

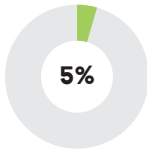
THEME	ACTIVITY	DETAILS	PERCENTAGE OF TOTAL PRACTICE TIME
Values	RESPECT: PARENTS	Discuss how to show respect for parents.	5%
Warm-Up	RUN TO THAT LINE (1 x 5 lines)	Learn the court while warming up.	5%
Building Skills	TEACH: Ball-Handling		70%
	5-5-5 CREATIVE DRIBBLE (4 x)	Allow the players to be creative with the ball.	
	CREATIVE CONE DRIBBLE DRILL (2 minutes)	The drill allows players to work on fun creative moves.	
	TEACH: Shooting		
	SHOOTING LINE GAME (games to 8 makes)	Have some fun shooting just like the players practiced!	
	AROUND THE WORLD (2 games)	Divide the players into teams as they shoot in all spots "around the world."	
	TEACH: Passing		
JUMP STOP PIVOT PASS DRILL (3 minutes)	Help the players understand the importance of a good jump stop, good balance on, good passes, and showing a target. Be sure to mix up the pivots and passes in this drill.		
PASS IT DOWN THE LINE GAME (3 minutes)	This drill will help players pass and catch on the run.		
Competing	LAY-UP BOWLING (2 games)	This creative game emphasizes the importance of making lay-ups.	10%
	1 ON 1 NUMBERS GAME (games to 5)	Use this fun 1 on 1 game to allow players to work on both individual offensive move and 1 on 1 defense.	
	3 ON 3 NUMBERS GAME (games to 5)	Use this fun 3 on 3 game to encourage players to work together on offense and defense.	
Compliment Session	COMPLIMENT SESSION	Have the players volunteer to say something positive about another player's effort or actions in practice.	

- Please limit standing time for players by spreading out and using as many baskets, basketballs, and parents/helpers as possible.
- Be sure to take regular water breaks to help your players stay hydrated.

The percentages listed serve as approximate recommendations on how to allocate practice time.



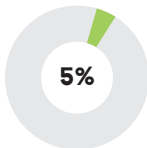
Values



> RESPECT: PARENTS

- Discuss how to show respect for parents.
- Did our parents allow us or help us come to basketball practice?
- ★ In many cases, our parents are the most important, influential people in our lives. We owe them thanks for the good they provide and the love they show. One way to help players mind the importance of respecting their parents is to remind them their jerseys may have their parents' names on the back; anyone watching the game will watch the players' behavior and understand who raised them.

Warm-Up

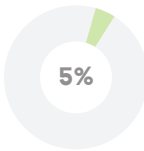


> BASKETBALL IQ DYNAMIC WARM-UP

⊗ Run to That Line (1 x 5 lines)

- Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more).
- Have the players repeat the names of each area you identify.
- Choose from the movements below to provide the players with a movement to get to any space you choose to identify.
- Announce both the way to get to the line or area and the line or area.

WARM UP
CONTINUED



- Movements to choose from: Forward March, Backward March, Lateral March, Forward Skip, Backward Skip, Lateral Skip, High Knees, Backward Run, Quick Feet, Side Push.

★ **Example:** “Everybody go with High Knees to the baseline!”

🔍 **Key Points:** Teach the players about the court while also teaching them proper execution of fundamental movement skills.

⊗ **Forward/Backward/Lateral March**

★ These marches are fundamental movements that teach the players about proper running mechanics. Adding backward and lateral marches is essential for neurological variation in order to have success in subsequent movements.

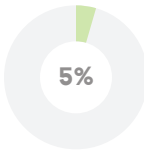
- Players will march by walking and pulling their knees up, toes up, and arm up at a 90 degree angle.

⊗ **High Knees**

★ High knees replicates acceleration techniques by syncing the arm and leg actions. Be sure to cue arm action, encourage an elbow angle of approximately 90 degrees and promote movement at the shoulder. Proper leg action is demonstrated by an active drive of the knee upward while targeting the heel to the top of the hamstring and keeping the foot dorsi-flexed (toes up). “Heel to hamstring” is an important cue in order to promote the proper shin angle.

- Players will run and quickly alternate bringing their knees high towards their chest.

WARM UP
CONTINUED



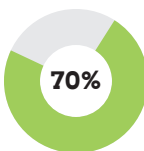
⊗ Quick Feet

- ★ Players should take numerous tiny, quick, short choppy steps as they move in a direction instructed. The activity gets the player's bodies moving and their foot muscles firing while working their fast twitch movement.

⊗ Side Push

- ★ Players should be in a slight athletic stance and move laterally by pushing off their back foot. The player should push off their left foot to move right and push off of their right foot to move left. It is important to emphasize pushing rather than stepping and pulling. This movement works hips, feet and balance.

