



BASKETBALL PRACTICE LESSON PLAN

The goal of each lesson is to introduce one or more of the skills necessary to play basketball. The teaching philosophy is centered on keeping the skill development simple and building confidence through success.

The outline of each lesson is:

- I. Ball Handling Skills
- II. Jump Stops and Pivots
- III. Defense
- IV. Dribbling
- V. Passing
- VI. Lay-ups
- VII. Shooting
- VIII. Introduction and Demonstration of Skill
- IX. Skill Development Through Practice and Repetition
- X. Application of Skill Through Games and Drills
- XI. Chalk Talk: Summary and Preview

PRACTICE 1

OBJECTIVE

To introduce ball handling and dribbling skills; jump stops and pivots; and a few rules of basketball.

BALL HANDLING SKILLS (10 minutes)

1. Circle Ball Around:
 - a. Waist
 - b. Knees
 - c. Ankle
 - d. Head
 - e. Right Knee
 - f. Left Knee
 - g. Both Knees
 - h. Figure 8
 - i. Figure 8 Walk
2. Dribble Ball Around:
 - a. Waist
 - b. Right Leg
 - c. Left Leg
 - d. Figure 8
3. Reach Behind:
 - a. Dribble ball between legs. When reaching behind reach outside legs (pattern- right, left, behind, left, right, behind, right, left, behind, left, right behind)
4. Pretzel:
 - a. Hold ball between legs (one arm in front, one behind) drop ball, alternate hands and catch ball
5. Ricochet:
 - a. Bounce ball between legs and catch ball behind back waist high
6. Walk (Dribble):
 - a. Walk down court dribbling ball between legs each step
7. Run (Dribble):
 - a. Same as #6 start with a skip
8. Straddle
 - a. Right foot forward, left foot back bounce ball between legs, jump up alternate feet and bounce ball between legs again
9. Speed Dribble
 - a. Dribble ball as fast as you can 3 inches off the floor.

JUMP STOP, PIVOT, & TRIPLE THREAT POSITION (10 minutes)

1. Line-up at half court and toss ball in air
2. Jump to catch ball and come to a stop
3. Put one foot in pretend cement
4. Pivot in a circle
5. Come to a stop
6. Get in triple threat position and yell out three things you can do in this position (Dribble, Pass, Shoot)
7. Explain a few of the rules while doing this drill
 - a. **Traveling** – Can't change pivot foot
 - b. **Double Dribble** - Once you dribble and stop, you can't dribble again; you only have two options now (Pass or Shoot)
8. Repeat 1-6 a few times
9. Line-up at baseline; run to half court, jump stop and pivot; run to other baseline, jump stop and pivot; run to half court, jump stop and pivot; run to baseline, jump stop and pivot

DEFENSE (5 minutes)

1. Line-up at half court
2. Get in athletic position (feet shoulders width apart; slightly bent at the knees; hands out)
3. Quick feet drill (move feet up and down quickly)
4. Slide drill (move right, left, back, and up)
5. Shot drill (yell shout and jump up to block the shot)
6. Loose ball drill (yell loose ball and dive for the ball and get back up)
7. Defense Game
 - a. Incorporate the four defensive drills into a game
 - b. When you yell "defense" everyone does the quick feet drill
 - c. While doing the quick feet drill, yell "back" etc.
 - d. Continue and yell "shot" and then "loose ball"
 - e. Mix up the drills ("shot"; "loose ball"; "loose ball"; "shot"; etc.)

DRIBBLING (10 minutes)

1. Basic Techniques
 - a. Knees well bent
 - b. Dribble just a little above knee height
 - c. Head up
 - d. Finger tip control, follow through with the wrist
 - e. Try not to look at the ball
 - f. Dribbling hand on top of the ball
 - g. Other hand used as a shield

2. Full Court Lanes
 - a. Divide players into 2 lines on the baseline. One ball at the front of each line.
 - b. Dribble down to opposite baseline and back. Dribble one direction with their right hand and back with their left hand.
 - c. Emphasize basic technique.
 - d. When dribbling down the floor the coach can blow their whistle anytime. On the whistle the player stops running but maintains the dribble.
 - e. On the next whistle the player again begins to dribble down the court. The whistle can be blown as many times to provide variation.
 - f. Have player jump stop and pivot when they get to the opposite baseline. When they get back to the original baseline, jump stop, pivot and make a good chest pass to the next person in line.
3. Dribble Tag
 - a. Have the teams work within a confined area, e.g. half court.
 - b. Each player has a ball.
 - c. Designate a few kids to be the “taggers”. The taggers attempt to tag the other players. All participants must dribble without walking or running with the ball, and double-dribbling.
 - d. Tagged players move out of the area and when all players have been tagged assign different taggers.
4. Dribble Knock-Out
 - a. Each player is given a ball.
 - b. Define area of court which players are allowed to work within, e.g. half-court.
 - c. All players dribble their own basketball while at the same time trying to steal each other's basketball.
 - d. Once a player has had their ball knocked away from them, they are out and must retire from the game.

