

Practice Section	Time	Key Elements
<p>EMPHASIS OF DAY: Skip Passes/Push passes</p>		<ul style="list-style-type: none"> - Athletic Stance - Show a target - Eyes on the ball - crisp passes
<p>Introduction: <i>Learning the basic skills – Skip Passes/Push passes</i></p>	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 - After each catch the player sweeps the ball below their knees then makes the pass <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) 6. Overhead skip passes (1 ball only, back the line-up 5ft.) <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>Kiwi Shooting</p> <ul style="list-style-type: none"> - Use both hoops - players are in 2 lines at each hoop, line up on the wings (outside the 3) facing the hoop - player in the passing line waits in triple threat position - player on the wing blasts their cut to the middle of the foul line - Ball in the air, feet in the air - Inside pivot when catching the ball - After offensive player shoots the ball, the passer becomes the shooter, it's continuous <p><i>Progression:</i></p> <ul style="list-style-type: none"> - receiving the pass, the player sweeps the ball low and below their knees and attacks the hoop going the opposite direction as the pass. <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 dribbles and shoot a jump shot <ul style="list-style-type: none"> - from triple threat player shoots the ball using "BEEEF" mechanics 4. Take 1 dribble and shoot a jump shot <ul style="list-style-type: none"> - hold follow through until ball hits the ground - passer becomes the shooter, shooter goes to the end of the passing line. 5. Catch and shoot from the foul line <p>* complete each move 3-5 times then move on to the</p>	10-15min	<p>Passer:</p> <ul style="list-style-type: none"> - Push passes with outside hand - Sharp quick passes - pass from triple threat position <p>Shooter:</p> <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

next finish		
Water break	2-3min	
<p>Kiwi Shooting - Skip Passes</p> <ul style="list-style-type: none"> - Use both hoops - players are in 2 lines at each hoop, line up on the wings (outside the 3) facing the hoop - player in the passing line waits in triple threat position - player on the wing SKIPS the ball (ball above your head, sharp crisp pass to opposite wing) - Ball in the air, feet in the air - After offensive player shoots the ball, the passer becomes the shooter, it's continuous <p><i>Progression:</i></p> <ul style="list-style-type: none"> - 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 dribbles and shoot a jump shot <ul style="list-style-type: none"> - from triple threat player shoots the ball using "BEEEF" mechanics 2. Take 1 dribble and shoot a jump shot <ul style="list-style-type: none"> - hold follow through until ball hits the ground - passer becomes the shooter, shooter goes to the end of the passing line. 3. Drift to the corner (12-15ft.) Catch and shoot from corner. 4. Catch and shoot from the wing <p>* complete each move 3-5 times then move on to the next finish ** All passes are skip passes</p>	10-15min	<p>Passer:</p> <ul style="list-style-type: none"> - skip passes (ball above head) - Sharp quick passes - pass from triple threat position <p>Shooter:</p> <ul style="list-style-type: none"> - 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 - be ready to catch and shoot
<p>1-on-1 from the top of the Key</p> <ul style="list-style-type: none"> - Players start in same formation as the Kiwi Shooting - Defensive player starts in a denial stance on the wing - Offensive player blasts their cut from the wing to the top of the key - Defensive player allows the catch on the top. - Once the Offensive player catches the ball it becomes "Live" <p><i>Progression:</i></p> <ul style="list-style-type: none"> - 4 dribble max - 3 dribble max - 1 shot only - rebounds are live <p><i>Rotation:</i></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 	5-10min	<ul style="list-style-type: none"> - catch the ball in an athletic stance - stretch the dribble - attack the defensive player - 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. 	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

<p>- 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> <p>** play games up to 5</p>		
<p>Debrief and Cool down</p>	<p>2-3min</p>	<p><i>Emphasis:</i></p> <ul style="list-style-type: none"> - Athletic Stance - Eyes up - Show a target - Crisp passes - Be aggressive! - Team Cheer!
<p><i>THOUGHT OF DAY</i> – Be crisp with your passes. Good passes lead to good shots!</p>		