

Practice Plan: 5/6th Grade Practice Plan 25

1/28/2013

DRILL		COMMENTS
2 Ball Dribbling Stat./Moving	6:00 - 6:10	Review stationary 2 ball drills(Machine gun, alternate, forward back, etc.) 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.
3 Weave/5 Weave	6:10 - 6:15	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.
2 Line Layups	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 - Work on advanced skills-reinforce work at home!!!!
 2. Layups- Be strong at the rim!!!
 3. Weave - lead your teammate with a good pass!!
 4. Shooting -Backboard, Backboard, Backboard!!!! Consistent Form!!!!
 5. FB - Communicate, Good spacing, 1-2 passes, Good shots!!!!

Remind your players about:

Motivation and hard work get you to where you want to be. Discipline and character keep you there.

The 4 D's Desire - what you want. Dedication-what are you going to do to get what you want. Determination-No quit attitude. How do you bounce back when bad things happen? Discipline-do what you have to when you need to.