



Basketball Practice Outline – Practice 7

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.”

John Wooden

Sports Experience: Level 4

The practice outline can be adjusted from 60 minutes to 90 minutes according to the amount of time you have for practice and the skill level of your team. There are 4 segments in the practice outline below. Each segment will take approximately 15 to 20 minutes to explain and then give each player a chance to perform the skill or drill a couple of times. For 60 minute practice times, think about picking 3 segments to focus on and add one segment for each 15-20 minutes of additional practice time available.

Segment:	Skills / Drills Covered or Taught	Teaching Points	Diagram
	Pre-Practice Huddle	Review for this week: <ul style="list-style-type: none"> Attacking the 2-3 zone defense Beating full court man to man defensive pressure 	
Segment 1	Ballhandling and Dribbling Begin with every player with a ball dribbling in a grid with their head up seeing other players also dribbling. Go for 30-40 seconds and then stop and quickly transition into a ballhandling drill for 15-20 seconds: <ul style="list-style-type: none"> Around the waist All dribbling again 30-40 sec's <ul style="list-style-type: none"> Figure 8's All dribbling again 30-40 sec's <ul style="list-style-type: none"> Figure 8 quick drops All dribbling again 30-40 sec's <ul style="list-style-type: none"> Front and back quick drips All dribbling again 30-40 sec's <ul style="list-style-type: none"> Crossover dribble move every time the coach calls out "1" All dribbling, add: <ul style="list-style-type: none"> Retreat dribble every time the coach calls out "2" All dribbling again – mix calls "1" and "2"	Coach – Best if every child has a basketball Set up grid 30'x 30' or use half of a court with a larger team Idea here is to get the maximum amount of dribbling and ballhandling done in a minimum of time All the players in the grid is more realistic – remember there are 10 players all out on the court at the same time in a space of approximately 30'x30' so it's more game like to do these drills in "traffic" This forces players to keep their head up and see what going on or they bump into each other Please see the Upward Playbook page 35 for an explanation of Quick Drops and Front to Back Drops.	<p>A diagram of a basketball court showing a 30'x30' grid in the key area. The grid is a square with a circle in the center. There are several black dots representing players and red circles representing cones. A legend at the bottom indicates that a red circle equals a cone. The diagram shows a dense arrangement of players and cones within the grid, illustrating the 'traffic' concept mentioned in the text.</p>

Segment 2 Team Offense- Zone offense

Review / practice zone offense attack

Option – use “3 Out” zone offense vs. the 2-3 zone defense

Coach – here’s a new zone offense you can teach if you feel like you need something new or different.

“3 out”

Figure 1

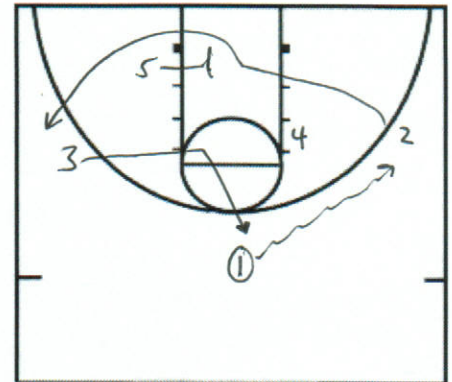


Figure 1:

- 1 dribbles player 2 through
- 5 sets a back screen on the help side forward in the zone
- Player 3 replaces 1

Figure 2

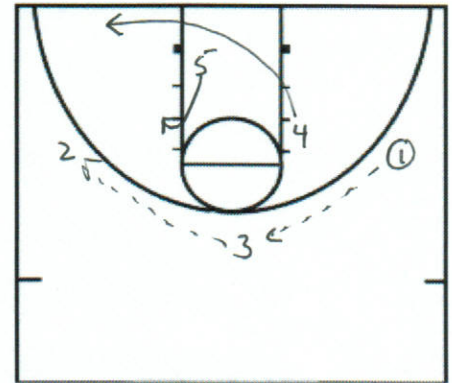


Figure 2:

- Ball swings to player 2
- 5 slips up to the mid-post
- 4 cuts through to the short corner

Figure 3

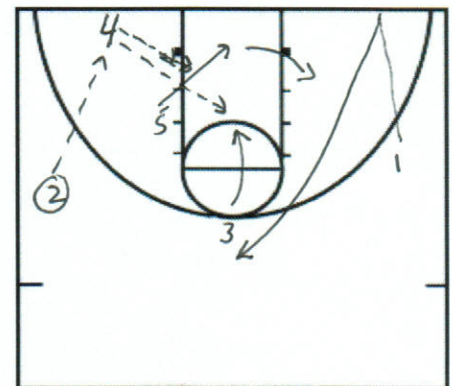


Figure 3:

