



Practice Outline 3

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	<p>Step-n-stretch</p> <ul style="list-style-type: none"> To be done slowly and deliberately Done in as a team Team follows coach's direction to step together <p><i>These two warm-up drills should be done at the start of every practice. It will warm up players and create energy enthusiasm. Four corners hustle done with enthusiasm and encouragement will set a great, fun tone for practice.</i></p> <p>Four corners hustle</p> <ul style="list-style-type: none"> Done quickly Maintain good stance Reach with lead foot on defensive slide <p>Coaching Point</p> <ul style="list-style-type: none"> Emphasize defensive slide techniques Tendency in the hurry and hustle to get sloppy 	<ul style="list-style-type: none"> Have players take oversize steps. Do slowly and on coach's direction Repeat until across the court. Have players face the basket end of practice area On coach's command, from basic stance players take slow, long sideways step; then return to basic stance Continue to middle of court Players turn to face opposite direction Continue long side steps across court. <ul style="list-style-type: none"> Player in good stance, facing off the court. On whistle, player back pedals the sideline to half court. Defensive slides across court at mid-court line to corner. The sprints forward to baseline-sideline corner Defensive slides back to starting point. 	<p>Formation: Players on sideline facing across the court</p> <p>Formation: All player in line at baseline-sideline corner of practice area</p>

Segment 1

Drill 1
2-3
minutes

Ball handling

- Ball movement involving both hands
- Keep ball moving
- Use fingertips

- Coach leads players
- See pages 34-35 Coach Playbook
- Add an additional from the High Pressure Drill on pg 35 drill
- As players become proficient, have them lead the drill in other practices

Formation: Four corners; standing so they can see coach whose is in the middle of the practice area; every player with ball.

Drill 2
Dribbling:
10-12

Fundamental Work:
Crisscross Dribble

Skill focus:

- Ball control
- Finger tip control
- Work with both hands
- Vary speeds and pressure

Coach adds distraction (arm waving, jab step) as player dribble by

- 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 dribbles back across the court. (1 to 3; 2 to 4)
- Continue the process
- Variations – left hand; alternating hands; vary speeds; sideways

- Player at the head of each line has a ball
- Coach stands in the head of the circle (middle of practice area)

- Head of each line dribbles to the coach standing at the head of the circle
- Returns quickly to original corner
- Controlled dribble at first; then add variations as above

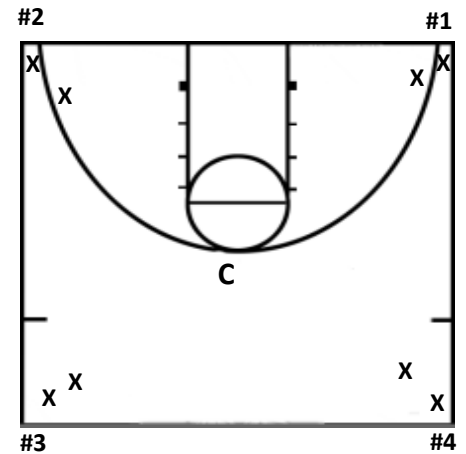
❖ **Coach teaches crossover dribble**

See page 33 Coach Playbook

- Players from #3 & #4 drill to coach in middle of practice area and does a crossover drill by the coach
- Dribbles make bounce pass to player at the head of #1 & #2, who dribbles back, executing a crossover dribble at the coach.

Do this relay style to add some excitement.

Formation for Drill – 4 Corners



Segment 2
Firing Line
6-9 min.

Passing:

Execute drill as from previous practice then add variation below

- Pass made
- Pass should be catchable about waist high.
- Pass caught with hands
- Hands give as ball is received

- Variation 2 will begin a little chaotic, but stay with it. Game play is chaotic. It will also teach movement without the ball.

- See page 42 in Coach Playbook
- Start with Coach as drill leader, then have players be drill leader
- Start with bounce pass, then chest pass

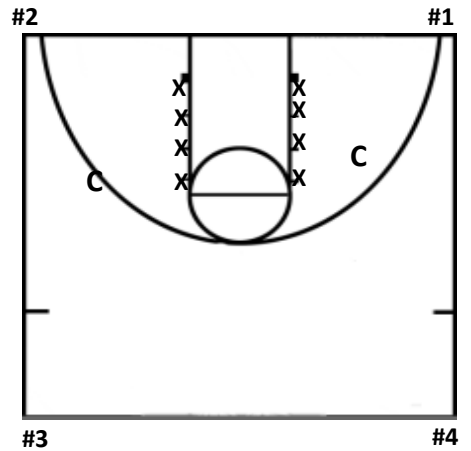
Variations:

- 1- Change the pass-receive pattern and vary between bounce and chest pass.

Lane Passing Chaos

- 2- Player switches sides (goes to the line on other side of the lane) after player makes pass to drill leader. Start half speed at beginning.

Formation: 2 groups; each group lines on each side of free throw lane



5 minutes

Mid Practice Huddle

Devotion – week 1

See Playbook page 72-78

Segment 4

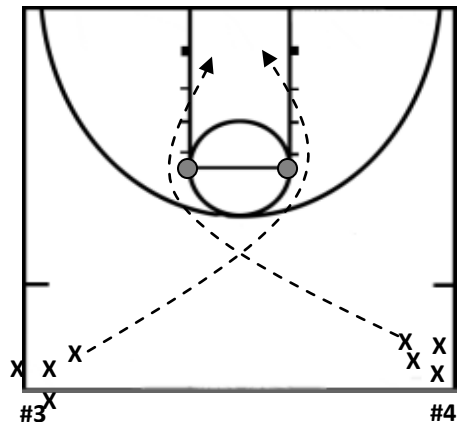
Lay-up shooting/rebounding

- Do one round of drill until all layers have shot from both sides

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

Make 2 groups with one each in corners #3 & 4.

- Dribble around cone on opposite elbow and drive to basket for a lay-up as before.
- Do 10 basket challenge 1 or 2 times.



Challenge with defender

- Add 1 defender who must stay in the lane.
- Player from #3 & 4 go at the same time

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

Warm-up – Four corner hustle

Stress proper footwork over speed

- › *Good footwork technique is foundation for good speed when time for game play*
- › *Create lots of team enthusiasm and energy*
- ›

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.

Crisscross dribble

- › Get players moving
 - › *Creates distraction, pressure to perform, and confusion*
- That's what happens in a game*

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

Four 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

Retreat Dribble (Use to avoid defensive pressure and to keep the dribble alive)

- › Dribble backwards (hop back) to avoid pressure
- › Dribble requires a change in speed and change in direction



› Dribble teaches players not to habitually pick up their dribble when heavy, defensive pressure is applied

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:

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