



3 ON 3 CURRICULUM

PRACTICE PLAN 2

Focus: Double Dribble, Traveling

3-5 min	Center Circle with Gym Administrators: Review Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: Double Dribble, Traveling <ul style="list-style-type: none"> Review hand and body position for Triple Threat Review a jump stop with Triple Threat Explain Traveling violation and Double Dribble
5 min	Stuck in the Mud: Allow kids to practice freezing on the whistle in the following progression <ul style="list-style-type: none"> Moving and dribbling, jump stop and freeze in Triple Threat Moving and dribbling, freeze and keep your dribble If you pick up your dribble, you have to stay in Triple Threat until you pass it back and forth to a coach
5 min	Ball Handling #1: (Stationary Ball Handling) <ul style="list-style-type: none"> Pound it, V Bounce, M Dribble
5 min	Shooting #3: (Dog Pound) <ul style="list-style-type: none"> The coach determines the shooting spot on the floor and players make a line behind that spot The shooter will shoot once from the spot, if they miss it they enter the dog pound (area behind the backboard) If the shooter makes the shot. All players in the dog pound can return to the line. 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 Variation: Shooter stays in as long as it is straight, if they miss to the side they must go to the dog pound
5 min	Passing #2: (Partner Passing) <ul style="list-style-type: none"> Place Partners facing each other with a line in between them. Have partners take 2 steps away from the line for the first starting point. Partners will pass back and forth trying to complete 10 successful passes in a row. If they complete the 10 passes, they partner will come back to the line and measure 3 steps away. Partners will continue to progress further away from one another as long as they complete the 10 successful passes in a row. If a pass is dropped or not performed correctly have the partners start over from 2 steps away.
5-10 min	Game Play: Have plays dribble to various spots on the court, jump stop, pass to a partner and shoot.
30 min	Team Play: <ul style="list-style-type: none"> Reinforce players who pick up their dribble and look to pass, or players that look to pass before they choose to dribble. Be sure to assign a player in each rotation to take the ball out of bounds