# Practice 4 of 12

## Values
### SPORTSMANSHIP 1
- Have players talk about sportsmanship and provide examples of good and bad sportsmanship.

## Warm-Up
### SKIP TAG (1 game)
- A fun warm-up game to prepare the players to practice.

## Building Skills
### TEACH: Ball-Handling
#### STATIONARY FIGURE 8 ROLLS
- Stay in a good stance and work on ball control by rolling it on the court around the legs.
- (1 x 15 seconds each direction)

#### MOVING SIDE TO SIDE ROLLS
- This is a great introduction to moving ball control.
- (1 x half court and back)

#### WALK TO JOG DRIBBLE
- This is a good opportunity for the players to work on dribbling with movement in a controlled drill.
- (2 x down and back)

#### UP OR DOWN GAME
- Play a fun dribbling game to help develop dribbling skills.
- (games of 4 minutes each)

### TEACH: Footwork & Conditioning
#### PIVOTING
- Teach the players the fundamental skill of pivoting.

#### FORWARD PIVOT BASIC
- Help the players gain comfort, confidence, and balance while pivoting.
- (4 x each foot)

### TEACH: Shooting
#### LAY-UP HIGH FIVE DRILL
- A simple high five can teach the fundamentals of a lay-up!
- (3 minutes each side)

#### LAY-UP SKIPS DRILL
- Help the players gain comfort with the proper lay-up form before moving to a ball and a basket.
- (2 x down and back)

#### 1-2 STEP LAY-UPS
- Break down the proper lay-up form as the players put it into action.
- (3 x 1 min each)

## Team Concepts
### FUNDAMENTALS OF CUTTING
- A cut is an offensive movement that a player makes to get open for the ball. There are several of types of cuts to learn.

#### PASS & CUT DRILL
- Work on passing, cutting, and finishing with a lay-up.
- (2-3 minutes each way)

#### SIDE/LATERAL PUSH DRILL
- Work on the defensive movement of pushing to stay in front of an offensive player.
- (3 x 15 seconds)

## Competing
### 1 ON 1 NUMBERS GAME
- Use this fun 1 on 1 game to work on man to man defense, and creating a shot on offense.
- (games to 5)

### MR. COACH, WHAT TIME IS IT?
- Enjoy a fun game that will put a smile on everyone’s face.
- (1-2 games)

## Compliment Session
### COMPLIMENT SESSION
- Have the players volunteer to say something positive about another player’s effort or actions in practice.

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**Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.**

**Be sure to take regular water breaks to help your players stay hydrated.**

The percentages listed serve as approximate recommendations on how to allocate practice time.