

11/8/2016

Time	Activity
6:30 to 6:35	Free shoot
6:35 to 6:45	Introductions, goals, mission, schedule
6:45 to 6:55	Large circle ball handling
6:55 to 7:00	Water break
7:05 to 7:15	Weave cones and layups (left and right)
7:15 to 7:25	3 person triple threat cut through
7:25 to 7:30	Water break
7:30 to 7:45	3 on 2 and 2 on 1
7:45 to 7:55	10 point shooting contest
7:55 to 8:00	Running with ball (half and full court)

**Coaches and new players**

Brooklyn, McKenzie, Jady, Cyanne, Kaitlyn

**Team Mission**

Teamwork, Character, Fun

**Team Goals**

Build skill, game experience, 7th grade prep

**Schedule**

ball handling, layups, triple threat, 3 on 2  
10 point, conditioning with ball

**Large Circle Ball Handling**

Around head, waist, legs, figure 8  
Dribble high, medium, low (both hands)  
Dribble between legs, behind back, U shape

**Weave Cones finish with Layup**

Coach defender on last cone  
Coach catch and pass after last cone for layup

**3 Person Triple Threat**

center and wings, center fakes shot and pass  
to wing, cut through, opposite wing replaces  
cutter to wing spot, wing to center and restart

**3 on 2 and 2 on 1**

center player is back on defense

**10 point shooting contest**

wings and center (same shots for warmup)

**Running with ball**

11/10/2016

Time	Activity
6:30 to 6:35	Review of Tuesday, goals for tonight, announcements
6:35 to 6:55	Ball handling Water break
7:00 to 7:20	Passing
7:20 to 7:35	Shell Drill Water break
7:35 to 7:55	Layups and Shooting
7:55 to 8:00	Flex time, review, reminders

**Review**

Our observations including Macie  
(dribble height & control, weak passing, layup footwork, 2 hand shooting)  
No practice on Tuesday, added Saturday, have parents watch email

**Ball Handling**

Stationary ball handling - wraps and pound dribbles  
Movement ball handling - speed, stutter, and crossover dribble

**Passing (Craig)**

Partner line passing (chest, bounce, over head)  
Monkey in the Middle  
3 man weave

**Shell Drill (Craig)**

emphasize positions and movement

**Shooting**

practice layups (demo form and line up like pre-game)  
form shooting on line  
form shooting in 10 point game

11/17/2016

Time	Activity
6:30 to 6:35	Review of last Tuesday, goals for tonight, announcements
6:35 to 6:55	Ball handling Water break
7:00 to 7:15	Passing
7:15 to 7:35	Layups and Shooting Water break
7:35 to 7:55	review the shell and 3 on 3 games
7:55 to 8:00	Flex time, review, reminders

#### **Review**

Work hard so we can move to game situations and scrimmage  
dribble height & control, strong passes, layup footwork, 2 hand shooting (form shoot when waiting)  
No practice on Thanksgiving, added this Saturday, have parents watch email

#### **Ball Handling**

Stationary ball handling - wraps and pound dribbles  
Movement ball handling - speed, stutter, pivot, lines with ball, and crossover dribble  
Rebecca shows dribble around cones, layup with defender, defender passes, another layup

#### **Passing**

Partner line passing (chest, bounce, over head)  
Monkey in the Middle  
3 man weave and shuffle/run up court and pass

#### **Shooting**

practice layups (demo form and line up like pre-game)  
Rebecca shows Pentagon version of shooting contest

#### **3 on 3**

Emphasize floor spacing, help defense, screens, pick and roll, keep moving

11/19/2016

Time	Activity
8:30 to 8:35	Review of Thursday, goals for tonight, announcements
8:35 to 8:55	Ball handling Water break
9:00 to 9:15	Passing
9:15 to 9:30	Pre-game routine Water break
9:35 to 9:45	Out of bounds play 1 and offense play 1
9:45 to 10:00	5 on 5 scrimmage and free throws

#### **Review**

Work hard so we can move to game situations and scrimmage

dribble height & control, strong passes, layup footwork, 2 hand shooting (form shoot when waiting)

No practice on Thanksgiving, added this Saturday, have parents watch email (shooting shirts ordered, game jerseys on Tuesday)

#### **Ball Handling**

Stationary and movement ball handling

Movement ball handling - speed, stutter, pivot, crossover, pair up and do offense and defense up and down court

#### **Passing**

Shuffle with chest and bounce pass - finish with layup

Run with chest and bounce pass - finish with layup

3 man weave

#### **Pre Game**

2 line layups and jump shots with box out

3 man weave with layup

#### **Plays (stack and post exchange)**

Remind team that I will email the youtube videos to watch and practice drawing out on paper

#### **5 on 5 scrimmage and free throws**

#### **Teams**

Black Taylor, McKenzie, Grace, Sofia, Ruby

Red Heather, Tess, Jadyn, Chloe, Allie, *Nana Yaa (sub)*

Green Brooklyn, Claire, Mary, Madison, Cyanne, *Kaitlyn (sub)*

11/22/2016

Time	Activity
6:30 to 6:35	Review of Saturday, goals for tonight, announcements
6:35 to 6:50	Ball handling Water break
7:00 to 7:15	Passing
7:15 to 7:30	Pre-game routine and box out drills Water break
7:35 to 7:45	Out of bounds play 1 and offense play 1
7:45 to 8:00	5 on 5 scrimmage and free throws

