



PGMBA

Practice #2 – Grade 7/8 Boys and Girls Nov 17 2013

0:00 - 0:07 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

0:07 - 1:10 Station Work – 9 stations (6 minutes each) – See following pages for descriptions
Station 1: Passing Tag (Kaden & Dezirae)
Station 2: Form Shooting (Shawn)
Station 3: Form Shooting at a rim (Jose)
Station 4: Right Hand Lay-ups (Terry)
Station 5: Stationary ball handling (Marc)
Station 6: Left Hand Lay-ups (Davis)
Station 7: Pivots and Jump Stops (Catherine)
Station 8: Dribble knockout/ball theft (Tanis)
Station 9: Partner Passing (Bernadine)

TODD, GREG, AND JOHN WILL ACT AS FLOATING COACHES AND HELP WHERE NEEDED. WE MAY ALSO TAKE OVER A STATION FROM TIME TO TIME TO ALLOW OTHER COACHES TO ROAM AND OBSERVE WHAT IS HAPPENING AT OTHER STATIONS. We may rotate coaches to a couple different stations as the morning goes along just to keep things more interesting for the coaches.

1:10 – 2:00 Games

Notes:

1. TRANSITIONS
BETWEEN STATIONS MUST BE QUICK and efficient. Please point kids in your station to where they are going next. Each athlete is to carry ball with them from station to station. Please remind them to take their ball when they leave your station. When kids are at your station get started right away.

2. Station locations (imagine looking at wall towards hallway doors....

HALLWAY

<u>Court 1</u>	<u>Court 2</u>	<u>Court 3</u>
Station 1	Station 6	Station 7

Station 2	Station 5	Station 8
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Station 3	Station 4	Station 9
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3. For today we will split the kids based on skill level for the stations (without telling them that is what we are doing). After warm-up I will send kids back to their teams where they will be numbered off to a station. Number them off so that all 9's are top end level, with 8's being 2nd best, and so on with 1's being the weakest group. Any extra kids you have above 9 just number them approximately where you feel is appropriate. Do not give more than two kids from your team the same number so we balance out the numbers at the stations as evenly as possible. Don't worry too much about the levels when numbering.. we just want the really weak kids to compete with each other and the very strong kids together so it is easier to challenge those kids in the station work.

Station 1: Passing tag

Choose two kids to be “IT”. They change their jerseys to white (everyone else is red). They must stay within the half court boundaries (or smaller if it is too hard to catch the other kids). The “IT” team has a basketball. You are only able to tag someone if you have the ball in your possession. Players on the “IT” team can pivot and pass but not dribble or travel. The goal is to pass the ball and tag the other players by passing the ball to catch them. If a player is tagged by a member of the “IT” team with the ball OR steps outside the boundary of the game they change their jersey colour and join the “IT” team.

Emphasis: Ball must move quickly and players must communicate and work as a team.

NOTE: Coach may need to join the it team at first to help make the game move fast enough

Station 2: Form Shooting

(B.E.E.F. - BALANCE – good triple threat, EYES – on the target... focus on the rim like a nest and put the ball in the nest, ELBOW – in line with the shooting foot, knee and wrist, FOLLOW THROUGH –up and out like you are shooting out the top of a phone booth. Flick wrist with index finger being the last to touch the ball and pointing into the middle of the rim... elbow should lift towards ear as you shoot and finish above the level of your eyes for proper arc (good shooters usually have the ball reach its apex at about the top of the backboard).

3 minutes: Lying down and shooting the ball about 5-6 feet into the air with one hand. They are working on wrist flick and follow through. They want to concentrate on getting a feel for the rotation of the ball and how it should come off the fingers. They want to shoot the ball so that it comes straight back down from where it was released and they can catch it with one hand on the platform of their hand.

3 minutes: standing next to wall/bleachers. Pick a spot high on the wall and shoot it up with perfect form. Guide hand does not touch ball at this point but instead floats next to ball and frames the shot on release.

Station 3:Form Shooting at a rim (we will use the portable hoops and have 3 rims at this station)

Kids should work in partners. One partner starts 1 foot away from the rim and gets into **perfect** shooting position with the relevant principles of BEEF. His partner puts the ball in his shot pocket once they see everything looks good and the player shoots the ball with a set shot trying to get a perfect swish. If they get a swish they can take a step back. If they hit any rim (even if they make it) they take a step forward (unless they can't go any farther forward). Shoot 5 shots and then the other partner shoots.

Station 4:Right handed lay-ups

Start close and have kids say (LEFT RIGHT UP). Once they get comfortable with this move them back to the 3 point line and have them do layups from triple threat off the dribble (open step with C action for right handers, cross step with backwards J action for left handers)

Teaching points: 1. Ball shouldn't be swung to the inside hip... keep it on the outside 1/3 of your body to protect it. 2. Ball is shot with one hand but gathered and brought up with two... strong with the ball and don't scoop it 3. Concentrate on backboard and making a perfect swish. 3. EMPHASIZE triple threat to start

MODIFICATIONS: THIS MAY NOT CHALLENGE THE VERY BEST KIDS. FOR THOSE KIDS MAKE IT TOUGHER ON AN INDIVIDUAL BASIS BY HAVING THEM DO RIGHT HAND REVERSE LAYUPS.

