

Practice Plan: 5/6th Grade Practice 4

11/1/2012

DRILL		COMMENTS
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.
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.
Form Shooting/ Back board	6:25 - 6:35	1. Review form shot and shoot on the wall if needed. 2. Work on shooting at the hoop. 3. Back board shooting - Show players that the shot is the same as shooting on a hoop. Players should aim for the corner or top of the square on the hoop. Emphasize holding the follow through for 1 sec. Last 3-4 min. shooting contests to goal.
3 Weave/ 5 Weave	6:35 - 6:45	Introduce 3 weave. 3 lines on the baseline. Balls in the middle. Middle player passes the ball to the outside player. The middle player follows their pass and runs behind the player

		they passed to. 5 weave - pass to the person next to you and go around two players.
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Notes & Reminders	Emphasis
Ball handling - players need to keep their head up!!! Layups - Keep the ball chin up!! Shooting - 1 second follow through!! Weave - Lead your teammate!!!	The Moorhead Way: Hard Work Character Accountability