

## The Sports Education & Leadership Program at UNLV

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### Practice Objectives

1. Learn basic skills and fundamentals
2. Run through the drills hard
3. Assure that all players are having fun

### Warm Up

Set up four lines of 3-4 players and start off by stretching the hamstrings, quads, calves, hip flexors, shoulders, and jumping jacks

### Conditioning Drills

-2 sets of Ladders – baseline, then have and back, then to half opposite free throw line baseline and back.

-2 sets of half court and the players up on the to half court then back opposite baseline and

-Jog and sprint drill – around the court and the player at the end of of the line while every Repeat until every

-After the drills, have them shoot 10 free throws each, then give them a water break.



Start the players off on the them run to the free throw line court and back, then to the and back, then to the opposite

back, down and back – Line baseline and have them run to the baseline, then to the back.

all the players line up and jog when you blow the whistle, the line has to run to the front body is still jogging, and so on. player has sprinted twice.

### **Drill #1 Shooting**

Assign two players to a basket. One will rebound and one will shoot. The shooter will shoot ten shots, 5 from the left elbow and 5 from the right. Go back and forth on shots and the other passes the ball back out. Repeat from both sides of the court going baseline to elbow. This works on shooting, passing and conditioning.



### **Drill #2 Loose Ball**

Make two lines at half court close to the sidelines. Stand at the free throw line with the ball under your foot. When the whistle is blown the two players at the front of each line have to go get the ball by diving, jumping, etc. Then they must try to score. This drill teaches players to pursue loose ball and get on the ground for them.

### **Drill #3 Defense**

Line the players up in two lines on the baseline. The first person is on defense and the second is on offense. The offense player is just going to dribble to the right until the defense player cuts her off and makes her turn the other way. Then the offense player goes back to the left until she gets cut off. Repeat all of the way down the court and switch. Offense to defense coming back down to the end that they started from. The two that finish go to the end of the line and the next two players go. The offense player shouldn't go full speed, a nice pace to make the defender work.

### **Scrimmage**

Divide the players up into different team than last practice and have them scrimmage for 15 minutes and remember to substitute players to give everybody a chance. It's good to scrimmage often to get the players use to 5 on 5 basketball. It's also a great break from conditioning and skill drills. Note, always observe the players when they are scrimmaging.

### **Comments**

While players are stretching provide positive reinforcement of their efforts, and 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 next practice. Tell them to soot around at home or at the park and run if possible.

### **Practice Evaluation**

Evaluate what you did as a coach. Ask yourself these questions. Did they seem motivated and eager to learn? Did they learn new skills? Did they have fun?

### **Cool Down**

Two laps around the court and a light stretch.