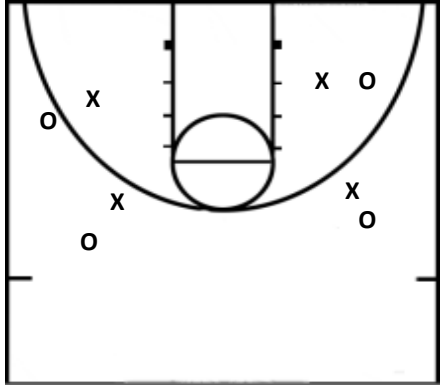




## Practice Outline 3 Game Format Prep

Progressive Sports Experience: Level 1

### 40 Minute Practice Outline

Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	<b>Meeting – Welcome</b>	<ul style="list-style-type: none"> <li>Greet every player as they arrive.</li> </ul>	
<b>Warm-up</b>	<ul style="list-style-type: none"> <li>Movement and court awareness</li> <li>Coaches or parents are at corners for direction.</li> <li>Say the names of the court (lines) when giving direction</li> </ul>	<ul style="list-style-type: none"> <li>Players jump up and down 10 times</li> <li>Players stand on right foot, holding arms out to side for balance; repeat left foot.</li> <li>Player run sideline to mid-court; then walk across the mid-court line; then run sideline to baseline; walks baseline backwards to start</li> </ul>	<p><b>Formation – standing on the baseline.</b></p> <p><b>- At corner of the court where base line and sideline meet.</b></p>
<b>Segment 1</b>	<b>Out of bounds and offensive basket</b>	<p><i>Assuming you, the coach, have used the previous practice plans--</i></p> <ul style="list-style-type: none"> <li>Players have been running the side lines during the past two practices and you have used names of the lines.</li> <li>Be sure to explain/demonstrate what happens when a player goes out of bounds.</li> <li>Explain that you shoot at the offensive goal or basket.</li> </ul>	
<b>Segment 2</b> <b>Drill 1</b>	<b>Fundamental Work: Player-to-Player Defense &amp; Offensive movement:</b>	<ul style="list-style-type: none"> <li>Explain which group is offense and which is defense.</li> <li>Explain player-to-player defense</li> <li>Explain offensive players try to move the ball closer to the basket by passing and dribbling.</li> <li>Offensive group moves around the floor. Defensive group, using Tree defense and stays with their player.</li> <li>Swap the offense-defense designation and repeat.</li> </ul>	<p><b>Formation: two groups – one offense “O”, one defense “X”</b></p>  <p>Offensive – O Defensive – X</p>



**Segment 2:**

**Drill 2      Offense - Defense**

- Use 2-on-2 to practice offense and defense.
- One coach helps with offense and one coach helps with defense.
  
- Go to 3-on-3 after round or two of 2-on-2.
- Then go to 4-on-4

**5-8 Minute**

**Mid-practice huddle**

**Devotion – week 3**

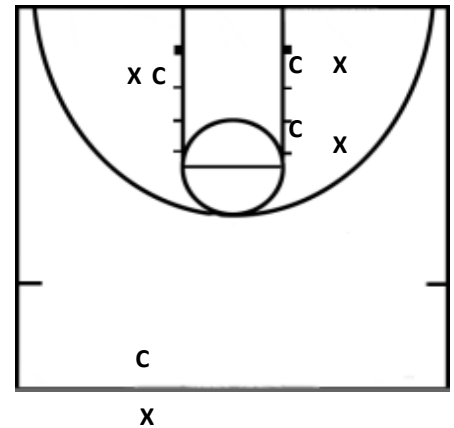
**See Playbook page 72-78**

**Segment 3**

**Drill 3      Player-adult simulation**

- Using coaches, parents, older siblings, other older players—
- Have 4 players on offense and 4 adults play defense
- Offensive players pass and dribble to move ball toward basket and shoot.
- Have player with the ball start at half court
  
- Swap out players.
- Adults and players swap offense and defense.

**Formation: Two groups.**



**5 Minute**

**Post-practice review**

1. Review out-of-bounds; offensive and defensive purpose -
2. Distribute practice card & green practice stars
3. Remind players and parents of game time



## Welcome Time:

Even though this is the 3<sup>rd</sup> practice, continue to greet and get to know the players and their families.

### Court Boundaries and warm-up

- This is an easy build on previous talk about boundary lines.
- With game coming, talk about boundary lines and the consequence of going out-of-bounds with the ball.
- Emphasize the purpose of *offense* and when your team is on offense.
- Emphasize the purpose of *defense* and when you play defense.

### Player to player Defense -

- Coach and explain Tree defense. Hands up, shuffle your feet, and stay with your player are building blocks for future development.
- Talk about when the other team has the ball, you play tree defense and stay with your player.

### Player-adult simulation

- Helps balance game-type pressure and success for players.
- Have only one coach provide overall instruction for the offense and one for the defense.
- During play, other adults echo what the respective coaches have said