

CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP PROGRAM DESIGN MANUAL

Date: _____

Session: 1 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling	Crossover Ball Toss / Around The Waist	<ol style="list-style-type: none"> 1. <i>Slow Pace (Controlled)</i> 2. <i>Fast Pace</i> 3. <i>Lightning Speed Competition</i> 	10 min
<i>Alternate between drills after each set</i>			
3 Dribbling	1 Hand Dribble w/ Crossover	<ol style="list-style-type: none"> 1. <i>Slow Pace/ Looking at Ball</i> 2. <i>Fast Pace/ Looking up</i> 3. <i>Low Dribble</i> 	10 min
<i>Switch hands every 5-15 seconds based on ability of players for progressions 1-3</i>			
4 Passing	Chest Pass / Bounce Pass	<ol style="list-style-type: none"> 1. <i>Slow Pace (Controlled)</i> 2. <i>Fast Pace</i> 3. <i>Lightning Speed Competition</i> 	10 min
<i>Alternate between chest and bounce pass after each set</i>			
5 Shooting	Form Shooting (laying down)	<ol style="list-style-type: none"> 1. <i>Laying Down - 5 Ft. Height</i> 2. <i>Laying Down – 10 Ft. Height</i> 3. <i>Standing – No Basket</i> 	10 min
<i>Focus more on form than speed</i>			
6 Rebounding	Boxing Out	<ol style="list-style-type: none"> 1. <i>1 Step, then Turn into Box Out</i> 2. <i>10 Ft. Sprint into Box Out</i> 3. <i>10 Ft. Sprint into Box Out, then Jump for Rebound</i> 	10 min
<i>Coach yells shot for each repetition. Players alternate after each set.</i>			
7 Offense	Pass & Pick Away	<ol style="list-style-type: none"> 1. <i>Half Speed or Walk Through</i> 2. <i>Full Speed</i> 	10 min
<i>Alternate teams of 5 after each set</i>			
8 Defense			
9 Team	Offensive/ Defensive Sets	Offense: Set up 41, Teach Assignments Defense: Work on Man to Man Principles	25 min
<i>Offense focus on Spacing and Leave a spot: Fill a spot. Defense focus on man to man (stance, slide & closeout.)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



PROGRAM DESIGN MANUAL

Date: _____

Session: 2 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling	Around the Leg / Figure 8	<ol style="list-style-type: none"> 1. <i>Slow Pace</i> 2. <i>Fast Pace</i> 3. <i>Lightning Speed Competition</i> 	10 min
<i>Alternate between drills after each set</i>			
3 Dribbling	4 Corner Dribble	<ol style="list-style-type: none"> 1. <i>Slow Pace – Ball in Outside Hand</i> 2. <i>Fast Pace – Ball in Outside Hand</i> 3. <i>Fast Pace – Crossover at Corners</i> 	10 min
<i>Switch directions after each set.</i>			
4 Passing	Bounce Pass / Overhead Pass	<ol style="list-style-type: none"> 1. <i>Slow Pace</i> 2. <i>Fast Pace</i> 3. <i>Fake Pass, then Make Pass!</i> 	10 min
<i>Alternate between bounce and overhead pass after each set</i>			
5 Shooting	Form Shooting	<ol style="list-style-type: none"> 1. <i>Short Distance</i> 2. <i>Further Distance</i> 3. <i>Step into Shot</i> 	10 min
<i>Players stay in one line for 3 minutes. Rotate stations for the next set.</i>			
6 Rebounding	Bringing the Ball In	<ol style="list-style-type: none"> 1. <i>"Lob" to Player (No backboard)</i> 2. <i>Coach Toss – Use Backboard</i> 3. <i>Coach Toss – Add Box Out</i> 	10 min
<i>Switch sides when players complete 5 reps</i>			
7 Offense			
8 Defense	Shuffling	<ol style="list-style-type: none"> 1. <i>Slow Shuffle (focus on form)</i> 2. <i>Full Speed Shuffle</i> 3. <i>Reaction Shuffle (Coach's Signal)</i> 	10 min
<i>2 groups of players. Players shuffle to free throw line and back. Alternate after each set of 15 seconds.</i>			
9 Team	Offensive / Defensive Sets	Offense: Gaps Defense: Work on Zone Principles	25 min
<i>Offense focus on Finding gaps in the zone. Defense focus on Proper zone set up.</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



