






TIME	DRILL/TOPIC	NOTES
	1 Warm-Up Drill: <a href="#">3 Man Weave</a> or <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!)	<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 mechanics of <a href="#">First Step Moves (Σ)</a> , then run the drill: <a href="#">1on1 First Step Moves</a>	<b>Start in Triple Threat</b> <b>Fake Types: Pass, Shot, Jab Step</b> <b>Crossover after first step</b> <b>Contact is OK</b>
	6 Refresh general <b>Dribbling Mechanics</b> and <a href="#">Crossovers (Σ)</a> , 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 <b>Carry Definition</b>
	7 Introduce some new aspects of <a href="#">Defensive Positioning &amp; Mechanics (Σ)</a> , and then run the following Drill: <a href="#">Slide Course</a>	<b>Location/String</b> <b>Eye on Opponent/Don't Chase</b> <b>Slides:</b> Low, Feet/Knees/Toes/ Hands, Drive from Rear, Front Slightly Open <b>Body not Ball!</b> <b>Feet First!</b>
	8 <i>(time permitting)</i> Refresh age appropriate <a href="#">Shooting Mechanics</a> and <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
	<i>In preparation to run a ½ or full court scrimmage:</i>	
	9 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