

Sample Practice Plan II:

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| Team: #18 | Date: | Practice: # 2 |
| Skill Focus: Dribbling skills | | |
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| Type / Time allocated | Detail description | Notes: |
| Warm ups (< 5 minutes) | Stretches | Focus on the limbering of the knee joints. Girls are susceptible to knee injuries |
| | Lay-ups, or something a little more aerobic | Don't run laps or use excessive energy in warm up period, but try to get the heart beat up a little. |
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| Drill | Sit Dribbling | Sit on the floor with your legs crossed in front of you. With the ball in your right hand, begin to dribble it around your back as far over to your left hip as possible. Pass it to your left hand and continue dribbling in front of you as far as you can to your right hand. Repeat this drill 15 times and then switch directions. |
| Drill | Full-Court speed dribble | Move quickly down the court with the ball waist high and far out in front of you. Make the lay-up and head back up court, repeating the speed dribble and lay-up. Do this 6 times. Shoot 10 free throws, then repeat the drill again. |
| Drill | Crossover dribble | Set up a series of cones on the basketball court about 10 to 15 feet apart. Pretend that they are defensive players trying to grab at the ball. Begin at one end of the court and dribble around the chairs, weaving your way to the end. As you approach each chair, change your dribbling hand, remembering to keep the ball low and close to your body. |
| Drill | Reverse Dribble | Place three cones 15 feet apart on the court and pretend that they are defensive players. Dribble toward them and make your spin move, using proper form and technique. When you arrive at the next chair, repeat the move. On your return trip, try to make the move with the other hand. |
| Drill | Half-Reverse Dribble | Start the move just as you would the normal reverse dribble. Make a 90-degree turn and then come back to your original position. To be effective, the move must be done quickly. Keep your palm on the side of the ball for the first 90-degree turn and then switch it to the other side of the ball when you bring it back to the starting position. |
| Drill | Backup Dribble | This is mainly a dribbling move used to escape a dangerous defensive situation. When dribbling with |

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| | | your right hand, turn your shoulder to the defender, push back on your left foot away from the defender, and simultaneously make a dribble back. Protect the ball with your left shoulder and arm. |
| Drill | One Handed Crossovers | While standing in place, cross the ball in front of you using one hand. Switch hands and repeat. Also do this on the side of your body using each hand. (front to back crossovers) |
| Drill | Crossover Touches | While standing in place, start with crossovers in front of your body. When the ball goes to one hand, touch the floor with the other. |
| Drill | Scissor | While standing in place, dribble the ball between your legs. After the ball goes through switch your legs (like a scissors) and dribble the ball between your legs the other direction. |
| Drill | Blow by Defender | <p>Since the defense is typically waiting at the mid court, teach your players to use their Speed Dribble to get by this defender. Some of the players have a tendency to approach the defender slowly, turn their back and dribble backwards. They are now unable to see their teammates and the defender. This almost always results in a turnover.</p> <p>Set up a player on the sideline and a defender halfway across the court. The dribbler must use her speed dribble to get past the defender. Show them how to approach the defender straight ahead, make a crossover and get around them.</p> |