

Practice Section	Time	Key Elements
EMPHASIS OF DAY: <i>Movement (Stopping, Change direction)</i>		<ul style="list-style-type: none"> - Drop your Hips - Chest up - Back Straights - Under control - Weight on the balls of your feet
Introduction: <i>Learning the basic skills</i>	2-5min	<ul style="list-style-type: none"> - review of last weeks session - goals: to stop and change direction under control
Warm-up: <ul style="list-style-type: none"> - players in scatter formation - players run on spot - On whistle, players execute a 2 foot jump stop - repeat with running faster on the spot - Repeat, 3 steps with stride stop - Repeat with players running around the gym, on single whistle come to a jump stop, on double whistle come to a stride stop 	5-10min	2 Foot Jump Stop: <ul style="list-style-type: none"> - player begins in ready position, moves forward lowering their body - land on 2 feet simultaneously, shoulder width apart Stride Stop: <ul style="list-style-type: none"> - player moves forward, body lowers - feet land one after the other, slightly staggered - foot the touches down 1st is your pivot foot ** land light on your feet
Dribbling: Stationary Ball Handling <ul style="list-style-type: none"> - players in a scatter formation with the ball facing the coach, mirror what the coach is doing - Ball Slaps - Finger tip control, different heights (ie: chest, waist, ankles, above head) - Body circle, Around your head, waist, knee circles, ankles, figure 8's - Crab Dribble - Push-pull dribble - Single hand X-overs - X-overs - spider dribble - Repeat having players use both hands - Advanced players may close their eyes 	5-10min	<ul style="list-style-type: none"> - look like an athlete - Stay low - head up - finger tips
Water break	2-3min	
Teach 3 D's Emphasis athletic stance	2-3min	<ol style="list-style-type: none"> 1. Drop your Hips 2. Dip your shoulder 3. Stretch your Dribble
Full Court Ball Handling <ul style="list-style-type: none"> - Have the players get into groups of 2 and space out along the sideline - Make a dribble move at 3 different spots on the court - Once the player gets to the opposite sideline have them come to a JUMP STOP, pivot and come back repeating the same dribble moves on the way back. - Push dribble (R. and L. hand) - Hesitation and go (R. and L. hand) - Inside out (R. and L. hand) - Crossover ** Repeat each move 2X 	5-10min	Teach 3 D's <ol style="list-style-type: none"> 1. Drop your Hips 2. Dip your shoulder 3. Stretch your Dribble
Full Court Moves on the Move <ul style="list-style-type: none"> - Players lineup on the baseline underneath the basket on the right side of the hoop - Use both hoops. The 2nd player goes once the 1st 	10-15min	Emphasis: Keep your head up, eyes up and remember the 3D's <ul style="list-style-type: none"> - Finish each circuit with a lay-up

player gets to half court - Do a breakdown move on 3 spots on the court, the elbow, ½ court, and opposite elbow - Push dribble (R. hand) - Hesitation and go (R. hand) - Inside out (R. hand) - Crossover * Repeat each move continuously for 1 minute then progress to the next one ** Repeat the same moves on the other side (L. Hand)		
Water break	2-3min	
Scrimmage - 4-on-4	5-10min	- ball movement - quick passes
Debrief and Cool down	2-3min	- Athletic Stance - Drop your Hips - Chest up - Back Straight - land soft, under control - Team Cheer !
THOUGHT OF DAY - Create a positive learning environment by being encouraging, enthusiastic and passionate about basketball.		