



- Skill Work —————> 25 minutes
  - Stationary Dribbling – L/R, Crossover, windshield wiper (Head up, below your waist)
  - Sprint Dribble with hand out full court and back (Head up, protect the ball)
  - Partner Passing (Step and Snap, bounce pass, chest pass)
  - Lay-ups starting at elbow – Coach rebounding (remember high fives)

#### **Water Break (1 minute)**

- Offense – Power Shots —————> 10 minutes
  - Dribble from half court to a two foot jump stop
  - Gather your balance, shoot quick and up (B.E.E.F)
  - Go after the rebound!
- Out of Bounds Plays —————> 15 minutes
  - Underneath Out of bounds (Free throw line)
    - Line up at the free throw line
    - #X cut to the basket
    - Defense face up, between your man and the hoop.

#### **Water Break (1 minute)**

- Offense Movement —————> 15 minutes
  - High 1-4 set, pick and roll (practice with three players, elbows and ball handler)
    - Left or Right, picker steps up and sets a pick
    - Set a pick on defender, act like a wall
    - Drive straight to the basket into a lay-up or power shot
  - Go through offensive set without defense
- Scrimmage —————> 5-8 minutes
  - If we are good listeners we will scrimmage.