

## **Evaluation Drill Script**

### ***Novice Boys/Novice Girls***

#### **Day 1**

**5 min** – transition time (wall ball/organize pinnies, etc.)

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

**12 min** – Shuttle: scoop, roll, throw (4 min each)

- \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
- Creating equal lines of 3 to 4 players in each line have lines face each other boards to boards)
- Have lines spread back as close to the boards as possible
- Shuttle: first player scoops ball, runs it to other side while cradling and places it down for the first player in the next line
- Roll: first player picks up ball, cradles 3 times, then rolls it to other line (following up by running to other line)
- First player in other line lines up the ball, picks it up and repeats steps of first player
- Throw: first player picks up ball, cradles 2 times, then throws it to other line (following up by running to other line)

**8 min** – scoop, run and shoot

- Line up players outside the white line
- First player runs down boards to corner, picks up a loose ball (have coach place one new ball for each player)
- Player picks up ball and runs towards the net for a shot

**2 min** – water

**8 min** – 1 on 1 (from low, from high)

- Left starts with the ball, with a right defender lined up against them
- Once in the proper position, floor coach yells “go”
- 1 on 1, until ball is stripped, shot is taken, or 10 seconds has passed
- Once over, offensive player goes to play defense on opposite side
- Once set up and ready, floor coach starts by yelling “go”

**8 min** – loose ball 1 on 1

- Have players lined up outside the white line (Only next 2 players ready will come in)
- Ready players will line up side by side at the bottom corner of the 24 foot
- Coach will gently roll ball into corner, then yell “go”
- Players fight for ball – player who gets ball tries to score, while other player defends

**15 min** – scrimmage

**2 min off**

## Day 2

**5 min** – transition time (wall ball/organize pinnies, etc.)

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

**12 min** – Shuttle: scoop, roll, throw ( 4 min each)

- \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
- Creating equal lines of 3 to 4 players in each line have lines face each other boards to boards)
- Have lines spread back as close to the boards as possible
- Shuttle: first player scoops ball, runs it to other side while cradling and places it down for the first player in the next line
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- First player in other line lines up the ball, picks it up and repeats steps of first player
- Throw: first player picks up ball, cradles 2 times, then throws it to other line (following up by running to other line)

**8 min** – scoop, run and shoot

- Line up players outside the white line
- First player runs down boards to corner, picks up a loose ball (have coach place one new ball for each player)
- Player picks up ball and runs towards the net for a shot

**2 min** - water

**10 min** – loose ball 1 on 1

- Have players lined up outside the white line (Only next 2 players ready will come in)
- Ready players will line up side by side at the bottom corner of the 24 foot
- Coach will gently roll ball into corner, then yell “go”
- Players fight for ball – player who gets ball tries to score, while other player defends

**21 min** – scrimmage (**10 min play, 1 min period break, 10 min play**)

2 min off

### **Day 3**

**5 min** – transition time (wall ball/organize pinnies, etc.)

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

**12 min** – “X” Shuttle: scoop, roll, throw - 4 min each

- Passing to the line in the opposite corner

**10 min** – loose ball 1 on 1

- Have players lined up outside the white line (Only next 2 players ready will come in)
- Ready players will line up side by side at the bottom corner of the 24 foot
- Coach will gently roll ball into corner, then yell “go”
- Players fight for ball – player who gets ball tries to score, while other player defends

**31 min** – scrimmage (15min play, 1 min period break, 15 min play)

**2 min off**

#### **Day 4**

**3 min** – transition time (wall ball/organize pinnies, etc.)

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

**12 min** – “X” Shuttle: scoop, roll, throw

- Passing to the line in the opposite corner

**43 min** – scrimmage (20min play, 3 min for balance/water, 20min play)

**2 min off**

