

Practice Plan: 5/6th Grade Practice Plan 22

1/17/2013

DRILL		COMMENTS
2 Ball Dribbling(Adv.)	6:00 - 6:10	Review Machine gun forward and backward. Side to side forward and backward. Alternate dribble forward and backward. Do each drill 2-3 times Try Adv. skills. Between the legs/behind the back/crossover.
Pivot Passing	6:10 - 6:15	Players get into groups of 3 and 1 balls. 2 players stand across from one another on the volleyball lines. 1 player in the middle. 2. The coach says go, the ball is passed, the player that receives the ball and begins to pivot. The player in the middle plays D. 3. The coach says go then the pass is made across around the d. 4. The passer becomes the new defender and the old defender steps out for the next pass.
Circle Layups (Power Layup)	6:15 - 6:25	Review right and left handed layups - be strict on form-shoot chin up. Review reverse layups. Introduce power layups: 1. The player drives to the basket off of the wing. 2. He/she jump stops and shoots the ball off two feet. 3. All shots are off of the backboard. Adv.: Shot fake, power layup.
Cone Shooting	6:25 - 6:35	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 on 2 2 on 1	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
1. Ballhandling - Work on advanced skills.		Remind your players about:

2. Reverse Layups - Power Layups- Finish at the hoop!!!
3. Dribble Pivot - Be strong with the ball and make the pass!!
4. Shooting -Consistent Form!!!!
5. FB - Good spacing = Easy shots!!!

The Moorhead Way:

1. Work Hard - In practice, in school and at home.
2. Be Accountable- Don't blame others. Take your part. It's not my team, it's our team.
3. Have Character- Make good choices as a player, student and in your family.