

# SAMPLE PARK & RECREATION PRACTICE PLAN ONE HOUR PRACTICE

## Drill

Free Shooting/attendance	3 min
Stretch & calisthenics	5 min
Lay-ups at both ends (correct footwork, eyes on hoop on approach, use board)	4 min

## Fundamental work

Passing: pairs, chest pass, bounce pass, step around pass	5 min
Dribbling: 3 lines(3/time), speed drib, crossover, btwn legs	7 min
Defense: full court zig zag, offense ½ speed, not trying to go by defense	4 min

## Shooting

Pair jumpshots: partner rebounds for 1 min, then switch Watch shooting techniques, correct fundamentals Don't shoot outside your range	5 min
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<u>Free throws &amp; Water</u> Shoot five & rotate.	6 min
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<u>Team Offense Concepts at Both Ends</u>	8 min
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2 on 2 pass and screen away concepts  
3 on 3 pass and screen away concepts

<u>Full Court Scrimmage</u>	8 min
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Emphasize movement. Pass & screen away.

<u>Quick Game of Knock-out</u>	4 min
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<u>Announcements About Upcoming Schedule</u>	1 min
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