



Basketball Practice Outline – Practice 8-11

“Whenever I witness games in a church league, I feel that my vision almost half a century ago, of the time when the Christian people would recognize the true value of athletics, has become a reality.”

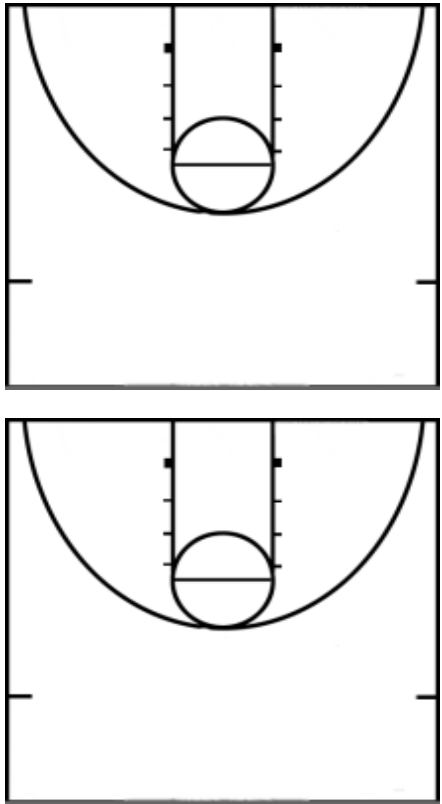
Dr. James Naismith, Founder of Basketball
M Div. Presbyterian Theological College

Sports Experience: Level 4

Coach – at this point in your season, your team will be best served if you analyze the team’s strengths and weakness up to this point. What has happened in your games the past few weeks? What are they doing well and what are areas that they need the most amount of work or improvement? The last 3 or 4 practices should be designed by you to address the areas where there is the greatest need for improvement.

Below is a basic outline of practice. This may be a helpful tool in developing your own practice plan. Please feel free to email me at dglass@upward.org for any questions or if you need help selecting drills or developing your practice plan.

David Glass

Segment:	Skills / Drills Covered or Taught	Teaching Points	Diagram
	Pre-Practice Huddle	Review for this week:	
Segment 1	<p>Basic fundamentals- pick 1 or 2 from below that need more work:</p> <ol style="list-style-type: none"> 1. Ball handling / dribbling 2. Passing / receiving 3. Basic footwork such as jump stops, pivots (front and reverse), triple threat position 4. Shooting open shots or lay ups 5. Defense on the ball and defensive slides 	<p>Children under the age of 14 should spend most of their time mastering the basic fundamentals of the game. Repetitions and “touches” are critical to skill development.</p> <p>One observation that I have after watching games at all levels (boys and girls) is that a number of players are deficient when it comes to <u>pivoting</u>. They will stop dribbling and leave their feet planted, often in an off balance position. Failure to understand the pivot move leads to off balance passes, turnovers and frustration.</p>	<p>Insert drills here</p> 
Segment 2	Offense	Coach – analyze the team’s	

What is the biggest weakness your players have when it comes to the offensive side of the ball?

- Getting open?
- Making the initial pass?
- Screening for each other?
- Timing, i.e. are passes made at the wrong time, players open early and the pass comes late? Or, ball moves too quickly not allowing cutters to get open?
- Getting good shots but not making many of them
- Trouble handling the ball, getting it up the court vs. pressure and initiating the offense

performance on offense and pick a drill from an earlier practice plan to address the problem.

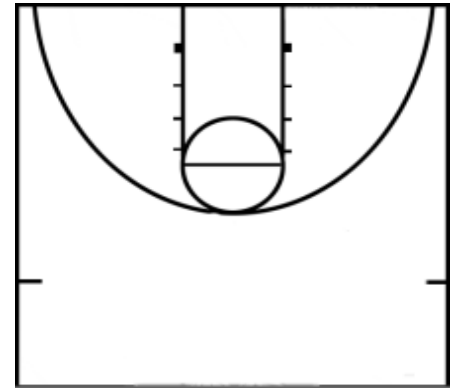
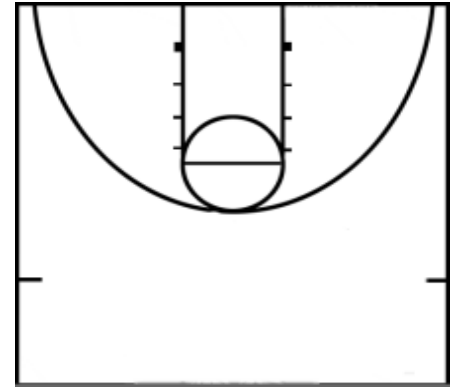
If the players can't remember the plays then run them 5 vs 0 over and over again.

If the problem is timing make them run through plays and count 1,001 / 1,002 or a basic slow 2 count. If you find this is still too quick make it a 3 count.

All offense at every level struggle with timing. The answer is keep running it over and over until it improves. It just takes time and repetitions.

Things like not setting a good screen can be broken down 1 vs. 1 with the coach being the passer. Isolate the skill that needs to be improved.

Insert drill here



Segment 3

Mid Practice Huddle Scrimmage with an emphasis

Whatever you focused on in practice, now take that same focus to the game.

Post Practice Meeting

Note: As you conduct your post practice huddle with players and parents, hand out the Upward Sports Gospel Card and explain it to the parents.

Devotion – Week 8-11

Scrimmage can be vs. own team 3 on 3, 4 on 4 or 5 on 5 or scrimmage vs. another team of the same age.

Acknowledge when an individual or the team does what you've been working on and has been the focus of the scrimmage.

1. Review learned skills -
2. Distribute practice card & green practice stars
3. Remind players and parents of next practice / game