

VOLUME 12



PLUG N' PLAY

BASKETBALL PRACTICE PLANS

SHARKS

LENGTH:
60-90 minutes

FOCUS:
Offensive skills, team defense, game prep

DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: High Walks, Knee Hugs, Side Shuffles, Mummy Walk, Over the Fence.

INDIVIDUAL OFFENSE

STANFORD DRILL (5-10 MINS)

1. Have players form 2 lines, 1 on the right wing and 1 on the left wing. Players on the right wing will start with a ball. A coach will start on the left side as well, just below the elbow.
2. The drill will start with Player 1 on the right side dribbling to the 3 point line and making a skip pass to Player 2.
3. Player 2 will catch the pass and then read the coach. If the coach steps out to contest the shot, they pump fake and drive. If the coach stays home, they shoot the jumpshot.
4. Player 2 will get their rebound and swap lines with Player 1 as the drill continues.

Challenge: Add a 2nd coach at the rim to contest the layup. If the coach steps up early, the player should take a pull up jumpshot. Otherwise they finish strong at the rim.

CHASEDOWN DRILL (5-10 MINS)

1. Have players form 2 lines on the baseline, 1 on each lane line. The 1st player in line in the right side line will step up to start on the block with a ball.
2. On the coach's signal the player with the ball will begin speed dribbling to the far hoop trying to finish with a layup.
3. The other player is the defender, and must sprint to chase down the offensive player and do their best to get a block, strip, or at least disrupt the layup.
4. If the offense misses the layup, they must do pushups. Swap offense to defense after everyone has pushups.

TEAM DEFENSE

DRIVE & KICK DRILL

1. Split players into 2 groups, 1 on each side of the court, 1 on each side of the hoop.
2. Drill starts with player 1 on the right wing, Player 2 on the left wing.
3. Player 1 will come to the corner, Player 2 in the corner.
4. After making the pass to Player 2, Player 1 will kick the ball out to a free throw line.
5. The drill will continue accordingly.
6. After 3 passes, the next group of 3 will start.

MAN TO MAN CLOSOUTS

1. Introduce or review man to man.
2. Work on full court.
3. Play 5 on 0. The offense will start with a layup.

OUT OF BOUNDS

1. Introduce or review out of bounds.
2. Rotate players.
3. Play 5 on 0. The offense will start with a layup.

COACHES CHALLENGE

RAVENS

LENGTH:
60-90 minutes

FOCUS:
Offensive skills, defensive skills, team offense

DIFFICULTY:
● ● ● ● ●

DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: Heel Walks, Leg Swings, Backpedal, Carioca, Walking Lunges.

INDIVIDUAL OFFENSE

3 MAN WEAVE (5-10 MINS)

1. Players form 3 lines spread out on the baseline. Player 1 on the left, player 2 in the middle with a ball, player 3 on the right.
2. Player 1 runs down court and receives a pass from Player 2. Player 2 follows the pass, looping around behind Player 1.
3. Player 1 then passes to Player 3, who has also begun to cut down court. Player 1 follows the pass, looping around behind Player 3.
4. Repeat, continuing the length of the court and finishing with a layup.

Challenge: Add 2 more lines and have the team perform a 5 man weave.

OLYMPIC SHOOTING (5-10 MINS)

1. Split players into groups of 3 with each group of 3 at their own hoop.
2. Player 1 will start with a ball on the wing. Player 2 will start on the other wing, and player 3 will start under the hoop with a ball. Drill starts with player 1 shooting and then chasing down their own rebound.
3. Player 2 will then pass to player 3 who will catch and shoot.
4. Player 2 will then fill out on the wing as player 3 chases down their rebound. Player 1 will now pass to player 2 to catch and shoot. Drill ends after 1-2 mins. Highest score wins.

Challenge: First player to win 3 rounds is the winner and other 2 players must run sprints.

1 V 1 TOUCH DRILL (5-10 MINS)

1. Player 1 starts under the hoop with a ball, player 2 starts in the corner.
2. Player 1 makes a pass to player 2, then sprints to closeout. Player 2 catches in the triple threat.
3. Player 1 touches player 2 on the hip, and the players play 1 v 1. Play continues until either the offense scores or the defense rebounds. If the offense scores, the defense must run sprints.

