

**YOUTH
PRACTICE
SESSIONS**

A PRODUCTION OF
BASKETBALL IMMERSION



Youth Practice Session #1

1. Introduce BDT Shooting Concepts - Random Practice Using Feet Moving
 - Bounces Shooting <http://basketballimmersion.com/bounces-shooting/>
 - Side to Side Bounces Shooting <http://basketballimmersion.com/side-to-side-bounces-shooting/>
 - Split Steps Shooting <http://basketballimmersion.com/split-steps-shooting/>
 - Side Facing One Foot Hops Shooting <http://basketballimmersion.com/side-facing-one-foot-hops-shooting/>
2. Introduce Hands Up and Hands Down Signals
 - Hands Up = Pass | Hands Down = Shoot <http://basketballimmersion.com/shooting-and-passing-hand-signals-basketball-decision-training/>
3. Introduce the 1st Step and Counter Signals
 - Add first step to BDT – Step Towards = Drive <http://basketballimmersion.com/first-step-hand-signals-basketball-decision-training/>
 - Add the counter to BDT – Jump to the Side = Dribble Counter <http://basketballimmersion.com/first-step-hand-signals-basketball-decision-training/>
4. Combine all Four Signals
 - Feet moving with all signals <http://basketballimmersion.com/bdt-shooting-workout-feet-moving-with-all-signals/>
5. Teach the Back Pivot
 - Back Pivot <http://basketballimmersion.com/back-pivot-series-part-a/>
 - Back Pivot Counter: Up and Under <http://basketballimmersion.com/back-pivot-series-part-b-back-pivot-into-an-up-and-under/>
 - Back Pivot into a Fake Double Drop (Jordan) <http://basketballimmersion.com/back-pivot-series-part-d-back-pivot-into-a-fake-double-drop/>
 - Back Pivot into a Reverse Pivot (Kobe) <http://basketballimmersion.com/back-pivot-series-part-c-back-pivot-into-a-reverse-pivot/>
6. Kill the Grass without BDT and with BDT
 - 15 second repetitions/1:1 work to rest ratio <http://basketballimmersion.com/kill-the-grass-with-bdt/>
7. Steal the Ball without BDT and with BDT
 - 15 second repetitions/1:1 work to rest ratio <http://basketballimmersion.com/steal-the-ball-with-bdt/>
8. Teach the Push Shot
 - Push Shot <http://basketballimmersion.com/two-foot-push-shot/>

9. Teach Ball Pick-Up and Mix Drills (Footwork, Ball Pick-Up, Shooting and Dribbling)


- Group players equally at each basket. Rotate after change each ball pick-up sequence. Rotate every couple of minutes.
- 3 Dribbles into Ball Pick-Up <http://basketballimmersion.com/ball-pick-up-into-shot-three-dribbles/>
- 1 Dribble into Ball Pick-Up <http://basketballimmersion.com/ball-pick-up-into-shot-one-dribble/>
- 3 Dribbles Between the Legs Ball Pick-Up <http://basketballimmersion.com/between-the-legs-ball-pick-up-dominant-to-weak-hand/>
- 1 Dribble Between the Legs Ball Pick-Up
- 3 Dribbles Behind the Back Ball Pick-Up <http://basketballimmersion.com/behind-the-back-ball-pick-up-shot-three-dribbles/>
- 1 Dribble Behind the Back Ball Pick-Up <http://basketballimmersion.com/behind-the-back-ball-pick-up-shot-one-dribble/>
- In and Out Cross-Cross Ball Pick Up Shot <http://basketballimmersion.com/in-and-out-cross-cross-ball-pick-up-shot/>
- In and Out Cross-Cross Between Between Ball Pick-Up Shot <http://basketballimmersion.com/in-and-out-cross-cross-between-between-ball-pick-up-shot/>
- In and Out Cross-Cross Between Between Behind Behind Ball Pick-Up Shot <http://basketballimmersion.com/in-and-out-cross-cross-between-between-behind-behind-ball-pick-up-shot/>

