

# 90-Minute Basketball Practice Plan



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# Intermediate: 90-Minutes - Practice Plan #3

## Practice Quote:

*"I've learned to shut up more. Sometimes letting a player play is more important than being Mr. Coach"*

– Gregg Popovich

Time	Drill	Coaching Points
5 Minutes	<b>Talk + Warm Up</b> - Discuss what to expect from practice, any important points from previous games or practices, address team issues, etc.	<ul style="list-style-type: none"> <li>● If you have limited practice time, try to do the talk and warm up before practice officially starts to make best use of your time on the basketball court.</li> </ul>
12 Minutes	<b>Partner Shooting</b> - Players each take 10 shots each from a variety of distances on the court before swapping over.	<ul style="list-style-type: none"> <li>● Passes should be made hard and flat.</li> <li>● Shooter must be showing target hands and be down in stance when catching the ball.</li> <li>● Practice the 1-2 and the hop.</li> </ul>
10 Minutes	<b>Chase Down Layups</b> - Two lines on the baseline. Offense starts with an advantage. When coach calls out 'go' both players sprint to other end and try to score.	<ul style="list-style-type: none"> <li>● Offensive players must attack on the correct angle. Don't fade away from the rim.</li> <li>● Be sure to practice this drill on both sides of the floor.</li> <li>● No silly fouls from the defense.</li> </ul>
5 Minutes	<b>Water Break</b>	<ul style="list-style-type: none"> <li>● Players must all make 2 free-throws.</li> </ul>
12 Minutes	<b>2-on-2 Box Out</b> - 2 defensive players practice correct box out technique and securing the rebound off a shot from the coach or another player.	<ul style="list-style-type: none"> <li>● Defenders must make contact and cut off the offensive player's path to the hoop.</li> <li>● Don't hold the box out. Pursue the basketball!</li> <li>● The basketball is still live on a made shot.</li> </ul>

### Practice Notes:

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## **2-on-2 Box Out**

### **How the Drill Works:**

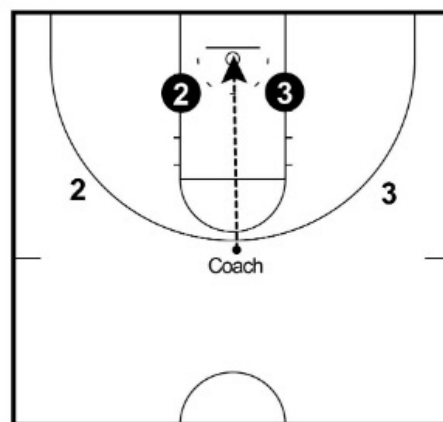
Two offensive players attempt to offensive rebound against two defensive players boxing them out. Players are in pairs and receive 1 point for their team on each defensive rebound. If offense rebounds the basketball, they switch to defense and the previous defenders join the end of the line.

### **Purpose:**

This fun, competitive drill works on rebounding technique, boxing out, and establishing good position to get a rebound. Great for offense and defense.

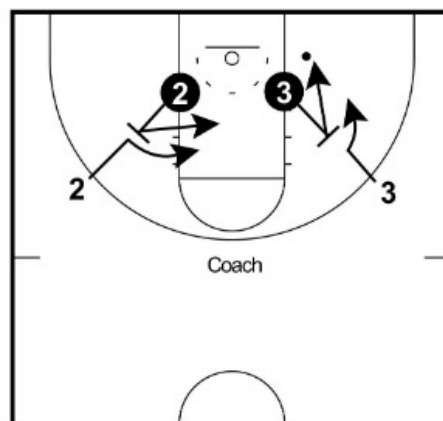
### **Setup:**

- Players all find a partner.
- Two defensive players positioned on the low blocks.
- Two offensive players positioned on the wings.
- Coach or player at the top of the key with a basketball.