INDIVIDUAL DEFENSE

6 MAN SLIDES (5-10 MINS)

1. Have 6 players get in line on the baseline. 1 coach will stand on the elbow with a ball. 1 coach will stand on the free throw line with a football pad.
2. Drill starts with the 1st player in line sprinting up to the coach with a ball and closing out.
3. Next they will fight over the coach on the free throw line setting a screen to get to the other elbow.
4. Once they reach the cone, they will slap the floor and get into defensive stance.
5. They will then slide back 2 steps at a 45 degree angle, pivot and slide 2 steps in other direction, zigzagging to the baseline.
6. Lastly they will shuffle along the baseline back to the starting point, ending the rep.
7. As soon as the player in front of them finishes their closeout, the next player in line starts the drill.

TEAM OFFENSE

PICK & ROLL DRILL (5-10 MINS)

1. Have players form 2 lines, 1 on the wing and 1 under the hoop. Every player on the wing will start with a ball. 1 coach will start at the top of the arc.
2. Player 1 on the wing will start the drill by passing to the coach. Player 1 will then go set a pick for Player 2. Player 2 will then curl off the pick and shoot.
3. After setting the pick, Player 1 will then come back out to the arc to set a pick for Player 2.
4. Player 2 will use the screen, and then either finish with a layup or hit Player 1 rolling to the hoop.

GAME PREP

FULL COURT BENGAL (10-15 MINS)

1. Split the team into 3 groups of 4, with 2 groups starting on the floor. Guards will matchup on each wing and bigs will matchup on each block. Coach will start at the free throw line with a ball.
2. Drill starts with the coach shooting both teams.

DODGERS

FOCUS:
Offensive skills, game play

DIFFICULTY:
● ● ● ● ●

DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: High Butt Kicks.

INDIVIDUAL OFFENSE

SHOOT & PASS DRILL (5-10 MINS)

1. Have players form 2 lines, 1 on the wing and 1 on the baseline. 1 coach will stand on the elbow with a ball. 1 coach will stand on the free throw line with a football pad.
2. Drill starts with the 1st player in line sprinting up to the coach with a ball and closing out.
3. Next they will fight over the coach on the free throw line setting a screen to get to the other elbow.
4. Once they reach the cone, they will slap the floor and get into defensive stance.
5. They will then slide back 2 steps at a 45 degree angle, pivot and slide 2 steps in other direction, zigzagging to the baseline.
6. Lastly they will shuffle along the baseline back to the starting point, ending the rep.
7. As soon as the player in front of them finishes their closeout, the next player in line starts the drill.

TEAM OFFENSE

SHOOT & PASS DRILL (5-10 MINS)

1. Have players form 2 lines, 1 on the wing and 1 on the baseline. 1 coach will stand on the elbow with a ball. 1 coach will stand on the free throw line with a football pad.
2. Drill starts with the 1st player in line sprinting up to the coach with a ball and closing out.
3. Next they will fight over the coach on the free throw line setting a screen to get to the other elbow.
4. Once they reach the cone, they will slap the floor and get into defensive stance.
5. They will then slide back 2 steps at a 45 degree angle, pivot and slide 2 steps in other direction, zigzagging to the baseline.
6. Lastly they will shuffle along the baseline back to the starting point, ending the rep.
7. As soon as the player in front of them finishes their closeout, the next player in line starts the drill.

GAME PREP

FULL COURT BENGAL (10-15 MINS)

1. Split the team into 3 groups of 4, with 2 groups starting on the floor. Guards will matchup on each wing and bigs will matchup on each block. Coach will start at the free throw line with a ball.
2. Drill starts with the coach shooting both teams.

REBOUNDING & DEFENSE

GARBAGE DRILL (5-10 MINS)

1. Players form 2 lines, 1 at each elbow. Both lines will have 1 ball.
2. On coach's signal, 1st player in each line will throw the ball up off the backboard, then jump and snatch it out of the air.
3. They will chin the ball, holding it firmly with two hands and land with a wide solid base.
4. Player then pivots, makes pass to next player in line, drill repeats.

