

Practice Plan				SouthTitanBasketball.com
ACE Factor Eyes Up! E+R=O Echo Yells Open Hand - Closed Fist Laws of Learning Coach From the Dot Every Kid - Every Day Spotlight 3 H's				
Link	Clock	Court	Drill	Description
		Court	Pre-Practice	5-8 Minutes // This is what we do!
LINK	03 m.	Court	Form Shooting Progression w/o Ball	w/o Ball: Wrist Extensions & Reverse, Trace & Retrace, Arm Swings
LINK	03 m.	Court	Form Shooting Progression w/Ball	w/Ball: 1-Hand, 2-Hand Form Shooting, Groove Your Shot, Rhythmic Shooting, Running Horse
				w/Coach: "Ready: Tuck - Set - Go" // Start w/Roll Up Drill // Line Form Shooting // Define Our Shot: 3 R's & BPR // 5 Essentials: 1-Own Your Feet, 2-Shoot It Straight, 3-Medium Arc, 4-BRAD, 5-Follow Through
NA	03 m.	Court	FSP Together w/Coach	Power Skips & SS Warmup: Catch same hand, same foot - make space & Donut (aka outside pivot) // R&L
LINK	02 m.	Court	Power Skip & Stride Stop Donut Warmup	**Stride Stop Pops/Donuts**, March, Walk the Ball, Power Skip, 1-Step Vert, Lunge w/Ball OH, Superhero Reach, Quick Foot Circles
LINK	05 m.	Court	Stronger Team Warm-up	
		Court	Ball Handling	5-8 Minutes // Practice the Most - Use the Least
LINK	04 m.	Court	Driven Pound Dribbles	Driven Pounds: 25 R&L: High Pounds // Twists // 2 Hi - 2 Lo // Swings // See video starting at 4m 15s
				Driven Partner Passing: 1) Chest Pass - Snap it! 2) Bounce Pass 3) Flick Pass R&L 4) Pound Push Pass R&L 5) Pound Push Bounce Pass R&L 6) Behind the Back R&L 7) Behind the Back Bounce Pass R&L // See video starting at 7m 35s
LINK	04 m.	Court	Driven Partner Passing	150 Pound Challenge: High, Low, Push-Pull, Inside-Out, Crossover, Between Legs, Behind Back
LINK	08 m.	Court	150 Pound Dribble Challenge	2-Ball Phases: Low & Non-Rhythm, High & Non-Rhythm, High-Low, Low-High // Move Out, Zig Zag, Change Hands, Resistance & Speed Dribbles
LINK	08 m.	Side	2-Ball Dribbling Sequence	3 Dribbles Up, 2 Push-Step Dribbles Back, Crossover & Repeat // Emphasize change of speed!!!
LINK	03 m.	Full	3 Up / 2 Back Dribbling	Fullcourt Moves: Line starts in baseline corner // 1. FTE 2. Halfcourt 3. Move on the Move 4. Finish // Eval R/L hand, change of speed
LINK	06 m.	Full	Fullcourt Moves on the Move	Sundance: Inside-Out, Crossover, Hesitation, Between Legs, Create // Emphasize Turn, Look & Go Breaking Press
LINK	08 m.	Half	Sundance Moves on the Move	
		Court	Footwork	8-12 Minutes // Own Your Feet
LINK	05 m.	Half	1-Step Layups	Teach RH = Right Foot Forward & LH = Left Foot Forward // Emphasize Glass-Swish // Add 1 Dribble TBD
				Box: The footwork to mastering the Sikma Series // Use spin outs, quick stop and practice these pivots: Sikma Series: 1. Jab step jumper 2. Wipe & go 3. Half rip to Home Base 4. Half rip & spin back // From FTE & Porch
LINK			Box Drills - Snow Valley Sikma Series	Circle: 1) Block 2) Landmark 3) Elbow 4) 3fg // Emphasize Inside Pivot (Heel-Toe-Squeak)
LINK	08 m.	Half	Circle Shooting	Jumpstops: 1) Power Layup 2) +Shot Fake 3) Step Through 4) Outside Pivot, aka Stride Stop Rondo // When you see bodies play off of two feet!
