



Juniors Day 1 Practice Plan

Goal: to understand proper mechanics and terminology of shooting and offensive footwork

6:10-6:30 Check in

- Hand out practice gear/uniform
- Measure vertical, broad jump, baseline dash

6:30-6:35

- **Introduction of coaches and philosophy of program**

6:35-6:45

- **Bulls warm up**
- Fundamentals of running

6:45-7:10

- **Plyometrics ***

7:10-7:15

- Fundamentals of pivoting : Arc drill
- Inside foot pivoting 1-2 stop
- Reverse pivoting 1 point stop

7:15-7:35

TEAMMSL shooting

- Proper terminology (4 points to a shooting line. Toe, knee, elbow, ball)
- Proper mechanics (holster, hairline shot. Smell the pit)
- Foot work

7:35-7:45

- **Bradley shooting**

7:45-7:55

- Fundamentals of starting, stopping, pivoting
- Onside and crossover starts

7:55-8:00

- **Kentucky Lay-ups**