



# Denver Nuggets Basketball Academy Coaching Book

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# Basketball Basics

## Object of the Game

Basketball is a sport in which two teams, most commonly of one, three, or five players compete with the primary objective of shooting a basketball through the defender's hoop while preventing the opposing team from shooting through their own hoop.

## Teams and Players

A typical basketball game consists of two teams with 10-12 players on each team. With youth basketball games it is common to have one or two officials or referees. Each team needs to always have at least and no more than five players on the court. [See here for position breakdowns.](#)

## Game Format

An NBA game consists of four 12-minute quarters, including one 15-minute half time. The team with the most points at the end of the 48 minutes wins the game. If the score is a tie at the end of the 48 minutes, a 5-minute overtime takes place. There is currently no limit to how many overtime periods can be played in the NBA. Reference your specific leagues rules for your game format.

## Scoring

Scoring points is essential to winning in basketball, often when a player is attempting to score, they are taking a “shot” or “shooting.” A successful shot is worth two points, or three points if taken from beyond the 3-point arc/line. Free throws are worth one point and are attempted after a foul.

## Basic Rules/Turnovers

To move the ball up and down the court, the ball must be dribbled or passed. Taking more than two steps without dribbling is a **travel or walk**, which is a violation. If at any point a player dribbles the ball with two hands at the same time, it is a **double dribble**, which is a violation. When a player dribbles with their hand under the ball it is a **carry or palming**, which is a violation. When your team has possession of the ball on the baseline or sideline and you are inbound the ball, you will only have five seconds to pass the ball to a teammate. If the referee/official counts to five and the ball has not been passed to a teammate, it is a violation and a turnover. A turnover is when the team in possession of the ball loses possession either from a violation or a steal from the defending team.

## Player Positions

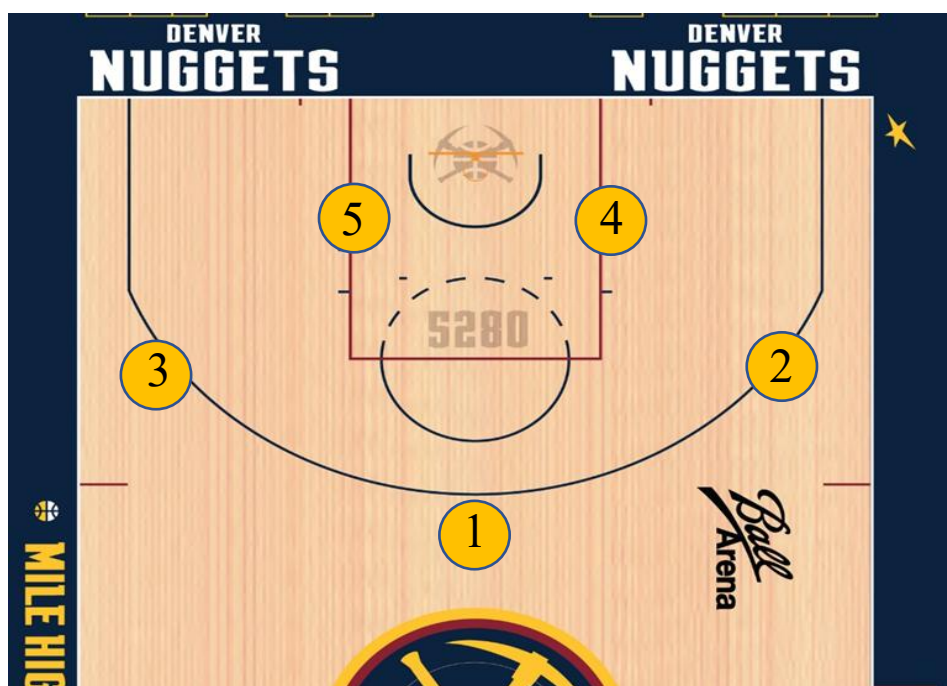
**Point Guard or the 1:** The team's strategic thinker, the point guard is in charge of controlling the game and determining which plays to execute. They are often the best ball handler on the team.

**Shooting Guard or the 2:** The shooting guard is the team's best outside shooter, but they also serve as the point guard's backup, they must possess strong ball handling and playmaking skills.

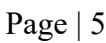
**Small Forward or the 3:** This is the most versatile player who excels in numerous aspects of the game. They can defend, pass, shoot, and dribble well. They are often the most athletic player on the team.

**Power Forward or the 4:** This player is as tall or large as the center, but they are a little more versatile than the center. They are strong defenders who can score in the low post as well as in the mid-range.

**Center or the 5:** Generally, the team's tallest player. The center plays closer to the low post and underneath the basket. This player finishes well around the basket and protects the basket on defense.



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## Fundamentals of Shooting



**Being shot ready-** Your feet need to be shoulder-width apart with your knees slightly bent. Chest up and butt down (as if you are sitting in a chair). Hands should be ready to catch the ball and shoot.

**Fingers tips only-** Your fingers need to be spread apart enough to balance the basketball in just one hand, and the ball should sit right on your finger pads. Leave a bit of space between your palm and the ball. The last finger that should touch the ball on the release should be the pointer finger.

**Improve your follow through-** Your wrists need to be relaxed, and your fingers need to be pointed at where you shot the ball. You should be able to see your fingers at the top of the backboard. Make sure you hold this position until the ball hits the target.

### Shooting Form

#### **B.E.E.F**

B = Balance

E = Eyes on your target

E = Elbow at 90 degrees

F = Follow through





## Fundamentals of Passing



**Chest pass-** It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball, and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down.

**Bounce pass-** The bounce pass is thrown with the same motion as a chest pass however it is aimed at the floor. It should be thrown far enough out that the receiver is able to catch the ball at their waist.



**Overhead pass-** The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball, throw the ball as if you are shutting a car trunk and follow through. Aim for the teammate's chin. Coaches, advise players not to bring the ball behind their head, because it can get stolen.

**Baseball pass-** A baseball pass is a one-handed pass that uses the same motion as a baseball throw. This is often used to make long passes and can be a bounce or chest pass.

## Fundamentals of Defense

Arms out  
and active



Butt &  
hips down

Feet slightly  
wider than  
shoulders

**Defense:** The main objective as a defender is to stop the player you are guarding from scoring or rebounding the ball.

### Common types of defenses

- Man to Man: each defender is responsible for guarding one specific opponent.
- Zone Defense: each defender guards a specific area of the court instead of a specific player

### Defensive stance:

- Your defensive stance should look like Aaron Gordon's in the picture.
- Sit low like you are sitting in a chair: bend your knees, keep your butt low, your back straight, and your head up.
- Keep your hands and arms out and active to block or tip passes and make it harder for the offense to pass the ball.

### Defensive Slide

- Stay in your defensive stance and slide left or right without crossing your feet.
- Move smoothly and stay in front of the offensive player.

## Fundamentals of Dribbling

Position yourself in a triple threat stance.

### Triple Threat Position:

- Sit low like you are sitting in an invisible chair.
- Keep your back straight and feet shoulder-width apart.
- Hold the ball near your hip (pocket) with your dominant hand.

### Dribbling:

- Dribble with your fingertips, not your palm.
- Keep your head up so you can see the court and your teammates.





## Beginner/Starter Practice Plan Week 1

### Introductions:

- Make sure each player introduces themselves to each other
- Turn this into a game, to learn fun facts about each other (what is your favorite WNBA, NBA player or team); [Icebreaker game ideas](#)
- What is your goal for your team today/this week or quote of the week.

### Stretching/Warm up:

- Explain why stretching is important – preparing body for activity.
- Dynamic warmup examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.

### Get familiar with the court:

- Go over layout of the court and court markings (baseline, sideline, free-throw, out of bounds, 3pt line, half court & full court)
- Drill: Show and Tell
  - Objective: Players will become familiar with the basketball court layout while incorporating movement and light conditioning.
  - Optional: You can always have players do this drill with a basketball, to emphasize ballhandling and warmup to maximize your practice time.
  - Setup: Players begin spread out in the middle of the court or along the baseline. Coach stands where all players can see and hear instructions.
    1. Coach calls out specific court marking (e.g., "Free-throw line," "Baseline," "Three-point line").
    2. Coach assigns a movement to get there (e.g., job, spring, high knees, butt kicks, defensive slide).
    3. Players move to the called location using the assigned movement.
    4. Once all players arrive, the coach briefly confirms the location and naming of the court ("This is the sideline; stepping beyond it is out of bounds.")
    5. Repeat with different court markings and dynamic movements.
- Coaching Points: Emphasize proper technique during dynamic movements and keep heads up and maintain spacing to avoid collisions.
- Time: 5-8 minutes; ideal as a warm-up or introductory drill for younger or new players.

