

Week 6

Warm-Up (5 minutes)

Players take and follow their shots. Players with the ball shoot for 20, 30, or 45 seconds. They shoot, rebound, and shoot again. Players are limited to three dribbles before their next shot. They keep track of how many shots they make during the timed interval. (See figure on page 120.)

PURPOSE

To attack the basket through the give-and-go.

Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams
- Two cones

Fitness Circle (5 minutes)

Key Idea: Safety

Gather the team into a group. Gently tap your head with your fist. “Is my head hard or soft? Right—it’s hard because my skull is hard. It’s made out of bone. Raise your hand if you think bones can break. Right—we all know that bones can break. That’s why we want to control our bodies and protect ourselves when we’re playing basketball.”

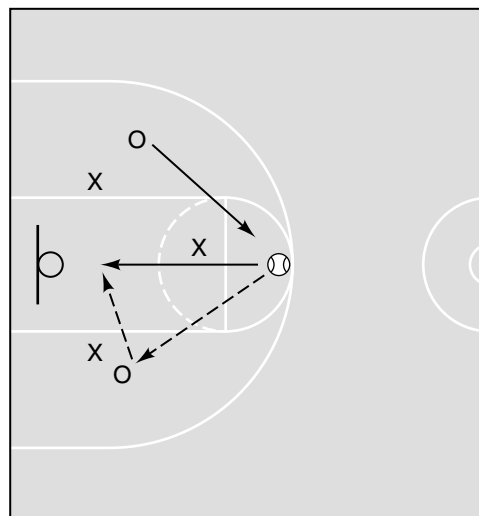
Game 1 (10 minutes)

Goal

Players will pass and cut to the basket, looking for return passes and good shots.

Description

Play 3 v 3 half-court games. Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they’re open. If they receive the ball as they’re cutting to the basket, they shoot.



Week 6

Coach: What was the goal of the game?

Players: To pass and cut; to present target if open.

Coach: What happened when you were able to get open?

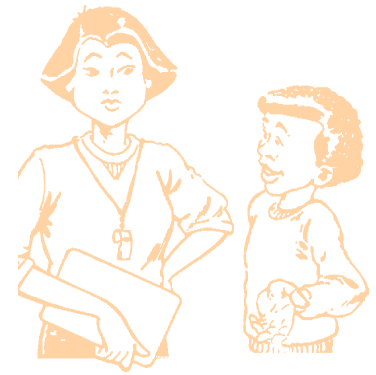
Players: Ball was returned and shot was attempted.

Coach: How did you get open?

Players: Used a ball fake, ran ahead of defender, kept body between defender and ball on way to basket.

Coach: What did the other offensive player do to create an open lane for you to attack the basket?

Players: Moved out of the lane.

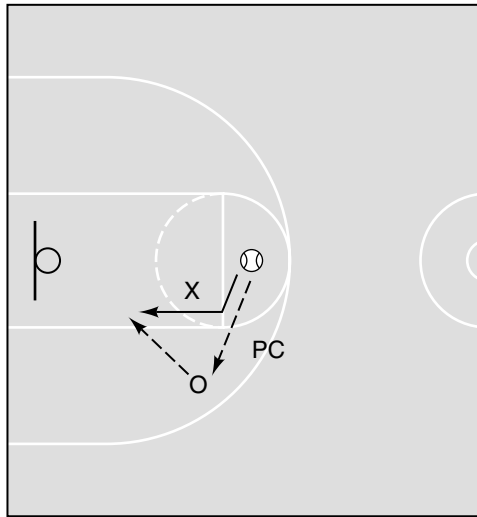


Skill Practice 1 (10 minutes)

1. Introduce, demonstrate, and explain how to execute a *give-and-go* (see pages 240–241).
2. Practice the give-and-go.

Description

Play 2 v 1 half-court games with cooperative to active defenders. Another player serves as coach. The offense practices the give-and-go three times, using L-cuts or V-cuts toward the basket; then players rotate. (The defender goes to offense; one of the offensive players becomes the coach.)



Skill Practice 2 (10 minutes)

Description

Play 2 v 2 games with active to competitive defenders. Two other players serve as coaches. The offense practices the give-and-go three times; then players rotate. (The offense becomes the defense; the defense becomes the coaches; the coaches become the offense.) (See figure at the bottom of page 124.)



"Pass and cut!"

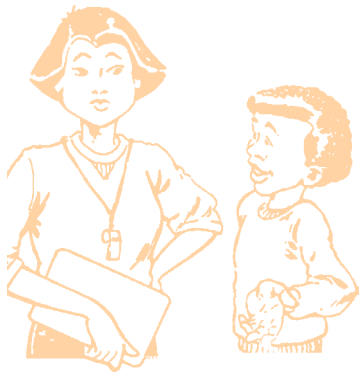
"Target hand!"

