









# Appendix B: Activity Description

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

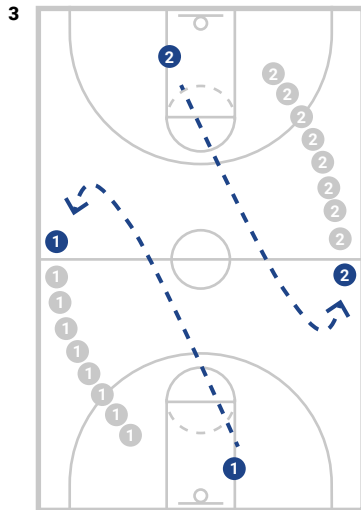
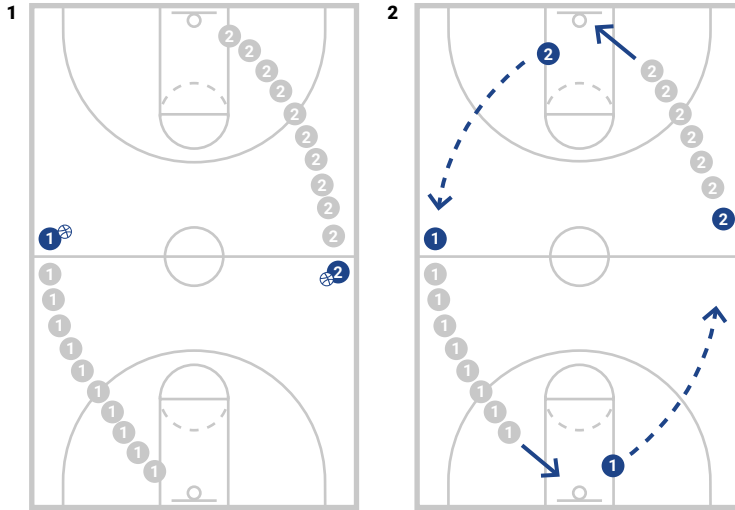
| DRILL (#-A-Z)  | DESCRIPTION  | TEACHING NOTES   |
|--|--|--|
| <p><b>1,2,3 Shots</b></p>        | <ul style="list-style-type: none"> <li>All players need a basketball and will start on the 3-point line located by the basket facing the coach.</li> <li><b>Phase 1:</b> Knees bent in a frog position; basketball in front with the strong/dominant hand in the middle of the ball and other hand on the side of ball.</li> <li><b>Phase 2:</b> 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. <b>*NOTE*</b> Ball must always be above strong hand elbow.</li> <li><b>Phase 3:</b> Player will explode upwards using their legs and will simultaneously extend hands to shoot the basketball into the hoops. Remember to follow through.</li> </ul>   | <ul style="list-style-type: none"> <li><b>NO NETS!</b> Drill designed to work on form and technique</li> <li>All players must be facing the coach</li> </ul> |
| <p><b>1-2 Step Lay-Ups</b></p>   | <ul style="list-style-type: none"> <li>Players will line up 1.5–2.0 metres away from the basket in a 45 degree angle.</li> <li>The players will implement what they have learned in the shadow lay-up drill.</li> <li>The players do not dribble the ball.</li> <li>Players will perform a lay-up with a basketball.</li> <li>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.</li> </ul> <p><b>Aim/Push Release</b></p> <ul style="list-style-type: none"> <li>Always use the backboard.</li> <li>Aim at the upper corner of the backboard square.</li> <li>Shoot the basketball softly.</li> <li>Player pushes the ball off of fingertips towards the upper corner of the square on the backboard.</li> </ul> | <p><b>SEE DIAGRAM ON NEXT PAGE</b></p>   |

DRILL (#-A-Z)





DESCRIPTION



TEACHING NOTES


**1-2 Step Lay-Ups**



- Cones
- Dribble
- Pass
- 1 Players

| DRILL (#-A-Z)  | DESCRIPTION   | TEACHING NOTES   |
|--|---|--|
| <p><b>Around the World (3 Spot Shooting)</b></p>  | <ul style="list-style-type: none"> <li>• 3 shooting spots are placed right side, middle, left side of the basket</li> <li>• 3-4 players line up at each of the 3 spots.</li> <li>• First player in each line will get a chance to shoot, then get their own rebound, then return to the back of the line.</li> <li>• Coach to have teams switch position so they are able to shoot at a different location</li> </ul> | <p><b>SEE DIAGRAM BELOW</b></p>  |
| 1  |   | <ul style="list-style-type: none"> <li> Cones</li> <li> Pass</li> <li> 1 Players</li> </ul> |
| 2  |   |  |
|  |   |  |
| 3  |   |  |
| 4  |   |  |

| DRILL (#-A-Z)  | DESCRIPTION   | TEACHING NOTES  |
|--|---|---|
| <p><b>Basketball Geography</b></p>   | <ul style="list-style-type: none"> <li>• Players will start at Half Court.</li> <li>• The coach will begin by showing the players the lines on the basketball court.</li> <li>• Once all players understand the court markings, the coach will yell out a location on the basketball court, e.g. "Show me the baseline!"</li> <li>• The players will then run to the location.</li> <li>• Advise players playing the game for the first time to follow the crowd if they are not aware of the location.</li> <li>• The coach will yell out another location, e.g. "Show me the sideline!" The players will then run to that location.</li> <li>• <b>Teaching Purpose:</b> 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."</li> <li>• <b>The coach can be out of bounds and ask if he/she is out of bounds</b></li> <li>• <b>LOAD:</b> <ul style="list-style-type: none"> <li>• Coach to yell three locations</li> <li>• Include a basketball</li> <li>• Using Terminology                             <ul style="list-style-type: none"> <li>• "You got fouled!" Go to the foul line</li> <li>• "You need 3 points" Go to the 3 point line</li> <li>• Over and back call" Jump Ball - Go to half court line</li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Coaches are to explain the different locations on the court and their purpose</li> <li>• Locations on court             <ul style="list-style-type: none"> <li>• Baseline/Sideline</li> <li>• Foul/3-point line</li> <li>• Key/ Block</li> <li>• Half Court</li> </ul> </li> </ul> |

