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VIRTUAL PRACTICE PLANS

BASKETBALL CLINICS

DAY OF THE WEEK: MONDAY, APRIL 13

FOCUS: Lay Ups No Hoop

Check out this video on working with your child on their layup technique:

<https://www.youtube.com/watch?v=hI0aUdwBAqw>

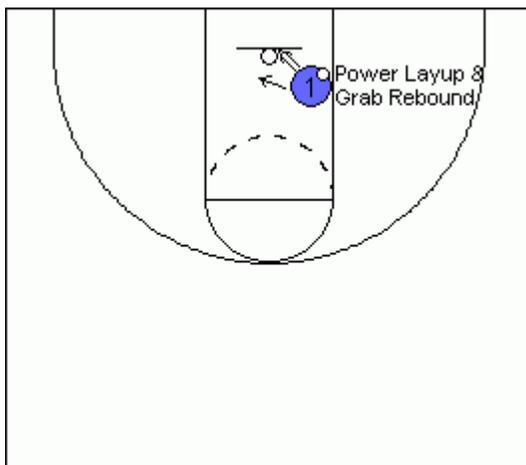
DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: Lay Up Drill

Drill Purpose:

This is a great drill to work on shooting close to the basket. It's a great warm up drill to start every shooting workout with. Rebounding and quick feet also play a role in this drill.

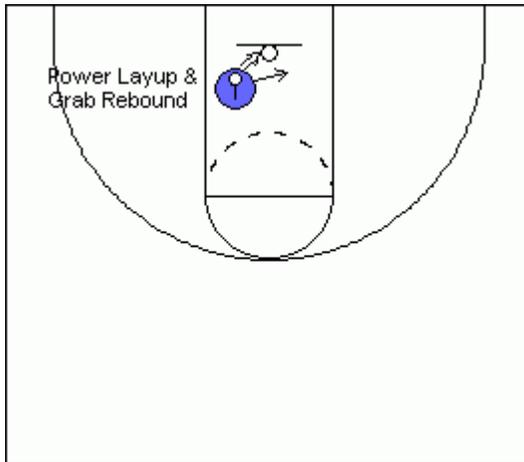
Instructions



Stand to one side of the basket slightly inside of the block facing the baseline. Jump and power the ball up for a lay up. Make sure to use the backboard.

As soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head.

Your jump should transition you to the other side of the hoop. If you shoot on the right side, your jump should take you to the left side.



Continue the process side to side working on your left and right hands.

Continue this pattern back and forth for a set number of repetitions.

Points of Emphasis

Explode towards the basket on every jump.

Get the ball up and off the glass. Aim for the top corner of the square.

Variations:

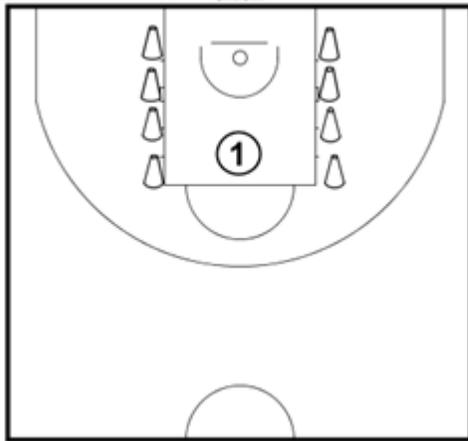
Reverse Mikan - Mikan back and forth with your back to the baseline instead of facing the baseline.

One Leg - Jump off one leg back and forth. You can do this with Mikan and Reverse Mikan.

DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: Defense

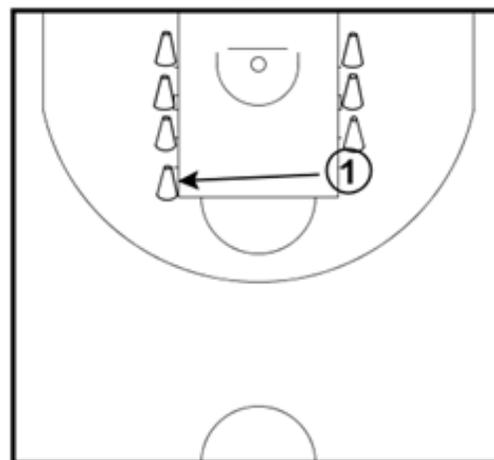
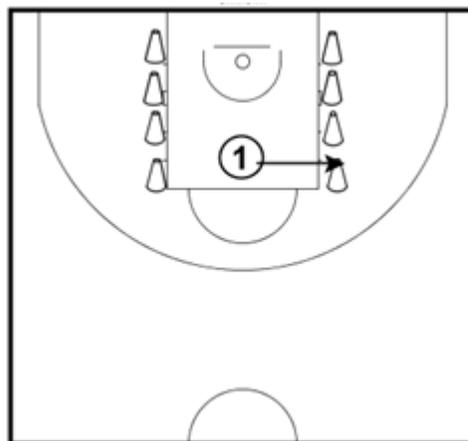
This is a simple and fun drill that can be used for defensive technique, speed, intensity and conditioning. It can be fun and even competitive.

