



## PGMBA

### Practice #2 – Gr. 5/6 Nov 24 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 – 0:40 Mass ball handling drills/lay-ups (10 mins each (two teams with coach Jordan, two teams at rims doing layups)

0:40 – 0:50 Teach Shooting (BEEF – Balance Eyes Elbow Follow-through)

1. Lie down shooting
2. Wall Shooting

0:50 – 1:10 Divide teams into 2... half team with coach jordan (partner passing), other half working on form shooting at a rim (start at 1 foot and then back only on a swish... step forward on any rim)