

ROOKIE



Rookie Level ABCD's

At the Rookie level, the game is all about fun, being active, and learning basic fundamental skills. This is the first introduction to basketball for most players and it should be a positive experience. Five-on-five competitions should be limited until later in the level(s). The goal of the Rookie level is to engage in activity and form a base of motor skills.

ALWAYS FUN

High-Fives & Smiles

Positive Encouragement

Interactive Games



One very important way we can ensure that the players have fun is through our high-fives, smiles, and positive encouragement. Coaches, parents and organizers should use their body language and positive reinforcement to create an enjoyable environment. Fun also plays out through a variety of skill-related, interactive games. Whether it's a relay race, or dribble tag, these skill-related games make it fun to learn and play.

BUILDING SKILLS

See Skill Checklist



In the early stages of the Rookie level of the curriculum, players should play the game voluntarily in their free time because it's an activity that they enjoy. As their enjoyment grows and they mature, basic fundamentals of the game will be acquired. Some of the fundamentals that are introduced in the Rookie level include having a good athletic stance, running, jumping, stopping, balance, ball-handling, passing, receiving, and shooting. These movements and skills will lay the foundation for skills acquired later in the pathway.

CORE VALUES

Sportsmanship & Fairness

Confidence

Respect



In their first introduction to basketball, some players have the tendency to be individualistic or shy, while others see the game as an opportunity to spend time with friends. Players at this level may be very aware of their feelings and the feelings of others. Therefore, it is important to emphasize sportsmanship & fairness, instill confidence, and teach them to respect each other. By incorporating these messages on a daily basis, players will grow in their social understanding and sport etiquette.

DEVELOPING WELLNESS

Active Lifestyle



In this level, Jr. NBA players are encouraged to lead an Active Lifestyle. Getting exercise from multiple sports and activities helps create healthy habits for the rest of their lives. Being active also translates to better productivity in school and overall health. This foundation of being active develops a base for athletic development in basketball and beyond. Encourage players to be active!

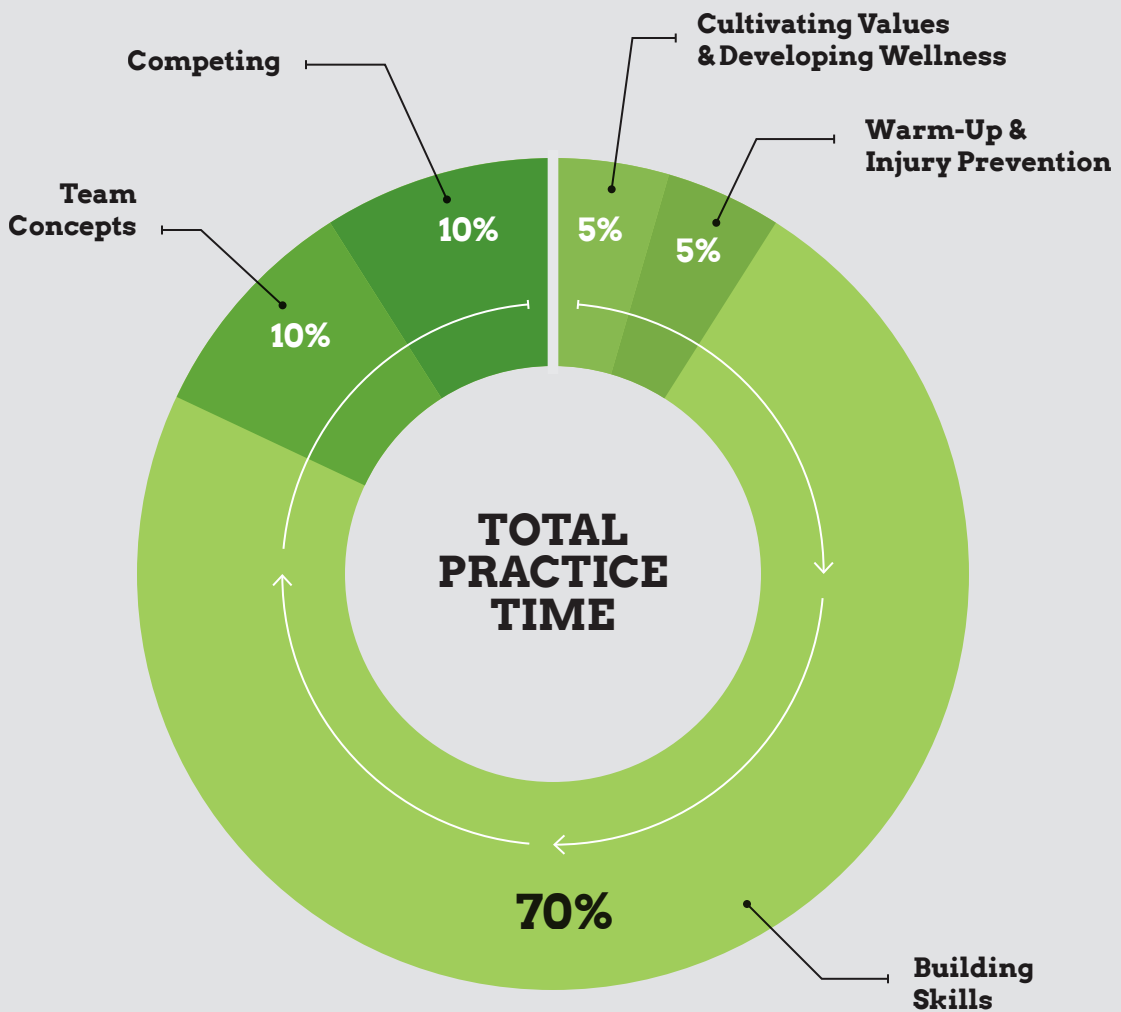
Skill Checklist

At the conclusion of the Rookie Level, Jr. NBA players should be proficient at each of the following skills. Judging proficiency at this level is the responsibility of the coach.

<div>✓ Ball Handling</div> <div> <input type="radio"/> Toss & Catch </div> <div> <input type="radio"/> Stationary Control Series </div> <div> <input type="radio"/> Stationary Dribble Control Series </div> <div> <input type="radio"/> Stationary Dribble Low, Middle, High </div> <div> <input type="radio"/> Walking Control Dribble </div> <div> <input type="radio"/> Stationary Crossover </div> <div> <input type="radio"/> Walking Crossover </div> <div> <input type="radio"/> Jogging Dribble </div> <div> <input type="radio"/> Running Dribble </div> <div> <input type="radio"/> Change of Direction Dribble </div> <div> <input type="radio"/> Dribble & Balance </div> <div> <input type="radio"/> Dribble Balance & Push </div>	<div> <input type="radio"/> Recognizing Open Teammates </div> <div> <input type="radio"/> Pivot & Pass </div> <div> <div>✓ Shooting</div> <div> <input type="radio"/> Stationary Form Shooting </div> <div> <input type="radio"/> Strong Hand Lay-Up </div> <div> <input type="radio"/> One-Dribble Shooting </div> <div> <input type="radio"/> Lay-Up Form </div> <div> <input type="radio"/> 1-2 Step Shooting </div> <div> <input type="radio"/> Using the Backboard </div> <div> <input type="radio"/> Jump Stop Shooting </div> </div> <div> <div>✓ Rebounding</div> <div> <input type="radio"/> Jump, Catch and Land </div> </div> <div> <div>✓ Footwork & Conditioning</div> <div> <input type="radio"/> Athletic Stance/ Triple Threat </div> <div> <input type="radio"/> Defensive Stance/Slide </div> <div> <input type="radio"/> Controlled Running </div> <div> <input type="radio"/> Change of Direction </div> <div> <input type="radio"/> Two Foot Jump Stop </div> <div> <input type="radio"/> Pivoting Basics </div> <div> <input type="radio"/> Leaping </div> <div> <input type="radio"/> Body Control </div> </div>	<div> <div>✓ Offense</div> <div> <input type="radio"/> Pass & Cut </div> <div> <input type="radio"/> Ball Reversal </div> <div> <input type="radio"/> Triple Threat </div> <div> <input type="radio"/> Drive and Kick (Pass) </div> <div> <input type="radio"/> Give & Go </div> </div> <div> <div>✓ Defense</div> <div> <input type="radio"/> Defensive Stance </div> <div> <input type="radio"/> Defensive Slide </div> <div> <input type="radio"/> Stay between Man and Basket </div> <div> <input type="radio"/> Tracing the Ball </div> <div> <input type="radio"/> Change of Direction </div> </div> <div> <div>✓ Other</div> <div> <input type="radio"/> Understand the Basketball Court Markings </div> <div> <input type="radio"/> Introduction to Rules (Travel, Double Dribble, Out of Bounds, Scoring) </div> </div>
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Practice Plans

The chart below indicates approximate amounts of time to be spent on each portion of practice. The twelve practice plans to follow are samples that reinforce Rookie level principles.



THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	HAVE FUN!	The game of basketball is fun! Encourage the players to enjoy the game and their teammates!	5%
	KNOW YOUR TEAM GAME	Get to know each other by answering fun questions!	
Warm-Up	THE ESCAPE GAME (3 x each partner)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	TEACH: Ball-Handling		70%
	TOSS & CATCH (1 x 45 sec.)	Develop comfort with the ball and work on hand eye coordination by tossing and catching the ball.	
	SMACKS (1 x 20 sec.)	Get comfortable with the ball, and warm-up the fingers and hands by smacking the ball.	
	TAPS (1 x 30 sec.)	Tap the ball quickly from hand to hand to gain familiarity with the ball and warm-up the fingers and hands.	
	WAIST WRAPS (1 x 10 reps/way)	Challenge the players to wrap the ball quickly around their waist.	
	HEAD WRAPS (1 x 10 reps/way)	Wrap the ball around the head as quickly as possible.	
	TEACH: Passing		
	STATIONARY WALL PASS Chest (3 x 10)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
	FORM SHOOTING No ball (2 x 8)	Focus on perfect form and visualization.	
	SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!	
	TEACH: Footwork & Conditioning		
	JUMP-STOP DRILL No ball (2 x down & back)	Use this drill to work on the fundamentals of the jump stop; balance and body control.	
Team Concepts	TEAMWORK CARRY DRILL (1 - 2 games)	This is a great drill to encourage teamwork!	10%
Competing	MR. COACH, WHAT TIME IS IT? (1 - 2 games)	Have fun with this game and add a basketball if appropriate!	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s actions or performance in practice.	

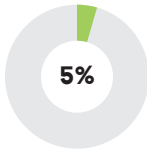
→ Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.

→ Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values



> HAVE FUN!

- Share with the players the importance of having fun and remind everybody that the Jr. NBA is all about enjoying the game of basketball!

- Have fun, smile, learn, and enjoy your teammates!

★ The **Positive Coaching Alliance (PCA)** reminds us that keeping basketball fun for players is key to their success as players and as people. After all, if the sport is not fun, players may stop playing and never develop into the athletes they could become. If that happens, they are also denied the opportunity to learn all the life lessons available through basketball. However, as long as we keep the game fun, they will always love the game and become all they can as players and people.

⊗ Know Your Team Game

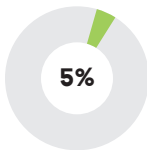
- Have the players stand in a circle with the coach in the middle.
- The coach will have a ball and toss it quickly to a player.
- As the player catches the ball, the coach asks the player a question (see suggestions below).
- The player will quickly answer the question and toss the ball back to the coach.

VALUES
CONTINUED

- The coach will repeat this process tossing the ball to different players and asking different questions.

★ **Here are a few suggested questions:** “What is your name?” “Do you have a brother or sister?” “What is your favorite color?” “What is your favorite basketball team?” “What is your middle name?” “When is your birthday?”

Warm-Up



➤ WARM-UP GAME

⊗ **The Escape Game** (3 times each partner)

- Have the players partner up and designate a partner “1” and a partner “2” for each pair.
- All 1’s will go to the center of the gym, face the center, and cover their eyes.
- Have all 2’s start next to their partner 1.
- At the coach’s command “Move with..”, partner 2’s will move away from 1’s by moving with the movement the coach chooses from the selection below.
- On the command, “Find your partners!” partner 1’s open their eyes, move as their partner was commanded, and locate and gently tag their partner.
- Once tagged both partners must go back to the center of the court, where they will switch roles and repeat.

WARM-UP CONTINUED

★ **Movement Options:** Hopping on 1 foot, hopping on 2 feet, skipping, lateral slide, running, running sideways, running backwards.

🔍 **Key Points:** This is a great game to get the players actively warmed-up. Players should only run if commanded to run. Make sure that both partners use the movement that coach commands.

Building Skills



➤ BALL-HANDLING

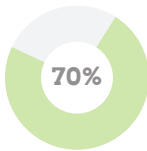
★ **Ball-Handling Fundamental Skill:** The act of moving and controlling the ball. Ball-handling includes ball control, dribbling, and dribble moves. The better the ball-handler, the easier it becomes for the player to move with the ball and create opportunities for their team.

★ **Holding the Ball:** Players should hold the ball with 2 hands on the sides of the ball so their palms are facing towards each other. It is important that the players are able to bend their wrists and can keep the ball close to their body.


⊗ Toss & Catch (1 x 45 seconds)

- Players need a basketball (or share) and should find space on the court facing the coach.
- With two hands on the ball, the players will toss the ball into the air and catch it on its way down.

BUILDING SKILLS CONTINUED




- The players can toss the ball higher if they are comfortable.
- The coach can have the players work together or at their own speed and should feel free to add wrinkles to the drill.

 **Key Points:** Develop hand-eye coordination and familiarity with the ball by tossing and catching it at different heights. Emphasize a controlled toss and a soft catch.

Smacks (1 x 20 seconds)

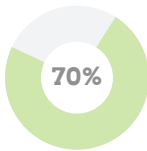
- All players need a basketball (or share) and should stand in a designated area.
- Players will hold the ball with 2 hands in front of them and alternate smacking the ball with each hand.

 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop comfort being physical by smacking the ball in this fun ball-handling warm-up.

Taps (1 x 30 seconds)


- All players need a basketball (or share) and should stand in a designated area.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for the allotted time.

BUILDING SKILLS CONTINUED




- The players will then bend their arms and tap the ball quickly from hand to hand in front of their face for the allotted time.

- The players will again tap the ball from side to side the same motion in front of their waste now for the allotted time.

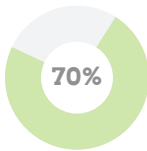
 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Emphasize using their fingertips to develop comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

Waist Wraps (1 x 10 reps each way)

- All players need a basketball (or share) and should stand on the sideline.
- The players should start with the ball in front of their waist and wrap it quickly in circles around their waist.
- Once they have completed the allotted wraps, they should do the same movement going the opposite direction.


 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Help the players gain confidence moving the ball as if it is an extension of their body. Push the players to wrap the ball fast in order to challenge their control.

BUILDING SKILLS CONTINUED



Head Wraps (1 x 10 reps each way)

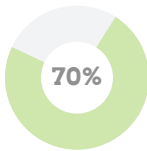
- All players need a basketball (or share) and should stand on the sideline.
- The players should start with the ball in front of their face and wrap it quickly in circles around their head.
- Once they have completed the allotted wraps, they should do the same movement going the opposite direction.

 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Help the players gain confidence moving the ball as if it is an extension of their body. Push the players to wrap the ball fast in order to challenge their control.

> **PASSING**

★ **Passing Fundamental Skill:** Passing is the act of throwing the ball to a teammate. A basic pass happens by holding the ball with two hands, stepping towards a teammate, and pushing the ball from the middle of the body to a teammate. Passing the ball to teammates moves the ball quicker than dribbling, and also forces the defensive players to move and react. Just like ball-handling and shooting, passing is a skill that must be honed.

BUILDING SKILLS CONTINUED



🏀 **Stationary Wall Passing-Chest** (3 x 10 passes)

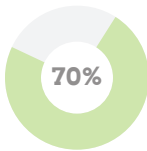
- The players should get a basketball (or share) and stand a short distance from a wall and find a target on the wall.
 - Teach the players to step with a lead foot toward the target as they snap their thumbs down and extend their arms to pass the ball to the target.
 - After the ball hits the wall, the players should catch the ball and repeat the process.
- 🔑 **Key Points:** Make sure the players have good balance, look at the target, step towards the target, extend their arms, and snap their thumbs down as they pass the ball. The ball should have backspin as it is in the air.

➤ **SHOOTING**

★ **Shooting Fundamental Skill:** Shooting is the act of throwing the ball with the purpose of it to go through the basket.

- Players should start in a good stance with their shooting hand elbow under the ball and the other hand holding the ball steady on the side. The players will use their whole body to push the ball up toward the basket.

BUILDING SKILLS CONTINUED

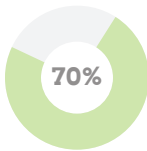


- To shoot with good form, it is important to bend the knees for both balance and strength. The players should have their feet a little wider than shoulder width apart, and often, shooters will have the foot on the side of their shooting hand slightly ahead of their other foot. The player's feet, knees, hips, shoulders and head should all be facing the basket. The shooting hand elbow should be under the ball while the other hand should support the ball on the side. The ball should be in the fingertips of the shooting hand with a small gap between the palm and the ball. Then in one motion the player should extend their legs while extending their shooting hand. The hand and elbow should come to full extension up high with the ball primarily coming off the fingertips of the index and middle fingers. The player should flip their wrist forward creating backspin on the ball which allows it to land softly on the rim. The opposite hand should come off the ball just before the player releases the ball from the shooting hand. The player should land in the same place they jumped from on both feet nice and balanced and hold their follow-through until they see if the shot goes in.

Form Shooting No Ball (2 x 8)

- All players should stand on the sideline facing the coach.
- With bent knees and the dominant hand elbow in, have the players move their body upward in one motion to simulate shooting the ball.

BUILDING SKILLS CONTINUED



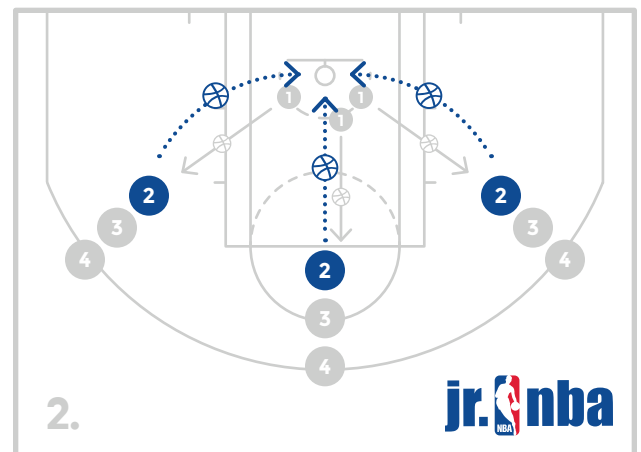
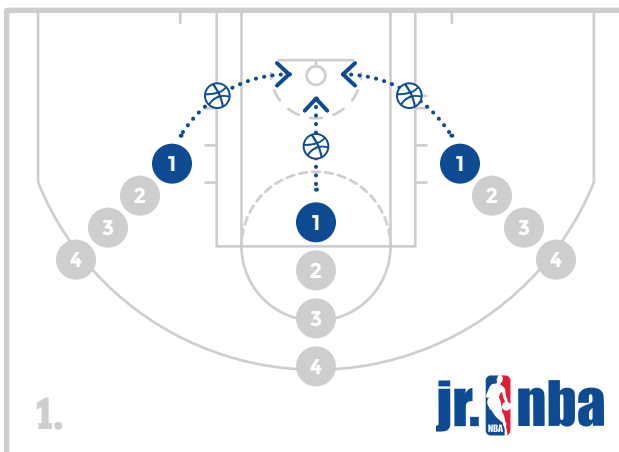
- The players should follow-through by straightening their arm and flipping their wrist in an effort to have a perfect shot.

- The players should hold the follow-through until the coach indicates for them to reset in a good stance.

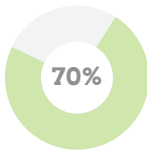
Key Points: Have the players emulate the perfect shot and perfect form as they go through the drill.

Shooting Line Game (2 games to 8 makes)

- Divide the players into two or more groups and have each group at a designated shooting spot on the court.
- The groups will function as a team and keep their score together.
- The players will shoot, get their rebound, give it to the next player and return to the back of the same line.



BUILDING SKILLS CONTINUED



- Continue this drill until one team makes the designated number of shots. Then switch spots and repeat.

Key Points: Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.

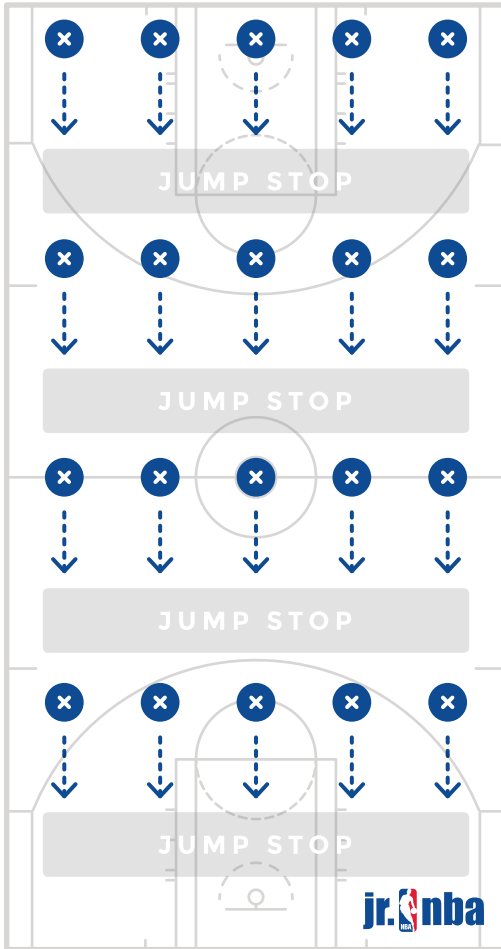
FOOTWORK & CONDITIONING

Jump Stop Fundamental Skill: The act of landing on both feet at the same time when either receiving a pass or after a player's last dribble. Landing on both feet at the same time helps the player gain balance, and allows the player to use either foot as a pivot foot.

- The players should keep their eyes and chest up and stay balanced by having their knees bent.

Jump Stop Drill-No Ball (2 x down & back) SEE DIAGRAM NEXT PAGE >>

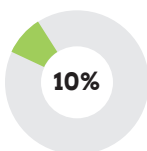
- Players should form balanced lines on the baseline and the first player in each line will start in an athletic stance.
- The first player in each line will jog to the foul line and make a deliberate jump stop at the foul line.
- On the whistle, the players will repeat at half court, the opposite foul line, and the opposite baseline.



- Once the group in front of the player moves towards the next jump stop location, the next player begins the same process.
- The players will wait at the opposite baseline until all the players finish and then do the same process going back.

Key Points: To ensure balance, have the players land in the jump stop position and count to 3 before blowing the whistle to allow them to jog to the next spot.

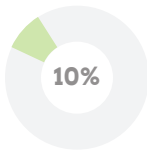
Team Concepts



Teamwork Carry Drill (1-2 games)

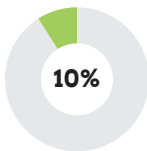
- Pair the players up according to their height and have them start next to their partner in a few lines.
- The first partner pair in each line will be responsible for getting the ball to half court and back to their line.
- The partners will place the basketball on their hips and put their hands in the air.

TEAM CONCEPTS CONTINUED



- They are not allowed to use any other body parts to carry the basketball, and must always be in the side-to-side position and not back-to-back or side-to-back.
 - If the ball drops, simply pick up the ball and go back to where the ball was dropped and continue.
 - Have each partner pair do this at least one time. If desired, play the next game by carrying the ball with their shoulders.
- Key Points:** This is a fun team building exercise that forces players to work together. Have all the players encourage each other and have fun.

Competing

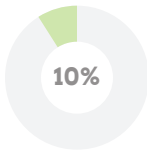


> FUN GAMES

⊗ **Mr. Coach, What Time Is It?** (1-2 games)

- All players will start on the baseline. The coach (“Mr. Coach”) will start near the opposite baseline facing away from the players.
- The players will all together say “Mr. Coach, Mr. Coach, what time is it?”
- The coach will then respond by yelling out any number 1-12 (e.g. “10 o’clock!”).
- The players will then take that number (ten) big steps (and dribbles if using a ball) forward.

COMPETING
CONTINUED




- After completing the steps, the players will ask again, “Mr. Coach, Mr. Coach, what time is it?” the coach will continue with another number or yell out “Game time!”

- At any point, if the coach yells “Game Time!” the coach is allowed to turn around to tag the player(s).

- The players will run back to the baseline that they started on to be “safe.”


- If a player is caught, they will then join “Mr. Coach.”

 **Key Points:** If needed, add the ball and have all the players dribble the number of steps they take, as well as dribble when the coach yells “Game Time!” to get away from the coach.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.

- If needed, have the coach start the session by giving a compliment and let the players follow.

