





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 new aspects of <a href="#">Defensive Positioning &amp; Mechanics</a> ( $\Sigma$ ), and then run one of the following drills: <a href="#">Cup Slides</a> <a href="#">Shadow Drill</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>
	6 Refresh <a href="#">Passer and Receiver Tactics</a> to limit steals, and then run one of the following drills: <a href="#">Monkey in the Middle - Basic</a> <a href="#">2v2 Passing Game</a>	<b>See 2 Defenders</b> <b>More Distance, More Careful</b> <b>"Fake a Pass to Make a Pass"</b> <b>Receiver Helping</b>
	7 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
	8 <i>(time permitting)</i> Refresh the keys to <a href="#">Offensive Rebounding</a> ( $\Sigma$ ), and then run the drill: <a href="#">Rips and Put Backs</a>	<b>Will, Moving, Likely Spot, First to Act</b> <b>Secure High: Put Back or Pivot/Pass</b>
	<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. Consider use of the following game rules while running a ½ or Full Court game to work on passing and the goal of only taking good shots: <a href="#">"No Dribble" Half Court Game</a> <a href="#">Good Shot! With Motion/Picks</a>	<b>Remember the Freeze Moments!</b>

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

### COACHES NOTES