FL Basketball 1ˢᵗ/2ⁿᵈ Grade Clinic – Workout #6

Points of Emphasis:
- Listening
- Fundamentals
- Form over speed/baskets
- Have fun! … but here to learn and get better so let's try to listen more than we talk

1) Dynamic Warm-up (sideline-to-sideline) – 10 minutes
   a. Jog, ¾ speed, full speed (touch lines!!!)
   b. High knees
   c. Butt kicks
   d. Jump stops and land – ½ way and full (wait for whistle after jump stop)
   e. Fast feet – ½ way and full (wait for whistle)
   f. High leg kicks down, lunges back
   g. Step slides & Lateral defensive slides
2) Dribbling (rules of DD/walk, more finger tips/less palm, bend knees/stay low, head up) – 10 min
   a. R-hand up & back, L-hand up & back
   b. Static crossover (3 dribbles, cross)
   c. Crossover up & back, Hesitation move up & back (must have change of pace!)
3) Layups (45 degrees angle to basket, hitting top R corner of box)
   a. Review three fundamental parts of a layup → plant L-foot, drive R-knee up, shoot
   b. Drill #1 (8 minutes) – dribble in for layup from R wing
      i. form lines at right wing, extended from the elbow
      ii. player starts in triple threat, dribbles in for layup
   c. Drill #2 (8 minutes) – full court layups
      i. Players start in far R corner on the baseline
      ii. Dribble full length of the court for a layup
   d. Drill #3 (8 minutes) – 3 man pass & move away drill into LIVE PLAY
      i. Setup man at top of the key, R-wing, and L-wing
      ii. Ball starts in middle, Pass to R side, exchange w L side
      iii. Ball swings 2 passes to the L side, exchange R side
      iv. Ball swings 2 passes back to R side → player dribbles in for LAYUP
4) LIVE PLAY – 3-on-3 (15 minutes)
   a. Drill: Wings V-cut, 1 pass, LIVE PLAY
      i. Defense matches up man-to-man with offense
      ii. Both wing players make v-cuts to get open, 1 pass to either wing, BALL LIVE
5) 2 Free throws for 2 sprints
6) "1,2,3, **Play hard**, 4,5,6, **have fun**!"