Little Tigers Basketball

Practice Plan

Dynamic Warmups	Ballhandling Skills	Form Shooting	Shooting	Defense	Dribbling	Passing	Shooting	Team work
. High Knees	. Ball Slaps	Stance	Layups	Jitter bug	. Stationary	. Partners	. Spot Shooting	
. Cherry Pickers	. Around the world	Balance	2 Lines	rapid fire of feet & keeping good stance	R & L working on pounding the ball	Technic	. Catch & shoot	
. Sprints	. Around each Leg	Shooting Pocket				Slide/pass down & back		
. Defensive Slides		Follow thru			. Zig Zag in cones			
					Older ages work on cross overs & hesitation			
: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	