

Master Practice Plan Coverage Areas

Offense

- A. Team
 - 1. vs. man-to-man
 - 2. vs. zone
 - 3. vs. combination
 - 4. vs. pressure

- B. Individual
 - 1. without the ball
 - 2. with the ball

Defense

- A. Team
 - 1. man-to-man
 - 2. zone
 - 3. combination
 - 4. pressure

- B. Individual
 - 1. on the ball
 - 2. away from the ball
 - 3. pivot or post area

Conditioning

- A. Physiological
- B. Psychological

Fundamentals

- A. Footwork
- B. Passing
- C. Shooting
- D. Dribbling

Rebounding

- A. Technique
- B. Offensive

- C. Defensive

Conversions

- A. Offense to defense
- B. Defense to offense

Free Throw Situations

- A. Offensive alignment
- B. Defensive alignment
- C. Plays out of

Jump Ball Situations

- A. Offensive circle
- B. Defensive circle
- C. Plays out of

Out of Bounds Situations

- A. Defensive end
- B. Sideline

C. Offensive end

Master Practice 4 Week Plan

WEEK1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stations	Commando 1 on 1 Closeout Getting open on wing	2 Ball Dribble Post Moves Free Throws	Commando 1 on 1 Closeout Getting open on wing	2 Ball Dribble Post Moves Free Throws	Commando 1 on 1 Closeout Getting open on wing	2 Ball Dribble Post Moves Getting open on wing
General	Top Power Shooting Stationary Rebounding	Wing Power Shooting Stationary Rebounding	Top Power Shooting – 1 dribble War Drill	Wing Power Shooting – 1 dribble War Drill	Top Power Shooting – 2 dribble, post flare War Drill	Wing Power Shooting – 2 dribble, post slide War Drill (transition)
Team Def	4x4 Shell (towel) Zig Zag	4 x 4 Shell (towel) Zig Zag	5 on 4 Shell w/ 1-1-3 zone no post def 1-1-3 zone (2-3 front)	5 on 4 Shell w/ 1-1-3 zone no post def 1-1-3 zone (2-3 front)	FC Man 5 on 4 Shell w/ 1-1-3 zone no post def	FC Man 5 on 4 Shell w/ 1-1-3 zone no post def
Team Off	Power (base) 3 Man, 2 Ball Shoot	Power (base) Turn and Sprint Shoot	Power (base) 3 Man, 2 Ball Shoot	Power (UCLA) Turn and Sprint Shoot	Power (UCLA)	Press Break Power (UCLA)

Specials	Secondary Break (wing)	Secondary break (wing)	Secondary break (rev)	Secondary break (rev)	Secondary break (screen)	Secondary Break (screen)
Conditioning	3 Lane Push Ladder	3 on 2 / 2 on 1 Lane Slides	3 Lane Push Transitions	3 on 2 FC Drill Ladder	3 Lane Push Lane Slides	3 on 2 / 2 on 1 Transitions
Emphasis	Echo Calls	Sprint to position	Triple Threat	Closeouts with high hands	Jump Stop	Slow, low, explode

WEEK2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stations	Power Shooting w/ shot fake Commando 3 Man, 2 Ball Shooting	Power Shooting w/ shot fake 2 Ball Dribble Monkey in Middle	Wing pick and roll Commando Fast Break Shooting	Wing pick and roll 2 Ball Dribble Monkey in Middle	Top pick and roll Commando 3 Man, 2 Ball Shooting	Top pick and roll 2 Ball Dribble Fast Break Shooting
General	War Drill w/ Trans. 2 on 2 Closeouts	War Drill w/ Trans. Post entry pass / guards relocate	War Drill w/ Trans. 2 on 2 Closeouts	War Drill w/ Trans. Post entry pass / guards relocate	War Drill w/ Trans. 2 on 2 Closeouts	War Drill w/ Trans. Post entry pass / guards relocate
Team Def	1-3-1 FC Soft 5 on 4 Scramble	1-3-1 FC Soft 5 on 5 Shell	1-3-1 FC Hard 5 on 4 Scramble	1-3-1 FC Hard 5 on 5 Shell	FC Man 5 on 4 Scramble	FC Man 5 on 5 Shell

Team Off	Press Break Power (Dribble)	Press Break Power (Dribble)	Press Break Power (Dribble)	Press Break Power (HiLo)	Press Break Power (HiLo)	Press Break Power (HiLo)
Specials	Motion Offense BLOB 1	Motion Offense BLOB 1	Motion Offense BLOB 2	Motion Offense BLOB 2	Motion Offense BLOB 3	Motion Offense BLOB 3
Conditioning	3 Lane Push Transitions	3 on 2 / 2 on 1 HC Lay-ups	3 Lane Push Transitions	3 on 2 FC Drill HC Lay-ups	3 Lane Push Transitions	3 on 2 / 2 on 1 HC Lay-ups
Emphasis	Transition Defense	Hand position on defense	Ball reversal	Each day get a little better	Finish the play	Make the easy play

WEEK3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stations	Inbounds Plays Commando	Sideline Plays Tennis Series	Inbounds Plays Commando	Sideline Plays Tennis Series	Inbounds Plays Commando	Sideline Plays Tennis Series

