

# BASKETBALL DRILLS AND PRACTICE PLANS VOLUME 2

by Coach Patrick Anderson



### Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email [knowledgesupport@gmail.com](mailto:knowledgesupport@gmail.com) to report any illegal distribution.

Copyright 2007 BasketballPracticePlan.com All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

### Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

### Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

## CONTENTS

<b>How to Use this Book!</b> .....	<b>4</b>
<b>Basketball Drills Volume 2</b> .....	<b>5</b>
7.1 Rapid Swing Pass .....	5
7.2 Box Out React Drill.....	5
7.3 Bump.....	6
7.4 Run the Gauntlet.....	6
7.5 Front Door, Back Door.....	7
7.6 Off The Glass Drill.....	7
7.7 Around The Key Shooting.....	8
7.8 Loose Ball With Trailer.....	8
7.9 Passing Triangle.....	9
7.10 Double Team Drill.....	10
<b>Practice Plans</b> .....	<b>11</b>
Practice Plan #1.....	11
Practice Plan #2.....	12
Practice Plan #3.....	13
Practice Plan #4.....	14
Practice Plan #5.....	15
Practice Plan #6.....	16
Practice Plan #7.....	17
Practice Plan #8.....	18
Practice Plan #9.....	19
Practice Plan #10.....	20
<b>Recommended Resources</b> .....	<b>21</b>
The Coaching Essentials:.....	21
Coach Pat Anderson's Online Clinics:.....	22
More Online Clinics from America's Top Coaches:.....	23
Masters Level Coaching:.....	24
Basketball Training Aids for Players:.....	25

# How to Use this Book!

If you had the advantage of seeing the first book, you will probably know the drill. This book is designed with drills for basketball players in mind. We go through the drills and show you how to do them (with diagrams if necessary), and what the end result might be for your players.

Once again, we have put together a few extra drills for your team to use, to improve the level of play. These drills help to combine a variety of skills, or they work on specific skills sets that allow the players to improve.

Many of the drills will try to combine the skills of each of the areas with elements of the game that they need to try and improve. For volume 2, the drills that have been included can be used and adapted for any skill level. We will provide you with ideas on how you can make these drills more complex for some groups and easier for others – depending on age and skill level.

In the following pages are 10 more drills that you can add to your practice plan collection – helping a variety of positions on the basketball court. You can incorporate them into the practice plans you had before, or you can use the new practice plans at the end of this volume.

## Practice plans

Basketball practice is a time to build skills and get the team going on the same page. Each player has the opportunity to hone their skills and sharpen their play during practice times. Our practice plans help you, the coach, to have a fluid and continuous learning and development time with players.

The practice plans are for you, the coach, to try and structure a practice using many of the drills that we have included in this guide, along with the time you put in working as a team.

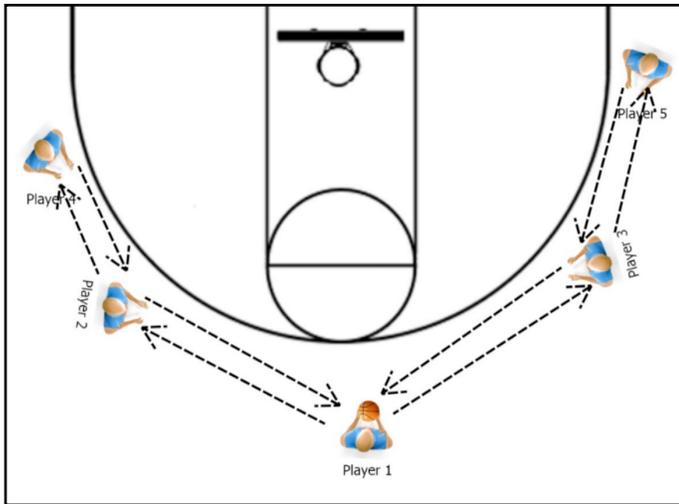
**Best of Luck!**

# Basketball Drills Volume 2

## 7.1 Rapid Swing Pass

Breaking the zone defense can be tough – this drill will help condition players to pass quickly to spread the zone out.

**What you need** – To start, you only need 5 players on offense to begin the drill, spread out over the perimeter, as shown in the diagram below. Later, you can add defenders to help provide more game-like situations.



**How this drill works** – Above you see a typical perimeter offense used in a variety of situations during the basketball game. The purpose of this drill is to get players used to making quick passes to the person next to them.

Player 1 will start with the ball just outside the three-point line. He or she will pass the ball to either Player 2 or Player 3 to start. Then, the pass goes to the post position, and then cycles back around – 3,1,2,4... and then cycles back again.

Players can add a fake in here one way, and go back the other, but they should refrain from throwing the ball across the court – this type of pass is often intercepted. Adding a defense running a zone will help your players develop their swing pass timing and quickness, and help them spread a zone defense out.

