



WHGBL Juniors Division Coaches Practice Plan

Date: _____

Time: _____

Location: _____

Practice Objectives

- Reinforce foul-shot mechanics and proper lane timing
- Master inbound-pass rules for offense and defense
- Perfect jump-ball alignment, stance, and timing
- Develop controlled layup technique under pressure
- Cultivate punctuality, focus, and on-court communication

Equipment & Admin Checklist

Item	Qty	✓	Responsible
Practice basketballs (inflated)	6–8		Assistant Coach 1
Practice pinneys	Enough		Assistant Coach 2
Cones/tape for boundary marking	10+		Assistant Coach 3
Phone container & labels	1 set		Head Coach
Whistle	1		Head Coach
First-aid kit & ice packs	1 kit		Head Coach
Attendance sheet & printed plan	1 each		Head Coach

Practice Schedule

Time	Task	Detailed Steps	Equip/Setup	Responsibility	✓
0:00–0:05	Phone Collection	<ul style="list-style-type: none"> Place phone bin by door Coach greets & reminds “phones off the floor” 	Phone container	Assistant Coach 1	
0:05–0:10	Warm-up & Dynamic Stretch	<ul style="list-style-type: none"> High-knee runs full court Dynamic calf/hip stretches Ball-slap partner activation 	Cones	Head Coach	
0:10–0:20	Foul-Shot Positioning Drill	<ul style="list-style-type: none"> Mark lane boxes Shooter: 5 shots from behind line; jump-over only Whistle on release → lane entry 	Balls, cones/tape	Assistant Coach 2	
0:20–0:30	Inbound-Pass Drill	<ul style="list-style-type: none"> Tape boundary line Practice baseline & sideline inbounds vs. passive defender Whistle on foot fault 	Balls, boundary tape	Assistant Coach 3	
0:30–0:40	Defensive Inbound Compliance	<ul style="list-style-type: none"> Defender stays behind line 1st violation = warning; 2nd = technical Track on clipboard 	Tape line	Head Coach	
0:40–0:50	Jump-Ball Alignment & Toss	<ul style="list-style-type: none"> Coach practices straight-up toss (~3 ft) Jumpers practice stance (elbows in, eyes up) Teammates line up around circle 	Basketball	Assistant Coach 1	
0:50–1:10	Multifunctional Layup Drill	<ul style="list-style-type: none"> Cones at top-key Right-hand layup → rebounder outlet → sprint → left-hand layup 2-min cap/player 	Cones, ball, rebounder	Head Coach	
1:10–1:15	Controlled Water Break	<ul style="list-style-type: none"> Limit to one minute 	N/A	Head Coach	
1:15–1:20	Cool-down Stretch	<ul style="list-style-type: none"> Static calf stretch Shoulder/triceps openers 	Mats or court space	Assistant Coach 2	
1:20–1:25	Player Self-Feedback & Debrief	<ul style="list-style-type: none"> Each player: “What went well? What needs work?” Coach notes drills to revisit (<80% success) 	Clipboard	Head Coach	

Drill Details & Coaching Cues

Foul-Shot Positioning Drill

- Objective: Reinforce proper spacing and timing.
- Setup: Mark lane spaces with tape or cones.
- Steps:
 1. Shooter takes 5 free throws, starting behind line.
 2. Demonstrate “jump-over” vs. “run-in” with coach acting each.
 3. Whistle cue signals lane players to enter after shot release.
- Success Criteria: 8/10 shots with correct lane entry.
- Common Fault: Early lane entry → Cue: “Wait for the rim!”

Inbound-Pass Drill

- Objective: Eliminate stepping violations.
- Setup: Highlight inbound line with tape.
- Steps:
 1. Player practices baseline and sideline inbounds without stepping on line.
 2. Introduce passive defender; coach blows whistle on fault.
 3. Progress to live defender once form is solid.
- Success Criteria: 8/10 clean inbounds per player.
- Common Fault: Foot on line → Cue: “Eyes up, anchored foot!”

Defensive Inbound Compliance

- Objective: Teach legal defense positioning.
- Setup: Boundary line taped.
- Steps:
 1. Defender guards inbounder while staying behind line.
 2. Coach issues first violation warning; second incurs technical foul.
 3. Track violations on clipboard.
- Success Criteria: Zero violations per session.
- Common Fault: Overreaching → Cue: “Stay behind the line!”

Jump-Ball Alignment & Toss Drill

- Objective: Synchronize toss and jump.
- Setup: Center circle marked; coach with ball.
- Steps:
 1. Coach practices straight-up toss with two hands.
 2. Jumpers practice timing, elbows in, eyes on ball.
 3. Teammates line up at numbered spots around circle.
- Success Criteria: Clean tip or controlled possession.
- Common Fault: Early entry → Cue: “Hold until ball drops!”

Multifunctional Layup Drill

- Objective: Build layup skill under movement.
- Setup: Cones at each wing of top-of-key; rebounder under basket.
- Steps:
 1. Player starts at right cone, drives for right-hand layup.
 2. Rebounder outlets to coach, player sprints back to opposite cone.
 3. Execute left-hand layup; repeat until time cap.
- Success Criteria: 5 made layups within 2 minutes.
- Common Fault: Weak hand finish → Cue: “Use your fingertips!”

Post-Practice Debrief

- Have each player state one success and one challenge.
- Coach records drills needing follow-up in next session.
- Confirm next practice date, time, and location.