



✦ Rookie Division



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Welcome to the Coach's Guide

How to use this Guide

- ➡ The goal of this Coach's Guide is to teach young basketball players the necessary **fundamentals of basketball**.
- ➡ The skills and drills featured in this guide are **FUNDamentals** that basketball players ages 5-7 should understand, practice and master.
- ➡ The drills described will act as **building blocks** in preparing players for further development in the sport.
- ➡ **Practice every day** — To become a step closer to becoming a better player!
- ➡ **Modify** the 12 practice sessions as needed to fit the time allotment of your practice session.

Interactive Features

Download quick guides for each of the 12 practices!

Navigate through the different sections by clicking on the top menu.

Full descriptions are only included the first time a drill is introduced.

Click on the video icon to see a visual example of the drill.

Click on the instructions icon to get the full details for the drill.

How Does Jr. NBA Support Canadian Sport for Life Principles?

What is Canadian Sport for Life?

- Canadian Sport for Life (CS4L) is a Canadian movement to provide age and stage appropriate programming for athletes, from playground to podium.

What Is Physical Literacy?

- Physical literacy is defined as an individual's ability to move competently and confidently in all types of environments; it is the literacy of movement.

How Does Jr. NBA Fit into Canadian Sport for Life?


- Jr. NBA program falls within the FUNDamental stage of Canadian Sport for Life. During this stage, the focus is on fun, being with friends, and developing self-esteem. Skill development will occur through a variety of safe, challenging games and quality instruction.
- Jr. NBA will focus on the fundamental movement skills of running, jumping, throwing, catching, balance, agility, and co-ordination. The program will also work to begin the development of some of the fundamental basketball skills such as dribbling, passing, shooting, rebounding and playing defense.
- Children need to learn Fundamental Movement Skills before learning Fundamental Sports Skills (Dribbling, Passing, Shooting) The Jr. NBA Program focuses on teaching these Fundamental Movement Skills through basketball.

6 Jr. NBA Canadian Sport for Life (CS4L) Principles for Jr. NBA Coaches:

1. Have fun and teach through games.
2. Winning comes from doing something well, not from keeping score.
3. Use the modified equipment (lowered baskets and smaller balls). The equipment and the drills are meant to be similar to basketball played at the highest level.
4. The curriculum has been designed to maximize the frequency of "touches" each player gets with the basketball and includes shooting, passing, and ball handling drills.
5. Group kids according to developmental age and NOT by chronological age.
6. Ensure maximum participation and remember that all players are equal. When doing things in lines, the magic number is three people per line.

**For more information on the Canadian Sport for Life model, visit <http://www.canadiansportforlife.ca>*

Jr. NBA Kit

Item	Quantity
 <p>Spalding® Rookie Gear Basketball (Size 5)</p>	x 20
 <p>Jr. NBA Youth T-Shirts</p>	x 20
 <p>Spalding® Youth Portable Basketball System</p>	x 2

Item	Quantity
Spalding® Marking Discs (Disc Cones)	x 20
Jr. NBA Certificates	x 20
Jr. NBA Posters	x 20
Jr. NBA Coach T-Shirts	x 2
Spalding® Whistles	x 2
Spalding® 8.5x11 Portfolios	x 2

Curriculum Writers

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Furthermore, Christian possesses several National Coaching Certification Program (NCCP) certificates such as Fundamental Movement Skills and Functions of an NCCP Learning Facilitator to name a few.

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Jonathan holds a Bachelor of Arts Degree from Mount Allison University (where he played varsity basketball), a Business diploma from Mount Saint Vincent University, and an International Business diploma from the University of Central Florida. He graduated with Honours from the Sport and Event Marketing program at George Brown College.

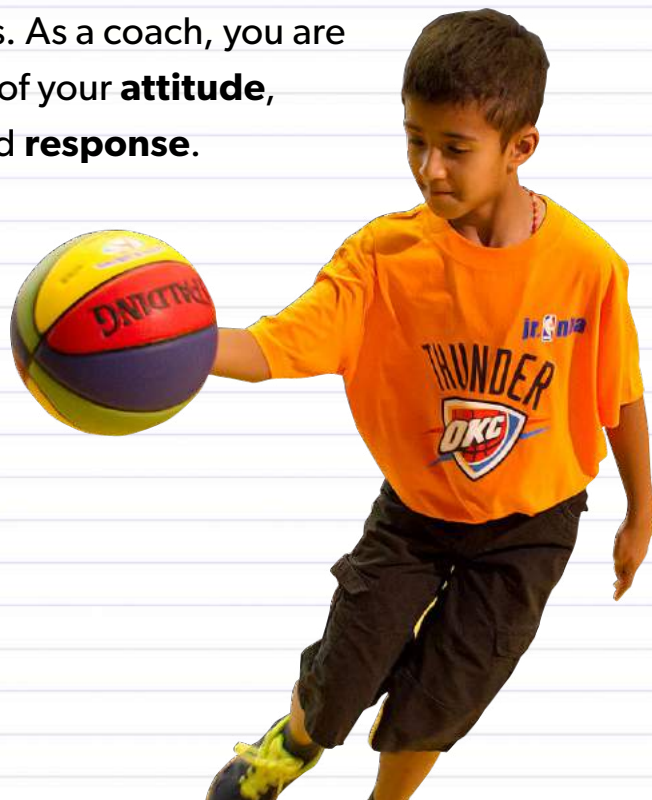
Coaching Guidelines



Coaching Guidelines

Message to the Coaches

Thank you for being a part of the Jr. NBA Program. As a coach, you must be a **good leader**. You are an ambassador of the Jr. NBA for the next twelve weeks, so it is important to prioritize the values instilled in this program at all times in order to ensure its success. As a coach, you are in control of your **attitude, effort, and response**.



- ➔ **Attitude:** Your attitude is what the kids will feed off of; therefore, always ensure that you are full of enthusiasm and energy. If you are not having fun, then the kids will not have fun either. Bringing excitement to each practice will build anticipation and interest for the next practice.
- ➔ **Effort:** It is very important that you exert effort to encourage everyone to participate.
- ➔ **Response:** Your response to the parents' or children's concerns demonstrates that you care—you care for their safety and enjoyment in the program; you want your players to become better athletes.

This program will not keep score to determine winners.
Everyone is a winner!

Never single out any one player. When there is an issue that needs to be addressed, speak to the group as a whole rather than individually.

Throughout the entire practice or during an activity, it is good to provide **frequent positive reinforcement**. If you want to improve their skill, start off with a positive comment then adjust their technique. Add only one adjustment at a time.

For example: "You are doing a great job handling the basketball, but this time I want you to keep your eyes up while dribbling."

When the basketballs are not being used, ensure that they are in a safe place in the gym off of the floor or away from the players. Players have the option to give the basketball to their parents if they are not using it for an activity.

Lastly, when explaining an activity, keep it as **SIMPLE** as possible!

Coaching Guidelines

Organization and Preparation

- ➡ Minimum of two coaches per practice.
- ➡ Punctuality – “If you are early, you are on time...if you are on time, you are late!”
- ➡ Have your equipment ready — Basketball kit, practice plan, coach tee, etc.
- ➡ Encourage each player to decorate and label their basketball and make it their own.
- ➡ Be efficient; every minute of court time is valuable. Do not forget water breaks.
- ➡ Make sure to engage parents, give everyone a sense of ownership.

Jr. NBA Values of the Game

WEEK 1 AND 7 POSITIVE ATTITUDE

- Balance fun with fundamentals and always have patience
- The three E’s – Encouragement, Energy, and Enthusiasm – are essential

WEEK 2 AND 8 SPORTSMANSHIP

- Treat all players fairly, but adjust your style to suit individual personalities
- Demonstrate to your players the value of being a good sport

WEEK 3 AND 9 TEAMWORK

- Stress the importance of working together
- Being part of a team means demonstrating commitment, taking responsibility, and being accountable

WEEK 4 AND 10 RESPECT

- Promote a respectful environment at all times
- Be considerate and demand the same from your players

WEEK 5 AND 11 LEADERSHIP

- Lead by example and be a good role model
- Express a confident demeanor and project your voice

WEEK 6 AND 12 HEALTH AND FITNESS

- Emphasize good and healthy lifestyles
- Being active is the best way to have fun

Coaching Guidelines

Working with Parents

As part of your first practice, it is important to hold a meeting with all parents as a way of keeping the coach-parent communication lines open. This initial contact with parents is time to introduce yourself, the philosophy of the program, and your expectations regarding parents and players.

(See example in Week 1 Activity Description)

Inform parents that the Jr. NBA program is designed around the principles of Canadian Sport for Life (CS4L). Every practice will incorporate FUNdamental Movement Skills within the game of basketball. The skills that will be focused on are:



RUNNING



JUMPING



THROWING



CATCHING



AGILITY



BALANCE



COORDINATION



PARENT INVOLVEMENT

Explain that the Jr. NBA program is based on instilling values while children are having fun and learning the game of basketball. The six values that the Jr. NBA program focuses on are:

POSITIVE ATTITUDE

SPORTSMANSHIP

TEAMWORK

RESPECT

LEADERSHIP

HEALTH & FITNESS

Items to discuss with parents:

1. Parents are encouraged to stay and be ready to participate in each practice
2. Arrival times (drop off, pick up)
3. Bring basketball, Jr. NBA t-shirt and water bottle every week
4. Specific gym rules (no outdoor shoes, coffee, etc.)
5. No food rule (for safety of the players due to allergies)
6. Contact information for parents
7. Player information (medical conditions)
8. Parents are responsible for accompanying their child to the washroom
9. Giving feedback

Coaching Guidelines

Attention Grabber

At this age group, kids will have a short attention span. Here are some tips to keep them focused and engaged.

“To be a good basketball player, you must be a good listener”



1-Clap, 2-Claps

When kids are talking to their teammates, make all players clap once by saying “1 clap” and twice by saying “2 claps”

Triple Threat

When kids are given a basketball and they continuously dribble the basketball, make all players go into a triple threat position by saying “triple threat!”

How to Hand out Jerseys to the Players



Coaching Guidelines

Practice 1: Parent / Player Meeting

Parents' Meeting

Approximately 5-10 minutes prior to the start of first practice, one coach will conduct a parents' meeting while the other coach engages with the players. Always keep the lines of communication open between yourself and the parents. This initial contact with parents is the time to introduce yourself, the philosophy of the program, and your expectations regarding parents and players. (See "Items to discuss with parents" on page 25)

For Example:

"Good morning parents and thank you for enrolling your child in the Jr. NBA Program. My name is Coach "A" and I will be conducting the practices for the next twelve (12) weeks alongside my assistant, Coach "B". In this twelve (12) week basketball program, your child will have the opportunity to learn the basic FUNdamentals of basketball, like shooting, dribbling, passing and rebounding.

The program will also focus on the basic fundamentals of movement such as running, throwing, catching, and jumping to prepare each child to be successful in all sports, including basketball.

Our practice will be held every Saturday from 10am to 10:45am at the Canada Community Centre. Please make sure your children bring their basketball and wear their t-shirt each week. Please ensure that your child wears clean indoor shoes so the gym floor does not get wet and slippery. No food is allowed in the gym due to allergies, however, please bring water for your children to drink.

Please make sure that I have your contact information. Let me know in private if your child has any medical conditions, such as asthma, allergies, etc. Also, it is important to inform me if your child will miss the next practice.

Each week you will have the opportunity to go through some of the drills with your son or daughter. I think you'll be impressed with what your kid has learned.

We encourage you to stay to watch each practice and provide feedback. If you have any questions, please do not hesitate to contact me. Also check out the Jr. NBA Website at www.JrNBA.ca."

Coaching Guidelines

Practice 1: Parent / Player Meeting

Players' Meeting

This is an opportunity for the coach to get to know the players. Each coach must be welcoming and enthusiastic. Kids at this age may be nervous and lack confidence. We want to ensure that the kids can feel that they are in a **SAFE** environment and that the coaches care about them. At this time, it is a great way to introduce all the players to each other so they can make new friends. In addition, try to identify a **COMMON INTEREST** as an "ice breaker" for the kids.

For example:

Hello everyone! My name is Coach "B" and I will be teaching you the game of basketball for the next twelve (12) weeks. Basketball is a lot of FUN, but before we get into our fun activities, we must first get to know each other. Basketball involves teammates, so we have to get to know our teammates better by finding out something we have in common. I will start first, "Hello everyone, my name is Coach "B" and my favourite colour is red."

*All players will introduce themselves and say their favourite

-
- Colour
 - Food
 - Team/Player
 - TV Show
 - What grade they're in
 - Etc...

Today's character goal is **POSITIVE ATTITUDE** and in order to demonstrate that you must make a new friend every practice.



Coaching Guidelines

Drill of the Week

WEEK 1

- FMS: Throwing
- TIP: Step when you throw the ball
- DRILL: Wall Passes

Description:

- All players need a basketball.
- Players will stand approximately 1.0m-1.5m away from the wall, depending on the skill level of the player.
- The coach will advise the players to aim for an imaginary target on the wall for them to hit with the basketball.
- The player will throw the ball at the wall and try to catch it when it returns.
- Balls thrown higher on the wall give kids more time to adjust their hands and reaction time to catch the ball.

WEEK 2

- FMS: Catching
- TIP: Watch the ball with your eyes
- DRILL: Toss, clap and catch (when the ball is in the air)

Description:

- Toss & Catch requires players to focus on the ball.
- The player with two hands holding the basketball will “toss” it up and catch it on its way down.
- Players are encouraged to always keep their eyes on the basketball (tracking the ball) and to toss it vertically, not forward/backward/sideward.
- Toss, Clap, Catch is similar to Toss & Catch but with the requirement to “clap” while the basketball is in the air.
- Players are recommended to toss the basketball higher in order to accomplish this activity successfully.
- Depending on their skill level, allow the basketball to hit the floor while the player claps and then catch the basketball.

WEEK 3

- FMS: Balance
- TIP: Stay low (Stable) *Kathy to send video
- Drill: Run, Freeze, Balance

Description:

- Step 1: The coach will say “Go!” and the players will start to run around the gym.
- Step 2: The coach will then yell “Freeze!” and the players will freeze like a statue.
- Step 3: The coach can add other factors like “Stand on your right leg only.”
- Step 4: Repeat Steps 1-3.



Coaching Guidelines

Drill of the Week (Cont'd)

WEEK 4

- FMS: Skipping
- TIP: Swing your arms and explode
- Drill: Skip Tag

Description:

- One player or coach will be designated as the person who is "it."
- All players, including the person who is "it," will be skipping to move (elaborating on the 1, 2 lay-up form, same hand + same leg).
- When a player is tagged, they will join the person who is "it."
- Players that are "it" will need to skip to catch the other players.

WEEK 5

- FMS: Agility
- TIP: Change Speed, change direction, plant and explode
- Drill: Give and go with the coach

Description:

- The players will be grouped into 2 teams starting in diagonal corners of the half court facing the basket with a basketball.
- One coach will be at one basket and the other coach will be at the other basket.
- The players will wait for the coach's command.
- When the coach says "Go," the player will dribble the basketball towards the basket then pass the ball to the coach.
- The coach will return the pass and the player will complete the drill by performing a lay-up.
- The player will then get their rebound and return to the back of the line.

WEEK 6

- FMS: Running
- TIP: Swing your arms and head up (same time)
- Drill: Cheetahs

Description:

- Players line up on the baseline.
- The objective of this game is to run across to the opposite baseline without getting tagged.
- The coach will be the "Cheetah" at half court.
- The coach will yell "Cheetahs!" and the players will run towards the opposite baseline.
- If tagged, they will become a cheetah with the coach. Repeat process.

WEEK 7

- FSS: Passing
- TIP: Extend your arms
- Drill: Stationary Partner Passing

Description:

- Players are partnered up and an appropriate distance for them to pass the basketball.
- Player with the basketball will pass the basketball by taking a step forward and extending their elbow with thumbs pointing down or towards their target.
- Player receiving the pass will take a step forward to reach and catch for the basketball.
- Repeat steps.



Coaching Guidelines

Drill of the Week (Cont'd)

WEEK 8

- FMS: Jumping
- TIP: Bend your knees and use your legs
- Drill: Cone Jumps

Description:

- Cones are placed 6x3 lines parallel to the sideline.
- Places a basketball on top of the cone nearest to the wall, it will rest there.
- Each basketball must be at an appropriate distance in order for the player to perform a pass towards the imaginary target.
- Players will jump over each cone until they reach the end.
- When they reach the end, players will pick up the basketball and hit the imaginary target placed on the wall.
- Once completed, place the basketball down on the cone and hop back over the cones to the end of the line.

WEEK 9

- FMS: Coordination
- TIP: First get good, then get fast
- Drill: Partner ball carry (two players wearing the same team)

Description:

- Players are paired up according to their height and will start on the baseline or sideline (e.g. 5 lines of 2 pairs or 2 lines of 5 pairs).
- First pair in each line will start by placing the basketball on their hips.

