Basketball Practice Plan

CUES

**Pick & Roll**
- Pick
- Roll
- Shoot & Follow

**Defense**
- Match up
- Shadow
- Box-out-let
- Communicate

1. 1 ball per group of 3 (2 O’s & 1 D). Perform the Pick & Roll in open space at a slow pace. Set a screen (pick) and move (roll) to an open area to receive ball. Switch roles & repeat 5X.

2. Repeat #1, perform at game speed 10X.

3. Repeat #2, as many Pick & Rolls as you can complete in 1 min. Switch roles. Repeat and beat your score. Principles of 3 in effect.

4. 1 ball per group of 3 (2 O’s & 1 D). From the top of the lane, perform Pick & Roll at a slow pace. Finish with a shot. Switch roles & repeat 5X.

5. Repeat #4, perform at game speed. 10X.

6. Repeat #5, as many shots as you can make in 1 minute beginning each play with a Pick & Roll. Switch roles. Repeat & beat your score. Principles of 3s in effect.

7. Match-up, play 4-on-2. Offense tries to perform a Pick & Roll before shooting. Defense **shadows** to force a turnover. 1 minute. Switch roles & repeat 5X.

8. Repeat #7, defense tries to rebound & make an outlet pass (box-out-let). 1 minute. Switch roles & repeat 5X.


**Think Abouts**
What should a player do after setting a pick? Why?
When is the best time to use the Pick & Roll? Why?