

Practice #4

Date:

Stationary Dribbling Drills (every practice)	7 min	https://www.coachesclipboard.net/DribblingDrills.html
Sideline Dribbling Drills (every practice)	8 min	https://www.coachesclipboard.net/SidelineDribblingDrills.html
3-line layup drill	10 min	https://www.coachesclipboard.net/LayupDrills.html
Man-to-man defense instruction		https://www.coachesclipboard.net/BasicDefense.html
shell drill	7 min	https://www.coachesclipboard.net/DefenseShellDrill.html
4 on 4 live shell	8 min	https://www.coachesclipboard.net/DefenseShellDrill.html
Intro to 4-out offense	20 min	https://www.coachesclipboard.net/4Out1InMotionOffense.html
basic rules - movement, pass and cut, dribble drive, screening, hand-offs, etc		

OR

1-3-1 Motion offense

<https://www.coachesclipboard.net/131Offense.html>

Review Motion-1

Review Motion-2