 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

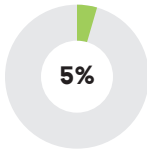
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	ACTIVE LIFESTYLE	Discuss with the players the positive implications of being active.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the geography of the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	TOSS & CATCH (1 x 45 sec.)	Keep this hand-eye coordination drill fun!	
	SMACKS (1 x 20 sec.)	Get comfortable with the ball and warm-up the hands.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball and warm-up the fingertips.	
	DRIBBLING FUNDAMENTAL SKILL	Teach dribbling the ball by using the fingertips of one hand to repeatedly bounce the ball off the floor.	
	STATIONARY DRIBBLE: LOW & MIDDLE (2 x 30 seconds each hand low & middle)	Work on using the fingertips while making low/middle dribbles.	
	UP OR DOWN GAME (2 x 4 minutes each)	Play a fun dribbling game to help develop dribbling skills.	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 2 minutes each)	Passing with a partner helps both passing and receiving.	
	TEACH: Footwork & Conditioning		
	FUNDAMENTALS OF THE TRIPLE THREAT	The triple threat stance is an athletic stance that allows an offensive player with the ball to 1-shoot, 2-pass, or 3-dribble.	
	1.2.3. TRIPLE THREAT (2 x 1 minute)	Have the players use this simple drill to get used to the triple threat position.	
	EXPLOSION LEAPS (2 x sideline to sideline)	This exercise will help players work on coordination, jumping, landing, and endurance.	
Team Concepts	SHOOTING LINE GAME (2 games to 8 makes)	Have some fun shooting just like practiced!	10%
Competing	RED LIGHT (1-2 games)	This is a fun interactive game for the team.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values

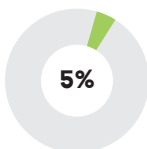


> ACTIVE LIFESTYLE

- Have players volunteer to demonstrate the most basic examples of being active and not being active.
- Have players define being active in life.
- Explain why they should try new sports and live actively.

★ The **Positive Coaching Alliance (PCA)** explains that one of the toughest issues facing youth sports today is pressure on players and their parents to have children specialize in a single sport before they are ready and to play that sport year-round. Ironically, while many youth programs pursue early specialization, telling parents it is necessary so that their children do not fall behind in chasing any scholarship opportunities, most coaches who do the actual recruiting prefer multi-sport athletes. Athletes who play multiple sports tend to be more well-rounded as players and people due to their variety of experiences and are less susceptible to overuse injuries.

Warm-Up

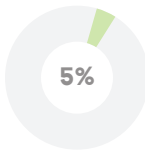


> BASKETBALL IQ ACTIVE WARMUP

⊗ **Run To That Line** (1 x 5 lines)

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.

WARM-UP
CONTINUED



- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.

- Announce both the way to get to the line or area and the line or area.

- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

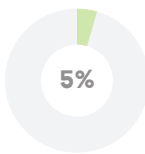
★ **Example:** “Everybody go with High Knees to the baseline!”

🔍 **Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

⊗ **Forward/Backward/Lateral March**

- These marches are fundamental movements that teach the players about proper running mechanics. Adding backward and lateral marches is essential for neurological variation in order to have success in subsequent movements.
- Players will march by walking and pulling their knees up, toes up, and arm up at a 90 degree angle.

WARM-UP
CONTINUED



High Knees

- High knees replicates acceleration techniques by syncing the arm and leg actions. Be sure to cue arm action, encourage an elbow angle of approximately 90 degrees and promote movement at the shoulder. Proper leg action is demonstrated by an active drive of the knee upward while targeting the heel to the top of the hamstring and keeping the foot dorsiflexed (toes up). “Heel to hamstring” is an important cue in order to promote the proper shin angle. The players will run and quickly alternate bringing their knees high towards their chest.

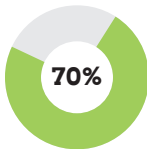
Quick Feet

- Players should take numerous tiny, quick, short choppy steps as they move in a direction instructed. The activity gets the player’s bodies moving and their foot muscles firing while working their fast twitch movement.

Side Push

- Players should be in a slight athletic stance and move laterally by pushing off their back foot. The player should push off their left foot to move right and push off of their right foot to move left. It is important to emphasize pushing rather than stepping and pulling. This movement works hips, feet and balance.

Building Skills



> BALL-HANDLING

⊗ Toss & Catch (1 x 45 seconds)

- Players need a basketball (or share) and should find space on the court facing the coach.
- With two hands on the ball, the players will toss the ball into the air and catch it on its way down.
- The players can toss the ball higher if they are comfortable.
- The coach can have the players work together or at their own speed and should feel free to add wrinkles to the drill.

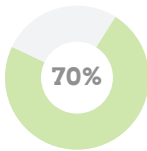
🔍 **Key Points:** Develop hand-eye coordination and familiarity with the ball by tossing and catching it at different heights. Emphasize a controlled toss and a soft catch.

⊗ Smacks (1 x 20 seconds)

- All players need a basketball (or share) and should stand in a designated area.
- Players will hold the ball with 2 hands in front of them and alternate smacking the ball with each hand.

🔍 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop comfort being physical by smacking the ball in this fun ball-handling warm-up.

BUILDING SKILLS CONTINUED



⚡ **Taps** (1 x 30 seconds)

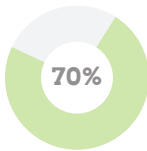
- All players need a basketball (or share) and should stand in a designated area.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for the allotted time.
- The players will then bend their arms and tap the ball quickly from hand to hand in front of their face for the allotted time.
- The players will again tap the ball from side to side the same motion in front of their waste now for the allotted time.

🔑 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Emphasize using their fingertips to develop comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

⚡ **Dribbling Fundamental Skill**

- **Dribble/Dribbling** - Bouncing the ball to the floor with one hand. A player who is dribbling cannot use 2 hands at the same time and cannot put any part of their hand under the ball. Both result in a violation.
- Dribble the ball by using the fingertips of one hand to bounce the ball off the floor repeatedly. Dribbling is utilized to move around the court and move past defenders.


BUILDING SKILLS CONTINUED



- It is important to teach the players to use their fingertips, develop both hands equally and work on dribbling in their free time as well.

Stationary Low Dribble (2 x 30 seconds each hand)

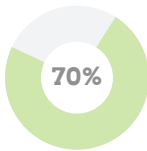
- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm up to protect the ball.
- The players will do this for the allotted time and then switch to their left hand and complete the same process.

 **Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, quick dribbles to improve coordination and ball control.

Stationary Middle Dribble (2 x 30 seconds each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand at knee level in a good stance with their eyes up while using their left arm up to protect the ball.

BUILDING SKILLS CONTINUED



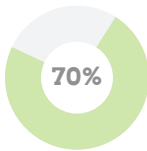
- The players will do this for the allotted time and then switch to their left hand and complete the same process.

Key Points: Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball down with firm, quick dribbles to improve coordination and ball control. Teach the players to pound the ball with each dribble.

Up or Down Game (2 games of 4 minutes each)

- Divide the players into 2 teams - Team “Up” and Team “Down.”
- Spread cones around the gym facing up, and the same number of cones around the gym facing down.
- All players will have a ball and the players on the “Up” team will dribble around the gym and try to put all the cones standing up.
- The players on the “Down” team will dribble around the gym trying to put all of the cones facing down.
- Players must continually move around and cannot guard the cones.
- Players can only use their hands to adjust a cone.
- Players will adjust as many cones as possible in four minutes.
- After the four minutes, count how many cones are up and how many are down to determine the winning team.

BUILDING SKILLS
CONTINUED



Key Points: Make sure the players continue to move around and do not guard the cones. Try to use at least as many cones as the total number of players if not more.

Stationary Partner Pass: Bounce & Chest (2 x 2 min. each)

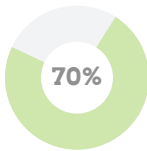
- Have players partner up, get a basketball and line up about 10 feet apart.
- The 2 partners will make bounce passes to each other for 2 minutes and then do the same thing with chest passes.

Key Points: Ensure that the players make eye contact before passing and the receiver shows their hands as a target. With a bounce pass, the pass will need to bounce more than half way to the teammate. At this level make sure the players step toward the target and snap their thumbs down.

★ Fundamentals of the Triple Threat Triple threat is the ideal athletic stance for players to stand in when they have the ball.

- It is referred to as the triple threat position because the players are a threat to 1. Shoot, 2. Pass, 3. Dribble.
- The triple threat stance requires players to bend their knees with their feet a little wider than shoulder width apart. The players will hold the ball and bend their elbows so they are strong and place the ball slightly towards their dominant hand side.

BUILDING SKILLS CONTINUED



⊗ 1.2.3. Triple Threat (2 x 1 minute)

- Have the players line up on the baseline with a ball.
- The players should stand straight up and hold the ball.
- After the coach says “1.2.3.” all of the players and the coach say “Triple Threat!” as they drop down into a good triple threat stance.
- Have the players stand up in a relaxed position before repeating the drill.

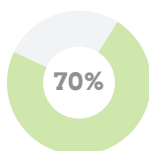
➤ FOOTWORK & CONDITIONING

⊗ Explosion Leaps (2 x sideline to sideline)

- All players will start on the sideline in a low squatting position with their knees bent, butt down, and hands on the floor in front of them.
- On the coach’s command, the players will then explode by jumping up and out as high and as far as they can.
- The players will land balanced on two feet and repeat this movement until they reach the opposite sideline.

🔑 **Key Points:** Emphasize leaping as high and as far as possible while controlling their body. This exercise will help players work on, coordination, jumping and landing, as well as endurance.

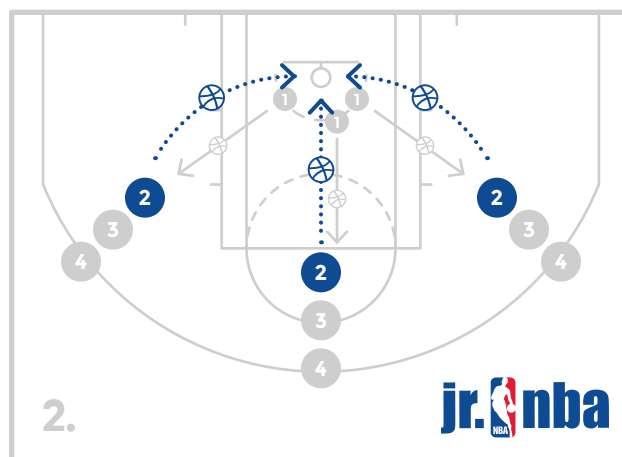
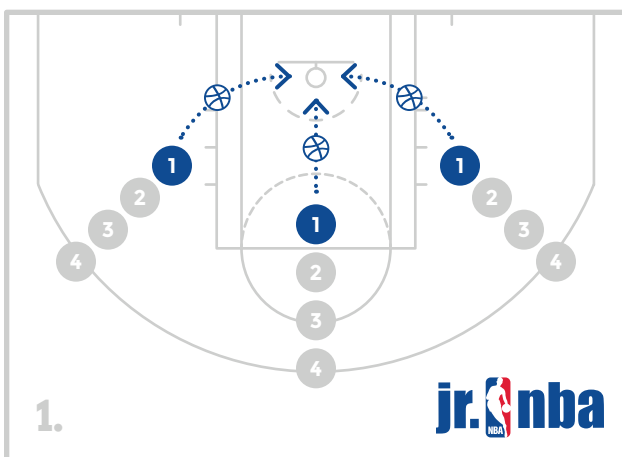
BUILDING SKILLS CONTINUED



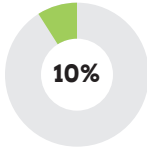
> SHOOTING

🏀 Shooting Line Game (2 games to 8 makes)

- Divide the players into two or more groups and have each group at a designated shooting spot on the court.
 - The groups will function as a team and keep their score together.
 - The players will shoot, get their rebound, give it to the next player and return to the back of the same line.
 - Continue this drill until one team makes the designated number of shots. Then switch spots and repeat.
- 🔑 **Key Points:** Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.



Competing



> FUN GAMES

⊗ **Red Light** (1-2 games)

- All players will start on the baseline with a basketball and the coach will stand at the opposite baseline with his back to the players.
- When the coach says “Green light,” the players will dribble and jog/run toward the other baseline while dribbling.
- When the coach says “Yellow light,” the players will walk while dribbling.
- When the coach says “Orange light,” the players must walk backwards while dribbling.
- When the coach says “Red light,” the players must quickly come to a jump stop and stay in the triple threat stance. At the same time, the coach will turn around and try to catch the still moving.
- When the coach says “Red light,” and turns around, if the coach sees a player still dribbling or moving, the player must return to the baseline and start over.

🔑 **Key Points:** Make this a fun game for the players to work on their ball handling. Ensure that the players are dribbling and taking controlled dribbles as they move.

**Compliment
Session**

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
-
- If needed, have the coach start the session by giving a compliment and let the players follow.
-
- Key Points: All compliments should be natural. Not every player has to give or receive a compliment.

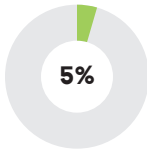
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	CONFIDENCE	Have the players define confidence and discuss how to build it.	5%
Warm-Up	RUNNING STOP DRILL (1 x 3 minutes)	Work on listening, stopping quickly, and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	SMACKS (1 x 20 sec.)	Gain comfort and familiarity with the ball by smacking it.	
	TAPS (1 x 30 sec.)	Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball.	
	SINGLE LEG ROLLS (2 x 30 seconds each leg)	Control the ball by rolling it on the floor around 1 leg at a time.	
	DOUBLE LEG ROLLS (2 x 30 sec.)	Roll the ball on the court around both legs.	
	STATIONARY CROSSOVER LOW, MIDDLE, HIGH (3 x 20 seconds each)	Push the ball back and forth from hand to hand to improve coordination and ball control.	
	TEACH: Passing		
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing and show their hands as a target before catching.	
	STATIONARY WALL PASSING (3 x 10 chest passes)	Find a target on the wall and practice hitting it with the perfect pass!	
	TEACH: Shooting		
	PERFECT SHOT NO BASKET DRILL (3 x 8 attempts)	This is a fun shooting drill that challenges the players to be perfect!	
	1.2.3. SHOOTING (1 x 3 minutes)	Help the players think of shooting in a simple 3-step process.	
Team Concepts	TEAMWORK CARRY DRILL (2 games)	This is a fun team building exercise that teaches players to work together.	10%
Competing	COACH SAYS (1-2 games)	This a fun game for defense and listening!	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values



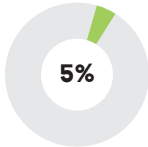
> CONFIDENCE

- Have players define confidence and explain how to build confidence.
- Believe in yourself. You can do it! The coaches and your parents believe in you.

★ The **Positive Coaching Alliance (PCA)** reminds us that coaches can always instill confidence in their players by encouraging them and letting them know you believe in them, but also through non-verbal cues.

★ Confidence also comes from hard work. If players know they have put all they can into preparing, they will feel much more confident when it's time to play the game. Even in practice, going as hard as they can on every drill and in every scrimmage lets them feel their improvement and have a sense that they are earning their success. The more they see hard work paying off – even in small advances – the more confidence they gain and thus the more willing they are to put in even more toward the next level of advancement.

Warm-Up

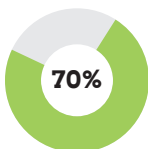


> ACTIVE WARM-UP

⊗ **Running Stop Drill** (1 x 3 minutes)

- Players will start on the baseline without a ball.
- The coach will say “Go!” and the players will start running around the gym in any direction.
- The coach will then say either “2-Feet!” “Left-Foot!” or “Right-Foot!” to indicate how the players should stop.
- The players will then stop in the manner in which coach has commanded and hold that position.
- Stopping should be very quick and work on balance.
- Repeat the process for 3 minutes.

Building Skills

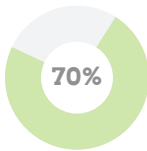



> BALL-HANDLING

⊗ **Smacks** (1 x 20 seconds)

- All players need a basketball (or share) and should stand in a designated area.
- Players will hold the ball with 2 hands in front of them and alternate smacking the ball with each hand.


BUILDING SKILLS CONTINUED



 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop comfort being physical by smacking the ball in this fun ball-handling warm-up.

Taps (1 x 30 seconds)

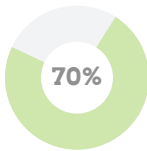
- All players need a basketball (or share) and should stand in a designated area.
- The players will start with their arms extended over their head and tap the ball quickly from hand to hand for the allotted time.
- The players will then bend their arms and tap the ball quickly from hand to hand in front of their face for the allotted time.
- The players will again tap the ball from side to side the same motion in front of their waste now for the allotted time.

 **Key Points:** Get comfortable with the ball, warm-up the fingers and hands, and develop the ability to control the ball. Emphasize using their fingertips to develop comfort moving the ball which will directly translate to dribbling. Keep the hands close to each other as these should be small, quick taps.

Single Leg Rolls (2 x 30 seconds each leg)

- All players need a basketball (or share) and should stand on the sideline.

BUILDING SKILLS CONTINUED

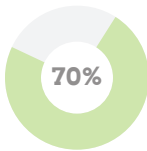


- Players should be in a stance with their legs wide and their chest up.
 - The players will then put the ball on the floor and roll it around one leg for 15 seconds and then change directions for 15 seconds.
 - The players will then do the same activity on the other leg which completes 1 set.
 - Players should maintain contact between their hand and the ball during the entire roll.
- Key Points:** Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

⊗ Double Leg Rolls (2 x 30 seconds)

- All players need a basketball (or share) and should stand on the sideline.
- Players should keep their feet together and bend their knees while they put the ball on the floor.
- The players will roll the ball around both feet by keeping one hand always in contact with the ball for 15 seconds.
- The players will then change directions for 15 seconds.

BUILDING SKILLS CONTINUED

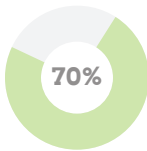


Q Key Points: Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

Stationary Crossover Low, Middle, High (3 x 20 seconds each)

- All players need a basketball (or share) and should stand on the sideline.
- Players should bend their knees and begin dribbling back and forth swinging the ball from right to left low and quick below the knees.
- After 20 seconds, the player will dribble at knee level and continue for another 20 seconds.
- Last, the player will dribble the ball higher swinging it from side to side for 20 more seconds.
- Key Points: Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball back and forth from side to side with quick dribbles to improve coordination and ball control.

BUILDING SKILLS CONTINUED



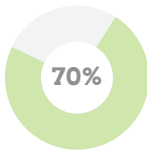
> PASSING

⚽ **Catch With Coach Drill** (2 x 1 minute)

- All players need a basketball and should line up on the sideline.
- All players will dribble their ball in one place.
- The coach will approach each player and ask for a pass by showing their hands and looking at the player.
- The player must see the coach and make a good chest pass.
- The coach will pass the ball back to the player.
- The player will then continue to dribble the ball as the coach moves on to the next player.
- The coach will continue through all of the players.
- After completing 1 minute with the chest pass, the players will execute a bounce pass.

🔑 Key Points: Ensure that the players make eye contact before passing and show their hands as a target before catching. With a bounce pass, the pass will need to bounce more than half way to the teammate. Encourage the players to make good quick sharp passes, communicate loudly by calling names, and work on their ball-handling.

BUILDING SKILLS CONTINUED



⊗ **Stationary Wall Passing-Chest** (3 x 10 passes)

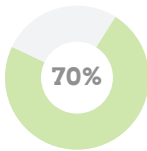
- The players should get a basketball (or share) and stand a short distance from a wall and find a target on the wall.
- Teach the players to step with a lead foot toward the target as they snap their thumbs down and extend their arms to pass the ball at the target.
- After the ball hits the wall, the players should catch the ball and repeat the process.
- 🔑 **Key Points:** Make sure the players have good balance, look at the target, step towards the target, extend their arms, and snap their thumbs down as they pass the ball. The ball should have backspin as it is in the air.


➤ **SHOOTING**

⊗ **Perfect Shot No Basket Drill** (3 x 8 attempts)

- All players need a basketball (or share) and should stand on the sideline.
- Remind them of the perfect shooting form; knees bent, elbow under the ball and shoot up and follow through.
- Now, on the coach's command, have the players do this by shooting the ball up in the air.

BUILDING SKILLS CONTINUED

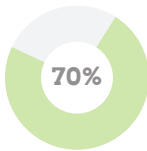


- To make a perfect shot to self, the player must hold up their follow through from where they finished their shot and not move their hand.
 - The ball must go up in the air then bounce on the floor just in front of the player and bounce up and hit their shooting hand follow through without them moving it!
-  **Key Points:** Make sure the players are focused on everything being perfect and don't allow them to move their hand after they follow through. Good rotation will help the ball bounce back up to the player's hand.


1.2.3. Shooting (at basket) (1 x 3minutes)

- All players need a basketball or share and will start in the paint facing the coach standing under the basket.
 - One at a time, the players will follow the coach's command of "1. 2. 3. Shoot" and shoot the ball to the basket executing the following actions according to each number:
- 1** Bend down into the "leap jump" position; the basketball will be in front with the players dominant hand in the middle of the ball, and other hand on the side of the ball.
 - 2** Without moving from the "leap jump" position, players will lift the ball slightly over their dominant hand shoulder with the elbow under the ball and forming a 90 degree angle.

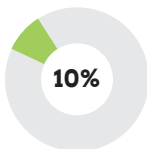
BUILDING SKILLS CONTINUED



- 3 The players will explode upwards using their legs while simultaneously extending their arms to shoot the ball toward the coach. The players should follow through by flicking their wrist and hold that hand up while landing on balance. The coach will pass the ball back to the player and begin the process with the next player.

 **Key Points:** Ensure that you focus on each player. It is important that the players move in one fluid motion while also working on their mechanics. If there are more than 8-10 players per coach, divide the players into smaller groups. Encourage the players not shooting to be prepared and stay on the 3-point line but allow them to independently work on their ball-handling as well.

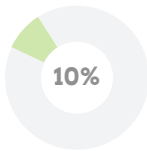
Team Concepts



Teamwork Carry Drill (2 games)


- Pair the players up according to their height and have them start next to their partner in a few lines.
- The first partner pair in each line will be responsible for getting the ball to half court and back to their line.
- The partners will place the basketball on their hips and put their hands in the air.
- They are not allowed to use any other body parts to carry the basketball, and must always be in the side-to-side position and not back-to-back or side-to-back.

TEAM CONCEPTS CONTINUED

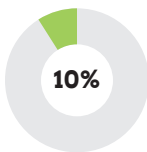


- If the ball drops, simply pick up the ball and go back to where the ball was dropped and continue.

- Have each partner pair do this at least one time. If desired, play the next game by carrying the ball with their shoulders.

 **Key Points:** This is a fun team building exercise that forces players to work together. Have all the players encourage each other and have fun.

Competing

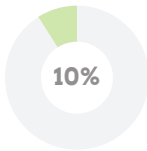



> FUN GAMES

Coach Says (1-2 games)


- Coach says is similar to Simon says.
- The objective is to do everything the coach instructs, but the coach must first say “Coach Says” before every request.
- If the player does the action that a coach says without the coach first saying “Coach Says,” they player is out.
- When the coach states “Coach says defense!” the players will slap the ground and yell “Defense!” as they assume the defensive stance.
- When the coach states “Coach says this way” and points in a direction, all players will quickly hop and twist there body to face that direction and immediately hop back facing the coach.

COMPETING
CONTINUED



- When coach states “Coach says foot fire!” the players will quickly tap their feet against the floor as fast as they can while yelling.
 - When the coach states “Coach says up!” the players will jump as high as they can to grab an imaginary ball with their arms and yell “Rebound!”
 - Coaches can add other elements but remember this is a listening game and the player is out if the player does something that the coach didn’t preface with “Coach Says”.
 - The game finishes when there is just one player remaining.
-  **Key Points:** If the players do a great job listening be creative with what you ask them to do in an effort to trick the players.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
 - If needed, have the coach start the session by giving a compliment and let the players follow.
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

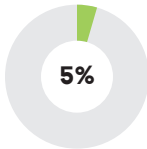
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP 1	Have players talk about sportsmanship and provide examples of good and bad sportsmanship.	5%
Warm-Up	SKIP TAG (1 game)	A fun warm-up game to prepare the players to practice.	5%
Building Skills	TEACH: Ball-Handling		70%
	STATIONARY FIGURE 8 ROLLS (1 x 15 seconds each direction)	Stay in a good stance and work on ball control by rolling it on the court around the legs.	
	MOVING SIDE TO SIDE ROLLS (1 X half court and back)	This is a great introduction to moving ball control.	
	WALK TO JOG DRIBBLE (2 x down and back)	This is a good opportunity for the players to work on dribbling with movement in a controlled drill.	
	UP OR DOWN GAME (games of 4 minutes each)	Play a fun dribbling game to help develop dribbling skills.	
	TEACH: Footwork & Conditioning		
	PIVOTING	Teach the players the fundamental skill of pivoting.	
	FORWARD PIVOT BASIC (4 x each foot)	Help the players gain comfort, confidence, and balance while pivoting.	
	TEACH: Shooting		
	LAY-UP HIGH FIVE DRILL (3 minutes each side)	A simple high five can teach the fundamentals of a lay-up!	
Team Concepts	LAY-UP SKIPS DRILL (2 x down and back)	Help the players gain comfort with the proper lay-up form before moving to a ball and a basket.	10%
	1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.	
	FUNDAMENTALS OF CUTTING	A cut is an offensive movement that a player makes to get open for the ball. There are several of types of cuts to learn.	
Competing	PASS & CUT DRILL (2-3 minutes each way)	Work on passing, cutting, and finishing with a lay-up.	10%
	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	
	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to work on man to man defense, and creating a shot on offense.	
Compliment Session	MR. COACH, WHAT TIME IS IT? (1-2 games)	Enjoy a fun game that will put a smile on everyone’s face.	10%
	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values

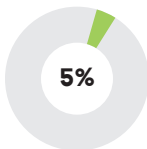


> SPORTSMANSHIP 1

- Have players talk about Sportsmanship and provide examples of good and bad sportsmanship.