**Review**

What are our goals? Team - Character - Fun  
shooting prior to practice needs to improve, dribble height & control, strong passes, shooting form, rebounding  
No practice on Thanksgiving, added Saturday, game jersey's after practice, tournament on December 3 players and plan

**Ball Handling**

Stationary and movement ball handling (add 2 ball dribbling)  
Movement ball handling - speed, stutter, pivot, crossover, pair up and do the 2 ball dribbling

**Passing**

Shuffle with chest and bounce pass - finish with layup  
Run with chest and bounce pass - finish with layup  
3 man weave

**Pre Game**

2 line layups and jump shots with box out  
3 man weave with layup

**Plays (stack and post exchange)**

Place in 1,2 3 positions and 4,5 positions. Practice some moves. Review the 2 out of bounds plays.

**5 on 5 scrimmage and free throws**

Other: Mikan drill for 40 quick shots, 5 tips off the board and finish  
Drop step drill, drop step with power dribble, always chin the ball  
keep ball high when changing direction in the post, hold arm down  
on defense and deny, teach step through, box out (face, touch, turn)

**Teams**

Black Ruby, Taylor, McKenzie, Grace, Sofia  
Red Heather, Tess, Chloe, Jadyn, Allie, *Nana Yaa (sub)*  
Green Claire, Brooklyn, Mary, Madison, Cyanne, *Kaitlyn (sub)*

11/26/2016

Time	Activity
9:30 to 9:45	Review of Tuesday, goals, announcements
9:45 to 10:00	Ball handling
10:00 to 10:15	Passing
10:15 to 10:30	Man to Man and Team Defense, Rebounding
10:30 to 10:45	Run plays - out of bounds, play lanes, play 4
10:45 to 11:00	Pre-game routine and box out drills
11:00 to 11:30	5 on 5 scrimmage

#### **Review**

What are our goals? Team - Character - Fun  
good shots pre practice, rebounding and defense  
tournament on December 3 (score 30 allow 20)

#### **Ball Handling**

ball handling (add 2 ball and defender)

#### **Passing**

2 line passing up and down court  
Monkey in the middle

#### **Defense**

Demo close out and do the close out drill  
Review the shell drill  
Move from shell drill into team rebounding

#### **Plays**

Review both out of bounds plays  
Introduce the positions and lanes  
play 4 is backdoor motion

#### **Pre Game**

2 line layups and jump shots with box out  
2 lines under hoop pass and shoot  
3 man weave with layup (2 pass, center finish)

#### **5 on 5 scrimmage and free throws**

Other: Mikan drill for 40 quick shots, 5 tips off the board and finish  
Drop step drill, drop step with power dribble, always chin the ball  
keep ball high when changing direction in the post, hold arm down  
on defense and deny, teach step through, box out (face, touch, turn)  
defensive in the block, close out drill, demo close out (sprint, parachute, choppy feet)  
warwick rebound 3 players

#### **Teams**

Black Taylor, Tess, Grace, Chloe, Allie, Brooklyn, Madison, Cyanne

Red Ruby, Heather, McKenzie, Jadyn, Sofia, Claire, Mary, Kaitlyn, Nana Yaa

11/29/2016

Time	Activity
6:30 to 6:35	Review of Tuesday, goals, announcements
6:35 to 7:00	Ball handling and passing (shorter version)
7:00 to 7:20	Defense: 1 on 1 close out drill, group close out and rebound
7:20 to 7:40	2 offensive plays and review out of bounds with defenders
7:40 to 8:00	5 on 5 scrimmage

#### **Review**

What are our goals? Team - Character - Fun  
good shots pre practice, rebounding and defense  
tournament on December 3 (score 30 allow 20)

#### **Ball Handling and Passing**

quick in circle, then lines, then paired lines, then with defender

#### **Defense**

Setup 1 on 1 close out on 4 baskets, move to teams of 4 on close out shell drill

#### **Plays**

Quick review both out of bounds plays with defenders  
Review the positions and lanes  
Offensive play 1 is post exchange and play 2 is backdoor motion

#### **5 on 5 scrimmage and free throws**

Other: Mikan drill for 40 quick shots, 5 tips off the board and finish  
Drop step drill, drop step with power dribble, always chin the ball  
keep ball high when changing direction in the post, hold arm down  
on defense and deny, teach step through, box out (face, touch, turn)  
defensive in the block, close out drill, demo close out (sprint, parachute, choppy feet)  
warwick rebound 3 players

#### **Teams**

Black Taylor, Tess, Grace, Chloe, Allie, Brooklyn, Madison, Cyanne  
Red Ruby, Heather, McKenzie, Jadyn, Sofia, Claire, Mary, Kaitlyn, Nana Yaa

12/1/2016

Time	Activity
6:30 to 6:35	Review of Tuesday, goals, announcements
6:35 to 6:50	Ball handling and passing (short version)
6:50 to 7:05	Defense: 1 on 1 close out drill
7:10 to 7:30	2 offensive plays and review out of bounds with defenders
7:30 to 8:00	5 on 5 scrimmage

