



# LESSON PLANS



Developed by SNYB program affiliate Tri City Youth Basketball Association  
and its Master Coach, Allison McNeill

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**Points of Emphasis:** **1.** Establish order, routines, & expectations **2.** ABC'S - Agility, Balance, Coordination & Speed (speed is 3-7 secs of all out effort & must be trained early in practice) **3.** Introduce underhand throwing & catching **4.** Introduce proper grip for shooting **5.** Introduce dribbling & ball-handling (coordination) **6.** Modified offensive advantage game - 2 vs. 1 or 3 vs. 2

Time	Activity	Teaching Points
5 mins	<b>Welcome, Introductions &amp; Expectations</b>	<ol style="list-style-type: none"> <li>1. Call athletes to center circle</li> <li>2. Have them sit with bums on circle - insist that they sit</li> <li>3. Introduce yourself (and other coaches)</li> <li>4. Hand out nametags - say name out loud &amp; have athlete come up to get their tag</li> <li>5. Go over expectations for practice               <ol style="list-style-type: none"> <li>a. No speaking when a coach is speaking - LISTEN!</li> <li>b. Do your best</li> <li>c. Have fun</li> <li>d. You will get a drink from water bottle when coach allows</li> <li>e. If you need to go to the bathroom - ask a coach</li> </ol> </li> </ol>
3 mins	<b>ABC'S - Animal Warm-ups</b>	Have athletes line-up with toes on sideline facing the court. Engage athlete's imagination and creativity by encouraging them to move like various animals: <i>How does a Horse move? Bear? Frog? Kangaroo? Crab? Inchworm?</i>
2 mins	<b>ABC'S - Movements</b>	Athletes line-up with their toes on the sideline facing the court. <i>Who can do a star jump? Everyone show me your best Star Jump. How about a Pencil Jump? Let's all try a tuck jump. You need to land quietly - like a mouse. Let's all do a tuck jump and land as quietly as we can. Sit back when you land.</i>
10 mins	<b>Warm-up Games</b>	<p><b>Volcanos &amp; Valleys</b> - Place cones randomly around court - half looking like Volcanoes and the other flipped on the top small hole for Valleys. Divide into two teams - The Valleys and the Volcanos. When the coach says go, one player from each team dribbles out and turns a cone over - Volcano players flip over valleys and Valleys flip over Volcanos. Coach says stop - count the cones. <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p> <p><b>Box Tag</b> - use badminton courts. Line athletes up in opposite corners of the badminton court. One end is "it" and the other end is trying not to get tagged. The idea is to stay in the "box" as long as possible without getting tagged. One person goes at a time from each end of the court. Once tagged, switch ends and next two go. <i>How can you be harder to tag? What can you do to move more quickly? If you get lower can you move more quickly?</i> <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p>
12 mins	<b>Broad-Based Skills Development Games</b>	<p><b>Bean Bag Toss &amp; Catch</b> - Partners toss bean bag back and forth. Take one step back on catch and one step forward on drop. Teach follow-through, forming basket and absorbing on the catch with hands. <i>Skills: Toss underhand, catching, hand-eye coordination, cooperation</i></p> <p><b>Wall Passing Game</b> - Partner or groups of 3 - bounce pass the ball to the wall and then move out of the way while the partner grabs the ball and does the same - the game continues. <i>Skills: Passing, catching, hand-eye coordination, cooperation, agility</i></p> <p><b>Bean Bag Relay</b> - 4 teams, one in each corner of the gym. Bean bags in the center circle. Run/hop/skip to get a bean bag - bring it back to your "bank". Get your color and then get whatever color is left. Can change locomotion - 2 foot hopping; gallop etc. Count up how many as a team once they are all gone. <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control.</i></p>
20 mins	<b>Developmental Sport Specific Games</b>	<p><b>Magic Circle</b> - Big circle, everyone with a ball. Ball handling and dribbling skills. Coach must lead. Give the kids challenges. <i>Skills: Catching, spatial awareness, balance, agility, coordination, hand-eye coordination</i></p> <p><b>Shooting</b> - Show them how to grip the ball. Go to a hoop and shoot the ball. See how many times you can get the ball in the basket. Use all hoops - lower hoops so athletes can have success. No lines. USE THE BACKBOARD</p> <p><b>3 Player or 5 Player Toss Games</b> - 3 in a line at foul line or 5 in a line - 1<sup>st</sup> and 2<sup>nd</sup> athletes in line are offense - last one is defense. 1<sup>st</sup> person tosses ball out and goes to get it. "Square up", face hoop - while 2<sup>nd</sup> athlete moves away from the 1<sup>st</sup> person - "Split". The 3<sup>rd</sup> athlete plays D. Now we play 2 on 1. If 5 in a line - then 1,2,3 in line are Offense - 4 &amp; 5 are defense. Rotate as follows - first person moves to back of line - everyone moves up one spot.</p>