| DRILL (#-A-Z)  | DESCRIPTION  | TEACHING NOTES   |
|--|--|--|
| <p><b>Catch from the Coach</b></p>  | <ul style="list-style-type: none"> <li>• Players will line up with a basketball on the sideline, arm's length apart.</li> <li>• They will dribble the basketball.</li> <li>• The coach will approach each player and ask for a pass. The coach will return the ball with a chest pass/bounce pass.</li> <li>• The coach must be at an appropriate distance from the player so the player is able to catch/track the basketball correctly.</li> <li>• The player will then continue to dribble the ball as the coach moves on to the next player in line.</li> <li>• The coach will perform the same with the rest of the players.</li> <li>• Coaches make sure that players keep their heads up while dribbling the basketball.</li> <li>• Repeat in reverse direction.</li> </ul> | <ul style="list-style-type: none"> <li>• The coach is able to switch dribble activities from right hand dribbles to left hand dribbles.</li> <li>• Bounce Pass – Similar to a chest pass but with a bounce which hits the ground 2/3rds of the way to the receiver.</li> </ul> |
| <p><b>Capture The Cone (Capture The Flag)</b></p>  | <ul style="list-style-type: none"> <li>• Split the team in two groups</li> <li>• Every player has a basketball</li> <li>• Put piles of cones behind the baseline</li> <li>• Each team has their own half</li> <li>• 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</li> <li>• If a player gets tag, the player must return to their side without a cone</li> </ul>   |  |

DRILL (#-A-Z)

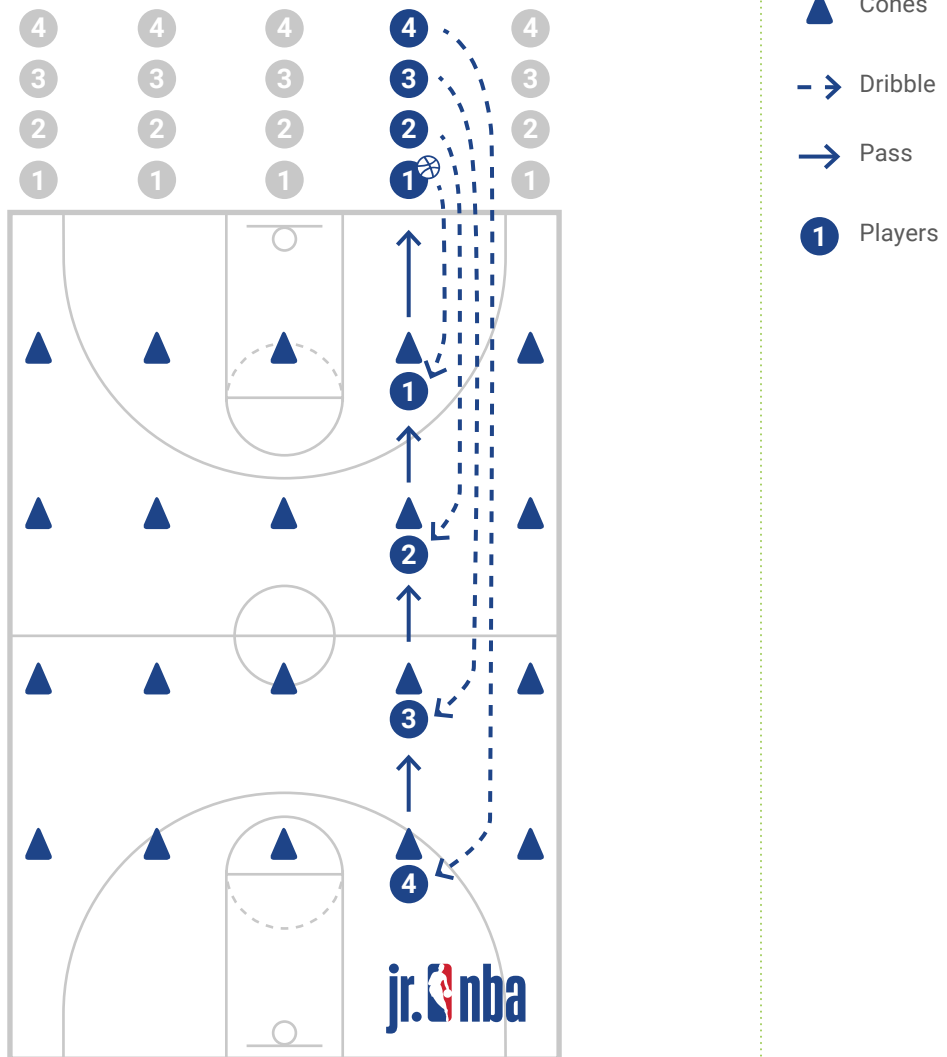
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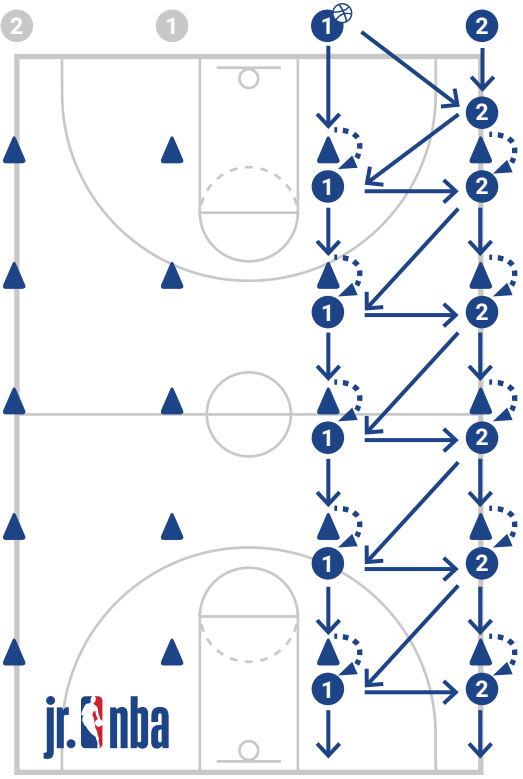




TEACHING NOTES

**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, jup 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 teached their cone, player 1 will dribble to the opposite sideline cloest to the final player

