Practice Plan: 4th Grade Practice 18

1/3/2013

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.
2 line layups/shooting	6:10 - 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. When each play
Cone Shooting	6:20 - 6:30	1st 5 minutes cone shooting. Last 5 minutes shooting games to a goal. Divide into 2 groups and go through the cone shooting until the players on a team reach the goal in the time allowed by the coach.
3 on 2 Fastbreak	6:30 - 6:45	Introduction to Fastbreak: 1. 2 defenders in the lane. 2. 3 players at half court. The players are in 3 lines(left, center, right). The group of 3 come down the pt. penetrates the ball the wings run a step or two ahead of the pt. When the wings reach the ft line on the other end they diagonal cut to the hoop. The pt. passes to the wings or takes the ball to the hoop. 3. After the basket or reb. the D and pt are out and the 2 O wings become the new D.

Notes & Reminders	Emphasis
1. Ball handling - Head Up!! 2. Shooting - 1. Toes to the rim. 2. 1 sec follow through. 3. Fast Break - Good passes!! = Good shots!!	Coaches remember to remind players about good basketball habits: head up when dribbling the ball, following through on the shot, etc. Good Habits = Good Play Poor Habits = Poor Play