



Practice Outline 1

Progressive Sports Experience: Level 2

60 Minute Practice Outline

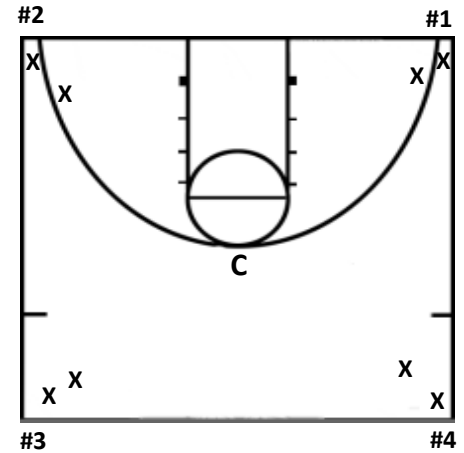
Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	Meeting – Welcome	See Coaches Notes for teaching points.	
Warm-up			
Segment 1	Fundamental Work: Dribbling:		
Drill 1	Continuous Dribble Drill Skill focus: Warming up Watch dribbling ability	<ul style="list-style-type: none"> On whistle, all players dribble around within the practice area. On whistle, all players stand still and dribble. Coach talks and demonstrates teaching points. See pg 32 in Coach Playbook Intermittently blow whistle for players to move and stand still Vary right hand, left hand, fast, slow. 	Formation: Free- players scattered with in practice area. Each player has a ball.
Drill 2	Crisscross Dribble Skill focus: <ul style="list-style-type: none"> Ball control Finger tip control Work with both hands Vary speeds and pressure Crisscross Dribble variation <ul style="list-style-type: none"> Player at the head of each line has a ball Coach stands in the head of the circle (middle of practice area) 	<ul style="list-style-type: none"> Player at the head of corner #3 & 4 dribbles diagonally to opposite corner. (3 to 1; 4 to 2) and Hands ball to player at the head of the line, and That player (#2 &1) dribbles back across the court. Continue the process Variations – left hand; alternating hands; vary speeds; sideways Head of each line dribbles to the coach standing at the head of the circle and returns to original corner Controlled dribble at first; then add variations as above 	Formation for Drill – 4 Corners



Segment 2 Passing:

- Pass made
- Pass should be catchable about waist high.
- Pass caught with hands
- Hands give as ball is received
- Coach points to line and that players dribbles toward the coach.
- Coach says “pass”
- Player immediately bounce passes to the coach, who passes right back.
- Repeat process with other line/players until all players have made & received a pass.
- Add coach/parent to stand back-to-back with you. Two players dribble. One coach calls out “Pass” command for all dribbles approach their respective coach.
- Add 1-2 more coaches, and coaches rotate to the right after ever pass to help keep players involved.

Formation: 4 Corners with coach in the middle



5 minutes Mid Practice Huddle

**Devotion – week 1
See Playbook page 72-78**

Segment 3 Defensive Stance (no basketball)

- Explain stance for on the ball defense
- Show defensive slides
- Slide your feet, don't cross them. Point the toe of the lead foot (direction you're sliding) and push off with the inside of opposite foot.

Formation: Free- players scattered within practice area

See Playbook page 55.

Segment 4 Shooting – lay ups

Points of emphasis:

- Jumping up
- Jump off opposite foot as shooting hand, or inside foot.
- Reaching high with shooting hand
- Have players face a different direction from previous drill.
- Teach “STEP-HOP-JUMP” of lay up
- Teach - right hand & left hand lay up

Formation: Free- players scattered within practice area

See page 45 in Coach Playbook



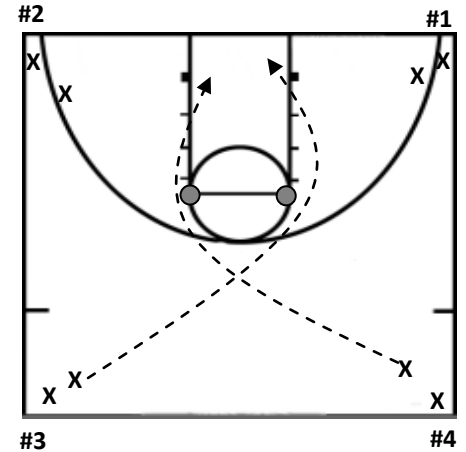
Segment 4 Lay-up shooting/rebounding

Emphasize:

