

FL Basketball 1st/2nd Grade Clinic – Workout #4

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. Push-up & sprint
 - f. Straight leg kicks
 - g. Lunges
 - h. Step slides & Lateral defensive slides
- 2) 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!)
- 3) 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
- 4) Pivoting & Triple-threat – review
- 5) Triple-threat, dribble, jump stop, 360 pivot & pass drill – 10 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 (10 minutes) – catch & face the basket drill
 - i. form lines at right baseline near short corner
 - ii. set up 3 cones at L-short wing, free throw line, and R-short wing
 - iii. player goes to cone, catches self-pass in triple threat, pivots to see basket
 - iv. last cone player dribbles in for layup
 - c. Drill #2 (10 minutes) – 3 man pass & move away drill
 - 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 2 passes to R side, player dribbles in for the layup
- 7) Spots on the floor – 5 minutes
 - a. PG/Wings/Post players setup – move away and replace concept w/ 5 players
- 8) 2 Free throws for 2 sprints
- 9) “1,2,3, **Play hard**, 4,5,6, **have fun!**”