

Practice Plan: 4th Grade Practice 28

2/7/2013

| DRILL | | COMMENTS |
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| Dribble bean bag toss | 6:00 - 6:05 | 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. |
| 2 Ball Dribbling | 6:05 - 6:15 | 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 | 6:15 - 6:25 | Work R/L/. Then wing shots that they would get in a FB situation. Backboard, Backboard, Backboard!!!! |
| 3 man weave/ 5 man weave | 6:25 - 6:35 | 3 man weave. 1. 3 lines on the baseline. 3pt, middle of the lane, 3pt. 2. Balls are in the center line. The player in the middle passes to one of the wing players and then runs around the person he/she passes to. 3. This continues to the opposite end of the court. 5 weave. Pass to the person next to you and go around 2 players. |
| 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 | |
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| In the 3 man weave lead your teammate. The pass will create the shot. | | Ball Handling - Head up!! Get the players weak hand stronger!!! Shooting - Backboard, Backboard, Backboard!! FB - Lead your teammate with the pass. Good passes = Good shots | |