

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>Retreat Dribble Drill</p> <p>Pair the players up (similar skill level). One basketball between two players. Spread out around the court. When the defender steps in front, the offensive player must practice using a retreat dribble to create space. Swap every 30 - 45 seconds.</p>	<ul style="list-style-type: none"> • Defender isn't trying to steal the ball - just step in front. • Ball-handler should get an arm-bar up to protect the ball. • Ball-handler should dribble the ball behind the back foot.
20 - 35	<p>1v1 Dribbling Drill</p> <p>Pair each player with a similarly skilled teammate. Split the court into two. Offensive player dribbles the length of the floor. If the defender steals the ball, they give it back immediately and play defense again. Swap at each end.</p>	<ul style="list-style-type: none"> • Defender must focus on their footwork to get in front. • No silly fouls by the defender. Learn to contain the ball. • Ball-handler should practice a variety of moves.
35 - 45	<p>5-Out Motion Offense (Team Strategy)</p> <p>Practice the “passing and cutting” progression of the 5-out 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 5-out.
45 - 55	<p>3-on-3 Touchdown</p> <p>The offense starts with the ball out-of-bounds on the baseline. They must inbound the ball then dribble and pass it to half court. Once there, the offensive team turns and looks to attack and score.</p>	<ul style="list-style-type: none"> • Give limited feedback during the game unless you see a mistake three times in a row. • Encourage players to keep their head up and use their teammates.
55 - 60	<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.