



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

BASKETBALL CLINICS

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: FLAG PULLING



DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: PASSING FUNDAMENTALS

Two Knee Drill (20 passes) -The purpose of this drill is to warm up the arm and, at the same time, teach concentration on target and ball release. Pair off about ten yards apart directly in line with



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each other, kneeling on both knees. Receiver will hold both hands up, giving the QB a target to throw to. Don't throw hard and concentrate on target.

One Knee Drill (20 passes) -Put your knee on the throwing side down. Place the ball on the ground, grip it with just the throwing hand, lift it up with one hand, cock it high with two hands, and throw it to partner. Exaggerate your follow through as if to pick up grass. Use the arm only and lead with elbow. Helps to develop stronger arc and wrist snap. Switch the down knee for variation.

Feet Parallel Drill (20 passes)- Purpose is to warm up the arm, and at the same time teach concentration on target and passing technique. Pair off about 12 yards apart directly in line with each other. Increase the distance as you warm up. Don't exceed 20 yards and do not take a step with your foot. This helps to develop a stronger arm.

Opposite Foot Drill (20 passes) -A basic warm- up to teach how to throw off the wrong foot by simulating the motion of throwing off the wrong foot while scrambling or sprinting out. If you're a right-hander start with your right foot forward in heel to toe relationship. Point the toe in the direction of the throw. To throw with the body you must rotate hips. If thrown with correct motion, you will be forced forward on the ball of your right foot and your weight will follow through.

Normal Foot Follow- Through Drill (20 passes) -Same as above except step with the correct foot. Right hander steps with left foot. Point the toe in the direction of the throw. When throwing at release of ball, turn hand to outside and palm down. This motion assures tip of ball will be up for a soft pass. Over-emphasize the follow through until it becomes an automatic part of throwing motion.



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DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: SIDELINE DRILLS





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DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: CATCH & PASS

Players will pair off and begin 5 yards from each other. Have players throw the ball back and forth. Make sure players use the appropriate touch on the pass, according to the distance they are from one until another. After a few throws, have each player take a step back. Below are some tips on proper throwing mechanics.





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DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: AGILITY

Purpose

To improve ball security and work on keeping center of gravity low and the shoulders squared.

Set Up

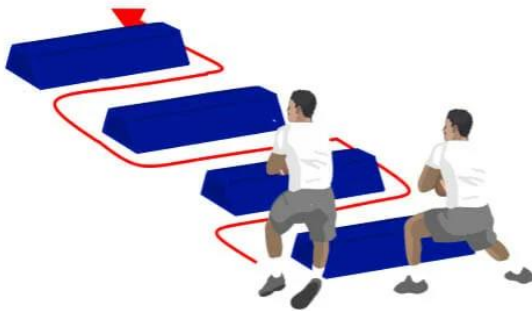
- Lay down 4-6 agility bags or pool noodles, 2-3 yards apart.
- Start at one end with a football in hand.

Execution

1. Begin by accelerating towards the bag, make a move and jump cut out to the left.
2. Accelerate forward to the next bag, then shuffle across the face of the bag keeping your shoulders north/south.
3. As you come to the end of each bag, explode forward, then cut back inside switching the ball over to the outside hand.
4. After reaching the last bag, explode forward another 5-10 yards.

Coaching Tips

- To add an extra challenge, have a partner get a blocking bag and force the ballcarrier to make one last move before exploding forward for another 5-10 yards.





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DAY OF THE WEEK: SATURDAY, MAY 16

FOCUS: CONDITIONING

<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

<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

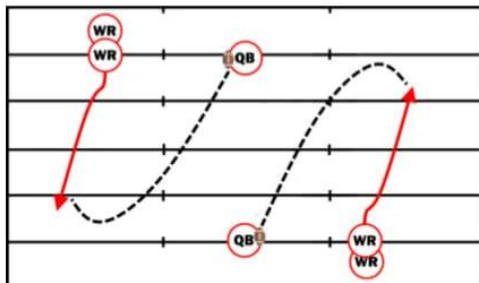
FOCUS: QB & WR DRILLS

Purpose

To teach QBs the proper way to throw a long, high ball, and to teach WRs how to high point the ball and use change of pace to get open.

