






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 the keys to getting the ball into the Post, and the basic Post Moves (Σ), then run the drill: Inlet to Post and Post Moves	Location Occupy and Signal Close Entry Bounce Pass Drop Step Reverse Pivot Options
	6 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 Δ Speed/Direction/Hands
	7 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
	8 <i>(time permitting)</i> Refresh intermediate Defensive Positioning & Mechanics Concepts (Σ) and then 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
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	9 Re-review some aspects of your Offense/Defense (Fast Breaks, Inbounds Plays, Offense Sets/Plays, Tipoffs, etc.)	
	10 Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	Suggestion: Think of a reward for players that successfully make a basket using a correct drop step.

COACHES NOTES

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