PROGRAM DESIGN MANUAL

Date: _____

Session: 3 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling	Cone Cutting Dribble (crossover)	<ol style="list-style-type: none"> 1. <i>Jogging Pace Cuts</i> 2. <i>Full Speed Cuts</i> 	10 min
<i>Next player should leave when person in front of them is halfway through the drill.</i>			
4 Passing	Chest pass	<ol style="list-style-type: none"> 1. <i>Lightning Speed Competition</i> 2. <i>Standing on 1 Foot</i> 3. <i>Add Side-to-Side Shuffle</i> 	10 min
<i>Alternate between chest and side bounce pass after each set</i>			
5 Shooting	Spot Shooting	<ol style="list-style-type: none"> 1. <i>Short Distance</i> 2. <i>Further Distance</i> 3. <i>Run into Shot</i> 	10 min
<i>Partners switch between shooter & rebounder after 30 seconds. Rotate shot location after each set.</i>			
6 Rebounding	Outlet Man	<ol style="list-style-type: none"> 1. <i>"Lob" to Player (No backboard)</i> 2. <i>Coach Toss – Use Backboard</i> 	10 min
<i>Players rotate from rebounder to outlet man to back of line.</i>			
7 Offense	Corners Pick Down	<ol style="list-style-type: none"> 1. <i>Half Speed or Walk Through</i> 2. <i>Full Speed</i> 3. <i>Work on "Setting up Picks"</i> 	10 min
<i>Alternate teams of 5 after each set</i>			
8 Defense			
9 Team	Offensive / Defensive Sets	Offense: Gaps, Teach out of bounds plays Defense: Work on Zone Principles	35 min
<i>Offense focus on Reversing the ball and make a play. Defense focus on zone – Deny the pass to the wing.</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



PROGRAM DESIGN MANUAL

Date: _____

Session: 4 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
HOMEWORK			
3 Dribbling	1 Hand Dribble w/ Crossover	<ol style="list-style-type: none"> 1. Jog to Cone and Crossover 2. Run to Cone and Crossover 	10 min
<i>Cones set up in a straight line – should be 4-5 cones across length of the court</i>			
4 Passing	Passing on the Move	<ol style="list-style-type: none"> 1. Drill Moves Slowly 2. Drill Moves at Faster Pace 3. Fake and Go 	10 min
<i>Switch passers every 5 passes</i>			
5 Shooting			
<i>Layups were completed in the passing exercise.</i>			
6 Rebounding	Boxing Out (free throw)		10 min
<i>Each player shoots 2 shots. Alternate offense and defense each time.</i>			
7 Offense	Ball Screen	<ol style="list-style-type: none"> 1. Half Speed or Walk Through 2. Full Speed 3. Add "Roll" for P2 	10 min
<i>Alternate teams of 4 after each set</i>			
8 Defense	Forcing to a Side	<ol style="list-style-type: none"> 1. Slow Shuffle (focus on form) 2. Full Speed Shuffle 3. Reaction Shuffle (Coach's Signal) 	10 min
<i>When player gets to the 3rd cone the next player in line can go.</i>			
9 Team	Offensive / Defensive Sets	Offense: 41, Practice out of bounds plays Defense: Work on Man to Man Principles	35 min
<i>Offense focus on Catch and Think Score. Defense focus on man to man (denial & help side defense)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP **PROGRAM DESIGN MANUAL**

