

Custom Basketball Practice Plan
 Training Type: U11 Basketball Practice Plan For Dribbling Drills
 2 Hour Practice

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Time Duration	Drill	Description	Video link	Items You Might Need
10 minutes	Suicide Dribbling	Dribble the Basketball Down Court and Back slow increasing the speed. You can also add in crossover dribbling through legs, and behind the back, etc.		
5 Minutes	Dynamic Stretch	Warmup	https://www.youtube.com/watch?v=0xpBR0mgRIk	
5 minutes	Water Break			
10 minutes	Dribble Tag	Have a set area on the court for example inside the 3 point line. Have your players dribble their Basketballs. Everyone needs to protect their ball and knock others basketball out of the zones. Next once there are less players you can decrease the size of the zones.	https://youtu.be/RCfL1a0QgUA	
15 minutes	Circle Fast Break Drill	have 2 circles of 5 players one inside of the other. Coach takes shot and inside 5 players and outside 5 will fight for rebound. Whoever gets rebound will run an outlet pass and try to get the ball down court before other team sets up their defense.	https://youtu.be/239_QQbgjQU	

Time Duration	Drill	Description	Video link	Items You Might Need
10 minutes	Zig Zag Dribbling with Defender	Have your players get into 2 lines on each end of the court. 1 offense and 1 defense. Next have your offense player dribble down court in a zig zag and have the defender play light or tight defense.	https://youtu.be/XjgaD89_ubl	
5 minutes	Water Break			
15 minutes	Full Court Layups	Have a line at each free-throw line extended on the sideline and start with a player with a Basketball at each main Basketball net. The player will do an outlet pass and run down court. The sideline player will pass down and follow his pass to the next line and that next line player will pass it to the cutting player and go in for the rebound after the layup. That rebound player will now outlet pass and the sequence will start all over.		
5 Minutes	Wall Dribbling	Dribble a Basketball on a wall. You can dribble with right and left handed and also crossovers and single finger dribbling		
5 minutes	Water Break			

Time Duration	Drill	Description	Video link	Items You Might Need
15 Minutes	Stationary Dribbling	Start with right, left hand, and crossover dribbling in the same spot no moving. Next do the Spyder dribbling drill and scissor dribbling. Now spread your players out and have the players start dribbling with their right hand. Coach will be in front of the players and point in the direction you want the players to go in. If the direction is left or right the players will dribble in that direction while doing there defensive slide. You can add in low and high dribbling and through the legs and behind the back dribbling as well.	https://youtu.be/CAyyJBQBbO4	
20 Minutes	Learning Team Basketball Plays			
5 Minutes	Cool Down			