**Review**

What are our goals? Team - Character - Fun  
good shots pre practice, rebounding and defense  
tournament on December 3 (score 30 allow 20)

**Ball Handling and Passing**

quick in circle, then lines, then paired lines

**Defense**

Setup 1 on 1 close out on 4 baskets if available or use 2 baskets in groups

**Plays**

Quick review both out of bounds plays with defenders

Review the positions and lanes

Offensive play 1 is post exchange and play 2 is backdoor motion

**5 on 5 scrimmage and free throws**

Other: Mikan drill for 40 quick shots, 5 tips off the board and finish  
Drop step drill, drop step with power dribble, always chin the ball  
keep ball high when changing direction in the post, hold arm down  
on defense and deny, teach step through, box out (face, touch, turn)  
defensive in the block, close out drill, demo close out (sprint, parachute, choppy feet)  
warwick rebound 3 players

**Teams**

Black Taylor, Tess, Grace, Chloe, Allie, Brooklyn, Madison, Cyanne

Red Ruby, Heather, McKenzie, Jady, Sofia, Claire, Mary, Kaitlyn, Nana Yaa

12/6/2016

Time	Activity
6:30 to 6:35	Review of Tournament, goals, announcements
6:35 to 7:00	Ball handling including knockout, passing, conditioning
7:00 to 7:20	Shell defense and team passing (teams of 4)
7:20 to 7:40	Post moves, post defense, passing to post
7:40 to 8:00	Shooting - 4 group knockout

#### **Review**

What are our goals? Team - Character - Fun

Game 1: game speed, passing defense matchups, confidence on where to go, rebounding

Game 2: great 1st half of passing and OB plays, fatigue in second half, keep intensity

Game 3: good back door cuts, 2nd string needs to know offense and defensive matchups

#### **Ball Handling and Passing**

circle, 2 ball dribble, full court dribble, paired passing, finish with dribble knockout

#### **Shell Defense and Team Passing**

Teams of 4, coach on baseline, close out, no dribble from offense, only good shots

#### **Post Moves, Defense, and Passing**

Mikan drill for 40 quick shots, drop step drill, drop step with power dribble, chin the ball

Defense deny on both side, teach step through in front

Pass to the post with leading passes and high to hand

#### **Shooting**

Play knockout with 4 hoops, win you stay and lose you run to hoop on your right

Practice free throws and shooting form

12/13/2016

Time	Activity
6:30 to 6:35	Review and announcements
6:35 to 7:00	Ball handling including knockout, passing, conditioning
7:00 to 7:20	Shell defense and team passing (teams of 4)
7:20 to 7:40	Review offensive plays
7:40 to 8:00	Scrimmage and free throws

**Review**

Practice or scrimmage on Saturday at 5th Street - 8:30 to 10:00 (trying to line up with the Thunder team)

CF Promo orders are in and Joe will bring to practice on Thursday if you don't pick up

Pre-game shooting shirts will be ready and at practice on Thursday. \$30 check to CF Promo

Work on team defense, knowing offensive plays, screens and cuts, more passing and less dribbling

**Ball Handling and Passing**

circle, 2 ball dribble, full court dribble, paired passing, finish with dribble knockout

**Shell Defense and Team Passing**

Teams of 4, coach on baseline, close out, no dribble from offense, only good shots

**Review Offensive Plays**

Play 1, 2, and movement without a play

Practice all plays with defensive pressure

Have the 2 and 3 position players break to the hoop and back to the 3 point line to get open (don't just stand)

**Scrimmage and Free Throws**

Scrimmage with teams shown below

Practice free throws and shooting form (make 5 free throws before leaving practice)

**Teams**

1 Taylor -1, Tess -2, Grace -3, Sofia -4, Cyanne -5, Jady - 2/3/4, Brooklyn - 2/3/4, Mary 2 or 3

2 Ruby -1, Heather -2, Chloe -3, McKenzie -4, Allie -5, Claire -2/3, Madison -3/4/5, Nana Yaa -5

12/15/2016

Time	Activity
6:30 to 6:35	Review and announcements
6:35 to 7:05	Ball handling including knockout, passing, conditioning
7:05 to 7:20	Shell defense and team passing (teams of 4)
7:20 to 7:40	Review offensive plays
7:40 to 8:00	Scrimmage and free throws

**Review**

Practice on Saturday at 5th Street - 8:30 to 10:00 (watch email on Friday afternoon for cancellation)  
Work on team defense, knowing offensive plays, conditioning, game knowledge, free throws

**Ball Handling and Passing**

circle, 2 ball dribble, full court dribble, bobcat with dribble, paired passing, finish with dribble knockout  
Continuous 3 on 2

**Shell Defense and Team Passing**

Teams of 4, coach on baseline, close out, no dribble from offense, only good shots

**Review Offensive Plays**

Practice all plays with defensive pressure

**Scrimmage and Free Throws**

Scrimmage with teams shown below  
Practice free throws and shooting form (make 5 free throws before leaving practice)

