



IPRACTICE

PLAN & TIPS

7 RULES

FOR AN EFFICIENT BASKETBALL PRACTICE

- 1. Goals** - Set a list of goal(s) you intend to reach for each practice
- 2. Schedule your Practice** - Allocate time for each specific drill and content you plan to go over in practice. Structure helps yourself and your team stay on task.
- 3. Stretching** - Do 10 minutes of stretching at the beginning. While the team is stretching, you can discuss your plans for the day, what things need to be worked on in practice. Or use the time to praise good things that have happened, or reflect on your “quote of the day”
- 4. Fundamentals** - Always work on the fundamentals (ball handling, footwork, passing, defense)
- 5. Shoot! Shoot! Shoot!** - Shooting is the most important skill in basketball. Raise the confidence of your players by using down time before, during and after practice to shoot. (Free Throws & Mid-Range)
- 6. Compete** - Make drills and activities competitive and game like. “Practice like you play and you’ll play like you practice”.
- 7. HAVE FUN!** - You want to make sure your players enjoy practice. When they enjoy practice, they will focus and put in maximum effort which transfers on & off the court.

CAVS ACADEMY PRACTICE PLAN

Dynamic Warm-Up: Exercises may be performed while walking, jogging, or stationary. (5-7 Minutes)

- Arm Circles 10x Forward: 10x Backward - (Stationary)
- Squats 8x - (Stationary)
- Light jog 2x - (Walking or Jogging)
- High knees (Walking or Jogging)
- Butt Kickers (Walking or Jogging)
- Defensive Shuffles/Slides (Walking or Jogging)
- Jumping Jack 10x (Stationary)

Teaching Triple Threat: Pass, Shoot, Dribble. (10 Minutes)

- Feet Spacing - Making sure each player is in an athletic stance (Shoulder width apart)
- Bend Knees - Make sure each player is low to the ground with knees bent. (This is essential as everything you do in basketball your knees are bent.)
- Head Up - Making sure each player is aware of everything going on around them on the court, and focused on whatever needs to happen whether it is to pass, shoot or dribble.
- Ball Positioning - Making sure each player is aware that the ball must be protected at all times in triple threat. The ball should be waist level on the right/left side of the hip depending on which hand they are.
- Pivot Foot - Make sure each player understands the value of how important establishing a pivot. If you are right handed you will more than likely use your left foot as your pivot foot, and vice versa for the left hand.

Ball-Handling: Stationary & Walking (15 Minutes)

- Ball Smacks :10 seconds - Holding the basketball in both hands and alternate smacking basketball with right and left hands
- Right Hand Dribble :10 seconds - Stationary dribbling with right hand
- Left Hand Dribble :10 seconds - Stationary dribbling with left hand
- Crossover Dribble :10 seconds - Stationary dribbling moving ball from right hand to left hand
- Right Hand Dribble - Walking (Sideline to Sideline or Baseline to Baseline)
- Left Hand Dribble - Walking (Sideline to Sideline or Baseline to Baseline)
- Crossover Dribble - Walking (Sideline to Sideline or Baseline to Baseline)

Passing: Wall/Partner Passing (10 Minutes)

- Chest pass - Passing basketball towards target/teammate starting with ball at chest and both arms straight out with fingers spread and thumbs pointing down towards the floor
- Bounce pass - Similar motion as chest pass. Passing ball from chest directly to the floor towards wall/teammate (Attempt to get ball to target in one bounce)
- Overhead Passing - Starting with basketball above head and throwing in a forward motion towards wall/target (mostly used for outlet passes). Try not to let the ball be in the air for too long.
- Passing on the move w/partner - Have partners face each other standing 6 to 8ft apart. Partners will shuffle down and back the court passing the ball back and forth. 1st pass is chest pass, 2nd pass is bounce, 3rd pass is overhead. Partners will go a total of 3x.

Shooting/Lay-Ups: B.E.E.F (15-20 Minutes)

- Balance - Balanced stance and both feet/body should be going toward the target.
- Eyes - Your eyes should only be focused on your target (aiming for the front of the rim, back of the rim or center of the hoop)
- Elbow - Your shooting elbow (on the shooting arm) should be close to the body and in line with the target (Not away from the body)
- Follow Through - When releasing the ball, you should flick your wrist (Motion: downward toward the ground) Your follow through should be towards the target. The ball should roll off your pointer finger and middle finger.
- Each player will start on the right side of the basket. The player will proceed to take a big right-foot-left-foot step towards the basket and jump off both feet to shoot a layup off the backboard with right hand. The player will grab their own rebound and dribble back to their spot.