

SAMPLE BASKETBALL PRACTICE #2

Duration: 60 minutes

Age Group: 4 - 6 years

Suggested drills assume there are enough basketballs for each player. If not, modifications can be made. Timing of drills is a suggestion only and will depend on your particular team's abilities, needs and attention span.

WARM UP - 10 MINUTES

Backward jog

Down to one end of the court and back. Can make this a relay if you want.

Bear crawl

Bear crawl from one line to a designated point.

Defensive slide

Demonstrate how to do a proper defensive slide (knees bent, direction of feet, bottom down, hands up, etc.). Then with kids facing you, have them mirror your defensive slide.

Zig zag run

Have kids run in a zig zag pattern from one end of the court to the other. Basically, showing them how to make quick cuts to change direction when they are on offense.

2-footed jumps

Have kids spread out on a line and have them hop on two feet down to a second line on the court.

Pivots

Show kids how to plant one foot and pivot on the other. Have them keep their hands up and elbows out as if they are holding a basketball.

Stretch

PASSING GAME - 5 MINUTES

Have kids stand in a semi-circle around you. You're going to make a team 'pizza' while passing the ball. You will pass the ball to each kid and when the kid catches the ball, they get to pick a pizza topping and then pass the ball back to you. You'll probably end up with a pretend pizza with pepperoni, bananas, chocolate chips, syrup and cheese. The kids think this game is hilarious.

DRINK BREAK

BALL HANDLING - 15 MINUTES

Stationary Dribble - Rt and Lt Hand

Right hand only. Left hand only. Back and forth from right to left hand. For the kids who can handle it, encourage them to keep their eyes up while dribbling. Some kids will get bored with this quickly, so you can have them try to close their eyes while stationary dribbling - not if they are moving though!

Dribble once and catch the ball

Best to give them a certain number of times to do this - especially for the kids who think it is too easy.

Dribble Around Parents

If you don't have cones for them to practice dribbling around, see if a few parents will stand in a line and the kids can practice dribbling around their parents. Encourage them to keep a defensive arm up to protect the ball.

Red Light, Green Light.

Green light they dribble toward you. Red light they dribble in place.

SHOOTING - 15 MINUTES

Demonstrate shooting form

Have kids practice without a ball first

Shoot and rebound

Kids form a line. Have them shoot from set spots around the basket and get their own rebound and pass to the next person in line.

DRINK BREAK

PASSING GAME - 5 MINUTES

Monkey in the Middle

Coach can be the monkey in the middle. Or you can break the group up into teams of 3 and have them rotate being the monkey in the middle. Emphasize pivoting to pass the ball for offense. Emphasis 'hands straight up' to not foul for defense.

SCRIMMAGE - 10 MINUTES