### Ball Handling:

#### Fingertips Drill:

- Objective: Develop ball control, touch and feel by teaching players to use their fingertips versus palms.
- Have the ball over your head, hold the ball only with your fingertips. Have players move the ball back and forth only using their fingertips.
- Have players do the same motion, but arms straight out in front of them, aligned with their chest.

#### Body Wrap:

- All players should have a ball. Have them move the ball around their head from hand to hand. Next, move to the torso area, and have players move the ball around their torso from hand to hand. Lastly, move to the knees/calves and have players move the ball from hand to hand.
- Modifications: have them roll the ball around their body if they cannot fully pass it around.
- Advanced: Have players speed up and have them move the ball around their head, torso and knees altogether.

**Dribbling:**

Triple Threat (TT): Explain the three purposes of TT (pass, shooting, dribble)

TT Position is a low position with the basketball held near hip or pants pocket area, can be dominant or non-dominant hand side).

**Dribbling Basics:**

- Stationary dribbling – right & left hand (5, 10, or 15 dribbles)
- Dribble Triple Threat- Have players dribble the ball 3- 5 times with right hand then return to TT (same on left hand) Younger teams can lower the number and focus on controlling the ball
- Dribbling with cones: Place cones in a zig zag formation- have players dribble through the cones with right hand and back with their left hand
- Younger teams can dribble with dominate hand and focus on controlling the ball with movement.
- Turn dribbling with cones into a race to create competition.

**Shooting-**

Form Shooting: Explain B.E.E.F (Balance, Elbow, Eyes, Follow Through)

- Form shooting: Have players work on their form by shooting the ball up in the air
- Goal: Make sure posture and form are correct
- Form shooting with a partner: Have players get a partner and shoot back and forth to each other

**Layups:**

- Go over layup foot work and technique.
- Break them into two groups with a basket.
- Have them shoot layups with no dribble.

**Two Line Shooting:**

- Create two lines near the block on the left and right side
- Two balls in each line, have the line make ten shots as team

**Put it All Together:**

- Create two teams, have one player at a time dribble to half court with the right hand and back to the destinated spot for a shot.
- Each player gets one shot then they must get their own rebound and give it to the next player in line
- Goal: Whichever team gets five shots made is the winner

Introduce [Pass, Cut & Fill](#); [Zone](#) & [Man Defense](#); [Inbounds Plays](#)

## Beginner Practice Plan Week 1

Goal/Motivation for practice: create comfort, understanding, and excitement while introducing basic fundamentals.

Time	Purpose	Activity	Drill Breakdown
10 mins		Introductions	Icebreaker game to facilitate a positive environment
10 mins	Warm Up	<b>Show and Tell</b>	Preparing players for practice; familiarizing with court
		<b>Ball Handling</b> Finger tips Body Wraps	<b>Warm up - getting familiar with the basketball</b> Move ball back and forth with only finger tips (over head) Move ball around body (head, torso, legs)
25 mins	Fundamentals	<b>Dribbling</b>	<b>Work on dribbling stance/posture</b>
5 mins		Triple Threat (TT)	Sitting in pretend chair with back straight/ball should be held near pant pocket
6 mins		Dribbling Basics	(Stationary) Dribble with your fingers, not your palms
6 mins		3 Dribble TT (2x each side)	Dribble ball 3 times with Rhand, return to TT (rotate hands)
5 mins		Dribbling w/ Cones (2x each)	Create a straight line of cones/have the players dribble through with Rhand then L hand
3 mins		Mak it a Race	Turn this game into a race for fun.
25 mins	Fundamentals	<b>Shooting</b>	<b>B.E.E.F. (Balance, Elbow, Eyes, Follow Through)</b>
7 mins		Form Shooting	Start from TT, go into BEEF, shoot the ball in the air, back to self
6 mins		Form Shooting Partner	Get a partner, shoot the ball to your partner
5 mins		Layup	Go over layup footwork and using backboard
7 mins		2 line shooting	Create 2 lines near the block, on L & R side, 2 balls each line/make 12 as a team
10 mins	Review	<b>Put it all together</b> Dribble/shooting games	<b>Turn what we learned today into a game</b> Create 2 teams, have 1 player at a time dribble to half court and back then shoot at a designated spot

## Beginner/Starter Practice Plan Week 2

### Stretching/Warm up:

- What is your goal for your team today/this week or quote of the week
- Dynamic warmup examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks, etc.
- Quick and fun warmup game
- Drill: Dribble Knockout
  - Each player has a ball and dribbles inside a defined area.
  - Players try to knock other players' balls away while protecting their own.
  - If a player loses their ball, they perform a quick task (5 jumping jacks) and rejoin.
  - **Emphasis:** Ball control, awareness, competitiveness.

### Ball handling

Figure 8:

- Each player has a ball, they will dribble around their right leg and dribble between their legs, switching over to left hand and now dribbling around their left leg. This is continuous making a figure 8 motion.
- Each player should have a wide stance with their knees bent.
- Players should have low dribbles and have the ball under control.
- Modifications: roll the ball on the floor in the figure 8 motion.

### One Ball One Cone

- Each player should have one ball and one cone. On coaches command the players will dribble around the cone (only with the ball) with their left hand then right hand.
- Goal: keep their head up and not look at the ball.

### Crossovers

- Have players partner up and each group should have one ball
- The player with the ball should be in their triple threat stance
- Players will bounce the ball back and forth from their right to left hand
- The player without the ball should stand in front of the other player in a defensive stance
- Coach will then have the players switch
- Goal: to keep control of the ball.

### Passing

Make sure players are in triple threat stance and ball is by their pant pocket

#### Bounce pass

- Players should find a partner and have one ball
- Players should face each other and be about 4 steps away from each other (adjust distance as needed)
- When ready to pass, the player with the ball will take one step forward and bounce the ball mid-way between their partner. Their thumbs should be pointing to the ground after the pass.
- The player without the ball will also have their feet shoulder width apart and have their hands out and ready to catch the ball.
- Goal: good form and communication - have players call for ball and say teammates name before passing.

### **Footwork**

- Have all players stand on the baseline with enough space between them so they can jump without hitting each other
- On coach's command have the players jump over the line, front and back
- Continue this drill with the players jumping side to side then front and back but on one leg

**Jump stop:** the jump stop, helps players stay balanced when receiving a pass or taking a shot.

- Without the ball, have players line up on the baseline
- Have each player take two steps forward, hop in the air and land on both feet (at the same time) with their knees bent.
- Do this to half court and back

### **Jump Stop Drill**

- Have all players on the baseline, in two separate lines
- Make it into a game: Players can race from one end of the court to the other with their movement only being jump stops. Another drill could be a game where players are split into teams and must jump stop before passing or shooting. The team with the most jump stops, passes, or shots wins.

**Shooting:** On the move- zig zag cross half or full court layup

- Have player in two equal lines. Place five cones to the half court line. The first two players will crossover at each cone. Once they get to half court they can continue dribbling and attempt a layup or a shot. The shooter gets the rebound and dribbles back and passes it off to the next player in their line
- Free Throws – Practice shooting free throws and lining up for free throws

[Pass, Cut & Fill;](#)  
[Zone & Man Defense;](#)  
[Inbounds Plays](#)

## Beginner Practice Plan Week 2

Goal/Motivation for practice: understanding fundamental movement concepts.

