

## Practice #5

Date:

<b>Stationary Dribbling Drills (every practice)</b>	5 min	<a href="https://www.coachesclipboard.net/DribblingDrills.html">https://www.coachesclipboard.net/DribblingDrills.html</a>
<b>Sideline Dribbling Drills (every practice)</b>	5 min	<a href="https://www.coachesclipboard.net/SidelineDribblingDrills.html">https://www.coachesclipboard.net/SidelineDribblingDrills.html</a>
<b>Guard shooting drill #7 -drive and kick</b>	5 min	<a href="https://www.coachesclipboard.net/LayupDrills.html">https://www.coachesclipboard.net/LayupDrills.html</a>
<b>Guard shooting drill #9 -dribble at, backcut</b>	5 min	
<b>Man-to-man defense instruction</b>		<a href="https://www.coachesclipboard.net/BasicDefense.html">https://www.coachesclipboard.net/BasicDefense.html</a>
<b>shell drill</b>	7 min	<a href="https://www.coachesclipboard.net/DefenseShellDrill.html">https://www.coachesclipboard.net/DefenseShellDrill.html</a>
<b>4 on 4 live shell</b>	8 min	<a href="https://www.coachesclipboard.net/DefenseShellDrill.html">https://www.coachesclipboard.net/DefenseShellDrill.html</a>
<b>Intro to 4-out offense</b>	25 min	<a href="https://www.coachesclipboard.net/4Out1InMotionOffense.html">https://www.coachesclipboard.net/4Out1InMotionOffense.html</a>
<b>basic rules - movement, pass and cut, dribble drive, screening, hand-offs, etc</b>		
<b>OR</b>		
<b>1-3-1 Motion offense</b>		<a href="https://www.coachesclipboard.net/131Offense.html">https://www.coachesclipboard.net/131Offense.html</a>
<b>review Motion-1</b>		
<b>review Motion-2</b>		
<b>add Motion-3</b>		