JUMP STOP AND PIVOT (10 minutes)

1. Line-up at the free throw line facing half court
2. Toss ball out towards half court and have player run out to catch the ball
3. Player catches ball and jump stops
4. Next the player pivots in a circle
5. Now have player get in triple threat position and yell out pass, dribble, and shoot
6. Pass the ball to the instructor

COURT TALK

1. Review jump stops, pivots, and triple threat position
2. Review the rules on traveling and double dribble
3. Review the basic techniques of dribbling

PRACTICE 2

OBJECTIVE

To continue with ball handling and dribbling skills; jump stops and pivots; and introduce a number of passing drills.

BALL HANDLING SKILLS (10 minutes)

1. Circle Ball Around:
 - a. Waist
 - b. Knees
 - c. Ankle
 - d. Head
 - e. Right Knee
 - f. Left Knee
 - g. Both Knees
 - h. Figure 8
 - i. Figure 8 Walk
2. Dribble Ball Around:
 - a. Waist
 - b. Right Leg
 - c. Left Leg
 - d. Figure 8
3. Reach Behind:
 - a. Dribble ball between legs. When reaching behind reach outside legs (pattern- right, left, behind, left, right, behind, right, left, behind, left, right behind)
4. Pretzel:
 - a. Hold ball between legs (one arm in front, one behind) drop ball, alternate hands and catch ball
5. Ricochet:
 - a. Bounce ball between legs and catch ball behind back waist high
6. Walk (Dribble):
 - a. Walk down court dribbling ball between legs each step
7. Run (Dribble):
 - a. Same as #6 start with a skip
8. Straddle
 - a. Right foot forward, left foot back bounce ball between legs, jump up alternate feet and bounce ball between legs again
9. Speed Dribble
 - a. Dribble ball as fast as you can 3 inches off the floor.

JUMP STOP, PIVOT, & TRIPLE THREAT POSITION (10 minutes)

1. Line-up at half court and toss ball in air
2. Jump to catch ball and come to a stop
3. Put one foot in pretend cement
4. Pivot in a circle
5. Come to a stop
6. Get in triple threat position and yell out three things you can do in this position (Dribble, Pass, Shoot)
7. Explain a few of the rules while doing this drill
 - a. **Traveling** – Can't change pivot foot
 - b. **Double Dribble** - Once you dribble and stop, you can't dribble again; you only have two options now (Pass or Shoot)
8. Repeat 1-6 a few times
9. Line-up at baseline; run to half court, jump stop and pivot; run to other baseline, jump stop and pivot; run to half court, jump stop and pivot; run to baseline, jump stop and pivot

DEFENSE (5 minutes)

1. Line-up at half court
2. Get in athletic position (feet shoulders width apart; slightly bent at the knees; hands out)
3. Quick feet drill (move feet up and down quickly)
4. Slide drill (move right, left, back, and up)
5. Shot drill (yell shout and jump up to block the shot)
6. Loose ball drill (yell loose ball and dive for the ball and get back up)
7. Defense Game
 - a. Incorporate the four defensive drills into a game
 - b. When you yell "defense" everyone does the quick feet drill
 - c. While doing the quick feet drill, yell "back" etc.
 - d. Continue and yell "shot" and then "loose ball"
 - e. Mix up the drills ("shot"; "loose ball"; "loose ball"; "shot"; etc.)

DRIBBLING (10 minutes)

1. Basic Techniques
 - a. Knees well bent
 - b. Dribble just a little above knee height
 - c. Head up
 - d. Finger tip control, follow through with the wrist
 - e. Try not to look at the ball
 - f. Dribbling hand on top of the ball
 - g. Other hand used as a shield

2. Full Court Lanes

- a. Divide players into 2 lines on the baseline. One ball at the front of each line.
- b. Dribble down to opposite baseline and back. Dribble one direction with their right hand and back with their left hand.
- c. Emphasize basic technique.
- d. When dribbling down the floor the coach can blow their whistle anytime. On the whistle the player stops running but maintains the dribble.
- e. On the next whistle the player again begins to dribble down the court. The whistle can be blown as many times to provide variation.
- f. Have player jump stop and pivot when they get to the opposite baseline. When they get back to the original baseline, jump stop, pivot and make a good chest pass to the next person in line.

