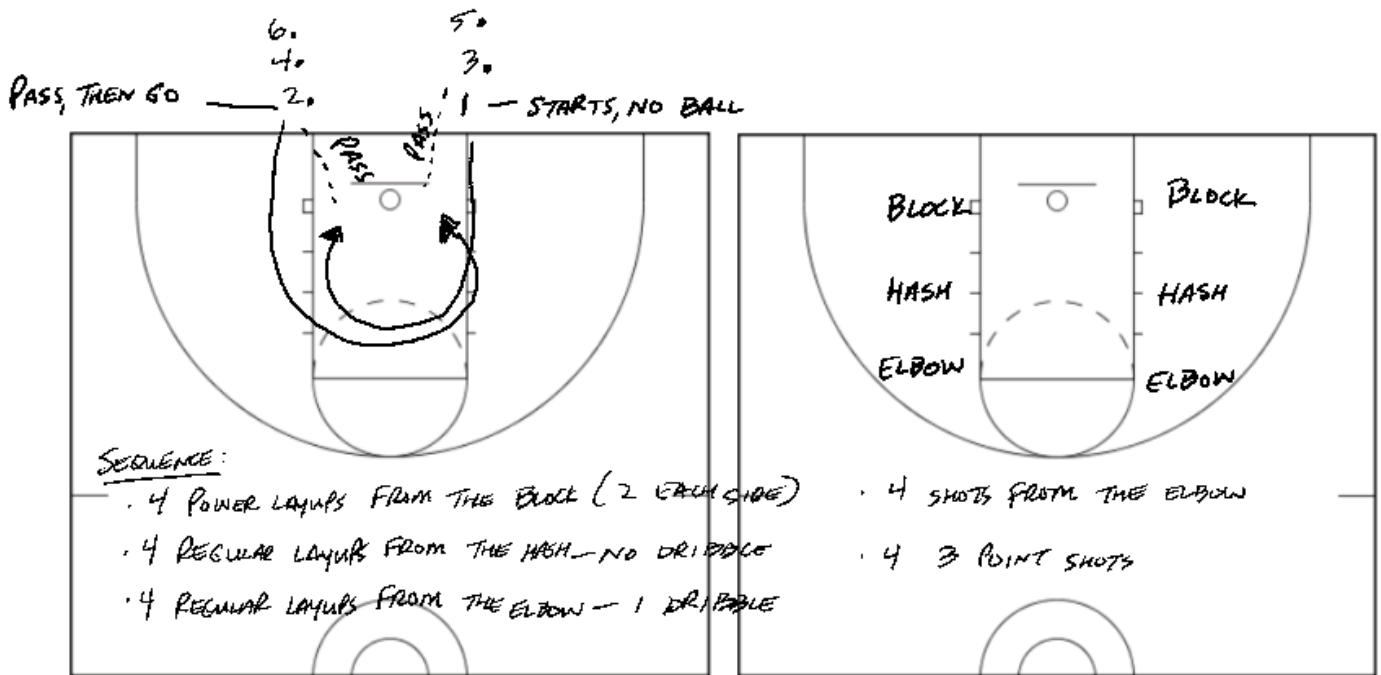


# WEEK 6 PRACTICE PLAN – SENIOR DIVISION

5 MINS: STRETCH

10 MINS: HORSESHOE LAYUPS & SHOOTING

- See graphic below
- Follow the sequence shown on the graphic
- First 4 layups 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 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 REBOUNDS AND GOES TO THE BACK OF THE LINE.

**10 MINS: REVIEW THE INBOUND PLAY TAUGHT AT LAST PRACTICE**

- 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: 3 PERSON PASS, CUT, AND REPLACE DRILL**

- See this video [\(67\) 3-Person Pass, Cut, & Replace - YouTube](#)
- Focus on having the cutter cut hard to the basket
- Good passes
- Triple threat position and a pump fake or pass fake to the cutter before passing the ball back to the top position from the wing position.

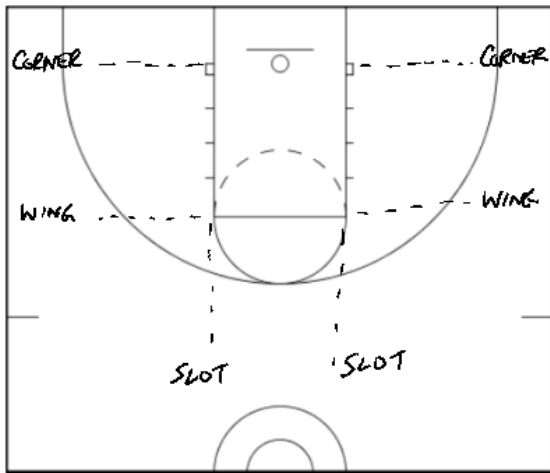
**10 MINS: ALLEY DRILL**

- See this video [\(67\) "Alley Drill" Competitive 1-on-1 Basketball Drill for Defense! - YouTube](#)
- The video is older aged players, but the drill can be run with all ages
- This is 1 on 1 within a defined area (lane) – you can play with the size of the area (width of the key or bigger) – use cones if you have them, or possibly use defined lines on the court as guides
- Keys – defensive stance, defensive slides, playing defense without fouling and using hands to reach in
- Get players to have fun and compete hard