<b>Time</b>	<b>Purpose</b>	<b>Activity</b>	<b>Drill Breakdown</b>
<b>5 mins</b>	Warm Up	<b>Stretching/Warm up</b>	Dynamic stretching into Dribble Knockout
<b>10 mins</b>	Fundamentals	<b>Ball Handling</b>	Getting familiar with the basketball
		Figure 8	Dribble around 1 leg and switch over to dribble with the other hand, then dribble around your opposite leg
		One ball one cone	Stationary drill: have players dribble the ball around the cone (2x 30sec)
		Crossovers	Bounce the ball back and forth to L&R hand
<b>8 mins</b>	Fundamentals	<b>Passing</b>	<b>Players should be in TT stance</b>
		Bounce Pass	Stationary: Bounce Pass with a partner
<b>10 mins</b>	Fundamentals	<b>Footwork</b>	<b>Focusing on Balance</b>
<b>5 mins</b>		Jump Stop	Take 2 steps, jump up and land on both feet
<b>5 mins</b>		Jump Stop Drill	On the move Jump Stops with a basketball
<b>15 mins</b>		Team Offense	Example: Pass, Cut, Fill; Drive & Kick
		Team Defense	Example: man to man; zone
<b>12 mins</b>		<b>Shooting</b>	
<b>12 mins</b>	Competition	Zig-Zag crossover/layup	Crossover at cones and shoot a layup or shot



## Beginner/Starter Practice Plans Week 3

### Stretching Warm up:

- Talk about why Hydration is important
- What is your goal for your team today/week or quote of the week
- Quick and fun game recapping last week's learned skills or the skills that will be learned this coming week
  - Dribble Tag: One or two players are "it" and must dribble while trying to tag others. Tagged players perform a skill (e.g., 10 right hand pounds) and rejoin.
- Stretching examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.

### Figure 8:

- Each player has a ball, they will dribble around their right leg and dribble between their legs, switching over to left hand and now dribbling around their left leg. This is continuous making a figure 8 motion

### Footwork

- Have all players stand on the baseline—with enough space between them so they can jump without hitting each other
- On coach's command have the players jump over the line, front and back
- Continue this drill with the players jumping side to side then front and back again, but with on one leg

### Defense

- Defensive stance- have players on the court with enough space between them so they can slide to the left and right without touching each other. Make sure they have room to slide left and right. Each player should have their knees bent, with their back straight. Feet should be a little further than shoulder width apart. Arms and hands should be straight out to the side ready to defend or steal a ball.
- Defensive slides- Have 4 players in a line facing the coach. When coach says "defense!" those four players will get in their defensive stance. Make sure to emphasis how to slide their feet. Players should never cross their feet when sliding. (Players should take their left foot and take one big step, then their right foot should take a small step) Repeat this until everyone is doing a proper slide

### Shooting

Shooting- Make sure to do a quick review

Form Shooting: Explain B.E.E.F (Balance, Elbow, Eyes, Follow Through)

- Self-shooting: Have players work on their form by shooting the ball up in the air back to themselves
- Goal: Make sure posture and form are correct

Layups- Review your players layups, continue to make sure footwork is correct

- If progressing, have players start their layups at the 3-point line and allow them to take 3-4 dribbles and shoot a layup.

Free Throws – Practice shooting free throws and lining up for free throws

### Ball Handling

Drill: Each player should have a ball. Players should be in triple threat with ball on their hip. This drill (stationary) will help with controlling the ball. Coaches has three commands- "low dribble, middle dribble & high dribble."

- Low dribble- knees should be bent and back straight, low dribble does not come higher than their shin
- Middle dribble- knees should be bent and back straight, middle dribble comes no higher than their waist
- High dribble- knees should be slightly bent and back straight, high dribble comes to their ear

Goal: To control the ball, focus on switching dribbles without losing the ball

**Footwork-** review from last week's plan on jump stops

Jump stop drill

- Have all players on the baseline, in two separate lines
- Each player will have a ball and will take four dribbles and jump off two feet and land on two feet with their knees bent. Once the first group gets to half court, the second group can go

**Relay Race:** incorporate what you learn today into a game

Use a half court, split players into even teams. Place cones from the start point to the half court line (roughly five cones each side) Have players zig zag through the cones to half court. Once at half court have them dribble with their opposite hand back. Before handing the ball off to the next player they must do a proper jump stop. First team to finish first wins

[Pass, Cut & Fill;](#)

[Zone & Man Defense;](#)

[Inbounds Plays](#)

Starter/Beginner Practice Plan Week 3			
Goal/Movtivation for this practice:			
Time	Purpose	Activity	Drill Breakdown
10 mins	Warm- up	Stretching/ Warm up	Getting players loosen up Ex(Frog jumps, high knees)
5mins		Figure 8	Dribble around 1 leg and switch over to dribble with other hand, then dribble around your opposite leg
5mins		Ladder/ Line work	Use lines on the court for footwork
12mins	Fundamentals	Defense	Learning how to Guard
6mins		Defense Stance	Teaching proper defense stance and posture
6mins		Defense Slides	Teaching how to proper slide/ do not cross your
12mins		Shooting	Fundamentals of shooting
6mins	Review	Form shooting review	Review form shooting from previous pratice
6mins		Layups	Review form layups from previous pratice
10 mins		Ball Handling	Learning how to control the ball
		Low/Middle/High	Have players control the ball, focus on switching dribbles with out losing the ball
		Team Defense	
15mins	Fundamentals	Footwork	Staying on your toes
5mins	Review	Jump Stop Review	Review jump stop from previous pratice
10mins		Jump Stop Drill	Add more dribbles and go full court
12mins	Competition	Relay Race	Zig-zag Jump Stop
Notes:			

## Beginner/Starter Practice Plans Week 4

### Stretching/Warm up:

- Talk about why Teamwork is important
- What is your goal for your team today/week or quote of the week
- Stretching examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.
- Quick and fun game recapping last week's learned skills or the skills that will be learned this coming week
  - Drill: Shoot & Follow – players line up at a basket, first player shoots, rebounds their own shot, and passes to the next player. Rotate quickly.

### Ball Handling: Getting familiar with the basketball

- Fingertips & body wrap drills
- Dribble cross over (stationary): The players will dribble twice on right side then cross over. Do this to the opposite side (2x 10 each side)
- Advanced: Increase the number of dribbles on each side
- Goals: In triple threat position; controlled crossover

### Passing- Review bounce pass overhead /chest pass

Chest pass: Players should find a partner and have one ball

- You will then have the players face each other and have them take four steps back from each other (adjust distance as needed)
- The player with the ball should be in triple threat. The player without ball should create a target with their hands up and ready to catch the ball
- The player with the ball will take one step forward and make a pass to their partner. Their thumbs should be pointing to the ground after the pass.

Overhead pass: Players should find a partner and have one ball

- You will then have the players face each other and have them take four steps back from each other (adjust distance as needed)
- The player with the ball will hold the ball over their head with both hands
- The player with the ball will take one step forward and throw the ball to their partner's chest
- The player without the ball need to have hands ready and create a target with their hands
- Younger teams: have your players take a step in to accommodate their strength

Bounce pass: Players should find a partner and have one ball

- You will then have the players face each other and have them take four steps back from each other (adjust distance as needed)
- The player need to have their feet shoulder width apart, the player with the ball will have both hands on the ball.
- When ready to pass, the player with the ball will take one step forward and bounce the ball mid-way between their partner. Their thumbs should be pointing to the ground after the pass
- The player without the ball will also have their feet shoulder width apart and have their hands out and ready to catch the ball

Shuffle pass- on the go passing drill

- Players need to have a partner and one ball. Create two lines, all players should be across from their partner.
- Place two cones at half court as the players stopping point
- Have the players shuffle(slide) their feet while passing the ball back and forth to each other
- Once a group reaches the stopping point, have them run back to the line
- Goal: No dropped passes, make sure players are sliding their feet and no crossing
- Advanced: have players do a chest, overhead or bounce pass on your command

**Shooting-** dribble/pass/shoot

- Have players break up into their layup lines at the 3-point line.
- Ball starts on the right side of the court.
- The first player in line will take two strong dribbles to the basket then jump stop and pass to the first player in the other line.
- The line without the ball will start on the sideline.
- The first player in line without a ball will then take a few steps in from the 3 point line ready to receive a pass. They will then shoot and get their rebound then go to the other line.

**Defense-** closes outs

- Close outs- Players will run out to a player, and immediately drop low to their defensive stance with their hand up in the air to stop the shot first. Then be ready if the opponent is going to dribble.
- Close outs drill- Have all players on the baseline, in their defensive stance. On coach's command have the players run to the free throw line and close out as if they are guarding someone or a shot.