DEFENSIVE CLOSOUTS (5-10 MINS)

1. Have players form 2 lines, 1 on the baseline and 1 on the free throw line extended. Each line will have 4 players spread out evenly.
2. On coach's signal players on baseline get into defensive stance. On next signal players sprint to the offensive players and closeout under control, chopping down their feet and keeping their hands up.
3. Defensive players stay at free throw line, offensive players rotate to baseline, repeat.

Challenge: You can give the offensive players balls so that the defense has something to mirror with their hands.

GAMEPLAY

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INTRODUCTION

Welcome to Plug n Play Basketball Practice Plans, the ultimate solution for busy coaches who want to get the most out of their gym time.

Whether you're coaching youth basketball, high school, or beyond, we understand that time is limited, and planning practices can be a challenge.

That's why we've created a streamlined, easy-to-use resource that provides everything you need to run efficient, high-impact practices.

WHAT'S INSIDE

This resource includes five "ready to go" practice plans, ranging from 60 minutes to 120 minutes long. Each plan includes a difficulty rating from 1 (easiest) to 5 (hardest).

You can use the plans as-written, or modify them to fit your own needs. We've also provided a blank template so you can use the provided drills to create your own custom plan if you prefer.

Each practice plan is broken down into several blocks, covering Warmup, Individual Offense, Individual Defense, Team Offense, Team Defense, Rebounding, Playbook and Game Prep.

We've also provided a Coaches Choice block in many of the practices, where you can spend extra time working on specific sets that your team needs. For example, your zone offense, out of bounds plays, or press break.

Within each block, you'll find a series of drills, complete with step by step instructions. Many of the drills include "Challenge" suggestions – giving you a quick way to increase the difficulty for more advanced players.

Ready to go? Let's get started!

COMETS

LENGTH:
60-90 minutes

FOCUS:
Offensive skills, game play

DIFFICULTY:


DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: Back Pedal, High Knees, Carioca

INDIVIDUAL OFFENSE

STATIONARY DRIBBLING (5-10 MINS)

1. Players spread out, each with a basketball.
2. Spend 1-2 minutes on each variation: pound dribbles, crossover dribbles, between-the-legs dribbles, behind the back dribbles, low to high dribbles, figure 8s.

Challenge: Dribble two balls instead of one

STATIONARY DRIBBLING (5-10 MINS)

1. Split players into 2 lines, a layup line on the right wing and a rebounding line on the left wing.
2. 1st player in layup line will dribble to the hoop and finish with a layup as 1st player in rebounding line grabs rebound.
3. Rebounder will fill at the back of the layup line. Player who did layup will fill at back of rebounding line. Repeat.

Challenge: Have the players work on reverse layups.

FUNDAMENTAL DRIBBLE & PASS SERIES (5-10 MINS)

1. 2 lines start under the basket. Each line has 2 balls, and a coach plays stationary defense.
2. Players dribble to the elbow, pull back, then cross over and change speed past the coach.
3. Players jump stop, step through, and pass. They follow their pass, rotating between passer and receiver.

Challenge: Add a defender to contest the dribble and force players to make quicker decisions under pressure

FORM SHOOTING DRILL (5-10 MINS)

1. Set up players around the basket, 3-5 feet away.
2. Each player shoots 10 shots focusing on perfect form, especially follow-through.

Challenge: Only count makes if they are perfect swishes.

REBOUNDING & DEFENSE

MAN IN THE MIDDLE (5-10 MINS)

1. Three players form a triangle around the paint, with one defender in the middle.
2. Middle player shuffles around the paint, switching between defending different players.
3. When coach shoots, the defender boxes out the closest player and secures the rebound.

Challenge: Offensive player can try to score if they get the rebound.

DEFENSIVE AGILITY DRILL (5-10 MINS)

1. Players line up in right baseline corner.
2. Sprint to half court and close out against a coach. Use short choppy steps and raise arms to contest the shot.
3. Side shuffle to opposite sideline. Keep hips low and don't cross over your feet.
4. Back pedal to left baseline corner. Lean forward slightly and pump arms.
5. Side shuffle back to right baseline corner.

Challenge: Add resistance bands around the player's legs.