"Keep the defender behind you!"



👉 Emphasize that a give-and-go works from all positions on the court.

👉 Make sure players cut away from the ball and toward the basket.



Coach: What did you do to complete the give-and-go when there was competitive defense?

Players: Used more fakes. Dribbled to create passing lanes. Got open to support player with the ball.

Game 2 (10 minutes)

Same as Game 1, except play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense.

Team Circle (5 minutes)

Key Idea: Caring

Gather the team into a group near two cones 10 feet apart. Discuss examples of good play during a game. Have the players assist in providing examples. "We talked about some examples of good plays. Raise your hand if you think it's a good idea to tell other players they made a good play. Do you think it's a good idea to tell opponents they have made a good play? If you think it is, stand at this cone. If you think you should tell just your teammates they made a good play, stand at this cone." All players should vote. Ask why players voted the way they did. "Telling other players, both teammates and opponents, that they have made a good play shows you care. It is an important value to show others."

Wrap-Up

Make summary comments about practice and give reminders for the next game.



Week 7

Warm-Up (10 minutes)

Players in pairs play “Around the World.” Spots are marked in an arc around the basket, about 5 to 8 feet out. Shooters follow a set pattern. The first player shoots from spot #1; if the shot is good, the player moves to spot #2. The player continues until he or she misses a shot. On a missed shot, the shooter may elect to stay there until his or her next turn, or “chance it.” This gives the player another shot immediately, but if the shooter misses, he or she goes back to the beginning. A made chance allows the shooter to skip the next spot. (See figure on page 102.)

Fitness Circle (5 minutes)

Key Idea: Training and conditioning

Gather the team into a single-file line. Players will run two distances, one longer than the other. Have the team run the shorter distance first and come back to the starting spot. Then have the team run the longer distance. “Do your muscles feel tired? Running farther, especially if you’re a little bit tired, is called *overloading* the muscles. Running a longer distance adds more for the muscles to do. It’s training the muscles to make them stronger and able to move longer before getting tired the next time you play.

You’ll get stronger and have more endurance every time you overload the muscles.”

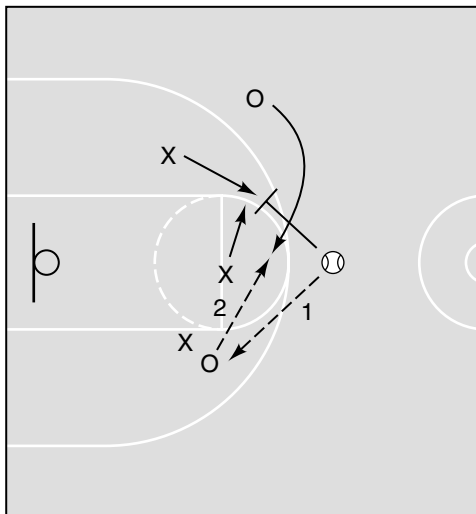
Game 1 (10 minutes)

Goal

The ball handler tries to use teammates’ positioning to lose his or her opponent and attack the basket.

Description

Play 3 v 3 half-court games. Have different players restart plays. Give one extra point for a basket scored off a screen. Players call their own fouls.

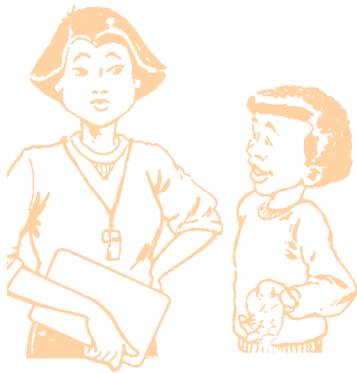


PURPOSE

To create space in the attack by setting screens.

Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams



Coach: What were you trying to do in the game?

Players: Use teammates' positioning to lose opponent and attack the basket.

Coach: Why is the teammates' positioning important?

Players: To create an open shot for the player with the ball.

Coach: What would be a good body position for the player trying to free his or her teammate?

Players: Wide base, bent knees, arms across body to protect self.

