



Basketball Practice Plans



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

The players build upon the tactics and skills they learned in the previous seasons.

OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The Y's four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing basketball. For example, playing cooperatively with teammates shows that you care about them. Again, we'll suggest some specific ideas for briefly discussing character development values during team circle time.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to young children gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising your hand when you foul someone or playing cooperatively with the others on your team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.

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Basketball Session 1



FOR YOUTH DEVELOPMENT
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Ages: 11 and Up

Coach:

Team:

Practice Goals

- Emphasize importance of a well-rounded game
- Increase basketball IQ
- Communicate on offense and defense






Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Four Core Values	Gather the players into a single-file line.	N/A





SAY: "Everyone turn to your right so the person to the side of you is now in front of you. Put your arms on their shoulders. We are going to walk forward, as a group, using first the right foot and then the left. We will walk slowly, so take your time so we all move together. Get ready with your right foot, now step; get ready with your left foot, now step."




Repeat for four steps.

SAY: "Let go of your teammates. Did we have to work together to walk as a group? We did. All season we will need to work together, with everyone doing their part. We will talk about four values that are a key to success for all players—caring, honesty, respect, and responsibility. We need to understand and use these values or qualities every practice and game."

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke	 https://sportsedtv.co/3xPMY0g
5 mins.	Layup Lines	INDIVIDUAL Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	 https://sportsedtv.co/382VATP
5 mins.	Block-to-Block Finishing	INDIVIDUAL Split players between two baskets. Have each player perform the block-to-block finishing drill for 10 makes, 5 on each side or 30–60 seconds each.	 https://sportsedtv.co/3aUw4C
5 mins.	Beginner Ballhandling Series	INDIVIDUAL Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving: • Pound Dribble • In and Out Dribble • Back and Forth Dribble	 https://sportsedtv.co/35o3172
5 mins.	Crossover Dribbling Series	INDIVIDUAL Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving: • Crossover Dribble and Crossover Dribble Wide • Between-the-Legs Crossover • Behind-the-Back Dribble	 https://sportsedtv.co/3jWlKe2

Time	Activity	Activity Description	Video Tutorial
5 mins.	Change of Pace Chase Down	INDIVIDUAL Players line up across the baseline, arm's length or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.	 https://sportsedtv.co/3YRF4R5
10 mins.	The Box Drill for Posts	INDIVIDUAL Have the players line up under the basket and pass the ball to themselves at the elbow, completing each of the following moves: • Drop Step and Drive • Reverse Pivot and Shoot • Reverse Pivot, Shot Fake, and Drive Baseline/middle	 https://sportsedtv.co/3jWVVL8M
	Combo Moves Facing the Basket	INDIVIDUAL This drill focuses on adding a second move to combine with your initial move. Have the players line up at half-court, attack the cones, and complete the following combo moves with a layup or jump shot finish. • Double Cross • Crossover + Through the Legs (Killer Crossover) • Through the Legs + Behind the Back	 https://sportsedtv.co/3jWVWY9I
5 mins.	Spot Shooting for Beginners	PAIRS Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.	 https://sportsedtv.co/3m5FKP5

Time	Activity	Activity Description	Video Tutorial
5 mins.	Dribble Pull-Up Shooting	INDIVIDUAL Set up cones around the key, midrange, or three-point line depending on difficulty. Have your players attack each cone with two to three dribbles and pull up to shoot. Have players start in a line at a designated spot on the court.	 https://sportsedtv.co/3m5fCP8
5 mins.	Slide and Backpedal Square Drill	The defensive slide and backpedal square drill is a foundational exercise for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint; defensive slide; backpedal; and, most importantly, change of direction and change of pace to complete the sequence. This drill is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.	 https://sportsedtv.co/3ALBCwD
10 mins.	How to Close Out	INDIVIDUAL Also known as the star drill. Set up cones around the three-point line. After teaching proper closeout stance on each side, have your players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork, and stance. Advance this drill by swapping offensive players for the cones. Offensive players should remain in triple-threat position and pass the ball around the key. Defense positions themselves accordingly in relation to the ball.	 https://sportsedtv.co/3AVY1im
10 mins.	Passing Game	TWO VERSUS TWO, HALF-COURT GAME Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.	N/A
10 mins.	Passing Game	FIVE VERSUS FIVE, FULL-COURT, OR HALF-COURT Players must complete at least (3, 4, 5, etc., depending on coach) passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.	N/A

Time	Activity	Activity Description	Video Tutorial
90 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 2



FOR YOUTH DEVELOPMENT
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Ages: 11 and Up

Coach:

Team:

Practice Goals:

- Improve finishing skills around the basket
- Learn and improve ball screen offense and defense
- Communicate defensive screens





Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	<p>Gather the team into a circle near two cones about 10 feet apart.</p> <p>SAY: "What should you do if your opponents are committing fouls, complaining to the officials, and doing things that are not fair?"</p> <p>Listen to their responses.</p> <p>SAY: "Stand at this cone if you should continue to play your game and not try to commit fouls. Stand at this cone if you should get back at the other team by playing the same way and complain to the officials."</p> <p>Have all players vote. Ask players why they voted the way they did. Have players at the "complaining" cone think of other options instead of complaining.</p> <p>SAY: "Do not change the way you play your game or stop showing respect to your opponents or the officials. It's important to show respect even if the other team is not."</p>	N/A





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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none">1. Jog and Backpedal2. Butt Kicks3. High Knees4. Lunge and Twist5. Side Lunge Both Sides6. Karaoke	 https://sportsedtv.co/3xPMV0g

10 mins.	Layup Lines	<p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 https://sportsedtv.co/382VATP
	How to Power Layup	<p>The purpose of a power layup is to add more power throughout the player's body in order to absorb the defense while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot like a regular layup.</p>	 https://sportsedtv.co/3YVpTGH
	How to Do the Euro Step	<p>Instruct first, then have the players complete euro steps in layup lines.</p> <p>(Continue from layup lines.)</p>	 https://sportsedtv.co/3BVrBEI

5 mins.	The Tip Drill	<p>INDIVIDUAL</p> <p>Have players complete each variation of the tip drill with a finish for time or makes. The wall can be used as a modification.</p> <ul style="list-style-type: none">• Single hand each side• Five right, Five left same side• Alternate hands each side	 https://sportsedtv.co/3JZF0P3
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Time	Activity	Activity Description	Video Tutorial
5 mins.	Two-Ball Partner Dribbling	This drill requires two balls and two players. Two-ball partner dribbling intends to improve overall ballhandling and passing off the dribble. During this drill, players focus on emphasizing each dribble move and sending a crisp pass to their partner.	 https://sportsedtv.co/3DUJHxt
10 mins.	The Mirror Drill	PAIRS First, the pairs start stationary for a proper defensive stance warm-up for about two minutes. Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.	 https://sportsedtv.co/3YABpq
5 mins.	Hop Form Shooting Drill	INDIVIDUAL/PAIRS In this drill, the players use a hop motion to simulate basic foot movements experienced in a live game. During the hop form shooting drill, players focus on landing in a balanced stance and shooting straight up and down with a full follow through. Repeat 2, 4, 6, 8, 10 times on each foot before switching players. If multiple hoops are available, spread players out in pairs or threes. If not, line up behind the three-point line.	 https://sportsedtv.co/3DeedAm
5 mins.	Curl Progression Drill	INDIVIDUAL This drill establishes and improves footwork and shooting skills when the defender is trailing. Three cones and a passer are needed to begin. Players line up under the basket to one side. Each player focuses on having their hands in a shot-ready position and calling for the ball. Each player plants with their inside foot and shoots straight up and down. This drill advances by curling around the cone farther and farther from the basket.	 https://sportsedtv.co/3snL2aI

Time	Activity	Activity Description	Video Tutorial
10 mins.	Level 1 Shooting: Off the Dribble	INDIVIDUAL In this drill, players learn how to string together several combination dribbling moves to improve shooting off the dribble. Set up cones beyond the three-point line and have the players dribble through them, finishing with a layup or jump shot. Make the moves more difficult to progress with the drill.	 https://sportsedtv.co/3xU8e0F
5 mins.	Improve Your Defensive Stance	INDIVIDUAL Have the players line up in the corner of the court. Explain the proper defensive stance, and have them roll a ball along the line and zigzag throughout the court, or on various lines of the court, to keep proper positioning.	 https://sportsedtv.co/2UpJ6dC
10 mins.	How to Set a Screen	Screens are used by players to get open for a shot, drive, dribble, or pass. This drill reviews how to set on-ball screens, and the different screens players can set for their teammate handling the ball. First, have everyone complete each the screen without defense and add a defender when the team is ready.	 https://sportsedtv.co/3mquzRb
10 mins.	How to Defend a Screen	This drill teaches methods of defending a ball screen. All methods are used to prevent a specific move by the offense, specifically the shot and the drive to the basket. Rotate all players in and out of four positions, two offense and two defense. Review: <ul style="list-style-type: none"> • How to go over a screen • How to go under a screen 	 https://sportsedtv.co/3s1LYFU

Time	Activity	Activity Description	Video Tutorial
10 mins.	Defending the Screen Game	THREE VERSUS THREE, HALF-COURT GAME Two coaches on offense can be subbed for players, if necessary. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.	N/A
10 mins.	Defending the Screen Game	FIVE VERSUS FIVE, FULL-COURT OR HALF-COURT GAME Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.	N/A
100 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 3



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

Coach:





Team:






Practice Goals:





- Increase shooting reps
- Get open without the basketball
- Shoot under pressure

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	Gather the team into a group. SAY: "Remember the scenario I talked about in the last practice? The opponent who wasn't playing fairly? If you play against a team that does those types of things, how should you handle the end of the game? Stand at this cone if you think you should still go to every player and the coach to shake hands. Stand at this cone if you think you should just walk away." Ask players why they voted as they did. Then separate the team into two groups. Practice an end-of-the-game lineup for both pleasant and fair opponents and for rude opponents. SAY: "Always show your opponents respect by shaking hands at the end of the game, no matter what happens during the game."	N/A

