

Your Team

Practice Plan · U13 · Oct 14, 2026 · Practice #2

Duration: 90 min · Players: 10 · Focus: Motion Offense · Screening · V-Cut Reads (Week 2 Progression)

Phase: Early Season · Space: Full Gym



COACH'S NOTES

Last week we built the foundation — V-cuts and precision passing. Today we layer the next skill: using screens to create even better cuts. Players who mastered the V-cut will see immediately how a screen makes it unstoppable.

■ PRACTICEIQ REMEMBERED FROM LAST SESSION:

Last session (Oct 7): Introduced V-cuts and passing stations. Players showed strong chest/bounce technique. V-cut reads improved significantly in scrimmage. Skip pass recognition was inconsistent — two players still catching off-balance. No repeated drills this session.

WARMUP & ATHLETICISM

12 MIN

Opening Question & Team Circle

ORGANIZATION

Players gather in a circle at centre court. Coach poses one question connecting last week's work to today's focus.

GAME CONNECTION

Connecting Week 1 learning to Week 2 practice before you touch a ball accelerates retention. The brain primes itself for what's coming.

STRETCHES & DEBRIEF

Today's question: 'Last week we learned the V-cut. Why would a screen make a V-cut even harder to guard?'

Every player must answer — builds anticipation for what they're about to learn

Coach can respond: 'You'll find out exactly why in about 20 minutes'

Takes 3-4 minutes maximum

Dynamic Warmup — 7 Movements

ORGANIZATION

Single file line along the sideline. Each movement covers the full length of the court (baseline to baseline). Coach leads the first time through, players lead rotation after Week 3.

GAME CONNECTION

Dynamic stretching activates the muscles you're actually about to use — ankles, hips, hamstrings, shoulders. Static stretching before practice reduces power output. Save that for the end.

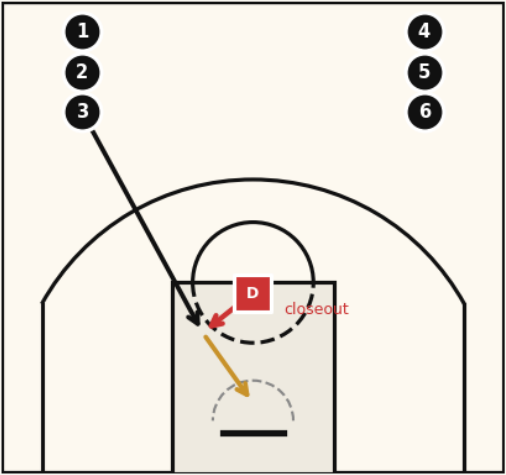
MOVEMENTS

1. HIGH KNEES — drive knees to hip height, arms pumping, full length of court
2. BUTT KICKS — heels to glutes, stay on balls of feet, keep torso upright
3. LATERAL SHUFFLE — stay low, don't cross feet, switch direction at half court
4. LEG SWINGS — stop at each foul line, 10 swings each leg (front/back then side/side)
5. HIP CIRCLES — 5 forward, 5 backward each hip, hands on hips
6. CARIOCA (grapevine) — hips rotating, quick feet, both directions
7. ARM CIRCLES + WRIST ROLLS — 10 forward, 10 backward, then shake out wrists

Dynamic Layup Lines (Week 2 Upgrade)

ORGANIZATION

Same as Week 1 — but now add a defensive closeout from the nail on every rep.

Layup Lines + Closeout (W2) 	GAME CONNECTION Same finish, real pressure. Last week was the foundation — today they practice the same lay-up with a hand in their face.
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POINTS OF EMPHASIS

1. Eyes up through the closeout — don't drop your chin
2. Use your body to shield the ball on the gather
3. Go UP, not around — finish strong through contact

PROGRESSIONS

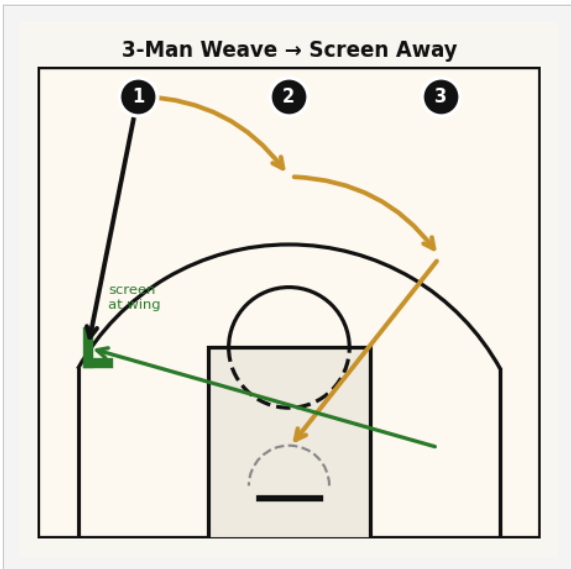
Too easy: live block attempt from defender. Too hard: back to Week 1 version, no defender.

