

## FL Basketball 1<sup>st</sup>/2<sup>nd</sup> Grade Clinic – Workout #5

### 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. Jump stops and land –  $\frac{1}{2}$  way and full (wait for whistle after jump stop)
  - e. Fast feet –  $\frac{1}{2}$  way and full (wait for whistle)
  - f. Push-up & sprint
  - g. Step slides & Lateral defensive slides
- 2) Dribbling (rules of DD/walk, more finger tips/less palm, bend knees/stay low, head up) – 10 min
  - a. R-hand up & back, L-hand up & back
  - b. Static crossover (3 dribbles, cross)
  - c. Crossover up & back, Hesitation move up & back (must have change of pace!)
- 3) Passing (step to the target/meet the pass, strong pass/follow-through/hit teammate in chest)
  - a. Partner sliding passing sideline to sideline – 5 minutes
    - i. Chest pass, bounce pass
- 4) Pivoting & Triple-threat – review
- 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)
  - a. Review three fundamental parts of a layup → plant L-foot, drive R-knee up, shoot
  - b. Drill #1 (15 minutes) – “V-cut”
    - i. form lines at right wing, extended from the elbow
    - ii. player cuts to block, plants R foot, and runs back to R wing
    - iii. coach passes from elbow to player on the R wing
    - iv. player does reverse pivot to face basket
    - v. player dribbles in for layup
  - c. Drill #2 (15 minutes) – 3 man pass & move away drill into LIVE PLAY
    - i. Setup man at top of the key, R-wing, and L-wing
    - ii. Ball starts in middle, Pass to R side, exchange w L side
    - iii. Ball swings 2 passes to the L side, exchange R side
    - iv. Ball swings 1 pass R to middle
    - v. 3 defensive players come out to match up man-to-man → BALL LIVE
  - d. Drill #3 – Wings V-cut, 1 pass, LIVE PLAY
    - i. Defense matches up man-to-man with offense
    - ii. Both wing players make v-cuts to get open, 1 pass to either wing, BALL LIVE
- 7) 2 Free throws for 2 sprints
- 8) “1,2,3, **Play hard**, 4,5,6, **have fun!**”