

PRACTICE PLAN FORMAT

- 1.Skill Development (15 minutes)
- 2.Shooting Drills (15 minutes)
- 3.Defensive Breakdown (15 minutes)
- 4.Defensive 5/5 (15 minutes)
- 5.Offensive Breakdown (15 minutes)
- 6.Offensive 5/5 (15 minutes)
- 7.Team Competition (15 minutes)
- 8.Special Situations (15 minutes)

***This is a fluid model. Early on in the season we will take time away from 5/5 to focus on breakdown drills. Later we will take away from skill development & breakdown drills to focus on 5/5. ***

Younger players need more time to focus on the fundamentals of the game and less time working on 5/5 or plays. Make the game simple. Break it down to its lowest level and teach it there. Practices that spend more than half on 5/5 are counter-productive.

EXECUTE THE FUNDAMENTALS OF THE GAME FOR THE WELFARE OF THE TEAM!

