



New Berlin Athletic Association
P.O. BOX 51123 New Berlin, WI53151-0123

SAMPLE PRACTICE PLANS

BASKETBALL DRILLS

Table of Contents

INTRODUCTION.....	3
PRACTICE PLANS.....	4
MINIS	4
MINORS, JUNIORS, MAJORS	8
ADMINISTRATIVE	13
INTRODUCTORY LETTER	13
SNACKS / DRINKS	14

1. INTRODUCTION

This on-line manual was developed as a guide to assist volunteer coaches in the N.B.A.A. recreational basketball program. Each link contains descriptions of a variety of basketball drills that coaches may use to teach fundamental elements of the game, such as ball handling, defense, rebounding, shooting, etc...

Each drill has a difficulty rating of either beginner (♣), intermediate (♠), or advanced (♠). The drills rated as beginner (♣) are generally appropriate for players in the 1st – 3rd grade age group. Drills rated as intermediate (♠) are generally appropriate for players in the 4th – 6th grade age group. The drills rated as advanced (♠) are generally appropriate for players in the 7th – 8th grade age group. But coaches may be able to modify the drills to make them work for age groups other than those suggested.

2 PRACTICE PLANS

2.1 Minis

The Minis Division is for players in grades 1 and 2. The Minis program consists of seven Saturday sessions in which a team practices on half of the court for about 30 minutes, and then scrimmages against another team for about 25 minutes. Scores and standings are not kept. There are no weeknight practices. The emphasis is on participation and fun.

Provided on the following pages are sample practice plans that coaches may use during the 30 minutes of practice time during each Saturday session. Coaches are encouraged to work on individual skill development rather than trying to develop “plays.” Each 30-minute practice session should contain drill work on three or four different sets of skills (ball handling, defense, passing/catching, rebounding, shooting, etc...), with each drill lasting about 5-10 minutes.

Each team will have the assistance of one person serving the role of Instructional Aide. The Instructional Aide serves two functions:

1. Assist the coach in teaching basketball skills during the practice portion of the session.
2. Manage the scrimmage portion of the session which includes keeping track of substitution periods, and officiating the scrimmage.

Many of the basketball drills referenced in this document are described in greater detail in the on-line links. Just find the number in parentheses () corresponding to the name of the basketball drill and look it up in the on-line link. The next several pages contain sample practice plans that are intended to serve as an example of how the coach might wish to structure the practice.

**Minis Basketball
Sample Practice Plan #1**

Defensive

10:35 – 10:38 Shuffle Slide Drill (4.2)

Passing

10:38 – 10:44 Circle Name Passing (2.2)
Start with one ball, doing the bounce pass.
Passer calls name of receiver, receiver shows the target, make the pass. Repeat. After a while, add a 2nd ball.

10:44 – 10:50 Wall Passing
Each girl with ball facing the wall, about 10-12 feet away.
Make chest pass to the wall. Emphasize step into the pass.
Catch the ball returning via a bounce with the hands.
Then try the overhead pass.

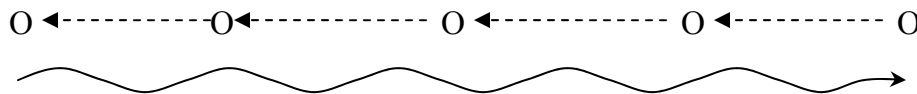
Dribbling

10:50 – 10:55 Stationary Dribbling (3.1)
Dominant hand, see the fingers. Weaker hand.
V-dribble. Alternate hands

10:55 – 11:00 Moving Dribble / Jump Stop / Pass
Player with ball dribbles across court, comes to two-footed jump stop, makes bounce pass to next player in line. Goes to the end of the line. Repeat in the opposite direction



11:00 – 11:05 Relay Race (2.3)
Two teams with players spaced evenly across the floor.
Pass from player to player. Last player dribbles to opposite end. Everyone moves up one spot. Repeat.
Winner is the first team to have everyone go through.



