

Practice Plan				SouthTitanBasketball.com
ACE Factor Eyes Up! E+R=O Echo Yells Open Hand - Closed Fist Laws of Learning Every Kid - Every Day Spotlight 3 H's				
Link	Clock	Court	Drill	Description
		Court	Pre-Practice	5-8 Minutes // This is what we do!
LINK	03 m.	Court	Form Shooting Progression w/o Ball	w/o Ball: Wrist Extensions & Reverse, Trace & Retrace, Arm Swings
LINK	03 m.	Court	Form Shooting Progression w/Ball	w/Ball: 1-Hand, 2-Hand Form Shooting, Groove Your Shot, Rhythmic Shooting, Running Horse
NA	03 m.	Baskets	Rhythmic Shooting (Adv) // Rockers	3-5 Bounces Before Shooting // Then Back to Basket
NA	03 m.	Court	FSP Together w/Coach	w/Coach: "Ready: Tuck - Set - Go" // Define Our Shot: Rhythm-Room-Range // Balance-Pressure-Range // Rhythmic Shooting // Running Horse, ETC
LINK	05 m.	Court	Stronger Team Warm-up	March, Walk the Ball, Power Skip, 1-Step Vert, Lunge w/Ball OH, Superhero Reach, Quick Foot Circles
NA	03 m.	Court	Ropes	Bounce, Boxer, Skier, Bell, Jack, Nordic, 10 Doubles
		Court	Ball Handling	5-8 Minutes // Practice the Most - Use the Least
LINK	08 m.	Court	150 Pound Dribble Challenge	High, Low, Push-Pull, Inside-Out, Crossover, Between Legs, Behind Back
LINK	08 m.	Side	2-Ball Dribbling Sequence	Phases: Low & Non-Rhythm, High & Non-Rhythm, High-Low, Low-High // Move Out, Zig Zag, Change Hands, Resistance & Speed Dribbles
LINK	03 m.	Full	3 Up / 2 Back Dribbling	3 Dribbles Up, 2 Push-Step Dribbles Back, Crossover & Repeat // Emphasize change of speed!!!
LINK	06 m.	Full	Fullcourt Moves on the Move	Line starts in baseline corner // 1. FTE 2. Halfcourt 3. Move on the Move 4. Finish // Eval R/L hand, change of speed
LINK	08 m.	Half	Sundance Moves on the Move	Sundance: Inside-Out, Crossover, Hesitation, Between Legs, Create // Emphasize Turn, Look & Go Breaking Press
		Court	Footwork	8-12 Minutes // Own Your Feet
LINK	08 m.	Court	0Kill the Grass	KTG: Teach Flick Pass, Closeout, Blow-by, Crossover, Quickstop, Front &/or Reverse Pivots
LINK	05 m.	Half	1Finishing School Layups	Finishing School: Groups of 3-4 // Pass - Finish - End of Line // Catch with right hand on right foot // Catch with left hand on left foot // Emphasize glass-swish
LINK	05 m.	Half	1-Step Layups	Teach Proper Form // Emphasize Glass-Swish
LINK	08 m.	Half	1Circle Shooting Layups	Layups: 1) Inside Foot 2) Outside Foot 3) Inside-Out 4) Euro Step 5) Step Back 6) Step Back Cont // When you see daylight get to the rim as fast as possible!
LINK	08 m.	Half	2Circle Shooting Jumpstops	Jumpstops: 1) Power Layup 2) +Shot Fake 3) Step Through 4) Outside Pivot, aka Stride Stop Rondo // When you see bodies play off of two feet!
LINK	08 m.	Half	3Circle Shooting	Circle: 1) Block 2) Landmark 3) Elbow 4) 3fg // Emphasize Inside Pivot (Heel-Toe-Squeak)
LINK	08 m.	Half	4Continuous Blast Cuts	Blast Cuts: 4 balls needed // 1) Catch & Shoot 2) Blow-by 3) Crossover 4) Back Cut // Change up finish! // 2 balls only to slow it down for younger players
LINK	08 m.	Half	Motion Front & Rear Cutting	4+ Players required // Pass & front/rear cut actions
LINK	08 m.	Half	Villanova Pressure Release Drill	Teach V-Cut, "Post Up", Outside Hand & Proper Finish
		Court	Shooting	10-15 Minutes // Game Shots @ Game Speed
LINK	03 m.	Half	.5 Shooting	.5 // Read the closeout before the catch - Finish off 1 or 2 // > Arm's length 1/2 = Shoot // < Arm's length 1/2 = Drive or Skate
LINK	04 m.	Half	2-Ball Shooting	2-Ball: Emphasize Good Pass = Good Shot // Goal: 4+ 3fg for every minute
LINK	05 m.	Half	30-Second Shooting	30 s: Own Your Feet // Goal: 21+ 2fg &/or 15+ 3fg
NA	04 m.	Half	Intensity Shooting	Use Spin-outs, Front & Reverse Pivots // Goal = 20 mfg in 4 minutes
NA	02 m.	Half	Running Horse	Horse: Mix in spinouts // Game shots at game speed!!!
LINK	05 m.	Half	Warrior Drill	Warrior: Layup = +1, Pin Down = +2, Flare = +3 // Goal: 16+ points 2x through
		Court	Transition	10 - 12 Minutes // Race to Space
LINK	03 m.	Full	1KU Break: 3 Line Passing	Passes #1-3 = Chest, #4 = Bounce, #5 = OH Outlet & #6 = Baseball
LINK	05 m.	Full	1KU Break: 3-on-2 / 2-on-1	Teach Blockout, Centering the Ball, Calling Ball & Man
LINK	08 m.	Full	3-on-2 Continuous	11 Players needed // 1 & Done
NA	08 m.	Full	5-on-0 / Return 5-on-5	Race to Space // Emphasize Rim Run & 3 Flat
NA	08 m.	Full	Baseline Touch	Get Back Defense // Advantage created for offense!
