






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 Refresh 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 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 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 Δ Speed/Direction/Hands
	8 <i>(time permitting)</i> 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
	<i>In preparation to run a ½ or full court scrimmage, the following topics are in order:</i>	
	9 Consider reviewing some key Game Tactical Topics, such as: - Fast Breaks - Spacing, Pass and Move, Off-Ball Screens, etc. - Simple and Safe Passes, Finding the Open Man, Good Shots - Team Defense - Every Teammate Boxing Out ...and/or some aspects of your Offense/Defense (Inbounds Plays, Offensive Sets/Plays, Tipoffs, 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