

TIME	DRILL/TOPIC	NOTES
	1 Warm-Up Drill: <a href="#">3 Man Weave</a>	
	2 Light Stretching and a few of the segments of <a href="#">Warm Ups – Intermediate</a> (especially the Carioca!)	<b>High Knees</b> <b>Heel Kicks/Butt Kickers</b> <b>Backwards Strides</b> <b>Carioca</b>
	3 Conditioning Drill: <a href="#">2 Team Full Court Layup Contest</a>	<b>Angle</b> <b>Slow up for Control</b> <b>Ski Jump</b> <b>Soft off Target</b>
	4 Coach Intro/Comments:	<b>Remember the Positives!</b>
	<i>If you have other coaches, the next 4 drills can best be run in subgroups/stations.</i>	
	5 Refresh <a href="#">Defensive Positioning &amp; Mechanics</a> ( $\Sigma$ ), practice some slides with the drill <a href="#">Follow the Leader - Intermediate</a> , and then run the drill <a href="#">Slide Course</a>	<b>Location/String</b> <b>Eye Focus on Opponent</b> <b>Don't Chase</b> <b>Slide Do's:</b> Low, Knees/Feet/Toes, Hands, Slide <b>Slide Don'ts:</b> Run, Crossover, Reach
	6 Introduce the key mechanics of <a href="#">First Step Moves</a> ( $\Sigma$ ), then run the drill <a href="#">1on1 First Step Moves</a>	<b>Start in Triple Threat</b> <b>Fake Types:</b> Pass, Shot, Jab Step <b>Crossover after first step</b> <b>Contact is OK</b>
	7 Introduce the key points of <a href="#">Defensive Rebounding</a> ( $\Sigma$ ) and then run one or both of the following drills/games: <a href="#">Ball on Cone</a> <a href="#">Protect the Key</a>	<b>Correct Position,</b> <b>Shot!</b> <b>Contact</b> <b>Turn Low &amp; Seal</b> <b>Look and Attack</b> <b>Hold High</b> <b>Outlet</b>
	8 <i>(time permitting)</i> Run a few pieces of the passing drill: <a href="#">Steve Nash Passing Series - Basic</a> , and then run a short <a href="#">"No Dribble" Half Court Game</a>	
	9 Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	<b>Remember the Freeze Moments!</b>
	10 If you have time, you can reward the 2 or 4 players that demonstrated the best “boxing out” during practice with the game: <a href="#">Sumo Box Out</a>	<b>Worth making time for!</b>

### COACHES NOTES

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