Goal: Stay balanced and on toes. Anticipate if the opponent is going to shoot or drive/dribble

**Rebounding- Offense and Defense**

- At any point when the ball is shot or laid up and does not go in, anyone in the game is able to get the rebound.

**Boxing out drill:**

- Have players get a partner and face back-to-back. Both players will be in a defensive stance (sitting in an imaginary chair)
- Free Throws – Practice shooting free throws and lining up for free throws. During this session of practice you can work on “boxing out”
- Players arms should be straight up, as if they are reaching for the ball/rebound
- The object here is to have players use their body (mainly legs and hips) to gain position to get a rebound

[Pass, Cut & Fill;](#)  
[Zone & Man Defense;](#)  
[Inbounds Plays](#)

### Starter/Beginner Practice Plan Week 4

Goal/Movtivation for this practice:

Time	Purpose	Activity	Drill Breakdown
8 mins	Warm- up	Stretching/ Warm up	Getting players loosen up Ex(Frog jumps, high knees)
15mins		Ball Handling	Warm up- Getting familiar with the basketball
3mins		Finger tips	Move ball back and forth with only finger tips (over head)
3mins		Body Wrap	Move ball around body (head, torso, legs)
7mins		2 dribble cross stationary	2 dribbles crossover (2x 10 each side)
2mins	Basketball IQ	Familiar with the court	Review and adding new basketball IQ
20 mins	Fundamentals	Passing	Fundamentals of Passing
3mins	Review	Review bounce pass	Review bounce pass from previous pratice
5mins		Chest pass	Partner up passing
5mins		Over head pass	Partner up passing
6mins		Shuffle pass	On the move passing
12mins		Shooting	
12mins		Drive and Kick	Attack basket and pass to the open player
15mins		Defense Close outs	
8mins	Fundamentals	Rebounding Offense & Defense	Fundamentals of rebounding
7mins		Boxing out Drill	Proper technique to box out
15mins	Review	Team Defense	5 on 5
	Notes		



## Intermediate/ Advance Practice Plans Week 1

### Stretching Warm up:

- Talk about why Teamwork is important
- What is your goal for your team today or quote of the week
- Stretching examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.

### Full Court Layups:

- Split up your team in an even number. Have one group at the other end of the goal starting on the right side. Do the same at the other end of the court. Each group should be under the basket and have three basketballs at each end.
  - Set a timer for 3 mins. The goal is to have the team make 50 layups before times goes out.
  - On the coaches whistle one player from each group will do a full court layup. Once the shot goes up the next player goes. This is a continuous cycle until time runs out.
  - All players should be counting when they make the layup
  - Goals: get 50 or more in 3 mins
- Adjustments: adjust as need more or less time and fewer layups.

### Ball Handling:

#### Two dribble cross over (stationary):

- Players can have a partner, or all have a ball. The players will dribble twice on R side then cross over. Do this to the opposite side (2x 10 each side)
- Advanced: Increase the number of dribbles on each side
- Goals: In TT position; controlled crossover

#### Zig Zag w/Partner (on the move)

- Players will need to partner up and have one ball. One player is on offense and the other player is on defense.
- The offensive player goal is to get to the other end of the court without turning the ball over. They will dribble three times to the L and crossover and dribble three time to the R to create the zig zag motion.
- The defense player goal is to apply pressure, use good defense slides, and have their hands active.

### Passing:

#### 3-man weave (full court)

- Start at the end of the court under a basketball and set up three lines (make sure they are even). The middle person starts with the ball. The player throws the ball to the right side, when you throw it make sure you go behind the person to whom you threw it. Then the person who has the ball throws it to the person on the left. That player then proceeds to throw it back to the right and they will go behind the person they just threw it to. Once you get closer to the other end of the basket a player will make a bounce pass for a layup.
- Notes: This is a continuous motion
- Goals: Not to turn the ball over, make clean passes and communication (player should be calling for ball)

#### Outlet Passing (full court)

- Split up your team in an even number. Have one group at the other end of the goal starting on the right side of the basket. Have the other group at the half court line. They will be receiving the outlet pass
- Have a coach throw the ball off the backboard, the player will jump up to get the rebound. Once the player has the rebound the other line (player) at the half court will be running in ward towards the basket, they are calling outlet. The rebounder takes three dribbles and makes a two-hand pass to the outlet player heading to the basket.
- Goals: Communication, calling for the outlet. Finishing the layup
- Advanced: Have the player calling outlet finish the layup on the L side of the basket. This drill can have a timer and or an number of shots that need to be made.

## **Shooting:**

### Five spot shooting

- This is a competition game. Split the team up evenly at their own baskets. Place cones in these five spots (L&R short corner, top of the key, L&R elbows)
- There are two balls per team. The players need to make ten shots before moving on to the next spot. Player gets one shot if they miss, they get the rebound and pass to the next player in line. The player goes to the back of the line to get another opportunity to shoot again.
- Whichever teams make all 50 shots wins the drill.
- Goals: Communication, call out the number of shoots they have made at each cone. Making game like shots

### Drive and kick

- During this drill you will have two lines. A line at the top of key and a line on the wing. The ball starts at the top of the key. The player will driver right down the lane (right before the charge circle). The player will jump stop and pivot towards the open player.
- The player on the wing should be moving down the wing to the corner so that the player with the ball can see them and give them a good pass for a shot
- Goal: have the players calling for ball. The players should be moving with the ball to get open. Being shot ready in their triple threat stance.

## **Defense:**

### Defense stance/slides

- Defense Stance- have players spaced out on the court. Make sure they have room to slide left and right. Each player should have their knees bent, with their back straight. Feet should be a little further than shoulder width apart. Arms and hands should be straight out to the side ready to defend or steal a ball.
- Defense slides- Have 4 players in a line facing the coach. When coach says Defense those four players will get in their defense stance. Make sure to emphasis how to slide their feet. Player should never cross their feet when sliding. (Players should take the L foot and take one big step, then their R foot should take a small step) Repeat this until everyone is doing a proper slide

[Pass, Cut & Fill;](#)

[Zone & Man Defense;](#)

[Inbounds Plays](#)

Intermediate/ Advance Practice Plan Week 1

Goal/Movtivation for this practice:

Time	Purpose	Activity	Drill Breakdown
<b>10mins</b>	Warm- up	<b>Stretching/ Warm up</b>	Getting players loosen up Ex(Frog jumps, high knees)
10mins		Full court layups	Get 50 made layups in 3 mins
<b>12mins</b>		<b>Ball Handling</b>	<b>Becoming Comfortable with the ball</b>
6mins		2 dribble cross stationary	2 dribbles crossover (2x 10 each side)
	Basketball IQ	Zig Zag w Partner	Partner up have 1 player with the ball dribbling zig zag. Have there partner guard them
6mins			
<b>15mins</b>	Fundamentals	<b>Passing</b>	<b>Learning when to make the proper pass</b>
8mins		3 man weave	Make sharp pass without dropping the ball
7mins		Outlet passing	Learning to make lead (full court) passes in trainstion
<b>15mins</b>		<b>Shooting</b>	<b>Creating shots</b>
7mins		5 spot shooting	
8mins		Drive and Kick	Attack basket and pass to the open player
<b>12mins</b>		<b>Team Defense</b>	
6mins		Defense Stance	Teaching proper defense stance and posture
6mins		Defense Slides	Teaching how to proper slide/ do not cross your
<b>10mins</b>	Competition	<b>Team Offense</b>	5 on 5
	Conditioning	Freethrows	Each player needs to make 1 freethrow, a miss results in a down an back
	Review		

Notes:

## Intermediate/ Advance Practice Plans Week 2

### Stretching Warm up:

- Talk about why Hydration is important
- What is your goal for your team today or quote of the week
- Stretching examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.

### Full Court Layups:

- Split up your team in an even number. Have one group at the other end of the goal starting on the right side. Do the same at the other end of the court. Each group should be under the basket and have three basketballs at each end.
- Set a timer for 3 mins. The goal is to have the team make 50 layups before times goes out.
- On the coaches whistle one player from each group will do a full court layup. Once the shot goes up the next player goes. This is a continuous cycle until time runs out.
- All players should be counting when the make the layup
- Goals: get 50 or more in 3 mins
- Adjustments: adjust as need more or less time and fewer layups.