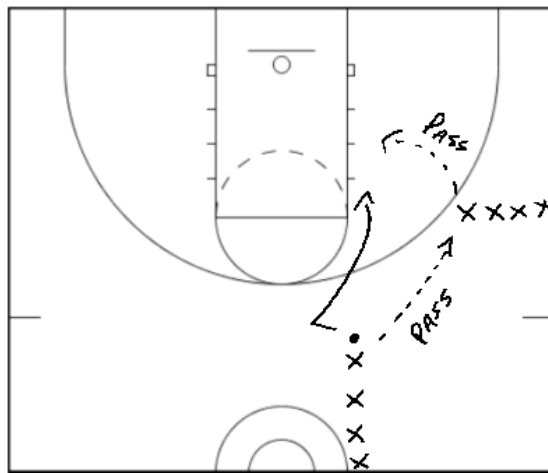
**10 MINS: PASS AND CUT LAYUPS**

- The idea with these layups is to get players use this in the game – basically that once you pass the ball, don't stand still. Once you pass, you should basket cut. They will likely be open, and if they aren't or don't get the ball, it will create movement.
- Introduce different positions on the court to help with spacing on offense – and run 2 different sets of layups (slot to wing pass, and wing to corner pass) from both the right and left sides.
- Start with the slot to wing pass and cut layup as shown below. Run this multiple times for each player, then do the wing to corner multiple times through. Then do the same on the left side.
- See graphics below for more details

### COURT POSITIONS



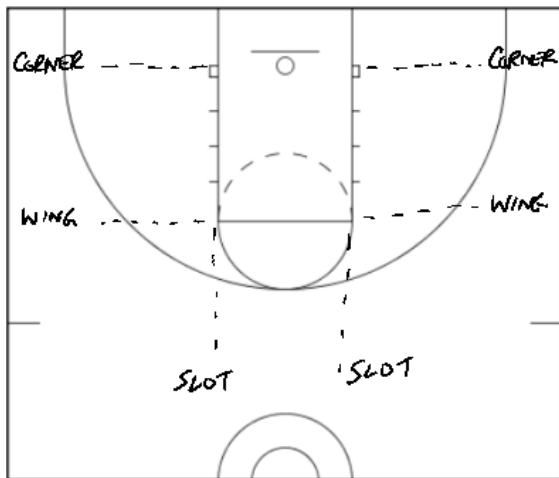
### SLOT TO WING PASS



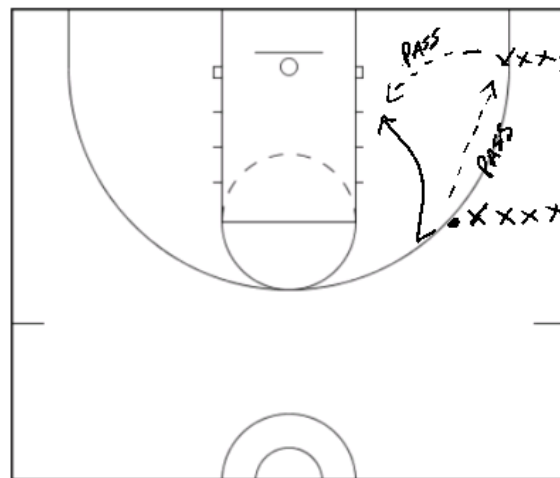
#### Notes:

- START WITH A LINE OF PLAYERS AT THE SLOT POSITION + THE WING.
- SLOT PLAYERS HAVE A BALL
- 1ST SLOT PLAYER PASSES TO THE WING, JAB STEPS TO THE LEFT, AND THEN BASKET CUTS TO THE RIGHT
- WING PLAYER PASSES TO CUTTER FOR THE LAYUP
- CHANGE LINES.

### COURT POSITIONS



### WING TO CORNER



#### Notes:

- START WITH A LINE OF PLAYERS AT THE WING POSITION + THE CORNER
- WING PLAYERS HAVE A BALL
- 1ST WING PLAYER PASSES TO THE CORNER, JAB STEPS TO THE LEFT, AND THEN BASKET CUTS TO THE RIGHT
- CORNER PLAYER PASSES TO CUTTER FOR THE LAYUP
- CHANGE LINES.

**5 MINS:**

**FINAL WORD AND WRAP-UP**

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