

Practice Plan: 5/6th Grade Practice 8

11/15/2012

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	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	1. Rip 2. 2 Dribbles 3. Pull up and shoot. Wing shots - Backboard!!! Other shots - Clean. When mastered give groups a goal in 1-2 minutes.
3 on 2 2 on 1 Fastbreak	6:30 - 6:35	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.
3 on 2 Continuous Fastbreak	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**

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

3 Things to Remember:
3. Feed your dog on time.
2. Believe in the Spuds!!!
1. Use the backboard!!