GAMEPLAY

DRIBBLE FREEZE TAG (10-15 MINS)

1. Have every player spread out in the halfcourt. All players have a ball except the designated tagger.
2. Players must stay within the half-court. If a player is tagged they are frozen. They can only be unfrozen by another dribbler.
3. Dribblers who pick up the ball or leave the boundary are frozen. Play until all dribblers are frozen.

DRAGONS

LENGTH:

60-90 minutes

FOCUS:

Offensive skills, defensive skills, team offense

DIFFICULTY:

DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: Heel Walks, Side Shuffles, Hip Circles, Backpedal

INDIVIDUAL OFFENSE

2 V 2 KEEP AWAY (5-10 MINS)

1. Set up two offensive players and two defenders on one side of a half court.
2. Offense must maintain possession by cutting hard, getting open, and making accurate passes
3. They are not allowed to dribble or score.
4. Defense is denying passes and trying to get steals.
5. Switch offense to defense after a steal or turnover.

Challenge: Shrink the space or play with a closely guarded 5-second count to increase difficulty.

PARTNER SHOOTING (5-10 MINS)

1. Players pair up, one shooting from the wing while the other rebounds and passes.
2. The shooter takes 10 shots, then switch roles Emphasize:
3. Pre-shot preparation. Hands up, knees bent, ready to shoot.

Challenge: Pump fake, then take a one-dribble pullup jumper.

1V1 AROUND THE CONES (5-10 MINS)

1. Set up a line of drivers and a line of defenders beside each other at the top of the key. The driver has a ball. Place a cone on each wing.
2. On the whistle, the ballhandler must dribble around their cone, then attack the basket.
3. At the same time the defender must slide to their cone, then run to contest the layup.
4. Adjust the distance of the cones as needed so players meet at the rim.

INDIVIDUAL DEFENSE

ZIG-ZAG (5-10 MINS)

1. Setup: Pair players by size and speed. 1 starts on the baseline with the ball, the other defends.
2. On the coach's signal, the offensive player dribbles forward while staying on 1 half of the court.
3. The defender pressures the ball, forcing crossovers while staying in front using lateral footwork.

Challenge: Defenders must recover using the dog step if beaten and regain position quickly.

TEAM OFFENSE

GIVE-AND-GO (5-10 MINS)

1. Set up with two lines—one at the top of the key and one on the wing.
2. The player at the top passes to the wing, cuts to the basket, receives the return pass, and finishes with a layup.

Challenge: Add a defender on the wing to contest the pass and cut.

PLAYBOOK

MAN-TO-MAN OFFENSE (10-15 MINS)

1. Introduce or review your man to man offensive plays.
2. Work on full speed cuts and crisp passes.
3. Play 5 on 0. Then against dummy defense. Then against live defense.

GAME PREP

FREE THROW SCRIMMAGE (10-15 MINS)

1. Split players into teams. Play a full court scrimmage.
2. Start each possession with a free throw. Remind players to box out and secure the rebound, then play live from there.
3. After a score or foul, reset to free throws again.

FLYERS

LENGTH:

60-90 minutes

FOCUS:

Offensive skills, team defense, game prep

DIFFICULTY:

DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: High Skips, Side Shuffles, High Kicks, Toe Touches, Sprint and Backpedal.

INDIVIDUAL OFFENSE

KING OF THE COURT (5-10 MINS)

1. Group 3-4 players of similar ability at each basket.
2. Play 1v1. First player to score wins. Winner stays on offense and a new defender rotates in.
3. Encourage players to work on the moves learned at today's practice.

CLOSEOUT 1 V 1 (5-10 MINS)

1. Have players partner up. Offense starts on the wing and defense starts on the block.
2. Defender passes to offensive player and closes out.
3. Offense has 3 dribbles to score. After each rep switch offense to defense. After 5 minutes, move the drill to the left/right side of the court.

TEAM DEFENSE

4 ON 4 SHELL DRILL (10-15 MINS)

1. Set up 4 offensive players around the perimeter, with 4 defensive players matched up.
2. Run through defensive rotations as the ball moves around the perimeter.
3. Stop after each pass to teach and reinforce the correct positioning.
4. One pass away – defender is in deny, preventing their man from catching the ball.
5. Two or three passes away – defender is in help, positioned halfway between their man and the ball.

Challenge: Offense goes live after 3 passes.