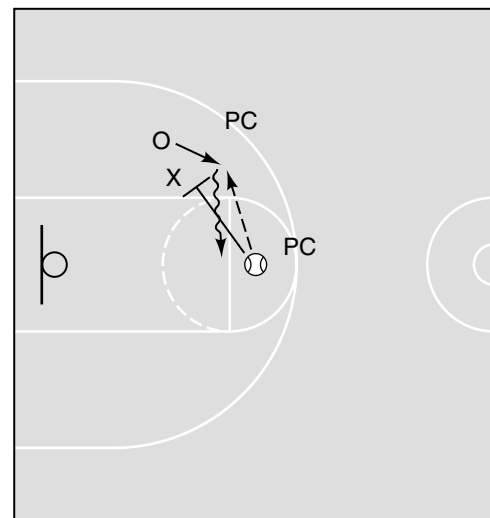
Skill Practice 1 (15 minutes)

1. Introduce, demonstrate, and explain how to *set screens* (see page 238).
2. Practice setting screens.

Description

Play 2 v 1 games with two other players acting as coaches.

Offensive players execute screens. The defensive player plays active defense. One coach will watch to see if the screen is set correctly; the other coach will watch to see if the ball handler uses the screen correctly. The goal is to execute a screen successfully three times in a row.



👉 Teach rules on traveling and double dribble (see page 278).

COACH'S cues



"Stand firm, straddle feet."

"Hands across chest ready to take impact."

"Roll toward basket or roll to a passing lane."

Week 7

Game 2 (15 minutes)

Goal

The offense attempts to screen the on-the-ball defender so the player with the ball can attack the basket.

Description

Play 3 v 1, 3 v 2, or 3 v 3 half-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Have a different player restart the play each possession. Give one extra point for a basket scored off a screen. Players call their own fouls. (See figure on page 166.)

Team Circle (5 minutes)

Key Idea: Respect

Gather the team into a group. “What are some examples of dangerous play for yourself or teammates during a practice or game?” Listen to responses—assess responses to identify whether they are or are not dangerous; discuss responses. Ask players to agree or disagree with responses—are they a good practice or not? They can raise their hand to agree. Discuss three examples. “It is important to have respect for your body and your teammates’ bodies. Practicing safe play is a way to do that.”

Wrap-Up

Make summary comments about practice and give reminders for the next game.



Week 8

Warm-Up (10 minutes)

PURPOSE

To defend space against screens.

Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams

Players play “21.” Two or more players are at the free-throw line. The first player shoots a free throw; a made free throw is worth two points. Players who make a free throw can then shoot a lay-up. A made lay-up is worth one point. If they make both the free throw and the lay-up they get to shoot again. Lay-ups cannot be shot until the first free throw is made. Once players have made one free throw, they always get to shoot the lay-up. Shooters who miss a free throw shoot a lay-up, and then the next player shoots. The winner is the first person to reach 21.

Fitness Circle (5 minutes)

Key Idea: Flexibility

Gather the team into a circle and choose a stretch for them to try. “When we’re stretching, should we feel anything?” Listen to their responses. “When I feel the slight pulling, what should I do? Bounce or hold the stretch? Raise your hand if you think bounce. Now raise your hand if you think hold. To get a good stretch, you should hold the stretch for 10 counts, then relax. If you feel the slight pulling go away, you can stretch a bit further. That tells you your muscles are getting more flexible. Be sure to practice proper stretching to improve your flexibility.”

Game 1 (10 minutes)

Goal

Offensive players will screen on-the-ball defenders so the player with the ball can attack the goal; defenders will effectively defend against the screen.

Description

Play 3 v 3 half-court games. The offense must make at least two passes before taking a shot. All shots must be within 5 feet of the basket. Have different players restart the play on each possession. Give an extra point for a basket scored off a screen. Give the defense a point for not allowing a shot. Players call their own fouls. (See figure on page 165.)

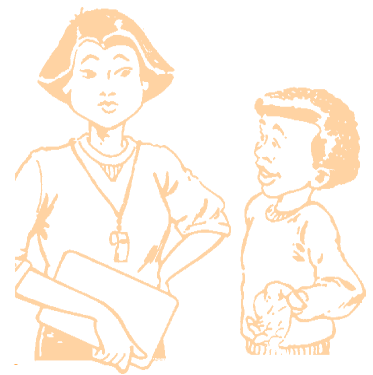
Week 8

Coach: What is the purpose of an on-the-ball screen?

Players: It allows the player with the ball to drive past the screener and lose the defender to set up a shot or a drive.

Coach: How can you get around the screen once it is set?

Players: Fight over the top (slide between the player setting the screen and the player you're guarding); duck behind the screener.

