ORDINO

SEASON PACKET FOR LEAGUE LEADERS, COMMISSIONERS AND COACHES

EVERY GRADE. EVERY TEAM. EVERY MINUTE PLANNED.

Ordino is a free practice app that gives each volunteer coach a full season of basketball practices for the grade and team in front of them. This packet shows what is inside: how practice time is spent, which skills get the time, and the drills each team runs most.

20	634	146	$0
team seasons, K through high school	practices, each timed to the minute	drills in rotation, each with a script and animation	for coaches, parents and leagues

A NOTE FROM THE FOUNDERS

To the people who run youth basketball

Every season, community leagues hand a roster to a parent who has never planned a practice and whose schedule is already full. Most of them do their best with a list of drills from the internet and a clock they lose track of. Ordino gives those coaches everything they need to run a strong practice every night of the season. Players improve faster, have more fun and build better habits, and volunteer coaching becomes something parents are glad they signed up for.

Ordino is a free app built for those coaches. It gives every team a complete season of practices, from Kindergarten through high school: Rec teams at every grade, travel A, B and C teams from Grade 2 through Grade 8, and high school Freshman, JV and Varsity. 634 practices in all. Each one is timed to the minute, and every drill comes with a short script the coach reads aloud in the huddle and an animated court diagram that shows who goes where.

Every practice opens with a 5-minute warm-up built for the age group, and a coach can swap a drill for the night without breaking the clock. Coaches also get a first-practice kit, a parent-meeting kit and a game-day guide with a playing-time rotation helper. Grades K-8 get a 10 to 15 minute at-home routine that coaches can share with families by link, with no accounts. A league rollout page gives you a timeline, ready-to-send emails and a link for each team.

This packet is meant to show you what that looks like before you put it in front of your coaches:

- **Practice mix.** How each team's time splits between fundamentals, small-sided games, scrimmage and team concepts.
- **Time per skill.** The share of practice spent on shooting, finishing, ball handling, passing, footwork, defense, rebounding and game play, grade by grade.
- **Drills used most.** Every drill in the season for each grade's Rec team and A team, ranked from most used to least, with how often it runs and how much of the season it takes.

A few principles run through all of it. Fundamentals are the largest share of practice time at every grade. The youngest players learn them through games, not lines. Older players get more small-sided play in place of long scrimmages, so every player touches the ball and makes decisions. Team concepts start small and grow with age. These targets come from published youth development guidance, listed at the end of this packet, applied grade by grade.

The app runs in any phone browser, works in a gym with no signal, and can be added to the home screen. There are no accounts to set up, no ads and no personal data; we only count page visits anonymously, with no cookies and nothing that identifies anyone. You can see it now at coachingfloor.pages.dev.

What we ask: try it with a few of your coaches this season and tell us what doesn't work. Every practice and drill has a short ID under "Support / Send feedback", so a note like "G5-REC-P07, second drill ran long" is all we need. Write to **ordino@practicallyapplied.ai**.

We hold the app to the same standard we teach the players: get 1% better every day. Your coaches' notes are a big part of how we do it, so every season the practices get better for kids and easier for the adults running them.

Peter Jorgenson
Co-founder, Ordino

Johan Jorgenson
Co-founder, Ordino

01 · PRACTICE MIX

How practice time is spent

Every teaching minute of every practice is counted toward one of four purposes, so each team's shares add up to 100% of its teaching minutes.

Fundamentals

Coached reps of one skill: form shooting, layup lines, stance and slides, partner passing. Includes skill games, which is how K-2 learn them.

Small-sided games

1v1 up to 4v4 with rules that force touches and decisions: dribble limits, score-for-stops, quick rotations.

Scrimmage

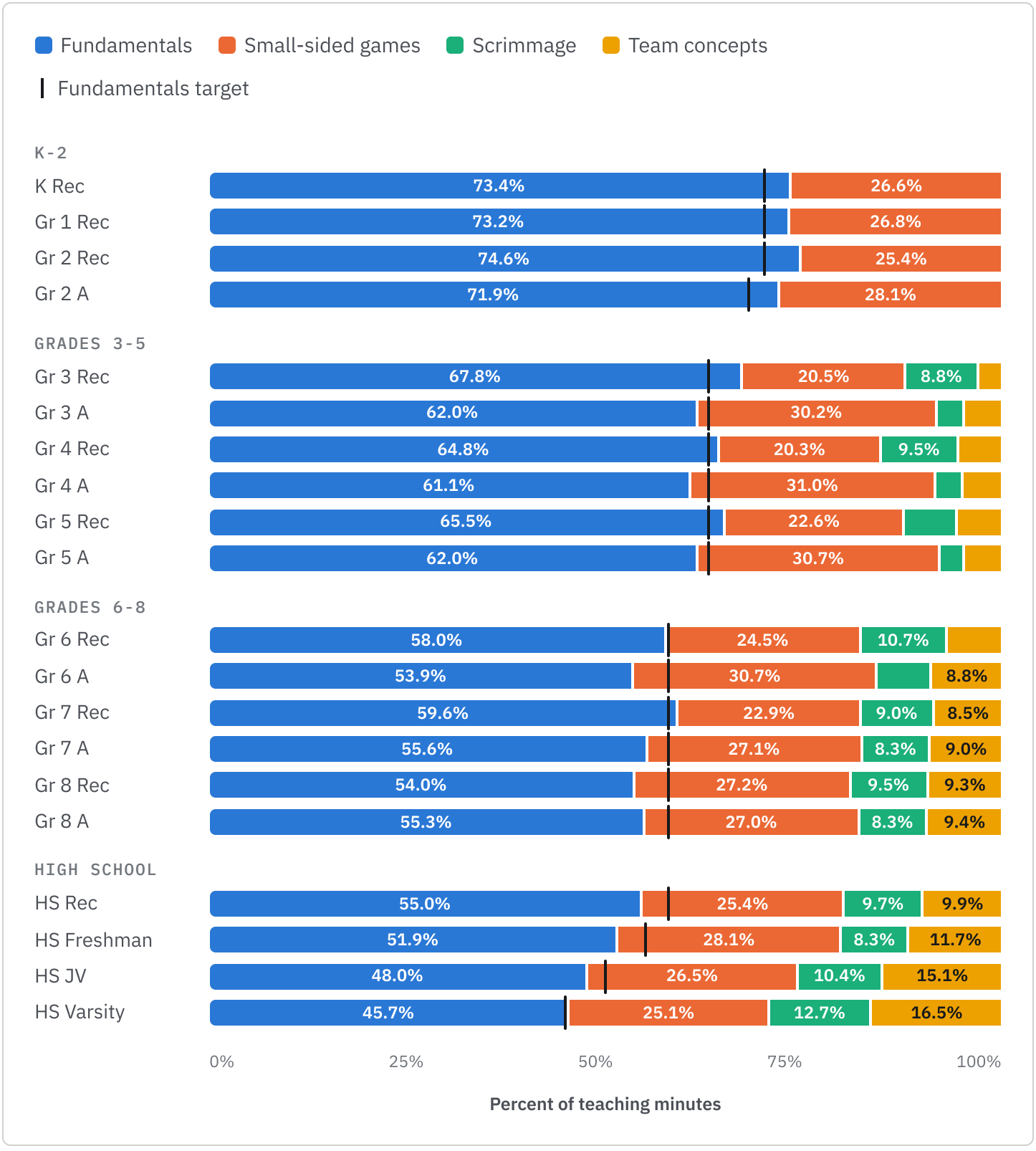
Mostly free play, 4v4 or 5v5, with normal rules. The coach mostly lets them play.

Team concepts

Teaching the team as a unit: spacing and cutting, help defense, transition lanes, inbounds plays, press break.

Percent of teaching minutes. Teaching minutes are practice time minus the opening movement warm-up, water breaks and the closing huddle: 51 of 60 minutes at a Rec practice, 66 of 75 minutes at a travel practice, 79 of 90 minutes at a high school team practice.

No minute is counted twice within a chart: Drive and Kick 3v3 also builds passing and help defense, but all its minutes count here as small-sided games, and the skills chart splits them by what the drill mainly teaches (60% game play, 20% passing, 10% shooting, 10% finishing).


Fundamentals
Small-sided games
Scrimmage
Team concepts
Fundamentals target
K-2
K Rec
73.4%
26.6%
Gr 1 Rec
73.2%
26.8%
Gr 2 Rec
74.6%
25.4%
Gr 2 A
71.9%
28.1%
GRADES 3-5
Gr 3 Rec
67.8%
20.5%
8.8%
Gr 3 A
62.0%
30.2%
Gr 4 Rec
64.8%
20.3%
9.5%
Gr 4 A
61.1%
31.0%
Gr 5 Rec
65.5%
22.6%
Gr 5 A
62.0%
30.7%
GRADES 6-8
Gr 6 Rec
58.0%
24.5%
10.7%
Gr 6 A
53.9%
30.7%
8.8%
Gr 7 Rec
59.6%
22.9%
9.0%
8.5%
Gr 7 A
55.6%
27.1%
8.3%
9.0%
Gr 8 Rec
54.0%
27.2%
9.5%
9.3%
Gr 8 A
55.3%
27.0%
8.3%
9.4%
HIGH SCHOOL
HS Rec
55.0%
25.4%
9.7%
9.9%
HS Freshman
51.9%
28.1%
8.3%
11.7%
HS JV
48.0%
26.5%
10.4%
15.1%
HS Varsity
45.7%
25.1%
12.7%
16.5%
0%
25%
50%
75%
100%
Percent of teaching minutes

Team % of teaching minutes	Fundamentals	Small-sided games	Scrimmage	Team concepts
K-2				
K Rec	73.4%	26.6%	0.0%	0.0%
Gr 1 Rec	73.2%	26.8%	0.0%	0.0%
Gr 2 Rec	74.6%	25.4%	0.0%	0.0%
Gr 2 A	71.9%	28.1%	0.0%	0.0%
GRADES 3-5				
Gr 3 Rec	67.8%	20.5%	8.8%	2.9%
Gr 3 A	62.0%	30.2%	3.2%	4.6%
Gr 4 Rec	64.8%	20.3%	9.5%	5.4%
Gr 4 A	61.1%	31.0%	3.0%	4.9%
Gr 5 Rec	65.5%	22.6%	6.4%	5.5%
Gr 5 A	62.0%	30.7%	2.6%	4.7%
GRADES 6-8				
Gr 6 Rec	58.0%	24.5%	10.7%	6.8%
Gr 6 A	53.9%	30.7%	6.6%	8.8%
Gr 7 Rec	59.6%	22.9%	9.0%	8.5%
Gr 7 A	55.6%	27.1%	8.3%	9.0%
Gr 8 Rec	54.0%	27.2%	9.5%	9.3%
Gr 8 A	55.3%	27.0%	8.3%	9.4%
HIGH SCHOOL				
HS Rec	55.0%	25.4%	9.7%	9.9%
HS Freshman	51.9%	28.1%	8.3%	11.7%
HS JV	48.0%	26.5%	10.4%	15.1%
HS Varsity	45.7%	25.1%	12.7%	16.5%

Fundamentals take 73.4% of Kindergarten teaching minutes and stay the largest share all the way to Varsity (45.7%). Scrimmage and team concepts begin at Grade 3 and grow with age. Targets are set for each grade's main team. In Grades 3-6 the A teams run less open scrimmage, because their harder drill versions turn some of it into small-sided games.

02 · TIME PER SKILL

Where the teaching time goes

The same teaching minutes as the practice mix, sorted by skill instead of purpose. Each drill's minutes are split across the skill it mainly teaches. "Game play" is time where decisions and teamwork are the point and no single skill is. Darker cells mean more of the season.

Percent of teaching minutes. The warm-up, water breaks and closing huddle are left out, and each team's row adds up to 100%.

% of teaching minutes	Shooting	Finishing	Ball handling	Passing	Footwork	Defense	Rebounding	Game play
K-2								
K Rec	21.8%	3.2%	40.6%	6.0%	6.0%	8.2%	0.5%	13.7%
Gr 1 Rec	20.9%	7.5%	31.8%	8.9%	6.9%	9.0%	0.6%	14.4%
Gr 2 Rec	9.3%	13.9%	32.5%	11.1%	8.4%	10.6%	1.0%	13.2%
Gr 2 A	10.8%	14.7%	25.7%	11.6%	7.5%	15.0%	0.7%	14.0%
GRADES 3-5								
Gr 3 Rec	20.6%	12.4%	19.4%	9.6%	6.2%	9.2%	1.4%	21.2%
Gr 3 A	21.6%	12.2%	16.0%	11.5%	5.0%	8.6%	1.2%	23.9%
Gr 4 Rec	19.0%	14.0%	15.3%	7.0%	5.2%	10.6%	3.4%	25.5%
Gr 4 A	20.9%	11.2%	15.9%	8.0%	3.7%	10.8%	2.9%	26.6%
Gr 5 Rec	24.5%	10.9%	12.6%	8.5%	3.4%	12.1%	4.0%	24.0%
Gr 5 A	23.6%	8.9%	16.5%	7.4%	2.8%	11.8%	4.3%	24.7%
GRADES 6-8								
Gr 6 Rec	21.9%	7.0%	15.3%	7.6%	4.2%	7.4%	4.1%	32.5%
Gr 6 A	19.0%	9.5%	13.1%	7.5%	3.3%	8.4%	5.0%	34.2%
Gr 7 Rec	24.8%	7.3%	14.5%	5.5%	3.3%	7.6%	6.4%	30.6%
Gr 7 A	22.4%	7.9%	10.3%	6.0%	4.6%	10.8%	6.0%	32.0%
Gr 8 Rec	17.6%	8.1%	13.0%	6.3%	5.9%	11.3%	6.1%	31.7%
Gr 8 A	18.9%	8.3%	11.5%	9.6%	5.3%	10.0%	4.9%	31.5%

% of teaching minutes	Shooting	Finishing	Ball handling	Passing	Footwork	Defense	Rebounding	Game play
HIGH SCHOOL								
HS Rec	24.9%	11.7%	5.7%	7.6%	2.9%	8.8%	6.1%	32.3%
HS Freshman	26.5%	8.6%	9.0%	7.6%	2.7%	9.0%	3.5%	33.1%
HS JV	23.3%	9.0%	8.7%	7.5%	2.5%	8.8%	2.9%	37.3%
HS Varsity	22.3%	8.9%	8.8%	7.1%	2.5%	8.6%	2.5%	39.3%

Ball handling leads in K-2 (40.6% of Kindergarten teaching minutes). Shooting builds through the middle grades, and game play grows to 39.3% of Varsity teaching minutes as team offense and defense come in. Rebounding shows small because most rebounding is taught inside other drills, which this chart does not double count.

03 · DRILLS USED MOST

The drills each team runs, ranked

Each team below lists every drill in its season, sorted by how many practices it appears in, then by share of time. Grades K and 1 are Rec only; high school shows Rec, Freshman, JV and Varsity. Each drill name links to the version that team plays (Regular, Simpler or Harder); when a season mixes versions, the line under the name says which one opens.