- On the pass from 2 to 4,
- 1 sprints to the corner
- 5 cuts to the front of the rim looking for a pass
- 3 follows 5 looking to be open just below the FT line
- 1 must sprint again to the top of the key

Figure 4

- If 5 and 3 are not open then 4 passes to 1.
- 3 fills the opposite wing
- Only pass to 2, if 2 is open for a shot

Figure 4

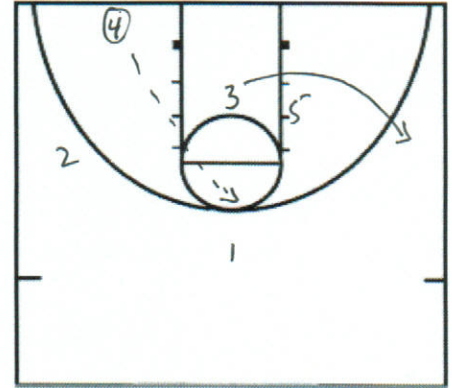


Figure 5:

Back to the beginning – now run it to the right side

- 1 passes to 3
- 5 cuts to the short corner
- 4 flashes into the lane and continues to the mid-post

Figure 5

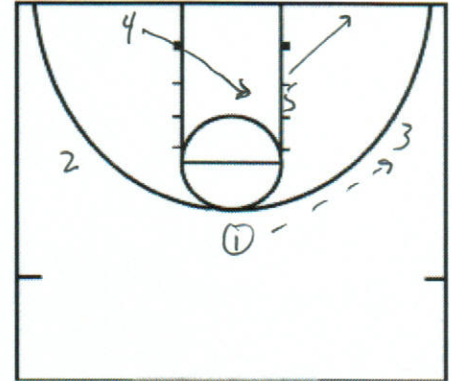


Figure 6:

- On 3's pass to the short corner,
- 2 sprints to the corner
- 4 cuts to the rim
- 1 cuts after 4

Figure 6

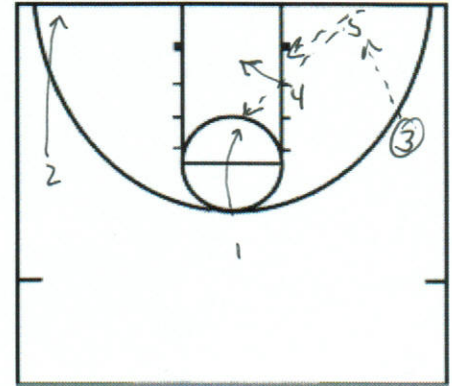
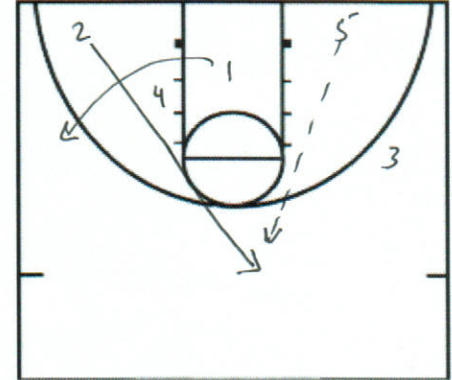


Figure 7:

- 2 sprints back up to the top
- 1 fills the wing (basically running a little circle cut)

