



Practice Outline 4

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"> Begin learning names. Tell a little about skills to be practiced today. 	
Warm-up	<p><u>Different than previously</u></p> <ul style="list-style-type: none"> Movement and court awareness Coaches or parents are at corners for direction. Say the names of the court (lines) when giving direction 	<ul style="list-style-type: none"> Player runs baseline to free throw lane; tree defense slide to the free throw line; walks backward at free throw line; tree defense slide to baseline; runs to corner; Once all have reached the corner, repeat from that corner in reverse manner. 	<p>Formation – standing on the baseline and sideline corner.</p> <p>Coach or parent - C Run - Tree Defense slide - Tree Defense backward walk - </p>
Segment 1	<p>Fundamental Work:</p> <p>Passing –</p>	<ul style="list-style-type: none"> Coach (drill leader) passes to first player in line saying, “It’s yours” Player passes back to coach saying, “it’s yours” Coach passes to next player in line saying “It’s yours”; who passes back to the coach saying, “It’s yours.” 	<p>Formation: two groups; groups will swap places ;one ball per group</p> <p>Passing group</p> <p>Defense group</p>
Drill 1A	<p>Passing Drill –“It’s Yours”</p> <p>After about 4 or 5 minutes, passing and defense groups swap</p>	<ul style="list-style-type: none"> <i>Give players a turn as drill leader</i> 	



Drill 1B

Defensive moving

Talk about when to play defense and stay with your player.

- Players coached for
- Good stance
 - Keep position
 - Do not steal ball

- Tree defense – review Tree-defense – stance, arms out/hands up, shuffle feet
- Players are in Tree-defense stance
- Coach (drill leader) dribbles around the area, while players move in defensive stance

• *Give players a turn as drill leader*

If you have enough basketballs, pair up players and give every pair a ball. Players take turns being offense and defense.

Segment 2:

Fundamental Work: Two groups two drills

Drill 2a

Shooting-*Spot shots*

- Hand(s) under ball
- Elbow(s) in
- Bend knee
- Eyes on target
- Push with legs and hands

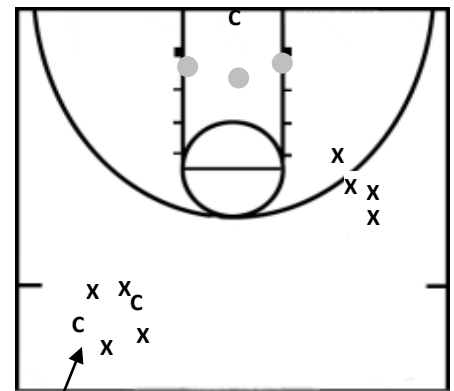
Have players start on right side and shoot from all 3 spots. Then, move the line and have players start from left side.

Swap groups after 6 -8 minutes

- Players starts at wing
- Dribble to basket - spot and attempts shot
- Player rebounds and moves to next spot to shoot; rebounds again moves to next spot to shoot
- Coach rebounds and passes to next player in line
- **Working for form**
- **Rebounding or going after the ball**
- **Don't worry about dribbling between shots**
- **Celebrate all made baskets**

Formation: half the team; two line; one each at elbow of lane

One coach/parent works with each line.



Passing circle

Coach or parent - C

Marker or cone - ●

Drill 2b

Passing Circle

- Players bounce pass to another person as coach calls out name.
- Change up sequence
- Keep ball moving.
- See how many passes can be made in a row.

Formation: half the team makes a circle. Coach/parent part of the circle. Adjust spacing for partiality.

Mid-practice huddle



Devotion – week 4
See Playbook page 90-95

5-8 Minute

Segment 3
Drill 3

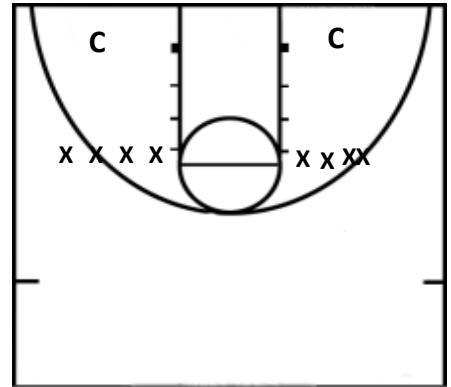
Crazy Coconut

- Going after the ball
- Dribbling
- Stop and start dribbling without traveling.
- Passing

See coach note at end.

- Each coach **bounces** the ball (Crazy coconut) at the same time on their side of the court.
- Coach calls the name of one player from his or her group before bouncing the ball
- Player runs to grab the ball.
- After both players have their ball, one coach will say “go” and the players dribble toward their coach. Coach says “stop” and player stops.
- Player passes to coach, who passes back to player.
- Coach says “go” player dribbles. Coach says “Stop” and player stops, passes to coach, and goes back to their group.

Formation for Drill – 2 groups; one each at the elbow (free throw lane, free throw line intersection). One ball per group.



5 Minute

Post-practice review

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

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.

Defense: Tree Defense

See page 54 in Coach Playbook

- › First four items on page 54 apply (feet spread, knees bent, balance, weight).
- › Arms are straight out then bent at elbow so hands and forearms are straight up.
- › Goal for Level 1 is for player to begin to learn about staying between player and basket.



Spot shot:

- Players may shuffle feet when getting in position for a shot. Disregard the shuffling at this point.
- Don't be concerned if a child does not dribble between spot shots.
- Encourage older kids to dribble between spot shots.
- Coach for form as listed on drill sheet – hands, elbows, legs, eyes, push with legs and hands.
- Celebrate all baskets regardless of technique, while coaching for form.

Passing Drill – “It’s yours”

- Drill leader moves the ball (passes) up and down the line
- “It’s your” helps the player to focus on the passing to a person.
- Also, encourages passing to different players. Two or more coaches/parents would be helpful in the drill.

Moving defense -

- Help teach moving and shuffling in the defensive stance
- This NOT a full speed drill.
- Also allows more dribbling time for players as they move around

Passing circle:

- Two or more coaches/parents would be helpful in the drill.
- Coach helps keep to drill moving by calling names to receive the pass in random order.
- Challenge players to make X number of successful passes in a row (e.g., 5 in a row, then 10 in a row).
- Celebrate the successes
- **Variation** – as noted in the drill above, once a player receives and makes a pass have them raise both hands and keep them up. Ball is not passed to a player with both hands in the air. When all players have received and made a pass, everyone puts their hands down and start again.

Crazy Coconut Drill:

- This is to be a fun drill helping players to learn various aspect of the game.
- Offer one instruction bit at a time when coaching.
- Acknowledge what players do “correctly” or closer to correct than before.
- Make corrections, wrapped in positive and encourage comment – positive sandwich - “way to pick up the ball; dribble a little closer to your body, you’re getting better.”