



BLUE CHIP ELITE PRACTICE PLAN LEVEL 1

TIME	ACTIVITY	NOTES & VERBIAGE
	<p>Cardinal Rules</p> <ul style="list-style-type: none"> Catch the ball with 2 hands Pass the ball with 2 hands Reach for the ball with 2 hands No one handed passes off the dribble Catch and face Step to meet the ball/pass When the ball leaves your hands cut to the bucket Keep one eye on the player who threw you the ball Call/yell for the ball when you are wide open Do not waste your dribble or overdribble <p>Cardinal Sins</p> <ul style="list-style-type: none"> Throwing a 1 handed pass off the dribble Reaching for balls with 1 hand Catch and dribble right away Wasted dribble/overdribbling Not being aggressive and waiting for balls to arrive Pass and stand Not keeping one eye on the player who threw you the ball Not yelling for the ball when you are open Not within 1 arms distance of your man when he has the ball Not communicating on defense Ball watching 	<p>Common BCE Coach Verbiage</p> <p>Things we expect to hear from BCE coaches</p> <ul style="list-style-type: none"> Catch and face You didn't use your speed dribble You didn't go after the ball with 2 hands You threw a 1 handed pass of the dribble You didn't pass fake Jump off 2 feet more Come to a jump stop You weren't one arm's length away from your man with the ball You did not step forward on your pass. You did not come to meet the ball/pass You did not trace the ball in a dead ball situation Stop the ball/get on your man Slow down on offense play harder on defense Be strong with the ball The game must be played under control and at the speed which allows you to always stay under control and control the ball. Chin the ball Wider feet on rebound/pivot Do not ball watch offensively or defensively
5 min	<p style="text-align: center;">BALL HANDLING WARMUP (SSBHD)</p> <ol style="list-style-type: none"> 1) 10 slaps 2) 5 up/down fingertips 3) 5 times then reverse - ball around head, waist, both legs, each leg 4) Figure 8 no dribble 5) High knees between legs 6) Defensive stance Figure 8 no dribble 7) 20 low dribbles each side, 10 pounds, 10 Pistons 8) 5 times around 1 leg 1 arm both sides 9) 5 quick dribble figure 8 10) 5 wipers, 5 walk dog, 5 dog/wiper 11) 10 crossovers, 10 cross between legs both sides 12) 10 figure 8, 10 behind back knee to knee 13) 10 between legs cross each side 14) 10 between legs behind back 15) Ball between legs arms rotating front and back with no rising from player's body 16) Spider 17) more based on player skill 	<p>When doing between leg rotations during SSBHD make sure to reinforce powerful defensive stance with proper foot spacing, knees and ankles pointing forward.</p> <p>More coordinated, agile, quicker faster stronger, more powerful (always trying to develop everyone's athleticism) use all terms.</p>



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10 min	<p>FULL COURT BALL HANDLING DRILL (FCBHD) Next group goes when first group passes half court</p> <ol style="list-style-type: none">1) Running weave then reverse running weave2) Cross between legs (feet and knees should be straight in low attack position do not allow players to open the door)3) Cross in front (right hand right leg, left hand synched with left leg)4) Pro drill - combine all 3 of above. Weave, cross in front, cross between legs (without breaking rhythm, stride, or stutter stepping. player must stay down in attacking dribbling position. Teach long low strides.5) Speed dribble (change hands and sprint with ball)6) Match up for Chase Drill (player can only use the speed dribble. Player must look over their shoulder when at foul line<ol style="list-style-type: none">A) If defender is far away slow down go off 1 foot make layup.B) If defender is close and might foul go off 2 feet to take the bump and protect yourself.C) Can also use pump fake to let defender fly by.	<p>Reinforce the speed dribble – no zig zag Coaches must be vocal during practice and games using our terms.</p> <p>During Chase Drill - If defender catches up with dribbler coach must always say "You are not doing your speed dribble!" which is the fastest way to move with the ball.</p>
5 min	<p>STAND STILL PASSING DRILLS (SSPD) FOR FIRST FEW PRACTICES COACHES DEMONSTRATE FUNDAMENTAL TECHNIQUE PLAYERS PAIR UP ON LANE LINES 15-18ft apart</p> <ol style="list-style-type: none">1) Bounce pass. Thumbs up to thumbs down technique2) Chest pass Aim right at partner's teeth NOW EXPAND THE SPACE BETWEEN TO 20ft3) 1 Handed baseball bounce pass - Don't take non-throwing hand off the ball too soon, keep 2 hands on the ball until your shoulders are turned, then you can take the offhand off and throw the ball.4) Soccer pass - Overhead pass no backspin necessary. Zip it to partner's teeth, step forward like with all passes thrown.5) 2 ball passing - Now each player has a ball. One-line chest other line bounce simultaneously.6) Flip flop drill - One player throws chest pass first and bounce 2nd alternating with partner7) Now do all on the move - maintain defensive stance position at all times and receiver must always show hands.	<p>It's not a hot potato drill, slow down it's not a race. Remember your proper fundamentals.</p> <p>Hit 60/40 spot, if you're the bounce passer. Chest passer are you zipping it aiming for his teeth</p> <p>You ARE allowed to do 1 handed passes in basketball, but not off the dribble.</p> <p>Reemphasize the rhythm and timing of the flip-flop drill. The flip flop drill is also great because it is a partner drill, a team drill. We are a two-man team in this drill. If one partner hesitates or is indecisive the drill will be sloppy and not sharp.</p> <p>Teach defensive slide again. As the player is sliding toes knees and hips must stay straight and square.</p> <p>This is another opportunity to always use proper defensive slide techniques. Do not waste these opportunities.</p>