- They are not allowed to use any other body parts to carry the basketball, i.e. no hands.
- The ball must always be in the side-to-side position so players cannot be back-to-back or side-to-back.
- Hands must be raised so no contact between the hands and the ball can occur. If the ball drops, simply pick up the ball and go back to where the ball was dropped.
- Change the location of the ball (e.g. if started with the hips, change it to shoulders).

WEEK 10

- FSS: Defense
- TIP: Arms out wide, get low
- Drill: Coach says

Description:

- "Coach Says" is similar to Simon Says. The objective of the game is to do everything the coach instructs, but he or she must say "Coach Says" before every request.
- When the coach states "Coach says down!" all players will slap the ground and yell "Defense!" as they assume a defensive stance.
- When the coach states "Coach says up!" all players will jump as high as they can, grab the basketball with their arms in the air, and yell "Rebound!"
- When the coach states, "Coach says this way!" and points to the right, all players will do a hop facing the right and then hop back facing the coach.
- When the coach states, "Coach says this way!" and points to the left, all players will do a hop facing the left and then hop back facing the coach.
- When the coach states, "Coach says fire!" all players will perform a quick feet drill, tapping their feet against the floor as fast as they can while yelling.

Coaching Guidelines

Drill of the Week (Cont'd)

WEEK 11

- FSS: Shooting
- TIP: Bend your knees and use your legs
 - Phase 1: Get low
 - Phase 2: Exploded
 - Phase 3: Follow Through
- Drill: Shooting Lines

Description:

- Players are in two lines. One line on each side diagonal to the mini-hoops (5 players on each side = 10 players on one half of the court).
- Players must perform one shooting action at a time.
- They will get their own rebound, pass it to the next person in the line, and then return to the back of the line.
- B.E.E.F.
- Balance – Feet shoulder width apart and knees bent.
- Eyes – Choose a target (Front rim, center of hoop or back rim).
- Elbow – Locked in an “L” shape with the ball above elbow.
- Follow Through – Straighten elbow and shoot over the rim.

WEEK 12

- FSS: Dribbling
- TIP: Cushion the ball
- Drill: Dribble Relays

Description:

- Players are on each baseline in 4 lines, shown in diagram 1.
- A cone is placed at close to half court, directly in front of each respective line.
- The first person in each line will dribble with their dominant hand towards the cone.
- Once the player reaches the cone, they will go around it and head back towards their line. Next player goes.

Practices

Practice #1

**Positive
Attitude**

Download Quick Guide

Practice #2

Sportsmanship

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Practice #3

Teamwork

Download Quick Guide

Practice #4

Respect

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Practice #5

Leadership

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Practice #6

**Health &
Fitness**

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Practice #7

**Positive
Attitude**

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Practice #8

Sportsmanship

Download Quick Guide

Practice #9

Teamwork

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Practice #10

Respect

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Practice #11

Leadership

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Practice #12

**Health &
Fitness**

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Practice #1

Positive Attitude

Download Quick Guide

1A

Open Gym/ Parent Meeting

TIME
8 MINS

- Make sure equipment is set up i.e. Nets, Practice Plan Posters, Basketballs, Cones, etc.
- Safety scan of the gym is completed
- Explain program/philosophy to parents (refer to coach/parent meeting on previous page)
- One coach will talk with parents while the other can work with the children
- Inform parents about "Parents' Day" on Week 12
- Items to discuss with parents** (See page 25)

1B

Welcome Group Circle

TIME
6 MINS

- Bring it in...slow clap...Jr. NBA cheer
- Jr. NBA is all about **FUN!**
- Ice Breaker: Get to know your coaches/teammates**
- The key theme today is Positive Attitude!
 - Balance fun with fundamentals and always have patience
 - The three E's – Encouragement, Energy and Enthusiasm – are essential

Warm-Up Games (10 mins)

1C

Zoo Keeper



SKILLS
RUNNING



TIME
7 MINS

- Players are paired up according to their abilities. Designate a "partner one" and "partner two" in each pair.
- Have all partner ones (Zoo Keepers) go to the centre of the gym, face the centre, and cover their eyes. Partner twos (the Animals) "escape" their partners by moving through the space with an animal movement that you choose.
- On the command "Zoo keepers, find your animals!" the zoo keepers open their eyes and must locate and gently tag their partner to 'capture' them.
- Once captured, the zoo keepers must accompany their partners and take them back to the zoo (designate a zoo location on the court).
- Have partners switch roles and repeat an equal number of times.
- Coaches, watch for players who are running and encourage them to participate.

Teaching Notes:

- Frogs (Jumping)
- Kangaroos (Shooting)
- Crab (Defense Shuffle)
- Cheetah (Sprinting)
- #1 Rule: No Running! (Unless as a cheetah)
- Players are **ONLY** supposed to catch their partners

Practice #1 Positive Attitude (Cont'd)

1D

Dynamic Warm-Up

Coaches: Please ensure that you only choose a few drills for your dynamic warm up and NOT all of them

SKILLS	TIME
ALL SKILLS	3 MINS

Crab Shuffles (Defensive Slides) ▶ ☰

Starting in a crab lateral position facing the sideline in a ready stance, the player will be low with their arms out. The lead foot will be moving laterally by stepping towards the opposite baseline. The trail foot will then follow, but it is important that the feet do not cross! Keep a shoulder width distance at all times.

Tall Grass Run (High Knees) ▶ ☰

Acting like they're in a field of tall grass, the players must take their leg up to their chest in a fast motion to get over the tall grass. Encourage participants to use their arms to move quickly through the field. Advise them to keep their backs straight and avoid leaning forward or backwards.

Hot Floors (Butt Kicks) ▶ ☰

Acting like the floor is on fire, the players will place their hands behind their backs. They will keep their thighs perpendicular to the floor as the heels of their feet touch their hands. It will be a quick switch from one leg to the other.

Spider Steps (Carlota) ▶ ☰

Starting in a lateral position facing the sideline, the "outside foot" is the designated foot facing the outside of the court. The "inside foot" is the designated foot facing the inside of the court. The player will begin by placing their outside foot over their inside

foot to the other side. The inside foot will then go under the lead foot (outside foot) back to the normal position. The outside foot will then go under the inside foot to the other side. The inside foot will once again go over the lead foot (outside foot) back to the normal position. Continue this pattern and make sure to perform this drill in both directions. The hips will be swiveling as the player moves laterally.

Lion Lunges (Walking Lunges) ▶ ☰

Players are to take a step forward with their lead leg bent in a 90 degree angle, lowering their hips with their thigh parallel to the floor. The trail leg must be straight for balance. Starting with the trail leg, take a step forward again and it will become their lead leg bent in a 90 degree angle.

Backward Run ▶ ☰

Running backwards, tell players to maintain arm action to increase speed.

Side-to-Side Kick ▶ ☰

Players start by facing the wall with their hands on it roughly 0.5m away from the wall. Begin by swinging legs side to side, back and forth, across the body. It is best to increase the full range of motion with each swing to feel the stretch. Use the hips to swivel and maintain swing.

Front-and-Back Kick ▶ ☰

Players start by standing beside the wall with the right leg closest to the wall and the right side of their body on the wall. Keep left leg in the stationary position and swing the right leg back and forth. Repeat with the other leg.

WATER BREAK

Practice #1 Positive Attitude (Cont'd)

Fundamental/Basketball Skills (20 mins)

1E

Fingertips/ Circle Basketballs



EQUIPMENT
BASKETBALL

SKILLS
CATCHING

TIME
5 MINS

- All players need a basketball located on the sideline. They must follow what the coach does.
- The coach will start off by warming up the fingers by doing finger taps using their fingertips.
- The coach will then put the basketball around their chest, waist, knee and head level.
- Players will mimic the coach's movements.
- After a few times, the coach will instruct them to change directions.

Teaching Notes

- *Players may have a difficult time circling the basketball around their body therefore encourage them to circle it against their body*



1F

Toss & Catch/Toss, Clap, Catch



EQUIPMENT
BASKETBALL

SKILLS
COORDINATION
THROWING
CATCHING

TIME
5 MINS

- All players need a basketball.
- Toss & Catch requires players to focus on the ball.
- The player with two hands holding the basketball will "toss" it up and catch it on its way down.
- Players are encouraged to always keep their eyes on the basketball (tracking the ball) and to toss it vertically, not forward/backward/sideward.
- Toss, Clap, Catch is similar to Toss & Catch but with the requirement to "clap" while the basketball is in the air.
- Players are recommended to toss the basketball higher in order to accomplish this activity successfully.
- Depending on their skill level, allow the basketball to hit the floor while the player claps and then catch the basketball.

Teaching Notes

- *Make sure there is a good amount of space between players*
- *Players are to use the full gym*
- *For higher-skilled players, introduce 2, 4, 6 claps*

Practice #1 Positive Attitude (Cont'd)

1H

Wall Passes



EQUIPMENT
BASKETBALL

SKILLS
THROWING
CATCHING

TIME
4 MINS

- All players need a basketball.
- Players will stand approximately 1.0m-1.5m away from the wall, depending on the skill level of the player.
- The coach will advise the players to aim for an imaginary target on the wall for them to hit with the basketball.
- The player will throw the ball at the wall and try to catch it when it returns.

Teaching Notes

- *Balls thrown higher on the wall give kids more time to adjust their hands and reaction time to catch the ball*

1I

Shooting Lines



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
7 MINS

- Players are in two lines.
One line on each side diagonal to the mini-hoops (5 players on each side = 10 players on one half of the court)
- Players must perform one shooting action at a time.
- They will get their own rebound, pass it to the next person in the line, and then return to the back of the line.

B.E.E.F

- Balance – Feet shoulder width apart and knees bent.
- Eyes – Choose a target (Front rim, center of hoop or back rim).
- Elbow – Locked in an “L” shape with the ball above elbow.
- Follow Through – Straighten elbow and shoot over the rim.

Teaching Notes

- *One basketball each line*
- *Kids are encouraged to cheer for their teammates*
- *Scores will NOT be kept*

WATER BREAK

Practice #1 Positive Attitude (Cont'd)

Collaborative Games (6 mins)

1J

▶

EQUIPMENT

BASKETBALL

SKILLS

RUNNING

🏃

TIME

6 MINS

Red Light, Yellow Light, Green Light, Orange Light

- Players will start on the baseline or sideline with a basketball.
- When the coach says "Green light," the player will jog/run towards the other baseline while dribbling.
- When the coach says "Yellow light," the player will move slowly while dribbling.
- When the coach says "Red light," the player stops in a ready stance.
- When the coach says "Orange light," the player must place the basketball down and run around the basketball in a circle before picking it up.
- Remind the younger players who are just learning that this is not a race.
- LOAD: When the coach says "Red light," and the player is still moving, the player must return to the baseline and start over.

Teaching Notes

- On red light, players are advised to perform a jump, stop, ready / athletic stance
- Ready stance – Feet shoulder width apart, knees bent, back straight, hands in shooting position

Cool Down/Wrap-Up (5 mins)

1K

TIME

5 MINS

- What's the theme of the day? How was it displayed on the court?
- What's one new thing you learned today?
- Put your name on the ball and bring it next week
- Next week, tell me how you demonstrated a **POSITIVE ATTITUDE**
- Bring it in...slow clap...Jr. NBA cheer!

Practice #2

Sportsmanship

Download Quick Guide

2A

Parents in the Circle Clap - Every Week

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate a Positive Attitude since we last had Jr. NBA?
- The key theme today is **Sportsmanship!**
 - Treat all players fairly but adjust your style to suit individual personalities
 - Demonstrate to your players the value of being a good sport

Warm-Up Games (8 mins)

2B

Basketball Geography

SKILLS
RUNNING

TIME
4 MINS

- Players will start at Half Court.
- The coach will begin by showing the players the lines on the basketball court.
- Once all players understand the court markings, the coach will yell out a location on the basketball court, e.g. "Show me the baseline!"

- The players will then run to the location.
- Advise players playing the game for the first time to follow the crowd if they are not aware of the location.
- The coach will yell out another location, e.g. "Show me the sideline!" The players will then run to that location.
- Teaching Purpose: Coach says, "The baseline and the sideline make up the boundaries of the basketball court. Players are not allowed to go outside of the boundaries or else it will be a turnover."
- LOAD: Coach to yell three locations
- LOAD: Include a basketball

Teaching Notes

- Coaches are to explain the different locations on the court and their purpose
- Locations on court
 - Baseline/Sideline
 - Foul/3-point line
 - Key/Block
 - Half Court

2C

Dynamic Warm-up

SKILLS
ALL SKILLS

TIME
1 MIN

2D

Toss & Catch/Toss, Clap, Catch

EQUIPMENT
BASKETBALL

SKILLS
COORDINATION
THROWING
CATCHING

TIME
3 MINS

Practice #2 Sportsmanship (Cont'd)

WATER BREAK

Fundamental/Basketball Skills (14 mins)

2E Shooting Lines



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
7 MINS



2F

Frog Jumps



SKILLS
JUMPING



TIME
2 MINS

- All players will start on the sideline.
- Each player will be in a frog position (knees bent, butt down, hands in front).
- They will then explode upwards from a frog position and jump as high as they can.
- The players jump until they reach the opposite sideline.

2G

1, 2, 3 Shots



EQUIPMENT
BASKETBALL

SKILLS
COORDINATION
JUMPING



TIME
5 MINS

- All players need a basketball and will start on the 3-point line located by the basket facing the coach.
- Phase 1: Knees bent in a frog position; basketball in front with the strong/dominant hand in the middle of the ball and other hand on the side of ball.
- Phase 2: Without moving from the frog position, players will lift the ball above their shoulders forming a 90 degree angle (like an elephant trunk) with both hands on the side acting as a holder. *NOTE* Ball must always be above strong hand elbow.
- Phase 3: Player will explode upwards using their legs and will simultaneously extend hands to shoot the basketball into the hoops. Remember to follow through.

Teaching Notes

- NO NETS! Drill designed to work on form and technique
- All players must be facing the coach

Practice #2 Sportsmanship (Cont'd)

WATER BREAK

Collaborative Games (13 mins)

2H

What Time Is It Mr. Ref?



EQUIPMENT
BASKETBALL

SKILLS
RUNNING



TIME
13 MINS

- All players will start on the baseline.
- The coach ("Mr. Ref") will either start on the opposite baseline or half court line facing the other direction so he/she is not able to see the players.
- The players will yell "What time is it Mr. Ref?" together.
- The coach will then respond by yelling out a number (e.g. "10 o'clock!")
- The players will then take ten big steps towards the other baseline.
- After completing the steps, the players will ask, again, "What time is it Mr. Ref?" if the coach yells out "Game time!" the coach is allowed to turn around to tag the player(s).
- The players will run back to the baseline before they are caught to be "safe".
- Once caught, the player now joins the referee.
- LOAD: Include a basketball.

Teaching Notes

- Watch for players who are not taking the correct amount of steps and encourage them to play by the rules
- Remember the theme of practice – Sportsmanship!

Cool Down/Wrap-Up (5 mins)

2I

- What's the theme of the day? How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **SPORTSMANSHIP**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #3

Teamwork

Download Quick Guide

3A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Sportsmanship since we last had Jr. NBA?
- The key theme today is **Teamwork!**
 - Stress the importance of working together
 - Being part of a team means demonstrating commitment, taking responsibility, and being accountable

Warm-Up Games (8 mins)

3B

Run, Freeze, Balance



SKILLS
RUNNING
BALANCE
AGILITY

TIME
3 MINS

All players are scattered using the full court.

- Step 1: The coach will say "Go!" and the players will start to run around the gym
- Step 2: The coach will then yell "Freeze!" and the players will freeze like a statue
- Step 3: The coach can add other factors like "Stand on your right leg only"
- Step 4: Repeat Steps 1-3

3C

Dynamic Warm-up



SKILLS
ALL SKILLS

TIME
1 MIN

3D

Partner Ball Carry



EQUIPMENT
BASKETBALL

SKILLS
COORDINATION
BALANCE

TIME
4 MINS

- Players are paired up according to their height and will start on the baseline or sideline (e.g. 5 lines of 2 pairs or 2 lines of 5 pairs).
- First pair in each line will start by placing the basketball on their hips.
- They are not allowed to use any other body parts to carry the basketball, i.e. no hands.
- The ball must always be in the side-to-side position so players cannot be back-to-back or side-to-back.
- Hands must be raised so no contact between the hands and the ball can occur. If the ball drops, simply pick up the ball and go back to where the ball was dropped.
- Change the location of the ball (e.g. if started with the hips, change it to shoulders).

