

## Practice #11

Date:

Practice Section	Time	Key Elements
<b>EMPHASIS OF DAY:</b> Passing/Catching		<ul style="list-style-type: none"> <li>- Athletic Stance</li> <li>- Show a target</li> <li>- Eyes on the ball</li> <li>- crisp passes</li> </ul>
<b>Introduction:</b> <i>Learning the basic skills – Passing/Catching</i>	2-3min	<ul style="list-style-type: none"> <li>- review of the 1<sup>st</sup> half of the season</li> <li>- Goals: Set new goals as a team, continue to learn, get better and focus on the individual skills</li> </ul>
<p><b>10 pass Series</b></p> <ul style="list-style-type: none"> <li>- Players partner up</li> <li>- Players line up in 2 lines across the gym approximately 10-15ft. apart facing each other</li> <li>- Start with 1 basketball per group</li> </ul> <p>Progression:</p> <ol style="list-style-type: none"> <li>1. Right Hand push pass</li> <li>2. Left Hand push pass</li> <li>3. Right Hand wrap pass</li> <li>4. Left Hand wrap pass</li> <li>5. Right hand to Left hand (1 hand passing)</li> </ol> <ul style="list-style-type: none"> <li>- Add 2 basketballs, players pass simultaneously</li> </ul> <p>** Complete each pass a minimum 20x's</p>	5-10min	<ul style="list-style-type: none"> <li>- Athletic Stance</li> <li>- Eyes up</li> <li>- Show a target</li> <li>- Crisp passes</li> </ul>
<p><b>Sweep Series</b></p> <ul style="list-style-type: none"> <li>- Use both hoops</li> <li>- players are in 2 lines, one at the top of the key (balls) and one in the far R. corner (no balls)</li> <li>- player in the passing line waits in triple threat position</li> <li>- player in the corner blasts their cut to the wing</li> <li>- receiving the pass, the player sweeps the ball low and below their knees and attacks the hoop going towards the baseline</li> </ul> <ol style="list-style-type: none"> <li>1. Take 2 or 3 dribbles and jump stop for a lay-up</li> <li>2. Take 2 or 3 dribbles and go off of 1 foot for a regular lay-up</li> <li>3. Take 2 or 3 dribble and complete a reverse lay-up finishing on the other side of the hoop</li> <li>4. Take 1 or 2 dribbles and shoot a jump shot</li> </ol> <ul style="list-style-type: none"> <li>- from triple threat player shoots the ball using “BEEEF” mechanics</li> <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>	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><b>1-on-1 from the Wing</b></p> <ul style="list-style-type: none"> <li>- Players start in same formation as the Sweep series</li> <li>- Defensive player starts in a denial stance on the wing</li> <li>- Offensive player blasts their cut from the corner to</li> </ul>	5-10min	<ul style="list-style-type: none"> <li>- catch the ball in an athletic stance</li> <li>- stretch the dribble</li> <li>- attack the defensive player</li> </ul>

<p>the wing</p> <ul style="list-style-type: none"> <li>- Defensive player allows the catch on the wing.</li> <li>- Once the Offensive player catches the ball it becomes “Live”</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>- 4 dribble max</li> <li>- 3 dribble max</li> <li>- 1 shot only</li> <li>- rebounds are live</li> </ul> <p>Rotation:</p> <ul style="list-style-type: none"> <li>- Offence to Defense, Defense off and goes to the end of the passing line</li> <li>- Passing line goes to the end of the offensive line in the corner</li> </ul>		- NO wasted dribbles
<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>** play games up to 5</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	
<b>Debrief and Cool down</b>	2-3min	<p><b>Emphasis:</b></p> <ul style="list-style-type: none"> <li>- Athletic Stance</li> <li>- Eyes up</li> <li>- Show a target</li> <li>- Crisp passes</li> <li>- <b>Team Cheer!</b></li> </ul>
<b>THOUGHT OF DAY</b> – We not Me! – Muhammad Ali		