TEAM OFFENSE

FLASH CUT & SHOOT OR PASS (5-10 MINS)

1. 1st player starts at the top of the key with a ball, 2nd starts on the block, and 3rd starts on the opposite wing.
2. Player 2 ashes up to the elbow, Player 1 passes them the ball. Player 2 moves to the ball, catches and pivots to square up on the hoop.
3. Player 2 now has 4 options: shoot, pump and go, pass to Player 3 on the wing, or pass to Player 3 back cutting to the hoop.

Challenge: Have a coach play dummy defense, with the player 'reading' the coach and making the right call.

PLAYBOOK

MAN TO MAN OFFENSE (10-15 MINS)

1. Introduce or review your man to man offensive plays.
2. Work on full speed cuts and crisp passes.
3. Play 5 on 0. Then against dummy defense. Then against live defense.

OUT OF BOUNDS PLAYS (5-10 MINS)

1. Introduce or review baseline and sideline out of bounds plays.
2. Rotate players through different roles to ensure all players understand their positioning in the set.
3. Play 5 on 0. Then against dummy defenders. Then against live defense.

COACHES CHOICE (5-10 MINS)

1. Practice other sets that need work, including zone offense, press, press break, and inbounds plays.

GAME PREP

5-ON-5 NO DRIBBLE (10-15 MINS)

1. Split players into two teams and play a 5-on-5 full court game.
2. Set a special rule where players are not allowed to dribble, which will force better cutting and movement.
3. Over time, adjust the rules so players can dribble up to 3 times.

CLIPPERS

LENGTH:
90-120 minutes

FOCUS:
Zone offense, zone defense

DIFFICULTY:


DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: Ankle Pops, Backpedal, Carioca, Over the Fence, Walking Lunges

INDIVIDUAL OFFENSE

MANU PASS (5-10 MINS)

1. Split players into 3 lines. Player 1 is in the line on the right slot, Player 2 is in the line on right wing, and Player 3 is in line on the left wing.
2. Player 1 dribbles towards the hoop, with Player 2 drifting to the corner as they do.
3. Player 1 passes to Player 2, who attacks the basket along the baseline. Player 3 will slide to the corner as Player 2 drives. Player 2 will then make the pass to Player 3 for the corner 3. Player 3 shoots. Players rotate to the next line after rebounding.

Challenge: Have Player 2 make a one-handed pass with their outside hand to Player 3.

ZONE OFFENSE SKILLS

SCREEN AWAY DRILL (5-10 MINS)

1. Player 1 starts at top of the key with a ball. Player 2 is on the right wing, Player 3 is on the left wing.
2. Player 1 passes to Player 2, then sets a screen for Player 3.
3. Player 3 will use the screen to cut to the free throw line, Player 1 will fade to the wing. Player 2 can pass to either option.

Challenge: Have a coach play as the zone defender getting screened. Player 2 must read who the coach follows and make the correct pass.

STAR SHOOTING (5-10 MINS)

1. 1 group forms a line under the hoop, while 4 players spread out at corners and wings.
2. The first player passes to the right wing and follows their pass, continuing the sequence around the court.
3. The final player shoots a jumpshot, then rotates to the back of the line as the next player rebounds.

Challenge: Have a coach play defense, with Player 3 reading the coach and making the right decision.

DOG LAYUPS (5-10 MINS)

1. Have players form 4 lines: 1 on the left hash, 2 on the right hash, 3 in the left corner and 4 in the right corner. Lines 3 and 4 will have balls.
2. Player 1 passes to Player 2, then cuts diagonally towards Player 4. Player 2 passes to the next player in Line 1 and makes a diagonal cut towards player 3.
3. Player 4 hits player 1 for layup, player 3 hits player 2 for a layup. 4. Players 1 and 2 ll in the corner lines, Players 3 and 4 ll in the half-court lines.

PLAYBOOK

ZONE DEFENSE (5-10 MINS)

1. Introduce or review your preferred style of zone defense (2-3, 1-2-2, 3-2)
2. Explain the coverage areas for each position.
3. Demonstrate the rotations as the ball moves around the court (point, wings, high post, short corner etc.)

