

Orono Sample Practice Plan

<u>Sample Time</u>	<u>Drill - Description</u>
4:00	Ball Handling/Dribbling <i>(B-Balls required, one for each player initially and two per player on last drill)</i> <ol style="list-style-type: none">1) Full court dribbling Right and Left hands2) Full court dribbling Crossovers front, between the legs, behind the back3) Two basket balls at same time one per hand, to half court and back
4:10	Two Man Break: Shots include 1 lay up, 1 pull up, 1 three point shot. <i>(B-Balls required, five total, one for middle break player and two for each end line player on both ends of the court)</i> <p>Begin with two (three) man break from under basket moving forward down the court, there are two players at the opposite end of the court, each with a ball. The three men break up the court, middle man dribbling, then passes to right side player who completes lay-up, center man who was dribbling moves to right and receives ball pass from the right hand player on end line for a jump shot, player on the left stops at the three point line and receives ball pass from left player on end line for three point shot. Players on end line, who pass then head down the court with new middle player for break to other end, repeat at opposite end. Begin with lay-ups on the right, and then move to lay-ups on the left.</p>
4:20	Zig zag Defensive slide full court
4:25	Deny the wing two passers up top ball side and helpside defenders
4:35	2 man screening No defense straight cuts and curls screener goes opposite of the cutter two passers needed so the screener and cutter get a shot each time
4:55	3 man weave/ 5 man weave back to a 3 on 2 fastbreak
5:05	D Shell 4 on 4 Jump to the ball with each pass look to make sure that the helpside is off there man and helping towards the lane
5:15	D shell with a cutter/ The passer cuts and the other players fill the open spots on O make sure the defense jumps to the ball and in front of the cutter. The defense should stay in proper helpside position if the cutter fills away from the ball
5:30	5 man motion with a 2 guard front, the passer can cut to the basket or screen away. Look for proper spacing as the ball is passed. Other keys to watch for players away from the ball should be looking to fill, screen or use a screen when they don't have the ball
5:45	3 strikes motion O vs D if the O scores they keep the ball, If the D scores on a fastbreak the D gets the ball or if the d causes three offensive turnovers they get the ball. This drill allows the kids to work on both of the offensive and defensive skills they worked on earlier in practice
6:00	Conditioning/ any of your favorite conditioning drills will work ☺