

Practice Plan: 5/6th Grade Practice Plan 11

11/29/2012

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.
Dribble Pivot (Groups of 2)	6:10 - 6:15	1. Players are in their groups(2) on the volleyball line near the side of the court. 2. 1 ball per group. Player 1 dribbles to the opposite volleyball line, jump stops, chins the ball, pivots back to the line and passes the ball. Next player goes. When the last player gets to the other side, he/she pivots and dribbles back to the start. Pivots to practice - R/L/Reverse Pivot
2 Lline Layup games	6:15 - 6:25	1. Have 2 lines. One line is at the center of the court and the 2nd line is on the right side of center court. 2. The players in the 2nd line run to the 3pt line across from the ft line. Then they cut to the hoop. When the wing player starts the middle player drives to the ft line and jump stops. 3. The middle player passes the ball to the wing player for the layup on the cut. 4. The shooter rebounds their own shot and then both players switch lines. Work both sides of the court. Games-Shoot to
2 Line Shooting	6:25 - 6:35	Drill set up is like 2 line layups and the goal is to simulate a fb shot. Players in the center drive to the ft line jump stop and pass the ball to the player cutting on the wing. The player on the wing diagonal cuts when he/she is across from the ft line. Wing player shoots off the back board. Work both sides of the lane. Games to goal.

3 on 2 Continuous Fastbreak	6:35 - 6:45	1. 3 players start at half court. 2. The 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. There is an outlet player line on the side line. 4. That player comes in on the reb/score and is passed the ball. This player is the pt going in the other direction. 5. The other 2 players fill the lanes. 6. There are 2 D players on the other end and 3 on 2 continues.
Notes & Reminders		Emphasis
1. Ballhandling - Remind players head up and work their weak hand. 2. Layups - shoot the ball chin up!!! 3. Dribble Pivot - When you pick up the ball get it on your chin. 4. Shooting - 1 sec follow through 5. FB - Lead your teammate with the pass.		Good Passes!!! = Good Shots!!! Keep working on fundamentals!!! Better individual skills = Better team play!!!