10. Play Italian 3-on-3 <http://basketballimmersion.com/italian-3-on-3/>



Youth Practice Session #2

1. Side Dribbles
 - Side dribble series bounce <http://basketballimmersion.com/a-side-dribble-series-bounce/>
 - Side dribble series crossovers <http://basketballimmersion.com/c-side-dribble-series-crossovers/>
 - Side dribble series push pulls <http://basketballimmersion.com/b-side-dribble-series-push--pulls/>
 - Figure 8 between the legs no dribble <http://basketballimmersion.com/figure-8-between-the-legs-no-dribble/>
 - Between the legs side dribble <http://basketballimmersion.com/between-the-legs-side-dribble/>
 - Behind the back <http://basketballimmersion.com/behind-the-back/>
 - Between between behind behind combo <http://basketballimmersion.com/between-between-behind-behind-combo-2/>
 - Between between behind (one time) combo <http://basketballimmersion.com/between-between-behind-behind-combo/>
 - Push pull behind the back combo <http://basketballimmersion.com/push--pull-behind-the-back-com/>
2. Passing Circle
 - Passing <http://basketballimmersion.com/passing-circle/>
3. Hall of Fame
 - Pivoting, Passing, Footwork <http://basketballimmersion.com/hall-of-fame/>
4. 3-on-1 Transition
 - Full-court passing, running, finishing <http://basketballimmersion.com/3-1-transition/>
5. Ball Pick-Up
 - Review 1 or 2 Dribble Stab, Between Legs, Behind the Back, In and Out Series
 - 1,2 or 3 Lateral Dribble Ball Pick-Up <http://basketballimmersion.com/lateral-dribble-ball-pick-up/>
 - Ball Pick-Up Combo Challenges <http://basketballimmersion.com/ball-pick-up-combo-challenges/>
6. BDT Shooting
 - Review all four signals
 - Add penetrate and kick signal <http://basketballimmersion.com/bdt-penetrate-and-kick-signal/>
7. Play Blind 1-on-1
 - Work on the stab dribble and first step Blind one-on-one: <http://basketballimmersion.com/blind-one-on-one/>
8. Play Three Pass 1-on-1
 - Work on applying BDT shoot, drive and counter footwork and skills <http://basketballimmersion.com/three-pass-one-on-one/>
9. Play Italian 3-on-3 <http://basketballimmersion.com/italian-3-on-3/>

A close-up, black and white photograph of a basketball, showing the characteristic pebbled texture of the ball. The lighting creates highlights and shadows that emphasize the individual bumps and the overall shape of the ball. The background is dark, making the basketball stand out.

If you want to be a good
shooter, you're going to
have to work on shooting.
It's that simple.




Youth Practice Session #3

1. Circle Side Dribble Shooting
 - Apply Side Dribble movements introduced in session #1 <http://basketballimmersion.com/circle-side-dribble-shooting/>
2. Three Dribble Backward
 - Three dribbles backwards same hand: <http://basketballimmersion.com/three-dribbles-backwards-same-hand-backwards-dribble-series-part-b/>
 - No dribbles backwards figure-eight between legs: <http://basketballimmersion.com/no-dribbles-backwards-figure-eight-between-your-legs-backwards-dribble-series-part-c/>
 - Three dribbles backwards between the legs: <http://basketballimmersion.com/three-dribbles-backwards-between-the-legs-backwards-dribble-series-part-a/>
 - Three dribbles backwards behind your back: <http://basketballimmersion.com/three-dribbles-backwards-behind-your-back-backwards-dribble-series-part-d/>
 - Combo three dribbles backwards: <http://basketballimmersion.com/combo-three-dribbles-backwards/>
 - Backwards one-on-one: <http://basketballimmersion.com/backwards-one-on-one/>
3. Stack Closeout 1-on-1
 - Work on Back Pivots and Push Shots <http://basketballimmersion.com/stack-closeout-one-one/>
4. Lay-Up Progression
 - Long Lay-Ups <http://basketballimmersion.com/lay-up-progression/>
 - Quick Ups <http://basketballimmersion.com/quick-ups/>
5. Vs. Pressure
 - Kill the Grass with BDT and Steal the Ball with BDT Review
 - Line Battle <http://basketballimmersion.com/line-battle/>
 - 1 vs. 2 <http://basketballimmersion.com/1-vs-2/>
 - Circle Trap <http://basketballimmersion.com/circle-trap-2/>
6. BDT Shooting
 - All four signals with penetration reaction
 - Add relocation <http://basketballimmersion.com/relocation-basketball-decision-training/>
7. Play 2-on-1 Shooting

- Pass or shoot options and then first catch must drive to score option <http://basketballimmersion.com/2-1-shooting/>
8. 3-on-1 Transition
 - Full-court passing, running, finishing <http://basketballimmersion.com/3-1-transition/>
 9. Play Italian 3-on-3 <http://basketballimmersion.com/italian-3-on-3/>

8 QUOTES TO KEEP YOUR TEAM MOTIVATED

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1. No one is going to push you except yourself.
 2. Always believe something wonderful is about to happen.
 3. Nothing is permanent in this world, not even our troubles.
 4. Letting go isn't easy, but it is necessary.
 5. Don't lose hope. You never know what tomorrow may bring.
 6. Life is tough but so are you.
 7. Stop being afraid of what can go wrong and think of what can go right.
 8. Work hard in silence. Let your success be your noise.

