




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 the key points of <a href="#">Basic Ball Screens</a> ( $\Sigma$ ) and then run the drill: <a href="#">Screen and Roll Options I</a>	<b>Side and Wide</b> <b>Ballhandler Patience</b> <b>Brush Shoulders</b> <b>Roll</b> <b>Close to Rim</b>
	6 Refresh age appropriate <a href="#">Shooting Mechanics</a> , discuss the keys to <a href="#">Ready Shooting</a> , and then run the drill: <a href="#">321 Shooting</a>	<b>Mechanics:</b> Base, Hands, Power, Arc/Release <b>Ready Shooting:</b> Location, Square Up, Balance, Medium Speed
	7 Refresh general <b>Dribbling Mechanics</b> , introduce <a href="#">Crossovers</a> ( $\Sigma$ ), then run the drill: <a href="#">Cone Tap Crossover</a>	<b>General Mechanics:</b> Low, Soft Fingers, Eyes Up, On Toes Ready to Launch <b>Crossover:</b> Why, Drive off Outside Foot, Quick/Low/Wide Carry Definition
	8 <i>(time permitting)</i> Refresh 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>
	<i>In preparation to run a ½ or full court scrimmage:</i>	
	9 Refresh <a href="#">How and When to Pivot</a>	<b>On Toes, Heels Up</b> <b>Be Strong! and Protect Ball</b> <b>Alter Direction/Height</b>
	10 Run a ½ or Full Court Offense/Defense to practice existing and new skills/concepts	<b>Remember the Freeze Moments!</b>

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

### COACHES NOTES