**Teams**

- 1 Taylor -1, Tess -2, Grace -3, Sofia -4, Cyanne -5, Jady - 2/3/4, Brooklyn - 2/3/4, Mary 2 or 3
- 2 Ruby -1, Heather -2, Chloe -3, McKenzie -4, Allie -5, Claire -2/3, Madison -3/4/5, Nana Yaa -5

12/21/2016

Time	Activity
7:00 to 7:05	Review and announcements
7:05 to 7:15	Ball handling, passing, warm up
7:15 to 7:30	Shell drill to work on offensive passing and movement plus defense and rebounding
7:20 to 7:40	Review plays, add side out of bounds
8:15 to 8:30	Free Throws

**Review**

Work on team defense, knowing offensive plays, game knowledge, free throws  
Be ready to play tomorrow at 4 pm

**Ball Handling and Passing**

circle, full court dribble, paired passing

**Shell Defense, Team Passing, Rebounding**

Teams of 4, coach on baseline, close out, no dribble from offense, only good shots

**Review Offensive Plays**

Practice all plays with defensive pressure

**Free Throws**

Practice free throws and shooting form (make 5 free throws before leaving practice)

**Teams**

Black Ruby, Claire, Brooklyn, McKenzie, Allie  
Red Taylor, Grace, Chloe, Jady, Sofia  
Green Heather, Tess, Mary, Madison, Cyanne

12/29/2016

## Activity

### Review

Great team defense with help, good open shots, team/character/fun

Team rebounding: We get around 30 when we win and 15 when we lose. Leaders are Sofia, Allie, and Grace

Manage turnovers: We average about 15 per game. We need to reduce with better passing and catching (hands up)

Need to improve conditioning, passing to moving players, V cuts on the wings

scoring around the hoop, free throws, and longer distance shooting

### Do

Shoot off backboard, grab rebound and score. Don't stop until basket is made

Breakaway layups: Start at opposite key, simulate the steal with 3 lines. Work on speed and footwork.

1,2, and 3 position players work on V cut and proper screen away. Minimum of 2 passes and score

4,5 players work on post moves (drop steps, pivot and face, pass back to wing, proper defense)

Shooting under pressure: 3 players in the lane. Each has to make 3. All players battle for rebounds and scoring

Practice free throws

1/5/2017

Time	Activity
6:30 to 6:35	Review and announcements
6:35 to 7:00	Ball handling, passing, warm up
7:00 to 7:20	Shell drill to work on offensive passing, defensive movement, and rebounding
7:20 to 7:40	Shooting
7:40 to 8:00	Scrimmage

**Review**

Work on team defense, rebounding, conditioning, V cuts, scoring around the hoop  
Next practice on Saturday at 9:30, Pictures on Tuesday at 6:30

**Ball Handling and Passing**

circle, full court dribble, paired passing, full court layups

**Shell Defense, Team Passing, Rebounding**

Teams of 4, coach on baseline, close out, no dribble from offense, only good shots

**Shooting**

Shoot off backboard, grab rebound and score. Don't stop until make 5 per side  
2 line shooting

**Scrimmage**

Encourage free offensive movement without running plays (proper screens, pick and roll, etc)

**Teams**

Black Ruby, Claire, Chloe, McKenzie, Allie  
Red Taylor, Grace, Mary, Jadyn, Sofia  
Green Heather, Tess, Brooklyn, Madison, Cyanne

1/7/2017

Time	Activity
9:30 to 9:45	Review of warm up shooting, schedule for today, next week, goals
9:45 to 10:00	Ball handling
10:00 to 10:15	Passing and Shooting
10:15 to 10:30	Man to Man and Team Defense, Rebounding
10:30 to 10:45	Run plays - out of bounds, play lanes, play 4
10:45 to 11:00	Pre-game routine and box out drills
11:00 to 11:30	5 on 5 scrimmage

**Review**

What are our goals? Team - Character - Fun  
good shots pre practice, rebounding and defense  
tournament on January 14 (score 30 allow 20)

**Ball Handling**

ball handling (warm up, pivots, spins, with defender)

**Passing**

2 line passing up and down court with layup and jump shot finish  
Full court weave and finish with layup  
2 line shooting drill - first team to 20

**Defense**

Close out, shell, play 1 drill, emphasize good screens and rebounding

**Plays**

Review out of bounds plays  
Introduce the play 2 and 4 press break

**Pre Game**

2 line layups and jump shots with box out  
2 line shooting drill

**5 on 5 scrimmage and free throws**

**Teams**

Team 1 Taylor, Heather, Grace, Chloe, Allie, Brooklyn, Madison, Cyanne

Team 2 Ruby, Tess, Jady, McKenzie, Sofia, Claire, Mary, Nana Yaa

1/10/2017

Time	Activity
6:30 to 6:50	Pictures
6:50 to 7:00	Review
7:00 to 7:20	Passing and Shooting
7:20 to 7:50	Run plays - out of bounds, play lanes, play 4
7:50 to 8:00	Pre-game routine

**Review**

What are our goals? Team - Character - Fun  
Need better attention, focus, effort in practice. Intensity for the game  
Tournament on Saturday (score 30 allow 20)  
Effort in practice will determine how much you play on Saturday