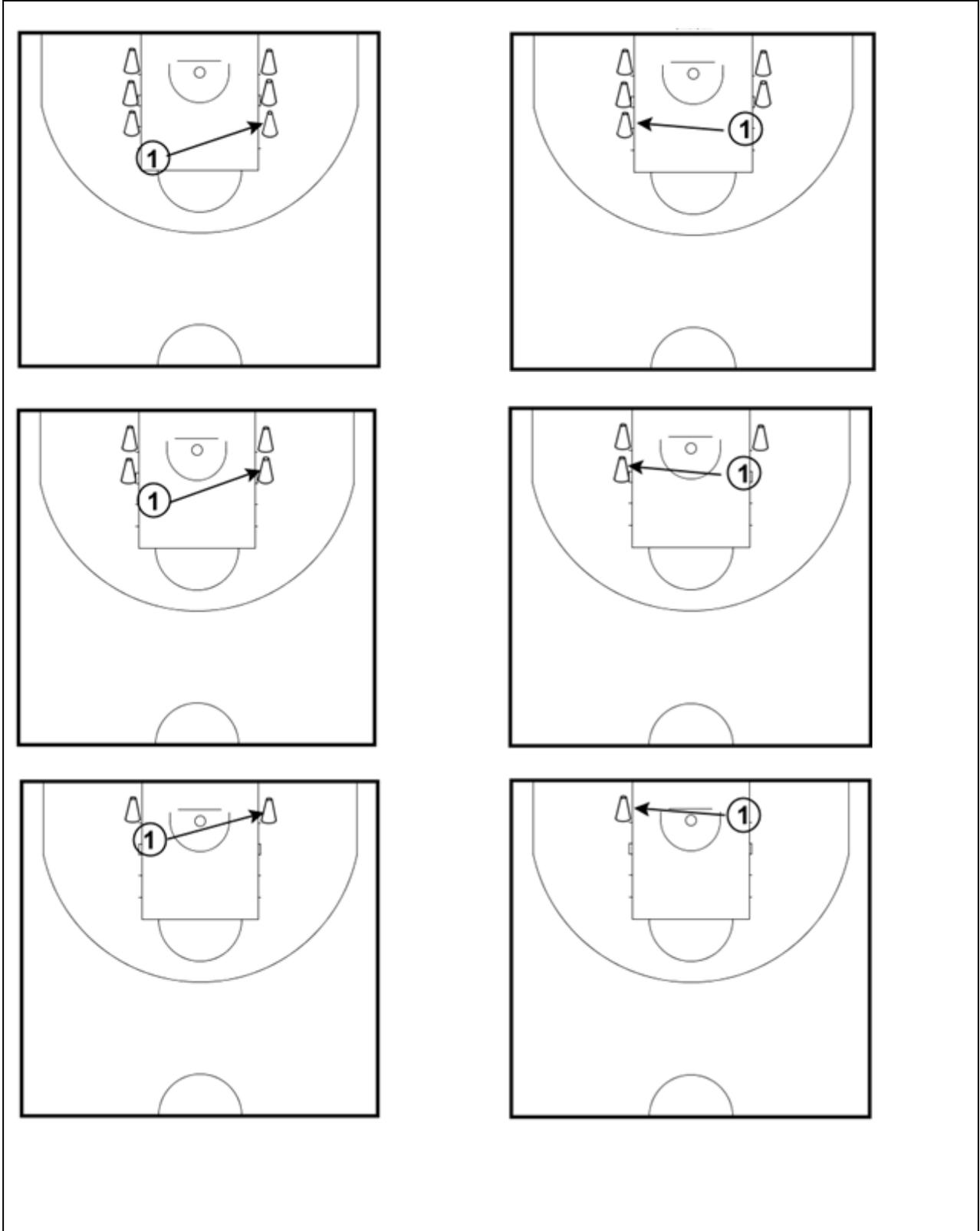


Set up a number of cups on each side of the lane.

The player is in the middle of the lane.

On "Go," player executes defensive slides, sliding from side to side. As it goes, the player picks up the cups. During the drill, the player must stay down in defensive stance.





You can add to the drill by:

Having the same player replace the cups while sliding.

Having another player replace the cups while sliding.

Record the time it takes to pick up the cup.

Set a time in which all the cups are picked up.

DAY OF THE WEEK: THURSDAY, APRIL 16

FOCUS: Dribbling

. Four Corners – Footwork Drill



Overview:

This is a great drill for working on jump stops, pivoting, and passing.

It will allow the coach to teach the different kinds of pivots and is a drill the players enjoy doing.

Setup:

The coach must first create a large square in the half-court by placing four cones an even distance apart. There must also be another cone or D-man in the exact middle of the square. You can see where I recommend placing these cones in the diagram.

Split your team up into four groups and send each group to a cone. The cones will be the starting position for each line.



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The person at the front of each line has a basketball.

How it Works:

The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use.

When the coach calls out `go`, each player with a basketball dribbles in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.

The next player in the that catches the basketball does not start until the coach has called out `go` again.

DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: Shooting

Short-Long is a great shooting drill that improves your ability to shoot the basketball. Not to mention, it can be used as a great warm up drill as well.

You get a high number of shooting repetitions in a short amount of time.

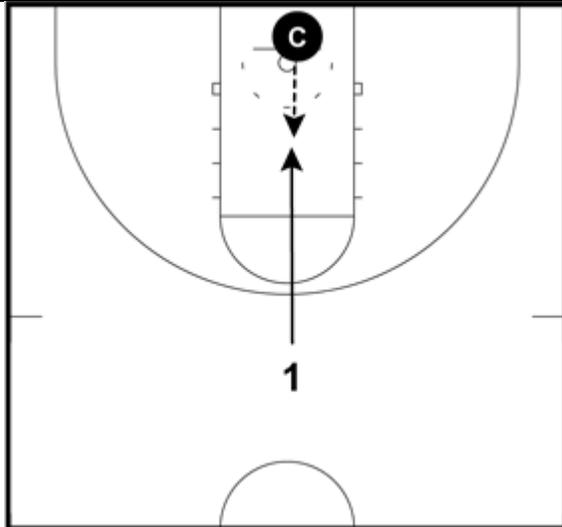
You enhance your ability to step into your shot and shoot.

You develop a quicker release.

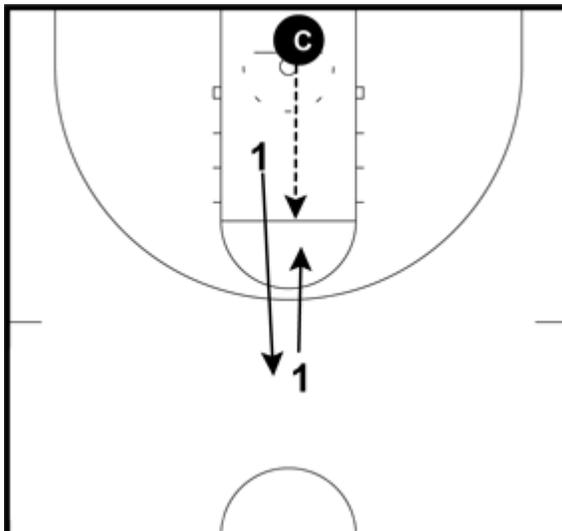
And it's a great conditioner.