Date: _____

Session: 5 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling	Crossover Ball Toss / Around the Waist	<ol style="list-style-type: none"> Fast Pace Add Walking 	10 min
<i>Alternate between drills after each set</i>			
3 Dribbling			
<i>Homework</i>			
4 Passing	Chest Pass / Bounce Pass	<ol style="list-style-type: none"> (Chest) Stand on 1 Foot (Bounce) Fake, then Pass (Bounce) Add Defender 	10 min
<i>Alternate between chest and bounce pass after each set.</i>			
5 Shooting	Layups	Fast Approach/ Start at Half Court	10 min
<i>After 5 minutes repeat the layup line on the opposite side.</i>			
6 Rebounding	Bringing the Ball In	<ol style="list-style-type: none"> Coach Toss – Use Backboard Coach Toss – Add Box Out Coach Toss – Box Out /Outlet Pass 	10 min
<i>Switch sides when players complete 5 reps.</i>			
7 Offense			
8 Defense	Moving through Screens	<ol style="list-style-type: none"> Slow w/out Ball (work through) Slow w/out Ball (switch on screen) Fast w/out Ball (work through) Fast w/out Ball (switch on screen) 	10 min
<i>Offensive players switch w/ Defense after 1 minute. After 2 minutes 4 new players begin drill.</i>			
9 Team	Offensive / Defensive Sets	Offense: Gaps in Domino defense Defense: Work on Zone (Domino)	35 min
<i>Offense focus on playing against an Odd front zone (Domino). Defense focus on zone (trap & ball reversal)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP **PROGRAM DESIGN MANUAL**

Date: _____

Session: 6 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling	Around the Leg / Figure 8	<ol style="list-style-type: none"> 1. <i>Lightning Speed Competition</i> 2. <i>Eyes Closed</i> 3. <i>Walking (Figure 8 drill only)</i> 	10 min
<i>Alternate between drills after each set</i>			
3 Dribbling	4 Corner Dribble	<ol style="list-style-type: none"> 1. <i>Fast Pace - Crossover</i> 2. <i>Fast Pace – Spin Move</i> 3. <i>Fast Pace – Between the Legs</i> 	10 min
<i>Switch directions after each set.</i>			
4 Passing	Bounce Pass / Overhead Pass	<ol style="list-style-type: none"> 1. <i>Lightning Speed (Bounce Pass)</i> 2. <i>Fast Pace (Overhead)</i> 3. <i>Side Pass (Bounce Pass)</i> 4. <i>Stand on 1 Foot (Overhead)</i> 	10 min
<i>Alternate between bounce and overhead pass after each set.</i>			
5 Shooting			
HOMEWORK			
6 Rebounding	Outlet Man	Coach Toss – Use Backboard	10 min
<i>Coach shoots ball off backboard. Players rotate from rebounder to outlet man to back of line.</i>			
7 Offense	Pass & Pick Away	<ol style="list-style-type: none"> 1. <i>Full Speed</i> 2. <i>Work on “Setting up Picks”</i> 	10 min
<i>Alternate teams of 5 after each set.</i>			
8 Defense			
9 Team	Offensive / Defensive Sets	Offense: 41, Press Breaker Defense: Man to Man, Trapping	35 min
<i>Offense focus on Spacing & Leave a spot: Fill a spot. Defense focus on man to man (trapping)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



