



Practice Outline 9

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, high-five players as they arrive. 	
Warm-up	<p><u>Run around</u></p> <p>Coach give the specific direction and give the “go” command.</p>	<ul style="list-style-type: none"> Following the leader, player run around the court and back to the baseline. Players run to half court line and touch it, then run back. Players run touch the free throw line. Players run around anywhere in the half court practice area until the coach blows the whistle when they immediately return to the coach 	<p>Formation player spread along the baseline</p>
Segment 1	<p>2-on-2 and 3-on-3</p> <p>Working on passing</p>	<p>2-on-2; then 3-on-3 challenge</p> <ul style="list-style-type: none"> Players play one round of 2-on-2s; Award 1 point for defense getting the ball before offense score, either legal steal or rebound Award 2 points for a basket. To encourage passing, award 1 point for each successful pass. A coach helps each team – offense and defense 	<p>Formation: Start with pairs; then arrange to 3s.</p> <p>Offense – O Defense – X</p>
5-8 minute	Mid-practice huddle	<p>Devotion – week 9</p> <p>See Playbook page117-121</p>	<p>Formation: 2 groups (team) of 4</p>



Segment 2 **Play 4-on-4 Secret shooter**

- Coach designates 1 or 2 offense players as shooter(s), without the defense knowing.
- Offense works for only those 1 or 2 players to shoot the ball.
- Change secret shooter(s) often
- Defense must still guard with their player

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.

Run around

- Free style moving with some direction from coach.
- Make it fun while getting players to move around
- At the end explain about inbounds and out-of-bounds

2-on-2 and 3-on3 -

- Playing 2-on-2 and 3-on-3 give more room for players develop skills as they dribble, pass, and shoot.
- Defensive skills are forced to develop because of fewer players on the court
- Change of groupings often
 - 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

Secret shooter -

- Forces offense to work the ball around
- Help other players get open
- Makes defensive players guard their players because anyone of the players may be the shooter and not just the best player.