### Mikan

- Players will start under the basket with the basketball, facing the baseline.
- On the right side of the basket, make a layup with the right hand
- Quickly rebound the basketball and then make a layup on the left side of the basket with your left hand, jumping off your right foot (again, inside foot - outside hand).
- Continue in this manner by alternating sides with each shot until you have made ten layups.

### Ball Handling

#### In and Out

- While dribbling with the ball in your right hand, place your hand on the side of the ball and start to push it across your body (make sure that your hand does not go under the ball which would result in a carry)
- One of the most crucial factors of the Fake Crossover is that you sell the move with your head, eyes, and your left leg. So, as you are bringing the ball across your body you want to take a hard step out with your left foot and look to your left with your eyes and head as if you were changing directions.
- Then you will push off your left foot and cut back to the right while you shift your hand over the ball onto the left side and push the ball back to the right.
- Advanced: add a crossover, have players do an in and out on the move to half court and back

#### Zig Zag w/Partner (on the move)

- Players will need to partner up and have one ball. One player is on offense and the other player is on defense.
- The offensive player goal is to get to the other end of the court without turning the ball over. They will dribble three times to the L and crossover and dribble three time to the R to create the zig zag motion.
- The defensive player goal is to apply pressure, use good defense slides, and have their hands active.

### Passing:

#### 2 ball passing

- Players partner up and have two basketballs. Players will stand across from each other. Each player will have a ball. One player will make a chest pass, at the same time their partner will make a bounce pass. This is continuous until the coach says switch and the players will switch passes. (Example if player one is doing a chest pass, when switch is called player one will now do a bounce pass)

## **Shooting:**

### **Drive and kick**

- During this drill you will have two lines. A line at the top of key and a line on the wing. The ball starts at the top of the key. The player will driver right down the lane (right before the charge circle). The player will jump stop and pivot towards the open player.
- The player on the wing should be moving down the wing to the corner so that the player with the ball can see them and give them a good pass for a shot
- Goal: have the players calling for ball. The players should be moving with the ball to get open. Being shot ready in their triple threat stance.
- Advanced: Add a third line on the wing. Have the guard (top of the key player) pick a side.

### **Ball fake to shot**

- Have two lines, one on each of the wings. Have one line have three balls.
- The player with the ball will fake as if they are shooting the ball. They will be in their TT position, butt down and move the ball upward as if they are shooting. Then have the player take two dribbles to the L or R.
- The opposite line will rebound and head to the opposite line.

[Pass, Cut & Fill;](#)  
[Zone & Man Defense;](#)  
[Inbounds Plays](#)

Intermediate/ Advance Practice Plan Week 2

Goal/Movtivation for this practice:

Time	Purpose	Activity	Drill Breakdown
<b>10mins</b>	Warm- up	<b>Stretching/ Warm up</b>	Getting players loosen up Ex(Frog jumps, high knees)
5mins		Full court layups	Get 50 made layups in 3 mins
5mins		Mikan	
<b>15mins</b>		<b>Ball Handling</b>	<b>Becoming Comfortable with the ball</b>
5mins		In and Out	Stationary (2x 10 each side)
5mins		In and Out Crossovers	On the move to half court (2x)
5mins		Zig Zag w/Partner	Partner up have 1 player with the ball dribbling zig zag. Have there partner guard them
<b>10mins</b>	Basketball IQ	<b>Passing</b>	<b>Learning when to make the proper pass</b>
10mins		2 ball passing	2 balls with each group, 1 player chest pass,1 player bounce passes at the same time
<b>15 mins</b>		<b>Team Defense</b>	
15mins		Man to Man	On Ball/Gap/Help Side/ Stunting
<b>25mins</b>	Game like Shots	<b>Shooting</b>	<b>Creating shots</b>
15mins		Drive and Kick	Attack basket and pass to the open player
10mins		Ball fake shot	Shot fake, 2 dribble shot
		<b>Team Offense</b>	
<b>10mins</b>		<b>Scrimmage</b>	<b>3 v3</b>
<b>8 mins</b>	Conditioning	Free throws	Each player needs to make 1 freethrow, a miss results in a down an back
	Review		

Notes:



## Intermediate/ Advance Practice Plans Week 3

### Stretching Warm up:

- What is your goal for your team today or quote of the week
- Stretching examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.

### Five spot shooting

- This is a competition game. Split the team up evenly at their own baskets. Place cones in these five spots (L&R short corner, top of the key, L&R elbows)
- There are two balls per team. The players need to make ten shots before moving on to the next spot. Player gets one shot if they miss, they get the rebound and pass to the next player in line. The player goes to the back of the line to get another opportunity to shoot again.
- Whichever teams make all twenty-five shots wins the drill.
- Goals: Communication, call out the number of shoots they have made at each cone. Making game like shots

### Partner Defense Close outs

- Each player should have a partner. There are no balls required. Players will need to stand across from each other (3 feet apart). On the coach's whistle, players one will run to their partner, with their hands high and their butt down calling ball.
- Goal: Players should not fall forward or run pass their partner. They should be on their toes ready to move if their partner does
- Advanced: add a ball, have the partner move the ball side to side so that the defender can follow the ball

### Ball Handling

#### Ball slaps:

- This drill will help players get comfortable with the ball. Each player should have a ball or can partner up. On the coach's whistle players will slap the ball with their R then L hand.
- Goals: Each ball slap needs to sound like a popping noise. If the player slaps are quiet, they are not doing it properly.

#### Front and back dribble

- Create four lines at the baseline. The first three players in the line will need two basketballs.
- Have players start in a normal TT position with a ball in each hand. (Feet are shoulder width apart, butt down and chest up)
- On the coaches whistle the players will dribble the balls simultaneously on each side. Moving the ball forward and backwards using only their fingertips.
- Goals: To not turn the ball over and keep eyes up if possible.

#### 2 ball dribble cross

- Create three lines at the baseline. The first three players in line will need two basketballs. Place cones in a zig zag motion to half court (allow space in between cones)
- Have players start in a normal TT position with a ball in each hand. (Feet are shoulder width apart, butt down and chest up)
- On the coaches whistle the players will take three dribble and cross over at the cones. This is continuous until they get to half court. They will then dribble back and give the balls off to the next person in line.

## **Passing**

### **Pass and switch (passing & conditioning)**

- This will require a half court. If you have a bigger team, use a full court.
- The players will need to create a large rectangle. 3 players should be on the sideline across from there passing partners, who will also be on the other sideline. Player 1 & 2 will be in the middle and destined at the charger circle & player two will be across from player one at the half court line.
- Players 1 & 2 will have a basketball to start. On the coaches whistle the players with the ball will pass to the player that is on there right.
- After the pass is made the player will sprint and take the place of the player, they just passed it too. This will continue until the ball is dropped or time has run out
- Goals: Communication- have players calling for ball and make sharp passes

### **Overhead passing off the wall**

- Each player will need to have a ball. Each player will face the wall (3 feet back from the wall)
- Player's feet are shoulder width apart with their chest up and their knees bent with the ball over their head.
- On the whistle the players will throw the ball against the wall for thirty secs.

### **Alternating pass of the wall**

- Each player will need to have a ball. Each player will face the wall (3 feet back from the wall)
- Player's feet are shoulder width apart with their chest up and their knees bent with the ball over their head starting in their right hand.
- On the whistle the players will throw the ball against the wall and will catch the ball with the opposite hand. This is continuous passing back and forth off the wall to the opposite hand for thirty secs.

