

Week 6 Practice Outline

Finding the Open Shot

Objective:

Teach players how to recognize good shot opportunities. The goal is that your players would make good decisions when shooting the ball.

Skills:

Teach the importance of getting an open shot. Make sure your players know what an open shot is and how to get open. Review the importance of moving without the ball into a better shooting position.

Rules:

Review any league rules or general basketball rules that have been a struggle for your team.

Drills:

- Two on one with coaches – two players must work together to get an open shot against one coach defender.
- Two on one with players – two players must work together to get an open shot against one player defender.

Note: Both drills are designed to practice good decision-making when shooting the ball. The goal of the drill is to teach your players to take smart shots.

Wrap Up:

Review the rules and skills that were worked on in practice and prepare for the game.