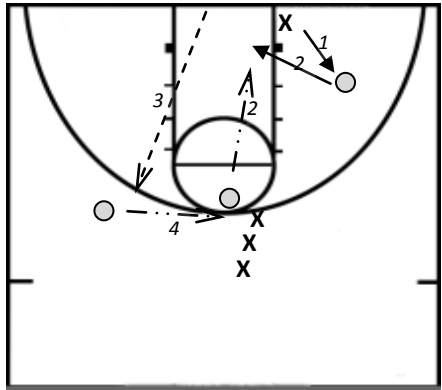




## Practice Outline 8

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	<i>Step-n-stretch</i> Dribbling and passing warm-up	Don't forget the enthusiasm and upbeat spirit. Get everyone involved.	<b>Formation: All player in line at baseline-sideline corner of practice area</b>
Segment 1 10 -12 minutes	Individual moves <i>Backdoor-cut drill</i>  Flip drill to the other side of the lane/court after a few minutes.	<ul style="list-style-type: none"> <li>Line 1 (passing line) has the basketball, player will make a two-hand bounce pass to moving player</li> <li>On command, the player in Line 2 (shooting line) – the “cutter” will make a strong diagonal cut toward the wing area, marked by cone.</li> <li>Cutter plants their outside foot, while showing a hand target for a decoy</li> <li>Passer fakes a pass to teammate at wing area</li> <li>Cutter then makes a hard diagonal cut back toward the goal and receives a pass for a lay-up or short jump shot</li> <li>Cutter gets own rebound dribbles to cone, passes to player in line 1 and the players switch lines.</li> </ul>	<b>Formation for Drill – Backdoor-cut</b> <b>Two line: Line 1 at the top of the key; Line 2 freethrow lane near the block.</b>  Cone/marker - ○ Path of player - → Pass - - - -> Dribble - - - -> Sequence - 1,2,3,4...
Segment 2 5-7 min.	Rebounding	See page 51 - 52 Coach Playbook. Do <i>Low Pressure Drill</i> now. Continue with <i>Medium Pressure Drill</i> after Mid Practice Huddle.	<b>Formation:</b>



5 minutes	Mid Practice Huddle	Devotion – week 8 See Playbook page 112-116	
Segment 3 8- 10 minutes	Rebounding	See Coach Playbook pages 51-52 <ul style="list-style-type: none"><li>Do Medium Pressure Drill</li></ul> <b>Add variation when team is ready</b>	Formation :
Last 8-10 minutes	Offense	<ul style="list-style-type: none"><li>Use coaching, parents, siblings, player from other teams as defense.</li><li>Change out offensive player every 2 made baskets</li></ul>	-
5 minutes	Post Practice Meeting	<ol style="list-style-type: none"><li>Review learned skills -</li><li>Distribute cards &amp; green stars</li><li>Remind players and parents of next practice / game</li></ol>	

### 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

### Backdoor Cut Drill Notes:

*Objective:* To teach players how to get open when they are overplayed by defenders.

**Rebounding:** More shots are missed than made, stress the opportunity to get the ball.

#### **Rebounding Teaching Points:**

- Defensive player stays between the opponent and the basket
- Using a front or reverse pivot, the defensive player pivots and makes contact with the opponent's body when the ball is shot ("block out")
- Defensive players should yell "shot" to signal a rebounding opportunity
- Hold the "block out" position momentarily, with the head up and body facing the goal
- Release the "block out" - be hungry for the basketball
- Secure the basketball
- Be strong with the basketball, keeping the ball at chin level with elbows out