

WEEK 4 LESSON PLANS

A. JOG around court twice dribbling ball.

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✳ CRISSCROSS APPLESAUCE (NO BALL!)

B. TEACH LAYUP

- ✳ GO UP WITH **LEG** YOU WANT TO **SHOOT WITH.**
- ✳ TAKE OFF WITH **OPPOSITE FOOT** AS SHOOTING HAND
- ✳ NOT **TOO FAR UNDER** BASKET—COACH STAND THERE
- ✳ GO **STRAIGHT UP** FOR HEIGHT
- ✳ LAY IN **OFF BACKBOARD** AND **NOT OVER RIM**
- ✳ **NEVER** MAKE LAY-UP ON **LEFT SIDE W/ RT HAND=DEFENSE BLOCK IT.**
- ✳ LAYUP FOR **NON-DOMINANT** HAND **ASAP!!**
- ✳ **HIGH AS POSSIBLE** WHEN PUSHING OFF.
- ✳ PUT **DEFENSE PLAYERS** IN FRONT OF SHOOTER SO THEY GET USED TO SOMEONE BEING THERE.
- ✳ "**GO UP STRONG**" THIS MEANS THE PLAYER **MUSCLES UPWARD** WHEN SHOOTING AND THE DEFENSE CAN ONLY PUT ARMS STRAIGHT UP, OTHERWISE THEY FOUL.

LAYUP DRILL: 1/2 CLASS (Does Dribble drills)

- ✳ TWO LINES EITHER SIDE
- ✳ SHOOT & REBOUND OWN SHOT
- ✳ GO TO END OF OPPOSITE LINE

DRIBBLING DRILLS:

1. DRIBBLE RACES: 2 PLAYERS RACE EACH OTHER WHILE DRIBBLING.

- ✳ PUT CONE AT FAR END.
 - ✳ MUST GO AROUND CONE
 - ✳ THEN SPEED DRIBBLE BACK
 - ✳ TOUCH COACH'S HAND
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2. CROSSOVER DRILL-(LAST WEEK DRILL)

- ✳ DRIBBLE AROUND CONES SWITCHING HANDS AND DRIBBLE BACK STRAIGHT.
- ✳ NEXT PLAYER GOES WHEN 1ST PLAYER @ CONE # 3

3. DOUBLE CROSSOVER. (w/out cones)

DRIBBLE 3 TIMES RIGHTY/THEN 3 TIMES LEFTY

4. CONTROL DRIBBLE:

SLIDE WHILE DRIBBLING ALL WAY DOWN COURT & REVERSE DIRECTION

C. TEACH DEFENSE

DEFENSIVE STANCE (SLIDE/STOP, NO WALK)



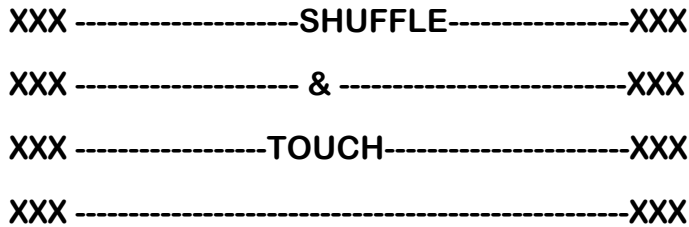
DEFENSE FOR PLAYER THAT STILL HAS ALL THREE OPTIONS:

- ✦ **SHOULDER WIDTH APART**
 - ✦ **FACE OPPONENT**
 - ✦ **BEND KNEES & BUTT LOW**
 - ✦ **BALLS OF FEET**
 - ✦ **SHUFFLE STEP (NO CROSSOVER)**
 - ✦ **PUT RIGHT FOOT FORWARD TO MAKE OPPO GO LEFT**
 - ✦ **RIGHT HAND MIRROR BASKETBALL AS OFFENSE TRIES TO PASS TO DEFLECT IT**
 - ✦ **LEFT HAND FLICKING BASKETBALL UP. IF DOWN= FOULS**
 - ✦ **WATCH THE BELLY BUTTON!!!**
- ✦ *Always be sure your head is lower then the person you are guarding*

DEFENSE DRILLS:

