

**Week 1
Practice 1**

Goals: Teach fundamentals of stance and triple threat, shooting and ball handling. Transition and apply in 3v3

Activity		Brief Description
1st Q	Introduce Stance Balance Triple Threat Pivot Foot drill Ball Handling	Have team out on floor and get into proper stance and balance Intro purpose of Triple threat, pass, shoot dribble 2 groups Each player has a ball. Figure 8's, stationary dribble, movement w/ focus on change of speed and direction.
2nd Q	Shooting Self Pass Series	Review form shooting Focus on proper balance and triple threat position before shooting
3rd Q	Defense On Ball Footwork Footwork Drill Close Out Drill 1v1	Players get into groups of 3 Demo and then have each group rotate Groups of 3
4th Q	3v3 Terminology Skills for each position Example of first pass 3v0	Focus will be on getting open and off ball movement

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