3 mins	<b>Cool down and debrief</b>	Bring all athletes back to center circle - everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i>



**Points of Emphasis:** **1.** Review order, routines, and expectations – BE CONSISTENT! **2.** ABC'S - Agility, Balance, Coordination & Speed (speed is 3-7 secs of all out effort & must be trained early in practice) **3.** Review underhand throwing & catching **4.** Review proper grip for shooting and add follow-through **5.** Review dribbling, add Cross-over dribble and open and closed stances **6.** Modified offensive advantage game – 3 vs. 2

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5 mins	<b>Welcome, Introductions &amp; Expectations</b>	<ol style="list-style-type: none"> <li>1. Call athletes to center circle</li> <li>2. Have them sit with bums on circle – insist that they sit</li> <li>3. Introduce yourself (and other coaches)</li> <li>4. Hand out nametags – say name out loud &amp; have athlete come up to get their tag</li> <li>5. Go over expectations for practice               <ol style="list-style-type: none"> <li>a. No speaking when a coach is speaking – LISTEN!</li> <li>b. Do your best</li> <li>c. Have fun</li> <li>d. You will get a drink from your water bottle when coach allows</li> <li>e. If you need to go to the bathroom – ask a coach</li> </ol> </li> </ol>								
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10 mins	<b>Warm-up Games</b>	<p><b>Crows and Cranes</b> – all athletes lined-up at center court with a ball. Each athlete has a “partner”. Have athletes face the sideline. Teach the athletic stance. One group are “Crows” and one group are “Cranes”. Coach stands on sideline and faces athletes. If the coach yells “Crows” then crows run and chase the “Cranes”. They must run in a straight line – not all over the gym!! If a “Crane” gets tagged he/she become a crow. The game continues. Yell “crackers” or “crazy” to see if they are listening and have fun! <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p> <p><b>Rock, Paper, Scissors Tag</b> – athletes get in good athletic stance facing sideline, opposite partner. Play Rock, Paper, Scissors. They determine winner - the winner chases. They must run in straight line when chasing. Use volleyball end-line on either end as safety zone. Once athlete has crossed line that is the safety zone they cannot be tagged. Come back to the centerline and go again. <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p>								
12 mins	<b>Broad-Based Skills Development Games</b>	<p><b>Bean Bag Toss &amp; Catch</b> - Partners toss bean bag back and forth. Take one step back on catch and one step forward on drop. Teach follow-through, forming basket and absorbing on the catch with hands. <i>Skills: Toss underhand, catching, hand-eye coordination, cooperation</i></p> <p><b>Bean Bag Relay</b> – 4 teams, one in each corner of the gym. Bean bags in center circle. Dribble the ball and get a bean bag – bring it back to your “bank”. Get your color and then get whatever color is left. Count up how many as a team. Do again, but you must shoot at a side hoop and can steal from any group – no protecting. Don't worry about what others are doing – concentrate on making your shot. If you make your shot you get to go get a bean bag. <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control</i></p> <p><b>Rapid Fire Passing</b> – groups of 4 – 3 players make a semi-circle and on player faces the group. Use one ball and bounce pass it to each player as fast as you can. Switch the middle person. Pass and catch with 2 hands, 2 eyes and 2 feet (balance) <i>Skills: Passing, catching, hand-eye co-ordination, cooperation</i></p>								
20 mins	<b>Developmental Sport Specific Games</b>	<p><b>Magic Circle</b> – Big circle. Teach “ready” position and Triple Threat. Cross-over dribble – changing hands. Eyes up! Body weave; toss-clap hands and catch; pound-pound cross; Closed stance and open stance. <i>Skills: Catching, spatial awareness, balance, agility, coordination, hand-eye coordination</i></p> <p><b>Shooting</b> – Review how to grip ball. Teach follow-through. Go shoot at a hoop. <b>USE THE BACKBOARD!</b></p> <p><b>5 Player Toss Game</b> – 5 in a line – 1,2,3 in line are Offense - 4 &amp; 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate as follows – first person moves to back of line - everyone moves up one spot.</p>								