3. Dribble Tag

4. Dribble Knock-Out

PASSING (10 minutes)

1. Chest Pass

- a. Each player needs a partner and one ball
- b. Line-up across from one another along the free throw lane
- c. Hold ball with both hands, thumbs down, in the chest area with elbows out and eyes on partners chest area
- d. Step with one foot towards partner and pass ball to partners chest area
- e. When passing the ball, thumbs should go in a downward motion

2. Receiving Passes

- a. Extend arms out and go catch the ball
- b. After catching the ball, pull the ball in to your chest area
- c. Assume triple threat position

3. Bounce Pass

- a. Same technique as chest pass
- b. When passing the ball aim at an area on the court halfway between you and your partner and toss the ball
- c. Ball should bounce one time and should bounce up to your partners waist or chest area

4. Chest Pass Bounce Pass Game
 - a. Each player needs a partner and two balls
 - b. Line-up across from one another on the free throw lane
 - c. Have the players on the right side of the lane make a chest pass
 - d. Have the players on the left side of the lane make a bounce pass
 - e. When you say go, each partner will count out loud 1-2-3 and both players will pass the ball simultaneously to one another.
 - f. Important that the partner on the right lane makes a chest pass and the partner on the left lane makes a bounce pass so the two balls don't collide

COURT TALK

1. Review jump stops, pivots, and triple threat position
2. Review the rules on traveling and double dribble
3. Review the basic techniques of dribbling
4. Review passing

PRACTICE 3

OBJECTIVE

To continue with ball handling and dribbling skills; jump stops and pivots; passing; and play a controlled scrimmage.

BALL HANDLING SKILLS (10 minutes)

1. Circle Ball Around:
 - a. Waist
 - b. Knees
 - c. Ankle
 - d. Head
 - e. Right Knee
 - f. Left Knee
 - g. Both Knees
 - h. Figure 8
 - i. Figure 8 Walk
2. Dribble Ball Around:
 - a. Waist
 - b. Right Leg
 - c. Left Leg
 - d. Figure 8
3. Reach Behind:
 - a. Dribble ball between legs. When reaching behind reach outside legs (pattern- right, left, behind, left, right, behind, right, left, behind, left, right behind)
4. Pretzel:
 - a. Hold ball between legs (one arm in front, one behind) drop ball, alternate hands and catch ball
5. Ricochet:
 - a. Bounce ball between legs and catch ball behind back waist high
6. Walk (Dribble):
 - a. Walk down court dribbling ball between legs each step
7. Run (Dribble):
 - a. Same as #6 start with a skip
8. Straddle
 - a. Right foot forward, left foot back bounce ball between legs, jump up alternate feet and bounce ball between legs again
9. Speed Dribble
 - a. Dribble ball as fast as you can 3 inches off the floor.

JUMP STOP, PIVOT, & TRIPLE THREAT POSITION (10 minutes)

1. Line-up at half court and toss ball in air
2. Jump to catch ball and come to a stop
3. Put one foot in pretend cement
4. Pivot in a circle
5. Come to a stop
6. Get in triple threat position and yell out three things you can do in this position (Dribble, Pass, Shoot)
7. Explain a few of the rules while doing this drill
 - a. **Traveling** – Can't change pivot foot
 - b. **Double Dribble** - Once you dribble and stop, you can't dribble again; you only have two options now (Pass or Shoot)
8. Repeat 1-6 a few times
9. Line-up at baseline; run to half court, jump stop and pivot; run to other baseline, jump stop and pivot; run to half court, jump stop and pivot; run to baseline, jump stop and pivot

DEFENSE (5 minutes)

1. Line-up at half court
2. Get in athletic position (feet shoulders width apart; slightly bent at the knees; hands out)
3. Quick feet drill (move feet up and down quickly)
4. Slide drill (move right, left, back, and up)
5. Shot drill (yell shout and jump up to block the shot)
6. Loose ball drill (yell loose ball and dive for the ball and get back up)
7. Defense Game
 - a. Incorporate the four defensive drills into a game
 - b. When you yell "defense" everyone does the quick feet drill
 - c. While doing the quick feet drill, yell "back" etc.
 - d. Continue and yell "shot" and then "loose ball"
 - e. Mix up the drills ("shot"; "loose ball"; "loose ball"; "shot"; etc.)

