

PRACTICE DESIGN

- **Skills** - 15-20 Min
 - Ball Handling - 5-10 Min
 - Finishing & Shooting - 5-10 Min
 - Passing - 5-10 Min
- **Scheme** - 35-45 Min
 - Offense - 15-25 Min
 - Defense - 15-25 Min

ORGANIZATION

- **Schedule:** 12 Week Season, 10 Games
- **Schedule:** 2 Practices & 1 Game Per Week
- **Session Design:** each session will split its time between skill development and team scheme.
- **Gameplay:** teams will play 5/5 against other towns, will paid referees.

SKILLS & SCHEME



SKILLS

The skill focus for eighth grade is to continue to build players skillset on the offensive end so they can effectively combat both man and zone defenses.

Ball Handling -

- Turn Your Back
- Hesitation / In & Out
- Crossover / Through Legs
- Behind the Back
- Spin
- Pull Back Dribble

Dribble Stops -

- Pivoting
- Jump Stop & Stride Stop
- Bounce Out
- Stride Stop

Passing -

- Bounce & Chest Pass
- Over Head & Wrap Pass
- Pass Fakes
- Post Entry Pass
- One Hand Passes
- Skip Passes

Finishing -

- Extended Arm
- Inside Hand
- Two Foot Jump Stop
- Scoop

Shooting -

- Proper Hand Positioning
- Follow Through
- Balance
- 1/2 Step off Dribble (B/S)
- Catch & Shoot
- Shot Fake & Shoot
- 3 Point Shot
- Drive & Kick Shooting

SCHEME

The scheme focus for eighth grade should build on the previous years' layers as well expanding their use of on-ball and off-ball screens. On defense we should work on building their help-side rotations & full court pressure.

Gameplay Concepts -

- BLOB, SLOB, & Inbounds
- Dribbling Rules
- Defensive Fouling Rules
- Foul Shot Alignment
- Substitution Process
- Zone Offense
- Press & Press Break
- Defending Ball Screens

Defensive Concepts -

On the Ball:

- Defensive Stance & Slides
- Contain the Basketball
- Arm's Length Distance
- Mirroring the Ball
- Switching (DHO/Ball Screen)
- Contesting Shots
- Fighting over Screens

Off the Ball:

- Get Back in Transition
- See Man & Ball
- Gap Positioning
- Boxing Out & Def Reb
- Closing Out
- Help Positioning
- Taking Charges

Team Offensive Concepts -

- 5 Man Spacing
- Flashing to the Basketball
- Pass & Cut Layer
- Post Pass & Cut Layer
- Drive & Space Concept
- Backdoor Cut
- Use of Ball Screens
- Use of Back Screens
- Use of Down Screens
- BLOB Alignment
- SLOB Alignment