Kindergarten Rec

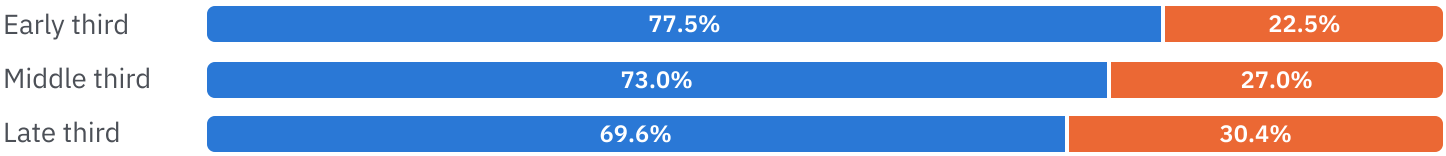
12 PRACTICES · 60 MINUTES EACH

Equipment: size 4 or 5 ball, 8-ft rim (or the lowest your gym has)

12	24	73.4%	64%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 49% of the season. 4 drills run in at least three of every four practices, led by Numbers Game. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Kindergarten Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Numbers Game** Game play · Opens Simpler, this team's version. P2, P3, P4 have their own script: open P2.	Small-sided games	12 of 12	14.4%	5.9 min	P1-12
2	**Game Winners** Shooting · Opens Simpler, this team's version.	Fundamentals	12 of 12	7.8%	4.0 min	P1-12
3	**Red Light, Green Light** Ball handling · Opens Simpler, this team's version. P1 has its own script: open P1.	Fundamentals	11 of 12	8.5%	4.3 min	P1-12
4	**Sharks and Minnows** Ball handling · Opens Simpler, this team's version. P1, P2, P4 and 4 more have their own script: open P1.	Fundamentals	9 of 12	7.5%	4.6 min	P1-12
5	**Small-Sided Games (Shadow Defense)** Game play · Opens Simpler, this team's version.	Small-sided games	8 of 12	10.6%	8.1 min	P5-12

Kindergarten Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
6	**Dribble Tag (Everyone's It)** Ball handling · Opens Simpler, this team's version.	Fundamentals	8 of 12	6.4%	4.9 min	P2-12
7	**Team Shooting Competition (Make for a Cone)** Shooting · Opens Simpler, this team's version.	Fundamentals	6 of 12	4.4%	4.5 min	P1-12
8	**Jump Stop Form Shooting** Shooting · Opens Simpler, this team's version.	Fundamentals	6 of 12	3.9%	4.0 min	P2-12
9	**Stationary Dribbling Series** Ball handling · Opens Simpler, this team's version.	Fundamentals	6 of 12	3.3%	3.3 min	P1-12
10	**Home Run** Shooting · Opens Simpler, this team's version.	Fundamentals	5 of 12	4.4%	5.4 min	P4-11
11	**Ball Wraps and Taps** Ball handling · Opens Simpler, this team's version.	Fundamentals	5 of 12	3.3%	4.0 min	P1-12
12	**Snake** Ball handling · Opens Simpler, this team's version.	Fundamentals	4 of 12	2.9%	4.5 min	P5-11
13	**Form Shooting (Close)** Shooting · Opens Simpler, this team's version.	Fundamentals	4 of 12	2.8%	4.3 min	P1-12
14	**Dribble Relays** Ball handling · Opens Simpler, this team's version.	Fundamentals	3 of 12	2.5%	5.0 min	P3-11
15	**Freeze Tag** Ball handling · Opens Simpler, this team's version.	Fundamentals	3 of 12	2.0%	4.0 min	P3-10
16	**Partner Passing Series** Passing · Opens Simpler, this team's version.	Fundamentals	3 of 12	2.0%	4.0 min	P4-10
17	**Rollout Chase and Finish** Finishing · Opens Simpler, this team's version.	Fundamentals	3 of 12	2.0%	4.0 min	P3-9
18	**Target Hands Pop Catch** Passing · Opens Simpler, this team's version.	Fundamentals	3 of 12	2.0%	4.0 min	P2-8
19	**Mirror Drill** Defense · Opens Simpler, this team's version.	Fundamentals	3 of 12	1.8%	3.7 min	P4-8
20	**Around the World** Shooting · Opens Simpler, this team's version.	Fundamentals	2 of 12	1.8%	5.5 min	P7-11
21	**Follow the Leader** Ball handling · Opens Simpler, this team's version.	Fundamentals	2 of 12	1.6%	5.0 min	P1-2
22	**Team Keep-Away (Pass Count)** Passing · Opens Simpler, this team's version.	Small-sided games	2 of 12	1.6%	5.0 min	P10-12
23	**Pivot and Triple Threat** Footwork · Opens Simpler, this team's version.	Fundamentals	2 of 12	1.3%	4.0 min	P3-8
24	**What Time Is It, Mr. Fox?** Ball handling · Opens Simpler, this team's version.	Fundamentals	2 of 12	1.3%	4.0 min	P6-11

Grade 1 Rec

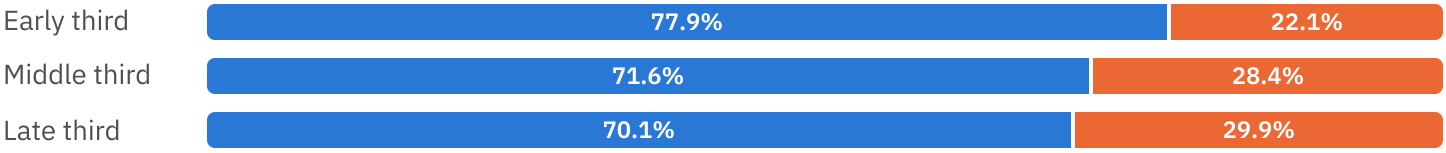
12 PRACTICES · 60 MINUTES EACH

Equipment: size 4 or 5 ball, 8-ft rim (or the lowest your gym has)

12	28	73.2%	63%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 43% of the season. 3 drills run in at least three of every four practices, led by Game Winners. 1 drill appears only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 1 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Game Winners** Shooting	Fundamentals	12 of 12	8.2%	4.2 min	P1-12
2	**Numbers Game** Game play	Small-sided games	11 of 12	12.7%	7.1 min	P1-12
3	**Small-Sided Games (Shadow Defense)** Game play · Opens Regular (10 practices; Harder in 1).	Small-sided games	11 of 12	10.9%	6.1 min	P2-12
4	**Sharks and Minnows** Ball handling	Fundamentals	7 of 12	5.7%	5.0 min	P1-12
5	**Dribble Tag (Everyone's It)** Ball handling	Fundamentals	6 of 12	5.4%	5.5 min	P1-12
6	**Red Light, Green Light** Ball handling · P11 has its own script: open P11.	Fundamentals	6 of 12	5.4%	5.5 min	P1-11
7	**Rock-Paper-Scissors 1v1** Finishing	Fundamentals	4 of 12	4.7%	7.3 min	P3-12
8	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	4 of 12	3.8%	5.8 min	P5-11
9	**Freeze Tag** Ball handling	Fundamentals	4 of 12	3.3%	5.0 min	P3-11
10	**Pivot and Triple Threat** Footwork · P10 has its own script: open P10.	Fundamentals	4 of 12	2.6%	4.0 min	P2-10
11	**Dribble Relays** Ball handling	Fundamentals	3 of 12	3.8%	7.7 min	P3-10
12	**Team Keep-Away (Pass Count)** Passing	Small-sided games	3 of 12	3.1%	6.3 min	P5-10
13	**Team Shooting Competition (Make for a Cone)** Shooting	Fundamentals	3 of 12	2.8%	5.7 min	P1-12

Grade 1 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	Form Shooting (Close) Shooting	Fundamentals	3 of 12	2.6%	5.3 min	P1-12
15	Jump Stop Form Shooting Shooting	Fundamentals	3 of 12	2.5%	5.0 min	P2-9
16	Rollout Chase and Finish Finishing	Fundamentals	3 of 12	2.5%	5.0 min	P5-11
17	Stationary Dribbling Series Ball handling	Fundamentals	3 of 12	2.1%	4.3 min	P1-12
18	Target Hands Pop Catch Passing	Fundamentals	3 of 12	2.1%	4.3 min	P2-8
19	Snake Ball handling	Fundamentals	3 of 12	2.0%	4.0 min	P4-10
20	Partner Passing Series Passing	Fundamentals	3 of 12	1.6%	3.3 min	P2-5
21	Tail Tag Ball handling	Fundamentals	2 of 12	2.0%	6.0 min	P7-11
22	Around the World Shooting	Fundamentals	2 of 12	1.8%	5.5 min	P3-7
23	Home Run Shooting	Fundamentals	2 of 12	1.8%	5.5 min	P6-11
24	Mikan Drill Finishing	Fundamentals	2 of 12	1.8%	5.5 min	P6-9
25	Monkey in the Middle Passing	Fundamentals	2 of 12	1.6%	5.0 min	P4-8
26	Ball Wraps and Taps Ball handling	Fundamentals	2 of 12	1.5%	4.5 min	P1-12
27	Mirror Drill Defense	Fundamentals	2 of 12	1.3%	4.0 min	P3-10
28	What Time Is It, Mr. Fox? Ball handling	Fundamentals	1 of 12	0.5%	3.0 min	P7

Grade 2 Rec

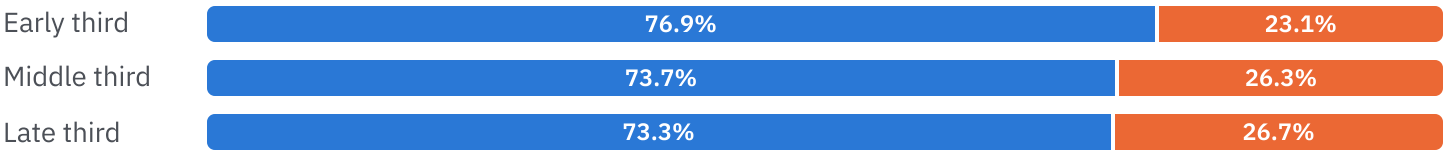
15 PRACTICES · 60 MINUTES EACH

Equipment: size 5 ball, 8-ft rim (or the lowest your gym has)

15	26	74.6%	67%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 41% of the season. Small-Sided Games (Shadow Defense) runs in at least three of every four practices. 4 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 2 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Small-Sided Games (Shadow Defense)** Game play	Small-sided games	14 of 15	11.6%	6.4 min	P2-15
2	**Ball Wraps and Taps** Ball handling	Fundamentals	11 of 15	6.1%	4.3 min	P1-15
3	**Layup Lines (Both Hands)** Finishing · Opens Regular (5 practices; Simpler in 5).	Fundamentals	10 of 15	7.8%	6.0 min	P1-15
4	**Red Light, Green Light** Ball handling	Fundamentals	9 of 15	7.7%	6.6 min	P1-15
5	**Numbers Game** Game play	Small-sided games	9 of 15	7.6%	6.4 min	P1-15
6	**Sharks and Minnows** Ball handling	Fundamentals	8 of 15	6.0%	5.8 min	P1-15
7	**Dribble Tag (Everyone's It)** Ball handling	Fundamentals	7 of 15	4.8%	5.3 min	P2-14
8	**Coach Says** Ball handling · Opens Regular (6 practices; Simpler in 1).	Fundamentals	7 of 15	3.9%	4.3 min	P2-14
9	**Monkey in the Middle** Passing	Fundamentals	7 of 15	3.7%	4.0 min	P2-14
10	**Team Keep-Away (Pass Count)** Passing	Small-sided games	6 of 15	6.1%	7.8 min	P4-14
11	**Rock-Paper-Scissors 1v1** Finishing	Fundamentals	6 of 15	5.0%	6.3 min	P3-15
12	**Mirror Drill** Defense	Fundamentals	6 of 15	3.9%	5.0 min	P1-12
13	**Rollout Chase and Finish** Finishing	Fundamentals	6 of 15	3.9%	5.0 min	P1-15

Grade 2 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Jump Stop Form Shooting** Shooting	Fundamentals	6 of 15	3.4%	4.3 min	P2-11
15	**Dribble Knockout** Ball handling	Fundamentals	5 of 15	3.5%	5.4 min	P3-13
16	**Target Hands Pop Catch** Passing	Fundamentals	4 of 15	2.1%	4.0 min	P3-14
17	**Game Winners** Shooting · Opens Simpler, this team's version.	Fundamentals	3 of 15	2.6%	6.7 min	P8-15
18	**Team Shooting Competition (Make for a Cone)** Shooting · Opens Simpler, this team's version.	Fundamentals	3 of 15	2.6%	6.7 min	P5-13
19	**Dribble Relays** Ball handling	Fundamentals	2 of 15	1.3%	5.0 min	P7-8
20	**Form Shooting (Close)** Shooting	Fundamentals	2 of 15	1.3%	5.0 min	P3-14
21	**Partner Passing Series** Passing	Fundamentals	2 of 15	1.0%	4.0 min	P1-2
22	**Stationary Dribbling Series** Ball handling	Fundamentals	2 of 15	0.8%	3.0 min	P7-12
23	**Tail Tag** Ball handling	Fundamentals	1 of 15	0.9%	7.0 min	P8
24	**Around the World** Shooting	Fundamentals	1 of 15	0.8%	6.0 min	P8
25	**Cone Slalom** Ball handling	Fundamentals	1 of 15	0.7%	5.0 min	P7
26	**Mikan Drill** Finishing	Fundamentals	1 of 15	0.7%	5.0 min	P6

Grade 2 A team

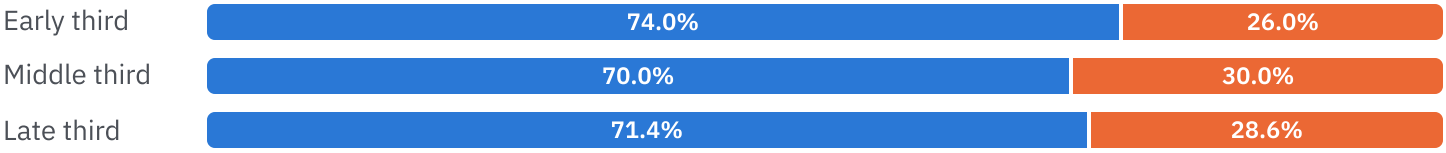
40 PRACTICES · 75 MINUTES EACH

Equipment: size 5 ball, 8-ft rim (or the lowest your gym has)

50	32	71.9%	64%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 37% of the season. 2 drills run in at least three of every four practices, led by Small-Sided Games (Shadow Defense). No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Grade 2 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Small-Sided Games (Shadow Defense)** Game play · Opens Regular (23 practices; Harder in 15).	Small-sided games	38 of 40	10.0%	6.9 min	P3-40
2	**Mirror Drill** Defense · Opens Harder (30 practices; Regular in 5). P2, P3, P4 and 27 more have their own script: open P2.	Fundamentals	35 of 40	6.2%	4.7 min	P1-40
3	**Numbers Game** Game play · Opens Harder (19 practices; Regular in 10).	Small-sided games	29 of 40	7.7%	7.0 min	P1-40
4	**Layup Lines (Both Hands)** Finishing	Fundamentals	28 of 40	6.6%	6.2 min	P1-40
5	**Ball Wraps and Taps** Ball handling · Opens Harder (23 practices; Regular in 5).	Fundamentals	28 of 40	4.5%	4.3 min	P1-40
6	**Team Keep-Away (Pass Count)** Passing · Opens Harder (19 practices; Regular in 5).	Small-sided games	24 of 40	6.8%	7.5 min	P5-40
7	**Rock-Paper-Scissors 1v1** Finishing · Opens Harder (11 practices; Regular in 8).	Fundamentals	19 of 40	4.5%	6.3 min	P5-40
8	**Form Shooting (Close)** Shooting	Fundamentals	19 of 40	3.7%	5.2 min	P1-39
9	**Monkey in the Middle** Passing · Opens Harder (15 practices; Regular in 3).	Fundamentals	18 of 40	3.6%	5.3 min	P3-37
10	**Jump Stop Form Shooting** Shooting · Opens Harder (13 practices; Regular in 3).	Fundamentals	16 of 40	3.1%	5.2 min	P3-39
11	**Coach Says** Ball handling · Opens Harder (13 practices; Regular in 3).	Fundamentals	16 of 40	2.7%	4.4 min	P1-37

Grade 2 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
12	**Dribble Knockout** Ball handling · Opens Harder (8 practices; Regular in 6).	Fundamentals	14 of 40	3.4%	6.5 min	P1-38
13	**Mikan Drill** Finishing · Opens Harder (12 practices; Regular in 2).	Fundamentals	14 of 40	3.2%	6.0 min	P7-40
14	**Read the 2-on-1** Game play · Opens Simpler, this team's version.	Small-sided games	13 of 40	3.6%	7.2 min	P9-37
15	**Red Light, Green Light** Ball handling · Opens Harder (11 practices; Regular in 2).	Fundamentals	13 of 40	3.1%	6.4 min	P1-40
16	**Defensive Stance and Slides** Defense · Opens Harder (12 practices; Regular in 1).	Fundamentals	13 of 40	2.5%	5.0 min	P7-33
17	**Dribble Tag (Everyone's It)** Ball handling · Opens Harder (9 practices; Regular in 3).	Fundamentals	12 of 40	2.4%	5.3 min	P1-39
18	**Rollout Chase and Finish** Finishing · Opens Harder (10 practices; Regular in 2).	Fundamentals	12 of 40	2.3%	5.0 min	P3-40
19	**Team Shooting Competition (Make for a Cone)** Shooting · Opens Simpler, this team's version.	Fundamentals	10 of 40	2.4%	6.4 min	P5-39
20	**Pivot and Triple Threat** Footwork	Fundamentals	10 of 40	2.3%	6.2 min	P5-37
21	**Sharks and Minnows** Ball handling · Opens Harder (7 practices; Regular in 3).	Fundamentals	10 of 40	1.9%	5.0 min	P2-40
22	**Target Hands Pop Catch** Passing · Opens Harder (6 practices; Regular in 3).	Fundamentals	9 of 40	1.4%	4.0 min	P4-37
23	**Dribble Relays** Ball handling	Fundamentals	8 of 40	2.1%	6.9 min	P9-38
24	**Game Winners** Shooting · Opens Simpler, this team's version.	Fundamentals	8 of 40	1.9%	6.3 min	P7-40
25	**Stationary Dribbling Series** Ball handling	Fundamentals	8 of 40	0.9%	3.0 min	P3-32
26	**Dribble Lines (Called Moves)** Ball handling · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.5%	6.5 min	P11-35
27	**Tail Tag** Ball handling	Fundamentals	5 of 40	1.3%	7.0 min	P10-38
28	**Around the World** Shooting	Fundamentals	5 of 40	1.1%	6.0 min	P10-38
29	**Cone Slalom** Ball handling · Opens Harder (3 practices; Regular in 2).	Fundamentals	5 of 40	1.0%	5.2 min	P7-34
30	**Line Tag** Ball handling	Fundamentals	4 of 40	1.1%	7.3 min	P9-32
31	**Partner Passing Series** Passing · Opens Harder (2 practices; Regular in 1).	Fundamentals	3 of 40	0.6%	5.3 min	P1-24