Youth Practice Session #4

1. Lay-Up Progression
 - Long Lay-Ups <http://basketballimmersion.com/lay-up-progression/>
 - Quick Ups <http://basketballimmersion.com/quick-ups/>
2. Ball Pick-Up
 - 1 or 2 Dribble Stab, Between Legs, Behind the Back, In and Out Series, 1,2 or 3 Lateral Dribble Ball Pick-Up, Ball Pick-Up Combo Challenges
 - Do the repetitions facing the basket and facing away from the basket (sideways or backwards) to work on fighting for feet on a turn.
3. Backward Dribble Series
 - Review between the legs, behind the back and combos into a shot
 - Three dribbles backwards between the legs or behind your back into a push dribble: <http://basketballimmersion.com/backwards-dribble-series-part-j-three-dribbles-backwards-behind-your-back-into-a-push-dribble/>
 - Three dribbles backwards into a push dribble and counter: <http://basketballimmersion.com/three-dribbles-backwards-into-a-push-dribble-and-counter-backwards-dribble-series-part-g/>
 - BDT combined with three dribbles backwards series: <http://basketballimmersion.com/backwards-dribble-series-part-l-bdt-combined-with-three-dribbles-backwards-series/>
4. BDT Shooting
 - All signals with relocation and penetration reaction
 - Shoulder Game <http://basketballimmersion.com/shoulder-game/>
 - Combo Game <http://basketballimmersion.com/combo-game/>
5. Passing and Handling Pressure
 - Passing Circle <http://basketballimmersion.com/passing-circle/>
 - Hall of Fame <http://basketballimmersion.com/hall-of-fame/>
 - Circle Trap <http://basketballimmersion.com/circle-trap-2/>
6. Pylon Drills
 - Bounce Change <http://basketballimmersion.com/bounce-change-two-pylons/>
 - Pylon Drills Straddle <http://basketballimmersion.com/pylon-drills-straddle/>
 - Square Pylons <http://basketballimmersion.com/square-pylons/>

7. 1-on-1

- Stack Closeout 1-on-1 <http://basketballimmersion.com/stack-closeout-one-one/>
- Play Blind 1-on-1 <http://basketballimmersion.com/blind-one-on-one/>
- Play Three Pass 1-on-1 <http://basketballimmersion.com/three-pass-one-on-one/>

8. Play 3-on-2 Shooting

- Pass or Shoot Only
- First Catch Attack <http://basketballimmersion.com/2v34v3-shooting/>



Youth Practice Session #5

1. Circle Side Dribble Shooting
 - Apply Side Dribble movements introduced in session #1 <http://basketballimmersion.com/circle-side-dribble-shooting/>
2. Pylon Drills
 - Bounce Change <http://basketballimmersion.com/bounce-change-two-pylons/>
 - Pylon Drills Straddle <http://basketballimmersion.com/pylon-drills-straddle/>
 - Square Pylons <http://basketballimmersion.com/square-pylons/>
3. BDT Shooting
 - All signals with relocation and penetration reaction
 - Shoulder Game <http://basketballimmersion.com/shoulder-game/>
 - Combo Game <http://basketballimmersion.com/combo-game/>
4. Vs. Pressure
 - Kill the Grass with BDT and Steal the Ball with BDT Review
 - Line Battle <http://basketballimmersion.com/line-battle/>
 - 1 vs. 2 <http://basketballimmersion.com/1-vs-2/>
 - Circle Trap <http://basketballimmersion.com/circle-trap-2/>
5. Ball Pick-Up
 - 1 or 2 Dribble Stab, Between Legs, Behind the Back, In and Out Series, 1,2 or 3 Lateral Dribble Ball Pick-Up, Ball Pick-Up Combo Challenges
 - Do the repetitions facing the basket and facing away from the basket (sideways or backwards) to work on fighting for feet on a turn.
6. 1-on-1
 - Backwards one-on-one: <http://basketballimmersion.com/backwards-one-on-one/>
 - Three Pass 1-on-1 <http://basketballimmersion.com/three-pass-one-on-one/>
7. Play Small-Sided Games
 - 2-on-1 Shooting <http://basketballimmersion.com/2-1-shooting/>
 - 3-on-2 Shooting <http://basketballimmersion.com/2v34v3-shooting/>
 - 3-on-1 Transition <http://basketballimmersion.com/3-1-transition/>
 - Italian 3-on-3 <http://basketballimmersion.com/italian-3-on-3/>