**SEE DIAGRAM BELOW**



| DRILL (#-A-Z)  | DESCRIPTION   | TEACHING NOTES  |
|--|---|---|
| <p><b>Cheetahs</b></p>              | <ul style="list-style-type: none"> <li>• Players line up on the baseline.</li> <li>• The objective of this game is to run across to the opposite baseline without getting tagged.</li> <li>• The coach will be the “Cheetah” at half court.</li> <li>• The coach will yell “Cheetahs!” and the players will run towards the opposite baseline.</li> <li>• If tagged, they will become a cheetah with the coach. Repeat process.</li> </ul>  | <ul style="list-style-type: none"> <li>• Let players go through the first few rounds before catching them</li> </ul>  |
| <p><b>Cone Mania (Passing)</b></p>  | <ul style="list-style-type: none"> <li>• Players form 2 lines on the baseline. 1 player on the side line, the other player on the block facing other.</li> <li>• Place cones perpendicular to the players all the way to the other side</li> <li>• Player on the block starts off with the basketball</li> <li>• Player with the basketball will pass to their teammate on the sideline</li> <li>• After they passed the ball, they would then hop over the cone to the next stop and be ready to receiving a pass</li> <li>• Player on the sideline must be in ready position to receive a pass.</li> <li>• They would then pass the ball back to their partner in their new spot.</li> <li>• Player on the sideline after they passed to their partner would then hop over the cone to the next stop</li> </ul>  | <p><b>SEE DIAGRAM BELOW</b></p> <ul style="list-style-type: none"> <li> Cones</li> <li> Dribble</li> <li> Pass</li> <li> Players</li> </ul> |



| DRILL (#-A-Z)   | DESCRIPTION  | TEACHING NOTES  |
|---|--|---|
| <p><b>Crossroads Dribbling</b></p>    | <ul style="list-style-type: none"> <li>• Divide 4 groups of 5 players</li> <li>• Place cones on each corner of the baseline</li> <li>• 1 ball is given to each group</li> <li>• 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</li> <li>• 1 player from each group will all go at the same time</li> <li>• The objective of this drill is to make sure players are looking up at all times dribbling with their head high</li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• Weak hand dribble only</li> <li>• Crossover dribble only</li> </ul> </li> </ul>  | <ul style="list-style-type: none"> <li>• The players should keep their head up and be aware of the movement of other players when dribbling.</li> </ul>                     |
| <p><b>Coach Says (Defensive Slides)</b></p>    | <ul style="list-style-type: none"> <li>• “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.</li> <li>• When the coach states “Coach says down!” all players will slap the ground and yell “Defense!” as they assume a defensive stance.</li> <li>• 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!”</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul> | <ul style="list-style-type: none"> <li>• Defensive stance – Feet shoulder width apart, knees bent, back straight, hands out wide to disrupt the offensive player</li> </ul> |

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

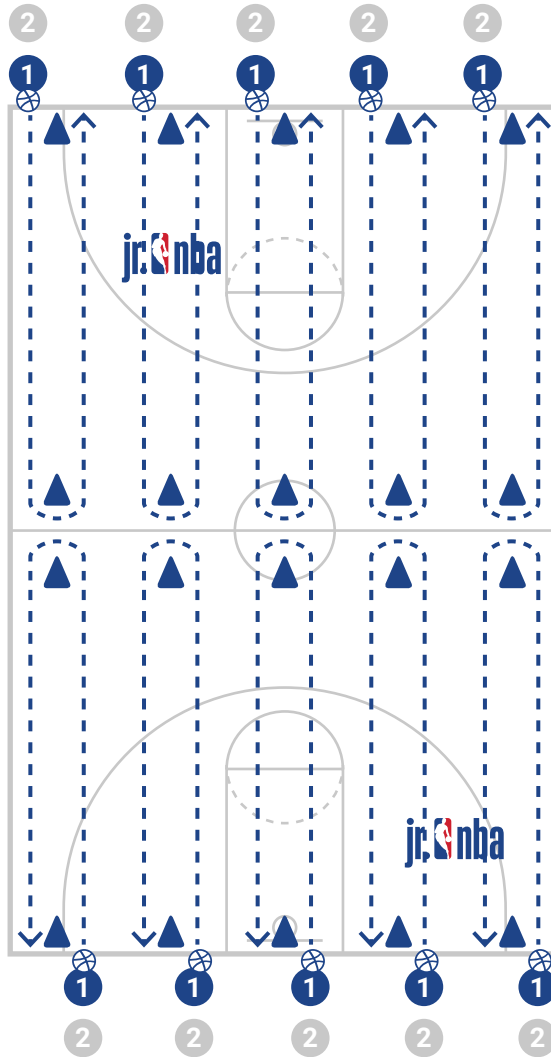
TEACHING NOTES

**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
- 1 Players

| DRILL (#-A-Z)   | DESCRIPTION  | TEACHING NOTES  |
|---|--|---|
| <p><b>Fingertips/Circle Basketballs</b></p>  | <ul style="list-style-type: none"> <li>All players need a basketball located on the sideline. They must follow what the coach does.</li> <li>Pound Slaps:</li> <li>Pound the ball with slaps "Waking It Up"</li> <li><b>Finger Tips:</b> <ul style="list-style-type: none"> <li>The coach will start off by warming up the fingers by doing finger taps using their fingertips.</li> <li>The coach will then put the basketball around their chest, waist, knee and head level.</li> <li>Players will mimic the coach's movements.</li> <li>After a few times, the coach will instruct them to change directions.</li> </ul> </li> <li><b>Loads:</b> <ul style="list-style-type: none"> <li>Load this drill by walking, running, going backwards vs. staying stationary</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Players may have a difficult time circling the basketball around their body therefore encourage them to circle it against their body. (SEE VIDEO)</li> </ul>   |
| <p><b>Follow the Leader</b></p>            | <ul style="list-style-type: none"> <li>Players are separated into two teams, one team per coach.</li> <li>The coach will be the leader starting off.</li> <li>The coaches will walk/jog around the gym doing an action (e.g. circling the basketball around their waist).</li> <li>The players must follow the leader and do whatever he or she is doing.</li> <li>The players will do the action for about 15-20 repetitions before changing to another action (e.g. shuffle/lateral dribbles).</li> <li>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.</li> </ul>   | <p>Actions:</p> <ul style="list-style-type: none"> <li>Circle around ankles, knees, leg, waist, head</li> <li>Finger taps high, mid, low</li> <li>Left, right, shuffle, crossover dribbles</li> </ul> |
| <p><b>Freeze Tag</b></p>                   | <ul style="list-style-type: none"> <li>One player or coach will be designated as the person who is "it".</li> <li>When a person designated as "it" tags other players, they are "frozen" and must stand in place without moving until they are "unfrozen."</li> <li>An "unfrozen" player may "unfreeze" others by touching them.</li> <li>Use the full gym for this game.</li> </ul>   |   |

