

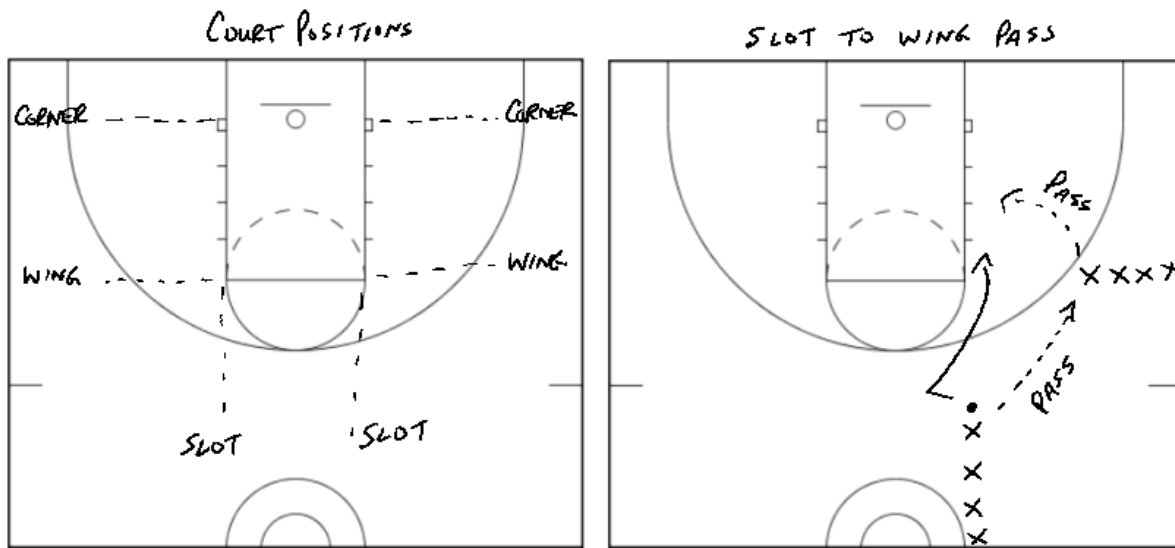
WEEK 3 PRACTICE PLAN – SENIOR DIVISION

15 MINS: STRETCH / BASKETBALL TAG / BALL HANDLING

- See previous plans for notes on basketball tag and ball handling skills to use.
- There are also ball handling videos in the coaches only section you can watch.
- Feel free to add additional ball handling skills – both stationary and with movement.

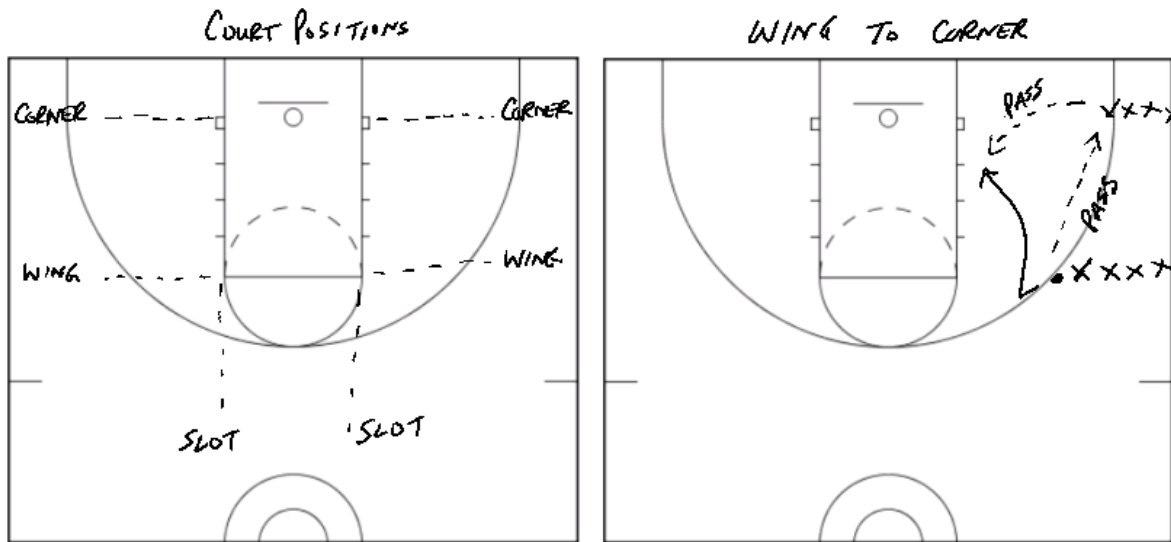
10 MINS: LAYUPS – PASS & CUT LAYUPS

- The idea with these layups is to get players use this in the game – basically that once you pass the ball, don't stand still. Once you pass, you should basket cut. They will likely be open, and if they aren't or don't get the ball, it will create movement.
- Introduce different positions on the court to help with spacing on offense – and run 2 different sets of layups (slot to wing pass, and wing to corner pass) from both the right and left sides.
- Start with the slot to wing pass and cut layup as shown below. Run this multiple times for each player, then do the wing to corner multiple times through. Then do the same on the left side.



Notes:

- START WITH A LINE OF PLAYERS AT THE SLOT POSITION + THE WING.
- SLOT PLAYERS HAVE A BALL
- 1ST SLOT PLAYER PASSES TO THE WING, JAB STEPS TO THE LEFT, AND THEN BASKET CUTS TO THE RIGHT
- WING PLAYER PASSES TO CUTTER FOR THE LAYUP
- CHANGE LINES.