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5 min	<p style="text-align: center;">3 MAN WEAVE w/ DRIBBLE</p> <p>Every time ball hits players hands, they take 1 dribble 3 lines down and back. Ball should only hit the floor 3-4 times before layup is made</p>	
5 min	<p style="text-align: center;">PICKLE IN THE MIDDLE</p> <ol style="list-style-type: none"> 1) 2 Offensive players 18ft apart 2) 1 defender in middle with the ball 3) 2 ball passing - Now each player has a ball. One-line chest other line bounce simultaneously. 4) Drill starts with defender in the middle with ball - defender passes the ball to 1 offensive player and properly closes out to that player with proper defensive stance technique and being aggressive without fouling. 5) Offensive player with the ball must pivot, use pass fakes, protect the ball by putting his body between the defender and the ball. USE PASS FAKES 6) Have defensive player count to 5 out loud on each closely guarded position. This will teach the defensive player the importance of playing good tight defense, without fouling, in order to get a 5 second closely guarded violation call. It will also teach the offensive player how to avoid a 5 second violation, how to handle closely guarded pressure, and that you have to deliver a pass to a teammate before a violation is called. 7) After pass is thrown defensive player turns and runs to properly close out with proper defensive stance technique to the other offensive player and starts count. 8) Offense wins if they can complete 3 passes that are not deflected. If this happens defender stays in the middle. 9) Defender wins if he can deflect a pass, knock the ball out of the offensive players hands without fouling or gets a 5 second violation on the ball handler. 10) As soon as a deflection or violation occurs the defender switches places with the offensive player who turned over the ball. 	<p>Coaches do not underestimate the importance of the drill. Coaches don't do this drill enough, but we will.</p> <p>PROPER DEFENSIVE TECHNIQUE Is feet and knees pointed straight, one arms distance away, head below the offensive player, tracing the ball and trying to poke at the ball – especially from an offensive player who exposes the ball.</p> <p>Teach defensive and offensive techniques. Pass fakes, defender tracing the ball, defender's head below opponent's head, Get stepping foot past the defender's foot. It teaches the offensive players how to protect the ball under pressure by pivoting, keeping the ball away from the defender who is tracing the ball and trying to poke the ball out of the players hands, putting your body between the defender and the ball.</p> <p>The defender is also trying to deflect the pass, so this drill will teach the offensive player the importance of pass fakes and stepping forward when they make any pass and try to get that stepping foot past the defender's feet which will really protect the pass and limit deflections.</p> <p>Any good defender and coach know that deflections are a very important part of good defense.</p> <p>Coaches you will have to show and teach the offensive player how to pass fake high and then throw a low bounce pass to their partner. Or, fake low bounce pass and as the defender's hands are low, since he is always tracing the ball, offensive player can now throw a high soccer pass.</p>