This has been a staple of my shooting workouts ever since Don Kelbick introduced it. His NBA and pro guys will routinely shoot as many as 140 just as a warm up!!

Check out the video, diagrams, and progressions below....



Player starts a couple of steps behind the 3-point line. Player runs in to shoot from 7 to 10 feet (Short).



After the shot, player backpedals to starting position, changes direction and runs into next shot from 15 to 20 feet (Long.)

This continues for 10 shots. Player performs drill from 3 to 7 different spots.

You can also use variations such as:

- 20 shots per spot.**
- 10 makes from each spot.**
- 5 in a row from each spot.**



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Points of Emphasis

Give the passer a target - Ten fingers to the ceiling.

Be ready to shoot - Step into your shot as the pass is being thrown, not after you catch the ball.

Legs loaded - Have your legs loaded and bent as the pass is coming.

Sprint into shots to develop game-like feel.

DAY OF THE WEEK: SATURDAY, APRIL 18

FOCUS: Spot Shooting

Requires a ball, hoop and partner

Mark out two spot in front the basket on opposite side. Have your partner stand under the basket to grab the rebounds. Your partner will start with the ball under the basket. He/she will pass you the ball at the first spot. Catch the ball and shoot it. Once you shoot it, move to the next spot. Your partner will get the rebound and pass it back to you for you to catch and shoot it. Repeat for 1 minute. After your minute is up, switch partners.

DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: Dribbling and Shooting

This drill will improve dribbling and ball handling skills. It can be done alone or with multiple players in practice.

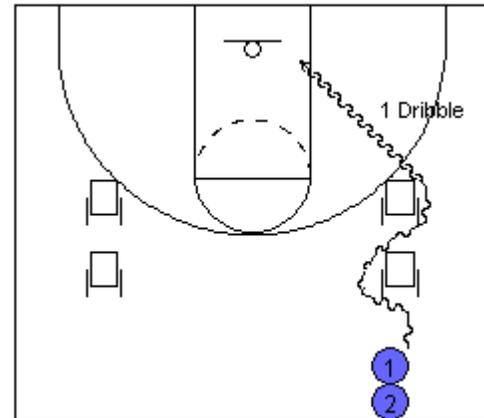
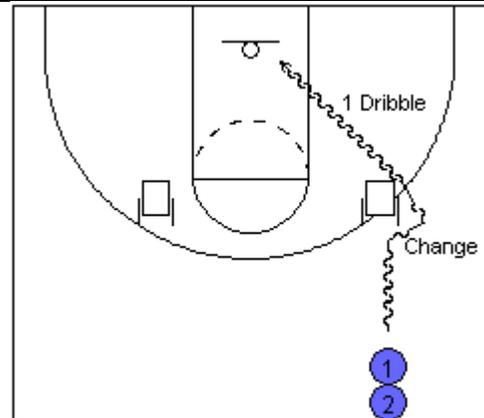
Instructions

Place a chair about 21 feet from the basket. It can be on top, on wing, or in the corner.

Start about 8-10 feet beyond the chair. Dribble straight at chair. At chair, use a change dribble (crossover, inside out, behind back, etc) to go beyond chair and make a lay-up.

Try to get to the point where you need only one dribble to get to the lay-up. Practice all the changes.

You can add additional chairs or cones for more of a challenge.



Points of Emphasis

Keep your head up.

Stay low and keep your knees bent when making your change of direction move. (This improves quickness because standing upright will only slow you down when you're ready to explode past the defender.)

Use your finger tips when dribbling (not your palms).

Work on lengthening the dribble. Work to get your opportunities with 1 dribble. You don't beat defenses with your dribble. You beat people with your feet; you SEPARATE from your defense with the dribble.

Practice outside your comfort zone. Experiment: go faster than you are used to, use your imagination. When working on new skills, don't be concerned with losing the ball. Just pick it up and do it again.

