



Coach's Guide

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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.

How Does Jr. NBA Support Sport for Life Principles?

WHAT IS SPORT FOR LIFE?

- Our practice plans rarely dictate when a player/team should shoot free throws. Again, we feel that coaches can assume the role of decision-maker and add free throws when they feel it is appropriate.

WHAT IS PHYSICAL LITERACY?

- Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

HOW DOES JR. NBA FIT INTO SPORT FOR LIFE?

- Jr. NBA program falls within the FUNdamental stage of 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 coordination. 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.

How Does Jr. NBA Support Sport for Life Principles?

Continued

JR. NBA SPORT FOR LIFE (S4L) 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 Sport for Life model, visit <http://www.canadiansportforlife.ca>*

Jr. NBA Kit

SPALDING ROOKIE GEAR BASKETBALL (SIZE 5)

1. Soft Leather Composite
2. Lighter to help develop proper techniques in children
3. Designed for indoor and outdoor play



SPALDING MINI-HOOP

1. Adjustable Hoop
2. Max Height: 6'5" Min. Height: 4'5"
3. Designed to help develop good form and position children to be successful



JR. NBA YOUTH T-SHIRTS

1. Smaller Size
2. High Quality
3. Colourful with different NBA Teams



Curriculum Writers

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As a Senior Coaching Consultant at the Coaching Association of Canada (CAC), Kathy currently works with a variety of sports to develop their National Coach Certification Programs (NCCP). Her main area of focus lies in the creation of development coaching systems.

Kathy is a Master Learning Facilitator and Master Evaluator for the Coaches Association of Ontario and Ontario Basketball. She is also involved with the International Council for Coaching Excellence (ICCE) as a member of the Coach Developer working group and helped develop the NCCP Fundamental Movement Skills program. She holds bachelor degrees in experiential education and physical education from Queen's and McMaster universities respectively and is currently a teacher with the Waterloo Region District School Board.

CHRIS CLUNIE



As a Director of International Basketball Operations at the National Basketball Association, Chris facilitates the NBA's global development outreach platforms from both a professional and grassroots perspective. Chris has helped organize and execute numerous programs and events, including Basketball without Borders, NBA 3X, NBA Global Games, Jr. and U.S. State Department Sports Envoy Program among many others. In addition to basketball development, Chris helps create and facilitate basketball strategies and platforms among other national basketball federations and leagues.

Curriculum Writers

Continued

TED JOHNSTON



Ted Johnston trains coaches in the Canada Basketball National Coaching Certification Program (NCCP). As a Master Learning Facilitator, Ted has contributed in creating basketball lesson plans with Sport PEI that integrate fundamental movement skills for young children. His countless hours in the gym have been spent coaching age- and developmental-appropriate basketball skills to youth aged 4 to 19 years old.

Ted served as the President of East Prince Minor Basketball Association in Prince Edward Island from 2008 to 2012.

TROY JUSTICE



Justice is focused on growing and teaching basketball around the world at the youth and elite level through the design and implementation of strategic basketball initiatives. He serves as the Basketball Operations point of contact for NBA staff in Hong Kong, Shanghai, Mumbai, Johannesburg, Rio, Mexico City and London. Justice coordinates basketball operations for the annual Basketball without Borders Global Camp held during NBA All-Star. He is the co-author of the Jr. NBA global curriculum and coordinates the international development of the NBA's grassroots initiatives that engaged more than 12 million boys and girls during the 2015-16 NBA season, with Jr. NBA programs in 35 countries.

Previously, Justice worked as NBA India Senior Director, Basketball Operations. In this role he designed and implemented the NBA's largest grassroots youth basketball program that has reached more than 2.7 million youth across India. Troy has conducted more than 400 coaching and player clinics throughout India, training more than 2,000 coaches and 30,000 players.

Contributors

**CHRISTIAN
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As a Coordinator of Events & Basketball Development at NBA Canada, Christian is responsible for the Jr. NBA Canada Program.

Prior to joining NBA Canada, Christian spent several months in India as an International Head Coach launching the Jr. NBA program. During his tenure, Christian was responsible for the training and development of assigned coaches and physical education (PE) teachers. In addition, Chris conducted and oversaw the operation of daily basketball PE sessions in schools with PE instructors/coaches while utilizing the Jr. NBA curriculum.

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.

**JONATHAN
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As a Director for Events & Basketball Development at NBA Canada, Jonathan is responsible for leading the NBA Canada's fan development platforms, including marketing and communications.

Jonathan returned to the NBA after previous stints at New Balance, the Walt Disney World Company, and the 1996 Summer Olympic Games.

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

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.

Coaching Guidelines

Continued

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!

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

POSITIVE ATTITUDE (WEEK 1)

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

SPORTSMANSHIP (WEEK 2)

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

TEAMWORK (WEEK 3)

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

RESPECT (WEEK 4)

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

LEADERSHIP (WEEK 5)

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

HEALTH AND FITNESS (WEEK 6)

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

Jr. NBA Values of the Game

Continued

CONFIDENCE (WEEK 7)

- Encourage players to believe in themselves
- Make players feel they can rely on their capabilities

FRIENDSHIP (WEEK 8)

- Create relationships with their teammates
- Promote getting to know all teammates

HARD WORK (WEEK 9)

- Motivate players give their 100%
- Maximum effort in every drill to help them improve

COMMUNICATION (WEEK 10)

- Encourage players to exchange information to each other
- Learn and talk amongst each other

RESPONSIBILITY (WEEK 11)

- Educate on being accountable for their own actions
- Emphasize on taking ownership

FUNDAMENTALS (WEEK 12)

- Putting everything they have learned together and having FUN!
- Master the basics! Promote Fundamental Movement Skills

Working with Parents

THE COACH /PARENT MEETING

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



Working with Parents Continued

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

TWELVE VALUES	POSITIVE ATTITUDE	SPORTSMANSHIP	TEAMWORK
	Respect	Leadership	Health and Fitness
	Confidence	Friendship	Hard Work
	Communication	Responsibility	FUNDamentals

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 will be responsible to accompany their child to the washrooms

9

Giving feedback

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!”

BUM BUM BUM – BUUUUUMMMMM

When the coach says Bum Bum Bum all the players say Buuuuummmmm (in unison in a low voice).

CALL AND RESPONSE

When coach says “What do you like?” all the players say “defense”. When the coach says “What game are you playing” All the players say “Basketball” Make up your own chants!

COPY CLAP

When the coach claps all the players clap at the exact same time keeping up with the rhythm and tempo. Make up different beats and make the claps small and quiet and big and loud.

EYES, EARS

When the coach says “eyes” all the players clap twice. When the coach says “ears” all the players stomp their feet twice.

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 23)

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.

Practice 1: Parent / Player Meeting Continued

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."

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.