↑ BUILDS ON WEEK 1: Week 1 Dynamic Layup Lines — same drill, added defensive closeout.

3-Man Weave → Screen Away

ORGANIZATION

Same 3-man weave start, but after the layup: passer sprints to set a screen away.



GAME CONNECTION

The transition from passing to screening is fluid in real basketball — one action sets up the next.

POINTS OF EMPHASIS

1. Sprint to set the screen — lazy screens get ignored
2. Set feet BEFORE contact
3. Cutter reads the screen: curl, pop, or fade

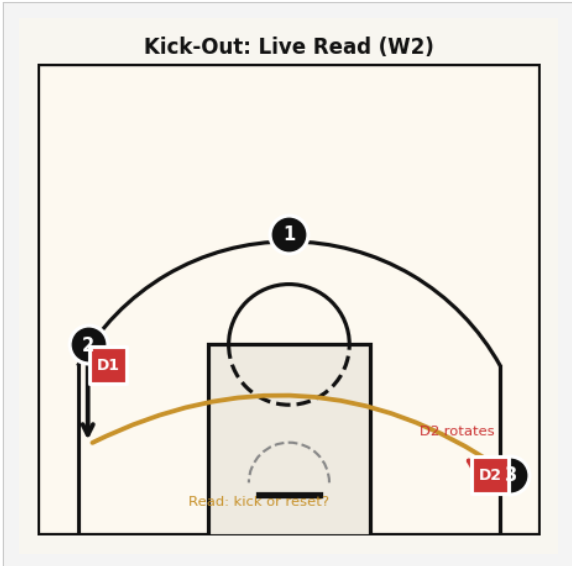
PROGRESSIONS

Too easy: add a live defender on the cutter. Too hard: remove the screen, just focus on the weave.

↑ BUILDS ON WEEK 1: Week 1 3-Man Weave — added a screen-away action after the layup finish.

Kick-Out Drill with Skip Pass Read (Week 2 Upgrade)**ORGANIZATION**

Same setup as Week 1 kick-out drill. This week: add a 2nd defender who rotates to the corner.

**GAME CONNECTION**

Last week they practiced the kick-out. Today they practice what happens when the defense takes it away — the pull-back and reset is just as important.

POINTS OF EMPHASIS

1. Read BEFORE you drive — is the corner defender rotating?
2. If corner is covered, pull back and reset — don't force it
3. One skip pass attempt per possession — don't wait too long

PROGRESSIONS

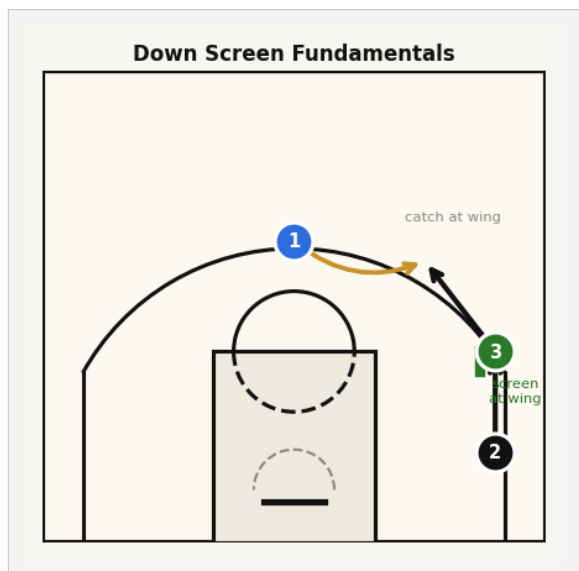
Too easy: full 3v3 live. Too hard: back to Week 1 version, no second defender.

↑ BUILDS ON WEEK 1: Week 1 Skip Pass & Kick-Out Drill — added a second rotating defender to force a live read.

Down Screen Fundamentals

ORGANIZATION

Groups of 3. Screener sets screen on the block for a wing player. Ball at top of key.



GAME CONNECTION

The down screen is the most common action in half-court offense. Paired with the V-cut from last week, it creates separation even against good defenders.

