

# Practice Plan: 5/6th Grade Practice Plan 24

1/24/2013

DRILL		COMMENTS
2 Ball Dribbling Stat./Moving	6:00 - 6:10	Review stationary 2 ball drills(Machine gun, alternate, forward back, etc.) Review Machine gun forward and backward. Side to side forward and backward. Alternate dribble forward and backward. Do each drill 2-3 times Try Adv. skills. Between the legs/behind the back/crossover.
Pivot Passing	6:10 - 6:15	Players get into groups of 3 and 1 balls. 2 players stand across from one another on the volleyball lines. 1 player in the middle. 2. The coach says go, the ball is passed, the player that receives the ball and begins to pivot. The player in the middle plays D. 3. The coach says go then the pass is made across around the d. 4. The passer becomes the new defender and the old defender steps out for the next pass.
Circle Layups Reverse/Power	6:15 - 6:25	Review right and left handed reverse layups - be strict on form-shoot chin up. Review power layups: 1. The player drives to the basket off of the wing. 2. He/she jump stops and shoots the ball off two feet. 3. All shots are off of the backboard. Adv.: Shot fake, power layup. Games: goal set by the coach for time.
Cone Shooting	6:25 - 6:35	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.
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 - Work on advanced skills-reinforce work at home!!!! 2. Layups- Be strong at the rim!!!		Remind your players about:  Attitude is a choice. Think positive thoughts

3. Dribble Pivot - Be strong with the ball and make the pass!!
4. Shooting -Backboard, Backboard, Backboard!!!! Consistent Form!!!!
5. FB - Communicate, Good spacing, 1-2 passes, Good shots!!!!

daily. Believe in yourself.

If there are things that you can't do. Don't make excuses. Work harder!!! Get better!!!