

Practice Plan: 4th Grade Practice 21

1/14/2013

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.
Dribble bean bag toss	6:10 - 6:15	1. Divide the team into groups of 2. Each group needs 2 balls and one bean bag. 2. The two players face each other about the lane width apart. 3. They right hand dribble and toss the bean bag back and forth for a minute. Then switch. If mastered try on the move.
Circle Layups	6:15 - 6:25	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.) If right and left are mastered try reverse layups.
Wing Elbow/Wing Baseline Shooting	6:25 - 6:35	This demonstrates shooting on the move. 1. A player start at the elbow and passes to the coach. He/She cuts to the wing. 2. The player plants their inside foot, catches the ball and squares up to the basket(toes to the rim). 3. The player then shoots the ball. Wing shots-backboard. Elbow/baseline clean. After all players are through the line starts at the baseline and cuts to the elbow and repeats.
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**

Make sure to emphasize that players are made outside of practice. If they have an opportunity to go out and play or watch the Spuds get off of the video games make it happen!!!!

Ball Handling - Head up! Don't get hit by the bean bag.
Layups- get the ball on the players chin. Score - head up!!
Shooting - Backboard, Backboard, Backboard!!
FB - Shots in 1-3 passes. Any more are TO's!!