

Sample Practice Plan

Time Frame	Length	Activity	Suggested Drills*
00:00 - 00:10	10 mins	Exercises	<ul style="list-style-type: none">◆ Footfire◆ Plyometric circuits◆ Other cardio exercises
00:10 - 00:20	10 mins	Shooting	<ul style="list-style-type: none">◆ Big Man Drills, Rapid Fire Shooting◆ Focus on shots within your offense
00:20 - 00:30	10 mins	Defensive Drills	<ul style="list-style-type: none">◆ 5 drills run for 2 minutes each◆ All focusing on foot quickness, aggressiveness, and blocking out (rebounding)
00:40 - 00:50	10 mins	Offensive Drills	<ul style="list-style-type: none">◆ Practice your offensive sets vs zone and man to man◆ Start against dummy defense, then move into full speed 5 on 5
00:50 - 01:05	15 mins	Fast Break	<ul style="list-style-type: none">◆ 2 on 1, 3 on 2, 4 on 0, 5 on 0◆ Transition into your Quick Hitter Offense
01:05 - 01:10	15 mins	Pressure Drills	<ul style="list-style-type: none">◆ Practice your own pressure defense AND attacking a pressure defense◆ Full court 1-2-1-1, 3/4 court traps 2-2-1, 1/2 court traps 1-3-1
01:10 - 01:15	5 mins	Special Situations	<ul style="list-style-type: none">◆ Out of bounds plays◆ Tip-off plays, Free throw plays, buzzer beater plays
01:15 - End	15 - 45 mins	Coaches Choice	<ul style="list-style-type: none">◆ Game preparation. Simulate opponent's plays. Full court scrimmage.◆ Free throw shooting. Shooting drills