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 https://sportsedtv.co/3XPMY0g
5 mins.	Layup Lines	INDIVIDUAL Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	 https://sportsedtv.co/38ZVA1P
5 mins.	The Mikan Drill	INDIVIDUAL Have partners switch on and off after 30 to 60 seconds. The player starts under the basket and is working on making a layup on each side of the basket, using proper footwork on each side. When the right arm shoots, the right knee follows, and the same on the left. Have players focus on hitting the upper outside point of the square on the backboard.	 https://sportsedtv.co/3grrfM
5 mins.	Two-Ball Dribbling Series	The two-ball dribbling series is a great warm-up and drill for basketball players looking to improve their ballhandling. In this drill, players go through four two-ball dribbling variations that help them improve ball control, weak-hand dribbling, and overall coordination when handling the basketball.	 https://sportsedtv.co/2X6zP2f

Time	Activity	Activity Description	Video Tutorial
5 mins.	Tight Dribbling Series	INDIVIDUAL The focus of this drill is to dribble the ball tight to the body through the cones, which helps players warm up and improve their ballhandling skills. Have each player complete the dribbling moves at each cone and finish with a layup or jump shot.	 https://sportsedtv.co/3zbdpA7
5 mins.	Floater Runner Finishing	INDIVIDUAL Have players line up on either wing or above the three-point line. This drill emphasizes shooting the ball higher over the defender to avoid an offensive foul.	 https://sportsedtv.co/3B8wWfY
10 mins.	Post Moves	Post players practice the following moves with or without defense, on both sides, in both directions (middle and baseline). <ul style="list-style-type: none"> • Split guards and posts: Guards work on drop-step • Drop-step without Dribble • Fake and Drop-Step Dribble • Dribble Reverse • Up and Under 	 https://sportsedtv.co/2VAIVyf
	How to Drop-Step Dribble	PAIRS (OFFENSE/DEFENSE) Line up on either wing and have one player on offense and another on defense. Have the players work on the drop-step dribble and finish with a layup. Rotate players in on offense then defense, before they head to the back of the line.	 https://sportsedtv.co/3y7th1E
10 mins.	Give and Go Shooting	INDIVIDUAL The Give and Go is often one of the first passing motions taught to players at the beginning level. <ul style="list-style-type: none"> • Placement options: • Half-court wing • Half-court center • Baseline 	 https://sportsedtv.co/3XKH50E

Time	Activity	Activity Description	Video Tutorial
10 mins.	Offensive Cuts	INDIVIDUAL Players line up under the basket and step onto the court when it is their turn to perform a cut. Players make a cut and either take a jump shot or layup. <ul style="list-style-type: none"> • V-cuts • L-Cuts 	 https://sportsedtv.co/3jUmToU
15 mins.	Free Throw Series	TEAM This free throw series teaches players everything they need to know about free throws. Take time to review and teach proper court placement and responsibilities in each position. <ul style="list-style-type: none"> • How to Shoot Free Throws • Free Throw Rebounding Roles: Guards • Free Throw Rebounding Roles: Posts Have each player make 10 free throws.	 How to Shoot Free Throws https://sportsedtv.co/2Wkd6ih  Roles: Guards https://sportsedtv.co/3j8KNM1  Roles: Posts https://sportsedtv.co/387sPUJ
10 mins.	Offensive Cuts Game	TWO VERSUS ONE, HALF-COURT GAME Another player serves as coach. The offense practices the Give and Go drill three times, using L-cuts or V-cuts toward the basket; then players rotate.	N/A

Time	Activity	Activity Description	Video Tutorial
15 mins.	Offensive Cuts Game	THREE VERSUS THREE, HALF-COURT GAME Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot. Give the offense an extra point if they use the Give and Go to score.	N/A
105 mins.	TOTAL TIME	Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.	



Basketball Session 4



Ages: 11 and Up

Coach:


Team:


Practice Goals:


- Ballhandling
- Rebounding
- Reading the defense


Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Responsibility	Gather the team into a group. SAV: "What is on your 'mental list' before you come to every practice?" Listen to responses and then lead a discussion about bringing proper equipment (a water bottle, workout clothes); being mentally prepared to work hard and learn new ideas; being well rested; and having eaten well and drunk water during the day. SAV: "Each player is responsible for preparing for each practice before practice starts. It's your responsibility to the team to come to practice prepared. Good players are prepared for all practices and games."	N/A




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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke	 https://sportsedtv.co/3xPMV0g

