



3 ON 3 CURRICULUM

PRACTICE PLAN 3

Focus: Hustle Down the floor, Inbounding the ball

3-5 min	Center Circle with Gym Administrators: Review Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: Hustle down the floor, Inbounding the ball <ul style="list-style-type: none"> • Explain when the ball changes possession how players should sprint down the floor • Explain when are situations that the ball should be inbounded. • Explain how the coach will assign who he/she wants to inbound the ball, and who they will be inbounding it to on a made basket.
5 min	Ball Handling #1: (Stationary Ball Handling) Pound it, V Bounce, M Dribble, add in others if players are ready
5-10 min	Ball Handling #2: (Partner Challenge) <ul style="list-style-type: none"> • Position players on the baseline with a partner. Each partner will have a ball, and provide spacing between the pairs • On the signal one partner will dribble to half-court and back, the other partner will stay at the baseline and complete a stationary ball handling skill and keep track of how many they completed. • After each partner has had a turn, they will compare scores and determine who the winner is. • Variation: rotate partners after each turn, rotate skills after each turn, do each skill paired with right and left, have the partners combine scores and compete against the other groups.
5-10 min	Game Play: <ul style="list-style-type: none"> • Have Partners take turn shooting the basketball from random or assigned spots. • If the shooter makes the shot they get one point • If the shooter misses the shot, the rebounder has a chance to score a point by catching the rebound before it hits the ground. • You can alternate shooters or have the same player shoot an assigned number of times.
30 min	Team Play: <ul style="list-style-type: none"> • Reinforce players who... <ul style="list-style-type: none"> ○ Demonstrate getting into position on the shot not after the shot ○ Rebound and make a good decision to try and score again or not on offense ○ Rebound and make a good decision to pass or dribble up the floor on defense