

FL Basketball 1st/2nd Grade Clinic – Workout #2

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. Step slides & Lateral defensive slides
- 2) Pivoting & Triple-threat – 7 minutes
 - a. Partner triple threat & pivoting
 - i. Athletic stance, ball on hip, facing the basket, head up to see the court
 - ii. L-foot down for R-handed player, R-foot down for L-handed player
 - iii. After 5-10 seconds of pivoting, pass to partner
- 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
 - b. R-hand up & back, L-hand up & back, R-hand up & L-hand back
- 4) Passing (step to the target/meet the pass, strong pass/follow-through/hit teammate in chest)
 - a. Partner passing – 7 minutes
 - i. Chest pass, bounce pass
- 5) Triple-threat, dribble, jump stop, 360 pivot & pass drill – 12 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 – form lines at cones on the R-wing, dribble in close to the basket, plant L-foot, drive R-knee up, and shoot a layup using the backboard & top-R corner of box
 - c. Game – team layups, first to 3-5 (have to do the same way as practice!)
- 7) Spots on the floor – 5 minutes
 - a. Free throw line, 3-point line, elbow, box, top of the key, sideline, baseline, corner, OB
 - b. Where do the PG/Wings/Post players setup?
- 8) 2 Free throws for 2 sprints
- 9) “1,2,3, **Play hard**, 4,5,6, **have fun!**”