**Result** – Your players will be more capable of stretching a zone defense out, capitalizing on offensive opportunities.

## 7.2 Box Out React Drill

This drill will condition players to immediately look to gain position on the box out when a shot is taken.

**What you need** – Match up an offense and a defense for this drill. The coach will be the one shooting the ball.

**How this drill works** – The defensive players are going to start out with position, but when the coach blows his or her whistle, the players are going to move around in their positional area, jostling for position under the basket.

When the coach takes a shot, all of the players are going to yell out, “SHOT”, and then try to box out their opponent. An offensive rebound scores two points, after starting out at a disadvantage, and a defensive rebound scores one point. Offense and defense switch after each shot.

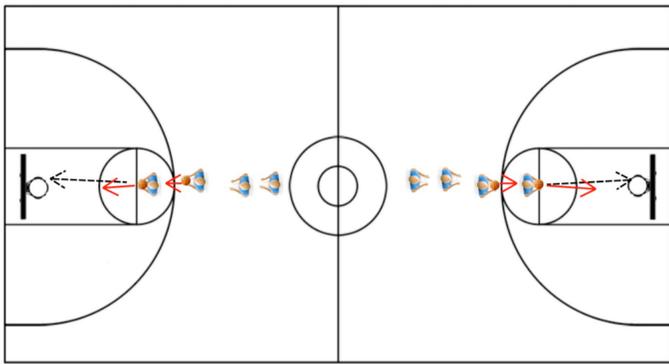
The players should have an eye on both their matched player and the ball, in order to see when it is shot, then be able to quickly react to get position to make a rebound.

**Result** – Quicker reaction under the hoop in going to help you develop a stronger rebounding team – on both ends of the court.

### 7.3 Bump

This is a great shooting, rebounding, and pressure drill for your players, that also allows them to have a little bit of fun.

**What you need** – Divide the team into two groups and line them up single file at the foul line of opposite baskets. The first two players in the lines should have balls.



**How this drill works** – This is a fast-paced drill for teams of any age level, as it helps them develop a number of valuable skills, while keeping it fun.

The drill starts with the first player taking a foul shot, and the second player shooting right after. If the first player misses, he or she must gather the rebound and make the basket BEFORE the second player makes their basket. Once the first player makes the basket, they pass the ball to the next player, who tries to make their basket before the second player.

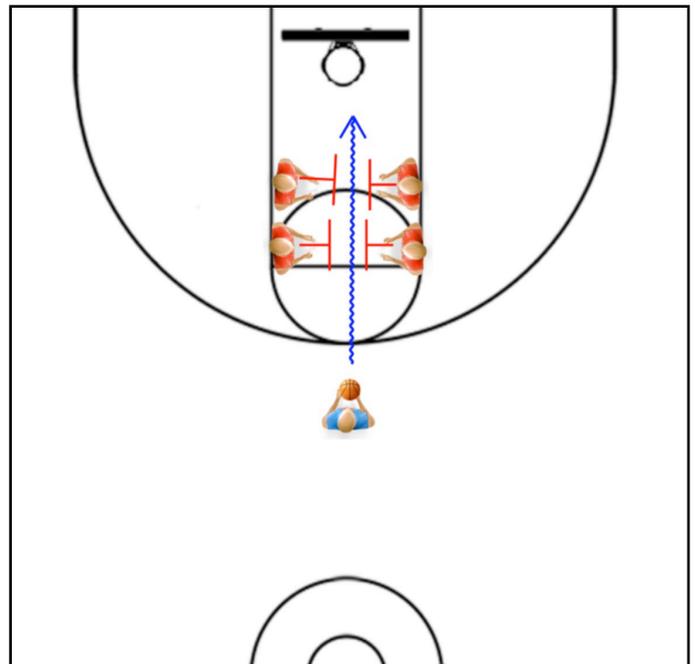
This continues on... if a shooter in behind a player makes his or her basket first, the player ahead is eliminated. This can make for fast-paced fun!

**Result** – Several skills are honed in this drill, especially making pressure shots.

### 7.4 Run the Gauntlet

Driving through the lane can often be a physical offensive play. This drill helps players get used to the contact and maintain concentration.

**What you need** – Line up 4 players (2 a side) in the key, and have one ball handler at the top of the three point line. (See diagram for alignment). You can set this drill up at two stations if you have the numbers, or the coaches may have to join in this drill.



**How this drill works** – Driving the ball through the lane means that a player often has to drive through the arms and bodies of defenders. You often have a lot of slapping, reaching and body contact, but the driver still needs to maintain focus enough to make the basket.

In this drill, the ball handler (B) will drive the ball through the 4 players in the key. As the player is driving through the key, the four players will try to slap at the ball, the wrists, etc, and create a diversion for the player driving to the hoop.