Set Up

- Split the team into two groups, each with the same amount of WRs and QBs. One line at the goal line and one at the 50, facing each other, like in the diagram below.
- The WRs will be about 15 yards to the right of the QBs, who will be in the middle of the field.
- You will also need plenty of footballs for each line.



Execution

1. When the QB hikes the ball, the WR will run his route.
2. The fade route is run by having a receiver begin the route at about 75% speed, before exploding out deep to the sideline.
3. The QB will throw the ball deep, high, and out towards the sideline.
4. The WR will make the catch, run all the way past the other line, and come drop off the football before going to the back of that line

DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: CATCHING

Purpose

Catch the ball outside your body in a variety of positions.

How To

- Stand facing your partner.
- Have your partner throw the ball at all hands of the clock in a clockwise direction. Your partner should aim to throw the ball so your arms are fully extended when you catch it.
- To advance the drill, turn your back to your partner and wait for his command to turn around.
- Sets/Reps: 1 set clockwise, 1 set counterclockwise. If there are any trouble areas, be sure to add extra reps to that area.



DAY OF THE WEEK: WEDNESDAY, MAY 20

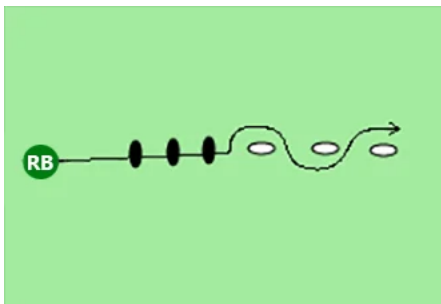
FOCUS: RUNNING BACK DRILL

Purpose

This drill teaches agility and demeanor in traffic. It teaches running backs to move their hips once they get through the line of scrimmage and into the second layer of the defense.

Set Up

- Place three flat bags followed by three cans anywhere on the field. The coach should be nearby to call commands.



Execution

- Players step over the three flat bags.
- Players then use hip movement and lateral steps to move around the cans.
- Players then explode upfield.



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DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: FLAG PULLING





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DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: OPEN FIELD TACKLING

Purpose

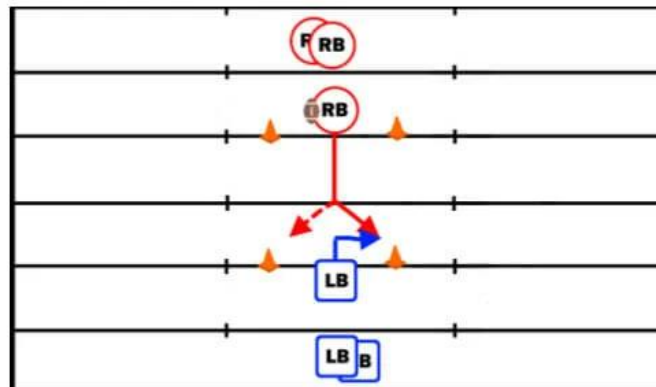
To work on pursuit and tackling form in the open field.

Set Up

- Setup 4 cones, all 10 yards apart.
- Have the LB's form a line on one end, with the ball carriers on the other end with a football in hand.
- The coach will stand behind the LBs, in view of the RBs.

Execution

- The first player in line will step up and beginning running forward.
- The LB will step up stay square. After the RB has run about 5 yards the coach will direct the runner either right or left.
- The LB will then close in and tackle the ball carrier before they get past the cones.



DAY OF THE WEEK: SATURDAY, MAY 23

FOCUS: CONDITIONING



DAY OF THE WEEK: SUNDAY, MAY 24

FOCUS: CONDITIONING

