

Practice Plan: 4th Grade Practice 8

11/15/2012

DRILL		COMMENTS
Stationary Ballhandling	6:00 - 6:05	1. Ball taps High/Mid/Low 2. L/R Cirlcles both directions 3. Left/Right hand dribble. 4. Cross over dribble 5. Weak hand dribble high/mid/low
Stop and Go Drill	6:05 - 6:10	1. 2 Groups. 2. First group must watch the coach as they are dribbling. If the coaches had is up they stop and protect the ball while dribbling. The coach puts his hand down they go until the coach puts his/her hand up again. 3. When the first group reaches the end line the next group is up.
Circle Layups	6:10 - 6:15	1. 2-3 Baskets will be used in this drill. Split the group up between all baskets. 2. Put a goal out to get 20-40 layups made in 2 minutes. 3. Players shoot a right hand layup and go to the next basket and continue until the 2 minutes are up. Repeat with the left hand.(Decrease the goal if needed or increase the time.)
2 line layups	6:15 - 6:20	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.
Form Shooting/BackBoard Shot	6:20 - 6:30	1. Review form shot and shoot on the wall if needed. 2. Work on shooting at the hoop. 3. Back board shooting - Show players that the shot is the same as shooting on a hoop. Players should aim for the corner or top of the square on the hoop. Emphasize holding the follow through for 1 sec.
Shooting Games to Goal	6:30 - 6:35	1. Split your team into two groups. 2. Choose a

3 Weave	6:35 - 6:45	spot on the floor to shoot from. 3. Determine a goal for both teams to reach in a certain amount of time (15 baskets, 2 min.) 4. If a team does not make it they have a consequence.(Run-middle back, end back.) 5 Repeat at a different spot. Review fundamentals of the 3 man weave. Lead your teammate. Go behind where you pass.
Notes & Reminders		Emphasis
Remember when trying a new drill it will take time to adjust. The players skill work will improve the drill the more times they are exposed to the drill.		Ballhandling - Continue emphasis on weak hand. Shooting - Be sure to focus on follow through. Passing - 2 hand solid passes, Lead your teammate.