

Practice Plan: 5/6th Grade Practice Plan 20

1/10/2013

DRILL		COMMENTS
2 Ball Dribbling	6:00 - 6:10	1. Machine gun forward and backward. Side to side forward and backward. Alternate dribble forward and backward. Do each drill 2-3 times If time permits set up cones and work on 2 ball dribbling around the cones.
Dribble Pivot, Shot	6:10 - 6:15	Players get into groups of 3 and 2 balls. Players 1 and 3 have balls. Player 1 dribbles from the ft line to the baseline, jump stops, pivots back to the player 2 and passes the ball. Player 2 shoots and 1 rebounds and goes to the end of the line. Player 3 hands the ball to 2. 2 repeats dribbling to the baseline, pivots, and passes back for the shot.
Circle Layups (Reverse Layups)	6:15 - 6:25	Review right and left handed layups - be strict on form-shoot chin up. Review reverse layups. Layup games to goal for time.
2 Ball Shooting	6:25 - 6:35	1. Get the players into groups of 3 with 2 basketballs at a basket. Start with 10-15 ft shots on the wings. All three players set up in spots to shoot. Player 1 one shoots his/her ball, rebounds the ball and passes to player3. Player 1 then sets up at a new spot. Player 2 shoots after player 1 and rebounds his/her ball and passes to 1. Continue for 1-2 minutes. Shoot to goal then change shooting distance or areas.
5 Weave Down/3 on 2 Back	6:35 - 6:45	1. Players 5 weave down the court and shoot a layup. 2. The assist man and the player that scored are back on defense. 3. One of the other 3 players outlets the ball and then it is 3 on 2 in the other direction.
Notes & Reminders		Emphasis
1. Ballhandling - Improve speed. 2. Reverse Layups - Emphasize Accuracy!!! 3. Dribble Pivot Shot - Be ready to shoot!! 4. Shooting -Follow through!!!!		Luck is when preparation meets opportunity! Keep working hard in practice!!! Work hard, Get good shots in games, and Be

5. FB - Good passes = Good shots!!!	good teammates.
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