★ **Positive Coaching Alliance (PCA)** refers to sportsmanship as Honoring the Game. Basketball is bigger than us all. To keep the game as great as it is, all who play it must honor it. And, with our game kept great, the game can continue to give back to all who play.

Warm-Up



> ACTIVE WARM-UP

⊗ **Skip Tag** (1 game)

- Designate boundaries (such as staying inside of half court) and have all players stand inside that area.
- One player or the coach will be designated as “it”.
- All players, including the person who is “it,” will skip around the court. Skipping is the only movement players are allowed to do.
- When a player is tagged, the game is put on pause so that all players can now see that the new player is now also “it” in helping the original person who is “it” in tagging others.

🔑 **Key Points:** Make sure players do not run and only skip.

Building Skills



> BALL-HANDLING

⊗ **Stationary Figure 8 Rolls** (1 x 15 seconds each direction)

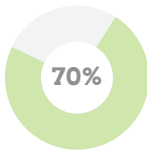
- All players need a basketball (or share) and should stand on the baseline.
- Players should be in a stance with their legs wide and their chest up.
- The players will then put the ball on the floor and roll it through their legs in a figure 8 motion.
- Once the players do that for 15 seconds, they should change directions and continue.

🔍 **Key Points:** Make sure the players bend their knees and keep their eyes and chest up while performing the drill quickly.

⊗ **Moving Side to Side Rolls** (1 X half court and back)

- All players need a basketball (or share) and should stand on the baseline.
- Players should be in a stance with their legs wide and their chest up.
- The players will then put the ball on the floor and roll it back and forth from left to right hand while walking forward to half court.

BUILDING SKILLS CONTINUED



- Once the players get to half court, they will do the same thing back to the baseline while walking backwards.

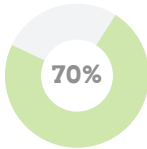
Key Points: Get comfortable with the ball, warm-up the fingers and hands, develop the ability to control the ball. Be sure to have the players keep their chest and eyes up. Encourage the players to go as fast as possible and not worry about losing the ball.

Walk to Jog Dribble Drill (2 x down and back)

- All players need a basketball (or share) and should stand on the baseline.
- The players will walk slowly in a low stance while dribbling the ball to half court.
- Once the players reach half court, they will transition into a jogging dribble to the other baseline.
- The players will change hands and do the same thing coming back.

Key Points: This is a good opportunity for the players to work on dribbling with movement in a controlled drill. There is no rush and the players should focus on controlling the ball with their eyes up.

BUILDING SKILLS CONTINUED



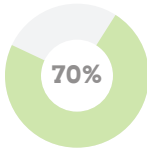
> BALL-HANDLING

⊗ **Up or Down Game** (games of 4 minutes each)

- Divide the players into 2 teams - Team “Up” and Team “Down.”
- Spread cones around the gym facing up, and the same number of cones around the gym facing down.
- All players will have a ball and the players on the “Up” team will dribble around the gym and try to put all the cones standing up.
- The players on the “Down” team will dribble around the gym trying to put all of the cones facing down.
- Players must continually move around and cannot guard the cones.
- Players can only use their hands to adjust a cone.
- Players will adjust as many cones as possible in four minutes.
- After the four minutes, count how many cones are up and how many are down to determine the winning team.

🔑 **Key Points:** Make sure the players continue to move around and do not guard the cones. Try to use at least as many cones as the total number of players if not more.

BUILDING SKILLS CONTINUED



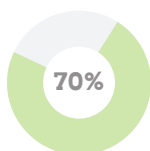
> FOOTWORK & CONDITIONING

- ★ **Fundamentals of Pivoting:** Teach the players that a pivot requires the player to have one pivot foot that stays on the ground at all times. The other foot can move in any direction and as far as wanted but the pivot foot can never change in the same sequence or it is a travel.

⊗ **Forward Pivot Basic** (4 x each foot)

- Have the players hold a ball and stand in a good stance on the baseline.
- Teach them to pivot by keeping their left foot on the floor and pivot around using forward quarter steps on your command "Pivot!"
- After 4 pivots they should be facing forward again.
- Have them relax and then repeat the drill using the other foot as their pivot foot.
- 🔍 **Key Points:** Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting. Ensure players stay in a good stance while pivoting.

BUILDING SKILLS CONTINUED

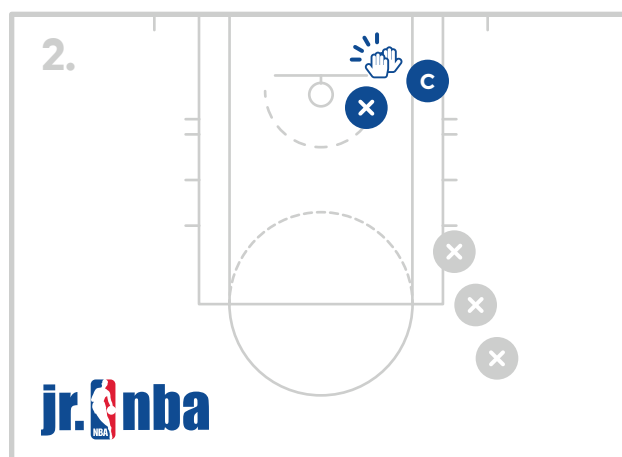
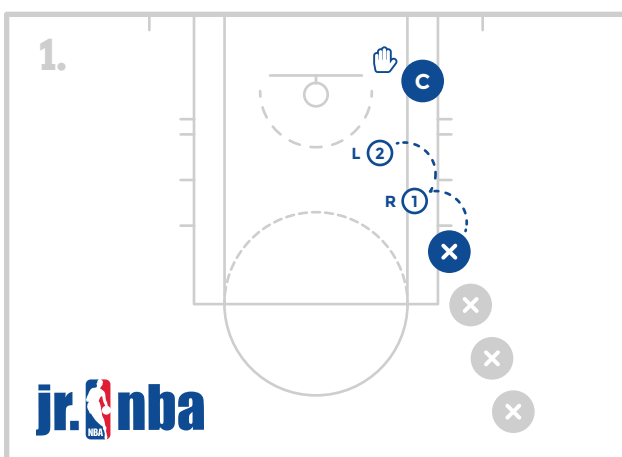


> SHOOTING

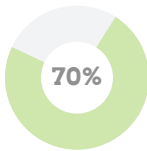
- ★ **Fundamentals of Lay-ups:** A lay-up is a shot taken close to the basket, generally off the backboard. There are a variety of ways to shoot lay-ups and they should be worked on every day by players of all ages and skill level.

⊗ Lay-Up High Five Drill (3 minutes each side)

- All players should be in one line with no ball as the coach demonstrates how to take one step with their right foot, a second step and jump off their left foot and extend their right hand to simulate a right handed lay-up.
- The coach will stand with his/her hand in the air as each player comes by and does this 1, 2 step while saying “1, 2” and gives the coach a high five with their right hand.
- The line should move quick and if there is another coach, utilize 2 or more lines.



BUILDING SKILLS CONTINUED



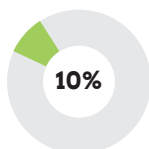
> SHOOTING

🏀 1-2 Step Lay-Ups (3 x 1 minute each)

- All players should have a partner and 1 ball per group.
- There can be at least 3 partner groups per basket (side, middle, side).
- One player will line up 3 to 6 feet away from the basket and the other partner will stand just behind the basket.
- When coach says “1. 2.” The player will take 1-2 steps and perform a lay-up shooting for the square on the backboard.
- The players will not dribble the ball.
- The partner will grab the rebound and give it back to the shooter to repeat.
- That player will work for 1-minute before switching with the partner.

🔑 **Key Points:** Emphasize the correct hand and foot until the movement becomes natural for the players.

Team Concepts



> OFFENSE

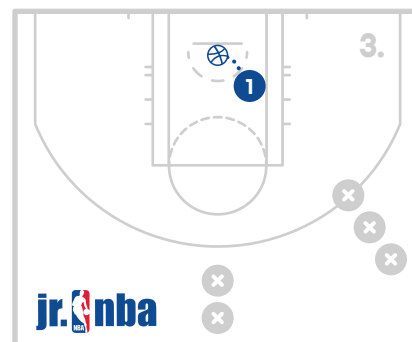
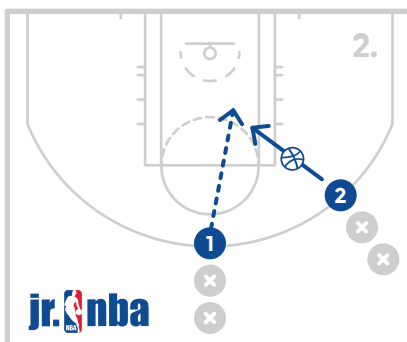
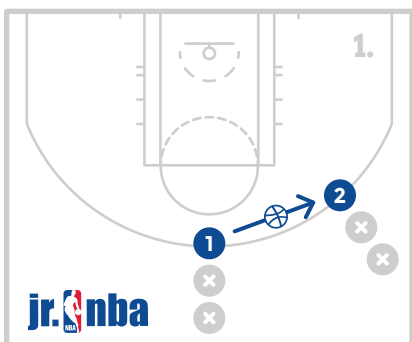
★ **Offense:** The offense is the team with the ball. The goal of the offensive team is to score!

★ **Fundamentals of Cutting:** A cut is moving without the ball to get open. There are many types of cuts that can help a player get open, such as a back-cut, v-cut, out-cut and more.

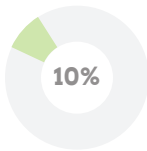
⊗ **Pass & Cut Drill** (2-3 minutes each way)

- Have the players line up at the top of the key with a few balls at the front of the line, and have another line on the wing.
- Have the players pass the ball to the line on the wing and then cut by running to the basket.
- The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay-up, rebound and then switch lines.

🔑 **Key Points:** Emphasize a good pass and a quick cut looking for the ball.



TEAM CONCEPTS
CONTINUED



> DEFENSE

★ **Defense:** Defense is the team without the ball that is trying to prevent the other team from scoring. The goal of the defense is getting the ball back for their team to try to score.

★ **Defensive Stance:** The defensive stance is the position used by defenders in which they have their knees bent, feet a little more than shoulder width apart with their toes and knees facing forward, their eyes up and their hands outstretched and active. From this position they can easily move in any direction to prevent the offensive player from scoring.

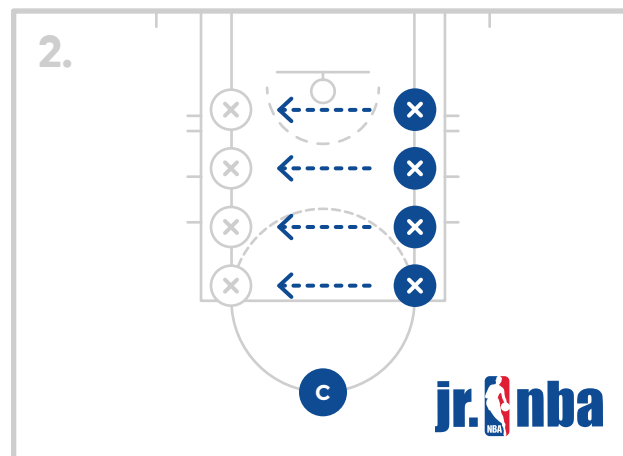
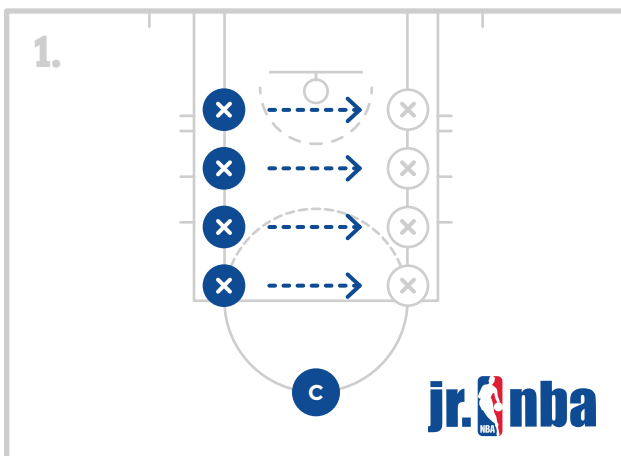
★ **Fundamentals of Guarding Another Player:** Guarding another player, sometimes referred to as “man to man defense,” means that the player is responsible for guarding a specific player, knowing where they are on the court, and staying between them and the basket. Though guarding a player, the defensive player must always see the ball and be able to help their teammate if needed.



Side Lateral Push Drill (3 x 15 seconds)

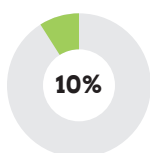
SEE DIAGRAM NEXT PAGE >>

- Have the players line up on the lane line and face the coach.
- When the coach says “go,” the players should push off their back foot to slide to the other side of the lane where they will plant and push back.
- The players will continue this process for 15 seconds.



Key Points: Make sure the players stay in a good stance with their chest and eyes up. Have them work on changing directions quickly and pushing off their back foot.

Competing

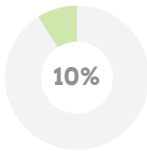


1 on 1 Numbers Game (games to 5)

- Assign 2 players to each number and have everybody stand on the baseline.
- Throw the ball on the court and call out a number.
- The 2 players with that number will go for the ball and whoever gets the ball will be on offense and the other on defense for 1 possession and 1 shot of 1 on 1.
- Evenly mix up the numbers you call and the game is over when any player gets to 5 points playing by 1's.

Key Points: Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.

COMPETING
CONTINUED




> FUN GAMES

⊗ **Mr. Coach, What Time Is It?** (1-2 games)

- All players will start on the baseline. The coach (“Mr. Coach”) will start near the opposite baseline facing away from the players.
- The players will all together say “Mr. Coach, Mr. Coach, what time is it?”
- The coach will then respond by yelling out any number 1-12 (e.g. “10 o’clock!”).
- The players will then take that number (ten) big steps (and dribbles if using a ball) forward.
- After completing the steps, the players will ask again, “Mr. Coach, Mr. Coach, what time is it?” the coach will continue with another number or yell out “Game time!”
- At any point, if the coach yells “Game Time!” the coach is allowed to turn around to tag the player(s).
- The players will run back to the baseline that they started on to be “safe.”
- If a player is caught, they will then join “Mr. Coach.”

🔍 **Key Points:** If needed, add the ball and have all the players dribble the number of steps they take, as well as dribble when the coach yells “Game Time!” to get away from the coach.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
-
- If needed, have the coach start the session by giving a compliment and let the players follow.
-
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

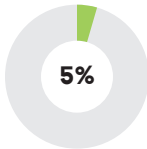
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	SPORTSMANSHIP 2	Is good sportsmanship just about shaking hands after the game?	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	ONE HAND MOVING ROLLS (1 x each hand to half court & back)	Roll the ball up the court while maintaining contact with 1 hand.	
	LOW, MIDDLE, HIGH DRIBBLE (2 x 20 seconds each level & each hand)	Work on fingertip, control, and pound dribbles.	
	WALKING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x down and back each)	Work on controlling the dribble while moving.	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 2 minutes each)	Passing with a partner helps both passing and receiving.	
	CATCH WITH COACH DRILL (2 x 1 minute)	Ensure that the players make eye contact before passing, and show their hands as a target before catching.	
	TEACH: Shooting		
	1-STEP FORM DRILL (1 x 2 minutes)	Work on perfect execution of the basics of shooting.	
	TEACH: Rebounding		
	SELF-TOSS REBOUND DRILL (3 x 8)	The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak.	
Team Concept	GIVE & GO DRILL (2 minutes each side)	This basic basketball movement will help the players understand moving without the ball.	10%
Competing	DRIBBLE FREEZE TAG GAME (5 x 1 minute)	This is a fun game of tag while dribbling the ball!	10%
	MAKE FOR A CONE GAME (games of 3 minutes)	When a team makes a shot, they will take a cone from the other team.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



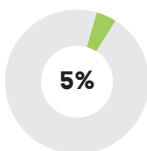
Values



> SPORTSMANSHIP 2:

- How do you show good sportsmanship other than saying good game after each game?
- Does good sportsmanship mean you don't mind losing?
- ★ One way to show sportsmanship instead of just saying "good game" is to give each opposing player and coach a firm handshake, eye contact and a sincere "thanks for the game" or "I enjoyed competing with you." If you are serious about your sportsmanship, you may even pay a specific compliment, for example, if they shot well or played clean, hard defense. Good sportsmanship does not mean you don't mind losing; it means you are willing to win – or lose – with honor.

Warm-Up



> ACTIVE WARM-UP

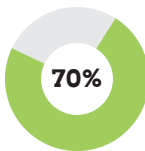
⊗ Freeze Tag (2 minutes)

- One player or the coach will be designated as "it."
- When the person designated as "it" tags another player, they are "frozen" and must stand in place without moving.
- A player can on be unfrozen if another unfrozen player comes and touches them.
- Designate boundaries based on numbers (i.e. stay inside of half court.)

WARM-UP
CONTINUED

- Complete the game when all players are frozen.
- If needed, add multiple players who are “it”.

Building Skills



➤ BALL-HANDLING

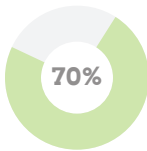
⊗ **One Hand Moving Rolls** (1 x each hand to half court and back)

- All players need a basketball (or share) and should stand on the baseline.
- The players will start in a good stance with the ball on the floor and their hand behind the ball.
- The players will walk to half court while rolling the ball and keeping their hand on the ball the whole time.
- Once the players reach half court they will turn around and do the same thing coming back and will repeat with the opposite hand.

⊗ **Low, Middle, High Dribble** (2 x 20 seconds each level & each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.

BUILDING SKILLS
CONTINUED

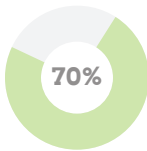


- The players will do this for 20 seconds and then switch to their left hand and complete the same process.
 - Next the player will move back to their right hand and dribble at the middle level for 20 seconds and then switch hands.
 - Last, the players will dribble the ball high, around shoulder level for 20 seconds each hand.
 - Throughout this drill, the coach will hold up a variety of numbers of fingers. The players must see the fingers and call out the number.
- Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

Walking Dribble Right/Left/Crossover (2 x down & back each)

- All players need a basketball (or share) and should stand on the sideline.
 - Have the players now start in a low good stance and walk and dribble forward to the other sideline.
 - Once the players reach the other sideline they will then walk backwards using the same dribble all the way back.
- Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and try to perfect their dribbling mechanics while walking.

BUILDING SKILLS CONTINUED



> PASSING

⊗ **Stationary Partner Pass: Bounce & Chest** (2 x 2 minutes each)

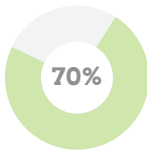
- Have players partner up, get a basketball and line up about 10 feet apart.
- Based on the fundamental passing skills and wall passing previously taught, have the players now step and pass to their partner.
- The 2 partners will make bounce passes to each other for 2 sets of 60 seconds and then do the same thing with chest passes.

🔍 **Key Points:** Ensure that the players make eye contact before passing and the receiver shows their hands as a target. With a bounce pass, the pass will need to bounce more than half way to the teammate. The players should take a big step towards their partner, extend their elbows and snap their down to make a good pass.

⊗ **Catch With Coach Drill** (2 x 1 minute)

- All players need a basketball and should line up on the sideline.
- All players will dribble their ball in one place.
- The coach will approach each player and ask for a pass by showing their hands and looking at the player.

BUILDING SKILLS CONTINUED



- The player must see the coach and make a good chest pass.
- The coach will pass the ball back to the player.
- The player will then continue to dribble the ball as the coach moves on to the next player.
- The coach will continue through all of the players.
- After completing 1 minute with the chest pass, the players will execute a bounce pass.

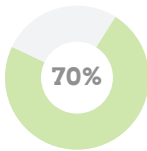
Key Points: Ensure that the players make eye contact before passing and show their hands as a target before catching. With a bounce pass, the pass will need to bounce more than half way to the teammate. Encourage the players to make good quick sharp passes, communicate loudly by calling names, and work on their ball-handling.


> SHOOTING

⊗ 1-Step Form Drill (1 x 2 minutes)

- The players will line up in 2 lines, one on each side of the lane with both lines facing each other.
- The first player in line will alternate pushing off the foot closest to half court trying to move as far across the lane as possible.

BUILDING SKILLS CONTINUED



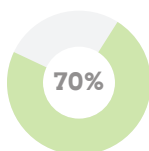
- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with there arms simulating holding a ball.
 - The player will then go to the opposite line and the player from the opposite line will do the same.
 - This process will continually repeat for a minute.
 - After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.
 - Add a ball tossed from 1 line to the line pushing across the lane to make it more realistic and add the shot if appropriate.
-  **Key Points:** Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.

★ **Fundamentals of Rebounding:** When a shot is missed, the player that retrieves the ball is credited with a rebound. Rebounding requires players to be physical, have quick reactions and pursue the ball.

Self-Toss Rebound Drill (3 x 8)

- All players need a basketball (or share) and should stand in an open space on the court.

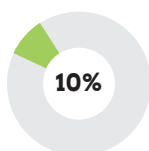
BUILDING SKILLS CONTINUED



- The players will use two hands to toss the ball into the air.
- The player will move towards the ball, jump and catch the ball at their peak.
- They will then repeat or give the ball to the partner.

Key Points: It is important for the players to see the ball, track its trajectory and jump and catch the ball at their peak.

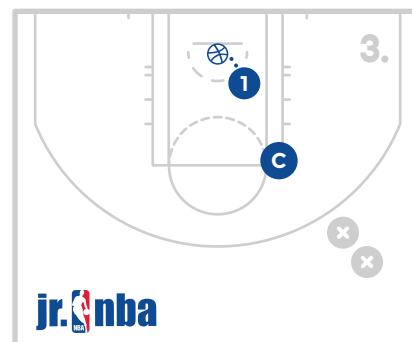
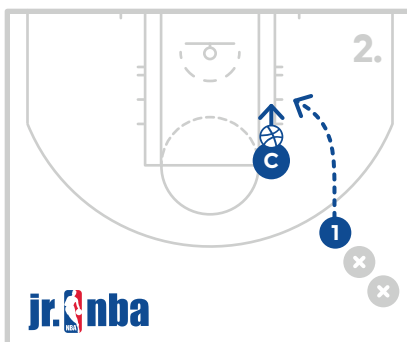
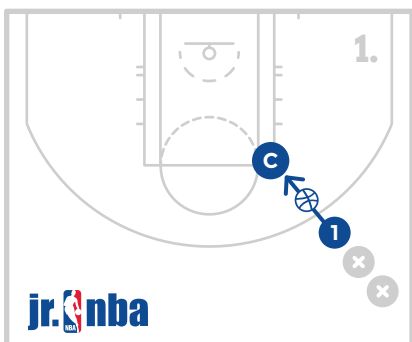
Team Concepts



> OFFENSE

Give & Go Drill (2 minutes each side)

- Players should start on the 3-point line with the ball on the wing.
- The player will pass the ball to the coach on the ball side elbow.
- After passing the ball, the player will immediately cut/run to the basket.
- The coach will catch the ball and pass the ball back to the cutting player so the player can catch the ball and shoot a lay-up.

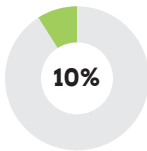


TEAM CONCEPTS
CONTINUED

- Utilize multiple baskets to maximize reps.

Key Points: Make sure the players make good passes and cut hard for a full speed lay-up.

Competing



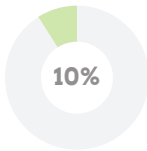
> FUN GAMES

Dribble Freeze Tag Game (5 x 1 minute)

- All players should have a basketball and spread out on the court in a designated area.
- The coach will designate a few players to be “it.”
- The players who are “it” will dribble around and tag the other players while they are trying to avoid being tagged.
- When a player is tagged, they have to jump stop and stay in one spot until another teammate unfreezes them.
- It is the goal of the “it” players to tag as many players as possible in 1 minute.
- Change who is it and repeat.

Key Points: Work on controlling the ball and executing good jump stops. Remind the players to keep their head up so they don’t run into each other and can avoid being tagged. Players cannot be un-tagged in this game.

