

Practice #2

Date:

Stationary Dribbling Drills (every practice)	7 min	https://www.coachesclipboard.net/DribblingDrills.html
Sideline Dribbling Drills (every practice)	8 min	https://www.coachesclipboard.net/SidelineDribblingDrills.html
Shooting Drill 6: "Team Shooting"	10 min	https://www.coachesclipboard.net/TeamShootingDrills.html
Man-to-man defense instruction		https://www.coachesclipboard.net/BasicDefense.html
shell drill	10 min	https://www.coachesclipboard.net/DefenseShellDrill.html
post defense	5 min	
Intro to 4-out offense	20 min	https://www.coachesclipboard.net/4Out1InMotionOffense.html
basic rules - movement, pass and cut, dribble drive, screening, hand-offs, etc		
OR		
1-3-1 Motion-1		https://www.coachesclipboard.net/131Offense.html
teach pattern, options		