### **Instructions:**

1. The drill begins with the coach or player with the basketball shooting from the top of the key.
2. Upon release of the shot, the two offensive players run in to position themselves for the offensive rebound.
3. The defenders must cut off their lane, make contact, and then establish position to secure the defensive rebound.
4. The four players then compete to secure the rebound.
5. If the defensive team gets the rebound they're rewarded with 1 point and stay on defense. The offensive players step out and 2 new players come in to offense.
6. If the offensive team gets the rebound they're rewarded by becoming the defenders. The previous defenders join the end of the line.



### **Scoring System:**

- Teams can only receive points when they're on defense. 1 point for every defensive rebound.
- First team to reach a certain amount of points is the winner.

### **Variations:**

**Individual Scoring** - Instead of recording scores as partners, players add up their point totals individually. This can be a beneficial variation if you have an odd number of players.

**Number of Players** - Instead of playing 2 on 2, get players into teams of three and play 3 on 3 instead.

### **Coaching Points:**

- Defenders must make contact with the offensive players and cut off their path to the hoop.
- Don't stand still and box out - pursue the basketball!
- Let players be physical. This drill will develop toughness. But obviously don't let anything get out of hand. Keep an eye on the play at all times.
- The basketball is still live on a made shot. The coach or player shouldn't attempt to miss the shot.

# Chase Down Layups - Shooting Drill

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## How the Drill Works:

Two lines of players on the baseline at each end of the court. The offensive player starts with an advantage and sprints the court and must lay the ball up while under pressure from the defensive player.

## Purpose:

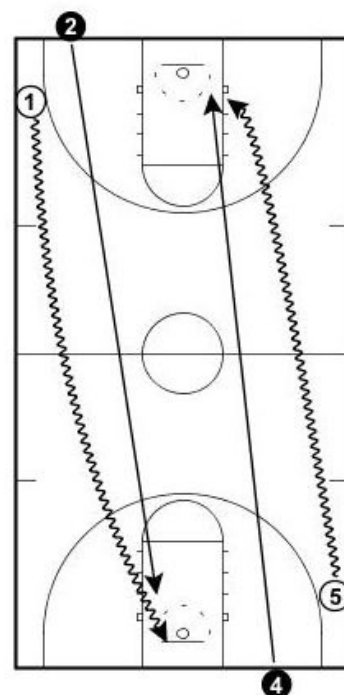
To allow players to practice layups at full speed while under pressure from a defender. This drill also works on chase-down defense.

## Setup:

- Two lines of players on the baseline at each end of the court.
- Players in the offensive line all have a basketball.
- A coach at each end of the court to start the drill.

## Instructions:

1. Coach starts by bringing the offensive player out a few steps depending on how fast they are compared to the defense to give them the fast break advantage.
2. On the coach's call, the offensive and defensive players sprint the floor.
3. The offensive player's goal is to make the layup and the defensive player's goal is to challenge the layup without fouling.
4. After the make or miss, both players join the end of the lines at their current end of the floor.



## Variations:

**Opposite Side of the Floor** - Perform the drill from the other side of the floor so that the players have to dribble and make a layup with their left hand.

**Competitive** - Play until a player makes a certain amount of layups.

## Coaching Points:

- Offensive player should be taking long steps on the layup to be under control and balance, and then jumping high on the second step before laying the ball in.

## **Chase Down Layups - Shooting Drill**

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- Offensive player must drive in at the correct angle and not be fading away towards the baseline because they're scared of contact or getting blocked.
- All teams must be practicing this drill on both sides of the floor so that your players are working on their opposite hand.
- Defensive player shouldn't be flying out of bounds. If they challenge and offense misses the layup, they should be there for the rebound.
- The defensive players must do their best to avoid contact.

## How the Drill Works:

In the half-court, two teams play 5-on-5. The difference from a regular game is that the defenders aren't allowed to use their hands on defense to steal the basketball. The two teams rotate offense and defense every 3 - 5 possessions.

## Purpose:

By not allowing the defense to use their hands, the defensive focus is entirely on footwork and correct defensive positioning. This will also get players out of the bad habit of reaching in and fouling their opponent. A great drill for youth teams.

