

## WEEK 1 – GETTING STARTED

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
- Focus on **confidence, teamwork, and repetition**, not perfection.
- Every week – end practice session with a **scrimmage or competitive game**.

### Group Activity (10-15 minutes)

<u>Dribble Tag</u>	<u>Red Light / Green Light</u>	<u>Circle Passing Game</u>
<p><b>Focus:</b> Ball control, spatial awareness  <b>Setup:</b> Every player has a basketball.  <b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Everyone dribbles inside half court.</li> <li>• Players try to knock others' balls away while protecting their own.</li> <li>• If your ball goes out, perform 5 jumping jacks and rejoin.</li> </ul> <p><b>Variation:</b> "King of the Court" — last dribbler standing wins.</p> <ul style="list-style-type: none"> <li>• <b>Add commands:</b> "Right hand only," "Low dribble," "Crossovers only." All players active.</li> </ul>	<p><b>Focus:</b> Dribbling control and reaction time  <b>Setup:</b> All players start on baseline with a ball.  <b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Coach yells "Green light!" — players dribble forward.</li> <li>• "Yellow!" — slow dribble in place.</li> <li>• "Red light!" — freeze, ball still under control.</li> </ul> <p><b>Variation:</b> Add "Blue light" = switch hands, "Purple" = crossover.</p>	<p><b>Focus:</b> Passing accuracy and reaction  <b>Setup:</b> 8–10 players form a circle with one or two basketballs.  <b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Pass quickly around the circle using chest or bounce passes.</li> <li>• Add second ball in opposite direction after a few rounds.</li> </ul> <p><b>Variation:</b> Reverse direction on command or require players to call names before passing.</p>

<u>Step Focus</u>	<u>Drill</u>	<u>Time</u>
1 <b>Introductions</b>	Fun icebreaker – ask name, favorite food, NBA player, etc.	3 min
2 <b>Ball Familiarity</b>	Dribble in place – right hand, left hand, low/high bounces.	5 min
3 <b>Form Shooting (B.E.E.F.)</b>	Balance, Eyes, Elbow, Follow-Through. Use "air ball" form before shooting to partner.	10 min
4 <b>Swish Game</b>	1 shot & rotate — swish = bonus shot.	5 min
5 <b>Athletic Stance &amp; Pivots</b>	"Stuck foot in glue" pivot drill — no ball, then with ball.	7 min
6 <b>Dribbling Relays</b>	Down w/ right hand, back w/ left.	5 min
7 <b>Layups (R/L)</b>	Emphasize using outside hand.	7 min
8 <b>1v0 Attack Drill</b>	V-cut, catch, pivot, drive, layup.	7 min
9 <b>Optional</b>	2–3 Line Fast Breaks (shoot at both ends).	5 min

## WEEK 2 – PASSING AND MOVEMENT

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
- Focus on **confidence, teamwork, and repetition**, not perfection.
- Every week – end practice session with a **scrimmage or competitive game**.

### Group Activity *(10-15 minutes)*

<u>Obstacle Course Challenge</u>	<u>Pass &amp; Move Keep-Away</u>	<u>Dribble Freeze Dance</u>
<p><b>Focus:</b> Shooting form, rebounding, teamwork</p> <p><b>Setup:</b> 2–3 teams per hoop, each with one basketball.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Players shoot in order; 1 point short shot, 2 points long shot.</li> <li>• First team to reach 12 wins.</li> <li>• All players rebound and pass to next shooter.</li> </ul> <p><b>Variation:</b> Switch shooting spots each round.</p>	<p><b>Focus:</b> Movement without the ball, teamwork</p> <p><b>Setup:</b> 6–10 players per group on half-court; one basketball in play.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Offense passes and moves; no dribbling allowed.</li> <li>• Defenders attempt to deflect or steal.</li> <li>• Score a point for 10 consecutive passes.</li> </ul> <p><b>Variation:</b> Add a second ball or limit time per possession.</p>	<p><b>Focus:</b> Ball control and fun</p> <p><b>Setup:</b> Coach with whistle, every player with a ball.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Players dribble and dance until the whistle is blown — freeze!</li> <li>• If ball rolls or player moves, they do 5 jumping jax and keep playing.</li> </ul> <p><b>Variation:</b> Add “Switch!” = switch hands, “Spin!” = pivot in place.</p> <ul style="list-style-type: none"> <li>• 100% movement + fun energy reset.</li> </ul>