	Shot fakes	4 on 3 Passing	Shot fakes	4 on 3 Passing	Shot fakes	4 on 3 Passing
General	2 on 1 FC Dribble Villanova Closeout 3 on 3 Flatball	3 on 3 HC Yow Closeout Cycle the Break	2 on 1 FC Dribble Villanova Closeout 3 on 3 Flatball	3 on 3 HC Yow Closeout Cycle the Break	2 on 1 FC Dribble Villanova Closeout 3 on 3 Flatball	3 on 3 HC Yow Closeout Cycle the Break
Team Def	1-3-1 HC Zone 1-3-1 FC Soft	1-3-1 HC Zone 1-3-1 FC Hard	Cutthroat – Coach calls defense FC Man	6 on 5 Scramble 1-3-1 FC Soft	Cutthroat – Coach calls defense 1-3-1 FC Hard	6 on 5 Scramble FC Man
Team Off	Motion Offense 3 Man, 2 Ball Shoot	Motion Offense Gauntlet Drill	Motion Offense Turn and Sprint Shoot	Partner shooting Gauntlet Drill	Partner shooting Turn and Sprint Shoot	Offense Review Press Break
Specials	SLOB 1	SLOB 1	SLOB 2	SLOB 2	FT Alignment	FT Alignment
Conditioning	3 on 2 FC Drill Turn and Sprint Shoot	3 on 2 FC Drill End of Practice Drill	Secondary Break Cycles Turn and Sprint Shoot	5 on 5 Circle End of Practice Drill	Secondary Break Cycles Turn and Sprint Shoot	5 on 5 Circle End of Practice Drill
Emphasis	2 Mistake Syndrome	Catch / Pass ball with two hands	Positive energy	Bucket down on defense	Next best play	Dip the ball to groove you shot

WEEK4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stations	Post moves	Post Moves	Post Moves	Post Moves	Post Moves	Post Moves
	Jab Steps	Shot Fakes	Jab Steps	Shot Fakes	Jab Steps	Shot Fakes
	Commando	Commando	Commando	Commando	Commando	Commando
General	Press Break	6 on 5 Scramble	Press Break	6 on 5 Scramble	Press Break	6 on 5 Scramble
	Gauntlet Drill	3 on 3 HC	Gauntlet Drill	3 on 3 HC	Gauntlet Drill	3 on 3 HC
Team Def	3 Stop Drill	Cutthroat	Hustle Drill	3 Stop Drill	Cutthroat	Hustle Drill
	Hustle Drill	2 on 2 Blockout	Elbow Rebounding	2 on 2 Blockout	Hustle Drill	Elbow Rebounding
Team Off	Pick and Roll counters	Post feed, guards cut	Pick and Roll counters	Post feed, guards cut	Pick and Roll counters	Post feed, guards cut
	Top Power Shooting	Wing Power Shooting	Pick and Roll Post	Top Power Shooting	Wing Power Shooting	Pick and Roll Post
Specials	FT Alignment	Jump Ball	FT Alignment	Jump Ball	Pre Game	Pre Game
	Out of Bounds Plays	Zone Traps	Out of Bounds Plays	Zone Traps	Out of Bounds Plays	Zone Traps
Conditioning	3 on 2 FC Drill	3 on 2 FC Drill	Secondary Break Cycles	5 on 5 Circle	Secondary Break Cycles	5 on 5 Circle
	Turn and Sprint Shoot	End of Practice Drill	Turn and Sprint Shoot	End of Practice Drill	Turn and Sprint Shoot	End of Practice Drill
Emphasis	3 Stops Defensively	Positive energy	Acknowledge person who passed you the ball.	Take a glance at block out person-not arc of the shot	Make first contact in the post.	Hands position on defense

DAILY EMPHASIS

OFFENSE	DEFENSE	ALL PURPOSE
<ul style="list-style-type: none"> • Ball fake before you make a pass • Offensive stance • Post-up with touchdown (signal) arms • Post show numbers • Be strong with the ball. • V-cut before move • Give catchers mitt target to receive pass. • Catch Ready • Catch the ball with your eyes • Triple threat • Catch and pass with two hands. • Catch in the air. • 7 passing angles • Post: Slow, slower, explode • Make first contact in the post. • Shoot when both feet are in paint • Make the extra pass – one more pass • Cut across the paint when wing passes to post • Jump stop • Eyes and head up • Perfect screens • Quick ball movement • Ball reversal • Shoot game spots at game speed. 	<ul style="list-style-type: none"> • Defensive rebound in front of your face • Take a glance at block out person-not arc of the shot • Closeout with High Hands • See and point at the ball • Help the helper • Closeouts with high hands • Hands position on defense • Bucket down on defense • Transition Defense • 3 Stops 	<ul style="list-style-type: none"> • Acknowledge person who passed you the ball. Share the ball • Be the example that you want your teammates to be. • The actions that you see are either taught or allowed. • Success is a choice • Echo calls. Talk on court • Sprint to position • Make the easy play • Each day get a little better • Positive energy • Next best play • Finish the play • Get better • Players that concentrate on the little things get better little by little. • Be what you is cause if you be what you ain't, you ain't what you is. • Be more concerned with how we are playing than who or where we are playing. • Feel that we deserve to win. • Always call teammates by their first name or an acceptable nickname.

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• Dip the ball to groove your shot. | | |
|---|--|--|

1 Minute Drills

- Catch, Pass Fake, Rip / Sweep Move
- Rip / Sweep Move
- Jab step / shoot / go
- Pass / Catch (visual & verbal)
- Corner sprint lay-ups
- Partner shooting
- Form shooting
- Triple threat

- Retreat dribble
- Commando
- Tennis series
- 2 Ball Dribble series
- Closeouts
- Weak side / Help side jump
- Post flash
- Zig Zag
- Rebound form
- Circle rebounding
- Transitions
- Lane Slides