Practices

1 Positive Attitude

2 Sportsmanship

3 Teamwork

4 Respect

5 Leadership

6 Health & Fitness

7 Confidence

8 Friendship

9 Hard Work

10 Communication

11 Responsibility
(STATIONS)





12 FUNdamentals
(STATIONS)




Practice #1: Positive Attitude

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Parent Meeting	⌚ 2.5 MINUTES	<ul style="list-style-type: none"> 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 Items to discuss with parents (See page 6) 	
Welcome Group Circle	⌚ 2.5 MINUTES	<ul style="list-style-type: none"> 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! <ul style="list-style-type: none"> Balance fun with fundamentals and always have patience The three E's – Encouragement, Energy and Enthusiasm – are essential 	
WARM-UP GAME ⌚ 10 MINUTES			
Zoo Keeper (Running) 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Keep your body low Swing your arms 	
Dynamic Warm-Up	⌚ 3 MINUTES	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
💧 WATER BREAK			




ACTIVITY	TIME	KEY POINTS	EQUIPMENT
FUNDAMENTAL/ BASKETBALL SKILLS			
	⌚ 20 MINUTES		
Fingertips/Circle Basketballs 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Listen to command Watch the ball with your eyes Control the ball 	BASKETBALL
Toss & Catch/Toss, Clap, Catch 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball Cradle the ball with your hands 	BASKETBALL
Water Balloon Bounce Passes 	⌚ 7 MINUTES	<ul style="list-style-type: none"> See the imaginary target and aim high Step and throw. Point your hands at the target Be ready to cushion the ball when catching it 	BASKETBALL (PARENT INVOLVEMENT)
Line Shooting (Gimme 5) 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOP (PARENT INVOLVEMENT)
💧 WATER BREAK			
COLLABORATION GAMES			
	⌚ 7 MINUTES		
Red Light, Yellow Light, Green Light, Orange Light 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Listen to the command Keep your body low Cushion the ball 	BASKETBALL
COOL DOWN/WRAP-UP			
	⌚ 3 MINUTES	<ul style="list-style-type: none"> Stretching Time! 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

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Parents in the Circle Clap – Every Week	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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! <ul style="list-style-type: none"> 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 GAME	⌚ 8 MINUTES		
Basketball Geography 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Keep your head up Swing your arms 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Toss & Catch/Toss, Clap, Catch   	⌚ 3 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball Cradle the ball with your hands 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS	⌚ 20 MINUTES		
Stationary Dribbling	⌚ 6 MINUTES	<ul style="list-style-type: none"> Listen to the command Stay Low Cushion the ball 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Rock & Roll 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Keep your eyes on the ball Stay Low Cushion the ball 	BASKETBALL, CONES
1,2,3 Shots 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Phase 1: Get low like a frog Phase 2: Bring the ball up like an elephant trunk (but stay low!) Phase 3: Explode upwards like a kangaroo! 	BASKETBALL
Line Shooting (Gimme 5) 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
Over The Log	⌚ 7 MINUTES	<ul style="list-style-type: none"> Explode over the log Keep your balance Swing your arms 	BASKETBALL
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> Stretching Time! 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! 	

Practice #3: Teamwork

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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! <ul style="list-style-type: none"> Stress the importance of working together Being part of a team means demonstrating commitment, taking responsibility, and being accountable 	
WARM-UP GAME ⌚ 8 MINUTES			
Run, Freeze, Balance 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Swing your arms Keep your balance, freeze like a statue! 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Dribble Freeze Tag w/ Coach 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Cushion The Ball Keep eyes up Keep your balance 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Water Balloon Chest Pass 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Step and throw. Point your hands at the target Be ready to cushion the ball when catching it Cradle the ball with your hands 	BASKETBALL



ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Pound and Pass 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball and show your target Listen for the code word 	BASKETBALL
Pepper Pot Passing 	⌚ 10 MINUTES	<ul style="list-style-type: none"> Step and throw. Point your hands at the target Be ready to cushion the ball when catching it Cradle the ball with your hands 	BASKETBALL, CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 10 MINUTES			
Volcanoes & Craters 	⌚ 10 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates! Cushion the ball 	BASKETBALL, DISC CONES
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> Stretching Time! 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! 	





Practice #4: Respect

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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! <ul style="list-style-type: none"> Promote a respectful environment at all times Be considerate and demand the same from your players 	
WARM-UP GAME ⌚ 8 MINUTES			
Skip Tag 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Swing your arms Explode upwards like your favourite superhero Respect the rules of the game 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Volcanoes & Craters 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates! Cushion the ball 	BASKETBALL, DISC CONES
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Stationary Dribbling Series 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Listen for the command Keep your head up Cushion the ball 	BASKETBALL




ACTIVITY	TIME	KEY POINTS	EQUIPMENT
High 5 Lay Ups 	⌚ 5 MINUTES	<ul style="list-style-type: none"> It's not a race, take your time Count it out loud...1, 2, jump! Explode upwards like your favourite superhero 	
1-2 Step Lay-Ups 	⌚ 10 MINUTES	<ul style="list-style-type: none"> Count it out loud...1, 2, jump! Explode upwards like your favourite superhero Shoot it over the rim 	BASKETBALL, MINI-HOOPS
Give & Go with Coach 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Cushion the ball Step and throw. Point your hands at the target (coach) Be ready to cushion the ball when catching it Shoot it over the rim 	BASKETBALL, MINI-HOOPS
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
What Time Is It Mr. Ref? 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Keep your head up Cushion the ball Play by the rules of good sportsmanship 	BASKETBALL
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> Stretching Time! 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! 	

Practice #5: Leadership

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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! <ul style="list-style-type: none"> Lead by example and be a good role model Express a confident demeanour and project your voice 	
WARM-UP GAME ⌚ 8 MINUTES			
Dribble Freeze Tag 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Swing your arms Watch out for your teammates! Change speed, change direction, plant and explode! 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Toss & Catch/Toss, Clap, Catch 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Keep your head up Swing your arms 	
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Water Balloon Chest Pass 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball and show your target Cradle the ball with your hands 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Chain Game 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball and show your target Cradle the ball with your hands Call for the ball – communicate! 	BASKETBALL
Swipers 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates! Cushion the ball 	BASKETBALL
Give & Go with Coach 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Cushion the ball Step and throw. Point your hands at the target (coach) Be ready to cushion the ball when catching it Shoot it over the rim 	BASKETBALL, MINI-HOOPS
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
Pirate's Gold 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim Count your baskets as a team 	BASKETBALL, MINI-HOOPS, DISC CONES
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> Stretching Time! 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! 	



Practice #6: Health & Fitness

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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! <ul style="list-style-type: none"> Emphasize good and healthy lifestyles Being active is the best way to have fun 	
WARM-UP GAME ⌚ 8 MINUTES			
Cheetahs 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Change speed, change direction, plant and explode 	
Dynamic Warm-Up	⌚ 3 MINUTES	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Rock, Paper, Scissor Run 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Listen for the command Keep your head up Cushion/Control the ball 	BASKETBALL
Pirate Treasure 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Cushion the ball Lean forward and push with your legs Watch out for your teammates! 	BASKETBALL, DISC CONES


ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Lily Pad Jumps 	⌚ 2 MINUTES	<ul style="list-style-type: none"> • Swing your arms • Bend your knees and explode • Be powerful and stay balanced 	DISC CONES
Dribble Relays/Zig Zag 	⌚ 6 MINUTES	<ul style="list-style-type: none"> • Keep your body low • Keep your head up • Cushion the ball 	BASKETBALL, DISC CONES
Dribble Around the Defenders 	⌚ 5 MINUTES	<ul style="list-style-type: none"> • Keep your head up • Cushion/Control the ball • Stay low 	BASKETBALL, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
Pirate's Gold 	⌚ 7 MINUTES	<ul style="list-style-type: none"> • Bend your knees and use your legs • See the target • Shoot it over the rim • Count your baskets as a team 	BASKETBALL, MINI-HOOPS, DISC CONES
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> • 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! 	