### **Stationary one hand pass of the wall**

- Each player will need to have a ball. Each player will face the wall (3 feet back from the wall)
- Player's feet are shoulder width apart with their chest up and their knees bent with the ball over their head starting in their right hand.
- The players will throw the ball off the wall with their right hand but this time they will catch it with their right hand and continue this for thirty secs. Players will then switch to the L hand and do the same action

## **Shooting**

### **Five spot shooting**

- This is a competition game. Split the team up evenly at their own baskets. Place cones in these five spots (L&R short corner, top of the key, L&R elbows
- There are two balls per team. The players need to make ten shots before moving on to the next spot. Player gets one shot if they miss, they get the rebound and pass to the next player in line. The player goes to the back of the line to get another opportunity to shoot again.
- Whichever teams make all 50 shots wins the drill.
- Goals: Communication, call out the number of shoots they have made at each cone. Making game like shots

[Pass, Cut & Fill;](#)  
[Zone & Man Defense;](#)  
[Inbounds Plays](#)

Intermediate/ Advance Practice Plan Week 3			
Goal/Movtivation for this practice:			
Time	Purpose	Activity	Drill Breakdown
<b>15mins</b>	Warm- up	<b>Stretching/ Warm up</b>	Getting players loosen up Ex(Frog jumps, high knees)
5mins		5 Spot shooting (2 teams)	5 makes at each spot
10mins		Partner Defense close outs	Group of 2/ run out to partner & close out. Hands high/ call ball
<b>10mins</b>		<b>Ball Handling</b>	<b>Becoming Comfortable with the ball</b>
3mins		Ball Slaps	30 sec/ consistently slap ball with both hands
4mins		Front & Back dribble	Stationary/ 1 ball on each side, dribbling the ball back and forth at the same time
3mins		2 ball dribble cross	On the move/ 3 dribbles then cross or cross at cone
<b>15mins</b>	Basketball IQ	<b>Passing</b>	<b>Learning when to make the proper pass</b>
7mins		Pass and Switch (passing & conditioning)	Pass to your partner then take there spot
8mins		3 wall passing	Overhead pass/ 1 ball alternating pass/1 hand wall pass
<b>10 mins</b>		<b>Shooting</b>	<b>Creating shots</b>
10mins		5 spot shooting	Top of key/ L & R short corner/L&R elbow
<b>10 mins</b>		<b>Defense</b>	
10mins		7 spot close outs	Each player does a closes out then proceeds to defensive slide to the next cone.
		<b>Team Defense</b>	
<b>30mins</b>	Game like Shots	<b>Shooting</b>	<b>Creating shots</b>
12mins		Drive and Kick	Attack basket and pass to the open player
10mins		Screen to back door	Pass away/ screen/ passer looks to cut back door
8mins		3 line drill	Passer looking to cut to basket & score. Rebounder gives pass to corner for a 3pt shot
		<b>Team Offense</b>	
<b>10mins</b>		<b>Scrimmage</b>	<b>5 on 5</b>
	Review		
<b>Notes:</b>			

## **Intermediate/ Advance Practice Plans Week 4**

### **Stretching Warm up:**

- What is your goal for your team today or quote of the week
- Stretching examples: Frankenstein's, frog jumps, jogging, high knees, butt kicks etc.

### **Five spot shooting**

- This is a competition game. Split the team up evenly at their own baskets. Place cones in these five spots (L&R short corner, top of the key, L&R elbows
- There are two balls per team. The players need to make ten shots before moving on to the next spot. Player gets one shot if they miss, they get the rebound and pass to the next player in line. The player goes to the back of the line to get another opportunity to shoot again.
- Whichever teams make all 25 shots wins the drill.
- Goals: Communication, call out the number of shoots they have made at each cone. Making game like shots

### **Pass and switch (passing & conditioning)**

- This will require a half court. If you have a bigger team, use a full court.
- The players will need to create a large rectangle. 3 players should be on the sideline across from there passing partners, who will also be on the other sideline. Player 1 & 2 will be in the middle and destined at the charger circle & player two will be across from player one at the half court line.
- Players 1 & 2 will have a basketball to start. On the coaches whistle the players with the ball will pass to the player that is on there right.
- After the pass is made the player will sprint and take the place of the player, they just passed it too. This will continue until the ball is dropped or time has run out
- Goals: Communication- have players calling for ball and make sharp passes

### **Ball Handling**

#### **Ball slaps:**

- This drill will help players get comfortable with the ball. Each player should have a ball or can partner up. On the coach's whistle players will slap the ball with their R then L hand.
- Goals: Each ball slap needs to sound like a popping noise. If the player slaps are quiet, they are not doing it properly.

#### **Two Ball dribble- Figure 8**

- Each player will partner up, and one player should have two balls. The player will dribble both balls at the same time. The ball in the left hand will only dribble in front of the left leg. While the ball in their right hand will dribble around their right leg, in a circular motion. You will look to have the players switch the motions. Then switch with their partners.
- Each player should have a wide stance with their knees bent.

#### **Multiples moves- on the move**

- Create two lines on the baseline, have the first line of players with basketballs. On the coaches whistle the players will move forward with that the coach will call out a move and the players must do that. You can go half court or full court
- Goal: try to call out two to three moves for the players to do

## **Passing**

### **Partner Pivots**

- Each player should have a partner and one ball. The coach will call out what type of pivot to do and the whistle the players will dribble to the 3pt line and do the prescribed pivot. They will then pass back to their partner and the next group will go.
- Goal: focusing on listen to a command and proper footwork.

### **Transition Passing**

#### **3-man weave (full court, down and back)**

- Start at the end of the court under a basketball and set up three lines (make sure they are even). The middle person starts with the ball. The player throws the ball to the right side, when you throw it make sure you go behind the person to whom you threw it. Then the person who has the ball throws it to the person on the left. That player then proceeds to throw it back to the right and they will go behind the person they just threw it to. Once you get closer to the other end of the basket a player will make a bounce pass for a layup.
- Players are only able to make three passes, and the ball must not touch the ground at any point. This will require players to get out and run faster with three passes. Coaches can adjust the number of passes depending on their team's level.
- Notes: This is a continuous motion
- Goals: Not to turn the ball over, ball should not hit the ground & make clean passes and communication (player should be calling for ball)

## **Defense/Rebounding**

### **Close outs to box outs**

- Have five players around the 3pt line with five players on the baseline ready to run out to close out then box out.
- Close outs- Players will run out to a player, and immediately drop low to their defensive stance with their hands high.
- Box out drill- Once the players have closed out, a coach will shoot the ball. The players will then turn and use their forearm and check the chest of the player. The player will then turn and face the basket while keeping their opponent behind them. The player will need to squat/seat and push backwards in order to properly box out. The first player or team to get the ball wins.
- Goal: Have the players call shot when the coach is shooting the ball. Players should hold their box outs
- Advance: Have the ball hit bounce three times then have the players go for the ball. Whoever comes up with the ball their team gets a point.

### **Bull in the ring**

- Have your team to partner up. Each group needs one ball. A coach will place the ball at the elbow area. There are no basketball goals required for this drill. One player should be on offense and one player should be on defense to box out.
- The 2 players will face each other, with defense having their back to the ball and offense facing the defender and ball
- On the coaches go the player on defense will look to box out the player on offense. The player on offense will try to get around the box out.
- If the defensive player holds off the offense player for 4 secs, then defense wins. If the offense player gets around the box out and retrieves the ball before the four secs, then offense wins.

## **Shooting**

### 2-line competitive shooting

- During this drill you will have two lines. A line at the top of key and a line on the wing. The ball starts at the top of the key. The player will driver right down the lane (right before the charge circle). The player will jump stop and pivot towards the open player in the corner.
- The player on the wing should be moving down the wing to the corner so that the player with the ball can see them and give them a good pass for a shot.
- The passer will then run to the opposite corner/or short corner and look to take a shot.
- Goal: have the players calling for ball. The players should be moving with the ball to get open. Being shot ready in their triple threat stance.

