

Practice Plan: 4th Grade Practice 17

12/20/2012

| 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. |
| Rebound Drill | 6:10 - 6:15 | 1. 2 lines. under the basket and one on the wing of the 3pt line. 2. Coach throws the ball off of the back board. Player rebounds the ball. Chins the ball. Pivots and passes to the outlet. Players switch lines and repeat. |
| Boston Celtic Drill | 6:15 - 6:25 | 1. 2 lines same as rebound drill. Player throws the ball up and rebounds, outlets to the wing. 2. The wing then drives the ball to the ft line on the other end of the floor and jump stops. 3. The rebounder runs out to the fb lane. 4. The pt feeds to the wing for the layup. 5. Each player switches on the other end. |
| 2 Line Layups | 6:25 - 6:35 | 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. |
| 3 on 2 2 on 1 | 6:35 - 6:45 | 1. 3 lines under the basket, 3pt, middle of the lane, 3pt. On the other end 2 defenders. 2. The first 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. The middle player from the 3 offensive players becomes the defender. 2 on 1 in the other direction. 4. The 2 wings become the defenders for the next group of 3.

Notes & Reminders
Emphasis

1. Ball handling - Head Up!!
 2. Shooting - 1. Toes to the rim. 2. 1 sec follow through.
 3. Fast Break - Run the Floor!! Earn baskets!!

1. On the fastbreak players need to be outside the volleyball lines and one step ahead of the ball.
 2. When across from the ft line cut to the hoop. Don't go to the corner or baseline!!!