## Setup:

- Split the group up into two teams of 5-on-5 in the half-court.
- All players have a tennis ball in each hand (optional).

## Instructions:

1. Start by explaining the defensive rules to your team. They can intercept or deflect passes, but they're not allowed to reach in against their opponent to steal the basketball.
2. The two teams then play 5-on-5 rotating offense and defense every 3 - 5 possessions.
3. If the defenders aren't using tennis balls, they are allowed to rebound the basketball after a missed shot. If they are holding tennis balls, the possession is over after the shot.



## Variations:

**No Passing Lane Steals** - Some coaches like include the rule that defenders can't steal or deflect passes in the passing lane. I don't like this rule as it allows the offense to make irresponsible passes that aren't open and would get stolen during a game.

**Fewer Players** – Instead of playing 5-on-5, you can set up a 2-on-2, 3-on-3, or 4-on-4 game.

**Number of Stops** – To challenge the defense, have them get a certain amount of stops before they're allowed to change to offense. This will require you implement a shot clock for the offensive team.

**No Tennis Balls** – If you don't have tennis balls available for the defensive team to hold onto in each hand, they can keep their hands behind their back or you can simply trust them to not steal the basketball.



### **Coaching Points:**

- Put a high amount of emphasis on defensive players being in the right position during this drill. This includes the player on the ball as well as the help defenders.
- This can be a great time to have the offensive players run through the offense or set plays since the defense will be moving realistically but there will be less pressure.
- Don't allow the offense to simply dribble right in front of their defender just because they can't steal the basketball. Still have to be realistic.

### How the Drill Works

Players take sets of 10 shots each. One person rebounds while the other shoots, back-pedals to half way and spots up again for the shot. Then they swap over.

### Purpose

The drill works on shooting while fatigued, allows your players to get up a lot of shots, and lets them work on their complete scoring game by shooting from all areas of the floor.

### Setup

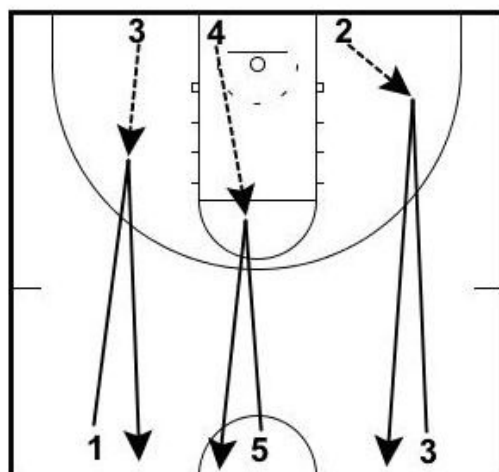
- All players get a partner. If there's an odd number the coach, assistant coach, or parent can rebound for one of the players.
- The player shooting stands at half court.
- The passer stands under the ring with a basketball.
- Coach tells the players which kind of shot to take. Either mid-range, three-point shot, one-dribble pull-up, or two-dribble pull-up, or floater.

### Instructions

*Change up where the shot is taken from between these five shots:*

1. Mid-range shots.
2. Three-point shots.
3. 1-dribble pull-up shots.
4. 2-dribble pull-up shots.
5. Floater/layup.

1. On the coaches call, the shooters at half way run in and receive the pass from their partner under the ring.
2. Shooters take the shot and then back-pedal to half court while the passer rebounds the shot.
3. The shooters continue this for the designated amount of shots the coach tells them to take.
4. Once the shooter has shot the correct amount, the shooter and passer switch roles.



### Scoring System

- Shooter counts the amount of makes and rebounder counts the amount of shots taken.
- The player that makes the most amount of shots is the winner.

### **Variations**

**Sideline** - Players can backpedal to the sideline instead of the halfway line. This is perfect if you have three groups on each basket and they can rotate.