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<p>10 min</p>	<p style="text-align: center;">4 MAN SHELL DRILL</p> <p>This drill teaches all defenders where to be on the court in relation to the ball and the man they are defending. Also, their proper defensive position if the ball is 1 pass away or 2 passes away etc.</p> <ol style="list-style-type: none"> 70/30 rule (1 pass away) As a defender when you are 1 pass away from the ball, do not hug your man. You must be able to provide help side protection against the drive. So, you are at the 30% position between the ball and your man. Do not be so far away from your man that you allow an easy backdoor cut. Help Side (2 passes away) When defender is 2 passes away from the ball, he must move to one foot on the lane/nail help side position. 50/50 Spot Long Skip-Pass Away (Head under the Net) This pertains to the baseline defenders. When the ball is in the corner the defender in the opposite corner must provide weak side help with his proper positioning being with his head under the net. <p>We are all connected on a string. When one defender moves all other defenders must move.</p> <p>Must teach players how to look at 50/50 spot in order to see both the ball and their man at the same time.</p>	<p>SUPER IMPORTANT – Communication IS A MUST</p> <p>Key Defensive Communication Terms I got ball You're by yourself Pick left/right Go under/squeeze the pick I got your help side Shot I'm here on the nail</p> <p>Key Defensive Positioning Terms: ON or 1 step below the line of the ball One pass away (70/30), 2 passes away (Help Side), skip pass away (head under net) One foot on the lane One hand in the passing lane (Hand closest to the ball) Head under the net. Two feet outside the lane. Move as the ball moves.</p> <p>Do not allow ball watching or man watching they must watch both. Our offensive players must be taught these cues from the defense to exploit defensive players who ball or man watch.</p>
<p>10 min</p>	<p style="text-align: center;">4 COACH PASSING</p> <p>Alternate this drill with 2 man passing at each practice, do not do both.</p> <p>Rules of this drill</p> <ol style="list-style-type: none"> Catch every pass with two hands. Make a chest pass with two hands. All layups must be off two feet. Players aim for our teeth when you pass to the coach. Coaches must throw a bounce pass back to the player every pass. Here, we are actually trying to bait the player into catching the ball incorrectly one handed and into the dribble 	<p>Emphasize that this is a great drill because it develops the 4 main skills that a player needs to be great at to improve in the game of basketball. 1) Catching 2) Passing 3) Dribbling 4) Layups.</p> <p>Coaches reemphasize the teaching points of; Players are not allowed to throw one handed passes off the dribble and are not allowed to catch bounce passes with one hand.</p> <p>Do this drill for 5 minutes on right side, going with right hand. The next 5 minutes move drill to left side, where everything is with the left hand.</p>



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<p>10 min</p>	<p style="text-align: center;">2 MAN DRILLS 6 cycles of 2 man drills</p> <ol style="list-style-type: none"> 1) Speed dribble to layup 2) Jump stop at the nail pass to buddy for layup who is filling the lane wide. 3) Same as #2 but with throwback chest pass for jumper at the nail. 4) Same as #3 but player at the nail shot fakes into drive using only 1 dribble for layup. 5) Fake outlet pass then baseball pass to the flyer. 6) Breakout dribble- rebounder fakes the outlet pass and then pushes the break himself with 2-3 speed dribbles to half court then bounce passes ahead to his partner who catches with 2 hands for layup. 	<p>Revisit speed dribble -no zig zag Teach proper defensive stance and slide techniques again – have kids do defensive slides</p> <p>Always watching for bad habits that we will not allow the players to do... i.e. catching the ball one handed, passing the ball one handed, throwing one handed passes off the dribble.</p>
<p>10 min</p>	<p style="text-align: center;">3 ON 2 – 2 ON 1</p> <p>Coaches you must teach that there are only two types of shots allowed in the 3on2 advantage situation.</p> <ol style="list-style-type: none"> 1) Layup 2) 15 footer from the nail. <p>Only 2 passes allowed and only 3 types allowed.</p> <ol style="list-style-type: none"> 1) Attacking pass that leads to a layup. 2) Across the lane pass. 3) Throwback pass to the NAIL shot. <p>For the highest percentage result players must go strong to the basket “BARRELING-IN” with their power layup off 2 feet and only pass if their defender gains full legal guarding position to stop the ball then the easy pass is made to the open player across the lane who is also barreling in for their power layup off two feet or if the defense drops back to block the lane pass the player jump stops and passes back to the middle man who is showing hands and loaded up ready to make a foul line jumper.</p> <p>The defense wins and coach should blow whistle if a third pass is made because the defense would have recovered. Blow whistle and end possession also if any shots other than a layup or nail shot are taken.</p>	<p>Must maintain proper spacing – 3 on 2 when hitting half court ball handler should be centered and wings should be 1 step ahead. 2 on 1 both players should be wide and player without the ball should be spaced one step behind the dribbler.</p> <p>Do not allow the players to attack with so much speed at the expense of remembering the finer points of emphasis which are; proper formation, proper angles, proper spacing, etc. Basketball is a game that must be played under control.</p>



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10 min	<p style="text-align: center;">5 ON 5</p> <p>At first, play 5 on 5 with man coverage and allow the dribble. If they play good fundamentally sound basketball with our proper concepts and philosophy (like cutting to the bucket when ball leaves your hands, filling spots 15-18 ft away at proper angles, catch and face first, use two hands at all times on passes, catches, rebounds and loose balls, use pass fakes, look for the give and go).</p> <p>If your team is playing sloppy basketball with lots of turnovers and not getting any layups and they seem to be stuck and not handling full court pressure well... Then blow your whistle and take the dribble away. Make them play 5v5 with no dribbling</p>	<p style="text-align: center;">END OF PRACTICE</p> <p>Bring players together - First tell them what they did incorrectly or improperly during practice - Breaking of cardinal sins, not enough enthusiasm, not enough hustle/energy, not respecting coach's whistle, etc.</p> <p>Then tell them what they did properly during practice. i.e. they passed and cut, they caught and faced, they used two hands, they communicated and encouraged each other they followed our cardinal rules. Tell them you enjoyed coaching them today. Then show togetherness by huddling with hands in with team chant.</p>
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