Building Skills

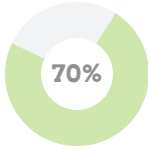


> BALL-HANDLING

⊗ 5-5-5 Creative Dribble (4 x)

- All players need a basketball (or share) and should stand on the baseline.
- The players will get 5 seconds to dribble the ball with their right hand.
- The players will then get 5 seconds to dribble the ball with their left hand.
- The last 5 seconds the players will get to dribble creatively in any way that they want.


BUILDING SKILLS
CONTINUED



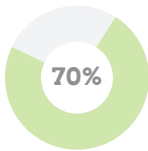
- Repeat this process.
- This should be a fun drill that allows each player to be creative with the ball.

 **Creative Cone Dribble Drill** (2 minutes)

- All players need a basketball (or share) and should stand on the baseline.
- The players will be divided into groups.
- The group will have 2 cones in front of them.
- The players will dribble to the first cone and will make any creative dribble move at the cone.
- The players will then dribble to the next cone and make any creative dribble move at the cone.
- After the second cone, the players will dribble out and shoot.

 **Key Points:** The players can work on fun creative moves with no pressure.

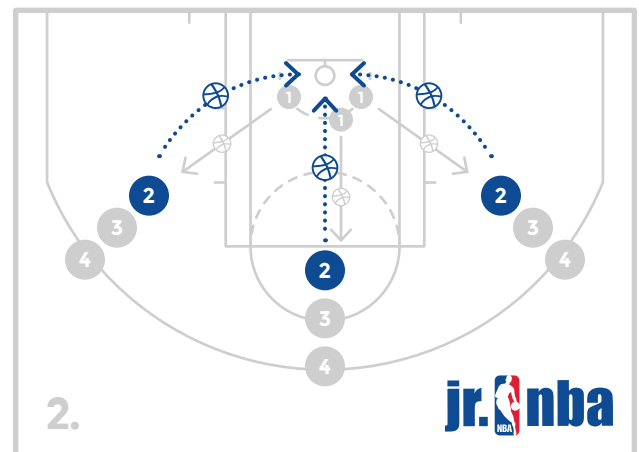
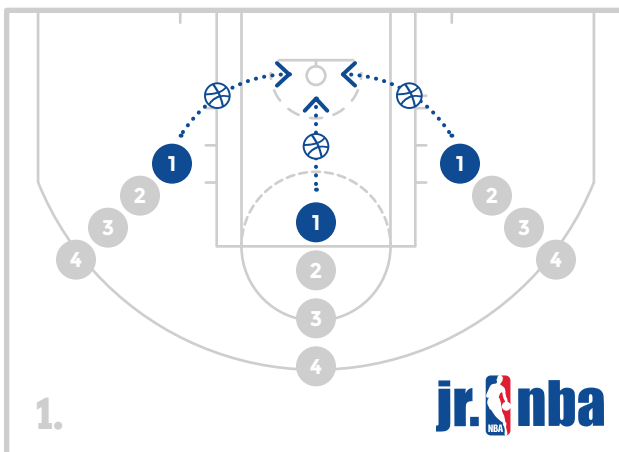
BUILDING SKILLS
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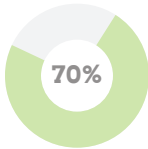
> SHOOTING

🏀 Shooting Line Game (games to 8 makes)

- Divide the players into two or more groups and have each group at a designated shooting spot on the court.
 - The groups will function as a team and keep their score together.
 - The players will shoot, get their rebound, give it to the next player and return to the back of the same line.
 - Continue this drill until one team makes the designated number of shots. Then switch spots and repeat.
- 🔍 **Key Points:** Have the players count the makes out loud for all teams to hear. Encourage the players to cheer for their teammates and utilize the shooting form they have worked on.



BUILDING SKILLS
CONTINUED



⊗ **Around the World** (2 games)

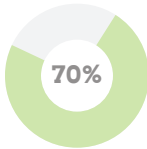
- Place five cones around the court as five shooting spots and divide the players evenly at the cones.
- The first player in each line will have a basketball.
- Each player will shoot the ball, get their rebound, and return to the back of that same line.
- The players will cycle through so that each player gets 3 shots from that specific spot.
- After these 3 attempts by everybody, all groups will rotate to the next spot and repeat until each team has shot at all five spots.
- The team will count their total makes as they go around and the team with the most makes, wins.

➤ **PASSING**

⊗ **Jump Stop Pivot Pass Drill** (3 minutes mixing pivots and passes)

- Have the players divide into groups, hold a ball, and stand in a good stance on the baseline.
- The players will dribble to the free throw line extended and jumpstop and then forward/reverse pivots until they are facing their line again.