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**Points of Emphasis:** **1.** Review and insist on order, routines, and expectations – **BE CONSISTENT!** **2.** ABC'S - Agility, Balance, Coordination & Speed **3.** Work on 2-foot stops and stride stops – Balance is the key! **4.** Introduce the lay-up **5.** Review and add to dribbling and ball-handling **6.** Introduce proper throwing technique **7.** Modified offensive advantage game – 3 vs. 2

Time	Activity	Teaching Points
5 mins	<b>Welcome &amp; Expectations</b>	<ol style="list-style-type: none"> <li>1. Call athletes to center circle</li> <li>2. Have them sit with bums on circle – insist that they sit</li> <li>3. Hand out nametags – say name out loud &amp; have athlete come up to get their tag</li> <li>4. Review expectations for practice               <ol style="list-style-type: none"> <li>a. No speaking when a coach is speaking – LISTEN!</li> <li>b. Do your best</li> <li>c. Have fun</li> <li>d. You will get a drink from your water bottle when coach allows</li> <li>e. If you need to go to the bathroom – ask a coach</li> </ol> </li> </ol>
3 mins	<b>ABC'S – Warmup with a Basketball</b>	<p>Have athletes line-up with toes on sideline facing the court.</p> <ul style="list-style-type: none"> <li>• Can you dribble across the gym Slow? Fast? Medium speed?</li> <li>• Can you dribble and go low when the whistle blows – keep dribbling?</li> <li>• Skip and run? Hop and dribble? March and dribble?</li> <li>• Run while tossing the ball in the air? Run taking the ball around you waist?</li> </ul>
2 mins	<b>ABC'S - Movements</b>	<p><b>King/Queen of the Mountain</b> – Review proper athletic stance – knees straight, stick butt out, bend knees. Face partner, put right hands to side of right shoulder &amp; put palms together. – stand on inside leg. Push your palm against your partners. Tighten core. Work on your balance and core!</p> <p><b>Over-Under Relay</b> – Start at one line, work your way to another line. Make a tight line – start with a pass under (between legs) then the next pass goes over the head – continue. After athlete makes a pass they run to the end of the line. Make several teams and have them compete. First to get to the finish line must sit down, with hands in the air - they are the winners. Can also go left side-right side relay. <i>Skills: Balance, cooperation, spatial awareness, emotional control, bending</i></p>
10 mins	<b>Warm-up Games</b>	<p><b>Run Rabbit Run</b> – with a Ball. 2 teams at each end of the gym. 1 player starts with a ball on foul line and a 2nd starts with a ball on the baseline. When the first player starts to dribble, the 2nd dribbles attempting to tag the first on the back. When the first player gets to the opposite foul line and crosses it crosses it she is “home”, he/she passes a ball to her teammate on the baseline. The 3rd player can go when the 2nd player touches the foul line. The game continues. <i>Skills: Running, cooperation, support, spatial awareness, emotional control</i></p> <p><b>Go, Go, Go, Stop</b> – first without a ball – then with a ball. Start all athletes on the sideline. Coach turns his/her back and yells GO, GO... when he/she yells STOP – athletes must stop with no movement. Coach turns quickly, anyone who is moving is sent back to the start! Teach 2-foot stop and stride stop. If using a ball the athletes stop in “ready” position - ball in shooting pocket. <i>Skills: Running, stopping, spatial awareness, decision-making, listening, balance</i></p>
12 mins	<b>Broad-Based Skills Development Games</b>	<p><b>High Five Dribbling</b> – Everyone, including coaches, dribble around court – when you pass by someone you high five them. The high five cannot be across the body – must be dribbling with left hand &amp; when you high five someone they must also be dribbling with their left hand. Designate the hand &amp; then do it randomly. Emphasis eyes up and push the ball hard to the floor. Change mode of locomotion.</p> <p><b>Throw at the Target on the Wall</b> – line up in front of the colored paper on the wall. We have the same colored bean bag/Wiffle ball as paper. First person in line gets proper foot forward and then gets bean bag/Wiffle ball back and throw – if you hit the paper you run and get the proper coloured bean bag. <i>Skills: Throwing, hand-eye coordination, depth perception, teamwork</i></p>
