

Practice Section	Time	Key Elements
EMPHASIS OF DAY: <i>Ball Handling</i>		<ul style="list-style-type: none"> - Drop your Hips - Chest up - Back Straights - Be explosive - Pound the dribble
Introduction: <i>Learning the basic skills – Ball Handling</i>	2-5min	<ul style="list-style-type: none"> - review of last weeks session - Goals: become comfortable with handling the ball. - review the 3D's - Pound the dribble - Keep your head up while dribbling
Warm-up: 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
Review 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
Free Throw Contest 3-2-1 <ul style="list-style-type: none"> - Have the players break into 2 groups, 1 group at each basket - The 1st round the players have 3 chances to make 1 free throw, then 2, then 1. - Have the 2 players from each hoop playoff for the finals. 	3-5min	
Water break	2-3min	
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 player gets to half court 	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

<ul style="list-style-type: none"> - 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 <p>* Repeat each move continuously for 1 minute then progress to the next one</p> <p>** Repeat the same moves on the other side (L. Hand)</p>		
<p>Water break</p>	<p>2-3min</p>	
<p>Scrimmage</p> <ul style="list-style-type: none"> - 3-on-3 <p>Winning team stays on. Play short games up to 3.</p>	<p>5-10min</p>	<ul style="list-style-type: none"> - ball movement - quick passes - spacing - moving
<p>Debrief and Cool down</p>	<p>2-3min</p>	<ul style="list-style-type: none"> - Drop your Hips - Chest up - Back Straights - Be explosive - Pound the dribble - Team Cheer!
<p>THOUGHT OF DAY - The 4th law of learning is repetition, repetition, repetition!</p>		