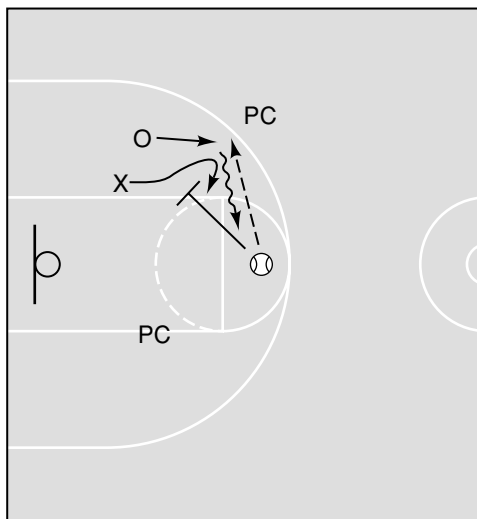


Skill Practice 1 (10 minutes)

1. Introduce, demonstrate, and explain how to *fight over the top of a screen* (see page 245).
2. Practice fighting over the top of screens.

Description

Play 2 v 2 games with a competitive defense. Offensive players execute screens; defenders being screened must fight over the top of screens, trying to keep the offense from shooting. Two player-coaches evaluate defenders' abilities to fight through screens.

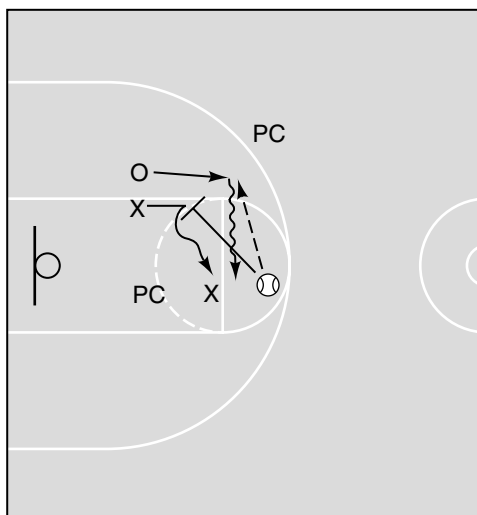



Skill Practice 2 (10 minutes)

1. Introduce, demonstrate, and explain how to *slide behind a screen* (see page 245).
2. Practice sliding behind screens.

Description

Play 2 v 2 games with a competitive defense. Offensive players execute screens; defenders being screened must duck behind the screens and stay with their opponents, trying to keep them from shooting. Two player-coaches evaluate defenders' abilities to slide behind screens.



 Perform the Skill Practice in slower motion, if necessary, to help players understand and perform the task.

COACH'S point

👉 Stop play and take advantage of "teachable moments."

COACH'S cues



"Stay with your opponent!"

"Talk! Let teammates know the screen is there."

"Stand away from the person setting the screen to allow your teammate to move around the pick."

Game 2 (10 minutes)

Repeat Game 1. Rotate players accordingly so that all players have a chance to play offense and defense.

Team Circle (5 minutes)

Key Idea: Caring

Gather the team into a group. "What are some examples of showing you care about your teammates?" Listen to responses. After each response, ask for an example of the same sign of caring that players could do outside of practice. Discuss the on-court and off-court examples at the same time, then ask for another response. "Those were all great ideas to show caring to your teammates. Have you seen someone else show an 'act of kindness' toward another teammate?" Discuss their responses. "It's important to show caring both on and off the court—that means during practice and outside of practice. Teams that show caring to each other play better together."

Wrap-Up

Make summary comments about practice and give reminders for the next game.



Week 9

Warm-Up (10 minutes)

Players play “21.” Two or more players are at the free-throw line. The first player shoots a free throw; a made free throw is worth two points. Players who make a free throw then shoot a lay-up. A made lay-up is worth one point. If they make both the free throw and the lay-up they get to shoot again. Lay-ups cannot be shot until the first free throw is made. Once players have made one free throw, they always get to shoot the lay-up. Shooters who miss a free throw shoot a lay-up, and then the next player shoots. The winner is the first person to reach 21.

Fitness Circle (5 minutes)

Key Idea: Training and conditioning

Gather the team into a group. “Do you think you should swim to get ready for basketball season? Raise your hand if you think swimming is a good way to prepare for basketball. Swimming is a good way to keep active in the off-season or other times when you don’t have basketball practice. To improve your basketball conditioning either before or during basketball season, it’s best to participate in skills you use in basketball.

That is called *specificity training* because it is specific to the sport. What are some of the training skills we should be using for basketball?” Listen to their responses. “Running, shooting, and dribbling would be the best.”

Game 1 (10 minutes)

Goal

Players will gain possession of the ball off the jump ball.

Description

Play 4 v 4 half-court games. After every basket use a jump ball to restart play. Players rotate, allowing each to jump. The team gaining possession of the jump ball continues offensive play until they score or the other team wins the ball. Players call their own fouls.

PURPOSE

To win the ball on jump balls.

