






TIME

DRILL/TOPIC

NOTES

To see a video overview on how to use this Suggested Practice Plan, click [here](#).

	1	Warm-Up Drill: 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: Refresh the keys to Game Speed Layups (see first 1:30 of video for refresher) and then run the drill: 2 Team Full Court Layup Contest	Angle Slow up for Control Ski Jump Soft off Target
	4	Coach Intro/Comments:	Coach/Player Introductions Overview of the Program Goals Team Rules General Game Format for the season
		<i>If you have other coaches, the next 3 drills can best be run in subgroups/stations</i>	
	5	Refresh Dribbling Mechanics , do some dribbling warm-ups with Group Intermediate Dribble Progressions and then run the drill: Eyes Up, Dribble to Rim	Form: Low, On Toes, Soft Fingers, Eyes Up, Launch Cross Overs See the floor!
	6	Do a very quick refresh of the basic Passing Types/Mechanics and then run the drill: Steve Nash Passing Series - Intermediate	Bounce/Chest/Overhead Snap to triple threat
	7	Review age appropriate Shooting Mechanics (Σ) and then run the following drill/game: Catch and Shoot Game	Base Hands Power Release
		<i>In preparation to run a ½ or full court scrimmage, several refreshers are in order:</i>	
	8	Review Offensive Positions (Names/Numbers and Location) and any new Game Rules for the season	
	9	Review the 6 key points of Triple Threat	low/wide/hand/side/burst Pass To/Receive In Don't Waste Dribble Receive Close Own Your Space! Fakes
	10	Refresh the key points of Basic Ball Screens	Side and Wide Ballhandler Patience Brush Shoulders Roll Close to Rim
	11	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