



# Little Tigers Basketball

## Practice Plan



Week of 12/8

Dynamic Warmups	Form Shooting	Shooting	Defense	Shooting	Setting Screens	Box Outs	Team work
<ul style="list-style-type: none"> <li>. High Knees</li> <li>. Cherry Pickers</li> <li>. Defensive Slides</li> <li>. Killers (sucides)</li> </ul>	<ul style="list-style-type: none"> <li>. Stance</li> <li>. Balance</li> <li>. Shooting Pocket</li> <li>. Follow thru</li> </ul>	<ul style="list-style-type: none"> <li>. Layups</li> <li style="padding-left: 20px;">2 Lines</li> </ul>	<ul style="list-style-type: none"> <li>. Denial &amp; 1 on 1</li> <li style="padding-left: 20px;">Coach w/ ball at top of key then offense/defense at low block (right side).</li> <li style="padding-left: 20px;">Offense trying to get open stay on right side of goal. Defense working on denying the pass at the wing from the coach.</li> <li style="padding-left: 20px;">Once offense catches pass then it's 1 on 1 half court.</li> </ul>	<ul style="list-style-type: none"> <li>. Partners</li> <li style="padding-left: 20px;">Spot Shooting. Work on catching with knees bent &amp; ready in shooting position</li> </ul>	<ul style="list-style-type: none"> <li>. 2 Lines w/Off &amp; Def</li> <li style="padding-left: 20px;">Top of key &amp; wing. Wing screens for plyr at top of key. Work on proper stance for screen with wide base not moving feet. Offense at top of key set up your defense for the screen then come off screen shoulder to shoulder. The defense for the screener needs to work on stepping over &amp; helping off the screen to stop the ball then recovering back to your man. <b>No Switching</b></li> </ul>	<ul style="list-style-type: none"> <li>. Partners</li> <li style="padding-left: 20px;">3 groups (1 each low block &amp; 1 in lane) with offense/defense. Coach shoots the ball &amp; defense has to box out &amp; get 2 rebounds then rotate off/def.</li> </ul>	<ul style="list-style-type: none"> <li>. Motion offense</li> <li>. Out of Bounds Plays</li> </ul>
:05-10	:10-:15	:15-20	:20-30	:30-35	:35-45	:45-50	
5 mins	5 mins	5 mins	10 mins	5 mins	10 mins	5 mins	

Dynamic Warmups	Form Shooting	Shooting	Dribbling	Defense	Shooting	Passing	Team work
<ul style="list-style-type: none"> <li>. Lunges</li> <li>. Butt kicks</li> <li>. Cherry Pickers</li> <li>. Defensive Slides</li> </ul>	<ul style="list-style-type: none"> <li>. Stance</li> <li>. Balance</li> <li>. Shooting Pocket</li> <li>. Follow thru</li> </ul>	<ul style="list-style-type: none"> <li>. Layups</li> <li style="padding-left: 20px;">2 Lines</li> </ul>	<ul style="list-style-type: none"> <li>. Stationary (K-3rd)</li> <li style="padding-left: 20px;">R &amp; L working on pounding the ball under control.</li> <li>. Zig Zag (w/defense)</li> <li style="padding-left: 20px;">Not a race; work on crossovers keeping dribble low &amp; quick.</li> <li style="padding-left: 20px;">Defense no steals but work on making the ball change directions &amp; cutting them off at each cone. Defense beat them to the cone (side line).</li> </ul>	<ul style="list-style-type: none"> <li>. Shell Drill</li> <li style="padding-left: 20px;">5 defenders (top, each wing &amp; baseline both sides). Work on proper rotations, denial if 1 pass away &amp; help side if 2 passes away. Help side is in the middle of lane staying low enough to see the ball &amp; your man without turning the defenders head. Offense work the ball around, defense work on rotations &amp; helping off penetration</li> </ul>	<ul style="list-style-type: none"> <li>. Partners</li> <li style="padding-left: 20px;">Spot Shooting (5 Mins)</li> <li>. Catch &amp; shoot</li> <li style="padding-left: 20px;">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 &amp; rotate</li> </ul>	<ul style="list-style-type: none"> <li>. Partners</li> <li style="padding-left: 20px;">Chest &amp; bounce pass</li> </ul>	<ul style="list-style-type: none"> <li>. Motion offense</li> <li>. Out of Bounds Plays</li> </ul>
:05-10	:10-:15	:15-20	:20-25	:25-40	:40-50	:50-55	
5 mins	5 mins	5 mins	5 mins	15 mins	10 mins	5 mins	