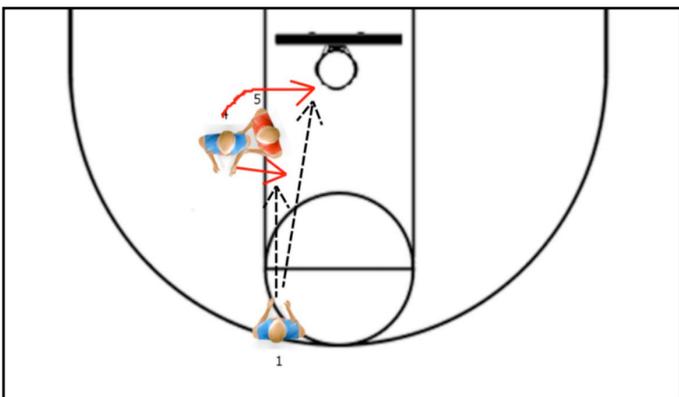
The ball handler has to drive strong to the hoop and deliver the ball by lay up to the hoop. To make this drill more difficult, add a third player on each side that the driver has to make it through on his or her way to the hoop.

**Result** – Giving all of your players the chance to go through this drill will help them to develop the concentration and ball handling skill necessary to increase their success when driving to the basket.

## 7.5 Front Door, Back Door

This is both a passing drill for guards, but also a drill for the post position

**What you need** – Match up two post players and a guard, and run as many stations as you have baskets. The guards will start off with a ball. See diagram below for more details on positioning.



**How this drill works** – To start, the guard will handle the ball just outside the three point line.

The two post players (defense in red) will be working the low post area in this drill.

The 4 man will do one of two things: Fake roll backward and come front door, or fake front and go back door. At this point it is the responsibility of the 1 man to make the quick pass into the key so the team can score a quick basket.

To add another element to this drill, you can do a couple of things:

- Add a defender on the guard, to defend against the pass
- Add an off-side defender that will help the post player if he or she is beaten down low

The purpose of this drill is to improve the timing and the quick read skills of the guard, but also to help the post player learn to identify and execute a quick move underneath the hoop.

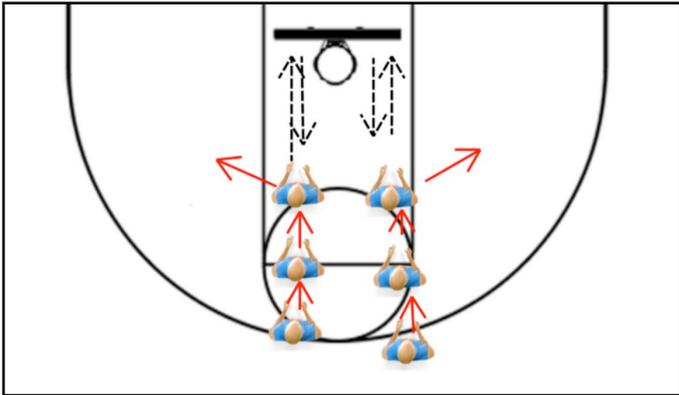
**Result** – Both your guard and your post player will begin to understand the importance of quick passes and quick cuts when you want to execute a back door pass down low.

## 7.6 Off The Glass Drill

This is a quick rebounding drill that teaches players to rebound at the top of their jump.

**What you need** – You can divide your team into two groups, and work either side of the backboard for this drill. Each line has one basketball they can use for this drill.

**How this drill works** – The line starts about 5 feet away from the backboard, inside the key. The first player in line tosses the ball up to the backboard, and then follows it up, jumps up grabs the ball and tosses it back up to the backboard while at the height of his or her jump. Once done, they go to the back of the line.



Following right behind them is the next player in line, who must approach the backboard, jump up, and grab the previous players rebound and put the ball up again – all while staying in the air. This should be a continuous drill, with the ball, nor the ball-player combination EVER touching the floor.

This drill teaches good control, and to capture the rebound at the height of the jump, rather than down on the ground.

This drill should be done for 1 minute without stopping, cycling players through continuously. A great warm-up drill for games.

**Result** – Improved rebounding skills, and getting the ball up high in their jump.

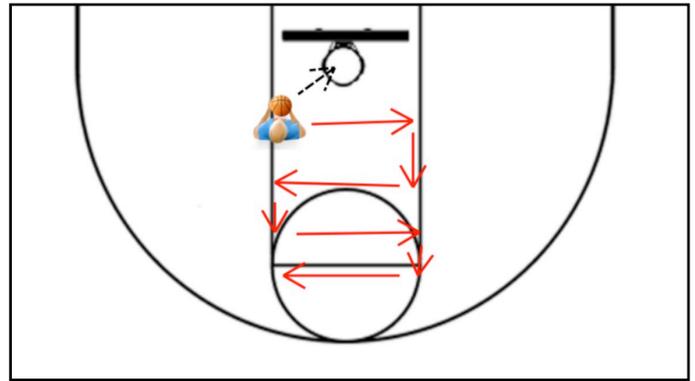
### 7.7 Around The Key Shooting

Players should be able to make all of the close in shots around the key

**What you need** – You can split the players into groups depending on the number of baskets you have. They should be at a basket with the key marked, along with foul shot positions.

