

Time	Drill	Coaching Points
0 - 10	<p>Warm Up</p> <p>Dynamic Warm Up — high knees, butt flicks, grape vine, high jumps + quiet landing, zig zag runs.</p> <p>Dynamic Stretching — lunges, squats, in-to-out, toe grab.</p> <p>Run Throughs — 50%, 70%, 80%, 90%, 95%</p>	<ul style="list-style-type: none"> • Run each of the warm ups to half-court and back. • Perform the stretches to half-court, then jog to baseline. • For the run throughs, do all of them to half-court and back.
10 - 20	<p>3v2 Around the Key</p> <p>3 offensive players set up around the key with 2 defenders inside. Coach passes the ball to any offensive player and then they play a game to a score or turnover. Then everyone chooses a new place to start.</p>	<ul style="list-style-type: none"> • Decision making is the most important aspect of this drill. • Encourage your players to use smart fakes to create space.
20 - 35	<p>“Call Names” 3v3</p> <p>Can be played either full-court or half-court. A regular 3-on-3 game, except the ball-handler MUST call the name of the teammate their passing to. If they don't, it's a turnover.</p>	<ul style="list-style-type: none"> • Forces players to keep their head up while dribbling. • Off-ball players must make smart cuts to get open.
35 - 45	<p>1v1 Chase Down</p> <p>Pair players into similar speed levels. Offense starts a few steps in front of the defender depending on speed. On the coach's whistle, the defender attempts to chase down and challenge the shot without fouling.</p>	<ul style="list-style-type: none"> • Great drill for offensive players to practice scoring against pressure from behind. • The defender must not foul. It's not worth getting any injuries.
45 - 55	<p>Balance the Floor 3v3</p> <p>Start with regular 3-on-3 in the half court. On a shot, offensive players must sprint to back if they're above the FT line, or sprint in for an offensive rebound if they're below the FT line. When the defense gets the ball, everyone freezes to see if the floor is balanced.</p>	<ul style="list-style-type: none"> • This drill is to prevent players getting stuck in “no man's land” — not running back on defense and not sprinting in to rebound. • If the offensive team rebound, they can attempt to score again.
55 - 70	<p>4-Out 1-In Motion Offense (Team Strategy)</p> <p>Practice the “passing and cutting” progression of the 4-out 1-in motion offense. At this age, get them used to the movements without adding defense yet.</p>	<ul style="list-style-type: none"> • Refer to the BFC blog post to learn how to teach the 4-Out
70 - 85	<p>5-on-5 Baseline Recovery</p> <p>Play a full-court scrimmage with as many players as you have. Each time a player shoots, they must sprint and touch the baseline before sprinting back into play. This is a great rule to work on offensive and defensive transition.</p>	<ul style="list-style-type: none"> • Encourage the offensive team to push the ball quickly. • If you worked on a specific skill that day, put an emphasis on it during this game.
	<p>Cool Down</p> <p>Jog to the other end of the court and back. Walk to the other end of the court and back. Sit down, and do some static stretches.</p>	<ul style="list-style-type: none"> • Cool down is a great opportunity for a coach to speak to the players about practice. Take advantage of this time.