

## Warrior League Practice Sessions

### Week 1(Jan 6<sup>th</sup>)- Ball Handling

\*Stationary Ball Handling- (1) R/L Hand Low (2) R/L Hand Waist (3) Crossover (4 min)

\*Active Ball Handling- (1) R/L Hand Speed (2) R/L Hand Crossover (4 min)

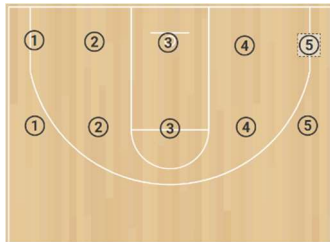
\*Foot work- (1) Jump Stop (2) Front Pivot (3) Reverse Pivot (4 min)

\*Dribble Knockout (Modified) (5 min)

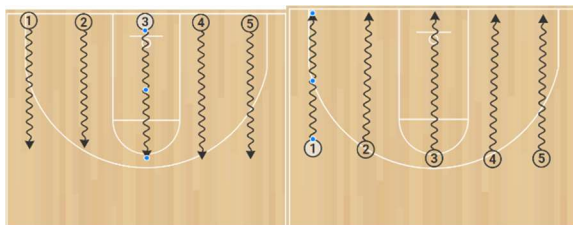
\*Notes:

Ball Handling is the foundation of the sport. It has been my experience that the most important development skill we should teach is dribbling the basketball. The most challenging part of this section will be the weak hand dribble and the pivoting. Make sure to emphasize being able to use both hands. When going right, the ball should be in the right hand and when going left the ball should be in the left hand. Focus on keeping your pivot foot still when pivoting and being able to both front pivot and reverse pivot on either foot to escape defensive pressure.

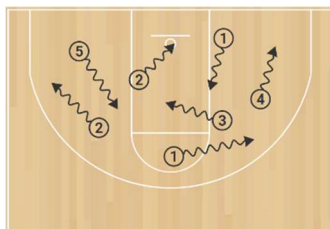
### Stationary Ball Handling



### Active Ball Handling/Foot Work



### Dribble Knockout



## Week 2 (Jan 13<sup>th</sup>)-Passing/Catching

\*Pivot passing- (1) Chest Pass (2) Bounce Pass (5 min)

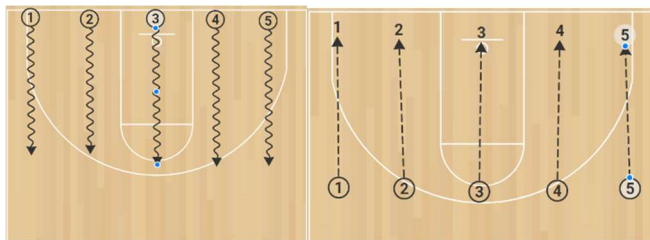
\*Pass, cut, replace- (1) Chest Pass (2) Bounce Pass (5 min)

\*3-man weave (Dribble Handoffs/Back door) (8 min)

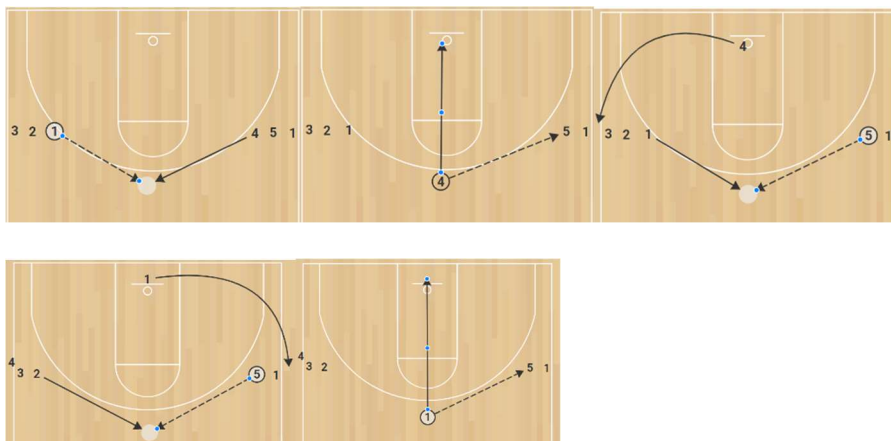
\*Notes:

At this level, catching is as important as passing. Most of the kids can pass much better than they can catch. Place an emphasis on catching with both hands, keeping eyes on the ball, come to the pass, and stepping to pass. I don't think the overhead pass is necessary at this level but if you have more advanced kids, you could throw that in as well. The 3-man weave, with dribble handoffs will incorporate some ball handling and jump stops that were discussed the week before.

