

Practice 1

3rd-6th Grade

Link to Video Demonstrations:

https://www.youtube.com/channel/UCMOBqKop5MhbMZ3FWVH11Uw/videos?sort=dd&shelf_id=0&view=0

Coaching Tips for a Smooth Practice:

1. Start right on time and be loud and in charge. Tell them exactly what you expect and hold them to it. (For example, "When I say *baseline*, I want you to yell '*baseline*,' clap twice, and sprint to the baseline. Once you get there, lock in and be ready for instructions.")
2. Talk as little as possible! Teach succinctly, demonstrate quickly, and get them practicing.
3. Use your assistant coaches (or parent helpers) and both sides of the baskets to let each player participate as much as possible. DO NOT HAVE LONG LINES or players standing around. Get as many reps as you can!
4. Have a signal that you consistently use that gets your players' attention. Have them do a response each time. It could be that they repeat something, clap, or have a response to your call!
5. Feel free to communicate with parents if there are distractions from siblings or others in the gym.
6. Whenever your players are running for losing a game or competition, put a ball in their hands and have them dribble too.
7. Plan on starting and ending practice right on time. Devotions should be done off the court.

Warm-Up with Footwork and Passing (20 min)

1. Teach power position. See Video Link above.
2. Teach jump stop to power position.
3. Teach power position with a twist pass (right and left). See Video Link above.

Ball Handling (10 min)

1. 250 Dribbling and Crossovers Drill (See Video Link)

Start on one side with one hand w/feet triple wide, "living low" in a basketball stance. Dribble ball outside of feet. Really important to POUND the ball. Eyes up.

25 pounds at waist

25 pounds at head

25 pounds below knee

25 windshield wipers with one hand (knee level)

25 front and backs on one side

Switch to other hand/side and repeat.

Add in 25 crossovers at end. Crossover should have ball come outside of feet.

Shooting (20 min)

•Review Proper Shooting Mechanics

*feet shoulder-width apart, square to basket then shift feet slightly to the left if right handed shooter, one-handed, no palm, 2 fingers straddle hole, elbow in, shoot straight up, rotation, follow through

▪**Air Shooting** (coaches check form)

▪**1 ft. shots**, shooting game (first team to 10 baseline, then backboard shots)

▪**5 ft. shots**, shooting game

▪**Lay-Ups or Outside Inside 2-Foot Finishes**, strong side (use spot progression for those that need it)

*Have players who have the footwork down work on weak side and/or give them a challenge to see how many they can make in a row.

Defense (25 min)

▪**Review “on the ball” job.**

Roll Ball-10 min.

Divide each basket in half. Repeat drill on each side. Players must stay on their side. See if you can have 3-4 groups going at one time to get a lot of reps in.

1. One player starts at the free throw or 3 point line. The other (or line) are on the baseline.
2. Player on baseline rolls ball to the offense and closes out. Offense gets 4 dribble to score. Defense must keep them from getting to the basket.
3. You can teach close outs and forcing players to the outside if you like! Newer teams are just working on not allowing lay-ups.

▪**Review “help” defense job.**

▪**4 Cone Drill (See Video Link) 15 min**

1. Set up 4 cones on baseline, 4 cones parallel in front of half court.
2. Players line up behind the cones on baseline.
3. 2 outside players are on offense. 2 inside players are on defense.
4. When coach throws the basketball to one of the offensive players, all players sprint around their respective cone near the half court line, with offense turning and attacking the basket and defense playing defense.
5. One player is “on the ball” while the other is in “help” with one or two feet in the key. Defense must communicate with each other.
6. Offense gets two shots to score.
7. Players should switch lines to try all of the positions.
8. With advanced teams, turn it into a competition: offense vs defense. Loser does 5 burpees!

Offense (15 min)

▪**3v3 or 4v4 NO DRIBBLE (full or half court)**

This is really sloppy the first time you try it, but it pays off!

Keep it simple: players should create space. They have to attack space to get open and every time after they pass. Player must face up and peek at the basket (IN POWER POSITION) each time they catch the ball.

Use the “failure to” method. If a player fails to do any of the three, it is a turnover and the other team gets the ball. You will call it a lot in the beginning but they learn quickly!