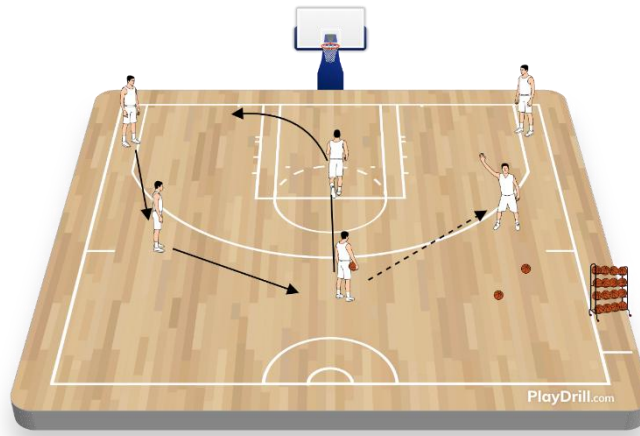
[Pass, Cut & Fill;](#)  
[Zone & Man Defense;](#)  
[Inbounds Plays](#)



Intermediate/ Advance Practice Plan Week 4			
Goal/Motivation for this practice:			
Time	Purpose	Activity	Drill Breakdown
<b>15mins</b>	Warm- up	<b>Stretching/ Warm up</b>	Getting players loosen up Ex(Frog jumps, high knees)
5mins		5 Spot shooting (2 teams)	5 makes at each spot
10mins		Pass and Switch (passing & conditioning)	Pass to your partner then take there spot
<b>15mins</b>		<b>Ball Handling</b>	<b>Becoming Comfortable with the ball</b>
3mins		Figure 8	30 sec/ consistently slap ball with both hands
7mins		Two ball dribble- figure 8	One ball dribbles around L/R leg & the other ball dribbles in front of the opposte leg
5mins		Mulitple moves ex. Crossover-crossover- behind the back	On the move to half/full court.
<b>15mins</b>	Basketball IQ	<b>Passing</b>	<b>Learning when to make the proper pass</b>
		Partner Pivots	Dribble to the 3point line, have the players do the prescribed pivot and pass back to there partner
7mins			
8mins		Trainsition passing	3 man weave- 3 passes
<b>25 mins</b>	Fundamentals	<b>Defense/ Rebounding</b>	
			Each player does a closes out on the perimeter, then proceeds to box out on the shot
15mins		Close outs to box outs	
		Bull in the Ring	Players have a partner, offense needs to get the ball before 4 sec & defense needs to hold off offense for 4 sec
10mins			
<b>20mins</b>	Game like Shots	<b>Shooting</b>	<b>Creating shots</b>
		2 line competitve shooting	Drive & kick & pass for a shot, passer gets open for extra shot
		<b>Team Offense</b>	
<b>10mins</b>		<b>Scrimmage</b>	<b>5 on 5</b>
	Conditioning	Free throws	Each player needs to make 1 freethrow, a miss results in a down an back
	Review		
<b>Notes:</b>			

## Team Offense

### Pass, Cut & Fill



#### Set up:

- Five players on the court
- Ball starts at the top of the key (top of 3-point line)
- Wing players are looking to get open

#### Execution:

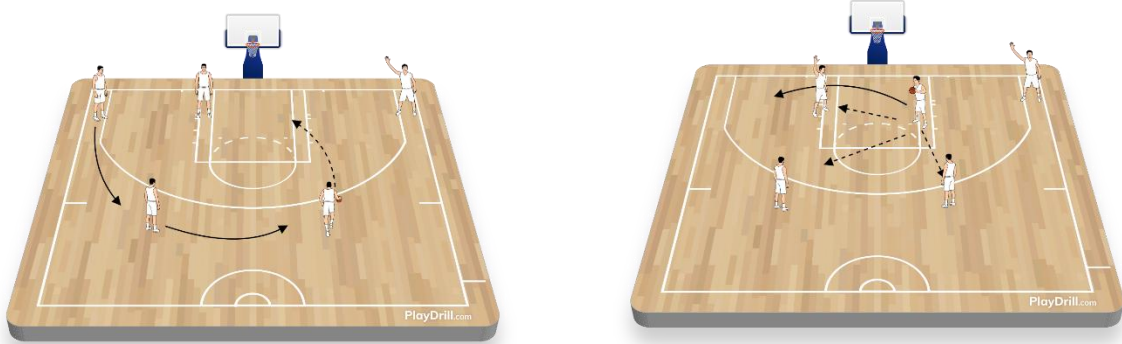
- Player at the top of the key will pass the ball to the open player on the right wing. The player who passed the ball will cut down the lane looking for the ball. If this player does not get the ball, they will look to fill the empty spot while the player on the opposite (left) wing will now move to the top of the key, replacing the player who just cut down the lane.
- The player in the left corner will now fill the spot of the wing player, who just filled the top of the key spot
- The original player who cut to the basketball will now fill the open spot. Which is now the left corner.
- Continue this motion, look to do 3 passes before scoring.

#### Tips:

- Place cones or ploy spots out on the 5 spots of the floor and coach players to fill each of those spots.
- Run through this setting a few times before adding defense.

## Team Offense

### Drive and Kick



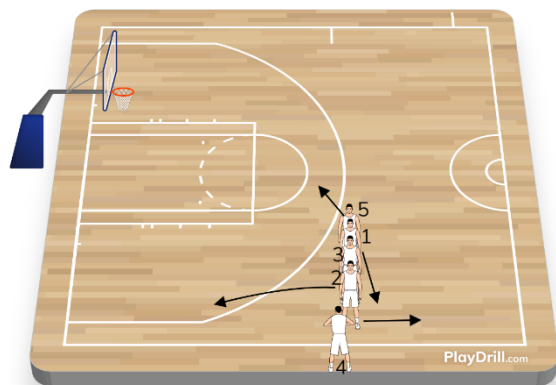
#### Set up:

- Five players on the court
- Ball starts to the right of the top of the key
- Four players outside the 3-point line, one player inside on a block
- Player with the ball is looking to beat their defender and get to the basket

#### Execution:

- The player with the ball is looking to beat their defender and get to the basket to score.
- Meanwhile when the drive happens, the two players on the opposite side of the court are looking to fill the spots. The player on the wing now takes the spot of the player who just drove down the lane. The player in the corner will now come up and fill the wing player spot. (Same concept as Pass, Fill & Cut offense)
- If the player does not have an open layup or shot, the player with the ball looks to pass it back out.
- If there is no shot the player will then jump stop and pass to an open teammate
- After the players passes the ball, they will then go to the open spot which should be the opposite corner

## Inbounds Play – “Stack”



### Set up:

- Five players on the court
- The 4 player is taking the ball out on the sideline
- The other players are line up in a straight line in front of the 4 player
- The players should be in a straight line in this order- 2,3,1,& 5

### Execution:

- Player taking the ball out on the sideline, main goal is to get the ball into their team before the 5 sec call.
- When the 4 player or forward slaps the ball, the players will run to their destined spots.
- The 2 player or shooting guard will sprint to their left near the halfcourt line
- The 3 player or guard will sprint to the corner 3 pt line
- The one player or point guard is going to sprint towards the ball (the four player) to get the pass.
- The 4 player or forward will look to get the ball to the 1 player first, if they are not open then they will look for the 2 or 3 players. Last resort to pass the ball in will be to the five player or the center.

