

# Practice Planning Guide

| Slot                        | Lesson Type         | Section Group           | Sections          | Time (minutes) | Comment/Lesson/Time                                     |
|-----------------------------|---------------------|-------------------------|-------------------|----------------|---|
| 1                           | Individual Practice | Basics Shooting Offense | 2-4, 7-9, 11, 13  | 5-15           | Each player needs an individual practice routine (IPP). |
| 2                           | Continuous Motion   | Basics Team             | 5,22+             | 15-30          | Players need to run first.                              |
| 3                           | New Lesson          | Basics Offense Team     | 1-4, 12-15, 20-23 | 15-30          | After running, players are more ready to listen.        |
| 4                           | Shooting Technique  | Shooting                | 7-11              | 10-30          | Every single day. Always spend time on technique.       |
| 5                           | Defense Basics      | Defense                 | 17-19             | 10-15          | Mostly individual defense.                              |
| 6                           | Individual or Team  | Basics Offense Team     | 1-4, 12-15, 20-23 | 10-15          | Practice team only as necessary.                        |
| 7                           | Layups/Free Throws  | Shooting                | 6, 11             | 5-10           | A way to end practice.                                  |
| 8                           | Cool-down           | Appendix                | Appendix          | 5-10           | Stretching with some strengthening exercises.           |
| 9                           | Individual Practice | Basics Shooting Offense | 2-4, 7-9, 11, 13  | 0-20           | Maybe the most important part of practice.              |
| <b>Minimum-Maximum Time</b> |                     |                         |                   | <b>75-175</b>  | Use a stopwatch & assistants to help with time.         |