

# Practice Plan: 4th Grade Practice 5

11/5/2012

| DRILL                        |             | COMMENTS   |
|------------------------------|-------------|--|
| Stop and Go Drill            | 6:00 - 6:05 | 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.   |
| FC Dribbling: Jump stop      | 6:05 - 6:10 | 1. Each player has a ball, 2 groups. 2. On the whistle the first group right hand dribbles. 2nd whistle the group jump stops, chins the ball and pivots. 3. 3rd whistle they right hand dribble and repeat jump stop on 4th whistle. 4. Repeat with Left hand.   |
| Circle Layups                | 6:10 - 6:20 | 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.)   |
| 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.   |
| 2 man passing/On the move    | 6:30 - 6:35 | 1. Review fundamentals of passing(chest past and bounce pass). 2. Break up into groups of 2. One group starts on one lane line, the other on the 3pt line. The players run and pass to each other on the move. REMEMBER-They need to pass the ball to where the player is going to be not where he is or was. 3. All group stop when they reach the other end. 4. Repeat with shuffling down to the other end. |

| 3 Weave  | 6:35 - 6:40 | Review fundamentals of the 3 man weave. Lead your teammate. Go behind where you pass.  |
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| 3 on 2 Fastbreak   | 6:40 - 6:45 | Introduction to Fastbreak: 1. 2 defenders in the lane on the opposite end. 2. 3 players on the other end of the court. The players are on the 3pt line, in the lane and on the 3pt line. 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 2 defenders and the pt of the off |
| Notes & Reminders  |             | Emphasis   |
| Help kids with the details, reminders. It does help! Also, reps, reps ,reps!!! |             | Passing - No 1 hand passes! Always 2!<br>Shooting - 1 sec. follow through!<br>Ballhandling - Head up!  |