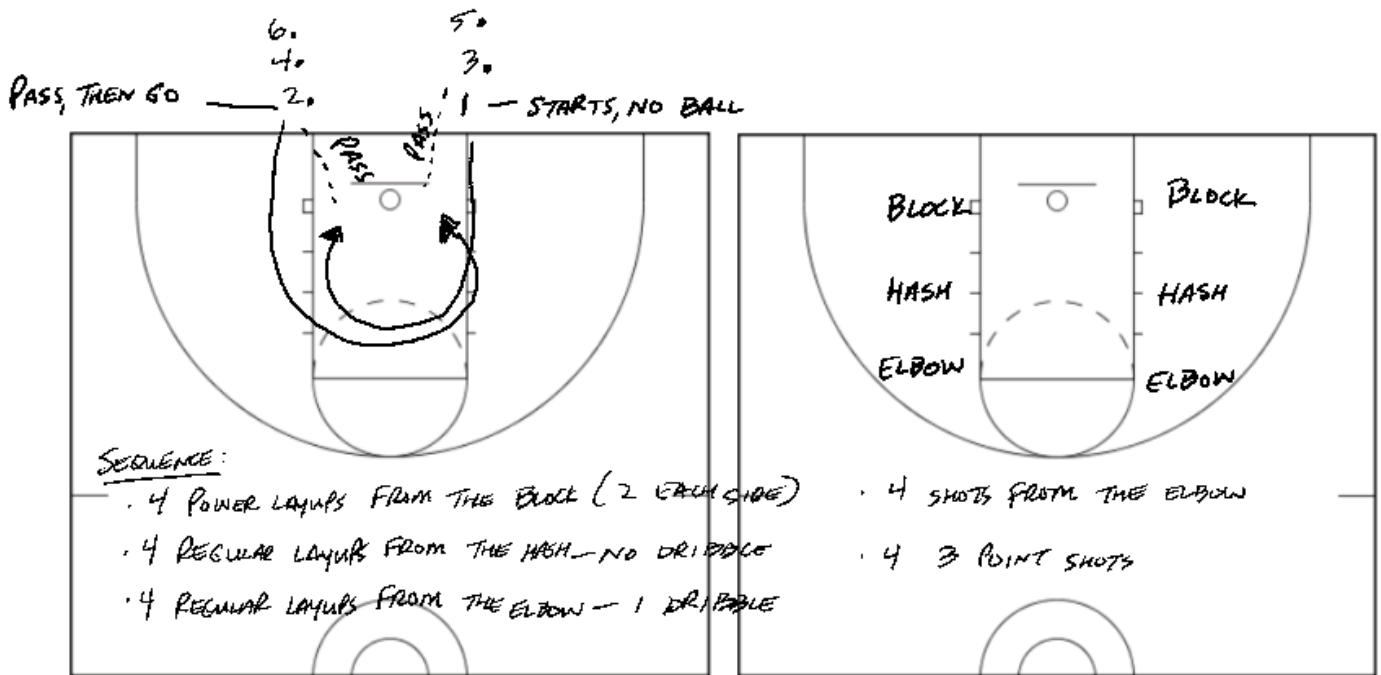


# WEEK 7 PRACTICE PLAN – SENIOR DIVISION

5 MINS: STRETCH

10 MINS: HORSESHOE LAYUPS & SHOOTING

- See graphic below
- Follow the sequence shown on the graphic
- First 4 layups are power layups (2 foot takeoff), close to the basket (from the block)
  - Pass should be made when the player gets close to the basket as this is a catch and layup drill – no dribble
- With each layer of the sequence, the offensive player doing the layup / shot will make their horseshoe pattern larger and larger, progressing from the middle of the key to the 3 point line.
- Next 4 layups are regular layups (1 foot takeoff) – pass should be caught around the hash mark and no dribble
- Next 4 will see the player catch the pass around the elbow area and use 1 or 2 dribbles to perform the layup.
- Next 4 will be shots – catch the pass around the elbow area and shoot
- Last 4 (if appropriate) are 3-point shots
- Shooters always get their own rebound and go to the back of the line where the pass came from



Notes: EVERY PLAYER ON THE BASELINE, 2 LINES AS SHOWN, USE ALL BASKETBALLS

- FIRST PLAYER ON RIGHT SIDE DOESN'T HAVE A BALL AND STARTS THE DRILL.
- PLAYER 1 BEGINS BY RUNNING A HORSESHOE PATTERN FROM THE RIGHT SIDE TO THE LEFT BLOCK. PLAYER 2 PASSES PLAYER 1 THE BALL FOR A 2 FOOT POWER LAYUP.
- AFTER PASSING, PLAYER 2 RUNS THE SAME PATTERN TO THE RIGHT SIDE BLOCK AND GETS THE PASS FROM PLAYER 3. CONTINUE THE DRILL IN THAT MANNER.

NOTE: THE SHOOTER GETS THEIR OWN REBOUNDS AND GOES TO THE BACK OF THE LINE.

