



Practice Outline 10

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 5-8 minutes	<i>Step-n-stretch</i> Four corners -Dribbling and passing warm-up	Keep it lively and upbeat.	Formation: All player in line at baseline-sideline corner of practice area
Segment 1 15 minutes	<i>Multipurpose drill – Offensive moves, shooting, defense, rebounding</i>	<ul style="list-style-type: none"> • See page 53 Coach Playbook <p>You can work on several aspect of the game.</p> <ul style="list-style-type: none"> • Allow 2 to 4 dribbles. • Require a shot in 10-15 seconds • Start 2-on-2. Then quickly add 3-on-3 and 4-on-4. 	Formation for Drill – Start with pairs of players.
5 minutes	Mid Practice Huddle	Devotion – week 10 See Playbook page 123-128	
Segment 2 10- 15 minutes	Offense-defense scrimmage	Play with variations or limitations <ul style="list-style-type: none"> • No dribbling. • No passing; use handoffs • No shots inside the lane. • No shots outside the lane. 	Formation : Divide into 2 teams; swap a player(s) between teams every 2 -3 minutes
Last 8-10 minutes	Fun Activity	Ask players what they like to do.	
5 minutes	Post Practice Meeting	<ol style="list-style-type: none"> 1. Review learned skills - 2. Distribute cards & green stars 3. Remind players and parents of last practice / game 	



Coaches Notes:

Multipurpose Drill –

- Creates a high degree of challenge
- Move quickly between team pairings
- Keep all players involved