

## Practice #10

Date:

Practice Section	Time	Key Elements
<b>EMPHASIS OF DAY:</b> FUNdamentals		<ul style="list-style-type: none"> <li>- Athletic Stance</li> <li>- Ball Movement</li> <li>- Player Movement</li> </ul>
<b>Introduction:</b> <i>FUNdamentals</i>	2-3min	<ul style="list-style-type: none"> <li>- review of last weeks session on triple threat breakdown</li> <li>- Goals: review of basic fundamentals, shooting and ball handling</li> </ul>
<b>Warm-up drills</b> <ol style="list-style-type: none"> <li>1. Light Jog (2X)</li> <li>2. High Knee running</li> <li>3. Butt kicks</li> <li>4. Carioca run</li> <li>5. Walking Lunges</li> <li>6. Sumo squats</li> </ol> <ul style="list-style-type: none"> <li>- Once the 1<sup>st</sup> player gets back their partner goes</li> </ul>	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>Water break</b>	2-3min	
<b>Triple threat Offensive breakdown moves</b> <ul style="list-style-type: none"> <li>- Use both hoops.</li> <li>- Players line up at the top of the key with basketballs.</li> <li>- Spin the ball to yourself, catch it in triple threat position facing the hoop.</li> </ul> <p><i>Progression:</i></p> <ul style="list-style-type: none"> <li>- Sweep and go to strong side for 2 foot lay-up</li> <li>- Sweep and go to strong side for 1 foot lay-up</li> <li>- Jab, Sweep and go to strong side for 2 foot lay-up</li> <li>- Jab, Sweep and go to strong side for 1 foot lay-up</li> <li>- Jab, Shot fake, sweep and go to strong side for 2 foot lay-up</li> <li>- Jab, Shot fake, sweep and go to strong side for 1 foot lay-up</li> </ul> <p><i>Counter moves:</i></p> <ul style="list-style-type: none"> <li>- Jab, cross, sweep and go to opposite side for 2 foot lay-up</li> <li>- Jab, Cross, sweep and go to opposite side for 1 foot lay-up</li> </ul> <p>* Jab step should be 4-6 inches toward the basket * Player gets rebound and goes to end of the line</p> <p>** Make sure each player performs the drill at 3-5 times before moving onto the next progression</p>	10-15min	<ul style="list-style-type: none"> <li>- Ball in the air feet in the air</li> <li>- Athletic Stance</li> <li>- Wrist locked</li> <li>- Ball in shooting pocket</li> <li>- Elbow at 90 degrees</li> <li>- Eyes up</li> <li>- Sweep the ball below your knees</li> <li>- Stretch the dribble</li> </ul>
<b>1-on-1 out of Triple threat</b> <ul style="list-style-type: none"> <li>- 1<sup>st</sup> player up lines up at foul line area facing the hoop, no ball.</li> <li>- All the other players line up in a single file line underneath the basket.</li> <li>- 1<sup>st</sup> player on the baseline has a ball</li> <li>- Player on baseline makes a bounce pass to the offensive player, then they play live, 1-on-1</li> <li>- If the defensive player gets a stop, they go on</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- Ball in the air feet in the air</li> <li>- Athletic Stance</li> <li>- Wrist locked</li> <li>- Ball in shooting pocket</li> <li>- Elbow at 90 degrees</li> <li>- Eyes up</li> <li>- Sweep the ball below your knees</li> </ul>

<p>Offence and a new defender comes on. It is continuous.</p> <p><i>Modifications:</i></p> <ul style="list-style-type: none"> <li>- Score you stay on Offence</li> <li>- rebounds live or 1 shot only</li> <li>- 3 dribble max, 4 dribble max</li> </ul>		<ul style="list-style-type: none"> <li>- Stretch the dribble</li> </ul> <p><b>** Remember to use the Triple threat moves that were just practiced!</b></p>
<b>Water break</b>	2-3min	
<p><b>Scrimmage:</b> 2-on-2 Continuous</p> <ul style="list-style-type: none"> <li>- Players line up in 2 lines from the foul line extended at each hoop (4 lines in total)</li> <li>- Players at the 2 lines at each hoop are one team</li> <li>- Players on offence start with the ball going on offence, once a shot goes up or there is a change of possession, they quickly hustle back on defense.</li> <li>- After the change of possession they outlet to the next person in line, the 2 players then attack offensively.</li> <li>- Repeat continuously, offence to defense the defense off.</li> </ul> <p><b>** play games up to 5</b></p>	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> <li>- See your man and see the ball</li> </ul>
<b>Water break</b>	2-3min	
<p><b>Scrimmage:</b> 3-on-3 Continuous</p> <ul style="list-style-type: none"> <li>- same as 2-on-2, add another player to the baseline corner, make the 3<sup>rd</sup> line the “outlet” line.</li> <li>- Players line up in 2 lines from the foul line extended at each hoop (6 lines in total)</li> <li>- Players at the 3 lines at each hoop are one team</li> <li>- Players on offence start with the ball going on offence, once a shot goes up or there is a change of possession, they quickly hustle back on defense.</li> <li>- After the change of possession they outlet to the next person in line, the 3 players then attack offensively.</li> <li>- Repeat continuously, offence to defense the defense off.</li> </ul> <p><b>** play games up to 5</b></p>	5-10min	<ul style="list-style-type: none"> <li>- pressure the ball defensively</li> <li>- spacing</li> <li>- push the ball</li> <li>- play under control</li> <li>- See your man and see the ball</li> </ul>
<b>Water break</b>	2-3min	
<p><b>Scrimmage</b></p> <ul style="list-style-type: none"> <li>- 5-on-5</li> </ul> <p><b>** Play short games up to 5.</b></p>	5-10min	<ul style="list-style-type: none"> <li>- ball movement</li> <li>- player movement</li> <li>- spacing</li> </ul>
<b>Debrief and Cool down</b>	2-3min	<p><b>Emphasis:</b></p> <ul style="list-style-type: none"> <li>- Have fun</li> <li>- Play Hard!</li> <li>- Ball pressure in the games</li> <li>- Ball movement</li> <li>- player movement</li> <li>- <b>Team Cheer!</b></li> </ul>
<b>THOUGHT OF DAY</b> - Play hard and Have Fun!		