



Focus on the fundamentals. Lots of dribbling, playing fun games, Talk about spacing. Don't abscess about being perfect. Make it fun.

| TIME        | SCHEDULE  | NOTES   |
|-------------|---|---|
| <b>Time</b> | <b>Fundamentals:</b> Focus on Fundamentals. Pick 3-4 things to focus on each practice from this category  |   |
| 10          | <p><b>Dribbling: ball control</b></p> <ul style="list-style-type: none"> <li>● L/R Pound dribble (1min ea. hand)</li> <li>● Cross-overs/V-dribble (1min)</li> <li>● L/R Push-pull (1min ea. hand)</li> <li>● Full court down left hand and right hand back</li> <li>● Full court zig-zigs crossover</li> <li>● Full court zig-zigs in your lane</li> </ul>  | <p>Points of Emphasis:</p> <ol style="list-style-type: none"> <li>1. Fast hands</li> <li>2. Hard pounds</li> <li>3. Be in a hurry but not rushed</li> </ol>   |
| 3           | <p><b>Pivots: used to create space with defender</b></p> <ul style="list-style-type: none"> <li>● <i>Rainbows</i>: place ball on right/left hip, bring over the top of the head, pivot forward &amp; move the ball to opposite hip</li> <li>● <i>Unicorns</i>: place ball on right/left hip, bring low to the ankle to end on the opposite hip while pivoting. Ball should be traveling in a U-Shape from hip down to ankle, across to other ankle up to opposite hip from which you started</li> </ul>   | <p>Points of Emphasis:</p> <ol style="list-style-type: none"> <li>1. One foot stuck to</li> <li>2. Hip to Hip</li> <li>3. Quick, stern move</li> <li>4.</li> </ol>  |
| 5           | <p><b>Rebounding:</b></p> <p>Drill Option A: Have players slam ball on the ground, jump up to get it, and chin (repeat 10x). Everyone Yell Rebound.</p> <p>Drill Option B: Outlet Rebounding: 3 player rotation - player 1 top of the key, player 2 wing &amp; player 3 under basket facing basket.</p> <ol style="list-style-type: none"> <li>1. Player 3 grabs rebounds, chins, and pivots</li> <li>2. Player 2 calls for the ball. Player 3 does an overhead pass to player 2.</li> <li>3. Player 2 does a bounce pass to player 1. Coach gets the ball from player 1 and the process starts over again.</li> <li>4. Player 3 is a rebounder for 3 times before rotating.</li> </ol> | <ol style="list-style-type: none"> <li>1. Jump to get the ball vs having the ball come to you.</li> <li>2. Grab the ball with two hands</li> <li>3. Chin the ball after rebounding and hold tight until passing to the outlet.</li> </ol> |
| 5           | <p><b>Passing:</b> Put players in two lines across from one another. One line has the ball. Pass on Coach's command. Passing in unison is best to watch form.</p> <ul style="list-style-type: none"> <li>● Chest</li> <li>● Bounce</li> <li>● Single hand (R&amp;L)</li> <li>● Overhead</li> </ul>  | <ol style="list-style-type: none"> <li>1. Jump to the ball on the pass</li> <li>2. Make a strong pass with arms &amp; fingers extended to partner</li> <li>3. Step to the receiver as you pass.</li> </ol>                                |
| 5           | <p><b>Partner Shooting:</b> Form shooting to a partner. Put players in two lines across from one another. One line has the ball.</p> <ol style="list-style-type: none"> <li>a. Feet are shoulder-width apart for good balance.</li> <li>b. Eyes focused on the basket</li> <li>c. The elbow is directly under the ball in line with the basket. Not too close or too far from the body.</li> <li>d. After the shot, your shooting hand should be fully extended just in front of your eye.</li> </ol>   | <ol style="list-style-type: none"> <li>1. Emphasize Ball to the thigh, thumb to the eye, hand to the sky</li> <li>2. Wrist should be bent on the release to dip hand into the cookie jar.</li> </ol>                                      |