LINK	08 m.	Half	Circle Shooting Jumpstops	Blast Cuts: 4 balls needed // 1) Catch & Shoot 2) Blow-by 3) Crossover 4) Back Cut // Change up finish! // 2 balls only to slow it down for younger players
LINK	08 m.	Half	Continuous Blast Cuts	Line: 3-4 players per line w/1 ball // Teach the following Starts: Blow-by, Crossover & Scissor (on the catch) // Stops: Jumpstop (aka Quickstop) & Stride Stop // Pivots L&R: Front, Reverse, Inside (aka Step-through) & Outside (aka Donut)
				KTG vs Closer: Partner up w/ball. Pass & Close out - hand trace ball vs trip threat ball security // Teach the following Starts: Blow-by, Crossover & Scissor (on the catch) // Stops: Jumpstop (aka Quickstop) & Stride Stop // Pivots L&R: Front, Reverse, Inside (aka Step-through) & Outside (aka Donut)
LINK	08 m.	Half	KTG Line Drills: Starts, Stops & Pivots	
				KTG vs Closer: Partner up w/ball. Pass & Close out - hand trace ball vs trip threat ball security // Teach the following Starts: Blow-by, Crossover & Scissor (on the catch) // Stops: Jumpstop (aka Quickstop) & Stride Stop // Pivots L&R: Front, Reverse, Inside (aka Step-through) & Outside (aka Donut)
LINK	08 m.	Court	KTG vs Closer	New Favorite: Teaches Both Finishes: "See Bodies" = Play Off 2 w/Stride Stop - Fake Crackback, then pass to slot/wing // "See Daylight" = Attack Rim AFAP Off 1 // Adv can add 45" for 2nd cut (bounce pass)
LINK	08 m.	Half	Stride Stop Kick to Finish	Trevecca: Groups of 3-5 // Start on the block, facing the rim // 3 backwards scissor dribbles & attack: Off 1: 1) Reach 2) Layup // Off 2: 3) Outside Hand 4) Inside Hand 5) Donut 6) Waffle // Next, start on the Landmark, facing the baseline // 3 backward scissor dribbles up the lane line & attack rim diagonally // Repeat same shots // Mirror opposite side // POE: Eyes on rim!
LINK	08 m.	Half	Trevecca Finishing School	
LINK	08 m.	Half	Villanova Pressure Release Drill	Teach V-Cut, "Post Up", Outside Hand & Proper Finish
		Court	Shooting	10-15 Minutes // Game Shots @ Game Speed
LINK	03 m.	Half	.5 Shooting - Decision Making	.5 Shooting - Decision Making = > arm's length 1/2 = shoot // < arm's length 1/2 = drive // 2 Lines if necessary
LINK	04 m.	Half	2-Ball Shooting	2-Ball: Emphasize Good Pass = Good Shot // Goal: 4+ 3fg for every minute
LINK	05 m.	Half	30-Second Shooting	30 s: Own Your Feet // Goal: 21+ 2fg &/or 15+ 3fg
NA	04 m.	Half	Intensity Shooting	Use Spin-outs, Front & Reverse Pivots // Goal = 20 mfg in 4 minutes
NA	03 m.	Half	Moneyball \$hooting	Moneyball \$: 33 in 3 / Shot 1 = 3, 2-4 = 1; Drive & Pass to Crack Back // Emphasize Stride Stop & Donut
NA	02 m.	Half	Running Horse	Horse: Mix in spinouts // Game shots at game speed!!!
LINK	05 m.	Half	Warrior Drill	Warrior: Layup = +1, Pin Down = +2, Flare = +3 // Goal: 16+ points 2x through

"If you're not running, you're talking. If you're not talking, you're clapping!" Unity. Passion. Humility. Thankfulness. Servanthood.				
		Court	Transition	10 - 12 Minutes // Race to Space
LINK	08 m.	Full	3-on-2 Continuous	11 Players needed // 1 & Done
NA	08 m.	Full	5-on-0 / Return 5-on-5	Race to Space // Emphasize Rim Run & 3 Flat
NA	08 m.	Full	Baseline Touch	Get Back Defense // Advantage created for offense!
LINK	08 m.	Full	Fastbreak League	6+ players for 3's // 8+ players for 4's // Emphasize Get Wide & Get Ahead
LINK	08 m.	Full	Flow Ball	5+ players for 3's // 7+ players for 4's // Call Ball & Call Man
LINK	03 m.	Full	KU Break: 3 Line Passing	Passes #1-3 = Chest, #4 = Bounce, #5 = OH Outlet & #6 = Baseball
LINK	05 m.	Full	KU Break: 3-on-2 / 2-on-1	Teach Blockout, Centering the Ball, Calling Ball & Man
		Court	Shell Defense	8-10 Minutes // Stance-Vision-Position
LINK	08 m.	Half	2-on-2 Creighton Block-out	Reb // Toughness Wins!!!
LINK	03 m.	Half	UNI Close-outs	UNI: Teach regular, short & long closeouts // Arrive on the catch w/high active hands!!!
NA	TBD	Half	Shell vs. 0Basic Actions (3's)	0-Rep these actions: pass, penetration (aka dribble drive), basket cut, screen away (aka wing split), flare, ball &/or DHO's // Finish LIVE on coach's call
LINK	02 m.	Half	Shell vs. 1Pass	1-S-V-P // Jump to the ball/gap!