5 mins.	Layup Lines	INDIVIDUAL Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	 https://sportsedtv.co/382VATP
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5 mins.	Chair Crossover	INDIVIDUAL Have players line up on the baseline. In this drill, players will learn how to most effectively complete several combo and crossover moves with a chair. Cones can replace chairs as necessary.	 https://sportsedtv.co/3ZSMnMC
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5 mins.	Ball Manipulation	INDIVIDUAL Have the players line up on the sideline or baseline in front of a cone and perform the following ball manipulation sequences. When manipulating the ball, the hand covers and wraps over the ball. • Basic Ball Manipulation • + Crossover Combo • + Between the Legs Combo • + All of the Above	 https://sportsedtv.co/38WBeUF
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Time	Activity	Activity Description	Video Tutorial
10 mins.	Rapid Fire Shooting	Groups of three players—a shooter, passer, and rebounder—play “Rapid Fire.” The shooter has one basketball; the passer has another. The shooter keeps moving, shooting without dribbling (later you might add shooting off the crossover dribble). The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder outlets to the passer. After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.	N/A
5 mins.	Up and Back Shooting	INDIVIDUAL Have players start at half-court. Each player will take two shots in their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to half-court and sprint to the free throw line or three-point line for the second shot. Go for a certain number of makes.	 https://sportsedtv.co/3gg8NcE
10 mins.	How to Read the Defense	INDIVIDUAL This video teaches the identifiers what to look for in the players’ defense and how to score based on defensive positioning. Once this is explained to the players, have them line up as the coach plays the defensive call. Start in the paint and work backward for more difficulty.	 https://sportsedtv.co/3CTIHbE
5 mins.	Slide Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge. At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on. At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	 https://sportsedtv.co/3m8uEh

Time	Activity	Activity Description	Video Tutorial
5 mins.	Three-to-Five-Second Box-Out Drill	This fundamental basketball drill teaches beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.	 https://sportsedtv.co/3CRKtd8
10 mins.	Rebound Drill With Outlet Pass	This drill focuses on lateral footwork, boxing out, grabbing the rebound, and passing in the right direction to a teammate.	 https://sportsedtv.co/3m5SSnI
15 mins.	Rebound and Outlet Game	Play four versus four games half-court with one shooter and one outlet; O4 shoots the ball. On the release, X1, X2, and X3 turn and box out the players they’re guarding. X4 (the outlet) moves right or left, depending on which side of the basket the ball is rebounded. The rebounder turns and passes to X4. The defense tries to complete three successful outlet passes in a row; then the offense goes on defense, and vice versa.	N/A
10 mins.	Free Throw Rebound Game	Play four versus four. Begin each play with a free throw. A made free throw is worth one point; a rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.	N/A
90 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball

Session 5



FOR YOUTH DEVELOPMENT
FOR HEATHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

Coach:

Team:

Practice Goals:

- Guard/Post passing
- Review screen actions
- Communicate screens

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Honesty	Gather the team into a group near two cones about 10 feet apart. Identify three honesty situations that are important for your team to practice. These could be traveling, tripping, or another rule infraction. First, ask players how they would respond, and then discuss how you would prefer them to respond. SAV: "Being honest about a play during the game and in practice is an important part of the game. Good players are honest even when an official, coach, or opponent didn't see it happen."	N/A

5 mins. Dynamic Warm-Up


Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.


1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke





<https://sportsedtv.co/3xPMY0g>


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Time	Activity	Activity Description	Video Tutorial
5 mins.	Layup Lines	INDIVIDUAL Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	 https://sportsedtv.co/382VATP

5 mins.	Block-to-Block Finishing	INDIVIDUAL Split between two baskets. Have each player perform the block-to-block finishing drill for 10 makes, 5 on each side or 30-60 seconds each.	 https://sportsedtv.co/3tQLW4C
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5 mins.	Lateral Quickness Builder	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	 https://sportsedtv.co/3m2S1Bq
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10 mins.	The Mirror Drill	PAIRS First, the pairs start stationary for a proper defensive stance warm-up for about two minutes. Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of the floor, and then switch roles.	 https://sportsedtv.co/3YtABp9
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5 mins.	Relocation Shooting Drill	PAIRS Have one guard set up on the wing, one post set up on the block. If the guard drives baseline, the post will pop to the high post and call for the ball. If the guard drives middle, the post will pop out to the short corner for a baseline jump shot. Work both sides and have the guard make the lead to shoot or pass based on the defense.	 https://sportsedtv.co/3mQ1VP9
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Time	Activity	Activity Description	Video Tutorial
10 mins.	Dribble Pull-Up Shooting	INDIVIDUAL Set up cones around the key, mid-range, or three-point line depending on difficulty. Have the players attack each cone with two to three dribbles and pull up to shoot. Players start in a line at a designated spot on the court.	 https://sportsedtv.co/3m5sEp8
10 mins.	Entry Passes for Guards and Posts	PAIRS (OFFENSE/DEFENSE) Have an offensive and defensive player in the guard position and a post on the block with an optional defender. Have the players practice hitting the posts target hand and throwing the correct pass based on the wing defender's positioning. Have players make a certain number of passes, or the post get a certain number of makes, before rotating players in and out.	 https://sportsedtv.co/2XdkTPP
10 mins.	How to Close Out	INDIVIDUAL Also known as the star drill. Set up cones around the three-point line. After teaching a proper closeout stance on each side, have the players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork, and stance. Advance by swapping offensive players for the cones. Offensive players should remain in triple-threat position and pass the ball around the key. Defense positions themselves accordingly in relation to the ball.	 https://sportsedtv.co/3AJYtTm
10 mins.	How to Read Screens	PAIRS (OFFENSE/DEFENSE) Demonstrate each option before players begin. Have two offensive and two defensive players step onto the court and perform these movements based on defensive positioning. Rotate players in and out playing all positions: <ul style="list-style-type: none"> • Curling for a shot • Flaring for a shot • Popping for a shot 	 https://sportsedtv.co/3hg66h