Practice #7: Confidence

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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 Confidence! <ul style="list-style-type: none"> Balance fun with fundamentals and always have patience The three E's – Encouragement, Energy and Enthusiasm – are essential 	
WARM-UP GAME ⌚ 8 MINUTES			
Run, Freeze, Balance   	⌚ 2 MINUTES	<ul style="list-style-type: none"> Swing your arms Keep your balance and freeze like a statue! 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Stationary Dribbling - Follow the Coach 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Follow the coach Stay low and balanced Take your time, it's not a race 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Chain Game  	⌚ 6 MINUTES	<ul style="list-style-type: none"> Keep Low Cushion the ball Keep your eyes up 	BASKETBALL, CONES
Octopus  	⌚ 7 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates Cushion the ball 	BASKETBALL




ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Around the World (3 Spot Shooting) 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
Capture The Cone 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates Cushion the ball 	BASKETBALL
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> Stretching Time 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 CONFIDENCE! Bring it in...slow clap... Jr. NBA cheer 	






Practice #8: Friendship

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap...Jr. NBA cheer! How did you demonstrate a Confidence since we last had Jr. NBA? The key theme today is Friendship! <ul style="list-style-type: none"> 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 GAME ⌚ 8 MINUTES			
Cheetahs 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Change speed, change direction, plant and explode! 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Basketball Geography (with a basketball) 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Listen for the command Keep your head up and your body low Cushion the ball 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Rock, Paper, Scissors Run 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Listen for the command Keep your head up Cushion/Control the ball 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Cone Mania 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
Around the World (3 Spot Shooting) 	⌚ 6 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS, DISC CONES
What Time Is It Mr. Ref? (with the basketball) 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Keep your head up Cushion the ball Play by the rules of good sportsmanship 	BASKETBALL
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
1 on 1 with Coach	⌚ 7 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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 FRIENDSHIP! Bring it in...slow clap... Jr. NBA cheer! 	

Practice #9: Hard Work

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap... Jr. NBA cheer! How did you demonstrate Friendship since we last had Jr. NBA? The key theme today is Hard Work! <ul style="list-style-type: none"> Stress the importance of working together. Being part of a team means demonstrating commitment, taking responsibility, and being accountable 	
WARM-UP GAME ⌚ 8 MINUTES			
Skip Tag   	⌚ 3 MINUTES	<ul style="list-style-type: none"> Swing your arms Explode upwards like your favourite superhero Respect the rules of the game 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Volcanoes and Craters  	⌚ 4 MINUTES	<ul style="list-style-type: none"> Cushion the ball Work as a team and communicate Go slow and steady 	BASKETBALL, CONES
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Crossroads Dribbling  	⌚ 4 MINUTES	<ul style="list-style-type: none"> Keep your eyes up Stay low Cushion the basketball 	BASKETBALL, CONES

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Quick Switch	⌚ 4 MINUTES	<ul style="list-style-type: none"> Communicate with each other Keep your eyes up Stay low 	CONES
High 5 Lay Ups  	⌚ 6 MINUTES	<ul style="list-style-type: none"> Count it out loud...1, 2, jump! Explode upwards like your favourite superhero Shoot it over the rim 	BASKETBALL, MINI HOOP, DISC CONES
Tag Team Lay Ups   	⌚ 6 MINUTES	<ul style="list-style-type: none"> Make sure everyone touches the ball Work together with your teammate Step through and throw Shoot it over the rim 	BASKETBALL, MINI-HOOPS, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES	⌚ 7 MINUTES		
1 on 1 with Coach	⌚ 7 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP	⌚ 5 MINUTES	<ul style="list-style-type: none"> Stretching Time 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 HARD WORK! Bring it in...slow clap... Jr. NBA cheer! 	




Practice #10: Communication

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap... Jr. NBA cheer! How did you demonstrate Hard Work since we last had Jr. NBA? The key theme today is Communication! <ul style="list-style-type: none"> Promote a respectful environment at all times Be considerate and demand the same from your players 	
WARM-UP GAME ⌚ 8 MINUTES			
Coach Says (Defensive Slides) 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Listen and watch for the commands Keep your body down Keep your arms out as wide as you can 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Pirate Treasure 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Watch out for your teammates! 	BASKETBALL, DISC CONES
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
In / Out The Water 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Listen for the commands Bend your knees and stay low Quick feet! 	

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Cone Mania 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Cushion the ball Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
Tag Team Lay Ups 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Cushion the ball Work together with your teammate Step through and throw Shoot it over the rim 	BASKETBALL, MINI-HOOPS, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
2 on 2 with Coach	⌚ 7 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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 COMMUNICATION! Bring it in...slow clap... Jr. NBA cheer! 	


Practice #11: Responsibility (STATIONS)

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap... Jr. NBA cheer! How did you demonstrate Communication since we last had Jr. NBA? The key theme today is Responsibility! <ul style="list-style-type: none"> Lead by example and be a good role model Express a confident demeanour and project your voice 	
WARM-UP GAME			
	⌚ 8 MINUTES		
What Time Is It Mr. Ref? (with the basketball) 	⌚ 6 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Watch out for your teammates! 	BASKETBALL
Dynamic Warm-Up	⌚ 2 MINUTES	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS	⌚ 15 MINUTES	SEE STATIONS IN APPENDIX B FOR SET UP	
Line Shooting (Gimme 5) 	⌚ 1 MINUTE	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS
Water Balloon Passes 	⌚ 3 MINUTES	<ul style="list-style-type: none"> See the imaginary target and aim high Step and throw. Point your hands at the target Be ready to cushion the ball when catching it 	BASKETBALL
Around the World (3 Spot Shooting) 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Cone Mania 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
Toss & Catch/Toss, Clap, Catch 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball Cradle the ball with your hands 	BASKETBALL
Dribble Relays/Zig Zag 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Keep your body low Keep your head up Cushion the ball 	BASKETBALL, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 12 MINUTES			
2 on 2 with Coach	⌚ 12 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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 RESPONSIBILITY! Bring it in...slow clap... Jr. NBA cheer! 	

