



Practice Outline 5

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"> Players jump up and down 10 times Players stand on right foot, holding arms out to side for balance; repeat left foot. Player runs baseline to free throw land; 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	Fundamental Work: Passing – Defensive moving	<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; that 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 Defense –
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*

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

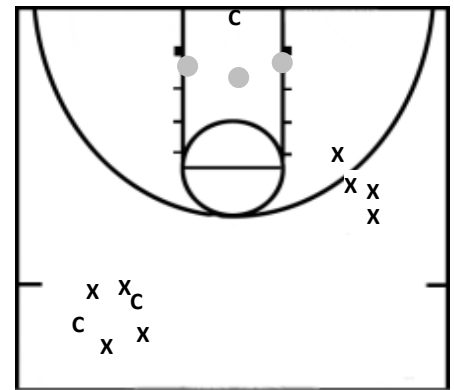
Drill 2b *Passing Circle*

Variation: after player catches and makes a pass, they hold both hands straight up overhead. A player cannot be passed if their hands are in the air. In others words, no player gets a pass until all players have received a pass .

- 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.



Coach or parent - C
Marker or cone - ●

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



5-8 Minute Mid-practice huddle

Devotion – week 5
See Playbook page 95-101

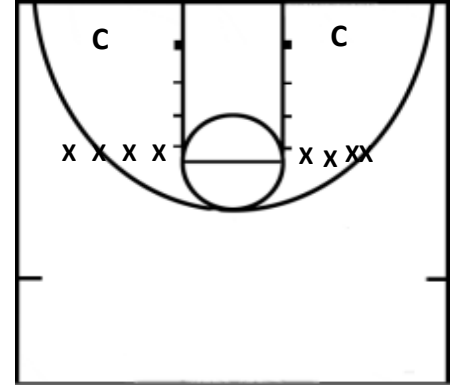
Segment 3 **Crazy Coconut**

- Drill 3
- 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 Repeat one or two times until players return the ball to their coach.

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.

Court Boundaries and line:

- When in position for drills, briefly talk about the lines. Drills are purposefully placed at various locations on the court to help with this.
- Talk about just the lines where you are or lines that are being used. You are trying to get players familiar with the court.
- Over the course of the season the main objective, regarding the court line, is the out-of-bounds line (baseline and sideline).



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.

Ball Handling and Dribbling:

- Dribbling at this age is all about rhythm and the feel of the ball.
- Help, encourage players to use fingers and finger tips.
- Help, encourage players to look ahead, not just at the ball continuously.

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 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.”