



Focus on the fundamentals - ball handling, shooting mechanics, pivots, and some age-appropriate advanced moves: Shot fakes, screening, basic offense (pass, cut, fill)

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 cross-over</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>
5	<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> <ol style="list-style-type: none"> <li>1. After pivot is complete, square up to the “defender”, execute a shot fake and one hard dribble toward “basket”</li> </ol>	<p>Points of Emphasis:</p> <ol style="list-style-type: none"> <li>1. Hip to Hip</li> <li>2. Quick, stern move with the ball</li> </ol> <p><b>Shot Fake:</b> Raise hips up, look toward basket with eyes, bring ball to a shooting position</p> <p><b>Drive:</b> Low and long to the basket, head and chest down and sink your shoulder to the defenders hip “clip the hip”</p>
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)</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 ‘shoots’ ball against backboard to simulate a rebound. Grabs ball, 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>Feet are shoulder-width apart for good balance.</li> <li>Eyes focused on the basket</li> <li>The elbow is directly under the ball in line with the basket. Not too close or too far from the body.</li> <li>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>Emphasize Ball to the thigh, thumb to the eye, hand to the sky</li> <li>Wrist should be bent on the release to dip hand into the cookie jar</li> <li>Emphasize shooting power comes from legs</li> </ol>
5	<p><b>Defensive:</b> (see below for each drill's explanation)</p> <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 drill with defense emphasis (wk 3 &amp; 4)</li> </ul>	<ol style="list-style-type: none"> <li>Hands out, athletic position with bottom down</li> <li>Eyes focused on opponents waste</li> </ol>
5	<p><b>Screening:</b></p> <p>Fundamentals of the Screener (Person setting the screen):</p> <ul style="list-style-type: none"> <li>Feet should be a little wider than shoulder-width apart. It's very important to have a wide, strong base.</li> <li>Hands should be crossed across your chest (girls) or protecting your groin area (boys)</li> <li>The screener needs to be stationary as the screen is set. Otherwise, the screener will be called for a offensive foul.</li> <li>Body should be vertical (should not be leaning forward or backwards).</li> <li>Square to the defender. The middle of the screener's chest should be in line with the defender's shoulder and hips.</li> <li>After the offensive player has ran off the screen, it is very important to open up to the basketball. Normally, you will pivot 180 degrees to the basketball. Sometimes, a cut to the basket or away from the basket may be open. Many times, the screener is the person who is open.</li> </ul> <p>Fundamentals of the Person Receiving the Screen</p> <ul style="list-style-type: none"> <li>Set up the defender - It's very important for the offensive player to set up the screen. First of all, (s)he needs to wait until the screener is completely set. If (s)he leaves too early while the screener is moving, the screener will get called for an offensive foul.</li> </ul> <p>Second, it's very good to set up the screen by faking the opposite direction even if it's only a slight head fake. This will get the defender leaning in the wrong direction and when he explodes the other direction to catch up with you, he'll run</p>	

	<p>hard into the screen.</p> <ul style="list-style-type: none"> <li>• Shoulder to Shoulder - When running off the screen, you will need to run shoulder to shoulder. This will not give the defender any room to get around the screen. It will force him to either trail behind you or plow through the screener for a defensive foul.</li> <li>• EXPLODE! It's very important for the offensive player to blast off of the screen. This will leave the defender in the dust and give you much more time to set up for a shot.</li> </ul>	
5	<b>Cuts:</b> L-Cut & V-Cut	<a href="https://www.ussportscamps.com/tips/basketball/getting-open-on-defense">https://www.ussportscamps.com/tips/basketball/getting-open-on-defense</a>
8	<b>Teach the ABCs of offense: Always Be Cutting &amp; Screening</b>	<ol style="list-style-type: none"> <li>1. Pass: Cut or Screen</li> <li>2. If you cut, fill an open spot</li> </ol>
~20		
<b>Time</b>	<b>Shooting</b>	
8	<p><b>Jab Steps &amp; Layups</b></p> <ul style="list-style-type: none"> <li>• Proper form: String attached from elbow 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> <p>Note: Introduce jab steps and rips. Have player perform a jab step before leaving for shot.</p> <ol style="list-style-type: none"> <li>1. Ball should be placed on players hip with 3 points of contact - right/left hand and hip.</li> <li>2. Player moves foot opposite the ball in short burst (think toe tapping) in attempt to create space.</li> <li>3. Rhythm is key: change the pace of the toe taps from <ol style="list-style-type: none"> <li>a. Slow-fast-slow</li> <li>b. Fast-slow-Fast</li> <li>c. Slow- slow-Fast</li> </ol> </li> <li>4. After performing 3 quick jab steps, rip ball from ball side to opposite ankle to get defender to shift and pull ball back hard in the direction the ball started (ie. Right hip to left ankle back to right)</li> <li>5. Take a hard dribble toward basket and pull up for the shot (in the area you feel is appropriate for the shooter)</li> </ol>	<ol style="list-style-type: none"> <li>1. Knee goes up when hand goes up</li> <li>2. Aim for square when shooting</li> </ol>
8	<p><b>Jump Shot</b></p> <ul style="list-style-type: none"> <li>• Players start at wing position. Rip the ball and drive toward the basket.</li> <li>• Stop and jump up. Shoot a few feet from the basket (move the spot around where you want them to perform a jump shot)</li> </ul> <p>Note: Start off with jabs steps like above</p>	<ol style="list-style-type: none"> <li>1. Judge the player and their ability for proper form - coach them on proper form</li> <li>2. A proper jump shot is when a player release ball at height of jump</li> </ol>

<b>~16</b>	<b>Total Time</b>	
<b>Time</b>	<b>Games: Pick a game to play at end of practice</b>	
8	<p><b>PacMan:</b></p> <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 under pressure
8	<p><b>Chase the point guard:</b></p> <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> <li>4. Coming back Point Guard is defense and the two chasers are on offense trying to score.</li> </ol>	Focus is on shooting, spacing, running hard up court and defense
8	<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
8	<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> </ol>	Focus is on short burst of energy and shooting free throws.

	<ol style="list-style-type: none"> <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>	
<b>8</b>	<p><b>Buzz Beater (3rd grade)</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
<b>~60</b>	<b>Total</b>	