



## Basketball Practice Plan

- (12:00) 1. Stretching – players show up 10 min early to start on time!
- (12:10) 2. Warm up running – Run 4 laps around the gym.
- (12:15) 3. Ball Handling → Ball Handling Routine  
→ 2-Ball Dribbling  
→ 2 Suicides (while dribbling the ball)
- (12:35) 4. Baseline shooting drill – then Free Throws (15 each)
- (12:55) 5. Passing → Weave (basic – full court)  
→ 3 on 2 / 2 on 1 drill
- (1:15) 6. Defensive drills → Step Slide (sideline to sideline)  
→ Step Slide (holding basketballs)  
→ Zig – Zag (full court)  
→ Running Backwards  
→ Mirror Drill
- (1:25) 7. Defenses → 2-3 defense (basics, positions, responsibilities)  
→ Press (full court press – review)
- (1:35) 8. Press Breaking → Blue – Press Breaker
- (1:45) 9. Offense → Zone Offense (Overload)
- (1:55) 10. Scrimmage – (at least the last 15 minutes – non stop)

Notes: Stay hydrated – take water breaks! Hand out practice schedules, get uniform sizes after practice. Planning is the key to productivity!