

SAMPLE BASKETBALL PRACTICE #1

Duration: 60 minutes

Age Group: 4 - 6 years

Suggested drills assume there are enough basketballs for each player. If not, modifications can be made. Timing of drills is a suggestion only and will depend on your particular team's abilities, needs and attention span.

WARM UP - 10 MINUTES

Run, jump stop

Sprint down to a designated point (baseline, freethrow line, etc.) and jump stop when they get there. Demonstrate to kids what a solid jump stop looks like with both feet landing at the same time, legs bent and bottom down so they don't tip forward.

Hop on one foot

Have kids spread out on a line and have them hop on one foot down to a second line and back on opposite foot.

Bear crawl

Bear crawl from one line to a designated point.

Defensive slide

Demonstrate how to do a proper defensive slide (knees bent, direction of feet, bottom down, hands up, etc.). Then with kids facing you, have them mirror your defensive slide.

Zig zag run

Have kids run in a zig zag pattern from one end of the court to the other. Basically, showing them how to make quick cuts to change direction when they are on offense.

2-footed jumps

Have kids spread out on a line and have them hop on two feet down to a second line on the court.

Pivots

Show kids how to plant one foot and pivot on the other. Have them keep their hands up and elbows out as if they are holding a basketball.

Stretch

PASSING - 10 MINUTES

Toss to ourselves and catch

Player tosses the ball up in the air and then catches their own toss to work on eye-hand coordination.

Partner pass

bounce pass, chest pass

DRINK BREAK

BALL HANDLING - 15 MINUTES

Move ball around waist

Alternatively, if that's too hard, they can roll the ball on the ground around their feet.

Stationary Dribble - Rt and Lt Hand

Stationary Dribble and Pick up the Ball

Stationary dribble with arm up. Dribble once and then pick up the ball like you are ready to pass. Repeat.

Dribble around a cone

SHOOTING - 20 MINUTES

Demonstrate shooting form

Have kids practice without a ball first

Practice shooting against a wall

Dribble, jump shot, shoot, rebound

DRINK BREAK

GAME - LAST 5 MINUTES

Sharks and Minnows

Coach is "shark." Kids are "minnows." They each dribble a ball and coach tries to steal it. Encourage them to keep their defensive arm up. This was, by far, the kids' favorite game of the season.