

Practice Plan: 4th Grade Practice 12

12/6/2012

DRILL		COMMENTS
Weak Hand Ball Handling	6:00 - 6:05	1. Get the players into groups of 2 with one ball. 2. Start with a warm up of dribbling down to the end of the court and back with their weak hand. 3. Repeat with the 2nd group. Snag the bag: 1. Line up 5 cones on the endline and at half court. 2. Set bean bags on the cones at half court(If no cones put bags on floor). 3. 5 players are behind each cone on the baseline with basketballs. 5 players are behind the cones at half court with basketballs. 4. On the whistle the group on
Weak Hand Dribble Weave	6:05 - 6:10	1. Set 4 cones from half court to the volleyball line on the left side of the court. 2. Each player has a ball and must weave through the cones on the dribble with his/her weak hand. If there are enough cones break into two groups. 3. Increase the difficulty by making them shoot a layup.
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.)
Shooting Games	6:20 - 6:30	1. Break the players into two groups. 2. Review form shooting. 3. Choose 2 spots for the teams to shoot from. 4. Choose a goal for the group to try to attain. Set a minimum time. 5. Two balls per group. 6. On the whistle each group shoots from the 1st spot on the floor. After the first player shoots he/she rebounds the ball passes to the next player and moves to the next spot. 7. Once all players have gone through the first spot players will shoot from the second spot. 8. Th
3 Weave	6:30 - 6:37	Review fundamentals of the 3 man weave.

3 on 2 Fastbreak	6:37 - 6:45	<p>Lead your teammate. Go behind where you pass.</p> <p>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 offense is out the 2 defenders outlet to a pt</p>
Notes & Reminders		Emphasis
<p>Remember on weak hand layups the kids might not be strong enough to get it to the hoop. Encourage them to continue to work on their weak hands. They do improve!</p>		<p>Ball Handling: Push the ball out front!!</p> <p>Shooting: 1 sec follow through!!</p> <p>3 Weave: Lead your teammate!!</p>