

Practice Section	Time	Key Elements
EMPHASIS OF DAY: Passing		<ul style="list-style-type: none"> - Athletic Stance - Show a target - Eyes on the ball - crisp passes
Introduction: <i>Learning the basic skills –Passes</i>	2-3min	<ul style="list-style-type: none"> - review importance of passing - Goals: perfect passes
Stationary Ball Handling (2 Balls per group) - players get into groups of 3, single file on the sideline. 5-8ft of space b/w each other Progression: 1. 1 st row R. hand push dribble, 2 nd row L. hand push dribble. 3 rd row break 2. 1 st row R. hand X-over, 2 nd row L. hand X-over 3. 1 st row R. hand push-pull, 2 nd row L. hand push-pull 4. 1 st row R. foot forward, X-over b/w legs, 2 nd row L. foot forward, X-over between leg * Each station is a 20sec interval then switch	5-10min	<ul style="list-style-type: none"> - Athletic Stance - Eyes up - POUND the dribble!
2 ball dribbling (stay in same groups as above) - stationary: push dribble/Alternating/Windshield wipers/high and low - full-court: Same as above, sideline to sideline * down forwards and back backwards	5-10min	<ul style="list-style-type: none"> - Athletic Stance - Eyes up - POUND the dribble!
Water break	2-3min	
Stationary Shooting - Use both hoops, players are in lines at the elbows. There is one passer in the corner, 3pt. line extended - Balls are in each line, shooter passes to the corner, then becomes “shot ready”. Passer hits the shooter for their shot. - Shooter gets rebound and alternates sides - switch the passer every 6-8 shot attempts	10min	Shot Ready – legs bent, show a target, inside foot is closet to hoop, step 1-2 into your shot <ul style="list-style-type: none"> - hold your follow through
Kiwi Shooting - Use both hoops, players are in 2 lines at each hoop, line up on the wings (outside the 3) facing the hoop - player on the wing blasts their cut to the middle of the foul line - After offensive player shoots the ball, the passer becomes the shooter, it’s continuous <i>Progression:</i> - Catch and shoot from the foul line - 1 dribble jumpers from foul line - 1 dribble step back jumpers * 1 st person to make 5 (non-winners 5 pushups)	10-15min	<ul style="list-style-type: none"> - Ball in the air, feet in the air - Sharp quick passes - pass from triple threat position
Water break	2-3min	
Scrimmage: 5-on-5	5-10min	<ul style="list-style-type: none"> - spacing - push the ball
Debrief and Cool down	2-3min	Emphasis: <ul style="list-style-type: none"> - Athletic Stance - Crisp passes - Team Cheer!
THOUGHT OF DAY - "Practice does not make perfect. Only perfect practice makes perfect." - Vince Lombardi		