

Practice 3: January 11, 12, 14

Redemptive Quality: (Why we play sports) For joy.

Memory Verse: NKJV, Deuteronomy 26:11 – “So you shall rejoice in every good thing which the Lord your God has given to you.”

These plans and drills are merely suggestions. YouTube and Google are your friends.

Layup/Shooting Lines – 15 minutes

Focus on all fundamentals (shooting, dribbling, rebounding, passing), not just getting the ball through the net

Split kids into 2 lines

Dribble in for a running layup; line that's not shooting will grab the rebound

- Shooter: dribble with correct hand; head up; shoot layups correctly
- Rebounder: box out position; jump for ball; pivot and pass to next in line

Progress into passing for a layup, instead of dribbling to the basket

Progress into passing for a jump shot, if time allows

Half-court Offense – 15 minutes

- Stay away from scrimmaging right now – players would be too focused on results instead of development and how to achieve those results

Practice without a defense first

Have kids practice passing to a wing, cutting to the goal, filling in the open spots

Move around without the ball; don't just stare at the dribbler and ask for the ball

Set up an offense or install some plays

Resetting the offense at the top

Work on in-game situations

Water Break – 5 minutes

Emphasize redemptive quality and memory verse

Defense – 15 minutes

- Stay away from scrimmaging right now – players would be too focused on results instead of development and how to achieve those results

Positioning of defenders in different places

- Off-ball defenders in between ball and man
- (3rd graders and younger must play defense inside 3-point line)

Defend screens

What to do when your team gets a defensive rebound

What to do when the offense gets a rebound

What to do when the offense scores

Work on in-game situations

Game 1 Preparation – 10 minutes

Explain substitutions; clock awareness (horn on the other court might go off during play); inbound after a made basket (without stepping on the black line); getting back on defense; looking at you for instructions; etc.

Work in anything else from offense or defense that you didn't get to earlier