

Practice Plan: 5/6th Grade Practice Plan 14

12/10/2012

DRILL		COMMENTS
2 Ball Dribbling	6:00 - 6:05	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.
Bean Ballhandling FC/HC	6:05 - 6:10	1. Divide the team into groups of 2. Each group needs 2 balls and one bean bag. 2. The two players face each other about the lane width apart. 3. They right hand dribble and toss the bean bag back and forth for a minute. Then switch. If mastered try on the move.
Dribble Pivot (Groups of 2)	6:10 - 6:15	1. Players are in their groups(2) on the volleyball line near the side of the court. 2. 1 ball per group. Player 1 dribbles to the opposite volleyball line, jump stops, chins the ball, pivots back to the line and passes the ball. Next player goes. When the last player gets to the other side, he/she pivots and dribbles back to the start. Pivots to practice - R/L/Reverse Pivot
Circle Layups (Reverse Layups)	6:15 - 6:25	Review right and left handed layups - be strict on form-shoot chin up. Practice Reverse Layups-1. Player starts on the right side of the basket. He/she dribbles in with their right hand, plants their right foot under the basket and shoots a lefthanded layup on the other side of the basket. 2. Player starts on the left side of the floor. They dribble in to the basket, plant their left foot under the hoop, and shoot the ball with their right hand on the opposite side of the basket.
2 Line Shooting	6:25 - 6:35	Drill set up is like 2 line layups and the goal is

3 on 2 2 on 1 Fastbreak	6:35 - 6:45	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. 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 - Remind players head up and work their weak hand. 2. Reverse Layups - Emphasize footwork!!! 3. Dribble Pivot - When you pick up the ball get it on your chin. 4. Shooting - Back Board!!!! 5. FB - Be ready to shoot!!!		Moorhead Teams: Play Hard! Play Smart! Play Together!