

Practice #6

Date:

Stationary Dribbling Drills (every practice)	5 min	https://www.coachesclipboard.net/DribblingDrills.html
Sideline Dribbling Drills (every practice)	5 min	https://www.coachesclipboard.net/SidelineDribblingDrills.html
Guard shooting drill #6 - wing 1-dribble shots	8 min	https://www.coachesclipboard.net/LayupDrills.html
Guard shooting drill #8 -weave-screen	7 min	
Man-to-man defense instruction		https://www.coachesclipboard.net/BasicDefense.html
shell drill	7 min	https://www.coachesclipboard.net/DefenseShellDrill.html
4 on 4 live shell	8 min	https://www.coachesclipboard.net/DefenseShellDrill.html
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 offense

review Motion-1

review Motion-2

review Motion-3

in subsequent practices, once all players know motion1,2 and 3 well - you can add plays Loyola, Baseline-3 and High-2