Practice #12: FUNdamentals (STATIONS)

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap... Jr. NBA cheer! How did you demonstrate Responsibility since we last had Jr. NBA? The key theme today is FUNdamentals! <ul style="list-style-type: none"> Lead by example and be a good role model Express a confident demeanour and project your voice 	
WARM-UP GAME ⌚ 8 MINUTES			
What Time Is It Mr. Ref? (with the basketball) 	⌚ 6 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Watch out for your teammates! 	BASKETBALL
Dynamic Warm-Up	⌚ 2 MINUTES	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS	⌚ 15 MINUTES	SEE STATIONS IN APPENDIX B FOR SET UP	
Line Shooting (Gimme 5) 	⌚ 1 MINUTE	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS
Water Balloon Passes 	⌚ 3 MINUTES	<ul style="list-style-type: none"> See the imaginary target and aim high Step and throw. Point your hands at the target Be ready to cushion the ball when catching it 	BASKETBALL
Around the World (3 Spot Shooting) 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Cone Mania 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
Toss & Catch/Toss, Clap, Catch 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball Cradle the ball with your hands 	BASKETBALL
Dribble Relays/Zig Zag 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Keep your body low Keep your head up Cushion the ball 	BASKETBALL, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 12 MINUTES			
2 on 2 with Coach	⌚ 12 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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!" Bring it in...slow clap... Jr. NBA cheer! 	



Appendices

A

Dynamic Warm Up

B

Activity Description

C

Glossary

D

Court Markings

E

Health and Safety

Appendix A: Activity Description

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

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 (CARIOCA)

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.

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.

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.

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.

**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.

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





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.

**FROG JUMPS
(JUMPING)**

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.

Appendix B: Activity Description

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
1 on 1 with Coach  	<ul style="list-style-type: none"> All players are waiting on the sideline or half court for their turn One player will be on offense, while the coach will be on defense The player on offense will run to a spot – 5 spots on the 3-point line The player on defense will play the offense close i.e. letting the offense read that they are supposed to drive to the hoop (take a layup) The coach will check (pass) the ball to the player who is on offense The player on offense and the coach on defense will play one on one At this time, the coach will be coaching them while playing defense i.e. <ul style="list-style-type: none"> Coach tells the player to score the basketball with a lay up if the coach is playing them close (tight defense) Coach tells the player to score the basketball with a shot if the coach is playing off (giving them space) Etc Each player will get one opportunity to score – Make or miss, they will go to the next spot and wait their turn again This is an opportunity to the other coach to be talking / coaching the kids while they are watching what's happening on the court LOAD: Take the coach out that is playing defense and have the players play defense, alternating <ul style="list-style-type: none"> Offense player goes play defense, defense player goes to back of the line, new player coming in plays offense The coach must tell the defense how to play the offense i.e. playing them close, or giving them space. 	<ul style="list-style-type: none"> Basketball, Mini Hoop
2 on 2 with Coach  	<ul style="list-style-type: none"> Similar with 1 on 1 with coach but with 2 players 	<ul style="list-style-type: none"> Basketball, Mini Hoop

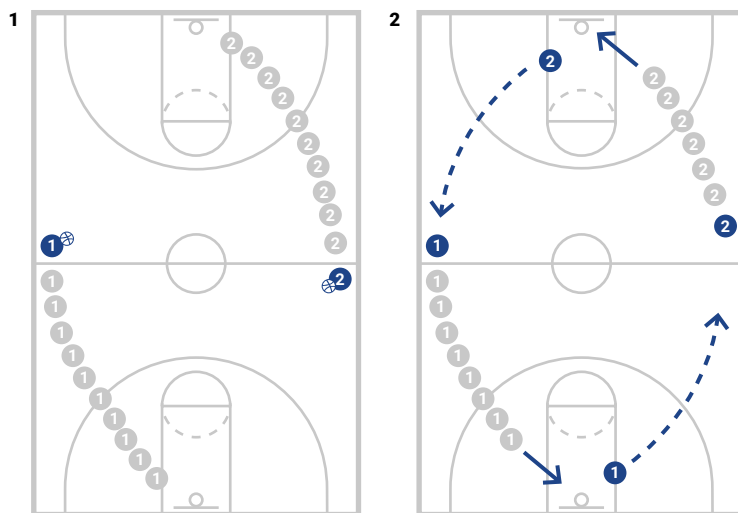
DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
1,2,3 Shots  	<ul style="list-style-type: none"> All players need a basketball and will start on the 3-point line located by the basket facing the coach. Phase 1: Knees bent in a frog position; basketball in front with the strong/dominant hand in the middle of 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  	<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. <p>Aim/Push Release</p> <ul style="list-style-type: none"> 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. 	<p>SEE DIAGRAM ON NEXT PAGE</p>

DRILL (#-A-Z)

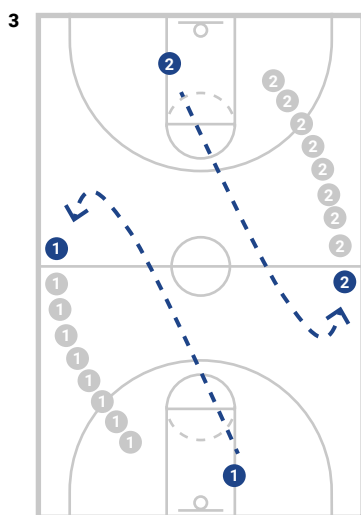
DESCRIPTION

TEACHING NOTES

1-2 Step Lay-Ups



jr. nba



▲ Cones

- ➔ Dribble

➔ Pass

1 Players

DRILL (#-A-Z)

DESCRIPTION

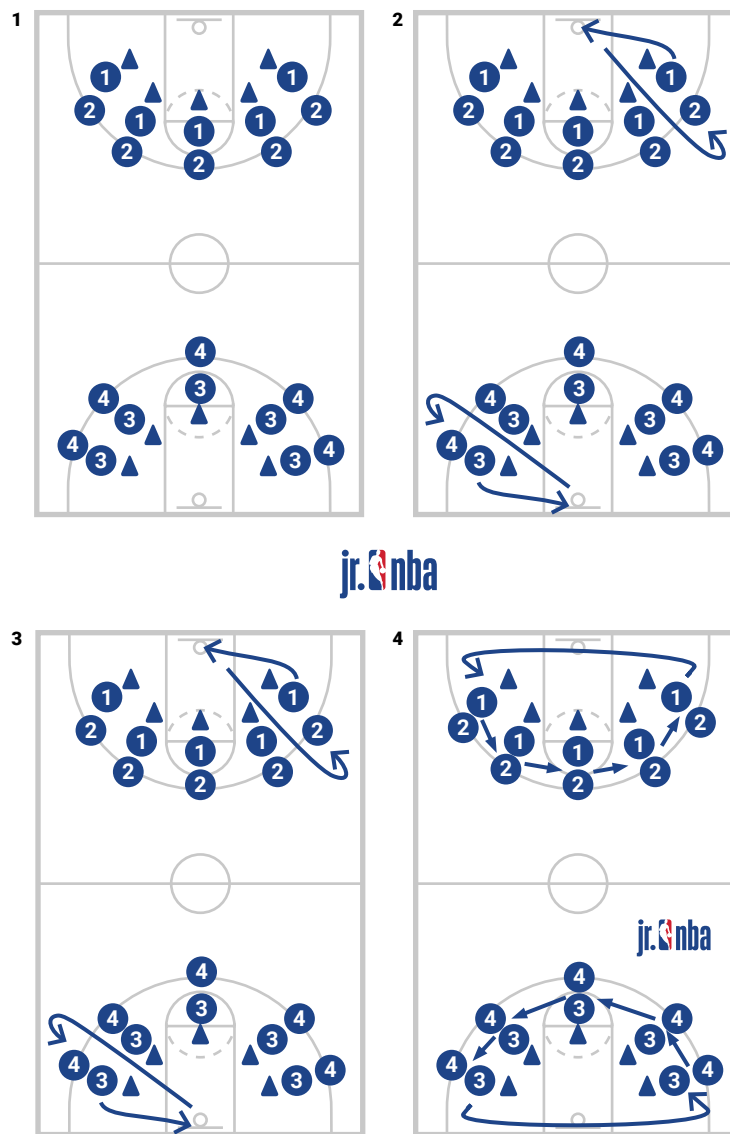
TEACHING NOTES



Around the World (3 Spot Shooting)