<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Dribbling Warm-Up</b>	Right/left, cross-body, switch hands.	5 min
2	<b>B.E.E.F. Review</b>	Form shooting w/ partner.	5 min
3	<b>Passing</b>	Partner chest & bounce passes — step to target.	8 min
4	<b>Dribble–Pivot–Pass</b>	Dribble, pivot, and pass back to partner.	8 min
5	<b>1v0 to 1vCoach</b>	Catch, jab step, drive to layup (coach adds light defense).	10 min
6	<b>Defense Basics</b>	On-ball stance, hands up, “pistols” off-ball.	5 min
7	<b>1v1 w/ Coach</b>	Players can pass back to coach for reset.	8 min
8	<b>Sideline Shooting</b>	Bank shots only, 2 attempts per player.	5 min
9	<b>If Time: Spot Shooting Contest</b>	5 shooting spots (L/R sides, free throw).	5 min

## WEEK 3 – TEAMWORK & SPACING

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
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- Every week – end practice session with a **scrimmage or competitive game**.

### Group Activity *(10-15 minutes)*

<u>Full-Court Dribble Parade</u>	<u>“Coach Says” (Simon Says)</u>	<u>Defensive Shuffle Race</u>
<p><b>Focus:</b> Coordination, spatial awareness, stamina</p> <p><b>Setup:</b> Everyone on baseline with a basketball.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• On “Go,” all players dribble to far baseline and back while staying in their lane.</li> <li>• Coach calls commands mid-court (“cross,” “spin,” “switch hands”).</li> </ul> <p><b>Variation:</b> Add “lay-up at each end then return.”</p>	<p><b>Focus:</b> Listening skills, fundamental review</p> <p><b>Setup:</b> Everyone spaced out with basketballs.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Coach calls commands (“Coach says dribble low,” “Coach says pivot,” “Lay-up!”).</li> <li>• If Coach doesn’t say “Coach says” and a player moves, they do 3 crossovers before rejoining.</li> </ul> <p><b>Variation:</b> Add competitive mode — last player standing wins.</p>	<p><b>Focus:</b> Defensive footwork, stance</p> <p><b>Setup:</b> Players lined up along baseline, no balls needed.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• On “Go,” side shuffle to half-court and back, staying low with hands up.</li> <li>• Emphasize proper stance and quick feet.</li> </ul> <p><b>Variation:</b> Run team relays or add “close-out jump” at the end.</p>

<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Dribble Relay</b>	Speed & control challenge.	5 min
2	<b>Red Light, Green Light</b>	Stop-go dribbling game.	5 min
3	<b>1v0 / 1vCoach</b>	Quick catch → drive → layup.	8 min
4	<b>2v1 Decisions</b>	Find open teammate under pressure.	8 min
5	<b>Up &amp; Down Ladder</b>	Step back for made shots, forward for misses.	8 min
6	<b>Give &amp; Go Intro</b>	Pass, cut, receive, and shoot.	5 min
7	<b>4v0 Offense Intro</b>	Pass, rotate, give & go.	5 min
8	<b>Number Game</b>	Call numbers for offense/defense — half-court play.	10 min
9	<b>3v3 / 4v4 Scrimmage</b>	Emphasize spacing and teamwork.	15–20 min

## WEEK 4 – CONFIDENCE & TRANSITION

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
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- Every week – end practice session with a **scrimmage or competitive game**.

### Group Activity *(10-15 minutes)*

<u>Team Passing Challenge</u>	<u>Ball Drop Reaction Game</u>	<u>Speed Line Lay-ups</u>
<p><b>Focus:</b> Passing, spacing, communication</p> <p><b>Setup:</b> Two large teams facing each other across the gym.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Each team passes among themselves trying for <b>10 straight passes</b> without drop or steal.</li> <li>• Defense attempts to intercept.</li> </ul> <p><b>Variation:</b> Limit to bounce passes or require one pivot before each pass.</p>	<p><b>Focus:</b> Reaction time, quick hands</p> <p><b>Setup:</b> Partners face each other with one ball between them on the floor.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• On coach’s “Go,” both reach for the ball; first to grab and control wins.</li> <li>• Repeat quickly with new partner or new ball.</li> </ul> <p><b>Variation:</b> Add dribble move before returning ball to floor.</p>	<p><b>Focus:</b> Lay-up form, transition, teamwork</p> <p><b>Setup:</b> Two lines per hoop (right and left side).</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• First player dribbles in for lay-up; next goes as soon as shot is taken.</li> <li>• Keep it continuous for 1–2 minutes.</li> </ul> <p><b>Variation:</b> Track total team makes in 1 minute.</p>

