

Practice Section	Time	Key Elements
EMPHASIS OF DAY: Shooting under control		<ul style="list-style-type: none"> - Balance - Knees bent - Spread your fingers - Snap your wrist - Elbow over eyes (extension)
Introduction: <i>Learning the basic skills – Shooting on the move</i>	2-3min	<ul style="list-style-type: none"> - review of last weeks session - Goals: Perfect form - proper form on shooting - Shooting on balance - Learn both types of footwork for shooting on the move <p>B – alance E – yes E – elbow E – xtension F – ollow through</p>
Warm-up drills 1. Light Jog (2X) 2. High Knee running 3. Butt kicks 4. Carioca run 5. Walking Lunges 6. Sumo squats - Once the 1 st player gets back their partner goes	5-10min	<ul style="list-style-type: none"> - Players get into groups of 2. - Space out along the sideline. - Complete these exercises the width of the court. When they reach the opposite side have them back pedal on their way back.
Full Court Ball Handling - 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	Review: 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	
Review “BEEEF” Balance – Triple threat position Eyes – focus on the target Elbow – points at the rim, 90 degrees Extension – Feet push off the floor, knees straighten, hips raise, elbow lifts to shoulder height Follow through – spread your fingers, snap your wrist, fingers point to ground, elbow finishes over eyebrow	3-5min	<p>B – alance E – yes E – elbow E – xtension F – ollow through ** Be on balance at all times!</p>
Sweep Series - Use both hoops - 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 passing line waits in triple threat position	10-15min	<ul style="list-style-type: none"> - finish high and soft on the backboard - be in an athletic stance when you sweep the ball - stretch the dribble on your way to

<ul style="list-style-type: none"> - 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 1. Take 2 or 3 dribbles and jump stop for a lay-up 2. Take 2 or 3 dribbles and go off of 1 foot for a regular lay-up 3. Take 2 or 3 dribble and complete a reverse lay-up finishing on the other side of the hoop 4. Take 1 or 2 dribbles and shoot a jump shot <ul style="list-style-type: none"> - from triple threat player shoots the ball using “BEEEF” mechanics - hold follow through until ball hits the ground - passer becomes the shooter, shooter goes to the end of the passing line. * complete each finish 3-5 times then move on to the next finish ** repeat on the left side of the court 		<p>the hoop</p> <ul style="list-style-type: none"> - be under control when you shoot your jumper, not off balance
<p>Water break</p>	<p>2-3min</p>	
<p>Kiwi Shooting Drill</p> <ul style="list-style-type: none"> - Use both hoops, players line up on opposite wings (foul line extended), each player has a ball except 1st player on left wing. - 1st player cuts to the ball and receives the ball around the foul line area (12-15ft.) - Catching the ball ½ off of the inside pivot the player squares up to the basket, digs their outside foot into the ground to make sure all 10 toes are pointing to the hoop and shoots (remember BEEEF) - Shooter gets their rebound and goes to the opposite wing, Passer then becomes the shooter. <p>Progression:</p> <ul style="list-style-type: none"> - Catch and shoot 12-15ft - Catch and sweep into 1 dribble pull-up jumper - Catch and sweep into a 2 dribble pull-up jumper <p>** Make sure each player performs the drill at least 7 times before moving onto the next progression</p>	<p>10-15min</p>	<ul style="list-style-type: none"> - Blast your cut - Ball in the air feet in the air - Show a target for passers - inside pivot - swing your outside foot around to square up - step low, elevate high - hold your follow through - shoot on BALANCE!
<p>Water break</p>	<p>2-3min</p>	
<p>Scrimmage</p> <ul style="list-style-type: none"> - 5-on-5 Play short games up to 5. - Non-winners have 5 pushups continuous 	<p>5-10min</p>	<ul style="list-style-type: none"> - ball movement - player movement - spacing - push the ball - play under control
<p>Debrief and Cool down</p>	<p>2-3min</p>	<p>Emphasis:</p> <ul style="list-style-type: none"> B – alance E – yes E – elbow E – xtension F – ollow through ** Shooting on BALANCE! - Team Cheer!
<p>THOUGHT OF DAY – Shoot under control.</p>		