

Practice Section	Time	Key Elements
EMPHASIS OF DAY: Look like a basketball player		- Athletic Stance
Introduction: <i>Learning the basic skills – sweeps series</i>	2-3min	- Goals: everything you do, look like a basketball player
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	- Athletic Stance - Eyes up - POUND the dribble!
Full court moves on the move - players line up on opposite baselines, single file rows. Each player makes a dribble move on the free-throw line, center court, and opposite free throw line. - Hesitation and go/Inside out/X-over/X-over b/w legs * Switch and go to the opposite direction (L. Hand)	5-10min	- Athletic Stance - Eyes up - POUND the dribble!
Water break	2-3min	
Sweep Series from the wing (Shoe lace sweeps) - 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 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 Progression: - jump stop for a lay-up/regular lay-up/reverse lay-up - Take 1 or 2 dribbles and shoot a jump shot * complete each finish 3-5 times	10-15min	- finish high and soft on the backboard for all lay-ups - be in an athletic stance when you sweep the ball (below your knees) - stretch the dribble on your way to the hoop ** repeat on the left side of the court
Skip Passes from the wing - same formation as above Progression: Jab Cross – going middle for lay-up, 2-dribble jumper, 1 dribble jumper, 1 dribble step back jumper	5-10min	- crisp passes - Athletic stance - short, hard jab step towards baseline
Water break	2-3min	
Scrimmage: 5-on-5	5-10min	- spacing - push the ball
Debrief and Cool down	2-3min	Emphasis: - Athletic Stance - Team Cheer!
THOUGHT OF DAY – Look like an athlete, play like an athlete!		