Grade 2 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
32	**Follow the Leader** Ball handling	Fundamentals	3 of 40	0.4%	3.7 min	P11-34

Grade 3 Rec

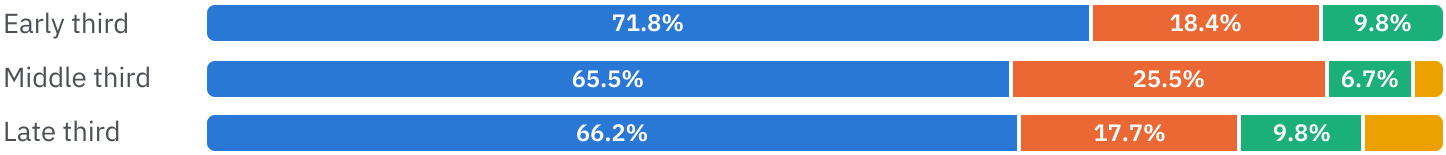
15 PRACTICES · 60 MINUTES EACH

Equipment: size 5 ball, 8-ft rim (or the lowest your gym has)

15	35	67.8%	56%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 30% of the season. 5 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 3 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting	Fundamentals	10 of 15	5.9%	4.5 min	P4-14
2	**4v4 Two-Minute Games** Game play	Scrimmage	8 of 15	8.8%	8.4 min	P1-14
3	**Form Shooting (Close)** Shooting	Fundamentals	6 of 15	5.4%	6.8 min	P1-14
4	**Layup Lines (Both Hands)** Finishing	Fundamentals	6 of 15	5.0%	6.3 min	P1-14
5	**Sharks and Minnows** Ball handling	Fundamentals	5 of 15	4.7%	7.2 min	P1-15
6	**3-on-3 Cutthroat** Game play	Small-sided games	4 of 15	5.2%	10 min	P3-12
7	**Give and Go** Passing	Fundamentals	4 of 15	3.7%	7.0 min	P11-15
8	**Red Light, Green Light** Ball handling	Fundamentals	4 of 15	3.7%	7.0 min	P1-9
9	**Mikan Drill** Finishing	Fundamentals	4 of 15	3.5%	6.8 min	P3-15
10	**Read the 2-on-1** Game play · Opens Simpler, this team's version.	Small-sided games	4 of 15	3.5%	6.8 min	P5-13
11	**Numbers Game** Game play	Small-sided games	3 of 15	3.9%	10 min	P7-15
12	**Team Keep-Away (Pass Count)** Passing · P11 has its own script: open P11.	Small-sided games	3 of 15	3.3%	8.3 min	P2-11
13	**Jump Stop Form Shooting** Shooting	Fundamentals	3 of 15	3.0%	7.7 min	P2-13
14	**Dribble Tag (Everyone's It)** Ball handling	Fundamentals	3 of 15	2.7%	7.0 min	P2-11

Grade 3 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
15	**Rock-Paper-Scissors 1v1** Finishing	Fundamentals	3 of 15	2.7%	7.0 min	P8-13
16	**Around the World** Shooting	Fundamentals	3 of 15	2.6%	6.7 min	P6-12
17	**Defensive Stance and Slides** Defense	Fundamentals	3 of 15	2.6%	6.7 min	P3-9
18	**Dribble Knockout** Ball handling	Fundamentals	3 of 15	2.6%	6.7 min	P3-13
19	**Pivot and Triple Threat** Footwork	Fundamentals	3 of 15	2.6%	6.7 min	P2-7
20	**Dribble Lines (Called Moves)** Ball handling	Fundamentals	3 of 15	2.5%	6.3 min	P4-14
21	**Mirror Drill** Defense	Fundamentals	3 of 15	2.1%	5.3 min	P3-9
22	**Ball Wraps and Taps** Ball handling	Fundamentals	3 of 15	2.0%	5.0 min	P1-15
23	**King of the Court 1v1** Ball handling	Small-sided games	2 of 15	2.1%	8.0 min	P8-10
24	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	2 of 15	2.0%	7.5 min	P8-15
25	**Team Shooting Competition (Make for a Cone)** Shooting · Opens P6; all 2 practices write their own script.	Fundamentals	2 of 15	2.0%	7.5 min	P6-14
26	**Monkey in the Middle** Passing	Fundamentals	2 of 15	1.8%	7.0 min	P1-7
27	**Dribble Relays** Ball handling	Fundamentals	2 of 15	1.6%	6.0 min	P8-10
28	**Passing Tag** Passing	Fundamentals	2 of 15	1.6%	6.0 min	P4-12
29	**Game Winners** Shooting · Opens P13; all 2 practices write their own script.	Fundamentals	2 of 15	1.4%	5.5 min	P13-15
30	**See Ball, See Your Player** Game play	Team concepts	2 of 15	1.4%	5.5 min	P9-14
31	**Cone Knockdown** Passing	Small-sided games	1 of 15	1.0%	8.0 min	P4
32	**Toss, Rebound, Outlet Race** Rebounding	Fundamentals	1 of 15	0.9%	7.0 min	P5
33	**Box-Out Battles 2v2** Rebounding	Fundamentals	1 of 15	0.8%	6.0 min	P10
34	**Spots and Swaps 3v0** Game play	Team concepts	1 of 15	0.8%	6.0 min	P12
35	**Sprint-Back Tag-Up** Game play	Team concepts	1 of 15	0.7%	5.0 min	P13

Grade 3 A team

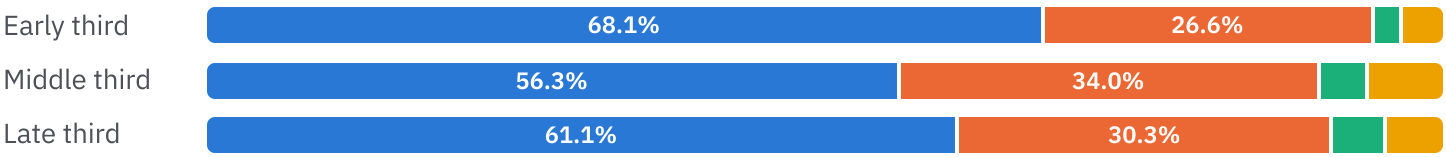
40 PRACTICES · 75 MINUTES EACH

Equipment: size 5 ball, 8-ft rim (or the lowest your gym has)

50	43	62.0%	56%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 31% of the season. Free-Throw Routine Rounds runs in at least three of every four practices. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Grade 3 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting · Opens Harder (28 practices; Regular in 6).	Fundamentals	34 of 40	7.7%	5.9 min	P3-40
2	**4v4 Two-Minute Games** Game play · Opens Harder (16 practices; Regular in 10).	Small-sided games	26 of 40	8.1%	8.2 min	P1-40
3	**3-on-3 Cutthroat** Game play · Opens Harder (16 practices; Regular in 5).	Small-sided games	21 of 40	7.3%	9.2 min	P2-39
4	**Read the 2-on-1** Game play · Opens Regular (14 practices; Simpler in 2).	Small-sided games	16 of 40	4.5%	7.4 min	P3-40
5	**Layup Lines (Both Hands)** Finishing · Opens Regular (9 practices; Harder in 3).	Fundamentals	12 of 40	3.7%	8.2 min	P1-40
6	**Mikan Drill** Finishing	Fundamentals	11 of 40	2.7%	6.5 min	P2-40
7	**Give and Go** Passing · Opens Harder (7 practices; Regular in 3).	Small-sided games	10 of 40	3.1%	8.1 min	P21-39
8	**Partner Spot Shooting (5 Spots)** Shooting	Fundamentals	10 of 40	3.1%	8.1 min	P7-37
9	**Team Keep-Away (Pass Count)** Passing · Opens Harder (8 practices; Regular in 2).	Small-sided games	10 of 40	3.0%	8.0 min	P2-39
10	**Rock-Paper-Scissors 1v1** Finishing · Opens Harder (5 practices; Regular in 4).	Fundamentals	9 of 40	2.7%	8.0 min	P8-38
11	**Pivot and Triple Threat** Footwork · Opens Harder (7 practices; Regular in 2).	Fundamentals	9 of 40	2.5%	7.2 min	P2-33
12	**Chase-Down Layups** Finishing · Opens Harder (6 practices; Regular in 2).	Fundamentals	8 of 40	2.4%	8.0 min	P6-35
13	**Form Shooting (Close)** Shooting	Fundamentals	8 of 40	2.4%	7.9 min	P1-40

Grade 3 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Sharks and Minnows** Ball handling · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 40	2.3%	7.6 min	P1-40
15	**Defensive Stance and Slides** Defense · Opens Harder (6 practices; Regular in 2).	Fundamentals	8 of 40	2.2%	7.4 min	P1-35
16	**Dribble Tag (Everyone's It)** Ball handling · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 40	2.2%	7.1 min	P2-37
17	**Partner Passing Series** Passing · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 40	1.9%	6.1 min	P3-39
18	**Game Winners** Shooting · Opens P10; all 8 practices write their own script.	Fundamentals	8 of 40	1.8%	5.9 min	P10-40
19	**See Ball, See Your Player** Game play · Opens Harder (6 practices; Regular in 2).	Team concepts	8 of 40	1.7%	5.6 min	P8-37
20	**King of the Court 1v1** Ball handling · Opens Harder (4 practices; Regular in 3).	Small-sided games	7 of 40	2.7%	10 min	P4-32
21	**Numbers Game** Game play	Small-sided games	7 of 40	2.6%	9.9 min	P8-40
22	**Jump Stop Form Shooting** Shooting · Opens Harder (6 practices; Regular in 1).	Fundamentals	7 of 40	2.1%	8.0 min	P2-29
23	**Red Light, Green Light** Ball handling · Opens Harder (4 practices; Regular in 3).	Fundamentals	7 of 40	1.9%	7.1 min	P1-39
24	**Spots and Swaps 3v0** Game play · Opens Harder (5 practices; Regular in 2).	Team concepts	7 of 40	1.5%	5.7 min	P9-39
25	**Team Shooting Competition (Make for a Cone)** Shooting · Opens P6; all 6 practices write their own script.	Fundamentals	6 of 40	1.9%	8.5 min	P6-34
26	**Monkey in the Middle** Passing · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.7%	7.7 min	P1-36
27	**Dribble Knockout** Ball handling · Opens Harder (3 practices; Regular in 3).	Fundamentals	6 of 40	1.6%	6.8 min	P3-34
28	**Sprint-Back Tag-Up** Game play · Opens Harder (4 practices; Regular in 2).	Team concepts	6 of 40	1.4%	6.0 min	P12-36
29	**Ball Wraps and Taps** Ball handling · Opens Harder (3 practices; Regular in 3).	Fundamentals	6 of 40	1.0%	4.3 min	P1-40
30	**Around the World** Shooting	Fundamentals	5 of 40	1.5%	8.0 min	P5-38
31	**Line Tag** Ball handling · Opens Harder (4 practices; Regular in 1).	Fundamentals	5 of 40	1.4%	7.6 min	P9-32

Grade 3 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
32	**Dribble Relays** Ball handling · Opens Regular (4 practices; Harder in 1).	Fundamentals	5 of 40	1.4%	7.2 min	P4-38
33	**Cone Slalom** Ball handling · Opens Harder (4 practices; Regular in 1).	Fundamentals	5 of 40	1.3%	7.0 min	P5-35
34	**Mirror Drill** Defense · Opens Harder (4 practices; Regular in 1).	Fundamentals	5 of 40	1.3%	6.8 min	P3-21
35	**Dribble-Limit 4v4** Game play · Opens Harder (3 practices; Regular in 1).	Small-sided games	4 of 40	1.4%	9.0 min	P23-33
36	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	4 of 40	1.3%	8.5 min	P10-38
37	**Shooting Ladders** Shooting · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.3%	8.3 min	P7-29
38	**Cone Knockdown** Passing · Opens Harder (3 practices; Regular in 1).	Small-sided games	4 of 40	1.2%	8.0 min	P9-33
39	**Stationary Dribbling Series** Ball handling · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	0.9%	6.3 min	P5-32
40	**Passing Tag** Passing · Opens Regular (2 practices; Harder in 1).	Fundamentals	3 of 40	0.9%	8.0 min	P5-38
41	**Toss, Rebound, Outlet Race** Rebounding · Opens Harder (2 practices; Regular in 1).	Fundamentals	3 of 40	0.9%	8.0 min	P6-28
42	**Dribble Lines (Called Moves)** Ball handling · Opens Harder (2 practices; Regular in 1).	Fundamentals	3 of 40	0.9%	7.7 min	P4-23
43	**Box-Out Battles 2v2** Rebounding · Opens Harder (1 practices; Regular in 1).	Fundamentals	2 of 40	0.6%	8.0 min	P30-35

Grade 4 Rec

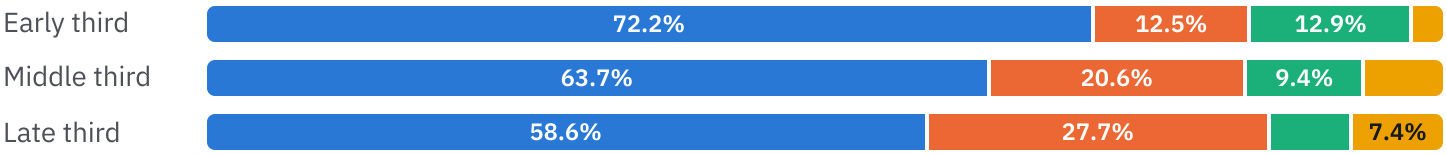
15 PRACTICES · 60 MINUTES EACH

Equipment: size 5 ball, 8-ft rim (or the lowest your gym has)

15	33	64.8%	55%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 33% of the season. Free-Throw Routine Rounds runs in at least three of every four practices. 5 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 4 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting	Fundamentals	12 of 15	7.3%	4.7 min	P2-14
2	**4v4 Two-Minute Games** Game play	Scrimmage	9 of 15	9.5%	8.1 min	P1-14
3	**Layup Lines (Both Hands)** Finishing	Fundamentals	6 of 15	5.9%	7.5 min	P1-14
4	**Sharks and Minnows** Ball handling	Fundamentals	5 of 15	4.7%	7.2 min	P1-15
5	**Mikan Drill** Finishing · P3 and P5 have their own script: open P3.	Fundamentals	5 of 15	4.3%	6.6 min	P3-15
6	**3-on-3 Cutthroat** Game play	Small-sided games	4 of 15	5.1%	9.8 min	P5-15
7	**Red Light, Green Light** Ball handling	Fundamentals	4 of 15	4.1%	7.8 min	P1-14
8	**Form Shooting (Close)** Shooting	Fundamentals	4 of 15	3.9%	7.5 min	P1-14
9	**Read the 2-on-1** Game play · Opens Regular (3 practices; Simpler in 1).	Small-sided games	4 of 15	3.9%	7.5 min	P4-13
10	**Closeout 1v1** Defense	Fundamentals	4 of 15	3.5%	6.8 min	P3-11
11	**Team Keep-Away (Pass Count)** Passing · P6 and P12 have their own script: open P6.	Small-sided games	4 of 15	3.4%	6.5 min	P2-12
12	**Defensive Stance and Slides** Defense	Fundamentals	4 of 15	3.1%	6.0 min	P2-11
13	**Numbers Game** Game play	Small-sided games	3 of 15	3.4%	8.7 min	P8-15