20 mins	<b>Developmental Sport Specific Games</b>	<p><b>Review the Lay-Up</b> – start in the ready position. Step right, left and jump off one leg. No dribble to start. Use the back board – hit the square. Jump over the rope.</p> <p><b>Cone Lay-Ups</b> – All cones in center circle. Partners with foot in center circle. Backboard &amp; In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts).</p> <p><b>Shooting</b> – Review how to grip ball. Teach follow-through. Go shoot at a hoop. <b>USE THE BACKBOARD!</b></p> <p><b>5 Player Toss Game</b> – 5 in a line – 1,2,3 in line are Offense – 4 &amp; 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate as follows – first person moves to back of line – everyone moves up one spot.</p>
3 mins	<b>Cool down and debrief</b>	<p>Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you!</p> <p><i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>



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2 mins	<b>Welcome &amp; Expectations</b>	<ol style="list-style-type: none"> <li>1. Call athletes to center circle</li> <li>2. Have them sit with bums on circle – insist that they sit</li> <li>3. Review expectations for practice               <ol style="list-style-type: none"> <li>a. No speaking when a coach is speaking – LISTEN!</li> <li>b. Do your best</li> <li>c. Have fun</li> <li>d. You will get a drink from your water bottle when coach allows</li> <li>e. If you need to go to the bathroom – ask a coach</li> </ol> </li> </ol>
5 mins	<b>ABC'S – Warmup with a Basketball</b>	<p>Have athletes line-up with toes on sideline facing the court.</p> <ul style="list-style-type: none"> <li>• Can you dribble across the gym Slow? Fast? Medium speed?</li> <li>• Can you dribble and go low when the whistle blows – keep dribbling?</li> <li>• Skip and run? Hop and dribble? March and dribble?</li> <li>• Run while tossing the ball in the air? Run taking the ball around you waist?</li> <li>• Speed work - lines across length of the gym. Coach throws ball out to athlete</li> </ul>
5 mins	<b>ABC'S - Movements</b>	<p><b>Run Rabbit Run</b> – with a Ball. 2 teams at each end of the gym. 1 player starts with a ball on foul line and a 2nd starts with a ball on the baseline. When the first player starts to dribble, the 2nd dribbles attempting to tag the first on the back. When the first player gets to the opposite foul line and crosses it crosses it she is “home”, he/she passes a ball to her teammate on the baseline. The 3rd player can go when the 2nd player touches the foul line. The game continues. <i>Skills: Running, cooperation, support, spatial awareness, emotional control, bending</i></p> <p><b>Ladder Footwork</b> – use the badminton alleys as your ladders. 5 athletes in each line in front of the alley. Vary up the ways you go through the lines. High knees; 2 foot hops; 2 out 2 in; hopscotch – 2 out 1 in; Ali shuffle – be creative!</p>
10 mins	<b>Warm-up Games</b>	<p><b>Line Tag</b> – Divide athletes into 2 groups on side courts. Make one athlete “it” on each court. Athletes must stay on a line (like Pac Man) and cannot “hop” lines. Once tagged the person becomes “it” – no tagging the person who tagged you! Can use a ball. <i>Skills: Balance, cooperation, spatial awareness, emotional control, vision</i></p> <p><b>Freeze Dribble Tag</b> – All players have a ball, spread out around the court. Choose two players to be “chasers”, other player’s dribble throughout court. If chasers tag dribbler they become frozen and must do a ball handling drill (i.e. body circles) on spot. To be “freed” a teammate must dribble a ball between their legs to unfreeze. Change chasers every minute. <i>Skills: Agility, cooperation, spatial awareness, emotional control, vision</i></p>
15 mins	<b>Broad-Based Skills Development Games</b>	<p><b>Bean Bag Relay</b> – 4 teams – one in each corner of the gym. Bean bags in center circle. Dribble the ball and get a bean bag – bring it back to your “bank”. Get your color and then get whatever color is left. Count up how many as a team. Do again, but you must shoot at a side hoop and steal a bean bag from any group – no protecting. Don’t worry about what others are doing – concentrate on making your shot. If you make your shot you get to go get a bean bag from another “Bank” <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control</i></p> <p><b>Throw at the Target on the Wall</b> – line up in front of the colored paper on the wall. Have the same colored bean bag/ball as paper. First person gets proper foot forward and then bag/ball back and throw – if you hit the paper you run and get the proper colored bean bag. No more than 4 or 5 in a line. <i>Skills: Throwing, hand-eye coordination, depth perception, teamwork</i></p>
