

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 -

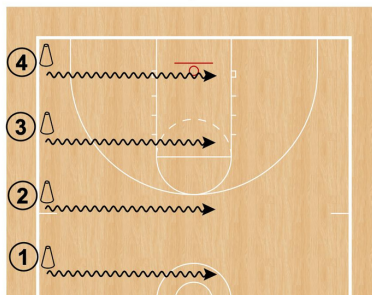
- Ballhandling
 - Right Hand Dribbling Stance
 - Left Hand Dribbling Stance
 - Dribble "Low", Dribble "High"
- Shooting
 - Dribble In & Shoot
 - "Switch Sides"
 - Pass & Cut
 - "Switch Sides"
- Passing
 - Passing Partners
 - Bounce Pass, Chest Pass, Over the Head Pass
- Defense
 - Defensive Slide Drill

Game Play -

- 4/4 Live Play

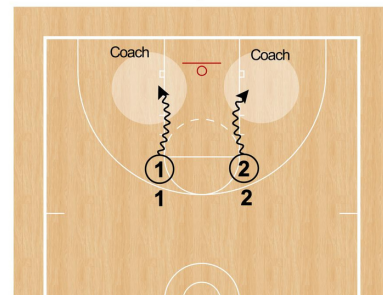
DIAGRAMS

Side to Side Ball Handling (Grade 1)
Leicester Hoops Drill Library



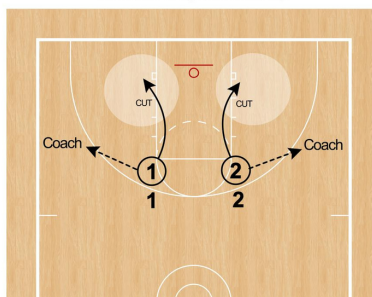
1 - Stationary Dribble into a Speed Dribble
a. Player works on Stationary Dribbling Stance
b. Coach gives feedback to players
c. Coach says "Go"
d. Players dribble to the sideline & Back
e. Next line steps up

Two Line Shooting
Leicester Hoops Drill Library



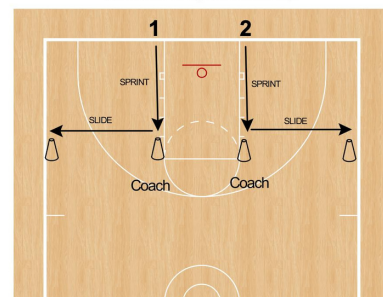
1 - Dribble in for a Shot
a. Player dribbles in for a shot
b. Player get his rebound
c. Shooter dribbles back to the end of the line
d. Next player dribbles in

Two Line Pass & Cut
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1 - Pass & Cut
a. Player passes to the coach
b. Player cuts to the rim
c. Coach passes to the cutter
d. Cutter Shoots the ball

Sprint, Slide, Sprint (Grade 1)
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1 - Sprint, Slide, Sprint
a. Player Sprints to the Cone
b. Player Defensive Slides to the Sideline
c. Player Jogs to the End of the Line
d. Next Player Goes