



# Little Tigers Basketball



## Practice Plan

Week of 12/1

Practice 1									
Dynamic Warmups	Ballhandling Skills	Form Shooting	Shooting	Defense	Dribbling	Passing	Shooting	Team work	
High Knees	Ball Slaps	Stance	Layups	Zig Zag (no dribbler)	Stationary	Partners	Partners	Motion offense	
Cherry Pickers	Around the world	Balance	2 Lines	Stagger cones, work on good stance, drop step at each cone & slide to the next cone staying low keeping hands out. Always staying between your man & the goal	R & L working on pounding the ball under control.	Chest & bounce pass	Spot Shooting (5 Mins)	Point, 2 wings, 2 low blocks. Wings down screen, low blocks pop out. Pass to a wing then point screens away opposite low block of ball & that low block fills the point. If wing doesn't have a shot or pass to low block then he passes back to the point & start over with wing down screens.	
Defensive Slides	around both legs, waist & head	Shooting Pocket			Zig Zag (w/defense) Not a race; work on crossovers keeping dribble low & quick. Defense no steals but work on making the ball change directions & cutting them off at each cone. Defense beat them to the cone (side line).	add in a defender between passers & work on the step thru pass around the defender. Defender is going back & forth working hard staying low with hands in the passing lane. Go hard for 30 secs then rotate.	Catch & shoot		
Killers (sucides)	Ball tips	Follow thru							1 line on each wing; all balls in 1 line. Opposite ball side V cut towards low block to loose defender then cut towards ball. Catch a bounce pass from the wing in the lane, pivot, jump shot, follow your shot to rebound & rotate
	hold the ball above your head then tap back/forth between finger tips								
:05-10	:10-:15	:15-20	:20-25	:25-30	:30-40	:40-50	:50-00		
5 mins	5 mins	5 mins	5 mins	5 mins	10 mins	10 mins	10 mins		
Practice 2									
Dynamic Warmups	Ballhandling Skills	Form Shooting	Shooting	Defense	Dribbling	Box Outs	Shooting	Team work	
Lunges	Ball Slaps	Stance	Layups	Jitter bug (2 mins)	Stationary (K-3rd)	Partners	Partners	Motion offense	
Butt kicks	Ball tips	Balance	2 Lines	rapid fire of feet & keeping good stance	R & L working on pounding the ball under control.	3 groups (1 each low block & 1 in lane) with offense/defense. Coach shoots the ball & defense has to box out & get 2 rebounds then rotate off/def.	Spot Shooting (5 Mins)	Described above	
Cherry Pickers	hold the ball above your head then tap back/forth between finger tips	Shooting Pocket		Close outs (8 mins) 2 lines (1 each side of basket). 1 player at the wing & 1 under basket at low block. Ball under basket & passes out to the wing then closes out with a banana type cut forcing ball towards baseline then play 1 on 1 (stutter step on closeout)	Zig Zag (w/defense) Not a race; work on crossovers keeping dribble low & quick. Defense no steals but work on making the ball change directions & cutting them off at each cone. Defense beat them to the cone (side line).		Catch & shoot		
Defensive Slides	Figure 8 between legs	Follow thru						1 line on each wing; all balls in 1 line. Opposite ball side V cut towards low block to loose defender then cut towards ball. Catch a bounce pass from the wing in the lane, pivot, jump shot, follow your shot to rebound & rotate	
:05-10	:10-:15	:15-20	:20-25	:25-30	:30-40	:40-50	:50-00		
5 mins	5 mins	5 mins	5 mins	10 mins	10 mins	10 mins	10 mins		