

## Weekly Practice Schedule

The intent of this practice schedule is not to instruct you on how to organize and conduct your practice sessions, but simply to assist and give you some additional ideas and drills which you may want to implement. The basic goal in the Young American Basketball Program is to teach the kids the basic fundamentals of the game and let the kids have a good time while participating. The skills listed below are basic. As a coach you may want to implement these drills, or use your ideas.

**BE PREPARED!!! Call all the members on your team roster. Please introduce yourself to the parents of each participant. Advise the parent that you would like the player to be at practice 10 to 15 minutes early. Also inquire if the player can bring a basketball to practice.**

### WEEK ONE – PRACTICE ONE

Tell the players your expectations for the upcoming season. Discuss your coaching philosophy and how you will conduct practices.

Start with stretching: Make sure you stretch the legs (hamstrings, calves, groins, and etc.), arms, back bends, and neck.

- Tell the players your philosophy of basketball.

10 min. – Begin your practice with a dribbling drill. First with the right hand have the players dribble as you count down from 10 to 1. Start slow and pick up the speed. Then do with your left hand. Do this drill about 10 times on each hand. Switch hands.

10 min. – Passing drill – Have the team line up in two lines and pass the ball back and forth up and down the line. Start with the chest pass, bounce pass, overhead pass, wrap around pass, and baseball pass.

5 min. – Defensive slide drill – Spread your team out. Demonstrate the correct defensive position. Show the kids how to do the defensive slide from left to right. As they learn how to do the drill pick up the speed. Also teach them how to do a drop step backwards with both feet. Then have them slide in the direction you point. Making them watch you point helps them keep their eyes off their feet. Players should be on the balls of their feet doing this drill.

3-5 min. – Shooting drill – Have the kids lay on their backs with a ball in their hand. Have them pick out a point in the sky and shoot towards it. Do this with both hands to build strength in both hands. Follow through, create back spin on the ball. This helps the player keep their shoulders square when shooting.

10 min. – Perimeter shooting game – Split the team in half and have them do perimeter shooting. Each basket made is worth 1 point. If the other team makes a basket it puts you down to zero. The first team to get to three wins the game.

5 min. – Free throws – Have the kids make 5 – 10 before the next one goes. Try to teach them good form and have them take their time, keeping their eye on the basket, bending their knees, follow through and relax.

2 – 3 min. – Hand eye drills. – 1.) Bounce the ball between the legs and catch it behind you , then bounce it back through the legs and catch in front. 2.) Do figure eights with the ball between the legs as fast as possible. Then go around the waist and switch directions.

5 – 7 min. – Suicide drill – Do sprints from baseline to free throw line back to baseline and out to half court and back to baseline.

## **SECOND PRACTICE**

- Work on same type of drills as the first practice, but try to make it more fun for the players.
- Stretch 10 minutes prior to practice.

5 min. – Dribble drill – Counting from 10 down to 1 increasing and decreasing speed, and using both hands. Once you think the kids have it down, have them close their eyes and do it again.

- Have one or two of the kids at a time walk up the court while dribbling with their right hand, when they get to the end have them dribble back with their left hands. Pick up the speed of this drill as the kids get better.

10 min. – Passing drills – Chest, bounce, overhead, wrap around, and baseball throw. Have the partners pass to each other at the same time. Have one partner throw a chest, and the other throw a bounce pass. This makes the player concentrate on both the pass and the catch.

3 – 5 min. – Defensive slide drill – do the same as first practices as fast as possible and under control.

- Then have each one of the kids cover you as you dribble the ball up the court. Make them change directions and do drop steps.

10 min. – Lay-up drill – Show them technique. For example when doing a right handed lay-up push off the left leg. With a left handed lay-up push off the right leg. Also show the players the target on the back board. Tell them to bank the ball off the target.

- Go from the right side shooting with right hand.
- Go from the left side and shoot with left hand.
- Go up the middle and shoot with whatever hand is most comfortable.

2 – 3 min. – Hand-Eye drills – Bounce ball between legs and catch in front and back. (Hand-Eye Drill)

- Pass ball between legs in figure eight patter. (Figure Eight Drill)
- You can do these both blind folded to give more feel for the ball.

3 min. – Lay on Back Shooting Drill

5 – 7 min. – Perimeter shooting drill/game

5 min. – Suicide Drill

5 – 10 min – Free throws – make 10 – 15

## **SECOND WEEK – THRID PRACTICE**

Stretch – ten minutes prior to practices.

10 min.- Count Down Dribble Drill (normal and eyes closed)

- Dribble through cones. First with right hand then with left hand (relay races)

5 – 10 min. – Lay-Up Drill:

5 – 10 min. – 3 Man Weave Drill – Start at half court. Have three lines. Have the middle person pass and goes behind the player who received the pass. The second person then passes to the third person and follows his pass. This continues until they get by the basket and they will shoot a lay-up.

5 min. – Defensive Slide Drill

- Teach the kids how to stay between the ball, the player and the basket at the same time.

