

T-BALL PRACTICE PLAN

**Jr Titans**

**Practice Plan**

*"If you're not running, you're talking. If you're not talking, you're clapping!"*

Time	Clock	Court	Drill	Comments:
		<b>Court</b>	<b>Pre-Practice</b>	<b>Always!</b>
05 m.		Floor	<a href="#">Form Shooting Progression</a>	wrist ext, trace/retrace, arm swing, 1&2-Hand
05 m.		Floor	<a href="#">Stronger Team Warm-up</a>	encourage players to bring their own ball
		<b>Court</b>	<b>Ball Handling</b>	<b>5-8 minutes</b>
05 m.		Half	<a href="#">150 Pound Dribble Challenge</a>	high, low, inside-out, crossover, between legs, behind back
08 m.		Floor	<a href="#">2-Ball Dribbling Sequence</a>	low & non-rhythm, high & non-rhythm, high-lo, lo-high
05 m.		Floor	<a href="#">Northern State Ballhandling</a>	dribble & juggle, dribble & toss, 3-ball catch
05 m.		Full	<a href="#">3-Up / 2-Back</a>	emphasize pullback crossover & inside-out
08 m.		Half	<a href="#">Sundance Moves on the Move</a>	inside-out, crossover, hesitation, between legs, create
		<b>Court</b>	<b>Shooting</b>	<b>10-12 minutes</b>
05 m.		Half	<a href="#">1 Step Lay-ups</a>	emphasize perfect technique
05 m.		Half	<a href="#">2-Ball Shooting</a>	1 less ball than players / game shots @ game speed
08 m.		Half	<a href="#">Circle Shooting</a>	1) block 2) landmark 3) elbow 4) 3fg
05 m.		Half	<a href="#">30-Second Shooting</a>	score individual & team mfg's (goal: 20+)
05 m.		Half	<a href="#">Warrior Drill</a>	lay-up = +1, pin down = +2, flare = +2
		<b>Court</b>	<b>Transition</b>	<b>5-10 minutes</b>
05 m.		Full	<a href="#">KU Break</a>	emphasize clean lay-ups
05 m.		Full	<a href="#">KU 3-on-2 / 2-on-1</a>	begin w/triangle rebounding - "shot, check"
08 m.		Full	<a href="#">Flow Ball</a>	need at least 5 per team for 3's
08 m.		Full	<a href="#">Fastbreak League</a>	long cutters get wide & get ahead / fill lanes
		<b>Court</b>	<b>Footwork Series</b>	<b>5-10 minutes</b>
05 m.		Floor	<a href="#">KTG Moves on the Move</a>	vary your speed - 80 mph > 100 mph
05 m.		Floor	<a href="#">KTG vs. Closer / Ball Pressure</a>	emphasize tight game, chest over thigh, close gap
08 m.		Half	<a href="#">Circle Shooting Jumpstops</a>	1) layup 2) shot fake 3) inside pivot 4) outside pivot
08 m.		Half	<a href="#">Continuous Blast Cuts</a>	4 balls / 1) jumpshot 2) blow-by 3) crossover 4) bacon
08 m.		Half	<a href="#">4 Corner Shooting (WPD)</a>	8 players, 4 basketballs / straight, reject, flare, curl
05 m.		Half	<a href="#">UNI Close-outs</a>	emphasize regular, short & long closeouts
		<b>Court</b>	<b>Shell Defense</b>	<b>6-10 minutes</b>
01 m.		Half	<a href="#">Shell vs. Pass</a>	jump to the ball/gap > S-V-P!
01 m.		Half	<a href="#">Shell vs. Dribble Drive</a>	jump to the ball/gap > stab & help!
01 m.		Half	<a href="#">Shell vs. Basket Cut</a>	jump to the ball/gap > no face cuts!
01 m.		Half	<a href="#">Shell vs. Screen Away</a>	jump to the ball/gap > don't get screened!
01 m.		Half	<a href="#">Shell vs. Flare Screen</a>	jump to the ball & provide an alley > chase over!
01 m.		Half	<a href="#">Shell vs. Ball Screen</a>	blue is what we do!
08 m.		Half	<a href="#">Creighton Blockout</a>	emphasize "shot, check"
		<b>Court</b>	<b>Team Play</b>	<b>10-15 minutes</b>
10 m.		Full	<a href="#">3 Possession Scrimmage</a>	1. restriction 2. OBC 3. early offense
10 m.		Full	<a href="#">Illini Fastbreak</a>	emphasize fastbreak defense
10 m.		Full	<a href="#">Wolves Cut-Throat Scrimmage</a>	3 teams / games to 2 or 3
10 m.		Full	<a href="#">Old School Cut-Throat</a>	3 teams / defense at each end of the court
		<b>Court</b>	<b>Shooting Competitions</b>	<b>Finish with Fun!</b>
05 m.		Half	<a href="#">Olympic Shooting</a>	3-5 players, 2 balls / 8 makes from 5 spots behind arc
05 m.		Half	<a href="#">First to 50</a>	spot 1 = 1, 2 = 2, 3 = 3, 4 = 4, 5 = 5
05 m.		Full	<a href="#">Utes Win!</a>	7 makes from block, fte, block, fte - 1 halfcourt heave