

Sample Practice Plan

Time Frame	Length	Activity	Suggested Drills*
00:00 - 00:10	10 mins	Exercises	<ul style="list-style-type: none"> ◆ Footfire ◆ Plyometric circuits ◆ Other cardio exercises
00:10 - 00:20	10 mins	Shooting	<ul style="list-style-type: none"> ◆ Big Man Drills, Rapid Fire Shooting ◆ Focus on shots within your offense
00:20 - 00:30	10 mins	Defensive Drills	<ul style="list-style-type: none"> ◆ 5 drills run for 2 minutes each ◆ All focusing on foot quickness, aggressiveness, and blocking out (rebounding)
00:40 - 00:50	10 mins	Offensive Drills	<ul style="list-style-type: none"> ◆ Practice your offensive sets vs zone and man to man ◆ Start against dummy defense, then move into full speed 5 on 5
00:50 - 01:05	15 mins	Fast Break	<ul style="list-style-type: none"> ◆ 2 on 1, 3 on 2, 4 on 0, 5 on 0 ◆ Transition into your Quick Hitter Offense
01:05 - 01:10	15 mins	Pressure Drills	<ul style="list-style-type: none"> ◆ Practice your own pressure defense AND attacking a pressure defense ◆ Full court 1-2-1-1, 3/4 court traps 2-2-1, 1/2 court traps 1-3-1
01:10 - 01:15	5 mins	Special Situations	<ul style="list-style-type: none"> ◆ Out of bounds plays ◆ Tip-off plays, Free throw plays, buzzer beater plays
01:15 - End	15 - 45 mins	Coaches Choice	<ul style="list-style-type: none"> ◆ Game preparation. Simulate opponent's plays. Full court scrimmage. ◆ Free throw shooting. Shooting drills