

# **Disc 1 - INDIVIDUAL FUNDAMENTALS**

- Ball Handling
- Shooting
- Passing
- Defense

## **BALL HANDLING**

### **Stationary Maravich Drills**

- Ball Slaps
- Over the Head Tap
- Spin It
- Around the Head
- Around the Waist
- Around the Knees
- Typewriter
- Machine Gun
- Around the Leg
- Figure 8
- Dribble Around Leg
- Dribble Figure 8
- Spider
- V-dribble
- Front and Back
- Side to Side
- Drop Clap
- Throw Clap

### **On the Move**

- Figure 8
- Dribble Figure 8
- 2-ball Dribble
- Speed Dribble
- Cross Over
- Behind the Back
- Between the Legs
- Pull-back Cross Over
- Slow & Go
- Spin Dribble
- Circle

### **Touch & Progression**

- Flick the Wrist
- L-flick Wrist
- L-flick Follow Through
- On Your Back
- Block Shooting
- Mid-lane
- Elbows
- Ready Up Shot

### **Competitive Shooting**

- Step off
- Shot Fake Circle
- Stutter Step
- Stutter Step Blast
- 3 Spot Shooting
- 2 in a Row

## **PASSING**

- Meet the Pass
- Fake a Pass - Make a Pass
- V-cut
- Chest Pass
- Bounce Pass
- Overhead Pass

## **DEFENSE**

- Slide



# **Disc 2 - TEAM PLAY & PRACTICE ORGANIZATION**

## **PHASE 1: Offense to Defense**

- Cup in the Lane
- 3-2-1
- 5-3-2

## **PHASE 2: Defense**

- Wave Drill
- Shell Drill
- Jump to the Ball
- Help & Recover
- 2 on 2 Screening
- 1 on 1
- 2-1-2 Zone
- 3-2 Zone
- 1-3-1 Zone

## **PHASE 3: Defense to Offense**

- Cutting Drill
- 5 on 3 Fast Break
- 3 on 3 Rebounding

## **PHASE 4: Offense**

- 3 Line Meet the Pass
- Half Court Passing
- 1-2-2 Step Up vs. Man to Man
- 1-2-2 Pick Away
- 1-2-2 Pick High / Pick Low
- Gap Offense vs. Zone Defense, 3 out 2 in, 4 out 1 in
- Flex
- 3 Man Pick
- Zone Gap
- Corner
- Out of Bounds Plays



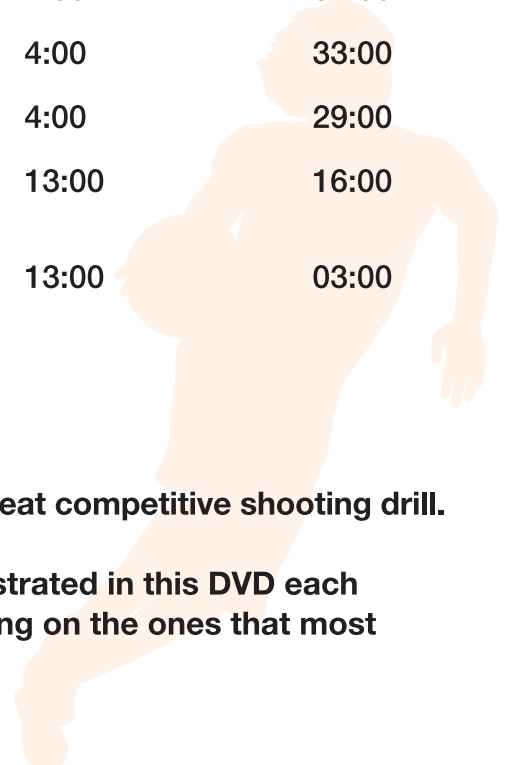


# Typical One-Hour Youth Basketball Practice Session

Name of Drill / Event	Phase	Length	Time Left in Practice
Maravich Drills	Fundamental	6:00	54:00
Triangle Slides	Fundamental	1:00	53:00
Half-Court Passing	Fundamental	2:00	51:00
Cup in Lane	Phase 1	1:00	50:00
5-3-2	Phase 1	3:00	47:00
Wave Drill	Phase 2	1:00	46:00
4 on 4 Shell Drill	Phase 2	5:00	41:00
Help & Recover	Phase 2	3:00	38:00
Cutting Lanes	Phase 3	1:00	37:00
3 on 3 Circle Rebounding	Phase 3	4:00	33:00
5 on 3 Fast Break	Phase 3	4:00	29:00
Flex Offense vs. Man – live (or any man to man offense)	Phase 4	13:00	16:00
Gap Zone vs. Odd (1-3-1) or even (2-1-2) zones	Phase 4	13:00	03:00

