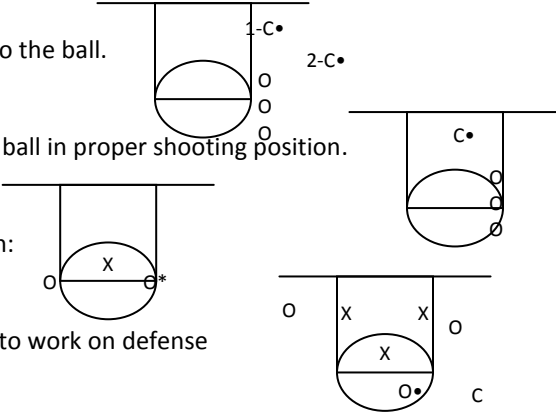


Practice Plan

Sport Basketball Date 2/8/2013 No. of athletes 12 No. of coaches 4

Goal for session Add progressive pressure to skills and drills to assist athletes going to the next level.

Facility safety check: Equipment Surface Layout Supervision

Time	Session Objectives	Specific	Drills and Activities	Layout
20 minutes	<p>Warm-up exercises</p> <ol style="list-style-type: none"> Jog slowly to warm up. Emphasize head up and moving to get ball. Protect ball position. <p>Stretching exercises (no bouncing)</p>		<ol style="list-style-type: none"> Jogging Forward; backward; defensive slides Dribbling, passing, moving to ball } In pairs, dribble to sideline and back halfway; bounce pass to teammate, who moves to get ball Dribble tag <i>[Athletes divided by ability; a group is placed with each coach. Depending on level of athlete, put two athletes in jump ball circle; each has a ball, and each must start dribbling ball and prevent opponent from stealing ball while dribbling own ball.]</i> <p>Calves, hamstrings, quads, groin, and arms</p>	
25 minutes	<p>Skills instruction</p> <p>One or two coaches per basket; stations 5 minutes each</p> <p><i>(Athletes are ability grouped to match strength and size for safety.)</i></p>		<p>Rebounding: Go to the ball.</p> <p>Shooting: Pick up ball in proper shooting position.</p> <p>Two-on-the-coach:</p> <p>3-on-3: Continue to work on defense and team play.</p>	
35 minutes	<p>Competition experience</p> <p>Team concept for 5-on-5 teams</p> <p>Individual skills work</p>		<p>5-on-5 team:</p> <ul style="list-style-type: none"> Review "Go" offense half-court and 2-3 defense no defense. Scrimmage in 5- to 7-minute blocks of time. Add jump ball, sideline out-of-bounds play, lining up, and shooting free throws. <p>ISC athletes:</p> <ul style="list-style-type: none"> 10-meter dribble, target pass, and spot shot; conduct ISC and score. Then play low-organized fun games using skills (2-on-2: coach-athlete teams to begin team concepts) 	

10 minutes	<p>Cool-down</p> <p>Team talk</p> <p><i>Prepare for upcoming competition.</i></p>	<p>Cool-down stretching (big muscle groups) around center circle.</p> <p>Reward efforts (athletes acknowledge what their peers did well; coaches add to athletes' responses).</p> <p>Discuss plans for upcoming competition—uniforms, travel, logistics, parent and coach responsibilities.</p>
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