



Practice Outline 1

Progressive Sports Experience: Level 1

40 Minute Practice Outline

Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	Meeting – Welcome	<ul style="list-style-type: none"> Begin learning names. Tell a little about skills to be practiced today. 	
Warm-up	<ul style="list-style-type: none"> Movement and court awareness Coaches or parents are at corners for direction. Say the names of the court (lines) when giving direction 	<ul style="list-style-type: none"> Players jump up and down 10 times Players stand on right foot, holding arms out to side for balance; repeat left foot. Player run sideline to mid-court; then walk across the mid-court line; then run sideline to baseline; walks baseline backwards to start 	<p>Formation – standing on the baseline.</p> <p>- At corner of the court where base line and sideline meet.</p>
Segment 1	Fundamental Work: Dribbling-Defense combo:		<p>Formation: two groups; that will swap places ;one ball per player in dribble group if possible</p>
Drill 1A	<p>Dribble</p> <p>Dribble –</p> <p>Use fingers and finger tips</p> <p>Don't slam the ball</p> <p>Try to look up not at ball</p>	<ul style="list-style-type: none"> Dribble group – player dribble to sideline and back. Dribble while taking regular steps; Then vary taken small steps; large steps 	<p>Dribble group Tree defense</p>
Drill 1B	<p>Defense –</p> <p>Talk about when to play defense and stay with your player.</p> <p>After about 4 or 5 minutes, players swap side of the lane</p>	<ul style="list-style-type: none"> Tree defense – players stand in lane. Jump over the free throw lane line. Land on both feet Arms out with hands up Move side to side with feet spread Players jump one at a time; then in 2s; then all together. Repeat several times. 	

Fundamental Work:

Segment 2:

Shooting-Wall shoot

Drill 2

- Hand(s) under ball
- Elbow(s) in
- Bend knee
- Eyes on target
- Push with legs and hands
- See page 45 – Coach Playbook
- Players stand about 2 -3 feet from the wall
- Try to shoot and hit the tape.
- If player hit the tape, have them say “swoosh”

Formation: one basketball per player or divide into two groups.

Use wall with tape to mark target spot.

(Drill can also be used when doing another drill on the court with part of the team.)

5-8 Minute

Mid-practice huddle

- Working for form

Segment 3

Drill 3

Wild Watermelon

- Hustle
- Body control
- Dribbling
- Cooperation
- Passing

See coach note at end.

Devotion – week 1

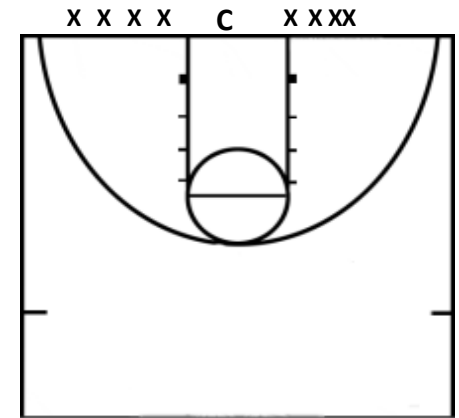
See Playbook page 72-78

- Coach rolls the ball (wild watermelon) slowly in the lane
- Coach calls the name of any one player on the team.
- Player runs to pick up the ball and dribble back to coach.
- Repeat until all players have retrieved the “watermelon” one or two times.

Variation

- Players don’t leave until “Hustle” is called.
- Coach calls two players’ name.
- Coach rolls the ball, says “Hustle”
- On the “Hustle” command, both players run to pick up the ball.
- Player that picks up the ball, bounce passes to the other player
- Player dribbles back and bounce passes to coach.

Formation for Drill – 2 groups; one each at the free throw lane base line intersection.





5 Minute Post-practice review

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

Welcome Time:

This is a time to get to know the players and parents. Talk with players finding out about their day, their family, their pets, their favorite food... Just talk with them, not at them.

Court Boundaries and line:

- When in position for drills, briefly talk about the lines. Drills are purposefully placed at various location on the court to help with this.
- Talk about just the lines where you are or lines that are being used. You are trying to get players familiar with the court.
- Over the course of the season the main objective, regarding the court line, is the out-of-bounds line (baseline and sideline).

Defense: Tree Defense

See page 54 in Coach Playbook

- › First four items on page 54 apply (feet spread, knees bent, balance, weight).
- › Arms are straight out then bent at elbow so hands and forearms are straight up.
- › Goal for Level 1 is for player to begin to learn about staying between player and basket.

Ball Handling and Dribbling:

- Dribbling at this age is all about rhythm and the feel of the ball.
- Help, encourage players to use fingers and finger tips.
- Help, encourage players to look ahead, not just at the ball continuously.



Wild Watermelon Drill:

- This is to be a fun drill helping players to learn various aspect of the game.
- Offer one instruction bit at a time when coaching.
- Acknowledge what players do “correctly” or closer to correct than before.
- Make corrections, wrapped in positive and encourage comment – positive sandwich - “way to pick up the ball; dribble a little closer to your body, you’re getting better.”