## Notes to Coaches:

- Spend the last three minutes of your practice with a fun, upbeat competitive shooting drill.
- You will not have enough time to practice every drill demonstrated in this DVD each practice so rotate the drills as the season progresses working on the ones that most benefit your team.



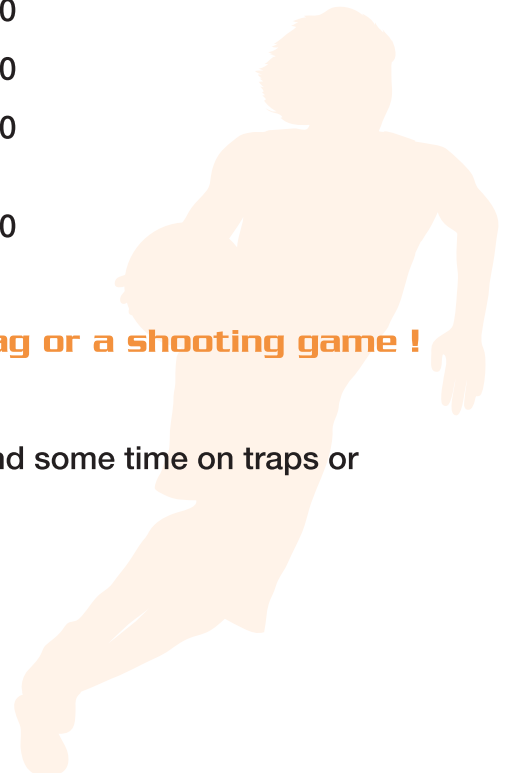


## Typical ONE-Hour Practice

Name of drill/Event	Length	Time left in practice
Maravich drills	6:00	54:00
Wave drill	1:00	53:00
Don't walk drill	1:00	52:00
2 ball passing (2 groups)	1:00	51:00
Zig-zag slides (with defense)	1:00	50:00
3 man, 2 ball shooting	6:00	44:00
"532"	3:00	41:00
2-on-2 screens	3:00	38:00
4-on-4 shell game	4:00	34:00
"321"	3:00	31:00
Help & Recover	3:00	28:00
Flex offense vs. man – live (or any man-to-man offense)	13:00	15:00
Gap zone vs. odd/even zones	13:00	02:00

**Always end with a fun, upbeat event like dribble tag or a shooting game !**

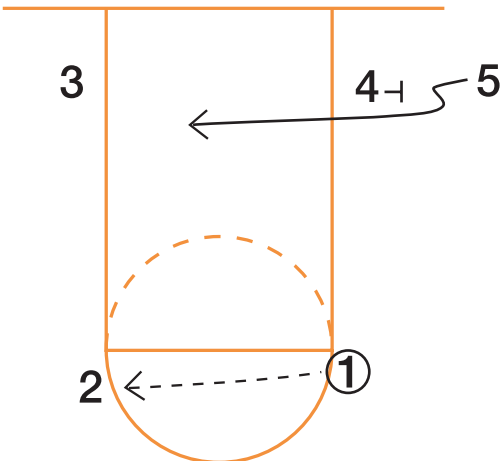
The next practice you can swap out certain drills and also spend some time on traps or presses and also work on your press offense.



