



Exercise 2.2 Planning an Effective Practice

With a partner, develop a plan for one of your initial practices. Consider your goals stated in Exercise 2.1.

Time Frame (Minutes)	Activity	Emphasis Points
	Warm-ups, Stretching	
	Practice Previously Taught Skills	
	Teach New Skills	
	Practice Skills Under Competitive Situations	
	Physical Conditioning	
	Cool-Down	

Pass and Switch

Drill Purpose (All Ages)

This drill is meant to simulate high speed, game-like situations to help players improve passing speed and accuracy. It's also a lot of fun for players because it's fast paced!

Note: This drill is set up for 8 players. If you have more players, use more court space.

Instructions

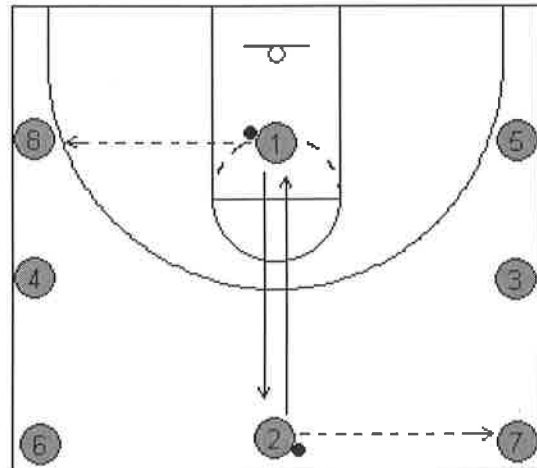
Each player has a partner:

- 1 - 2
- 3 - 4
- 5 - 6
- 7 - 8

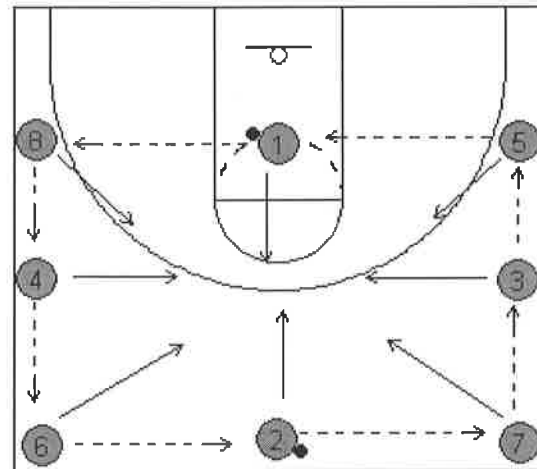
Players 1 and 2 will start with a ball.

Player 1 and Player 2 will pass the ball to their right.

After passing the ball, they sprint to exchange places with their partner.



The drill should keep moving quickly and all players will immediately pass ball to right then switch with their partner. As the both balls go around the court, players must sprint and beat the ball.



Pair Passing

Instructions

Players are paired up and face one another about 8 feet apart. They then pass back and forth, making sure that they step toward their partner to pass and step to the ball to receive. Coach calls the type of pass to be thrown. Gradually, partners move further apart as they are comfortable and accurate.

After a few minutes, progress to the next step.

Using the same setup as above, players shuffle from baseline to baseline, passing the ball back and forth. Speed of their movement and distance of the pass is determined by each player's ability. This is not a race and the objective is for players to learn to pass on the move. The coach can determine which type of pass is used.

Machine Gun Passing

Instructions

Form a line of 3 people next to each other.

They should be about 4 to 5 feet apart.

Have a 4th player stand about 12 to 15 ft away facing the other 3 players.

Player 4 starts out with a ball & Player 1 also has a ball.

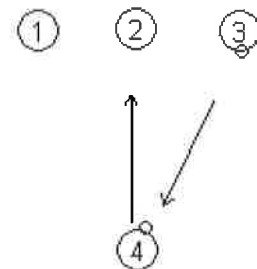
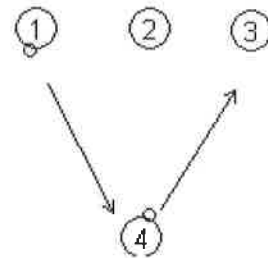
Player 4 passes the ball to Player 3.

After Player 4 has released the ball, Player 1 passes the ball to Player 4.

Player 4 then passes the ball to Player 2, and simultaneously, Player 3 passes it to Player 4.

Then Player 4 passes the ball to Player 1. Simultaneously, Player 2 passes the ball to Player 4.

Then return to the position you were in step 1. Repeat the Process Over and Over



3-on-3 No-Dribble Keep Away

Purpose of the Drill

This drill provides a fun way to teach kids to move without the ball to get open for a pass and provides a context for developing an understanding of effective spacing. For the passer, it provides practice in pivoting and protecting the ball from a defender. Obviously, it helps kids overcome dribble mania and to see the court.

Instructions

The team on offense keeps the ball for two minutes, which is one round. Depending on the age range, you might consider finding a fun piece of music that lasts about two minutes to make the drill more engaging.

The team with the ball gets one point every time they complete a pass to a teammate.

There has to be a pass every five seconds. If the team does not pass within the five seconds, they lose a point and the counting starts over. They can get negative points, but this isn't likely (In fact, if this is happening, you should stop the drill and teach the prerequisite cutting skills more thoroughly). The coach will count each five second sequence out loud.

A steal taking more than five seconds to pass, dribbling, or a pass that goes out of bounds erases a point, but the 'offense' gets the ball back for the remainder of the round.

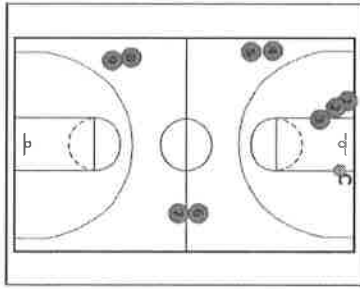
After one round, the offense and defense change roles and you play round two.

Play for two or three complete cycles and provide the kids with positive rewards for their total completed passes. For instance, you could give kids some skittles or the like.

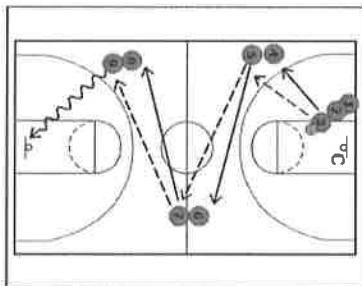
Feel free to adjust the time parameters to suit the age and abilities of your kids.

LOCO-Motion

This drill encourages players to look up the floor and pass, rather than dribbling. You develop skills for rebounding, pivoting, jump stops, bounce and chest passes, lay-ups, power and speed dribble.



Set up: two balls needed. Divide your team into four or five equal groups (if you have extra players put them by basket in rebounding line). Start the first near the basket in rebounding position with the rest in a zig-zag pattern down the court.



Coach takes shot or throws the ball off the backboard.

3 rebounds the ball passes to 5. 3 follows his pass to the next line.

5 comes toward the ball, jump stops ,pivots, passes up the court to 7 and follows the pass to the next line.

7 comes toward the ball, jump stops ,pivots, passes up the court to 9 and follows the pass to the next line.

9 comes toward the ball, jump stops ,pivots, and dribbles towards the hoop for the lay up.