

# **PRACTICES MADE PERFECT**

## **Sample Practice**

<b><u>TIME</u></b>	<b><u>COMPONENT</u></b>	<b><u>DESCRIPTION / DRILLS</u></b>
5 Min.	<b>Team Meeting Announcements</b>	Explain to your team what you are going to do during practice; review last game; birthdays or special events; team announcements; time and site of next game
5 Min.	<b>Warm-Up</b>	Footwork progression; capital M; Indiana blast off; dribble tag; hour glass; wheel; snake
5 Min.	<b>Stretch</b>	Players lead; start from the neck down to the legs; hold each stretch for 10-15 seconds
10 Min.	<b>1. Ball Handling 2. Dribbling</b>	1. Ball slaps; fingertips; circles; figure-8; V-Drop; Drop-n-Clap; Scissors; 2-ball passing 2. Elevator; tom-tom; pendulum; speed drop; circles; figure-8; sleeper; crab; 2-balls; attack dribble; fullcourt circles; snake
15 Min.	<b>Basic Skills</b> 1. Passing 2. Rebounding 3. Shooting 4. Lay-ups 5. Transition	1. 2-line basics; monkey in the middle; ring of fire; star passing; partner pass; 3 and/or 5 man weave 2. Bounce-ups; tip drill; boomerang; R-O-P-S; outlet-n-go; "21"; circle box-out; rebound battle 3. "Gametime"; 3-down shooting; banana; 6-hoops; 2-ball 3-player 4. Purdue; Michigan; machine gun; lead pass; pass back, chaser 5. 3-on-2 to 2-on-1; 5-man weave to 3-on-2 to 2-on-1; catch-up; break advantage
10 Min.	<b>Defense</b> 1. Player 2. Team	1. Wall sit; patter drill; zig zag; x-box; close-outs; bull in the ring, 2. Defense scores; SHELL DRILL
10 Min.	<b>Team Offense</b>	Work on your offensive "plays"
15 Min.	<b>Scrimmage</b>	<u>Controlled</u> halfcourt only to start; Build to play a "fullcourt"; Play games to 5 made shots; Change teams after every game.
5 Min.	<b>Free Throws</b>	I pick you; one+one; beat the pro
5 Min.	<b>"FUN" Contest</b>	Steal the bacon; hot shot shooting contest; red light green light; relay races; dribble countdown; free throws
5 Min.	<b>1. Closing Remarks 2. Reflections</b>	1. What did you learn today? Did you have fun? What time is the next game? Where is the game? <b>Go over time and location of next game!</b> 2. "I appreciate ( ?? ) today because..."

## **Team Practice Information and Rules**

1. Make sure you are on time for your practice. If you will be late, you must contact your players, Athletic and League Director.
2. Keep an open communication with the parents about practice and game times and changes.
3. No child will be allowed in the gym without a coach, so please tell your players to come only for your scheduled time.
4. NO FOOD or DRINKS are allowed in the gyms. Water is okay.
5. Make sure your team takes all their personal belongings and trash. Please keep in mind that Department of Recreation Services and its staff is not responsible for lost or stolen articles.
6. Check with the staff weekly to make sure there are no changes in the game or practice schedules.
7. Please end your practice 5 minutes early to make sure that you are out on time.
8. Please respect the other teams practice, for you are sharing the court with another team.
9. There are no practices during the Championship week, no exceptions.
10. Please don't just scrimmage during your practice, have a plan when you get there!