Minis Basketball
Sample Practice Plan #2

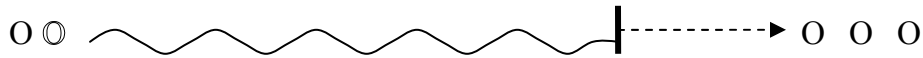
Defense / warm-up

11:30 – 11:33 Slide Drill (4.2)

Dribbling

11:33 – 11:38 Stationary Dribbling (3.1)
 Dominant hand, see the fingers. Weaker hand.
 V-dribble. Alternate hands

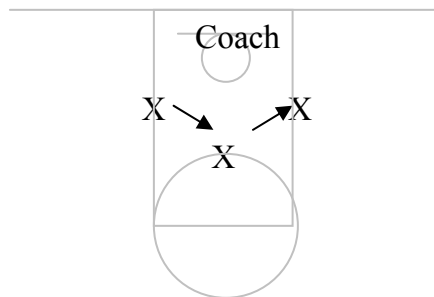
11:38 – 11:43 Moving Dribble / Jump Stop / Pass
 Player with ball dribbles across court, comes to two-footed jump stop, makes bounce pass to next player in line.
 Repeat in the opposite direction



Shooting

11:43 – 11:48 Form Shooting (6.3)
 Emphasize dominant hand under the ball, guide hand on the side. No 2 handed shooting. Bend knees, hips, square up to the basket. Stroke with the power hand shooting the ball straight up in the air trying to get a perfect backward rotation along one of the balls seams.

11:48 – 12:00 Two Groups
 Catch and Shoot Drill
 At basket. Player runs to first X, catches pass from coach and shoots, runs to next X, and so on.



Catch, square-up and Form Shoot (group without basket)
 Player runs straight down the lane, stops, catches pass from coach, squares-up, and takes a form shot, straight up into the air.

Minis Basketball Sample Practice Plan #3

Defense / warm-up

12:25 – 12:27 Slide Drill (4.2)

Dribbling

12:27 – 12:32 Stationary Dribbling (3.1)

Dominant hand, see the fingers. Weaker hand.
V-dribble. Alternate hands

12:32 – 12:35

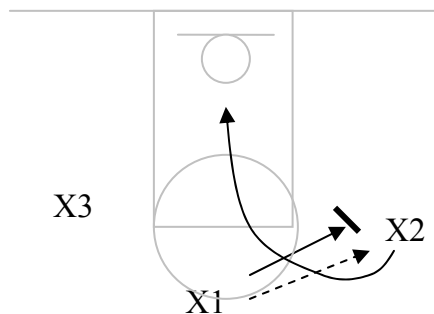
Form Shooting (6.3)

Emphasize dominant hand under the ball, guide hand on the side. No 2 handed shooting. Bend knees, hips, square up to the basket. Stroke with the power hand shooting the ball straight up in the air trying to get a perfect backward rotation along one of the balls seams.

12:35 – 12:43

Screen and Roll (8.2)

X1 passes to X2, sets screen for X2, and says “Use me Elana.” X2 dribbles around screen to basket and takes shot. X1 rolls to the basket. Run it to each side.



Rebounding

12:43 – 12:47 Butt-in-the-gut (5.1)

12:47 – 12:51 High Bounce (5.2)

12:51 – 12:55 Rebound off the board (5.3)

2.2 Minors, Juniors, Majors

The Minors Division is for players in grades 3 and 4, the Juniors Division is for players in grades 5 and 6, and the Majors Division is for players in grades 7 and 8. For these divisions there are 10 games, all played on Saturdays. Each team has a one-hour weeknight practice slot reserved.

It is very important for the coach to be prepared to lead the team during each practice. If the coach leads, the players will follow. If the kids sense that the coach is unprepared or unsure of what to do next, the practice will become an unproductive free-for-all. It is essential that the coach arrive at practice early with a written practice plan. Bring copies of the practice plan for any parent that may show up and wish to serve as an assistant. This helps to establish your role as the person in-charge, and it will help make the practice fun and productive for the kids.

