

Varsity Practice Plan #2

Agility warm-up (5 min)

- Run
- Shuffle
- Back pedal
- Combo

Dribbling (5 min)

- With movement
- Head up

Passing off dribble (box drill) (10 min)

- Dribble from cone 1 to cone 2
- Pass to player at cone 3 (follow pass)
- Dribble from cone 3 to cone 4
- Pass back to cone 1 (follow pass)

Players must learn to pass after stopping dribble

Shooting (10 min)

- Demo *two line drill* (looks like traditional lay-up drill with close range shot instead of lay-up)

Half court game (20 min)

- 4 v 4
- “Spot” zone defense
- 3 passes and a shot (LG pass to RG pass to RF pass to cutter LF – shot)
- 3 possessions then switch offense and defense