



## Practice Outline 6

Progressive Sports Experience: Level 2

### 60 Minute Practice Outline

Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	<b>Meeting – Welcome</b>	See Coaches Notes for teaching points.	
Warm-up	<p><b>Step-n-stretch</b></p> <p><b>Four corners hustle</b> Same as <i>previously</i></p> <p><b>Ball handling-dribbling</b></p> <ul style="list-style-type: none"> <li>• <b>Crisscross dribble</b></li> <li>• <b>Passing – 4 corners</b></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	As from previous practices	<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>➤ <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    - - - ➤</p> <p>Path of player    ➔</p> <p>Sequence 1,2,3,4...</p>
Segment 2 9-11 min.	<ul style="list-style-type: none"> <li>• <b>Shooting Drills</b></li> </ul> <p><u>2 groups</u></p> <ul style="list-style-type: none"> <li>• Line shooting</li> <li>• Chair shooting</li> </ul> <p><b>Coaching points:</b> Foot placement Hand placement Follow through Backspin on ball</p>	<p><b>Line Shoot:</b> Partners face each other 5-8 feet apart on the chosen line.</p> <ul style="list-style-type: none"> <li>• Using proper shooting form, Player 1 shoots the ball toward Player 2 trying to hit the line each time.</li> <li>• Each time the ball hits the line, it counts as a point. No points awarded for missed line..</li> <li>• As they begin to keep score, give them a certain number of points to reach—maybe best of 10 attempts.</li> <li>• Look for proper foot placement as</li> </ul>	<p><b>Formation: 2 groups</b></p> <p><b>Line Shooting – pair up; one basketball per pair; find a straight line on the court</b></p> <p><b>Chair shoot- one player per chair with a ball; one rebounder.</b></p>

Both these drills emphasize hand positing and follow through.  
Chair shooting emphasize the use of legs.

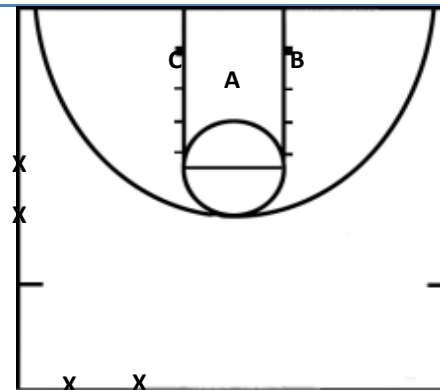
See coaching point at the end

**Rotate groups after about 5 minutes**

well. A right-handed shooter can have his/her right foot on the line or slightly to the right of it. The reverse is true for a left-handed shooter.

**Chair Shooting:**

- Player sits on the edge of the chair.
- Ball is in shooting position held with one hand. Other hand is behind back.
- Player stands/lifts/shoots in one motion.
- Players rotate after 2 shots.



**Segment 3**

**Rebounding**

See page 67-70

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

**5 minutes**

**Mid Practice Huddle**

**Devotion – week 6**  
**See Playbook page 101-106**

**Segment 4**  
**10- 12**  
**minutes**

**Defense and offense**

**See Coach Playbook pages 55-59**

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

- Divide player into two teams.
- Play with no dribbling.
- Passing only.
- 1 point for each pass made leading to a basket.
- Point count starts anew on missed basket.

**Last 8-10**  
**minutes**

**2-on- 2 challenge to 2**

- **Keep it fast paced.**
- **Focus is on competing and techniques.**
- **Work various combination of players.**

Play 2-on 2 to 2 baskets

- Play until 2 baskets total are made. Score can be 2-0; 1-1; 0-2.
- After any combination of 2 baskets, two players are off
- Two new players play
- Keep playing changing teams every time 2 baskets are made.

**Coach makes pairings**

- **Coach can mix up the pairings at any time**
- **Coach says which team stays on the court have 2 basket**
- **Coach can change teams at any time**



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

### Shooting Notes:

- Line shooting
  - Shooting hand and elbow under the ball
  - Finger spread on shooting hand
  - Ball not resting in palm of hand
  - Follow through with finger causing backspin on the ball
- Chair shooting
  - Sit on edge of chair
  - Shooter “sit-stand shoot” motion.
  - Use one hand, with other hand behind back to promote hand placement under the ball
  - Check hand and elbow position when sitting
  - Coach for elbow extension and wrist flexion
  - Coach for rainbow arc of ball

### It's a good way to end practice.

John Wooden said, “end every practice with a fun drill or activity.”

- Work 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.