



BASKETBALL PRACTICE PLAN

Team: _____ Date: _____ Length: _____ min Goals: _____

Time	Min	Block / drill	Coaching points	Equipment

After practice: what worked, what to fix next time



EXAMPLE: 60-MINUTE PRACTICE

Time	Min	Block / drill	Coaching points	Equipment
0:00	8	Dynamic warm-up + form shooting	Elbow in, hold the follow-through	Balls
0:08	10	Ball-handling stations	Eyes up, both hands	Balls, cones
0:18	10	3-man weave into layups	Pass ahead, finish with the outside hand	Balls
0:28	10	Shell defense (4 on 4)	Ball, you, man; talk on every pass	Reversible jerseys
0:38	2	Water		
0:40	15	Scrimmage: black vs. white	Stops = bonus point; call players by number	Reversible jerseys
0:55	5	Free throws + team huddle	Two in a row to leave	Balls



EXAMPLE: 90-MINUTE PRACTICE

Time	Min	Block / drill	Coaching points	Equipment
0:00	10	Dynamic warm-up + form shooting	Same routine every practice	Balls
0:10	12	Skill stations (3 x 4 min)	Ball-handling, finishing, passing	Balls, cones
0:22	10	Closeouts + 1-on-1 from the wing	Short steps, high hands	Balls
0:32	12	Shell defense (4 on 4)	Help side, rotate, box out	Reversible jerseys
0:44	3	Water		
0:47	12	3-on-2, 2-on-1 transition	Fill lanes, stop the ball	Balls
0:59	10	Set plays / out-of-bounds	Walk, then live	Reversible jerseys
1:09	15	Scrimmage: black vs. white	Situations: up 2, 1:00 left	Reversible jerseys
1:24	6	Free throws under pressure + huddle	Make 8 of 10 as a team	Balls