**How this drill works** – This is a great end of practice drill that players can go through to im-

prove their close in shots while fatigued. Each player will have a ball, and they must make a basket from each of the six foul line up spots, and also at the foul line.



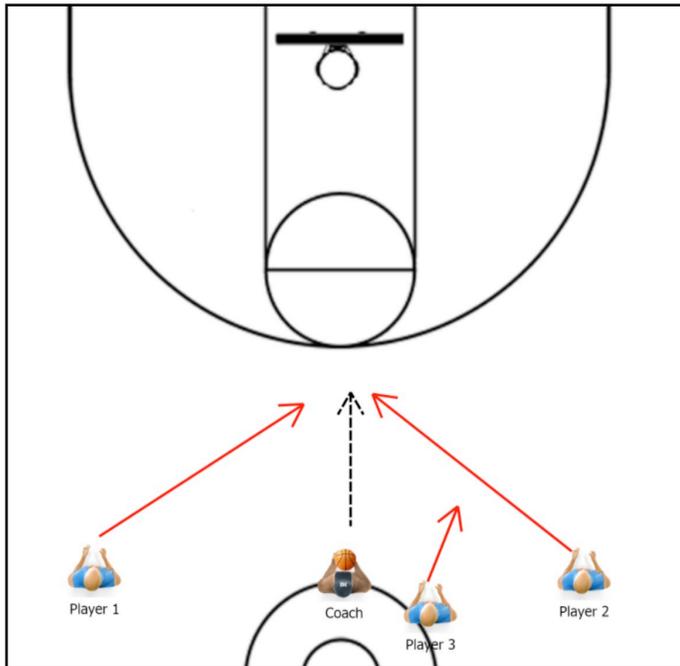
The kicker is, they have to be made in order, starting at one low post, and end at the other. If a player misses a basket, they start at the beginning. Practice ends when all players have made it around the world.

**Result** – Improved shooting percentage on close in shots – especially when players are fatigued from practice.

### 7.8 Loose Ball With Trailer

Chasing hard after a loose ball and gaining control for an offensive chance is a great drill to practice

**What you need** – You will start with three lines, at half court (shown in diagram), and the coach will be standing at center court with the balls.



**How this drill works** – Players in line one and two will be waiting for the coach to roll the ball. When the coach releases the ball (green), both players sprint after it. When one player reaches the ball and gains control, the other player assumes a defensive position.

Once a side has gained possession, a player from line 3 (blue) enters the fray as the trailing player. The player that has gained control of the ball can use the trailer to help them score a basket. **A shot attempt must be made within 5 seconds of gaining control.** Otherwise, defenders will already be back and the opportunity lost.

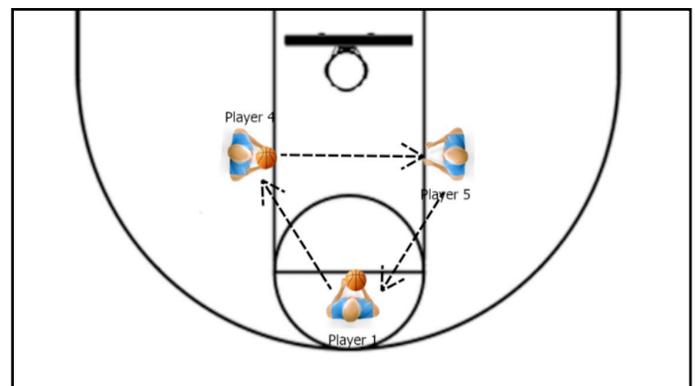
This drill requires quick recovery and thinking skills on the part of the offense, and solid defensive skills for the defender.

**Result** – Players will learn to capitalize on chances when they come on loose ball opportunities.

## 7.9 Passing Triangle

This is a basic drill that will help players to increase their passing accuracy and increase the skill set, with different pass types.

**What you need** – Divide the team into groups of three players. There should be two basketballs per group. The players will stand in a makeshift triangle to begin this drill. See the diagram below for more details.



**How this drill works** – This drill is going to work on the basic passing types that you have, in a drill that will keep players on their toes, and emphasize good passing technique, and reception.

To start the drill, the 1 player will make chest pass (red) to player 5. Player 5 will make a bounce pass (blue) across the key to player 4. Player 4 will make an overhead pass (black) back to player one.