Station 5: Stationary Ball Handling

Athletes around coach in a circle. Coach leads them through different dribbling exercises. **Emphasize HEAD UP and pounding the basketball.** You can hold up fingers and have them call out how many fingers they see to force them to look up. Make them hold the ball in PERFECT triple threat position if you stop them to explain something. Ideas....

Up and Downs - Pound Dribble

Start by dribbling the ball in front of you so that the ball reaches your waist high. Gradually, bounce the ball as high as you can without jumping. Then gradually dribble the ball lower and lower until you are on or possible. Pound the ball quickly to keep it going. Then do it with the other hand

Kills

Dribble the ball waist high, then suddenly "kill" it by dribbling it as low as you can, hold this for a few seconds, then bring it back up to waist high. Do this several times with each hand

Circle Dribbles

Extend the left leg forward and dribble the ball low around the leg in a circular fashion. Then do it around the right leg. After doing each leg, then try the "Figure 8" dribble.

Figure Eight

This drill is similar to the ball-handling figure eights drill except now the ball is dribbled through your legs in a figure-of-eight motion. Use both hands and be sure to look up while doing this drill

Back and Forth Under the Legs

Get crouched over with your right knee and leg forward. V-dribble the ball behind the extended leg. Repeat behind the other leg.

Crossover Dribbles

Dribble with your right hand. Bounce the ball once on the right side, then cross the ball over in front of you by bouncing it to the left. The left hand now bounces it on the left once, and then crossover back to the right, where the right takes over again. Repeat this procedure. Make the cross-over low and quick

V-Dribble in Front

Start with the right hand and dribble once on the right side. Then dribble the ball in front you, as if you were going to cross over to the left side. Instead of getting it with your left hand, roll your right hand over the top of the ball, and bring it back to the right. Keep dribbling like this: right then cross over V-dribble. Shown here with the left hand, also practice it with the right hand. Getting the feel of rolling your hand over the top of the ball with this drill will help you with your "in-and-out" dribble move.

Side V-Dribble

Now do the v-dribble on the side... the "push-pull" dribble. Do both left and right hands.

Station 6: Left handed lay-ups

Start close and have kids say (Right Left UP). Once they get comfortable with this move them back to the 3 point line and have them do layups from triple threat off the dribble (open step with C action for right handers, cross step with backwards J action for left handers)

Teaching points: 1. Ball shouldn't be swung to the inside hip... keep it on the outside 1/3 of your body to protect it. 2. Ball is shot with one hand but gathered and brought up with two... strong with the ball and don't scoop it 3. Concentrate on backboard and making a perfect swish.

MODIFICATIONS: THIS MAY NOT CHALLENGE THE VERY BEST KIDS. FOR THOSE KIDS MAKE IT TOUGHER ON AN INDIVIDUAL BASIS BY HAVING THEM DO LEFT HAND REVERSE LAYUPS.

Station 7: Pivot and jump stops

1. Teach front pivot and reverse pivot. Focus on having athletes rip and protect the ball when they pivot... staying balanced and not hunched over the ball with eyes up.
2. Have athletes dribble and then jump stop and pivot
3. Could turn this into a simon sez type of game if time

EMPHASIZE: 1. Good triple threat on every jump stop 2. Both feet landing at same time on stop (shouldn't be a big high jump into the stop... more of a glide) 3. Body shouldn't sway on stop... stick the landing

Station 8: Dribble knockout/Ball Theft

-Cone off a big rectangle as a boundary...

Dribble knockout:



1 Basketball for each player

Every player dribbles one basketball within a predetermined court (for 8 players e.g. inside the zone). Each player tries to knock out the other players' balls or force him to double dribble or force him out of bounds. When a player's ball gets knocked out of the zone get them to do 3 perfect body weight squats while squeezing the basketball between their knees to get back in. Player who gets knocked out the fewest times wins.

EMPHASIS: Head up and keep dribbling. If a player touches the ball with two hands or picks it up and double dribbles make them do squats.

Ball Theft:

1 Basketball for each player but one

Similar to dribble knockout, but now one (more in a larger group) player is without a basketball and has to steal a basketball from another player. Goal is to be with a basketball after a certain time.



Station 9: Partner passing

Have players in partners and have them face each other from about 10 – 15 feet apart... practice the following passes...

1. Right Hand Push Pass
2. Left Hand Push Pass
3. Right hand push pass (ball should bounce 2/3 of the way between partners)
4. Left hand push pass (ball should bounce 2/3 of the way between partners)
5. Overhead pass (ball should be snapped from above forehead and not brought behind head)

**EMPHASIS: HARD PASSES... BALL SHOULD SNAP THROUGH THE AIR.
CATCH THE BALL WITH A BACKSTOP AND HANDS POSITIONED SO YOU
CAN SHOOT RIGHT OFF YOUR CATCH.**

**MODIFICATION: IF THIS IS TOO EASY FOR SOME OF THE KIDS, HAVE THEM
USE TWO BASKETBALLS... ONE PARTNER BOUNCE PASSES AND ONE PUSH
PASSES.. CAN ALSO DO RIGHT HAND PUSH PASSES WITH TWO
BASKETBALLS SO THAT THE BALLS FLY SIDE BY SIDE IN THE AIR**