

SAMPLE PRACTICES

BDLC

PRACTICE T1.3 – Settled Offense and Defense 7, 8, 9

0 – 15 WARM UP AND STRETCH

Run to warm up muscles, stretch warm muscles
Knee exercises. Mouth guards In

15 - 25 BASIC SKILLS

1. drop ball, scoop up, one hand cradle, drop and repeat
2. throw ball up, catch over head, cradle
3. flip ball up, catch below head, cradle, repeat

Move to throw and catch with 2, 3, 4 players. 2 person, then spiders (3, 4 person)

25 - 40 INDIVIDUAL SKILLS

Vary individual skills each practice. Use drills from individual skill practices.

40 – 70 SMALL GROUP

Group 1 – the basics of offense, walk thru options and plays in a 43 set. Reinforce individual skill practiced this day.

Group 2 – the basics of defense, walk thru options and slides in a 8 m defense. Reinforce defensive skill practiced in individual skill session.

70 - 90 SCRIMMAGE

7 v 7 or 5 V 5 Scrimmages incorporating all elements of play – dodges, feeding, and shooting along with 1:1 defense, slides, and checking. Remind attack to create space, remind defense to communicate and help each other. Look for players doing it right!

TEACHING POINTS

Teach settled 7 v 7 offense (create space for individual play) and defense (close down space, defend 8 meter, slide to help).

Everyone has a ball, everyone is moving around while doing skills. Reinforcing a single hand isolates motions and builds ambidextrous skills
Do drills about 5 times each hand, while moving

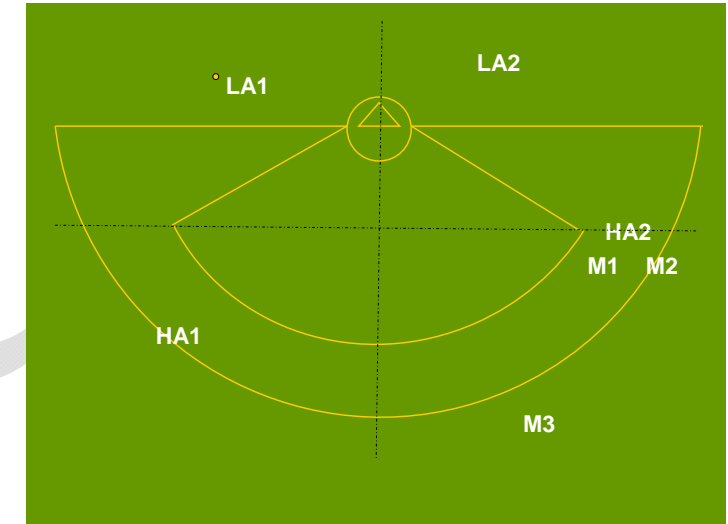
Each practice alternates Individual skills – Dodge/Defend, 2:2, Cut/Feed, and Shoot/Check

Create space on ½ 8 m area. Dodge first, draw and drop on backdoor cut, feed cutters, pass off. Attack from behind.

Defend the 8 m area, not a player. Mark a player. Slide early, at 9 m, double slide inside 8 m

Diagrams

43 offense set



8 M Defense

Defensive Principles

Play "Man" on-ball and a have a "Zone Mentality" off ball. Adjacent players ready to slide