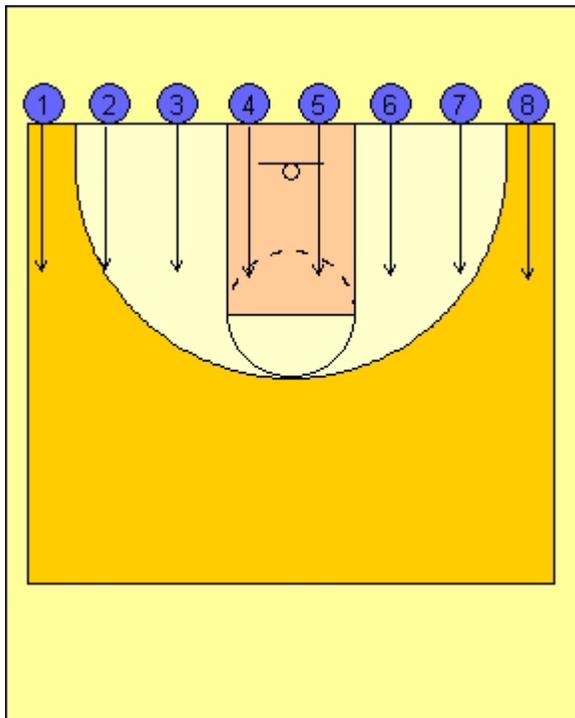
DAY OF THE WEEK: MONDAY, APRIL 20

FOCUS: Jump Stop

Jump Stop Drill

Drill Purpose

This is a very important drill that all coaches should use. It will improve your players balance, reduce travels, improve pivoting skills to create space, and improve confidence.



Instructions

Line your players up on the baseline. If you have more than 10 players or a small court, you'll need to divide them into two groups because they won't have enough space.

Have each player spread out with about 5 feet between them, so they have enough room for pivoting.

When you blow the whistle, all players should start running at 3/4 speed.

At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.



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When the whistle blows, the sequence for the player consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to starting position, and stay in triple threat position until whistle blows again.

Watch every player to make sure they did the jump stop and pivot properly. If anyone traveled or if they're goofing off, make them start over again, back at the baseline.

If everyone did it correctly, blow the whistle again. All players should start running.

At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.

When all players reach the end of the court, start over again. You can blow the whistle anywhere between 1 and 5 times during their trip down the court.

You should run this drill so players run down the court at least 5 times.

DAY OF THE WEEK: TUESDAY, APRIL 21

FOCUS: Pivot, Dribbling, shooting

Drill Purpose

This is a really fun drill that improves footwork, pivoting, ballhandling, and lay ups. It's fun because the drills acts as a game and it's fast paced. The players will really get into it!

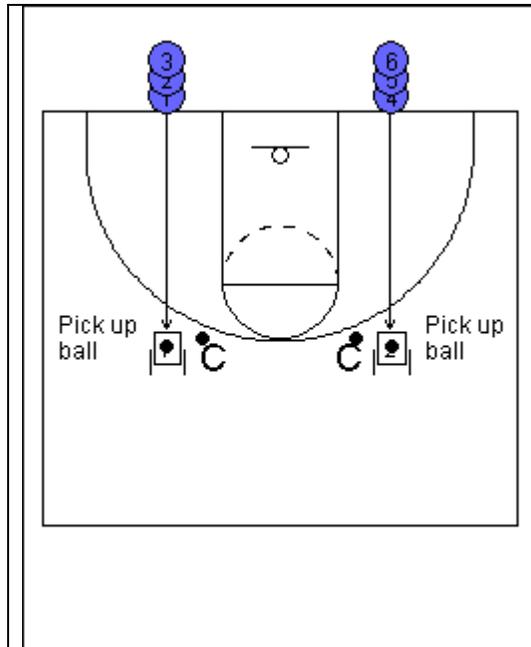
Instructions

The goal of the game is to make 21 lay ups before the other team.