COMPETING CONTINUED



Make For a Cone Game (games of 3 minutes each)

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners etc).
- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they will get the rebound and pass to the next person on their team and continue to the back of the line without getting a cone from the other team.
- After 3 minutes, the team with the most cones wins.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
- 🔑 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

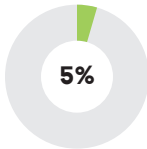
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	FAIRNESS 1	Explain the basic rules and why we have them.	5%
Warm-Up	AVOID THE COACH GAME (2-3 minutes)	Build rapport with the players while preparing for practice!	5%
Building Skills	TEACH: Ball-Handling		70%
	RUNNING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x each)	Encourage the players to challenge themselves to run fast and control the dribble at the same time.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	ZIG ZAG DRIBBLING (2 x down and back)	Work on dribbling on the move and changing directions.	
	TEACH: Passing		
	SLIDE & PASS DRILL (2 x each pass)	This drill works on multiple skills at once. Be sure to teach the players to lead the player with the pass.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
	1-2 STEP LAY-UPS (3 x 1 min each)	Break down the proper lay-up form as the players put it into action.	
	MAKE FOR A CONE GAME (3 games of 3 minutes each)	Making a shot allows you to take a cone from the other team	
	TEACH: Footwork & Conditioning		
	ZIG-ZAG V JUMPS (2 x each player)	Make sure the players have good body control and balance as they jump.	
Team Concepts	DEFENSE, I LOVE IT DRILL (2 x 30 seconds)	Make sure the players have both a good defensive stance and a lot of energy!	10%
	SIDE/LATERAL PUSH DRILL (3 x 15 seconds)	Work on the defensive movement of pushing to stay in front of an offensive player.	
Competing	SWIPERS GAME (1 game)	This is a fun game that allows the players to work on their ball-handling in a game speed environment.	10%
	2 ON 2 NUMBERS GAME (games to 5)	2 on 2 will help the players understand how to play together with a teammate.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values



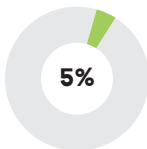
> FAIRNESS 1

- Explain the basic rules and why we have them.

- Is it fair to break the rules?

★ The rules of basketball are important. They keep the game safe and fun. If you play outside the rules, you or someone else may get hurt, and they may try to retaliate and hurt you. Plus, even if you get away with breaking rules, it is not much fun to succeed or win by breaking the rules. It's important in basketball and in the rest of life to follow the rules.

Warm-Up



> ACTIVE WARM-UP

⊗ **Avoid the Coach Game** (2-3 minutes)

- All the players start on the baseline.

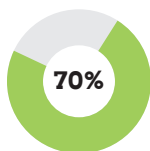
- When the coach says "GO!" all players will try to run to the other baseline.

- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.

- If a player is tagged by the coach, they will also be a tagger with the coach.

- Repeat the same process until all players have been tagged.

Building Skills

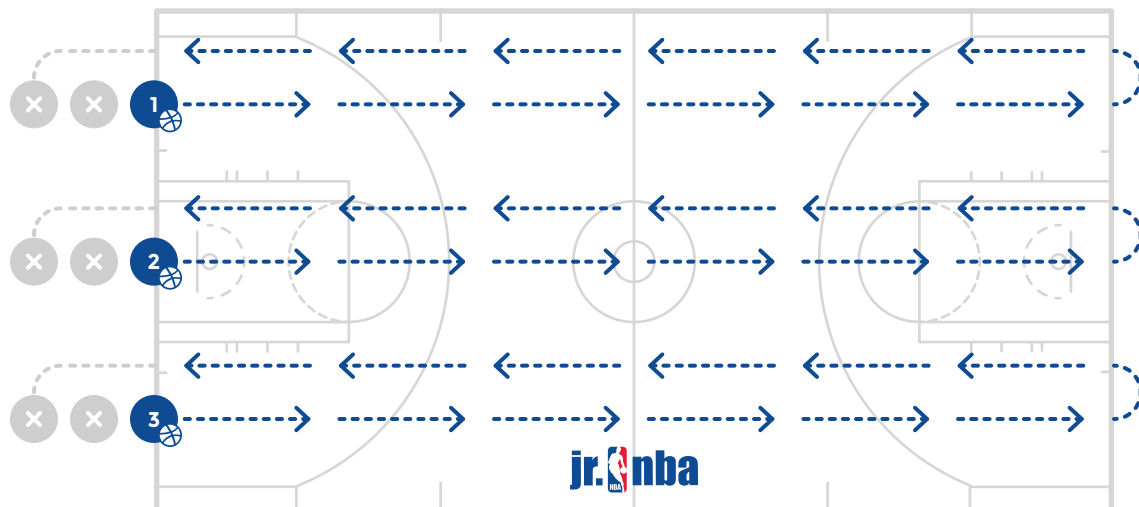


> BALL-HANDLING

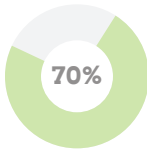
⊗ Running Dribble Right/Left/Crossover (2 x each)

- Have players get into balanced groups and line up on the baseline. The first player in each line should have a ball.
- Have the players run while dribbling with their eyes up to the opposite baseline and back.
- When they get back have them give the ball to the next person, give them a high five and go to the back of the line.
- Players should do this 2 times with their right hand, 2 times with their left hand and 2 times with the crossover dribble.

🔑 Key Points: Encourage the players to gain comfort and push themselves to run fast and control the dribble at the same time.



BUILDING SKILLS CONTINUED



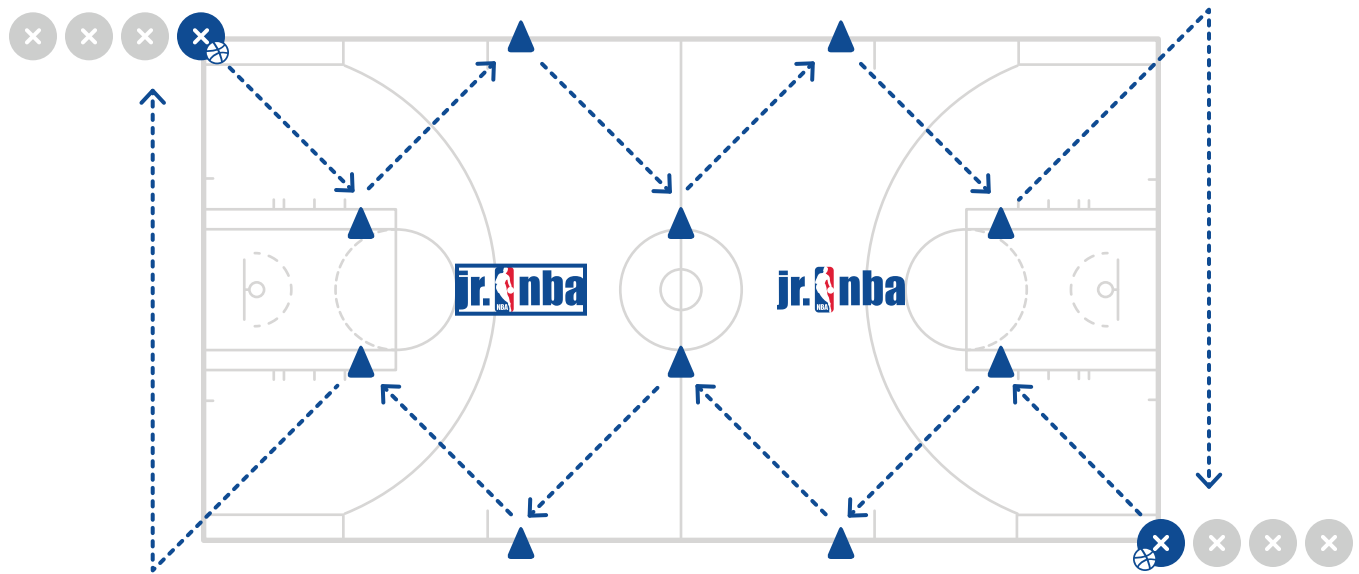
⊗ **Follow the Leader** (3 x 1 minute)

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waist, dribbling with one hand, etc).
- Players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable of being the leaders, allow that as well.

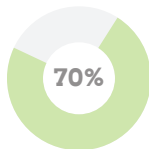
⊗ **The Zig Zag Drill** (2 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Have the players start in two lines in opposite corners where the baseline and sideline meet.
- Place cones every 5-10 feet apart at opposite angles from each other.
- The players will start by dribbling from the starting point to the first cone.
- At the first cone, the players will make a move you have designated (Rookie Level-crossover) and continue to the next cone.



BUILDING SKILLS CONTINUED

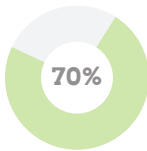


- The players will again make the move you have designated and continue to the next cones and continue the process.

- When the players finish, they should dribble along the baseline and begin the same process coming back in the opposite direction.

Key Points: This drill allows the players to work on changing directions and making a moving crossover. Make sure the players stay low on the crossover and push off their outside foot to change directions.

BUILDING SKILLS CONTINUED



> PASSING

⚡ **Slide & Pass Drill** (2 sets of each pass)

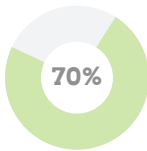
- Have players partner up with one ball and stand on the baseline about 6 feet apart.
- The players will sit in a good stance and slide to half court while making a chest or bounce pass to each other.
- Once all the groups have gone, they will repeat the same thing coming back for 1 rep.
- Be sure to make both the chest and bounce.

🔍 **Key Points:** Emphasize good low slides, showing a target, hitting the target and working together.

> SHOOTING

★ **Fundamentals of Using the Backboard:** Using the backboard can be helpful in many situations. If you watch an NBA game you will see the players use the backboard often to help make certain shots easier. When using the backboard it is important to aim for the square!

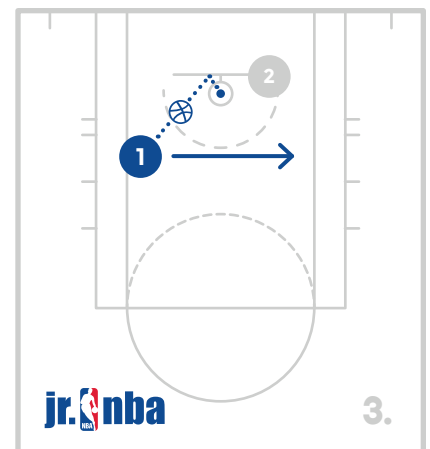
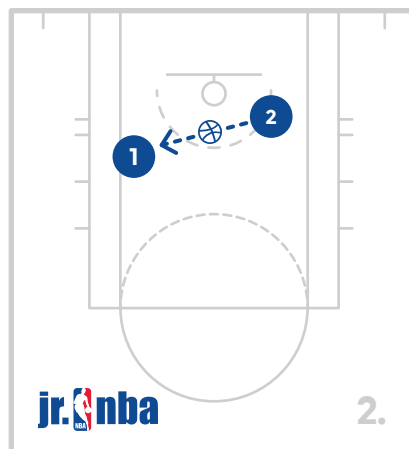
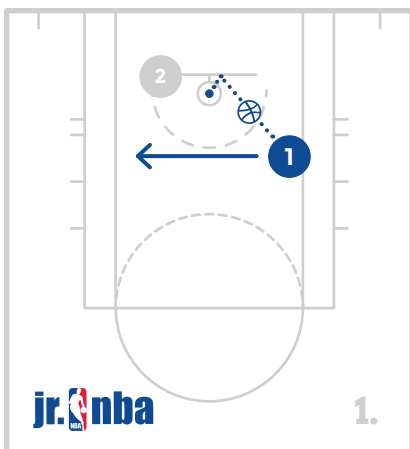
BUILDING SKILLS CONTINUED



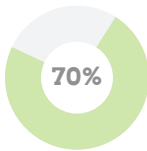
Block to Block Shooting Drill (2 x 30 seconds)

- Have the players partner up with a basketball at a basket.
- 1 player will start with the ball on the block.
- When it's time to start that player will shoot and quickly run to the other block.
- The player or the partner will rebound the ball and pass to the shooter on the other block quickly.
- The shooter will continue going back and forth after every shot and the rebounder will continue to help rebound and pass the ball if needed.
- After 30 seconds switch and let the players change roles.

Key Points: Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous best score.



BUILDING SKILLS CONTINUED



> SHOOTING

🏀 1-2 Step Lay-Ups (3 x 1 minute each side)

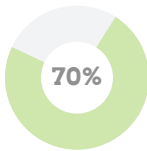
- All players should have a partner and 1 ball per group.
- There can be at least 3 partner groups per basket (side, middle, side).
- One player will line up 3 to 6 feet away from the basket and the other partner will stand just behind the basket.
- When coach says “1. 2.” The player will take 1-2 steps and perform a lay-up shooting for the square on the backboard.
- The players will not dribble the ball.
- The partner will grab the rebound and give it back to the shooter to repeat.
- That player will work for 1-minute before switching with the partner.

🔑 **Key Points:** Emphasize the correct hand and foot until the movement becomes natural for the players.

🏀 Make For a Cone Game (games of 3 minutes each)

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners etc).

BUILDING SKILLS CONTINUED



- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they will get the rebound and pass to the next person on their team and continue to the back of the line without getting a cone from the other team.
- After 3 minutes, the team with the most cones wins.

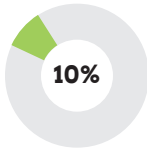
➤ FOOTWORK & CONDITIONING

⊗ **Zig-Zag V Jumps** (2 x each player)

- Divide the players into groups and Place five cones in the shape of a “V” - 1 cone, 2 cones, 2 cones.
- Have the players start at the bottom of the V.
- The first will jump with two feet from the bottom cone to the next cone and then zig zag jump forward with two feet until the last cone.
- After this, the player goes to the back of the line for that group and the next player begins jumping.

BUILDING SKILLS
CONTINUED

Team Concepts



Key Points: Make sure the players have good body control and balance as they jump. As they get better have them try to perform the drill quicker.

> DEFENSE

⊗ **Defense, I Love It Drill** (2 x 30 seconds)

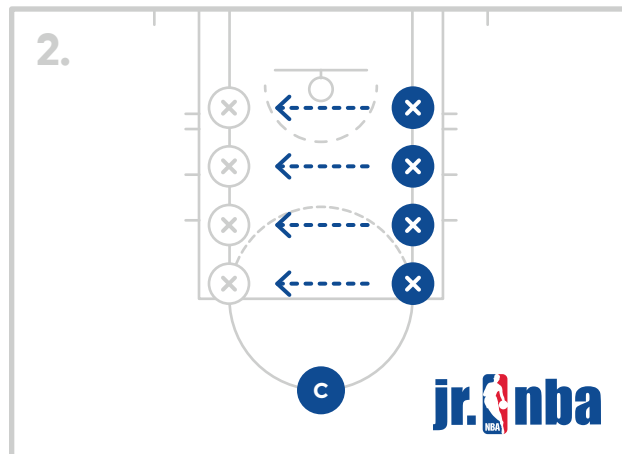
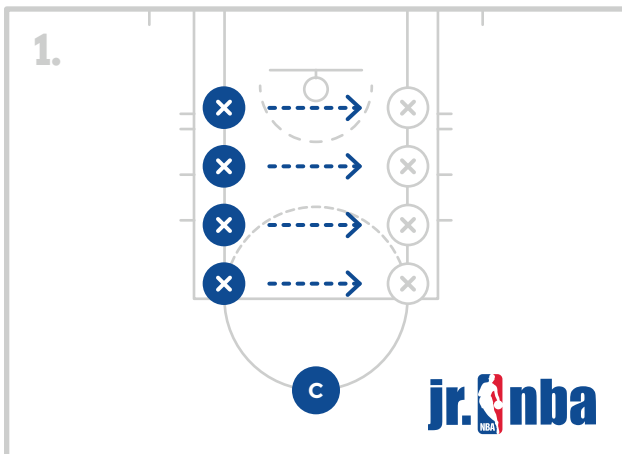
- Have the players spread out on the court in front of the coach.
- When the coach says “Defense!” have the players slap the floor and get in a defensive stance while saying “I love it!”
- Have the players stay in a good defensive stance until the coach again says “Defense!”
- After 30 seconds, let the players rest and do it again.

Key Points: Make sure the players have a lot of energy and enjoy this. Also ensure they have good form in the defensive stance.

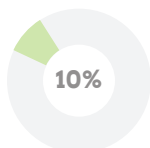
⊗ **Side Lateral Push Drill** (3 x 15 seconds)

SEE DIAGRAM NEXT PAGE >>

- Have the players line up on the lane line and face the coach
- When the coach says go, the players should push off their back foot to slide to the other side of the lane where they will plant and push back.



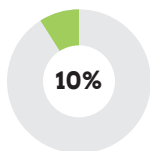
TEAM CONCEPTS CONTINUED



- The players will continue this process for 15 seconds.

Key Points: Make sure the players stay in a good stance with their chest and eyes up. Have them work on changing directions quickly.

Competing

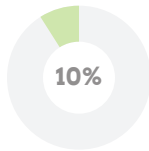


> FUN GAMES

⊗ Swipers Game (1 game)

- Divide the players into two teams.
- One team will have basketballs and will dribble around the court.
- The other team will move around waiting on the coach to call “Swipers”.

COMPETING
CONTINUED



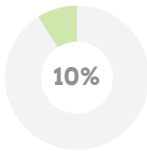
- When the coach says “Swipers” the team without the basketballs can go try to knock the ball away from players with the basketballs.
- If the ball gets knocked away from a player, they must go get the ball and put it over their head.
- If a teammate with a ball rolls their ball between their teammates legs, it allows the teammate to begin dribbling again.
- The game should last two minutes before switching teams.
- There should be no contact between players in this game. Swipers can only touch the ball.

➤ COMPETITIVE GAMES


⊗ **2 on 2 Numbers Game** (games to 5)

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and 1 shot of 2 on 2.

COMPETING
CONTINUED




- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.

 **Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.

- If needed, have the coach start the session by giving a compliment and let the players follow.

 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

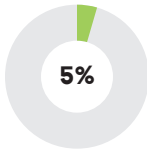
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	FAIRNESS 2	Is it fair if you hold a player on defense while the ref isn't looking?	5%
Warm-Up	RUNNING STOP DRILL (1 x 3 minutes)	Work on listening, stopping quickly and being balanced!	5%
Building Skills	TEACH: Ball-Handling		70%
	LOW, MIDDLE, HIGH DRIBBLE (3 x 20 seconds each level & each hand)	Controlled dribbling is essential to the development of all youth players.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	AVOID THE COACH GAME (1x)	This is a great way to build a fun rapport with the players while working on ball-handling!	
	TEACH: Passing		
	STATIONARY PARTNER PASS: BOUNCE & CHEST (2 x 1 minute each)	Passing with a partner helps both passing and receiving.	
	PASS & CUT DRILL (4 x each player on each side)	This fundamental drill will help the players gain comfort with passing and cutting.	
	TEACH: Footwork & Conditioning		
	REVERSE PIVOT DRILL (4 x each foot)	Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting.	
	TEACH: Rebounding		
	SELF-TOSS REBOUND DRILL (3 x 8)	The players will use two hands to toss the ball into the air, move towards it, and jump and catch it at their peak.	
	TEACH: Shooting		
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots "around the world."	
	MAKE FOR A CONE GAME (1 x 3 minutes)	Make a shot and your team gets a cone!	
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
Competing	1 ON 1 & 2 ON 2 NUMBERS GAME (games to 3)	Use these competitive games to work on both offense and defense.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



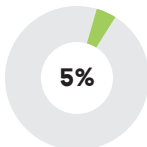
Values



> FAIRNESS 2

- Is it fair if you hold a player on defense while the ref isn't looking?
- ★ Our Jr. NBA partner **Positive Coaching Alliance (PCA)** does not consider that fair. But it is a good question to ask, and one of the things that is so great about sports is that it can get people talking about what is right and wrong.
- ★ Here are a series of videos from PCA about ethics in sports and other elements of sportsmanship:
<http://devzone.positivecoach.org/browse/bowen>

Warm-Up

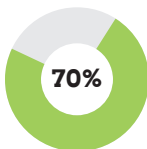


> ACTIVE WARM-UP

⊗ **Running Stop Drill** (1 x 3 minutes)

- Players will start on the baseline without a ball.
- The coach will say “Go!” and the players will start running around the gym in any direction.
- The coach will then say either “2-Feet!” “Left-Foot!” or “Right-Foot!” to indicate how the players should stop.
- The players will then stop on either in the manner in which coach has commanded and hold that position.
- Stopping should be very quick and work on balance.
- Repeat the process all the way down the court and back.

Building Skills



> BALL-HANDLING

⊗ **Low, Middle, High Dribble** (3 x 20 seconds each level & each hand)

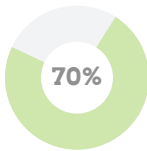
- All players need a basketball (or share) and should stand on the sideline.
 - The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.
 - The players will do this for 20 seconds and then switch to their left hand and complete the same process.
 - Next the player will move back to their right hand and dribble at the middle level for 20 seconds and then switch hands.
 - Last, the players will dribble the ball high, around shoulder level for 20 seconds each hand.
 - Throughout this drill, the coach will hold up a variety of numbers of fingers. The players must see the fingers and call out the number.
- 🔍 **Key Points:** Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

⊗ **Cone Dribbling** (3 x down and back)

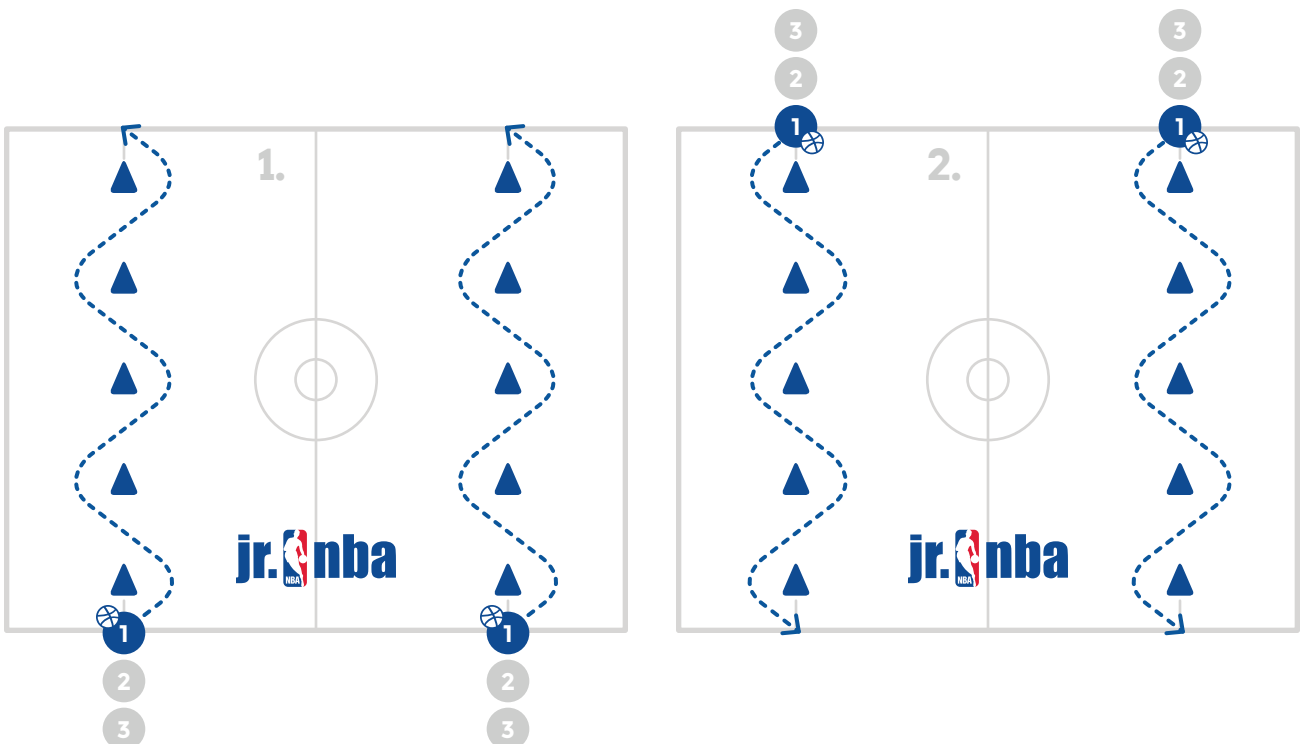
SEE DIAGRAM NEXT PAGE >>

- Divide the group into even groups.

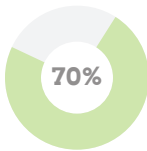
BUILDING SKILLS CONTINUED



- Place five cones from sideline to sideline in a straight line for each group.
 - The first player in each line will have a ball.
 - The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
 - Once the player is half way through the cones, the next player can begin.
 - After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.
- Key Points:** Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.



BUILDING SKILLS CONTINUED



⊗ **Avoid the Coach Game** (1 game - with a ball)

- All the players start on the baseline.
- When the coach says “GO!” all players will try to dribble to the other baseline.
- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.
- If a player is tagged by the coach, they will also be a tagger with the coach.
- Repeat the same process until all players have been tagged.

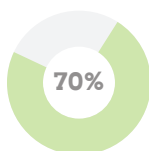
➤ **PASSING**

⊗ **Stationary Partner Pass: Bounce & Chest** (2 x 1 min. each)

- Have players partner up, get a basketball and line up about 10 feet apart.
- The 2 partners will make bounce passes to each other for 2 minutes and then do the same thing with chest passes.

