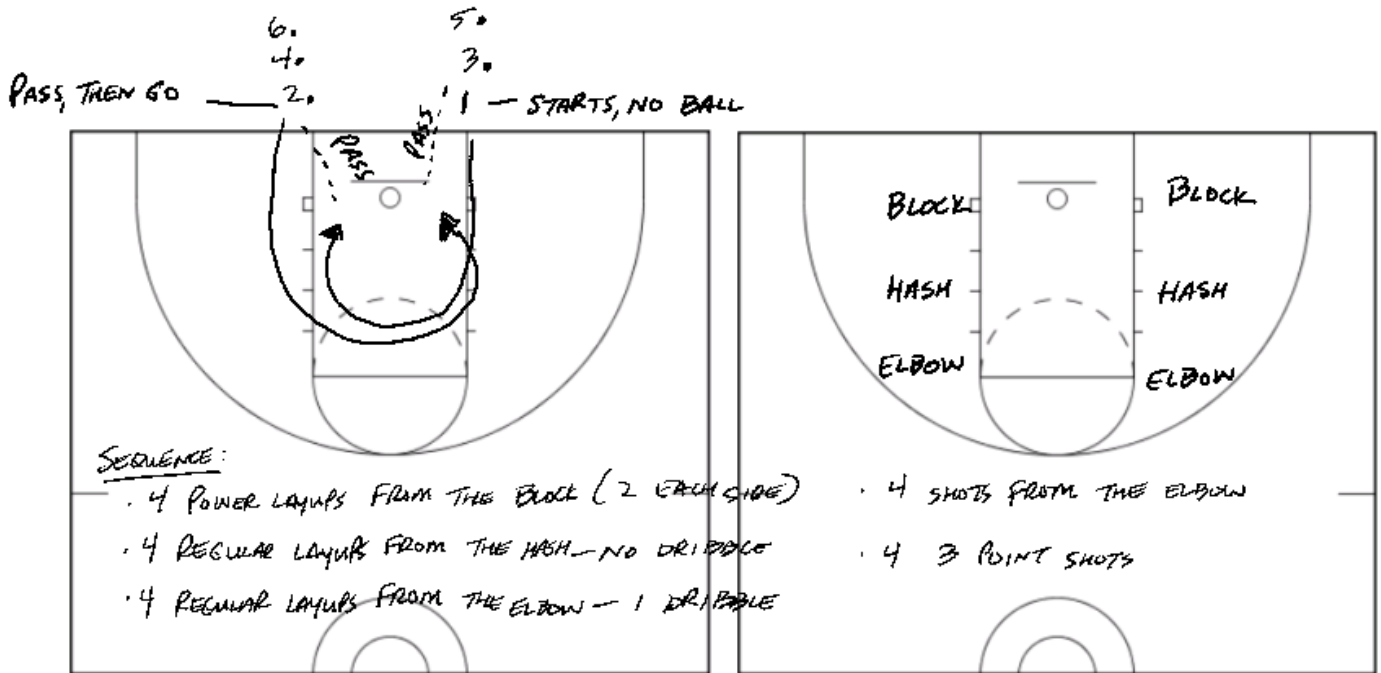


WEEK 8 PRACTICE PLAN – SENIOR DIVISION

5 MINS: STRETCH

10 MINS: HORSESHOE LAYUPS & SHOOTING

- See graphic below
- Follow the sequence shown on the graphic
- First 4 layups for each player are power layups (2 foot takeoff), close to the basket (from the block)
 - Pass should be made when the player gets close to the basket as this is a catch and layup drill – no dribble
- With each layer of the sequence, the offensive player doing the layup / shot will make their horseshoe pattern larger and larger, progressing from the middle of the key to the 3 point line.
- Next 4 layups per player are regular layups (1 foot takeoff) – pass should be caught around the hash mark and no dribble
- Next 4 will see the player catch the pass around the elbow area and use 1 or 2 dribbles to perform the layup.
- Next 4 will be shots – catch the pass around the elbow area and shoot
- Last 4 (if appropriate) are 3-point shots
- Shooters always get their own rebound and go to the back of the line where the pass came from



Notes: EVERY PLAYER ON THE BASELINE, 2 LINES AS SHOWN, USE ALL BASKETBALLS

- FIRST PLAYER ON RIGHT SIDE DOESN'T HAVE A BALL AND STARTS THE DRILL.
- PLAYER 1 BEGINS BY RUNNING A HORSESHOE PATTERN FROM THE RIGHT SIDE TO THE LEFT BLOCK. PLAYER 2 PASSES PLAYER 1 THE BALL FOR A 2 FOOT POWER LAYUP.
- AFTER PASSING, PLAYER 2 RUNS THE SAME PATTERN TO THE RIGHT SIDE BLOCK AND GETS THE PASS FROM PLAYER 3. CONTINUE THE DRILL IN THAT MANNER.

NOTE: THE SHOOTER GETS THEIR OWN REBOUND AND GOES TO THE BACK OF THE LINE.

10 MINS: REVIEW THE INBOUND PLAY TAUGHT AT PREVIOUS PRACTICES

- Visit the coaches only section on the website and look for the INBOUND PLAYS section. Choose 1 of the basic inbound plays shown to teach to your team.
- Teach by running the play with 5 offensive players and no defensive players to start
- Walk through it slowly to teach each player's responsibilities, then run it live
- When 5 on 0, tell the players that are setting the screen to envision a defender there and to screen them, not their offensive teammate. Screens are set on the defense.

10 MINS: COACH'S CHOICE

- Choose from the list below, or any drills from previous practices that you feel would benefit your team:
 - Ball handling
 - Defense
 - Lane slide drill
 - Z lane slide drill
 - Zig zag drill
 - Shell drill (man-u-net)
 - Pivot & pass drill
 - Rebound, pivot and pass drill or Fast break / transition drill

20 MINS: TEACH or REVIEW: OFFENSIVE PLAY

- Visit the coaches only section on the website and scroll down to the OFFENSIVE PLAYS section.
- Choose one of the 3 plays there to teach to your team (or if you have your own, that's fine – just keep it simple).
- Best to introduce this as 5 on 0 (no defense)
- Once the players understand it, run it against defense if able to (or at next practice).
- Make sure screens are being set on the DEFENSIVE player, not your teammate.

5 MINS: FINAL WORD AND WRAP-UP

- Final words about game time on Saturday, and which gym.
- Gather equipment so that the next practice can begin on time.