



YOUR PLAN

YOUR PLAN COULD CHANGE DEPENDS ON FIVE VARIABLES

- **PRE-SEASON/DEVELOPMENT**
- **THE AGE OF YOUR TEAM**
- **THE MOMENT OF THE REGULAR SEASON.**
- **HOW WANTS TO PLAY/DEVELOP YOUR TEAM?**
- **YOUR GOAL AS A COACH AND TEAM**

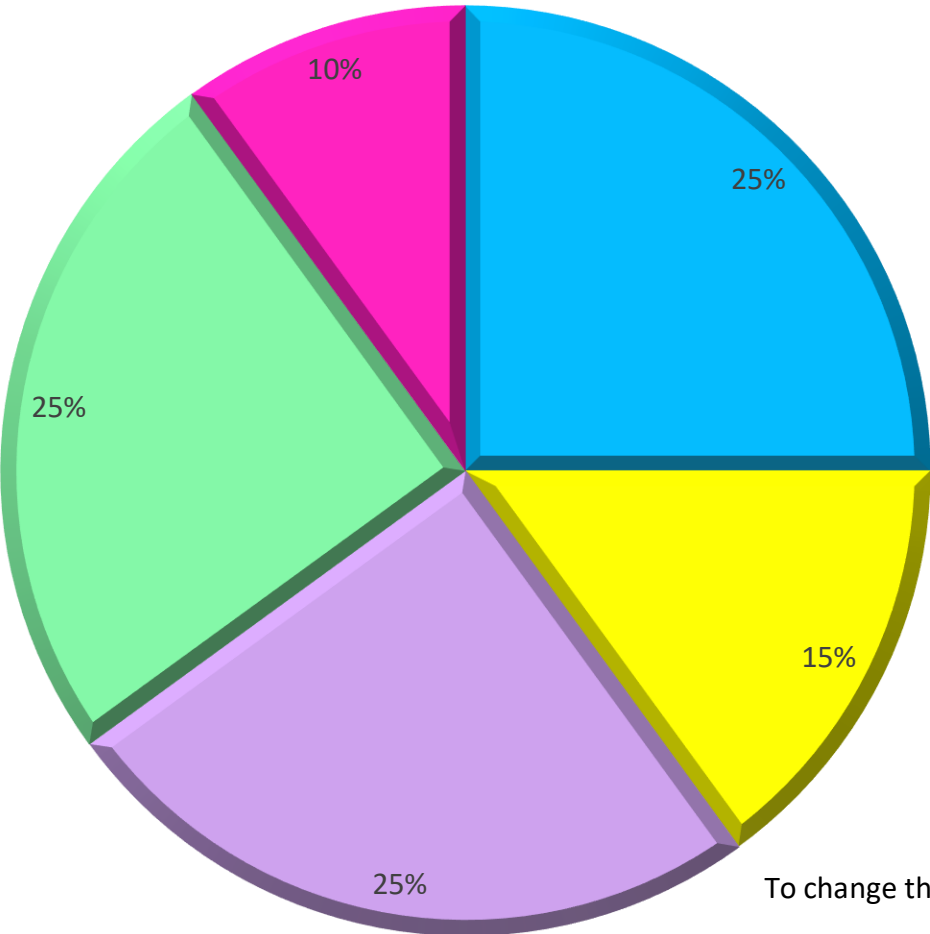
WEEK PLAN – 2 or 3 PRACTICES 60’ EACH ONE

DAY - TIME	1	2	3
15 MIN	SHOOTING DRILL TO WARM UP	SHOOTING DRILL TO WARM UP	<i>SHOOTING DRILL TO WARM UP</i>
xx MIN	INDIVIDUAL WORKOUTS	INDIVIDUAL WORKOUTS	<i>INDIVIDUAL WORKOUTS</i>
xx MIN	FAST BREAK / OUTLET	DEFENSE ASPECTS	<i>1ON1/2ON2/3ON3</i>
xx MIN	1ON1/2ON2/3ON3	1ON1/2ON2/3ON3	<i>DEFENSE ASPECTS</i>

- Pick a Focus.
- Make a plan
- Time Your Practice—And Stick to Your Plan
- Warm Up - Practice
- Keep the standards high at every practice.

WHAT IS MOST IMPORTANT THING FOR YOU?

MAIN GOAL



- Individual workout
- Outlet/Fast break
- Defense aspects
- 1on1/2on2/3on3
- Shooting drills

To change the pie chart, click on the circle and then "diagram design" – "redigera data"

Coaching well requires a structured plan. Spend time on each drill, make sure they are performed correctly, then you will get maximized practice. Use your minutes in the hall effectively. Here you will find a possible plan, and no matter what plan you make - always include warm up and stretching.

1) Pre-Practice Warm-Up

Location: Hallway or gym

Purpose: Light conditioning drill, prepare the body for intense activity.

Activities:

- Dynamic stretches
- Light jogging or agility exercises
- Quick footwork drills

2) Fundamental Footwork and Skill Work

Purpose: Build essential basketball skills and foundational footwork.

Activities:

- Dribbling drills
- Footwork exercises
- Passing drills

3) Combined Passing, Rebounding, and Dribbling Drills

Purpose: Integrate multiple skills into a cohesive warm-up and skill development.

Activities:

- Passing and rebounding drill
- Dribbling with rebounding focus

4) Shooting Drills

Purpose: Develop shooting technique as part of fundamental skill work.

Activities:

- Spot shooting from various distances
- Shooting off the dribble
- Free throw practice

5) Defensive Drills

Purpose: Focus on individual and team defense strategies.

Activities:

- Defensive stance and positioning
- 1-on-1 defense drills
- Team defense concepts

6) Game Situation Drills

Purpose: Apply learned skills in real game scenarios.

Activities:

- 2x2 and 3x3 games
- 4x4 and 5x5 scrimmages

7) Post-Practice Stretching

Purpose: Prevent injuries, cool down muscles.

Activities:

- Static stretches targeting key muscle groups

Rehab Room

Purpose: Address player injuries and prevent future ones.

Action: Ask me for a tailored rehab plan based on player needs.

This structure ensures that all essential skills are covered while also focusing on injury prevention and efficient use of practice time.

Do not hesitate to contact me!

//

JD Sanders – Sports director

Hbbk_registrering@hotmail.com