20 mins	<b>Developmental Sport Specific Games</b>	<p><b>Review/Practice the Lay-Up</b> – start in the ready position. Step right, left and jump off one leg. No dribble to start. Use the back board – hit the square. Jump the rope.</p> <p><b>Cone Lay-Ups</b> – All cones in center circle. Partners with foot in center circle. Backboard &amp; In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts). Count cones with partner. Same game but now you can steal from others. No protecting cones.</p> <p><b>Shooting</b> – Review how to grip ball. Teach follow-through. Go shoot at a hoop. <b>USE THE BACKBOARD!</b></p> <p><b>5 Player Toss Game</b> – 5 in a line – 1,2,3 in line are Offense - 4 &amp; 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate first person to back, everyone moves up one spot.</p>
3 mins	<b>Cool down and debrief</b>	<p>Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>



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5 mins	ABC'S - Warmup with a Basketball	<p>Have athletes line-up with toes on sideline facing the court.</p> <ul style="list-style-type: none"> <li>• Can you dribble across the gym Slow? Fast? Medium speed?</li> <li>• Can you dribble and go low when the whistle blows – keep dribbling?</li> <li>• Skip and run? Hop and dribble? March and dribble?</li> <li>• Run while tossing the ball in the air? Run taking the ball around you waist?</li> <li>• Speed work - lines across length of the gym. Coach throws ball out to athlete</li> </ul>
5 mins	ABC'S - Movements	<p><b>Red, Blue, One Two</b> – athletes line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. Ski jumps) and then when coach yells “Red” or “Blue” the athletes run in that direction. Red is one way, blue is the other. You can add 1 and 2 if they can easily remember red and blue.</p>
10 mins	Warm-up Games	<p><b>Box Tag</b> – with a ball. Use badminton courts (usually white lines on court). Line athletes up in opposite corners of the badminton court. One end is “it” and the other end is trying not to get tagged. The idea is to stay in the “box” as long as possible without getting tagged. One person goes at a time from each end of the court. Once tagged, switch ends and next two play the game. <i>Skills: Running, stopping, spatial awareness, change of direction, dribbling</i></p>
12 mins	Broad-Based Skills Development Games	<p><b>Throw at the Target on the Wall</b> – line up in front of the colored paper on the wall. Have the same colored bean bag/ball as paper. First person gets proper foot forward and then bag/ball back and throw – if you hit the paper you run and get the proper colored bean bag. No more than 4 or 5 in a line. <i>Skills: Throwing, hand-eye coordination, depth perception, teamwork</i></p> <p><b>Skill Relays</b> – 4 - 6 teams – speed dribbling the width of the court in a relay. Walk and roll the ball between the legs – then dribble back to line – pass to next person. Be creative! <i>Skills: Running, cooperation, support, spatial awareness, emotional control</i></p>
20 mins	Developmental Sport Specific Games	<p><b>2-Line Lay-Ups</b> – Divide players into 2 groups at 2 baskets. Form 2 lines just past the blocks (lay-up line on the right side and rebound line on the left side). First player shoots a lay-up and runs to the end of the rebounding line. First player in the rebounding line rebounds the ball and dribbles to the end of the lay-up line. Repeat drill on left side to practice left-hand lay-ups. <i>Skills: Catching, dribbling, passing, lay-ups, agility, coordination, teamwork</i></p> <p><b>Shooting</b> – Review how to grip ball. Teach follow-through. Go shoot at a hoop. <b>USE THE BACKBOARD!</b></p> <p><b>3 or 5 Player Toss Game</b> – 3 in a line - 1,2 in line are Offense - 3 is Defense OR 5 in a line - 1,2,3 in line are Offense - 4 &amp; 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate first person to back, everyone moves up one spot.</p>
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<b>3</b> mins	<b>Welcome &amp; Expectations</b>	<ol style="list-style-type: none"> <li>1. Call athletes to center circle</li> <li>2. Have them sit with bums on circle – insist that they sit</li> <li>3. Review expectations for practice if necessary</li> </ol>
<b>4</b> mins	<b>ABC'S Warmup</b>	<b>Ladder Drills</b> – Have athletes line-up with toes on sideline facing the court. Make 4 lines of 6 athletes in front of badminton court alleys. Run – quick feet; Bunny hop; Star Jump; Hopscotch; Be creative!!!