When player 1 starts, by passing the ball to player 5, player 4 also has a ball and then passes the ball (overhead) to player 1. With two balls going, this drill should be continuous. It is a great concentration drill for all players, especially when you move them to different positions and they need to execute different passes.

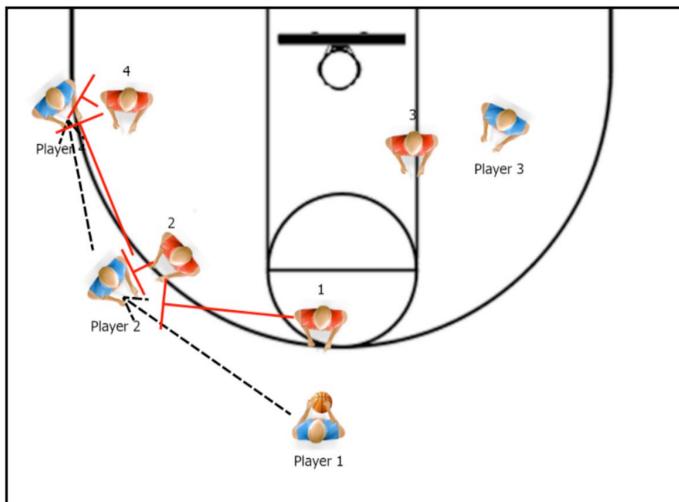
You can increase the difficulty of this drill by allowing one, or even two defenders to lightly defend the passes, so the players have to make quick decisions to keep the ball going in the passing triangle.

**Result** – Better passing skills and players will learn to pass the ball quickly and accurately.

## 7.10 Double Team Drill

Double teams are a common way to neutralize top offensive players – and this drill will help your players develop solid double team skills.

**What you need** – Set up a four on four team drill, with an offense against a defense.



**How this drill works** – In this drill, you are going to have the players work four on four, and the object is to try and double team, or trap the man with the ball at all times.

The drill starts with player one passing to player two on offense (white). The defensive 1 and 2 players (red) will trap offensive player 2. Offensive player 2 then passes down to player 4, and defensive player 2 and 4 trap the offensive player down low.

This drill is not necessarily meant to constantly shut down the offense in this situation, it is merely meant to help players understand and execute an effective trap on certain positions on the court.

Note: Move the ball to both sides of the court, and also have the defensive players prepared to cover the open passing lanes when a player leaves his man to trap another.

**Result** – Great awareness of the trap or double team play. As a coach, you can teach them effective ways of pressuring opposing players while your defenders are trapping.

# Practice Plans

(Volume 1 Drills are in Blue)

## Practice Plan #1

Time	Drill	Section #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>Mikan Drill</b>	<b>1.2</b>	<b>Good lay up here</b>
:35 to :38	Water break	-	-
:38 to :45	Box Out React Drill	7.2	Quick reaction to shot is essential
:45 to 1:00	<b>Man in the middle drills</b>	<b>2.4</b>	<b>Fake low, pass high. Fake high, pass low</b>
1:00 to 1:10	<b>McHale Drill</b>	<b>3.5</b>	<b>Get the ball high and keep going</b>
1:10 to 1:20	Double Team Drill	7.10	Fundamentals of a double team should be taught here
1:20 to 1:30	Front Door, Back Door	7.5	Quick passes when cut is made
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Bump	7.3	Great fun and pressure shooting
1:45 to 1:55	<b>Zig Zag Drill</b>	<b>4.2</b>	<b>Good ball control and use of different moves</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #2

Time	Drill	Sec. #	Coaching
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>McHale Drill</b>	<b>3.5</b>	<b>Get the ball high and keep going</b>
:35 to :38	Water break	-	-
:38 to :45	Run the Gauntlet	7.4	Concentration on the basket and ball are key
:45 to 1:00	<b>Three-Man Shooting Drill</b>	<b>1.13</b>	<b>Squaring up is essential for good shots</b>
1:00 to 1:10	Loose ball and Trailer	7.8	5 seconds to make an offensive play
1:10 to 1:20	Passing triangle	7.9	Accurate and quick passes
1:20 to 1:30	Box out reaction	7.2	Good position when the ball is shot
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Rapid Swing pass	7.1	Quick passes to spread the zone defense
1:45 to 1:55	<b>Dantley Stick Back Drill</b>	<b>3.4</b>	<b>High catch, and quick back up for a lay up</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #3