- 3 shooting spots are placed right side, middle, left side of the basket
- 3-4 players line up at each of the 3 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.
- Coach to have teams switch position so they are able to shoot at a different location

SEE DIAGRAM BELOW



DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Basketball Geography  	<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." • The coach can be out of bounds and ask if he/she is out of bounds • LOAD: <ul style="list-style-type: none"> • Coach to yell three locations • Include a basketball • Using Terminology <ul style="list-style-type: none"> • "You got fouled!" Go to the foul line • "You need 3 points" Go to the 3 point line • Over and back call" Jump Ball - Go to half court line 	<ul style="list-style-type: none"> • Coaches are to explain the different locations on the court and their purpose • Locations on court <ul style="list-style-type: none"> • Baseline/Sideline • Foul/3-point line • Key/ Block • Half Court

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Catch from the Coach 	<ul style="list-style-type: none"> • 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. 	<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.
Capture The Cone (Capture The Flag)	<ul style="list-style-type: none"> • Split the team in two groups • Every player has a basketball • Put piles of cones behind the baseline • Each team has their own half • Player must dribble the whole time and try to cross half into the other team's zone to try and retrieve a cone and return to their side without being tagged • If a player gets tag, the player must return to their side without a cone 	

DRILL (#-A-Z)

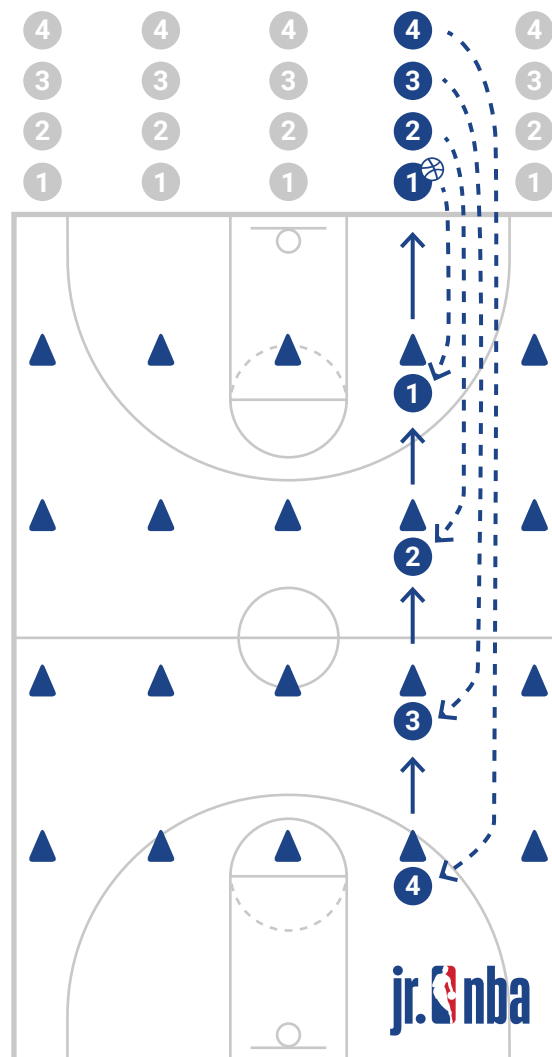
DESCRIPTION

TEACHING NOTES

Chain Game






- 4 groups of 5 on a base line
- Place 4 cones evenly spaced from front of the line to opposite side of the team (See diagram)
- 1 player dribbles to the first cone, jump spots, pivots, and then passes to the next player in line
- Player 2 dribbles to the second cone, jump spots, pivots and then passes to player 1, player 1 passes to the next person in line.
- continue until last player reaches the final cone.
- Once all players have reached their cone, player 1 will dribble to the opposite sideline closest to the final player

SEE DIAGRAM BELOW



- ▲ Cones
- > Dribble
- Pass
- ① Players

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Cheetahs 	<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
Cone Mania (Passing) 	<ul style="list-style-type: none"> Players form 2 lines on the baseline. 1 player on the side line, the other player on the block facing other. Place cones perpendicular to the players all the way to the other side Player on the block starts off with the basketball Player with the basketball will pass to their teammate on the sideline After they passed the ball, they would then hop over the cone to the next stop and be ready to receiving a pass Player on the sideline must be in ready position to receive a pass. They would then pass the ball back to their partner in their new spot. Player on the sideline after they passed to their partner would then hop over the cone to the next stop 	SEE DIAGRAM BELOW

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Crossroads Dribbling  	<ul style="list-style-type: none"> • Divide 4 groups of 5 players • Place cones on each corner of the baseline • 1 ball is given to each group • The person with the basketball must dribble as fast as they can to dribble to the opposite team while keeping their head up and without losing the basketball • 1 player from each group will all go at the same time • The objective of this drill is to make sure players are looking up at all times dribbling with their head high • Load: <ul style="list-style-type: none"> • Weak hand dribble only • Crossover dribble only 	<ul style="list-style-type: none"> • The players should keep their head up and be aware of the movement of other players when dribbling.
Coach Says (Defensive Slides)   	<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

DRILL (#-A-Z)

DESCRIPTION

TEACHING NOTES

Dribble Around the Defenders



- 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.
- Cones on the other side to collect and bring to the back to the side they started.

SEE DIAGRAM BELOW



DRILL (#-A-Z)

DESCRIPTION

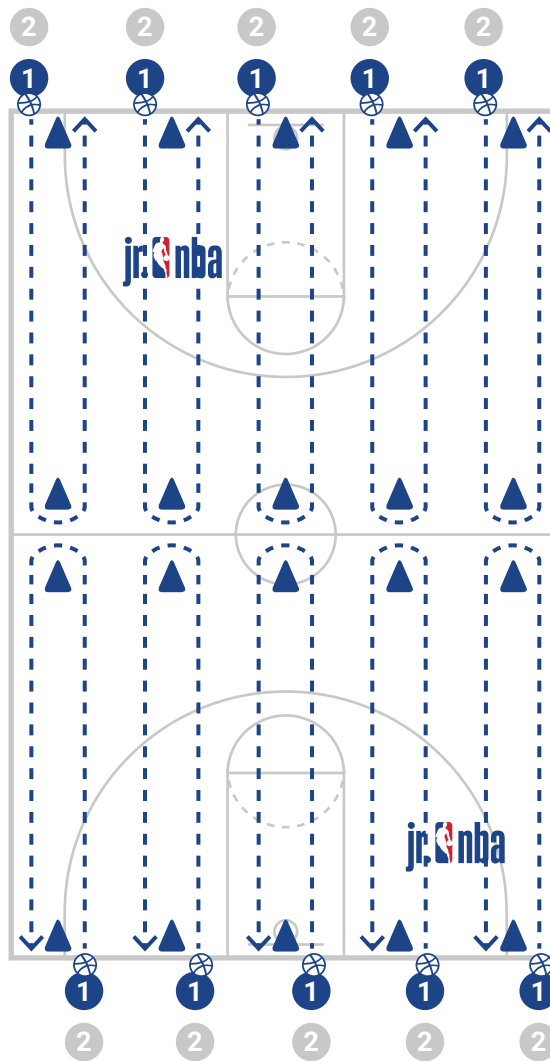
TEACHING NOTES

Dribble Relays/ Zig Zag



- 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.





