

COACH MAC PRESENTS

30 MINUTE SHOOTING



PRACTICE PLANS

Legal Disclaimers

All contents copyright © 2016 by **Coach Mac**. All rights reserved. No part of this document or accompanying files may be reproduced or transmitted in any form, electronic or otherwise, by any means without the prior written permission of the publisher.

This ebook is presented to you for informational purposes only and is not a substitution for any professional advice. The contents herein are based on the views and opinions of the author and all associated contributors.

While every effort has been made by the author and all associated contributors to present accurate and up to date information within this document, it is apparent technologies rapidly change. Therefore, the author and all associated contributors reserve the right to update the contents and information provided herein as these changes progress. The author and/or all associated contributors take no responsibility for any errors or omissions if such discrepancies exist within this document.

The author and all other contributors accept no responsibility for any consequential actions taken, whether monetary, legal, or otherwise, by any and all readers of the materials provided. It is the readers sole responsibility to seek professional advice before taking any action on their part.

Readers results will vary based on their skill level and individual perception of the contents herein, and thus no guarantees, monetarily or otherwise, can be made accurately. Therefore, no guarantees are made.

CONTENTS

Beginner - 60 Minutes - Practice Plan #1.....4

Beginner - 30 Minutes - Practice Plan #26

Intermediate - 30 Minutes - Practice Plan #1.....8

Intermediate - 30 Minutes - Practice Plan #210

Advanced - 30 Minutes - Practice Plan #1.....12

Advanced - 30 Minutes - Practice Plan #214

Beginner - 60 Minutes - Practice Plan #1

"Wake up happy every day that you're a coach...and don't forget that during a bad practice"

— Mike Krzyzewski

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
8 Minutes	No Basketball Form Shooting - Players form a circle around the coach and practice the correct shooting form without a basketball.	<ul style="list-style-type: none"> • Make sure you watch all players. • If more than one coach, all coaches should be teaching shooting the same way.
8 Minutes	Rainbow Shooting - 2 lines on the baseline. Players arc around and receive the ball from a teammate for a shot at different distances. They rebound their own shot and pass it to the next player in the line they received it from.	<ul style="list-style-type: none"> • Use both right and left hands on layups. • Be loud and call for the basketball. • Show target hands. • Square up using the inside foot.
9 Minutes	Chase Down Layups - Two lines on the baseline. Offense starts with an advantage. When coach calls out 'go' both players sprint to other end and try to score.	<ul style="list-style-type: none"> • Make sure offensive player is driving in at the correct angle. • Be sure to practice on both sides of the floor. • Defense shouldn't be flying out of bounds. • Try to get boards too.

Practice Notes:

[illegible]

Beginner - 30 Minutes - Practice Plan #2

"My best players are my hardest workers, and any coach will tell you that's a recipe for success"

— Tom Izzo

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
8 Minutes	Line Shooting - Players all place their shooting foot on a line and practice shooting the ball up and making it land on the line in front of them.	<ul style="list-style-type: none"> • Dominant shooting foot on the line. • Give each player individual feedback. • Hold shooting form until ball hits the floor. • All coaches must be teaching the same technique.
8 Minutes	5 Spot Variety - Players line up behind same cone and take 4 different shots from 5 different spots.	<ul style="list-style-type: none"> • Must attack the rim with speed. Game-like. • Coaches can contest layups to add pressure. • Long steps on layup. Jump high off second step.
9 Minutes	Titan Shooting - Three lines across the free-throw line. Players shoot, rebound their own shot, pass back to the same line, and then run part of the court before returning to another line.	<ul style="list-style-type: none"> • Players must show target hands and be in stance. • Conditioning drill too. Make sure the players are sprinting. • Entire team counts out loud on each basket. • Call for the ball!

Practice Notes:

[illegible]

Intermediate - 30 Minutes - Practice Plan #1

"The greats understand that becoming a little better every day is how you become a lot better over time"

— John Wooden

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
8 Minutes	Off-Dribble Form Shooting - Players practice 1-2 step and hop form and shoot on third use of footwork.	<ul style="list-style-type: none"> • Stay in a low stance throughout the entire drill. • Correct form and footwork. Watch everyone. • Step and bounce must be at the same time. • Players must be shooting on-balance.
8 Minutes	30 and 1 - Split into teams. Coach picks 3 spots on the floor each team must make 10 shots from. Each team must finish with a long-distance game winning shot.	<ul style="list-style-type: none"> • Next person in line should be in stance ready to shoot the ball. • Passes should have pace and be on target. • Hustle after missed shots. • Make teams as even as possible.
9 Minutes	Fast Break Attack - Players attack a cone or chair at the top of the key before scoring then practice dribbling through cones.	<ul style="list-style-type: none"> • Players must attack hard from half-way. • Can't practice in slow motion. • Watch each players' footwork. • Make sure players are on balance off pull-ups. • Players must keep their head up while dribbling.