Figure 7



Segment 3 Team Offense – Beating the full court man to man press

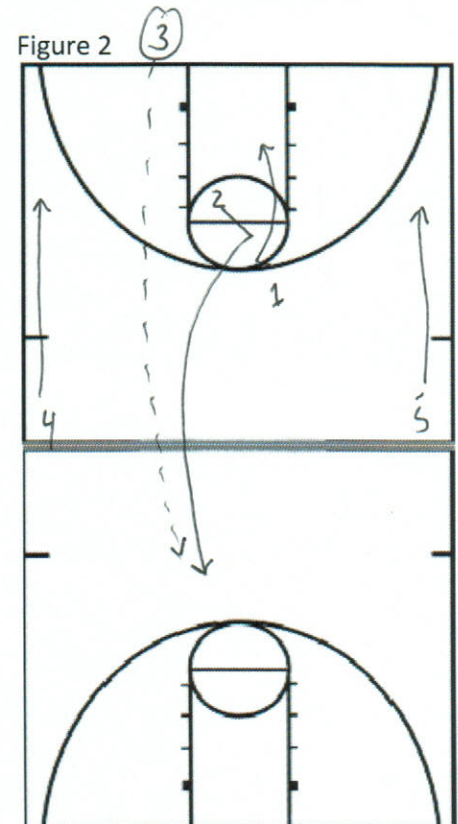
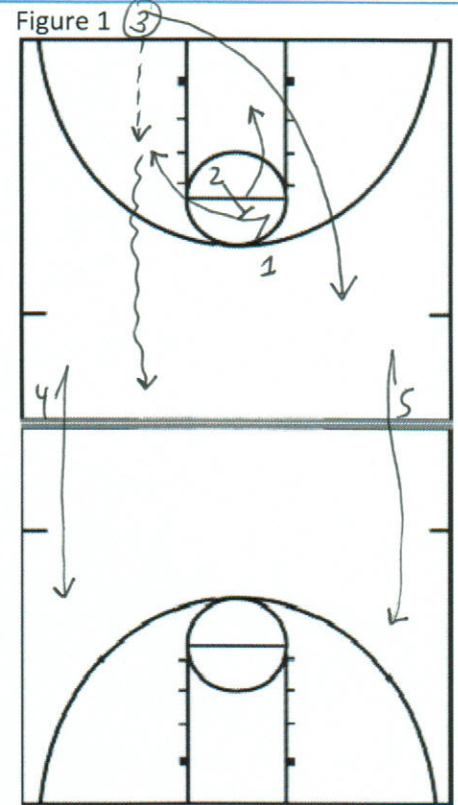
Figure 1 “Press Breaker”

All these positions are interchangeable. This diagram assumes that 1 is your designated ball handler.

- 3 inbounds the ball after a made shot or dead ball.
- 2 screens for 1, cutting to the ball. Always come meet the pass.
- 2 also looks to get to an area to get open for an inbound pass.
- 5 and 4 set up at half court and only come back if necessary. Make a silent count to 3 and then sprint to ball if it has not been passed inbounds.
- Once the ball is inbounded clear out and let 1 (or another confident ball handler) bring the ball up the court.

Figure 2 “T-D”

- 2 fakes the screen for 1 and sprints long for a baseball pass.
- 5 and 4 don’t delay-sprint towards the ball



Segment 4 5 on 5 half court scrimmage vs. 2-3 zone defense

Work on your zone offense or have the players try and run the new "3 out" zone offense you just taught.

If you need to add some plays to try and score vs. various defenses here are a couple to consider.

Zone Out of Bounds Play

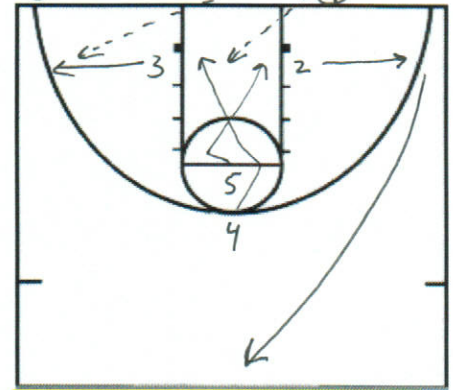
Figure 1 "Wide"

- 2 and 3 are on the low blocks, and
- 4 and 5 are stacked up at the free throw line
- On call or slap of ball 2 and 3 break out to the corners, and
- 4 and 5 dive to the low blocks

Note – cuts should all happen at once.

Opposite corner is usually open or the opposite low block.

Figure 1



*make sure non shooting corner is getting back on defense if a quick corner shot is taken.

Side Out of Bounds Play vs. Man or Zone

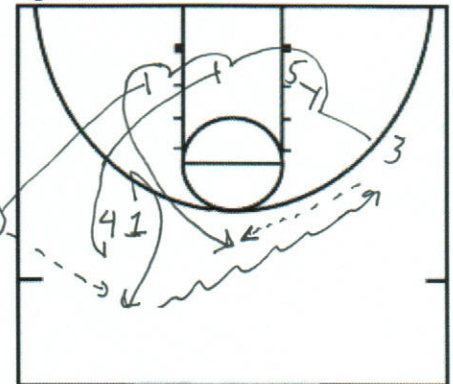
Figure 2 "Triple"

- 4 and 1 are stacked (4 in front)
- 5 is on the opposite low block
- Pass is made to 1 who dribbles at the 3 the shooter on this play
- 5, 4 and 2 all set a staggered triple screen for 3

Note: this play could also be run full court with at least 10 left to play as a last second shot.

1. Review learned skills -
2. Distribute practice card & green practice stars
3. Remind players and parents of next practice / game

Figure 2



Post Practice Meeting

Note: As you conduct your post practice huddle with players and parents, hand out the Upward Sports Gospel Card and explain it to the parents.