

PRACTICE PLANS BEGINNER

- Expectations - ELM TREE
 - Effort, Attitude
 - Learn, Listen
 - Mistakes are OK
 - HAVE FUN
- 10 sec high five
- Get to know the court Warm Up
 - Free throw line, paint, black, elbow, three point line, baseline, sideline, inbounds, out of bounds, ½ court
 - Buttckickers, high knees, skips, side shuffle, quick feet, step jump, run
- Dribbling Skills
 - Warm up: ball smacks, ball tips, around the body
 - Fundamentals: athletic stance, eyes up, dribble height, ball position
 - Stationary
 - Movement slow, fast
 - Retreat dribble
 - Game: Cone Up/Cone Down
- Triple Threat/Pivot Foot/Passing
 - Triple threat - strong with the ball, 4 positions
 - Pivot Foot
 - Passing - Thumbs down, Palms out, hit the chest - - hold the pose
 - Game: Monkey in the middle
- Defense
 - Stance- strong, Footwork - heal to toe, Hands- touch distance
 - Lat push drill using the paint
 - Team D drill
- Layups
 - High 5 layups - Cone 1 then advance to cone 2
 - Use ball
- Shooting
 - Form shooting no ball - stance, hand placement, follow through
 - Basket shooting
 - Game: Block shooting
- 3 ON 3