

Custom Basketball Practice Plan  
 Training Type: U14 Basketball Practice Plan For Defense  
 2 Hour Practice

[www.alsbballtraining.ca](http://www.alsbballtraining.ca)  
[probballtraining@gmail.com](mailto:probballtraining@gmail.com)  
[www.youtube.com/bballcoachallen](http://www.youtube.com/bballcoachallen)



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	<a href="https://www.youtube.com/watch?v=0xpBR0mgRIk">https://www.youtube.com/watch?v=0xpBR0mgRIk</a>	
15 Minutes	3 Man Chaser	3 Players lined up along the baseline. And 3 defenders matched up along the free-throw line extended. Coach will have the Basketball at the elbow, he will pass to a player along the baseline. The corresponding defense player will run and touch the baseline and chase back to play defense.	<a href="https://youtu.be/2N75DV8_kHA">https://youtu.be/2N75DV8_kHA</a>	
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.	<a href="https://youtu.be/XjgaD89_ubI">https://youtu.be/XjgaD89_ubI</a>	
5 Minute	Water Break			

Time Duration	Drill	Description	Video link	Items You Might Need
15 minutes	Shell Drill	Start with 3 players in the triangle and have 3 players out on the perimeter, have those 3 players pass a Basketball around. The defensive players in the triangle will be transitioning from on ball defense, to help defense, to 1 pass away defense.	<a href="https://youtu.be/ZRyGtzsOoal">https://youtu.be/ZRyGtzsOoal</a>	
15 minutes	Trapping Drills	In this drills you can have 2 defenders with 1 offensive player or you can stack the drill with 3 defenders and 2 offensive players. Basically you will be teaching your players to force the ball handlers towards the sideline and also how to trap the ball handler at half court. You will have a player on defense who leads the ball handler towards the sideline while the other player will be following to stop the spin move or crossover.		
10 Minutes	Defense Shuffle Cardio Drill	Have your players spread out and get into their defensive stance. Next when you say start all the players are going to be tapping their feet on the ground without moving in any direction. Next when you point in a direction forwards, backwards, or either side the players will run, or defensive slide in the direction. You can then add loose ball and the players dive no the ground and shots of and the players will jump.	<a href="https://youtu.be/DeS33LXtCDY">https://youtu.be/DeS33LXtCDY</a>	
5 minute	Drink Break			

Time Duration	Drill	Description	Video link	Items You Might Need
10 Minutes	3 Man Weave	You will have 3 lines under the basket and the middle line will start with the Basketball. The first person in line with the Basketball will pass it to his right or left, follow his/her pass and go behind the player he passed too. Now without traveling that player with the Basketball will pass the ball across to the far player follow the pass and go behind. This will now continue down the court until the end. You can even have 2 defenders at the far end to defend the 3 players. The player who takes a shot will run down on defense and the 2 defense players will now be offense coming down 2 on 1.	<a href="https://youtu.be/gl83_5M6vkU">https://youtu.be/gl83_5M6vkU</a>	
10 Minutes	Triangle 3 on 2 Man in The Middle	In this drill you will have 3 players in a spread out triangle and 2 players in the middle. The 3 players need to fake pass and pass the ball around the triangle without the Basketball getting turned over. If the Basketball is stolen those 2 defensive players will then become offense and the last 2 offensive players who touched the Basketball will become defense.	<a href="https://youtu.be/O40SteWUUdc">https://youtu.be/O40SteWUUdc</a>	
10 Minute	Cool Down			