • As team shoots, one person from other team runs around the 3-point line. They stop running when a shot is made, and next person runs. • Last person to run is the "golden child". As they run past a team mate, the team mate run again. • Running team score 1 point for each person that gets back around the 3-point line. 	<ul style="list-style-type: none"> • Be balanced before shooting. • Push up as high as possible (reward hitting the net/ring with very young players).

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