<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Ballhandling</b>	Waist & low dribbles.	5 min
2	<b>Layups</b>	Alternate sides, proper footwork.	8 min
3	<b>Bull in the Ring</b>	Keep dribbling while protecting ball.	8 min
4	<b>Step-Into Shot</b>	Pass from coach, step & shoot.	8 min
5	<b>1v1 w/ Coach</b>	Give-and-go or reset if trapped.	8 min
6	<b>Fast Break Drill</b>	2–3 lines, shoot at each end.	5 min
7	<b>4v0 Offense Review</b>	Execute give-and-go & rotate.	5 min
8	<b>Game Rules Talk</b>	Inbounds, spacing, no press.	5 min
9	<b>4v4 Scrimmage (Full Court)</b>	Game application.	15-20 min

## WEEK 5 – GAME FLOW

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
- Focus on **confidence, teamwork, and repetition**, not perfection.
- Every week – end practice session with a **scrimmage or competitive game**.

### Group Activity *(10-15 minutes)*

<u>Dribble Bubble</u>	<u>Dribble Jailbreak</u>	<u>Partner Shadow Dribbling</u>
<p><b>Focus:</b> Dribbling control, awareness</p> <p><b>Setup:</b> All players spread out with a basketball.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• Coach defines an invisible “bubble” space around each player.</li> <li>• Players must dribble and move without touching or bumping anyone else’s bubble.</li> <li>• If two balls or bodies collide, both players do 5 toe taps.</li> </ul> <p><b>Variation:</b> Shrink the space (“smaller bubble!”) to increase difficulty.</p>	<p><b>Focus:</b> Dribbling with purpose, direction changes</p> <p><b>Setup:</b> All players start along the baseline with basketballs.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• On “Go,” players dribble to the opposite baseline and back, avoiding bumping into others.</li> <li>• Add commands mid-run: “Reverse!” “Crossover!” “Spin!”</li> </ul> <p><b>Variation:</b> Call out “Jailbreak!” and have everyone explode to a new spot.</p>	<p><b>Focus:</b> Ball-handling and reaction</p> <p><b>Setup:</b> Partners face each other with a ball each.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"> <li>• One player (“Leader”) dribbles and moves laterally; the other (“Mirror”) must match pace and moves.</li> <li>• Switch roles after 30 seconds.</li> </ul> <p><b>Variation:</b> Add sudden stops, pivots, or hand changes.</p>

<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Relays + Crossovers</b>	Add crossover to endline drill.	5 min
2	<b>Swish Contest</b>	Team vs team — 3/2/1 scoring system.	8 min
3	<b>2v1 Spacing Drill</b>	Find open teammate.	8 min
4	<b>1vCoach</b>	Work on weak-hand drive.	5 min
5	<b>1v1 w/ Coach</b>	Force weak-hand use, add give-and-go option.	8 min
6	<b>3v3 Half Court</b>	Offense: spacing & passing. Defense: help & recover.	10 min
7	<b>Number Game</b>	Random offense/defense pairings.	10 min
8	<b>4v4 Scrimmage (Full Court)</b>	Emphasize transition & teamwork.	15-20 min

## WEEK 6 – CONTROL AND COMPETITION

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
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### Group Activity (10-15 minutes)

#### Catch & Pivot Drill

**Focus:** Triple-threat position, footwork

**Setup:** Players in loose lines of 5–6; one ball per line.

**How to Play:**

- Player passes to next in line; receiver jump-stops, pivots, and passes on.
- Work both left and right pivot.

**Variation:** Add “shot fake” before passing.

#### Bounce Pass Chain

**Focus:** Quick passing rhythm

**Setup:** Large circle, 8–10 players, one basketball.

**How to Play:**

- Pass around the circle using bounce passes only — keep the ball below the waist.
- If the ball bounces too high or off-target, restart the count.

**Variation:** Add a second ball traveling the opposite direction.

#### Sharks & Minnows

**Focus:** Evasive dribbling, change of direction

**Setup:** 3 “sharks” without balls at mid-court; all others (“minnows”) start with balls on baseline.

**How to Play:**

- Minnows dribble from one end to the other without losing control or being tagged.
- If tagged or lose ball, they join the sharks.

**Variation:** Shrink play area each round to increase difficulty.

<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Ballhandling</b>	Low control dribble challenge.	5 min
2	<b>Layups</b>	Alternate sides, quick rotation.	8 min
3	<b>Fast Break Drill</b>	2–3 lines, shoot at both ends.	5 min
4	<b>Crossover Drills</b>	Controlled R→L / L→R movement.	8 min
5	<b>1vCoach Attack</b>	V-cut, jab, direct drive both hands.	8 min
6	<b>Sideline Bank Shots</b>	2 shots per turn.	5 min
7	<b>Team 21 Shooting Game</b>	Groups race to 21 pts (2s & 1s).	10 min
8	<b>4v4 Scrimmage</b>	Full court, game application.	15-20 min

## WEEK 7 – APPLYING SKILLS

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
- Focus on **confidence, teamwork, and repetition**, not perfection.
- Every week – end practice session with a **scrimmage or competitive game**.