LINK	08 m.	Full	Fastbreak League	6+ players for 3's // 8+ players for 4's // Emphasize Get Wide & Get Ahead
LINK	08 m.	Full	Flow Ball	5+ players for 3's // 7+ players for 4's // Call Ball & Call Man

"If you're not running, you're talking. If you're not talking, you're clapping!" Unity. Passion. Humility. Thankfulness. Servanthood.				
		<u>Court</u>	<u>Shell Defense</u>	<u>8-10 Minutes // Stance-Vision-Position</u>
LINK	08 m.	Half	2-on-2 Creighton Block-out	Reb // Toughness Wins!!!
LINK	02 m.	Half	Shell 3-Line Closeouts	S-V-P // Close, maintain in & out ball pressure // Defense to offense // Rotate lines clockwise!
NA	TBD	Half	Shell vs. 0Basic Actions (3's)	0-Rep these actions: pass, penetration (aka dribble drive), basket cut, screen away (aka wing split), flare, ball &/or DHO's // Finish LIVE on coach's call
LINK	02 m.	Half	Shell vs. 1Pass	1-S-V-P // Jump to the ball/gap!
LINK	02 m.	Half	Shell vs. 2Dribble Drive	2-S-V-P // Jump to the ball/gap // Seal/stunt the drive!
LINK	02 m.	Half	Shell vs. 3Basket Cut	3-S-V-P // Jump to the ball/gap // No face cuts!
LINK	02 m.	Half	Shell vs. 4Screen Away	4-S-V-P // Jump to the ball/gap // Don't get screened!
LINK	02 m.	Half	Shell vs. 5Flare Screen	5-S-V-P // Jump to the ball/gap & provide an alley // Chase over!
LINK	02 m.	Half	Shell vs. 6Ball Screen	6-S-V-P // Chase over, then under // Blue is what we do!
LINK	02 m.	Half	Shell vs. 7DHO & Blurs	7-S-V-P // Communicate the switch!
LINK	02 m.	Half	Shell vs. 8Flex	8-S-V-P // Jam high & switch low // Must be communicated!
		<u>Court</u>	<u>Team Play</u>	<u>15-20 Minutes // Play Hard, Smart & Together</u>
LINK	08 m.	Half	2-on-1 / 2-on-2 Decision Making	POE: Get downhill in 3 dribbles or less // Get to the rim or kickout to corner 3
LINK	08 m.	Half	3-on-3 Breakdown // SSG	POE: Wing Splits from Top, Low & High Splits from Wings // Many more concepts can be created!
LINK	12 m.	Half	3 Stops (40)	3 Stops in a row = Kill // Charge Taken = 3
LINK	10 m.	Full	2 Possession Scrimmage	#1 - TBD; #2 - TBD
LINK	10 m.	Half	Attack 33 or 44	Attack: Coach passes to O1 going downhill, X1 starts in the center circle // With advantage, O1 attacks the paint // Flip-flop & then rotate positions
LINK	10 m.	Full	Illini Fastbreak	Teach Fastbreak Defense & Offense
LINK	10 m.	Full	Old School Cut-Throat	Zone Attacks
LINK	12 m.	Full	Score/Stop/Score Scrimmage	3 for 3 = 3 points or last possession = 1 point
LINK	10 m.	Full	Wolves Cut-Throat Scrimmage	3 Teams // Scoring team keeps the court // 3rd team enters from halfcourt // Losing team must sprint off
		<u>Court</u>	<u>Team Shooting</u>	<u>8-10 Minutes // Good Pass = Good Shot</u>
LINK	06 m.	Half	1st to 50	1st to 50: 5 Spots-1-2-3-4-5 // Advance after each make // Spot is worth its value // Play to 50
LINK	08 m.	Half	4 Corner Shooting (WPD)	WPD: Goal: 15+ per minute // 8+ Players, 4 Balls // Straight, Reject, Flare & Curl
NA	02 m.	Half	6-7-8 Freethrow Game	Practice Strong R's - Body Language Matters
LINK	02 m.	Half	Closeout Shooting - 1 Down	1 Down: 2 Lines, 2 Balls // Pass to FTE & follow to a closeout // Shooter "stops shot" & passes down 1 more
LINK	02 m.	Half	Closeout Shooting - 1 Up	1 Up: 2 Lines, 2 Balls // Pass to dead corner & follow to a closeout // Shooter "stops shot" & passes up 1 more
LINK	08 m.	Half	Loyola Shooting Competition	Loyola: Fill 4 Out &/or 5 Out Spots // Emphasize feet and stance when passing
NA	08 m.	Half	Money Ba\$ket	3-5 Players // 2 Groups Per Basket // Winners rotate up to the Money Ba\$ket!
LINK	05 m.	Half	Olympic Shooting	Olympic: 3-5 Players & 2 Balls / 8 makes from 5 spots behind arc // Finish at the top +1, +2, etc...
LINK	06 m.	Half	One More Shooting	One More: 5+ Players // Line starts under basket w/closeout // Baseline & middle drives + 1 more pass!!!
LINK	06 m.	Half	Team Shaka	Same as Shaka but as a team // 5 spots: count makes at each spot until you miss 2 in a row // Goal: 50+
LINK	05 m.	Full	Utes Win!	Utes: 7-7-7-7 // Halfcourt Heave Off 1 Foot // Celebrate!!!