

SAMPLE BASKETBALL PRACTICE #4

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.

Hop Like a Bunny

Have kids spread out on a line and have them hop down to one line and back like a bunny.

Run Like a Cheetah

Have kids spread out on a line and run to one line and back like a cheetah (or any other animal you select).

Walk Like a Chicken

Have kids spread out on a line and walk to one line and back like a chicken.

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.

Stretch

CIRCLE TIME - 5 MINUTES

Passing Circle

Kids stand in a circle and pass the ball to someone across from them. Emphasize correct form for bounce and chest passes. Make sure everyone gets equal turns.

Shooting Circle

Kids stand in a circle and "shoot" the ball to someone across from them. Emphasize correct form. Make sure everyone gets equal turns.

REBOUNDING - 5 MINUTES

2 Player Game

Two kids. Coach shoots. Whichever kid gets the rebound gets to shoot.

DRINK BREAK

3 PLAYER DRILLS - 15 MINUTES

Pass, Pass, Shoot

3 offensive players, no defense. Have players spread out with two toward the top of the key and one under the basket. Player 1 passes to Player 2. Player 2 passes to Player 3 who is under the basket. Player 3 shoots. Everyone rebounds.

Pivot, Pass, Shoot

2 offensive players, 1 defensive player. 1 offensive player at top of key, 1 offensive player by the basket. 1 defensive player guards player at top of key (this could be the coach). Offensive player at top of key pivots around defense, passes to player under basket who then turns and shoots the ball. Everyone rebounds.

"V" Cuts

2 offensive players, 1 defensive player. Defensive player can be coach. Offensive player at top of key has the ball and passes it to the 2nd offensive player who is making a V cut to get away from the defense. 2nd player catches ball and shoots. Everyone rebounds.

BALL HANDLING - 10 MINUTES

Red Light, Green Light.

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

Dribble Freeze tag

Coach is "It." Kids dribble with defensive arm up. If coach tags them, they are "frozen" and must dribble in place until a teammate tags them.

DRINK BREAK

SCRIMMAGE - 10 MINUTES

GAME - LAST 5 MINUTES

Sharks and Minnows

Coach is "shark." Kids are "minnows." They each dribble a ball and coach tries to steal it. Encourage them to keep their defensive arm up.