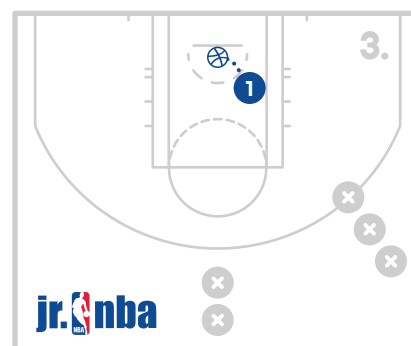
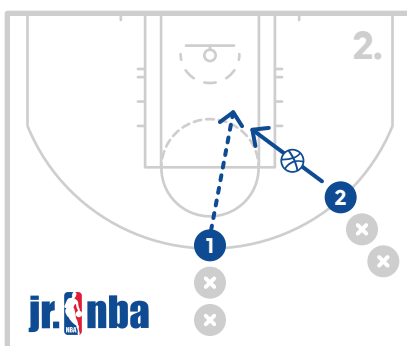
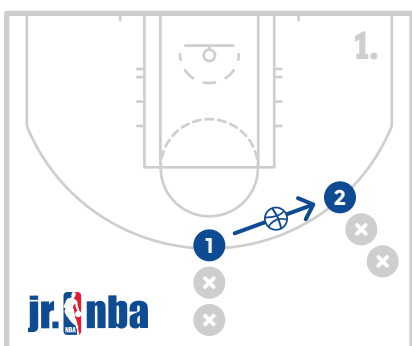
🔑 **Key Points:** Ensure that the players make eye contact before passing and the receiver shows their hands as a target. With a bounce pass, the pass will need to bounce more than half way to the teammate. At this level make sure the players step toward the target and snap their thumbs down.

BUILDING SKILLS CONTINUED

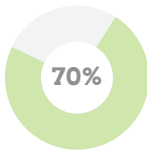


Pass & Cut Drill (4 x each player on each side)

- Have a line of players at the top of the key with a ball and another line of players on the wing without a ball.
 - The player at the top will pass the ball to the wing player.
 - The player at the top will then run/cut to the basket and the player on the wing pass the ball to the player as they cut to the basket for a lay-up.
 - The players will switch lines and continue.
 - Divide the groups further and have another group on the opposite wing and another line at the top to get more reps. Also use other baskets if available.
- Key Points:** Have the players make good passes hitting the other players in the hands. Also ensure the players are cutting hard and making their lay-ups. Coaches can add light defense to make the drill feel more game like if needed.



BUILDING SKILLS CONTINUED



> FOOTWORK & CONDITIONING

⊗ **Reverse Pivot Drill** (4 x each foot)

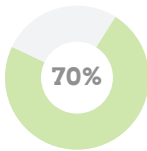
- Have the players hold a ball and stand in a good stance on the baseline.
 - Teach them to pivot by keeping their left foot on the floor and pivot around using reverse quarter steps on your command “Pivot!”
 - After 4 pivots they should be facing forward again.
 - Have them relax and then repeat the drill using the other foot as their pivot foot.
- 🔍 **Key Points:** Help the players understand the basics of pivoting while gaining comfort, confidence, and balance while pivoting. Ensure players stay in a good stance while pivoting.

> REBOUNDING

⊗ **Self-Toss Rebound Drill** (3 x 8)

- All players need a basketball (or share) and should stand in an open space on the court.
- The players will use two hands to toss the ball into the air.
- The player will move towards the ball, jump and catch the ball at their peak.

BUILDING SKILLS CONTINUED



- They will then repeat or give the ball to the partner.

Key Points: It is important for the players to see the ball, track its trajectory and jump and catch the ball at their peak.

> SHOOTING

⊗ **Around the World** (1 game)

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

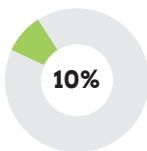
⊗ **Make For a Cone Game** (1 x 3 minutes each)

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners etc).

BUILDING SKILLS CONTINUED

- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they will get the rebound and pass to the next person on their team and continue to the back of the line without getting a cone from the other team.
- After 3 minutes, the team with the most cones wins.

Team Concepts



> OFFENSE

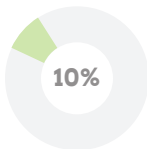
- ★ **Fundamentals of Reversing the Ball:** Also known as swinging the ball, reversing the ball is used to describe passing the ball from one side of the court to the other. When done quickly, it often provides the offense with an advantage as the defense tries to react.

⊗ **Reverse the Ball Drill** (games to 8)

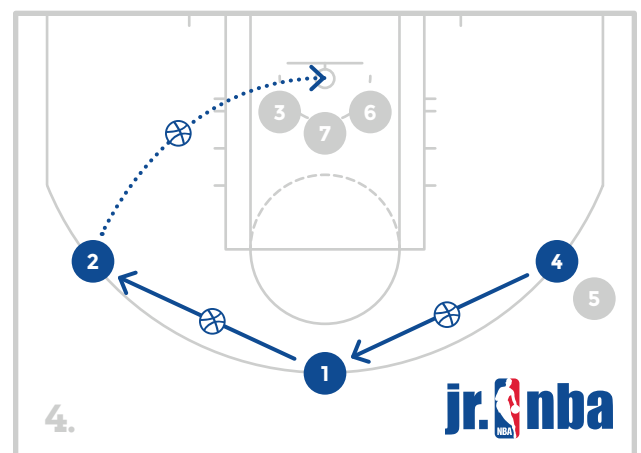
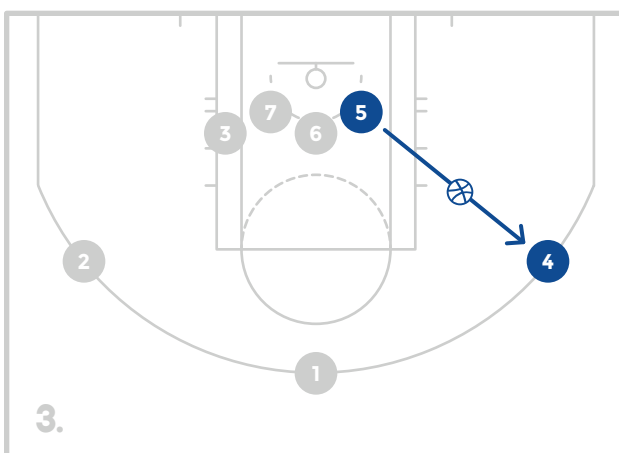
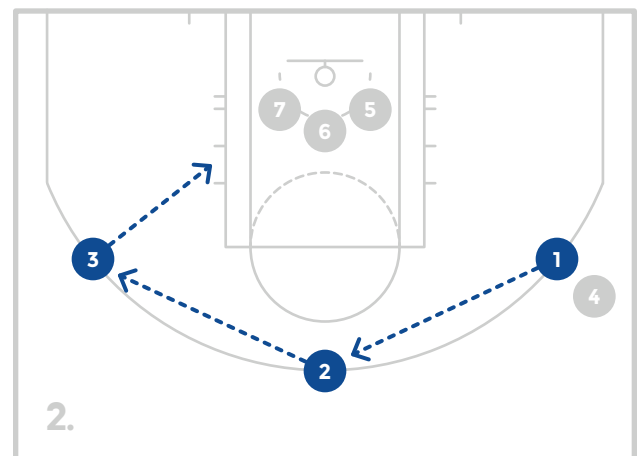
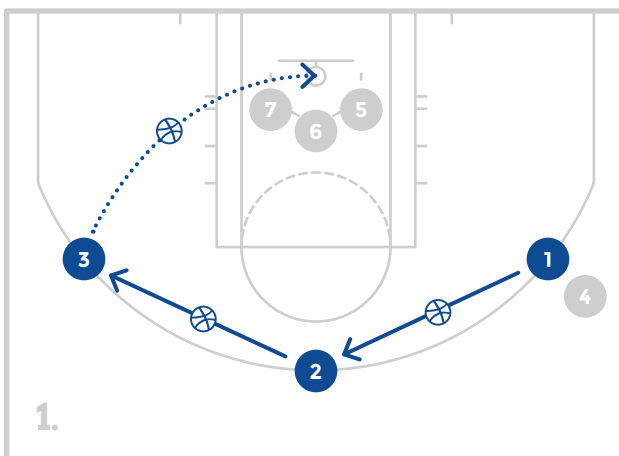
SEE DIAGRAM NEXT PAGE >>

- Start with a player on the wing. Place another player at the top of the key and another player on the opposite wing, and the remaining players in a line under the basket as rebounders.

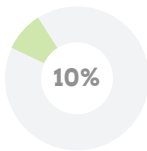
TEAM CONCEPTS
CONTINUED



- The player at the front of the line on the wing will start with the ball in a triple threat stance and when the coach says “Reverse the ball!” the player will pass the ball to the top of the key.
- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player on the opposite wing catches the ball, they will shoot the ball and then go to the rebounding line.

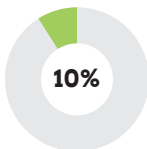


TEAM CONCEPTS CONTINUED



- The player that gets the rebound will make an outlet pass to the wing where the ball started and then go to the end of that line.
- The player who passed from wing will move to the top, the player from the top will move to the shooting wing, and the wing that started the drill will move to the top.
- Have a group at another basket doing the same thing and compete to 8 makes and then change directions and then change to a 1 dribble pull up for 2 games.

Competing



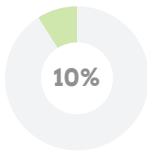
➤ COMPETITIVE GAMES

⚽ 1 on 1 Numbers Game (games to 3)

- Assign 2 players to each number and have everybody stand on the baseline.
- Throw the ball on the court and call out a number.
- The 2 players with that number will go for the ball and whoever gets the ball will be on offense and the other on defense for 1 possession and 1 shot of 1 on 1.
- Evenly mix up the numbers you call and the game is over when any player gets to 5 points playing by 1's.


🔑 **Key Points:** Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.

COMPETING CONTINUED




2 on 2 Numbers Game (games to 3)

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number our teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and 1 shot of 2 on 2.
- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.

 **Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- Have the coach start the session by giving a compliment and let the players follow.

 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

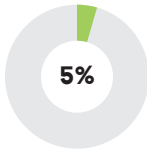
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: COACHES	Have the players define respect and discuss what it means to respect their coach.	5%
Warm-Up	AVOID THE COACH GAME (2 minutes)	Build rapport with the players while preparing for practice!	5%
Building Skills	TEACH: Ball-Handling		70%
	DRIBBLE BALANCE (3 x 20 seconds each leg)	Work on ball-handling while maintaining good balance and stability.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that helps the players keep their eyes up while working on a variety of ball-handling moves.	
	CAPTURE THE CONES GAME (2 x 4 minutes)	This is a fun team game that will reinforce basic ball-handling skills.	
	TEACH: Footwork & Conditioning		
	CONE JUMP & PASS DRILL (1 x 3 minutes)	The players will jump over cones and then pass the ball.	
	TEACH: Passing		
	OPEN & DECIDE DRILL (3 minutes)	This drill teaches the players to read the situation, make a quick decision, and make a good pass to their teammate.	
	TEACH: Shooting		
	FORM SHOOTING – 2 HANDS (3 x 8)	Work on the proper shooting mechanics.	
	AROUND THE WORLD (2 games)	Divide the players into teams for this competitive shooting game.	
Team Concepts	TRACING THE BALL BREAKDOWN DRILL (2 x 1 min)	Keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.	10%
Competing	LAY-UP BOWLING (1-2 games)	This game emphasizes the importance of making lay-ups.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



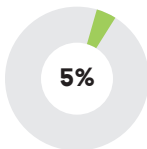
Values



> RESPECT: COACHES

- Have the players define respect.
 - Discuss what it means to respect your coach.
- ★ Players should respect their coaches, who sacrifice a lot to spend time coaching. And coaches also should respect their players, because it is a coach's job to serve players by helping them learn and improve. A big part of the mutual respect between coaches and players is listening to each other and getting to know each other so that there is a level of trust.

Warm-Up

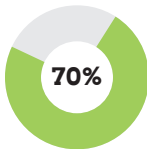


> WARM-UP GAME

⊗ Avoid the Coach Game (2 minutes)

- All the players start on the baseline.
- When the coach says "GO!" all players will try to run to the other baseline.
- The coach starts at half court and tries to tag as many players as possible before they reach the opposite baseline.
- If a player is tagged by the coach, they will also be a tagger with the coach.
- Repeat the same process until all players have been tagged.

Building Skills



> BALL-HANDLING

⊗ **Dribble Balance** (3 x 20 seconds each leg)

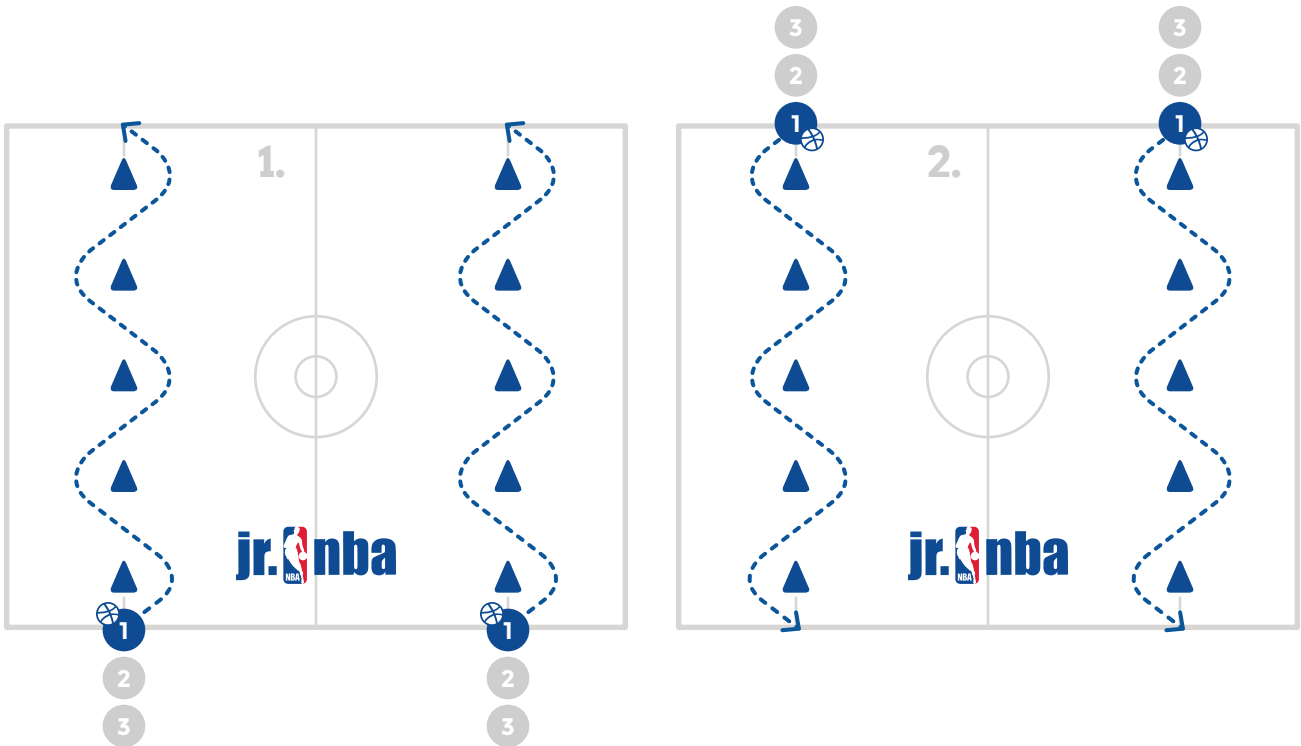
- All players need a basketball and will stand on the sideline.
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then do the same thing with their left foot and left hand.

🔍 **Key Points:** Work on ball-handling while maintaining good balance and stability.

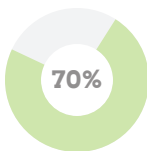
⊗ **Cone Dribbling** (3 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.
- The first player in each line will have a ball.
- The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
- Once the player is half way through the cones, the next player can begin.



BUILDING SKILLS CONTINUED



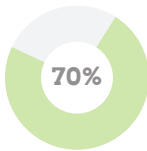
- After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.

Key Points: Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.

Follow the Leader (3 x 1 minute)

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waste, dribbling with one hand, etc).

BUILDING SKILLS CONTINUED

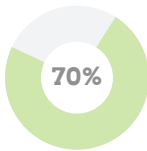


- The players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable being the leaders, allow that as well.

Capture the Cones Game (2 x 4 minutes)

- Divide the players into four teams and assign them a corner.
- Each teams' goal is to collect cones from other teams' corners and place them in their own corner.
- Players are not allowed to protect their team's corner.
- Coaches can tag players which means the player must return the cone they have from where they took it from.
- The game will end after 4 minutes and the team with the most cones wins.
- Make sure players dribble at all times and encourage them to go for the cones diagonal from them.

BUILDING SKILLS CONTINUED

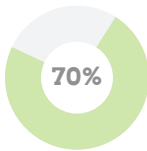


> FOOTWORK & PASSING

⊗ Cone Jump & Pass Drill (1 x 3 minutes)

- Place 3 cones in a line close to a wall (about 8 feet away).
- Place a basketball on top of (or next to) the cone closest to the wall.
- Based on number of players, provide this setup again.
- Players will jump over the first two cones and land in front of the 3rd cone with a basketball on it.
- The player will then pick up the basketball and pass the ball at an imaginary target on the wall.
- They player will catch the ball when it bounces back and put the ball back on the cone and go to the back of the line.
- The next player will repeat the process and the group will continue by moving quickly.
- Key Points: Make sure the players are balanced and jump quickly. Emphasize having the players hitting a target on the wall!

BUILDING SKILLS CONTINUED



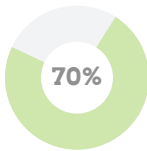
> PASSING

⚡ **Open & Decide Drill** (3 minutes)

- Have the players start in a line at the free throw line with the first player having a ball in a triple threat stance with their eyes closed.
- Have another 2 players, 1 standing on each block and a coach or 4th player guarding one of those players.
- The player with the ball will open their eyes on the whistle and make a quick decision to pass to the open player who will then shoot a lay-up while the defender will try to contest the shot.
- The passer will now take the place of the shooter. The shooter will take the place of the defender and the defender will go to the back of the line.
- Keep a tally of how many made baskets the team scores in 3 minutes so you can compete against this number in later practices.

🔑 **Key Points:** Make sure the defender clearly guards one player and does not leave that player until the pass is made! Have the player make a quick decision and a good pass to their teammate. Next, make sure the receiver of the pass works on finishing the shots with a defender contesting. Since the team is trying to make the most shots possible, ensure that the defense contests hard.

BUILDING SKILLS CONTINUED



> SHOOTING

🏀 **Form Shooting – 2 Hands** (3 x 8)

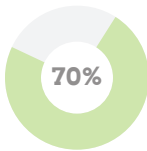
- Have the players partner up with a basketball at a basket.
- The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them.
- Have the players hold the ball with their elbow underneath it, and their palm facing the sky.
- The player will then add their off hand as support.
- When the player is ready, they should extend their knees and arm at the same time to shoot for the basket.
- Have the players hold their follow-through until the shot goes through the basket or misses.
- Have more than 1 partner per at a basket to maximize reps, space and time.

🔍 **Key Points:** Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation.

🏀 **Around the World** (2 games)

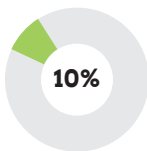
- Place five cones around the court as five shooting spots and divide the players evenly at the cones.

BUILDING SKILLS CONTINUED



- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

Team Concepts

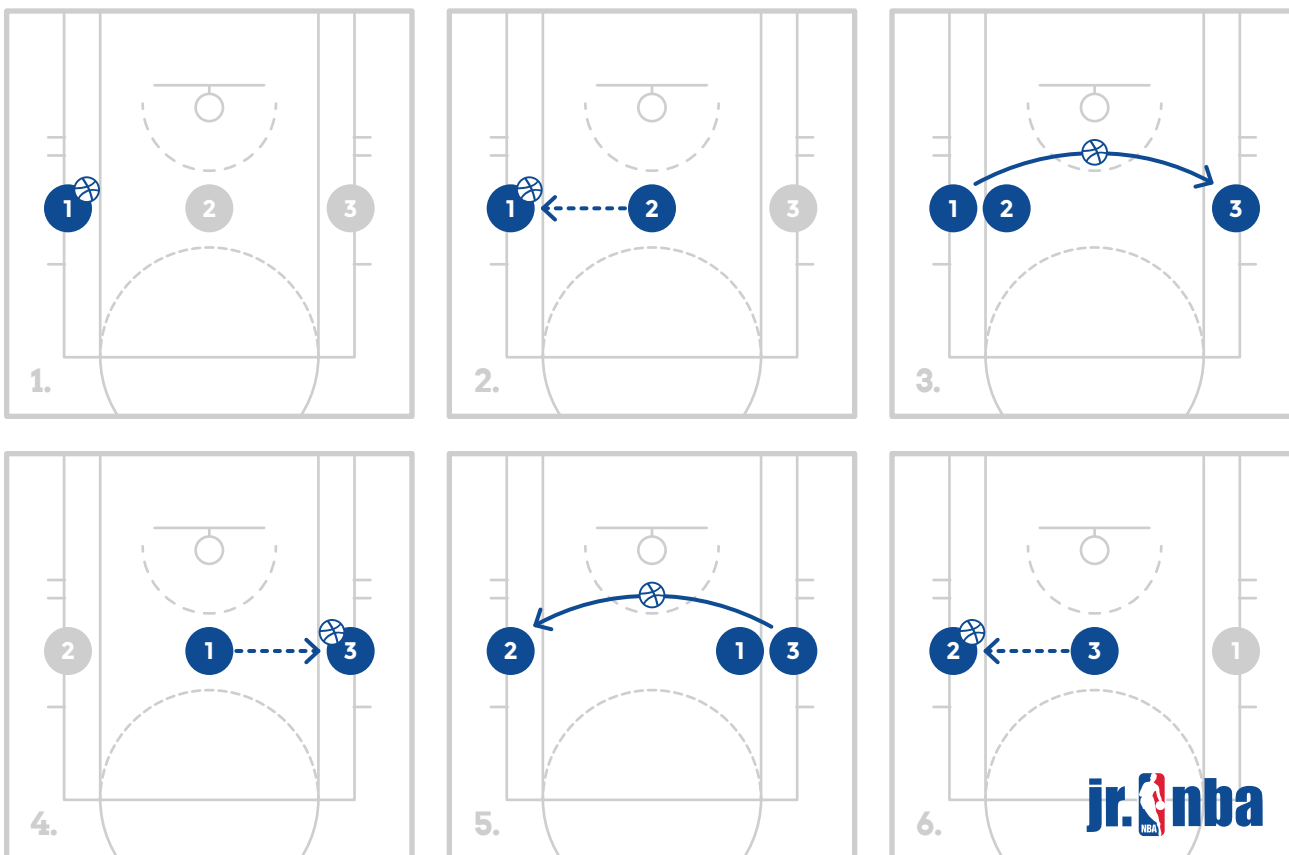


> DEFENSE

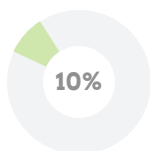
- ★ **Fundamentals of Tracing the Ball:** Teach the players that it is important to “trace the ball” when they are playing defense. When the offense player has the ball and is not dribbling, the players can “trace the ball” by moving their hands wherever the ball goes.

⊗ **Tracing the Ball Breakdown Drill** (2 x 1 min) SEE DIAGRAM NEXT PAGE >>

- Group the players into 3’s and have one ball per group.
- Two players should stand a little more than the lane width apart and face each other, one with the ball.

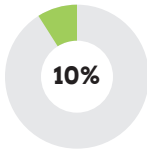


TEAM CONCEPTS CONTINUED



- The third player will start in the middle and run to close out to the player with the ball and trace the ball.
 - The player with the ball will wait 3 seconds before passing to their teammate.
 - After passing, the player will follow their pass and close out and trace the ball with the player that received the pass.
 - Continue this cycle insuring good close outs and tracing the ball.
- Key Points:** Try to keep the intensity up for this drill by encouraging the players to talk and trace the ball with active hands.

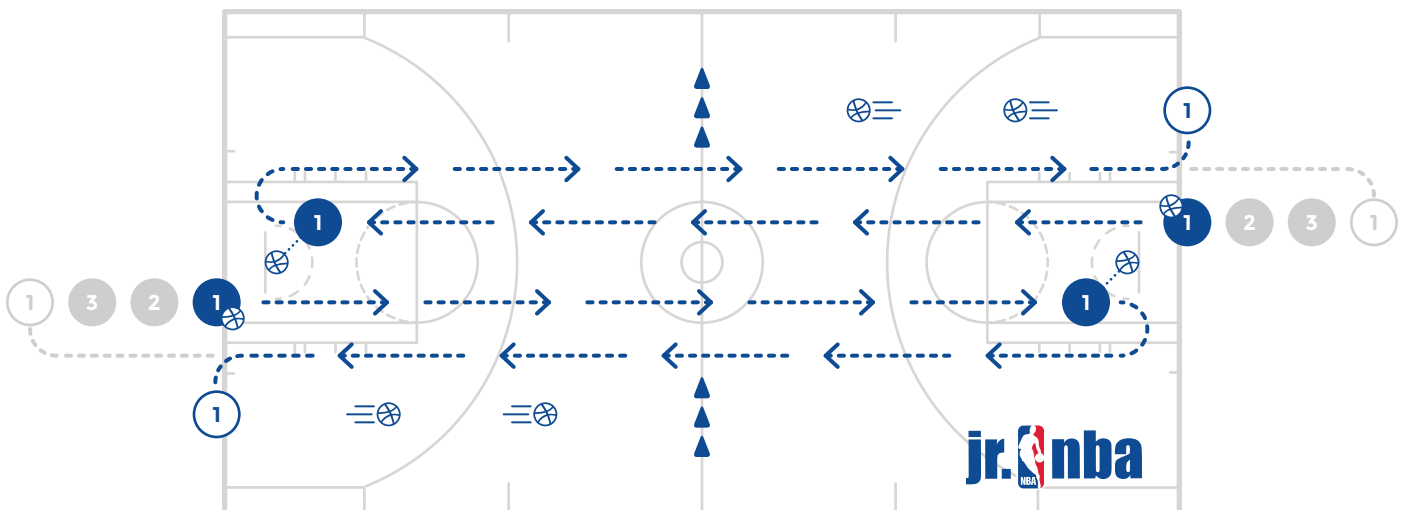
Competing



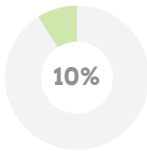
> FUN GAMES

🏀 Lay-Up Bowling (1-2 games)

- Divide the players into 2 teams and have them line up on opposite baselines.
- The coach will set up 3 cones about 2 or 3 feet apart on the opposite baseline from each teams' line.
- Each team will have 2 balls. 1 with the player in the front of the line and 1 off to the side.
- The first player will dribble to the opposite end of the court and shoot a lay-up.
- The player will dribble the ball all the way back to the next player in line.