5 – 10 min. – Inbound plays – Explain that there are only five seconds to get the ball into play. Set up a line and set picks to get open.

10 min. – Explain to the kids about three seconds, traveling and pivot feet.

5 min. – Perimeter shooting drill/game

10 – 15 min. – Scrimmage

3 – 5 min. – Suicide drill

5 min. – Free throws – Make 10 – 15

## **FOURTH PRACTICE**

Stretch – (10 minutes prior)

5 – 10 min. – Lay-up drill:

5 min. – Defensive slide drill mixed with the dribble drill up and down the court. Have the players cover each other on a one and one basic. The defensive person puts pressure on the dribbler, while the offensive player tries to get the defensive player to work his defensive slide.

5 min. – Passing Drill – all five passes.

- Keep Away Drill – Put person in middle until he stills the ball or there has been 10 passes. Then have the players rotate.

5 – 10 min. – Rebounding Drills – Getting position and boxing out (box out by pivoting into the player your covering and blocking their path to the basketball), Outlet passing, and tip drill off the backboard to increase jumping ability.

5 – 7 min. – Steal the Bacon Drill – Have two lineup on the baseline with five players in each line. The first player will do the drill first. The second person in line will get the rebound. The third person will reset the ball at half court. This is how the drill works. Player #1 runs out to mid court grabs the basketball and drives in for a lay-up. He must make the lay-up before continuing the drill. Player #2 then rebounds the ball and does a chest pass out to player #3. Player #3 then resets the ball at half court. Player #1 does this drill five times. After the five times everyone rotates. Player #1 goes to the end of the line. Player #2 now is the shooter. Player #3 is now the rebounder. The fourth player in line goes out for the passes at mid court. This drill continues until everyone has done the drill. This is a good drill to have races.

2 – 3 min. – Lay on Back Shooting Drill/shoot from knees.

3 – 5 min. – Perimeter shooting drill/game

10 min. – 2 on 2 – Play up to five by ones. Whoever wins stays on the court and two more players challenge them.

### **THRID WEEK – FIFTH PRACTICE**

Stretch - 10 minutes prior.

10 min. – Lay-up Drill – add the reverse lay-up to your drill.

3 min. – Defensive Slides

10 min. – Dribble Skills – Up and Down Court with both hands, in and out of cones. Then add a defensive player but remove the cones.

5 min. – Figure Eight Drill

3 min. – Hand-Eye Drill – Bounce passing between legs

5 – 10 min. – Rebounding Drills

5 – 10 min. – Teach how to do pivots and reverse pivots.

10 min.- Teach plays – Give and Go, Pick and Roll, and Posting.

5 – 10 min. – 3 man weave

5 min. – Suicide Drill

5 – 10 min. – Free Throws – (10 – 15)

### **SIXTH PRACTICE**

Stretch – 10 minutes prior to practice

8 – 10 min. – Teach the kids how the jump stop lay-up.

- Jump Stop Lay-up Drill – Have the kids drive to the corner of the court and do a reverse pivot and drive hard into the basket and do a jump stop lay-up. Both left and right handed.

5 min. – Relay dribble races

5 min. – Perimeter shooting drill/game

5 min. – 3 man weave

5 min. – Rebounding drill

15 min. – Scrimmage

3 – 5 min. – Suicide Drill

5 – 8 min. – Knock Out/Elimination Game – Start with a line at the free throw line. You need two balls for this drill. The first person shoots and if he makes the shot he goes to the back of the line and is still in the game. If he misses the free throw the person behind him can shoot and if the second person makes a shot before the first person, the first person is out of the game. (The kids usually enjoy this game)!

### **WEEK 4 – PRACTICE SEVEN**

Stretch – 10 minutes prior to practice

5 min. – Lay-up Tip Drill – Line the team up like they are going to do lay-ups from the middle. Have the first person throw the ball against backboard, and the rest the line tips the ball back up one after the other with out letting the ball hit the ground.

5 min. – Lay-up Drill

10 – 15 min. – Offensive plays – give and go, pick and roll, screen plays, back door plays, inbound plays.

3 – 5 min. – One on One Defensive and dribble drill

8 – 10 min . – UCLA Drill – Have three lines at the baseline spread out like they are going to do the 3 man weave. Have two other players on the other end of the court on defense. The three players bring the ball down and try to get off a good shot, while the other tow are playing defense. The defense gets the rebound and drives back up the court. The person who shot the ball is now on defense covering the two bringing the ball back down. The other tow players stay back and play defense. Then the next three players go. This keeps on continuing.

5 min. – Figure Eight Drill while walking up the court.  
- Dribble ball between legs in figure eight manner.  
- Hand-eye Drill

5 min. – 3 man weave drill

5 min. – Steal the Bacon Drill

10 – 15 min. – Scrimmage

5 min. – Suicide Drill

5 – 8 min. – Free throws – (10 – 15)

## **PRACTICE EIGHT**

Stretch

5 min. – Lay-up Drill

5 – 10 min. – Play free throw and lay-up game. Free throws are worth two points and lay-ups are worth one point. Split team up into three players. The player shoots 1 free throw and one lay-up and passes to the next teammate. Whatever team gets to 20 points first, wins.