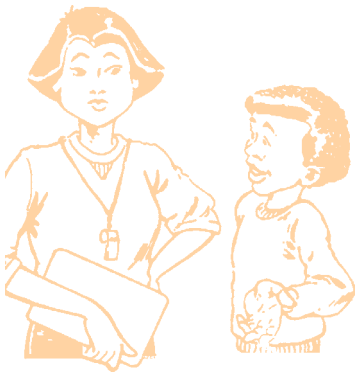
Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams



COACH'S
point

 Teach jump ball rules.



Coach: What did you and your teammates do to gain possession of the ball off the jump ball?

Players: Matched up with opponent on the jump ball circle.

Coach: If you knew your team would win the jump ball, how did you line up on the circle?

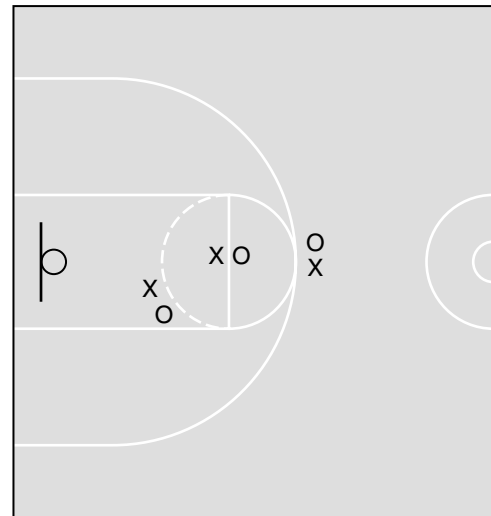
Players: Close to the basket so we could turn and score.

Coach: If you knew your team would lose the jump ball, how did you line up on the circle?

Players: Between opponents and their basket so we could defend the goal.

Skill Practice 1 (10 minutes)

1. Introduce, demonstrate, and explain how to maintain *defensive and offensive positioning for jump balls* (see page 244).
2. Practice positioning for jump balls.



Description

Play 3 v 3 half-court games using a tosser and a player-coach. The jump occurs in the offensive team's circle at the free-throw line; if the offense wins the jump, they try to score. Rotate offense and defenses after each jump ball. The defense tries to win the jump; barring that, they try to force the offense to make at least five passes before shooting.

COACH'S CUES



"Match up!"

"Position for defensive jump ball!"

"Drop back quickly!"

"Protect the basket!"

"Anticipate!"

Game 2 (10 minutes)

Repeat Game 1, except use either a short or full court.

Team Circle (5 minutes)

Key Idea: Responsibility

Gather the team into a circle. "I want everyone to think of one thing that you, personally, can improve in your basketball play that can make you a better player. I will go around the circle; when it is your turn tell everyone what you think you can work on." Go to each player one at a time; assist them, if necessary. Allow players the option to pass their turn. "It is important to look at your own game to see where you can improve. Improving your own game is your responsibility. We can't get better as a team unless each individual tries to improve."

Wrap-Up

Make summary comments about practice and give reminders for the next game.



Week 10

Warm-Up (10 minutes)

Players play “5 × 4 Shooting”—a game that focuses on form shooting and footwork. Players must make five shots of each of the following:

- Feet square to the basket, one to two feet from the basket, right and left side of the basket (five shots total here)
- Shoulders at 90 degrees to the basket; pivot off the left foot, square shoulders to basket, and shoot
- Same as above but pivot off the right foot
- Toss the ball from the free-throw line, use a two-foot jump stop about 5 to 8 feet from the basket, and shoot

COACH'S cue



“Toes of pivot foot nailed to the floor!”

PURPOSE

To create space in the attack by using off-the-ball screens.

Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams
- Two cones

Fitness Circle (5 minutes)

Key Idea: Healthy habits

Gather the team into a group near two cones about 10 feet apart. Show a pyramid shape with your hands and fingers put together. “This is a pyramid. Does anyone know what the food pyramid is? We use the food pyramid to remind us how to eat well. The bottom of the pyramid has foods like carbohydrates (breads, cereals, rice) and fruits and vegetables; these should be eaten in greater amounts. The top of the pyramid has high-fat and sweeter foods such as fried foods, cake, and chips; these we should eat in smaller amounts.

Tell me a snack and run to this cone if it is a bottom-of-the-pyramid snack or to the other cone if it is a top-of-the-pyramid snack. It’s important to eat foods that give you energy for playing basketball. Bottom-of-the-pyramid foods give you more energy to play basketball and are much healthier.”