**Ball Handling**

full court ball handling (warm up, pivots, spins with defender)

**Passing**

2 line passing up and down court with layup and jump shot finish

**Plays**

Setup play 4 for full court press  
Review out of bounds plays  
Review offense play 1 and 2

**Pre Game**

2 line layups and jump shots with box out  
2 line shooting drill, start with layup and move out  
Shoot free throws

**Teams**

Team 1 Ruby, Heather, Jady, Sofia, Cyanne  
Team 2 Taylor, Grace, Chloe, McKenzie, Allie  
Team 3 Claire, Tess, Mary, Brooklyn, Madison, Nana Yaa

1/12/2017

Time	Activity
6:30 to 6:50	Review, ball handling, passing, shooting
6:50 to 7:15	Review plays
7:15 to 7:30	Pre-game routine
7:30 to 7:50	Scrimmage
7:50 to 8:00	10 point, conditioning, free throws

**Review**

Need better attention, focus, effort in practice. Intensity for the game  
Tournament on Saturday (score 30 allow 20, defense, rebound, intensity)

**Ball Handling, Passing, Shooting**

full court ball handling (warm up, pivots, spins)  
2 line passing up and down court with layup and jump shot finish  
2 line shooting drill

**Plays**

Review play 4 for full court press  
Review out of bounds plays  
Review offense play 1 and 2

**Pre Game**

2 line layups and jump shots with box out  
2 line shooting drill, start with layup and move out

**Scrimmage**

**10 Point, Conditioning, Free Throws**

**Teams**

Team 1 Ruby, Tess, Jady, Sofia, Cyanne, Heather, Brooklyn, Claire  
Team 2 Taylor, Chloe, Grace, McKenzie, Allie, Mary, Madison, Nana Yaa

1/17/2017

Time	Activity
6:30 to 6:40	Review
6:40 to 7:00	Ball handling and passing
7:00 to 7:20	Shooting Drills (form, dribble, pass)
7:20 to 7:40	Free throws
7:40 to 8:00	3 on 2 continuous and conditioning

#### **Review**

Tournament: great intensity, passing, and shooting, pressure in final game made us play to our habits  
Continue strong attention, focus, effort in practice. Intensity for the game  
Share evaluation form and return on Thursday

#### **Ball Handling and Passing**

circle with standards and then form shooting example at the end  
full court ball handling (warm up, crossover, pivots, spins, shot fake, ball fake)  
2 ball dribble up and down the court with a partner  
2 line passing up and down court with layup and jump shot finish  
Demonstrate the movement and passing on play 1

#### **Form Shooting - use all the hoops**

Form shoot - demonstrate first - show the value of spin on the ball  
Shoot off the dribble - demonstrate first  
Shoot off the pass - demonstrate first

#### **Free Throws**

Demonstrate the need for routine  
Shoot in pairs and make 2, then run, shoot again

#### **3 on 2 Continuous**

#### **Conditioning**

Setup shell defense but show post players how to defend  
Close out drill, team rebounding, 3 person rebounding contest  
Post moves and passing to the post  
Dribble knock out  
Shell drill with coach at baseline  
Lightning

1/19/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 6:50	Ball handling, passing lines, 2 line shooting
6:50 to 7:10	Shell defense and team rebounding
7:10 to 7:30	Review plays - focus on ball fakes and back door cuts
7:30 to 8:00	Scrimmage, Free Throws, and conditioning if needed

**Review**

Continue strong attention, focus, effort in practice. Intensity for the game  
Finish evaluation forms

**Ball Handling and Passing**

circle with standards and then form shooting example at the end  
full court ball handling (warm up, crossover, pivots, spins, shot fake, ball fake, form shoot)  
2 line passing up and down court and finish over 50% of layups  
2 line shooting - start close and work out to 15 feet

**Shell defense and team rebounding**

Do shell with post players at the blocks - demo proper post defense - no passing only screens on offense  
Transition to team rebounding - review proper block out, reinforce need for intensity

**Review Plays**

Perfect play 1 with ball fakes and back door cuts  
Review press break play 4

**Scrimmage, Free Throws, Conditioning**

Teams shown below

**Future Practices**

3 person rebounding contest  
Post moves and passing to the post  
Dribble knock out  
Lightning  
3 on 2 Continuous  
2 ball dribble up and down the court with a partner

Team 1 Ruby, Tess, Jadyn, Sofia, Cyanne, Heather, Brooklyn, Madison

Team 2 Taylor, Chloe, Grace, McKenzie, Allie, Mary, Claire, Nana Yaa

1/24/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 6:50	Ball handling, passing lines, 3 on 2 / 2 on 1
6:50 to 7:20	Add 1-2-1-1 press and review plays - focus on ball fakes and back door cuts
7:20 to 8:00	Scrimmage, Free Throws, and conditioning if needed

**Review**

Continue strong attention, focus, effort in practice. Intensity for the game  
Rules for Saturday include zone defense and full court press

**Ball Handling and Passing**

full court ball handling (warm up, crossover, pivots, spins, ball fake with form shoot)  
2 line passing up and down court and finish over 50% of layups  
3 on 2 and 2 on 1

