

2012 Program Plan

- Philosophy
 - Low-key introduction to Basketball
 - Focus on fun and basic skills
 - Establish a long-term love for team sports
 - Stress teamwork
 - Celebrate small successes (individually and as a team)
- Practice Sessions
 - Every player will need a ball for some drills
 - Keep every player busy at all times
 - Run multiple drills or multiple squads at same time
 - Utilize parents to maintain control
 - Keep drills simple, and fun!
 - Drills provided are guidelines, feel free to use your favorites instead
 - Correct mistakes gently
 - Point out what they should have done instead of what they did wrong
- Development Plan
 - Week 1: Dribbling & Passing Skills
 - Week 2: More Dribbling & Passing Skills
 - Week 3: Shooting Skills
 - Week 4: Defense Skills
 - Week 5: Offense Skills
 - Week 6: Review & Scrimmage
 - Week 7: Review & Scrimmage



January 14, 2011 - Week 1

- Dribbling Drills (30 Minutes)
 - Standing
 - Stress use of fingers, proper force
 - Knees bent, other arm for balance
 - Switch hands and repeat
 - Walking
 - Right hand out, left hand back
 - Progress to fast walk
 - Cone Weave
 - Stick to dominant hand this week
- Passing Drills (15 Minutes)
 - Two lines facing each other 12 feet apart (lane width)
 - Passing
 - Step towards partner, then pass
 - Snap wrists on release so that thumbs rotate under the ball
 - Catching
 - Fingers spread, thumbs touching
 - Chest Pass
 - Aim for partner's chin
 - Sounds bad, but allows ball to drop to chest level for easier catching
 - Bounce Pass
 - Aim for a spot 2/3 of distance to partner
- Skills Competition (Best 2 out of 3 for each event)
 - Speed Dribble
 - 1 line/team
 - Full court, up and back
 - Use dominant hand
 - Hand ball to next player in line
 - Cone Weave
 - 1 line/team
 - 4 cones/line length of court, up and back
 - Use dominant hand
 - Switch hands if able
 - Zig-Zag
 - 1 line/team
 - 4 cones/line length of court, but now spaced apart about 12 feet so that players must “zig-zag” around them like a skiing slalom course
 - Use dominant hand
 - Switch hands if able
 - Hot Potato (Chest Passes)
 - 2 lines/team, facing each other 12 feet apart
 - Offset lines so that a “zig-zag” occurs when passing
 - Players chest pass diagonally between lines, up and back
 - Hot Potato (Bounce Passes)



January 21, 2011 - Week 2

- Dribbling Drills (20 Minutes)
 - Fast Walking
 - Right hand out, left hand back
 - Progress to a jog
 - Eyes Closed
 - Stand in place first
 - Try walking if they look ready
 - Cone Weave
 - Try switching hands this week
- Passing Drills (25 Minutes)
 - Two lines facing each other 12 feet apart
 - Stress proper technique again
 - Chest Pass
 - Bounce Pass
 - 2-Hand Overhead Pass
 - 1-Hand “Baseball” Pass
 - Increase distance if needed
 - Two lines, 1 ball
 - Pass & run to end of line
 - Next player shifts down to receive pass back
- Skills Competition (Best 2 out of 3 for each event)
 - Speed Dribble
 - 1 line/team
 - Full court, up and back
 - Use dominant hand
 - Hand ball to next player in line
 - Cone Weave
 - 1 line/team
 - 4 cones/line length of court, up and back
 - Use dominant hand
 - Switch hands if able
 - Zig-Zag
 - 1 line/team
 - 4 cones/line length of court, but now spaced apart about 12 feet so that players must “zig-zag” around them like a skiing slalom course
 - Use dominant hand
 - Switch hands if able
 - Hot Potato (Chest Passes)
 - 2 lines/team, facing each other 12 feet apart
 - Offset lines so that a “zig-zag” occurs when passing
 - Players chest pass diagonally between lines, up and back
 - Hot Potato (Bounce Passes)