| DRILL (#-A-Z)  | DESCRIPTION  | TEACHING NOTES  |
|--|--|---|
| <p><b>Frog Jumps</b></p>                | <ul style="list-style-type: none"> <li>• All players will start on the sideline</li> <li>• Each player will be in a frog position (knees bent, butt down, hands in front)</li> <li>• They will then explode upwards from a frog position and jump as high as they can.</li> <li>• The players jump until they reach the opposite sideline.</li> </ul>  |   |
| <p><b>Give &amp; Go with Coach</b></p>  | <ul style="list-style-type: none"> <li>• The players will be grouped into 2 teams starting in diagonal corners of the half court facing the basket with a basketball.</li> <li>• One coach will be at one basket and the other coach will be at the other basket.</li> <li>• The players will wait for the coach's command.</li> <li>• When the coach says "Go," the player will dribble the basketball towards the basket then pass the ball to the coach.</li> <li>• The coach will return the pass and the player will complete the drill by performing a lay-up.</li> <li>• The player will then get their rebound and return to the back of the line.</li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• 2-foot jump stop. Stop at the cone.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Coaches be vocal and coach your players!</li> <li>• Set a goal for the whole team to achieve. For example, "Today's practice, we have to make 5 lay-ups as a team."</li> </ul> |

DRILL (#-A-Z)

DESCRIPTION

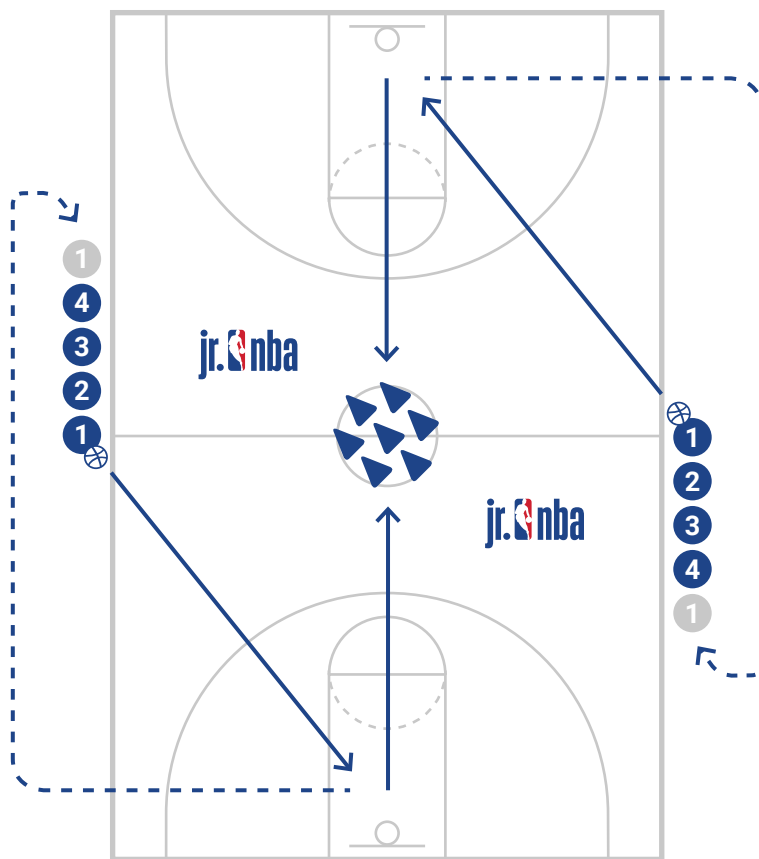
TEACHING NOTES

**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 layup
- If the player makes 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   |
|--|---|--|
| <p><b>Half Court Continuous Shooting</b></p>    | <ul style="list-style-type: none"> <li>• Players line up in front of hoops. Ten in each line.</li> <li>• First player in line will shoot the basketball by demonstrating the 1, 2, 3 shots exercise instructed by the coach.</li> <li>• The coach will say:               <ul style="list-style-type: none"> <li>• “One!” and the player will go down in a frog position</li> <li>• “Two!” the players will lift up the basketball</li> <li>• “Three!” they will explode upwards to shoot the basketball.</li> </ul> </li> <li>• The player who shoots the basketball will get the rebound and return to the back of the line.</li> </ul>   | <ul style="list-style-type: none"> <li>• 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.</li> </ul> |
| <p><b>High 5 Lay Ups</b></p>     | <ul style="list-style-type: none"> <li>• Players partner up with a player or parent.</li> <li>• Players doing the layups will line up on the baseline or sideline.</li> <li>• Coach will focus on lay-up footwork.</li> <li>• 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.</li> <li>• 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.</li> <li>• Players to switch roles after a few tries.</li> </ul> |  |
| <p><b>In &amp; Out The Water</b></p>     | <ul style="list-style-type: none"> <li>• Each player finds a line on the court.</li> <li>• Coach will have a verbal cue “In The Water” or “Out The Water”</li> <li>• Coach will try to test the players listening skills and they to make them do the opposite</li> <li>• If the coach says “In The Water” and the player goes out the water then the player is out.</li> <li>• <b>Loads:</b> <ul style="list-style-type: none"> <li>• Side to Side</li> <li>• Diagonal</li> </ul> </li> </ul>  |  |