POINTS OF EMPHASIS

1. Screener: wide base, arms crossed, STAY STILL
2. Cutter: set up the defender with a V-cut BEFORE using the screen
3. Read the defender: curl if they go under, fade if they go over
4. First pass after the screen should be catch-and-shoot ready

PROGRESSIONS

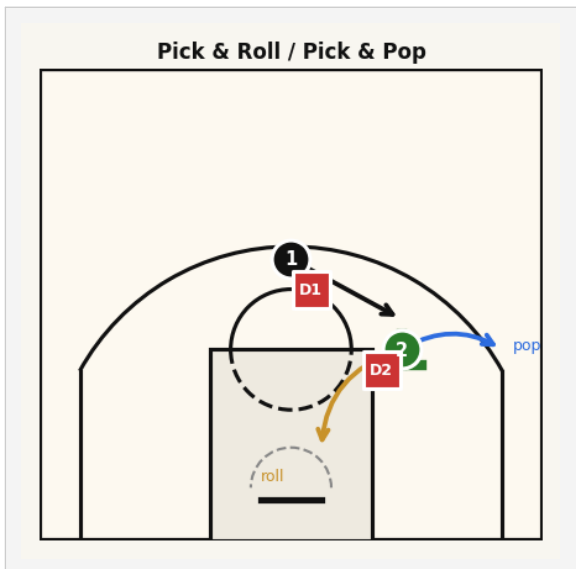
Too easy: add a live defender on the cutter. Too hard: walk through screener position only, no cutter movement.

↑ **BUILDS ON WEEK 1:** Week 1 V-Cut Fundamentals — the down screen works best when combined with a V-cut setup.

2-Man Game: Pick & Roll / Pick & Pop

ORGANIZATION

Ball handler at top, screener on the wing. Run ball screen. Screener reads: roll to rim or pop to 3-point line.



GAME CONNECTION

The pick-and-roll is the most-run play in basketball at every level. Once players understand it here, they'll see it in every game they watch.

POINTS OF EMPHASIS

1. Ball handler: dribble INTO the screen — don't go around it
2. Screener: roll or pop immediately on contact, don't wait
3. Passer: read the big — rolling = hit in stride; popping = crisp chest pass
4. Defense: both defenders must communicate 'switch' or 'stay'

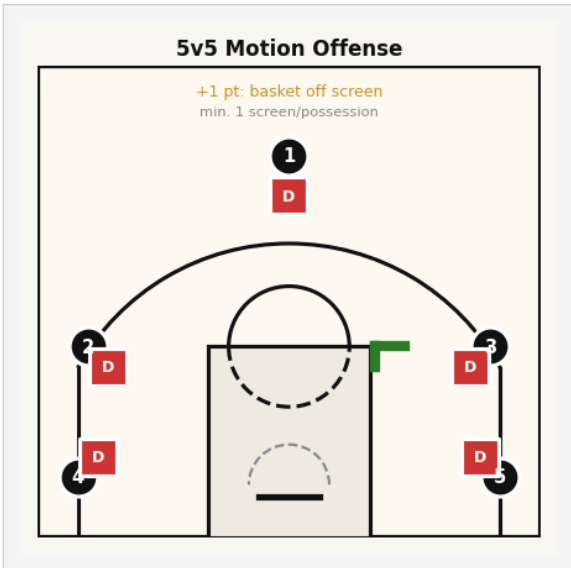
PROGRESSIONS

Too easy: add a 3rd defender (help). Too hard: walk through screen angle only, no live defense.

5v5 Motion Offense Scrimmage

ORGANIZATION

Full court 5v5. Bonus point for baskets created off a screen. Offense must set at least 1 screen per possession.



GAME CONNECTION

Last week: move without the ball. This week: use your teammates to move without the ball. Both sessions combine into a functional offensive system.

POINTS OF EMPHASIS

1. No isolation — basketball is a team sport
2. Talk: 'screen away', 'ball screen', 'roll'
3. Defense communicate: 'screen left', 'switch'
4. Look for the player coming off the screen FIRST

PROGRESSIONS

Too easy: live full rules. Too hard: 3v3 half court, more space.

↑ BUILDS ON WEEK 1: Week 1 V-Cut Emphasis Scrimmage — same format, now adding screens as the second layer of the offense.

Static Stretch + 2-Week Progress Debrief**ORGANIZATION**

Same closing ritual as Week 1 — players in a circle at centre court, 6 static stretches held 20-30 seconds while coach leads the debrief.

GAME CONNECTION

The closing ritual is how great teams build culture. Same structure every practice means players know what to expect — and they start to look forward to this time together.

STRETCHES & DEBRIEF

1. SEATED HAMSTRING STRETCH — legs straight, reach for toes, hold 25 sec
2. BUTTERFLY STRETCH — soles together, elbows press knees, hold 25 sec
3. QUAD STRETCH — standing balance, hold 20 sec each leg
4. HIP FLEXOR LUNGE — one knee down, lean forward, hold 25 sec each side
5. SHOULDER CROSS-BODY STRETCH — hold 20 sec each arm
6. NECK ROLLS — slow and controlled, 5 each direction

DEBRIEF: What did we add this week that made Week 1 better? | What connects a V-cut to a screen? | Next week: we add the back cut — the third weapon in our motion offense