

Practice Section	Time	Key Elements
<b>EMPHASIS OF DAY:</b> Review of shooting mechanics		<ul style="list-style-type: none"> <li>- Balance</li> <li>- Knees bent</li> <li>- Spread your fingers</li> <li>- Snap your wrist</li> <li>- Elbow over eyes (extension)</li> </ul>
<b>Introduction:</b> <i>Learning the basic skills – Proper Shooting Form</i>	2-3min	<ul style="list-style-type: none"> <li>- review of last weeks session</li> <li>- Goals: Perfect form</li> <li>- proper form on shooting</li> <li><b>B</b> – alance</li> <li><b>E</b> – yes</li> <li><b>E</b> – elbow</li> <li><b>E</b> – xtension</li> <li><b>F</b> – ollow through</li> </ul>
<b>Warm-up drills</b> 1. Light Jog (2X) 2. High Knee running 3. Butt kicks 4. Carioca run 5. Walking Lunges 6. Sumo squats - Once the 1 <sup>st</sup> player gets back their partner goes	5-10min	<ul style="list-style-type: none"> <li>- Players get into groups of 2.</li> <li>- Space out along the sideline.</li> <li>- Complete these exercises the width of the court. When they reach the opposite side have them back pedal on their way back.</li> </ul>
<b>2-Ball Dribbling</b> Keep the players in their groups on the sideline. Have players do these drills the width of the court. - Push Dribble - Machine Gun Dribble - Windshield wipers - Hi-lo - Juggling * Start by doing it stationary, then on the 2 <sup>nd</sup> whistle have them go full-court	5-10min	<b>Emphasize:</b> <ul style="list-style-type: none"> <li>- athletic stance</li> <li>- chest up</li> <li>- back straight</li> <li>- head up</li> <li>- pound the dribble</li> </ul>
<b>Water break</b>	2-3min	
<b>Review “BEEEF”</b> Balance – Triple threat position Eyes – focus on the target Elbow – points at the rim, 90 degrees Extension – Feet push off the floor, knees straighten, hips raise, elbow lifts to shoulder height Follow through – spread your fingers, snap your wrist, fingers point to ground, elbow finishes over eyebrow	3-5min	<ul style="list-style-type: none"> <li><b>B</b> – alance</li> <li><b>E</b> – yes</li> <li><b>E</b> – elbow</li> <li><b>E</b> – xtension</li> <li><b>F</b> – ollow through</li> </ul>
<b>Sweep Series</b> - Use both hoops - players are in 2 lines, one at the top of the key (balls) and one in the far R. corner (no balls) - player in the passing line waits in triple threat position - player in the corner blasts their cut to the wing - receiving the pass, the player sweeps the ball low and below their knees and attacks the hoop going towards the baseline 1. Take 2 or 3 dribbles and jump stop for a lay-up 2. Take 2 or 3 dribbles and go off of 1 foot for a regular lay-up 3. Take 2 or 3 dribble and complete a reverse lay-up finishing on the other side of the hoop 4. Take 1 or 2 dribbles and shoot a jump shot - from triple threat player shoots the ball using	10-15min	<ul style="list-style-type: none"> <li>- finish high and soft on the backboard</li> <li>- be in an athletic stance when you sweep the ball</li> <li>- stretch the dribble on your way to the hoop</li> <li>- be under control when you shoot your jumper, not off balance</li> </ul>

<p>“BEEEF” mechanics</p> <ul style="list-style-type: none"> <li>- hold follow through until ball hits the ground</li> <li>- passer becomes the shooter, shooter goes to the end of the passing line.</li> </ul> <p>* complete each finish 3-5 times then move on to the next finish</p> <p>** repeat on the left side of the court</p>		
<p><b>Team Shooting Contest</b></p> <ul style="list-style-type: none"> <li>- 1<sup>st</sup> team to make 7 baskets collectively wins the game.</li> <li>- 1<sup>st</sup> team to win 3 games in total wins.</li> <li>- After a team gets to 7, they switch ends</li> </ul> <p>**All players must yell out the scores!</p>	5-10min	<p>Divide your team into 2 groups. Each group go to opposite baskets. Each group will line up on the both elbows. 1 ball in the front of each line. On the coaches command, each team starts. Each player shoots, gets their rebound, passes back to the line, and then switches lines.</p>
<p><b>Free Throw Contest</b></p> <p>3-2-1</p> <ul style="list-style-type: none"> <li>- Have the players break into 2 groups, 1 group at each basket.</li> <li>- The 1<sup>st</sup> round the players have 3 chances to make 1 free throw, then 2, then 1. Have the 2 players from each hoop playoff for the finals.</li> </ul>	5-7min	<p>Keys:</p> <ul style="list-style-type: none"> <li>- Spread fingers</li> <li>- Snap your wrist</li> <li>- Hold your follow through</li> </ul>
<p><b>Water break</b></p>	2-3min	
<p><b>Scrimmage</b></p> <ul style="list-style-type: none"> <li>- 4-on-4</li> <li>Play short games up to 5.</li> <li>- Non-winners have 5 pushups continuous</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- ball movement</li> <li>- player movement</li> <li>- spacing</li> <li>- push the ball</li> <li>- play under control</li> </ul>
<p><b>Debrief and Cool down</b></p>	2-3min	<p>Emphasis:</p> <p><b>B</b> – alance</p> <p><b>E</b> – yes</p> <p><b>E</b> – elbow</p> <p><b>E</b> – xtension</p> <p><b>F</b> – ollow through</p> <p>- <b>Team Cheer!</b></p>
<p><b>THOUGHT OF DAY</b> – Apply the proper shooting fundamentals into your daily activities. Repetition, Repetition, Repetition!</p>		