

Sample Practice Plan V:

<b>Team:</b> #18	<b>Date:</b>	<b>Practice:</b> # 5
<b>Skill Focus:</b> Passing skills		
<b>Type / Time allocated</b>	<b>Detail description</b>	<b>Notes:</b>
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.
Run the following drills with two lines facing each other. Only one ball is needed. (2-3 players per line)		
The first person in one line passes to the first person in the other line. After they make the pass they veer to the right and go to the back of the opposite line.		
Drill	Chest Pass	Start with the ball in the chest area, step toward the target and throw the ball with both hands. Look for correct form.  The person catching the ball always needs to be moving toward the ball when they make the catch.
Drill	Bounce Pass	Same as above only throw a bounce pass.
Drill	Outlet Pass (overhead)	Same as above only throw a two handed overhead pass.
Drill	Baseball Pass	Same as above only throw a baseball style pass
Drill	Cross-step Pass	The coach should stand directly between the lines, facing the passer. The player with the ball will drive directly toward the coach (defender), once they get to the defender they will pick up the dribble and jump stop. They will then cross-pivot (left foot pivots outside of right or vice-versa) and make a pass to the other line.
Drill	Up and Over then Pass	Everyone can do this at one time. When the offense is being closely guarded, and they are pivoting around looking to pass. When the ball is brought around toward the defender, they should bring the ball up and over their heads, so the defender can't grab it.