Teaching Notes

- Hips
- Shoulders
- Knees
- Forehead
- Players are encouraged to cheer for their teammates
- One ball per line



WATER BREAK

Practice #3 Teamwork (Cont'd)

Fundamental/Basketball Skills (20 mins)

3E

Wall Passes



EQUIPMENT
BASKETBALL

SKILLS
THROWING
CATCHING

TIME
3 MINS

3F

Catch from your Parent



EQUIPMENT
BASKETBALL

SKILLS
THROWING
CATCHING
PARENT INVOLVEMENT

TIME
7 MINS

- Players will line up with a basketball on the sideline, arm's length apart.
- They will dribble the basketball.
- The coach will approach each player and ask for a pass. The coach will return the ball with a chest pass/bounce pass.
- The coach must be at an appropriate distance from the player so the player is able to catch/track the basketball correctly.
- The player will then continue to dribble the ball as the coach moves on to the next player in line.
- The coach will perform the same with the rest of the players.
- Coaches make sure that players keep their heads up while dribbling the basketball.
- Repeat in reverse direction.

Teaching Notes

- The coach is able to switch dribble activities from right hand dribbles to left hand dribbles.
- Bounce Pass – Similar to a chest pass but with a bounce which hits the ground 2/3rds of the way to the receiver.

DIAGRAM 1

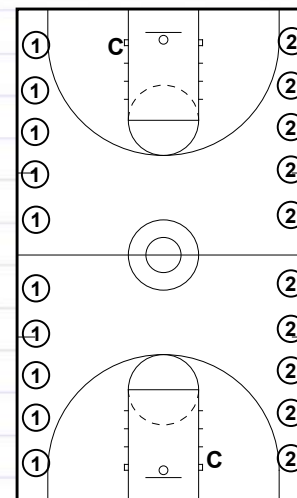


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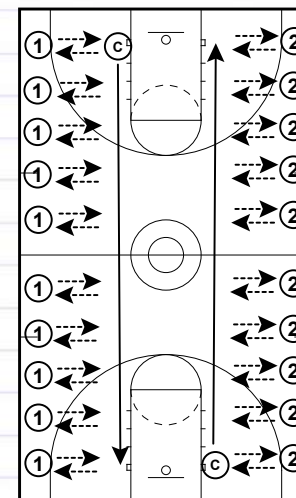
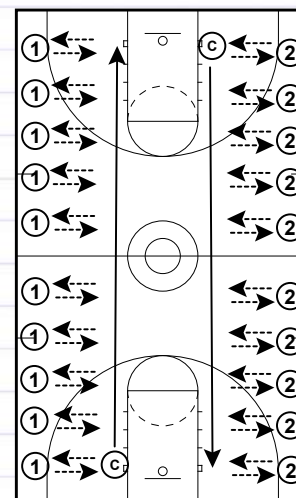


DIAGRAM 3



Practice #3 Teamwork (Cont'd)

3G

Half Court Continuous Shooting



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
7 MINS

- Players line up in front of hoops. Ten in each line.
- First player in line will shoot the basketball by demonstrating the 1, 2, 3 shots exercise instructed by the coach.
- The coach will say
 - "One!" and the player will go down in a frog position
 - "Two!" the players will lift up the basketball
 - "Three!" they will explode upwards to shoot the basketball
- The player who shoots the basketball will get the rebound and return to the back of the line.

Teaching Notes

- Either each player has a basketball OR 1 basketball is at the front of the line. If there is only 1 ball, players must get their own rebound and pass it to the next person in line.

Collaborative Games (10 mins)

3H

Volcanoes & Craters



EQUIPMENT
BASKETBALL
DISC CONES

SKILLS
COORDINATION
BALANCE

TIME
10 MINS

- Place ten disc cones upwards and ten disc cones downwards scattered around the gym.
- The players will be separated into two groups: one group will be "Volcanoes" and the other group will be "Craters."
- A volcano is the disc cone facing upwards.
- A crater is the disc cone facing downwards.
- A volcano's objective is to dribble around the basketball court and turn over all the crater cones to make them volcanoes.
- A crater's objective is to dribble around the basketball court and turn over all the volcano cones to make them craters.
- Once they have turned over the cone, they must move on to the next one. Coach should set the time to 5 minutes.
- After 5 minutes, the greater amount of volcanoes or craters, is declared the winner. 5 minutes left, play again!

Teaching Notes

- Players are to move around and turn over as many cones as possible
- Players are not allowed to guard one cone

Cool Down/Wrap-Up (5 mins)

3I

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **TEAMWORK!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #4

Respect

Download Quick Guide

4A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Teamwork since we last had Jr. NBA?
- The key theme today is **Respect!**
 - Promote a respectful environment at all times
 - Be considerate and demand the same from your players

Warm-Up Games (8 mins)

4B

Skip Tag

SKILLS
RUNNING JUMPING COORDINATION

TIME
2 MINS

- One player or coach will be designated as the person who is "it."
- All players, including the person who is "it," will be skipping to move (elaborating on the 1, 2 lay-up form, same hand + same leg).
- When a player is tagged, they will join the person who is "it."
- Players that are "it" will need to skip to catch the other players.

Teaching Notes

- Coaches, be sure to watch players who are running and encourage them to skip

4C

Dynamic Warm-up

SKILLS
ALL SKILLS

TIME
1 MIN

4D

Volcanoes & Craters

EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
COORDINATION
BALANCE

TIME
5 MINS

WATER BREAK

Fundamental/Basketball Skills (20 mins)

4E

Righty-Lefty

EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
5 MINS

- All players will start on the baseline with a basketball.
- They will dribble the basketball to half court using their right hand.
- Once they pass half court they will switch hands to the left and will continue towards the opposite baseline, dribbling with their left hand.
- They will repeat the same process going back to the opposite baseline.

Teaching Notes

- LOAD: Skip, backwards walk/job, shuffle while dribbling

Practice #4 Respect (Cont'd)

4F

Shadow Lay-Ups



SKILLS



COORDINATION
JUMPING

TIME

5 MINS

- Players line up on the baseline or sideline.
- Coach will focus on lay-up footwork.
- For right handed lay-ups, put right foot forward, left foot follows and explodes up. Right hand and right leg rise at the same time.
- For left handed lay-ups, put left foot forward, then right foot follows and explodes up. Left hand and left leg rise at the same time.
- The players will perform this activity towards the baseline/sideline and back.



4F

1-2 Step Lay-Ups



EQUIPMENT
BASKETBALL
MINI-HOOP



SKILLS
COORDINATION
JUMPING

TIME

10 MINS

- Players will line up 1.5–2.0 metres away from the basket in a 45 degree angle.
- The players will implement what they have learned in the shadow lay-up drill.
- The players do not dribble the ball.
- Players will perform a lay-up with a basketball.
- If the baskets on both ends are the same height, the player who performed a lay-up will get his or her rebound and go to the opposite basket. If the baskets are not the same height; the player who performed the lay-up will get his or her rebound and rejoin at the back of the line.

Aim/Push Release

- Always use the backboard.
- Aim at the upper corner of the backboard square.
- Shoot the basketball softly.
- Player pushes the ball off of fingertips towards the upper corner of the square on the backboard.

DIAGRAM 1

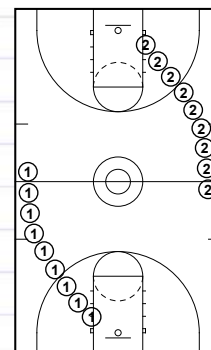


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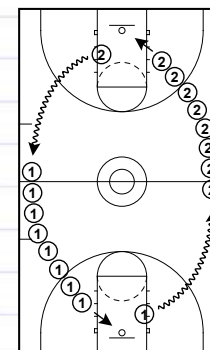
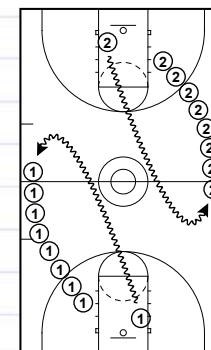


DIAGRAM 3



Practice #4 Respect (Cont'd)

WATER BREAK

Collaborative Games (7 mins)

4G

Give & Go with Coach



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS

RUNNING
COORDINATION
THROWING

TIME

7 MINS

- The players will be grouped into 2 teams starting in diagonal corners of the half court facing the basket with a basketball.
- One coach will be at one basket and the other coach will be at the other basket.
- The players will wait for the coach's command.
- When the coach says "Go," the player will dribble the basketball towards the basket then pass the ball to the coach.
- The coach will return the pass and the player will complete the drill by performing a lay-up.
- The player will then get their rebound and return to the back of the line.

Teaching Notes

- Coaches be vocal and coach your players!
- Set a goal for the whole team to achieve. For example, "Today's practice, we have to make 5 lay-ups as a team."

2H

What Time Is It Mr. Ref?



EQUIPMENT
BASKETBALL

SKILLS
RUNNING



TIME
13 MINS

DIAGRAM 1



DIAGRAM 2

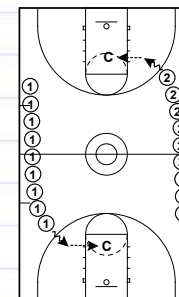


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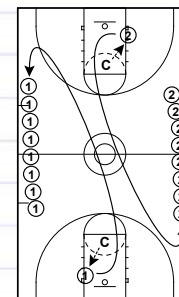
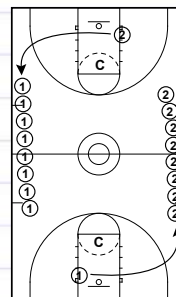


DIAGRAM 4



Cool Down/Wrap-Up (5 mins)

4H

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **RESPECT!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #5

Leadership

Download Quick Guide

5A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Respect since we last had Jr. NBA?
- The key theme today is **Leadership!**
 - Lead by example and be a good role model
 - Express a confident demeanour and project your voice

Warm-Up Games (8 mins)

5B

Freeze Tag



SKILLS
RUNNING
AGILITY



TIME
4 MINS

- One player or coach will be designated as the person who is "it".
- When a person designated as "it" tags other players, they are "frozen" and must stand in place without moving until they are "unfrozen."
- An "unfrozen" player may "unfreeze" others by touching them.
- Use the full gym for this game.

5C

Dynamic Warm-up



SKILLS

ALL SKILLS



TIME
1 MIN

5D

Basketball Geography



SKILLS

RUNNING



TIME
3 MINS



WATER BREAK

Fundamental/Basketball Skills (20 mins)

5E

Catch from the Parent



EQUIPMENT
BASKETBALL

SKILLS

THROWING
CATCHING
PARENT
INVOLVEMENT



TIME
2 MINS

5F

Partner Passing



EQUIPMENT
BASKETBALL

SKILLS

THROWING
CATCHING



TIME
5 MINS

Players are partnered up and an appropriate distance for them to pass the basketball.

- Player with the basketball will pass the basketball by taking a step forward and extending their elbow with thumbs pointing down or towards their target.
- Player receiving the pass will take a step forward to reach and catch for the basketball.
- Repeat steps.

Teaching Notes

- Chest pass, Bounce pass and Overhead pass

Practice #5 Leadership (Cont'd)

5G

Swipers



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
5 MINS

- All players should have a basketball.
- Coach will direct players to dribble around the full court.
- When the coach yells out "Swipers!" all players will be allowed to steal/knock away other players' basketballs.
- If the basketball gets knocked away, the player must raise the basketball over his or her head and call for their teammates (e.g. "LAKERS! LAKERS! LAKERS!")
- Another teammate will roll the basketball between their legs allowing them to come back into the game.

Teaching Notes

- LOAD: Coaches can add in different types of dribbling once players can do this. (E.g. Speed dribbles, power dribbles, low dribbles, etc.)*
- divide into two groups: 1 group with basketball, 1 group playing defense*
- Once all of the defense knocks away the basketballs, they teams switch.*
- Coach sets a time limit for the teams to switch*

5H

Give & Go with Coach



EQUIPMENT
BASKETBALL
MINI HOOP

SKILLS
RUNNING
COORDINATION
THROWING
AGILITY

TIME
8 MINS

Collaborative Games (7 mins)

5I

Pirate's Gold



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
THROWING

TIME
7 MINS

- Players are separated into two lines of ten players facing the hoop in single file.
- Cones are placed on each side of the court (e.g. 10 cones for team 1 and 10 cones for team 2, with the half court line dividing the teams)
- One basketball in the front of each line.
- Each player will get one attempt to shoot the basketball.
- Make or miss, the player will rebound the basketball and pass it to the next person in line.
- If the player misses, they will return to the back of the line.
- If the player scores, the player will take a cone from the other team's side and place it on their side.
- Players obtaining the cone must yell "ARRRGHH!!!" like a pirate to indicate the other team they are taking a treasure (Cone)

Teaching Notes

- Players are to encourage teammates*
- Players obtaining the cone must yell "ARRRGHH!!!" like a pirate to indicate the other team they are taking a treasure (Cone)*

Cool Down/Wrap-Up (5 mins)

5J

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **LEADERSHIP!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #6

Health & Fitness

Download Quick Guide

6A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Leadership since we last had Jr. NBA?
- The key theme today is **Health & Fitness!**
 - Emphasize good and healthy lifestyles
 - Being active is the best way to have fun

Warm-Up Games (8 mins)

6B

Cheetahs



SKILLS

RUNNING



TIME

5 MINS

- Players line up on the baseline.
- The objective of this game is to run across to the opposite baseline without getting tagged.
- The coach will be the "Cheetah" at half court.
- The coach will yell "Cheetahs!" and the players will run towards the opposite baseline.
- If tagged, they will become a cheetah with the coach. Repeat process.

Teaching Notes

- Let players go through the first few rounds before catching them

DIAGRAM 1

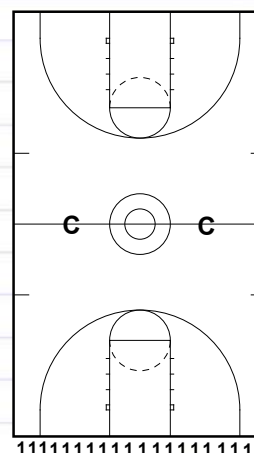


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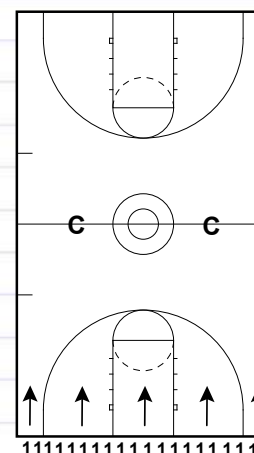
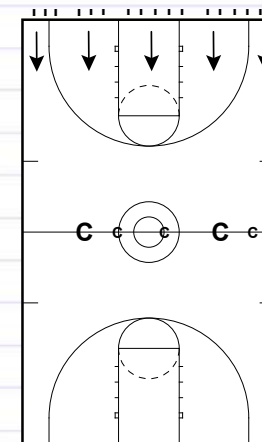


DIAGRAM 3



6C

Dynamic Warm-up



SKILLS

ALL SKILLS



TIME

3 MINS



WATER BREAK

Practice #6 Health & Fitness (Cont'd)

Fundamental/Basketball Skills (20 mins)

6D

Follow the Leader



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
3 MINS

- Players are separated into two teams, one team per coach.
- The coach will be the leader starting off.
- The coaches will walk/jog around the gym doing an action (e.g. circling the basketball around their waist).
- The players must follow the leader and do whatever he or she is doing.
- The players will do the action for about 15-20 repetitions before changing to another action (e.g. shuffle/lateral dribbles).
- If the players are comfortable enough, the coach will only do one action, then go to the back of the line so the next person in line can be the new leader.

Teaching Notes

- Circle around ankles, knees, leg, waist, head
- Finger taps high, mid, low
- Left, right, shuffle, crossover dribbles

6E

Pirate Treasure



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
RUNNING
COORDINATION
AGILITY

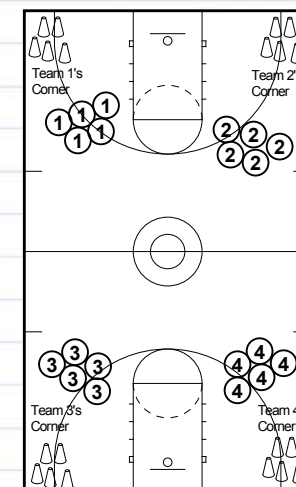
TIME
4 MINS

- The objective of the game is to collect the other cones and place them in your team's corner.
- Players are NOT allowed to protect their corner.
- All players must be dribbling the basketball at all times while getting cones from the other team's corner.
- After a certain amount of time, the coach will end the game. The team with the most cones wins.
- Coaches to be pirates, if a coach tags a player, the player must return the gold from where they took it from.

