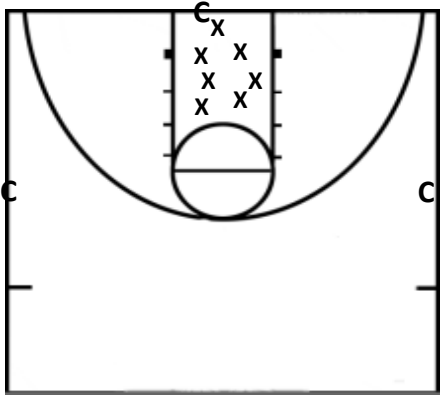
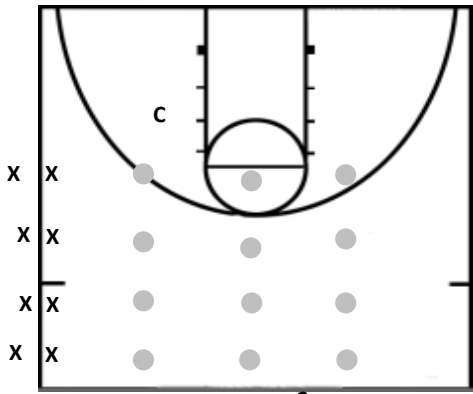




## Practice Outline 7

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"> <li>Begin learning names.</li> <li>Tell a little about skills to be practiced today.</li> </ul>	
Warm-up	<p><b><u>Walk the tight rope</u></b></p> <ul style="list-style-type: none"> <li>Movement and court awareness</li> </ul> <ul style="list-style-type: none"> <li>You can go through this rather quickly.</li> <li>Keep it moving</li> </ul>	<ul style="list-style-type: none"> <li>Coach point to coach/parent standing on the sidelines on both sides of the court.</li> <li>Coach tells players to point to a sideline. Then says “run stand on a sideline.”</li> <li>When all players are on a sideline have them walk the “tightrope” sideline.</li> <li>Coach, standing on the baseline, points to the baseline. Says, run stand on the baseline.</li> <li>Have players walk the baseline “tightrope”.</li> <li>Coach point to the lane, says, “run stand in the lane.”</li> <li>Say, “Run stand on the sideline and jump in the air 3 times.”</li> <li>Randomly, give some other commands related to the baseline, sideline, lane.</li> <li>At the end explain about inbounds and out-of-bounds</li> </ul>	<p><b>Formation – all players in the standing in the lane.</b></p> 
Segment 1	<p><b><u>Red light</u></b></p> <p>Stopping, starting, stance, leading to stop-and-go dribbling</p>	<p>Without a ball on coach’s command:</p> <ul style="list-style-type: none"> <li>Review - Go through green-light and red-light commands have players do hop stop; hop stop in stance; holding imaginary ball.</li> <li>First player in each pair has a ball.</li> <li>With player dribbling, coach uses green light and red light commands for players to from cone to cone.</li> <li>Players continue to dribble through stop and go commands</li> </ul>	<p><b>Formation: Pairs on the sideline</b></p>  <p>Coach or parent - C Marker or cone - ●</p>



5-8 minute Mid-practice huddle

Devotion – week 7  
See Playbook page 107-111

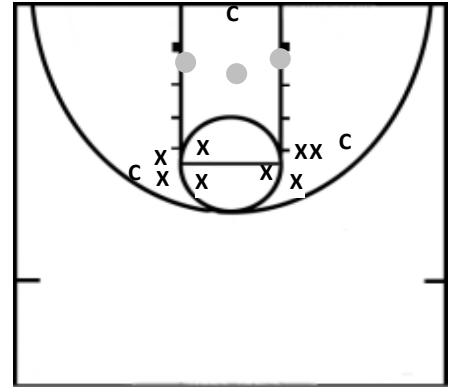
**Segment 2: Spot shot challenge**

Coach for form

- Hand(s) under the ball
- Bend knees and use legs when shooting

- On go signal, one player from each group dribbles to a spot and shoots.
- Keep the number of baskets for the team as whole.
- Challenge to see how many baskets can be made in 60 seconds.
- Have group swap sides and repeat the challenge.
- Now see which teams can score the most baskets in 60 seconds

**Formation: half the team; two line; one each at elbow of lane; one ball per group**



Coach or parent - C  
Marker or cone - ●

**Segment 3 Open floor dribbling**

*One ball per player, if at all possible.*

- Have players spread out in the defined area.
- Players dribble around in defined area.
- Coaches help players.
- Get players to look up while dribbling

**Formation: free formation. Defined area is large enough for everyone to dribble around, but small enough for players to have to watch out for other player and change directions. Half of the half court is about right.**

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.

## Walk the tightrope

- 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).

## Dribble – Red Light -

- Players working on stopping and starting while dribbling
- Low stance and controlling the ball
- It can help player learn the feel for the ball and not continuously look at the ball.

## Spot shot challenge -

- Shots during a game are usually among noise and chaos.
- With two players/groups going at the same time, it will add to the noise and chaos
- Keeping score (number of baskets in 60 seconds) as team creates some enthusiasm and mild pressure.
- A challenge between groups will be fun for the players and opening the door to talking about good competition.