SEE DIAGRAM BELOW





Cones

Dribble

Players

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Fingertips/Circle Basketballs 	<ul style="list-style-type: none"> All players need a basketball located on the sideline. They must follow what the coach does. Pound Slaps: Pound the ball with slaps "Waking It Up" Finger Tips: <ul style="list-style-type: none"> 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. Loads: <ul style="list-style-type: none"> Load this drill by walking, running, going backwards vs. staying stationary 	<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)
Follow the Leader  	<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, crossover dribbles
Freeze Tag 	<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. 	

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Frog Jumps 	<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. 	
Give & Go with Coach 	<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. Load: <ul style="list-style-type: none"> 2-foot jump stop. Stop at the cone. 	<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."

DRILL (#-A-Z)

DESCRIPTION

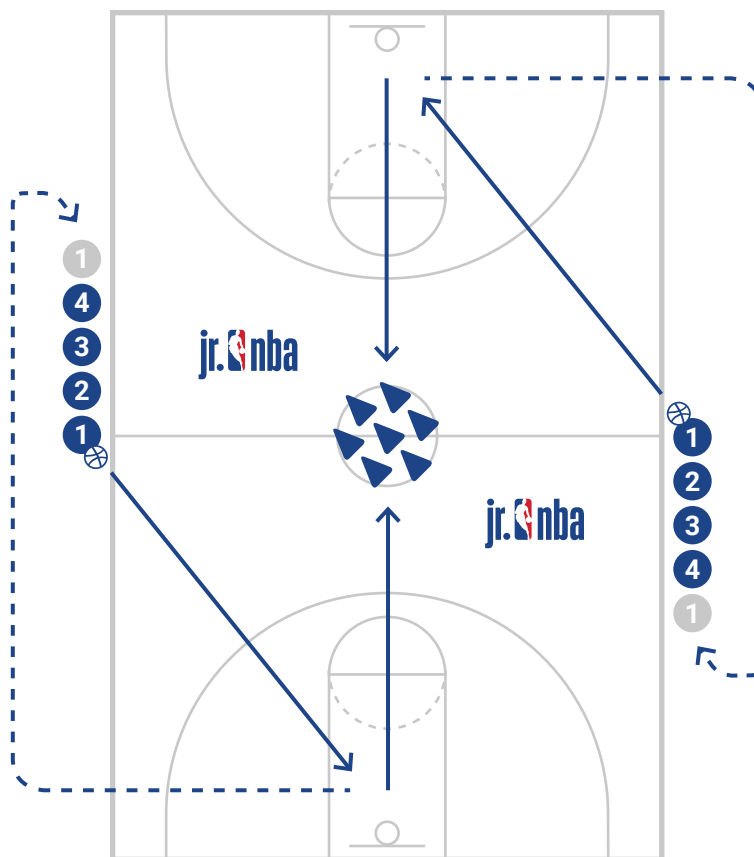
TEACHING NOTES

Gold Rush

- Split group into 2 groups
- 1 group at half court left corner facing one basket
- The other group opposite siding facing the other basket
- All cones are in the middle
- Every player has a ball
- 1 player at a time has an attempt to make a lyup
- If the playermakes it, they get gold (cone) in the middle to bring back to their side
- If the player misses, they get other own rebound and go back in line

- 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 BELOW







▲ Cones




- ➔ Dribble

➔ Pass

① Players

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Half Court Continuous Shooting 	<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. 	<ul style="list-style-type: none"> • 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.
High 5 Lay Ups 	<ul style="list-style-type: none"> • Players partner up with a player or parent. • Players doing the layups will 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. As players are doing this, the partner is about 1-1.5m away with their left hand up. The player doing the lay up must give the partner a High 5 using their right hand. • 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. As players are doing this, the partner is about 1-1.5m away with their right hand up. The player doing the lay up must give the partner a High 5 using their left hand. • Players to switch roles after a few tries. 	
In & Out The Water 	<ul style="list-style-type: none"> • Each player finds a line on the court. • Coach will have a verbal cue “In The Water” or “Out The Water” • Coach will try to test the players listening skills and they to make them do the opposite • If the coach says “In The Water” and the player goes out the water then the player is out. • Loads: <ul style="list-style-type: none"> • Side to Side • Diagonal 	

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Line Shooting / "Gimme 5" 	<ul style="list-style-type: none"> Teach how to hold the basketball first <ul style="list-style-type: none"> Place 5 fingers (Right or left hand) on top of the basketball (Fingers are spread out) With the other hand (Right or left hand), place 5 fingers on the side of the basketball Rise both hands up so the shooting hand (hand on top of the basketball) makes an "L" shape Shoot the basketball up (over the rim) with the shooting hand. Remember that only 1 hand is shooting the ball and not both. Players find their own space in the gym. Players must stand on top on a line. The line must be between their legs. Players will practice their shooting by shooting the ball up and make sure it land on the line. Load: <ul style="list-style-type: none"> Partner to play defense with hands up. Player with the ball has to shoot over / through hands. Player will have to see if the basketball lands on the line The partners will switch roles after a few times Coaches can incorporate a point system. <ul style="list-style-type: none"> Every time it lands on a line the player who shot the basketball gets a point End of drill - Players to shoot at net 	<ul style="list-style-type: none"> Let players go through the first few rounds before stealing the basketball
Lily Pad Jumps   	<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. 	

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Octopus  	<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 	<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 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
Over The Log	<ul style="list-style-type: none"> • Have the participants get into pairs. Line them up the length of the space, partners facing each other. • Have partners sit down and extend their legs in front of them so their feet touch. • Number each pair and call numbers randomly. • When a pair hears their number called, both participants get up, run and jump over the outstretched legs of their fellow participants in the same direction, run back up the side in which they were sitting, over the remaining legs and sit back down in place. • Load: <ul style="list-style-type: none"> • Players when they hear their number get called jump over the legs and scores a basketball to get a point. 	