Date: _____

Session: 7 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling	Cone Cutting Dribble	1. <i>Full Speed</i> 2. <i>Full Speed – Between the Legs</i>	10 min
<i>Next player in line should leave when person in front of them is halfway through the drill.</i>			
4 Passing			
<i>HOMEWORK</i>			
5 Shooting	Form Shooting	1. <i>Further Distance</i> 2. <i>Step into Shot</i> 3. <i>Dribble, then Shoot</i>	10 min
<i>Players stay in one line for 3 minutes. Rotate stations for the next set.</i>			
6 Rebounding	Boxing Out	1. <i>Sprint into Box Out</i> 2. <i>Sprint into Box Out, then Jump</i>	10 min
<i>Coach yells shot for each repetition. Players alternate after each set.</i>			
7 Offense	Corners Pick Down	1. <i>Full Speed</i> 2. <i>Work on “Setting up Picks”</i>	10 min
<i>Alternate teams of 5 after each set.</i>			
8 Defense	Shuffling	1. <i>Full Speed Shuffle</i> 2. <i>Reaction Shuffle</i> 3. <i>Partner Reaction Shuffle</i>	10 min
<i>2 groups of players. Players shuffle to free throw line and back. Alternate after each set of 15 seconds.</i>			
9 Team	Offensive / Defensive Sets	Offense: Gaps Defense: Zone, Defending the high post	35 min
<i>Offense focus on finding Gaps in the zone. Defense focus on zone (defending the high post)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP **PROGRAM DESIGN MANUAL**

Date: _____

Session: 8 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling			
<i>HOMEWORK</i>			
4 Passing	Chest Pass / Side Bounce Pass	<ol style="list-style-type: none"> 1. Add Side to Side Shuffle (Chest Pass) 2. Fake Pass, then Pass (Bounce Pass) 3. Add Defender (Bounce Pass) 	10 min
<i>Alternate between chest and side bounce pass after each set.</i>			
5 Shooting	Spot Shooting	<ol style="list-style-type: none"> 1. Further Distance 2. Run into Shot 	10 min
<i>Partners switch between shooter & rebounder after 30 seconds. Rotate shot location after each set.</i>			
6 Rebounding	Bringing the Ball In	<ol style="list-style-type: none"> 1. Coach Toss - Backboard 2. Coach Toss – Add Box Out 3. Coach Toss – Add Box Out / Outlet 	10 min
<i>Switch sides when players complete 5 reps.</i>			
7 Offense	Ball Screen	<ol style="list-style-type: none"> 1. Full Speed 2. All "Roll" for P2 	10 min
<i>Alternate teams of 4 after each set.</i>			
8 Defense	Forcing to a Side	<ol style="list-style-type: none"> 1. Full Speed 2. Add Opponent 3. Reaction (Coach's Signal – No Cones) 	10 min
<i>When player gets to the 3rd cone the next player in line can go.</i>			
9 Team	Offensive/ Defensive Sets	Offense: "Gaps" Defense: 2-3 zone	35 min
<i>Offense focus on Reversing the ball and make a play. Defense focus on zone – Deny the pass to the wing.</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP **PROGRAM DESIGN MANUAL**

Date: _____

Session: 9 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling	Crossover Ball Toss / Around the Waist / Around the Leg / Figure 8	Full Speed/ Lightning Speed Competition (All Drills)	10 min
<i>Alternate between drills after each set</i>			
3 Dribbling			
HOMEWORK			
4 Passing	Passing on the Move	<ol style="list-style-type: none"> 1. Fast Pace 2. Fake and Go 	10 min
<i>Switch passers every 5 passes</i>			
5 Shooting			
<i>Layups were completed in the passing exercise</i>			
6 Rebounding	Boxing Out (free throw)		10 min
<i>Each player shoots 2 shots. Alternate offense and defense each time.</i>			
7 Offense	Pass & Pick Away	<ol style="list-style-type: none"> 1. Work on "Setting up Picks" 2. Add Defense 	10 min
<i>Alternate teams of 5 after each set.</i>			
8 Defense	Moving through Screens	<ol style="list-style-type: none"> 1. Fast w/out Ball (work through) 2. Fast w/out Ball (switch on screen) 3. Fast w/out Ball (defenders' decision) 4. Fast WITH Ball (defenders' decision) 	10 min
<i>Offensive players switch w/ defense after 1 minute. After 2 minutes 4 new players begin drill.</i>			
9 Team	Offensive/ Defensive Sets	Offense: 41 – Keep Players Moving! Defense: Man to Man	35 min
<i>Offense focus on setting up picks. Defense focus on man to man (denial & help/ recover)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP **PROGRAM DESIGN MANUAL**