# FLEX

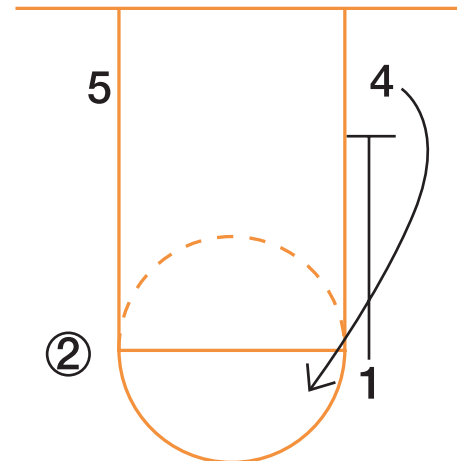
## MAN OFFENSE (OLDER AGES)

(A)



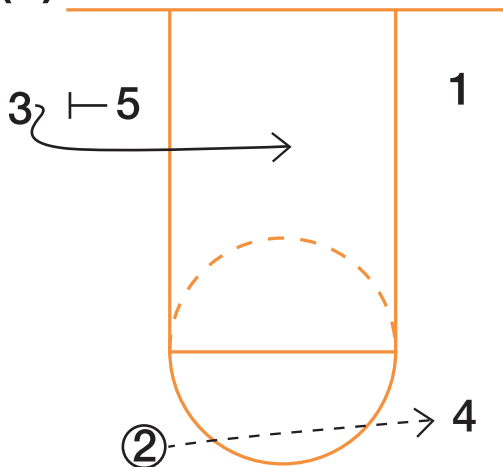
1 passes to 2, 4 crosspicks for 5  
2 can pass to 5 for lay-up if open

(B)



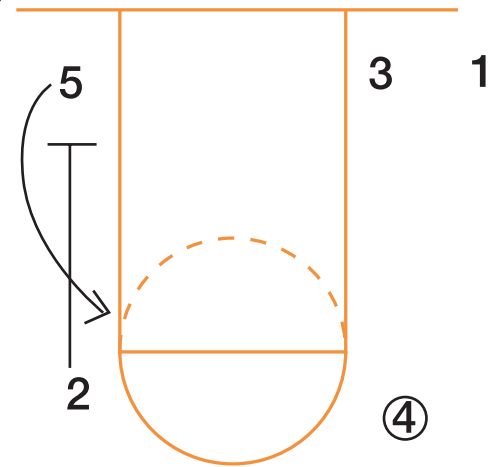
1 downpicks for 4  
2 can pass to 4 coming high or to 1 under goal

(C)



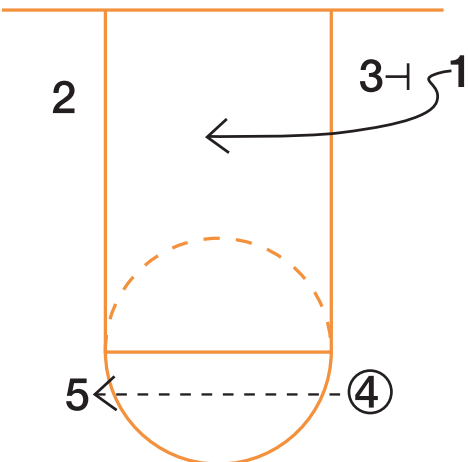
2 passes to 4, 5 crosspicks for 3  
(same as plate A except from left side)

(D)



2 downpicks for 5  
(same as plate B except from left side)

(E)



4 passes to 5, 3 crosspicks for 1  
(this is a pattern offense that keeps repeating)

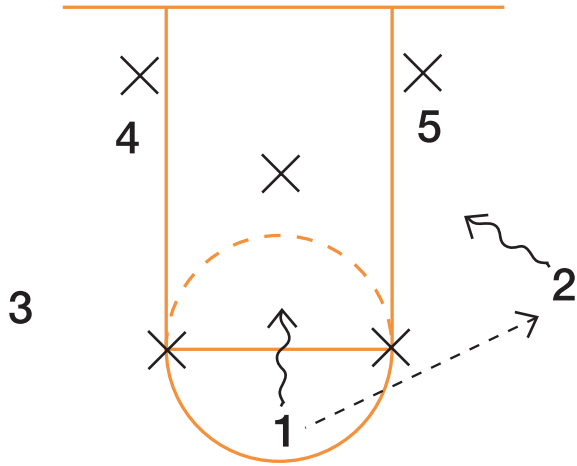
- ★ ALWAYS Guard to Guard pass followed 1st by crosspick then downpick
- ★ Pattern follows A through E then repeats



# GAP ZONE

(ZONE OFFENSE YOUNGER AGES)