Teaching Notes

- Encourage players to dribble at all times especially when they are taking cones from the other corner
- Encourage players to dribble diagonally while getting cones from the opposite corner
- LOAD: Use parents as the pirates to "pretend" catch the kids.
- Not too many parents on the court

DIAGRAM



Practice #6 Health & Fitness (Cont'd)

6F

Zig-Zag Jumps/Bounds



EQUIPMENT



DISC CONE

SKILLS

BALANCE

AGILITY

COORDINATION

TIME

2 MINS

- Place Disc Cones in a V formation. 1-2-2 for each team.
- Player will jump from one cone to the other by jumping with two feet.
- Players should line up at the bottom of the V.
- Each player will go one at a time then return to the end of the line.

6G

Dribble Relays/ Zig Zag



EQUIPMENT



BASKETBALL

DISC CONE

SKILLS

RUNNING

AGILITY

COORDINATION

TIME

6 MINS

- Players are on each baseline in 4 lines, shown in diagram 1.
- A cone is placed at close to half court, directly in front of each respective line.
- The first person in each line will dribble with their dominant hand towards the cone.
- Once the player reaches the cone, they will go around it and head back towards their line. Next player goes.
- LOAD: Weak hand dribbles back and forth, left to right. Place cones in a zig zag formation.

DIAGRAM 1

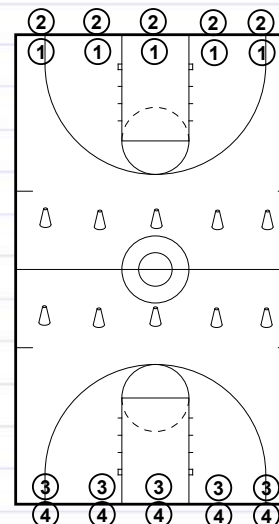


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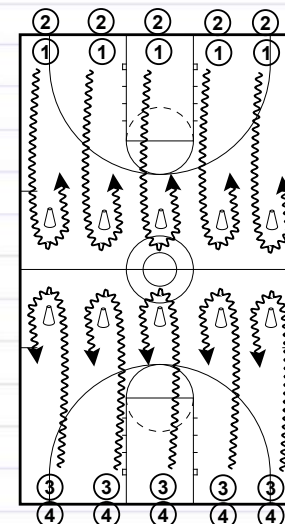


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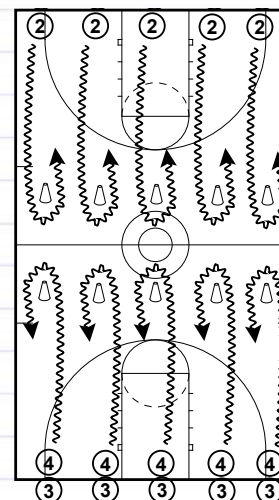
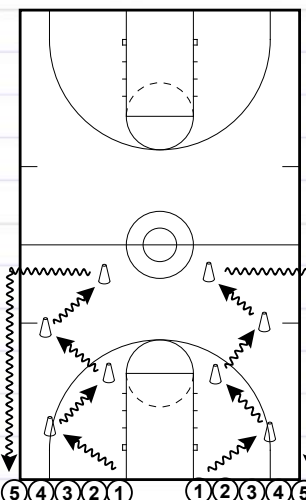


DIAGRAM 4



Practice #6 Health & Fitness (Cont'd)

6H

Dribble Around the Defenders



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS

RUNNING
AGILITY
COORDINATION



TIME
5 MINS

- Cones are placed parallel to the baseline assigned to each team.
- The players will start on the sideline with their teams.
- Each player will have a basketball.
- When the coach says, "Go!" each player in front of the line will zig-zag through the cones and act as a defender.
- Players are encouraged to use both hands while dribbling, but not at the same time (i.e. when on the right side of the cone they will use their right hand; when on the left side of the cone they will use their left hand).
- The player will stay on the other end and wait for the rest of the team to finish. Go back and repeat the process.
- LOAD: Parents stand in front of cone to create "real" defender
- Parents do not actually steal. Play dummy defense.

DIAGRAM 1

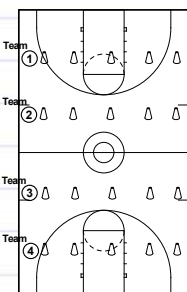


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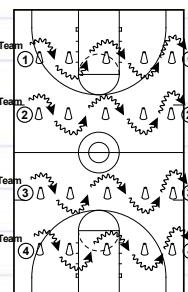


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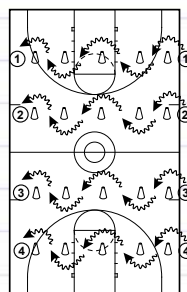


DIAGRAM 4



WATER BREAK

Collaborative Games (7 mins)

6I

Pirate's Gold



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
THROWING



TIME
7 MINS

Cool Down/Wrap-Up (5 mins)

6J

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **HEALTH & FITNESS**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #7

Positive Attitude

Download Quick Guide

7A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Health & Fitness since we last had Jr. NBA?
- The key theme today is **Positive Attitude!**
 - Balance fun with fundamentals and always have patience
 - The three E's – Encouragement, Energy and Enthusiasm – are essential

Warm-Up Games (8 mins)

7B

Run, Freeze, Balance



SKILLS

RUNNING
BALANCE
AGILITY



TIME
2 MINS

7D

Dynamic Warm-up



SKILLS

ALL SKILLS



TIME
1 MIN

7C

Stationary Dribbling - Follow the Coach



EQUIPMENT

BASKETBALL

SKILLS

BALANCE



TIME

5 MINS

Players will be scattered in front of the coach. The players will mimic everything the coach does. Coach will instruct players with the following:

- Dribble right hand! Dribble high above shoulders, waist, knees
- Dribble left hand! Dribble high above shoulders, waist, knees
- Front crossover dribble
- Dribble on one knee, dribble on two knees, dribble sitting down/laying down
- Count to 10
- Get kids to yell
- Count fingers
- Coach to move around the court
- Parent involvement - Mirror with the parent without a basketball



WATER BREAK

Practice #7 Positive Attitude (Cont'd)

Fundamental/Basketball Skills (24 mins)

7E

Stationary Partner Passing

▶

EQUIPMENT

BASKETBALL

SKILLS

THROWING

CATCHING

PARENT INVOLVEMENT

⚡

⚡

👤

TIME

6 MINS

7F

Octopus

▶

EQUIPMENT

BASKETBALL

SKILLS

RUNNING

COORDINATION

⚡

⚡

TIME

6 MINS

- Players line up on the baseline with a basketball.
- The objective of this game is to dribble the basketball across to the opposite baseline without getting the ball stolen.
- The coach will be the "Octopus" at half court.
- The coach will yell "Octopus!" then the players will dribble the ball towards the opposite baseline.
- If the ball gets stolen, they will put their ball away and become an octopus with the coach. Repeat process.

Teaching Notes

- Let players go through the first few rounds before stealing the basketball

7G

Around the World

▶

EQUIPMENT

BASKETBALL
MINI-HOOP
DISC CONE

SKILLS

THROWING

⚡

TIME

6 MINS

- 5 shooting spots are placed around the hoop by cones.
- 2 players line up at each of the 5 spots.
- First player in each line will get a chance to shoot, then get their own rebound, then return to the back of the line.
- Each player will get to shoot 3 times, make or miss. After 3 attempts, they will rotate one to the right. Repeat steps.

Teaching Notes

- Coach yells "Jr. NBA!" (blow whistle) then the players will touch a wall.
- Once they touch the wall, the players will return to a different shooting spot.

7H

Pirate's Gold

▶

EQUIPMENT

BASKETBALL
MINI-HOOP
DISC CONE

SKILLS

THROWING

⚡

TIME

6 MINS



Practice #7 Positive Attitude (Cont'd)

WATER BREAK

Collaborative Games (7 mins)

71

Pirate's Gold



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS

THROWING



TIME

7 MINS

Cool Down/Wrap-Up (5 mins)

7J

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated a **POSITIVE ATTITUDE!**
- Bring it in...slow clap...Jr. NBA cheer

TIME

5 MINS



Practice #8

Sportsmanship

Download Quick Guide

8A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate a Positive Attitude since we last had Jr. NBA?
- The key theme today is **Sportsmanship!**
 - Treat all players fairly but adjust your style to suit individual personalities
 - Demonstrate to your players the value of being a good sport

Warm-Up Games (8 mins)

8B

Cheetahs



SKILLS
RUNNING

TIME
5 MINS

8C

Dynamic Warm-up



SKILLS
ALL SKILLS

TIME
2 MIN

8D

Basketball Geography (with a basketball)



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
4 MINS



WATER BREAK

Fundamental/Basketball Skills (20 mins)

8E

Follow the Leader



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
2 MINS

8F

Cone Jumps (Include Wall Passes)



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
JUMPING
AGILITY
THROWING
RUNNING
COORDINATION

TIME
4 MINS

- Cones are placed 6x3 lines parallel to
- Places a basketball on top of the cone nearest to the wall, it will rest there.
- Each basketball must be at an appropriate distance in order for the player to perform a pass towards the imaginary target.
- Players will jump over each cone until they reach the end.
- When they reach the end, players will pick up the basketball and hit the imaginary target placed on the wall.
- Once completed, place the basketball down on the cone and hop back over the cones to the end of the line.

Practice #8 Sportsmanship (Cont'd)

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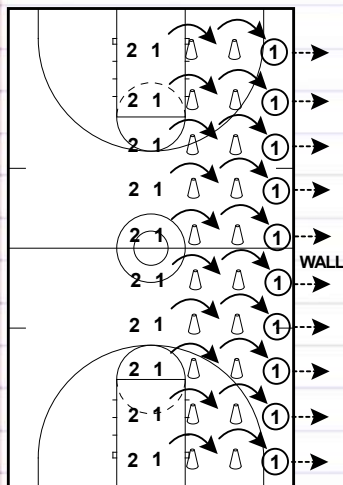


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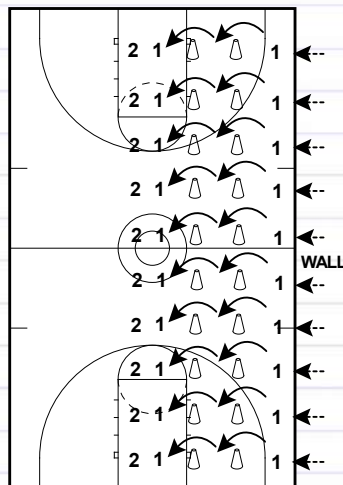


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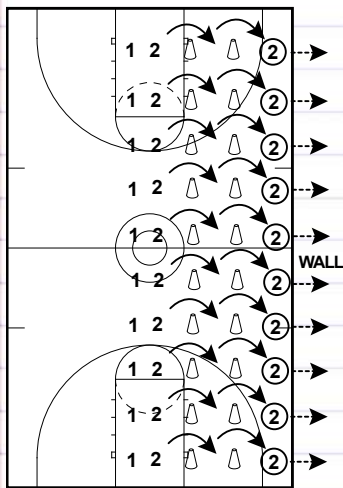
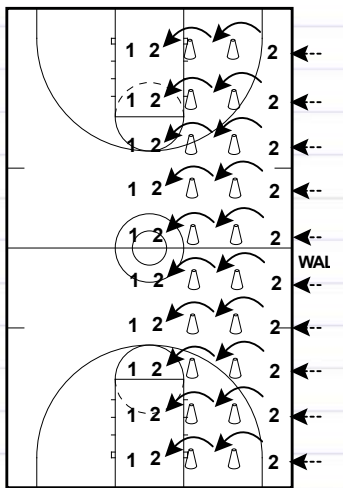


DIAGRAM 4



8G

Around the World



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
THROWING



TIME
6 MINS



WATER BREAK

Collaborative Games (7 mins)

8I

What Time Is It Mr. Ref?



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION



TIME
7 MINS

Cool Down/Wrap-Up (5 mins)

8J

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **SPORTSMANSHIP!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #9

Teamwork

Download Quick Guide

9A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Sportsmanship since we last had Jr. NBA?
- The key theme today is **Teamwork!**
 - Stress the importance of working together
 - Being part of a team means demonstrating commitment, taking responsibility, and being accountable

Warm-Up Games (8 mins)

9B

Skip Tag

SKILLS
RUNNING
JUMPING
COORDINATION

TIME
3 MINS

9C

Dynamic Warm-up

SKILLS
ALL SKILLS

TIME
1 MIN

9D

Partner Ball Carry



EQUIPMENT
BASKETBALL

SKILLS
COORDINATION
BALANCE

TIME
4 MINS



WATER BREAK

Fundamental/Basketball Skills (20 mins)

9E

Over/Under Relays



EQUIPMENT
BASKETBALL

SKILLS
COORDINATION

TIME
4 MINS

- The players will line up with their teams on the baseline (e.g. 4 lines, 5 players on each team).
- The player in front of the line will have the basketball. He or she will either go over the heads of their teammates or under their legs to pass the basketball.
- The player receiving the pass will do the opposite of what the first person did (e.g. First person goes over, second person goes under).
- LOAD: Five dribbles right/left hand before passing it back; variations of dribbles.
- Parent involve - Team of parents vs. kids

Practice #9 Teamwork (Cont'd)

9F

Triangle Keep Away



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
THROWING
CATCHING

TIME
7 MINS

- Similar to "Monkey in the middle," this game's objective is to keep the basketball away from the "monkey" in the middle. The monkey in the diagram will be player #2. Player #2 must always stay within the square during this drill.
- Players are grouped in their teams. One player will be at the "rest station". In this diagram player #5 is in the rest station.
- Place four cones in a square formation.
- Three players will play offense and one player will play the "monkey" on defense.
- The three offensive players will each be stationed at a different cone.
- One cone will always be open.
- The player with the basketball can only throw left or right, but never over the head of the monkey to the opposite side.
- The players who do not have the basketball must either receive the pass or "fill in" the spot that is open.
- The defense will try their best to steal the basketball within 30 seconds and a new monkey will be designated as the defender. The player who was playing defense will rotate to the rest station, taking a break while the other 4 players are in the drill.

Teaching Notes

- It is important to keep the player in the middle engaged in this activity

9G

1-2 Step Lay-Ups



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
COORDINATION
JUMPING

TIME
6 MINS

9H

Pass It Down The Line



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
THROWING
CATCHING
COORDINATION

TIME
6 MINS

- 5 players evenly spaced out on the sidelines with cones.
- 5 players on each baseline in single file with a basketball
- First player passes down the line to each player that is standing in front of a cone
- When the player passing the ball reaches at the end of the line, they will then make a layup towards the basket
- Players waiting the line follows the same steps
- Same steps apply for left handed layups

DIAGRAM 1

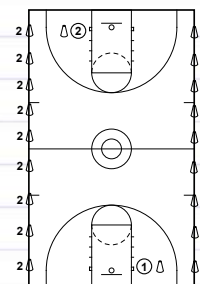


DIAGRAM 2



DIAGRAM 3

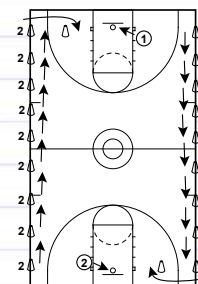
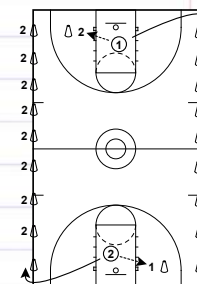


DIAGRAM 4



Practice #9 Teamwork (Cont'd)

WATER BREAK

Collaborative Games (4 mins)

91

Wolf & Sheep



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
PARENT
INVOLVEMENT

TIME
4 MINS

- The coach will designate a "safe zone" (e.g. the lane)
- A player or coach will be designated as the "wolf" and the rest of the players will be the sheep.
- All players will be dribbling about the court but are not allowed to hang around the safe zone.
- When the coach yells out, "The wolf is out!" the wolf will be allowed to steal the basketballs from the sheep.
- If the ball is stolen, the sheep will now become a wolf.
- The coach will stop the wolves by yelling "It's safe to play!" At which time the players will return to dribbling their basketballs around the court without getting their ball stolen.

Teaching Notes

- Change the safe zone to different places so players do not hang around it during the activity
- Change safe zone to half-court circle, semi-circle on the foul line, etc.

