

FIRST PRACTICE

Helpful Tips:

- Make it FUN and EXCITING!
- Set the tone for the season. Get to know your players' names and the parents of your players.
- Create a clear line of communication with parents right from the start.
- For more coaching tips visit, www.mojo.sport
- If you need more practice examples, ask and we will be happy to assist you.

This guide provides a structured easy-to-follow plan for coaching basketball, with detailed drill explanations. Each practice includes skill development, and small-sided games. Each week, practice will conclude with a 5 min. devotion and prayer. The devotion will be emailed each Monday to all coaches. The weekly devotion will also be posted to our Facebook page: <https://www.facebook.com/CompassSportsRVA>

Sample Practice Plan:

1. Warm-Up – 5 Min
2. Water Break – 1 Min
3. Skill(s) - 18 Min
4. Water Break – 2 Min
5. Skill -10 Min
6. Water Break – 2 Min
7. Scrimmage – 10 Min
8. Devotion and Prayer – 5 Min

PRACTICE PLAN

OPENING HUDDLE & WARMUPS: 5 Min

- Brief Team Meeting to introduce the theme for the day
- Half Court & Back (High Knees, Butt Kicks, Sprint)
- Warm-up Game (Sharks & Minnows, Red Light/green light, Freeze tag, etc.)

BALL HANDLING SKILLS:

- **Ball Smacks:** 15 secs
 - Players will hold the ball with 2 hands in front of them and alternate smacking the ball with each hand
- **Taps:** 2x30 seconds
 - Players will extend their arms over their head and tap the ball quickly from one hand to the other
- **Waist Wraps:** 1x10 wraps in each direction
 - Players will wrap the ball around their waste
- **Stationary Dribbling:** 2x30 seconds, each hand
 - Players should dribble the ball with one hand while staying in the same spot

- **Low, Middle, High dribble:** 30 Second each hand
 - Players should start in **triple threat position**
 - When coach says “go” they should give 10 low (below the knee) dribble, 10 middle (wasta high) dribbles, and 10 high (shoulder high) dribbles
- **One Hand Moving Rolls:** 2x down and back
 - Have each player start on the base line with the ball on the ground
 - When the coach says “go” the players bounce their ball to half court keeping
 - Once players reach half court they turn around and go back to the baseline with the opposite hand

FOOTWORK (SKILLS)

- **Triple Threat:**
 - Show you players what it means to be in a triple threat position
 - **Triple Threat Position:** Feet are shoulder width apart, Dominant foot is slightly in front of the non-dominant foot. The ball is held waste high, the dominant hand is on top of the ball, while the non-dominant hand is on the side of the ball.
 - The ball should be at their waste on the hip of their dominant hand
 - Knees should be bent, and they should be ready to shoot, pass, or dribble from this position
- **Play 1.2.3. Triple Threat:**
 - Count to 3, when you reach 3 see who can get down into triple threat stance the quickest
- **Jump Stop:**
 - Each player should start on the Baseline, run to the Free Throw line, and jump stop
 - Land with two feet, knees bent, on balance in a triple threat position

PASSING AND CATCHING:

- **Partner Passing:**
 - Each player should partner up with another player and stand about 6-10 feet apart
 - Chest pass for 1.5 mins
 - Bounce pass for 1.5 mins
- **Slide and Pass:**
 - Have partners line up across the lane line (the paint) from each other with one ball
 - Partners will pass the ball, then slide and will continue that motion until they reach half court
 - Players should go down and back with a chest pass and then down and back with a bounce pass

SHOOTING (SKILLS)

- **Form Shooting – No Basket**
 - Demonstrate proper shooting form
 - Knees Bent (balanced stance)
 - Elbow is under the ball
 - Shoot up and follow through
- When the coach says go, players will practice shooting the ball straight up in the air and letting it bounce in front of them
 - Once they catch the ball, they will reset their form and shoot again when the coach says go
- Shooting Competition (2 games)
 - Split the team up into two different lines and have them compete against each other
 - One team should line up at the right block and the other at the left block
 - One player shoots, rebounds, and heads back to the end of the line
 - First team to make 5 shots wins

Scrimmage: 10 min -

- Let players pull everything they have learned together in real time
- Encourage them to apply what has been practiced

Devotional and Closing Prayer: 5 Mins

- Present the weeks devotion to the team (this will be provided each week)
- Close with a prayer