

Practice Plan: 5/6th Grade Practice Plan 17

12/20/2012

| DRILL | | COMMENTS |
|---|-------------|---|
| 2 Ball Dribbling | 6:00 - 6:10 | 1. Machine gun forward and backward. Side to side forward and backward. Alternate dribble forward and backward. Do each drill 2-3 times If time permits set up cones and work on 2 ball dribbling around the cones. |
| Dribble Pivot, Shot | 6:10 - 6:15 | Players get into groups of 3 and 2 balls. Players 1 and 3 have balls. Player 1 dribbles from the ft line to the baseline, jump stops, pivots back to the player 2 and passes the ball. Player 2 shoots and 1 rebounds and goes to the end of the line. Player 3 hands the ball to 2. 2 repeats dribbling to the baseline, pivots, and passes back for the shot. |
| Circle Layups (Reverse Layups) | 6:15 - 6:25 | Review right and left handed layups - be strict on form-shoot chin up. Review reverse layups. Layup games to goal for time. |
| 2 Ball Shooting | 6:25 - 6:35 | 1. Get the players into groups of 3 with 2 basketballs at a basket. Start with 10-15 ft shots on the wings. All three players set up in spots to shoot. Player 1 one shoots his/her ball, rebounds the ball and passes to player3. Player 1 then sets up at a new spot. Player 2 shoots after player 1 and rebounds his/her ball and passes to 1. Continue for 1-2 minutes. Shoot to goal then change shooting distance or areas. |
| 5 Weave Down/3 on 2 Back | 6:35 - 6:45 | 1. Players 5 weave down the court and shoot a layup. 2. The assist man and the player that scored are back on defense. 3. One of the other 3 players outlets the ball and then it is 3 on 2 in the other direction. |
| Notes & Reminders | | Emphasis |
| 1. Ballhandling - Improve speed. 2. Reverse Layups - Emphasize Accuracy!!! 3. Dribble Pivot Shot - Be ready to shoot!! 4. Shooting -Follow through!!!! | | Become better basketball players: No excuses!! No explanations! This is how the Spuds work!! |

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| 5. FB - Good passes = Good shots!!! | |
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