

VOLUME 16



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: Heel 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.

DRIVE & KICK DRILL

1. Split players into groups of 3 on each group of 3 at their own hoop.
2. Player 1 will start with a ball on the wing. Player 2 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.

MAN TO MAN

1. Introduce or re-introduce plays.
2. Work on full court play.
3. Play 5 on 0. The

OUT OF BOUNDS

1. Introduce or re-introduce plays.
2. Rotate players.
3. Play 5 on 0. The

COACHES CH

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 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

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. Lastly, place a cone on the far elbow.
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.

OFFENSE

QUIT (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. Lastly, place a cone on the far elbow.
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.

MAN TO MAN

OUT OF BOUNDS

COACHES CH

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 CLOSEOUTS (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!

SIDEWINDERS

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: Leg Swings, Arm Circles, Jumping Jacks

INDIVIDUAL OFFENSE

60 SECOND SHOOTING (5-10 MINS)

1. Split players into groups of three: 1 shooter, 1 rebounder, 1 passer.
2. Shooter shoots, rebounder passes to passer, passer passes to shooter.
3. Shooter must relocate to a new spot after each shot. Go for 60 seconds then rotate.

Challenge: Shoot threes instead of mid-range.

FULL COURT LAYUPS (5-10 MINS)

1. Split players into 2 lines, all with balls. Each line will start in opposite corners of the court.
2. Place a line of 3 cones on each side of the court, 1 on the near wing, 1 at half-court, and 1 on the far wing.
3. Players will dribble down the court, crossing over at each cone, then finish with a layup.

Challenge: Have the players perform more difficult dribble moves like between the legs or behind the back.

CONE 1 V 1 (5-10 MINS)

1. Players partner up, grab a ball, and form 3 lines on the baseline, 1 in each corner and 1 in the center of the baseline. Place 3 cones at half-court, 1 in front of each line.
2. Offensive player dribbles to cone, defensive player sprints with them. After they reach cone they play live 1 v 1. Offense has 6 seconds to score.
3. After 1 shot, the 1st group is done and the 2nd group starts. Drill continues, rotating lines after each rep.

1V 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 they stay on offense, otherwise switch offense to defense.

REBOUNDING & DEFENSE

STEAL THE BACON (5-10 MINS)

1. Players pair up. Place a ball on the ground in front of each pair.
2. Demonstrate the technique for boxing out staying low and wide, using rear end to push player away from the ball.
3. On the whistle, one player boxes out while the other tries to get the ball.
4. Switch after 10 seconds.

ALABAMA REBOUNDING DRILL (5-10 MINS)

1. 1 player on the wing takes a shot, with an offensive and defensive player under the basket.
2. The wing player shoots (or misses on purpose), and the offensive player secures the rebound.
3. The defender allows the rebound but then plays aggressive defense while the offensive player tries to score.

Challenge: Have the defender contest the rebound immediately instead of letting the offensive player secure it first.

GAMEPLAY

SMALL-SIDED SCRIMMAGE (10-15 MINS)

1. Divide into teams and play a 3v3 or 4v4 scrimmage.
2. Add bonus points for baskets scored using Give and Go or Pass and Screen Away.
3. Make sure players are spaced properly and moving without the ball to get open.

KODIAKS

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: Side Shuffles, Butt Kicks, Leg Swings, Knee Hugs, Carioca

INDIVIDUAL OFFENSE

CHEST STOP PRESSURE (5-10 MINS)

1. Split players into groups of 3. 1 group of 3 will start on the left side and the other will start on the right. Each group will have 1 offensive player with a ball and 2 defensive players, starting 10 feet away from the ball handler.
2. Drill starts with O1 attacking downcourt, trying to beat the trap to half-court as D1 and D2 attempt to trap.
3. Defenders must trap with their hands high - no going for steals. The goal is to get a stop with their chest.

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 begin 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.

CONTACT 1 V 1 (5-10 MINS)

1. Place 1 cone on the wing and 1 at the top of the key. Players pair off,, each pair needs a ball.
2. Players start side by side in the corner, with the offense on the inside. Offense will dribble with their inside hand, protecting the ball. Defense will stay attached, making contact the whole way.
3. Offense dribbles past the 1st cone to the 2nd cone, at which point they will attack the basket.
4. Defense must chase and try to prevent the finish.

PLAYBOOK

MAN TO MAN OFFENSE (10-15 MINS)

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

INDIVIDUAL DEFENSE

DENY PASS DRILL (5-10 MINS)

1. Coach starts at top of the arc, 1 offensive player on each wing and 2 defenders in deny position between the coach and their man.
2. Offense tries to get open on the wing, defense tries to deny/deect the pass.
3. Coach passes to offense. If ball isn't deected or stolen, defense jumps to ball with hands up.
4. Offense passes back to coach to reset and continue the drill.

TEAM OFFENSE

EARLY OFFENSE SERIES (5-10 MINS)

1. The point guard shoots a free throw. Bigs line up on the blocks, wings behind the arc.
2. Bigs rebound and inbound to the point guard, who quickly pushes the ball up the floor.
3. Players run through early offense plays, repeating five times to ensure each player gets a shot

GAME PREP

5 V 4 SHELL DRILL (10-15 MINS)

1. 5 players start on offense all spread out around the arc. 4 players on defense start in the paint, 1 on each elbow and 1 on each block.
2. Offense will pass the ball to one of the wings. The defense must shift accordingly, with one player on the ball, 2 in deny taking away the 1st pass, and the 4th in help position in the paint.
3. Offense continues to swing the ball around the arc with the defense shifting accordingly.

Challenge: After 3 passes, the offense can look to shoot, but no dribbling or position swapping.

TITANS

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: Heel Walks, Quad Walks, Carioca, Lunge & Twist, Over the Fence

INDIVIDUAL OFFENSE

1-ON-1 CLOSEOUT AND ATTACK (5-10 MINS)

1. One offensive player at the wing, one defender on the baseline.
2. Defender rolls the ball out, then sprints to close out. Offensive player attacks off the dribble for a shot.

Challenge: Add a secondary defender to contest the shot after the closeout.

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 gone.

Challenge: Attack from the left side.

TEAM DEFENSE

GAME-LIKE DECISIONS (10-15 MINS)

1. Have players form 2 lines, 1 on each elbow. 1 line starts with a ball, and coach sets up to play defense.
2. Drill starts with coach stepping up to offensive player. Player must read the coach and make the correct decision.

TEAM OFFENSE

DHO BASELINE DRIFT (5-10 MINS)

1. Start with 3 lines, line 1 at the top of the arc, line 2 on the right wing, and line 3 on the left wing.
2. Player 1 dribbles to player 2 on the wing for a dribble handoff. Player 2 attacks the paint.
3. When player 3 sees player 2 attack, they drift down to their corner. Player 2 hits them with the pass for a shot.

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

SEAL THE DEAL (10-15 MINS)

1. Teams play a 5-on-5 scrimmage to 20 points.
2. Whoever scores the game-winning basket must shoot a free throw to "seal the deal."
3. If they miss, their team's score goes back to zero. If they make it, their team wins.

RENEGADES

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: Walking Lunges w/ a Twist, High Knees, Lateral Bounds, Bear Crawls, Hop-Hop-Squats

INDIVIDUAL OFFENSE

BOUNCE PASS TO POST (5-10 MINS)

1. Player starts near the basket on the block. Focus on post position for the drill.
2. Player imagines a teammate driving into the lane and does an L cut to receive the ball.
3. Player tosses the ball to himself, catches it, and shoots after reaching the new position.
4. Have the post player make a set number of shots, then switch to the other side of the court.

ZONE OFFENSE SKILLS

WHEEL SHOOTING (5-10 MINS)

1. Players pair up. One starts on the wing with a ball, the other under the hoop as a rebounder.
2. Shooter takes a jump shot, then sprints to touch half-court while the rebounder prepares the pass.
3. The shooter returns, catches the ball, and shoots from designated spots, moving across the court.

Challenge: Instead of sprinting, have the shooter backpedal to half-court before returning to shoot.

