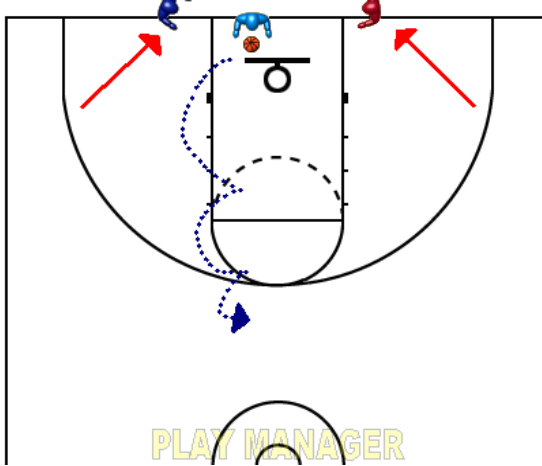


Basketball Sample Plays

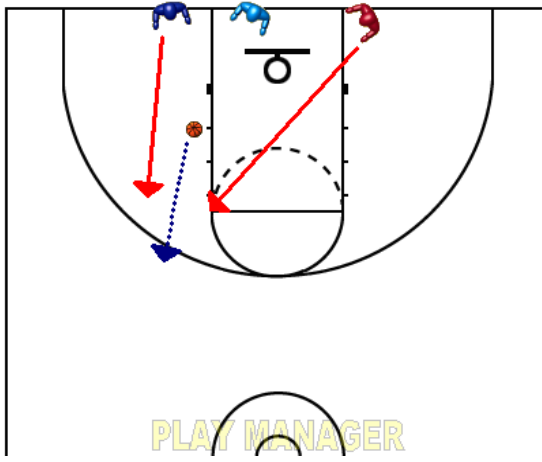
Loose Ball Drill

Players give full effort in this drill. Teach players to "want" the ball!



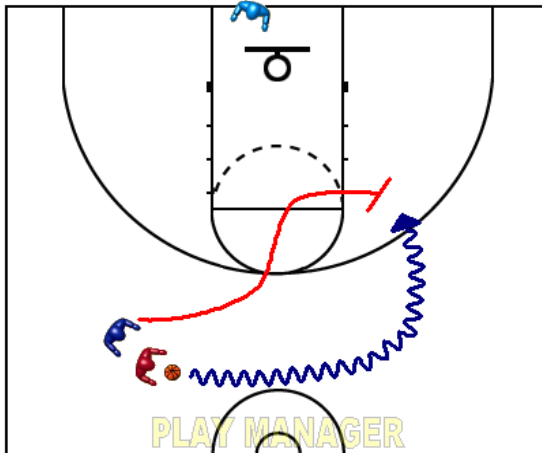
#1 - [0.00]

Form 2 lines under the basket on each side of the backboard. A player gets in the middle with the ball and rolls or bounces the ball anywhere in the half-court.



#2 - [1.05]

Players each go after the ball with full effort.



#3 - [4.45]

Whoever wins the loose ball tries to score, while the other player defends.