| DRILL (#-A-Z)   | DESCRIPTION  | TEACHING NOTES   |
|---|--|--|
| <p><b>Line Shooting / "Gimme 5"</b></p>  | <ul style="list-style-type: none"> <li>• Teach how to hold the basketball first               <ul style="list-style-type: none"> <li>• Place 5 fingers (Right or left hand) on top of the basketball (Fingers are spread out)</li> <li>• With the other hand (Right or left hand), place 5 fingers on the side of the basketball</li> <li>• Rise both hands up so the shooting hand (hand on top of the basketball) makes an "L" shape</li> <li>• Shoot the basketball up (over the rim) with the shooting hand. Remember that only 1 hand is shooting the ball and not both.</li> </ul> </li> <li>• Players find their own space in the gym.</li> <li>• Players must stand on top on a line. The line must be between their legs.</li> <li>• Players will practice their shooting by shooting the ball up and make sure it land on the line.</li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• Partner to play defense with hands up.</li> <li>• Player with the ball has to shoot over / through hands.</li> <li>• Player will have to see if the basketball lands on the line</li> <li>• The partners will switch roles after a few times</li> <li>• Coaches can incorporate a point system.                   <ul style="list-style-type: none"> <li>• Every time it lands on a line the player who shot the basketball gets a point</li> </ul> </li> </ul> </li> <li>• End of drill - Players to shoot at net</li> </ul> | <ul style="list-style-type: none"> <li>• Let players go through the first few rounds before stealing the basketball</li> </ul> |
| <p><b>Lily Pad Jumps</b></p>           | <ul style="list-style-type: none"> <li>• Place Disc Cones in a V formation. 1-2-2 for each team.</li> <li>• Player will jump from one cone to the other by jumping with two feet.</li> <li>• Players should line up at the bottom of the V.</li> <li>• Each player will go one at a time then return to the end of the line.</li> </ul>  |  |



| DRILL (#-A-Z)   | DESCRIPTION  | TEACHING NOTES  |
|---|--|---|
| <p><b>Octopus</b></p>            | <ul style="list-style-type: none"> <li>• Players line up on the baseline with a basketball.</li> <li>• The objective of this game is to dribble the basketball across to the opposite baseline without getting the ball stolen.</li> <li>• The coach will be the “Octopus” at half court.</li> <li>• The coach will yell “Octopus!” then the players will dribble the ball towards the opposite baseline.</li> <li>• If the ball gets stolen, they will put their ball away and become an octopus with the coach. Repeat process.</li> </ul>   | <ul style="list-style-type: none"> <li>• Let players go through the first few rounds before stealing the basketball</li> </ul>  |
| <p><b>Over/Under Relays</b></p>  | <ul style="list-style-type: none"> <li>• The players will line up with their teams on the baseline (e.g. 4 lines, 5 players on each team).</li> <li>• 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.</li> <li>• 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).</li> <li>• <b>LOAD:</b> Five dribbles right/left hand before passing it back; variations of dribbles.</li> </ul>  | <ul style="list-style-type: none"> <li>• Coaches may try to mix up the teams to encourage teamwork and sportsmanship</li> </ul> |
| <p><b>Over The Log</b></p>  | <ul style="list-style-type: none"> <li>• Have the participants get into pairs. Line them up the length of the space, partners facing each other.</li> <li>• Have partners sit down and extend their legs in front of them so their feet touch.</li> <li>• Number each pair and call numbers randomly.</li> <li>• 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.</li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• Players when they hear their number get called jump over the legs and scores a basketball to get a point.</li> </ul> </li> </ul> |   |

DRILL (#-A-Z)

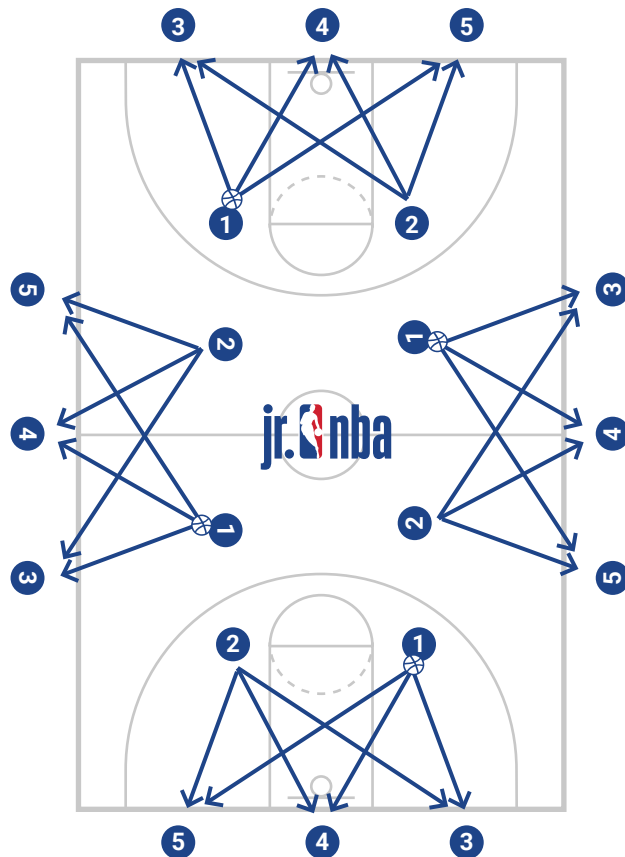
DESCRIPTION

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 open teammate
- **Load:**
  - Increase the speed of the passes



- ▲ Cones
- Pass
- ① Players

DRILL (#-A-Z)

DESCRIPTION

TEACHING NOTES

**Pirate's Gold**

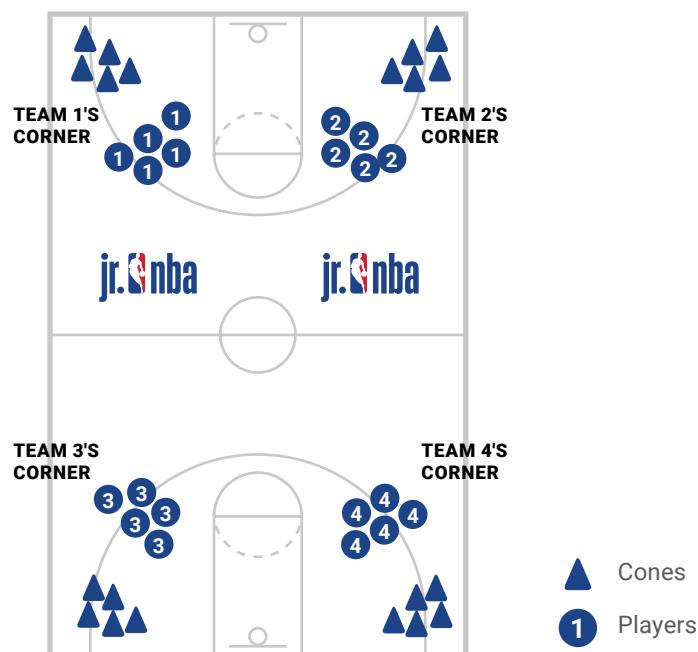

- Players are separated into two lines of ten players facing the hoop in single file.
- Cones are placed on each side of the court (e.g. 10 cones for team 1 and 10 cones for team 2, with the half court line dividing the teams)
- One basketball in the front of each line.
- Each player will get one attempt 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)


- Players are to encourage teammates



**Pirate Treasure**





- 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.

