

LESSON 7

BEGINNER

Theme: Have energy and be enthusiastic, it's contagious.

Homework: Do one positive thing each day for someone else.

Don't forget to submit your daily training session data SMS 'NBA #SESSIONS #STUDENTS' to +919248006202 (e.g. NBA 3 243)

FIT

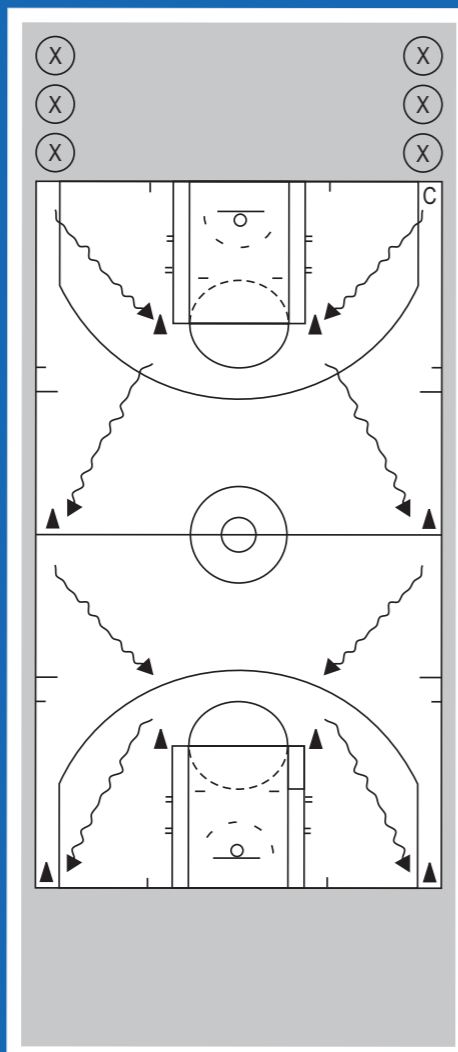
Ball Handling

In this segment of dribbling, you can begin getting the players in movement with the dribble. The key with ball handling in motion is to reiterate that mostly drills and exercises are not a race - the goal is good form, staying low, seeing the floor and changing direction. There are certain opportunities, such as **dribble relays**, where players should focus on going as fast as they can. But in order to focus on the fundamentals, players must concentrate and **commit** to learning the correct way.

ZIG ZAG DRILL: Line players up in two lines on the baseline. Set up a cone at the elbow, at the intersection of the half court line and the sideline, and at the opposite elbow. Do the same on the other half of the court. Players must dribble to the elbow and change direction with a crossover. Emphasize keeping the ball low, turning their hips and exploding out of the change. Players change direction at each cone all the way down the court.

Teach these different moves at the cones:

- Crossover under knees
- Crossover under legs
- Crossover behind back
- Spin more
- Escape dribble



LEARN

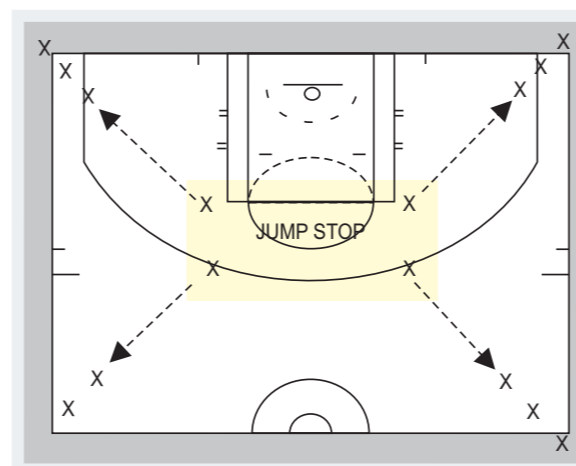
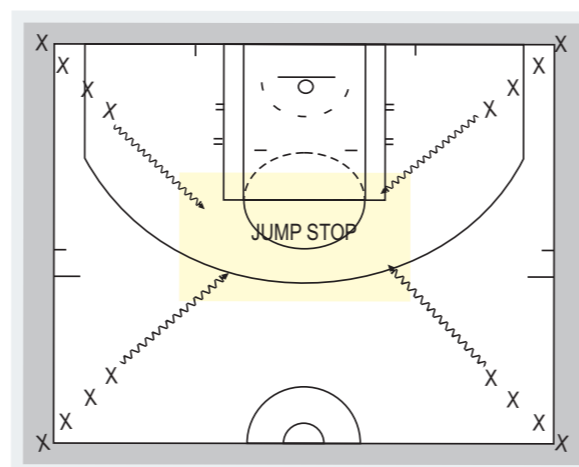
Four Corners Drill

