



Practice Outline 10

Progressive Sports Experience: Level 1

40 Minute Practice Outline

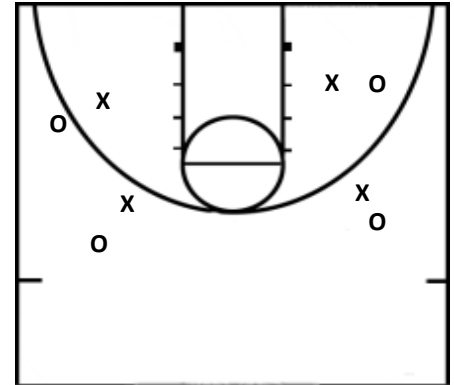
Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	Meeting – Welcome	<ul style="list-style-type: none"> Greet and high-five players as they arrive. 	
Warm-up	<p><u>Run around</u></p> <p>Coach gives the specific direction and give the “go” command.</p>	<ul style="list-style-type: none"> Following the leader, player run around the court and back to the baseline. Players run to half court line and touch it, then run back. Players run touch the free throw line. Players run around anywhere in the half court practice area until the coach blows the whistle when they immediately return to the coach 	<p>Formation player spread along the baseline</p>
Segment 1	<p>Monkey-in-the-middle Working on passing</p> <p><i>If ball is touched by the players in the middle, they swaps places with the passer.</i></p>	<p>Make circle. Could be around the free throw or center court jump circle; or elsewhere</p> <ul style="list-style-type: none"> Players in the circle pass to any teammate in the circle, except the ones next to the passer One player is in the middle of the circle and tries to touch the pass No lob passes over the head of the defending player in the middle. Encourage quick fakes A player can hold the ball more than 5 seconds. 	<p>Formation: one or two groups – Consider including some parents, especially if you use two circles.</p> <p>Coach/parent – C Player – X</p>
5-8 minute	Mid-practice huddle	<p>Devotion – week 10 See Playbook pages 123-128</p>	



Segment 2 *Play 4-on-4 with extra points*

- Divide into two teams as evenly as possible
- Teams play using some of the following scoring
 - 2 points for a goal
 - 1 point for a pass
 - 1 point for a rebound
- Defense
 - 1 point for a rebound
 - 1 point for a legal steal

Formation: two groups – one offense “O”, one defense “X”



Offensive – O Defensive – X

5 Minute **Post-practice review**

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

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.

Run around

- Free style moving with some direction from coach.
- Make it fun while getting players to move around
- At the end explain about inbounds and out-of-bounds

Monkey-in-the-middle -

- Fakes and quick, decisive passes are the goal here
- Challenge team to see the number of consecutive, successful passes

4-on-4 with extra points -

- Suggest enlisting a score keeper
- Offense and defense teams swap places every 3 -4 possessions
- Change up teams every 6 – 8 possessions
- Really, really affirm players for
 - good passes
 - good form on shots
 - Staying with their player
 - Good tree defensive stance
 - Rebounds – offensive or defensive