DRIBBLING (10 minutes)

1. Basic Techniques
 - a. Knees well bent
 - b. Dribble just a little above knee height
 - c. Head up
 - d. Finger tip control, follow through with the wrist
 - e. Try not to look at the ball
 - f. Dribbling hand on top of the ball
 - g. Other hand used as a shield

2. Full Court Lanes

- a. Divide players into 2 lines on the baseline. One ball at the front of each line.
- b. Dribble down to opposite baseline and back. Dribble one direction with their right hand and back with their left hand.
- c. Emphasize basic technique.
- d. When dribbling down the floor the coach can blow their whistle anytime. On the whistle the player stops running but maintains the dribble.
- e. On the next whistle the player again begins to dribble down the court. The whistle can be blown as many times to provide variation.
- f. Have player jump stop and pivot when they get to the opposite baseline. When they get back to the original baseline, jump stop, pivot and make a good chest pass to the next person in line.

3. Dribble Tag

4. Dribble Knock-Out

PASSING (5 minutes)

1. Chest Pass

- a. Each player needs a partner and one ball
- b. Line-up across from one another along the free throw lane
- c. Hold ball with both hands, thumbs down, in the chest area with elbows out and eyes on partners chest area
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3. Bounce Pass

- a. Same technique as chest pass
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4. Chest Pass Bounce Pass Game
 - a. Each player needs a partner and two balls
 - b. Line-up across from one another on the free throw lane
 - c. Have the players on the right side of the lane make a chest pass
 - d. Have the players on the left side of the lane make a bounce pass
 - e. When you say go, each partner will count out loud 1-2-3 and both players will pass the ball simultaneously to one another.
 - f. Important that the partner on the right lane makes a chest pass and the partner on the left lane makes a bounce pass so the two balls don't collide

CONTROLLED SCRIMMAGE (10 minutes)

1. Divide the group into two teams
2. Play a half court game only
3. Every time a player takes control of the ball, they must jump stop and pivot
4. After they jump stop and pivot, the player can dribble, pass, or shoot
5. If the player does not jump stop and pivot, they are out of the game until someone makes a basket
6. Once a team makes a basket, all players knocked out of the game can re-enter and start over again

COURT TALK

1. Review jump stops, pivots, and triple threat position
2. Review the rules on traveling and double dribble
3. Review the basic techniques of dribbling
4. Review passing

PRACTICE 4

OBJECTIVE

To continue with ball handling and dribbling skills; jump stops and pivots; and introduce the fundamentals of a lay-up.

BALL HANDLING SKILLS (10 minutes)

1. Circle Ball Around:
 - a. Waist
 - b. Knees
 - c. Ankle
 - d. Head
 - e. Right Knee
 - f. Left Knee
 - g. Both Knees
 - h. Figure 8
 - i. Figure 8 Walk
2. Dribble Ball Around:
 - a. Waist
 - b. Right Leg
 - c. Left Leg
 - d. Figure 8
3. Reach Behind:
 - a. Dribble ball between legs. When reaching behind reach outside legs (pattern- right, left, behind, left, right, behind, right, left, behind, left, right behind)
4. Pretzel:
 - a. Hold ball between legs (one arm in front, one behind) drop ball, alternate hands and catch ball
5. Ricochet:
 - a. Bounce ball between legs and catch ball behind back waist high
6. Walk (Dribble):
 - a. Walk down court dribbling ball between legs each step
7. Run (Dribble):
 - a. Same as #6 start with a skip
8. Straddle
 - a. Right foot forward, left foot back bounce ball between legs, jump up alternate feet and bounce ball between legs again
9. Speed Dribble
 - a. Dribble ball as fast as you can 3 inches off the floor.

JUMP STOP, PIVOT, & TRIPLE THREAT POSITION (10 minutes)

1. Line-up at half court and toss ball in air
2. Jump to catch ball and come to a stop
3. Put one foot in pretend cement
4. Pivot in a circle
5. Come to a stop
6. Get in triple threat position and yell out three things you can do in this position (Dribble, Pass, Shoot)
7. Explain a few of the rules while doing this drill
 - a. **Traveling** – Can't change pivot foot
 - b. **Double Dribble** - Once you dribble and stop, you can't dribble again; you only have two options now (Pass or Shoot)
8. Repeat 1-6 a few times
9. Line-up at baseline; run to half court, jump stop and pivot; run to other baseline, jump stop and pivot; run to half court, jump stop and pivot; run to baseline, jump stop and pivot

