



PGMBBA

Practice #7 – Grade 7/8 Boys and Girls January 12, 2014

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.

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: 5 spot 3 on 2 (start in line) (John)
- Station 2: Form Shooting (Shawn)
- Station 3: Form Shooting at a rim (Jose)
- Station 4: Right Hand catch and rip layups (Marc)
- Station 5: Ball handling (Jeff Chu)
 - Can play some dribble knockout
- Station 6: Left Hand catch and rip Lay-ups (Dezirae)
- Station 7: 1 on 1 defense (Greg/Kaden)
- Station 8: Partner passing (Tanis/Val)
 - Push pass, bounce pass etc
 - Can do some kind of movement passing drill if you would like as well (ie. Two lines... pass and fill behind the line you passed to)
- Station 9: 5 spot 2 on 1 (Catherine/Todd will help introduce)

1:10 – 2:00 Games