Grade 4 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Dribble Knockout** Ball handling	Fundamentals	3 of 15	3.0%	7.7 min	P4-10
15	**Give and Go** Passing	Fundamentals	3 of 15	3.0%	7.7 min	P6-14
16	**Dribble Tag (Everyone's It)** Ball handling	Fundamentals	3 of 15	2.9%	7.3 min	P3-13
17	**Box-Out Battles 2v2** Rebounding	Fundamentals	3 of 15	2.7%	7.0 min	P5-11
18	**Pivot and Triple Threat** Footwork	Fundamentals	3 of 15	2.4%	6.0 min	P4-12
19	**Spots and Swaps 3v0** Game play	Team concepts	3 of 15	2.2%	5.7 min	P5-12
20	**See Ball, See Your Player** Game play	Team concepts	3 of 15	1.8%	4.7 min	P9-14
21	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	2 of 15	2.4%	9.0 min	P8-15
22	**Score for Stops** Game play · P13 has its own script: open P13.	Small-sided games	2 of 15	2.2%	8.5 min	P11-13
23	**Jump Stop Form Shooting** Shooting	Fundamentals	2 of 15	2.0%	7.5 min	P2-5
24	**Team Shooting Competition (Make for a Cone)** Shooting	Fundamentals	2 of 15	2.0%	7.5 min	P8-14
25	**Chase-Down Layups** Finishing	Fundamentals	2 of 15	1.8%	7.0 min	P7-10
26	**Mirror Drill** Defense	Fundamentals	2 of 15	1.6%	6.0 min	P9-11
27	**Game Winners** Shooting	Fundamentals	2 of 15	1.4%	5.5 min	P13-15
28	**Sprint-Back Tag-Up** Game play	Team concepts	2 of 15	1.3%	5.0 min	P7-13
29	**Dribble Relays** Ball handling	Fundamentals	1 of 15	1.2%	9.0 min	P8
30	**Monkey in the Middle** Passing	Fundamentals	1 of 15	1.2%	9.0 min	P1
31	**Dribble-Limit 4v4** Game play	Small-sided games	1 of 15	1.0%	8.0 min	P12
32	**Around the World** Shooting · Opens P12, which writes its own script.	Fundamentals	1 of 15	0.9%	7.0 min	P12
33	**Cone Slalom** Ball handling	Fundamentals	1 of 15	0.8%	6.0 min	P7

Grade 4 A team

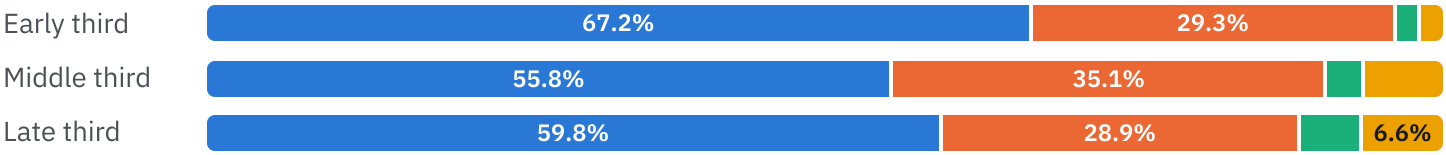
40 PRACTICES · 75 MINUTES EACH

Equipment: size 5 ball, 8-ft rim (or the lowest your gym has)

50	45	61.1%	54%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 28% of the season. Free-Throw Routine Rounds runs in at least three of every four practices. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Grade 4 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting · Opens Harder (30 practices; Regular in 6).	Fundamentals	36 of 40	8.0%	5.8 min	P1-40
2	**4v4 Two-Minute Games** Game play · Opens Harder (16 practices; Regular in 10).	Small-sided games	26 of 40	7.9%	8.0 min	P1-40
3	**Closeout 1v1** Defense · Opens Harder (15 practices; Regular in 2).	Fundamentals	17 of 40	4.9%	7.6 min	P3-40
4	**3-on-3 Cutthroat** Game play · Opens Harder (8 practices; Regular in 4).	Small-sided games	12 of 40	3.6%	8.0 min	P2-39
5	**Layup Lines (Both Hands)** Finishing · Opens Harder (9 practices; Regular in 3).	Fundamentals	12 of 40	3.6%	8.0 min	P1-40
6	**Give and Go** Passing · Opens Regular (7 practices; Harder in 5).	Small-sided games	12 of 40	3.5%	7.7 min	P5-39
7	**Mikan Drill** Finishing · Opens Regular (10 practices; Harder in 2). P2, P3, P6 have their own script: open P2.	Fundamentals	12 of 40	3.0%	6.6 min	P2-37
8	**Read the 2-on-1** Game play · Opens Harder (5 practices; Regular in 5, Simpler in 1).	Small-sided games	11 of 40	2.9%	7.0 min	P3-40
9	**Partner Spot Shooting (5 Spots)** Shooting · Opens Harder (7 practices; Regular in 3).	Fundamentals	10 of 40	3.5%	9.3 min	P7-37
10	**Chase-Down Layups** Finishing · Opens Harder (7 practices; Regular in 2).	Fundamentals	9 of 40	2.7%	7.8 min	P6-35
11	**Team Keep-Away (Pass Count)** Passing · Opens Harder (6 practices; Regular in 3).	Small-sided games	9 of 40	2.2%	6.4 min	P2-39
12	**4-on-4 Continuous (Three Teams)** Game play · Opens Harder (6 practices; Regular in 2).	Small-sided games	8 of 40	3.0%	10 min	P15-35

Grade 4 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
13	**King of the Court 1v1** Ball handling · Opens Harder (4 practices; Regular in 4). P18 has its own script: open P18.	Small-sided games	8 of 40	2.6%	8.5 min	P4-38
14	**Score for Stops** Game play · Opens Harder (7 practices; Regular in 1).	Small-sided games	8 of 40	2.5%	8.4 min	P8-35
15	**Form Shooting (Close)** Shooting · Opens Harder (7 practices; Regular in 1).	Fundamentals	8 of 40	2.2%	7.4 min	P1-40
16	**Sharks and Minnows** Ball handling · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 40	2.2%	7.4 min	P1-40
17	**Box-Out Battles 2v2** Rebounding · Opens Harder (6 practices; Regular in 2).	Fundamentals	8 of 40	2.1%	7.0 min	P4-39
18	**Defensive Stance and Slides** Defense · Opens Harder (7 practices; Regular in 1).	Fundamentals	8 of 40	2.1%	7.0 min	P1-35
19	**Dribble Tag (Everyone's It)** Ball handling · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 40	2.1%	7.0 min	P2-37
20	**Situational Scrimmage** Game play · Opens P19; all 7 practices write their own script.	Team concepts	7 of 40	2.4%	9.0 min	P19-39
21	**Dribble-Limit 4v4** Game play · Opens Harder (6 practices; Regular in 1).	Small-sided games	7 of 40	2.1%	8.0 min	P9-33
22	**Red Light, Green Light** Ball handling · Opens Harder (4 practices; Regular in 3).	Fundamentals	7 of 40	2.0%	7.4 min	P1-39
23	**Pivot and Triple Threat** Footwork · Opens Harder (5 practices; Regular in 2).	Fundamentals	7 of 40	1.7%	6.6 min	P3-33
24	**3-on-2, 2-on-1 Continuous** Game play · Opens Harder (3 practices; Regular in 3).	Small-sided games	6 of 40	2.1%	9.2 min	P8-37
25	**Numbers Game** Game play	Small-sided games	6 of 40	1.9%	8.5 min	P10-40
26	**Dribble Relays** Ball handling · Opens Regular (4 practices; Harder in 2).	Fundamentals	6 of 40	1.7%	7.7 min	P9-38
27	**Mirror Drill** Defense · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.4%	6.0 min	P4-35
28	**Team Shooting Competition (Make for a Cone)** Shooting · Opens Regular (4 practices; Harder in 1).	Fundamentals	5 of 40	1.5%	8.0 min	P6-34
29	**Dribble Knockout** Ball handling · Opens Regular (3 practices; Harder in 2).	Fundamentals	5 of 40	1.4%	7.6 min	P4-34
30	**Cone Slalom** Ball handling · Opens Harder (4 practices; Regular in 1).	Fundamentals	5 of 40	1.4%	7.2 min	P5-35
31	**Game Winners** Shooting	Fundamentals	5 of 40	1.3%	6.8 min	P10-40

Grade 4 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
32	**See Ball, See Your Player** Game play · Opens Harder (4 practices; Regular in 1).	Team concepts	5 of 40	1.0%	5.4 min	P4-35
33	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	4 of 40	1.3%	8.8 min	P10-38
34	**Around the World** Shooting · Opens P10; all 4 practices write their own script.	Fundamentals	4 of 40	1.2%	8.0 min	P10-38
35	**Jump Stop Form Shooting** Shooting · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.2%	8.0 min	P2-29
36	**Monkey in the Middle** Passing · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.2%	8.0 min	P1-36
37	**Retreat Dribble and Change of Direction** Ball handling · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.2%	8.0 min	P11-32
38	**Shooting Ladders** Shooting · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.1%	7.3 min	P7-29
39	**Partner Passing Series** Passing · Opens Harder (2 practices; Regular in 2).	Fundamentals	4 of 40	0.9%	5.8 min	P3-39
40	**Stationary Dribbling Series** Ball handling · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	0.9%	5.8 min	P5-32
41	**Spots and Swaps 3v0** Game play · Opens Harder (3 practices; Regular in 1).	Team concepts	4 of 40	0.8%	5.3 min	P15-33
42	**Line Tag** Ball handling · Opens Harder (2 practices; Regular in 1).	Fundamentals	3 of 40	0.9%	8.3 min	P11-24
43	**Tail Tag** Ball handling	Fundamentals	3 of 40	0.9%	8.3 min	P10-38
44	**Cone Knockdown** Passing · Opens Harder (2 practices; Regular in 1).	Small-sided games	3 of 40	0.9%	8.0 min	P9-33
45	**Sprint-Back Tag-Up** Game play · Opens Harder (2 practices; Regular in 1).	Team concepts	3 of 40	0.6%	5.7 min	P14-28

Grade 5 Rec

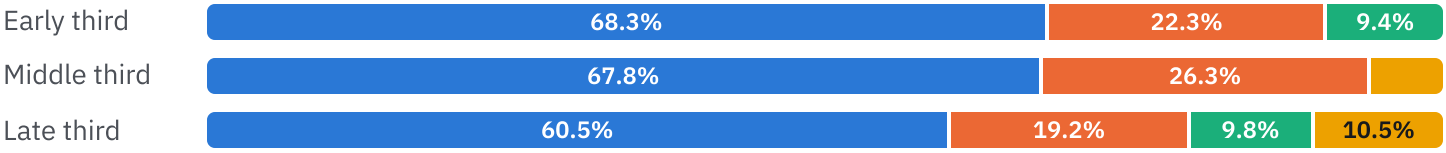
15 PRACTICES · 60 MINUTES EACH

Equipment: size 6 ball, 9-ft rim (or the lowest your gym has)

15	34	65.5%	52%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 30% of the season. Free-Throw Routine Rounds runs in at least three of every four practices. 5 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 5 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting	Fundamentals	15 of 15	10.1%	5.1 min	P1-15
2	**4v4 Two-Minute Games** Game play	Scrimmage	6 of 15	6.4%	8.2 min	P1-14
3	**Dribble Tag (Everyone's It)** Ball handling	Fundamentals	6 of 15	4.8%	6.2 min	P1-15
4	**Defensive Stance and Slides** Defense	Fundamentals	5 of 15	4.6%	7.0 min	P1-15
5	**Sharks and Minnows** Ball handling	Fundamentals	5 of 15	3.8%	5.8 min	P3-14
6	**Form Shooting (Close)** Shooting	Fundamentals	4 of 15	4.1%	7.8 min	P1-11
7	**Layup Lines (Both Hands)** Finishing	Fundamentals	4 of 15	3.8%	7.3 min	P1-15
8	**Read the 2-on-1** Game play	Small-sided games	4 of 15	3.7%	7.0 min	P1-15
9	**Box-Out Battles 2v2** Rebounding	Fundamentals	4 of 15	3.5%	6.8 min	P3-12
10	**Closeout 1v1** Defense	Fundamentals	4 of 15	3.5%	6.8 min	P3-13
11	**Give and Go** Passing	Fundamentals	4 of 15	3.5%	6.8 min	P5-14
12	**Dribble-Limit 4v4** Game play	Small-sided games	3 of 15	4.1%	10 min	P4-9
13	**3-on-2, 2-on-1 Continuous** Game play	Small-sided games	3 of 15	3.3%	8.3 min	P5-13

Grade 5 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Shell Drill 3v3** Game play	Team concepts	3 of 15	3.3%	8.3 min	P9-14
15	**Team Shooting Competition (Make for a Cone)** Shooting	Fundamentals	3 of 15	3.0%	7.7 min	P6-15
16	**Jump Stop Form Shooting** Shooting	Fundamentals	3 of 15	2.7%	7.0 min	P4-12
17	**Mikan Drill** Finishing	Fundamentals	3 of 15	2.6%	6.7 min	P3-10
18	**Monkey in the Middle** Passing	Fundamentals	3 of 15	2.6%	6.7 min	P2-14
19	**Numbers Game** Game play	Small-sided games	2 of 15	2.7%	11 min	P8-15
20	**3-on-3 Cutthroat** Game play	Small-sided games	2 of 15	2.4%	9.0 min	P2-7
21	**Shooting Ladders** Shooting	Fundamentals	2 of 15	2.1%	8.0 min	P6-10
22	**Mirror Drill** Defense	Fundamentals	2 of 15	2.0%	7.5 min	P4-7
23	**Team Keep-Away (Pass Count)** Passing	Small-sided games	2 of 15	2.0%	7.5 min	P5-9
24	**Chase-Down Layups** Finishing	Fundamentals	2 of 15	1.8%	7.0 min	P10-13
25	**Hot Shot** Shooting	Fundamentals	2 of 15	1.8%	7.0 min	P8-14
26	**Pivot and Triple Threat** Footwork	Fundamentals	2 of 15	1.8%	7.0 min	P4-12
27	**Dribble Knockout** Ball handling	Fundamentals	2 of 15	1.7%	6.5 min	P6-9
28	**Transition Defense: Stop the Ball** Game play	Team concepts	2 of 15	1.6%	6.0 min	P7-13
29	**Game Winners** Shooting	Fundamentals	2 of 15	1.0%	4.0 min	P12-13
30	**King of the Court 1v1** Ball handling	Small-sided games	1 of 15	1.4%	11 min	P10
31	**Score for Stops** Game play	Small-sided games	1 of 15	1.4%	11 min	P11
32	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	1 of 15	1.0%	8.0 min	P8
33	**Dribble Relays** Ball handling	Fundamentals	1 of 15	0.9%	7.0 min	P8
34	**Pass, Cut, Fill (4-Out)** Game play	Team concepts	1 of 15	0.9%	7.0 min	P12

Grade 5 A team

40 PRACTICES · 75 MINUTES EACH

Equipment: size 6 ball, 9-ft rim (or the lowest your gym has)

50	44	62.0%	53%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 25% of the season. Free-Throw Routine Rounds runs in at least three of every four practices. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Grade 5 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting · Opens Harder (39 practices; Regular in 1).	Fundamentals	40 of 40	9.2%	6.1 min	P1-40
2	**Closeout 1v1** Defense · Opens Harder (13 practices; Regular in 2).	Fundamentals	15 of 40	4.0%	7.0 min	P2-35
3	**4v4 Two-Minute Games** Game play · Opens Harder (7 practices; Regular in 7). P36 has its own script: open P36.	Scrimmage	14 of 40	5.1%	9.6 min	P1-40
4	**Box-Out Battles 2v2** Rebounding · Opens Harder (11 practices; Regular in 2).	Fundamentals	13 of 40	3.7%	7.5 min	P2-38
5	**Two-Ball Dribbling** Ball handling · Opens Harder (12 practices; Regular in 1).	Fundamentals	13 of 40	3.3%	6.6 min	P2-39
6	**Read the 2-on-1** Game play · Opens Harder (10 practices; Regular in 2).	Small-sided games	12 of 40	3.5%	7.8 min	P1-40
7	**Give and Go** Passing · Opens Harder (7 practices; Regular in 4).	Small-sided games	11 of 40	2.8%	6.7 min	P9-39
8	**Drive and Kick 3v3** Game play · Opens Harder (7 practices; Regular in 3).	Small-sided games	10 of 40	3.2%	8.5 min	P13-39
9	**Partner Spot Shooting (5 Spots)** Shooting · Opens Harder (9 practices; Regular in 1).	Fundamentals	10 of 40	3.2%	8.4 min	P7-37
10	**Dribble Tag (Everyone's It)** Ball handling · Opens Harder (7 practices; Regular in 2).	Fundamentals	9 of 40	2.5%	7.4 min	P1-40
11	**Layup Lines (Both Hands)** Finishing · Opens Harder (8 practices; Regular in 1).	Fundamentals	9 of 40	2.5%	7.2 min	P1-40

