

## FL Basketball 1<sup>st</sup>/2<sup>nd</sup> Grade Clinic – Workout #3

### Points of Emphasis:

- Listening
- Fundamentals
- Form over speed/baskets
- Have fun! ... but here to learn and get better so let's try to listen more than we talk

- 1) Dynamic Warm-up (sideline-to-sideline) – 10 minutes
  - a. Jog,  $\frac{3}{4}$  speed, full speed (touch lines!!!)
  - b. High knees
  - c. Butt kicks
  - d. Skips
  - e. Jump stops and land –  $\frac{1}{2}$  way and full (wait for whistle after jump stop)
  - f. Fast feet –  $\frac{1}{2}$  way and full (wait for whistle)
  - g. Step slides & Lateral defensive slides
- 2) Pivoting & Triple-threat – review
- 3) Dribbling (rules of DD/walk, more finger tips/less palm, bend knees/stay low, head up) – 7 min
  - a. Static R-hand & L- hand dribbling, static crossover (3 dribbles, cross)
  - b. R-hand up & back, L-hand up & back
  - c. Crossover up & back, Hesitation move up & back (must have change of pace!)
- 4) Passing (step to the target/meet the pass, strong pass/follow-through/hit teammate in chest)
  - a. Partner stationary passing – 3 minutes
    - i. Chest pass, bounce pass
  - b. Partner sliding passing sideline to sideline – 5 minutes
    - i. Chest pass, bounce pass
- 5) Triple-threat, dribble, jump stop, 360 pivot & pass drill – 5 minutes
  - a. 3 players per group – 2 on the starting sideline and 1 on the opposite sideline
  - b. First player starts in TT and dribbles to opposite sideline teammate, does a jump stop, pivots 360 degrees, and makes a strong chest or bounce pass to teammate
  - c. Second player does the same drill in the opposite direction and the 3 players just keep rotating
- 6) Layups (45 degrees angle to basket, hitting top R corner of box) – 12 minutes
  - a. Review three fundamental parts of a layup → plant L-foot, drive R-knee up, shoot
  - b. Drill #1 (8 minutes) – form lines at cones on the R-wing, pass to coach at the R-elbow, player cuts toward the basket and receives a bounce pass for a layup
  - c. Drill #2 (8 minutes) – full court layups
- 7) Spots on the floor – 5 minutes
  - a. Free throw line, 3-point line, elbow, box, top of the key, sideline, baseline, corner, OB
- 8) 2 Free throws for 2 sprints
- 9) "1,2,3, **Play hard**, 4,5,6, **have fun!**"