Time	Drill	Sec. #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>Celtic Full Court Passing</b>	<b>2.2</b>	<b>Try bank shots at the end</b>
:35 to :38	Water break	-	-
:38 to :45	Front Door, Back Door	7.5	Quick passes when cut is made
:45 to 1:00	<b>Dantley Stick Back Drill</b>	<b>3.4</b>	<b>High catch, and quick back up for a lay up</b>
1:00 to 1:10	Around the key	7.7	Good shots from around the foul area
1:10 to 1:20	Loose ball trailer	7.8	Must use the trailer in this drill
1:20 to 1:30	Double Team Drill	7.10	Fundamentals of a double team should be taught here
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Box Out React Drill	7.2	Quick reaction to shot is essential
1:45 to 1:55	<b>Offense rebound under pressure</b>	<b>3.2</b>	<b>Rebound, fake and shot under the pressure</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #4

Time	Drill	Sec. #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	Man in the middle drills	2.4	Fake low, pass high. Fake high, pass low
:35 to :38	Water break	-	-
:38 to :45	Rapid Swing pass	7.1	Quick passes to spread the zone defense
:45 to 1:00	Zig Zag Drill	4.2	Good ball control and use of different moves
1:00 to 1:10	Off the Glass	7.6	Constant and quick is the key
1:10 to 1:20	Dantley Stick Back Drill	3.4	High catch, and quick back up for a lay up
1:20 to 1:30	Loose ball and Trailer	7.8	5 seconds to make an offensive play
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Bump	7.3	Great fun and pressure shooting
1:45 to 1:55	Mikan Drill	1.2	Good lay up here
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #5

Time	Drill	Sec. #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>Ball Handling Circuit</b>	<b>4.1</b>	<b>Good control is more important than speed</b>
:35 to :38	Water break	-	-
:38 to :45	Box Out React Drill	7.2	Quick reaction to shot is essential
:45 to 1:00	<b>Man in the middle drills</b>	<b>2.4</b>	<b>Fake low, pass high. Fake high, pass low</b>
1:00 to 1:10	Double Team Drill	7.10	Fundamentals of a double team should be taught here
1:10 to 1:20	Passing triangle	7.9	Accurate and quick passes
1:20 to 1:30	Around the key	7.7	Good shots from around the foul area
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Rapid Swing pass	7.1	Quick passes to spread the zone defense
1:45 to 1:55	<b>Vince Carter Plyometric Circuit</b>	<b>6.5</b>	<b>Work on agility and conditioning</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #6

Time	Drill	Sec. #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>Three-Man Shooting Drill</b>	<b>1.13</b>	<b>Squaring up is essential for good shots</b>
:35 to :38	Water break	-	-
:38 to :45	Run the Gauntlet	7.4	Concentration on the basket and ball are key
:45 to 1:00	<b>Pass and screen away drill</b>	<b>5.4</b>	<b>Good for offensive preparation</b>
1:00 to 1:10	Front Door, Back Door	7.5	Quick passes when cut is made
1:10 to 1:20	Around the key	7.7	Good shots from around the foul area
1:20 to 1:30	Double Team Drill	7.10	Focus on good double teams
1:30 to 1:35	Water break	-	-
1:35 to 1:45	<b>Zig Zag Drill</b>	<b>4.2</b>	<b>Good ball control and use of different moves</b>
1:45 to 1:55	<b>Mikan Drill</b>	<b>1.2</b>	<b>Good lay up here</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #7

Time	Drill	Sec. #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>Celtic Full Court Passing</b>	<b>2.2</b>	<b>Try bank shots at the end</b>
:35 to :38	Water break	-	-
:38 to :45	Rapid Swing pass	7.1	Quick passes to spread the zone defense
:45 to 1:00	<b>Weak hand full court</b>	<b>4.4</b>	<b>Important to get comfortable with weak hand</b>
1:00 to 1:10	Loose ball and Trailer	7.8	5 seconds to make an offensive play
1:10 to 1:20	Run the Gauntlet	7.4	Make it three players a side
1:20 to 1:30	Around the key	7.7	Good shots from around the foul area
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Off the Glass	7.6	Constant and quick is the key
1:45 to 1:55	<b>Zig Zag Drill</b>	<b>4.2</b>	<b>Good ball control and use of different moves</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #8

Time	Drill	Sec #	Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	Three-Man Shooting Drill	1.13	Squaring up is essential for good shots
:35 to :38	Water break	-	-
:38 to :45	Double Team Drill	7.10	Fundamentals of a double team should be taught here
:45 to 1:00	Man in the middle drills	2.4	Fake low, pass high. Fake high, pass low
1:00 to 1:10	Three Man weave	2.5	Good passes and follow behind
1:10 to 1:20	Front Door, Back Door	7.5	Quick passes when cut is made
1:20 to 1:30	Passing triangle	7.9	Accurate and quick passes
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Box Out React Drill	7.2	Quick reaction to shot is essential
1:45 to 1:55	Two man fast break	2.3	10 push ups for a missed lay up
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #9

