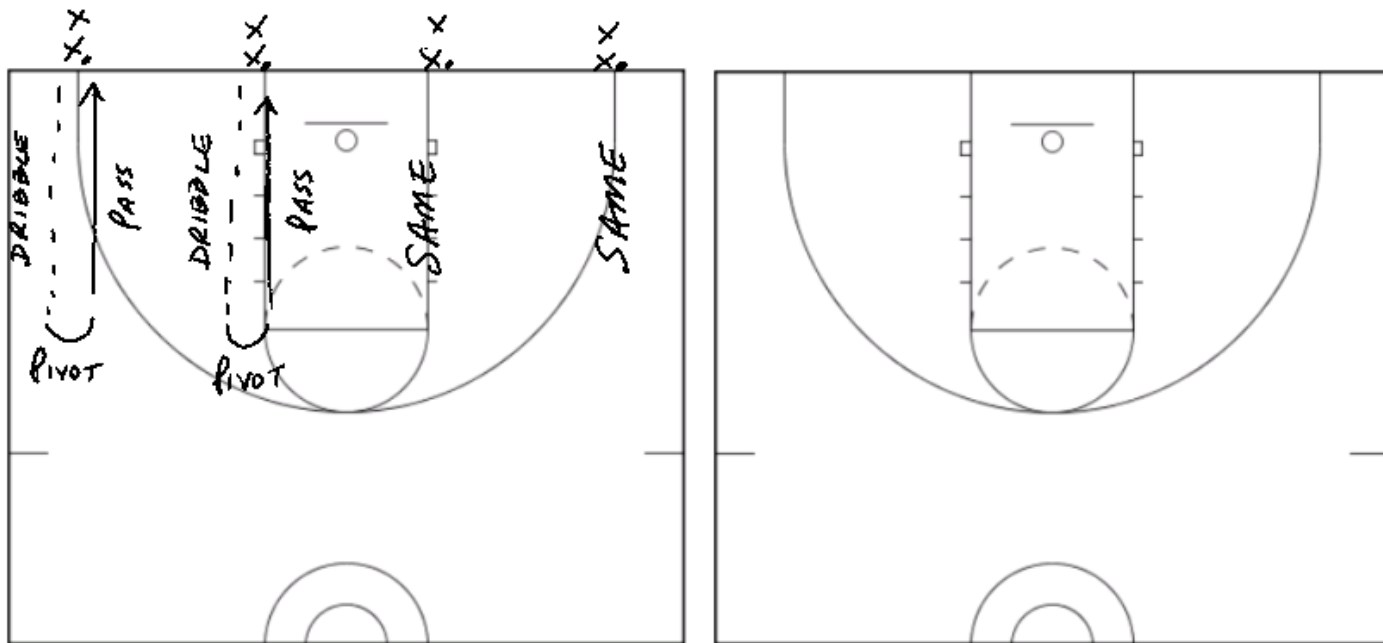


## WEEK 4 PRACTICE PLAN – SENIOR DIVISION

5 MINS: STRETCH

10 MINS: PIVOT & PASS DRILL

### PIVOT & PASS DRILL

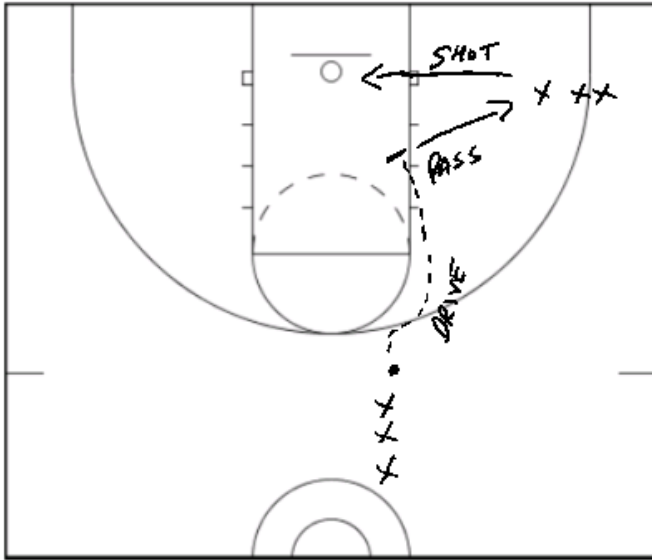


- Notes:
- PARTNER UP ON THE BASELINE - 1 BALL IN EACH LINE
  - 1ST PLAYER DRIBBLES HARD TO THE FREE THROW LINE EXTENDED, PICKS UP THEIR DRIBBLE, PIVOTS TO FACE PARTNER.
  - PASS THE BALL TO YOUR PARTNER & RUN TO THE BASELINE
  - PARTNER NOW DOES THE SAME
  - CHANGE THE PASS TYPE - CHEST, BOUNCE, SOCCER THROW (OVERHEAD)

