



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: 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 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
	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 Refresh the 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> Do some dribbling warm-ups with the drill: Group Intermediate Dribble Progressions , 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
	<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, Team Defense, etc.)	
	10 Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	

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

COACHES NOTES