### Pivot Passing



### Pass/Cut/Replace



### Week 3 (Jan 20<sup>th</sup>)- Shooting

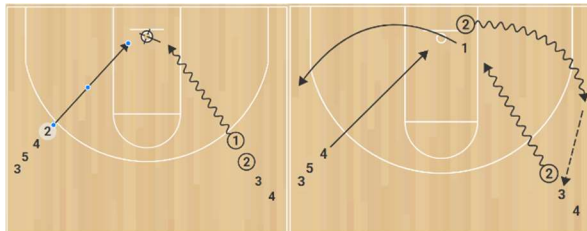
\*Layups- (1) R/L One foot (2) R/L Two foot (9 min)

\*Pull up Jumpers- (1) Left/Right (opposite for lefty) (2) Jump stop (9 min)

\*Notes:

There will be varying levels of skill with shooting based on size, strength, athleticism, and experience. Footwork is the focus with layups and shooting at this stage. If you need to remove restrictions to simplify, then feel free to do so. For example, allow no dribbles or reduce the number of steps by starting them closer to the basket. There are a variety of ways to do layups and jumpers. The most common and easiest is probably 2 lines, one shooting and one rebounding. No need to get super creative here, this skill is about reps.

#### Layups/Pull up Jumpers



## Week 4 (Jan 27<sup>th</sup>)-Defense

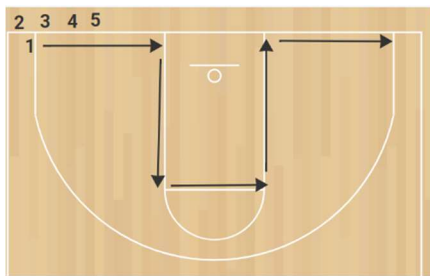
\*Defensive slides/Closeouts (5 min)

\*Shell Drill (15 min)

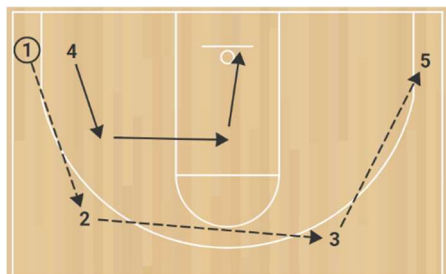
\*Notes:

One thing that we see at the MS and JV levels, is the inability or hesitation to communicate. I think that defense is the perfect place to begin to teach using your voice on the floor. In order to do this, we recommend having the athletes call out every action they make. This also helps the learning process as well as to familiarize them with the terms. Yelling “shot” on the close out or “slide” on defensive slides are good habits to develop. Calling out “ball” and “help” on the shell drill should be encouraged.

### Defensive Slides



### Shell Drill



\*(4) “Jump to the ball” on each pass in order to stay in the proper help side position.

\*The ball should be passed around and back before next defenders turn.

\*Rotation: (1)->(4)->(2)->(3)->(5)->back of line

### **Week 5 (Feb 3)-RECAP**

\*Dribble Knockout (4 min)

\*3-man weave (4 min)

\*Layups (5 min)

\*Shell Drill (5 min)

Notes:

These drills might require a quick overview but should be somewhat familiar to the athletes which will allow you to see how much they have retained or to see any improvements or areas that need to be improved.

### **Week 6 (Feb 3)- 3v3 SSG**

\*FIBA Format 3v3 make it/take it

Notes:

Small sided games allow more players to handle the ball and to make game-like decisions. We recommend not keeping score, or at least not keeping score of made baskets. You could however keep score of successful passes, pivoting properly, or good defensive communication. I've found that awarding points for the behaviors that you want to teach is great reinforcement.