

Basketball Week-1 Practises

Suggest 2 Practises Minimum (repeating and reinforcing concepts for both)

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|------------|---|--|
| 20 minutes | <p>Warm-up en masse in waves of 4 starting at one end of court: Jogging (forward, backward; defensive sliding) (SSP III, page 6)</p> <p>Dribbling, passing, and moving to ball (in pairs and moving sideline to sideline) <i>[first person dribbles to opposite side line, turns toward ball-hand side, pulls ball in new direction, stops half-way, bounce passes to partner who moves to catch ball before continuing dribble and repeating what partner did]</i></p> <p>Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, pages 4-5)</p> | |
| 25 minutes | <p>Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)</p> <ul style="list-style-type: none"> • Rebounding: Go to the Ball (SSP III, page 20) (from rolling ball straight then to each side, bouncing ball straight then to each side, tossing ball straight then to each side) <i>[set up station with coach and line of athletes; athletes go to the ball, catch ball, bounce pass back to coach and go to end of line]</i> • Shooting: Pick up ball in proper shooting position (SSP III, page 14) (shooting hand on top; guide hand at side); then shoot short shots <i>[set up station with coach in front of basket and to side of line of athletes along lane line; athletes use backboard for shot];</i> if time permits, player takes ball out of coach's hand in proper shooting position • 2-on-the-coach (SSP III, page 23) (2 offenders work on passing, moving, rebounding and scoring against 1 coach-defender) <i>[this is the beginning of offense]</i> • 3-on-3: Work on formation of defense in triangle (SSP III, pages 34-35) (step to ball; belly to ball) <i>[focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball]</i> | |
| 35 minutes | <p>Team Concept for 5-on-5 Teams</p> <ul style="list-style-type: none"> • Offense and 2-3 defense with no opponent – work on “Go” offense (SSP III, pages 32-33) • Then scrimmage (play); coaches may need to “shadow” & assist low-ability athletes to positions on court. <p>Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)</p> <ul style="list-style-type: none"> • 10m Dribble; Target Pass; Spot Shot • Conduct ISC and score; record efforts. • Then play low-organized fun games using skills (Beat the Clock: see how many shots from positions 1 & 2 can be made in 30 seconds) <p>Conditioning Activities: Jump-the-Lines; Situps; Pushups</p> | |
| 10 minutes | <p>Bring team together for cool-down stretching and reward efforts (winner's circle with each athlete receiving accolades); coach notes one positive per each athlete)</p> | |

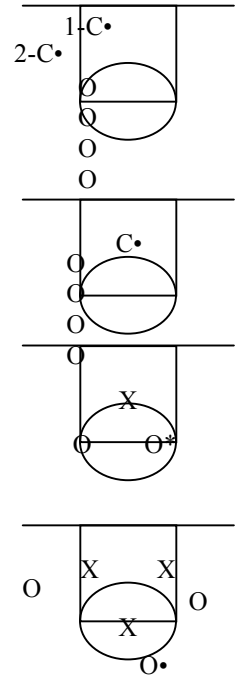
Basketball Week-2 Practises

Suggest 2 Practises Minimum (repeating and reinforcing concepts for both)

20 minutes Warm-up: Jogging (forward then backward; side to side [defensive sliding]) (SSP III, page 6)
Dribbling, passing, and moving to ball (in pairs and moving sideline to sideline)
Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)

25 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

- Rebounding: Go to the Ball (SSP III, page 20) (from rolling ball, bouncing, tossing; add shooting with athletes still in line, but coach shooting from side) *[set up station with coach and line of athletes; athletes go to the ball, catch ball, bounce pass back to coach and go to end of line]*
- Shooting: Pick up ball in proper shooting position (SSP III, page 14) (shooting hand on top; guide hand at side); progress to receiving pass, shoot, and follow for rebound; then short shots *[set up station with coach under basket and in line of athletes along lane line]*
- 2-on-the-coach (SSP III, page 23) (2 offenders work on passing, moving, rebounding and scoring against 1 coach-defender who offers increasing levels of pressure)
- 3-on-3: Continue work on defense (SSP III, pages 34-35) (step to ball; belly to ball / add close the door on drive) *[focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball, then dribble to gap with defense "closing the door" with closest defenders coming together and not allowing offender to go through the gap]*



35 minutes Team Concept for 5-on-5 Teams

- Offense and 2-3 defense with no opponent – continue work on “Go” offense. (SSP III, pages 32-33); run to set-up positions from half court; proceed into offense.
- Then scrimmage in 5-7 minute blocks of time.
- Add jump ball practice to start game (SSP, page 30); add sideline play at offensive end (SSP, page 28) *[team goes to “set up” position with best passer or point guard taking ball out of bounds].*

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (2-player Keep Away from Coach)

