



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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VIRTUAL PRACTICE PLAN

BASKETBALL CLINICS

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: DRIBBLING

1. Dribbling in place- Stand in one spot (5 minutes)

- a. Right hand only—30 seconds
- b. Left hand only—30 seconds
- c. Repeat 3 times

2. Dribbling on the move- Forward in a straight line (10 minutes)

- a. Walking using Right hand- 3 times, then repeat with Left hand- 3 times
- b. Jogging using Right hand- 3 times, then repeat with the Left hand- 3 times
- c. Game Speed with. Right hand- 3 times, then with the. Left hand- 3 times

3. Dribbling on the move- Zig Zag (10 minutes)

- a. Walking withing Right hand- 3 times, then repeat with Left hand- 3 times
- b. Jogging with Right hand- 3 times, then with the Left hand- 3 times
- c. Game speed with the Right hand- 3 times, then with Left hand- 3 times



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DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: BALL HANDLING

This drill requires a chair and a ball.

1. Sit on the edge of the chair with both legs in front of you and knees together.
2. Just like stationary dribbling, dribble 50 times with the right hand and 50 times with right hand.
3. Once you completed this, try dribbling under your legs (crossover). See if you can do 50 dribbles.
4. Variety is best. Try dribbling 5 times with right hand then cross the ball under your legs to the left hand and dribble 5 times with the left and then cross back over under the legs.

Coaching points: Eyes up and use finger-tips.



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DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: LAY UPS

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.

1. 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.

2. 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.

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

4. 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: THURSDAY, MAY 14

FOCUS: DRIBBLING



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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DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: PASSING

Players are paired up and face one another about 8 feet apart. They then pass back and forth, making sure that they step toward their partner to pass and step to the ball to receive. Coach calls the type of pass to be thrown. Gradually, partners move further apart as they are comfortable and accurate.

After a few minutes, progress to the next step.

Using the same setup as above, players shuffle from baseline to baseline, passing the ball back and forth. Speed of their movement and distance of the pass is determined by each player's ability. This is not a race and the objective is for players to learn to pass on the move. The coach can determine which type of pass is used.

Points of Emphasis

1. Step to pass.
2. Follow through so the backs of your hands are together with the thumbs pointing down.
3. Step to catch.
4. Catch with your hands extended and guide the ball into your body to secure it into triple threat position.

DAY OF THE WEEK: SATURDAY, MAY 16

FOCUS: CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>

DAY OF THE WEEK: SUNDAY, MAY 17

FOCUS: CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-6-7-meet-down-in-africa>

DAY OF THE WEEK: MONDAY, MAY 18

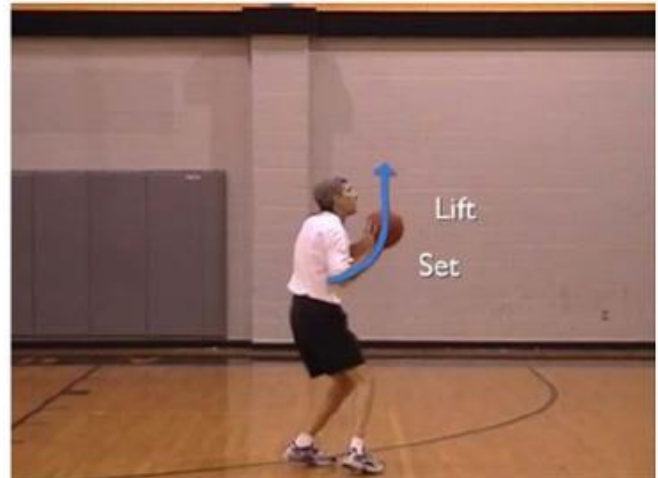
FOCUS: SHOOTING

The shooter starts a few feet from the basket.

In the set position, the player's arm angle is approximately 90 degrees and the ball is positioned near the shoulder.

Once the shooter is ready, the player extends their legs and shoots at the same time in one fluid motion. The shot is like a free throw as there is little to no jump with this progression.

We will shoot 5 to 10 shots, then take a step back. We usually do this until we reach a step in front of the free throw line.



SET

Also, make sure to take your time and do it right on every repetition. If you build a bad habit by being sloppy, it will take you ten times as long to fix the bad habit. So be smart and get in the right position prior for every shot.

Emphasis Points

Start from shoulder on each shot.

Extend legs and shoot at the same time.

Keep ball close to shoulder.

One fluid motion - no pauses or hitches.





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DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: DRIBBLING



DAY OF THE WEEK: WEDNESDAY, MAY 20

FOCUS: SHOOTING

Lay down flat on your back with a basketball in your shooting hand. With just one hand, shoot the ball straight into the air with good rotation. This drill helps you learn the proper release off the "shooting pads" of your hands. Use your off-hand to catch and balance the ball, if necessary, but shoot only with your strong hand.

DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: SHUFFLE PASSING

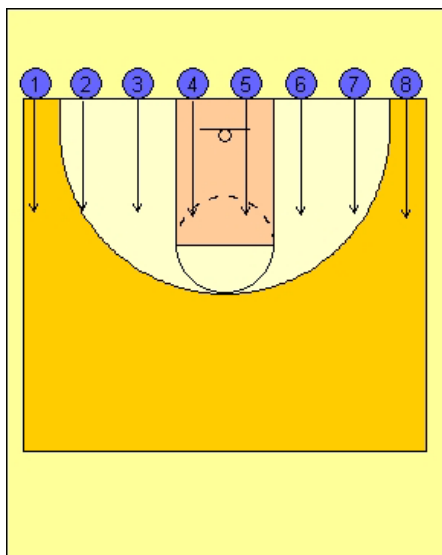
- Stand opposite of your partner with about 5 feet in between each other.
- Start of with your basic bounce pass. Pass the ball back and forth without moving 10 times.
- Once you have completed your 10 stationary bounce passes. Its now time to move.
- You and your partner will shuffle your feet (think defensive slides) to one side of the driveway and back. With each slide you do, you will pass the ball using a bounce pass. See if you can make it down and back with out loosing the ball.
- Once you have completed the bounce passes, you can repeat the drill using chest passes.

Coaching Point: Have the players pass the ball towards their partners lead foot.

DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: JUMP STOP

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.



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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.

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: SATURDAY, MAY 23

FOCUS: CONDITIONING





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DAY OF THE WEEK: SUNDAY, MAY 24

FOCUS: CONDITIONING