**Add Full Court Press and Review Plays**

Add 1-2-1-1 full court press  
Review press break play 4  
Perfect play 1 with ball fakes and back door cuts

**Scrimmage, Free Throws, Conditioning**

Teams shown below

Team 1 Heather, Tess, Claire, Sofia, Cyanne, Madison

Team 2 Taylor, Chloe, Grace, McKenzie, Allie, Mary, Brooklyn

1/26/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 6:50	Ball handling and Passing
6:50 to 7:10	Defense
7:10 to 7:40	Plays
7:40 to 8:00	Scrimmage and Free Throws

**Review**

Continue strong attention, focus, effort in practice. Intensity for the game  
Rules for Saturday include zone defense and full court press  
I will be gone next week and expect you to work hard. Coach Carr will visit practice

**Ball Handling and Passing**

full court ball handling (warm up, crossover, pivots, spins, ball fake with form shoot)  
1 on 1 defense  
2 line passing up and down court and finish over 50% of layups  
2 line shooting

**Defense**

Team shell defense  
Rebounding

**Review Plays**

1-2-1-1 full court press  
Review all the plays

**Scrimmage, Free Throws**

Teams shown below

Team 1 Taylor, Claire, Heather, Jady, Cyanne, Madison, Sofia, Nana Yaa

Team 2 Ruby, Grace, Chloe, McKenzie, Allie, Mary, Brooklyn, Tess

1/31/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling and Passing
7:00 to 7:20	Shell Defense
7:20 to 7:40	Rebounding
7:40 to 8:00	Review Half Court Offense and practice Free Throws

#### **Review**

Introduce coach Jerry Carr and have him explain the 7th grade program  
Excellent effort in the tournament. We need to focus on fundamentals at a faster pace  
Game stats: Points scored = 17, Points allowed = 34, Turnovers = 20, Rebounds = 22  
Next tournament is in Canby on Feb 11  
Help with tables after practice on Thursday for 15 minutes, Practice Saturday 9-11

#### **Ball Handling and Passing**

ball handling in the large circle  
full court ball handling (warm up, crossover, pivots, spins, ball fake with form shoot)  
1 on 1 defense up and down the court  
2 line passing up and down court and finish over 50% of layups

#### **Defense**

Team shell defense - no dribble and 3 passes before a shot (consider 5 offense and 4 defense players)

#### **Rebounding**

Team rebounding or Coach Carr rebound drill (setup teams as shown below)

#### **Review Half Court Offense play 1 and 2 with defense that over plays**

#### **Free Throws if Time**

Team 1 Taylor, Tess, Jady, Sofia, Cyanne, Heather, Madison, Nana Yaa

Team 2 Ruby, Grace, Chloe, McKenzie, Allie, Claire, Brooklyn, Mary

Match players up in the order they are listed (Ruby vs Taylor, Tess vs Grace, etc)

2/2/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling and passing
7:00 to 7:20	One on one and shell defense
7:20 to 8:00	Review half court offense and scrimmage
8:00 to 8:15	Setup tables for science fair

**Review**

2 games in Flandreau on Saturday morning - Dell Rapids and Flandreau - See the app for details  
Practice with speed and intensity. Think ahead during scrimmage  
Help with tables after practice on Thursday for 15 minutes

**Ball Handling and Passing**

ball handling in the large circle  
full court ball handling (warm up, crossover, pivots, spins, ball fake with form shoot)  
1 on 1 defense up and down the court  
2 line passing up and down court and finish over 50% of layups

**Defense**

Team shell defense - no dribble and 3 passes before a shot (consider 5 offense and 4 defense players)

**Review half court offense plays, include defenders**

Team 1 Taylor, Tess, Jadyn, Sofia, Cyanne, Heather, Madison, Nana Yaa

Team 2 Ruby, Grace, Chloe, McKenzie, Allie, Claire, Brooklyn, Mary

Match players up in the order they are listed (Ruby vs Taylor, Tess vs Grace, etc)

2/7/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling and passing
7:00 to 7:20	One on one, shell defense, rebounding
7:20 to 8:00	Review half court offense and scrimmage

**Review**

Flandreau review - great team defense and sharing the ball, need to work on speed, screens, rebounding

Top Rebounders with 10 each - 52 and 34, Top Assists with 2 each - 12, 22, 34, 42

Lets work hard with speed. Games on Saturday will be on email and app tonight

**Ball Handling and Passing**

ball handling in the large circle

full court ball handling (warm up, crossover, pivots, spins, ball fake with form shoot, 1 on 1 defense)

2 line passing up and down court and finish over 50% of layups

2 line shooting at hoops to reach 5 makes times number of shooters. Keep moving and use inside pivot

**Defense**

Team shell defense - no dribble and 3 passes before a shot

**Review half court offense plays, include defenders**

Team 1 Taylor, Tess, Jady, Sofia, Cyanne, Heather, Madison, Nana Yaa

Team 2 Ruby, Grace, Chloe, McKenzie, Allie, Claire, Brooklyn, Mary

Match players up in the order they are listed (Ruby vs Taylor, Tess vs Grace, etc)

