## Practice 3 of 12  
**ALL-STAR LEVEL**

<table>
<thead>
<tr>
<th>THEME</th>
<th>ACTIVITY</th>
<th>DETAILS</th>
<th>PERCENTAGE OF TOTAL PRACTICE TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Values</td>
<td>LEADERSHIP</td>
<td>How do players show good leadership?</td>
<td>5%</td>
</tr>
</tbody>
</table>
| Warm-Up     | DYNAMIC WARM-UP (1 x each)    | • Bent Knee Side Plank  
• Forward Walking Lunge  
• Toes and Chest  
• Stationary A-Skip  
• Split Squat Hold  
• Lateral Bound  
• Heels and Shoulders  
• Power Skips       | 5%                                |
| Building Skills | Ball-Handling               | FULL COURT CONE DRIBBLING (3-5 min.)  
Work on specific dribble moves and finishes.                     | 60%                                |
|              | STATIONARY 1-2 BEHIND THE BACK DRILL (2 x 30 sec.)  
Take 2 strong dribbles followed by a behind the back dribble. | 5%                                |
|              | BEHIND THE BACK CHALLENGE (2-3 min.)  
Have the players set goals and try to beat their previous best! |                                     |
|              | REACTION Dribble (2 x 1 min.)  
The players will have to react and change their dribble quickly. |                                     |
|              | Passing                       | POUND PASS DRILL (2 x 30 sec. each way)  
Work on a hard dribble and a controlled 1-handed pass. | 60%                                |
|              | STATIONARY 2-BALL PASSING DRILL (2 x 30 sec.)  
The players will use two balls and pass with both hands. |                                     |
| Shooting     | 3-LINE LAYUPS (1 x 2 min.)  
Work on extended layups during this drill. | 25%                                |
|              | 3-PERSON SHOOTING (2 x 10 shots each)  
With 1 rebounder, 1 passer, and 1 shooter, get good quick reps. |                                     |
| Team Concepts | L-CUT DRILL (1 x 2 min each way)  
Work on changing speeds and changing directions to get open. | 25%                                |
|              | FILLING THE CORNER DRILL (1 x 15 makes each way)  
Fill the corner on a baseline drive to provide an easy pass. |                                     |
|              | SHELL DRILL - 3 ON 3 (6 min)  
Teach and show the players what it means to help the helper. |                                     |
| Competing    | 3 ON 3 DICTATED - HELP THE HELPER (games to 3)  
The game starts after a drive and help the helper. | 25%                                |
|              | 5 ON 5- DICTATED (games to 3)  
Play these games with no dribbling to emphasize cutting. |                                     |
|              | 5 ON 5 SITUATIONAL PLAY (3 x)  
Help the players understand game and clock management. |                                     |

→ Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.  
→ Be sure to take regular water breaks to help your players stay hydrated.  
→ The percentages listed serve as approximate recommendations on how to allocate practice time.