

## **Sample "Competition Day" practice plan from 2019-20:**

### **Speed Dribble & Layup Relay** (Winning team receives 1 point)

Red – Colson, Carter, AK, Gavin, Wibbs, Nando, Hunter, Cameron

White – Camden, Garrett, Sam, Culbertson, Kaden, Leyton, Brayson, Rayce

### **4 on 3 Passing** (Winning team receives 1 point)

Red – Colson, Garrett, Culbertson, Sam... Leyton, Hunter, Wibbs, Rayce

White – Camden, Carter, AK, Kaden... Cameron, Nando, Gavin, Brayson

### **2 on 2 Rebounding** (Winning team receives 1 point)

Red – Colson, Sam... AK, Kaden... Culbertson, Wibbs... Hunter, Rayce

White – Carter, Garrett... Leyton, Camden... Gavin, Nando... Cameron, Brayson

### **3 point game** (If your team wins 2-1, you receive 1 point... If your team wins 3-0, you receive 2 points...)

Team 1 – Colson, Garrett, Camden, Carter, Sam

Team 2 – Kaden, AK, Culbertson, Gavin, Leyton

Team 3 – Nando, Wibbs, Hunter, Cameron, Brayson, Rayce

*Game 1: Team 1 vs Team 2... Game 2: Team 2 vs Team 3... Game 3: Team 1 vs Team 3*

### **3 on 2/2 on 1 Drill** (Winning team receives 1 point)

Red – Colson, Carter, Sam, Culbertson, Gavin, Wibbs, Leyton, Brayson

White – Camden, Garrett, Kaden, AK, Nando, Hunter, Cameron, Rayce

### **30 Pass Drill** (Winning team receives 1 point)

Team 1 – Colson, Kaden, Sam, Culbertson, Rayce

Team 2 – Garrett, Nando, Leyton, Gavin, Brayson

Team 3 – Camden, Carter, AK, Wibbs, Cameron, Hunter

### **4 minute games** (Winning team receives 2 points for each game)

Team 1 – Colson, Camden, Leyton, Gavin, Cameron, Brayson

Team 2 – Garrett, Carter, Culbertson, Hunter, Rayce

Team 3 – Sam, Nando, Wibbs, AK, Kaden

*Game 1: Team 1 vs Team 2... Game 2: Team 2 vs Team 3... Game 3: Team 1 vs Team 3*

**1 on 1s in the paint** (Winning team receives 1 point)

Red – Colson, Carter, Sam, Kaden, Culbertson, Gavin, Hunter, Brayson

White – Garrett, Camden, Leyton, Wibbs, AK, Nando, Cameron, Rayce

**3 on 3 cut throat** (Winning team receives 1 point)

Red – Colson, Garrett, Kaden... Wibbs, Gavin, Hunter, Cameron, Nando

White – Carter, Camden, Sam... AK, Culbertson, Brayson, Rayce, Leyton

**100 make shooting drill** (Winning team receives 1 point)

Red – Colson, Garrett, Sam, Nando, Kaden, AK, Cameron, Rayce

White – Carter, Camden, Leyton, Wibbs, Gavin, Culbertson, Hunter, Brayson