DIAGRAM 1

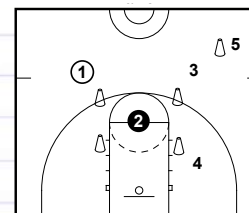


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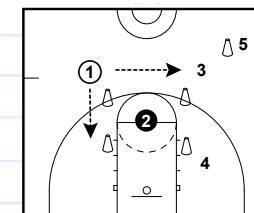


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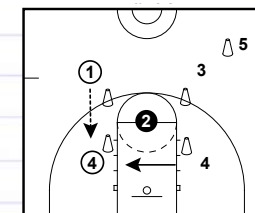


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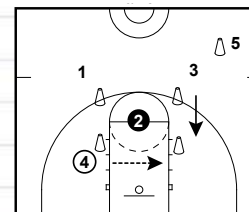


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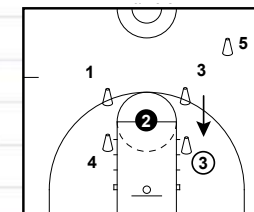


DIAGRAM 6



Cool Down/Wrap-Up (5 mins)

9J

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **TEAMWORK!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS

Practice #10

Respect

Download Quick Guide

10A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate Teamwork since we last had Jr. NBA?
- The key theme today is **Respect!**
 - Promote a respectful environment at all times
 - Be considerate and demand the same from your players

Warm-Up Games (8 mins)

10B

Coach Says



SKILLS

JUMPING
BALANCE
AGILITY

TIME
3 MINS

- "Coach Says" is similar to Simon Says. The objective of the game is to do everything the coach instructs, but he or she must say "Coach Says" before every request.
- When the coach states "Coach says down!" all players will slap the ground and yell "Defense!" as they assume a defensive stance.
- When the coach states "Coach says up!" all players will jump as high as they can, grab the basketball with their arms in the air, and yell "Rebound!"

- When the coach states, "Coach says this way!" and points to the right, all players will do a hop facing the right and then hop back facing the coach.
- When the coach states, "Coach says this way!" and points to the left, all players will do a hop facing the left and then hop back facing the coach.
- When the coach states, "Coach says fire!" all players will perform a quick feet drill, tapping their feet against the floor as fast as they can while yelling.

Teaching Notes

- Defensive stance – Feet shoulder width apart, knees bent, back straight, hands out wide to disrupt the offensive player

10C

Dynamic Warm-up



SKILLS

ALL SKILLS

TIME
1 MIN

10D

Pirate Treasure



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS

RUNNING
COORDINATION

TIME
4 MINS



WATER BREAK

Practice #10 Respect (Cont'd)

Fundamental/Basketball Skills (20 mins)

10E

Line Jumps

- Each player finds a line on the court.
- With two feet or one foot (right or left), players will jump
 - Back and forth
 - Side to side
 - X
 - 4 corners



SKILLS

JUMPING
AGILITY
BALANCE
COORDINATION



TIME
4 MINS

10F

Cone Jumps (Include Wall Passes)



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS

JUMPING
AGILITY
THROWING
RUNNING
COORDINATION



TIME
8 MINS

10G

Pass It Down The Line



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS

THROWING
CATCHING
COORDINATION



TIME
8 MINS

WATER BREAK

Collaborative Games (7 mins)

10H

Pirate's Gold



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
THROWING



TIME
7 MINS

Cool Down/Wrap-Up (5 mins)

10I

- What's the theme of the day?
How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Next week, tell me how you demonstrated **RESPECT!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS



Practice #11 (stations)

Leadership

Download Quick Guide

11A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate **Respect** since we last had Jr. NBA?
- The key theme today is Leadership!
 - Lead by example and be a good role model
 - Express a confident demeanour and project your voice

Warm-Up Games (8 mins)

11B

What Time Is It Mr. Ref (with basketball)



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
6 MINS

11C

Dynamic Warm-up



SKILLS
ALL SKILLS

TIME
2 MINS



WATER BREAK

Fundamental/Basketball Skills (15 mins)

See Stations In Appendix B for Set Up

11D

Shooting Lines



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
2 MINS

11E

Wall Passes



EQUIPMENT
BASKETBALL

SKILLS
THROWING
CATCHING

TIME
2 MINS

11F

Around the World



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
2 MINS

11G

Cone Jumps (Include Wall Passes)



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
JUMPING
AGILITY
THROWING
RUNNING
COORDINATION

TIME
2 MINS

Practice #11 Leadership (Cont'd)

11H

Toss & Catch/Toss, Clap, Catch



EQUIPMENT
BASKETBALL

SKILLS
COORDINATION
THROWING
CATCHING

TIME
2 MINS

11I

Dribble Relays/
Zig Zag



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
RUNNING
AGILITY
COORDINATION

TIME
2 MINS

WATER BREAK

Collaborative Games (12 mins)

11J

Pass It Down
The Line



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS
THROWING
CATCHING
COORDINATION

TIME
7 MINS

Cool Down/Wrap-Up (5 mins)

11K

- What's the theme of the day? How was it displayed on the court?
- What's one new thing that you learned today?
- Remember to bring your ball next week
- Remind your parents about "Bring Your Parents to Jr. NBA Day!"
- Make parents sign a waiver prior to participating in next week's practice
- Make sure your parents wear indoor footwear (sneakers)
- Remind parents "No Dunking!"
- Next week, tell me how you demonstrated **LEADERSHIP!**
- Bring it in...slow clap...Jr. NBA cheer!

TIME
5 MINS



Practice #12 (stations)

Health & Fitness

Download Quick Guide

12A

Open Gym/ Welcome Group Circle

TIME
5 MINS

- Welcome parents
 - Be Encouraging
 - No Dunking
 - Have Fun!
- Bring it in...slow clap...Jr. NBA cheer!
- How did you demonstrate a Leadership since we last had Jr. NBA?
- The key theme today is **Health & Fitness!**
 - Emphasize good and healthy lifestyles
 - Being active is the best way to have fun

Warm-Up Games (8 mins)

12B

What Time Is It Mr. Ref (with basketball)



EQUIPMENT
BASKETBALL

SKILLS
RUNNING
COORDINATION

TIME
6 MINS

12C

Dynamic Warm-up



SKILLS
ALL SKILLS

TIME
2 MINS



WATER BREAK

Fundamental/Basketball Skills (15 mins)

See Stations In Appendix B for Set Up

12D

Shooting Lines



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
2 MINS

12E

Wall Passes



EQUIPMENT
BASKETBALL

SKILLS
THROWING
CATCHING

TIME
2 MINS

12F

Around the World



EQUIPMENT
BASKETBALL
MINI-HOOP

SKILLS
THROWING

TIME
2 MINS

12G

Cone Jumps (Include Wall Passes)



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS
JUMPING
AGILITY
THROWING
RUNNING
COORDINATION

TIME
2 MINS

Practice #12 Leadership (Cont'd)

12H

Toss & Catch/Toss, Clap, Catch



EQUIPMENT
BASKETBALL

SKILLS

COORDINATION
THROWING
CATCHING



TIME
2 MINS

12I

Dribble Relays/
Zig Zag



EQUIPMENT
BASKETBALL
DISC CONE

SKILLS

RUNNING
AGILITY
COORDINATION



TIME
2 MINS



WATER BREAK

Collaborative Games (12 mins)

12J

Pass It Down
The Line



EQUIPMENT
BASKETBALL
MINI-HOOP
DISC CONE

SKILLS

THROWING
CATCHING
COORDINATION



TIME
7 MINS

Cool Down/Wrap-Up (10 mins)

12K

- What's the theme of the day?
How was it displayed on the court?
- What are one or more things that you learned throughout the program?
- Time to hand out the certificates!
- Everyone in the centre for a group photo!
- Bring it in...slow clap...Jr. NBA cheer!
- Parents, don't forget to fill out the program surveys online

TIME
10 MINS



Appendices

Appendix A

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Appendix A

Dynamic Warm-Up

Coaches: Please ensure that you only choose a few drills for your dynamic warm-up and NOT all of them

Crab Shuffles (Defensive Slides)

Starting in a crab lateral position facing the sideline in a ready stance, the player will be low with their arms out. The lead foot will be moving laterally by stepping towards the opposite baseline. The trail foot will then follow, but it is important that the feet do not cross! Keep a shoulder width distance at all times.

Tall Grass Run (High Knees)

Acting like they're in a field of tall grass, the players must take their leg up to their chest in a fast motion to get over the tall grass. Encourage participants to use their arms to move quickly through the field. Advise them to keep their backs straight and avoid leaning forward or backwards.

Hot Floors (Butt Kicks)

Acting like the floor is on fire, the players will place their hands behind their backs. They will keep their thighs perpendicular to the floor as the heels of their feet touch their hands. It will be a quick switch from one leg to the other.

Spider Steps (Carlota)

Starting in a lateral position facing the sideline, the "outside foot" is the designated foot facing the outside of the court. The "inside foot" is the designated foot facing the inside of the court. The player will begin by placing their outside foot over their

inside foot to the other side. The inside foot will then go under the lead foot (outside foot) back to the normal position. The outside foot will then go under the inside foot to the other side. The inside foot will once again go over the lead foot (outside foot) back to the normal position. Continue this pattern and make sure to perform this drill in both directions. The hips will be swiveling as the player moves laterally.

Lion Lunges (Walking Lunges)

Players are to take a step forward with their lead leg bent in a 90 degree angle, lowering their hips with their thigh parallel to the floor. The trail leg must be straight for balance. Starting with the trail leg, take a step forward again and it will become their lead leg bent in a 90 degree angle.

Backward Run

Running backwards, tell players to maintain arm action to increase speed.

Side-to-Side Kick

Players start by facing the wall with their hands on it roughly 0.5m away from the wall. Begin by swinging legs side to side, back and forth, across the body. It is best to increase the full range of motion with each swing to feel the stretch. Use the hips to swivel and maintain swing.

Front-and-Back Kick

Players start by standing beside the wall with the right leg closest to the wall and the right side of their body on the wall. Keep left leg in the stationary position and swing the right leg back and forth. Repeat with the other leg.



Appendix B

Activity Description

Drill (#-A-Z)	Description	Teaching Notes
1,2,3 Shots (Coordination, Jumping)	<ul style="list-style-type: none"> All players need a basketball and will start on the 3-point line located by the basket facing the coach. Phase 1: Knees bent in a frog position; basketball in front with the strong/dominant hand in the middle of the ball and other hand on the side of ball. Phase 2: Without moving from the frog position, players will lift the ball above their shoulders forming a 90 degree angle (like an elephant trunk) with both hands on the side acting as a holder. *NOTE* Ball must always be above strong hand elbow. Phase 3: Player will explode upwards using their legs and will simultaneously extend hands to shoot the basketball into the hoops. Remember to follow through. 	<ul style="list-style-type: none"> NO NETS! Drill designed to work on form and technique All players must be facing the coach
1-2 Step Lay-Ups (Coordination, Jumping)	<ul style="list-style-type: none"> Players will line up 1.5–2.0 metres away from the basket in a 45 degree angle. The players will implement what they have learned in the shadow lay-up drill. The players do not dribble the ball. Players will perform a lay-up with a basketball. If the baskets on both ends are the same height, the player who performed a lay-up will get his or her rebound and go to the opposite basket. If the baskets are not the same height; the player who performed the lay-up will get his or her rebound and rejoin at the back of the line. 	<ul style="list-style-type: none"> See diagram

Drill (#-A-Z)	Description	Teaching Notes
1-2 Step Lay-Ups <i>continued</i> (Coordination, Jumping)	<ul style="list-style-type: none"> Aim/Push Release Always use the backboard. Aim at the upper corner of the backboard square. Shoot the basketball softly. Player pushes the ball off of fingertips towards the upper corner of the square on the backboard. 	<ul style="list-style-type: none"> See diagram
Around the World (Throwing)	<ul style="list-style-type: none"> 5 shooting spots are placed around the hoop by cones. 2 players line up at each of the 5 spots. First player in each line will get a chance to shoot, then get their own rebound, then return to the back of the line. Each player will get to shoot 3 times, make or miss. After 3 attempts, they will rotate one to the right. Repeat steps. 	<ul style="list-style-type: none"> See diagram
Basketball Geography (Running, Coordination)	<ul style="list-style-type: none"> Players will start at Half Court. The coach will begin by showing the players the lines on the basketball court. Once all players understand the court markings, the coach will yell out a location on the basketball court, e.g. "Show me the baseline!" The players will then run to the location. Advise players playing the game for the first time to follow the crowd if they are not aware of the location. The coach will yell out another location, e.g. "Show me the sideline!" The players will then run to that location. Teaching Purpose: Coach says, "The baseline and the sideline make up the boundaries of the basketball court. Players are not allowed to go outside of the boundaries or else it will be a turnover." 	<ul style="list-style-type: none"> Coaches are to explain the different locations on the court and their purpose Locations on court Baseline/Sideline Foul/3-point line Key/ Block Half Court



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Basketball Geography <i>continued</i> (Running, Coordination)	<p>LOAD:</p> <ul style="list-style-type: none"> Coach to yell three locations Include a basketball 	
Catch from the Coach (Throwing, Catching)	<ul style="list-style-type: none"> Players will line up with a basketball on the side-line, arm's length apart. They will dribble the basketball. The coach will approach each player and ask for a pass. The coach will return the ball with a chest pass/bounce pass. The coach must be at an appropriate distance from the player so the player is able to catch/track the basketball correctly. The player will then continue to dribble the ball as the coach moves on to the next player in line. The coach will perform the same with the rest of the players. Coaches make sure that players keep their heads up while dribbling the basketball. 	<ul style="list-style-type: none"> The coach is able to switch dribble activities from right hand dribbles to left hand dribbles. Bounce Pass – Similar to a chest pass but with a bounce which hits the ground 2/3rds of the way to the receiver. See diagram
Cheetahs (Running)	<ul style="list-style-type: none"> Players line up on the baseline. The objective of this game is to run across to the opposite baseline without getting tagged. The coach will be the "Cheetah" at half court. The coach will yell "Cheetahs!" and the players will run towards the opposite baseline. If tagged, they will become a cheetah with the coach. Repeat process. 	<ul style="list-style-type: none"> Let players go through the first few rounds before catching them See diagram

Drill (#-A-Z)	Description	Teaching Notes
Cone Jumps (Include Wall Passes) (Jumping, Agility, Balance, Coordination, Throwing, Catching)	<ul style="list-style-type: none"> Cones are placed 6x3 lines parallel to the sideline. Places a basketball on top of the cone nearest to the wall, it will rest there. Each basketball must be at an appropriate distance in order for the player to perform a pass towards the imaginary target. Players will jump over each cone until they reach the end. When they reach the end, players will pick up the basketball and hit the imaginary target placed on the wall. Once completed, place the basketball down on the cone and hop back over the cones to the end of the line. 	<ul style="list-style-type: none"> See diagram
Coach Says (Defensive Slides) (Jumping, Balance, Agility)	<ul style="list-style-type: none"> "Coach Says" is similar to Simon Says. The objective of the game is to do everything the coach instructs, but he or she must say "Coach Says" before every request. When the coach states "Coach says down!" all players will slap the ground and yell "Defense!" as they assume a defensive stance. When the coach states "Coach says up!" all players will jump as high as they can, grab the basketball with their arms in the air, and yell "Rebound!" When the coach states, "Coach says this way!" and points to the right, all players will do a hop facing the right and then hop back facing the coach. When the coach states, "Coach says this way!" and points to the left, all players will do a hop facing the left and then hop back facing the coach. When the coach states, "Coach says fire!" all players will perform a quick feet drill, tapping their feet against the floor as fast as they can while yelling. 	<ul style="list-style-type: none"> Defensive stance - Feet shoulder width apart, knees bent, back straight, hands out wide to disrupt the offensive player



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Dribble Around the Defenders (Running, Agility, Coordination)	<ul style="list-style-type: none"> Cones are placed parallel to the baseline assigned to each team. The players will start on the sideline with their teams. Each player will have a basketball. When the coach says, "Go!" each player in front of the line will zig-zag through the cones and act as a defender. Players are encouraged to use both hands while dribbling, but not at the same time (i.e. when on the right side of the cone they will use their right hand; when on the left side of the cone they will use their left hand). The player will stay on the other end and wait for the rest of the team to finish. Go back and repeat the process. LOAD: The coaches can make the players go all at once continuously, depending on how fast they can pick up the drill. It is encouraged that the players keep their heads up because they might run into each other. 	<ul style="list-style-type: none"> See diagram
Dribble Relays/Zig Zag (Running, Agility, Coordination)	<ul style="list-style-type: none"> Players are on each baseline in 4 lines, shown in diagram 1. A cone is placed at close to half court, directly in front of each respective line. The first person in each line will dribble with their dominant hand towards the cone. Once the player reaches the cone, they will go around it and head back towards their line. Next player goes. LOAD: Weak hand dribbles back and forth, left to right. Place cones in a zig zag formation. 	<ul style="list-style-type: none"> See diagram

Drill (#-A-Z)	Description	Teaching Notes
Fast Break Team Pass (Throwing, Catching, Coordination)	<ul style="list-style-type: none"> Disc cones are placed in an oval shape around the perimeter of the court. The basketball will start with the players on the right hand side of the basket on both ends with the extra players forming a line. See diagram 1. After they pass the basketball the player will fill in their teammate's spot. See diagram 2. Once the basketball reaches the end of the line, the player will make a lay-up. Make or miss, the player will get their rebound, pass it to the next player at start of the drill and then go the back of the line on the opposite side. See diagram 3. LOAD: Once the players understand the drill, the coach is able to add extra basketballs to get more players moving/participating. 	<ul style="list-style-type: none"> See diagram
Fingertips/ Circle Basketballs (Catching)	<ul style="list-style-type: none"> All players need a basketball located on the sideline. They must follow what the coach does. The coach will start off by warming up the fingers by doing finger taps using their fingertips. The coach will then put the basketball around their chest, waist, knee and head level. Players will mimic the coach's movements. After a few times, the coach will instruct them to change directions. 	<ul style="list-style-type: none"> Players may have a difficult time circling the basketball around their body therefore encourage them to circle it against their body. (SEE VIDEO)



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Follow the Leader (Running, Coordination)	<ul style="list-style-type: none"> Players are separated into two teams, one team per coach. The coach will be the leader starting off. The coaches will walk/jog around the gym doing an action (e.g. circling the basketball around their waist). The players must follow the leader and do whatever he or she is doing. The players will do the action for about 15-20 repetitions before changing to another action (e.g. shuffle/lateral dribbles). If the players are comfortable enough, the coach will only do one action, then go to the back of the line so the next person in line can be the new leader. 	<p>Actions:</p> <ul style="list-style-type: none"> Circle around ankles, knees, leg, waist, head Finger taps high, mid, low Left, right, shuffle, cross-over dribbles
Freeze Tag (Running)	<ul style="list-style-type: none"> One player or coach will be designated as the person who is "it". When a person designated as "it" tags other players, they are "frozen" and must stand in place without moving until they are "unfrozen." An "unfrozen" player may "unfreeze" others by touching them. Use the full gym for this game. 	
Frog Jumps (Jumping)	<ul style="list-style-type: none"> All players will start on the sideline Each player will be in a frog position (knees bent, butt down, hands in front) They will then explode upwards from a frog position and jump as high as they can. The players jump until they reach the opposite sideline. 	