DRILL (#-A-Z)

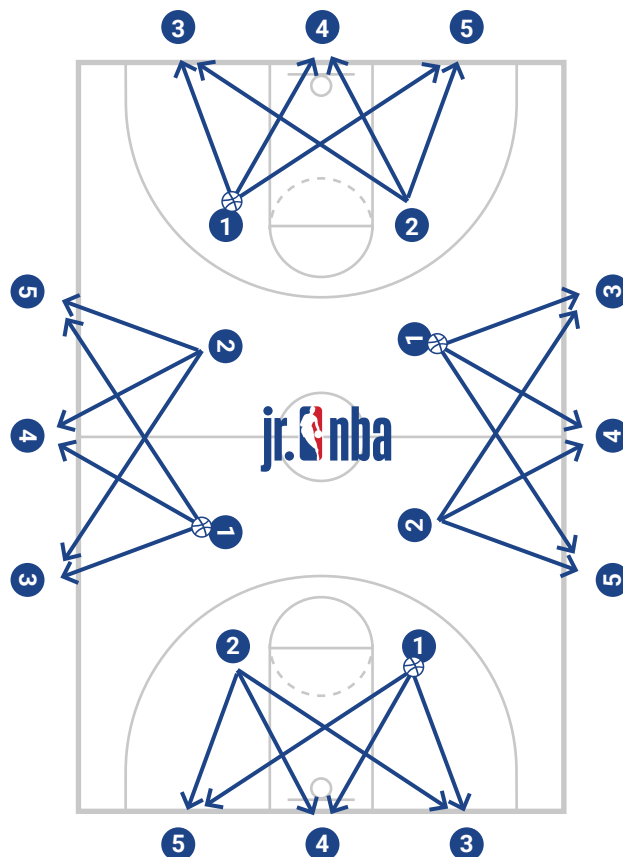
DESCRIPTION

TEACHING NOTES

Pepper's Pot Passing



- Divide 5 groups of 4 players
- 3 players line up on the baseline or sideline evenly spaced apart with 2 players with a basketball
- The last player is standing 3-5m away from the middle player on the baseline facing each other
- The player by themselves will signal for the basketball with their hands up ready to catch the ball
- Once the player catching the ball, the player on the other side without the basketball will have to be ready with their hands up to receive the pass
- The player that hasn't pass the ball yet will now then pass the ball in the middle
- The player in the middle will always pass to the ball to the open teammate
- **Load:**
 - Increase the speed of the passes




Cones

Pass

Players

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Pirate's Gold 	<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
Pirate Treasure 	<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. <div> </div>	<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

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Pound and Pass (with a partner or parent) 	<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 pound the basketball as hard / quick as they can. • The partner will then call out a “code word” i.e. “shot clock!” • When the player with the basketball hears the code word, they 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. • Load: <ul style="list-style-type: none"> • Partner / Parent receiving the ball can instruct the player or provide direction on what they can do i.e. dribble the ball with your left hand 10x then switch to the right hand. • When this is happening, the partner can call the code word at any time and the player with the basketball has to react to it right away. 	

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Quick Switch	<ul style="list-style-type: none"> 4 cones are set up in a square 1 player at each cone 1 player in the middle of the square w/ no cone Coach will call out "switch" All players at cones switch spots If the player in the middle claims an open cone spot, the player knocked out will replace the player in the middle repeat until coach calls out "switch" LOAD: <ul style="list-style-type: none"> Players switch with verbal or nonverbal cues Coach no longer need to call out "switch" Cannot switch with the same player twice 	
Red Light, Yellow Light, Green Light, Orange Light 	<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: <ul style="list-style-type: none"> 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
Rock (Ball) and Roll 	<ul style="list-style-type: none"> Players start on the side line with a basketball Roll the Rock to the cone (3-5m away) Once the ball passes the cone, they player chases the ball and picks it up Player then dribbles the ball across to the other sideline Goes around cone and dribbles back to the next person in line Load: <ul style="list-style-type: none"> Left hand dribble 	

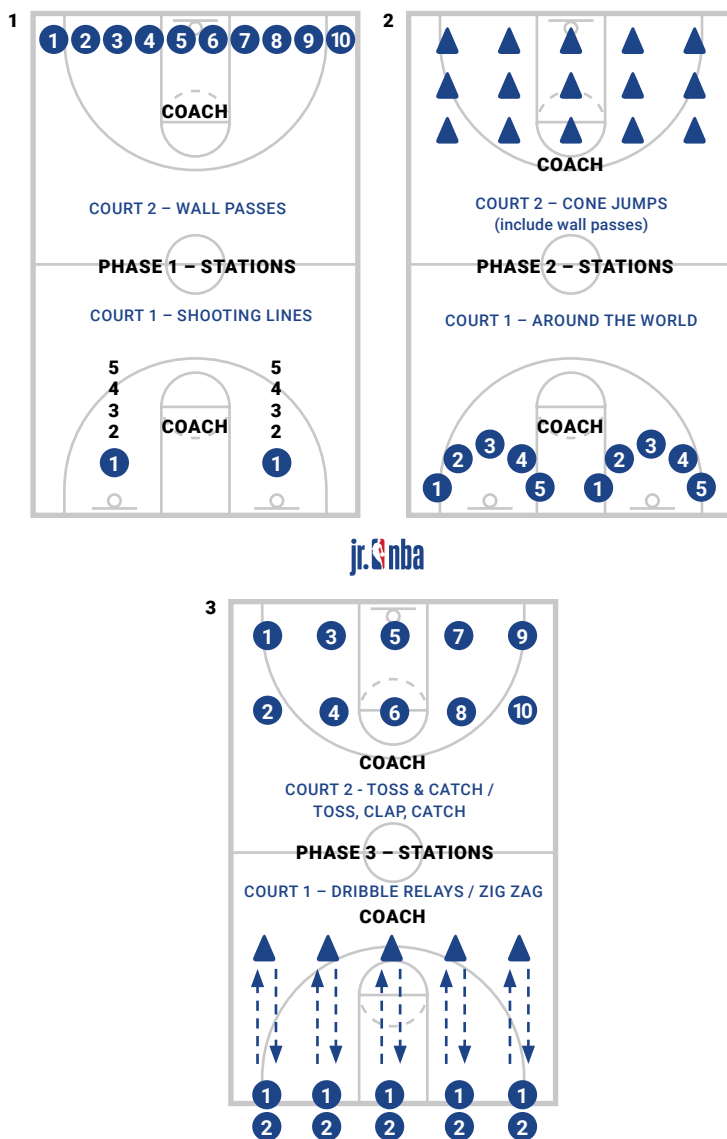
DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Rock, Paper, Scissors Run 	<ul style="list-style-type: none"> Participants pair up and line up on opposite sides of the centre line in a low, athletic stance (knees bent, hips back, butt down). The pair plays a game of rock-paper-scissors. The loser must sprint away from the winner and attempt to cross the foul line into the "safe zone" before being tagged. 	<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
Skip Tag 	<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* 	<ul style="list-style-type: none"> Station Phase 1: <ul style="list-style-type: none"> Court 1 – Shooting Lines Court 2 – Wall Passes Station Phase 2: <ul style="list-style-type: none"> Court 1 – Around the World Court 2 – Cone Jumps (Include Wall Passes) Station Phase 3: <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"> Courts will be divided in 2 halves 10 players in each half Rotate every 2-3 minutes <p>SEE DIAGRAMS ON NEXT PAGE</p>




DRILL (#-A-Z)

DESCRIPTION

TEACHING NOTES

Stations*



DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Stationary Dribbling – Follow the Coach 	<ul style="list-style-type: none"> • Players will be scattered in front of the coach. The players will mimic everything the coach does. Coach will instruct players with the following: <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 	
Stationary Partner Passing 	<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 	<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.)

