




TIME	DRILL/TOPIC	NOTES
	1 Warm-Up Drill: 3 Man Weave or 3 Man Straight	
	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 Refresh general Dribbling Mechanics and Crossovers (Σ) , discuss the importance of seeing the floor while protecting the ball from defenders that can steal it, and then run the drill: Eyes Up, Dribble to Rim	General Mechanics: Low, Soft Fingers, Eyes Up, On Toes Ready to Launch Crossover: Why, Drive off Outside Foot, Quick/Low/Wide Carry Definition
	6 Refresh the key points of Defensive Rebounding (Σ) and then run one or both of the following drills/games: Ball on Cone Protect the Key	Correct Position, Shot! Contact Turn Low & Seal Look and Attack Hold High Outlet
	7 Run a few pieces of the passing drill: Steve Nash Passing Series - Basic , and then run a short "No Dribble" Half Court Game	
	8 <i>(time permitting)</i> Refresh the new aspects of Defensive Positioning & Mechanics (Σ) , and then try the drill: Shadow Drill	Location/String Eye on Opponent/Don't Chase Slides: Low, Feet/Knees/Toes/ Hands, Drive from Rear, Front Slightly Open Body not Ball! Feet First!
	<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	Remember the Freeze Moments!
	10 If you have time, you can reward the 2 or 4 players that demonstrated the best "boxing out" during practice with the game: Sumo Box Out	Worth making time for!

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

COACHES NOTES