DEFENSE (5 minutes)

1. Line-up at half court
2. Get in athletic position (feet shoulders width apart; slightly bent at the knees; hands out)
3. Quick feet drill (move feet up and down quickly)
4. Slide drill (move right, left, back, and up)
5. Shot drill (yell shout and jump up to block the shot)
6. Loose ball drill (yell loose ball and dive for the ball and get back up)
7. Defense Game
 - a. Incorporate the four defensive drills into a game
 - b. When you yell "defense" everyone does the quick feet drill
 - c. While doing the quick feet drill, yell "back" etc.
 - d. Continue and yell "shot" and then "loose ball"
 - e. Mix up the drills ("shot"; "loose ball"; "loose ball"; "shot"; etc.)

DRIBBLING (10 minutes)

1. Basic Techniques
 - a. Knees well bent
 - b. Dribble just a little above knee height
 - c. Head up
 - d. Finger tip control, follow through with the wrist
 - e. Try not to look at the ball
 - f. Dribbling hand on top of the ball
 - g. Other hand used as a shield

2. Full Court Lanes

- a. Divide players into 2 lines on the baseline. One ball at the front of each line.
- b. Dribble down to opposite baseline and back. Dribble one direction with their right hand and back with their left hand.
- c. Emphasize basic technique.
- d. When dribbling down the floor the coach can blow their whistle anytime. On the whistle the player stops running but maintains the dribble.
- e. On the next whistle the player again begins to dribble down the court. The whistle can be blown as many times to provide variation.
- f. Have player jump stop and pivot when they get to the opposite baseline. When they get back to the original baseline, jump stop, pivot and make a good chest pass to the next person in line.

3. Dribble Tag

4. Dribble Knock-Out

LAY-UPS (10 minutes)

1. Basic Techniques

- a. Players shooting lay-ups should jump off their inside foot.
- b. Protect the ball. Keep the ball away from the defense.
- c. Stay square to your target.
- d. Use the backboard and aim for the top corner of the square nearest you.
- e. In going to the basket use a high jump, not a long jump.

2. Right Handed Lay-Up Drill

- a. Have the players line-up at the right elbow.
- b. Have each player tie an imaginary string from their right wrist to their right knee. Explain to them that when they shoot a right handed lay-up, their right arm will go up as well as their right knee.
- c. Without a basketball, have each player simulate a right handed lay-up.
- d. Set a basketball on the floor just right of the goal. Have a player set their left foot right beside the ball.
- e. When you say go, the player will reach down, pick-up the ball, step off their left foot, and shoot a right handed lay-up.
- f. Have each player start with a ball from the right elbow, and execute a right handed lay-up.

CONTROLLED SCRIMMAGE (10 minutes)

1. Divide the group into two teams
2. Play a half court game only
3. Every time a player takes control of the ball, they must jump stop and pivot
4. After they jump stop and pivot, the player can dribble, pass, or shoot
5. If the player does not jump stop and pivot, they are out of the game until someone makes a basket
6. Once a team makes a basket, all players knocked out of the game can re-enter and start over again

COURT TALK

1. Review jump stops, pivots, and triple threat position
2. Review the rules on traveling and double dribble
3. Review the basic techniques of dribbling
4. Review right handed lay-ups

PRACTICE 5

OBJECTIVE

To continue with ball handling and dribbling skills; jump stops and pivots; and introduce the fundamentals of a lay-up.

BALL HANDLING SKILLS (10 minutes)

1. Circle Ball Around:
 - a. Waist
 - b. Knees
 - c. Ankle
 - d. Head
 - e. Right Knee
 - f. Left Knee
 - g. Both Knees
 - h. Figure 8
 - i. Figure 8 Walk
2. Dribble Ball Around:
 - a. Waist
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3. Reach Behind:
 - a. Dribble ball between legs. When reaching behind reach outside legs (pattern- right, left, behind, left, right, behind, right, left, behind, left, right behind)
4. Pretzel:
 - a. Hold ball between legs (one arm in front, one behind) drop ball, alternate hands and catch ball
5. Ricochet:
 - a. Bounce ball between legs and catch ball behind back waist high
6. Walk (Dribble):
 - a. Walk down court dribbling ball between legs each step
7. Run (Dribble):
 - a. Same as #6 start with a skip
8. Straddle
 - a. Right foot forward, left foot back bounce ball between legs, jump up alternate feet and bounce ball between legs again
9. Speed Dribble
 - a. Dribble ball as fast as you can 3 inches off the floor.

