



# 3 ON 3 CURRICULUM

## PRACTICE PLAN 1

Focus: Freeze on the Whistle, Triple Threat Position

3-5 min	<b>Center Circle with Gym Administrators:</b> Introductions: Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: Freeze on the Whistle, Triple Threat Position <ul style="list-style-type: none"> <li>• Demonstrate hand and body position for Triple Threat</li> <li>• Demonstrate a jump stop with Triple Threat</li> </ul>
5 min	<b>Whistle/Triple Threat Practice:</b> Allow kids to practice freezing on the whistle in the following progression <ul style="list-style-type: none"> <li>• Standing holding the ball, jump stop and freeze in Triple Threat</li> <li>• Standing and dribbling the ball, jump stop and freeze in Triple Threat</li> <li>• Moving and dribbling, jump stop and freeze in Triple Threat</li> </ul>
5 min	<b>Ball Handling #1: (Stationary Ball Handling)</b> Stationary Ball Handling- Pound it, V Bounce
5-10 min	<b>Shooting #3: (Dog Pound)</b> <ul style="list-style-type: none"> <li>• The coach determines the shooting spot on the floor and players make a line behind that spot</li> <li>• The shooter will shoot once from the spot, if they miss it they enter the dog pound (area behind the backboard)</li> <li>• If the shooter makes the shot. All players in the dog pound can return to the line.</li> <li>• If the dog pound fills up and there are no more players to shoot, the coach will determine something for all the dogs to do in order to get out of the dog pound ie. Push-ups, Jumping Jacks, sing a silly song</li> <li>• Variation: Shooter stays in as long as it is straight, if they miss to the side they must go to the dog pound</li> </ul>
5-10 min	<b>Game Play Drill:</b> Have players dribble to various spots on the court, jump stop and shoot
30 min	<b>Team Play:</b> <ul style="list-style-type: none"> <li>• Reinforce players who stop on the whistle and show good triple threat position when they catch or jump stop</li> <li>• Be sure to assign a player in each rotation to take the ball out of bounds</li> </ul>