



Practice Outline 7

Progressive Sports Experience: Level 2

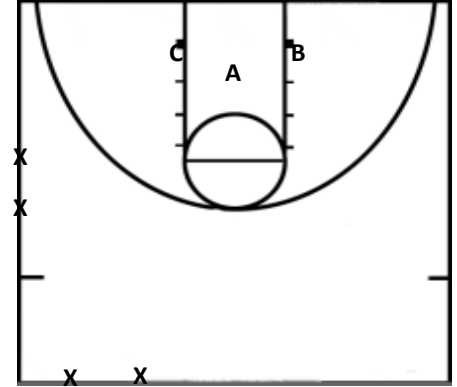
60 Minute Practice Outline

Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	Meeting – Welcome	See Coaches Notes for teaching points.	
Warm-up	<p>Step-n-stretch</p> <p>Four corners hustle Same as <i>previously</i></p> <p>Ball handling-dribbling</p> <ul style="list-style-type: none"> • Crisscross dribble • Passing – 4 corners 	<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>Formation: All player in line at baseline-sideline corner of practice area</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>➤ Step up challenge use 2 balls starting in opposite corners. This will increase the pace significantly.</p>	<p>Formation for Drill – 4 Corners</p> <p>Pass - - - ➤ Path of player ➔ Sequence 1,2,3,4...</p>
Segment 2 8-10 min.	<ul style="list-style-type: none"> • Shooting Drills • Same as last practice • Can get more accomplished as player already know what to do. <p><u>2 groups</u></p> <ul style="list-style-type: none"> • Line shooting • Chair shooting <p>Coaching points: Foot placement</p>	<p>Line Shoot: Partners face each other 5-8 feet apart on the chosen line.</p> <ul style="list-style-type: none"> • Using proper shooting form, Player 1 shoots the ball toward Player 2 trying to hit the line each time. • Each time the ball hits the line, it counts as a point. No points awarded for missed line.. • As they begin to keep score, give them a certain number of points to reach—maybe best of 10 attempts. • Look for proper foot placement as 	<p>Formation: 2 groups</p> <p>Line Shooting – pair up; one basketball per pair; find a straight line on the court</p> <p>Chair shoot- one player per chair with a ball; one rebounder.</p>



Hand placement
Follow through
Backspin on ball

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.



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

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.

See coaching point at the end

Rotate groups after about 5 minutes

5 -10 minutes

Mid Practice Huddle

Devotion – week 7
See Playbook page 107-111

Practice 7 is set for Gospel presentation.

Segment 4 8-10

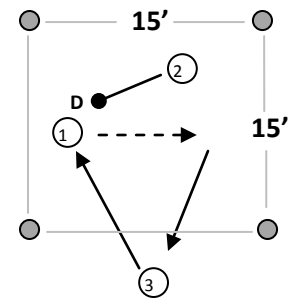
Screen: On-Ball

- 4 players per grid, assign 2 on offense (O1, O2) and one on defense (D1). The third offensive player (O3) has the ball outside of the grid.
- *Procedure:* Player O3 slaps the ball and O1 and O2 move in any direction inside the grid to get open for a pass from O3. Player D1 defends O1, but cannot guard O2 or O3. When O1 receives the pass, D1 must guard that person. When ball is passed to O1, Player O2 sets a screen on D1 so that O1 can dribble to get away and be able to pass back to O3. When O3 gets the ball again, rotate roles and repeat the drill.

Formation: One to two 15' grid marked with cones or markers. One ball per square. Four players per grid.

Coaching points

- Players being aware of the location of other players using techniques.
- Watch for moving or other illegal screens as well.



Dribble - - - - ->
Pass - - - - ->
Screen - - - - -●



10 minutes	Defense and offense	See Coach Playbook pages 55-59	Formation : based on offensive set-up
		Use screens in this drill <ul style="list-style-type: none">• Divide player into two teams.• Use screen – players/team must use screens in order to tame a shot.	
Closing Fun drill	Dribble tag	<ul style="list-style-type: none">• All players have a ball• Players dribble around in designated area trying to knock ball away from other players.• When player loses control of his or her ball, they kneel down and dribble in place until round is over	
5 minutes	Post Practice Meeting	<ol style="list-style-type: none">1. Review learned skills -2. Distribute cards & green stars3. 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."*

- *Dribble tag – quick easy drill to end practice.*