

## One Hour Practice Plan

| Time    | Activity                             | Notes                                                                                                                                                                                                                                                                        |
|---------|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| :00-07  | Opening Circle and Warm-up           | Player check-in<br><br>Stretching                                                                                                                                                                                                                                            |
| :07-15  | Intro To Passing                     | Chest pass<br>Bounce pass<br>Passing while moving <ul style="list-style-type: none"> <li>Lead teammate to the pass</li> </ul>                                                                                                                                                |
| :15-25  | Intro to Cold, Warm, and Hot defense | Cold defense- Arm's length of space<br>Warm defense- Body length of space<br>Hot defense- Defending as hard as we can w/o fouls                                                                                                                                              |
| :25-:27 | Water break                          | Set a timer                                                                                                                                                                                                                                                                  |
| :27-:40 | 3v3 or 2v3 Small Sided Game          | 3 passes and a shot <ul style="list-style-type: none"> <li>Chest passes only</li> <li>Bounce passes only</li> <li>Mix</li> </ul> Remember to clarify defense style<br><br>Pause to ask "What did you notice?"<br>"What strategy can you use to make passes more successful?" |
| :40-46  | 5v5 Small-Sided Game                 | Warm defense<br><br>Challenge players to move without the ball                                                                                                                                                                                                               |
| :46-:54 | Form shooting practice               | Free throws                                                                                                                                                                                                                                                                  |
| :54-00  | Closing Circle                       | Community Building<br><br>Share highlights of practice, a challenge from practice, something they are proud of in general.                                                                                                                                                   |