



TIME

DRILL/TOPIC

NOTES

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

	1 Warm-Up Drill: <a href="#">Warm Ups – Intermediate</a> (especially the Carioca!)	High Knees Heel Kicks/Butt Kickers Backwards Strides Carioca
	2 Light Stretching	
	3 Conditioning Drill: Review the keys to <a href="#">Game Speed Layups</a> (see first 1:00 of video) and then run the drill: <a href="#">2 Team Full Court Layup Contest</a>	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
	5 Review the 4 key points of <a href="#">Triple Threat (Σ)</a>	low/wide/hand/side/burst Pass To/Receive In Don't Waste Dribble Fakes
	<i>If you have other coaches, the next 3 drills can best be run in subgroups/stations. One coach can run the passing drill while the other coach runs the dribbling drill, then the players can swap stations, and after that both groups can run the shooting drill at the same time (at 2 different rims).</i>	
	6 Do a very quick refresh of the basic <a href="#">Passing Types/Mechanics</a> and then run the drill: <a href="#">Steve Nash Passing Series - Basic</a>	Bounce/Chest/Overhead Snap to triple threat
	7 Refresh <a href="#">Dribbling Mechanics</a> , and then run the drill: <a href="#">Group Intermediate Dribble Progressions</a>	Form: Low, On Toes, Soft Fingers, Eyes Up, Launch
	8 Review age appropriate <a href="#">Shooting Mechanics</a> and then run the following drill/game: <a href="#">Shooters Challenge</a>	Base Hands Power Release
	<i>In preparation to run a ½ or full court scrimmage, several refreshers are in order:</i>	
	9 Review <b>Offensive Positions</b> (Names/Numbers and Location) and any new <b>Game Rules</b> for the season	
	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