




TIME	DRILL/TOPIC	NOTES
	1 Warm-Up Drill: 3 Man Weave or 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: 3on2, 2on1	
	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 Do some dribbling warm-ups with the drill: ZigZag 2 , and then run the drill: Eyes Up, Dribble to Rim	Bringing Ball Up Court: Crossover, Reverse Spin See the Floor! Dribble Closer to Rim △Speed/Direction/Hands
	6 Refresh 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 Introduce the keys to Offensive Rebounding (Σ) , and then run the drill: Rips and Put Backs	Will, Moving, Likely Spot, First to Act Secure High: Put Back or Pivot/Pass
	8 <i>(time permitting)</i> Do some passing warm-ups with the drill: Steve Nash Passing Series - Intermediate , and then the drill: 2v2 Passing Game	See 2 Defenders More Distance, More Careful "Fake a Pass to Make a Pass" Role of Receiver: Position, Occupy Defender, Signal
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	9 Re-review or evolve the Offensive Sets/Concepts you are using to get good shots, including the Give and Go	Why: Layups & Easy Shots When: Defender Overplaying or Watching Pass
	10 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

COACHES NOTES

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