COMPETING
CONTINUED



- If the player misses the lay-up, they will go to the back of the line, but if the player makes the lay-up, they will go pick up the extra ball to the side and bowl/roll it towards the cones at the opposite end.
- If the player hits a cone, it counts as knocking it over and the coach will remove it.
- The team to hit all 3 of their cones first will win.

⚾ **3 on 3 Numbers Game** (games to 3)

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.
- There is a 3 dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

COMPETING
CONTINUED

Q Key Points: Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- If needed, have the coach start the session by giving a compliment and let the players follow.
- **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

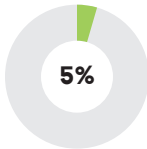
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: TEAMMATES	Discuss how we respect our teammates.	5%
Warm-Up	SKIP TAG (2 minutes)	This is a fun warm-up game to prepare the players to practice.	5%
Building Skills	TEACH: Ball-Handling		70%
	DRIBBLE BALANCE (3 x 20 seconds each leg)	Work on ball-handling while maintaining good balance and stability.	
	DRIBBLE BALANCE PUSH (2 x down and back)	Have the players maintain their balance and push off their outside leg.	
	OVER/UNDER RELAY (1 game)	This is a fun, team game aimed to encourage the players to work together.	
	TEACH: Passing		
	WHO IS READY DRILL (2 minutes)	This drill helps offensive players recognize when a teammate is ready to receive a pass.	
	KEEP AWAY GAME (30 sec each)	Work on movement, teamwork, passing, and defense.	
	PASS IT DOWN THE LINE GAME (1 min/group)	This drill will help players pass and catch on the run.	
	TEACH: Rebounding		
	TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, grabbing it, and chinning it securely.	
	TEACH: Shooting		
	1-2 STEP LAY-UPS (3 x 1 min each)	Breakdown the proper lay-up form and have the players put it into action.	
JUMP STOP SHOOTING GAME (games to 6)	Work on good jump stops, being balanced, and making shots at game speed.		
Team Concepts	REVERSE THE BALL DRILL (games to 8)	This is a great competitive way to work on reversing the ball quickly.	10%
	COACH SAYS (1 game)	Work on defense and listening!	
Competing	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	10%
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



Values

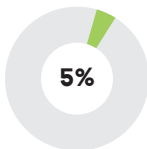


> RESPECT: TEAMMATES

- Have players discuss what it means to respect our teammates.
- Encourage the players to lead by example.

★ Basketball brings people together like nothing else can. It's a team game, and often teammates become and remain friends for life, on the court and off. That's why it's critical to respect teammates. You must be able to communicate well to play well as a team, and you must care about each other enough to sacrifice for the good of the team.

Warm-Up



> ACTIVE WARM-UP

⊗ Skip Tag (2 minutes)

- Designate boundaries (such as staying inside of half court) and have all players stand inside that area.
- One player or the coach will be designated as "it".
- All players, including the person who is "it," will skip around the court. Skipping is the only movement players are allowed to do.
- When a player is tagged, the game is put on pause so that all players can now see that the new player is now also "it" in helping the original person who is "it" in tagging others.

🔑 **Key Points:** Make sure players do not run and only skip.

Building Skills



> BALL-HANDLING

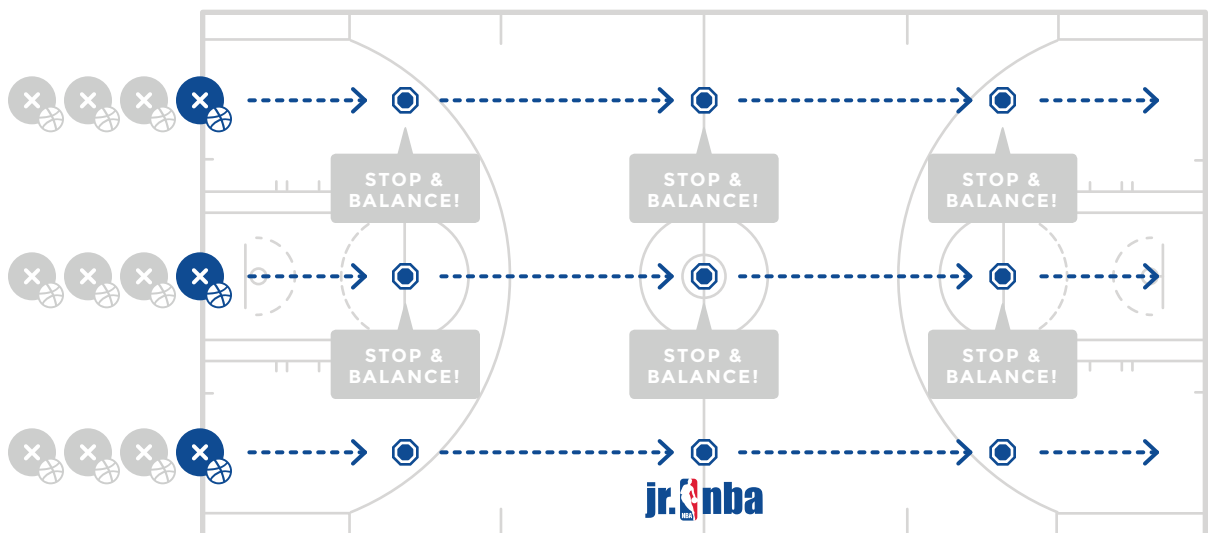
⊗ Dribble Balance (3 x 20 seconds each leg)

- All players need a basketball and will stand on the sideline.
- Players should stand only on their right leg with the knee slightly bent and dribble the ball with their right hand.
- The players will then repeat with their left foot and left hand.

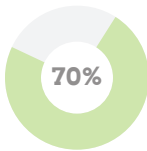
Key Points: Work on ball-handling while maintaining good balance and stability.

⊗ Dribble Balance Push (2 x down and back)

- Line the players up on the sideline in even groups and each player with a ball.



BUILDING SKILLS CONTINUED

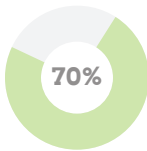


- The first player will stand only on their right leg with the knee slightly bent and dribble the ball with their right hand until the coach says go.
- The players will then push forward while changing the ball to dribble with their left hand to the foul line area.
- When the players get to the foul line area they will all stop on their left foot and dribble with their left hand again until the coach says go.
- Now the players will push forward and dribble with their right hand and continue this pattern.

Over/Under Relay (1 game)

- The players will be divided into even groups and line up on the baseline.
- The player in front of each line will have a basketball.
- The player in the front of each line will dribble three times with their right hand.
- After the three dribbles, the player will hand the ball either over their head or under their legs to the player behind them.
- The next player will dribble three times with their right hand and then will hand the ball to the next person by doing the opposite (over the head, or under the legs) of how they received the ball.

BUILDING SKILLS CONTINUED



- The team will repeat this process until the ball reaches the last player.
- Once the last player has the ball, they will run to the front of the line and start the process again now dribbling with their left hand.
- When the ball reaches the last player this time, the game is over

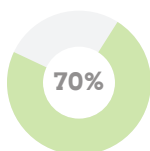
➤ PASSING

⊗ **Who Is Ready Drill** (2 minutes)

- Have the player get in groups of 3 standing in a triangle with one basketball.
- 1 player will have the ball facing away from the other two.
- The two players without the ball will determine 1 player to make eye contact with the player with the ball.
- The player with the ball will then jump and turn around to face the two players and locate which player is looking at them and has their hands up for the pass and make a quick step and pass.
- Repeat this action with the new player with the ball.

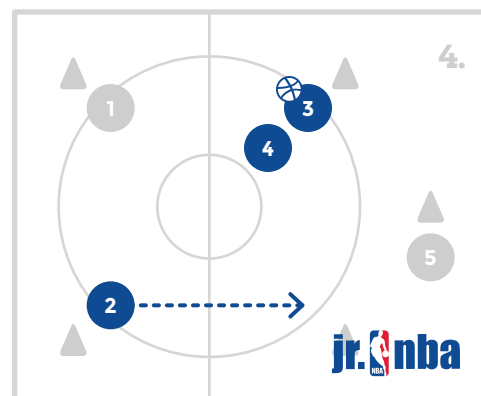
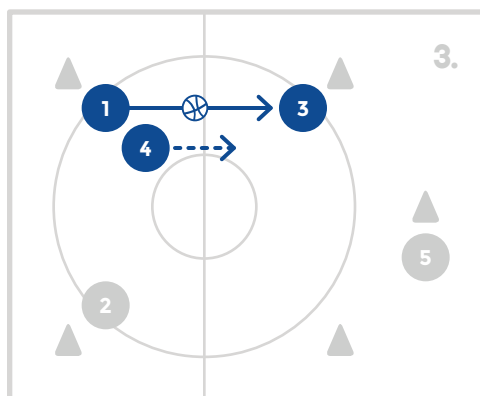
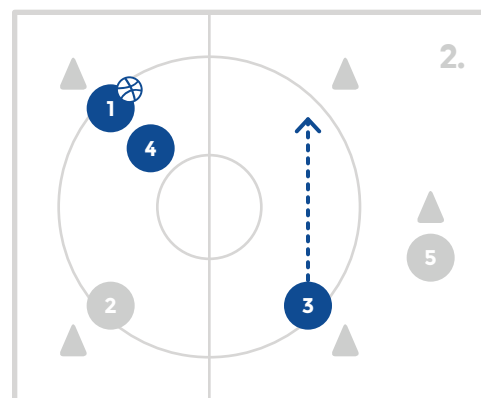
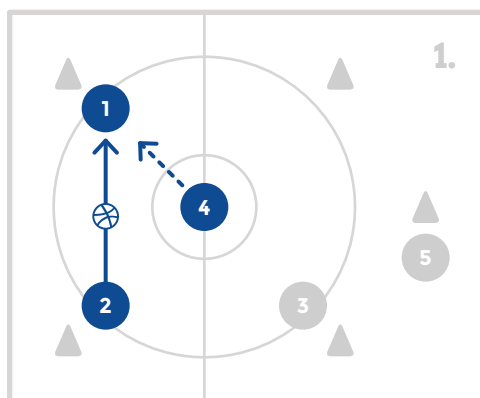
🔑 **Key Points:** The player with the ball must quickly read and recognize when a player is ready to receive a pass. The other 2 players must quickly decide who will make eye contact.

BUILDING SKILLS CONTINUED

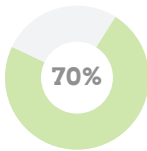


Keep Away Game (30 seconds each)

- Divide the players into groups of five. Four of the players will be active in the drill while one of the players will be in the rest station.
- Set 4 cones up in a square and 1 cone off to the side. The cone off to the side will be the rest station.
- Three players will play offense and one player will play defense.
- The three offensive players will each stand at a different cone leaving one cone open.



BUILDING SKILLS CONTINUED



- The defensive player will stand in the middle of the cones.
- The player with the ball can only pass left or right and cannot pass the ball across to the opposite side.
- The players who do not have the ball must either receive the pass or “fill in” the open spot.
- The defensive will try their best to steal the ball within 30 seconds before rotating positions.
- The player that was playing defense will rotate to the rest station.

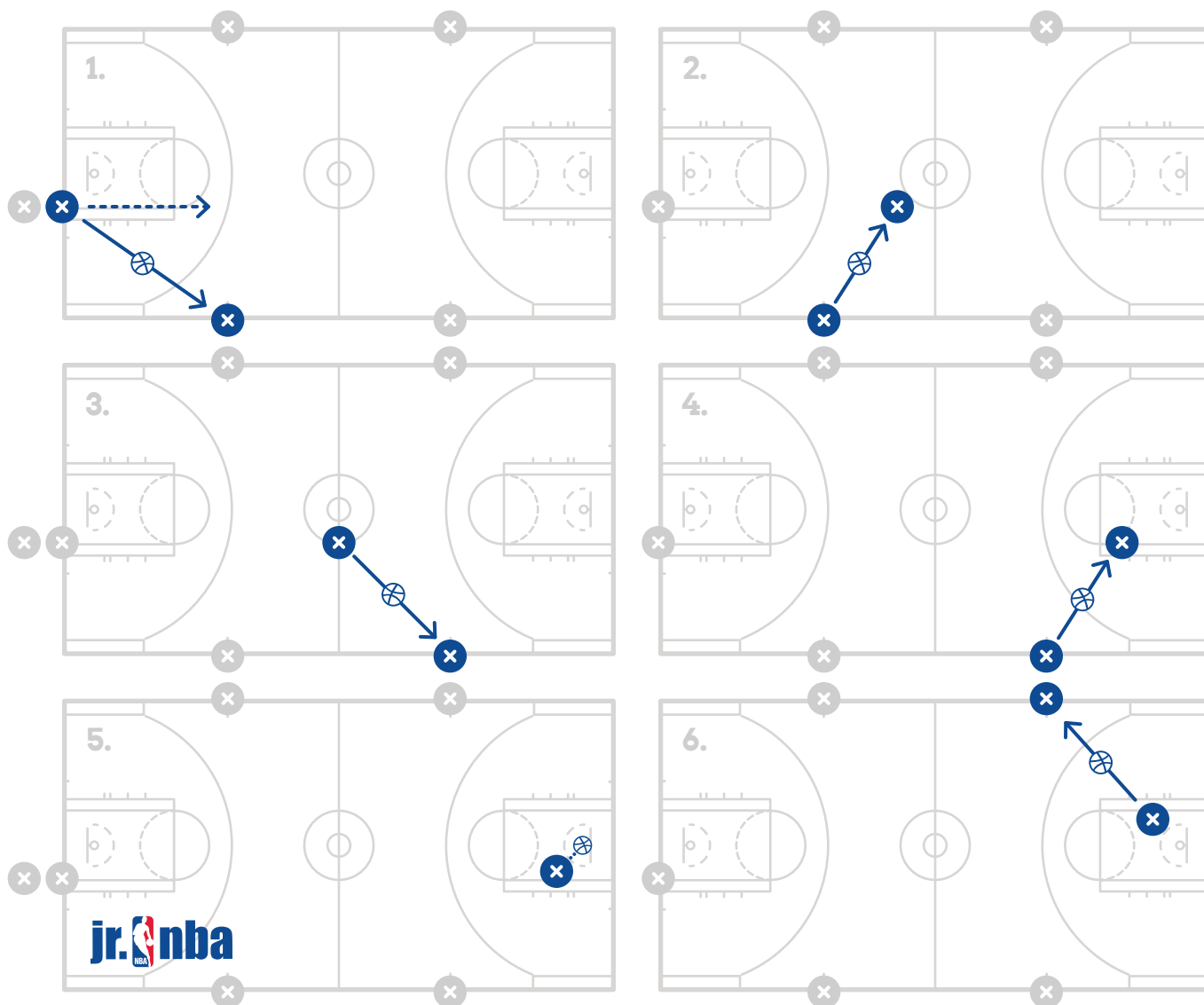
➤ PASSING

⊗ Pass It Down the Line Game

(1 minute per group)

SEE DIAGRAM NEXT PAGE ➤➤

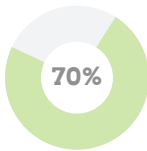
- Divide the players into 2 even groups with 1 group on both sidelines without a basketball.
- Have the other group start with a basketball on the baseline.
- The player with the basketball will pass the ball and receive the ball back from each of the players lined up on the sideline.
- After they have made and received a pass from the last player, the player will dribble the ball to the basket for a lay-up.



BUILDING SKILLS CONTINUED

- After the lay-up, the player will get their rebound and continue by coming up the other side of the court.
- This process will continue for 3 minutes.
- Count how many lay-ups that team makes in 3 minutes before switching the groups.

BUILDING SKILLS CONTINUED



> REBOUNDING

⊗ **Toss & Get It Drill** (2 minutes each side)

- Have the players in a line in the paint
- Throw the ball up off the backboard and have the first player in line grab the rebound chin it and toss it back to you and go to the end of the line.
- Repeat this process and switch sides after two minutes.

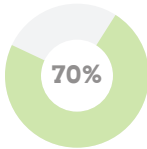
🔍 **Key Points:** Work on seeing the ball come off the backboard, timing it and going to get the rebound, and chinning the ball nice and strong.

> SHOOTING

⊗ **1-2 Step Lay-Ups** (3 x 1 minute each side)

- All players should have a partner and 1 ball per group.
- There can be at least 3 partner groups per basket (side, middle, side).
- One player will line up 3 to 6 feet away from the basket and the other partner will stand just behind the basket.
- When coach says “1. 2.” The player will take 1-2 steps and perform a lay-up shooting for the square on the backboard.

BUILDING SKILLS
CONTINUED



- The players will not dribble the ball.
- The partner will grab the rebound and give it back to the shooter to repeat.
- That player will work for 1-minute before switching with the partner.

Key Points: Emphasize the correct hand and foot until the movement becomes natural for the players.

Jump Stop Shooting Game (games to 6)

- Have the players divide into as many as 4 groups at shooting spots (wings & slots) and the first player in each line will have a ball. The player at the front of each line should have a ball.
- The players will dribble in to the cone setup a few feet from the basket, jumpstop and shoot, get their rebound and give it to the next player in line.
- The first team to 6 made baskets wins.

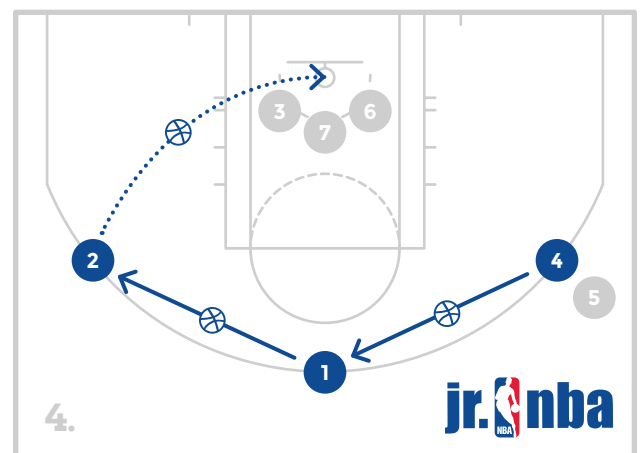
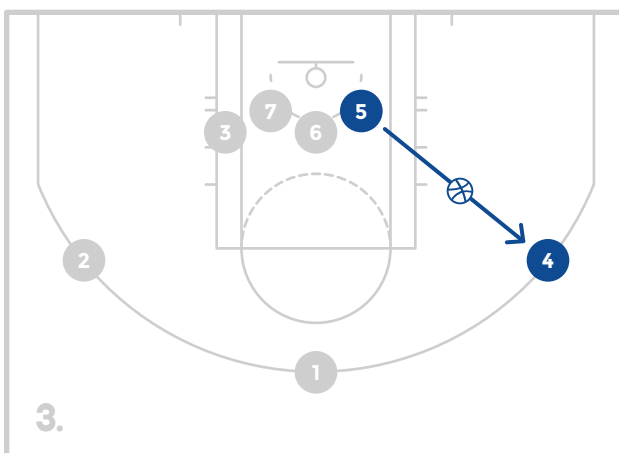
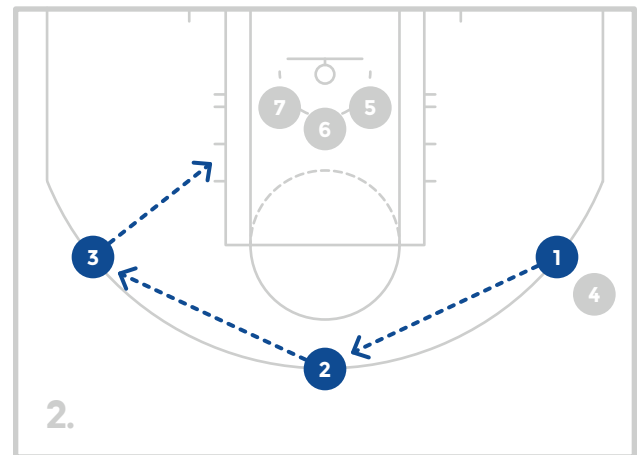
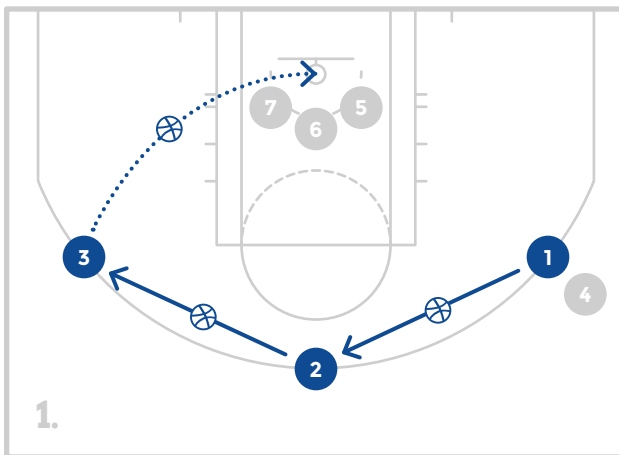
Key Points: Work on a good jump stop, being balanced and making shots moving at game speed.

Team Concepts

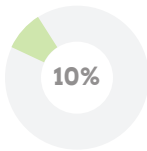


Reverse the Ball Drill (games to 8)

- Start with a player on the wing. Place another player at the top of the key and another player on the opposite wing, and the remaining players in a line under the basket as rebounders.
- The player at the front of the line on the wing will start with the ball in a triple threat stance and when the coach says “Reverse the ball!” the player will pass the ball to the top of the key.

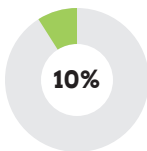


TEAM CONCEPTS CONTINUED



- The player at the top of the key will quickly catch and pass the ball to the other wing so that the ball has been “reversed” to the other side.
- When the player on the opposite wing catches the ball, they will shoot the ball and then go to the rebounding line.
- The player that gets the rebound will make an outlet pass to the wing where the ball started and then go to the end of that line.
- The player who passed from wing will move to the top, the player from the top will move to the shooting wing, and the wing that started the drill will move to the top.
- Have a group at another basket doing the same thing and compete to 8 makes and then change directions and then change to a 1 dribble pull up for 2 games.

Competing

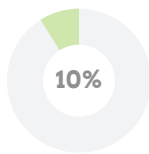


> FUN GAMES

⊗ Coach Says (1 game)

- Coach says is similar to Simon says.
- The objective is to do everything the coach instructs, but the coach must first say “Coach Says” before every request.
- If the player does the action that a coach says without the coach first saying “Coach Says,” they player is out.

COMPETING
CONTINUED



- When the coach states “Coach says defense!” the players will slap the ground and yell “Defense!” as they assume the defensive stance.
- When the coach states “Coach says this way” and points in a direction, all players will quickly hop and twist their body to face that direction and immediately hop back facing the coach.
- When coach states “Coach says foot fire!” the players will quickly tap their feet against the floor as fast as they can while yelling.
- When the coach states “Coach says up!” the players will jump as high as they can to grab an imaginary ball with their arms and yell “Rebound!”
- Coaches can add other elements but remember this is a listening game and the player is out if the player does something that the coach didn’t preface with “Coach Says.”
- The game finishes when there is just one player remaining.

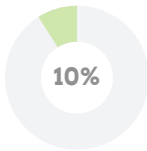
Key Points: If the players do a great job listening be creative with what you ask them to do in an effort to trick the players.

COMPETITIVE GAMES

3 on 3 Numbers Game (games to 5)

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.

