



TIME

DRILL/TOPIC

NOTES

To see a video overview on how to use this Suggested Practice Plan, click here .			
	1	Warm-Up Drill: 3 Man Weave	
	2	Light Stretching and a few of the segments of Warm Ups – Intermediate (especially the Carioca!)	High Knees Heel Kicks/Butt Kickers Backwards Strides Carioca
	3	Conditioning Drill: Refresh the keys to Game Speed Layups (see first 1:30 of video for refresher) and then run the drill: 2 Team Full Court Layup Contest	Angle Slow up for Control Ski Jump Soft off Target
	4	Coach Intro/Comments:	Remember the Positives!
		<i>If you have other coaches, the next 4 drills can best be run in subgroups/stations</i>	
	5	Refresh Defensive Positioning & Mechanics (Σ) and then run the following Drill: Slide Course	Location Eye on Opponent/Don't Chase Slide Technique Body not Ball Feet First
	6	Review age appropriate Shooting Mechanics (Σ) and then run the following drill/game: Catch and Shoot Game	Base Hands Power Release
	6	Refresh the key mechanics of existing screen types, introduce a few of these New Screen Types (Σ) and then run the following Drill: Screen and Roll Options I	Down Back/Blind Away Block to Block
	8	<i>(time permitting)</i> Refresh Defensive Rebounding (Σ) and then run the following Drill: Ball on Cone	Correct Position, Shot! Contact Turn Low & Seal Look and Attack Hold High Outlet
	9	Refresh the goal to only take Good Shots	Close Open On Balance/In Control
	10	Review your general Approach to Offense, and introduce any Offensive Sets/Concepts you plan to use	Things to Consider: Positioning/Spacing/Useful Motion Screens: who, where Pass and Move/Screen Away Setting Up 2 man Screen/Roll Getting the Ball Inside
	11	Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	
	12	If you have time, you can reward the 2 or 4 players that demonstrated the best “boxing out” during practice with the game: Sumo Box Out	Worth making time for!

COACHES NOTES

To access other materials for this Stage, click this link for [Coaches Corner](#)