

Practice Plan: 4th Grade Practice 24

1/24/2013

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	Warm up right and left layups then work on shooting 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 Continuous FB	6:35 - 6:45	1. 3 players start at half court. 2.The 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. There is an outlet player line on the side line. 4. That player comes in on the reb/score and is passed the ball. This player is the pt going in the other direction. 5. The other 2 players fill the lanes. 6. There are 2 D players on the other end and 3

on 2 continues.

Notes & Reminders**Emphasis**

Emphasize improving vs winning. As skills improve, play improves!!! Better play = Opportunities to get a win!!!

Ball Handling - Head up! Don't get hit by the bean bag.
Reverse Layups- inside hand dribble, correct footwork and hand!!!
Shooting - Backboard, Backboard, Backboard!!
FB - Wings be ready to shoot!!!!