Practice Plan Date: Sample First Practice Level U10/U12/**U14/U15/U16/U17/U19**

Pre – Practice Key Concepts: 3 min – Whistle, listening, what to do with the ball while listening, questions for understanding and release trigger, what to do if you don’t understand during the drill.

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| Practice Phase | Time | Drills/Activities |
| Active Warmup | 5 min. | Chuck the Chicken Drill |
| 1/3 Individual  Individual Skills   * Shooting * Passing * Footwork * Rebounding * Box Out * Etc. | 5 min.  5 min.  3 min.  7 min.  5 min.  8 min.  5 min. | 1. Footwork, Core, Balance – supermans on a line, 15 secs each leg. Add airplanes 2. Side court dribbling, left/right, add in pairs two ball dribbling simultaneous/alternating 3. Comp – “poke away” in pairs – game to 10 4. Shooting - In pairs at each basket, 5 5 5 one hand shooting 5. Move to 2 2 2 shooting with two hands – make two move out, miss two moves forward 6. Single Line Shooting – groups of two, teach one dribble to a jump stop – left and right 7. Comp – first team to 10 makes shouts “game”. |
| 1/3 Advantage | 5 min.  5 min.  5 min.  Mm  in | 1. One on One Three Point Line Drill – groups of three at each basket, offense turns to play as next defender. Defender faces back to offense. 2. Toss and Turn Baseline Drill – One on One – a pair at each basket. 3. Comp – games against partner – first player to 2 |
| 1/3 Game - Like  Team Offence  Team Defense  Transition  Special Situations | 8 min. | 1. 2 on 2 Three Point Line Formation – teach basic Read and React principles associated with 3 point line defense – pass and cut, fill concepts. Use 20 sec. possession X 4 rule and then rotate. |
| “Chalk Talk” | 3 min. | 1. Positive Feedback – pick three things, ask players questions about what they learned, what was fun etc. |