



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="#">3 Man Straight</a>	
	2	Light Stretching and a few of the segments of <a href="#">Warm Ups – Intermediate</a> (especially the Carioca!)	High Knees Heel Kicks/Butt Kickers Backwards Strides Carioca
	3	Conditioning Drill: <a href="#">2 Team Full Court Layup Contest</a>	Angle Slow up for Control Ski Jump Soft off Target
	4	Coach Intro/Comments:	Remember the Positives!
		<i>If you have other coaches, the next 3 drills can best be run in subgroups/stations. One coach can run the dribbling drill while the other coach runs the defensive drill, then the players can swap stations, and after that both groups can run the screen drill at the same time (at 2 different rims).</i>	
	5	Refresh <a href="#">Dribbling Mechanics</a> , then run the drill: <a href="#">Group Intermediate Dribble Progressions</a>	Form: Low, Soft Fingers, Eyes Up, On Toes Ready to Launch
	6	Refresh <a href="#">Defensive Positioning &amp; Mechanics</a> ( $\Sigma$ ) and then run the drill: <a href="#">Follow the Leader - Intermediate</a>	Location/String Eye Focus on Opponent Don't Chase Slide Do's: Low, Knees/Feet/Toes, Hands, Slide Slide Don'ts: Run, Crossover, Reach
	7	Review the key points of <a href="#">Basic Ball Screens</a> ( $\Sigma$ ) and then run the drill: <a href="#">Screen and Roll Options I</a>	Side and Wide Ballhandler Patience Brush Shoulders Roll Close to Rim
	8	<i>(time permitting)</i> Review the importance of only taking <a href="#">Good Shots</a> , then make teams and setup in a ½ court set to run the drill: <a href="#">Good Shot!</a>	Close to Rim Open On Balance/In Control
	9	Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	
	10	A Fun Dribbling Game to Close with: <a href="#">4 Segment Dribble Relay Race</a>	

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

### COACHES NOTES