COMPETING
CONTINUED



- Throw the ball on the court and call out 2 numbers.
 - The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
 - Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.
 - There is a 3 dribble maximum each time a player gets the ball.
 - No screens can be set but cutting is allowed and encouraged.
- Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
 - Have the coach start the session by giving a compliment and let the players follow.
- Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

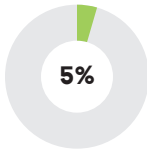
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: OPPONENTS	Discuss how to respect the opponent.	5%
Warm-Up	THE ESCAPE GAME (3 x each)	The players will partner up and “escape” from each other in this fun warm-up game.	5%
Building Skills	TEACH: Ball-Handling		70%
	LOW, MIDDLE, HIGH DRIBBLE (20 sec each level/each hand)	Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high dribbles to improve coordination and ball control.	
	WALKING DRIBBLE RIGHT/LEFT/CROSSOVER (2 x down and back each)	This is a good opportunity for the players to work on dribbling with movement in a controlled drill.	
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	CAPTURE THE CONES GAME (games of 3 min)	This is another great team ball-handling game that will reinforce the skills previously learned.	
	TEACH: Footwork & Conditioning		
	CONE JUMP & PASS DRILL (3 x each)	The players will jump over cones and then pass the ball.	
	WATER OR LAND (3 X 15 seconds)	This drill forces the players to listen, balance and react quickly.	
	TEACH: Shooting		
	1-STEP FORM DRILL (1 x 2 minutes)	This is a fundamental movement for players as they grow into becoming great shooters!	
Team Concepts	DRIVE & KICK COMPETITION DRILL (games to 10)	Have the players compete while working on the drive and kick concept.	10%
Competing	MAKE FOR A CONE GAME (1 x 3 minutes)	Make a shot and take a cone from the other team!	10%
	2 ON 2 NUMBERS GAME (games to 5)	Use this fun 2 on 2 game to encourage players to work together on offense and defense.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



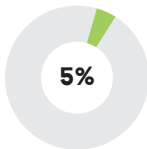
Values



> RESPECT: OPPONENTS

- Discuss how to respect your opponents.
- ★ Another important component of basketball is respecting your opponents. After all, without opponents, we wouldn't have a game. Jr. NBA partner Positive Coaching Alliance uses the phrase "fierce but friendly" to describe the best type of competition. A player may hit the deck trying for a loose ball or rebound, and it's OK for everyone to play to the whistle, but then it's also fine to help that opponent up off the floor.

Warm-Up

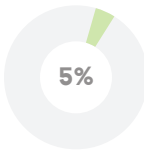


> ACTIVE WARM-UP

⊗ **The Escape Game** (3 times each partner)

- Have the players partner up and designate a partner "1" and a partner "2" for each pair.
- All 1's will go to the center of the gym, face the center, and cover their eyes.
- Have all 2's start next to their partner 1.
- At the coach's command "Move with..", partner 2's will move away from 1's by moving with the movement the coach chooses from the selection below.
- On the command, "Find your partners!" partner 1's open their eyes, move as their partner was commanded, and locate and gently tag their partner.

WARM UP CONTINUED



- Once tagged both partners must go back to the center of the court, where they will switch roles and repeat.

★ **Movement Options:** Hopping on 1 foot, hopping on 2 feet, skipping, lateral slide, running, running sideways, running backwards.

🔑 **Key Points:** This is a great game to get the players actively warmed-up. Players should only run if commanded to run. Make sure that both partners use the movement that coach commands.

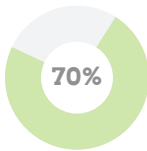
Building Skills



⊗ **Low, Middle, High Dribble** (20 sec each level/each hand)

- All players need a basketball (or share) and should stand on the sideline.
- The players will start by dribbling the basketball with the right hand low in a good stance with their eyes up and using their left arm to protect the ball.
- The players will do this for 20 seconds and then switch to their left hand and complete the same process.
- Next the player will move back to their right hand and dribble at the middle level for 20 seconds and then switch hands.
- Last, the players will dribble the ball high, around shoulder level for 20 seconds each hand.

BUILDING SKILLS
CONTINUED



- Throughout this drill, the coach will hold up a variety of numbers of fingers. The players must see the fingers and call out the number.

Key Points: Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and execute low, middle, and high quick dribbles to improve coordination and ball control.

Walking Dribble Right/Left/Crossover (2 x down & back each)

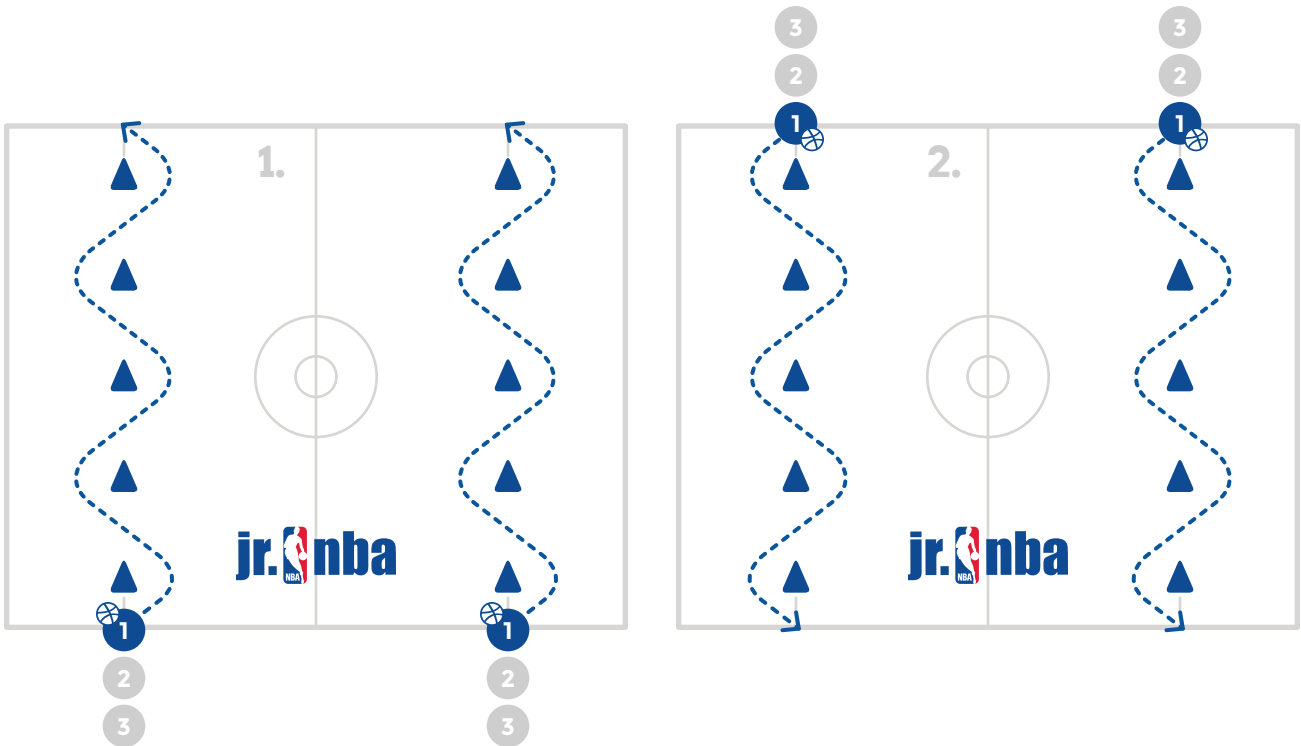
- All players need a basketball (or share) and should stand on the sideline.
- Have the players now start in a low good stance and walk and dribble forward to the other sideline.
- Once the players reach the other sideline they will then walk backwards using the same dribble all the way back.

Key Points: Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and try to perfect their dribbling mechanics while walking.

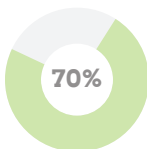
Cone Dribbling (3 x down and back)

SEE DIAGRAM NEXT PAGE >>

- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.

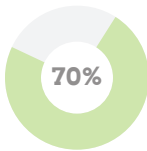


BUILDING SKILLS CONTINUED



- The first player in each line will have a ball.
 - The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
 - Once the player is half way through the cones, the next player can begin.
 - After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.
- Key Points:** Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.

BUILDING SKILLS CONTINUED



Capture the Cones Game (games of 3 minutes)

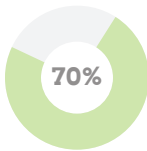
- Divide the players into four teams and assign them a corner.
- Each teams' goal is to collect cones from other teams' corners and place them in their own corner.
- Players are not allowed to protect their team's corner.
- Coaches can tag players which means the player must return the cone they have from where they took it from.
- The game will end after 4 minutes and the team with the most cones wins.
- Make sure players dribble at all times and encourage them to go for the cones diagonal from them.

> FOOTWORK

Cone Jump & Pass Drill (3 x each)

- Place 3 cones in a line close to a wall (about 8 feet away).
- Place a basketball on top of (or next to) the cone closest to the wall.
- Based on number of players, provide this setup again.
- Players will jump over the first two cones and land in front of the 3rd cone with a basketball on it.

BUILDING SKILLS
CONTINUED



- The player will then pick up the basketball and pass the ball at an imaginary target on the wall.
- They player will catch the ball when it bounces back and put the ball back on the cone and go to the back of the line.
- The next player will repeat the process and the group will continue by moving quickly.

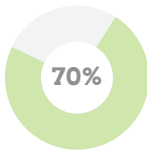
Key Points: Make sure the players are balanced and jump quickly. Emphasize having the players hitting a target on the wall!

Water or Land (3 x 15 seconds)

- The players will find a line on the court and all stand next to it.
- The coach will identify 1 side of the line as land, and the other side of the line as water.
- The coach will indicate whether to use two feet or one foot (right or left) and will indicate if the player will jump: back and forth, side to side or 4 corners.
- For 15 seconds the coach will say “land” or “water” and the players will jump to that spot.
- The players will rest for 15 seconds and do the same activity but the coach can change the way they jump.

Key Points: This drill forces the players to focus, balance and react quick.

BUILDING SKILLS CONTINUED

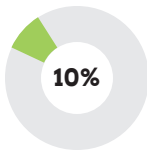


> SHOOTING

⊗ 1-Step Form Drill (1 x 2 minutes)

- The players will line up in 2 lines, one on each side of the lane with both lines facing each other.
- The first player in line will alternate pushing off the foot closest to half court trying to move as far across the lane as possible.
- The players will land on the leg closest to the basket and quickly swing their outside leg around to put them in a nice shooting stance with there arms simulating holding a ball.
- The player will then go to the opposite line and the player from the opposite line will do the same.
- This process will continually repeat for a minute.
- After a minute, the players will do the same push and square up but will now finish by jumping to simulate taking a shot and land the same spot they jumped from with their follow through up.
- Add a ball tossed from 1 line to the line pushing across the lane to make it more realistic and add the shot if appropriate.
- 🔍 **Key Points:** Players should cover a lot of ground on the push out and work on landing on the inside foot and turning to square up and on balance.

Team Concepts

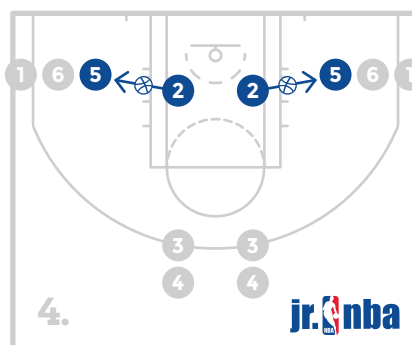
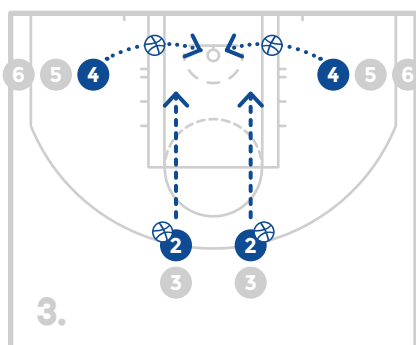
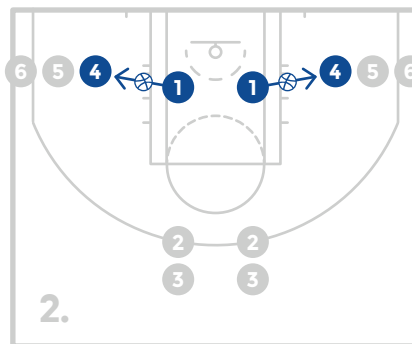
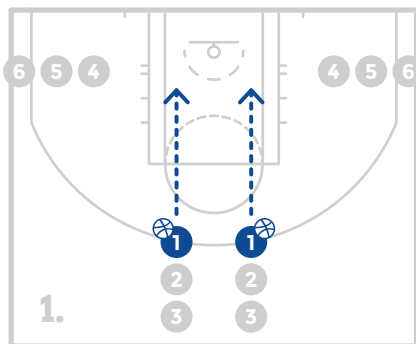


> OFFENSE

- ★ **Fundamentals of the Drive & Kick:** Drive and kick is when a player dribbles the ball toward the basket and the defense reacts to the drive by helping their teammate. As the defense helps, the offensive player will kick or kick out (pass) the ball to their teammate.

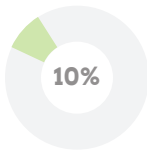
⚽ Drive & Kick Competition Drill (games to 10)

- Have one line at the top of the key with a ball and another line at the short corner.
- Have the player at the top dribble the ball down the middle of the paint with the ball in the hand that is on the same side as the other line.

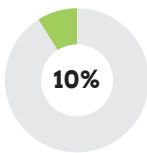


- As the player gets close to the basket, they will jump stop and pass (kick) the ball to their teammate in the short corner to catch and shoot.
- The players will get the rebound and switch lines.

TEAM CONCEPTS CONTINUED



Competing



- There will be another group doing the same action on the other side of the paint and short corner. These two groups will compete.

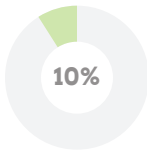
Key Points: Make sure the players dribbling into paint with the thought of scoring and coming to a good jump stop. Players should make a good chest pass to the player who is ready to catch the pass with their hands up and knees bent ready to shoot.

> FUN GAMES

⊗ Make For a Cone Game (1 x 3 minutes)

- Players are separated into 2 even teams and go to 2 designated spots at a basket (the wings, elbows, corners etc).
- There should be a line of cones equal to the number of players on each team that lines up next to the team.
- The first player from each line will shoot the basketball get their rebound and pass to the next person on their team.
- If the player makes the shot, they will take a cone from the other team and put it in their line of cones and move to the back of the line.
- If the player misses the shot, they will get the rebound and pass to the next person on their team and continue to the back of the line without getting a cone from the other team.
- After 3 minutes, the team with the most cones wins.

COMPETING
CONTINUED




2 on 2 Numbers Game (games to 5)

- Assign 2 players to each number and have everybody stand on the baseline. The two players with the same number our teammates and will be playing together.

- Throw the ball on the court and call out 2 numbers.


- The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 2 on defense for 1 possession and 1 shot of 2 on 2.

- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.

 **Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- Have the coach start the session by giving a compliment and let the players follow.

 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

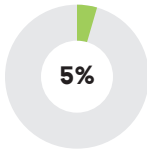
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: REFS	Discuss how to respect the refs.	5%
Warm-Up	FREEZE TAG (2 minutes)	Warm-up with a fun game of freeze tag.	5%
Building Skills	TEACH: Ball-Handling		70%
	CONE DRIBBLING (3 x down and back)	This is a great ball-handling drill to work on moving with the ball while also simulating a stationary defender.	
	FOLLOW THE LEADER (3 x 1 minute)	This is a fun game that will help the players keep their eyes up and work on a variety of ball-handling moves.	
	TEACH: Shooting		
	BLOCK TO BLOCK SHOOTING DRILL (2 x 30 seconds)	Have the players work on using the backboard and hitting the square.	
	AROUND THE WORLD (1 game)	Divide the players into teams as they shoot in all spots “around the world.”	
	DRIBBLE, JUMP STOP & PASS (2 minutes each side)	Work on dribbling, jump stops, passing, and lay-ups.	
	TEACH: Rebounding		
	TOSS & GET IT DRILL (2 minutes each side)	Work on seeing the ball come off the backboard, timing it, going to grab it, and chinning it securely.	
	TEACH: Teach: Footwork & Conditioning		
	THE BACKPEDAL, SLIDE, & SPRINT DRILL (1 x 1 minute)	Work on good footwork and changing directions quickly.	
Team Concepts	PASS & CUT DRILL (3 minutes each way)	Emphasize a good pass and a quick cut looking for the ball.	10%
	FOLLOW THE LEADER SLIDES (1 x 10 seconds each player)	Have all the players follow the lead of a player at the front doing defensive movements.	
Competing	DRIBBLE RELAYS (2 games)	Create teams and compete in fun relay races.	10%
	3 ON 3 NUMBERS GAME (games to 5)	Emphasize the offensive and defensive concepts learned through 3 on 3.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



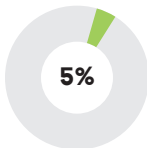
Values



> RESPECT: REFS

- Are refs capable of making mistakes?
- Are they trying their best just like you are?
- Will arguing cause a ref to change their call?

Warm-Up

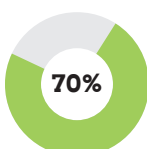


> ACTIVE WARM-UP

⊗ Freeze Tag (2 minutes)

- One player or the coach will be designated as “it.”
- When the person designated as “it” tags another player, they are “frozen” and must stand in place without moving.
- A player can on be unfrozen if another unfrozen player comes and touches them.
- Designate boundaries based on numbers (i.e. stay inside of half court.)
- Complete the game when all players are frozen.
- If needed, add multiple players who are “it”.

Building Skills

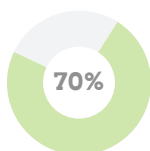


> BALL-HANDLING

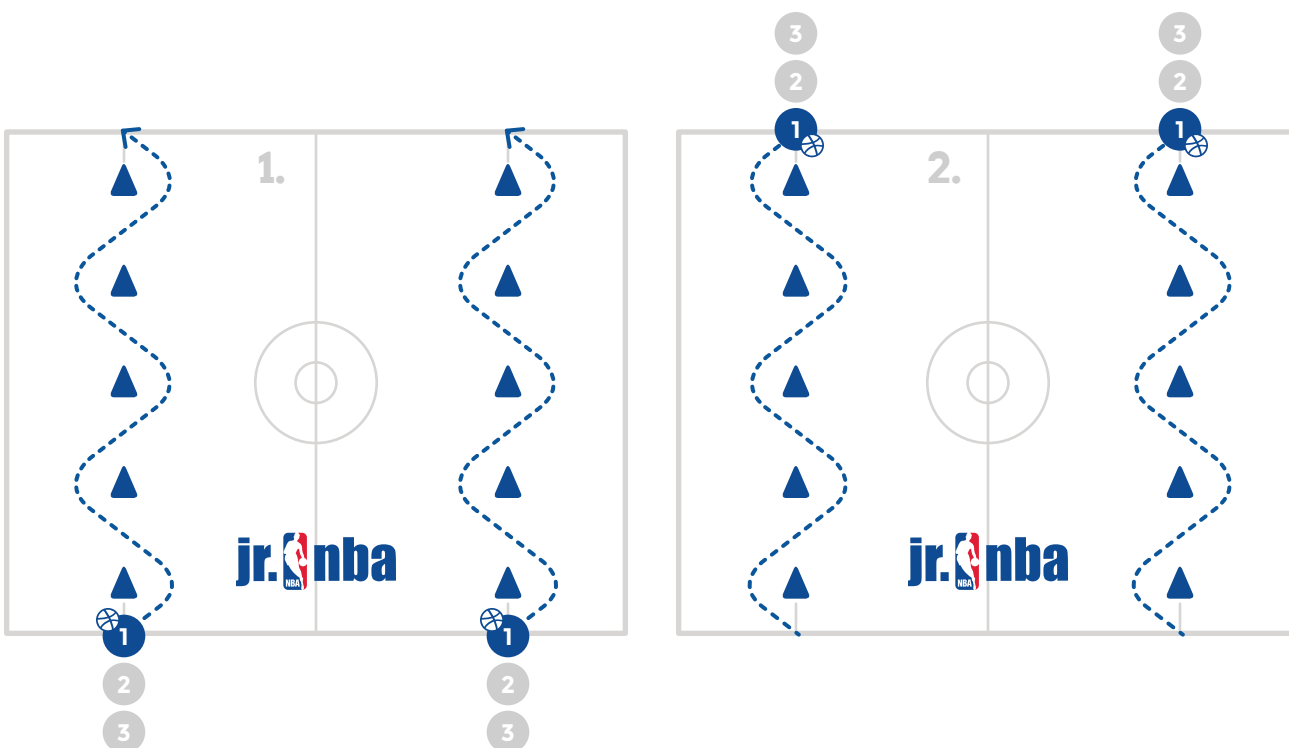
⊗ Cone Dribbling (3 x down and back)

SEE DIAGRAM NEXT PAGE >>

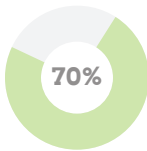
BUILDING SKILLS CONTINUED



- Divide the group into even groups.
- Place five cones from sideline to sideline in a straight line for each group.
- The first player in each line will have a ball.
- The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop.
- Once the player is half way through the cones, the next player can begin.
- After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction.



BUILDING SKILLS CONTINUED



Key Points: Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions.

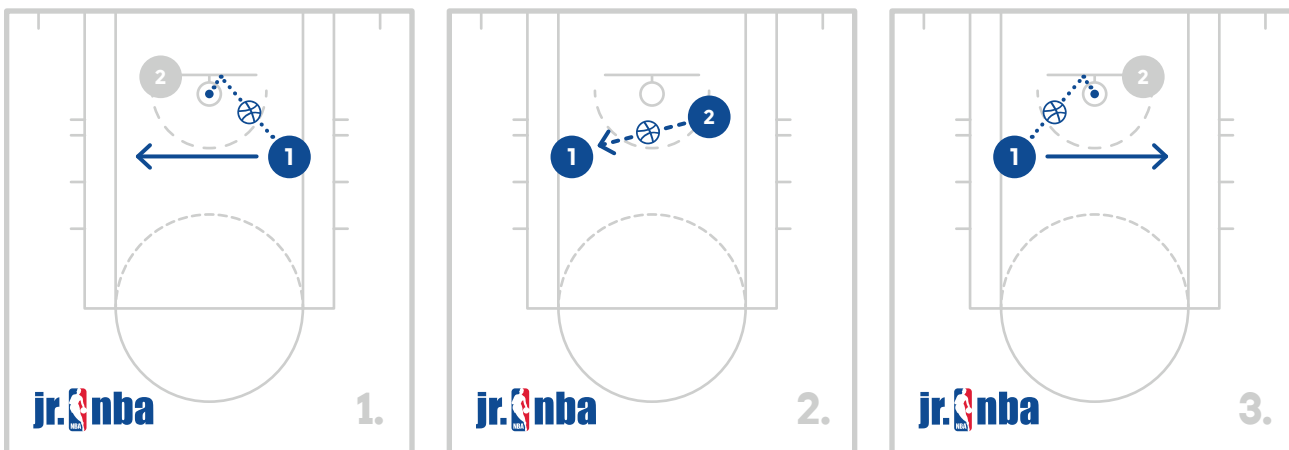
Follow the Leader (3 x 1 minute)

- All players will have a ball and they will spread out in a straight line behind the coach.
- The coach will be the first leader and will walk/jog around the gym doing any action (i.e. circling the basketball around their waste, dribbling with one hand, etc).
- The players must follow the leader and do whatever the leader does.
- The leader will do the action for 10-20 repetitions before changing to another action (i.e. shuffle/lateral dribble).
- The leader remains the leader for 1 minute.
- If the players are capable being the leaders, allow that as well.

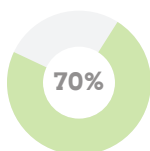
SHOOTING

Block to Block Shooting Drill (2 x 30 sec) SEE DIAGRAM NEXT PAGE >>

- Have the players partner up with a basketball at a basket.
- 1 player will start with the ball on the block.



BUILDING SKILLS CONTINUED

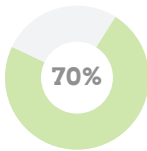


- When it's time to start that player will shoot and quickly run to the other block.
 - The player or the partner will rebound the ball and pass to the shooter on the other block quickly.
 - The shooter will continue going back and forth after every shot and the rebounder will continue to help rebound and pass the ball if needed.
 - After 30 seconds switch and let the players change roles.
- Key Points:** Have the players work on using the backboard and hitting the square. Also have the partners count how many makes the shooter has so that they can try to beat their previous best score.

Around the World (1 game)

- Place five cones around the court as five shooting spots and divide the players evenly at the cones.

