

Practice Plan: 5/6th Grade Practice Plan 30

2/14/2013

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 Games	6:15 - 6:25	2 line layups: Set goals for teams to complete for time or against each other. Layups:R/L, Power R/L Adv. Reverse
2 Line Shooting	6:25 - 6:35	2 Line Shooting Games to a goal or vs. Wing shots, baseline shots, 3pt shots.
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. Set goal of scores for the time.
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,		Remind your players about: Talent is never enough. With few exceptions the best players are the hardest workers. Your work doesn't stop here, keep working on

Backboard!!!! Consistent Form!!!!

5. FB - Communicate, Good spacing, 1-2 passes, Good shots!!!!

all of the skills that you have learned during the year at home and anytime that you have an opportunity.

Great players work when they are in the gym, but work more when they are not in the gym.