Team 1 Ruby, Tess, Grace, McKenzie, Allie

Team 2 Taylor, Chloe, Jady, Sofia, Cyanne

Team 3 Heather, Claire, Brooklyn, Madison, Nana Yaa, Mary

2/9/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling and passing with defense
7:00 to 7:15	Shell with rebounding
7:15 to 7:45	Walk through plays and scrimmage
7:45 to 8:00	10 point shooting and free throws

**Review**

Practice with intensity and speed. Work hard to get ready on Saturday

**Ball Handling and Passing**

ball handling in the large circle

full court ball handling (warm up, crossover, pivots, spins, ball fake with form shoot, 1 on 1 defense)

2 line passing up and down court and finish over 50% of layups

**Shell with Rebounding**

Break into groups and demonstrate

**Walk through plays and scrimmage with speed**

**10 point shooting and free throws**

Team 1 Taylor, Tess, Jacy, Sofia, Cyanne, Heather, Madison, Nana Yaa

Team 2 Ruby, Grace, Chloe, McKenzie, Allie, Claire, Brooklyn, Mary

2/14/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling, passing with defense, form shooting
7:00 to 7:20	Rebounding
7:20 to 7:40	Layups and shooting off the dribble
7:40 to 8:00	Conditioning, 10 point shooting, Free Throws

**Review**

Practice with intensity and speed. Work hard to get ready on Saturday

I was frustrated not disappointed. We need to be fully focused on our job for the team and the game

Need to improve passing, rebounding, shooting, knowing the plays, use Connecticut example

**Ball Handling and Passing**

ball handling in the large circle also review the form shooting

2 line passing up and down court and finish over 50% of layups

2 lines with monkey in the middle

**Rebounding**

Craig examples. Consider 3 player contest

**Layups**

Demonstrate step from block, then 1 dribble from elbow, then catch from wing, then full court with D

**Conditioning, 10 point shooting, Free Throws**

Team 1 Taylor, Tess, Jadyn, Sofia, Cyanne, Brooklyn, Claire, Madison

Team 2 Ruby, Grace, Chloe, McKenzie, Allie, Nana Yaa, Heather, Mary

2/16/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling, passing with defense, form shooting
7:00 to 7:20	Rebounding and defense
7:20 to 7:40	Walk through plays
7:40 to 8:00	Scrimmage and 10 point shooting

**Review**

Practice with intensity and speed. Work hard to get ready on Saturday  
Need to improve passing, rebounding, shooting, knowing the plays, the key is focus

**Ball Handling and Passing**

ball handling in the large circle also review the form shooting  
full court dribble at full speed including form shooting  
2 line passing up and down court and finish over 50% of layups  
2 lines full court layup with defender

**Rebounding and Defense**

Team rebounding (Craigs) drill and team shell/rebound  
2 on 2 close out drill

**Walk through plays**

**Scrimmage and 10 point shooting**

Team 1 Taylor, Ruby, McKenzie, Sofia, Allie, Brooklyn, Mary, Nana Yaa  
Team 2 Claire, Heather, Chloe, Jady, Grace, Cyanne, Tess, Madison

2/21/2017

Time	Activity
6:30 to 6:40	Review
6:40 to 7:00	Ball handling, passing with defense, form shooting
7:00 to 7:20	Rebounding and defense
7:20 to 7:40	Layups and shooting with defensive pressure
7:40 to 8:00	Free throw practice, 10 point shooting, conditioning

#### **Review**

Great effort on Saturday. Our defense is better, good rebounding improvement, need to pass and shoot consistently  
We averaged 18.3 points and allowed 18.0. We averaged 24 rebounds.  
Top rebounders on Saturday were Chloe and Taylor at 6, Allie and Ruby at 8, Sofia at 19, and McKenzie at 22

#### **Ball Handling and Passing**

ball handling in the large circle also review the form shooting  
full court dribble at full speed including form shooting  
2 line passing up and down court. Continue until no dropped balls  
Monkey in the middle  
2 lines full court layup with defender (consider doing in passing lane format instead of corner of floor)

#### **Rebounding and Defense**

1 on 1 rebound drill with ball on floor  
4 on 4 rebounding drill and hold for 3 count

**Practice layup form while a defender stands by hoop with hands up. Do the same as a jump shot. (use pre game lines)**  
**Free throws, 10 point shooting, conditioning (reinforce why free throws are so important, they mattered on Saturday)**

Team 1 Taylor, Heather, Grace, McKenzie, Allie, Brooklyn, Claire, Nana Yaa  
Team 2 Ruby, Tess, Chloe, Jady, Sofia, Cyanne, Mary, Madison

3/2/2017

Time	Activity
6:35 to 6:40	Review
6:40 to 7:00	Ball handling, 2 line pass, 2 line layups, 2 line shooting
7:00 to 7:20	Walk through plays
7:20 to 7:50	Scrimmage with press
7:50 to 8:00	Free throw practice and 10 point shooting

**Review**

Great effort in last game. Our defense is better, good rebounding improvement, need to pass and shoot consistently  
We averaged 18.3 points and allowed 18.0. We averaged 24 rebounds.  
Top rebounders on Saturday were Chloe and Taylor at 6, Allie and Ruby at 8, Sofia at 19, and McKenzie at 22