Week 10

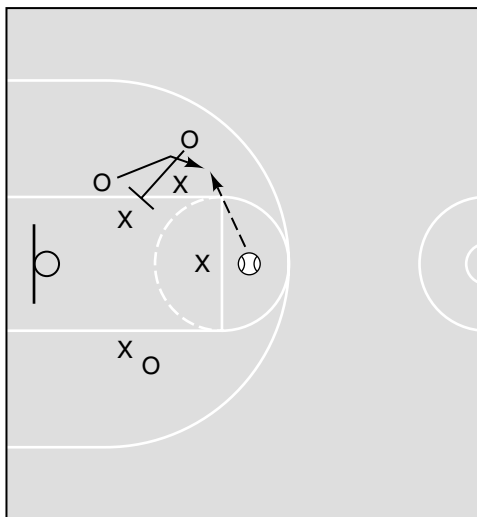
Game 1 (10 minutes)

Goal

The offense attempts to screen off-the-ball defenders so their offensive teammates can move to support the ball handler.

Description

Play 4 v 4 half-court games. Have different team members restart the play on each possession. Give an extra point for each basket scored off a screen. Players call their own fouls.



Coach: How did you use the off-the-ball screen to free up your teammate?

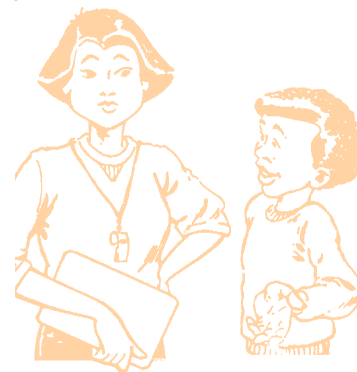
Players: By setting a pick or screen on the defender, same as on-the-ball.

Coach: How did you know where to set the screen?

Players: By setting screen so teammate can get open to receive a pass, depending on where a passing lane can be opened; facing away from the direction teammate needs to run.

Coach: How should you move to best use the screen?

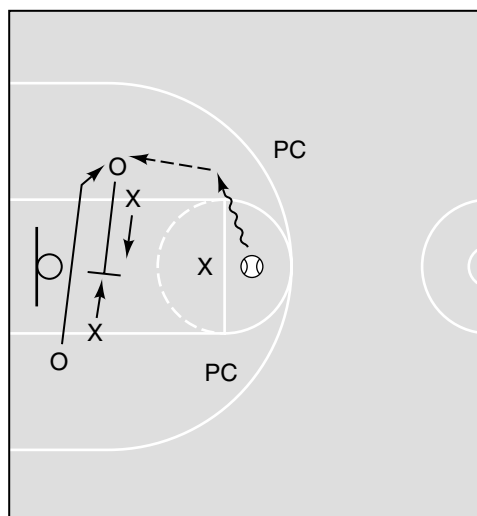
Players: Cut toward the screen, brushing or nearly brushing shoulders as you pass the pick or screen.



Skill Practice 1 (15 minutes)

Description

Play 3 v 3 half-court games; two players act as coaches, one watching the offense, the other, the defense. The offensive screens off the ball.



COACH'S cues



"Anticipate ball movement!"

"Screen so the player can move to the ball or to the basket."

"Brush shoulders so the defender can't get through the screen."

Game 2 (15 minutes)

Goal

The offense attempts to screen off-the-ball defenders so their offensive teammates can move to support the ball handler.

Description

Play 4 v 1, 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill level of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Have different team members restart the play on each possession. Give an extra point for each basket scored off a screen. Players call their own fouls. (See figure at the top of page 175.)

Team Circle (5 minutes)

Key Idea: Honesty

Gather the team into a circle. "I want you to think back to our last practice. Remember talking about improving our games? Each player said one thing they could improve on in their game. Tell me how many of you feel you have tried to improve your game from the last practice." Call on players to tell what they did to try to improve. "All good players look honestly at themselves and how they are playing to see where they can improve their game. It's important to be honest with yourself about how you're playing; you don't need to feel bad about needing to improve your skills. The more you improve individually, the more you contribute to the team."

Wrap-Up

Make summary comments about practice and give reminders for the next game.



Week 11

Warm-Up (10 minutes)

Players play “5 × 4 Shooting”—a game that focuses players on form shooting and footwork. Players must make five shots of each of the following:

- Feet square to the basket, one to two feet from the basket, right and left side of the basket (five shots total here)
- Shoulders at 90 degrees to the basket; pivot off the left foot, square shoulders to basket, and shoot
- Same as above but pivot off the right foot
- Toss the ball from the free-throw line, use a two-foot jump stop about 5 to 8 feet from the basket, and shoot

Fitness Circle (5 minutes)

Key Idea: Healthy habits

Gather the team into a group near two cones about 10 feet apart. Tell team that one cone represents good health habits and the other poor health habits. “Give me examples of some daily habits. If you think it’s a healthy habit, stand at this cone. If you think it’s a poor health habit, stand at this cone.” Ask all players to participate. “It’s important to have all our habits be healthy habits every day. This helps your body stay healthy and helps you perform better in basketball.”