BUILDING SKILLS
CONTINUED

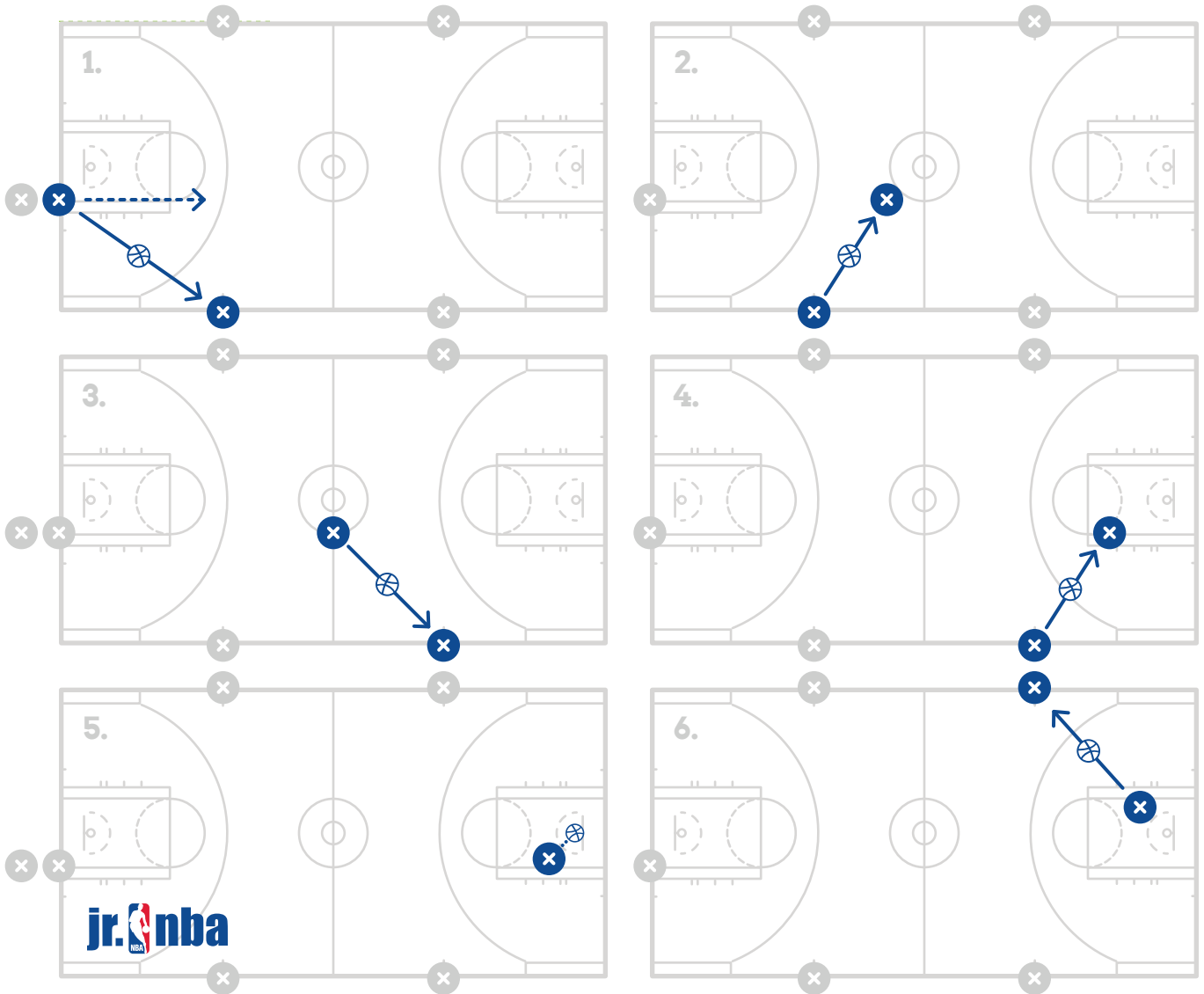


- Have the players then pass back to the next player in line and continue the process.

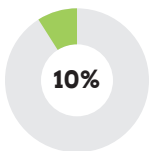
Key Points: Help the players understand the importance of a good jump stop, good on balance pivots, good passes and showing a target.

Pass It Down the Line Game (3 minutes) [SEE DIAGRAM NEXT PAGE >>](#)

- Divide the players into 2 even groups with 1 group on both sidelines without a basketball.
- Have the other group start with a basketball on the baseline.
- The player with the basketball will pass the ball and receive the ball back from each of the players lined up on the sideline.
- After they have made and received a pass from the last player, the player will dribble the ball to the basket for a lay-up.
- After the lay-up, the player will get their rebound and continue by coming up the other side of the court.
- This process will continue for 3 minutes.
- Count how many lay-ups that team makes in 3 minutes before switching the groups.