Drill to be used as players get comfortable with jump stop and pivot

- Divide group into four separate lines and place lines in the corners of half court.
- On the whistle first players dribble towards foul line
- Near foul line the players perform a jump stop, pivot to face the line they came from
- Once facing the line they perform a chest pass to the next player in line.
- Once the player performs a proper chest pass he/she rotates to the next line right.

Teaching Points:

- Have players dribble with both right hand and left hand.
- Have players use chest pass, bounce pass and over head pass.
- Players should make quick straight line passes.
- Player receiving pass to be in ready position with knees bent, hands ready and eyes on ball.
- Have players call out each others name.



PLAY

Obstacle Course Dribbling

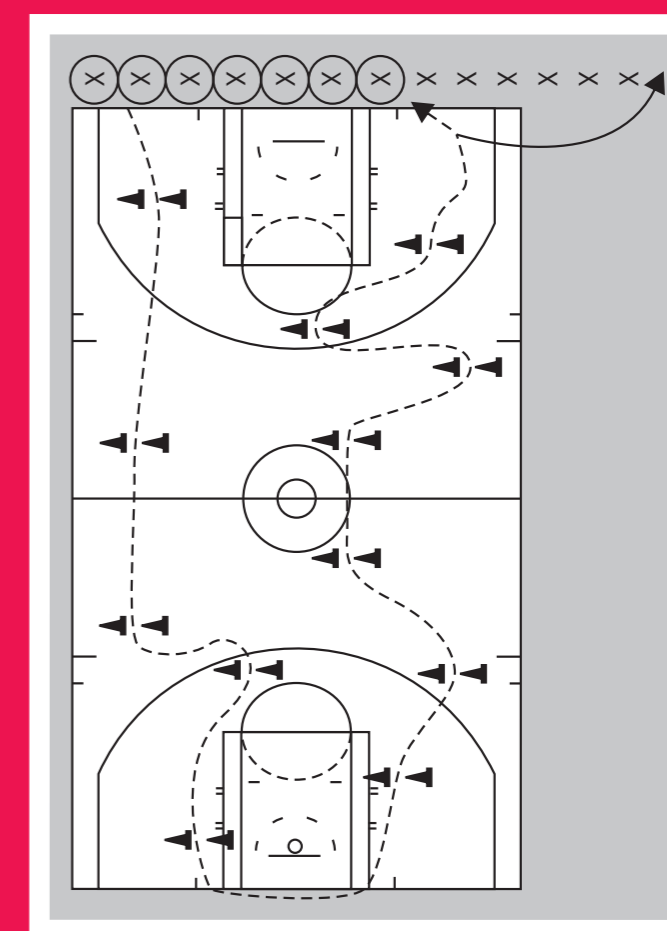
Set up cones around the court in pairs in an obvious pattern. Have all players line up with their feet on the baseline

The first 10 players in line will each have a ball. Coach should demonstrate course by walking and dribbling through it between each pair of cones for everyone to see where to go. Tell players they have to switch their dribbling hand at each pair of cones.

Coach will blow the whistle and the first person will run and dribble through the course, the next player in line starts when the first person passes the first pair of cones.

When player has completed course then hand ball to next person in line who does not have ball and then goes to back of the line.

You can also time the players to make this a competition.



- Also play 3x3, 5x5, and/or Hot Shot, if time permits.

Exercising 1 hour per day makes your heart stronger and helps prevent disease.

For more information visit www.rf.jrnba.com