Time	Activity	Activity Description	Video Tutorial
15 mins.	Defending Screens Game	FOUR VERSUS FOUR, HALF-COURT GAME Players call their own fouls. Players can dribble only to drive to the basket. The offense uses screens to score and create passing lanes in the attack. Use a jump ball to restart play after every basket.	N/A
10 mins.	Free Throw Game	FOUR VERSUS FOUR, HALF COURT GAME Begin each play with a free throw. A made free throw is worth one point; a rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.	N/A
100 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 6



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ages: 11 and Up

Coach:

Team:

Practice Goals:

- Footwork
- Ballhandling
- Off-ball and help defense

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	Gather the team into two groups. SAY: "Think about professional teams. How do they show respect for their opponents?" Discuss with players. Lead the discussion about saying positive comments such as "Good game" and "Nice play today" along with a handshake. SAY: "Let's say this is the end of a game. Your two groups are professional teams that played against each other. Show me what you do at the end of the game." Use one of the discussion examples for players to try. SAY: "When you say positive comments to your opponents at the end of a game in addition to shaking or slapping hands, it shows you respect your opponents. Good professional players show they respect opponents."	N/A

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Time	Activity	Activity Description	Video Tutorial
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5 mins. **Dynamic Warm-Up** Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.



<https://sportsedtv.co/3xPMV0g>

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke

5 mins. **Layup Lines** **INDIVIDUAL** Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.



<https://sportsedtv.co/38ZvATP>

5 mins. **Crossover Drilling Series** **INDIVIDUAL** Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving:






<https://sportsedtv.co/3W1Kc2>




- Crossover Dribble
- Crossover Dribble Wide
- Between-the-Legs Crossover
- Behind-the-Back Dribble

5 mins. **Change of Pace Chase Down** **INDIVIDUAL** Players line up across the baseline, arm's length or more apart, on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds), with a half-court or full-court option.



<https://sportsedtv.co/3vRF4R5>

Time	Activity	Activity Description	Video Tutorial
5 mins.	Shot Fakes, Jab Steps, Cross Steps	INDIVIDUAL Have the players spread across the baseline or in one line in the corner. This skill introduces shot fakes, jab steps, and cross steps. Have players mimic each move in a triple threat stance, and then mix up the call.	 https://sportsedtv.co/3ISfFe8
10 mins.	Rapid Fire Shooting (Have players work on jab steps, fakes, and cross steps.)	Groups of three players—a shooter, passer, and rebounder—play “Rapid Fire.” The shooter has one basketball; the passer has another. The shooter keeps moving, shooting without dribbling. The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder outlets to the passer. After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.	N/A
10 mins.	Tight Dribbling Series	INDIVIDUAL The focus of this drill is to dribble the ball tight to the body through the cones, which will help players warm up and improve their ballhandling skills. Have players complete the dribbling moves at each cone and finish with a layup or jump shot.	 https://sportsedtv.co/3ZbpATZ
10 mins.	Level 1 Shooting: Off the Dribble	INDIVIDUAL In this drill, players will learn how to string together several combination dribbling moves to improve shooting off the dribble. Set up cones beyond the three-point line and have the players dribble through them, finishing with a layup or jump shot. Make the moves more difficult to progress with the drill.	 https://sportsedtv.co/3xU8e0F

Time	Activity	Activity Description	Video Tutorial
10 mins.	The Box Drill for Posts (To be done while guards are doing combo moves.)	INDIVIDUAL Have the players line up under the basket and pass the ball to themselves at the elbow, completing each of the following moves: <ul style="list-style-type: none"> Drop Step and Drive Reverse Pivot and Shoot Reverse Pivot, Shot Fake, and Drive Baseline/Middle	 https://sportsedtv.co/3WVYL8M
	Combo Moves Facing the Basket (To be done while posts are doing the box drill.)	INDIVIDUAL This drill focuses on adding a second move to combine with your initial move. Have the players line up at half-court, attack the cones, and complete the following combo moves with a layup or jump shot finish. <ul style="list-style-type: none"> Double Cross Crossover + Through the Legs (Killer Crossover) Through the Legs + Behind the Back 	 https://sportsedtv.co/3nWVY9I
10 mins.	Entry Passes for Guards and Posts	PAIRS (OFFENSE/DEFENSE) Have an offensive and defensive player in the guard position and a post on the block with an optional defender. Have the players practice hitting the posts target hand and throwing the correct pass based on the wing defender's positioning. Have players make a certain number of passes or post and get a certain number of makes before rotating players in and out.	 https://sportsedtv.co/2XdkTPP
10 mins.	Off-Ball Defense	Paired-up players practice off-the-ball defensive positioning. Set up three to four offensive players around the key and in the paint. Have the offense work the ball around to ensure proper defensive positioning. Call the ball live to trigger the offense to score.	N/A
15 mins.	Position and Movement Game	FIVE VERSUS FIVE, FULL-COURT OR HALF-COURT GAME Each team must have the ball passed into the paint before scoring. Emphasize proper on- and off-ball defensive positioning.	N/A
100 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 7