The practice itself will vary in format from week to week, but in general, should be structured something like this:

- Introduction (2-3 minutes). Bring the kids to the center of the court and give a brief explanation of what you will work on in practice. Make sure all balls are held and that they are listening to you. Establish yourself as the person in-charge.
- Warm-up (3-5 minutes). Start with a light movement drill such as mirror defense or stationary ball handling just to get their muscles warmed up.
- Individual Drills (25-30 minutes). Practice individual skills such as passing, ball handling, shooting, defense, rebounding, etc...
- Team Drills (15-20 minutes). Practice team related skills such as offensive plays, team defense, transition, scrimmaging, etc...
- Fun Ending Activity (5 minutes). Always end the practice on a fun positive note. Relay races, dribble-tag, and shooting competitions (lightning) are examples of good ending activities

The next several pages contain sample practice plans and are intended to serve as an example of how the coach might wish to structure the practice.

MINORS, JUNIORS, MAJORS SAMPLE PRACTICE PLANS

Practice Plan Number 1

- 6:00 – 6:05 Discussion
Rules – Come to the center with energy and enthusiasm.
Listen when coach talks. Mistakes are OK.
Treat everyone else the way you would want to be treated.
Introductions
What we'll do today
- 6:05 – 6:10 Warm-up / Stance
Foot Fire
Quick Jumps
- 6:10 – 6:20 Passing Circles
Call name of girl you will pass to.
Receiver – show hands to passer. Means you are ready to catch.
Passer – Bounce pass. One step. Push hands hard through ball.
Have it hit the ground a little more than half way there.
Receiver – Catch in hands, not belly or chest. (discovery method)
2 balls, 3 balls
- 6:20 – 6:30 Lay-Up Practice
Hop on one foot. Find left handed girls.
Take one step with jumping foot, drive other knee high, and
do a one-footed take off.
Air Lay-Up (No Ball)
Now do it pretending to have the ball and shoot it off the board.
Half the team at each basket and alternate hoops.
- 6:30 – 6:33 Water
- 6:33 – 6:40 Stationary Dribbling Drills
- 6:40 – 6:55 Positions / Screen & Roll Play
- 6:55 – 6:58 Pass / Slide Relay Race
- 6:58 – 7:00 Wrap-Up / Doggy Bags / Folders / Bring a ball if you can next week.

MINORS, JUNIORS, MAJORS SAMPLE PRACTICE PLANS

Practice Plan Number 2

- 6:00 – 6:03 Discussion
Importance of listening.
What we'll do today
- 6:03 – 6:08 Warm-up / Stance
Defensive Slide
Power Jumps
- 6:08 – 6:15 Passing / Catching
One hand catch.
Zip pass: Partner catch of chest passes with some zip.
Overhead pass. Like the throw-in in soccer.
- 6:15 – 6:23 Dribbling
Stationary dribbling drills.
Movement dribbling drills.
- 6:23 – 6:30 Lay-Up Practice
Air lay-up. ***Emphasize one-footed take off.***
Use each basket you can put a coach at.
✓ 1-step, no dribble and shoot it off the board.
- 6:30 – 6:37 Jump-Catch Rebound
Demonstrate need to jump for rebound. (Discovery method)
Use each basket you can put a coach at.
Coach tosses ball off of board.
Rebounder jumps off of two feet, catches in the ball in hands.
Emphasize getting airborne. Really tough for most.
- 6:37 – 6:55 Team Session:
Review offensive positions.
Review high screen and roll play.
- 6:55 – 6:58 Dribble Tag
- 6:58 – 7:00 Wrap-Up / Doggy Bags

