

TIME ALLOTTMENT

- Ball Handling - 10 Min
- Shooting -
 - Dribble In - 5 min
 - Pass & Cut - 5 min
- Passing - 5 Min
- Defense - 5 Min
- Gameplay - 30 Min

FOCUS TOPICS

- Score Skill Development
- Gameplay Application

PRACTICE PLAN



SKILLS

Skill Work -

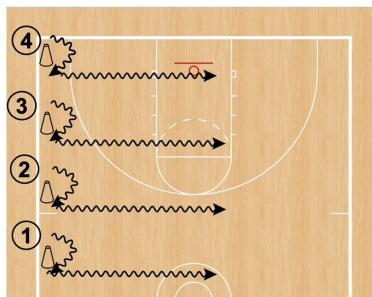
- Ballhandling
 - Right & Left Hand Dribbling Stance
 - Dribble "Low", Dribble "High"
 - "Turn Your Back" & "Face Front"
- Shooting
 - Turn the Corner Drill
 - "Switch Sides"
 - Pass & Cut
 - "Switch Sides"
- Passing
 - Passing Partners
 - Bounce Pass, Chest Pass, & Over the Head Pass
 - Wrap Around Pass
- Defense
 - Defensive Zig Zag Drill

Game Play -

- 4/4 Live Play

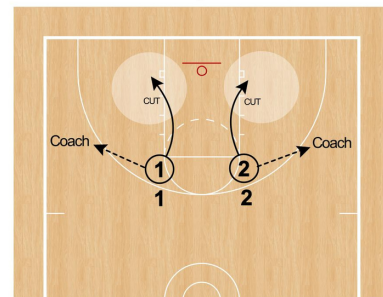
DIAGRAMS

Side to Side – Turn Your Back
Leicester Hoops Drill Library



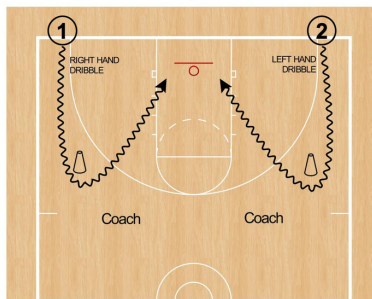
- 1 - Turn Your Back into a Speed Dribble
- Player works on Stationary Dribbling Stance
 - On Coach command players "Turn Their Back"
 - On Coach command players "Face Front"
 - On Coach command players dribble the length of the court and back
 - Next line steps up

Two Line Pass & Cut
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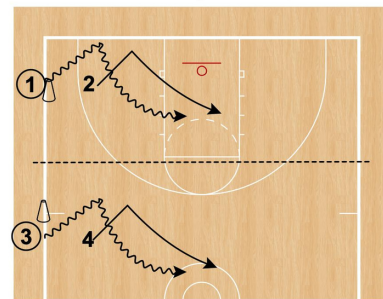
- 1 - Pass & Cut
- Player passes to the coach
 - Player cuts to the rim
 - Coach passes to the cutter
 - Cutter Shoots the ball

Turn the Corner
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- 1 - Turn the Corner
- Players dribbles with their outside hand
 - When they reach the cone they "turn the corner"
 - Players Dribble into their rim
 - Players take a "close shot" or lay up depending on grade level

Zig Zag
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- 1 - Zig Zag Defense
- Player with the basketball attempts to beat his defender off the dribble
 - Defender tries to stop the dribble
 - When they get to the other side they switch roles