



12 Week Basketball Plan

By: Stephen Basden
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Timing breakdown

Stretching - 10 minutes

Drills - 25 minutes

Game Play 1 - 15 minutes

Team Development - 10 minutes

Game Play 2 - 15 minutes

Closer - 5 mins

12 weeks, 3 phases

Weeks 1-3 - Phase 1

Weeks 4-7 - Phase 2

Weeks 8-12 - Phase 3

Stretching

Goals

- Prepare kids to take instruction
- Allow kids to mentally and physically prepare
- Motivating

Tips

- Making sure small things such as shoes are tied, jewelry is off, appropriate clothing is being worn can help avoid distractions later in practice when the flow has begun.
- Take this time to motivate the kids who need to be and other individual preparation some of your athletes may need.
- Allow kids to still speak amongst each other and with you while stretching as this will be one of their few chances for the next hour or so.
- Use the full court (going from one basket to another) to warm up. It allows athletes to become familiar with the court and it's markings

Exercises

- For SOMA athletes, warming up the full body is your best bet. Exercises such as burpees, jumping jacks, squats, push ups, and other full body movements are great because even if an athlete can only do 5, they're getting the most out of their movement.
- There's no need to introduce basketballs while stretching as they'll just serve as a distraction and disallow the athlete to focus on the importance of stretching.

Drills

For some drills, success may be one round without failure while others may be a certain time limit or with a targeted amount of reps. For all these drills, choose whatever best suits your team's capabilities and will allow them to have a chance at succeeding.

5 MIN DRILLS, 4 STATIONS

Dribbling

Phase 1 Drill:

- Stationary Dribbling. One hand at a time (*allowing athlete to dribble hard and confidently. Emphasize maintaining control of the ball rather than dribbling without looking*)



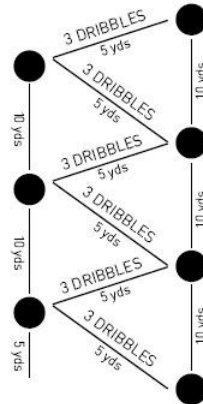
Phase 2 Drill:

- Partner relay (*this is where you can begin to encourage them to dribble with their heads up but allow them to go at their own pace. Make the relay less about speed and more about doing it without flaw. This allows athletes of lower athletic ability to competitively participate while still getting something out of the drill*)



Phase 3 Drill:

- Zig Zag cone (By the time you implement this drill into the practice plan, you'll have done something very similar with a focus on defense. Again the focus here should be less on speed and more on ball control AND creativity. Make it fun for the athletes by allowing them to choose their own dribbling move to make at each cone. For example, you may ask them to only dribble with a particular hand but as a "bargain" you'd allow them to do whatever move they want when they get to each cone.)

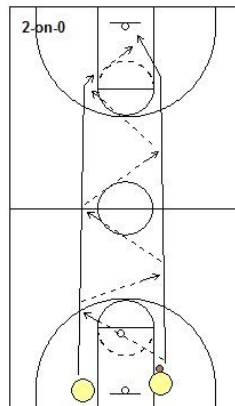


**Ignore the distance and dribble amount suggestions*

Passing

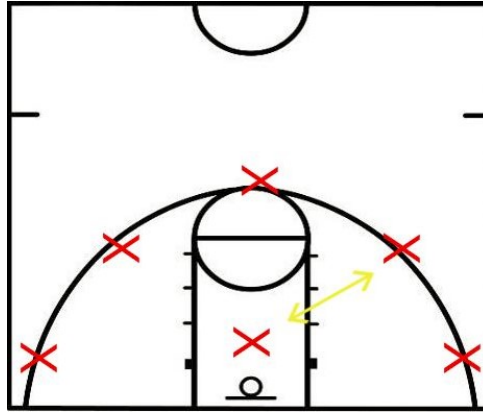
Phase 1 Drill:

- 2 Line Passing (This drill should be ran from one baseline towards another so that athletes understand it's relation in game play. Be sure to remind athletes to run facing forward as they would normally. Small things to touch on are: throwing in front of your partner while running rather than behind, knowing your partner's catching capabilities, and keeping the distance between the two partners reasonable and consistent. It shouldn't be so close as to make the pass awkward but it also shouldn't be so far that it's challenging to do.)



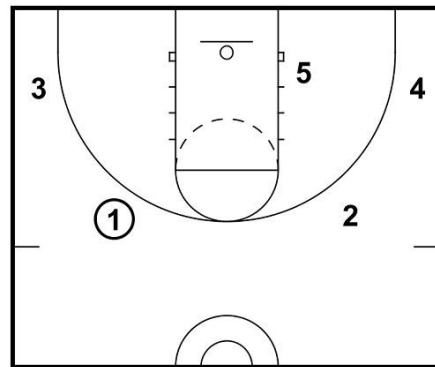
Phase 2 Drill:

- Pass Semi Circle (During this drill, one person will stand in the middle of a half circle. With one ball in play they will pass to each person in the circle with that person returning the pass to the middle. Really drive home the idea of calling someone's name before passing and the techniques of passing (thumbs down, step into it). If nothing else this is an opportunity for an athlete to be in the spotlight where their team can cheer them on as they go. Encourage them to move faster than normal)



Phase 3 Drill:

- Pass and Move (This drill is about as advanced as your practice plan will get as it's the closest thing to running a half court offensive drill. I suggest you line them up as shown below. From these positions. Encourage the athletes to move to a new spot after passing. Focus less on the speed of the ball movement and more on getting the athletes in a habit of running somewhere new once they've done their "job". Fundamentals like calling names before passing, using correct form, and maintaining a sense of urgency when moving to a new spot should be quod.