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

Coach:

Team:

Practice Goals:

- Defense, charges, and defensive stance
- Rebounding
- Fast-break opportunities

Time

Activity

Activity Description

Video Tutorial

5 mins.

Team Circle:
Communication

Gather the team into two groups. Give one group a ball. Have them dribble and pass to each other. Have one player try to distract the rest of the group. Continue this for one minute. Bring the team together as a group.

N/A

SAY: "How should you respond to someone who is trying to distract you?"

Discuss their responses.

SAY: "If you're at practice and talk to your teammates or distract other players, you're interrupting the practice. It's your responsibility to the team to pay attention at practices and games so you and your teammates can learn and play your best."

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Time

Activity

Activity Description

Video Tutorial

5 mins.

Dynamic
Warm-Up

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke



<https://sportsedtv.co/3xPMV0g>

Layup Lines

INDIVIDUAL

Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.

10 mins.



<https://sportsedtv.co/38ZvATP>

How to Power
Layup
(Continue from
layup lines.)

The purpose of a power layup is to add more power throughout the player's body in order to absorb the defense while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot like a regular layup.



<https://sportsedtv.co/3vVd1GH>

How to Do the
Euro Step
(Continue from
layup lines.)

Instruct first, then have the players complete euro steps in layup lines.



<https://sportsedtv.co/3BVdBEI>

5 mins.






Following
Your Shot


INDIVIDUAL

Line up the players at a specific spot on the court. Have them shoot and chase their rebound down with a one- or two-bounce rule based on age. Move to different spots on the court.



<https://sportsedtv.co/3a85TMS>

Time	Activity	Activity Description	Video Tutorial
10 mins.	Post Moves (Split guards and posts: Guards work on drop-step dribble.)	Have post players practice the following moves with or without defense, on both sides, in both directions (middle/baseline). <ul style="list-style-type: none"> Drop Step Without Dribble Fake and Drop Step Dribble Dribble Reverse Up and Under 	 https://sportsedtv.co/2YAVVF
10 mins.	How to Drop-Step Dribble (Split guards and posts: Posts work on post moves.)	PAIRS (OFFENSE/DEFENSE) Line up on either wing and have one player on offense and another on defense. Have the players work on the drop-step dribble and finish with a layup. Rotate players in on offense and then on defense, before heading to the back of the line.	 https://sportsedtv.co/3Yth1E
5 mins.	Improve Your Defensive Stance	INDIVIDUAL Have the players line up in the corner of the court. Explain the proper defensive stance. Have the players roll a ball along the line and zigzag throughout the court or on various lines of the court to maintain proper positioning.	 https://sportsedtv.co/2UpJ64c
5 mins.	Slide and Backpedal Square Drill	The defensive slide and backpedal square drill is a foundational exercise for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint, defensive slide, backpedal, and, most important, change of direction and change of pace to complete the sequence. This drill is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.	 https://sportsedtv.co/3ALbCwD
5 mins.	Three-to-Five-Second Box-Out Drill	This fundamental basketball drill teaches beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.	 https://sportsedtv.co/3CRKt08

Time	Activity	Activity Description	Video Tutorial
10 mins.	How to Take a Charge	INDIVIDUAL Have the players line up on the baseline. Demonstrate how to take a charge. Have one player at a time step onto the court in a help position. A coach or player drives the basketball from the middle or baseline while the player in help defense steps in to take a charge.	 https://sportsedtv.co/3DZLhND
15 mins.	Free Throw Fast Break Drill	Offensive and defensive teams alternate free throws. Practice defensive positioning after release of the ball and practice making outlet passes, as in a fast break. If the offensive team gets the rebound, continue play until they score or the defense wins the ball.	N/A
15 mins.	Rebound and Outlet Game	FOUR VERSUS FOUR, HALF-COURT GAME Play with one shooter and one outlet. O4 shoots the ball. On the release, X1, X2, and X3 turn and box out the players they're guarding. X (the outlet) moves right or left, depending on which side of the basket the ball is rebounded. The rebounder turns and passes to X4. The defense tries to complete three successful outlet passes in a row; then, the offense goes on defense, and vice versa.	N/A
95 mins.	TOTAL TIME	Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.	



