

W.T.P.R Basketball Coaching Clinic

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When teaching young players your first priority is to make sure that this is a fun experience. Full court scrimmage is usually the most fun. Unfortunately this is probably the least productive way for young players to learn the skills necessary to become competent and accomplished .

Skills should be introduced, demonstrated, and put into a drill situation that simulates game experience.

I FOOTWORK

- a) jump stop
- b) pivot (outside)
- c) reverse pivot
- d) stutter step

DRILLS

II CATCHING AND PASSING

- a) stop hand-triple threat
- b) two hand chest pass
- c) two hand bounce pass
- e) one hand pass
- f) skip pass
- g) outlet pass

DRILLS

III DRIBBLING

- a) correct form hand ,head legs
- b) guard hand
- d) height of the dribble

DRILLS

IV SHOOTING (LAY UP AND JUMP SHOT)

- a) shooting hand and fingers
- b) guide hand
- c) legs
- d) shoulders and feet

V DEFENSE

- a) stance
- b) distance
- c) movement
- d) closeout

DRILLS

VI REBOUNDING

- a) defensive outlet pass
- b) offensive

DRILLS

VII ZONE DEFENSE, ZONE OFFENSE

FOR CAMP INFORMATION OR SMALL GROUP INSTRUCTION CALL (856) 307- 0796 or (856) 589-6071

PRACTICE SCHEDULE

Number: 1 Date: 12-1-07 Time: 10:00-11:30

10:00 Warm – up with stationary ball handling drills

10:10 Footwork: UCLA, (jump stop, pivot, and jab series)

10:20 Cycle Lay ups – full court

10:30 DRINK

**10:35 DEFENSE zone slides against no dribble passing
Zone slides against 1 -2 dribbles – close the gaps!**

10:50 Relay races – just for fun, with ball or without

10:55 Passing and Catching – two lines

11:00 Shooting stations - review fundamentals from front of rim, and each side of basket. Focus on hitting the top corner of the back board box!

11:10 Shooting Games – each basket has 4 kids, must make 5 from each of the three spots and race to half court. *Stress getting their own rebound and PASSING it to a teammate.*

11:20 Shooting Games – incorporate making lay ups, with no dribble then 1 dribble, race to half court. *Stress getting their own rebound and PASSING it to a teammate.*

11:30 DRINK

11:35 SCRIMMAGE – 4 on 4 and/or with a coach on the floor to facilitate passing. Stress bounce passes, and not running with the ball.

NOTES: List what needs to be changed or adjusted for next time!!