Grade 5 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
12	**King of the Court 1v1** Ball handling · Opens Harder (6 practices; Regular in 2).	Small-sided games	8 of 40	3.2%	11 min	P5-38
13	**3-on-2, 2-on-1 Continuous** Game play · Opens Harder (6 practices; Regular in 2).	Small-sided games	8 of 40	2.6%	8.5 min	P6-37
14	**Sharks and Minnows** Ball handling · Opens Harder (7 practices; Regular in 1).	Fundamentals	8 of 40	2.2%	7.3 min	P3-38
15	**Defensive Stance and Slides** Defense · Opens Harder (7 practices; Regular in 1).	Fundamentals	8 of 40	2.1%	6.9 min	P1-40
16	**Pass, Cut, Fill (4-Out)** Game play · Opens Harder (4 practices; Regular in 4). P20 has its own script: open P20.	Small-sided games	8 of 40	2.0%	6.6 min	P13-39
17	**Transition Defense: Stop the Ball** Game play · Opens Harder (7 practices; Regular in 1).	Team concepts	8 of 40	1.9%	6.4 min	P8-35
18	**Mikan Drill** Finishing · Opens Harder (7 practices; Regular in 1).	Fundamentals	8 of 40	1.7%	5.6 min	P2-38
19	**Dribble-Limit 4v4** Game play · Opens Harder (6 practices; Regular in 1).	Small-sided games	7 of 40	2.3%	8.9 min	P4-33
20	**Shell Drill 3v3** Game play	Team concepts	7 of 40	2.1%	8.0 min	P21-39
21	**Closeout and Shot-Fake Read** Shooting · Opens Harder (5 practices; Regular in 2).	Fundamentals	7 of 40	2.1%	7.9 min	P22-37
22	**Dribble Knockout** Ball handling · Opens Harder (6 practices; Regular in 1).	Fundamentals	7 of 40	1.8%	6.7 min	P4-34
23	**Form Shooting (Close)** Shooting · Opens Harder (6 practices; Regular in 1).	Fundamentals	7 of 40	1.7%	6.6 min	P1-37
24	**Game Winners** Shooting	Fundamentals	7 of 40	1.2%	4.4 min	P27-39
25	**4-on-4 Continuous (Three Teams)** Game play · Opens Harder (5 practices; Regular in 1).	Small-sided games	6 of 40	2.3%	10 min	P13-33
26	**Numbers Game** Game play	Small-sided games	6 of 40	2.2%	9.5 min	P10-40
27	**Team Shooting Competition (Make for a Cone)** Shooting	Fundamentals	6 of 40	2.0%	8.7 min	P7-34
28	**Zig-Zag Slides** Defense · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.8%	7.8 min	P21-35
29	**Pivot and Triple Threat** Footwork · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.7%	7.7 min	P1-33
30	**Chase-Down Layups** Finishing · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.7%	7.3 min	P8-32
31	**Team Keep-Away (Pass Count)** Passing · Opens Harder (3 practices; Regular in 3).	Small-sided games	6 of 40	1.6%	7.0 min	P5-39

Grade 5 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
32	**Mirror Drill** Defense · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.4%	6.0 min	P3-30
33	**Score for Stops** Game play · Opens Harder (4 practices; Regular in 1).	Small-sided games	5 of 40	1.9%	10 min	P15-35
34	**3-on-3 Cutthroat** Game play · Opens Harder (4 practices; Regular in 1).	Small-sided games	5 of 40	1.8%	9.4 min	P2-32
35	**Hot Shot** Shooting	Fundamentals	5 of 40	1.6%	8.2 min	P10-40
36	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	5 of 40	1.5%	7.8 min	P4-38
37	**Jump Stop Form Shooting** Shooting · Opens Harder (4 practices; Regular in 1).	Fundamentals	5 of 40	1.4%	7.2 min	P3-29
38	**Retreat Dribble and Change of Direction** Ball handling · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.4%	9.3 min	P6-32
39	**Dribble Relays** Ball handling	Fundamentals	4 of 40	1.3%	8.3 min	P10-38
40	**Cone Slalom** Ball handling · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.2%	8.0 min	P4-35
41	**Shooting Ladders** Shooting · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.2%	7.8 min	P7-29
42	**Monkey in the Middle** Passing · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.1%	7.3 min	P5-33
43	**Partner Passing Series** Passing · Opens Harder (2 practices; Regular in 1).	Fundamentals	3 of 40	0.7%	6.0 min	P2-39
44	**Around the World** Shooting	Fundamentals	2 of 40	0.6%	8.0 min	P34-38

Grade 6 Rec

15 PRACTICES · 60 MINUTES EACH

Equipment: size 6 ball, 9-ft rim (or the lowest your gym has)

15	29	58.0%	52%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 38% of the season. Free-Throw Routine Rounds runs in at least three of every four practices. 3 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 6 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting	Fundamentals	12 of 15	8.1%	5.2 min	P1-15
2	**4v4 Two-Minute Games** Game play	Scrimmage	10 of 15	10.7%	8.2 min	P1-15
3	**Dribble Tag (Everyone's It)** Ball handling	Fundamentals	8 of 15	6.8%	6.5 min	P1-15
4	**Dribble-Limit 4v4** Game play	Small-sided games	6 of 15	7.1%	9.0 min	P4-12
5	**Read the 2-on-1** Game play · Opens Regular (5 practices; Harder in 1).	Small-sided games	6 of 15	5.8%	7.3 min	P1-15
6	**Closeout and Shot-Fake Read** Defense · Opens Regular (4 practices; Harder in 1).	Fundamentals	5 of 15	4.7%	7.2 min	P1-15
7	**3-on-2, 2-on-1 Continuous** Game play · Opens Regular (3 practices; Simpler in 1).	Small-sided games	4 of 15	4.6%	8.8 min	P3-13
8	**Jump Stop Form Shooting** Shooting	Fundamentals	4 of 15	4.4%	8.5 min	P1-5
9	**Closeout 1v1** Defense	Fundamentals	4 of 15	3.9%	7.5 min	P3-13
10	**Partner Spot Shooting (5 Spots)** Shooting	Fundamentals	4 of 15	3.5%	6.8 min	P4-12
11	**Box-Out Battles 2v2** Rebounding · Opens Regular (2 practices; Harder in 2).	Fundamentals	4 of 15	3.4%	6.5 min	P5-12
12	**Give and Go** Passing	Fundamentals	4 of 15	3.3%	6.3 min	P4-12
13	**Sharks and Minnows** Ball handling	Fundamentals	4 of 15	3.3%	6.3 min	P3-11

Grade 6 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Shell Drill 3v3** Game play	Team concepts	3 of 15	2.7%	7.0 min	P5-11
15	**Rip and Pivot 1v1** Footwork	Fundamentals	3 of 15	2.5%	6.3 min	P4-13
16	**Pass, Cut, Fill (4-Out)** Game play	Team concepts	3 of 15	2.4%	6.0 min	P6-12
17	**Pressure Free Throws: Earn the Second** Shooting	Fundamentals	3 of 15	2.2%	5.7 min	P12-14
18	**Numbers Game** Game play	Small-sided games	2 of 15	2.6%	10 min	P8-15
19	**Score for Stops** Game play · P13 has its own script: open P13.	Small-sided games	2 of 15	2.5%	9.5 min	P11-13
20	**Situational Scrimmage** Game play · Opens P13; all 2 practices write their own script.	Team concepts	2 of 15	2.4%	9.0 min	P13-14
21	**Chase-Down Layups** Finishing	Fundamentals	2 of 15	2.0%	7.5 min	P7-10
22	**Hot Shot** Shooting	Fundamentals	2 of 15	2.0%	7.5 min	P8-15
23	**Zig-Zag Slides** Defense	Fundamentals	2 of 15	1.8%	7.0 min	P4-11
24	**Dribble Knockout** Ball handling	Fundamentals	2 of 15	1.6%	6.0 min	P10-13
25	**Monkey in the Middle** Passing	Fundamentals	2 of 15	1.6%	6.0 min	P2-5
26	**Mikan Drill** Finishing	Fundamentals	2 of 15	1.4%	5.5 min	P3-10
27	**Around the World** Shooting	Fundamentals	1 of 15	1.0%	8.0 min	P14
28	**Dribble Relays** Ball handling	Fundamentals	1 of 15	0.9%	7.0 min	P8
29	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	1 of 15	0.9%	7.0 min	P8

Grade 6 A team

40 PRACTICES · 75 MINUTES EACH

Equipment: size 6 ball, 9-ft rim (or the lowest your gym has)

50	42	53.9%	52%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 28% of the season. 4v4 Two-Minute Games runs in at least three of every four practices. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Grade 6 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**4v4 Two-Minute Games** Game play · Opens Regular (21 practices; Harder in 11).	Scrimmage	32 of 40	10.0%	8.2 min	P1-40
2	**Free-Throw Routine Rounds** Shooting · Opens Harder (26 practices; Regular in 1).	Fundamentals	27 of 40	5.7%	5.6 min	P1-40
3	**Box-Out Battles 2v2** Rebounding · Opens Harder, this team's version.	Fundamentals	15 of 40	4.2%	7.5 min	P1-40
4	**Partner Spot Shooting (5 Spots)** Shooting · Opens Harder (12 practices; Regular in 1).	Fundamentals	13 of 40	4.0%	8.1 min	P7-37
5	**Closeout and Shot-Fake Read** Shooting · Opens Harder (11 practices; Regular in 2).	Fundamentals	13 of 40	3.5%	7.2 min	P1-40
6	**Pressure Free Throws: Earn the Second** Shooting · Opens Harder (12 practices; Regular in 1).	Fundamentals	13 of 40	3.2%	6.5 min	P7-39
7	**3-on-2, 2-on-1 Continuous** Game play · Opens Harder (11 practices; Regular in 1).	Small-sided games	12 of 40	4.1%	8.9 min	P1-37
8	**Closeout 1v1** Defense · Opens Harder (11 practices; Regular in 1).	Fundamentals	12 of 40	3.4%	7.5 min	P3-35
9	**Mikan Drill** Finishing · Opens Harder (11 practices; Regular in 1).	Fundamentals	12 of 40	3.0%	6.6 min	P2-38
10	**Read the 2-on-1** Game play · Opens Harder (8 practices; Regular in 2).	Small-sided games	10 of 40	2.7%	7.2 min	P1-40
11	**Shell Drill 3v3** Game play · Opens Harder (8 practices; Regular in 2).	Team concepts	10 of 40	2.5%	6.5 min	P1-39
12	**Pass, Cut, Fill (4-Out)** Game play · Opens Harder (6 practices; Regular in 3).	Small-sided games	9 of 40	2.5%	7.3 min	P5-39
13	**Dribble Tag (Everyone's It)** Ball handling · Opens Harder, this team's version.	Fundamentals	9 of 40	2.3%	6.9 min	P1-40

Grade 6 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Stationary Dribbling Series** Ball handling · Opens Harder (8 practices; Regular in 1).	Fundamentals	9 of 40	2.2%	6.3 min	P2-39
15	**Dribble-Limit 4v4** Game play · Opens Harder, this team's version.	Small-sided games	8 of 40	2.5%	8.4 min	P5-33
16	**King of the Court 1v1** Ball handling · Opens Harder (6 practices; Regular in 1).	Small-sided games	7 of 40	2.9%	11 min	P2-38
17	**Score for Stops** Game play · Opens Harder (6 practices; Regular in 1).	Small-sided games	7 of 40	2.4%	9.1 min	P8-35
18	**Help the Helper 4v4** Game play · Opens Harder (5 practices; Regular in 2).	Team concepts	7 of 40	2.2%	8.1 min	P21-37
19	**Situational Scrimmage** Game play · P19 and P20 have their own script: open P19.	Team concepts	7 of 40	2.2%	8.1 min	P19-39
20	**Chase-Down Layups** Finishing · Opens Harder (6 practices; Regular in 1).	Fundamentals	7 of 40	2.1%	7.9 min	P6-32
21	**Give and Go** Passing · Opens Harder (5 practices; Regular in 2).	Small-sided games	7 of 40	1.9%	7.3 min	P5-33
22	**Jump Stop Form Shooting** Shooting · Opens Harder, this team's version.	Fundamentals	7 of 40	1.9%	7.1 min	P1-29
23	**Partner Passing Series** Passing · Opens Harder, this team's version.	Fundamentals	7 of 40	1.5%	5.7 min	P5-39
24	**Numbers Game** Game play	Small-sided games	6 of 40	2.6%	12 min	P10-40
25	**Full-Court Dribble Moves** Ball handling · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.9%	8.5 min	P4-35
26	**Hot Shot** Shooting	Fundamentals	6 of 40	1.9%	8.3 min	P10-40
27	**Set and Use a Screen** Game play · Opens Harder (4 practices; Regular in 2).	Small-sided games	6 of 40	1.7%	7.7 min	P23-39
28	**Zig-Zag Slides** Defense · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.7%	7.5 min	P3-35
29	**Sharks and Minnows** Ball handling	Fundamentals	6 of 40	1.6%	6.8 min	P3-38
30	**Rip and Pivot 1v1** Footwork · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 40	1.5%	6.7 min	P3-36
31	**Transition Defense: Stop the Ball** Game play · Opens Harder (5 practices; Regular in 1).	Team concepts	6 of 40	1.5%	6.5 min	P6-35
32	**3-on-3 Cutthroat** Game play · Opens Harder (4 practices; Regular in 1).	Small-sided games	5 of 40	1.7%	8.8 min	P3-32
33	**Three-Player Weave** Passing · Opens Harder (4 practices; Regular in 1).	Fundamentals	5 of 40	1.5%	8.0 min	P7-33

Grade 6 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
34	**Backdoor Cut vs Denial** Game play · Opens Harder (3 practices; Regular in 2).	Small-sided games	5 of 40	1.4%	7.6 min	P22-39
35	**Dribble Knockout** Ball handling	Fundamentals	5 of 40	1.2%	6.4 min	P8-34
36	**1-on-1 Finishing** Finishing · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 40	1.2%	8.0 min	P16-32
37	**3-on-3 Continuous (Full Court)** Game play · Opens Harder (2 practices; Regular in 1).	Small-sided games	3 of 40	1.2%	10 min	P11-28
38	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	3 of 40	1.0%	9.0 min	P10-38
39	**Around the World** Shooting	Fundamentals	3 of 40	0.9%	8.3 min	P20-38
40	**Post Entry 2v2** Finishing · Opens Harder (2 practices; Regular in 1).	Small-sided games	3 of 40	0.9%	8.3 min	P24-33
41	**Monkey in the Middle** Passing · Opens Harder (2 practices; Regular in 1).	Fundamentals	3 of 40	0.8%	7.0 min	P5-20
42	**Dribble Relays** Ball handling	Fundamentals	3 of 40	0.8%	6.7 min	P10-38

Grade 7 Rec

15 PRACTICES · 60 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

15	32	59.6%	48%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 35% of the season. 8 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 7 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Free-Throw Routine Rounds** Shooting	Fundamentals	11 of 15	7.1%	4.9 min	P1-15
2	**4v4 Two-Minute Games** Game play	Scrimmage	8 of 15	9.0%	8.6 min	P1-14
3	**Closeout 1v1** Defense	Fundamentals	7 of 15	6.7%	7.3 min	P1-15
4	**Form Shooting (Close)** Shooting	Fundamentals	7 of 15	6.3%	6.9 min	P1-15
5	**Box-Out Battles 2v2** Rebounding	Fundamentals	7 of 15	6.0%	6.6 min	P1-15
6	**Breakout Dribble** Ball handling · P13 has its own script: open P13.	Fundamentals	6 of 15	4.8%	6.2 min	P1-15
7	**Dribble-Limit 4v4** Game play	Small-sided games	5 of 15	5.4%	8.2 min	P4-13
8	**Dribble Knockout** Ball handling	Fundamentals	5 of 15	4.2%	6.4 min	P2-14
9	**3-on-2, 2-on-1 Continuous** Game play	Small-sided games	4 of 15	4.4%	8.5 min	P2-12
10	**Set and Use a Screen** Game play	Small-sided games	4 of 15	3.9%	7.5 min	P6-14
11	**Chaos Layups** Finishing	Fundamentals	4 of 15	3.7%	7.0 min	P2-10
12	**Partner Spot Shooting (5 Spots)** Shooting	Fundamentals	4 of 15	3.7%	7.0 min	P5-12
13	**Pressure Free Throws: Earn the Second** Shooting	Fundamentals	4 of 15	2.9%	5.5 min	P8-14
14	**Hot Shot** Shooting	Fundamentals	3 of 15	3.0%	7.7 min	P8-15

