



PGMBA

Practice #8 – Grade 7/8 Boys and Girls January 19, 2014

Notes:

0:00 - 0:07 Dynamic warm-up and balance exercises

- start with squats and lunges
- Supermans
- Dynamic running (A, B, C's of running)
- Animal walks (Bear Walk, Kangaroo Skips, inchworm)
- Lane hops and slides

0:07 – 0:15 Give and go passing/layups.... Top spot and wing. V-cuts on wing.

0:15 – 0:25 1. Form shooting in partners 2. 5 minute shooting

0:25 – 0:35 one on one offense (do in mass and then with a coach)

1. Jab and go
2. Jab and cross

0:35 – 0:40 one on one defense

0:40 – 0:50 wing v-cuts to square up one on one (loosely teach denial stance as well)

0:50 – 1:05 3 on 0 pass/cut/fill

- Teaching points... when cutting show at target and finish basket cut with hand under the rim
- Open up to see the ball when you get to the rim and fill the available spot
- Triple threat facing basket on each catch

1:05 – 1:30 3 on 3 off closeout

- coach takes ball after each made basket... defense must start with hand on the ball under the hoop
- reinforce triple threat on each catch
- if offense is having difficulty modify rules so the defense cannot steal the ball outside the 3 pt line
- if ball goes out of bounds the drill resets with the team who knocked ball out starting on defense
- shoot free throws on fouls

1:30 – 2:00 3 on 3 live

- must clear 3 point line after each change in possession and check up top
- change of possession after score