

BANTAM BASKETBALL

first
friends
SPORTS



PRACTICE SCHEDULE

MORE • THAN • SPORTS

WEEK 1

1) COACHES CALL TEAMS TOGETHER

- a. 5 minutes of team time with players and coaches
- b. Get to know each other

2) GATHER TOGETHER (7 minutes)

- a. Explain practice format
- b. *Drill* - Dribble down & back (right, left)

3) NEW DRILL-TEAMS STAY AT BASKET (7 minutes)

- a. *Drill* - Pass/Catch drill - get a partner
 - i. Emphasize need to hit target - catch pass with hands, not body

4) NEW DRILL-TEAMS STAY AT BASKET (7 minutes)

- a. *Drill* - Defensive spots explained - Put players in defensive positions
 - i. and work on shell drill - offense and defense- stance emphasized

5) GATHER TOGETHER - HUDDLE TIME

- a. Huddle time - coaches sit with team - keep order
- b. Introduction of topic for the season –

6) NEW DRILL

- a. Introduce “BEEF” concept (Balance, Eyes, Elbow, Follow-through)
- b. 2-line shooting

7) TEAM TIME

- a. Coaches time: Work on team defense using your assigned spots.
Explain
 - i. defensive rotations and spacing - scrimmage time

8) DISMISS

Week Two

- 1) **GATHER TOGETHER** - introduce all drills
- 2) **STAY AT BASKETS - NEW DRILL** - (8 minutes)
 - a. *Drill* - Dribble to half court - jump stop - dribble back - jump stop
 - i. at gray line - ball fake - pass to next in line.
- 3) **STAY AT BASKETS - NEW DRILL** - (15 minutes)
 - a. *Drill* - Work with defensive spots on floor - defensive rotation - move the
 - i. ball around the perimeter of the defense. Spacing!!
- 4) **GATHER TOGETHER** -
 - a. Huddle time -
- 5) **DRILL - PASS-CATCH-SHOOT** (7 minutes)
 - i. Use both sides of basket - passing line - shooting line
 - ii. Catch and shoot - rotate lines and sides
- 6) **TEAM SCRIMMAGE - FULL COURT**
 - i. Use this time to prepare for games - develop proper habits
 - ii. Make sure defense stays in assigned areas - do not pursue ball
- 7) **GATHER TOGETHER** - PRAYER AND DISMISSAL

Week Three

- 1) **GATHER TOGETHER** - (8 minutes)
 - a. *Catch-Pivot-Pass: Triangle groups (Establish and use pivot foot
 - b. Catch and pivot away from pressure - pass to next person

- 2) **STAY AT BASKET - NEW DRILL** - (8 minutes)
 - a. *Defensive Rebounding Drill: Set in defensive positions
 - i. Utilize 4 tape spots at basket - Coach or player shoot-
 - ii. Work on getting hand over head and rebounding the ball

- 3) **STAY AT BASKET - NEW DRILL** - (8 minutes)
 - a. *Drill* - "Turn and shoot" drill - 1 line on each side of basket - pass to player w/ back to basket, pivots and shoots without hesitation - game like conditions (quick release)

- 4) **GATHER TOGETHER**
 - a. Huddle time –

- 5) **TEAM SCRIMMAGE TIME**
 - a. Work on defense and offensive teamwork (Staying close to defensive spots!)

- 6) **DISMISSAL** (Remind players about game schedule)

Week Four

1) GATHER TOGETHER

- a. *Drill* - Use cones - dribble Drill - Introduce the cross-over and reverse pivot dribble

2) NEXT DRILL AT BASKETS

- a. *Catch & shoot drill - facing basket - 2 lines on wings

3) PLAY A GAME OF KNOCK-OUT AT YOUR BASKET

4) GATHER TOGETHER

- a. Huddle Time

5) NEXT DRILL: Rebound drill - box out

6) CONTEST AT BASKETS

- a. Dribble around a cone lay-ups 30 seconds each.

7) TEAM TIME WITH COACHES AT YOUR BASKET

- a. *This is a time when you can scrimmage, work on defense, or do drills on fundamentals; It's your choice - Whatever your team needs.

8) DISMISSAL (Remind players about game schedule)

Week Five

1) GATHER TOGETHER

- a. *Give and Go - Pass to post - reposition - get pass back - shoot
- Look for quick release on the shot

2) STAY AT BASKET

- a. Contest: 4 chair shooting
- b. Practice skill for 5 minutes before contest - Let everyone try it

3) GATHER TOGETHER

- a. Huddle Time

4) GO TO BASKET

- a. Rebound put-back drill - use both sides if possible
- b. Coach throws ball off backboard - catch and put back

5) STAY AT BASKETS- (emphasize bounce passes in this drill)

- a. skill practice - passing under pressure - player passes to coach with defensive pressure - you can use a circle format if you wish

6) TEAM PRACTICE

- a. scrimmage time

7) DISMISSAL (Remind players about game schedule)

Week Six

1) GATHER TOGETHER

- a. *Drill* - Catch - get to triple-threat position
- b. 2 lines on each wing - Catch the pass - establish pivot - pass, shoot, or dribble drive to basket

2) STAY AT BASKET

- a. *Contest* - elbow jumpers - practice first
 - i. Each player has 40 seconds - keep a team total

3) CONTEST

- a. Line up at gray line - dribble down and shoot at basket - first to 10

4) GATHER TOGETHER

- a. Huddle time –

5) TEAM PRACTICE TIME

- a. Work on Offensive Strategies - passing with defense in spots or scrimmage team across from you.

6) DISMISSAL (Remind players about game schedule)

Week Seven

1) GATHER TOGETHER

- a. Introduce first drill - Triple Threat Drill - 2 lines

2) GO TO BASKET

- a. CONTESTS
 - i. Around the chair layups--each player will have 40 seconds - keep a team total
 - ii. Elbow Jumpers

3) GATHER TOGETHER

- a. Huddle Time

4) TEAM TIME

- a. Coaches Choice

5) DISMISS (Remind players about game schedule)

Week Eight

1) GATHER TOGETHER

- a. Huddle time together

2) GO TO BASKET

- a. Drill - Ball handling drill - around waist, through legs, etc.

3) STAY AT BASKET

- a. Drill - Around the chair layups - work on form and backboard
 - i. We will be doing this as a contest at the festival

4) STAY AT BASKET

- a. Drill - Elbow jumpers - We will be doing this at the festival
 - i. Practice the drill

5) SCRIMMAGE TIME

6) DISMISSAL (Remind players about game schedule)

Week Nine- PARENT CHALLENGE

1) GATHER ALL PLAYERS AND PARENTS TO GO OVER RULES

- a. Period 1- Parents can play with both hands
- b. Period 2- Parent can only play with right hand
- c. Period 3- Parents can only play with left hand
- d. Period 4- Parent have to pass the ball at least 10 times before shooting the ball

2) IF TIME PERMITS, PLAY KNOCK-OUT AT OWN HOOPS

3) DISMISS (Remind parents and players about Celebration)