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web 10 min passing drill have the team line up in two lines and pass the ball back and forth up and down the line start with the chest pass bounce pass overhead pass wrap around pass and baseball pass 5 min defensive slide drill spread your team out demonstrate the correct defensive position

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web it s important for all coaches to use proven basketball drills that will improve their players below i ve listed 27 drills and games and described them in full detail including how the drills works the purpose how to set it up instructions variations and coaching points

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web sep 17 2023 5 elements of a basketball practice plan a practice plan should follow a set progression while there should be a range of areas to work on plays drills fundamentals and so forth the structure should always begin with warm ups progress with different drills and end with a cooldown 1