**Ball Handling and Passing**

ball handling in the large circle also review the form shooting  
full court dribble at full speed including form shooting and 2 ball  
2 line passing up and down court. Continue until no dropped balls  
2 line shooting with 20 makes from close, mid, and long range

**Walk through out of bounds, side out of bounds, full court press O/D, half court**

**Scrimmage with 2 or 3 teams**

**Free throws, 10 point shooting, conditioning (reinforce why free throws are so important, they mattered on Saturday)**

Team 1 Taylor, Heather, Grace, McKenzie, Allie, Brooklyn, Nana Yaa

Team 2 Ruby, Tess, Chloe, Jadyn, Sofia, Cyanne, Mary, Madison

Team 1 Taylor, Grace, Mary, Sofia, Cyanne

Team 2 Ruby, Heather, Brooklyn, Jadyn, Allie

Team 3 Chloe, Tess, Madison, McKenzie, Nana Yaa

3/7/2017

Time	Activity
5:00 to 5:05	Review
5:05 to 5:25	Ball handling, 2 line pass, 2 line layups, 2 line shooting
5:25 to 5:30	break and organize teams
5:30 to 6:00	First scrimmage
6:00 to 6:30	Second scrimmage

**Review**

Great effort in last game. Our offense and defense was better late in the day, work on speed and ball control  
11-12 record, scored 26/21, allowed 27/21, 31 assists (Ruby, Taylor, Grace), 17 rebound ave (Allie, Sofia, McKenzie)

**Ball Handling and Passing**

ball handling in the large circle also review the form shooting  
full court dribble at full speed including form shooting and 2 ball  
2 line passing up and down court. Continue until no dropped balls  
2 line shooting with 20 makes from close, mid, and long range

Team 1 Taylor, Ruby, Chloe, McKenzie, Sofia, Tess, Grace, Allie

Team 2 Heather, Claire, Jady, Madison, Cyanne, Mary, Brooklyn, Nana Yaa

3/9/2017

Time	Activity
6:30 to 6:35	Review
6:35 to 7:00	Ball handling, passing with defense, form shooting
7:00 to 7:20	Rebounding and defense
7:20 to 7:40	Walk through plays
7:40 to 8:00	Scrimmage and 10 point shooting

**Review**

Practice with speed and control. Work hard to get ready on Saturday  
Review messages from Sunday/Monday. Tell personal baseball stories

**Ball Handling and Passing**

ball handling in the large circle  
2 ball dribble, 1 ball dribble with footwork  
2 line passing with no drops  
2 lines full court layup with defender

**Offensive play (guards and posts)**

Post passing and moves (see list below), guard passing and movement (list below)

**Defense and rebounding**

Team defense and rebounding

**Walk through out of bounds plays**

Review play 2 and side out of bounds

**Scrimmage and 10 point shooting**

Guards Taylor, Grace, Chloe, Ruby, Heather, Tess, Claire, Mary, Brooklyn

Posts McKenzie, Sofia, Allie, Jady, Madison, Cyanne, Nana Yaa

Team 1 Taylor, Grace, Heather, McKenzie, Jady, Madison, Nana Yaa, Mary

Team 2 Ruby, Tess, Chloe, Sofia, Allie, Claire, Cyanne, Brooklyn

3/14/2017

Time	Activity
6:00 to 6:05	Review
6:05 to 6:30	Ball handling, passing with defense, form shooting
6:30 to 7:00	Rebounding and defense
7:00 to 7:20	Continuous 3 on 3
7:20 to 7:30	Free throw shooting

**Review**

Good full court defense, excellent ball movement. Practice with focus, speed, and control.

Review that practice is important. Reference my baseball and basketball examples.

NBA player and Wolters examples. Reference Uconn women practice.

**Ball Handling and Passing**

ball handling in the large circle

2 ball dribble, 1 ball dribble with footwork

2 line passing with no drops

**Rebounding and shooting in traffic**

ball on floor box out drill

3 player box out and score drill

**Continuous 3 on 3**

dribble to the defense, make good decisions

**Free throw shooting**

4/11/2017

Time	Activity
6:00 to 6:30	Contests
6:30 to 6:45	Awards
6:45 to 7:30	Pizza Party

**Dribble Knockout**

3 rounds keeping the top 3 from each round to move into the championship

**Skills Competition**

2 lines, winner of each line moves on, weave cones, pass to coach, finish with made shot

Line 1 front to back: Taylor, Tess, Mary, Chloe, Sofia, Madison, Heather, Allie

Line 2 front to back: Claire, Ruby, Nana Yaa, Grace, McKenzie, Brooklyn, Jady, Cyanne

**Lightning**

Same groups as Line 1 and 2. Final 4 on 1 basket

**10 Point Shooting**

Same groups as Line 1 and 2

**Present contest awards and open gym DQ recognition (Ruby, Sofia, Heather, Mary, Jady, Allie, McKenzie)**

**Discuss information on the handout (letter, results, awards, framed pictures)**

**Collect jersey's and return checks**

**Collect payment from Cyanne, Brooklyn, Heather, Mary, Sofia, and McKenzie**

43.50, 43.50, 130, 79.50, 95.50