Conditioning Activities: Jump-the-Lines; Situps; Pushups (if time)

10 minutes Bring team together for cool-down stretching and reward efforts (winner’s circle with each athlete receiving accolades); coach notes one positive per athlete

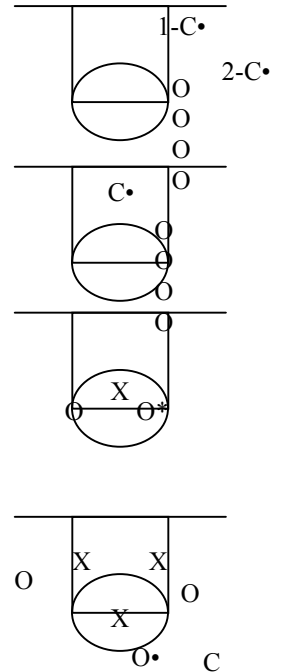
Basketball Week-3 Practices

Suggest 2 Practices Minimum (repeating and reinforcing concepts for both)

20 minutes Warm-up: Jogging (forward then backward; side to side [defensive sliding]) (SSP III, page 6)
 Dribbling, passing, and moving to ball (in pairs and moving sideline to sideline)
 Add playing Dribble Tag for 5 minutes (SSP III, page 8) *[divide athletes by ability, putting groups with each coach; depending on level of athlete, put two athletes in jumpball circle; each has a ball; each must start dribbling ball and prevent opponent from stealing ball while dribbling his/her own ball]*
 Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)

25 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

- Rebounding: Go to the Ball (SSP III, page 20) from rolling ball, bouncing, tossing, and shooting *[coach shootis from corner as last week; add pressure with coach trying to steal ball and providing physical contact to athlete]*
- Shooting: Pick up ball in proper shooting position (SSP III, page 16) (shooting hand on top; guide hand at side); progress to receiving pass, shoot, and follow for rebound; then short shots *[set up station with coach under basket and in line of athletes along lane line]*
- 2-on-the-coach (SSP III, page 23) *[2 offenders work on passing, moving, rebounding and scoring against 1 coach-defender who offers increasing levels of pressure; add that athletes must make at least two passes before shooting]*
- 3-on-3: Continue work on defense (SSP III, pages 34-35) (step to ball; belly to ball / add close the door on drive) *[focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball, then dribble to gap with defense "closing the door" with closest defenders coming together and not allowing offender to go through the gap; add – when defense gets ball, pass back to coach with teams switching from offense to defense]*



35 minutes Team Concept for 5-on-5 Teams

- Review “Go” offense and 2-3 defense with no opponent (SSP III, pages 32-33); run to set-up positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add lining up and shooting free throw (SSP, page 29).

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot; conduct ISC and score; record efforts.
- Then play low-organized fun games using skills ((2-on-2 coach-athlete teams)

10 minutes Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities)

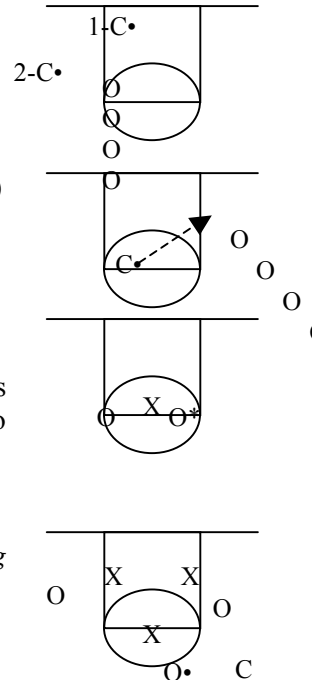
Basketball Week-4 Practises

Suggest 2 Practises Minimum (repeating and reinforcing concepts for both)

20 minutes Warm-up: Jogging (forward then backward; side to side [defensive sliding]) (SSP III, page 6)
 Dribbling, passing, and moving to ball (in pairs and moving sideline to sideline)
 Playing Dribble Tag for 6 minutes (SSP III, page 8) *[divide athletes into 4 groups-2 groups lower ability; 2 groups higher ability; lower teams play in one half court; higher teams play in other half court; play in 3 minute time blocks; winning teams have more players left on the court at end of time]*
 Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)

25 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

- Rebounding: Go to the Ball (SSP III, page 20) (from rolling ball, bouncing, tossing, and shooting [coach shooting from corner as last week]; add more pressure with coach and/or athlete behind trying to steal ball and providing physical contact to athlete)
- Shooting: Receive ball in proper shooting position (SSP III, page 16) (shooting hand on top; guide hand at side); progress to receiving pass, shoot, and follow for rebound; then short shots *[set up station with coach now at foul line with pass coming at different angle]*
- 3-on-the-coach (SSP III, page 23) (3 offenders work on passing, moving, rebounding and scoring against 1 coach-defender who offers increasing levels of pressure; add that athletes must make at least two passes before shooting)
- 3-on-3: Continue focus on defense (SSP III, pages 34-35) (step to ball; belly to ball; close the door on drive) *[focus is on defense, reacting and moving to stop ball; stepping to ball and belly facing ball, then "closing the door when offender drives gap; continue when defense gets ball, pass back to coach with teams switching from offense to defense]*



