



# PGMBA

## Practice #5 – Gr. 5/6 Dec 8 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 Full court dribbling/Ball Handling

0:20 – 0:30 Rip Layups

- coach holds ball and athletes rip ball out of hand to a sweep move and lay-up
- Progress to 1 on 1

0:30 – 0:40 X passing drill

0:40 – 0:50 Form shooting

0:50 – 1:00 5 minute shooting drill/shooting competitions

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