**Different Shots** - Make sure you're changing the type of shot that players are taking after each round.

**Made Shots** - On a made shot players don't have to backpedal to the sideline or half-way line.

### **Coaching Points**

- Don't let the passers make half-hearted passes. All passes should be flat and low to the chest of the shooter.
- The shooter should have their hands up and knee's bent ready to receive the ball and shoot.
- Encourage the players to work hard. Players can slack off in this drill if you're not watching.
- Should be consistently using either the hop or the 1-2. Doesn't matter which one. Players have to choose and be consistent.

## How the Drill Works:

Players are separated into two teams and then form one line mixing up the order of the players. They then perform the 'tip rebounding' drill until the coach calls out 'Go!'. When this happens, the team with the basketball becomes offense and the teams go up and back before the drill restarts.

## Purpose:

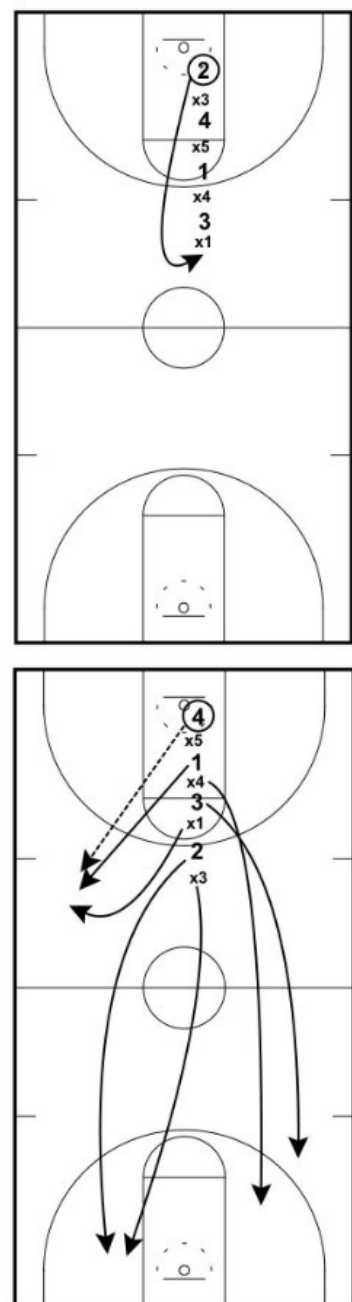
By having players perform the 'tip rebounding' drill before starting, when the coach calls out 'go' the players will be out of position and talk to each other and make decisions to get to the right spots on both offense and defense.

## Setup:

- This drill can be run 3 on 3, 4 on 4, or 5 on 5.
- Separate the players into two teams.
- The players then form one line (making sure the teams are mixed up) down the court facing either side of the backboard.
- The player at the front of the line starts with a basketball.

## Instructions:

1. The drill starts with the first player in line passing the basketball lightly off the backboard and then sprinting to join the end of the line.
2. The next player in line will then catch the basketball in the air and pass it back off the backboard before joining the end of the line also.
3. This continues until the coach calls out 'Go!'
4. When they do, the team that has the basketball becomes offense and must transition quickly down the court looking to score while ensuring proper spacing.
5. The defense must talk to each other and make each player gets a player on defense.
6. After the score or stop, the offense becomes defense and the defense becomes offense. They transition back down the court as normal.
7. The drill stops after two trips and drill starts again.



## Scoring System:

- I don't usually score during this drill. But you can play a simple game to 11 by 2's and 3's. If so, make sure to rotate which team starts with the basketball off the rebound.

### **Variations:**

**Number of Players** - This drill can be used with either 3 on 3, 4 on 4, or 5 on 5.

**Backboard Side** - Change which side of the backboard players are passing off.

**One Trip Down the Floor** - Instead of coming back in a normal 5 on 5, the teams can stop after each trip and set up the tip rebounding drill again.

### **Coaching Points:**

- Some players will pass the basketball off the backboard too hard. Make sure it's only a light pass so that the next player can get it!
- The defense must talk to each other as they're transitioning back.