



## Practice Outline 9

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 5-8 minutes	<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 minutes	<b>Defense</b> <i>Deny Defense Drill</i>	<ul style="list-style-type: none"> <li>• “D” – defensive player assumes deny-defense stance.</li> <li>• Defensive player works to deny pass.</li> <li>• Coach looks to make pass to offensive.</li> </ul> <ul style="list-style-type: none"> <li>• Deny Defense Coaching Points</li> <li>• See both player and the ball</li> <li>• Keep arm and leg in passing lane</li> <li>• Use quick feet</li> </ul>	<p><b>Formation for Drill - Deny Defense</b> Two groups. One on each side of the floor. Groups are work independent of each other.</p> <p>D - defensive player C - Coach Pass - - - ➔</p>
Segment 2 10-12 min.	<b>Deny Defense</b> 2-on-2; 3-on-3	<ul style="list-style-type: none"> <li>• Using 2-on-2 and deny defense work on techniques to denying the ball to the offensive player.</li> <li>• Move to 3-on-3 after a few minutes.</li> <li>• Give points for tipped/stolen passes.</li> </ul>	<b>Formation: players work in pairs. Coach should make pairings, and changes pairings during drill.</b>



<b>5 minutes</b>	<b>Mid Practice Huddle</b>	<b>Devotion – week 9</b> <b>See Playbook page 117-122</b>	
<b>Segment 3</b> <b>8- 10</b> <b>minutes</b>	<b>Offense-defense scrimmage</b>		<b>Formation :</b>
<b>Last 8-10</b> <b>minutes</b>	<b>Fun Drill</b>	Play knockout	
<b>5 minutes</b>	<b>Post Practice Meeting</b>	1. Review learned skills - 2. Distribute cards & green stars 3. Remind players and parents of next practice / game	-

## Coaches Notes:

### Deny Defense –

- Requires a challenging the defense player
- Call for more intensity
- Make it a lot of fun