Practice Plan: 4th Grade Practice 20
1/10/2013

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.
2 line layups/shooting	6:10 - 6:20	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.
Cone Shooting	6:20 - 6:30	1st 5 minutes cone shooting. Last 5 minutes shooting games to a goal. Divide into 2 groups and go through the cone shooting until the players on a team reach the goal in the time allowed by the coach.
3 on 2 2 on 1	6:30 - 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 - Good passes!! = Good shots!!	Coaches remember to remind players about good basketball habits: head up when dribbling the ball, following through on the shot, etc. Good Habits = Good Play Poor Habits = Poor Play