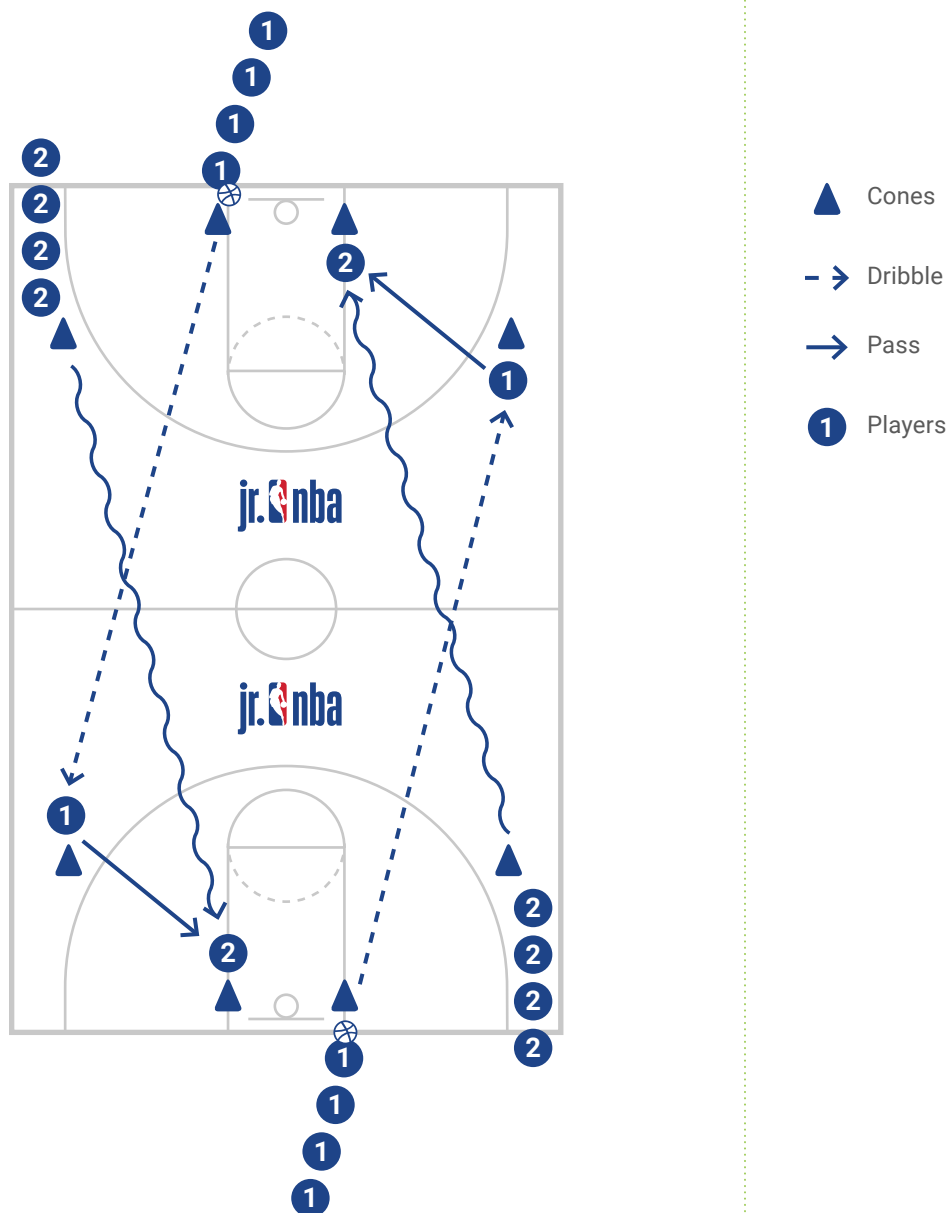
DRILL (#-A-Z)






DESCRIPTION



TEACHING NOTES



**Tag Team
Lay Ups**

- Players will partner up and line up on the corners of the base line
- Player 1 with the basketball is on the block
- Player 2 is standing on designated cone (sideline)
- When coach says "go" player 1 will dribble towards assigned cone
- Player 2 will run to assigned cone by the basket
- Player 1 will stop at assigned cone and pass the ball to player 2
- Player 2 will catch and shoot/lay up the basketball
- Player 1 or 2 will rebound the basketball
- Player 1 and player 2 will switch and head to the next basket



DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Toss & Catch/ Toss, Clap, Catch   	<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. Load / Alternative Teaching: <ul style="list-style-type: none"> 1. Players can throw the ball down, then clap 2. Players can slam the ball down, then clap as many as they can as the ball is in the air before they catch it 	<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  	<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. 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! 	<ul style="list-style-type: none"> Players are to move around and turn over as many cones are possible Players are not allowed to guard one cone

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Water Balloon Passes 	<ul style="list-style-type: none"> Explanation: Pretend the basketball is a water balloon. The point of the game is not to make the water balloon explode when passing it back and forth to each other. In order for the water balloon to not explode, the player receiving the pass has to successfully catch the ball. By doing this, you can create a “game” that every catch equals a point. Players would have to work together as a team. 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. Bounce Pass: <ul style="list-style-type: none"> Bounce the ball to the other player Chest Pass: <ul style="list-style-type: none"> Throw the ball from your chest to the other player Load: <ul style="list-style-type: none"> The coach will when to take a step back to make it harder to pass / catch the ball. Coaches make sure that the players continue to use good passing form Parental Involvement: <ul style="list-style-type: none"> If parents are available they are able to partner up with their child 	
What Time Is It Mr. Ref? 	<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. 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 	

DRILL (#-A-Z)	DESCRIPTION	TEACHING NOTES
Wolf & Sheep 	<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.
Zoo Keeper 	<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. Alternative Game: <ul style="list-style-type: none"> Create a game of TAG! Assign an animal to one of the players. The other player that is not an animal is the Zoo Keeper that must catch the animal. Instead of the Zoo Keeper bringing back the animal back to the zoo; the roles will switch when the Zoo Keeper “tags” the animal See teaching notes for other animal suggestions (Loads) 	<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: 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 D: Court Markings

SIDELINE

two boundary lines running the length of the court. Along this line and the baseline establish the size of the playing area.

BASELINE/ END LINE

runs from the sideline to sideline behind the backboard and the ends of the court.

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.

HALF COURT CIRCLE

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.

FOUL LINE

Line 15 feet from the backboard and parallel to the end line where players shoot free throws.

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.



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.

3 SECOND AREA

area where the offensive player remains within the lane for more than 3 seconds. Also known as the “key” or “paint”.

ELBOW

area of court where the free throw line meets the lane line.

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.

TOP OF THE KEY

is area straight out from the basket just outside the free throw circle.

Appendix E: Health and 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.

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.



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