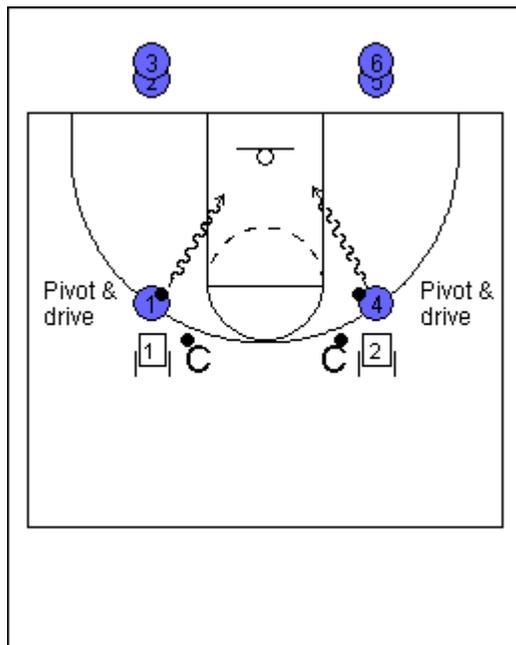
You'll divide your players into two equal teams. Each team should get in their own line on either side of the basket.

You'll need two chairs positioned just past the three point line. Place a ball on both chairs.

You'll need two coaches or players to replace balls. Each coach should have a ball. So you'll have a total of four balls for this drill.

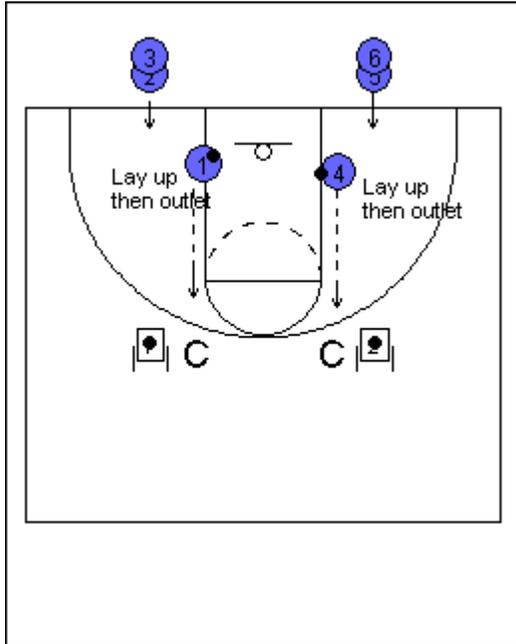


On the coach's command, the first player in each line will sprint to the chair and pick up the ball.



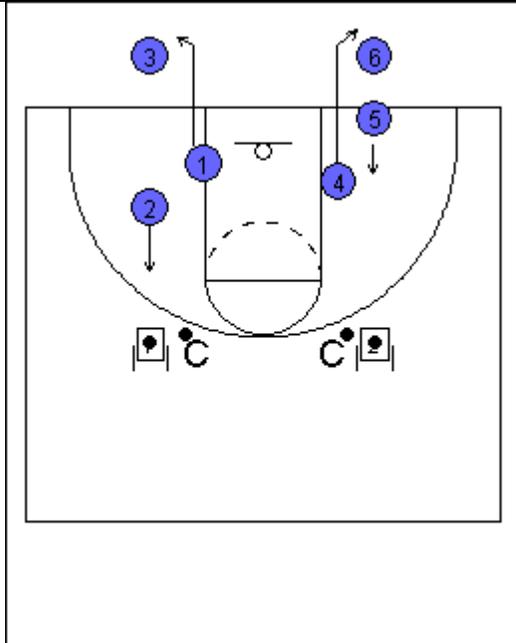
After picking up the ball, they should pivot, dribble to the basket, and shoot a lay up. (Even though it's a race, make sure they use good pivoting footwork and lay up form.)

The coach should replace the ball as it's removed from the chair.



The next player in line can start running to the chair as soon as the first player shoots their lay up.

After the player shoots the lay up, they get their own rebound and immediately pass the ball to their coach.



After passing the outlet to the coach, the player should get back in line and be ready to go again.

The goal is to make 21 baskets before the other team. Whoever reaches 21 first, wins! You can reward the winner with Gatorades or just about anything they will enjoy.