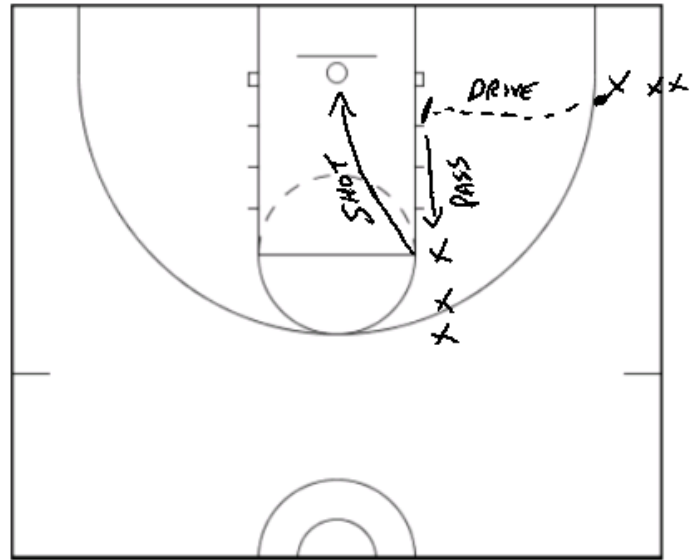
10 MINS: DRIVE & KICK SHOOTING DRILL

## DRIVE + KICK SHOOTING

1. CORNER SHOT



2. FOUL LINE SHOT



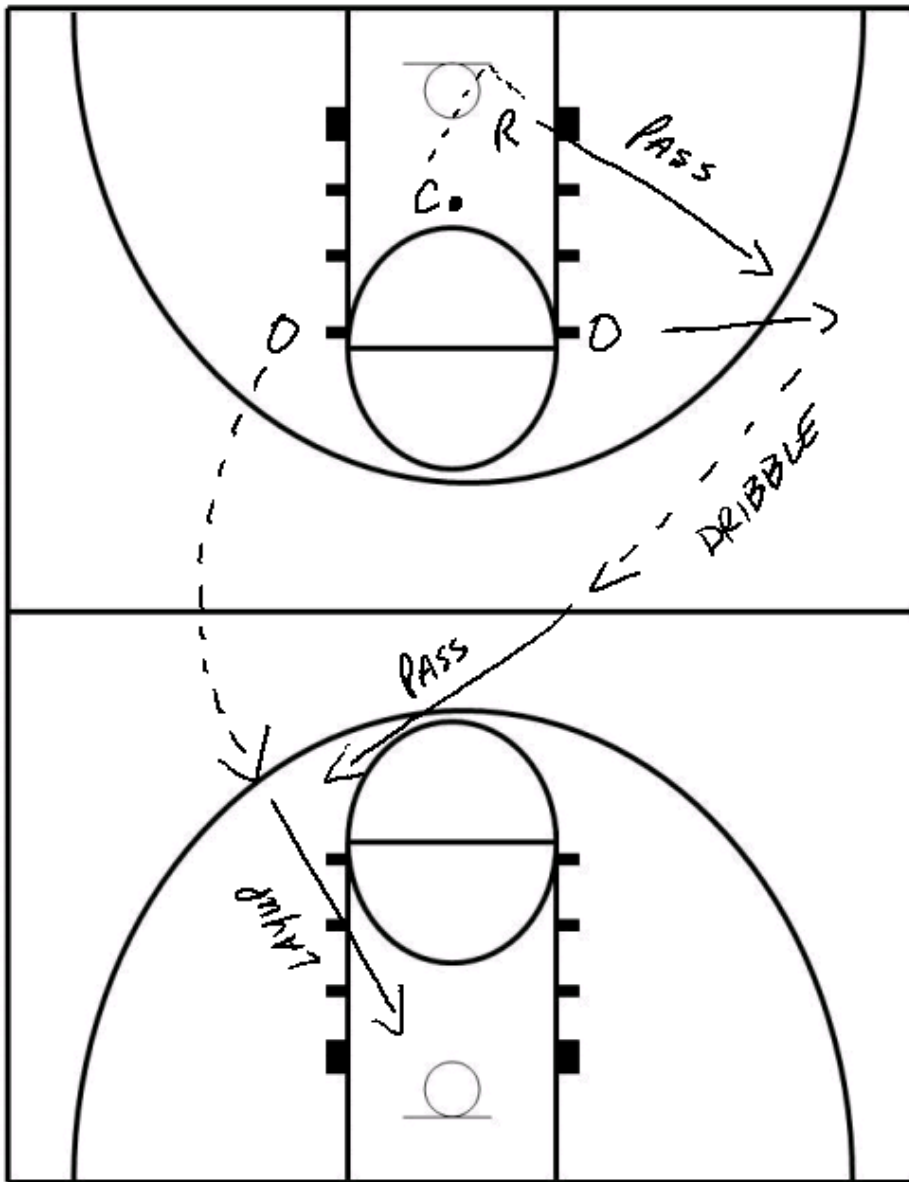
Notes: START WITH A LINE OUTSIDE THE 3 POINT LINE WITH A BALL AND A LINE IN THE CORNER.

- PLAYER WITH THE BALL DRIVES TO THE BASKET, DOES A 2 FOOT JUMP STOP, AND PASSES TO THE CORNER PLAYER FOR A SHOT
- PASSER GOES TO THE BACK OF THE SHOOTING LINE, SHOOTER GETS REBOUND AND GOES TO THE BACK OF THE PASSER LINE.
- CAN ALSO BE DONE AS SHOWN IN FIGURE 2 ABOVE.