ZONE OFFENSE (10-15 MINS)

1. Introduce or review your zone offense plays against a 2-3 or 3-2 zone.
2. Work on ball movement, attacking the gaps, and finding open shots.
3. Play 5 on 0. Then against dummy defense. Then against live defense.

COACHES CHOICE (5-10 MINS)

1. Practice other sets which need work, including man offense, press, press break, and inbounds plays.

GAME PREP

AMOEBA DEFENSE (10-15 MINS)

1. 10 players in the halfcourt, offense lined up in a 3-2 and the defense lined up in a 1-3-1 zone defense.
2. Ball begins at halfcourt with the point guard. The 2nd level of the defense should allow the pass to the wing.
3. The defense will trap with the pass with the defender on that wing and the defender playing the middle of the zone. The point guard will drop back to play the middle of the zone.
4. The player at the back of the zone will rotate to take away the strong side post, and the player on the weak side of the zone will drop to play the back of the zone. 5. Defenders will look to force a bad pass and create a turnover.

LENGTH:
90-120 minutes

FOCUS:
Transition, press, press break

DIFFICULTY:
● ● ● ● ○

DYNAMIC WARMUP (5 mins): Start at the baseline, do the exercise to half-court, jog back to baseline: Quad Walks, High Knees, Lunge and Twist, Carioca, Inchworm

INDIVIDUAL OFFENSE

AROUND THE WORLD 3 POINTERS (5-10 MINS)

1. Split your team into groups of 3: shooter, passer, rebounder.
2. Each group gets their own basket and two balls.
3. The shooter starts in the corner and works their way around the 3-point arc taking shots.
4. Rebounder passes to passer, who passes to shooter.
5. Continue for two minutes and count makes.

Challenge: Pump fake and take a one dribble sidestep 3-pointer.

CHASE DRILL (5-10 MINS)

1. Players pair up by skill level. Offensive player starts with the ball on the block, defender begins on the baseline.
2. On whistle, offensive player sprints downcourt for a layup while the defender chases without fouling.
3. If the offensive player misses, they complete 10 pushups. Next pair starts when previous players clear the court.

Challenge: The defensive player can contest aggressively, including stripping the ball or blocking the shot. Missed layups result in 10 pushups.

TRANSITION

BEAT THE COACH (5-10 MINS)

1. 3 rebounders start under the hoop with balls, while 3 shooters spread out around the arc.
2. Drill starts with rebounders passing to shooters, who catch and shoot. Shooters must then sprint to half-court and back, rebounders must sprint out to touch the 3-point line before grabbing the rebound.
3. Coach gets 2 points for every missed shot. Players are all 1 team, and get 1 point for every made shot. Once either the coach or the players get to 10 points, rotate in 6 new players.

PRESSURE DEFENSE

CIRCLE TRAP (5-10 MINS)

1. Split players into 2 teams of 4. All 8 players form a circle, alternating teams 1 and 2.
2. The coach starts the drill by passing to a player on either team. The 2 players next to the player who received the pass will trap. Other 2 players from their team move to play the passing lanes.
3. Offense cannot dribble - only pivot and pass. Defense must get a steal/deflection to switch to offense on the next rep.

PLAYBOOK

FULL COURT PRESSURE (5-10 MINS)

1. Introduce or review your preferred style of full court press (man, 2-2-1, 1-2-1-1, etc.)
2. Explain the trapping and coverage areas for each position.
3. Demonstrate the rotations as the ball moves around the court (entry pass, ball reversal, corner, sideline).

PRESS BREAK(10-15 MINS)

1. Introduce or review your press break offense.
2. Explain the responsibilities for each position.
3. Demonstrate the cuts and passes to break pressure. Where to send the ball and where to avoid.
4. Play 5 on 0. Then against dummy defense. Then against live defense.

COACH'S CHOICE (5-10 MINS)

1. Practice other sets which need work, including man/zone offense, press, press break, and inbounds plays.

GAME PREP

3 STOP CHALLENGE (10-15 MINS)

1. Teams play a half-court scrimmage.
2. The defensive team must get 3 stops in a row before they can switch to offense.

PRACTICE PLAN

LENGTH:

FOCUS:

DATE:

DYNAMIC WARMUP

DRILL

DRILL

DRILL

DRILL

DRILL

DRILL

DRILL

DRILL

COURT DIAGRAMS

