



Practice Outline 11

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>Games</i>	<ul style="list-style-type: none"> • Last Practice – <i>make it fun</i> Possible games 21 Knockout Around the World Free throw challenge	Formation for Drill – Start with pairs of players.
5 minutes	Mid Practice Huddle	Devotion – week 11 See Playbook page 129-134	
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. OR <i>Redo the evaluation drills to see how much players have improved.</i>	Formation : Divide into 2 teams; swap a player(s) between teams every 2 -3 minutes
5 minutes	Post Practice Meeting	<ul style="list-style-type: none"> • Recap of season • Remind game time 	



Coaches Notes:

Evaluation Drill -

- Players should improve on evaluation scores because:
 - Familiarity of drills
 - Practice drills used
 - Playing and handling a basketball more
- Players like to see their times and score.
- Players a challenge