Basketball

Session 8



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

Coach:

Team:

Practice Goals:

- Finishing around the basket
- Screening actions
- Passing and communication

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Caring	Gather the team and separate the players into two groups, each with a ball. SAV: "Each group passes the ball to each other. As you pass the ball, I want everybody to be saying something good about the pass and the people passing and catching. I should be hearing constant talk."	N/A

Encourage excitement about the activity by clapping and providing players with your positive comments.

SAV: "We will keep the passing going until everyone has had two turns passing and catching. Let me know when you're done."

Wait for players to signal that they are finished.

SAV: "What are some of the positive comments that you heard? Saying positive comments shows you care."

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Time

Activity

Activity Description

Video Tutorial

5
mins.

Dynamic Warm-Up

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke



<https://sportsedtv.co/3xPMV0g>

5
mins.

Layup Lines

INDIVIDUAL

Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.



<https://sportsedtv.co/38ZvATP>

5
mins.

The Tip Drill

(Split players between two baskets.)

INDIVIDUAL

Have players complete each variation of the tip drill with a finish for time or makes. The wall can be used as a modification.

- Single hand each side
- Five right, five left same side
- Alternate hands each side



<https://sportsedtv.co/3iZfOP3>

5
mins.

The Milkan Drill

INDIVIDUAL





Have partners switch on and off after 30 to 60 seconds.





<https://sportsedtv.co/3a9f6fM>

The player starts under the basket and is working on making a layup on each side of the basket, using proper footwork on each side. When the right arm snoots, the right knee follows, and the same on the left.

Have players focus on hitting the upper outside point of the square on the backboard.

Time	Activity	Activity Description	Video Tutorial
5 mins.	Hop Form Shooting	INDIVIDUAL/PAIRS In this drill, the player will use a hop motion to simulate basic foot movements experienced in a live game. During the hop form shooting drill players want to focus on landing in a balanced stance and shooting the shot straight up and down with a full follow through. Repeat 2, 4, 6, 8, 10 times on each foot before switching players. If multiple hoops are available, spread players out in pairs/threes. If not, line up behind the three-point line.	 https://sportsedtv.co/3DedmAm
5 mins.	How to Do the Jump Stop Pro Hop	INDIVIDUAL Have the players line up on the baseline to complete this footwork move. Practice this move going full court and back without the shot. Next, have the players line up on the wing and use this move when attacking the basket and finishing at the rim.	 https://sportsedtv.co/3nhtDgt
10 mins.	The Mirror Drill	PAIRS First, the pairs start stationary for a proper defensive stance warm-up for about two minutes. Then the pairs begin gradually dribbling faster in a zigzag movement. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.	 https://sportsedtv.co/3jVABog
10 mins.	How to Set a Screen	Screens are used by players to get open for a shot, drive, dribble, or pass. In this drill, we review how to set on-ball screens and the different screens players can set for their teammate handling the ball. First, have everyone complete each the screen without defense and add a defender when the team is ready.	 https://sportsedtv.co/3mqz8b

Time	Activity	Activity Description	Video Tutorial
10 mins.	How to Defend Ball Screens	In this drill, the coach teaches the methods of defending a ball screen. All methods are used to prevent a specific move by the offense, specifically the shot and the drive to the basket. Rotate all players in and out of four positions, two offense and two defense. Review: <ul style="list-style-type: none"> How to go over a screen How to go under a screen Have each player shoot 10 free throws, two at a time. Every miss is a down-and-back sprint.	 https://sportsedtv.co/3s3LYU
10 mins.	Free Throw Sprints		 https://sportsedtv.co/2Wkd6lh
10 mins.	Defending the Screen Game	THREE VERSUS THREE, HALF-COURT GAME Two coaches on offense can be subbed for players, if necessary. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.	N/A
10 mins.	Defending the Screen Game	FIVE VERSUS FIVE, FULL-COURT OR HALF-COURT GAME Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.	N/A

Time	Activity	Activity Description	Video Tutorial
10 mins.	Inbound Passing Game	FIVE VERSUS FIVE, HALF-COURT GAME The offense scores by running set play within 10 seconds of inbounding the ball from the end line. Players can't dribble except to drive to the basket. Use a two-one-two defense to defend space around the basket. Restart play from the end lines.	N/A
100 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 9



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

Coach:





Team:





Practice Goals:




- Ballhandling
- Shooting
- Getting open without the basketball

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	Gather the team into groups of three. Play a one-on-one game with the other player being the official. Play for one minute and rotate players so everyone gets a chance to referee. SAY: "How did it feel to be the official?" Discuss responses and the importance of showing respect. SAY: "It can be difficult to be an official. It involves quite a few skills. Remember that it's a tough job, and always show respect for officials."	N/A