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|             |  | 3. Emphasize shooting power comes from legs   |
| 5           | <b>Cuts:</b> V-Cut & L-Cuts to get open. use cones or spots on the floor. coach pass ball to player, have them dribble to a jump shot.   | 1. Hard change of direction.<br>2. Hand to receive ball   |
| 5           | <b>Defensive:</b> (see below for each drill's explanation) <ul style="list-style-type: none"> <li>• Drill Option A: Shuffles: coach points right or left and kids shuffle</li> <li>• Drill Option B: Mirror defense (zig zag with defense mirror)</li> <li>• Drill Option C: 3v3 shell with defense emphasis (wk 3 &amp; 4)</li> </ul>   | 1. Hands out, athletic position with bottom down<br>2. Eyes focused on opponents waste  |
| ~20         |  |   |
| <b>Time</b> | <b>Shooting</b>  |   |
| 8           | <b>Layups</b> <ul style="list-style-type: none"> <li>• Introduce proper form: String attached from elbow to knee. as the arm goes to finishing layup, the knee rises with it.</li> <li>• Teaching: stand at block, take step and plant inside foot and push-up</li> </ul>  | 1. Knee goes up when hand goes up<br>2. Aim for square when shooting  |
| 8           | <b>Jump Stops to Shot</b> <ul style="list-style-type: none"> <li>• Players start at wing position. Rip the ball and drive toward the basket.</li> <li>• Jump stop a few feet from the basket (move the spot around where you want them to perform a jump stop)</li> </ul>  | 1. Don't put a big emphasis at this age on proper form introduced in the warmups - judge the player and their ability for proper form<br>2. A proper jump stop is when a player dribbles, does a small hop, lands on two feet with knees slightly bent, and shoots the ball |
| ~16         | <b>Total Time</b>  |   |
| <b>Time</b> | <b>Games: If time permits, pick a game to play</b>   |   |
| 5           | <b>PacMan:</b> <ol style="list-style-type: none"> <li>1. One player is designated PacMan and lines up on one end of the court. The other players line up on the opposite end.</li> <li>2. Players dribble on all lines of the court while the PacMan tries to tag all the players. Players must stay on the lines and dribble</li> <li>3. Once a player is tagged he stands &amp; dripples in place at the spot he was tagged. Players still in the game now can't go around this player. He/she becomes a road block.</li> <li>4. The last player who is not tagged in the winner and can become the PacMan on round two</li> </ol> | Focus is on ball control and dribbling  |
| 5           | <b>Chase the point guard:</b> <ol style="list-style-type: none"> <li>1. For 3 lines spread across baseline.</li> <li>2. Point guard (middle player) dribbles up court, two outside players chase point guard. Outside players leave baseline once point guard reaches free throw.</li> <li>3. Point guard attempts a layup (one shot).</li> </ol>  | Focus is on shooting, spacing, running hard up court and defense  |

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|     | 4. Coming back Point Guard is defense and the two chasers are on offense trying to score.  |  |
| 5   | <p><b>Musical 'Chairs':</b></p> <ol style="list-style-type: none"> <li>1. Place balls around center court circle.</li> <li>2. Music plays as players run around ball at center.</li> <li>3. When the music stops, players grab a ball and run to a basket to shoot (and make) and come back to center.</li> <li>4. Last person back is out</li> </ol> <p>NOTE: 1st &amp; 2nd graders run around the basket and back to the center square</p>   | Focus is on dribbling and shooting under pressure                        |
| 5   | <p><b>Relay Races</b></p> <ol style="list-style-type: none"> <li>1. Divide your group into 2 or more teams based on size, and have each group line up single file behind the baseline.</li> <li>2. Each team will have one ball, and the first player in line will dribble as fast as they can while controlling the ball to the opposite baseline or half-court line and back to the baseline. They will then hand the ball off to the next player in line on their team who will then run their leg of the race.</li> <li>3. The first team to have every member complete the race and get back to the baseline wins. (You can place obstacles such as cones to dribble through within the course to make it more interesting and require more ball handling.)</li> </ol>  | Focus is on sprinting full court with a ball and shooting under pressure |
| 8   | <p><b>Baseball</b></p> <ol style="list-style-type: none"> <li>1. Divide the group into two even teams: a dribbling team and a shooting team.</li> <li>2. The dribbling team will have a basketball and will line up at one of the corners of the baseline.</li> <li>3. The shooting team will have one or two basketballs and be lined up at the free-throw line or closer depending on the age and skill level of the players.</li> <li>4. The dribblers' object is to make a "home run" by dribbling the basketball around half court and back to the line. The shooters' object is to make the shot to get the dribblers out.</li> <li>5. If a shot is made, the shooters call out "stop," and the current dribbler freezes and the next dribbler may begin. If the dribbler makes it home, they get one point and return to the back of the line to run again.</li> <li>6. Continue until every dribbler is out and then switch team roles. The team with the most runs wins.</li> </ol> | Focus is on short burst of energy and shooting free throws.              |
| 8   | <p><b>Buzzer Beater</b></p> <ol style="list-style-type: none"> <li>1. Two players start at center court and run toward opposite baskets</li> <li>2. Coach has a timer that counts down from 8 seconds.</li> <li>3. Each player has the allotted time to make a basket.</li> <li>4. If a basket is made, player waits in the center circle for their next opponent.</li> <li>5. On round two players now have 6 seconds to make a basket. If they both make it, start again with 4 seconds left on the clock</li> </ol>   | Focus is on sprinting and shooting under pressure                        |
| ~60 | <b>Total</b>   |  |