The drill can get chaotic at times, but it's fun!

When running this drill, you'll want to make sure the kids are using proper pivots and proper form shooting lay ups. They will want to go as fast as possible, but don't let them make bad pivots.

You should also specify which pivot they'll use for the drill. (Front pivot with left foot, back pivot with right foot, etc.)

And you'll want to make sure they dribble with the appropriate hand (use left hand of left side of the basket and vice versa).

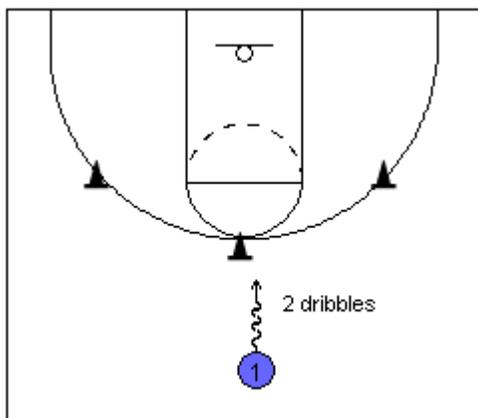
DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: Dribbling

Drill Purpose (All Ages)

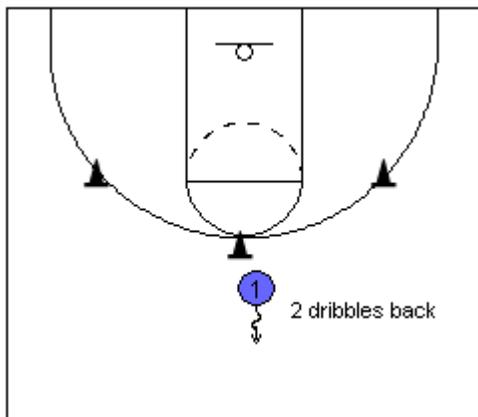
This drill will improve dribbling and ballhandling skills. It can be done alone or with multiple players in practice.

Instructions

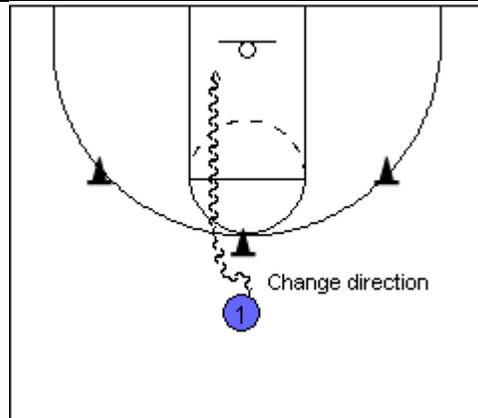


Set a chair or cone about 21 feet from the basket.

Take 2 hard dribbles at the chair.



When reaching the chair, take 2 backup dribbles.



Use a change of direction dribble (cross over, inside out, etc).

Push ahead into 1 dribble lay-up or pull-up jumpshot.

Development Tips for Guards

The 2 up dribbles should be hard, attacking dribbles. The player should understand that anytime he can get the defense going backwards he has a big advantage.

Be sure the backup dribbles are protected dribbles. Do not expose the ball to the defense.

The push dribble should be an explosion in a straight line to the basket. Whatever the outcome of the move, it should be accomplished in 1 dribble.

Points of Emphasis

Keep your head up.

Stay low and keep your knees bent when making your change of direction move. (This improves quickness because standing upright will only slow you down when you're ready to explode past the defender.)

Use your finger pads when dribbling (not your palms).

Work on lengthening the dribble. Work to get your opportunities with 1 dribble. You don't beat defenses with your dribble. You beat people with your feet; you SEPARATE from your defense with the dribble.