Time	Drill	Sec. #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>McHale Drill</b>	<b>3.5</b>	<b>Get the ball high and keep going</b>
:35 to :38	Water break	-	-
:38 to :45	Run the Gauntlet	7.4	Concentration on the basket and ball are key
:45 to 1:00	<b>Ball Handling Circuit</b>	<b>4.1</b>	<b>Good control is more important than speed</b>
1:00 to 1:10	Double Team Drill	7.10	Fundamentals of a double team should be taught here
1:10 to 1:20	Passing triangle	7.9	Accurate and quick passes
1:20 to 1:30	Loose ball and Trailer	7.8	5 seconds to make an offensive play
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Rapid Swing pass	7.1	Quick passes to spread the zone defense
1:45 to 1:55	<b>Zig Zag Drill</b>	<b>4.2</b>	<b>Good ball control and use of different moves</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

## Practice Plan #10

Time	Drill	Sec #	Coaching Tips
00 to :10	Shooting, dribbling warm ups	-	Around the world, or even Bump
:10 to :15	Full body stretch	-	Shoulders, legs, groin, ankles and lower back
:15 to :25	Light jog around the court	-	Limbering up and preparing for drills
:25 to :35	<b>Mikan Drill</b>	<b>1.2</b>	<b>Great practice starter</b>
:35 to :38	Water break	-	-
:38 to :45	Box Out React Drill	7.2	Quick reaction to shot is essential
:45 to 1:00	<b>Celtic Full Court Passing</b>	<b>2.2</b>	<b>Try bank shots at the end</b>
1:00 to 1:10	Rapid Swing pass	7.1	Quick passes to spread the zone defense
1:10 to 1:20	Run the Gauntlet	7.4	Concentration on the basket and ball are key
1:20 to 1:30	<b>Ball Handling Circuit</b>	<b>4.1</b>	<b>Good control is more important than speed</b>
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Off the Glass	7.6	Constant and quick is the key
1:45 to 1:55	<b>Three-Man Shooting Drill</b>	<b>1.13</b>	<b>Squaring up is essential for good shots</b>
1:55 to 2:00	Cool down	-	Foul shots, dribbling skills, etc.

# Recommended Resources

## The Coaching Essentials:

**Basketball Drills & Practice Plans**- The Astonishingly Simple Secret To Coaching A Killer Basketball Team... Without Wasting Time or Effort. Instantly download over 50 unique, fun and effective basketball drills, fully organized into 25 clipboard-ready practice plans. Removes the stress from coaching and allows you to prepare for practice in just 5 short minutes. (\$34.68)

For more information visit:

<http://www.basketballpracticeplan.com/ar.html>

**Basketball Video Tutorials**- Are you a more advanced coach looking to get an edge over your competition? My "Basketball Video Tutorials" gives you unrestricted access to my own personal playbook and basketball coaching system. Reveals my top coaching techniques and tactics, including half-court offensive sets, inbounds plays, full court pressure, and the simple secret to breaking a zone defense. (\$67.77)

For more information visit:

<http://www.basketballtutorials.com/>

**Basketball Blueprint Software** - Designing your own animated plays and drills can be as easy as 1-2-3. Basketball Blueprint software allows you to create stunningly effective animated drills and plays and share them with your team in 3 super easy steps. (\$197)

For more information visit:

<http://www.basketballblueprint.com/>

## Coach Pat Anderson's Online Clinics:

**Motion Offense Clinic** - This is the definitive guide to running a powerful high-scoring motion offense. Create a well-oiled offensive machine that runs circles around the competition and racks up huge margins of victory...while only spending a few minutes on a couple well-placed drills in your next practice. (\$29.95)

For more information visit:

<http://www.basketballblueprint.com/motion-offense-clinic.html>

**Zone Defense Clinic** - Tap into the secrets to running a strangulating Zone Defense that will shut down the passing lanes, cut off penetration, clog up the paint, and force ANY team in your league to chuck up ill-advised Hail Mary's from 25 feet away...while YOUR supremely coached squad gobbles up defensive rebound after defensive rebound. (\$29.95)

For more information visit:

<http://www.basketballblueprint.com/zone-clinic.html>

**Fast Break Clinic** - Discover how easy it is to transform you squad into a fast-break powerhouse in just 1 practice. Even if your team is slow-footed (and spends more time in the pizza parlor than the weight room) you can run a potent transition game if you follow a few simple rules. (\$29.95)

For more information visit:

<http://www.basketballblueprint.com/fast-break-video-clinic.html>

**Full Court Pressure Defense Clinic** - How to blitz your opponents with an onslaught of full court pressure that forces turnovers and gets you tons of easy baskets. Even if you've never pressed before, you can discover the secrets that top youth basketball coaches use to bully their competition into vulnerable back-court positions, then steal the ball away from them...scoring layup after uncontested layup! (\$29.95)

For more information visit:

