



## Practice Outline 6

Progressive Sports Experience: Level 1

### 40 Minute Practice Outline

Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	<b>Meeting – Welcome</b>	<ul style="list-style-type: none"> <li>Begin learning names.</li> <li>Tell a little about skills to be practiced today.</li> </ul>	
Warm-up	<p><b><u>Same has last practice</u></b></p> <ul style="list-style-type: none"> <li>Movement and court awareness</li> <li>Coaches or parents are at corners for direction.</li> <li>Say the names of the court (lines) when giving direction</li> <li>Player learn more about               <ul style="list-style-type: none"> <li>Change of direction</li> <li>Defensive basics (hands up, feet shuffle; sideways movement)</li> <li>Backwards movement</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>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;</li> <li>Once all have reached the corner, repeat from that corner in reverse manner.</li> </ul>	<p><b>Formation – standing on the baseline and sideline corner.</b></p> <p>Coach or parent - C          Run - →          Tree Defense slide - - - - - →          Tree Defense backward walk - ~~~~~ ←</p>
Segment 1	<p><b><u>Crazy Coconut</u></b></p> <ul style="list-style-type: none"> <li>Going after the ball</li> <li>Dribbling</li> <li>Stop and start dribbling without traveling.</li> </ul> <p>Passing</p>	<ul style="list-style-type: none"> <li>Each coach <b>bounces</b> the ball (Crazy coconut) at the same time on their side of the court.</li> <li>Coach calls the name of one player from his or her group before bouncing the ball</li> <li>Player runs to grab the ball.</li> <li>After both players have their ball, one coach will say “go” and the players dribble toward their coach. Coach says “stop” and player stops.</li> <li>Player passes to coach, who passes back to player.</li> <li>Coach says “go” player dribbles. Coach says “Stop” and player stops, passes to coach, then gets back in line.</li> </ul>	<p><b>Formation for Drill – 2 groups; one each at the elbow (free throw lane, free throw line intersection). One ball per group.</b></p>



5-8 minute Mid-practice huddle

Devotion – week 6  
See Playbook page 101-107

Segment 2: **Red light**  
Stopping, starting, stance,  
leading to stop-and-go dribbling

**Drill 2**

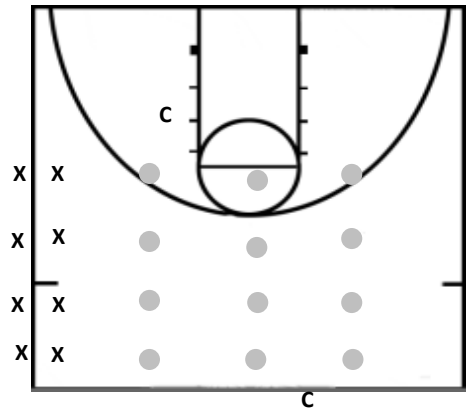
Coach may option to toss the ball into the air instead of bouncing it.

**Next practice – Red Light will include dribbling. Have one ball per pair of players**

Without a ball on coach’s command:

- On Green light (go) command, first set of players run to first line of cones (red light) and do a hop stop.
- Continue the green light-red light until all players have crossed the court. Making their pair lines on the far sideline.
- Repeat green light-red light, having players stop with a hop stop and in a stance – feet spread, knees bent, & head up.
- Repeat until all players have gone
- Repeat green light-red light, having players stop with a hop stop and in a stance nad holding an imaginary ball in front of them.
- Repeat until all players have crossed.

**Formation: Players line in pairs along the sideline. One ball per pair**



Coach or parent - C  
Marker or cone - ●

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).

## Warm-up:

***Don't skip this – it is more than physically warming up. It is developmental warm-up as well. It getting the body and brain connected while teaching sport skill movement.***

## Crazy coconut:

- Players get use going for the ball ( basic rebounding and going after loose balls)
- Stop dribbling and start dribbling
- Learning not to travel

## Dribble – Red Light - This is lead up to --

- Players working on stopping and starting while dribbling
- Low stance and keeping ball low
- Jump stops – which comes later on in Level 2.