



# Chico Area Recreation and Park District



Week #	Practice Focus	Chalk Talk	Rules to Cover	Drills
<b>1</b>	<ul style="list-style-type: none"> <li>&gt; Parent meeting</li> <li>&gt; Practice rules</li> <li>&gt; Teambuilding</li> <li>&gt; Skills evaluation</li> <li>&gt; Team expectations</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Introductions</li> <li>&gt; Establish practice ground rules</li> <li>&gt; Teach proper shooting technique</li> <li>&gt; Introduce jumpstops, pivots</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Coaches rules for practice</li> <li>&gt; Proper jumpstop form</li> <li>&gt; Purpose of a pivot</li> <li>&gt; Traveling violation</li> <li>&gt; Basic rules of the game</li> <li>&gt; B.E.E.F</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Name game</li> <li>&gt; Jumpstop warm up with progression</li> <li>&gt; Shooting drill               <ul style="list-style-type: none"> <li>- Stationary</li> <li>- Off the pass</li> </ul> </li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>&gt; Continue developing basic knowledge of the game</li> <li>&gt; Teach basic offensive &amp; defensive skills</li> <li>&gt; Reiterate importance of jumpstops/pivots</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Discuss common offensive violations</li> <li>&gt; Introduce first 2 of shell drill</li> <li>&gt; Review B.E.E.F.</li> <li>&gt; Discuss positions</li> <li>&gt; Teach string concept when shooting a layup</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Traveling</li> <li>&gt; Double dribble</li> <li>&gt; Carrying</li> <li>&gt; Defensive stance</li> <li>&gt; First 2 rules of shell</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Jumpstop warm up with progression</li> <li>&gt; Ball handling</li> <li>&gt; D-Slides</li> <li>&gt; Shell drill</li> <li>&gt; Shooting practice using B.E.E.F.</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>&gt; Continue teaching defensive skills</li> <li>&gt; Introduce proper layup technique</li> <li>&gt; Teach boxing-out &amp; rebounding</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Review first 2 rules of shell drill &amp; teach remaining 3 rules</li> <li>&gt; Importance of court spacing</li> <li>&gt; Discuss importance &amp; technique for boxing-out</li> </ul>	<ul style="list-style-type: none"> <li>&gt; All 5 rules for shell drill</li> <li>&gt; Common violations when boxing-out</li> <li>&gt; Screens</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Jumpstop warm up</li> <li>&gt; Layup with progression</li> <li>&gt; Box-out drill</li> <li>&gt; Shell drill</li> <li>&gt; One-on-One</li> <li>&gt; Two-on-Two</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>&gt; Continue teaching defensive skills</li> <li>&gt; Offensive movement</li> <li>&gt; Continue skill development</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Review shell drill rules</li> <li>&gt; Pick &amp; Rolls</li> <li>&gt; Fastbreaks</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Three second violation on offense</li> <li>&gt; Definition of a foul</li> <li>&gt; Review Screens</li> <li>&gt; Discuss Pick &amp; Roll rules</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Layups</li> <li>&gt; Jumpstop warm up with progression</li> <li>&gt; Ball handling</li> <li>&gt; Scrimage focusing on offensive spacing/shell</li> <li>&gt; Screens</li> <li>&gt; 3-on-2, 2-on-1</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>&gt; Continue with development of offensive movement/spacing</li> <li>&gt; Skill development</li> <li>&gt; Continue defensive development</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Reiterate importance of boxing-out/rebounding</li> <li>&gt; Review basic fundamentals that need to improve</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Review all rules of the game</li> <li>&gt; Review all shell drill rules</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Jumpstop warm up</li> <li>&gt; Ball handling</li> <li>&gt; Shooting</li> <li>&gt; Pick &amp; Rolls</li> <li>&gt; Basic offense</li> <li>&gt; Shell drill live</li> <li>&gt; 3-on-2, 2-on-1</li> </ul>
<b>6, 7, 8</b>	<ul style="list-style-type: none"> <li>&gt; Continue to improve overall game knowledge</li> <li>&gt; Skill development</li> <li>&gt; Offensive/defensive knowledge</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Review previous games discuss ways to improve</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Continue to review and reiterate all basic game rules</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Situations</li> <li>&gt; Emphasize offensive spacing/defensive positioning</li> <li>&gt; Basic skills</li> </ul>