

Basketball Daily Practice Plan

Date Monday, 9 July 2018

Under 12

Announcements Game is at 8:30 Saturday morning please arrive at 8:15 at the latest.

Offensive Emphasis passing to the shooter

Defensive Emphasis keep your player in front of you

Start Time 4:30 AM

End Time 5:15 AM

Min Time	Activity	Notes/Emphasis
5 4:30 AM-4:35 AM	Warm up	Maravitch ball handling drills
5 4:35 AM-4:40 AM	Dribbling	right hand/left hand cross over
5 4:40 AM-4:45 AM	lay ups	basic lay ups. Emphasise knee up at the end
10 4:45 AM-4:55 AM	block shooting	games to 7
5 4:55 AM-5:00 AM	Defensive footwork	One on one contain your player
5 5:00 AM-5:05 AM	2 on 1	3 man weave to half way back 2 on 1
5 5:05 AM-5:10 AM	Base out of bounds play	practice offence and defence positioning
5 5:10 AM-5:15 AM	Foul shooting	include blocking out and rebounding