



TIME	DRILL/TOPIC	NOTES
	1 Warm-Up Drill: 3 Man Weave	
	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	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 4 drills can best be run in subgroups/stations.</i>	
	5 Review the keys to a good Free Throw Routine , then run the drill: Free Throw Drill/Game	Feet Set, Personal Flair, Exhale with Positive Thought, Sight Target
	6 Review Passer and Receiver Tactics to limit steals, and then run the drill: Monkey in the Middle - Basic	See 2 Defenders More Distance, More Careful "Fake a Pass to Make a Pass" Receiver Helping Pick and Pass Combo
	7 Refresh the key points of Basic Ball Screens (Σ) and then run the drill: Screen and Roll Options I	Side and Wide Ballhandler Patience Brush Shoulders Roll Close to Rim
	8 <i>(time permitting)</i> Do some dribbling warm-ups with a few pieces of the drill: Group Intermediate Dribble Progressions , and then run the game: Dribble to Key	Form: Low, Soft Fingers, Eyes Up, On Toes Ready to Launch
	9 Introduce the Concepts of Spacing and Motion	Spacing and Spacing Rules Don't Yell names! Useful Motion: Diff Times/Speeds Eye Contact with Ballhandler Flashes/Cuts/V Cuts
	10 Refresh the importance of making good/careful passes and then run a short "No Dribble" Half Court Game	
	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