



## Weekly Training Plan 8

**Warm – up:** dynamic warm-up – skipping, stepping, sliding, hopping  
**Fundamentals ( whole group or 3 rotating groups)**

1. **Passing** – side line passing with a partner moving up and down the court.
2. **Shooting** – figure of 8 shooting around poles
3. **Dribbling** – right and left handed up the court

### Focus 1 (revisit not done well last week)

#### Pepper-Runner Drill

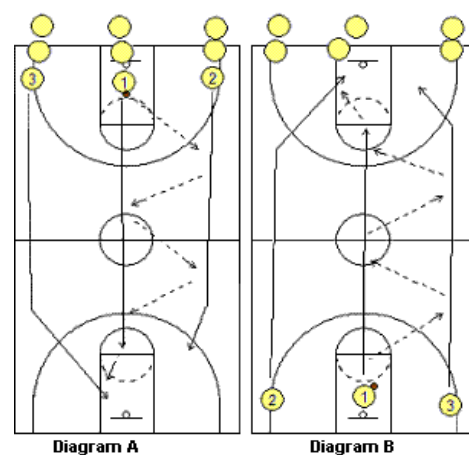
See the diagrams. There are three lines, three lanes in this drill.  
 O1 and O2 sprint up the floor, passing back and fourth (four passes).  
 O1 and O2 should sprint, not shuffle, up the floor.  
 O3 is the runner on the opposite side, and gets bounce-pass for the layup.

The pass should always come from the top  
 (not the opposite side) and should be a bounce-pass.

After the lay-up O2 and O3 cross underneath the basket to the opposite sides.

Now O1 and O3 pass back and forth on the return trip up the court.  
 O2 is the runner and gets the pass for the lay-up.

Passers should yell the receiver's name, and everyone yells "shot".



### Focus 2 Rebounding

This drill helps with boxing out, rebounding ,and outlet passes.

2 lines face hoop. Line 1 on the left ,Line 2 on the right .One pair at a time then the other pair, example, first one in line one first, then line 2..The coach ( c ) has the ball to start off.

The 2 red players are defensive players. The job of the defensive players is to block out the blue offensive players and get the rebound and pass it to the player on their side - outside the lane. Eg. = 2 passes to 7..

The job of offensive players is to rebound and shoot it back up and score.

The play starts when the coach throws the ball up and off the backboard for the players to rebound.

Here`s the player rotation; offense, defense, outlet then get in back of offensive lines.

Teaching Points: Defense:

1-stay low and wide with feet wider than shoulders for good balance and in a half crouch or half sitting position.

2-use their legs, rear end, body to contain man, no hands

3-attack the boards

contain your man, see the ball, explode up, grab the ball and while landing be looking for the outlet man to pass to quickly.

Offense;

1-be aggressive

2-anticipate the rebound

Figure the shot will be missed and always look for a rebound. 75 % of all shots go long..

**Game to finish** – numbers (give all kids a number – 2 kids the same no.)

**Call a number.** First to the ball employ skills to score and rebound.