

Practice Section	Time	Key Elements
<p><b>EMPHASIS OF DAY:</b> Shooting Fundamentals from A-Z</p>		<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>
<p><b>Introduction:</b> <i>Learning the basic skills – Proper Shooting Form</i></p>	2-5min	<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>
<p><b>Stationary Ball Handling</b></p> <ul style="list-style-type: none"> <li>- Have the players get into a scatter formation</li> <li>- Start with warming the hands up</li> <li>- Ball Slaps (25X)</li> <li>- Finger tip control (waist height, shoulder level, above head, knee level, and around the world, going around the whole body)</li> <li>- Pound the dribble shoulder height with your R. Hand</li> <li>- Repeat with L. Hand</li> <li>- 1 hand X-overs, knee to knee (R. and L. hand)</li> <li>- Push-Pull dribble (R. and L. hand)</li> <li>- Crossover</li> <li>- Crossover between legs</li> <li>- Switch legs</li> </ul> <p>** Each stationary dribble move should be done a minimum of 25X</p>	5-10min	<p><b>Emphasize:</b></p> <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>
<p><b>2-Ball Dribbling</b></p> <p>Keep the players in their groups on the sideline. Have players do these drills the width of the court.</p> <ul style="list-style-type: none"> <li>- Push Dribble</li> <li>- Machine Gun Dribble</li> <li>- Windshield wipers</li> <li>- Hi-lo</li> <li>- Juggling</li> </ul> <p>* Start by doing it stationary, then on the 2<sup>nd</sup> whistle have them go full-court</p>	5-10min	<p><b>Emphasize:</b></p> <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>
<p><b>Water break</b></p>	2-3min	
<p><b>Review “BEEEF”</b></p> <p>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</p>	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>
<p><b>Self Shooting</b></p> <ul style="list-style-type: none"> <li>- players in scatter formation with the ball, find a line in the gym, take 1 step behind the line</li> <li>- from triple threat player shoots the ball using “BEEEF” mechanics</li> <li>- hold follow through until ball hits the ground</li> </ul>	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>

<ul style="list-style-type: none"> <li>- players try to shoot the ball so it lands on the line in front of them</li> <li>- players retrieve the ball and repeat</li> <li>- try to hit the line 10 consecutive times</li> </ul>		
<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> <li>**All players must yell out the scores!</li> </ul>	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> 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>- 3-on-3 continuous</li> <li>Play short games up to 5.</li> <li>- Non-winners have 5 pushups</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> <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> <li>- <b>Team Cheer!</b></li> </ul>
<p><b>THOUGHT OF DAY</b> – Stress the importance of the process. If the process (<b>BEEEF</b>) is taken care of the results will come!</p>		