A. SHUFFLE DRILL.

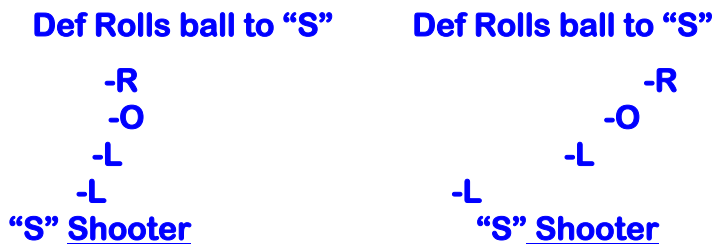
- ✳ 4 LINES OF 3 EACH ACROSS THE FLOOR FROM EACH OTHER.
- ✳ PLAYERS SHUFFLE TO MIDDLE ONE AT A TIME FROM EACH LINE,
- ✳ TOUCH HANDS AND SHUFFLE BACK. GO TO END OF SAME LINE.
- ✳ EMPHASIZE THE SIDE-TO-SIDE SHUFFLE NOT THE CROSSOVER



B. CLOSEDOWN DRILL:

- ✳ DEFENSE ROLLS BALL TO SHOOTER & GOES INTO DEFENSE AGAINST SHOOTER
- ✳ SHOOTER DRIVE TO BASKET FOR A SHOT w Def on him.
- ✳ TRY TO GET OWN REBOUND AS DEFENSE BOXES OUT.
- ✳ DEFENSE THEN GOES TO END OF LINE.
- ✳ AND THEN OTHER SIDE DOES SAME.

BASKET



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TEACH OVERHEAD PASS

OVERHEAD PASS

- ✳ BRING BALL DIRECTLY ABOVE HEAD.
 - ✳ THROWN W/ 2 HANDS (BOTH HANDS) ON SIDE OF THE BALL.
 - ✳ FOLLOW THROUGH
 - ✳ NOT BRING BALL BEHIND HEAD, B/C IT CAN GET STOLEN & IT TAKES A SPLIT-SECOND LONGER TO THROW THE PASS.
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OVERHEAD DRILL:







1. 3 PLAYERS SIDE BY SIDE=PASS TO COACH

COACH
Player Player Player Player

F. DRILLS:

1. HOT POTATO= GET RID OF BALL FAST USING CHEST-BOUNCE-BASEBALL-OVERHEAD

2. MONKEY IN THE MIDDLE =

-  LEARN PASSING AND DEFENSE.
-  STAND IN A CIRCLE
-  HAVE 1- 3 PEOPLE IN THE MIDDLE.
-  ONES IN MIDDLE OF CIRCLE = DEFENSE.
-  BLOCK OTHERS PASSES.
-  ONES THAT MAKE THE CIRCLE, PASS TO SOMEONE THAT'S NOT STANDING RIGHT BESIDE THEM

3.EVERYBODY PASSES BALL DOWN COURT & SHOOT (NO DRIBBLING!!)

YOU AND YOUR BUDDY BOTH (TAKE 1 SHOT)

BASKET

Shoot

Shoot

Pass

XXX Pass to teammate XXX

Pass

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

REST OF TEAM STANDS BACK HERE.



4. DRIBBLE TAG

- Give each player a ball.
- Tell them they have to stay inside coned area
- Each dribble ball while trying to take away the other player's basketballs.
- Go Back in AFTER 10 crossover-coach watch

Then do it w/ pinnies as teams

PROBABLY NOT EVEN TEACH!!!!

DEFENSE FOR PLAYER WHO **ALREADY DRIBBLED & ABOUT TO SHOOT**

- ✳️ PUT HANDS STRAIGHT UP IN THE AIR & AVOID TOUCHING PLAYER WITH THE BALL.

DEFENSE FOR PLAYER WHO **DOES NOT HAVE BALL**

- ✳️ THUMB DOWN & PALM TOWARD BALL-(SLAP AWAY)
- ✳️ PERIPHERAL VISION-1 EYE ON PLAYER AND OTHER ON BALL

BANK SHOT FIRST

DEMO = BANK SHOT: a shot where the ball is first bounced (or banked) off the *backboard* at angle that it then drops into *basket*.

SAME METHOD AS "BEEF"

DRILL:

- ✳️ HALF CLASS ON BOTH SIDES OF BASKET
 - ✳️ OTHER HALF DOING DRIBBLING DRILLS (**SEE BELOW**)
 - ✳️ DEMO DRILLS FIRST
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