### Group Activity (10-15 minutes)

<u>Coaches vs. Kids Keep-Away</u>	<u>All-Court Shooting Challenge</u>	<u>Partner Passing Gauntlet (All-Court)</u>
<p><b>Focus:</b> Team passing, spacing <b>Setup:</b> All kids on offense across full court; 2–3 coaches defend. <b>How to Play:</b></p> <ul style="list-style-type: none"><li>• Kids must complete 10 consecutive passes before a coach deflects.</li><li>• Rotate defenders every round.</li></ul> <p><b>Variation:</b> Limit to bounce passes or chest passes only.</p>	<p><b>Focus:</b> Shooting variety, transition <b>Setup:</b> All hoops in use (side baskets included). Divide players evenly but let everyone shoot simultaneously. <b>How to Play:</b></p> <ul style="list-style-type: none"><li>• Coach calls “Move!” every 20 seconds — players run to a new basket and continue shooting.</li></ul> <p><b>Variation:</b> Count team total makes in 2 minutes; try to beat the previous round.</p>	<p><b>Focus:</b> Passing while moving <b>Setup:</b> Everyone forms two giant lines facing each other across full court (about 10 feet apart). <b>How to Play:</b></p> <ul style="list-style-type: none"><li>• Players pass simultaneously down the court to the partner across, following their pass to the opposite line.</li><li>• Creates a moving wave of passes up and down the floor.</li></ul> <p><b>Variation:</b> Run bounce passes first round, chest passes next.</p>

<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Relay + Crossovers</b>	Build speed & control.	5 min
2	<b>Layups</b>	Alternate sides, rhythm steps.	8 min
3	<b>Ladder Shooting</b>	Step-back game.	8 min
4	<b>1v1 w/ Coach</b>	On-ball D, jab steps, pass resets.	8 min
5	<b>3v2 Fast Breaks</b>	Find open teammate, spacing.	8 min
6	<b>2v2 Give &amp; Go</b>	Cut and pass movement.	8 min
7	<b>4v0 Offense</b>	Introduce interchange (forwards swap spots).	8 min
8	<b>4v4 Scrimmage</b>	Game play, spacing & passing focus.	15-20 min

## WEEK 8 – WRAP & FUN

### General Notes

- Start with a **full-gym** group activity (see below or choose one you know) – **All Teams in Gym**
- Keep drills fast-paced and fun — aim for **90 seconds active, 30 seconds reset**.
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### Group Activity (10-15 minutes)

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<u>Continuous Fast-Break Chain</u>	<u>All-Court Shooting Challenge</u>	<u>“Find the Coach”</u>
<p><b>Focus:</b> Transition play, conditioning</p> <p><b>Setup:</b> Two large teams; first 5 from each start 5-on-5.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"><li>• After any basket, next 5 from each team sprint in and play immediately the other direction.</li><li>• Keeps constant motion — no whistles between plays.</li></ul> <p><b>Variation:</b> Limit dribbles to encourage passing.</p>	<p><b>Focus:</b> Creative ball handling, group awareness</p> <p><b>Setup:</b> All players line up behind a coach or designated leader.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"><li>• Leader dribbles around full court (loops, zig-zags, spins, speed changes).</li><li>• Everyone follows mimicking every move.</li></ul> <p><b>Variation:</b> Let kids take turns being leader.</p>	<p><b>Focus:</b> Awareness, dribbling with head up</p> <p><b>Setup:</b> All players dribble around full court while coaches walk randomly.</p> <p><b>How to Play:</b></p> <ul style="list-style-type: none"><li>• On whistle, everyone must locate a coach, dribble toward them, and jump-stop under control within arm’s reach.</li></ul> <p><b>Variation:</b> Add commands like “Show pass fake!” or “Pivot left!”</p>

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<u>Step</u>	<u>Focus</u>	<u>Drill</u>	<u>Time</u>
1	<b>Warm-Up Ballhandling</b>	Stationary & crossover.	5 min
2	<b>Relay Dribbling</b>	Add crossover to endline race.	5 min
3	<b>Spot Shooting Contest</b>	5 shooting spots — team challenge.	8 min
4	<b>Coach’s Choice Drill</b>	Pick based on team needs.	8 min
5	<b>4v4 Practice Game</b>	Controlled scrimmage.	10 min
6	<b>Mini Game Night</b>	Two short 4v4 games vs other teams.	40 min