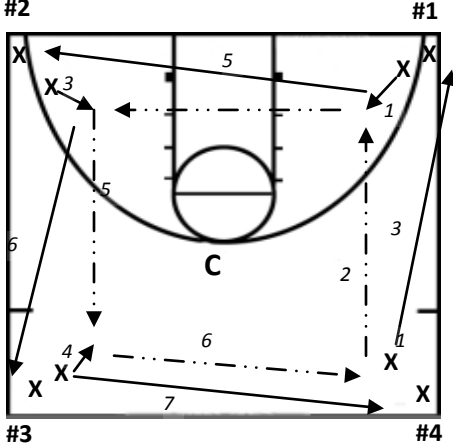




## Practice Outline 5

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><b>Step-n-stretch</b></p> <p><b>Four corners hustle</b></p> <ul style="list-style-type: none"> <li>• Done quickly</li> <li>• Maintain good stance</li> <li>• Reach with lead foot on defensive slide</li> </ul>	<p>Stretches and Four Corner Hustle Done to start each practice for rest of the season.</p> <p>It's a good warm-up that can be done in 4 -5 minutes or less.</p>	<p><b>Formation: All player in line at baseline-sideline corner of practice area</b></p>
Segment 1 5 -6minutes	<p><b>Ball handling-dribbling</b></p> <ul style="list-style-type: none"> <li>• <b>Criss-cross dribble</b></li> <li>• <i>Players waiting their turn can do ball handling drills.</i></li> </ul> <p><b>Passing – 4 corners</b></p> <p>The ball handling-dribbling-passing combination provide excellent warm-up package of skill development.</p>	<p>Quickly go through the dribbles and variations as in previous practices as a way to get a feel of the ball and continue to develop ball control.</p> <p>Reference pages 32-35 of Coach Playbook as needed.  <a href="http://www.upward.org/upwardcoach">www.upward.org/upwardcoach</a></p> <ul style="list-style-type: none"> <li>• Ball start with first player in 4.</li> <li>• As first person from each corner starts toward the middle, players with ball pass to the right. (#4 to #1)</li> <li>• Passer runs to the end of the line in same corner of the pass.</li> <li>• Player receiving pass, then passes to player from the corner to the right and goes to the end of that line.</li> <li>• Process continues around the four corners.</li> </ul> <p>➤ <b>Step up challenge</b> use 2 balls starting in opposite corners. This will increase the pace significantly.</p>	<p><b>Formation for Drill – 4 Corners</b></p>  <p>Pass — ··· ➤  Path of player ————— ➤  Sequence 1,2,3,4...</p>



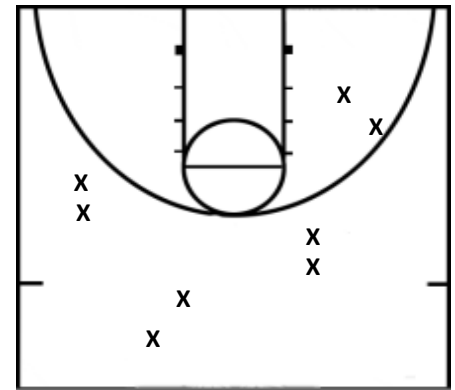
**Segment 2**  
5 min.

• **Shooting**  
Ceiling shoot

Coaching points:  
Hand placement  
Follow through  
Backspin on ball

- › One player in each pair will get down on the floor (shooter), and lie on his or her back
- › Instruct your shooters to place their shooting elbow on the floor and against their body
- › Shooting hand should be spread wide
- › The shooter's balance/weak hand should not touch the basketball
- › Non-shooting partner will place the basketball on the shooter's hand
- › As the basketball is shot, shooters should focus on a full extension and proper follow through, creating good backspin
- › Non-shooting partner will catch the shot

**Formation: pairs spread 6 – 8 feet apart with one ball per pair.**



**Segment 3**  
Offense set

**Offensive Positioning**

- Set player in chosen offensive set-up
- Have players demonstrate, with coach instruction, the movement patterns from each spot
- Have team move through offensive using ball but no defense.
- Coach calls for shot at various points of drill.

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

5 minutes

**Mid Practice Huddle**

**Devotion – week 5**  
**See Playbook page 96-100**

**Segment 4**  
10- 12  
minutes

**Defense and offense**

**See Coach Playbook pages 55-59**

**Formation : based on offensive set-up**

- 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



Last 10 minuets	2-on- 2 challenge to 2	<p>guard players in most dangerous location.</p> <ul style="list-style-type: none"> <li>• Offensive players use screens and passes to get the ball to open players</li> </ul>	<p><b>Coach makes pairings</b></p> <ul style="list-style-type: none"> <li>- <b>Coach can mix up the pairings at any time</b></li> <li>- <b>Coach says which team stays on the court have 2 basket</b></li> <li>- <b>Coach can change teams at any time</b></li> </ul>
	<ul style="list-style-type: none"> <li>- <b>Keep it fast paced.</b></li> <li>- <b>Focus is on competing and techniques.</b></li> <li>- <b>Work various combination of players.</b></li> </ul>	<p>Play 2-on 2 to 2 baskets</p> <ul style="list-style-type: none"> <li>• Play until 2 baskets total are made. Score can be 2-0; 1-1; 0-2.</li> <li>• After any combination of 2 baskets, two players are off</li> <li>• Two new players play</li> <li>• Keep playing changing teams every time 2 baskets are made.</li> </ul>	
5 minutes	Post Practice Meeting	<ol style="list-style-type: none"> <li>1. Review learned skills -</li> <li>2. Distribute cards &amp; green stars</li> <li>3. Remind players and parents of next practice / game</li> </ol>	

### 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
- *2-on-2 challenge to 2 – is to end practice on a fun, enthusiastic, upbeat tempo. Challenge players to compete hard, using good technique, and making good choices.*