Shooting

Phase 1 Drill:

- Form Shooting (*This drill allows kids to slow down and focus on the art of shooting. Each athlete may have their own unorthodox way of shooting a basketball but these basic fundamentals should be constantly coached. 1. Stance, being “square” to the hoop. 2. Holding the ball with your shooting hand underneath the ball completely as if you’re serving a platter. The ball should not rest in the palm of the hand 3. The elbow should be raised to shoulder height and tucked directly under the ball. 4. The follow through should be similar to that of reaching into a cookie jar on the top shelf, making sure the athlete arm is straight up in the air.*)



Phase 2 Drill:

- Dribble and Shoot (*Identify a spot on the court as where athletes will be shooting from but encourage athletes with less shooting ability to choose their own spot based on comfort. NOTE: Don't allow advanced athletes to begin from a spot that challenges their form from lack of strength. Just like the phase one shooting drill, have them work their way away from the hoop by consistently making shots while maintaining correct form*)

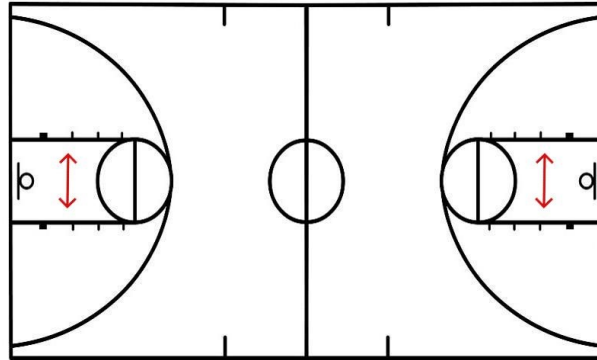
Phase 3 Drill:

- 5 shots and Switch (*This drill will require you to create groups depending on numbers of 2-4 people. Each group should have their own hoop and a 1:2 ball to athlete ratio. When signaled, athletes will choose different spots within the half court area assigned to shoot from based on their ability, comfort, and position. Emphasis will be on staying alert, getting your own rebound, calling names before passing, and maintaining proper shooting form.*)

Defense

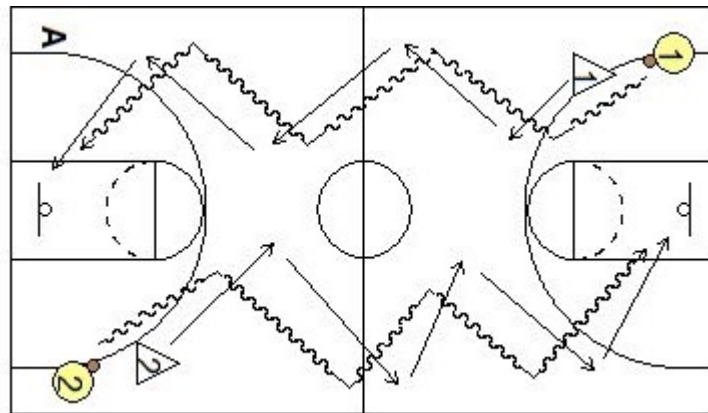
Phase 1 Drill:

- Paint Slides (*Giving each athlete their own area within the paint, challenge them to touch either side of the paint as many times as possible within 1 min.*)



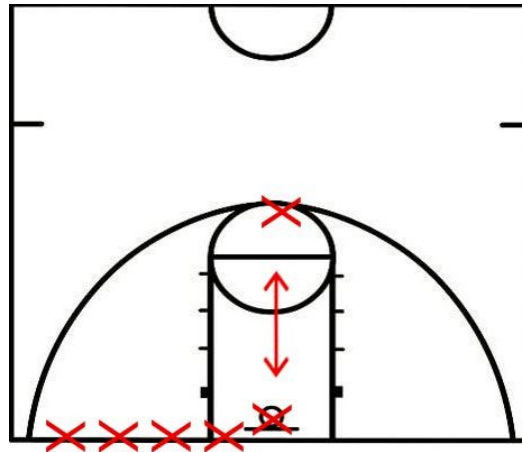
Phase 2 Drill:

- 1 v 1 Half Speed (*Remind athletes that the focus on this drill is the defense. The defender should be trying to beat the ball handler to their next spot, forcing the ball handler to change direction. Don't allow for use of the hands as it can slow down the drill and become counter productive when athlete skill level is perfectly matched.*)



Phase 3 Drill:

- Go Cover (For this drill, the challenge will be on the athlete able to urgently get to the person with the ball and play defense for 5 seconds. Start with athletes in a single line underneath the hoop, facing towards the foul line. With one athlete starting at the foul line facing the line of athlete underneath the hoop, have the athlete at the beginning of the line roll the ball out to the athlete at the top of the key, while following the ball in a “close out” defensive position. The athlete playing defense should stay engaged for 5 seconds while the athlete with the ball maintains an athletic triple threat position.)



Team development

This is a chance to work on things more specific to your team. Use this time to work on

- Defensive strategy (man vs zone)
- Plays
- General motion of ball movement
- Breaking down pick and roll

Competitive fun

This is a chance to end practice on a positive note that maintains the idea of competitiveness

- Shooting games that include relay races (without basketballs)
- Score on coach
- Half court shots
- Dribble tag
- Trivia