MINORS, JUNIORS, MAJORS SAMPLE PRACTICE PLANS

Practice Plan Number 3

- 6:00 – 6:03 Discussion
How did the doggy bags go?
What we'll do today
- 6:03 – 6:06 Warm-up / Stance
Foot Fire
Quick Jumps
- 6:06 – 6:15 Defensive Shell Drill
Defense must see their girl and the ball; keep back to basket...
Pass around the perimeter (three point line). Keep secure, pivot.
On ball defense – square to the girl with the ball.
Deny position – one pass away. Show the “V”.
Help position – two or more passes away. Widen the “V” & sag.
- 6:15 – 6:21 Lay-Up Practice
✓ 1-step, no dribble and shoot it off the board.
✓ No-ball, start 20 feet away and emphasize
ONE FOOTED TAKE-OFF & HEIGHT!
- 6:21 – 6:30 Transition Drill “Ball Down”
Two teams. One runs a half-court play against air.
Coach says “ball down” and the offense has to put it on the ground.
Other team gets it as fast as they can and tries to fast break.
Team that lost the ball must **SPRINT** back to the defensive end.
- 6:30 – 6:38 Shooting Form
Explain difference between lay-ups and set shots. 1-foot vs. 2 foot.
When and why each is used. Open path to hoop vs. over defender.
Demonstrate mechanics of set shot (use discovery method)
Backward rotation along the ball's seam. All 11 together.
- 6:38 – 6:55 Team Session:
Scrimmage. Need to emphasize correct starting positions.
- 6:55 – 6:58 Free throw shooting contest. Two teams.
- 6:58 – 7:00 Wrap-Up / Doggy Bags

MINORS, JUNIORS, MAJORS SAMPLE PRACTICE PLANS

Practice Plan Number 4

- 6:00 – 6:03 Discussion
How we will handle water. Remember to try the doggy bags.
What we'll do today.
- 6:03 – 6:06 Warm-up / Stance
Foot Fire, Defensive Slide
Quick Jumps, Power Jumps
- 6:06 – 6:20 Defensive Shell Drill / Rebound Box-out
Explain reaching for the ball defensively. What is OK, what's not.
Why the offense should hold ball in "triple threat" position.
Review the "V". See both your girl and the ball with back to hoop.
Deny position – one pass away.
Help position – two or more passes away. Sag.
- 6:20 – 6:30 Jump-Catch Rebound with Box Out – Speed Dribble
Start in defensive help position, see ball and girl you are guarding.
Box out on the shot,
Jump-catch rebound,
Speed dribble up the court to other coach.
- 6:30 – 6:40 In-bound play (see drawing).
- 6:40 – 6:55 Review plays, including in-bound play. Two groups, no defense.
- 6:55 – 6:58 Fast break game.
- 6:58 – 7:00 Wrap-Up / Doggy Bags

3 ADMINISTRATIVE

Introductory Letter

Coaches are encouraged to send an introductory letter home with the parents at the first practice. Just a few lines explaining your objectives and what the parents should expect over the next few months. Below is sample:

Parents,

Welcome to the NBAA 2005-06 girls minors basketball season! My name is John Doe and I'm looking forward to coaching your daughters. I am writing to tell you a little about my approach to youth athletics and to let you know what to expect from now through the end of February.

Objectives	Equal Participation. Promote Good Sportsmanship. Develop Fundamental Basketball Skills. Make it Fun.
Practice	At Orchard Lane on Wednesdays from 6:00-7:00.
Games	Ten games with the first one on December 4. Games will be at Poplar Creek School. Schedules are included in the folders. We are team #8.
Weather	Weeknight practices → if school closed, practice is cancelled. Saturday games → I will notify you if there is a cancellation.
Pictures	Will be taken prior to our game on December 11. A flyer is provided in the folder for ordering pictures.
Uniforms	Will be distributed at the end of practice on November 19. Only to be worn for games.

Any parent willing to help coach is welcomed. I will have a schedule prepared for each practice and there will be meaningful work for any parent willing to assist. Whether parents are on the court providing instruction or on the sidelines providing support, the best approach is to offer positive words of encouragement. This will help the girls immensely.

If there is anything you wish to discuss, please do not hesitate to contact me. I'm interested in making this season an enjoyable experience for all of the girls.

Thanks,

John Doe
Phone #
Email address

ADMINISTRATIVE

Snacks / Drinks

Many teams, particularly at the younger grade levels, like to arrange a post-game snack for the kids. If your team elects to do this, we ask that you remember to clean up any wrappers or containers. School custodians always make sure to have trash cans available, so please remind your team's players and parents to use them.