- 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 |
|---|--|----------------|
| <p><b>Pound and Pass (with a partner or parent)</b></p>  | <ul style="list-style-type: none"> <li>• Players are partnered up and an appropriate distance for them to pass the basketball.</li> <li>• Player with the basketball will pound the basketball as hard / quick as they can.</li> <li>• The partner will then call out a “code word” i.e. “shot clock!”</li> <li>• 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.</li> <li>• Player receiving the pass will take a step forward to reach and catch for the basketball.</li> <li>• Repeat steps.</li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul> </li> </ul> |                |

| DRILL (#-A-Z)  | DESCRIPTION   | TEACHING NOTES  |
|--|---|---|
| <b>Quick Switch</b>  | <ul style="list-style-type: none"> <li>• 4 cones are set up in a square</li> <li>• 1 player at each cone</li> <li>• 1 player in the middle of the square w/ no cone</li> <li>• Coach will call out "switch"</li> <li>• All players at cones switch spots</li> <li>• If the player in the middle claims an open cone spot, the player knocked out will replace the player in the middle</li> <li>• repeat until coach calls out "switch"</li> <li>• <b>LOAD:</b> <ul style="list-style-type: none"> <li>• Players switch with verbal or nonverbal cues</li> <li>• Coach no longer need to call out "switch"</li> <li>• Cannot switch with the same player twice</li> </ul> </li> </ul>   |   |
| <b>Red Light, Yellow Light, Green Light, Orange Light</b><br> | <ul style="list-style-type: none"> <li>• Players will start on the baseline or sideline with a basketball.</li> <li>• When the coach says "Green light," the player will jog/ run towards the other baseline while dribbling.</li> <li>• When the coach says "Yellow light," the player will move slowly while dribbling.</li> <li>• When the coach says "Red light," the player stops in a ready stance.</li> <li>• 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.</li> <li>• Remind the younger players who are just learning that this is not a race.</li> <li>• <b>LOAD:</b> <ul style="list-style-type: none"> <li>• When the coach says "Red light," and the player is still moving, the player must return to the baseline and start over.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• On red light, players are advised to perform a jump, stop, ready/ athletic stance</li> <li>• <b>Ready stance</b> – Feet shoulder width apart, knees bent, back straight, hands in shooting position</li> </ul> |
| <b>Rock (Ball) and Roll</b><br>                               | <ul style="list-style-type: none"> <li>• Players start on the side line with a basketball</li> <li>• Roll the Rock to the cone (3-5m away)</li> <li>• Once the ball passes the cone, they player chases the ball and picks it up</li> <li>• Player then dribbles the ball across to the other sideline</li> <li>• Goes around cone and dribbles back to the next person in line</li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• Left hand dribble</li> </ul> </li> </ul>   |   |

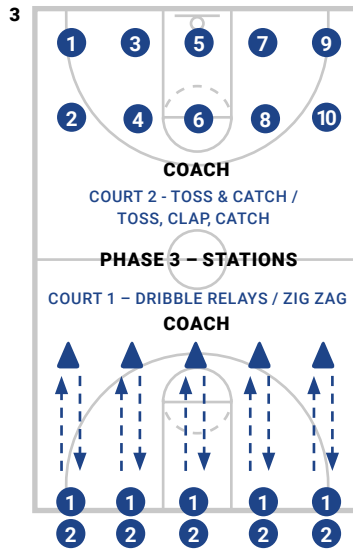
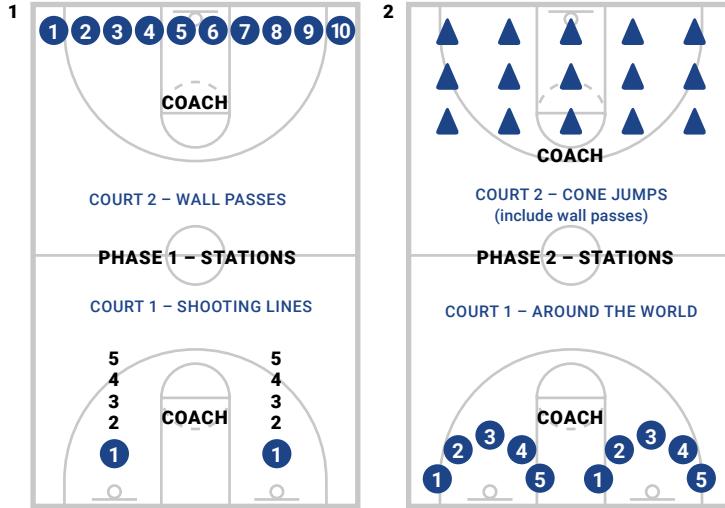
| DRILL (#-A-Z)   | DESCRIPTION  | TEACHING NOTES  |
|---|--|---|
| <p><b>Rock, Paper, Scissors Run</b></p>  | <ul style="list-style-type: none"> <li>Participants pair up and line up on opposite sides of the centre line in a low, athletic stance (knees bent, hips back, butt down).</li> <li>The pair plays 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.</li> </ul>   | <ul style="list-style-type: none"> <li>Encourage players to dribble at all times especially when they are taking cones from the other corner</li> <li>Encourage players to dribble diagonally while getting cones from the opposite corner</li> </ul> |
| <p><b>Skip Tag</b></p>                   | <ul style="list-style-type: none"> <li>One player or coach will be designated as the person who is “it.”</li> <li>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).</li> <li>When a player is tagged, they will join the person who is “it.”</li> <li>Players that are “it” will need to skip to catch the other players.</li> </ul>  | <ul style="list-style-type: none"> <li>Coaches, be sure to watch players who are running and encourage them to skip</li> </ul>  |
| <p><b>Stations*</b></p>                | <ul style="list-style-type: none"> <li><b>Station Phase 1:</b> <ul style="list-style-type: none"> <li>Court 1 – Shooting Lines</li> <li>Court 2 – Wall Passes</li> </ul> </li> <li><b>Station Phase 2:</b> <ul style="list-style-type: none"> <li>Court 1 – Around the World</li> <li>Court 2 – Cone Jumps (Include Wall Passes)</li> </ul> </li> <li><b>Station Phase 3:</b> <ul style="list-style-type: none"> <li>Court 1 – Toss &amp; Catch/Toss, Clap, Catch</li> <li>Court 2 – Dribble Relays/Zig Zag</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Courts will be divided in 2 halves</li> <li>10 players in each half</li> <li>Rotate every 2-3 minutes</li> </ul> <p><b>SEE DIAGRAMS ON NEXT PAGE</b></p>   |




