

WHGBL JUNIORS DIVISION SAMPLE PRACTICE PLAN

WHGBL Juniors Division Sample Practice Plan

Practice Day	Skill	Terms, Phrases & Notes	Practice Drill	Exercise Objective
Day One	Layups	- Go right, dribble right, go left, dribble left. PLEASE NOTE: This should be the very first drill of each day. Have players start as soon as they enter the gym.	Be sure to right and left cones on dots if you have them. Refer to this video https://vimeo.com/1013252551 Once players begin to master the layup, integrate the cross dribble by placing a cone at one corner of the mid-court line, and another cone on the opposite side of the key. Have the player dribble from the mid-court cone to the cone at the top of the key dribbling with the correct hand in the correct direction and then, cross-dribble at the cone to come around for a layup. See Diagram 1 for reference.	- success should be judged not on whether a basket is made but on whether the correct footwork is used and the correct hand is used to shoot.
	Introduction of Ball Handling and Cross-Dribble	- Cross Dribble - Change of Direction	See this video https://vimeo.com/1013253757	- Get the player to learn to change direction using a cross dirbble - Be sure the player can do this with both the right and left hand

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Day One	Pivoting	<p>- Pivot- First Pivot- Second Pivot- Triple Threat</p> <p>PLEASE NOTE: This exercise will lead to a Pivot Practice Drill used on the second practice</p>	<p>Have players work with a partner passing the ball to each other and catching the ball in "triple-threat" position. Teach First Pivot then pass to partner. Then, teach First Pivot, then Second Pivot, then pass to partner. See this video https://vimeo.com/1013252838</p>	<p>A traveling violation is one of the most common issues in basketball at this age. Making sure kids know how to pivot with the basketball will reduce their anxiety and help reduce the amount of traveling violations they commit.</p>
	"Pivot Keep Away" game	<p>- Traveling</p> <p>- Change of positions</p>	<p>Play a game of 4 v 4 basketball in a half court. No dribbling, no shooting. A team scores a point if they are able to complete 4 consecutive passes without committing a traveling violation or foul.</p> <p>If a player travels, possession goes to the opponent who inbounds the ball from a sideline.</p>	<p>- this helps teach players the beginning of man to man defense.</p> <p>- It teaches players to keep playing to the whistle.</p> <p>- It teaches players how to inbound the ball.</p>

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Day One	Five Out Offense Drills	- Five Out Offense	1. Place 6 dots or cones along the outside of the 3-point arc. 1 dot at the top of the key, 2 on the wings, 2 on the baseline and one under the basket.2. Using 5 players, each player stands on a dot with the player at the top of the key starting with the ball. No player stands on the dot under the basket.3. Start by teaching players to pass the ball, then cut to the spot under the basket, players rotate to fill the open spot, and the player who passed the ball and ran to the spot under the basket, moves to the open spot in the opposite direction of where they passed the ball. See this video https://www.youtube.com/watch?v=aRzLO-yLdU0	The five out offense teaches players to think. It helps them be triple-threat ready (either pass, drive or shoot) and to read and react to the defense.
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Day Two	Layups	<ul style="list-style-type: none"> - Hesitation Dribble - PLEASE NOTE: Start with layups as soon as the first player steps in the gym 	<ul style="list-style-type: none"> - Review layup foot work from Day 1 practice. Start from the beginning so that all players are successful. - Refer again to Diagram 1 	- Stress correct footwork
	Ball HandlingCross-Dribbling		<ul style="list-style-type: none"> - Review all steps from first practice. - Change the pattern and rhythm of the ball handling. - Introduce Mirror Dribbling with Cross-Dribbling and Hesitation Dribbling. See this video https://player.vimeo.com/video/1013254118 	- Reinforce cross-dribble footwork- Don't allow players to commit traveling violations
	Understanding Basketball Terminology and Court Locations		Spend 2 - 3 minutes using the "Court Area Definitions" sheet at the bottom of the Coaches Guidebook section of the website - have kids run to various points on the court using the terms on the Court Area Definitions sheet. Make sure players know the correct terminology as to where certain spots are on the court floor.	
	Pivoting		Put players in groups of 3, with one defender and 2 offensive players. The offensive players must try to pass the ball between each other using pivoting without the defender getting the ball.	<ul style="list-style-type: none"> - Reinforce passing - Don't allow players to commit traveling violations

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Day Two	Shooting	<p>- Follow Through- Straight Lines- Jump Stop- Power from the legs</p>	<p>- Each player has a ball and stands on a line on the court with their shooting hand and foot on the line.- Players hold the ball in the triple threat position- Players bend their knees and shoot the ball in the air, holding their hand in the air with the follow through of the shot until the ball hits the floor.Please Note: see shooting videohttps://vimeo.com/1013253117/e1ce6af790- Then, have players take 2 dribbles and a jump stop before shooting the ball.- Then have players go to a hoop, and at before the elbow, take 2 dribbles, a jump stop and then, shoot the ball at the basket with hand held up in the follow through until the ball hits the floor.</p>	<p>- Correct shooting form- Correct follow through- Correct jump stop</p>
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Day Two	5 Out Offense	5 Out Offense	Teaching this offense is a challenge at first. Place cones at the 5 points around the 3-point arc and a cone under the basket. Start slow and walk players through the process. Do not use a basketball at first. Have the players pretend to pass and then cut to the spot under the basket. beginning outside the 3-point arc, and learning to cut to the basket and rotate to the open spots on the floor. Be sure to see the video: https://www.whgbl.org/coaching-resources/coaches-resources-part-2-youtube-videos/118232#fiveout Spend most of your practice going through this offense. Once they understand the walk through, add the basketball teaching the passing around the perimeter and cutting to the basket.	
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Day Three	Individual Ball Handling		Review everything previously covered	Increase speed with layups and add jump stops and outside shots at the end.
	Full court layups with dominant hand and two cross dribbles		Don't use dots. Players should be able to use their correct footwork now. Challenge players to go faster but only with correct footwork.	
	Pivoting	Pivot Drill	This time use a defender who can try to knock the ball out of the dribblers hands (without fouling them) and can try to steal the ball.	
	5 on 0	5 on 0 Defense	<p>Offense sets up in 5 out Offense. Teach defenders where to stand when 1) defending directly on the ball; 2) defending the player when the ball is one pass away; 3) defending the player when the ball is 2 direct passes away.</p> <p>The offense runs but does not shoot; just maintains spacing and movement. Defense should NOT try to steal the ball yet. The coach should stop play and correct position when a defender is out of position.</p>	
	3 Person Weave		See this video: https://www.whgbl.org/coaching-resources/coaches-resources-part-1-whgbl-videos/114485#threeplayerweave	

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Day Four	Layups		Continue to change cone positions and change dribble skills.	
	Mirrors		See video: https://www.whgbl.org/coaching-resources/coaches-resources-part-1-whgbl-videos/114485#mirrorsdrill	
	Pivoting	Pivot Relay	4 to 5 players stand 10 feet apart from one end down to the other end of the court. Have two teams race each other to pass and pivot down the floor and back without bouncing the ball. Then pass with one bounce between players.	
	Scrimmage	Jump Ball Start Out of Bounds Plays Set up for foul shots	Run a controlled scrimmage game. Teach players how to set up for the jump ball start of the game - how to stand around the circle and match up to their opponent. Teach players how to inbound the ball both after a score and from the sideline with a stack offense. Have one simple out of bounds play for underneath the basket. Teach neutral zone rules and promote the 5 out offense. Give players the freedom to dribble and praise the use of dribbling with their weaker hand. Teach proper set up for foul shots.	