--Create space.

--Attack space.

--Peek at the basket every time you catch it in power position.

Team Huddle #1 (5 min after practice in lobby)

Practice 2

3rd-6th Grade

Link to Video Demonstrations:

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Warm-Up (7 min)

▪Dribble jump stops into power position OR MO Stops (See video)

Ball Handling (8 min)

▪Two Ball Dribbling (Keep eyes up, balls knees or below)

1. 2 Balls, pound at same time
2. 2 Balls, pistons (or alternating)
3. 2 Balls, dribble one ball around a cone

Shooting (15 min)

Get each players as many shots as possible. Have three shooters at a basket if needed!

▪1 ft. shots, shooting game (first team to 10 baseline, then backboard shots)

▪5 ft. shots, shooting game

▪Lay-Ups or Outside Inside 2-Foot Finishes Competition: 1 minute to make ____.

Transition Offense/Defense (15 min)

▪3on2

*Assign numbers 1, 2, and 3 so that players begin to understand jobs for the games. 1 yells outlet and dribbles the ball up the floor. 2 runs the right side. 3 runs the left side. 4 will pass ball in during a game.

--Have 2 defenders start with hand on wall.

--3 Offense players start under basket.

--Coach shoots the ball and misses.

--Offense gets the rebound and outlets to the "1." Other two players each take a lane and sprint down the floor to go 3 on 2.

--Two defenders are allowed to "go" as soon as the ball touches the hand of the offense.

Defense rules:

1. First person back stops ball.
2. 2nd person back takes the first pass.
3. First person then drops back to take the second pass.

*If you have a smaller practice space, play 3 on 2 half court.

Defense (25 min)

▪Review "on the ball" job and "help" job.

▪4 Cone Drill (See Video)

1. Set up 4 cones on baseline, 4 cones parallel in front of half court.
2. Players line up behind the cones on baseline.
3. 2 outside players are on offense. 2 inside players are on defense.
4. When coach throws the basketball to one of the offensive players, all players sprint around their respective cone near the half court line, with offense turning and attacking the basket and defense playing defense.
5. One player is "on the ball" while the other is in "help" with one or two feet in the key.
6. Offense gets two shots to score.
7. Players should switch lines to try all of the positions.

Offense (30 min total)

▪Review Out of Bounds Play ("stack"* from elbow on ball side) *See coach binder.

▪3v3 or 4v4 (3 dribble maximum)

Keep it simple: players should create space. They have to attack space to get open and every time after they pass. Player must face up and peek at the basket (IN POWER POSITION) each time they catch the ball. Use the "failure to" method. If a player fails to do any of the three, it is a turnover and the other team gets the ball. You will call it a lot in the beginning but they learn quickly!

--Create space.

--Attack space.

--Peek at the basket every time you catch it in power position.

▪Scrimmage to get ready for first game

Team Huddle #2

Practice 3

3rd-6th Grade

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Warm-Up (7 min)

▪Dribble jump stops into power position with pivots OR MO Stops (See video)

Ball Handling (8 min)

▪Two Ball Dribbling (Keep eyes up, balls knees or below)

1. 2 Balls, pound at same time
2. 2 Balls, pistons (or alternating)
3. 2 Balls, dribble one ball around a cone

Shooting (15 min)

▪Basketball Drag Race Competition with 1 ft. shots, finishes, 5 ft. shots, free throws (see video)

Transition Offense/Defense (15 min)

▪3on2

*Assign numbers 1, 2, and 3 so that players begin to understand jobs for the games. 1 yells outlet and dribbles the ball up the floor. 2 runs the right side. 3 runs the left side. 4 will pass ball in during a game.

--Have 2 defenders start with hand on wall.

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--Offense gets the rebound and outlets to the "1." Other two players each take a lane and sprint down the floor to go 3 on 2.

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*If you have a smaller practice space, play 3 on 2 half court.

Defense (25 min)

▪Review "on the ball" job and "help" job.

▪4 Cone Drill (See Video)

1. Set up 4 cones on baseline, 4 cones parallel in front of half court.

2. Players line up behind the cones on baseline.
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5. One player is "on the ball" while the other is in "help" with one or two feet in the key.
6. Offense gets two shots to score.
7. Players should switch lines to try all of the positions.

