

PRACTICE DESIGN

- **Skills** - 30 min
 - Ball Handling - 10 Min
 - Shooting - 10 Min
 - Passing - 5 Min
 - Defense - 5 Min
- **Gameplay** - 30 Min

ORGANIZATION

- **Schedule:** 1-2 Preseason Clinics, 8 Week Season
- **Schedule:** 1 Session Per Week (60 Minutes)
- **Session Design:** each session will split its time between skill development and gameplay.
- **Gameplay:** teams will play 4/4 with the coaches serving as the referees.

SKILLS & SCHEME



SKILLS

These are the skills that coaches should be teaching players over the course of the season. The drills coaches use may vary, but these skills are the ones that need to be developed.

Ball Handling -

- Right & Left Hand Stationary Dribble
- Right & Left Hand Speed Dribble

Dribble Stops -

- Pivoting

Passing -

- Bounce Pass
- Chest Pass
- Over the Head Pass

Finishing -

- Dribble into a Close Shot

Shooting -

- Shoot from your Chest
- Use of your Legs to Gain Power

SCHEME

From a team perspective, these are the offensive and defensive concepts that coaches should attempt to teach. Whether teams achieve mastery or simply learn the concepts will depend on skill level.

Gameplay Concepts -

- Taking the Ball Out of Bounds when necessary
- Travel & Double Dribble Rules

Defensive Concepts -

- Defensive Stance
- Defensive Slide & Run
- Staying Between Man & Basket
- Getting Back in Transition

Team Offensive Concepts -

- Spacing Away from the Basketball
- Pass & Cut