Drill (#-A-Z)	Description	Teaching Notes
Give & Go with Coach (Running, Coordination, Throwing)	<ul style="list-style-type: none"> The players will be grouped into 2 teams starting in diagonal corners of the half court facing the basket with a basketball. One coach will be at one basket and the other coach will be at the other basket. The players will wait for the coach's command. When the coach says "Go," the player will dribble the basketball towards the basket then pass the ball to the coach. The coach will return the pass and the player will complete the drill by performing a lay-up. The player will then get their rebound and return to the back of the line. 	<ul style="list-style-type: none"> Coaches be vocal and coach your players! Set a goal for the whole team to achieve. For example, "Today's practice, we have to make 5 lay-ups as a team." See diagram
Half Court Continuous Shooting (Throwing)	<ul style="list-style-type: none"> Players line up in front of hoops. Ten in each line. First player in line will shoot the basketball by demonstrating the 1, 2, 3 shots exercise instructed by the coach. The coach will say <ul style="list-style-type: none"> "One!" and the player will go down in a frog position "Two!" the players will lift up the basketball "Three!" they will explode upwards to shoot the basketball. The player who shoots the basketball will get the rebound and return to the back of the line. 	
Line Jumps (Jumping, Agility, Balance, Coordination)	<ul style="list-style-type: none"> Each player finds a line on the court. With two feet or one foot (right or left), players will jump <ul style="list-style-type: none"> Back and forth Side to side X 4 corners 	



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Octopus (Running, Coordination)	<ul style="list-style-type: none"> Players line up on the baseline with a basketball. The objective of this game is to dribble the basketball across to the opposite baseline without getting the ball stolen. The coach will be the "Octopus" at half court. The coach will yell "Octopus!" then the players will dribble the ball towards the opposite baseline. If the ball gets stolen, they will put their ball away and become an octopus with the coach. Repeat process. 	<ul style="list-style-type: none"> Let players go through the first few rounds before stealing the basketball
Over/Under Relays (Coordination)	<ul style="list-style-type: none"> The players will line up with their teams on the baseline (e.g. 4 lines, 5 players on each team). The player in front of the line will have the basketball. He or she will either go over the heads of their teammates or under their legs to pass the basketball. The player receiving the pass will do the opposite of what the first person did (e.g. First person goes over, second person goes under). LOAD: Five (5) dribbles right/left hand before passing it back; variations of dribbles. 	<ul style="list-style-type: none"> Coaches may try to mix up the teams to encourage teamwork and sportsmanship
Partner Ball Carry (Balance, Coordination)	<ul style="list-style-type: none"> Players are paired up according to their height and will start on the baseline or sideline (e.g. 5 lines of 2 pairs or 2 lines of 5 pairs). First pair in each line will start by placing the basketball on their hips. They are not allowed to use any other body parts to carry the basketball, i.e. no hands. 	

Drill (#-A-Z)	Description	Teaching Notes
Partner Ball Carry <i>continued</i> (Balance, Coordination)	<ul style="list-style-type: none"> The ball must always be in the side-to-side position so players cannot be back-to-back or side-to-back. Hands must be raised so no contact between the hands and the ball can occur. If the ball drops, simply pick up the ball and go back to where the ball was dropped. Change the location of the ball (e.g. if started with the hips, change it to shoulders). 	<ul style="list-style-type: none"> Hips Shoulders Knees Forehead Players are encouraged to cheer for their teammates One ball per line
Pass It Down The Line (Throwing, Catching, Coordination)	<ul style="list-style-type: none"> Nine (9) cones are placed evenly on the sideline. One (1) cone will be played at the start of the drill, see diagram 1. Each player will stand beside a cone. The player at the starting cone will have a basketball. The player with the basketball will pass the ball down the line until it reaches the last player. As this is happening, players will move to the next cone after passing the basketball. Once the player receives the basketball back from the last teammate, he or she will then perform a lay-up, see diagram 3. Make or miss, he or she will get the rebound and pass the basketball to the first person on the opposite team. Then the player will return to the back of the team's line, see diagram 4. 	<ul style="list-style-type: none"> See diagram

Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Pirate's Gold (Throwing)	<ul style="list-style-type: none"> Players are separated into two lines of ten players facing the hoop in single file. Cones are placed on each side of the court (e.g. 10 cones for team 1 and 10 cones for team 2, with the half court line dividing the teams) One basketball in the front of each line. Each player will get one attempt to shoot the basketball. Make or miss, the player will rebound the basketball and pass it to the next person in line. If the player misses, they will return to the back of the line. If the player scores, the player will take a cone from the other team's side and place it on their side. Players obtaining the cone must yell "ARRRGHH!!" like a pirate to indicate the other team they are taking a treasure (Cone) 	<ul style="list-style-type: none"> Players are to encourage teammates Players obtaining the cone must yell "ARRRGHH!!" like a pirate to indicate the other team they are taking a treasure (Cone)
Pirate Treasure (Running, Coordination)	<ul style="list-style-type: none"> The objective of the game is to collect the other cones and place them in your team's corner. Players are NOT allowed to protect their corner. All players must be dribbling the basketball at all times while getting cones from the other team's corner. After a certain amount of time, the coach will end the game. The team with the most cones wins. 	<ul style="list-style-type: none"> Encourage players to dribble at all times especially when they are taking cones from the other corner Encourage players to dribble diagonally while getting cones from the opposite corner See diagram

Drill (#-A-Z)	Description	Teaching Notes
Red Light, Yellow Light, Green Light, Orange Light (Running)	<ul style="list-style-type: none"> Players will start on the baseline or sideline with a basketball. When the coach says "Green light," the player will jog/run towards the other baseline while dribbling. When the coach says "Yellow light," the player will move slowly while dribbling. When the coach says "Red light," the player stops in a ready stance. When the coach says "Orange light," the player must place the basketball down and run around the basketball in a circle before picking it up. Remind the younger players who are just learning that this is not a race. LOAD: When the coach says "Red light," and the player is still moving, the player must return to the baseline and start over. 	<ul style="list-style-type: none"> On red light, players are advised to perform a jump, stop, ready/ athletic stance Ready stance – Feet shoulder width apart, knees bent, back straight, hands in shooting position
Righty-Lefty (Running, Coordination)	<ul style="list-style-type: none"> All players will start on the baseline with a basketball. They will dribble the basketball to half court using their right hand. Once they pass half court they will switch hands to the left and will continue towards the opposite baseline, dribbling with their left hand. They will repeat the same process going back to the opposite baseline. 	<ul style="list-style-type: none"> LOAD: Skip, backwards walk/job, shuffle while dribbling
Run, Freeze, Balance (Running, Balance, Agility)	<p>All players are scattered using the full court.</p> <ul style="list-style-type: none"> Step 1: The coach will say "Go!" and the players will start to run around the gym Step 2: The coach will then yell "Freeze!" and the players will freeze like a statue Step 3: The coach can add other factors like "Stand on your right leg only" Step 4: Repeat Steps 1-3 	



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Shadow Lay-Ups (Coordination, Jumping)	<ul style="list-style-type: none"> Players line up on the baseline or sideline. Coach will focus on lay-up footwork. For right handed lay-ups, put right foot forward, left foot follows and explodes up. Right hand and right leg rise at the same time. For left handed lay-ups, put left foot forward, then right foot follows and explodes up. Left hand and left leg rise at the same time. The players will perform this activity towards the baseline/sideline and back. 	
Shooting Lines (Throwing)	<ul style="list-style-type: none"> Players are in two lines. One line on each side diagonal to the mini-hoops (5 players on each side = 10 players on one half of the court) Players must perform one shooting action at a time. They will get their own rebound, pass it to the next person in the line, and then return to the back of the line. <p>B.E.E.F</p> <ul style="list-style-type: none"> Balance – Feet shoulder width apart and knees bent. Eyes – Choose a target (Front rim, center of hoop or back rim). Elbow – Locked in an “L” shape with the ball above elbow. Follow Through – Straighten elbow and shoot over the rim. 	<ul style="list-style-type: none"> One basketball each line Kids are encouraged to cheer for their team-mates Scores will NOT be kept

Drill (#-A-Z)	Description	Teaching Notes
Skip Tag (Running, Jumping, Coordination)	<ul style="list-style-type: none"> One player or coach will be designated as the person who is “it.” All players, including the person who is “it,” will be skipping to move (elaborating on the 1, 2 lay-up form, same hand + same leg). When a player is tagged, they will join the person who is “it.” Players that are “it” will need to skip to catch the other players. 	<ul style="list-style-type: none"> Coaches, be sure to watch players who are running and encourage them to skip
Stations* (Catching, Throwing, Agility, Coordination, Jumping, Balance, Running)	<p>Station Phase 1:</p> <ul style="list-style-type: none"> Court 1 – Shooting Lines Court 2 – Wall Passes <p>Station Phase 2:</p> <ul style="list-style-type: none"> Court 1 – Around the World Court 2 – Cone Jumps (Include Wall Passes) <p>Station Phase 3:</p> <ul style="list-style-type: none"> Court 1 – Toss & Catch/Toss, Clap, Catch Court 2 - Dribble Relays/Zig Zag 	<ul style="list-style-type: none"> 10 players in each half Rotate every 2-3 minutes See diagram
Stationary Dribbling - Follow the Coach (Balance)	<p>Players will be scattered in front of the coach. The players will mimic everything the coach does. Coach will instruct players with the following:</p> <ul style="list-style-type: none"> Dribble right hand! Dribble high above shoulders, waist, knees Dribble left hand! Dribble high above shoulders, waist, knees Front crossover dribble Dribble on one knee, dribble on two knees, dribble sitting down/laying down 	



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Stationary Partner Passing (Throwing, Catching)	<ul style="list-style-type: none"> Players are partnered up and an appropriate distance for them to pass the basketball. Player with the basketball will pass the basketball by taking a step forward and extending their elbow with thumbs pointing down or towards their target. Player receiving the pass will take a step forward to reach and catch for the basketball. Repeat steps 	<ul style="list-style-type: none"> Chest pass Bounce pass Overhead pass
Swipers (Coordination, Running)	<ul style="list-style-type: none"> All players should have a basketball. Coach will direct players to dribble around the full court. When the coach yells out "Swipers!" all players will be allowed to steal/knock away other players' basketballs. If the basketball gets knocked away, the player must raise the basketball over his or her head and call for their teammates (e.g. "LAKERS! LAKERS! LAKERS!") Another teammate will roll the basketball between their legs allowing them to come back into the game. 	<ul style="list-style-type: none"> LOAD: Coaches can add in different types of dribbling once players can do this. (E.g. Speed dribbles, power dribbles, low dribbles, etc.)

Drill (#-A-Z)	Description	Teaching Notes
Triangle Keep Away (Throwing, Catching)	<ul style="list-style-type: none"> Similar to "Monkey in the middle," this game's objective is to keep the basketball away from the "monkey" in the middle. The monkey in the diagram will be player #2. Player #2 must always stay within the square during this drill. Players are grouped in their teams. One player will be at the "rest station". In this diagram player #5 is in the rest station. Place four cones in a square formation. Three players will play offense and one player will play the "monkey" on defense. The three offensive players will each be stationed at a different cone. One cone will always be open. The player with the basketball can only throw left or right, but never over the head of the monkey to the opposite side. The players who do not have the basketball must either receive the pass or "fill in" the spot that is open. The defense will try their best to steal the basketball within 30 seconds and a new monkey will be designated as the defender. The player who was playing defense will rotate to the rest station, taking a break while the other 4 players are in the drill. 	<ul style="list-style-type: none"> It is important to keep the player in the middle engaged in this activity See diagram



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
Toss & Catch/ Toss, Clap, Catch (Coordination, Throwing, Catching)	<ul style="list-style-type: none"> All players need a basketball. Toss & Catch requires players to focus on the ball. The player with two hands holding the basketball will "toss" it up and catch it on its way down. Players are encouraged to always keep their eyes on the basketball (tracking the ball) and to toss it vertically, not forward/backward/sideward. Toss, Clap, Catch is similar to Toss & Catch but with the requirement to "clap" while the basketball is in the air. Players are recommended to toss the basketball higher in order to accomplish this activity successfully. Depending on their skill level, allow the basketball to hit the floor while the player claps and then catch the basketball. 	<ul style="list-style-type: none"> Make sure there is a good amount of space between players Players are to use the full gym For higher-skilled players, introduce 2, 4, 6 claps
Volcanoes & Craters (Coordination, Balance)	<ul style="list-style-type: none"> Place ten disc cones upwards and ten disc cones downwards scattered around the gym. The players will be separated into two groups: one group will be "Volcanoes" and the other group will be "Craters." A volcano is the disc cone facing upwards. A crater is the disc cone facing downwards. A volcano's objective is to dribble around the basketball court and turn over all the crater cones to make them volcanoes. 	<ul style="list-style-type: none"> Players are to move around and turn over as many cones as possible Players are not allowed to guard one cone

Drill (#-A-Z)	Description	Teaching Notes
Volcanoes & Craters <i>continued</i> (Coordination, Balance)	<ul style="list-style-type: none"> A crater's objective is to dribble around the basketball court and turn over all the volcano cones to make them craters. Once they have turned over the cone, they must move on to the next one. Coach should set the time to 5 minutes. After 5 minutes, the greater amount of volcanoes or craters, is declared the winner. 5 minutes left, play again! 	
Wall Passes (Throwing, Catching)	<ul style="list-style-type: none"> All players need a basketball. Players will stand approximately 1.0m-1.5m away from the wall, depending on the skill level of the player. The coach will advise the players to aim for an imaginary target on the wall for them to hit with the basketball. The player will throw the ball at the wall and try to catch it when it returns. 	<ul style="list-style-type: none"> Balls thrown higher on the wall give kids more time to adjust their hands and reaction time to catch the ball
What Time Is It Mr. Ref? (Running, Coordination)	<ul style="list-style-type: none"> All players will start on the baseline. The coach ("Mr. Ref") will either start on the opposite baseline or half court line facing the other direction so he/she is not able to see the players. The players will yell "What time is it Mr. Ref?" together. The coach will then respond by yelling out a number (e.g. "10 o'clock!") The players will then take ten big steps towards the other baseline. 	<ul style="list-style-type: none"> Watch for players who are not taking the correct amount of steps and encourage them to play by the rules Remember the theme of practice – Sportsmanship!