BUILDING SKILLS CONTINUED



- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

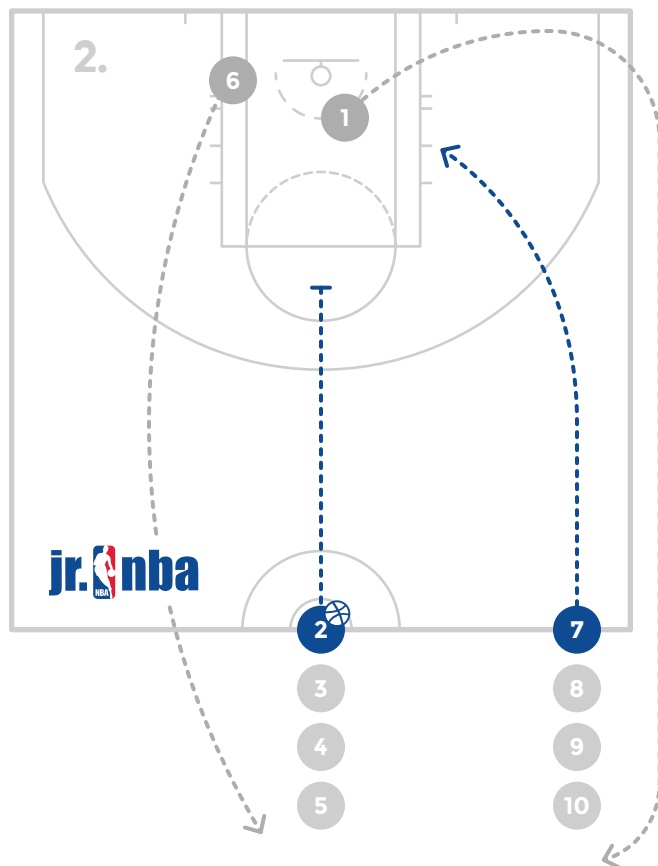
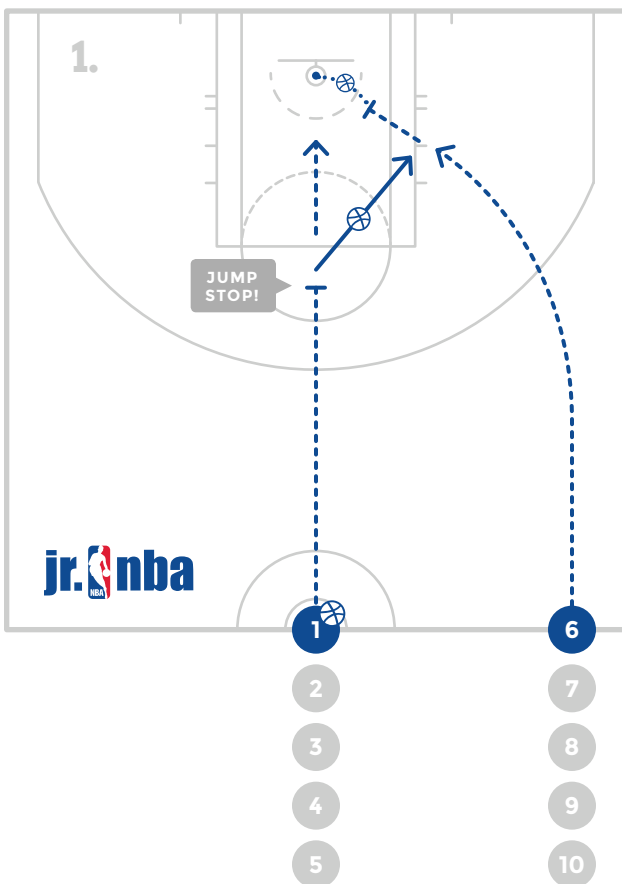
➤ PASSING

⊗ Dribble, Jump Stop, & Pass Drill

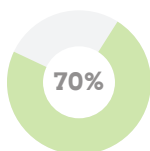
(2 minutes each side)

SEE DIAGRAM NEXT PAGE ➤➤

- Have 2 lines at half court, 1 in the middle and one on the side.
- The line in the middle has a ball and will dribble to the free throw line, come to a good jump stop and make a good bounce pass to the player running in from the line on the side.
- The player from the side line will shoot a lay-up and the passer will get the rebound and the players will switch lines.
- This will continue for 2 minutes and then will be done on the other side as well.



BUILDING SKILLS
CONTINUED



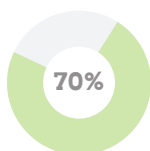
Key Points: The players should dribble under control and come to solid jump stop to make the bounce pass to a sprinting finisher.

REBOUNDING

Toss & Get It Drill (2 minutes each side)

- Have the players in a line in the paint.
- Throw the ball up off the backboard and have the first player in line grab the rebound chin it and toss it back to you and go to the end of the line.

BUILDING SKILLS CONTINUED



- Repeat this process and switch sides after two minutes.

Key Points: Work on seeing the ball come off the backboard, timing it and going to get the rebound, and chinning the ball nice and strong.

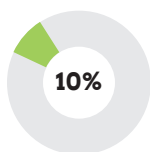
> FOOTWORK & PASSING

⊗ **The Backpedal, Slide, & Sprint Drill** (1 x 1 minute)

- Have the players get in 1 line on the baseline in front of the lane line (utilize other baskets if needed to maximize space and reps).
- The first player in line will backpedal up the lane line to the elbow.
- Once the player reaches the elbow, the next player will begin.
- From the elbow, the player will slide across to the other elbow.
- Once the player reaches the other elbow, they will sprint in a straight line down to the baseline and then go to the back of the line.

Key Points: Make sure the players move in straight lines and push themselves to be as fast and quick as possible.”

Team Concepts

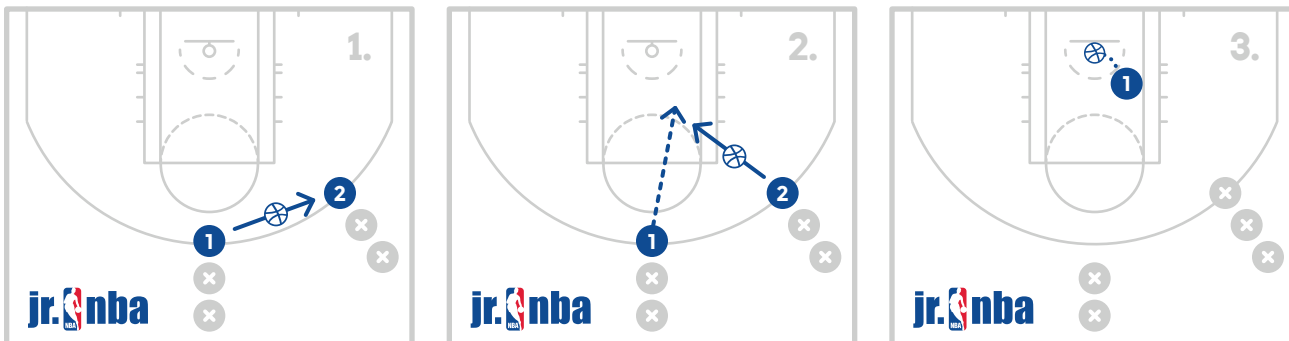


> OFFENSE

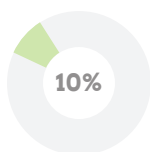
⊗ **Pass & Cut Drill** (3 minutes each way)

SEE DIAGRAM NEXT PAGE >>

- Have the players line up at the top of the key with a few balls at the front of the line, and have another line on the wing.



TEAM CONCEPTS CONTINUED



- Have the players pass the ball to the line on the wing and the cut by running to the basket.

- The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay-up, rebound and then switch lines.

Key Points: Emphasize a good pass and a quick cut looking for the ball.

> DEFENSE

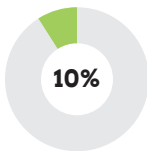
Follow the Leader Slides (1 x 10 seconds each player)

- Have the players spread out throughout the court all facing the same direction.
- Have a player come to the front of the group and face them.
- For 10-15 seconds that player will work on defense while the rest of the group follows their lead.

TEAM CONCEPTS CONTINUED

- The player can do foot fires, slides, jumps, take a charge, get a loose ball etc.
- Have each player rotate to the front and lead the drill.

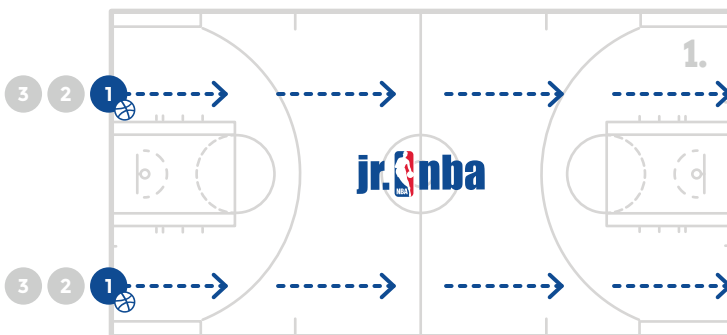
Competing



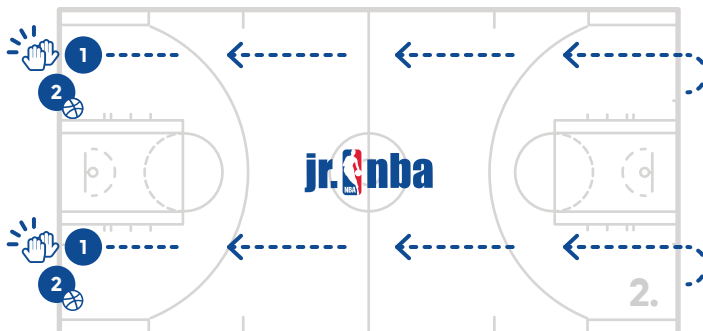
> FUN GAMES

⚽ Dribble Relays (2 games)

- Divide the players into even groups and have them line up on the baseline with the first person in line with a ball.



- Designate how you want the players to dribble to half court by choosing either right or left hand.



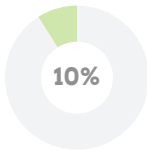
- On the coach's command the first player will dribble to half court in the designated way and dribble back, jump stop, give the next player a high five, and then give them the ball.

- Once everybody has gone 3 times, the team has finished.


- Next do the same thing with the other hand.

Key Points: Make sure the players have a lot of energy and enjoy this. Encourage the players to be good teammates throughout this game.


COMPETING CONTINUED



3 on 3 Numbers Game (games to 5)

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
 - Throw the ball on the court and call out 2 numbers.
 - The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.
 - Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.
 - There is a 3 dribble maximum each time a player gets the ball.
 - No screens can be set but cutting is allowed and encouraged.
-  **Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
 - Have the coach start the session by giving a compliment and let the players follow.
-  **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.

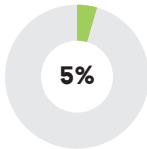
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: PARENTS	Discuss how to show respect for parents.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	5-5-5 CREATIVE DRIBBLE (4 x)	Allow the players to be creative with the ball.	
	CREATIVE CONE DRIBBLE DRILL (2 minutes)	The drill allows players to work on fun creative moves.	
	TEACH: Shooting		
	SHOOTING LINE GAME (games to 8 makes)	Have some fun shooting just like the players practiced!	
	AROUND THE WORLD (2 games)	Divide the players into teams as they shoot in all spots “around the world.”	
	TEACH: Passing		
	JUMP STOP PIVOT PASS DRILL (3 minutes)	Help the players understand the importance of a good jump stop, good balance on, good passes, and showing a target. Be sure to mix up the pivots and passes in this drill.	
	PASS IT DOWN THE LINE GAME (3 minutes)	This drill will help players pass and catch on the run.	
Competing	LAY-UP BOWLING (2 games)	This creative game emphasizes the importance of making lay-ups.	10%
	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to allow players to work on both individual offensive move and 1 on 1 defense.	
	3 ON 3 NUMBERS GAME (games to 5)	Use this fun 3 on 3 game to encourage players to work together on offense and defense.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player’s effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



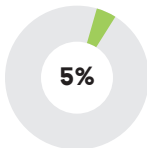
Values



> RESPECT: PARENTS

- Discuss how to show respect for parents.
- Did our parents allow us or help us come to basketball practice?
- ★ In many cases, our parents are the most important, influential people in our lives. We owe them thanks for the good they provide and the love they show. One way to help players mind the importance of respecting their parents is to remind them their jerseys may have their parents' names on the back; anyone watching the game will watch the players' behavior and understand who raised them.

Warm-Up

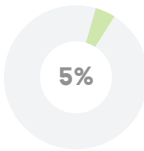


> BASKETBALL IQ DYNAMIC WARM-UP

⊗ Run to That Line (1 x 5 lines)

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.

WARM UP
CONTINUED



- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

★ **Example:** “Everybody go with High Knees to the baseline!”

🔍 **Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

⊗ **Forward/Backward/Lateral March**

★ These marches are fundamental movements that teach the players about proper running mechanics. Adding backward and lateral marches is essential for neurological variation in order to have success in subsequent movements.

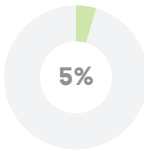
- Players will march by walking and pulling their knees up, toes up, and arm up at a 90 degree angle.

⊗ **High Knees**

★ High knees replicates acceleration techniques by syncing the arm and leg actions. Be sure to cue arm action, encourage an elbow angle of approximately 90 degrees and promote movement at the shoulder. Proper leg action is demonstrated by an active drive of the knee upward while targeting the heel to the top of the hamstring and keeping the foot dorsi-flexed (toes up). “Heel to hamstring” is an important cue in order to promote the proper shin angle.

- Players will run and quickly alternate bringing their knees high towards their chest.

WARM UP CONTINUED



Quick Feet

- ★ Players should take numerous tiny, quick, short choppy steps as they move in a direction instructed. The activity gets the player's bodies moving and their foot muscles firing while working their fast twitch movement.

Side Push

- ★ Players should be in a slight athletic stance and move laterally by pushing off their back foot. The player should push off their left foot to move right and push off of their right foot to move left. It is important to emphasize pushing rather than stepping and pulling. This movement works hips, feet and balance.

Building Skills

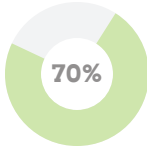


➤ BALL-HANDLING

5-5-5 Creative Dribble (4 x)

- All players need a basketball (or share) and should stand on the baseline.
- The players will get 5 seconds to dribble the ball with their right hand.
- The players will then get 5 seconds to dribble the ball with their left hand.
- The last 5 seconds the players will get to dribble creatively in any way that they want.

BUILDING SKILLS
CONTINUED



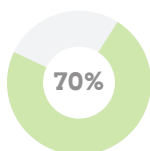
- Repeat this process.
- This should be a fun drill that allows each player to be creative with the ball.

⊗ **Creative Cone Dribble Drill** (2 minutes)

- All players need a basketball (or share) and should stand on the baseline.
- The players will be divided into groups.
- The group will have 2 cones in front of them.
- The players will dribble to the first cone and will make any creative dribble move at the cone.
- The players will then dribble to the next cone and make any creative dribble move at the cone.
- After the second cone, the players will dribble out and shoot.

🔑 **Key Points:** The players can work on fun creative moves with no pressure.

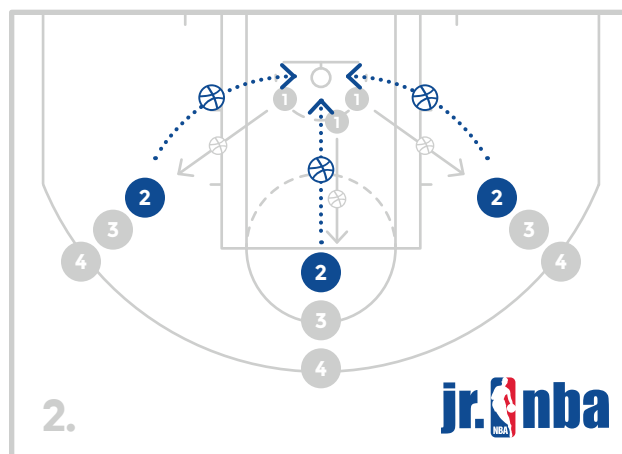
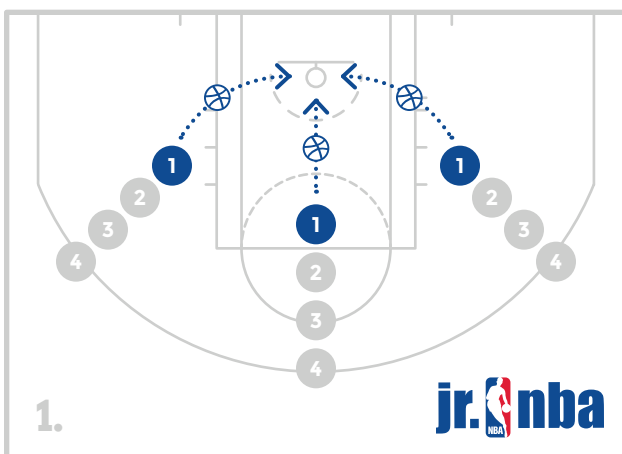
BUILDING SKILLS CONTINUED



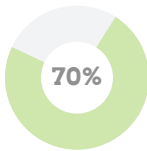
> SHOOTING

🏀 Shooting Line Game (games to 8 makes)

- Divide the players into two or more groups and have each group at a designated shooting spot on the court.
 - The groups will function as a team and keep their score together.
 - The players will shoot, get their rebound, give it to the next player and return to the back of the same line.
 - Continue this drill until one team makes the designated number of shots. Then switch spots and repeat.
- 🔑 **Key Points:** Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.



BUILDING SKILLS CONTINUED



Around the World (2 games)

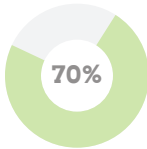
- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

> **PASSING**

Jump Stop Pivot Pass Drill (3 minutes mixing pivots and passes)

- Have the players divide into groups, hold a ball, and stand in a good stance on the baseline.
- The players will dribble to the free throw line extended and jumpstop and then forward/reverse pivots until they are facing their line again.

BUILDING SKILLS
CONTINUED

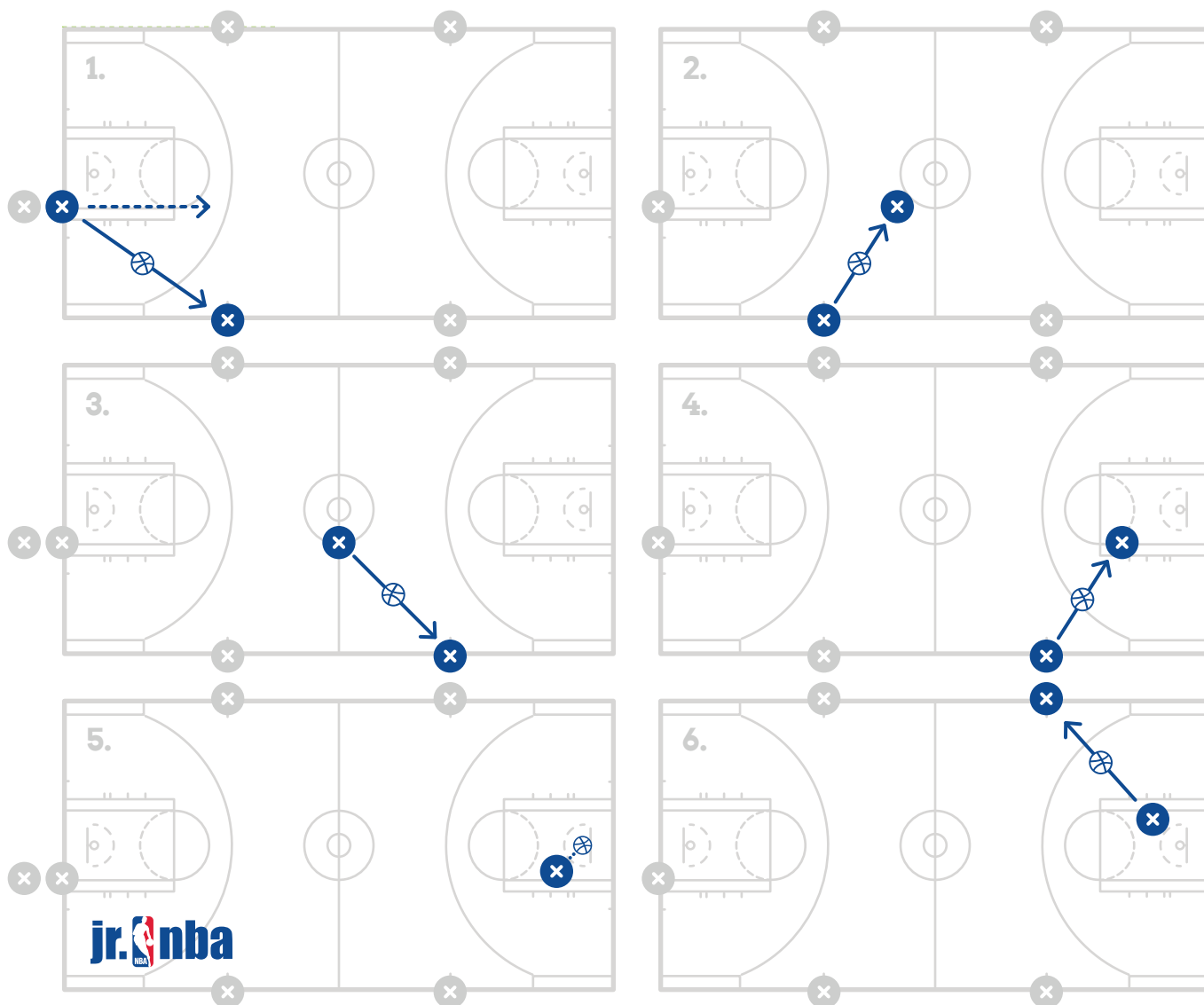


- Have the players then pass back to the next player in line and continue the process.

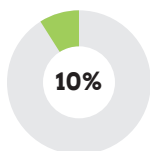
Key Points: Help the players understand the importance of a good jump stop, good on balance pivots, good passes and showing a target.

Pass It Down the Line Game (3 minutes) [SEE DIAGRAM NEXT PAGE >>](#)

- Divide the players into 2 even groups with 1 group on both sidelines without a basketball.
- Have the other group start with a basketball on the baseline.
- The player with the basketball will pass the ball and receive the ball back from each of the players lined up on the sideline.
- After they have made and received a pass from the last player, the player will dribble the ball to the basket for a lay-up.
- After the lay-up, the player will get their rebound and continue by coming up the other side of the court.
- This process will continue for 3 minutes.
- Count how many lay-ups that team makes in 3 minutes before switching the groups.



Competing



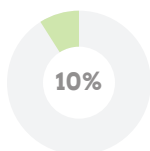
> FUN GAMES

🏀 Lay-Up Bowling (2 games)

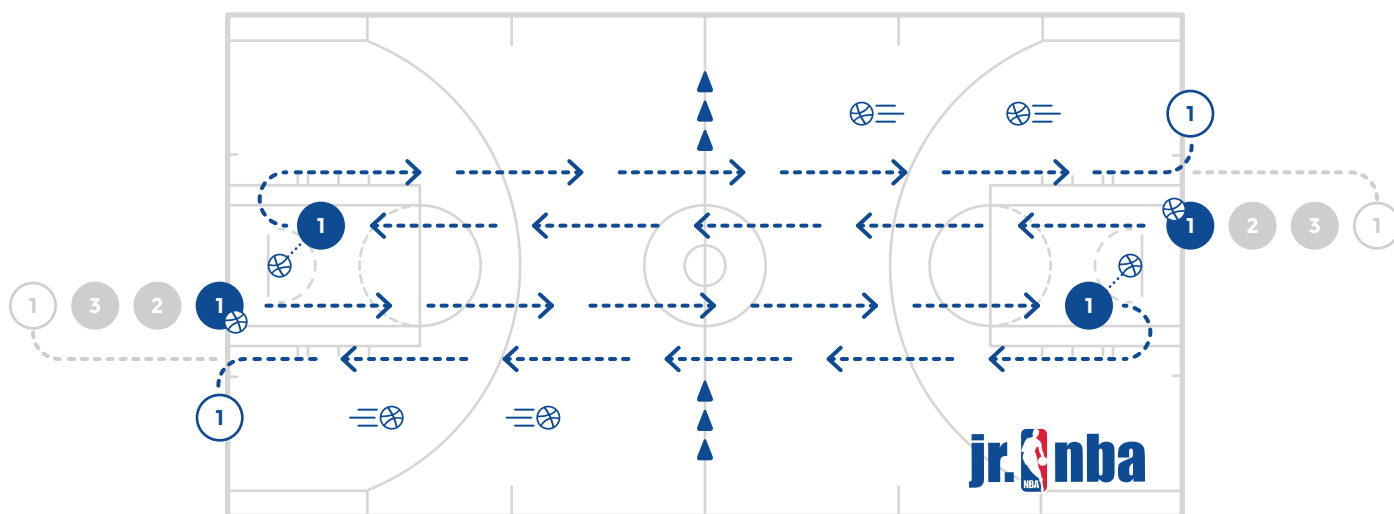
[SEE DIAGRAM NEXT PAGE >>](#)

- Divide the players into 2 teams and have them line up on opposite baselines.

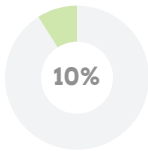
COMPETING
CONTINUED



- The coach will set up 3 cones about 2 or 3 feet apart on the opposite baseline from each teams' line.
- Each team will have 2 balls. 1 with the player in the front of the line and 1 off to the side.
- The first player will dribble to the opposite end of the court and shoot a lay-up
- The player will dribble the ball all the way back to the next player in line.
- If the player misses the lay-up, they will go to the back of the line, but if the player makes the lay-up, they will go pick up the extra ball to the side and bowl/roll it towards the cones at the opposite end.
- If the player hits a cone, it counts as knocking it over and the coach will remove it.
- The team to hit all 3 of their cones first will win.




COMPETING CONTINUED



> COMPETITIVE GAMES

⚽ 1 on 1 Numbers Game (games to 5)

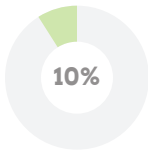
- Assign 2 players to each number and have everybody stand on the baseline.
- Throw the ball on the court and call out a number.
- The 2 players with that number will go for the ball and whoever gets the ball will be on offense and the other on defense for 1 possession and 1 shot of 1 on 1.
- Evenly mix up the numbers you call and the game is over when any player gets to 5 points playing by 1's.

 **Key Points:** Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.


⚽ 3 on 3 Numbers Game (games to 5)

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.

COMPETING
CONTINUED




- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.
- There is a 3 dribble maximum each time a player gets the ball.
- No screens can be set but cutting is allowed and encouraged.

 **Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
- Have the coach start the session by giving a compliment and let the players follow.

 **Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.