




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) and 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 mechanics of First Step Moves (Σ), then run the drill: 1on1 First Step Moves	Start in Triple Threat Fake Types: Pass, Shot, Jab Step Crossover after first step Contact is OK
	7 Refresh age appropriate Shooting Mechanics and Ready Shooting , and then run the drill: 321 Shooting	Mechanics: Base, Hands, Power, Arc/Release Ready Shooting: Location, Square Up, Balance, Medium Speed
	8 <i>(time permitting)</i> Refresh the key points of Basic Ball Screens (Σ) and then run the drill: Screen and Roll Options I	Side and Wide Ballhandler Patience Brush Shoulders Roll Close to Rim
	<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 mixing in a few of the following game rules (not all at the same time!) while running a ½ or Full Court game to have some fun working on the fundamentals: <ul style="list-style-type: none"> - No Dribbling - Yelling “SHOT” when you believe you have a Good Shot! - Every teammate must touch the ball before a shot is taken - Playing Defense with hands behind your back - Dribbling allowed only with weak hand 	Remember the Freeze Moments!

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

COACHES NOTES