January 28, 2011 - Week 3

- Review Drills (15 Minutes)
 - Dribbling: Cone Weave
 - Switching hands
 - Passing: 2 lines, 1 ball
 - Players run to end of line after passing
- Shooting Drills (30 Minutes)
 - Jump Shot
 - Proper hand positioning
 - 1 underneath, 1 on the side
 - Fingers spread
 - Ball centered on forehead
 - Don't shoot from the chest
 - “Square up” to the basket
 - Bend knees, jump, shoot
 - Lay-Up
 - Start player about 8 feet from basket
 - No dribble, two steps and shoot
 - Right side: Left, right, shoot
 - Left side: Right, left, shoot
 - Aim for corner of backboard box
 - Stick to dominant arm this week
- Skills Competition (Best 2 out of 3 for each event)
 - Zig-Zag w/Hand Switching
 - Hot Potato (Chest Passes)
 - Hot Potato (Bounce Passes)
 - 3-Shots
 - Teams at opposite baskets lined up out of bounds
 - 3 cones in positions to left, right, and in front of basket about 6 feet away
 - Each player attempts a shot from each location as quickly as possible, then passes to next player in line
 - Players must retrieve their own rebounds
 - Lay-Up Chase (Right Handed)
 - Teams at opposite baskets on right side of basket lined up out of bounds
 - Coach rolls ball down court
 - First player in line chase ball, picks it up, and dribbles in for a lay-up
 - Player retrieves rebound and fast dribbles back to coach
 - Lay-Up Chase (Left Handed)
 - Teams switch to left side of baskets



February 4, 2011 - Week 4

- Review Drills (15 Minutes)
 - Dribbling: Forward/Backward
 - 2 lines at end-line each with ball
 - Dribble fast to foul line
 - Controlled stop
 - Dribble backwards returning to end-line
 - Switch hands and repeat
 - Passing: Monkey in the Middle
 - Players in a large circle, one in the center
 - Center player passes out to one in the circle
 - Pass back to center, pass back out to next player in the circle, continue all the way around circle
 - New player in center
 - Repeat with bounce passes
- Defense Drills (15 Minutes)
 - Slide
 - 2 lines facing coach
 - Stress proper stance
 - Feet at shoulder width, knees bent
 - Balance on balls of feet
 - Hands open, arms out and diagonal
 - Arm up in direction of motion
 - No crossing legs when moving
 - Don't forget to move players forward and backward (drop-step)
 - Close-Out and Slide Away
 - Player sprints from under basket out to coach at free-throw line and establishes guarding stance
 - Coach points left or right and player slides that way to the sideline
 - Player drop steps and slides to end-line
 - Always facing in towards coach
- Coach's Choice (15 Minutes)
- Skills Competition (Best 2 out of 3 for each event)
 - Zig-Zag w/Hand Switching
 - 3-Shots
 - Teams at opposite baskets lined up out of bounds
 - 3 cones in positions to left, right, and in front of basket about 6 feet away
 - Each player attempts a shot from each location as quickly as possible, then passes to next player in line
 - Players must retrieve their own rebounds
 - Lay-Up Chase (Right Handed)
 - Teams at opposite baskets on right side of basket lined up out of bounds
 - Coach rolls ball down court
 - First player in line chase ball, picks it up, and dribbles in for a lay-up
 - Player retrieves rebound and fast dribbles back to coach
 - Lay-Up Chase (Left Handed)
 - Teams switch to left side of baskets
 - Shuffle Relay
 - Teams line up at same basket out of bounds on either side of the lane
 - First player in each line gets into defensive stance and shuffles out to foul line and back
 - Next player in line goes when previous player touches their hand
 - When all players have gone, contest continues but now going out to the center line and back



February 11, 2011 - Week 5

- Review Drills (15 Minutes)
 - Dribbling/Passing/Shooting
 - 2 lines at half court sideline
 - Player on left (facing basket) dribbles to high post, player on right runs to right side of lane
 - Dribbler passes, Receiver makes jump shot
 - Players switch lines
 - Repeat using lay-ups
- Offense Drills (30 Minutes)
 - General Concepts
 - Review offensive positions and general location
 - Teach court terminology
 - Stress passing vs. hogging ball
 - Give and Go Play
 - Make sure everyone has a role
 - Pick and Roll Play
 - Stress proper screening
 - No contact, must allow Defender one step
 - Arms in, no holding
 - No tripping or extending knees
 - Make sure everyone has a role
- Skills Competition (45 Minutes)
 - Players' favorites or Coaches choice



February 25, 2011 - Week 6

- Drills (45 Minutes)
 - Coach's choice
- Scrimmage (45 Minutes)
 - 1 or 2 coaches from each team on the floor
 - Keep a coach or parent on the bench to maintain control
 - Consider each team running 5 offensive plays and then switching possession.
 - Never allow score to be kept on the scoreboard
 - Rotate players through positions
 - Make sure everyone gets a chance to touch the ball and take a shot



March 3, 2011 - Week 7

- Drills (45 Minutes)
 - Coach's choice
- Scrimmage (45 Minutes)
 - 1 or 2 coaches from each team on the floor
 - Keep a coach or parent on the bench to maintain control
 - Consider each team running 5 offensive plays and then switching possession.
 - Never allow score to be kept on the scoreboard
 - Rotate players through positions
 - Make sure everyone gets a chance to touch the ball and take a shot