PURPOSE

To defend space by communicating and playing good defense.

Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams
- Two cones

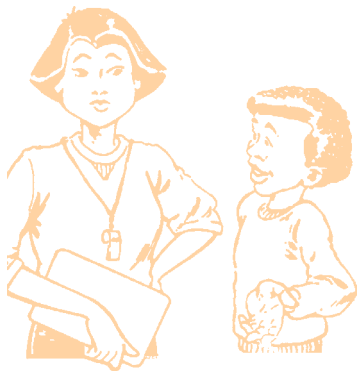
Game 1 (10 minutes)

Goal

The defense will play effective player-to-player, competitive defense to keep the offense from scoring.

Description

Play 4 v 4 half-court games. Players call their own fouls. Players can dribble only to drive to the basket. The offense uses screens to score and create passing lanes in the attack. (See figure at the top of page 175.)



Coach: How did you defend the offensive team?

Players: With player-to-player defense.

Coach: What are the advantages of player-to-player defense?

Players: All players are closely guarded, which increases the chance to win the ball; all defensive members know their responsibility.

Coach: What are the disadvantages of player-to-player defense?

Players: Defense can get spread out too far away from the basket; it's difficult to match players of equal ability.

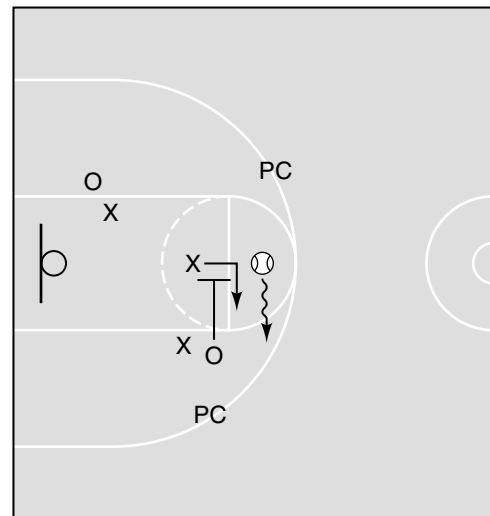
Coach: How can you help your teammates while in player-to-player defense?

Players: Let them know when a screen is being set; pick up the player when there's a scoring threat.

Skill Practice 1 (10 minutes)

Description

Play 3 v 3 games, using two player-coaches. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.



Skill Practice 2 (10 minutes)

Description

The same as Skill Practice 1, except the emphasis here is on off-the-ball screens.



"Call 'screen left' or 'screen right.'"
"Quick movements, jab steps and fakes."
"Stay between your player and the basket."

Game 2 (10 minutes)

Goal

The defense will try to keep the offense from scoring in 30 seconds.

Description

Play 2 v 3, 3 v 4, or 3 v 3 half-court games with two player-coaches. The offense sets both on-the-ball and off-the-ball screens. The player-coaches evaluate defenders' abilities in getting around screens. Rotate the coaches into the game after two minutes (four 30-second periods). (See figure on page 178.)

Team Circle (5 minutes)


Key Idea: Responsibility

Gather the team into a circle. Create two imaginary situations for the players. One is a game that they win and two players score the majority of the points. In the other situation the team loses in a shot given up by a player who has a defensive lapse. "In the first game, we won. Even though Kyle and Andrew scored most of the points, did you all contribute?" "Yes, we all contributed and won as a team." "In the next game, Willie let a player slip by him to score the winning basket. Is he responsible for the team's loss?" "No. We all are responsible for wins and losses. We win and lose as a team."

Wrap-Up

Make summary comments about practice and give reminders for the next game.



 Solid player-to-player defense is the foundation for all other facets of defense.



Week 12

Warm-Up (10 minutes)

Players play “5 × 4 Shooting”—a game that focuses players on form shooting and footwork. Players must make five shots of each of the following:

- Feet square to the basket, one to two feet from the basket, right and left side of the basket (five shots total here)
- Shoulders at 90 degrees to the basket; pivot off the left foot, square shoulders to basket, and shoot
- Same as above but pivot off the right foot
- Toss the ball from the free-throw line, use a two-foot jump stop about 5 to 8 feet from the basket, and shoot

PURPOSE

To use space in the attack by rolling off a screen toward the basket.