<http://www.basketballblueprint.com/press-clinic.html>

**Shooting Clinic** - The fastest route to developing a team chock full of buttery-smooth, high percentage, "sweet-stroking" jumpshooters. There are 2 key factors that separate great shooters from brick-throwers: Footwork & Balance. Unless you players master these essentials they will NEVER put themselves into proper triple-threat position. You'll discover 17 KEY drills and techniques guaranteed to skyrocket your shooting percentage and increase your offensive output. (\$29.95)

For more information visit:

<http://www.basketballblueprint.com/shooting-clinic.html>

**Post Play & Rebounding Clinic** - If you'd like a foolproof system for utterly dominating the paint (even if you don't have a player over 5 feet), you MUST check out this clinic. I'll reveal how to increase the aggression in your post players instantly, a mega-easy 30-second drill that will double your offensive rebounds per game, and much more... (\$29.95)

For more information visit:

<http://www.basketballblueprint.com/post-play-clinic.html>

## More Online Clinics from America's Top Coaches:

**Secrets To The UCLA 1-4 Offense** - Discover the amazing Half Court Offense that scores points like crazy...against any man-to-man or zone set. Scoring points shouldn't be difficult. If you teach your team an effective offensive system that's SIMPLE to execute, you'll get all the high percentage shots you want. (\$69.95)

For more information visit:

<http://www.bballsecrets.com/cl/ucla14.html>

**80 Innovative Practice Drills** - New Cutting Edge Video Clinic Reveals 80 All-New, Stunningly Effective Basketball Drills That Instantly Inject Your Team With Pro-Level Ballhandling, Passing, Shooting And Rebounding Skills, While Keeping Your Players Having Fun and Engaged For Your Entire Practice!. (\$69.95)

For more information visit:

<http://www.bballsecrets.com/cl/holowicki.html>

**Unstoppable Half Court Offense** - Hall of Fame NCAA coach and offensive mastermind John Kresse reveals 46 different ways to score an easy basket. You can now master ALL the hard-to-find secrets to getting tons of easy layups and wide open jumpers (we're talking overnight!)... and all for less than it costs to buy a decent basketball! (\$49.95)

For more information visit:

<http://www.bballsecrets.com/cl/unstoppable.html>

**20 Set Plays vs. Man and Zone** - How In-The-Heck Does This 'Old-Fogey' From Tiny Cuba City, Wisconsin Consistently Clobber Stronger, Faster, More Athletic Basketball Teams? It's a simple... easy-to-learn... and instantly effective offensive system that guarantees your team will get boatloads of easy layups and wide open jumpers... no matter how little skill your kids possess! (\$39.95)

For more information visit:

<http://www.bballsecrets.com/cl/petitgoue.html>

**Ultimate Full Court Pressure** - If You've Got 43 Minutes and 17 Seconds Before Your Next Practice... I'll Show You How To Completely Dominate Your Opponents With An Outrageously Effective (Yet Totally Legal) Full Court Trapping System (\$39.95)

For more information visit:

<http://www.bballsecrets.com/cl/ultimate.html>

## Masters Level Coaching:

**Hubie Brown's Basketball Coaching Bootcamp** - After winning 528 pro basketball games, two NBA Coach of The Year awards, and being inducted into the Basketball Hall of Fame, this 74 year old legend breaks his silence to reveal a simple, natural, and amazingly effective basketball coaching system that literally forces your team to play harder and smarter than you ever thought possible. This complete basketball coaching system includes "masters-level" secrets on Coaching Philosophy, Practice and Game Management, Offensive Sets, Offensive Spacing, Defensive Tactics, and Special Situations. 6 free videos included on the website. (\$279)

For more information visit:

<http://www.bballsecrets.com/hubie/bootcamp.html>

**Tara Vanderveer - The Stanford System** - Finally, The First Practical, Step-by-Step Roadmap For Basketball Coaching Success, No Matter How Little Experience, You Have... 100% Guaranteed! These almost criminally-clever tricks, tips and secrets of the pros will give you unbelievable offensive firepower, an outrageously potent fast break and a punishing, stingy defense... game in and game out! (\$139)

For more information visit:

<http://www.bballsecrets.com/cl/stanford.html>

### Basketball Training Aids for Players:

**Basketball Camp in a Box** - Inside the "Camp in a Box" you'll find a carefully constructed set of "magic" training aids, manuals, and DVD's designed to improve a players game- fast. This package covers every facet of basketball improvement: Plyometrics, injury prevention, ballhandling, shooting, rebounding, defense, passing. It's like an "all-in-one" kit for basketball success. (\$199 + S/H)

For more information visit:

<http://www.bballsecrets.com/sp/camp.html>

New coaching tools are being added all the time, for a current list of the best coaching resources we offer, please visit our main catalog at:

<http://www.coachpatanderson.com/catalog.html>