

Practice #11

Date:

Practice Section	Time	Key Elements
EMPHASIS OF DAY: Passing/Catching		<ul style="list-style-type: none"> - Athletic Stance - Show a target - Eyes on the ball - crisp passes
Introduction: <i>Learning the basic skills – Passing/Catching</i>	2-3min	<ul style="list-style-type: none"> - review of the 1st half of the season - Goals: Set new goals as a team, continue to learn, get better and focus on the individual skills
<p>10 pass Series</p> <ul style="list-style-type: none"> - Players partner up - Players line up in 2 lines across the gym approximately 10-15ft. apart facing each other - Start with 1 basketball per group <p>Progression:</p> <ol style="list-style-type: none"> 1. Right Hand push pass 2. Left Hand push pass 3. Right Hand wrap pass 4. Left Hand wrap pass 5. Right hand to Left hand (1 hand passing) <ul style="list-style-type: none"> - Add 2 basketballs, players pass simultaneously <p>** Complete each pass a minimum 20x's</p>	5-10min	<ul style="list-style-type: none"> - Athletic Stance - Eyes up - Show a target - Crisp passes
<p>Sweep Series</p> <ul style="list-style-type: none"> - 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 <ol style="list-style-type: none"> 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 <ul style="list-style-type: none"> - from triple threat player shoots the ball using “BEEEF” mechanics - hold follow through until ball hits the ground - passer becomes the shooter, shooter goes to the end of the passing line. <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>	10-15min	<ul style="list-style-type: none"> - finish high and soft on the backboard - be in an athletic stance when you sweep the ball - stretch the dribble on your way to the hoop - be under control when you shoot your jumper, not off balance
<p>1-on-1 from the Wing</p> <ul style="list-style-type: none"> - Players start in same formation as the Sweep series - Defensive player starts in a denial stance on the wing - Offensive player blasts their cut from the corner to 	5-10min	<ul style="list-style-type: none"> - catch the ball in an athletic stance - stretch the dribble - attack the defensive player

<p>the wing</p> <ul style="list-style-type: none"> - Defensive player allows the catch on the wing. - Once the Offensive player catches the ball it becomes “Live” <p>Progression:</p> <ul style="list-style-type: none"> - 4 dribble max - 3 dribble max - 1 shot only - rebounds are live <p>Rotation:</p> <ul style="list-style-type: none"> - Offence to Defense, Defense off and goes to the end of the passing line - Passing line goes to the end of the offensive line in the corner 		- NO wasted dribbles
Water break	2-3min	
<p>Scrimmage: 3-on-3 Continuous</p> <ul style="list-style-type: none"> - same as 2-on-2, add another player to the baseline corner, make the 3rd line the “outlet” line. - Players line up in 2 lines from the foul line extended at each hoop (6 lines in total) - Players at the 3 lines at each hoop are one team - 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. - After the change of possession they outlet to the next person in line, the 3 players then attack offensively. - Repeat continuously, offence to defense the defense off. <p>** play games up to 5</p>	5-10min	<ul style="list-style-type: none"> - pressure the ball defensively - spacing - push the ball - play under control - See your man and see the ball
Water break	2-3min	
Debrief and Cool down	2-3min	<p>Emphasis:</p> <ul style="list-style-type: none"> - Athletic Stance - Eyes up - Show a target - Crisp passes - Team Cheer!
THOUGHT OF DAY – We not Me! – Muhammad Ali		