

Practice #1

Date:

Stationary Dribbling Drills (every practice)	10 min	https://www.coachesclipboard.net/DribblingDrills.html
Sideline Dribbling Drills (every practice)	10 min	https://www.coachesclipboard.net/SidelineDribblingDrills.html
<u>Shooting Drill 6: "Team Shooting"</u>	10 min	https://www.coachesclipboard.net/TeamShootingDrills.html
Man-to-man defense instruction on-ball defense help and recover helpside post defense	20 min	https://www.coachesclipboard.net/BasicDefense.html
Intro to 4-out offense player positions and numbering pass and cut rule	10 min	https://www.coachesclipboard.net/4Out1InMotionOffense.html
OR		
1-3-1 Motion #1 basic set and player numbering		https://www.coachesclipboard.net/131Offense.html