DRILL (#-A-Z)

DESCRIPTION

TEACHING NOTES

Stations\*



| DRILL (#-A-Z)   | DESCRIPTION   | TEACHING NOTES   |
|---|---|--|
| <p><b>Stationary Dribbling – Follow the Coach</b></p>  | <ul style="list-style-type: none"> <li>• 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"> <li>• Dribble right hand! Dribble high above shoulders, waist, knees</li> <li>• Dribble left hand! Dribble high above shoulders, waist, knees</li> <li>• Front crossover dribble</li> <li>• Dribble on one knee, dribble on two knees, dribble sitting down/laying down</li> </ul> </li> </ul>   |  |
| <p><b>Stationary Partner Passing</b></p>               | <ul style="list-style-type: none"> <li>• Players are partnered up and an appropriate distance for them to pass the basketball.</li> <li>• 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.</li> <li>• Player receiving the pass will take a step forward to reach and catch for the basketball.</li> <li>• Repeat steps.</li> </ul>  | <ul style="list-style-type: none"> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Overhead pass</li> </ul>   |
| <p><b>Swipers</b></p>                                | <ul style="list-style-type: none"> <li>• All players should have a basketball.</li> <li>• Coach will direct players to dribble around the full court.</li> <li>• When the coach yells out “Swipers!” all players will be allowed to steal/knock away other players’ basketballs.</li> <li>• 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!”)</li> <li>• Another teammate will roll the basketball between their legs allowing them to come back into the game.</li> </ul> | <ul style="list-style-type: none"> <li>• <b>LOAD:</b> Coaches can add in different types of dribbling once players can do this. (E.g. Speed dribbles, power dribbles, low dribbles, etc.)</li> </ul> |



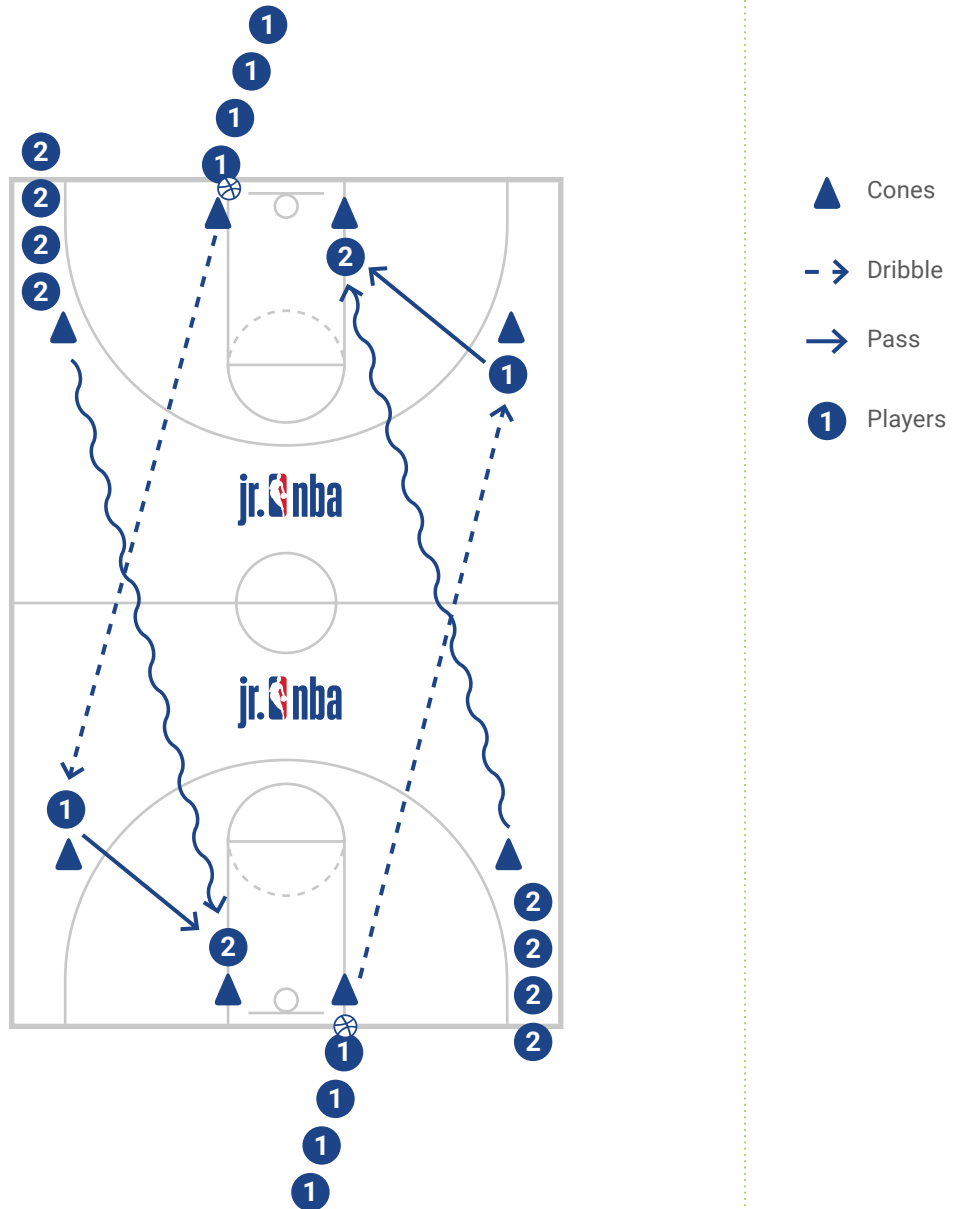
DRILL (#-A-Z)



