

Practice Section	Time	Key Elements
<b>EMPHASIS OF DAY:</b> <i>Pound the Dribble!</i>		<ul style="list-style-type: none"> <li>- Drop your Hips</li> <li>- Chest up</li> <li>- Back Straight</li> <li>- Explosive</li> <li>- Pound the dribble</li> </ul>
<b>Introduction:</b> <i>Learning the basic skills – Dribbling</i>	2-5min	<ul style="list-style-type: none"> <li>- review of last weeks session</li> <li>- Goals: to have the ball become an extension of the player</li> </ul>
<b>Review 3 D's</b> Emphasis athletic stance	2-3min	<ol style="list-style-type: none"> <li>1. <b>D</b>rop your Hips</li> <li>2. <b>D</b>ip your shoulder</li> <li>3. Stretch your <b>D</b>ribble</li> </ol>
<b>Full Court Ball Handling</b> <ul style="list-style-type: none"> <li>- Have the players get into groups of 2 and space out along the sideline</li> <li>- Make a dribble move at 3 different spots on the court</li> <li>- 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.</li> <li>- Push dribble (R. and L. hand)</li> <li>- Hesitation and go (R. and L. hand)</li> <li>- Inside out (R. and L. hand)</li> <li>- Crossover</li> </ul> ** Repeat each move 2X	5-10min	<b>Emphasize 3 D's</b>  <ol style="list-style-type: none"> <li>1. <b>D</b>rop your Hips</li> <li>2. <b>D</b>ip your shoulder</li> <li>3. Stretch your <b>D</b>ribble</li> </ol>
<b>2-Ball Dribbling</b> Keep the players in their groups on the sideline. Have players do these drills the width of the court. ** Come back backwards doing the same dribble move except for Hi-lo and juggling.	5-10min	<ul style="list-style-type: none"> <li>- Push Dribble</li> <li>- Machine Gun Dribble</li> <li>- Windshield wipers</li> <li>- Hi-lo</li> <li>- Juggling</li> </ul> * Start by doing it stationary, then on the 2 <sup>nd</sup> whistle have them go full-court
<b>Free Throw Contest</b> 3-2-1  <ul style="list-style-type: none"> <li>- Have the players break into 2 groups, 1 group at each basket.</li> <li>- The 1<sup>st</sup> 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.</li> </ul>	5-10min	Keys: <ul style="list-style-type: none"> <li>- Spread fingers</li> <li>- Snap your wrist</li> <li>- Hold your follow through</li> </ul>
<b>Water break</b>	2-3min	
<b>Full Court Moves on the Move</b> <ul style="list-style-type: none"> <li>- Players lineup on the baseline underneath the basket on the right side of the hoop. Use both hoops.</li> <li>- The 2<sup>nd</sup> player goes once the 1<sup>st</sup> player gets to half court. Do a breakdown move on 3 spots on the court, the elbow, ½ court, and opposite elbow</li> </ul> Focus on 2 different finishes. <ol style="list-style-type: none"> <li>1. Power Lay-up off 2 feet</li> <li>2. Regular Lay-up off 1 foot</li> </ol> * Repeat each move continuously for 1 minute then progress to the next one ** Repeat the same moves on the other side (L. Hand)	5-10min	Emphasis: Keep your head up, eyes up and remember the <b>3D's</b>  <ul style="list-style-type: none"> <li>- Push dribble (R. hand)</li> <li>- Hesitation and go (R. hand)</li> <li>- Inside out (R. hand)</li> <li>- Crossover</li> <li>- Crossover b/w legs</li> <li>- Inside out crossovers</li> </ul>
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<p><b>Water break</b></p>	<p>2-3min</p>	
<p><b>Scrimmage</b></p> <ul style="list-style-type: none"> <li>- 2-on-2 continuous</li> </ul> <p>Play short games up to 5. Non winners have pushups.</p>	<p>5-10min</p>	<ul style="list-style-type: none"> <li>- ball movement</li> <li>- quick passes</li> <li>- spacing</li> <li>- moving</li> <li>- push the ball</li> </ul>
<p><b>Debrief and Cool down</b></p>	<p>2-3min</p>	<ul style="list-style-type: none"> <li>- Drop your Hips</li> <li>- Explosive</li> <li>- Pound the dribble</li> <li>- <b>Team Cheer!</b></li> </ul>
<p><b>THOUGHT OF DAY</b> – The 4<sup>th</sup> law of learning is repetition, repetition, repetition!</p>		