35 minutes Team Concept for 5-on-5 Teams

- Continue review of “Go” offense and 2-3 defense with no opponent. (SSP III, pages 32-33); run to positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-7 minute blocks of time.
- Continue jump ball, sideline out-of-bounds play, and shooting free throw; add end line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot; conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (2-on-2 coach-athlete teams)

10 minutes Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities)

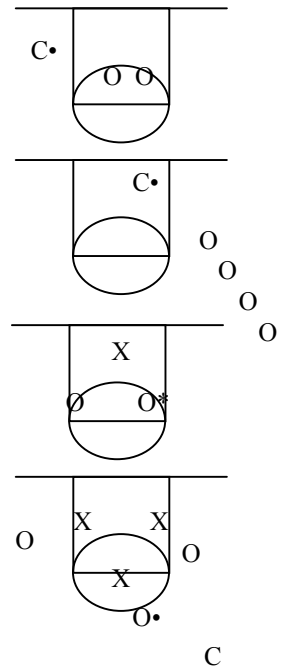
Basketball Week-5 Practices

Suggest 2 Practices Minimum (repeating and reinforcing concepts for both)

20 minutes Warm-up: Jogging (forward then backward; side to side [defensive sliding]) (SSP III, page 6)
 Dribbling, passing, and moving to ball (in pairs and moving sideline to sideline)
 Playing Dribble Tag for 6 minutes (SSP III, page 8) *[divide athletes into 4 groups-2 groups lower ability; 2 groups higher ability; lower teams play in one half court; higher teams play in other half court; play in 3 minute time blocks; winning teams have more players left on the court at end of time]*
 Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)

25 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

- Rebounding: Go to the Ball (SSP III, page 21) (from rolling ball, bouncing, tossing, and shooting then play Rebound Ball [2 players at a time with coach shooting and players trying to grab ball first])
- Shooting: Receive ball in proper shooting position then shoot without then with pressure (SSP III, page 16) *[set up station with coach under basket who passes to athlete and comes out to offer hand-up or in-face pressure]*
- 3-on-the-coach plus 1 (SSP III, page 23) *[3 offenders work on passing, moving, rebounding and scoring against 1 coach-defender and athlete teammate who offer increasing levels of pressure]*
- 3-on-3: Continue focus on defense (SSP III, pages 34-35) (step to ball; belly to ball; close the door on drive) *[focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball, then dribble to gap with defense "closing the door" with closest defenders coming together and not allowing offender to go through the gap; continue when defense gets ball, pass back to coach with teams switching from offense to defense]*



35 minutes Team Concept for 5-on-5 Teams

- Continue review of "Go" offense and 2-3 defense with no opponent. (SSP III, pages 32-33); run to positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-7 minute blocks of time.
- Continue jump ball, sideline out-of-bounds play, and shooting free throw; add end line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (2-on-2 with athletes teams)

10 minutes Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities)

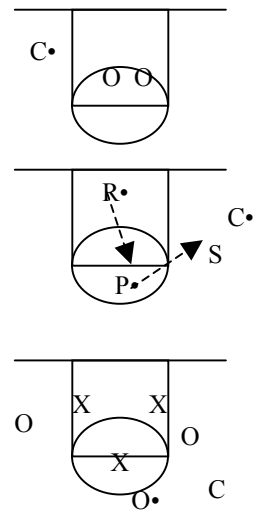
Basketball Week-6 Practices

Suggest 2 Practices Minimum (repeating and reinforcing concepts for both)

25 minutes Warm-up: Formalize pre-game warm-up (jogging then partner dribbling and passing)
 Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)
 Lay-up and shooting (two lines: one shooting, the other rebounding)
 Add Fast Break drill: coach throws long; athlete runs, grabs ball first [does not dribble a bouncing ball], then dribbles in for layup, gets rebound, and passes to coach; repeat coming back down court with new coach throwing ball (SSP III, page 38)

20 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

- Rebounding: Rebound Ball (SSP III, page 21) [2 players at a time with coach shooting and players trying to grab ball first]
- Shooting: Rapid Fire Shooting in group of three with two balls (SSP, page 16) [set up station with rebounder, passer and shooter and coach near athlete to provide assistance]
- 3-on-3: Offense-defense [defense steps to ball, belly to ball and closes the door; offense works with teammates, moves to get open, rebounds, and is aware of 3-second lane violation; when defense gets ball, pass back to coach with teams switching from offense to defense]



35 minutes Team Concept for 5-on-5 Teams

- Continue review of “Go” offense and 2-3 defense with no opponent. (SSP III, pages 32-33); run to positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-7 minute blocks of time.
- Continue jump ball, sideline out-of-bounds play from both sides of court, shooting free throw, and end line out-of-bounds play at both sides of court to score under own basket.