Notes:

- START WITH A LINE OF PLAYERS AT THE WING POSITION + THE CORNER
- WING PLAYERS HAVE A BALL
- 1ST WING PLAYER PASSES TO THE CORNER, JAB STEPS TO THE LEFT, AND THEN BASKET CUTS TO THE RIGHT
- CORNER PLAYER PASSES TO CUTTER FOR THE LAYUP
- CHANGE LINES.

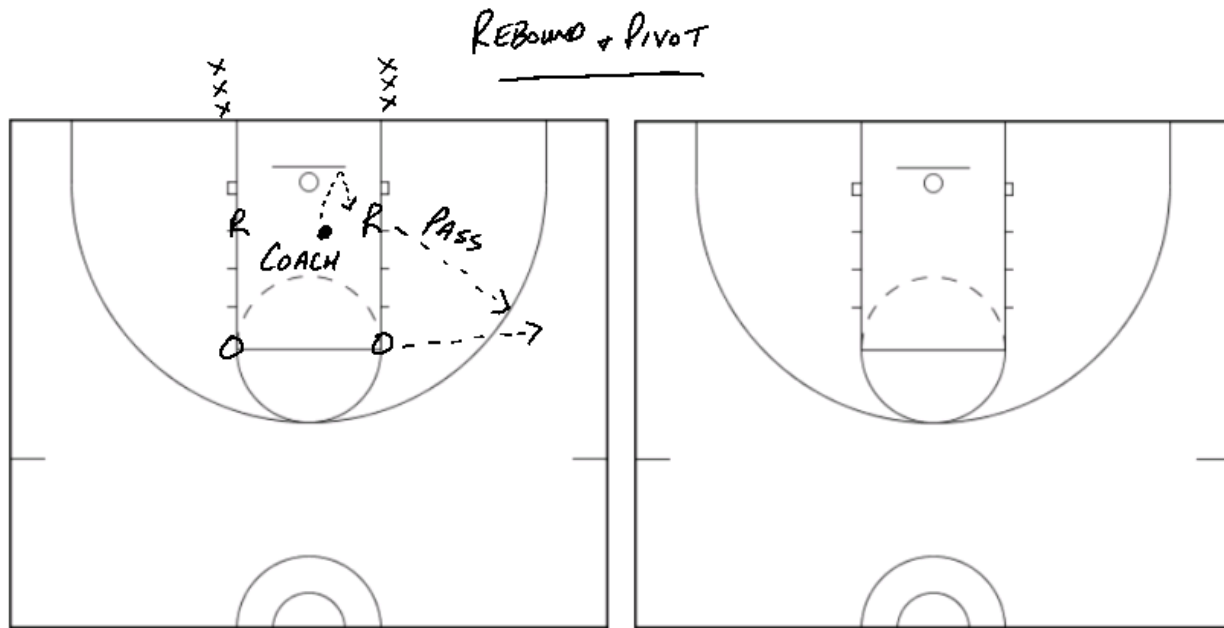
15 MINS: DEFENSIVE POSITIONING

- Not the most exciting part of practice, but very important to learn how to position your body between your offensive player that you're guarding, and the net you're defending.
- Teach MAN – U – NET
 - Meaning that when you're in proper defensive position, it should be **your man**, then **you**, then the **net you're defending**.
- Teach players on defense to ALWAYS see the player they're defending – don't follow the ball with your eyes at all times, therefore losing sight of your man.
- Using the Man – U – Net concept, try positioning your body so that you can see your man and the ball whenever possible.
- Teach players to check their defensive positioning by using their left and right pointer fingers to point one at the player they're guarding, and the other at the offensive player with the basketball.
- **DRILL:**
 - Depending on how many players you have at practice, have players partner up.
 - Use 1 main basket only
 - Position players in random spots on offense (slot, wing, corner, post, etc...) and have their partner on defense – implementing the MAN-U-NET concept to start
 - Slowly have the coach dribble (or walk) to a spot on the court and then stop to check the defensive players position (offensive players don't move) – **have they repositioned**

their bodies (and are they pointing with both left and right pointer fingers) so that they can see both their man and the ball?

- Continue to move to other offensive spots on the court and check positioning.
- Switch offensive and defensive players and repeat.
- A bit boring, but super important to understand!
- If time permits – do the same as though the ball is being passed in from the sideline or baseline (1 player to simulate the inbound passer, 4 others on offense spread out, defenders guarding each player) – check the MAN-U NET positioning and that each player can see both their player and the ball.

15 MINS: REBOUND & PIVOT



- Notes:
- PRACTICE REBOUNDING + THEN PIVOTING INSTEAD OF DRIBBLING FIRST.
 - COACH TOSSES BALL OFF BOARD, PLAYER REBOUNDS, PIVOTS, AND THEN PASSES TO THE OUTLET WHO MOVES OUT WIDE
 - DO THIS ON THE RIGHT SIDE + THEN THE LEFT, AND GO BACK + FORTH
 - ROTATION: REBOUNDER MOVES TO OUTLET, OUTLET GOES TO THE BACK OF THE OPPOSITE REBOUND LINE, NEXT REBOUNDER STEPS INTO THE DRILL.

5 MINS: FINAL WORD AND WRAP-UP

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