## Practice 10 of 12

### Values
- **LEADERSHIP**
  - How do players show good leadership?

### Warm-Up
- **DYNAMIC WARM-UP** (1 x each)
  - Bent Knee Side Plank
  - Forward Walking Lunge
  - Hip Hinge
  - A-Skips
  - Split Squat Hold
  - Jog & Drop
  - Walking Kicks
  - Stand to Athletic

### Building Skills
- **Ball-Handling**
  - **OVER THE LINE DRIBBLE DRILL** (2 x 30 sec each)
    - Control the ball with 1-hand at the top of each dribble.
  - **CONE DRIBBLING - COMBINATION MOVES** (5 min)
    - Work on good combination moves at each cone.
  - **CATCH A 2ND BALL SERIES** (5 min)
    - Use a 2nd ball or a tennis ball to work on coordination while dribbling.

### Shooting
- **FLOATER SERIES** (2 sets)
  - Work on variations of a high floater over the defender.

### Rebounding
- **4 ON 4 REBOUNDING** (1 x each team)
  - The players must get 3 consecutive rebounds as a team.

### Team Concepts
- **3-SECOND DENY DRILL** (4 reps each side)
  - Work on denying the ball for 3 seconds.
- **DENY LAYUP DRILL** (3 min each side)
  - The players will deny, deflect and shoot a layup.
- **1 ON 1 - 3 STOPS** (1 x each)
  - Work on the players being accountable to get defensive stops.
- **LINE UP TRANSITION DRILL** (1 x 4 stops)
  - Work on communicating and matching up in transition.

### Competing
- **1 ON 1 Dribble Out** (games to 3)
  - The players must dribble and run around the cones before playing 1 on 1.
- **3 Trips & Flip** (games to 5 makes)
  - Give the players a ½ court possession followed by 2 full court possessions.
- **5 ON 5** (games to 7)
  - Keep the energy up and work on everything practiced.

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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.