

PRACTICE DESIGN

- **Skills** - 30 min
 - Ball Handling - 5-10 Min
 - Finishing & Shooting - 5-10 Min
 - Passing - 5 Min
 - Defense - 5-10 Min
- **Gameplay** - 30 Min

ORGANIZATION

- **Schedule:** 1-2 Preseason Clinics, 8 Week Season
- **Schedule:** 1 Session Per Week (60 Minutes)
- **Session Design:** each session will split its time between skill development and gameplay.
- **Gameplay:** teams will play 4/4 with the coaches serving as the referees.

SKILLS & SCHEME



SKILLS

The skill focus for third grade continues to be developing their core fundamental offensive skills. We want to increase their shooting development and problems passing ability.

Ball Handling -

- Stationary Dribble
- Speed Dribble
- Turn Your Back
- Hesitation
- In & Out Dribble

Dribble Stops -

- Pivoting
- Jump Stop

Passing -

- Bounce & Chest Pass
- Over the Head Pass
- Wrap Around Pass
- Pass Fake

Finishing -

- Dribble into a Close Shot
- Lay Up Technique
- Up Fake after Stop

Shooting -

- Shoot from your Chest
- Use of your Legs to Gain Power
- Hand Under the Ball
- Use of Guide Hand
- Follow Through

SCHEME

The scheme focus for third grade continues to be the application of their skills to gameplay. We would also like to improve their ability to pas & cut, and increase their defensive awareness.

Gameplay Concepts -

- Out of Bounds; SLOB, BLOB, & after a score
- Travel & Double Dribble Rules
- Defensive Fouling Rules

Defensive Concepts -

- Defensive Stance & Slides
- Staying Between Man & Basket
 - On Ball & Off the Ball
- See Man & Ball
- Getting Back in Transition
- Box Out & Defensive Rebounding

Team Offensive Concepts -

- Spacing Away from the Basketball
- Pass & Cut
- Flashing to the Basketball