



Practice Outline 4

Progressive Sports Experience: Level 2

60 Minute Practice Outline

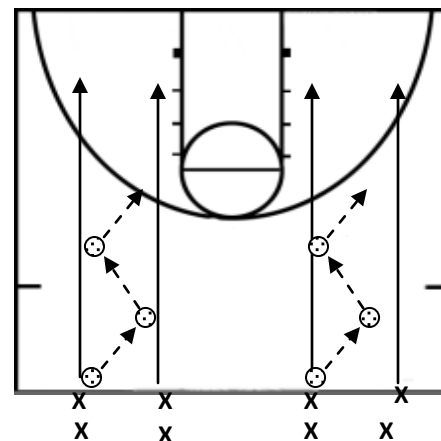
Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	Meeting – Welcome	See Coaches Notes for teaching points.	
Warm-up	<p>Step-n-stretch</p> <ul style="list-style-type: none"> To be done slowly and deliberately Done in as a team Team follows coach's direction to step together <p>Four corners hustle</p> <ul style="list-style-type: none"> Done quickly Maintain good stance Reach with lead foot on defensive slide 	Same as in Practice 3	<p>Formation: All player in line at baseline-sideline corner of practice area</p>
Segment 1 5 -6minutes	<p>Ball handling-dribbling</p> <ul style="list-style-type: none"> Criss-cross dribble <i>Players waiting their turn can do ball handling drills.</i> 	<p>Quickly go through the dribbles and variations as in previous practices as a good warm-up.</p> <p>Reference pages 32-35 of Coach Playbook as needed. www.upward.org/upwardcoach</p>	<p>Formation for Drill – 4 Corners</p>

Segment 2
Two line passing
5 min.

Passing:
 • Two Line passing drill

- 1- Pair up players facing each
 - 2- Line 6 – 8 feet apart
 - 3- One player in each pair needs a basketball
 - 4- Using defensive slide, players move across the court
 - 5- While sliding, players pass ball back and forth
 - 6- Players pass the ball immediately upon receiving the ball
- Vary types of pass – chest and bounce pass

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



Offense set

See pages 24, 64-66 for possible offensive set up

Set up players in designated position spots; numbers; no defense.

5 minutes

Mid Practice Huddle

Devotion – week 2
See Playbook page 79-83

Have player pass and move until coach says shoot.

Segment 4

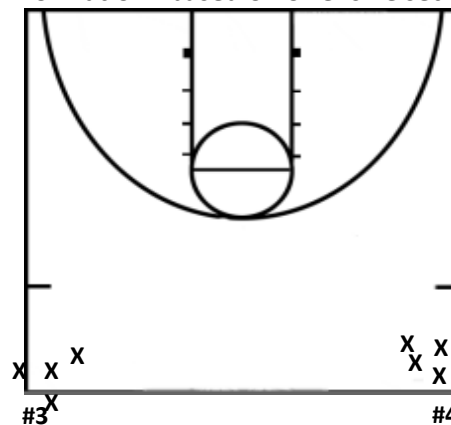
8-minutes

Defense and offense

See Coach Playbook pages 55-59

- Place offensive players in numbered spots.
- Have 5 offensive players challenge 3 defensive players.
- Instruct defensive players to have one player guarding the ball
- Other 2 defensive players try guard players in most dangerous location.
- Offensive players use screens and passes to get the ball to open players

Formation : based on offensive set-up



5 minutes

Post Practice Meeting

1. Review learned skills -
2. Distribute cards & green stars
3. Remind players and parents of next practice / game



Coaches Notes:

- Work quickly and enthusiastically through warm-up, dribbling, and passing drills
- Set offensive position scheme.
- Explain offensive numbering system and options and responsibilities for each position.
- Work offense against short-sided defense.
- Work offense against 5 defensive players, using coaches parents, or other players