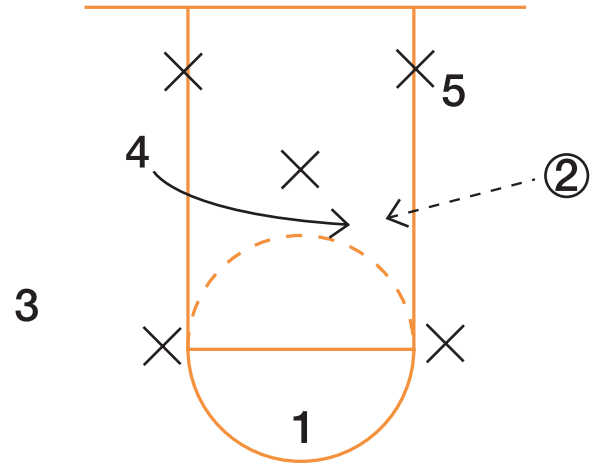
(A)



3 OUT / 2 IN OFFENSE vs. 2-1-2  
EVEN FRONT DEFENSE  
1 dribble drives & dishes  
to open man (2)

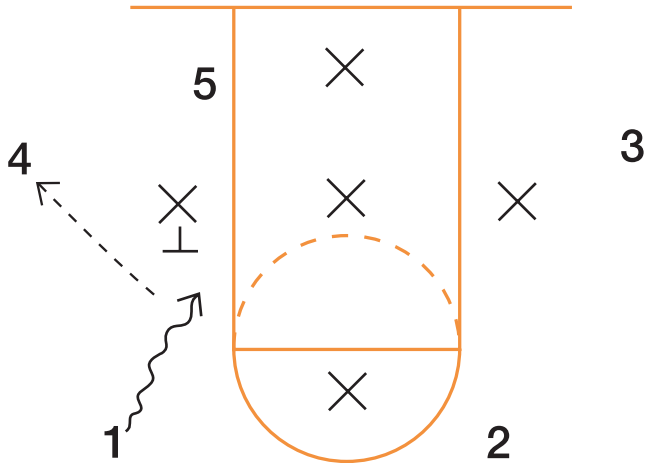
A & B vs.  
2-1-2  
ZONE

(B)



As 2 dribble drives, 4 can  
GAP into open spot  
and look for open shot

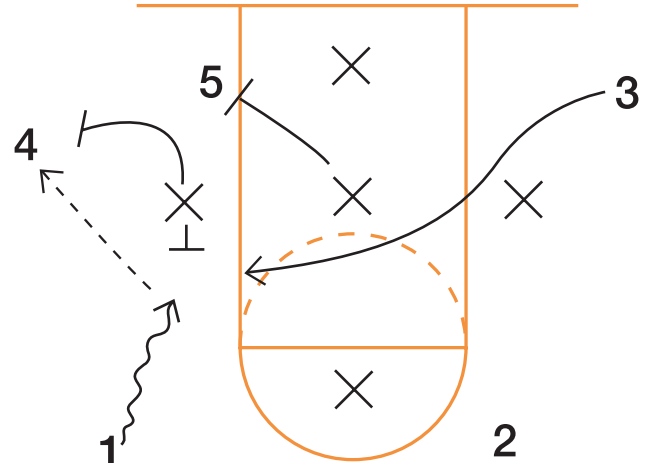
(C)



4 OUT / 1 IN OFFENSE vs. 1-3-1  
ODD FRONT DEFENSE  
1 dribble drives & dishes  
to open man (4) for shot

C & D vs.  
1-3-1  
ZONE

(D)



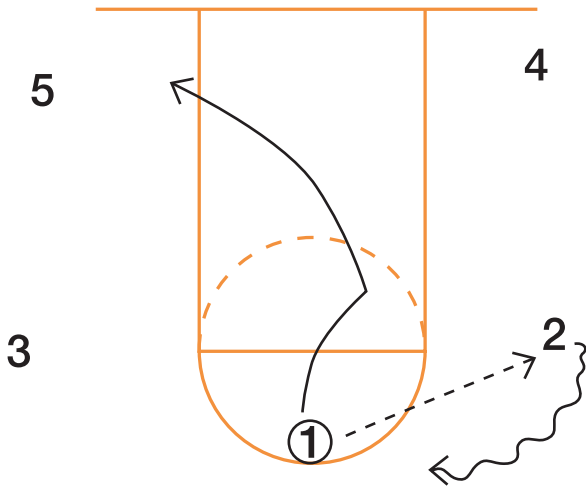
Same as plate C except  
defense helps & 3 can  
GAP into open spot