Grade 7 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
15	**Dribble Gauntlet** Ball handling	Fundamentals	3 of 15	2.5%	6.3 min	P4-11
16	**Rip and Pivot 1v1** Footwork	Fundamentals	3 of 15	2.2%	5.7 min	P4-13
17	**Numbers Game** Game play	Small-sided games	2 of 15	2.6%	10 min	P8-15
18	**Pick-and-Roll 2v2** Game play	Small-sided games	2 of 15	2.5%	9.5 min	P7-13
19	**Help the Helper 4v4** Game play	Team concepts	2 of 15	2.2%	8.5 min	P9-11
20	**King of the Court 1v1** Ball handling	Small-sided games	2 of 15	2.2%	8.5 min	P4-8
21	**Situational Scrimmage** Game play · Opens P12; all 2 practices write their own script.	Team concepts	2 of 15	2.1%	8.0 min	P12-14
22	**Mikan Drill** Finishing	Fundamentals	2 of 15	1.7%	6.5 min	P1-10
23	**Pass, Cut, Fill (4-Out)** Game play	Team concepts	2 of 15	1.7%	6.5 min	P5-6
24	**Monkey in the Middle** Passing	Fundamentals	2 of 15	1.3%	5.0 min	P5-12
25	**Press Break 5v5** Game play · Opens P12, which writes its own script.	Team concepts	1 of 15	1.3%	10 min	P12
26	**Score for Stops** Game play	Small-sided games	1 of 15	1.3%	10 min	P11
27	**Post Entry 2v2** Finishing	Fundamentals	1 of 15	1.0%	8.0 min	P10
28	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	1 of 15	0.9%	7.0 min	P8
29	**Sharks and Minnows** Ball handling	Fundamentals	1 of 15	0.9%	7.0 min	P8
30	**Shell Drill 3v3** Game play	Team concepts	1 of 15	0.9%	7.0 min	P3
31	**Three-Player Weave** Passing	Fundamentals	1 of 15	0.8%	6.0 min	P2
32	**Transition Defense: Stop the Ball** Game play	Team concepts	1 of 15	0.8%	6.0 min	P2

Grade 7 A team

50 PRACTICES · 75 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

63	42	55.6%	49%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 29% of the season. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



Grade 7 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**4v4 Two-Minute Games** Game play	Scrimmage	32 of 50	8.3%	8.6 min	P1-50
2	**Free-Throw Routine Rounds** Shooting · Opens Harder (29 practices; Regular in 1).	Fundamentals	30 of 50	5.2%	5.7 min	P1-50
3	**Closeout 1v1** Defense · Opens Harder (19 practices; Regular in 5).	Fundamentals	24 of 50	5.5%	7.6 min	P1-49
4	**Box-Out Battles 2v2** Rebounding · Opens Harder (23 practices; Regular in 1).	Fundamentals	24 of 50	5.2%	7.1 min	P1-49
5	**Rip and Pivot 1v1** Footwork · Opens Harder (17 practices; Regular in 5).	Fundamentals	22 of 50	4.2%	6.3 min	P3-49
6	**Pressure Free Throws: Earn the Second** Shooting · Opens Harder (14 practices; Regular in 6).	Fundamentals	20 of 50	3.9%	6.4 min	P7-48
7	**Partner Spot Shooting (5 Spots)** Shooting · Opens Harder (16 practices; Regular in 1).	Fundamentals	17 of 50	4.3%	8.3 min	P5-47
8	**Form Shooting (Close)** Shooting · Opens Harder (16 practices; Regular in 1).	Fundamentals	17 of 50	3.8%	7.5 min	P1-48
9	**3-on-2, 2-on-1 Continuous** Game play · Opens Harder (14 practices; Regular in 1).	Small-sided games	15 of 50	4.0%	8.7 min	P1-50
10	**King of the Court 1v1** Ball handling · Opens Harder (6 practices; Regular in 6).	Small-sided games	12 of 50	3.5%	9.5 min	P4-50
11	**Chaos Layups** Finishing · Opens Harder (6 practices; Regular in 6).	Fundamentals	12 of 50	2.9%	7.9 min	P4-50
12	**Hot Shot** Shooting · Opens Regular (8 practices; Harder in 4).	Fundamentals	12 of 50	2.9%	7.9 min	P7-50

Grade 7 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
13	**Breakout Dribble** Ball handling · Opens Harder (8 practices; Regular in 3).	Fundamentals	11 of 50	2.3%	6.8 min	P2-50
14	**Pick-and-Roll 2v2** Game play · Opens Harder (6 practices; Regular in 4).	Small-sided games	10 of 50	2.7%	8.8 min	P13-48
15	**Situational Scrimmage** Game play · Opens P19; all 10 practices write their own script.	Team concepts	10 of 50	2.4%	8.0 min	P19-48
16	**Score for Stops** Game play · Opens Harder, this team's version.	Small-sided games	9 of 50	2.7%	9.8 min	P8-49
17	**Set and Use a Screen** Game play · Opens Harder (5 practices; Regular in 4).	Small-sided games	9 of 50	2.1%	7.6 min	P11-47
18	**Pass, Cut, Fill (4-Out)** Game play · Opens Harder (5 practices; Regular in 4).	Small-sided games	9 of 50	1.8%	6.7 min	P5-48
19	**Numbers Game** Game play	Small-sided games	8 of 50	2.6%	11 min	P10-50
20	**Dribble-Limit 4v4** Game play · Opens Harder, this team's version.	Small-sided games	8 of 50	2.1%	8.5 min	P2-29
21	**Three-Player Weave** Passing · Opens Harder, this team's version.	Fundamentals	8 of 50	1.8%	7.3 min	P5-47
22	**Mikan Drill** Finishing · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 50	1.4%	5.8 min	P2-44
23	**Post Entry 2v2** Finishing · Opens Regular (4 practices; Harder in 3).	Fundamentals	7 of 50	1.7%	7.9 min	P15-47
24	**Backdoor Cut vs Denial** Game play · Opens Harder (4 practices; Regular in 3).	Small-sided games	7 of 50	1.6%	7.4 min	P5-49
25	**Dribble Gauntlet** Ball handling · Opens Regular (6 practices; Harder in 1).	Fundamentals	7 of 50	1.6%	7.4 min	P4-42
26	**Help the Helper 4v4** Game play · Opens Harder (5 practices; Regular in 1).	Team concepts	6 of 50	1.5%	8.2 min	P9-49
27	**Vegas Closeouts** Defense · Opens Harder (5 practices; Regular in 1).	Fundamentals	6 of 50	1.5%	8.0 min	P17-43
28	**1-on-1 Finishing** Finishing · Opens Harder (4 practices; Regular in 2).	Fundamentals	6 of 50	1.4%	7.8 min	P4-36
29	**Monkey in the Middle** Passing · Opens Harder, this team's version.	Fundamentals	6 of 50	1.4%	7.7 min	P21-48
30	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	6 of 50	1.4%	7.5 min	P10-46
31	**Full-Court Dribble Moves** Ball handling · Opens Harder, this team's version.	Fundamentals	6 of 50	1.3%	7.3 min	P1-43
32	**Dribble Knockout** Ball handling · Opens Harder (3 practices; Regular in 3).	Fundamentals	6 of 50	1.2%	6.7 min	P8-46

Grade 7 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
33	**Shell Drill 3v3** Game play · Opens Harder (4 practices; Regular in 2).	Team concepts	6 of 50	1.2%	6.5 min	P1-37
34	**Transition Defense: Stop the Ball** Game play · Opens Harder, this team's version.	Team concepts	6 of 50	1.1%	6.0 min	P2-36
35	**Press Break 5v5** Game play · Opens Regular (3 practices; Harder in 2).	Team concepts	5 of 50	1.6%	11 min	P21-48
36	**Advantage Build-Ups** Game play · Opens Harder (4 practices; Regular in 1).	Small-sided games	5 of 50	1.2%	8.2 min	P6-44
37	**3-on-3 Continuous (Full Court)** Game play · Opens Harder, this team's version.	Small-sided games	5 of 50	1.2%	8.0 min	P6-44
38	**Zig-Zag Slides** Defense · Opens Harder, this team's version.	Fundamentals	5 of 50	1.2%	7.6 min	P2-35
39	**Full-Court 1v1 / 2v2** Defense · Opens Harder (3 practices; Regular in 1).	Small-sided games	4 of 50	0.9%	7.5 min	P21-44
40	**Overload 4v3 / 5v4** Game play · Opens Harder (2 practices; Regular in 1).	Team concepts	3 of 50	0.7%	8.0 min	P17-41
41	**3-on-3 Cutthroat** Game play · Opens Harder, this team's version.	Small-sided games	2 of 50	0.6%	11 min	P3-12
42	**Around the World** Shooting	Fundamentals	2 of 50	0.5%	7.5 min	P34-38

Grade 8 Rec

15 PRACTICES · 60 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

15	32	54.0%	52%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 35% of the season. 5 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 8 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Rip and Pivot 1v1** Footwork	Fundamentals	10 of 15	7.3%	5.6 min	P1-15
2	**4v4 Two-Minute Games** Game play	Scrimmage	9 of 15	9.5%	8.1 min	P1-15
3	**Free-Throw Routine Rounds** Shooting	Fundamentals	8 of 15	4.6%	4.4 min	P1-15
4	**Pressure Free Throws: Earn the Second** Shooting	Fundamentals	7 of 15	4.8%	5.3 min	P4-14
5	**Pick-and-Roll 2v2** Game play	Small-sided games	6 of 15	7.1%	9.0 min	P3-14
6	**Box-Out Battles 2v2** Rebounding	Fundamentals	6 of 15	5.5%	7.0 min	P1-11
7	**Closeout 1v1** Defense	Fundamentals	6 of 15	5.1%	6.5 min	P1-15
8	**Dribble Knockout** Ball handling	Fundamentals	5 of 15	3.7%	5.6 min	P1-10
9	**Dribble-Limit 4v4** Game play · P9 and P12 have their own script: open P9.	Small-sided games	4 of 15	4.3%	8.3 min	P2-12
10	**Sharks and Minnows** Ball handling	Fundamentals	4 of 15	3.0%	5.8 min	P2-11
11	**Mikan Drill** Finishing	Fundamentals	4 of 15	2.9%	5.5 min	P1-10
12	**3-on-2, 2-on-1 Continuous** Game play	Small-sided games	3 of 15	3.3%	8.3 min	P1-15
13	**King of the Court 1v1** Ball handling · P8 and P10 have their own script: open P8.	Small-sided games	3 of 15	3.3%	8.3 min	P7-10

Grade 8 Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Five-Line Shooting Challenge** Shooting	Fundamentals	3 of 15	2.9%	7.3 min	P2-14
15	**Chase-Down Layups** Finishing	Fundamentals	3 of 15	2.6%	6.7 min	P7-13
16	**Shell Drill 3v3** Game play	Team concepts	3 of 15	2.5%	6.3 min	P2-11
17	**Monkey in the Middle** Passing	Fundamentals	3 of 15	2.2%	5.7 min	P6-12
18	**Press Break 5v5** Game play	Team concepts	2 of 15	2.7%	11 min	P6-12
19	**3-on-3 Cutthroat** Game play	Small-sided games	2 of 15	2.2%	8.5 min	P4-10
20	**Numbers Game** Game play	Small-sided games	2 of 15	2.1%	8.0 min	P8-15
21	**Score for Stops** Game play	Small-sided games	2 of 15	2.1%	8.0 min	P5-11
22	**Situational Scrimmage** Game play · Opens P13; all 2 practices write their own script.	Team concepts	2 of 15	2.1%	8.0 min	P13-14
23	**Vegas Closeouts** Defense	Fundamentals	2 of 15	2.1%	8.0 min	P4-11
24	**Chaos Layups** Finishing	Fundamentals	2 of 15	2.0%	7.5 min	P4-10
25	**Hot Shot** Shooting	Fundamentals	2 of 15	1.8%	7.0 min	P8-15
26	**Full-Court 1v1 / 2v2** Defense	Small-sided games	2 of 15	1.7%	6.5 min	P6-11
27	**Zig-Zag Slides** Defense	Fundamentals	2 of 15	1.6%	6.0 min	P11-14
28	**Advantage Build-Ups** Game play	Small-sided games	1 of 15	1.2%	9.0 min	P7
29	**Zone Attack: Gaps, Skips, Short Corner** Game play	Team concepts	1 of 15	1.2%	9.0 min	P9
30	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	1 of 15	1.0%	8.0 min	P8
31	**Partner Spot Shooting (5 Spots)** Shooting	Fundamentals	1 of 15	0.9%	7.0 min	P5
32	**Transition Defense: Stop the Ball** Game play	Team concepts	1 of 15	0.8%	6.0 min	P7

Grade 8 A team

50 PRACTICES · 75 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

63	49	55.3%	52%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 30% of the season. 1 drill appears only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



Grade 8 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**4v4 Two-Minute Games** Game play · Opens Regular (31 practices; Harder in 6).	Scrimmage	37 of 50	9.8%	8.8 min	P1-50
2	**Rip and Pivot 1v1** Footwork · Opens Harder (25 practices; Regular in 6).	Fundamentals	31 of 50	6.0%	6.4 min	P2-50
3	**Pressure Free Throws: Earn the Second** Shooting · Opens Harder (21 practices; Regular in 6).	Fundamentals	27 of 50	4.9%	6.0 min	P2-49
4	**Free-Throw Routine Rounds** Shooting · Opens Harder, this team's version.	Fundamentals	23 of 50	3.8%	5.4 min	P1-50
5	**Box-Out Battles 2v2** Rebounding · Opens Harder (17 practices; Regular in 3).	Fundamentals	20 of 50	4.1%	6.7 min	P1-50
6	**Closeout 1v1** Defense · Opens Harder (16 practices; Regular in 3).	Fundamentals	19 of 50	3.9%	6.8 min	P1-50
7	**Pick-and-Roll 2v2** Game play · Opens Harder (17 practices; Regular in 1).	Small-sided games	18 of 50	4.8%	8.8 min	P9-49
8	**Partner Spot Shooting (5 Spots)** Shooting · Opens Harder (10 practices; Regular in 4).	Fundamentals	14 of 50	3.2%	7.6 min	P5-49
9	**Chase-Down Layups** Finishing · Opens Harder, this team's version.	Fundamentals	12 of 50	2.5%	7.0 min	P2-44
10	**King of the Court 1v1** Ball handling · Opens Regular (6 practices; Harder in 5). P18 has its own script: open P18.	Small-sided games	11 of 50	3.0%	9.0 min	P2-48
11	**Full-Court Dribble Moves** Ball handling · Opens Harder, this team's version.	Fundamentals	11 of 50	2.3%	6.9 min	P1-46
12	**Dribble Knockout** Ball handling · Opens Harder (9 practices; Regular in 2).	Fundamentals	11 of 50	2.3%	6.8 min	P2-50

