



3 ON 3 CURRICULUM

PRACTICE PLAN 4

Focus: Pivoting and Ball fakes

3-5 min	Center Circle with Gym Administrators: Review Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: Pivoting and Protecting the Ball <ul style="list-style-type: none"> • Review Triple Threat position • Review Traveling violation and Double Dribble • Show how to Pivot, and make ball fakes
5-10 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. Add a defender: <ul style="list-style-type: none"> • Focus on players pivoting and ball faking to make a pass
5 min	Shooting #9: (Shooting Race) <ul style="list-style-type: none"> • Divide the team into 2 groups • Chose a spot from each team to shoot from • Give the teams a number of shots that they will race to make • Have each player shoot from the spot and get their own rebound to pass to the next player • The first team to make the assigned number wins
5-10 min	Game Play: (2 v 1) <ul style="list-style-type: none"> • 2 Offensive Players begin above the elbows, 1 defender begins in the paint • The 2 offensive players must try and score by using their dribble and passing to get an open shot. • The defensive player tries to stop them
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