Date: _____

Session: 10 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling	1 Hand Dribble w/ Crossover	<ol style="list-style-type: none"> 1. <i>Slow Pace/ Looking at Ball</i> 2. <i>Fast Pace/ Looking Up</i> 3. <i>Low Dribble</i> 4. <i>Jog to a Cone and Crossover</i> 	10 min
<i>Switch hands every 5-15 seconds based on ability of players for progressions 1-4</i>			
4 Passing			
<i>HOMEWORK</i>			
5 Shooting	Layups	<ol style="list-style-type: none"> 1. <i>Fast approach – half court</i> 2. <i>Hesitation or crossover dribble</i> 3. <i>Receive a pass</i> 	10 min
<i>Repeat drills on the opposite side</i>			
6 Rebounding	Outlet man	<ol style="list-style-type: none"> 1. <i>Lob to player – no backboard</i> 2. <i>Coach toss – use backboard</i> 3. <i>Add opponent</i> 	10 min
<i>Repeat drills on the opposite side.</i>			
7 Offense	Corners Pick Down	<ol style="list-style-type: none"> 1. <i>Full speed</i> 2. <i>Work on setting up picks</i> 3. <i>Add defense</i> 	10 min
<i>Alternate teams of 5 after each set</i>			
8 Defense	Shuffling	<ol style="list-style-type: none"> 1. <i>Full speed</i> 2. <i>Reaction – coach's signal</i> 3. <i>Reaction - partner</i> 	10 min
<i>Sets should last no longer than 15 seconds.</i>			
9 Team	Offensive/ Defensive Sets	Offense: "Domino" – Recognize odd front Defense: Force to a side, then trap	35 min
<i>Offense focus on playing against an Odd front zone (Domino). Defense focus on zone (trap & box out on shot)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



Date: _____

Session: 11 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling	4 Corner Dribble	<ol style="list-style-type: none"> 1. Fast pace 2. Crossover / Spin Move / Between the legs 	10 min
<i>Repeat in the opposite direction as well</i>			
4 Passing	Chest Pass / Bounce Pass	<ol style="list-style-type: none"> 1. Shuffling chest pass 2. Pump fake to pass 3. Add defender 	
5 Shooting			
<i>HOMEWORK</i>			
6 Rebounding	Boxing Out	<ol style="list-style-type: none"> 1. Sprint into box out 2. Sprint into box out w/ jump 3. Add the ball 	10 min
7 Offense	Ball Screen	<ol style="list-style-type: none"> 1. Full speed 2. Add roll 3. Add to full offense w/ defense 	20 min
8 Defense	Forcing to a side	<ol style="list-style-type: none"> 1. Reaction – coach's signal 2. Reaction – partner 3. Reaction – partner w/ ball 	10 min
<i>Sets should last no longer than 15 seconds.</i>			
9 Team	Offensive/ Defensive Sets	Offense: Pick and Roll/ Drive and Kickout Defense: Emphasize boxing out and outlet!	35 min
<i>Offense focus on Spacing and ball screens. Defense focus on man to man (stance, slide & closeout.)</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP PROGRAM DESIGN MANUAL