# PASS, CUT, PICK

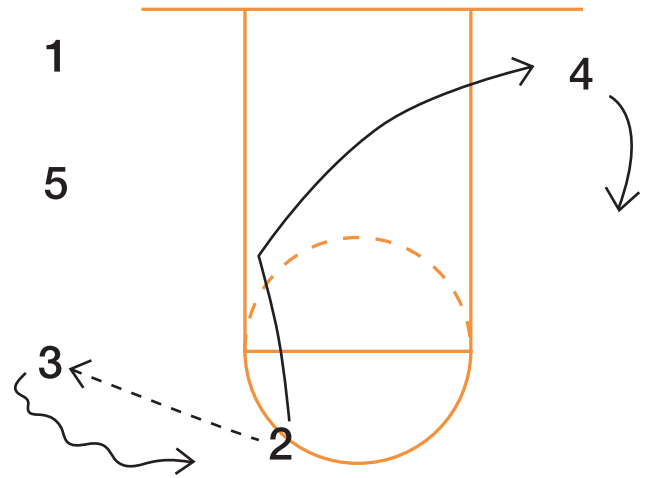
## MAN OFFENSE (YOUNGER AGES)

(A)



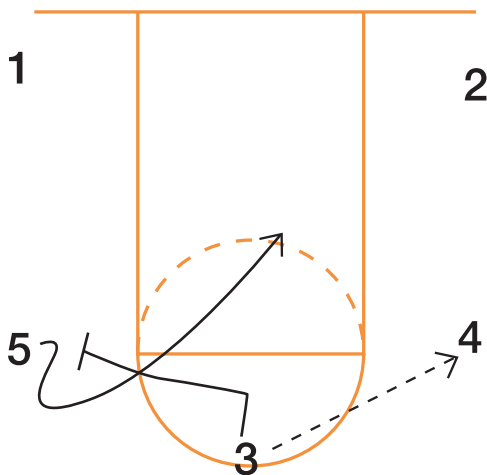
1 passes & cuts away  
2 dribbles middle

(B)



2 passes to 3 & cuts away

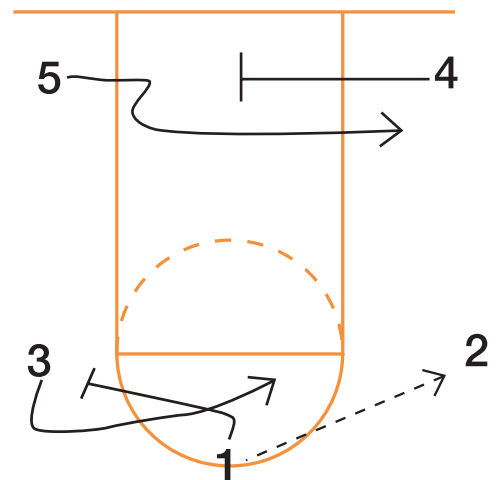
(C)



2nd time } 3 passes & picks away

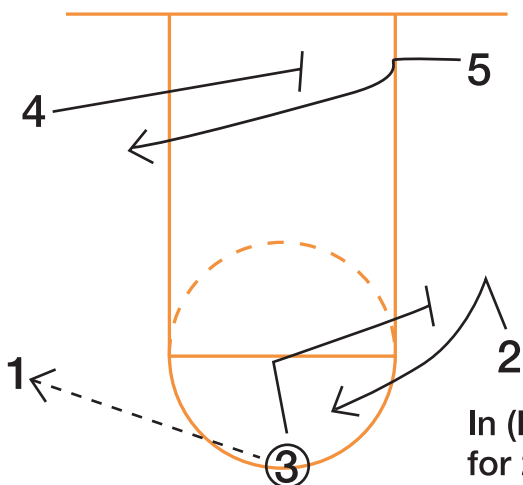
(C) is just  
point guard  
picking for  
off guard

(D)



1 passes to 2 & picks away on 3.  
4 picks away on 5.  
2 can pass high to 3 or low to 5  
coming off either pick.

(E)



In (E) 3 can pass to 1 & pick away  
for 2 and 4 can pick away for 5.  
This offense just keeps going.

