

Practice 4: January 18, 19, 21

Redemptive Quality: (Why we play sports) For the love of the game.

Memory Verse: NLT, 1 Timothy 6:17 – “Their trust should be in God, who richly gives us all we need for our enjoyment.”

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

Getting Open – 15 minutes

How to get open when your teammate has picked up their dribble.

Getting open to create easy baskets.

Hard cuts, flashing to the ball, screening for teammates.

Plays – 10 minutes

Inbounding plays

Transitioning from defense to offense after a made basket and rebound

Water Break – 5 minutes

Emphasize redemptive quality and memory verse

Passing – 15 minutes

Teach your players how to make the right read when passing the ball

Triple threat; dribble to get a better pass angle

Let players practice passing to teammates when guarded

Progress into cutting for open shots after some reps

Dribbling – 15 minutes

Practice dribbling in front of defenders, use crossovers

What do you do when you can't dribble closer to the goal anymore? Don't pick up your dribble! Dribble backwards, create space, pass to an open teammate to reset offense.

Don't let players pick up their dribble unless they are shooting or passing. Keep the dribble going; keep the offense alive.

Dribble -> pick up ball -> pivot -> pass

Dribble relay race if time allows.