

## JV/V Basketball Practice Plan #1

### **Large Group Agility Warm-Up (5 min)**

- Jog, shuffle, backpedal, sprint
- No crashing
- Use FREEZE command for JV and whistles for V

*We will not use whistles for JV sessions since several games will be going on simultaneously in close space. V will use whistles during large group activity and 5v5 scrimmages. V coaches should own one.*

- V will make team agility lines. JV will go EVERYWHERE.

### **Demo DRIBBLE to large group**

- Spread fingers and use fingertips/pads to push ball down
- Push down hard enough for ball to return to waist height
- Elbows in
- Knees bent
- Head up (eventually)

### **Divide into 4 teams for dribble practice in small groups (5 min)**

- Stationary: L hand, R hand, crossover
- Moving
- Try to learn names

### **Large Group Dribble Game (5 min)**

- *Incredible Shrinking Gym – shrink space kids are allowed to dribble in so they have to be careful to not lose control of their ball.*

### **Demo BOUNCE Pass**

- From chest
- Step towards target
- One bounce
- Catch with hands, not trap with body

### **Divide into 4 teams for bounce pass practice in small groups(5 min)**

- Partners
- Against wall
- Try to learn names

### **Large Group Passing Game (5 min)**

- *Bounce Pass Relay*

### **Demo SHOOTING to large group**

- Elbows bent, ball under chin
- Knees bent
- Look at target
- Uncoil like a spring and shoot ball higher than the rim (arc)
- More advanced (V)will use dominant hand and wrist snap

### **Divide into 4 teams for shooting practice in small group (10 min)**

- Hang hula hoop off rim as alternate target so all can succeed
- Shoot from various spots

### **Large group shooting game (10 min)**

- *Quad Basket*

