

MOG Basketball practice



practice in Soest **am Sonntag, 14. Juli 2014** **von 10:00 bis 12:00 Uhr** **ca. 20 Mädchen und Jungen**

10:00-10:05h **Vorstellung, Inhalte des Trainings**

10:05-10:35h **warm up**
stationary hip mobility
jog, run, footwork
core stability
pair roll drill
footwork & speed competitions

10:35-11:00h **footwork & push step**
pair cone drill
line hc drill: at the ball, push step/sprint step
level of the ball 2on2 fc

11:00-11:10h **cone competition + foulshots**

11:10-11:30h **close out**
45° cone drill
6spot pair drill
DeMatha opposite close out

11:30-11:35h **freethrows**

11:35-11:55h **deny, helpside, positioning**
2on2 + 2
shell drill

11:55-12:00h **review und cool down**