### 15 MINS: FAST BREAK / TRANSITION OFFENSE DRILL

- Building off the rebound and pivot drill from last practice.
- Use 1 rebounder and 2 outlet players.
- Coach starts drill with a lob off the backboard.
- Rebounder catches the rebound, pivots, and passes to the outlet player on the same side of the court – outlet player starts near the free-throw line and then moves outside the 3 point line for an easier pass.
- Outlet player then dribbles hard towards the middle of the floor trying to beat the defense, and then passes to the other outlet player who sprints toward the other basket once they see the rebounder get the ball.
- The outlet player that receives the pass from the 1<sup>st</sup> outlet player does a layup.
- The rebounder and 1<sup>st</sup> outlet player sprint down the court to follow the play and get any missed layup.
- Players can stay at that end of the court to perform the same drill going the other way, switch positions.

## FAST BREAK / TRANSITION

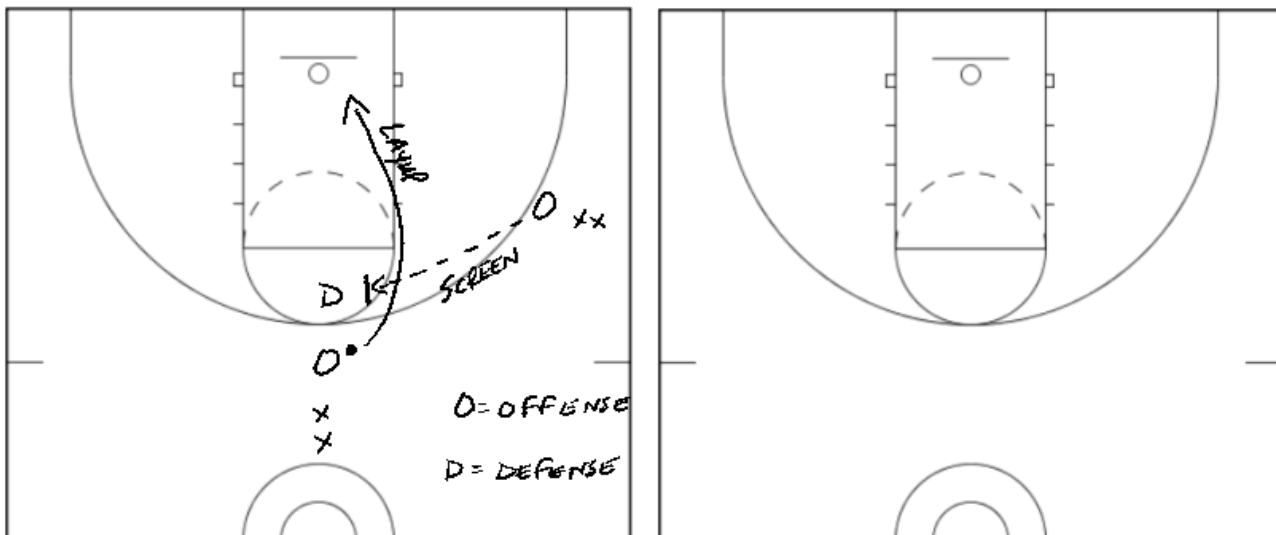


- 3 PLAYERS PER GROUP - REBOUNDER + 2 OUTLETS
- COACH TOSSES BALL OFF BACKBOARD TO THE REBOUNDER
- REBOUNDER PASSES THE BALL TO THE OUTLET PLAYER ON THE SAME SIDE.
- OUTLET PLAYER DRIBBLES TO MID COURT AND PASSES UP AHEAD TO THE OTHER OUTLET PLAYER FOR A LAYUP
- REBOUNDER + 1ST OUTLET SPRINT TO OTHER END TO FOLLOW THE PLAY.

## 15 MINS: SETTING A SCREEN

- Teach the proper technique for setting a screen
  - Set the screen on the defensive player that's guarding the offensive player you're screening for.
  - Screener should have a wide base – wider than shoulder width.
  - Screener should stay still once the screen is set.
- Teach the offensive player being screened for, how to use the screen
  - Once the screen is set, the offensive player should try and stay tight to the screener – this will help them get away from their defender that may be trailing them
- The offensive player coming off the screen can do a layup and the screener should follow them to the basket for the rebound after setting the screen.
- See this video for help with setting and using screens [\(46\) Setting and Using a Screen | Basketball - YouTube](#)

### SETTING A SCREEN



#### Notes:

- WING PLAYER COMES OVER AND SETS A SCREEN ON THE DEFENDER THAT'S GUARDING THE BALL.
- OFFENSIVE PLAYER WITH THE BALL USES THE SCREEN AND DOES A LAYUP.
- AFTER SETTING THE SCREEN, THE SCREENER SHOULD ROLL TO THE BASKET TO REBOUND.

## 5 MINS: FINAL WORD AND WRAP-UP

- Final words about game time on Saturday, and which gym at Massey.
- Gather equipment so that the next practice can begin on time.