Appendix B Activity Description (Cont'd)

Drill (#-A-Z)	Description	Teaching Notes
What Time Is It Mr. Ref? <i>continued</i> (Running, Coordination)	<ul style="list-style-type: none"> After completing the steps, the players will ask, again, "What time is it Mr. Ref?" if the coach yells out "Game time!" the coach is allowed to turn around to tag the player(s). The players will run back to the baseline before they are caught to be "safe" Once caught, the player now joins the referee. LOAD: Include a basketball 	
Wolf & Sheep (Running)	<ul style="list-style-type: none"> The coach will designate a "safe zone" (e.g. the lane) A player or coach will be designated as the "wolf" and the rest of the players will be the sheep. All players will be dribbling about the court but are not allowed to hang around the safe zone. When the coach yells out, "The wolf is out!" the wolf will be allowed to steal the basketballs from the sheep. If the ball is stolen, the sheep will now become a wolf. The coach will stop the wolves by yelling "It's safe to play!" At which time the players will return to dribbling their basketballs around the court without getting their ball stolen. 	<ul style="list-style-type: none"> Change the safe zone to different places so players do not hang around it during the activity Change safe zone to half-court circle, semi-circle on the foul line, etc.
Zig-Zag Jumps/Bounds (Agility, Balance, Coordination)	<ul style="list-style-type: none"> Place Disc Cones in a V formation. 1-2-2 for each team. Player will jump from one cone to the other by jumping with two feet. Players should line up at the bottom of the V. Each player will go one at a time then return to the end of the line. 	<ul style="list-style-type: none"> See diagram

Drill (#-A-Z)	Description	Teaching Notes
Zoo Keeper (Running)	<ul style="list-style-type: none"> Players are paired up according to their abilities. Designate a "partner one" and "partner two" in each pair. Have all partner ones (Zoo Keepers) go to the centre of the gym, face the centre, and cover their eyes. Partner twos (the Animals) "escape" their partners by moving through the space with an animal movement that you choose. On the command "Zoo keepers, find your animals!" the zoo keepers open their eyes and must locate and gently tag their partner to 'capture' them. Once captured, the zoo keepers must accompany their partners and take them back to the zoo (designate a zoo location on the court). Have partners switch roles and repeat an equal number of times. Coaches, watch for players who are running and encourage them to participate correctly by moving like an animal. 	<ul style="list-style-type: none"> Frogs (Jumping) Kangaroos (Shooting) Crab (Defense Shuffle) Cheetah (Sprinting) #1 Rule: No Running! (Unless as a cheetah) Players are ONLY supposed to catch their partners

Appendix C Diagrams

1-2 Step Lay-Ups

DIAGRAM 1

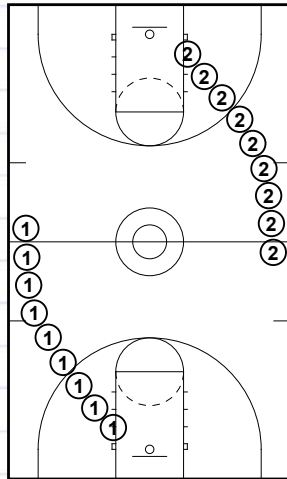


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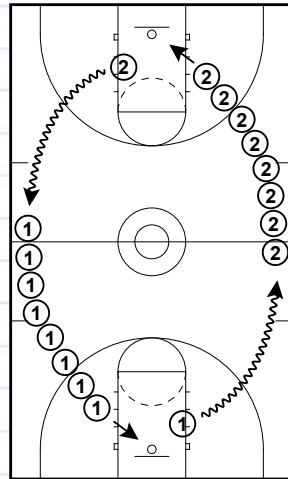
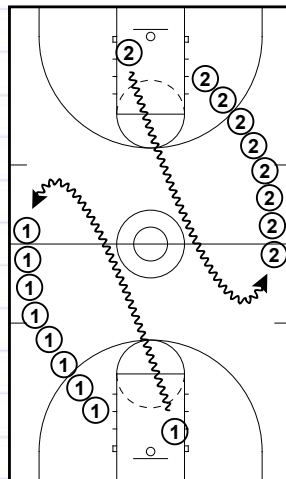


DIAGRAM 3



Around The World

DIAGRAM 1

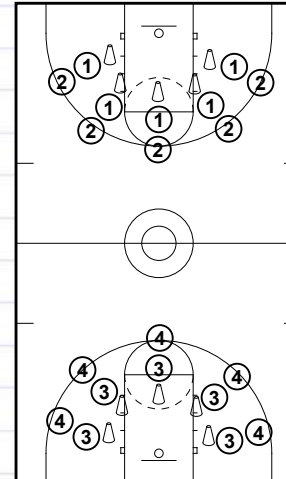


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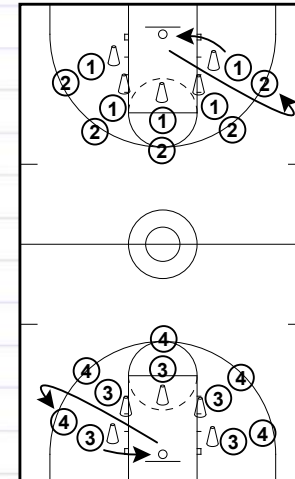


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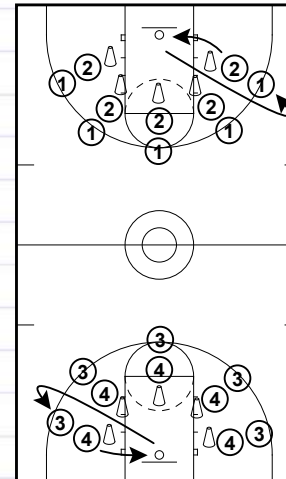
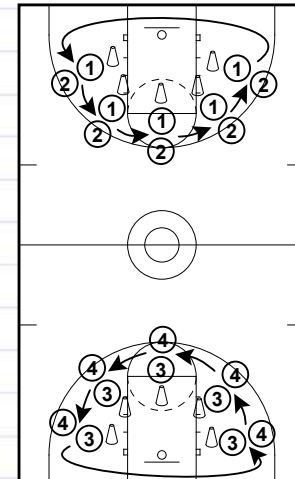


DIAGRAM 4



Appendix C Diagrams (Cont'd)

Catch From The Coach

DIAGRAM 1

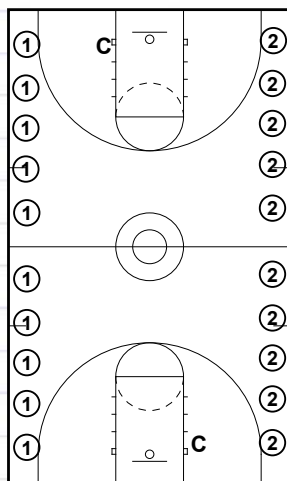


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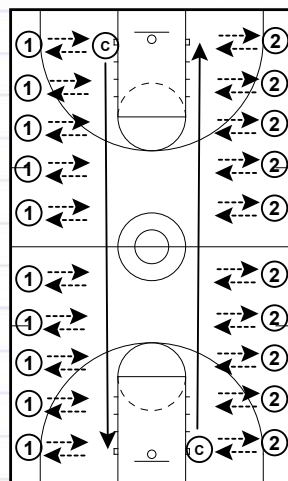
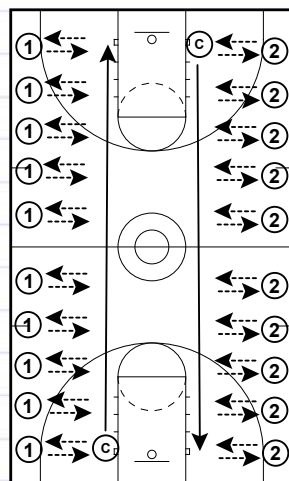


DIAGRAM 3



Cheetahs

DIAGRAM 1

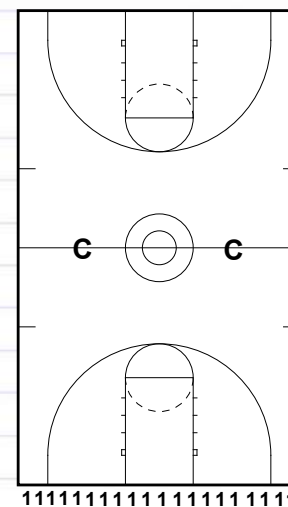


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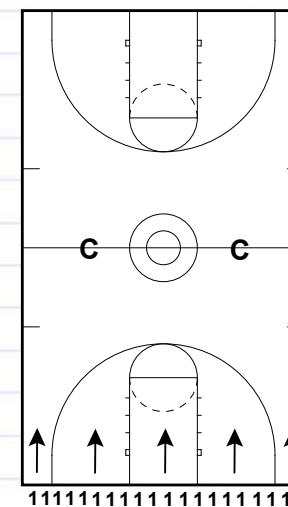
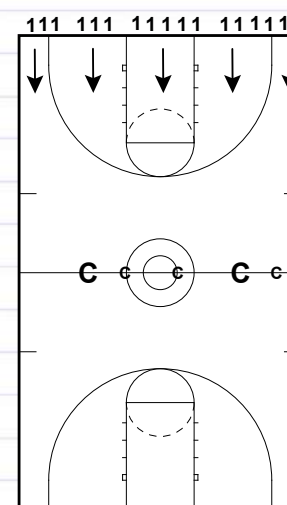


DIAGRAM 3



Appendix C Diagrams (Cont'd)

Cone Jumps (Include Wall Passes)

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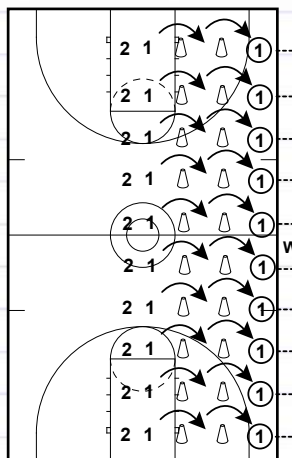


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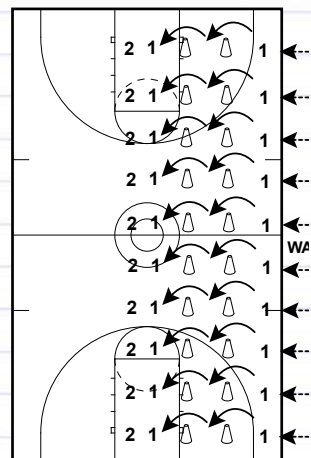


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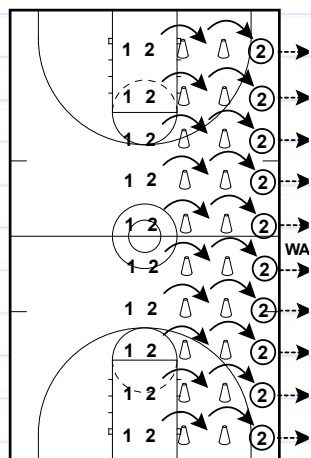
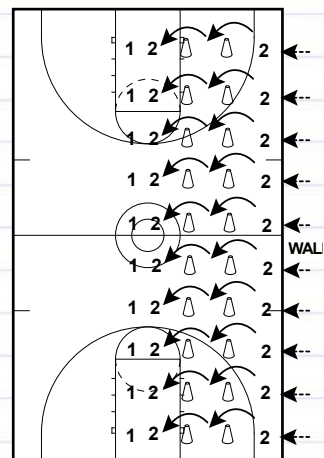


DIAGRAM 4



Dribble Around The Defenders

DIAGRAM 1

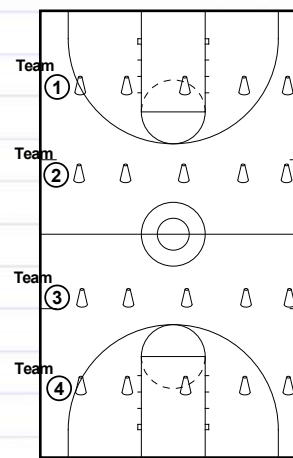


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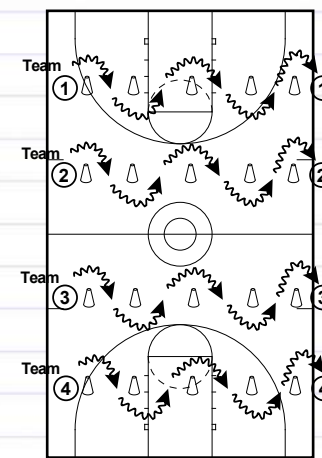


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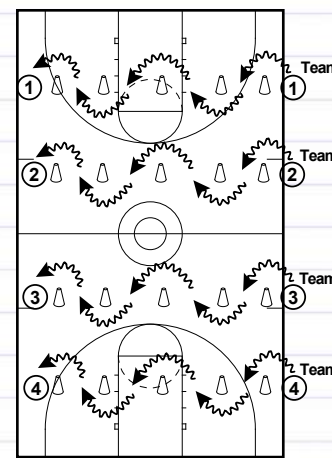
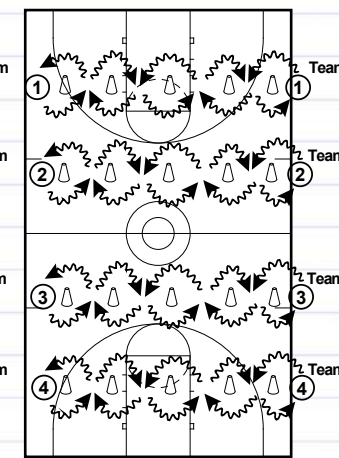


DIAGRAM 4



Appendix C Diagrams (Cont'd)

Dribble Relays / Zig Zags

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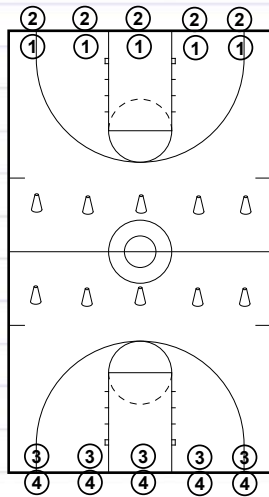


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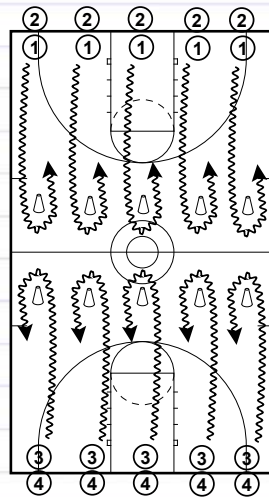


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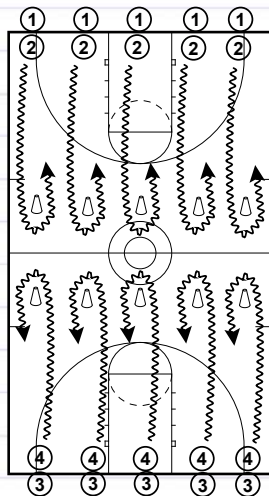
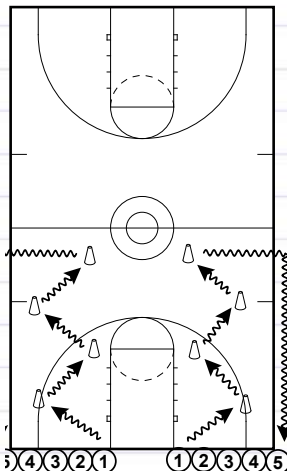


DIAGRAM 4



Fast Break Team Pass

DIAGRAM 1

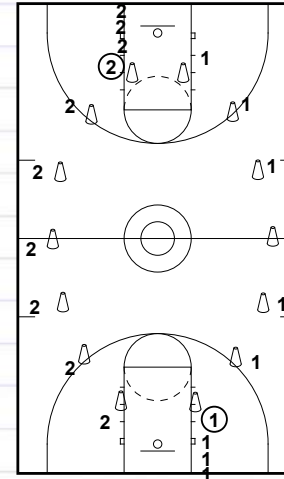


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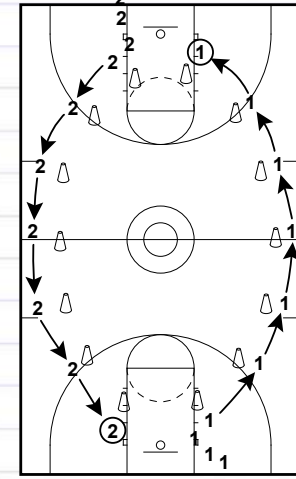
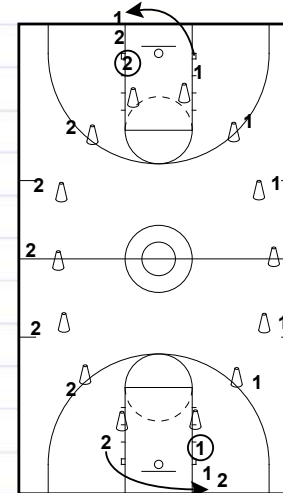


DIAGRAM 3



Appendix C Diagrams (Cont'd)

Give & Go with Coach

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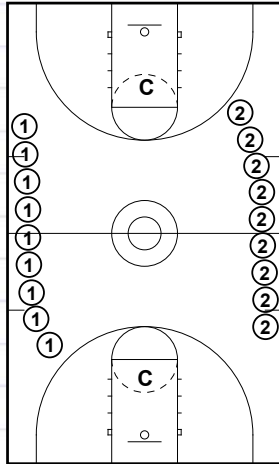


