

## Practice #1

Practice Section	Time	Key Elements
<b>EMPHASIS OF DAY:</b> <i>Learning an athletic stance</i>		<ul style="list-style-type: none"> <li>- Drop your Hips</li> <li>- Chest up</li> <li>- Back Straights</li> <li>- Weight on the balls of your feet</li> </ul>
<b>Introduction:</b> <i>Overview of the program</i> <i>Learning the basic skills</i>	2-5min	<ul style="list-style-type: none"> <li>- brief overview of the program</li> <li>- what to expect each week</li> <li>- go through rules and regulations</li> <li>- Footwork, dribbling, passing, Shooting</li> </ul>
<b>Warm-up:</b> <ul style="list-style-type: none"> <li>- demonstrate a proper basketball ready position</li> <li>- put players in scatter formation, no balls</li> <li>- players run on spot, on whistle they get into stance</li> <li>- coach walks through group testing for balance</li> <li>- repeat several times using different movements on the spot (running, skipping, hoping, fast feet, etc.)</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- look like an athlete</li> </ul>
<b>Footwork:</b> <i>Learning the athletic stance</i> <ul style="list-style-type: none"> <li>- Divide players into 3 equal lines on baseline, no balls</li> <li>- select 3 lines as stopping lines</li> <li>- players start in a basketball stance</li> <li>- on whistle, 1<sup>st</sup> players runs to the 1<sup>st</sup> line, jump-stops into an athletic stance, repeat on the other 3 lines</li> <li>- On next whistle the player in line repeats</li> <li>- Repeat on other end of court</li> <li>- Repeat running in a zig zag, changing direction at each line</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- Drop your Hips</li> <li>- Chest up</li> <li>- Back Straights</li> <li>- Weight on the balls of your feet</li> <li>- on balance</li> </ul>
<b>Water break</b>	2-3min	
<b>Dribbling:</b> <i>Stationary ball-handling</i> <ul style="list-style-type: none"> <li>- players in a scatter formation with the ball facing the coach</li> <li>- Ball Slaps, Finger tip control, Body circle, Around your head, knee circles, figure 8 circles, Crab Dribble, Push-pull dribble, Single hand X-overs, X-overs, spider dribble</li> <li>- Repeat having players use both hands</li> <li>- Advanced players may close their eyes</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- Stay low</li> <li>- head up</li> <li>- finger tip</li> </ul>
<b>Passing:</b> <ul style="list-style-type: none"> <li>- players in partners, 6-8 ft. apart with 1 ball</li> <li>- on whistle players pass the ball to the partner</li> <li>- ever several repetitions, blow the whistle, demonstrate new pass, and have the players perform the pass</li> <li>- practice chest pass, bounce pass, one hand pass, overhead pass</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- Show a target on all passes</li> <li>- Step into your pass</li> <li>- call for the ball</li> </ul>
<b>Shooting:</b> <ul style="list-style-type: none"> <li>- Players in scatter formation, demonstrate shooting technique</li> <li>- Players stand 3ft. from the wall, shoot on target on the wall, 8ft in the air</li> <li>- try to hit target 5 times in a row</li> <li>- Put players in equal lines facing the hoop</li> <li>- on the whistle have the players dribble towards the hoop and shoots, 3-5ft from hoop</li> <li>- repeat until each player shoots 5-10times</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- don't worry about all the exact fundamentals on shooting</li> <li>- follow through on shot</li> </ul>

<b>Water break</b>	2-3min	
<b>Scrimmage</b> - 5-on-5	5-10min	- ball movement - quick passes
<b>Debrief and Cool down</b>	2-3min	- Athletic Stance - Drop your Hips - Chest up - Back Straight - <b>Team Cheer!</b>
<i>THOUGHT OF DAY</i> - The 4 laws of learning are explanation, demonstration, imitation and repetition.		