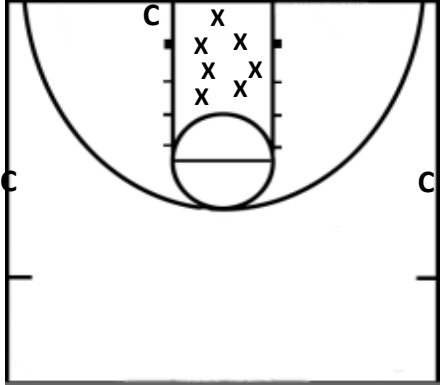
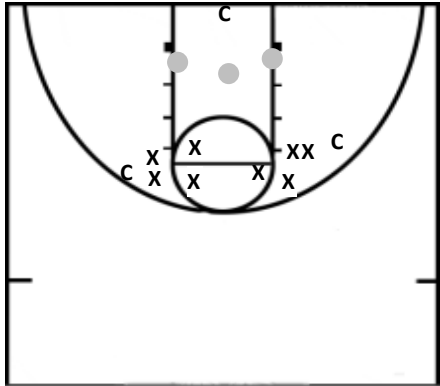




Practice Outline 8

Progressive Sports Experience: Level 1

40 Minute Practice Outline

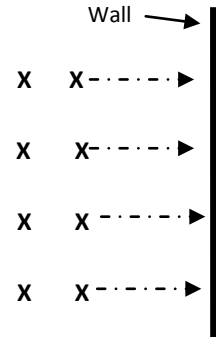
Time	Skills / Drills Covered or Taught	Teaching Points	Diagram
5 minutes	Meeting – Welcome	<ul style="list-style-type: none"> Greet players Tell a little about skills to be practiced today. 	
Warm-up	<p><u>Walk the tight rope</u></p> <ul style="list-style-type: none"> Movement and court awareness 	<ul style="list-style-type: none"> As from previous practice, this warm up helps to teach/reinforce boundary lines. See Coach Notes at end if more details are needed. 	<p>Formation – all players in the standing in the lane.</p> 
Segment 1	<p>Spot shot challenge</p> <p>Coach for form:</p> <ul style="list-style-type: none"> Hand(s) under the ball Bend knees and use legs when shooting Celebrate all baskets 	<ul style="list-style-type: none"> Using same procedure as previous practice, drill will go quicker and be a lot of fun as players respond to the challenge See Coach Notes at end if more details are needed. Remix teams occasionally Move spots back for slightly longer shots as team becomes proficient. 	<p>Formation: half the team; two line; one each at elbow of lane; one ball per group</p>  <p>Coach or parent - C Marker or cone - ●</p>
5-8 minute	Mid-practice huddle	<p>Devotion – week 8</p> <p>See Playbook page 112-116</p>	



Segment 2: Wall pass

- Players use bounce pass from different angles in front of them to learn about receiving angle.
- Use chest pass as players are ready.

Formation: In pairs, line players about 6-8 feet from a hard surface wall useable to bounce a ball. One ball per pair. Place a target mark (e.g., 2' tape square)



Variations:

- See how many passes player can make in 30 seconds.
- Has players become proficient have them a make quick fake before passing to the wall.

Segment 3 Open floor dribbling

One ball per player, if at all possible.

Add straight line dribbling across the court and back As you deem appropriate.

- 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 he 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).
- Coach point to coach/parent standing on the sidelines on both sides of the court.
- Coach tells players to point to a sideline. Then says “run stand on a sideline.”
- When all players are on a sideline have them walk the “tightrope” sideline.
- Coach, standing on the baseline, points to the baseline. Says, run stand on the baseline.
- Have players walk the baseline “tightrope”.
- Coach point to the lane, says, “run stand in the lane.”
- Say, “Run stand on the sideline and jump in the air 3 times.”
- Randomly, give some other commands related to the baseline, sideline, lane.
- At the end explain about inbounds and out-of-bounds

Spot shot challenge -

- Shots during a game are usually among noise and chaos.
- With two players/groups going at the same time, it will create some control 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.
 - 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 of the teams can score the most baskets in 60 seconds

Wall pass -

- Weight transfer from back foot to front foot
- Right amount of force for ball to return in a good position for catching
- Working toward catching the ball with hands/fingers

Open floor dribbling

- Provides an opportunity to dribble among confusion, kind of like real game for this age group.