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke	 https://sportsedtv.co/3xPMV0g
5 mins.	Lateral Quickness Builder	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	 https://sportsedtv.co/3m2SJBg
5 mins.	Layup Lines	INDIVIDUAL Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	 https://sportsedtv.co/382VATP
5 mins.	Ball Manipulation	INDIVIDUAL Have the players line up on the sideline or baseline in front of a cone and perform the following ball manipulation sequences. When manipulating the ball, the hand both covers the ball and wraps over it. <ul style="list-style-type: none"> • Basic Ball Manipulation • + Crossover Combo • + Between the Legs Combo • + All of the above 	 https://sportsedtv.co/38WBeuF

Time	Activity	Activity Description	Video Tutorial
10 mins.	Curl Progression Drill	INDIVIDUAL This drill establishes and improves footwork and shooting skills when the defender is trailing. Three cones and a passer are needed to begin. Players line up under the basket to one side. Each player focuses on having their hands in a shot-ready position and calling for the ball. Each player plants with their inside foot and shoots straight up and down. This drill advances by curling around the cone farther and farther from the basket.	 https://sportsedtv.co/3snL2a1
10 mins.	Spot Shooting for Beginners	PAIRS Partners practice shooting around the key or at select spots, and keep track of the number of baskets made.	 https://sportsedtv.co/3m5FKP5
5 mins.	Up and Back Shooting	INDIVIDUAL Have players start at half-court. Each player will take two shots during their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to half-court and sprint to the free throw line or three-point line for the second shot. Go for a certain number of makes.	 https://sportsedtv.co/3gg8HicF
10 mins.	How to Read the Defense	INDIVIDUAL This video teaches the identifiers what to look for in the players' defense and how to score based on defensive positioning. Once this is explained to the players, have them line up as the coach plays the defensive call. Start in the paint and work backward for more difficulty.	 https://sportsedtv.co/3CTIHbE

Time	Activity	Activity Description	Video Tutorial
5 mins.	Slide-Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge. At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on. At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	 https://sportsedtv.co/3m8uEJh
10 mins.	Give and Go Shooting	INDIVIDUAL The Give and Go is often one of the first passing motions taught to players at the beginning level. <ul style="list-style-type: none">• Placement options:• Half-court wing• Half-court center• Baseline	 https://sportsedtv.co/3XKtH5DE
10 mins.	Offensive Cuts	INDIVIDUAL Players line up under the basket and step onto the court when it is their turn to perform a cut. Players make a cut and either take a jump shot or layup. <ul style="list-style-type: none">• V-cuts• L-Cuts	 https://sportsedtv.co/3lUmtGdU
10 mins.	Offensive Cuts Game	TWO VERSUS ONE, HALF-COURT GAME Another player serves as coach. The offense practices the Give and Go drill three times, using L-cuts or V-cuts toward the basket; then players rotate.	N/A

Time	Activity	Activity Description	Video Tutorial
10 mins.	Offensive Cuts Game	THREE VERSUS THREE, HALF-COURT GAME Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot. Give the offense an extra point if they use the Give and Go to score.	N/A
100 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	

We have created a season plan, but if you'd like to make your own practice plan, this might help!

Sample practice plan: What do these sections mean? How can I plan my practice to run smoothly?

Time	Activity:	Description:	Diagrams/Organization	Coaching Points
5 mins	Warm up:	*Have kids run laps, jumping jacks or repeat fun, simple drills from previous practices in order to loosen muscles, get heart rate up, and get rid of little kid wiggles. This is a good time to redo drills/games from previous practices that the kids really enjoyed.	*Make a list of equipment needed to make transitions between activities quick. Kids left without direction tend to act out and get off task. They'll love to help set-up games and activities!	*Praise kids who are not only performing skills well, but those who are following directions or trying really hard!
15-20 mins	Skills & Drills	Introduce the basketball 'skill of the day' with a demonstration by coach and teammate when possible. *Players should sit and watch the coach's demonstration.	*Drawing out the drill on paper and planning the athlete's rotation from line to line will help make transitions quick and will increase activity time!	*Find specific compliments to give the kids as they practice. "I liked how you followed through on that pass!"
5 mins	Water Break	Water for kids, Coach can break down skill drills and set up for Game Play.		
15-20 mins	Game Play	Game like activity or activities where kids will be able practice new skill of the week in a game-like environment. After session 3, kids can play mock game during this time. Feel free to stop play and teach as needed.	*Split teams up ahead of time. *Will there be stations? Do you need a parent volunteer? *Have the kids grab equipment at the end and bring it to you, many hands make light work!	*Reflect on what worked well? What didn't you like? What do the kids need more work on next session? Did they like this game? Was it challenging yet fun?
5-10	Team Circle	Wrap and up review what they've learned today. Have each kid say something; (if they're comfortable) contributing to the discussion empowers them to speak up in the future!		*Did you see a kid that excelled at the skills you taught today? Pull them into the circle to demonstrate the skill correctly. A great confidence builder!

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Session:

Time	Activity	Description	Diagram/Organization	Coaching Points
5 mins	Warm Up			
5-10 mins	Skills and Drills			
10-15 mins	Game Play			
2-3 min	Water Break			
10-20 min	Game Play			