- Jump stops
- Be triple threat
- Use your pivots
- Be in good defensive stance on the ball
- Slide on defense, don't cross your feet

- #3 player dribbles around cone on right elbow of lane and drives for a right-hand lay up
- #2 player rebounds shot and dribbles to #4 corner to get in line.
- As soon as #3 attempts a shot, #4 player being to dribble toward & around cone on left elbow
- #1 player rebounds and dribbles #3 corner to get in line.

Formation – 4 corners; players in corner #3 & 4 have basketballs; place a cone at each elbow of the lane



5 minutes Post Practice Meeting

1. Review learned skills -
2. Distribute practice card & green practice stars
3. Remind players and parents of next practice / game

Coaches Notes:

Footwork: Proper footwork promotes balance, quickness, and readiness to make something happen on the court. Being proficient at this skill will improve a player's performance both offensively and defensively. The list below are teaching points that should be emphasized at each practice:

- › *Proper Balance*
- › *Foot Positioning*—feet shoulder-width apart and slightly staggered
- › *Knees bent*—weight in center of body
- › *Low center of gravity*
- › *Head up*—see the court

Three Basic Footwork Skills:

Triple Threat Position

- › Provides the player the option to pass, dribble or shoot
- › Position the basketball in the "shooting pocket" with shooting elbow over the knee
- › Have "strong hands" with possession of the basketball so that defenders cannot easily knock the ball away



Jump Stop

- › Allows a player to establish a pivot with either foot off a dribble or pass
- › Lead/jump should be low to the floor (like sitting in a chair), not a high jump
- › Both feet hit the floor at the same time—good balance
- › Land on the floor in triple threat position
- › Use when catching a pass; teach “ball in air/feet in air” concept

Ball Handling and Dribbling:

Being an adept ball handler and dribbler can help create open shots, obtain better passing angles, and lead to fewer turnovers. A great offensive player must be able to handle the ball.

Teaching Points:

- › *Dribble with fingers, not palms*—similar to typing on a keyboard
- › Proper body position, with knees bent and body flexed at the waist
- › *Keep head up*—see the court
- › *Protect the basketball*—use arm bar
- › *Work both hands*—be able to go right or left
- › When picking up a dribble, end with a jump stop landing in triple threat position

Three Basic Dribbling Skills:

Control Dribble (Use against defensive pressure)

- › With body turned to the side, dribble basketball near the back knee
- › Keep the dribble low and compact, below the knees
- › Non-dribbling arm should be held out in front of the body to protect the ball from defenders—arm bar

Speed Dribble (Use to push the ball up the court and on fast break situations)

- › Dribble is pushed out in front of the body but controlled
- › Dribble is higher and softer

Crossover Dribble (Use to break down a defender; good penetration move)

- › Dribble must be kept low when crossing over from one hand to the other, keeping it away from the defender
- › Use head and shoulder fakes to help “sell” the move
- › Goal is to get the defender on his or her heels
- › Explode to the basket with a speed dribble after crossover.

Shooting:

- Allow players to spread out in your practice area, at least four to five feet apart
 - Players start in triple threat position, holding imaginary basketballs with heads and eyes up on the target
 - On the STEP command, players step with their left foot (right-handed lay-ups)
 - On the HOP command, players raise their right knee and right arm toward the basket (visualize a string connecting a player’s right arm and right leg)
 - On the SHOOT command, players extend their right arm as they shoot an imaginary ball
- Lay-ups are not to be taken for granted. Coach for maximum effort, maximum benefit.

Lay-up coaching points

- Maximize upward effort.
- Reach high with shooting hand
- Arm/hand and leg go up same side of body.
- Lift knee high on jump.
- Release ball of finger tips