




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!
	5 Refresh How and When to Pivot	On Toes, Heels Up Be Strong! and Protect Ball Alter Direction/Height: Rip Low or High
	<i>If you have other coaches, the next 4 drills can be run in subgroups/stations</i>	
	6 Refresh Defensive Positioning & Mechanics (Σ) and then run one or both of the following drills: 3 Cone Tap , Shadow Drill	Location Eye on Opponent/Don't Chase Slide Technique Body not Ball Feet First
	7 Review the keys for both Passer and Receiver when Passing Under Pressure , and then run the drill: Monkey in the Middle - Progression	See 2 Defenders More Distance, More Careful "Fake a Pass to Make a Pass" Role of Receiver: Position, Occupy Defender, Signal
	8 Refresh the key mechanics of existing and New Screen Types (Σ) and then run the following Drill: Three Screen Progression	Types: Ball, Down, Away, Back/Blind, Block to Block
	9 <i>(time permitting)</i> Refresh Dribbling Mechanics , do some dribbling warm-ups with Group Intermediate Dribble Progressions , and then run the drill: Eyes Up, Dribble to Rim	Form: Low, On Toes, Soft Fingers, Eyes Up, Launch Cross Overs See the floor
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	10 Refresh the concept of Help Defense (Σ), and re-review your Inbounds Plays and how to Defend Inbounds plays	Help D: Communicate Stay Low Up High Pick/Switch/Switch Back See Key locations to help
	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](#)