Practice Notes:

[illegible]

Intermediate - 30 Minutes - Practice Plan #2

"You're entitled to absolutely nothing in this game. If you want it, you've got to work for it"

— Doc Rivers

Time	Drill	Coaching Points
5 Minutes	Talk and Warm Up - Talk with your players about what to expect from practice today, your expectations of them, past games or practices, address team issues, etc.	
8 Minutes	Partner Form Shooting - Players stand about 10 feet away from each other and then shoot the ball to each other.	<ul style="list-style-type: none"> • Players must be shooting the ball high. • Make sure all coaches are teaching the same technique. • Hold shooting form until your partner catches the basketball.
8 Minutes	23 Cones - 23 cones at opposite end of the floor. Players shoot and are rewarded with another shot at the other end. If they make it, they collect a cone for their team.	<ul style="list-style-type: none"> • Players must always pass back their own shots. • Everyone shoots. Not just the best shooters. • Learn who your best shooters under pressure are.
9 Minutes	Fatigue Shooting - Groups of 3 or 4. Each player sprints down the court, receives the basketball from a teammate, shoots, rebounds, then runs to the baseline to make the next pass.	<ul style="list-style-type: none"> • Players must sprint to each end of the court. • Down in stance when catching the basketball. • Flat and on-target passing. • Get target hands up to show passer where you want it.

Practice Notes:

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

Advanced - 30 Minutes - Practice Plan #1

"The moment coaches can stop coaching ego's, roles, and agendas and can start coaching basketball, you have a great team"

— Brad Stevens

Time	Drill	Coaching Points
5 Minutes	Perfects - 3 lines a few feet out from the basket. Players focus on shooting with perfect shooting form.	<ul style="list-style-type: none"> • Hold form until the shot is made or missed. Perfect technique. • Look at form from different angles.
8 Minutes	Sideline Shooting - One line on each sideline. Players cut across the court and receive the pass for a shot. Passer becomes next shooter.	<ul style="list-style-type: none"> • Have to be cuts at game-speed. • Don't allow player to hold the ball too long. Must make an immediate move. • Change up the shot often.
8 Minutes	Mac Transition - One player dribbles down and performs a layup. Then there's a shot and an outlet pass to the opposite side.	<ul style="list-style-type: none"> • Dribbler must sprint down the court. • Passes must be on target even though players moving at full speed. • Spot up shooter must be in stance. • Composed on layups.
9 Minutes	Attack the Ring - Two lines on the baseline. Players sprint out and one receives the ball off a coach. They become offense and attack while the other defends.	<ul style="list-style-type: none"> • Don't hold the ball after the catch. Attack immediately. • Encourage offense to use a variety of moves to score. • No silly fouls from the defense. • Try to be fair with amount of offensive possessions.

Practice Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Advanced - 30 Minutes - Practice Plan #2

"Tough players work for good shots and understand that it's not MY shot, it's OUR shot"

— Jay Bilas

Time	Drill	Coaching Points
5 Minutes	Spin Outs - Players start on baseline and spin the ball back to themselves practicing squaring up to the ring. Do this around the arc before shooting.	<ul style="list-style-type: none"> • Square up and then use a pump fake. • Players must be low on the catch and turn. • Make sure pump fakes are being performed correctly.
8 Minutes	Pressure Jump Shots - Players must make 8 shots in total. On each miss have to join the same line again.	<ul style="list-style-type: none"> • Must give player room to shoot. • Watch that players are shooting with their normal technique since they'll be nervous. • Must rebound own shot.
8 Minutes	Flare Screen Shooting - One screener, passer, and dribbler. Dribbler dribbles down, passes, and then receives a flare screen for the shot.	<ul style="list-style-type: none"> • Court awareness. Make sure to flare behind the three-point line. • Swap the player that's making the skip pass often. • Skip pass should be an overhead pass.
9 Minutes	Advantage - Offense has one extra player. Goal is to get a good shot on each possession using good ball movement.	<ul style="list-style-type: none"> • Players must make quick decisions. • Defense will have to scramble and will make mistakes. Let them. • Encourage players to make fake passes.

Practice Notes:

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines running across the width of the page. The lines are thin and consistent in thickness. There are no margins, text, or other markings on the paper.