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  |
|---|--|---|
| <p><b>Toss &amp; Catch/<br/>Toss, Clap, Catch</b></p>  | <ul style="list-style-type: none"> <li>All players need a basketball.</li> <li>Toss &amp; Catch requires players to focus on the ball.</li> <li>The player with two hands holding the basketball will “toss” it up and catch it on its way down.</li> <li>Players are encouraged to always keep their eyes on the basketball (tracking the ball) and to toss it vertically, not forward/backward/sideward.</li> <li>Toss, Clap, Catch is similar to Toss &amp; Catch but with the requirement to “clap” while the basketball is in the air.</li> <li>Players are recommended to toss the basketball higher in order to accomplish this activity successfully.</li> <li>Depending on their skill level, allow the basketball to hit the floor while the player claps and then catch the basketball.</li> <li><b>Load / Alternative Teaching:</b> <ul style="list-style-type: none"> <li>1. Players can throw the ball down, then clap</li> <li>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</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Make sure there is a good amount of space between players</li> <li>Players are to use the full gym</li> <li>For higher-skilled players, introduce 2, 4, 6 claps</li> </ul> |
| <p><b>Volcanoes &amp; Craters</b></p>                | <ul style="list-style-type: none"> <li>Place ten disc cones upwards and ten disc cones downwards scattered around the gym.</li> <li>The players will be separated into two groups: one group will be “Volcanoes” and the other group will be “Craters.”</li> <li>A volcano is the disc cone facing upwards.</li> <li>A crater is the disc cone facing downwards.</li> <li>A volcano’s objective is to dribble around the basketball court and turn over all the crater cones to make them volcanoes.</li> <li>A crater’s objective is to dribble around the basketball court and turn over all the volcano cones to make them craters.</li> <li>Once they have turned over the cone, they must move on to the next one. Coach should set the time to 5 minutes.</li> <li>After 5 minutes, the greater amount of volcanoes or craters is declared the winner. 5 minutes left, play again!</li> </ul>  | <ul style="list-style-type: none"> <li>Players are to move around and turn over as many cones as possible</li> <li>Players are not allowed to guard one cone</li> </ul>   |

| DRILL (#-A-Z)  | DESCRIPTION  | TEACHING NOTES |
|--|--|----------------|
| <p><b>Water Balloon Passes</b></p>        | <ul style="list-style-type: none"> <li>• 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.</li> <li>• All players need a basketball.</li> <li>• Players will stand approximately 1.0m-1.5m away from the wall, depending on the skill level of the player.</li> <li>• <b>Bounce Pass:</b> <ul style="list-style-type: none"> <li>• Bounce the ball to the other player</li> </ul> </li> <li>• <b>Chest Pass:</b> <ul style="list-style-type: none"> <li>• Throw the ball from your chest to the other player</li> </ul> </li> <li>• <b>Load:</b> <ul style="list-style-type: none"> <li>• The coach will when to take a step back to make it harder to pass / catch the ball.</li> <li>• Coaches make sure that the players continue to use good passing form</li> </ul> </li> <li>• <b>Parental Involvement:</b> <ul style="list-style-type: none"> <li>• If parents are available they are able to partner up with their child</li> </ul> </li> </ul> |                |
| <p><b>What Time Is It Mr. Ref?</b></p>  | <ul style="list-style-type: none"> <li>• All players will start on the baseline.</li> <li>• 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.</li> <li>• The players will yell “What time is it Mr. Ref?” together.</li> <li>• The coach will then respond by yelling out a number (e.g. “10 o’clock!”)</li> <li>• The players will then take ten big steps towards the other baseline.</li> <li>• 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).</li> <li>• The players will run back to the baseline before they are caught to be “safe”</li> <li>• Once caught, the player now joins the referee.</li> <li>• <b>LOAD:</b> Include a basketball</li> </ul>   |                |

| DRILL (#-A-Z)  | DESCRIPTION   | TEACHING NOTES   |
|--|---|--|
| <b>Wolf &amp; Sheep</b><br> | <ul style="list-style-type: none"> <li>The coach will designate a “safe zone” (e.g. the lane)</li> <li>A player or coach will be designated as the “wolf” and the rest of the players will be the sheep.</li> <li>All players will be dribbling about the court but are not allowed to hang around the safe zone.</li> <li>When the coach yells out, “The wolf is out!” the wolf will be allowed to steal the basketballs from the sheep.</li> <li>If the ball is stolen, the sheep will now become a wolf.</li> <li>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.</li> </ul>   | <ul style="list-style-type: none"> <li>Change the safe zone to different places so players do not hang around it during the activity</li> <li>Change safe zone to half-court circle, semi-circle on the foul line, etc.</li> </ul>   |
| <b>Zoo Keeper</b><br>       | <ul style="list-style-type: none"> <li>Players are paired up according to their abilities. Designate a “partner one” and “partner two” in each pair.</li> <li>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.</li> <li>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.</li> <li>Once captured, the zoo keepers must accompany their partners and take them back to the zoo (designate a zoo location on the court).</li> <li>Have partners switch roles and repeat an equal number of times.</li> <li>Coaches, watch for players who are running and encourage them to participate correctly by moving like an animal.</li> <li><b>Alternative Game:</b> <ul style="list-style-type: none"> <li>Create a game of TAG!</li> <li>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.</li> <li>Instead of the Zoo Keeper bringing back the animal back to the zoo; the roles will switch when the Zoo Keeper “tags” the animal</li> </ul> </li> <li>See teaching notes for other animal suggestions (Loads)</li> </ul> | <ul style="list-style-type: none"> <li>Frogs (Jumping)</li> <li>Kangaroos (Shooting)</li> <li>Crab (Defense Shuffle)</li> <li>Cheetah (Sprinting)</li> <li>#1 Rule: No Running! (Unless as a cheetah)</li> <li>Players are <b>ONLY</b> supposed to catch their partners</li> </ul> |