

SAMPLE BASKETBALL PRACTICE #3

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

Skip

Skip from one line to a designated point.

Bear crawl

Bear crawl from one line to a designated point.

Crab walk

Crab walk 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.

1-2-Jump Stop

Start on a designated line. Then take two running steps and jump stop. Repeat until kids reach the end point.

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 - 10 MINUTES

Partner pass

Bounce pass, chest pass. Emphasize proper passing form, but also work on catching and not being afraid of the ball.

Dribble, Pivot, Pass Back

Line kids up on baseline. First kid dribbles 3 times toward the freethrow line, jump stops, pivots and passes back to the next person in line. Repeat.

REBOUNDING - 5 MINUTES

Boxing Out and Rebounding

Coach shoots. Kid pivots to box out coach and gets the rebound.

DRINK BREAK

BALL HANDLING - 15 MINUTES

Knee Circles

Stand with feet together. Move ball around knees, trying not to drop the ball on the ground.

Rolling Figure 8

Stand with feet hip width apart. Place ball on ground and roll the ball in a figure 8 pattern around feet. If that's too easy, they can try making the same pattern while holding the ball off the ground and trying not to drop it.

Tiny Dribbles

Sit on knees and do tiny dribbles with left and right hand.

Stationary Dribble and Pick Up the Ball

Stationary dribble with defensive arm up. Dribble twice, then pick the ball up like you are ready to pass. Repeat.

Control Dribble

Kids spread out on baseline. Have them control dribble to a set point, jump stop, pivot and control dribble back to start.

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.

SHOOTING - 15 MINUTES

Wall Shooting

Shoot against the wall to work on form. Have them aim for a certain spot of the wall.

Jumpshots

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

GAME - LAST 5 MINUTES

Bump Out, Freeze Tag or Scrimmage