<b>5</b> mins	<b>ABC'S - Movements</b>	<b>Red, Blue, One Two</b> – athletes line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. Ski jumps) and then when coach yells “Red” or “Blue” the athletes run in that direction. Red is one way, blue is the other. You can add 1 and 2 if they can easily remember red and blue. Foul line is the safety zone.
<b>10</b> mins	<b>Warm-up Games</b>	<b>Box Tag</b> – with a ball. Use badminton courts (usually white lines on court). Line athletes up in opposite corners of the badminton court. One end is “it” and the other end is trying not to get tagged. The idea is to stay in the “box” as long as possible without getting tagged. One person goes at a time from each end of the court. Once tagged, switch ends and next two play the game. <i>Skills: Running, stopping, spatial awareness, change of direction, dribbling</i>
<b>15</b> mins	<b>Broad-Based Skills Development Games</b>	<p><b>Bean Bag/Ball Toss</b> – Divide each age group into 2 teams. Hoops are placed down the floor in front of lines. 1st hoop = 1 point / 2nd hoop = 2 points / 3rd hoop = 3 points. Run and get the Bean Bag and pass to next person in line. <i>Skills: Running, spatial awareness, underhand throwing, kinesthetic differentiation, hand-eye coordination, depth perception, teamwork</i></p> <p><b>Skill Relays</b> – 4 - 6 teams – Set out cones – dribble through the cones – always be sure to be dribbling with the hand furthest from the cone. Then pass the ball at the target (paper) – hit it 2 times, then dribble length of the court and shoot a lay-up. Add various skills and make it a relay. <i>Skills: Running, cooperation, support, spatial awareness, emotional control</i></p>
<b>20</b> mins	<b>Developmental Sport Specific Games</b>	<p><b>Magic Circle</b> – dribbling; catching; stances etc. Coach to lead.</p> <p><b>2-Line Lay-Ups</b> – Divide players into 2 groups at 2 baskets. Form 2 lines just past the blocks (lay-up line on the right side and rebound line on the left side). First player shoots a lay-up and runs to the end of the rebounding line. First player in the rebounding line rebounds the ball and dribbles to the end of the lay-up line. Repeat drill on left side to practice left-hand lay-ups <i>Skills: Catching, dribbling, passing, lay-ups, agility, coordination, teamwork</i></p> <p><b>Shooting</b> – Review how to grip ball. Teach follow-through. Go shoot at a hoop. <b>USE THE BACKBOARD!</b></p> <p><b>1-2-3 Shooting Game</b> – Groups of 2 or 3. Put 3 cones out on the floor at a 45-degree angle near a hoop. (Use both sides of all hoops). The closest cone is worth 1, the next cone 2 and the last cone 3. One athlete shoots at all 3 cones and then the next athlete goes. The best possible score is 6!</p> <p><b>5 Player Toss Game</b> – 5 in a line – 1,2,3 in line are Offense – 4 &amp; 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate first person to back, everyone moves up one spot.</p>
<b>3</b> mins	<b>Cool down and debrief</b>	Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i>



**Points of Emphasis:** **1.** Review and insist on order, routines, and expectations – **BE CONSISTENT!** **2.** ABC'S - Agility, Balance, Coordination & Speed **3.** Review and add to dribbling and ball-handling **4.** Introduce defensive stance, foot fire and hip turns **5.** Introduce a full-court 4 on 4 game

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3 mins	Welcome & Expectations	<ol style="list-style-type: none"> <li>1. Call athletes to center circle</li> <li>2. Have them sit with bums on circle – insist that they sit</li> <li>3. Review expectations for practice if necessary</li> </ol>
4 mins	ABC'S Warmup	Have athletes line-up with toes on sideline facing the court. Jog there and back; march; skip; carioca; wobbly run; hop side to side/forward and back on 2 feet; balance on 1 foot – airplane!