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (3-on-3 [1 coach-2 athletes] teams)

10 minutes Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities)

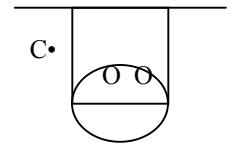
Basketball Week-7 Practices

Suggest 2 Practices Minimum (repeating and reinforcing concepts for both)

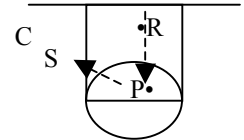
25 minutes Warm-up: Review pre-game warm-up (jogging then partner dribbling and passing)
 Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)
 Lay-up and shooting (two lines: one shooting, the other rebounding)
 Continue Fast Break drill: coach throws long; athlete runs, grabs ball first [does not dribble a bouncing ball], then dribbles in for layup, gets rebound, and passes to coach; repeat coming back down court with new coach throwing ball (SSP III, page 38)

20 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

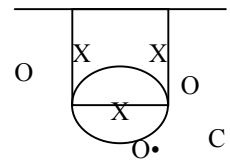
- Rebounding: Rebound Ball (SSP III, page 21) [2 players at a time with coach shooting and players trying to grab ball first]



- Shooting: Rapid Fire Shooting from opposite side in group of three with two balls (SSP, page 16) [set up station with rebounder, passer and shooter and coach near athlete to provide assistance; rotate clockwise every 30 seconds.]



- 3-on-3: Offense-defense [defense steps to ball, belly to ball and closes the door; offense works with teammates, moves to get open, rebounds, and is aware of 3-second lane violation; when defense gets ball, pass back to coach with teams switching from offense to defense]



35 minutes Team Concept for 5-on-5 Teams

- Continue review of “Go” offense and 2-3 defense with no opponent. (SSP III, pages 32-33); run to positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-7 minute blocks of time.
- Continue jump ball, sideline out-of-bounds play from both sides of court, shooting free throw, and end line out-of-bounds play at both sides of court to score under own basket.

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (3-on-3 [1 coach-2 athletes] teams)

10 minutes Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities)

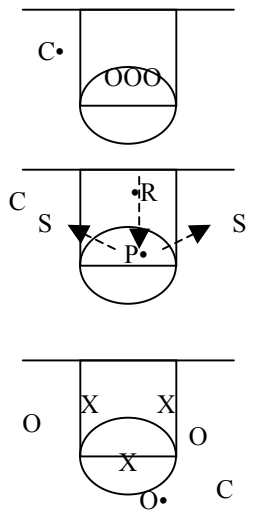
Basketball Week-8 Practices

Suggest 2 Practices Minimum (repeating and reinforcing concepts for both)

25 minutes Warm-up: Review pre-game warm-up (jogging then partner dribbling and passing)
 Stretching: Calves, hamstrings, quads, groin, and arms (SSP III, page 4-5)
 Lay-up and shooting (two lines: one shooting, the other rebounding)
 Continue Fast Break drill: coach throws long; athlete runs, grabs ball first [does not dribble a bouncing ball], then dribbles in for layup, gets rebound, and passes to coach; repeat coming back down court with new coach throwing ball (SSP III, page 38)

20 minutes Skill Work (1-2 coaches per basketball; stations 5 mins. @; jogging to next station; athletes are ability grouped to match strength and size for safety)

- Rebounding: Rebound Ball (SSP III, page 21) [3 players at a time with coach shooting and players trying to get grab ball first]
- Shooting: Rapid Fire Shooting from both sides in group of four with two balls and 2 shooters (SSP, page 16) [set up station with rebounder, passer and shooters; rotate clockwise every 30 seconds.]
- 3-on-3: Offense-defense [defense steps to ball, belly to ball and closes the door; offense works with teammates, moves to get open, rebounds, and is aware of 3-second lane violation; when defense gets ball, pass back to coach with teams switching from offense to defense]



35 minutes Team Concept for 5-on-5 Teams

- Scrimmage in 5-7 minute blocks of time.
- Continue jump ball, sideline out-of-bounds play from both sides of court, shooting free throw, and end line out-of-bounds play at both sides of court to score under own basket.

Individual Skills Work with ISC Athletes (SSP IV, pages 18-19)

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (3-on-3 athlete teams)

10 minutes Bring team together for cool-down stretching and reward efforts; go over plans for culminating competition this week (uniforms; travel logistics; parent and coach responsibilities)