## Team Defense Man to Man



### Set up:

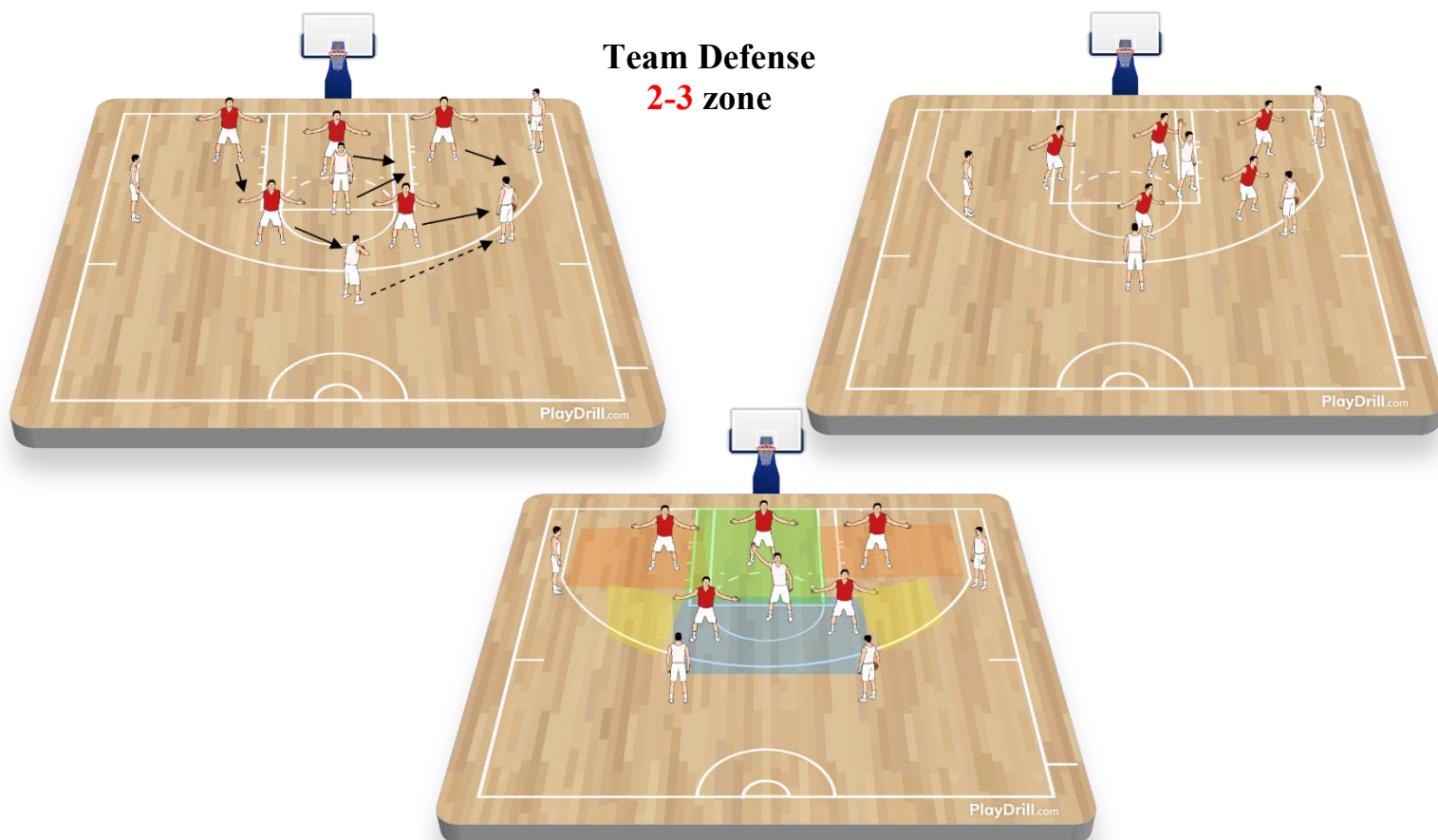
- Ten players on the court/ 5 on Offense/ 5 on Defense
- Ball starts at the top of the key
- Start with a 5 outside the 3-point line on offense
- Player with the ball is looking to beat their defender and get to the basket

### Execution:

- The concept of this defense is to guard your man/person. Wherever your player goes, so do you.
- If a player passes and cuts, the defender stays with them.
- This defense requires communication so that your teammates know who is guarding who. Lack of communication usually leads to someone being unguarded.
- If a player passes and cuts, it is important for the defender to not allow them to cut in front of them. If the opponent does cut in front of the defender this will lead to a layup.
- The defender who is guarding the ball should always have their hands up and following the ball. There should be a decent amount of pressure applied, if too much pressure is applied the opponent could drive pass this defender making all the other players shift on defense.
- If not enough pressure is applied the opponent will have space to shoot an uncontested shot.
- Defenders who are not guarding the ball should always be able to point at their man/person and the ball.
- Defenders who are not guarding the ball should not be face to face with their man/person
- Defenders who are not guarding the ball and is 1 pass away, so they are able to take 1 step away and be in the gap for help if player 1 gets beat by their defender.
- Defenders four & five are not guarding the ball and are two passes away, so they are able to take two steps away from there man/person.

**Tips:** Make sure to have practice closing out on defense before teaching man to man defense

## Team Defense 2-3 zone



### Set up:

- Ten players on the court/ 5 on Offense/ 5 on Defense
- Start with a 4 out 1 in to set up on Offense
- Start with 2 defenders at the top and 3 defenders at the bottom

### Execution:

- Blue zone- the top two guards cover anything in the blue area (top of the key area)
- Yellow zone- the left or right guard covers anything in that yellow area (on their perspective sides)
- (Wing zone area)
- Orange zone- the post player or guard will only cover the orange area (on their perspective sides) (low post/ corner three area)
- Green zone- this center or post player will only cover the green area (high post/ paint/ lane area)
- The purpose of the zone is to keep the ball out the middle of the lane and force you opponents to shoot long shots.
- No matter where the ball is on the perimeter on inside the lane, you will always be in a 2-3 format.
- All defenders should have their hands up, these makes the zone looks bigger and harder for your opponents to make passes.
- All defenders need to be on their toes anticipating the next pass, as all defenders need to move at the same time.

## Practice Plan Example

Example of a practice plan.

PRACTICE PLAN				Pratice #
				Date
				Day
Offensive Goals		Defensive Goal	Team Goals	
#1		#1	#1	
#2		#2	#2	
#3		#3	#3	
#4		#4	#4	
Quote of the Day or Week				
Winners Win				
Clock	Time	Drill	Drill Purpose	
4:30pm	10mins	Stretch		
		<b>Repeative Drill</b>		
4:40pm	2mins	Full Court layups: 2min make 150	Sprinting	
4:42pm	20mins	Ofensive Review	Refresher	
		<b>Defense</b>		
5:02pm	8mins	5 cone close out	Footwork	
5:10pm	8 mins	Fundamentals of Rebounding	Reviewing basics	
5:18pm	10mins	Tag Rebounding	Posture/ Stance/Body	
		<b>Offensive Breakdown</b>		
5:28pm	7mins	Tranisiton offense full court	Game like	
5:35pm	15mins	Offensive Stations (post drills/ guard drills)	Balance/Footwork	
5:50pm	10mins	Implement Plays	Spacing	
6:00pm	10mins	Excution (scrimmage)	Energy	
		<b>Defensive Breakdown</b>		
6:10pm	5mins	Transition Defense	Sprinting	
6:15pm	15mins	Defensive Stations (post drills/ guard drills)	Posture/ Stance/Body	
6:30pm	10mins	Implement Defense (zone/ man vs man)	Communicate	
6:40pm	10mins	Half court Scrimmage ( focus on defense)	Energy	
		<b>4th Quarter</b>		
6:50pm	8mins	Implement In Game Situations		
6:58pm	5mins	Situations ( ex. 4 sec left of clock, run a particular play)	Muscle Memory	
7:03pm	10mins	Free throws ( everyone needs to make 5 before leaving)	Form/Clutch	
Post Practice Notes			Teams	
			Red	Blue

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## Resource Page

### Coaching & Parent Resources:

- **Safe Sport** - The U.S. Center for SafeSport is an independent nonprofit committed to building a sport community where participants can work and learn together free of emotional, physical, and sexual abuse and misconduct.
- **USA Basketball** – USA Basketball is the national governing body for basketball in the United States, recognized by FIBA and the U.S. Olympic and Paralympic Committee. It selects and trains U.S. teams for international competition and supports youth basketball through player development, coach education, and safety programs.
- **Positive Coaching Alliance** – Positive Coaching Alliance (PCA) promotes a positive youth sports culture by providing research-based training and resources for coaches, parents, athletes, and leaders across the U.S. PCA helps ensure sports are ‘done right’ through programs that create positive youth development at all levels of youth sports organizations and schools.
- **Jr. NBA** – The Jr. NBA is the NBA’s official youth basketball program, focused on building a lifelong love for the game by teaching fundamentals and core values like teamwork, respect, and sportsmanship. Its holistic approach strengthens youth basketball culture, teaches life lessons, promotes healthy living, and provides tools and curriculum to help coaches plan effective practices for all players.
- **National Alliance of Youth Sports** – To educate, equip and empower youth sports leaders, volunteers, and parents so all children can enjoy the lifelong benefits of sports.

### Basketball Games & Drills:

- **YouGotMojo:** YouGotMojo is on YouTube and partners with the Jr. NBA and provides drills and games for all sports.
- **Jr. NBA:** Jr. NBA is on YouTube and provides at home workouts and fundamental skills and drills for all ages.

Scan the QR code for direct links to coaching resources.



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[illegible]

[illegible]



Jr. Nuggets Coaching Book  
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Denver Nuggets Basketball Academy  
Kids Club



Denver Nuggets Basketball Academy  
Website