Grade 8 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
13	**Five-Line Shooting Challenge** Shooting · Opens Harder (7 practices; Regular in 3).	Fundamentals	10 of 50	2.4%	7.9 min	P4-45
14	**Hot Shot** Shooting · Opens Regular (9 practices; Harder in 1).	Fundamentals	10 of 50	2.0%	6.7 min	P7-50
15	**Mikan Drill** Finishing · Opens Harder (7 practices; Regular in 3).	Fundamentals	10 of 50	1.7%	5.5 min	P2-49
16	**Three-Player Weave** Passing · Opens Harder (8 practices; Regular in 1).	Fundamentals	9 of 50	1.9%	7.0 min	P4-49
17	**Numbers Game** Game play	Small-sided games	8 of 50	2.1%	8.8 min	P10-50
18	**3-on-3 Continuous (Full Court)** Game play · Opens Harder (4 practices; Regular in 4).	Small-sided games	8 of 50	2.1%	8.6 min	P6-44
19	**No-Dribble Pass, Cut and Finish** Passing	Fundamentals	8 of 50	2.0%	8.3 min	P10-48
20	**Argentina Passing** Passing · Opens Harder (4 practices; Regular in 4).	Fundamentals	8 of 50	1.7%	7.0 min	P8-47
21	**Transition Defense: Stop the Ball** Game play · Opens Harder, this team's version.	Team concepts	8 of 50	1.5%	6.0 min	P3-44
22	**Score for Stops** Game play · Opens Harder, this team's version.	Small-sided games	7 of 50	2.1%	9.7 min	P5-40
23	**Zone Attack: Gaps, Skips, Short Corner** Game play · Opens Harder (4 practices; Regular in 3).	Team concepts	7 of 50	1.8%	8.4 min	P23-49
24	**3-on-2, 2-on-1 Continuous** Game play · Opens Harder, this team's version.	Small-sided games	7 of 50	1.7%	8.1 min	P1-50
25	**Full-Court 1v1 / 2v2** Defense · Opens Harder (6 practices; Regular in 1).	Small-sided games	7 of 50	1.6%	7.6 min	P3-35
26	**Knockout (Two-Hoop, Nobody Sits)** Shooting	Fundamentals	7 of 50	1.5%	7.0 min	P10-48
27	**Vegas Closeouts** Defense · Opens Harder (5 practices; Regular in 2).	Fundamentals	7 of 50	1.5%	7.0 min	P4-35
28	**Sharks and Minnows** Ball handling · Opens Regular (4 practices; Harder in 3).	Fundamentals	7 of 50	1.5%	6.9 min	P8-48
29	**Partner Passing Series** Passing · Opens Harder, this team's version.	Fundamentals	7 of 50	1.3%	6.3 min	P1-43
30	**Press Break 5v5** Game play · Opens Harder (3 practices; Regular in 3).	Team concepts	6 of 50	1.9%	10 min	P21-47
31	**Dribble-Limit 4v4** Game play · Opens Harder, this team's version. P27 has its own script: open P27.	Small-sided games	6 of 50	1.5%	8.3 min	P1-46
32	**Situational Scrimmage** Game play · Opens P19; all 6 practices write their own script.	Team concepts	6 of 50	1.5%	8.0 min	P19-49
33	**Shell Drill 3v3** Game play · Opens Harder, this team's version.	Team concepts	6 of 50	1.1%	6.2 min	P1-40

Grade 8 A team · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
34	**Help the Helper 4v4** Game play · Opens Harder (4 practices; Regular in 1).	Team concepts	5 of 50	1.2%	8.0 min	P3-30
35	**Backdoor Cut vs Denial** Game play · Opens Harder, this team's version.	Small-sided games	5 of 50	1.1%	7.4 min	P5-46
36	**1-on-1 Finishing** Finishing · Opens Harder, this team's version.	Fundamentals	5 of 50	1.1%	7.0 min	P14-42
37	**Shooting Ladders** Shooting	Fundamentals	5 of 50	0.9%	6.0 min	P18-48
38	**Zig-Zag Slides** Defense · Opens Harder, this team's version.	Fundamentals	5 of 50	0.9%	6.0 min	P3-35
39	**11-Player Fast Break** Game play · Opens Harder (3 practices; Regular in 1).	Small-sided games	4 of 50	1.2%	10 min	P12-44
40	**Chaos Layups** Finishing · Opens Harder (3 practices; Regular in 1).	Fundamentals	4 of 50	0.9%	7.5 min	P6-32
41	**Dribble Gauntlet** Ball handling · Opens Harder, this team's version.	Fundamentals	4 of 50	0.8%	6.8 min	P22-44
42	**3-on-3 Cutthroat** Game play · Opens Harder (2 practices; Regular in 1). P11 has its own script: open P11.	Small-sided games	3 of 50	0.8%	8.7 min	P3-32
43	**One More: Extra Pass, Closeout, Live** Game play · Opens Harder (2 practices; Regular in 1).	Small-sided games	3 of 50	0.8%	8.7 min	P23-43
44	**Closeout and Box Out 1v1** Defense	Fundamentals	3 of 50	0.7%	8.0 min	P16-35
45	**Set and Use a Screen** Game play · Opens Harder, this team's version.	Small-sided games	3 of 50	0.7%	8.0 min	P5-33
46	**Post Entry 2v2** Game play · Opens Harder, this team's version.	Small-sided games	3 of 50	0.7%	7.3 min	P5-46
47	**Advantage Build-Ups** Game play · Opens Harder (1 practices; Regular in 1).	Small-sided games	2 of 50	0.5%	9.0 min	P8-14
48	**Overload 4v3 / 5v4** Game play · Opens Harder (1 practices; Regular in 1).	Team concepts	2 of 50	0.5%	8.5 min	P24-35
49	**Monkey in the Middle** Passing · Opens Harder, this team's version.	Fundamentals	1 of 50	0.2%	7.0 min	P22

High school Rec

15 PRACTICES · 60 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

15	30	55.0%	49%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 30% of the season. 2 drills appear only once, usually a new idea introduced late in the season.

HOW THE MIX CHANGES OVER THE SEASON



High school Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**4v4 Two-Minute Games** Game play	Scrimmage	8 of 15	9.7%	9.3 min	P1-15
2	**Pressure Free Throws: Earn the Second** Shooting · Opens Regular (7 practices; Harder in 1).	Fundamentals	8 of 15	5.9%	5.6 min	P4-14
3	**Free-Throw Routine Rounds** Shooting	Fundamentals	7 of 15	4.6%	5.0 min	P1-15
4	**Finishing Package: Both Hands, Euro, Floater** Finishing · P1 and P7 have their own script: open P1.	Fundamentals	5 of 15	5.4%	8.2 min	P1-14
5	**Beat the Pro** Shooting	Fundamentals	5 of 15	4.3%	6.6 min	P5-11
6	**Pick-and-Roll 2v2** Game play	Small-sided games	4 of 15	4.8%	9.3 min	P6-14
7	**Situational Scrimmage** Game play · Opens P6; all 4 practices write their own script.	Team concepts	4 of 15	4.4%	8.5 min	P6-14
8	**Closeout and Box Out 1v1** Defense	Fundamentals	4 of 15	4.2%	8.0 min	P5-13
9	**Mikan Drill** Finishing	Fundamentals	4 of 15	3.9%	7.5 min	P1-15
10	**Box-Out Battles 2v2** Rebounding · Opens Regular (3 practices; Harder in 1).	Fundamentals	4 of 15	3.8%	7.3 min	P2-12
11	**Rip and Pivot 1v1** Footwork	Fundamentals	4 of 15	2.7%	5.3 min	P2-13
12	**11-Player Fast Break** Game play · Opens P4; all 3 practices write their own script.	Small-sided games	3 of 15	3.8%	9.7 min	P4-12

High school Rec · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
13	**King of the Court 1v1** Ball handling · Opens Regular (2 practices; Harder in 1). P7 has its own script: open P7.	Small-sided games	3 of 15	3.7%	9.3 min	P7-10
14	**Score for Stops** Game play · Opens Regular (2 practices; Harder in 1). P8 has its own script: open P8.	Small-sided games	3 of 15	3.5%	9.0 min	P8-12
15	**Five-Line Shooting Challenge** Shooting · P5 has its own script: open P5.	Fundamentals	3 of 15	3.4%	8.7 min	P5-14
16	**Team Shooting With Goals** Shooting	Fundamentals	3 of 15	3.4%	8.7 min	P8-15
17	**Closeout 1v1** Defense · Opens Regular (2 practices; Harder in 1).	Fundamentals	3 of 15	2.7%	7.0 min	P1-15
18	**Pass, Cut, Fill (4-Out)** Game play · Opens Harder (2 practices; Regular in 1).	Small-sided games	3 of 15	2.7%	7.0 min	P3-11
19	**Shell Drill 3v3** Game play · Opens Regular (2 practices; Harder in 1).	Team concepts	3 of 15	2.7%	7.0 min	P1-5
20	**Three-Player Weave** Passing	Fundamentals	3 of 15	2.6%	6.7 min	P3-15
21	**Zig-Zag Slides** Defense · Opens Regular (2 practices; Harder in 1).	Fundamentals	3 of 15	2.1%	5.3 min	P2-12
22	**3-on-2, 2-on-1 Continuous** Game play	Small-sided games	2 of 15	2.2%	8.5 min	P2-4
23	**Dribble-Limit 4v4** Game play	Small-sided games	2 of 15	2.1%	8.0 min	P3-11
24	**Help the Helper 4v4** Game play · Opens Regular (1 practices; Harder in 1).	Team concepts	2 of 15	2.1%	8.0 min	P9-12
25	**One More: Extra Pass, Closeout, Live** Game play	Small-sided games	2 of 15	2.1%	8.0 min	P6-11
26	**Post Entry 2v2** Finishing	Fundamentals	2 of 15	2.1%	8.0 min	P9-11
27	**Knockout (Two-Hoop, Nobody Sits)** Shooting · Opens P8; all 2 practices write their own script.	Fundamentals	2 of 15	1.6%	6.0 min	P8-15
28	**Two-Ball Dribbling** Ball handling	Fundamentals	2 of 15	1.4%	5.5 min	P1-3
29	**3-on-3 Cutthroat** Game play	Small-sided games	1 of 15	1.0%	8.0 min	P4
30	**Dribble Gauntlet** Ball handling	Fundamentals	1 of 15	0.9%	7.0 min	P8

High school Freshman

50 PRACTICES · 90 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

75	40	51.9%	51%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 29% of the season. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



High school Freshman · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Pressure Free Throws: Earn the Second** Shooting · Opens Regular (22 practices; Harder in 10).	Fundamentals	32 of 50	6.1%	7.5 min	P4-49
2	**4v4 Two-Minute Games** Game play	Scrimmage	29 of 50	8.3%	11 min	P1-49
3	**3-on-2, 2-on-1 Continuous** Game play · Opens Regular (15 practices; Harder in 7).	Small-sided games	22 of 50	5.6%	10 min	P1-49
4	**Beat the Pro** Shooting · Opens Regular (15 practices; Harder in 3).	Fundamentals	18 of 50	4.1%	9.1 min	P1-50
5	**Free-Throw Routine Rounds** Shooting · Opens Regular (14 practices; Harder in 4).	Fundamentals	18 of 50	3.5%	7.6 min	P1-50
6	**Streak Shooting: Three in a Row** Shooting	Fundamentals	17 of 50	4.8%	11 min	P3-48
7	**One More: Extra Pass, Closeout, Live** Game play · Opens Regular (8 practices; Harder in 8).	Small-sided games	16 of 50	3.9%	9.8 min	P4-48
8	**Team Shooting With Goals** Shooting · Opens Regular (11 practices; Harder in 3).	Fundamentals	14 of 50	3.9%	11 min	P2-50
9	**Two-Ball Dribbling** Ball handling · Opens Regular (10 practices; Harder in 4).	Fundamentals	14 of 50	2.7%	7.5 min	P1-50
10	**Pick-and-Roll 2v2** Game play · Opens Regular (12 practices; Harder in 1).	Small-sided games	13 of 50	4.2%	13 min	P6-48
11	**Mikan Drill** Finishing · Opens Regular (9 practices; Harder in 3).	Fundamentals	12 of 50	1.8%	6.1 min	P1-50
12	**Rip and Pivot 1v1** Footwork · Opens Regular (6 practices; Harder in 5).	Fundamentals	11 of 50	2.1%	7.4 min	P7-44
13	**Score for Stops** Game play · Opens Regular (8 practices; Harder in 2).	Small-sided games	10 of 50	3.0%	12 min	P2-46

High school Freshman · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Closeout and Box Out 1v1** Defense · Opens Regular (7 practices; Harder in 3).	Fundamentals	10 of 50	2.9%	12 min	P3-46
15	**Three-Player Weave** Passing · Opens Harder (7 practices; Regular in 3).	Fundamentals	10 of 50	2.0%	7.9 min	P4-47
16	**Zig-Zag Slides** Defense · Opens Regular (7 practices; Harder in 3).	Fundamentals	10 of 50	2.0%	7.8 min	P2-46
17	**Box-Out Battles 2v2** Rebounding · Opens Regular (5 practices; Harder in 5).	Fundamentals	10 of 50	1.7%	6.9 min	P2-50
18	**King of the Court 1v1** Ball handling · Opens Regular (6 practices; Harder in 3).	Small-sided games	9 of 50	2.7%	12 min	P8-50
19	**Situational Scrimmage** Game play · P20, P32, P34 and 2 more have their own script: open P20.	Team concepts	9 of 50	2.3%	10 min	P6-48
20	**Dribble Gauntlet** Ball handling · Opens Regular (5 practices; Harder in 4).	Fundamentals	9 of 50	1.7%	7.7 min	P5-49
21	**11-Player Fast Break** Game play · Opens Regular (5 practices; Harder in 3).	Small-sided games	8 of 50	2.5%	13 min	P5-49
22	**Finishing Package: Both Hands, Euro, Floater** Finishing · Opens Regular (5 practices; Harder in 3).	Fundamentals	8 of 50	2.4%	12 min	P1-47
23	**Press Break 5v5** Game play · Opens Regular (5 practices; Harder in 2).	Team concepts	7 of 50	2.0%	11 min	P9-47
24	**Dead-Ball Plays: Baseline and Sideline** Game play · Opens Regular (4 practices; Harder in 3).	Team concepts	7 of 50	1.9%	11 min	P9-48
25	**Help the Helper 4v4** Game play · Opens Regular (4 practices; Harder in 3).	Team concepts	7 of 50	1.7%	9.7 min	P6-43
26	**Five-Line Shooting Challenge** Shooting · Opens Regular (4 practices; Harder in 3).	Fundamentals	7 of 50	1.6%	9.0 min	P8-44
27	**Partner Decision Dribbling** Ball handling	Fundamentals	7 of 50	1.3%	7.6 min	P8-41
28	**Post Entry 2v2** Finishing · Opens Regular (3 practices; Harder in 3).	Small-sided games	6 of 50	1.8%	12 min	P7-43
29	**1v1 Wolf** Finishing · Opens Regular (5 practices; Harder in 1).	Fundamentals	6 of 50	1.7%	12 min	P11-45
30	**3-on-3 Cutthroat** Game play	Small-sided games	6 of 50	1.7%	11 min	P2-50
31	**Defender in the Hole** Defense · Opens Regular (3 practices; Harder in 3).	Fundamentals	6 of 50	1.7%	11 min	P3-49
32	**Dribble-Limit 4v4** Game play	Small-sided games	6 of 50	1.7%	11 min	P4-47
33	**Transition Defense: Stop the Ball** Game play · Opens Harder (4 practices; Regular in 2).	Team concepts	6 of 50	1.3%	8.8 min	P2-42

High school Freshman · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
34	**Shell Drill 3v3** Game play · Opens Harder (5 practices; Regular in 1).	Team concepts	6 of 50	1.2%	8.2 min	P1-46
35	**Knockout (Two-Hoop, Nobody Sits)** Shooting · P18, P36, P50 have their own script: open P18.	Fundamentals	6 of 50	1.2%	8.0 min	P8-50
36	**Closeout 1v1** Defense · Opens Regular (4 practices; Harder in 2).	Fundamentals	6 of 50	1.1%	7.2 min	P1-50
37	**Chase-Down Layups** Finishing · Opens Regular (3 practices; Harder in 3).	Fundamentals	6 of 50	1.0%	6.5 min	P5-49
38	**Pass, Cut, Fill (4-Out)** Game play · Opens Harder (4 practices; Regular in 1).	Small-sided games	5 of 50	1.1%	9.0 min	P4-37
39	**Zone Attack: Gaps, Skips, Short Corner** Game play · Opens Harder (3 practices; Regular in 1).	Team concepts	4 of 50	1.0%	10 min	P10-47
40	**Vegas Closeouts** Defense · Opens Regular (2 practices; Harder in 1).	Fundamentals	3 of 50	0.6%	8.0 min	P8-39

High school JV

60 PRACTICES · 90 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

90	47	48.0%	51%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 29% of the season. Pressure Free Throws: Earn the Second runs in at least three of every four practices. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



