

## Sample Basketball Practice Plan



### Start of Practice (7:00-7:05)

1. Attendance
2. Coaches Comments

### Warm-up (7:05-7:10)

1. Run 5 Laps or Big Box Drill
2. Stretch

### Fundamentals (7:10-7:30)

1. Dribble down court
  - a. zig zag crossover, behind back, between legs (2<sup>nd</sup> time with Defense)
  - b. change of pace
  - c. lay-ups/jump shots

### Defensive Drills (7:30-7:50)

1. 3 on 2: 2 on 1 or
2. 11 Man drill with a point system
  - a. 1 point good techniques (passing, shooting, dribbling)
  - b. -2 points bad techniques
  - c. 11 points in 5 minutes

### Conditioning (7:50-8:00)

1. (2) 30 second sprints
2. (2) 10 second lane slides
3. (2) 10 second sprints
4. 2 minute wall squat

### Drink (8:00-8:05)

### Offense (8:05-8:30)

1. "S"
2. "E"
3. HiLow "13" zone
4. Out of Bounds Plays (Baseline and Sideline)

### Scrimmage (8:30-8:55) or Defensive Plays

1. "50" man-to-man (No Fouls, No Open Looks, No Penetration)
2. "23" 2-3 Zone (Ball Pressure, Communication, Keep Ball out of Center, Fan to sides, Rotation)  
or
1. Big Man Drills –
  - a. Boxing out – 5 on 5 using the 3pt arc – coach shoots ball on backboard
  - b. Rebounding – toss ball of backboard outlet pass
  - c. Individual Moves (underneath, hook, dribble)

### Closure (8:55-9:00)

1. Any injuries I need to be aware of
2. Practice Thursday 3-5 MS gym
3. Hand out updated practice/game schedule

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Conditioning (7:50-8:00)

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Offense (8:05-8:30)

Scrimmage (8:30-8:55) or Defensive Plays

Big Man Drills –

Closure (8:55-9:00)