Competing



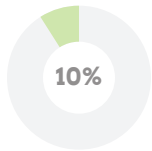
> FUN GAMES

⊗ Lay-Up Bowling (2 games)

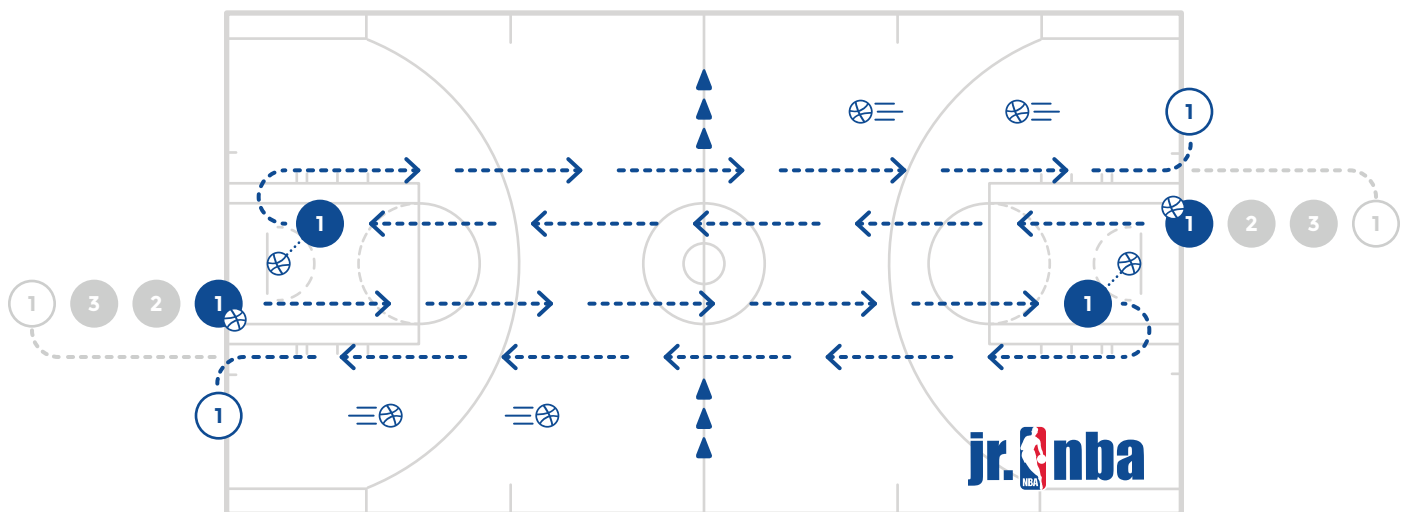
SEE DIAGRAM NEXT PAGE >>

- Divide the players into 2 teams and have them line up on opposite baselines.

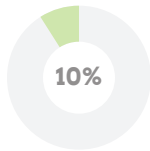
COMPETING
CONTINUED



- The coach will set up 3 cones about 2 or 3 feet apart on the opposite baseline from each teams' line.
- Each team will have 2 balls. 1 with the player in the front of the line and 1 off to the side.
- The first player will dribble to the opposite end of the court and shoot a lay-up
- The player will dribble the ball all the way back to the next player in line.
- If the player misses the lay-up, they will go to the back of the line, but if the player makes the lay-up, they will go pick up the extra ball to the side and bowl/roll it towards the cones at the opposite end.
- If the player hits a cone, it counts as knocking it over and the coach will remove it.
- The team to hit all 3 of their cones first will win.



COMPETING
CONTINUED



> COMPETITIVE GAMES

🏀 1 on 1 Numbers Game (games to 5)

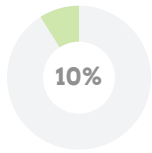
- Assign 2 players to each number and have everybody stand on the baseline.
- Throw the ball on the court and call out a number.
- The 2 players with that number will go for the ball and whoever gets the ball will be on offense and the other on defense for 1 possession and 1 shot of 1 on 1.
- Evenly mix up the numbers you call and the game is over when any player gets to 5 points playing by 1's.

🔍 **Key Points:** Encourage the players to hustle to the ball and make efficient offensive moves to score. Also encourage the defensive player to move their feet and play active defense.

🏀 3 on 3 Numbers Game (games to 5)

- Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and will be playing together.
- Throw the ball on the court and call out 2 numbers.
- The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3.

COMPETING
CONTINUED



- Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's.
 - There is a 3 dribble maximum each time a player gets the ball.
 - No screens can be set but cutting is allowed and encouraged.
- Key Points:** Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots.

Compliment Session

- Gather the players in the middle of the court and encourage them to raise their hand and give another teammate a compliment.
 - Have the coach start the session by giving a compliment and let the players follow.
- Key Points:** All compliments should be natural. Not every player has to give or receive a compliment.