



PGMBA

Practice #4 – Grade 7/8 Boys and Girls Nov 22 2013

0:00 – 0:15 Group Warm-up and ball handling (triple threat etc.) work
-John Leads

At this point coaches will go back to their teams for 35 minutes

0:15 – 0:22 Stationary Ball-handling

- Coach leads and has players do various dribble moves in a stationary position
Emphasis: HEAD UP and pound the basketball... hold up fingers while dribbling and have players call out number of fingers (forces their heads to be up)
- Pass ball back and forth between finger pads... do this both near the body and with hands extended high and low
 - Ball around head, waste, legs
 - Left hand... pound ball low, pound ball high
 - Right hand... Pound ball low, pound ball high
 - crossovers in front of the body... high and low
 - crossovers between legs
 - crossovers behind back
 - figure 8's around legs
 - figure 8's dribbling around legs

0:22 – 0:27 Ball Theft Game (see below)

0:27 – 0:37 Indiana Passing Drill (see below)

- Do this with good hard push passes. Have each player go through once each making good hard right handed push passes and then good hard left handed push passes

0:37 - 0:45 Passing Game (See below)

0:45 – 0:50 Two line give and go layups (left and right)

At this point John will bring the group in and we will talk about basic shooting form

0:50 – 0:58 Form Shooting demo and then in lines at rims (CONCENTRATE ON BEEF)

0:58 – 1:05 5 minute shooting drill in teams (3 balls per team)... John will demo

Notes:

-timelines are approximate but do not spend too much time on one activity... teach, do, correct, and move on. If we spend too much time on a drill we won't get through everything and you will lose the players attention span.

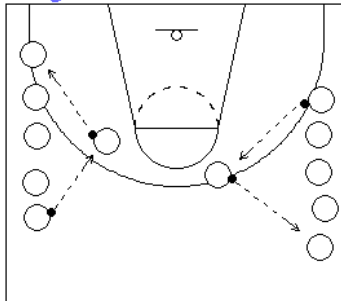
Ball Theft



1 Basketball for each player but one
Similar to chicken fight, 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.

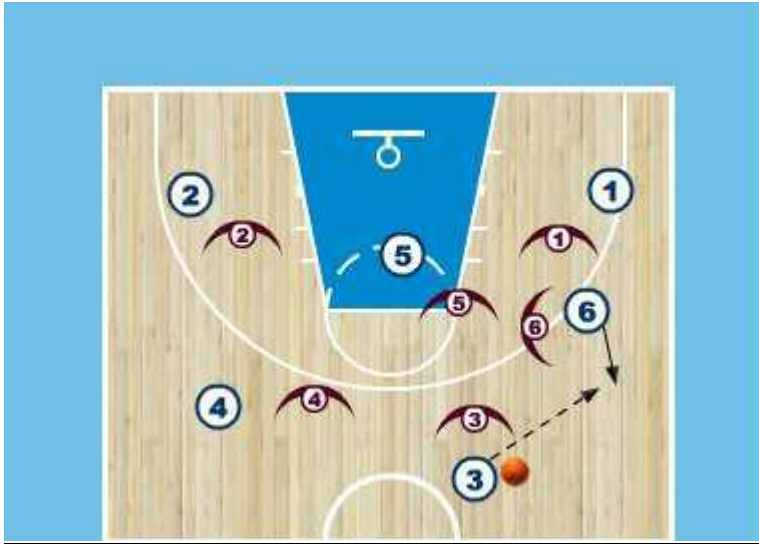
Indiana Passing Drill

Diagram Balance Indiana Drill 4



The Indiana drill, illustrated in Diagram 4, is another excellent passing and catching drill, with the added feature of peripheral vision technique. One player stands about twelve feet away and faces a line of five players standing side by side. Use two balls in this drill. The single player has one and a player inline has the other. The goal is to have quick rapid passes with the balls alternating between the main player facing the line and the others who are in the line. The single player should always pass to the opposite end of the line from which the other pass comes. This contributes to good peripheral vision practice. Rapid passing is a great developer in strengthening of the muscles in the fingers, wrists, and arms. Once the lone player makes an error, he is replaced by another in the line.

Passing Game



1 Half court, 1 Basketball

2 teams compete against each other on a half court. The players cannot dribble nor travel. Goal is for one team to complete a certain number of passes in a row with the other team defending and trying to deflect. Once the defending team steals the ball they try to reach the number of passes. ENFORCE TRIPLE THREAT AND GOOD PIVOTS ON EVERY CATCH. BALL GOES TO THE OTHER TEAM IF THEY DON'T GET INTO TRIPLE THREAT OR TRAVEL.

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).

Form Shooting at a rim

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.