**Jr. NBA**

**Practices 3 & 4**

(Coaches)

Our goals for weeks 3 & 4 are to give our athletes a better understanding of fundamentals and to show good defensive principles.

This practice plan is provided to give you a guide to a productive and fun practice.

**5 min Stretching**

**15 min Ball Handling**

*-Triple Threat*

1. Shoulder width feet
2. Bend knees with an aggressive leaning stance
3. Explain Pass / Dribble / Shoot (3 Threats)

*-Stationary*

1. Fingertips – Pass ball back and forth with straight arms in front 30x
2. Low/Med/High – Each hand at 3 levels (ankles, knees, shoulder) 10ea
3. Dribble Cross (X- One hard dribble then cross over and repeat 30x

*-Up/Down*

1. One Hand / Both Hands (2 trips)
2. Red Light / Green Light

**10 min Lay-ups**

*-Form*

1. Right Hand / Jump Off Left Foot / Right Side of Square
2. Left Hand Opposite

*-Steps*

1. 2 Steps / 3 Steps / 4 Steps (Both Sides)

*-Lay-up Line*

**10 min Defense**

**-***Defensive Stance*

Wide Feet | Wide Hands | Low Butt

*-Lane Slides*

*-Point & Slide*

**10 min Shooting**

-Shot Form

1. Should width Feet / Bend Knees
2. Finger on the Line (Black lines on the ball)
3. Hands in the Cookie Jar (Follow Through)

-Horse / Pig

-Lightning

**10 min Team Play**

-Explain Positions

PG (1) | SG (2) | SF (3) | PF (4) | C (5)

-Scrimmage