






TIME	DRILL/TOPIC	NOTES
	1 Warm-Up Drill: 3 Man Straight	
	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: 2 Team Full Court Layup Contest	
	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 Introduce some New Dribbling Concepts (Σ) , and then run the drill: ZigZag 2	See the Floor! Dribble Closer to Rim Bringing Ball Up Court: Crossover, Reverse Spin △ Speed/Direction/Hands
	6 Introduce the proper mechanics for Weak Side Layups (starting at 1:30 of the video), and then practice the Rock to Train method from close range (as shown in the video). Suggestion: spread out and use as many rims as available.	Why? Outside Knee/Hand High Launch Off inside Foot Rock to Train
	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> 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
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	9 Refresh the many types and importance of Offensive Cuts (Σ)	Flash Cut V-Cut
	10 Re-review your Inbounds Plays and how to Defend Inbounds plays	
	11 Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	Suggestion: Think of a reward for players that make a layup on their weak side with correct form

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

COACHES NOTES