

	Lay-ups: 70% Follow the Leader, normal, reverse, both hands. Follow the leader jump shots around the lane, then 3 Points
	Footwork: Triple Threat (Shoot, Shoot, Shoot). Catch, Pivot to the basket, practice driving to the basket picturing different defensive actions. Same with shots. Posting pivots on the block and elbow.
	Shooting: Free throws, Follow the Leader, Form Shooting. 45 degree 2 lines to the block and curl shots Baseline pass to the elbow shots.
	Ball Handling: Warm up, 2 ball dribble, advance double ball
	Transition: Offensive: From a freethrow, missed and made. From a missed shot. Defense: From a missed freethrow, from a missed shot
	Offensive Breakdown: 2 on 1 pick and roll, 2 on 2 pick and roll, 3 on 3. Focus on curl and pop. 1 to the basket, 1 to the read line. Full Court Press: How to break depending on defence
	Play plenty of 2 on 2 and 3 on 3 games to teach concepts (no dribble keep away) gets the players more experience and allows them enough space to operate and use the new skills they have learned. Make sure to use plenty of age-appropriate drills and games.
	Defence: Man to man pack line help D. Stop the ball, 1 pass away, help the ball D man, 2 passes away, lane line. Need to encourage communication for help. 2 on 2 breakdown drill, lane only. Full Court Press: Man to Man, Arrow, 1-2-2. Close Outs: Sprint, Feet shuffle, busy hands, keep player from driving, contain. Shell drill rotate the ball 4 on 3.
	Plays: Pass, Cut, Replace..Horns..Blockers and Movers. Out of bounds plays, under the basket, 1/4, Full Court
	Defence: Teach the basic stance defensive slide, and basic off-ball principles. Don't worry about spending as much time on defence. As they get older, you'll gradually spend more time on defence. Focusing on it 5 to 10 minutes per practice would be more than sufficient. Basic Off Ball Principles: Stay between man and the ball! Always stop the ball if it is in front of you!
	Look to transfer skills from practice to scrimmage and from scrimmage to games. Out of Bounds Plays: Work on strategic out of bounds scoring plays.

DRILL LINKS



SHOOTING

<https://www.youtube.com/watch?v=ZQvx6PXqYI4>

THINKING AHEAD OF PLAY

<https://www.usab.com/basketball/media/videos/2014/12/2ball-dribbling-routine.aspx>