LINK	02 m.	Half	Shell vs. 2Dribble Drive	2-S-V-P // Jump to the ball/gap // Seal/stunt the drive!
LINK	02 m.	Half	Shell vs. 3Basket Cut	3-S-V-P // Jump to the ball/gap // No face cuts!
LINK	02 m.	Half	Shell vs. 4Screen Away	4-S-V-P // Jump to the ball/gap // Don't get screened!
LINK	02 m.	Half	Shell vs. 5Flare Screen	5-S-V-P // Jump to the ball/gap & provide an alley // Chase over!
LINK	02 m.	Half	Shell vs. 6Ball Screen	6-S-V-P // Chase over, then under // Blue is what we do!
LINK	02 m.	Half	Shell vs. 7DHO & Blurs	7-S-V-P // Communicate the switch!
LINK	02 m.	Half	Shell vs. 8Flex	8-S-V-P // Jam high & switch low // Must be communicated!
		Court	Team Play	15-20 Minutes // Play Hard, Smart & Together
LINK	10 m.	Full	2 Possession Scrimmage	#1 - TBD; #2 - TBD
LINK	12 m.	Half	3 Stops (40)	3 Stops in a row = Kill // Charge Taken = 3
LINK	10 m.	Full	Illini Fastbreak	Teach Fastbreak Defense & Offense
LINK	10 m.	Full	Old School Cut-Throat	Zone Attacks
LINK	12 m.	Full	Score/Stop/Score Scrimmage	3 for 3 = 3 points or last possession = 1 point
NA	08 m.	Half	Snow Valley Cutthroat - 4v4	Call out your score, Get off your spot & Thank the passer
LINK	10 m.	Full	Wolves Cut-Throat Scrimmage	3 Teams // Scoring team keeps the court // 3rd team enters from halfcourt // Losing team must sprint off
LINK	08 m.	Half	SSG: 2-on-1 / 2-on-2 Decision Making	POE: Get downhill in 3 dribbles or less // Get to the rim or kickout to corner 3
LINK	08 m.	Half	SSG: 3-on-3 Breakdown TBA	POE: Wing Splits from Top, Low & High Splits from Wings // Many more concepts can be created!
LINK	06 m.	Half	SSG: Advantage Arc 1v1/2v2/3v3	Arc: Defense starts on a spot TBA (landmark, corner, wing, toc) // Offense starts under hoop & dribbles around defense // Live from there // Make finishing move
LINK	10 m.	Half	SSG: Attack 33 or 44	Attack: Coach passes to O1 going downhill, X1 starts in the center circle // With advantage, O1 attacks the paint // Flip-flop & then rotate positions
		Court	Team Shooting	8-10 Minutes // Good Pass = Good Shot
LINK	06 m.	Half	1st to 50	1st to 50: 5 Spots-1-2-3-4-5 // Advance after each make // Spot is worth its value // Play to 50
LINK	08 m.	Half	4 Corner Shooting (WPD)	WPD: Goal: 15+ per minute // 8+ Players, 4 Balls // Straight, Reject, Flare & Curl
NA	02 m.	Half	6-7-8 Freethrow Game	Practice Strong R's - Body Language Matters
LINK	02 m.	Half	Closeout Shooting - 1 Down	1 Down: 2 Lines, 2 Balls // Pass to FTE & follow to a closeout // Shooter "stops shot" & passes down 1 more
LINK	02 m.	Half	Closeout Shooting - 1 Up	1 Up: 2 Lines, 2 Balls // Pass to dead corner & follow to a closeout // Shooter "stops shot" & passes up 1 more
LINK	08 m.	Half	Loyola Shooting Competition	Loyola: Fill 4 Out &/or 5 Out Spots // Emphasize feet and stance when passing; Also, Emphasize Outside Hand & Shooter's Pocket
NA	08 m.	Half	Money Ba\$ket	3-5 Players & 1 Ball Per Team // Shoot from FTE & Winning Team Rotates Clockwise to Money Ba\$ket // Emphasize Being Shot Ready & Good Pass = Good Shot
LINK	05 m.	Half	Olympic Shooting	Olympic: 3-5 Players & 2 Balls / 8 makes from 5 spots behind arc // Finish at the top +1, +2, etc...
LINK	06 m.	Half	One More Shooting	One More: 5+ Players // Line starts under basket w/closeout // Baseline & middle drives + 1 more pass!!!
LINK	06 m.	Half	Team Shaka	Count Makes From 5 Spots // Miss 2 (or 3 in a row) Move to Next Spot // Goal is 50+
LINK	05 m.	Full	Utes Win!	Utes: 7-7-7-7 // Halfcourt Heave Off 1 Foot // Celebrate!!!