



PGMBA

Practice #1 Nov 10 2013

NOTES:

0:00 - 0:10 Dynamic warm-up and balance exercises

- start with squats and lunges
- Supermans
- Dynamic running (A, B, C's of running)
- Animal walks (Bear Walk, Kangaroo Skips, inchworm)
- Lane hops and slides

0:10 – 0:20 Teach Triple Threat, open step/cross step in mass and jump stops

- Teaching points in triple threat... 1. Feet shoulder width, strong hand behind and under ball, weak hand on side of ball, head over knees over feet (watch for kids with knees ahead of toes and correct)
- play stoplight?

0:20 – 0:35 7 minute stations - Right hand layups/Ball handling

- Coaches... divide team in two and send half with coach Jordan...
- I will take one half of team and do ball handling drills in a mass group
 - one ball and two ball dribbling
 - Coaches teach layups (start from Left/Right up)... work way back to open step and dribbling into layups if we get that down

0:35 – 0:50 7 minute stations –Left hand layups/Passing

- Same as previous... I do passing drills with half the kids, coaches work on lefty layups (start from left/right/up)
- Push pass, push bounce pass, overhead pass, etc

0:50 – 1:00 Big game of passing tag or Dribble knockout