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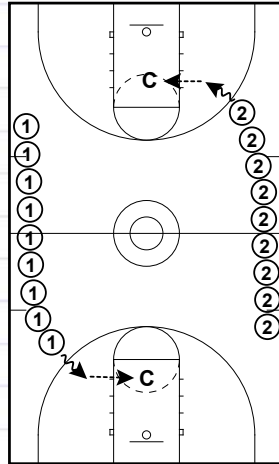


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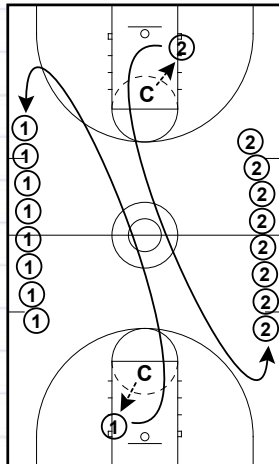
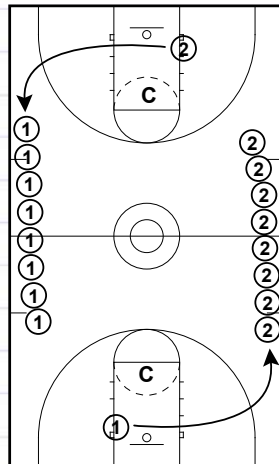


DIAGRAM 4



Pass It Down The Line

DIAGRAM 1

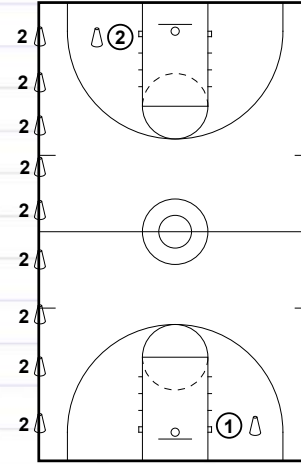


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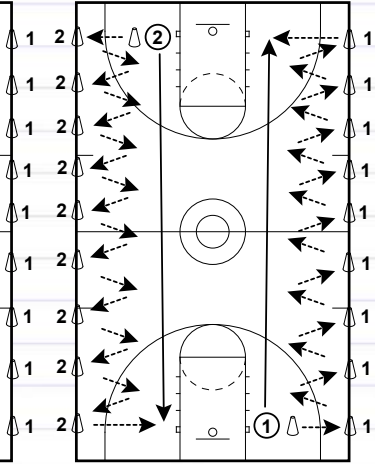


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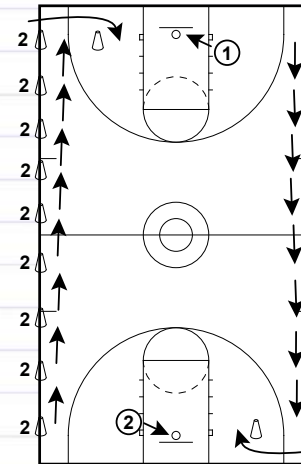
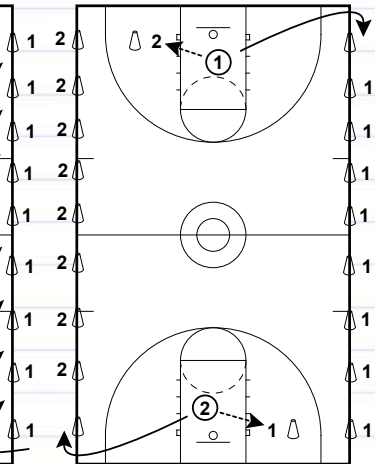


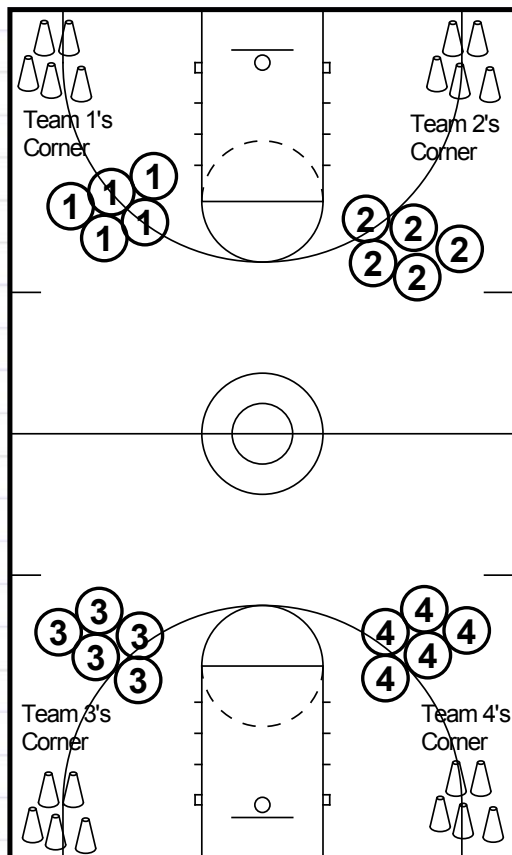
DIAGRAM 4



Appendix C Diagrams (Cont'd)

Pirate Treasure

DIAGRAM 1



Stations

DIAGRAM 1

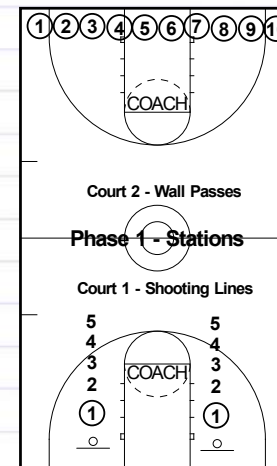


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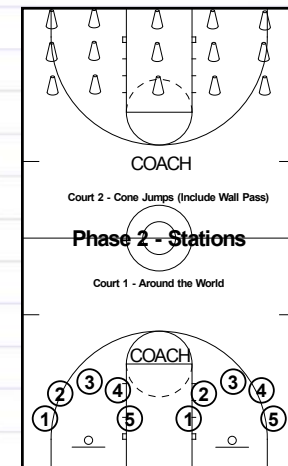
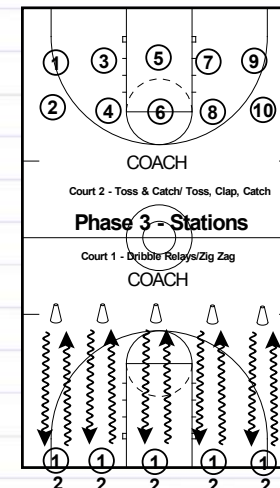


DIAGRAM 3



Appendix C Diagrams (Cont'd)

Triangle Keep Away

DIAGRAM 1

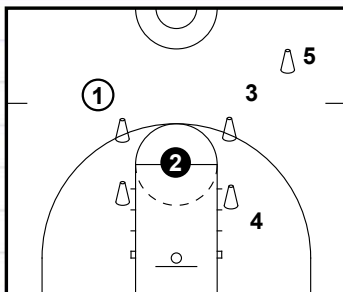


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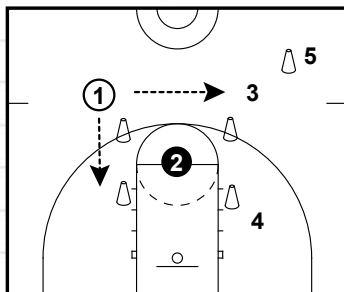


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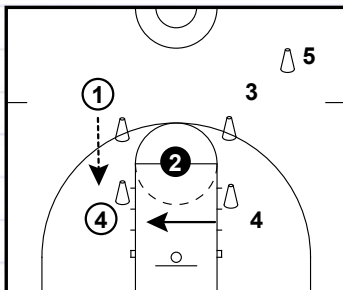


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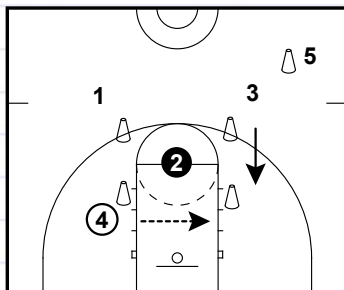


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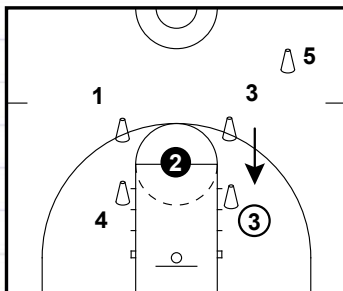
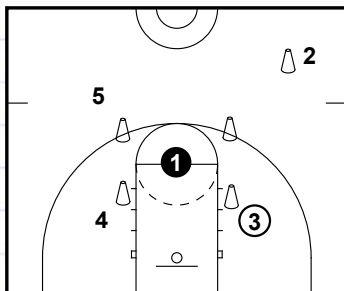


DIAGRAM 4



Appendix D

Glossary

Baseline: The line at each end of the court, under each basket.
Also: end line.

Bounce pass: A pass thrown by a player to a teammate that bounces on the floor.

Centre: Tallest player on the team. Has the ability to rebound the basketball effortlessly because of their height. Able to post up with their back to the basket and use a pivot to score the basketball.

Double dribble: A violation in which a player dribbles the ball, stops, then begins to dribble again.

Dribble: Bounce the ball.

Fast break: A play in which a team gains possession and then pushes the ball down court quickly, hoping to get a good shot off before the other team has a chance to get back and set up on defense.

Foul: A violation. Usually, illegal contact between two players.

Free throw: An uncontested shot from 15 feet, worth one point. A player who is fouled while in the act of shooting receives two free throws. Three point shot equal three free throws. Also: foul shot.

Give-and-go: A fundamental play in which one player passes to a teammate, then cuts to the basket to receive a return pass for an open layup.

Hoop: Basket or rim.

Lane: The painted area between the end line and the free-throw line near each basket, outside which players line up for free throws. Also: Key, 3 second area, or paint.

Net: The cord, 15 to 18 inches long, that hangs from the rim of the basket.

Pivot: The act of changing directions, by keeping one foot planted on the ground while stepping in one or more directions with the other foot.

Point Guard: Player is the team's best passer and ball handler. They push the ball upcourt and run the offensive play

Power Forward: Player who is quicker around the basket both on offense and defense compared to a center. Has strong ability to catch passes and hit shots near the basket.

Rebound: Gather in and gain control of a missed shot; a missed shot that is retrieved.

Set shot: A shot taken while a player has both feet on the floor in a set position. Common in basketball's early years, it is now all but extinct, having given way to the harder-to-block jump shot.

Shooting Guard: Player is the team's best shooter. They carry majority of the scoring load having the ability to score in many different ways.

Small Forward: All-around player that is capable of dribbling the basketball and strong to be in the post. They are very versatile because they have the ability to score both from the perimeter and from inside.

Three-point shot: A field goal worth three points, taken from beyond an arc. An arc that is 23 feet nine inches at the top and 22 feet on the baselines, measured from the middle of the basket.

Transition: The movement from offense to defense, or vice versa, when the ball changes possession.

Traveling: A violation in which a player takes too many steps without dribbling the ball. Also: walking.

Triple Threat: Offensive player in a position ready to pass, dribble or shoot.

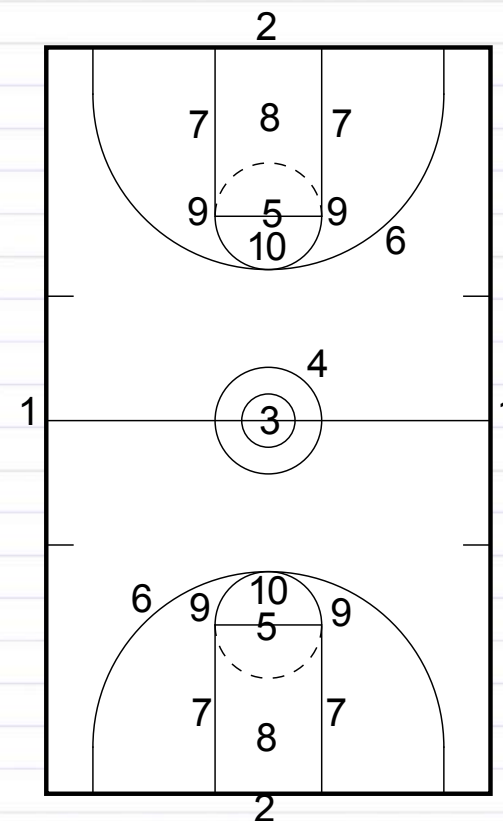
Turnover: Loss of ball, either through an errant pass, dribble or an offensive foul.

Appendix E

Court Markings

- 1. Sideline** – two boundary lines running the length of the court. Along this line and the baseline establish the size of the playing area.
- 2. Baseline/ End line** – runs from the sideline to sideline behind the backboard and the ends of the court.
- 3. Half Court Line** – divides the court in half. Offensively once the ball crosses the mid court line it becomes a boundary line reducing the offensive playing area in half.
- 4. Half Court Circle** – Circle in the midpoint of the court where the opening game tip off occurs, this is the initial jump ball that starts the game.
- 5. Foul line** – Line 15 feet from the backboard and parallel to the end line where players shoot free throws.
- 6. Three Point Line** – Field Goals made from outside this Three Point Line or arc count as three points. The distance of the three point line from the basket varies according to the different levels of play.
- 7. Lane lines** – are boundaries running from the free throw line to the baseline. The lane lines also contain lane spaces markings used to align and separate the players that are rebounding during a free throw.
- 8. 3 Second area** – area where offense player violation remains within the in the lane for more than 3 seconds.
- 9. Elbow** – area of court where the free throw line meets the lane line.

- 10. Block** – is buffer area painted on the lane line separating offensive and defensive players during the free throw attempt. Also a strategic area where both offensive and defensive players establish position.
- 11. Top of the Key** – is area straight out from the basket just outside the free throw circle.



Appendix F

Health & Safety

Preparation:

We recommend that all coaches take a first aid course prior to coaching. You should check to see what other coaching staff and parents have completed first aid training. The coach should be prepared for any medical situation, which includes:

- Always having a charged cellular device.
- Always have a fully stocked first aid kit at every practice. Items that should be present in each first aid kit include ready-to-use ice packs, elastic bandages, disinfectants, various sizes of Band-Aids, eye drops, and cotton balls. It is the coach's responsibility to replenish the first aid kit after each practice.
- Bring player information forms with player medical and parent contact information to each practice.
- Understand specific medical situations. For example, if a player suffers from asthma, you want to know where he or she keeps their inhaler. Or if a player has diabetes, you'll want to know how the parents prefer to handle any potential crises.
- Jewelry, such as necklaces or earrings, should not be worn during basketball practices.
- Remember R.I.C.E. (Rest, Ice, Compression, Elevation) for sprains.
- Know how to contact emergency response services, address of your gym, and how to contact parents in the event of an emergency.

The more prepared you are, the easier and safer your job will be!

Dealing with Injuries:

If the pain or swelling does not decrease after 48 hours, make an appointment to see a doctor right away!

Ice is always the best solution for most bumps, bruises and scrapes. When an injury occurs, ice it immediately for 15 minutes, and if necessary, keep using the ice occasionally over the next few days. The injury should be iced for 15-20 minutes 3-4 times a day. After a day or two of R.I.C.E., many sprains, strains, or other injuries will begin to heal.

Coaching Children with Asthma

Have you ever noticed any of your young players having difficulty breathing on the court? Your player may have asthma. However, he or she can still play basketball if he or she learns how to control asthma symptoms.

As a coach, here are some things you can do:

- Be aware of common asthma triggers. Exercise, along with allergens, irritants, weather, colds, and flu can affect the airways of your players with asthma and may trigger their symptoms.
- Keep an eye out for asthma symptoms, such as coughing, wheezing, shortness of breath, and chest tightness. Parents and healthcare professionals can also help you recognize symptoms.
- Request an Asthma Action Plan from the child's parent or guardian.
- Make sure your players with asthma always carry their fast-acting inhaler for sudden emergencies. Know where the player keeps his or her inhaler always.
- Call the local emergency number for help if a player's asthma symptoms become severe.

You play an important role in keeping players healthy on and off the court.



Tips

Advising Parents

For parents of young players there is one guiding principle: If you want your young player to develop a love for basketball, he or she must first develop a passion for the game. To do that, he or she must enjoy the game and see basketball, particularly at a young age, as an activity that comes with a smile. That's where it all starts – nothing more than an activity where the child can bounce the ball a few times and maybe shoot the ball into a basket. That's how the basketball seed is planted. Once it begins to sprout, it can continue to blossom for years to come, with your care and nurturing, of course. As a parent of a young basketball player, it's your job to foster a positive environment for your child – and that takes discipline on your part.

Advice to give your son or daughter:

That's simple. Just tell them to play hard, and to have fun. If they keep a smile on their face, they will most likely give a strong effort and by playing hard they will get better in the process.



*** Rookie Division**

COACH'S GUIDE

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