CCHS Basketball Practice Plan

# Time: 1.5 hours Date: Announcements:

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| 0:00 – 0:10 | Warm-up, Ball Handling, Passing Drills | Warm-up  [Dynamic Warm-up](https://www.youtube.com/watch?v=r1JcU3V4iko)  Ball Handling  [Static Dribbling Warm-up Sequence](https://www.youtube.com/watch?v=z0xQYIU-NME)  [Cross-court Dribbling Sequence](https://www.youtube.com/watch?v=JRVa4O1lfCY)  Passing Drills (Choose 1-2):  [Pepper Passing](https://www.youtube.com/watch?v=UbJ0FwKbqzI)  [Pass and Follow](https://www.youtube.com/watch?v=RBWji5ioGkE&spfreload=1)  [4 Corner Passing](https://www.youtube.com/watch?v=-aG7JrkPLvE)  [Pressure Passing](https://www.youtube.com/watch?v=hi0Otjcig7g&list=PLDNTt0oR3emMo23pkZesF_JQAmmlNbAMf&index=23) |
| 0:10 – 0:20 | Shooting Drills/Full Court Drills | [Teaching the Basketball Shot](https://www.youtube.com/watch?v=MbOV5QybNIQ)  Shooting Drills (Choose 2-3):  [Rainbow Shooting Drill](https://www.youtube.com/watch?v=ytcHu8576_E)  [Square-up Shooting](https://www.youtube.com/watch?v=Jb45s7PEmQw)  [3 Player Shooting Drill](https://www.youtube.com/watch?v=EscAmoZEEKg&index=26&list=PLDNTt0oR3emMo23pkZesF_JQAmmlNbAMf)  [2 Pass Layups](https://www.youtube.com/watch?v=mUyMYnGXKgk)  [Square Up Layups](https://www.youtube.com/watch?v=KV0L45xelkE)  [Rebound, Outlet, Lay-up](https://www.youtube.com/watch?v=dtT0BzjTStw) then [Rebound, Outlet, Jump-Shot](https://www.youtube.com/watch?v=cDbb-TQd-R0&list=PLDNTt0oR3emOydumGjckKI1je8gDL9wSR&index=17) |
| 0:20 – 0:25 | Water Break | Shoot 2 sets of 2 foul shots with a partner, then water break |
| 0:25 – 0:40 | Defensive Drills | Defensive Fundamentals:  [Teaching Defensive Stance and Slide](https://www.youtube.com/watch?v=5NEK_4x02-o)  [Guarding the Ball](https://www.youtube.com/watch?v=LuCTph5wl6s)  Basic Defensive Drills:  [Close-out Drill](https://www.youtube.com/watch?v=_FUg6od0Fac)  [Defensive Slides](https://www.youtube.com/watch?v=rF7SdFpOQs8) then [Zig-Zag Drill](https://www.youtube.com/watch?v=CqsRdcSAkkI) with partner  Man to Man Defense:  [5 on 5 Helpside Defense Shell Drill](https://www.youtube.com/watch?v=ES7MVSegkSs)  Zone Defense:  [2-3 Zone Defense](https://www.youtube.com/watch?v=6yd14RuUbe8) |
| 0:40 – 0:55 | Offensive Drills | Moving without the ball:  [How to Get Open (V-cut)](https://www.youtube.com/watch?v=0WxRqI_cjcs)  [How to Set a Screen](https://www.youtube.com/watch?v=SxyKF2gwkMI)  Basic 3-2 Motion Offense Principles:  Off Ball Screens: [5-0 Screen-down, Screen away](https://www.youtube.com/watch?v=-EAbtfxuAxs&index=7&list=PLDNTt0oR3emN-LaoysM3F9nxf7gNJghmS)  On Ball Screens: [Top Pick and Roll](https://www.youtube.com/watch?v=u0Zgn5nCE-A&list=PLDNTt0oR3emN-LaoysM3F9nxf7gNJghmS&index=22) [Side Pick and Roll](https://www.youtube.com/watch?v=sDoHdxqnozE&index=23&list=PLDNTt0oR3emN-LaoysM3F9nxf7gNJghmS) |
| 0:55 – 1:00 | Water Break | Shoot 2 sets of 2 foul shots with a partner, then water break |
| 1:00 – 1:10 | In Bounds Plays | Against a Man to Man Defense:  [Box 1](https://www.youtube.com/watch?v=p4w3_I2xRjI) |
| 1:10 – 1:20 | **Press/Press Break** | Full Court Press:  [1-2-1-1 Press](https://www.youtube.com/watch?v=moWEIbMU42M)  Simple Press Break:  [1-2-2 Press Break](https://www.youtube.com/watch?v=OznOJwtR0O0) |
| 1:20 – 1:30 | Controlled Scrimmage | Half Court 5 on 5 (give each team 5 chances to score, then switch)  Half Court 3 on 3  Full Court Scrimmage |

#### Additional Instructions: