

This practice plan is not intended to be followed exactly. Achieving the outcomes above is more important than following plan, so be ready to go off-script!



Basketball Austria | Canovagasse 7/2, 1010 Wien

3x3 Basketball Fortbildung BSFZ Obertraun

Datum: November 7, 2022

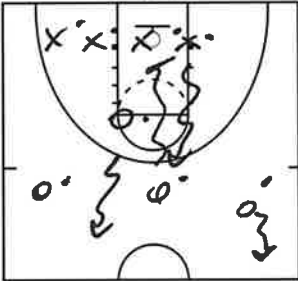

Outcomes:

1. Fun games
2. Learning techniques by playing games
3. 3x3

Checklist – Do/Confirm:

1. Staff arrive 20 mins early
2. Set up equipment
3. Check in with every player pre-practice
4. Crush practice!

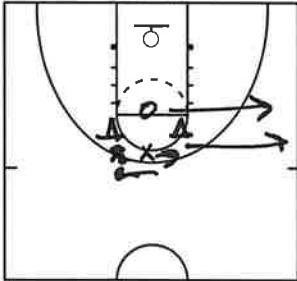
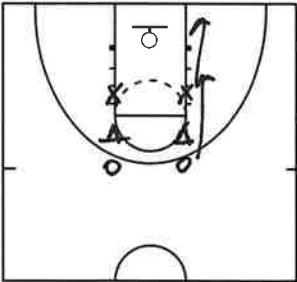

T = Teach: stop activity to emphasize or talk about certain concepts
 L = Learn: don't stop activity - feedback on fly or when players are off
 C = Compete: don't stop or give feedback, real road environment

Court	Constraints, Demonstrations, Loads	TLC	Scoring	Good for
	<p>Team Dribble Tag</p> <p>2 teams, everyone with a ball one team: taggers (lined up on baseline), other team: evaders (spread out anywhere in the HC area) the catch starts as soon as the first tagger dribbles out after a tag, tagger dribbles back and hi-5 the next person in line; the player that gets tagged, waits on the sideline; team keeps going until everyone is out coach keeps the time</p> <p>load 1: dribble only with weak hand load 2: change of direction - crossover load 3: after being tagged, player must score a basket before coming back to the game</p>	Warm up	Fastest team wins	Warm-Up Control Fundamental Movement Skills
	<p>Tag Game</p> <p>Basketball = the "tool" for tagging Start the game with 2 taggers and the evaders can run in a restricted area. The 2 taggers must tag the evaders by touching them with the basketball</p> <p>load 1: make the area bigger load 2: variate with the passes (e.g. bounce pass, one handed pass etc.) load 3: every evader has a ball and dribbles while running. When evader becomes tagger, he puts the ball away and starts tagging with the other taggers deload: make the area smaller or let them use max. 1-2 dribbles to tag the evaders</p>	Warm Up	Last one remaining wins	Warm up Movement skills

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	<p>Ghost tagging</p> <p>1v1 tag game, every player with a ball</p> <p>load 1: add 1 or 2 basketballs load 2: dribble only with weak hand load 3: crossover on every change of direction</p>	C	First till 4 tags	Warm up, quickness
	<p>Rock, Paper, Scissors</p> <p>rock = feet together paper = feet apart scissors = split hop on the spot (without/with ball) on 1-2-3 they reveal</p> <p>load 1: same reveal; race first player to touch the other player's knee load 2: winner has to tag the loser before crossing the sideline load 3: loser has to pass the ball to third player and go back on defense de-load: rock, paper, scissors with free hand</p>	Warm up	First till 4 tags	Warm-Up
	<p>Knock-out in 2 teams</p> <p>of 6 players; 2 balls</p> <p>regular shoot out contest, if player behind you score before the first player, +1</p> <p>load 1: tip-in with left hand load 2: passing with left hand load 3: on airball, wait</p>	C	First team to 3	shooting

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	<p>Schleudersitz</p> <p>1v1 shooting game, every player with a ball</p>	<p>C</p>	<p>Last one remaining wins</p>	<p>Shooting</p>
	<p>Knock-out</p> <p>Individual competition, 2 balls</p> <p>regular shoot out contest, if player behind you score before the first player, you are out or get -1</p>	<p>C</p>	<p>Last one remaining wins</p>	<p>shooting</p>

