






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 Introduce some intermediate Defensive Positioning & Mechanics Concepts (Σ) and the run one or both of the following drills: 3 Cone Tap , Shadow Drill	Location , Don't Chase, 1 for Opponent/1 for Ball, Hands to See, Deny Pass Slides: Low, Feet/Knees/Toes /Hands, Drive from Rear, Front Slightly Open Body not Ball Feet First
	6 Refresh Shooting Mechanics (Σ) and the keys to Ready Shooting , and then run the drill/game: 321 Shooting	Mechanics: Base, Hands, Power, Arc/Release Ready Shooting: Location, Square Up, Balance, Medium Speed
	7 Introduce some intermediate Defensive Rebounding Concepts (Σ) , run the drill Ball on Cone for a few minutes, then run the drill: Protect The Key	Correct position/locations Hands to See Shot! (Defenders and Bench) Contact Turn Low & Seal Look and Attack High Hand Pin Outlet on same side
	8 <i>(time permitting)</i> Refresh the key mechanics of First Step Moves (Σ) , including the 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
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	9 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](#)