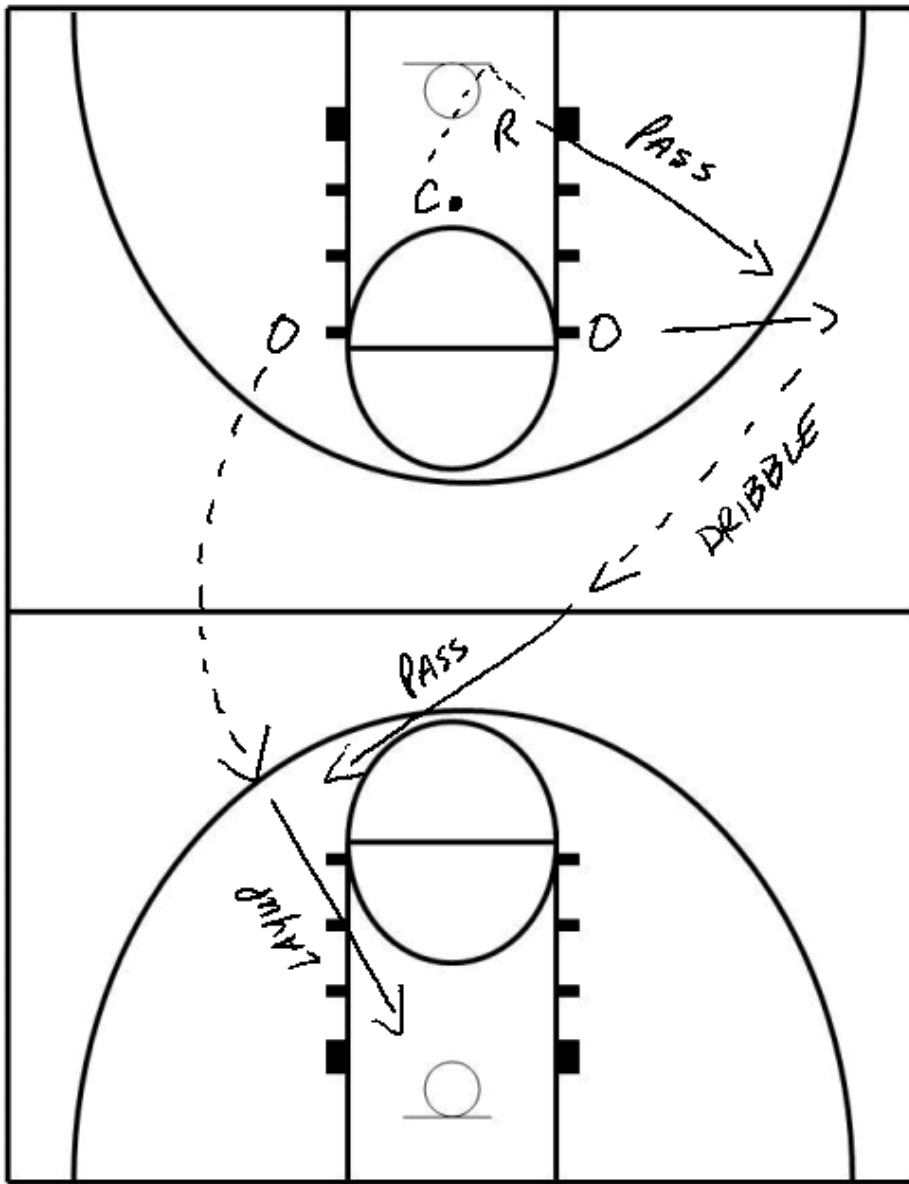
**10 MINS: REVIEW THE INBOUND PLAY TAUGHT AT PREVIOUS PRACTICES**

- Visit the coaches only section on the website and look for the INBOUND PLAYS section. Choose 1 of the basic inbound plays shown to teach to your team.
- Teach by running the play with 5 offensive players and no defensive players to start
- Walk through it slowly to teach each player's responsibilities, then run it live
- When 5 on 0, tell the players that are setting the screen to envision a defender there and to screen them, not their offensive teammate. Screens are set on the defense.

**15 MINS: REBOUND & TRANSITION DRILL**

- Use 1 rebounder and 2 outlet players.
- Coach starts drill with a lob off the backboard.
- Rebounder catches the rebound, pivots, and passes to the outlet player on the same side of the court – outlet player starts near the free-throw line and then moves outside the 3 point line for an easier pass.
- Outlet player then dribbles hard towards the middle of the floor trying to beat the defense, and then passes to the other outlet player who sprints toward the other basket once they see the rebounder get the ball.
- The outlet player that receives the pass from the 1<sup>st</sup> outlet player does a layup.
- The rebounder and 1<sup>st</sup> outlet player sprint down the court to follow the play and get any missed layup.
- Players can stay at that end of the court to perform the same drill going the other way, switch positions.
- See drawing below

## FAST BREAK / TRANSITION



- 3 PLAYERS PER GROUP - REBOUNDER + 2 OUTLETS
- COACH TOSSES BALL OFF BACKBOARD TO THE REBOUNDER
- REBOUNDER PASSES THE BALL TO THE OUTLET PLAYER ON THE SAME SIDE.
- OUTLET PLAYER DRIBBLES TO MID COURT AND PASSES UP AHEAD TO THE OTHER OUTLET PLAYER FOR A LAYUP
- REBOUNDER + 1ST OUTLET SPRINT TO OTHER END TO FOLLOW THE PLAY.

**15 MINS:**

**TEACH: OFFENSIVE PLAY**

- Visit the coaches only section on the website and scroll down to the OFFENSIVE PLAYS section.
- Choose one of the 3 plays there to teach to your team (or if you have your own, that's fine – just keep it simple).
- Best to introduce this as 5 on 0 (no defense)
- Once the players understand it, run it against defense if able to (or at next practice).

**5 MINS:**

**FINAL WORD AND WRAP-UP**

- Final words about game time on Saturday, and which gym.
- Gather equipment so that the next practice can begin on time.