Date: _____

Session: 12 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling	Crossover Ball Toss / Around the Waist / Around the Leg / Figure 8	Full Speed/ Eyes Closed (All Drills)	10 min
<i>Alternate between drills after each set.</i>			
3 Dribbling	Cone Cutting Dribble	<ol style="list-style-type: none"> 1. Full Speed – Between the Legs 2. Full Speed – Spin Move 3. Add Defender 	10 min
<i>Next player in line should leave when person in front of them is halfway through the drill.</i>			
4 Passing	Bounce Pass / Overhead Pass	<ol style="list-style-type: none"> 1. Pass Around Defender (Bounce Pass) 2. Long Bomb Competition (Overhead) 	10 min
<i>Alternate between bounce and overhead pass after each set.</i>			
5 Shooting	Spot Shooting	<ol style="list-style-type: none"> 1. 1 Dribble, then Shoot 2. Shot Fake, then Shoot 	10 min
<i>Partners switch between shooter & rebounder after 30 seconds. Rotate shot location after each set.</i>			
6 Rebounding	Bringing the Ball In	<ol style="list-style-type: none"> 1. Coach Toss – Box Out 2. Coach Toss – Box Out/ Outlet 	10 min
<i>Switch sides when players complete 5 reps.</i>			
7 Offense			
8 Defense			
9 Team	Offensive/ Defensive Sets	Offense: “Gaps” – Look to score in post Defense: 2-3 with aggressive trapping	35 min
<i>Offense focus on “Gaps” and ball reversal. Defense focus on Proper zone set up, rotation and trapping the corners.</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



TRUEAP **PROGRAM DESIGN MANUAL**

Date: _____

Session: 13 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling			
<i>HOMEWORK</i>			
4 Passing	Passing on the Move	<ol style="list-style-type: none"> 1. Full Speed 2. Fake and Go 3. Add Defender 	10 min
<i>Switch passer every 5 passes.</i>			
5 Shooting	Form Shooting	<ol style="list-style-type: none"> 1. Step into Shot 2. Dribble, then Shoot 3. Shot Fake, then Shoot 	10 min
<i>Players stay in one line for 3 minutes. Rotate stations for the next set.</i>			
6 Rebounding			
7 Offense	Pass & Pick Away	<ol style="list-style-type: none"> 1. Full Speed 2. Work on "Setting up Picks" 	15 min
<i>Alternate teams of 5 after each set.</i>			
8 Defense	Moving through Screens	Fast WITH Ball <i>(defenders' decision)</i>	15 min
<i>Offensive players switch w/ defense after 1 minute. After 2 minutes 4 new players begin drill.</i>			
9 Team	Offensive/ Defensive Sets	Offense: Focus on out-of-bounds/ sidelines plays Defense: 2-3 zone to start – add in odd front	35 min
<i>Offense focus on Reversing the ball and make a play. Defense focus on zone – Deny the pass to the wing.</i>			

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CENTRAL LOUDOUN BASKETBALL – PRACTICE RESOURCES



Date: _____

Session: 14 of 14

Team/Group Name: _____

Dynamic	Drill	Progressions	Length
1 Flexibility	Dynamic Warm Up		5 min
<i>Butt kicks, High Knees, Frankenstein Walk, Shuffling, Carioca, Backpedal, Sprint</i>			
2 Ball Handling			
<i>HOMEWORK</i>			
3 Dribbling	4 Corner Dribble	1. Full Speed - Crossover 2. Full Speed – Spin Move 3. Full Speed – Between the Legs	10 min
<i>Switch directions after each set.</i>			
4 Passing			
<i>HOMEWORK</i>			
5 Shooting	Spot Shooting	1. Run into Shot 2. Shot Fake, then Shoot	15 min
<i>Partners switch between shooter & rebounder after 30 seconds. Rotate shot location after each set.</i>			
6 Rebounding	Outlet Man	1. Coach Toss - Backboard 2. Add Opponent	10 min
<i>Coach shoots ball off backboard. Players rotate from rebounder to outlet man to back of line.</i>			
7 Offense	Corners Pick Down	1. Full Speed 2. Set up Picks 3. Add Defense	20 min
<i>Alternate teams of 5 after each set.</i>			
8 Defense			
9 Team	Offensive/ Defensive Sets	Offense: 41 and Pressbreaker Defense: Full Court Man to Man Defense	30 min
<i>Offense focus on setting up picks. Defense focus on man to man (denial & help/ recover)</i>			

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