Offense (30 min total)

- Review Out of Bounds Play ("stack" from elbow on ball side)
- Teach Sideline Out of Bounds Play (google one if you need ideas)
- Review free throw rules and set up
- 3v3 or 4v4 (3 dribble maximum)

Keep it simple: players should create space. They have to attack space to get open and every time after they pass.

Player must face up and peek at the basket (IN POWER POSITION) each time they catch the ball.

Use the "failure to" method. If a player fails to do any of the three, it is a turnover and the other team gets the ball. You will call it a lot in the beginning but they learn quickly!

--Create space.

--Attack space.

--Peek at the basket every time you catch it in power position.

- Scrimmage to get ready for first game

Team Huddle #3

Practice 4

3rd-6th Grade

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Warm-Up (10 min)

- Teach Duck, Dip/Rip, Step footwork (see video) to get to basket efficiently
- Repeat 10 times

Ball Handling (10 min)

- Two Ball Dribbling (Keep eyes up, balls knees or below)
 1. 2 Balls, pound at same time
 2. 2 Balls, pistons (or alternating)
 3. 2 Balls, dribble one ball around a cone

Shooting (20 min)

- Basketball Drag Race Competition with 1 ft. shots, finishes, 5 ft. shots, free throws (see video)

Screen and Roll (10 min)

- Teach screen and roll.

- Drill footwork and roll first.
- Break up and practice at individual baskets.

Shell Drill (20 min)

- Place players in 4 or 5 out offensive set. Run through offense with pass, cut, fill.
- Focus also on defensive positions, talking through the help position.

Offense (20 min total)

- Scrimmage 3v3 or 4v4 (3 dribble maximum)
- Make a successful screen and roll worth 3 points.
- Give a point for each successful help that stops a drive.

Keep it simple: players should create space. They have to attack space to get open and every time after they pass. Player must face up and peek at the basket (IN POWER POSITION) each time they catch the ball.

Use the “failure to” method. If a player fails to do any of the three, it is a turnover and the other team gets the ball. You will call it a lot in the beginning but they learn quickly!

--Create space.

--Attack space.

--Peek at the basket every time you catch it in power position.

Team Huddle #4

Practice 5

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Warm-Up (10 min)

- Teach/review Duck, Dip/Rip, Step footwork (see video) to get to basket efficiently
- Repeat 10 times w/finishes at the basket

Ball Handling (10 min)

- Two Ball Dribbling (Keep eyes up, balls knees or below)
 1. 2 Balls, pound at same time
 2. 2 Balls, pistons (or alternating)
 3. 2 Balls, dribble one ball around a cone

Shooting (20 min)

- Basketball Drag Race Competition with 1 ft. shots, finishes, 5 ft. shots, free throws (see video)

Offensive Breakdown: Pass, Must Cut Drill (10 min) (Use both sides of the basket if necessary) SEE VIDEO

1. Create space. Use 4 out or 5 out (outside of 3 point area)
2. If you pass, you must cut.
3. Set your defensive player up with a jab opposite of where you want to go.
4. Front cut towards the ball.

Defensive Breakdown (20 min)

1. **Teach/demonstrate how to box out, go after rebound.**
2. **Use 2v2 Roll Ball to work on attacking the basket, pass must cut, and boxing out**

Start a player on each elbow. Defense starts on the baseline. Roll a ball to one of the offensive players. Defense closes out, staying between their person and the basket. Offense should attack the basket. Players must box out on the shot. You can make it a competition between offense and defense!

Offense/Defense (20 min total)

▪Scrimmage 3v3 or 4v4 (3 dribble maximum)

Keep it simple: players should create space. Player must face up and peek at the basket (IN POWER POSITION) each time they catch the ball. After a pass, player must cut.

Use the "failure to" method. If a player fails to do any of the three, it is a turnover and the other team gets the ball.

--Create space.

--Attack space.

--Peek at the basket every time you catch it in power position.

--After a pass you must cut.

Give 2 points for a basket and 1 point for each rebound. Emphasize boxing out on each shot.

Team Huddle #5