






TIME	DRILL/TOPIC	NOTES
	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: Review the keys to Fast Breaks , then run the drill 3on2, 2on1	Proper Outlet Ballhandler Up Middle Wings to Side and Ready
	4 Coach Intro/Comments:	Remember the Positives!
	<i>If you have other coaches, the next 4 drills can be run in subgroups/stations</i>	
	5 Refresh Dribbling Mechanics , then run the drill: Ballhandling Progressions III	Form: Low, On Toes, Soft Fingers, Eyes Up, Launch
	6 Refresh Defensive Rebounding (Σ), run the drill Ball on Cone for a few minutes, then run the drill: Protect The Key	Correct Position Shot! Contact Turn Low & Seal Look and Attack Hold High Outlet
	7 Refresh the key mechanics of First Step Moves (Σ), work with your players to practice Fake-Rip-Launch (as described from 4:00-5:10 in the video) , then run the drill 1on1 First Step Moves	Start in Triple Threat Fakes: Pass, Shot, Jab Step Sweep: pivot, launch with outside hand/foot Rip Low or High Fake-Rip-Launch
	8 <i>(time permitting)</i> Review the keys to a good Free Throw Routine , then run the drill: Free Throw Drill/Game	Feet Set, Personal Flair, Exhale with Positive Thought, Sight Target
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	9 Review the keys to Ready Shooting during a game	Good Location Square Up/Step Into Shot Medium Speed
	10 Re-Review your general Approach to Offense, introduce any Inbounds Plays you plan to use (sideline and baseline), and how to Defend Inbounds plays	Consider: The 4 is the inbounds passer Stack Play vs. Box Play Passer yells “Break” On D, see screens coming and protect the inside and the layup lanes
	11 Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	

COACHES NOTES

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