

SAMPLE PRACTICE PLAN

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 3
		Date
Emphasize -the wrist action involved in shooting -use your legs when you shoot -for the “non winners” in the shooting drills, they must do 3 exercises(jumping jacks, push ups, star jumps)		Key words for passing “flick” “elbow over eyes”

EMPHASIS OF DAY-hands up

THOUGHT OF DAY- call each other’s names in all passing drills

HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.lateral shuffle 2.carioca 3.standing long jumps 4.zig zag runs 5.running down court. Forward then back, switch at the foul line and center court markers.	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble Pivot Pass	
12:10-12:15	Dribble knock out	-guard the ball, keep eyes up
12:15-12:17	Water break	
12:17-12:22	Introduce shooting DEMO -have kids sit on floor and flick wrist, to become familiar with wrist action	Have kids stand all facing the basket: Key points: feet squared, knees bent, BEEF(balance, elbows, eyes, follow through)
12:22-12:32	Wall shooting Floor shooting Form shooting Perfect shots	-against the wall, aligning forearm on wall -lying on back, flick ball into air -3 feet away from basket -6 to 8 feet away from basket
12:32-12:37	-partner shooting(2 people 1 ball per pair)	-first group to make 5 shots wins! -shoot from different spots on floor
12:37-12:40	Dribble/Pivot/Pass	-2 kids/1 ball focus on Jump stops, pivoting, passing.
12:40-12:42	water	
12:42-12:52	Moves on the Move Key pts: keep head up,	Set up a pylon at each elbow of the key. Player begin at half court. Dribble towards pylon and execute a cross over move on pylon. Player then goes in for lay-up. Gets own rebound and dribble back towards center, making another x-over move on next pylon.
12:52-1:00	Scrimmage 3 on 3	-rule must have 4 passes before a shot can be taken.