Saco Parks & Recreation
1st & 2nd Grade Practice Plan

Week 1 – need 2 or 3 parent helpers per practice

**Warm Up** – will do the same warm up each week
1) Stop on Whistle (X3) – run in random patterns, coach blows whistle and players must freeze, should be no bumping into each other, head & eyes up!
2) Offensive Running (X1)
   a. Jump Stops – Landing Light in feet, knees bent, **hands and head up**
   b. Right Front Pivot – right foot is pivot body moving forward
   c. Left Front Pivot – left foot is pivot body moving forward
3) Foot Fire (X3) – slap floor, running in place for short blasts, knees bent, hands up defensive position
4) Ball Slap – Ball Pinch – Ball around waste – Ball around knees
5) Sitting Dribbling – sit with legs in V
   a. Dribble RH outside right leg
   b. Dribble LH outside left leg
   c. Dribble RH inside of legs
   d. Dribble LH inside of legs

**Topic** – Dribbling
Standing with Feet Planted – should not be moving around
1) Dribble Right Handed outside of foot with head up – hold fingers for players to shout out how many fingers (X3)
2) Dribble Left Handed outside of foot with head up – hold up fingers for players to shout out how many fingers (X3)
3) Line up on sideline – go from side to side so teams do not run into each other – Head & eyes should be up – go across and stop, then come back same hand
   a. Right Hand **Control** Dribble – Foot Speed is SLOW! Slow down anyone running
   b. Left Hand **Control** Dribble – Foot Speed is SLOW! Slow down anyone running
   c. Right Hand Speed Dribble – NOT a race, must still be in control
   d. Left Hand Speed Dribble – NOT a race, must still be in control
4) Red Light Green Light – across court
   a. Control Dribble
   b. Speed Dribble
5) Free Throws – everyone takes 5, about half way in from foul line. Use good form pushing the ball up with one hand, guiding with the other.