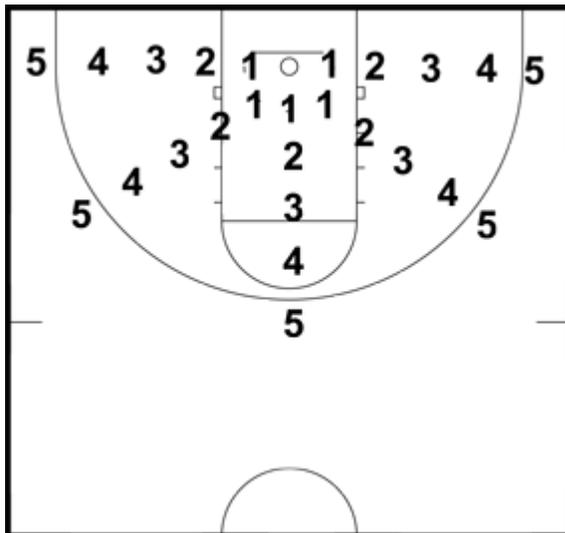
Practice outside your comfort zone. Experiment; go faster than you are used to, use your imagination. When working on new skills, don't be concerned with losing the ball. Just pick it up and do it again.

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: Shooting

Ray Allen Shooting Drill

The Ray Allen shooting drill is a great drill that you can use for a shooting warm up or to end the workout in a fun, competitive manner. It can easily be adapted for beginners and pros. Check out the instructions, diagrams, and video below for more details.



There are 5 lines. From each line, there are 5 spots. This is approximately the distance on each shot:

- Spot 1 - 4 Feet
- Spot 2 - 8 Feet
- Spot 3 - 12 Feet
- Spot 4 - 16 Feet
- Spot 5 - 20 Feet

You have to make a shot from spot 1, 2, 3, 4, & 5 in 5 consecutive shots in order to advance to the next line.

If you miss from any of the spots, you start over in that line. If you miss a shot in line 3, you start over from line 3. You don't go back to line 1.

Your goal is to finish all 5 lines in 2 minutes.



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Basic Instructions

Randomly scatter cones all over the court. 12 to 20 cones is a good number for a standard court but you can use more or less depending on the space you have to work with. When coach says "GO", players dribble to each cone and touch the cone. Players have to dribble while they touch the cone or it doesn't count. So as an example, they might dribble with their left hand and then reach out with their right hand to touch the cone.

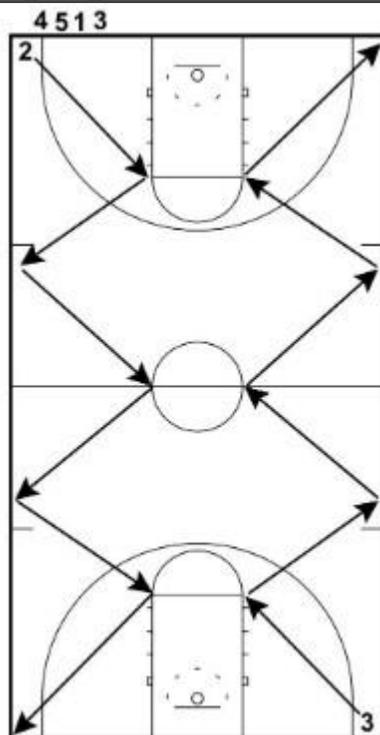
Players have 1 minute to touch as many cones as they can.

Players must touch at least 5 different cones in a row before coming back to the same one again. This forces them to move all over the court instead of staying in the same area.

DAY OF THE WEEK: SATURDAY, APRIL 25

FOCUS: Defense

Zig-Zag Slides – Defensive Drill



Overview:

Zig-zag slides are a great drill for a beginning team.



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The two most important things this drill teaches is how to defensive slide properly and also how to drop step when playing defense.

Setup:

The drill begins with all players on the baseline lining up on one of the corners. No player should have a basketball.

No player should have a basketball.

How it Works:

The first player will defensive slide from the corner to the high post and perform a 90-degree drop step so that they are now sliding back to the opposite sideline.

This process of sliding from one side to the other and drop stepping continues until the player reaches the opposite baseline.

They come back down the opposite side of the court using the same principles.

DAY OF THE WEEK: SUNDAY, APRIL 26

FOCUS: Ball Handling

Show off your Ball Handling Skills by practicing these!

<https://www.breakthroughbasketball.com/drills/maravichdrills.html>