DOWN SCREEN TO CURL CUT (5-10 MINS)

1. Player 1 starts on the wing with a ball, Player 2 starts at the top of the arc, and Player 3 starts on the block.
2. Player 1 passes to Player 2 then sets a down screen for Player 3.
3. Player 3 curls off the down screen to the elbow to receive the bounce pass from Player 2. Player 3 will then shoot or drive to the hoop. Player 1 reads Player 3 and either cuts to the hoop or pops out to the wing ready to shoot.

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

HIGH POST ENTRY (5-10 MINS)

1. Set up a passing line at the wing and a shooting line at the high post. Coach plays dummy defense on the shooter.
2. Passer makes a ball fake to move the defense, then enters the ball into the high post.
3. High post player squares up. If the defender backs off, they shoot. If the defender pressures them, rip through for a one dribble layup.

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

LAPPED (10-15 MINS)

1. Split players into 2 teams. Teams will start in opposite corners right behind the 3-point line, each line will start with a ball.
2. 1st player in each line shoots and gets their rebound, bringing it back to the next player in line.
3. Each team must make 5 baskets before they can move to the next spot. The 5 spots are the 2 corners, the 2 wings, and the top of the arc.
4. The drill continues, with teams going back and forth until 1 team catches up to the other and "laps" them. They lap them by making 5 shots from that spot.

BADGERS

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: Deep Squat Walk, Single-Leg Hops, Alternating Lateral Lunges, Backpedal, Build-up Sprints

INDIVIDUAL OFFENSE

SHOWTIME (5-10 MINS)

1. Have 5 players form a star with Player 1 on the baseline under the hoop, Player 2 on right sideline, Players 3 and 4 at mid court, and Player 5 on the left sideline. Player 1 starts with a ball.
2. Player 1 will start by passing to Player 2, then sprinting in straight line to Player 3.
3. Player 2 passes back to Player 1, who then passes to Player 3. Player 2 will then sprint towards Player 4, and receive a pass back from Player 3, which they will then pass to Player 4.
4. Players continue this pattern: pass, cut, receive, pass, then ll at back of the line they passed to.

OUTLET DRILL (5-10 MINS)

1. Players form 2 lines: guards on the wing, bigs at the free throw line. Coach starts in the paint with a ball.
2. Drill starts with coach throwing the ball off the backboard. Post player jumps up and high points the ball, grabbing it with both hands and coming down strong.
3. The post player will then pivot to the sideline as the guard dives to the ball while calling "outlet!".
4. Post player passes to the guard, catches and pivots, and dribbles to half-court.

TRANSITION

4 MINUTE LAYUPS (5-10 MINS)

1. Have players form 2 lines, 1 under each basket. 1st player in each line will have a ball.
2. 4 additional players each take a position to receive an outlet pass, ensuring there is both a left side and right side outlet in each half of the court.
3. Drill begins by passing to the outlet on the right side and sprinting down court. They receive a pass back from the outlet and pass to the 2nd outlet on the right sideline.
4. The 2nd outlet will make a bounce pass back to the runner, who will catch and nish with a layup, before getting their rebound and passing to the next player in line.

PRESSURE DEFENSE

HUBIE BROWN DRILL (5-10 MINS)

1. Players split off into pairs, each with one ball, and find any line on the court. Players matchup offense vs defense.
2. Offensive player takes 2 dribbles to the right, defender slides with him. Defender then closes out with high hands and mirrors ball with hands for 3 seconds.
3. Offensive player then pivots and takes 2 dribbles back in the opposite direction. Defender slides with them and closes out again. Repeat, performing 4 closeouts, then switch offense to defense.

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

SPECIAL SITUATIONS (10-15 MINS)

1. Set up different game scenarios, such as down by 2 points with 10 seconds left.
2. Players must inbound the ball and execute a play to score.

PRACTICE PLAN

LENGTH:

FOCUS:

DATE:

DYNAMIC WARMUP

DRILL

DRILL

DRILL

DRILL

DRILL

DRILL

DRILL

DRILL

COURT DIAGRAMS

