

Practice Section	Time	Key Elements
<p>EMPHASIS OF DAY: Triple Threat Breakdown</p>		<ul style="list-style-type: none"> - Athletic Stance - Wrist locked - Ball in shooting pocket - Elbow at 90 degrees - Eyes up
<p>Introduction: <i>Learning the basic skills – Triple Threat Breakdown</i></p>	2-3min	<ul style="list-style-type: none"> - review of last weeks session - Goals: learn basic triple threat principles and stance <ol style="list-style-type: none"> 1. Shoot 2. Dribble 3. Pass
<p>Warm-up drills</p> <ol style="list-style-type: none"> 1. Light Jog (2X) 2. High Knee running 3. Butt kicks 4. Carioca run 5. Walking Lunges 6. Sumo squats <ul style="list-style-type: none"> - Once the 1st 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.
<p>Water break</p>	2-3min	
<p>Review Triple Threat Position</p> <ul style="list-style-type: none"> - Have players line up in scatter position facing the coach - Coach says, “Shape-up” and all the players get into their triple threat stance. Coaches walk around checking the position - Repeat several times 	3-5min	<p>Lower Body</p> <ul style="list-style-type: none"> · Feet are shoulder width apart in a stable, balanced position · For a right handed player, have the right foot about 2-3 inches ahead of left foot · Legs must be slightly bent (we always want players to get low) · When players get low make sure they are not bending their back · Back straight, butt sticking out and head up <p>Upper Body</p> <ul style="list-style-type: none"> · Hold ball with dominate hand on back of ball, with middle finger on air valve of ball · Shooting wrist is cocked, with the elbow under the ball · Opposite hand is on the side of ball · The ball is held in finger tips and pads only. No palm on ball · Ball is held to the side of the body, just over the top of the right knee, and tight to the body
<p>Sweep Series</p> <ul style="list-style-type: none"> - 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 - 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 	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 the hoop - be under control when you shoot your jumper, not off balance

<p>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 - 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>		
<p>Water break</p>	<p>2-3min</p>	
<p>Triple threat Offensive breakdown moves - Use both hoops. - Players line up at the top of the key with basketballs. - Spin the ball to yourself, catch it in triple threat position facing the hoop.</p> <p><i>Progression:</i> - Sweep and go to strong side for 2 foot lay-up - Sweep and go to strong side for 1 foot lay-up - Jab, Sweep and go to strong side for 2 foot lay-up - Jab, Sweep and go to strong side for 1 foot lay-up - Jab, Shot fake, sweep and go to strong side for 2 foot lay-up - Jab, Shot fake, sweep and go to strong side for 1 foot lay-up - Short Jab (2-3inches), long Jab (4-6inches), sweep and go to strong side for 2 foot lay-up - Short Jab (2-3inches), long Jab (4-6inches), weep and go to strong side for 1 foot lay-up</p> <p><i>Counter moves:</i> - Jab, cross, sweep and go to opposite side for 2 foot lay-up - Jab, Cross, sweep and go to opposite side for 1 foot lay-up</p> <p>* Jab step should be 4-6 inches toward the basket * Player gets rebound and goes to end of the line</p> <p>** Make sure each player performs the drill at 3-5 times before moving onto the next progression</p>	<p>10-15min</p>	<ul style="list-style-type: none"> - Ball in the air feet in the air - Athletic Stance - Wrist locked - Ball in shooting pocket - Elbow at 90 degrees - Eyes up - Sweep the ball below your knees - Stretch the dribble
<p>1-on-1 out of Triple threat - 1st player up lines up at foul line area facing the hoop, no ball. - All the other players line up in a single file line underneath the basket. - 1st player on the baseline has a ball - Player on baseline makes a bounce pass to the offensive player, then they play live, 1-on-1 - If the defensive player gets a stop, they go on Offence and a new defender comes on. It is continuous.</p> <p><i>Modifications:</i></p>	<p>5-10min</p>	<ul style="list-style-type: none"> - Ball in the air feet in the air - Athletic Stance - Wrist locked - Ball in shooting pocket - Elbow at 90 degrees - Eyes up - Sweep the ball below your knees - Stretch the dribble <p>** Remember to use the Triple threat moves that were just</p>

- Score you stay on Offence - rebounds live or 1 shot only - 3 dribble max, 4 dribble max		practiced!
Water break	2-3min	
Scrimmage - 5-on-5 Play short games up to 5. - Non-winners have 5 pushups continuous	5-10min	- ball movement - player movement - spacing - push the ball - play under control
Debrief and Cool down	2-3min	Emphasis: - Athletic Stance - Wrist locked - Ball in shooting pocket - Elbow at 90 degrees - Review basic triple threat principles and stance 1. Shoot 2. Dribble 3. Pass - Team Cheer!
THOUGHT OF DAY - Low man wins in basketball, get low (athletic stance) to have create an advantage!		