

Inside This Issue

Practice Objectives

Warm up

Condition Drills

Drill#1- 3on2, 2on1

Drill #2 Box out

Drill #3 Shooting

Scrimmage

Cool down

Comments

Evaluation

Practice Objectives

- Make sure everyone has the proper basketball attire
- Update contact information
- Introduce them to practice routine
- Learn names
- Learn team rules
- Teach basic skills
- Evaluate players based on scrimmage
- HAVE FUN

7th and 8th girl's Basketball

Warm up

1. Line the players up in four lines with 3 to 4 players in each line. Start with hamstring stretch, quads, calves, lower back, shoulders, triceps, hip flexors, and buttocks.
2. Walk around the players and let them know the importance of stretching is flexibility and to reduce injury.

Conditioning Drills

- A very important of practicing because you can't win if you are not in shape
 1. (2) ladders – free throw and back to the baseline, half court, back, opposite free throw, back, and then end baseline and back.
 2. (2) Half court and back, down and back. Run to half court then back to baseline, then baseline to baseline.
 3. (2) Down and Backs
Run down and back, Note (give players 15-20 sec. rest in between sets, water if needed).

After conditioning divide them up into 2 or 3 and shoot free throws. Then water break water break.



Drill #1

Put two defenders on defense. One at the top of the three point line, and one at the key. Then at the other end you will have three lines. The middle line is the point guard, and the left and right are forward. Then you give the middle guy the ball and have her dribble it down the court. You want her to stop around the free throw line and make a pass to an open player for a lay up. During this time you want the other players to try to stop them.

Whether they score or not when the defender gets the rebound they go back the other way and try to score on the point guard.

This helps defense, decision making and gets the players use to getting back on defense

Drill #2

Facing the basket. Start off with two players at the free throw line trying to get the ball. You have two lines under the basket, this is the box out line. You get at the three point line to shoot and the other players at the free throw line try to get the rebound, while the other two try to box them out and get the rebound.

Then the two that were boxed out go on offense, the rest go to the end of the line and the next two step up.

Repeat as needed

Drill #3

Assign two players to a basket. One will rebound and one will shoot. The shooter will shoot 10 shots, 5 from the left elbow and 5 from the right. Go back and fourth while on shots and the other passes the ball back out.

Repeat from both side of the courts, going baseline to elbow.

This works on shooting, passing and conditioning.

Scrimmage

1. Divide layers up based on position, observe talent to make the teams even.
2. Have a 15 minute scrimmage and substitute players in an out to give everyone a chance
3. This is to observe talent

Cool Down

1. Jog 2 laps around the courts
 2. Then do a light stretch
- Repeat as needed

Comments

While players are stretching provide positive reinforcement of their efforts. Thank them for coming out and giving it their all. Point out the positive things that they did and tell them to be ready for the newt practice. Tell them to shoot around at home or the park and run around if possible.

Evaluation

Evaluate what you did as a couch. Did they seem motivated and eager to learn? Did they learn new skills? Did they have fun?