10 mins	Warm-up Games	<p><b>Partner Dribble Knock Away</b> – Blow the whistle and then change partners. Be sure to get the athletes to change hands with the dribble. Show how to create space and then go back at the ball.</p> <p><b>Throwing Tag</b> – Use the foam balls to throw. Get one athlete to be “it” to start. If hit by the ball you are “it”. Add another ball to the mix – now 2 “its”. Use two courts to get more movement and playing.</p>
12 mins	Broad-Based Skills Development Games	<p><b>Skill Relays</b> – 4 - 6 teams. Speed Dribble; Through cones; passing; crab walk with ball on tummy; walk with ball through legs; 2 ball dribbling etc. <i>Skills: Running, co-operation, support, spatial awareness, emotional control</i></p> <p><b>Foot Fire and Stance</b> – Coach yells “Stance” and the athletes get in a stance and they growl. Then stutter or foot fire; point right, left or back and the athletes hip turn; coach points to the floor and they get on the floor to grab a loose ball; coach points to the roof and the athletes grab a rebound and they yell “rip” – you can add bacon and barnacle for fun! <i>Skills: Balance, agility, spatial awareness, leg strength, jumping, turning; listening</i></p>
20 mins	Developmental Sport Specific Games	<p><b>2-Line Lay-Ups</b> – Divide players into 2 groups at 2 baskets. Form 2 lines just past the blocks (lay-up line on the right side and rebound line on the left side). First player shoots a lay-up and runs to the end of the rebounding line. First player in the rebounding line rebounds the ball and dribbles to the end of the lay-up line. Repeat drill on left side to practice left-hand lay-ups. <i>Skills: Catching, dribbling, passing, lay-ups, agility, co-ordination, teamwork</i></p> <p><b>2 on 1 vs. Coach</b> – Start the athletes in 2 lines facing the hoop at the top of the key. One line has balls and the other does not. The line with the ball dribble to the basket, the other line runs to the basket. The coach plays D – go at dribbler – she passes. Stay on cutter then the dribbler scores.</p> <p><b>Shooting</b> – Go shoot at a hoop.</p> <p><b>1-2-3 Shooting Game</b> – Groups of 2 or 3. Put 3 cones out on the floor at a 45-degree angle near a hoop. (Use both sides of all hoops). The closest cone is worth 1, the next cone 2 and the last cone 3. One athlete shoots at all 3 cones and then the next athlete goes. The best possible score is 6!</p> <p><b>4 on 4 Games</b> – Full-court if space or half-court if not enough. If too many athletes then go 5 on 5.</p>
3 mins	Cool down and debrief	Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i>





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20 mins	Developmental Sport Specific Games	<p><b>Dribble Through Cones to Lay-Up</b> – Put 3 or 4 cones in a line facing the hoop. Use all hoops and both sides of the hoops. Have the athletes dribble through the cones with eyes up into a lay-up. They must dribble with the hand away from the cone (defender). Always have the ball, body and then defender. Body between ball and defender (cone)!!</p> <p><b>2 on 1 vs. Coach</b> – Start the athletes in 2 lines facing the hoop at the top of the key. One line has balls and the other does not. The line with the ball dribble to the basket, the other line runs to the basket. The coach plays D – go at dribbler – she passes. Stay on cutter then the dribbler scores.</p> <p><b>Shooting</b> – Go to a hoop and shoot. Game with a partner. Play buckets or 3-2-1.</p> <p><b>4 on 4 Games</b> – Full-court if space or half-court if not enough. If too many athletes then go 5 on 5.</p>
3 mins	Cool down and debrief	Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i>