

Practice #4

Date:

Practice Section	Time	Key Elements
EMPHASIS OF DAY: <i>Shooting Mechanics</i>		<ul style="list-style-type: none"> - Drop your Hips - Spread your fingers - Snap your wrist - Elbow over eyes
Introduction: <i>Learning the basic skills – Shooting Mechanics</i>	2-5min	<ul style="list-style-type: none"> - review of last weeks session - Goals: Perfect form - proper form on shooting - athletic stance (legs are bent on balance) - Elbow in and at 90 degrees - holding your follow through
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	Emphasize 3 D's <ol style="list-style-type: none"> 1. Drop your Hips 2. Dip your shoulder 3. Stretch your Dribble
Water break	2-3min	
Teach Proper Shooting mechanics Demonstrate under the basket. Have the kids sit on the baseline and watch while you demonstrate	5-10min	Emphasis: B – alance E – elbow E – yes F – ollow through
Progress through the following: 1) Floor shooting 2) Form shooting	5-10min	Keys: <ul style="list-style-type: none"> - Spread fingers - Snap your wrist - Hold your follow through <ul style="list-style-type: none"> -lying on back, flick ball into air (hold your follow through) - 3 to 5 feet away from basket, make 5 in total with one hand only. Next partner goes. Then use 2 hands, make 5. ** Repeat this from straight on and from each side of the hoop. 1 hand and 2.
Team Shooting Contest <ul style="list-style-type: none"> - 1st team to make 7 baskets collectively wins the game. - 1st team to win 3 games in total wins. - After a team gets to 7, they switch ends **All players must yell out the scores! 	5-10min	Divide your team into 2 groups. Each group go to opposite baskets. Each group will line up on the both elbows. 1 ball in the front of each line. On the coaches command, each team starts. Each player shoots, gets their rebound, passes back to the line, and then switches

		lines.
Scrimmage - 3-on-3 Winning team stays on. Play short games up to 3.	5-10min	- ball movement - quick passes - spacing - moving
Debrief and Cool down	2-3min	- Drop your Hips - Spread your fingers - Snap your wrist - Elbow over eyes - Team Cheer!
<i>THOUGHT OF DAY</i> – Practice perfect techniques, the results will come!		