5 min. – Figure Eight Drill and Hand-Eye Drill

5 min. – One on One Drill – Have the defensive player try to force the offensive player to the offensive player's weakest dribbling hand.

5 min. – 3 man weave

10 min. – work on offensive plays

5 min. – Jump Stop Lay-ups

5 – 10 min. – Rebounding Drills

10 min. – Perimeter Shooting drill/game

3 – 5 min. – Suicide Drill

3 – 5 min. – Knock Out/Elimination game

### **WEEK FIVE – PRACTICE NINE**

Stretch – 10 minutes prior.

5 – 8 min. – Lay-up Drills – Tip, Jump stop, and regular.

5 – 8 min. – Dribble Pivot Drill – Have the players dribble down the court as fast as possible. When you blow the whistle have them stop and pivot in a full circle. (10 times)

5 min. – Rebounding Drills

5 – 8 min. – Offensive Plays

8 – 15 min. – Play a game of twenty one – split your teams up into two. If a player makes a shot he gets two points and a chance to shoot free throws. If they make three free throws in a row they take it at the top of the key and start again. The first person to reach 21 wins. You must land exactly on 21. If you pass 21 you must go back to 10 and keep playing until someone wins.

5 min. – Teach your kids how to help out on defense and play a sag defense.

5 min. – One on One defensive drill – Force player to weak side.

3 min. – Suicide Drill

3 – 5 min. – Knock Out/Elimination game

### **PRACTICE TEN**

Stretch

5 – 8 min. – Lay-up Drills

5 – 8 min. – Dribble stop pivot and wrap around pass drill – offensive player dribbles up to defensive player, then pivots and does a wrap around pass to another player.

5 min. – 2 on 1 keep away drill

5 min. – Defensive slides

5 – 8 min. – Steal the Bacon Drill

5 min. – 3 Man Weave

10 min. – Offensive Plays

5 – 8 min. – UCLA Drill

10 min. – 2 on 2 – Up to five by ones, winners stay on court.

3 – 5 min. – Suicides

## **WEEK SIX – PRACTICE ELEVEN**

Stretch

- Lay-up Drills
- 3 Man Weave
- Offensive Plays
- One on One Drills
- Figure Eight and Hand-Eye Drills
- Lay on back and shoot drill
- Play around the world or do the perimeter shooting drill/game
- Scrimmage
- Suicide Drill
- Free Throws – (10 – 15)

## **PRACTICE TWELVE**

- Stretch
- Lay-ups
- “21” game
- 3 Man Weave
- Rebounding Drills
- Defensive Slides
- Figure Eight and Hand-Eye Drills



- Scrimmage
- Knock Out/ Elimination game
- Steal the Bacon Drill

### **WEEK SEVEN – PRACTICE THIRTEEN**

- Stretch
- Lay-up Drills
- 3 Man Weave
- Dribble, Pivot, and Pass Drill
- One on One Drill
- Offensive Plays
- Perimeter shooting drill/game
- Scrimmage
- Suicide Drill
- Free Throws

### **PRACTICE FOURTEEN**

- Stretch
- Lay-up Drills
- Dribble relay races
- UCLA Drill
- 2 on 1 keep away drill
- Rebounding Drills
- One on One Defensive slide drill
- Free Throw – Lay up game
- Scrimmage

### **WEEK EIGHT – PRACTICE FIFTEEN**

- Lay-up Drills
- 3 Man Weave
- Dribble, Pivot, Pass Drills
- Offensive Plays
- Steal the Bacon Drill
- Defensive Slides
- Free Throws – (10 – 15)
- Scrimmage

### **PRACTICE SIXTEEN**

- Stretch
- Lay-Up Drills
- Rebounding Drills
- Perimeter Shooting Drill/game

- 3 Man Weave
- One on One, Defensive Drill
- Scrimmage
- Suicide Drill
- Knock Out/Elimination game

### **WEEK NINE – PRACTICE SEVENTEEN**

- Stretch
- Lay-up Drills
- Offensive Plays
- UCLA Drill
- 2 on 1 keep away drill (passing drill)
- Dribble relays
- Steal the Bacon Drill
- Scrimmage
- Suicides
- Free throw and lay up game

### **PRACTICE EIGHTEEN**

- Stretch
- Lay-Up Drills
- Rebounding Drills
- Perimeter Shooting Drill/game or around the world.
- Defensive Slides
- “21” game
- Dribble, pivot, and pass Drill
- Scrimmage
- Suicides
- Knock Out/Elimination game

### **LAST WEEK – PRACTICE NINETEEN**

- Stretch
- 2 on 2 small tournament within team. Double elimination

### **PRACTICE 20**

**Make the last practice fun for the kids. Either have them choose games to play or drills they enjoy doing. Another good idea could be to have a family night and have the kids play against their parents!**