

# Weekly Practice Plan

<b>Arrival</b>	
<b>Run / Static Stretch</b>	5 mins
<b>Pre-Game Routines: Lay-Ups, Shooting</b>	15 mins
<b>Water Break</b>	5 mins
<b>**Focus of the Week**</b>	20 mins
<b>Scrimmage</b>	15 mins
<b>Dismissal</b>	<1min

<b>*Focus of the Week*</b>	<b>Drills</b>
<b>Practice 1 -- Dribbling Fundamentals</b>	Choose From: relay race, obstacle course, off hand
<b>Practice 2 -- Defensive Position</b>	Choose From: step & slide, invisible musical chairs
<b>Practice 3 -- Shooting Techniques</b>	Choose From: moon shots, follow through
<b>Practice 4 -- Man to Man Defense</b>	Choose From: back-to-basket, feet movement, hands-off
<b>Practice 5 -- Fast Break Offense</b>	Choose From: full court lay-ups, passing-n-running, shot race
<b>Practice 6 -- Offensive Position</b>	Choose From: triple threat, preparing to shoot, hot potato
<b>Practice 7 -- Rebounding</b>	Choose From: face-n-turn, close outs, box outs
<b>Practice 8 -- Set Plays</b>	Choose From: pick-n-roll, post up, pass tag