

Practice Plan: 5/6th Grade Practice 6

11/8/2012

DRILL		COMMENTS
2 Ball Dribbling	6:00 - 6:10	In this drill players must handle the ball with both hands at the same time. 1. Divide the team into groups of 2. The first player in the group is on the end line the 2nd player is waiting. 2. Have the players go through each of the drills 2 times. Drills: 1. Machine gun dribble. Hard dribble to half court/full and back. 2. Alternating dribble. Same as Machine gun, but when the balls are being dribbled alternately not at the same time. Again half court/full. 3. Machine gun crossover.
Circle Layups	6:10 - 6:20	1. 2-3 Baskets will be used in this drill. Split the group up between all baskets. 2. Put a goal out to get 20-40 layups made in 2 minutes. 3. Players shoot a right hand layup and go to the next basket and continue until the 2 minutes are up. Repeat with the left hand.(Decrease the goal if needed or increase the time.) If right and left are mastered try reverse layups.
Cone Shooting	6:20 - 6:30	1. Rip 2. 2 Dribbles 3. Pull up and shoot. Wing shots - Backboard!!! Other shots - Clean. When mastered give groups a goal in 1-2 minutes.
3 Weave/ 5 Weave	6:30 - 6:35	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. 5 weave - pass to the person next to you and go around two players.
3 on 2 2 on 1 Fastbreak	6:35 - 6:45	1. 3 lines under the basket, 3pt, middle of the lane, 3pt. On the other end 2 defenders. 2. The first three players begin to run down the floor 3 on 2. Wings cut diagonally at the ft line. 3. On the reb or score the defenders go on O. The middle player from the 3 offensive players becomes the defender. 2 on 1 in the other direction. 4. The 2 wings become the defenders for the next group of 3.

Notes & Reminders		Emphasis
Ball Handling - Head up! Don't get hit by the bean bag. Layups- get the ball on the players chin. Score - head up!! Shooting - Backboard, Backboard, Backboard!! FB - Shots in 1-3 passes. Any more are TO's!!		Play hard! Play smart! Play together!