

Basketball – Team Practice Format

Practice Segments:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row). They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - a. 3 – Man Weave
 - b. 3 vs. 2 --- 2 v 1
3. Defensive Series: Use the entire gym and make them get as loud as possible (the instructor must have LOTS of ENERGY!)

Teaching point:

 - *Stance
 - *Slides (left/right & forward/backwards)
 - *Machine gum
 - *Block Shot
4. Michigan State 3 man weave: (To run this drill you need 5 basketballs – two players go to the other end with basketballs (these players are standing underneath the basketball below each block) while everyone else gets into three lines to form three man weave. Three man weave is executed and after the last pass is made to the player making the lay-up – the two guys with the basketballs at the other pass to the players that didn't shoot doing 3 man weave. The guy that made the lay-up will go back the other way doing 3 man weave with the exact same thing happening at the other end with two guys passing to the other 2 players that don't shoot. **MAKE THIS A TEAM COMPETITION AND SEE HOW MANY BASKETS EVERYONE CAN MAKE IN 4 min.**
5. 1 vs. 1 Tournament: Play to 2 points and players can only dribble 4 times. Winner stays at his own hoop and counts the number of wins. Play for 20 min and find the top 4 players.
6. Key Concepts:
 - Triple Threat
 - Pump Fake
 - Crossover Dribble
 - Drive and Dish
 - Follow Your Shot
 - V – Cut
 - Back Door Cut
 - Setting A Screen
 - Pick and Roll
 - Turn in High Post and Look Opposite