



Varsity Boys Basketball

Practice Plan

Date & Time: Dec 01, 2014 06:00 PM
Name: Day 1
Location: Hydaburg Gym
Announcements:
Quote of the Day: "It doesn't matter who scores the points, it's who can get the ball to the scorer."
 Larry Bird
Defensive Emphasis: Stance, Speed, Sold Out
Offensive Emphasis: Transition, Speed, Wear Out The Defense

#	Activity	Min	Time	Category
1	Introduction	15	06:00-06:15	Instruction
<i>Notes: History of Hydaburg Basketball, Core Values, Season Goals, My Philosophy, Team Philosophy, Trust, Fun.</i>				
2	Warrior Drill	15	06:15-06:30	Defense
<i>Notes: Take the charge, dive on the floor and tip the ball to teammate. Teammate makes the layup. Start over.</i>				
3	Perpetual Motion	10	06:30-06:40	Warm Up
<i>Notes: NO DRIBBLING!!!</i>				
4	3 Lane Rush	10	06:40-06:50	Warm Up
<i>Notes: Game Speed</i>				
5	Continuous 3 on 2	10	06:50-07:00	Warm Up
<i>Notes: Crisp Passing</i>				
6	Transition Philosophy	10	07:00-07:10	Instruction
<i>Notes: GET DRINKS -</i>				
7	Half Court Attack	10	07:10-07:20	Transition
<i>Notes: Points of Emphasis • This drill is the foundation of how we take the ball to the basket. The offensive player needs to be on attack and in control, thinking "layup" and going long and straight to the rim. No short jumpers allowed; we are taking the ball to the hole. • The offensive player needs to focus on making the layup, instead of trying to create contact. Blocked shots can actually make a player better, if they don't give up and back down from the defender. Encourage players to take it strong to the basket and they'll reap the rewards later, drawing fouls and knocking down free throws.</i>				
8	Full Court Attack	10	07:20-07:30	Transition
<i>Notes: Points of Emphasis • Make sure the ball handler is pushing the ball out in front of their body. Some ball handlers develop a tendency to dribble along the side of their body instead of pushing the ball ahead and sprinting after it. To beat someone down the floor, you're going to need to push the ball. • Your only focus should be on making the layup. Don't worry about the defender, go through him to the basket as if he wasn't even there. Take the ball strong to the rim.</i>				
9	2 on 1	10	07:30-07:40	Transition
<i>Notes: Points of Emphasis • We are trying to make the complex seem simple by eliminating choices that can slow down and kill the break. Our 2 on 1 rule is, we get the ball to the finisher, think layup only, and we rebound the miss. We don't slow down to read the defender and try to make a pass. We don't pass the ball back and forth to try to get the defender moving. Teach what is comfortable of course, but we think simple has a lot of upside. • Remind your players that the operative word in Fastbreak is "Fast." Move the ball quickly, pushing it out in front of you and get to the front of the rim with as few dribbles as possible.</i>				
10	Defensive Philosophy - M2M	10	07:40-07:50	Instruction
<i>Notes: GET DRINKS -Before getting into the details of your defense, we must first agree on a goal. With most challenges in life, it's important to always "begin with the end in mind", and it's no different for this. Once we're all on the same page, it will be much easier to teach you how to develop a great defense. So what is the goal of your defense? Our Prime Directive: DO NOT LET THE OTHER TEAM SCORE! This is the mentality. That's the purpose of all the tactics, tips, and drills we're going to discuss. ALWAYS keep this directive in mind as you're</i>				



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on defense! So, how do you stop the offense from scoring? You must do one of these two things: 1) Force them to take a very difficult, low percentage shot, making it highly unlikely that they will score. 2) Stop the offense from shooting by stealing the ball or causing them to turn it over. (NOTE: We don't recommend that you emphasize stealing the ball due to the high risk of giving up more points because of being out of position, especially against good teams.) Ok, now how do you accomplish YOUR GOAL as often and quickly as possible? In order to develop a great defense, we believe you must do ALL of these things: 1. Emphasize defense 2. Develop intensity and determination 3. Track your statistics and performance 4. Contain the ball and always apply ball pressure 5. Deny penetrating passes 6. Maintain good help positioning 7. Provide early help & quick recovery 8. Develop communication 9. Improve anticipation and quickness 10. Secure the ball 11. Get back in transition 12. Strive to improve Every step revolves around keeping the ball as FAR from the basket as possible. All players must be positioned properly and work together to keep the ball away from the hoop and to force VERY difficult shots. You must dictate the offense. You decide what you're willing to give up and allow. Don't let the offense dictate you. This 12-part formula might appear simple and it is -- but don't overlook the power of its simplicity! It includes both the key tactics to great defense and the key philosophies that will keep everything in balance and ensure that your team reaches its maximum potential!!!! It's simple enough for you to digest and apply, yet thorough enough to cover the most important aspects to make your defense successful. We're sure it will all become clear as you read the details...

11 Step And Slide	10	07:50-08:00	Defense
Notes: Have your players push off their back leg and take a step with their lead foot at the same time. Pause. Then slide their back foot. Take a step. Pause. Then slide.			
12 Sideline to Sideline Slide	10	08:00-08:10	Defense
Notes: Purpose: This drill is great to emphasize proper defensive stance and slide. It is also used to progress the slide to full speed while emphasizing form. This will strengthen your leg muscles and improve speed.			
13 Partner Sliding	10	08:10-08:20	Defense
Notes: 1. Have your players partner up and form a line on the baseline. 2. Each group should have one basketball. 3. One player has a basketball and the other will be on defense. 4. The offensive player dribbles at an angle while the defensive player slides to beat the player to the spot and turn the offensive player. The defensive player does a "Swing Step" and continues to slide in the other direction. 5. Once, they reach half court, the next group in line can start. 6. Once you reach the opposite side, you stop and wait for every other group to finish. 7. Once everybody is finished, the partners switch and go back down the court. The player who was dribbling should now be on defense. 8. First time through, we usually go at 50% speed. Second time, we go at 75%. Third time, we go at full speed. Make sure they have their hands out.			
14 Pride	10	08:20-08:30	Transition
Notes: 1. At one end of the court, divide the team into two (2) groups of five players, giving each group a ball. Decide on a number that you want the team to reach in order to complete the drill (Example: 60 Prides). 2. On the Coach's whistle, one group is to run a fast break to the opposite end of the court and either immediately score a basket, run the offense, or run a specific offensive play. 3. After a basket is scored, all players in the group are to go to the hoop and continuously jump for the ball with their hands in the air. As they are jumping, one or more players must shoot the ball into the basket, making a total of four (4) offensive "put backs". 4. The last player (or coach) with the ball rolls it along the sideline, down the court, as the group sprints to the opposite end. 5. The next group now begins the drill, taking the ball to the opposite end of the court to score. Each time a group runs the floor, award the team points (between 0 and 3) subjectively based on the following: • Execution • Hustle • Intensity 6. The drill repeats until the team reaches a specified number, as set by the Coach. Teaching Tips: Use the Pride drill to finish each practice instead of suicides or sprints to keep up player morale and momentum. Incorporate your team's offensive plays into the drill to reinforce lessons taught during practice. As a team, aim to reach a certain number of "Prides" before dismissing players at the conclusion of practice.			