



- COACH RESOURCE PAGE -
BASKETBALL RESOURCES
-WINTER 2017 -



Developing a Practice Plan: [Video](#)
“You need to have one”

1. Put it down on paper; Plan
2. 2/3 Practice is Skill Work; 1/3 of Practice is Team Play
3. Allow your players to have leadership roles
4. 20 minutes of Shooting daily

Conditioning for Basketball Players

Start of Practice: [Pre Practice Warm-Up - Video](#)

End of Practice: [Competitive Conditioning Drills - Video](#)

Technical Work

Dribbling: [6 Tips to Dribble Better - Video](#)

Defense: [Defense Drills for Basketball - Video](#)

Shooting: [Perfect Shooting Form in Basketball - Video](#)

Tactical Work

Defense: [What is Zone Defense - Video](#)

Offense: [Top 5 Offensive Plays - Video](#)

**Quick Resource
Guide**

2017 Basketball Rules Click
[HERE](#)

Click [HERE](#) for a Link to
information on UNIFIED Sports
and Meaningful Involvement

For Short Rules and the
Basketball Quick Guide Click
[HERE.](#)

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