Equipment

- One basketball per two players, if possible
- Court space with three or four baskets
- Tape or markers
- Different colored vests or shirts to differentiate teams

Fitness Circle (5 minutes)

Key Idea: Training and conditioning

Gather the team into a group. “Everyone jog to the opposite basket and back. Do you remember your first days of practice and how you felt after running that distance?” Discuss their responses. “Think about running an even longer distance during the beginning of the season. Compare how you feel now that it’s the end of the season. Your bodies are conditioned from playing all season. Remember to stay active during the off-season. Play other sports or participate in other physical activities. If you don’t participate in physical activity after the season, all the training you did for your body will be lost. Your body will reverse its conditioning. This is called the *reversibility principle*—you use it or lose it!”

Week 12

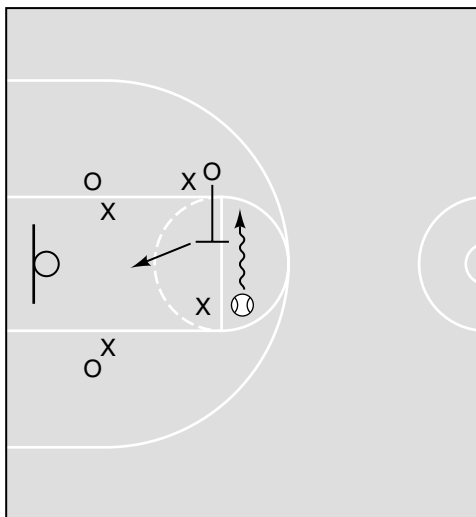
Game 1 (10 minutes)

Goal

The offensive player who sets a screen, either on or off the ball, cuts toward the basket.

Description

Play 4 v 4 half-court games. Have a different team member restart the play on each possession. Give an extra point for each basket scored off a screen. Players call their own fouls. The defense attempts to get around the screen and stay with the player cutting to the basket.



Coach: After you set the screen, what do you do?

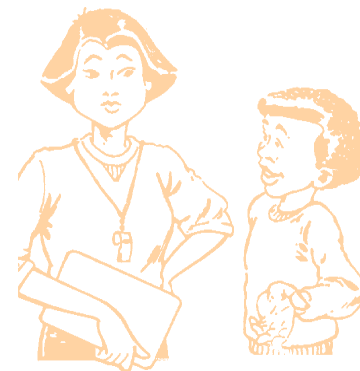
Players: Move toward the basket.

Coach: How did this movement create space in your attack?

Players: Created a passing lane, set up a potential high percentage shot (lay-up).

Coach: Which picks—high or low—provided more opportunities to shoot?

Players: High, because they allowed the player to roll away from defense and kept the defensive player from getting between offense and the basket.

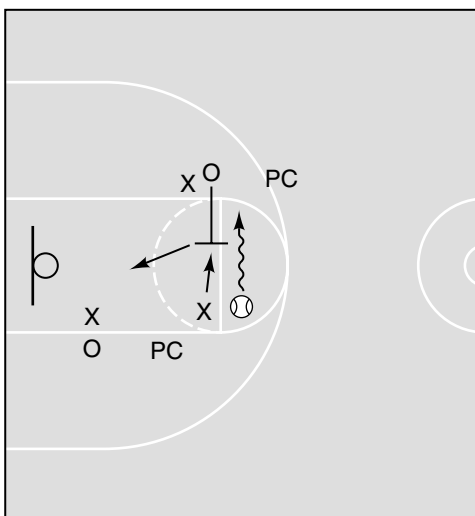


Skill Practice 1 (15 minutes)


1. Introduce, demonstrate, and explain how to execute a *pick-and-roll* (see page 242).
2. Practice pick-and-rolls.

Description

Play 3 v 3 half-court games with two player-coaches evaluating the effectiveness of the offensive players. The offense tries to score twice off a pick-and-roll and then switches to defense.





 Focus on the offensive performance.



"Open up to the ball when rolling to the basket!"

"Watch for the ball!"

"Show target hands!"

"Attack the basket quickly!"

Game 2 (15 minutes)

Same as Game 1, except play 4 v 1, 4 v 2, 4 v 3, or 4 v 4 games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense.

Team Circle (5 minutes)

Key Idea: Caring

Gather the team in groups of four or five players. Give each group a scenario in which one player makes a mistake. Direct them to problem-solve and decide as a group what would be a good response. Give them two minutes to discuss. Bring each group back as a team and discuss each group's decision. Have players agree or disagree with each group's response by raising their hands. "All of you have done a good job in problem solving. It is important to show you care about your teammates. You can do this by forgiving their mistakes."

Wrap-Up

Make summary comments about practice and give reminders about the final game.

