

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>“Read the Help”</p> <p>Each player has a basketball and lines up behind the 3-point line. How the offensive player finishes depends on how the defender on the weakside reacts: Under hoop = Power move Step in front = Floater Runs across = Change of direction</p>	<ul style="list-style-type: none"> • Swap the defender over every minute or so. • Players have to attack the hoop at game-speed.
20 - 30	<p>1v1 Ball on Back</p> <p>At the top of the key — defender starts facing basket, offensive player puts the ball on their back. Drill begins when the offensive player takes the ball and attacks.</p>	<ul style="list-style-type: none"> • A great drill to give the offensive player an advantage when attacking the hoop. • Defender must contest the shot without fouling.
35 - 45	<p>2v2 Rugby</p> <p>Ball starts on the baseline. After the inbound, the offensive team may only pass backwards. Goal is to get the ball into the key at the other end of the court.</p>	<ul style="list-style-type: none"> • The defense should always have one on the ball and one in the gap to help.
45 - 60	<p>3v3 Hockey</p> <p>Full-court game with the rule that the offensive player with the ball must be the first offensive player to cross half-court. This prevents easy transition baskets and forces the offense to practice in the half-court.</p>	<ul style="list-style-type: none"> • Encourage the offensive team to pass the ball ahead to get over half-court quicker.
60 - 70	<p>Find, Hit, Get</p> <p>Two offensive players start on the elbows, two defensive players start on the low blocks. On the coach’s shot, all four attempt to rebound. Defenders focus on finding their opponent, making contact, and then pursuing the ball.</p>	<ul style="list-style-type: none"> • Defenders should make contact by raising an arm bar into the chest of their opponent. • Once contact has been made, box out and pursue the ball. • If the offensive teams rebounds, play to a score.
70 - 90	<p>Basketball Plays (Team Strategy)</p> <p>For 20 minutes, work on a few baseline plays that will put your best players in positions for an easy score.</p>	<ul style="list-style-type: none"> • Refer to the 28 Basketball Plays blog post on BFC for ideas.

Time	Drill	Coaching Points
90 - 100	<p>3v3 SSG (Inside Scoring Focus)</p> <p>To emphasize inside scoring, play a small-sided game with the following rules:</p> <p>Score in bottom half of key = 3 points. Score in top half of key = 2 points. Score in midrange = 1 point. Three-pointer = Opponent score goes back to zero.</p>	<ul style="list-style-type: none"> • These scoring rules encourage the offensive team to attack the hoop and finish. • A large consequence for the defense giving up a made 3pt shot will cause them to close out harder, creating more driving opportunities for the offense.
100 - 115	<p>5v5 Scrimmage (Defense + Rebounding Focus)</p> <p>Rule 1 = When a defender gets the ball, they must place it on the ground and allow another defender to get it.</p> <p>Rule 2 = An offensive rebound results in a “power play” where the offensive team gets a free chance to score.</p>	<ul style="list-style-type: none"> • Refer to the original blog post for a more detailed description of the rules.
115 - 120	<p>Cool Down</p> <p>Jog to the other end of the court and back.</p> <p>Walk to the other end of the court and back.</p> <p>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.