

Practice Plan: 5/6th Grade Practice 2

10/25/2012

DRILL		COMMENTS
Stationary Ballhandling	6:00 - 6:05	1. Ball taps High/Mid/Low 2. L/R Cirlcles both directions 3. Left/Right hand dribble. 4. Cross over dribble 5. Weak hand dribble high/mid/low
Ballhandling FC/HC	6:05 - 6:10	1. Right/Left hand dribble middle back end back. 2. R/L dribble half court, back dribble to the end line. 3. Bean bag retrieve
Layups	6:10 - 6:20	1. Right hand layups 2. Left hand layups 3. Layup competitions. Max 10. Coaches concentrate on form: 1. Jump off inside leg 2. Shoot with out side hand.
Form Shooting	6:20 - 6:25	1. Player shoots the ball up on the wall. Single hand first. Then include guide hand. BEEF. Balance Eyes Elbow Follow Through
Shooting	6:25 - 6:35	1. Form shooting on hoop bankshot right/middle/bankshot left Coaches, focus on follow through. 2. Shooting games from different spots on the floor to 10.
Passing	6:35 - 6:40	Stationary Passing: 1. Chest pass 2. Bounce pass Coaches, be sure to emphasize stepping into the pass. Also, when the players release the ball with their thumbs down.
Passing Full Court/3 Man Weave	6:40 - 6:45	Introduce 3 weave. 3 lines on the baseline. Balls in the middle. Middle player passes the ball to the outside player. The middle player follows their pass and runs behind the player they passed to.
Notes & Reminders		Emphasis
Remember to emphasize fundamentals. Increased skill =better play.		1. Ballhandling - Head up, under control. 2. Layups - Jump off inside leg, shoot outside hand. 3. Passing - Step into the pass, thumbs down.