High school JV · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Pressure Free Throws: Earn the Second** Shooting · Opens Regular (32 practices; Harder in 16).	Fundamentals	48 of 60	7.1%	7.0 min	P3-59
2	**4v4 Two-Minute Games** Game play	Scrimmage	34 of 60	8.0%	11 min	P1-59
3	**3-on-2, 2-on-1 Continuous** Game play · Opens Regular (18 practices; Harder in 9).	Small-sided games	27 of 60	5.6%	9.9 min	P1-59
4	**Beat the Pro** Shooting · Opens Regular (16 practices; Harder in 5).	Fundamentals	21 of 60	4.0%	9.0 min	P1-60
5	**Pick-and-Roll 2v2** Game play · Opens Regular (12 practices; Harder in 4).	Small-sided games	16 of 60	4.5%	13 min	P5-58
6	**Two-Ball Dribbling** Ball handling · Opens Regular (11 practices; Harder in 5).	Fundamentals	16 of 60	2.3%	6.9 min	P1-60
7	**King of the Court 1v1** Ball handling · Opens Harder (8 practices; Regular in 7).	Small-sided games	15 of 60	3.6%	11 min	P4-60
8	**Team Shooting With Goals** Shooting · Opens Regular (13 practices; Harder in 2).	Fundamentals	15 of 60	3.4%	11 min	P2-60
9	**Streak Shooting: Three in a Row** Shooting · Opens Regular (12 practices; Harder in 2).	Fundamentals	14 of 60	3.2%	11 min	P3-55
10	**Situational Scrimmage** Game play · Opens Regular (8 practices; Harder in 6).	Team concepts	14 of 60	2.8%	9.4 min	P12-58
11	**Closeout and Box Out 1v1** Defense · Opens Regular (9 practices; Harder in 4).	Fundamentals	13 of 60	3.0%	11 min	P2-58
12	**Three-Player Weave** Passing · Opens Harder (8 practices; Regular in 5).	Fundamentals	13 of 60	2.2%	7.9 min	P5-58

High school JV · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
13	**Finishing Package: Both Hands, Euro, Floater** Finishing · Opens Regular (8 practices; Harder in 4).	Fundamentals	12 of 60	2.9%	12 min	P1-57
14	**Free-Throw Routine Rounds** Shooting · Opens Regular (10 practices; Harder in 2).	Fundamentals	12 of 60	2.0%	7.8 min	P1-60
15	**Mikan Drill** Finishing · Opens Regular (9 practices; Harder in 3).	Fundamentals	12 of 60	1.5%	6.1 min	P1-60
16	**Dribble Gauntlet** Ball handling · Opens Regular (6 practices; Harder in 5).	Fundamentals	11 of 60	1.8%	7.9 min	P6-59
17	**Full-Court Scrimmage: Game Rules** Game play	Scrimmage	10 of 60	2.4%	12 min	P5-60
18	**Dead-Ball Plays: Baseline and Sideline** Game play · Opens Regular (7 practices; Harder in 3).	Team concepts	10 of 60	2.3%	11 min	P8-58
19	**Score for Stops** Game play · Opens Regular (5 practices; Harder in 4).	Small-sided games	9 of 60	2.5%	13 min	P2-52
20	**1v1 Wolf** Finishing · Opens Harder (6 practices; Regular in 3).	Fundamentals	9 of 60	1.9%	10 min	P9-57
21	**Post Entry 2v2** Finishing · Opens Regular (5 practices; Harder in 4).	Fundamentals	9 of 60	1.9%	9.8 min	P3-53
22	**Rip and Pivot 1v1** Footwork · Opens Regular (5 practices; Harder in 4).	Fundamentals	9 of 60	1.2%	6.4 min	P11-53
23	**Chase-Down Layups** Finishing · Opens Regular (5 practices; Harder in 4).	Fundamentals	9 of 60	1.2%	6.1 min	P6-59
24	**Defender in the Hole** Defense · Opens Regular (5 practices; Harder in 3).	Fundamentals	8 of 60	1.8%	11 min	P3-52
25	**One More: Extra Pass, Closeout, Live** Game play · Opens Regular (4 practices; Harder in 4).	Small-sided games	8 of 60	1.8%	11 min	P4-53
26	**Zig-Zag Slides** Defense · Opens Harder (5 practices; Regular in 3).	Fundamentals	8 of 60	1.4%	8.0 min	P2-51
27	**Partner Decision Dribbling** Ball handling · Opens Regular (6 practices; Harder in 2).	Fundamentals	8 of 60	1.2%	7.1 min	P4-56
28	**Box-Out Battles 2v2** Rebounding · Opens Regular (4 practices; Harder in 4).	Fundamentals	8 of 60	1.1%	6.3 min	P15-60
29	**3-on-3 Cutthroat** Game play · Opens Regular (4 practices; Harder in 3).	Small-sided games	7 of 60	1.7%	12 min	P2-52
30	**Blast Cut and Backdoor Shooting** Shooting · Opens Regular (4 practices; Harder in 3).	Fundamentals	7 of 60	1.6%	11 min	P4-51
31	**Shell Drill 3v3** Game play · Opens Harder (4 practices; Regular in 3).	Team concepts	7 of 60	1.3%	8.6 min	P1-57
32	**11-Player Fast Break** Game play · Opens Regular (3 practices; Harder in 3).	Small-sided games	6 of 60	1.5%	12 min	P6-59
33	**Ball-Screen Coverages 3v3** Game play · Opens Regular (3 practices; Harder in 3).	Team concepts	6 of 60	1.4%	11 min	P3-51

High school JV · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
34	**5-on-0 Transition: The Break** Game play · Opens Regular (3 practices; Harder in 3).	Team concepts	6 of 60	1.4%	11 min	P7-54
35	**Press Break 5v5** Game play · Opens Regular (5 practices; Harder in 1).	Team concepts	6 of 60	1.4%	11 min	P8-50
36	**Five-Line Shooting Challenge** Shooting · Opens Regular (5 practices; Harder in 1).	Fundamentals	6 of 60	1.2%	9.2 min	P7-54
37	**Transition Defense: Stop the Ball** Game play · Opens Regular (3 practices; Harder in 3).	Team concepts	6 of 60	1.1%	8.7 min	P2-59
38	**Closeout 1v1** Defense · Opens Harder (4 practices; Regular in 2).	Fundamentals	6 of 60	0.8%	6.3 min	P1-60
39	**Dribble-Limit 4v4** Game play · Opens Regular (4 practices; Harder in 1). P30 and P50 have their own script: open P30.	Small-sided games	5 of 60	1.2%	12 min	P5-50
40	**4-on-4-on-4 Transition** Game play · Opens Harder (4 practices; Regular in 1).	Small-sided games	5 of 60	1.2%	11 min	P7-54
41	**Motion Offense Progression** Game play · Opens Regular (3 practices; Harder in 2).	Team concepts	5 of 60	1.2%	11 min	P5-42
42	**Help the Helper 4v4** Game play · Opens Harder (3 practices; Regular in 2).	Team concepts	5 of 60	1.0%	9.4 min	P9-44
43	**3-on-3 Guts** Game play · Opens Regular (2 practices; Harder in 2).	Small-sided games	4 of 60	1.1%	14 min	P9-48
44	**Zone Attack: Gaps, Skips, Short Corner** Game play · Opens Harder (3 practices; Regular in 1).	Team concepts	4 of 60	0.9%	11 min	P18-50
45	**Overload 4v3 / 5v4** Game play · Opens Regular (2 practices; Harder in 1).	Team concepts	3 of 60	0.7%	10 min	P15-52
46	**Argentina Passing** Passing · Opens Regular (2 practices; Harder in 1).	Fundamentals	3 of 60	0.5%	7.3 min	P8-45
47	**Vegas Closeouts** Defense	Fundamentals	3 of 60	0.4%	7.0 min	P4-39

High school Varsity

80 PRACTICES · 90 MINUTES EACH

Equipment: size 7 ball (29.5") for boys' teams, size 6 (28.5") for girls' teams; 10-ft rim

120	50	45.7%	52%
hours of practice	different drills	fundamentals	players active (est.)

The five biggest drills fill 29% of the season. Pressure Free Throws: Earn the Second runs in at least three of every four practices. No drill is a one-off; everything comes back at least twice.

HOW THE MIX CHANGES OVER THE SEASON



High school Varsity · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
1	**Pressure Free Throws: Earn the Second** Shooting · Opens Harder, this team's version.	Fundamentals	65 of 80	7.3%	7.1 min	P2-79
2	**4v4 Two-Minute Games** Game play	Scrimmage	53 of 80	9.0%	11 min	P1-79
3	**Beat the Pro** Shooting · Opens Harder, this team's version.	Fundamentals	28 of 80	3.9%	8.8 min	P3-79
4	**Two-Ball Dribbling** Ball handling · Opens Harder, this team's version.	Fundamentals	26 of 80	2.8%	6.9 min	P1-80
5	**3-on-2, 2-on-1 Continuous** Game play · Opens Harder, this team's version.	Small-sided games	25 of 80	3.6%	9.0 min	P1-79
6	**Pick-and-Roll 2v2** Game play · Opens Harder, this team's version.	Small-sided games	24 of 80	4.9%	13 min	P3-78
7	**King of the Court 1v1** Ball handling · Opens Harder, this team's version.	Small-sided games	21 of 80	3.7%	11 min	P4-80
8	**Situational Scrimmage** Game play · Opens Harder, this team's version.	Team concepts	21 of 80	3.2%	9.5 min	P12-78
9	**Dribble Gauntlet** Ball handling · Opens Harder, this team's version.	Fundamentals	21 of 80	2.7%	8.0 min	P4-79
10	**Full-Court Scrimmage: Game Rules** Game play · Opens Harder, this team's version.	Scrimmage	20 of 80	3.7%	12 min	P5-80
11	**Team Shooting With Goals** Shooting · Opens Harder, this team's version.	Fundamentals	18 of 80	3.1%	11 min	P6-80
12	**Three-Player Weave** Passing · Opens Harder, this team's version.	Fundamentals	18 of 80	2.2%	7.9 min	P5-78
13	**Closeout and Box Out 1v1** Defense · Opens Harder, this team's version.	Fundamentals	17 of 80	3.0%	11 min	P2-78

High school Varsity · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
14	**Streak Shooting: Three in a Row** Shooting · Opens Harder, this team's version.	Fundamentals	17 of 80	2.9%	11 min	P2-75
15	**Mikan Drill** Finishing · Opens Harder, this team's version.	Fundamentals	16 of 80	1.5%	5.9 min	P1-80
16	**Finishing Package: Both Hands, Euro, Floater** Finishing · Opens Harder, this team's version.	Fundamentals	15 of 80	2.7%	11 min	P1-77
17	**Dead-Ball Plays: Baseline and Sideline** Game play · Opens Harder, this team's version.	Team concepts	15 of 80	2.5%	11 min	P8-78
18	**Free-Throw Routine Rounds** Shooting · Opens Harder, this team's version.	Fundamentals	15 of 80	1.8%	7.7 min	P1-80
19	**Rip and Pivot 1v1** Footwork · Opens Harder, this team's version.	Fundamentals	13 of 80	1.3%	6.2 min	P11-73
20	**1v1 Wolf** Finishing · Opens Harder, this team's version.	Fundamentals	11 of 80	1.8%	10 min	P9-77
21	**Five-Line Shooting Challenge** Shooting · Opens Harder, this team's version.	Fundamentals	11 of 80	1.6%	9.0 min	P1-80
22	**Post Entry 2v2** Game play · Opens Harder, this team's version.	Small-sided games	11 of 80	1.5%	8.6 min	P3-73
23	**Closeout 1v1** Defense · Opens Harder, this team's version.	Fundamentals	11 of 80	1.1%	6.5 min	P1-80
24	**Chase-Down Layups** Finishing · Opens Harder, this team's version.	Fundamentals	11 of 80	1.1%	6.1 min	P6-79
25	**Blast Cut and Backdoor Shooting** Shooting · Opens Harder, this team's version.	Fundamentals	10 of 80	1.8%	12 min	P4-71
26	**Zig-Zag Slides** Defense · Opens Harder, this team's version.	Fundamentals	10 of 80	1.2%	7.6 min	P2-71
27	**Score for Stops** Game play · Opens Harder, this team's version.	Small-sided games	9 of 80	1.7%	12 min	P2-72
28	**Shell Drill 3v3** Game play · Opens Harder, this team's version.	Team concepts	9 of 80	1.2%	8.7 min	P1-77
29	**Motion Offense Progression** Game play · Opens Harder, this team's version.	Team concepts	8 of 80	1.6%	13 min	P5-73
30	**5-on-0 Transition: The Break** Game play · Opens Harder, this team's version.	Team concepts	8 of 80	1.4%	11 min	P7-74
31	**Press Break 5v5** Game play · Opens Harder, this team's version.	Team concepts	8 of 80	1.4%	11 min	P8-68
32	**Box-Out Battles 2v2** Rebounding · Opens Harder, this team's version.	Fundamentals	8 of 80	0.8%	6.0 min	P2-80
33	**Ball-Screen Coverages 3v3** Game play · Opens Harder (6 practices; Regular in 1).	Team concepts	7 of 80	1.3%	12 min	P3-71
34	**11-Player Fast Break** Game play · Opens Harder, this team's version.	Small-sided games	7 of 80	1.3%	12 min	P6-79
35	**3-on-3 Cutthroat** Game play · Opens Harder, this team's version.	Small-sided games	7 of 80	1.2%	11 min	P2-66

High school Varsity · drills used most

#	Drill	Purpose	Practices used	Share of time	Per use	Runs
36	**4-on-4-on-4 Transition** Game play · Opens Harder, this team's version.	Small-sided games	7 of 80	1.2%	11 min	P7-74
37	**Help the Helper 4v4** Game play · Opens Harder, this team's version.	Team concepts	7 of 80	1.2%	11 min	P12-69
38	**Full-Court 1v1 / 2v2** Defense · Opens Harder, this team's version.	Small-sided games	7 of 80	1.1%	10 min	P3-72
39	**One More: Extra Pass, Closeout, Live** Game play · Opens Harder, this team's version.	Small-sided games	7 of 80	1.1%	9.9 min	P4-64
40	**Transition Defense: Stop the Ball** Game play · Opens Harder, this team's version.	Team concepts	7 of 80	1.0%	9.0 min	P2-79
41	**Zone Attack: Gaps, Skips, Short Corner** Game play · Opens Harder, this team's version.	Team concepts	6 of 80	1.0%	11 min	P18-68
42	**Chaos Layups** Finishing · Opens Harder, this team's version.	Fundamentals	5 of 80	0.7%	9.0 min	P9-65
43	**3-on-3 Guts** Game play · Opens Harder, this team's version.	Small-sided games	4 of 80	0.9%	14 min	P15-48
44	**4-on-4 Plus a Post: Help and Scramble** Game play · Opens Harder, this team's version.	Team concepts	4 of 80	0.7%	12 min	P23-62
45	**Dribble-Limit 4v4** Game play · Opens Harder, this team's version.	Small-sided games	4 of 80	0.7%	11 min	P5-59
46	**Advantage Build-Ups** Game play · Opens Harder, this team's version.	Small-sided games	4 of 80	0.6%	10 min	P10-59
47	**Overload 4v3 / 5v4** Game play · Opens Harder, this team's version.	Team concepts	4 of 80	0.6%	9.8 min	P15-72
48	**Vertical Contest: Wall Up** Defense · Opens Harder, this team's version.	Fundamentals	4 of 80	0.5%	8.0 min	P15-57
49	**Argentina Passing** Passing · Opens Harder, this team's version.	Fundamentals	4 of 80	0.5%	7.5 min	P8-68
50	**Vegas Closeouts** Defense · Opens Harder, this team's version.	Fundamentals	4 of 80	0.4%	6.8 min	P4-64

04 · HOW WE MEASURED

Method and sources

Every practice is walked exactly as the app runs it: the team's own drill versions (A teams and Varsity get the harder version of a drill), the full season, at the practice length it was written for (Rec 60 minutes, travel 75, high school Freshman, JV and Varsity 90). Each drill version was read and classified by its script, not its title. "Practices used" counts the practices a drill appears in. "Share of time" is its minutes divided by the season's teaching minutes, which leave out the warm-up, water breaks and the closing huddle. "Players active" is an estimate of how much of each drill a typical player spends doing the main action instead of waiting in line.

High school has no A team, so the packet shows Varsity as the top team alongside Freshman, JV and Rec. Grades K and 1 are Rec only. B and C travel teams run the same seasons with easier or regular drill versions and are not shown.

Published guidance behind the targets

- **USA Basketball Youth Development Guidebook.** Recommends a training-to-competition ratio of about 70:30 at ages 8-12, 60:40 at 12-15 and 50:50 at 14-17, where competition includes small games like 1v1 to 3v3 inside practice.
- **Jr. NBA practice plans.** Split practice into building skills, team concepts and competing, with more team concepts and competition at higher skill levels. "Small-sided games … increase repetitions."
- **FIBA mini-basketball coaching guidance.** At 8-9, fun stays the dominant focus and skills come through games. 3v3 and 4v4 suit children better than full-sided play.
- **Canada Basketball long-term athlete development.** About 75:25 training to competition at roughly ages 9-12.

The targets are starting points the app is built to, not quotas. A single practice can differ for a reason, such as a game-week walk-through.

Figures as of November 20, 2026, from the app's own practice files.

Ordino is a generic practice app and is not affiliated with any league. Feedback: ordino@practicallyapplied.ai