

Practice #3

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
<u>Shooting Drill 6: "Team Shooting"</u>	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
Intro to 4-out offense	25 min	https://www.coachesclipboard.net/4Out1InMotionOffense.html
basic rules - movement, pass and cut, dribble drive, screening, hand-offs, etc		
OR		
1-3-1 Motion offense		https://www.coachesclipboard.net/131Offense.html
review Motion-1		
teach Motion-2		