JUMP STOP, PIVOT, & TRIPLE THREAT POSITION (10 minutes)

1. Line-up at half court and toss ball in air
2. Jump to catch ball and come to a stop
3. Put one foot in pretend cement
4. Pivot in a circle
5. Come to a stop
6. Get in triple threat position and yell out three things you can do in this position (Dribble, Pass, Shoot)
7. Explain a few of the rules while doing this drill
 - a. **Traveling** – Can't change pivot foot
 - b. **Double Dribble** - Once you dribble and stop, you can't dribble again; you only have two options now (Pass or Shoot)
8. Repeat 1-6 a few times
9. Line-up at baseline; run to half court, jump stop and pivot; run to other baseline, jump stop and pivot; run to half court, jump stop and pivot; run to baseline, jump stop and pivot

DEFENSE (5 minutes)

1. Line-up at half court
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7. Defense Game
 - a. Incorporate the four defensive drills into a game
 - b. When you yell "defense" everyone does the quick feet drill
 - c. While doing the quick feet drill, yell "back" etc.
 - d. Continue and yell "shot" and then "loose ball"
 - e. Mix up the drills ("shot"; "loose ball"; "loose ball"; "shot"; etc.)

DRIBBLING (10 minutes)

1. Basic Techniques
 - a. Knees well bent
 - b. Dribble just a little above knee height
 - c. Head up
 - d. Finger tip control, follow through with the wrist
 - e. Try not to look at the ball
 - f. Dribbling hand on top of the ball
 - g. Other hand used as a shield

2. Full Court Lanes

- a. Divide players into 2 lines on the baseline. One ball at the front of each line.
- b. Dribble down to opposite baseline and back. Dribble one direction with their right hand and back with their left hand.
- c. Emphasize basic technique.
- d. When dribbling down the floor the coach can blow their whistle anytime. On the whistle the player stops running but maintains the dribble.
- e. On the next whistle the player again begins to dribble down the court. The whistle can be blown as many times to provide variation.
- f. Have player jump stop and pivot when they get to the opposite baseline. When they get back to the original baseline, jump stop, pivot and make a good chest pass to the next person in line.

3. Dribble Tag

4. Dribble Knock-Out

LAY-UPS (10 minutes)

1. Basic Techniques

- a. Players shooting lay-ups should jump off their inside foot.
- b. Protect the ball. Keep the ball away from the defense.
- c. Stay square to your target.
- d. Use the backboard and aim for the top corner of the square nearest you.
- e. In going to the basket use a high jump, not a long jump.

2. Right Handed Lay-Up Drill

- a. Have the players line-up at the right elbow.
- b. Have each player tie an imaginary string from their right wrist to their right knee. Explain to them that when they shoot a right handed lay-up, their right arm will go up as well as their right knee.
- c. Without a basketball, have each player simulate a right handed lay-up.
- d. Set a basketball on the floor just right of the goal. Have a player set their left foot right beside the ball.
- e. When you say go, the player will reach down, pick-up the ball, step off their left foot, and shoot a right handed lay-up.
- f. Have each player start with a ball from the right elbow, and execute a right handed lay-up.
- g. Repeat but execute a left handed lay-up and line-up at the left elbow.

CONTROLLED SCRIMMAGE (10 minutes)

1. Divide the group into two teams
2. Play a half court game only
3. Every time a player takes control of the ball, they must jump stop and pivot
4. After they jump stop and pivot, the player can dribble, pass, or shoot
5. If the player does not jump stop and pivot, they are out of the game until someone makes a basket
6. Once a team makes a basket, all players knocked out of the game can re-enter and start over again

COURT TALK

1. Review jump stops, pivots, and triple threat position
2. Review the rules on traveling and double dribble
3. Review the basic techniques of dribbling
4. Review right handed and left handed lay-ups

PRACTICE 6

OBJECTIVE

To continue with ball handling and dribbling skills; jump stops and pivots; lay-ups; and the mechanics of shooting

BALL HANDLING SKILLS (10 minutes)

1. Circle Ball Around:
 - a. Waist
 - b. Knees
 - c. Ankle
 - d. Head
 - e. Right Knee
 - f. Left Knee
 - g. Both Knees
 - h. Figure 8
 - i. Figure 8 Walk
2. Dribble Ball Around:
 - a. Waist
 - b. Right Leg
 - c. Left Leg
 - d. Figure 8
3. Reach Behind:
 - a. Dribble ball between legs. When reaching behind reach outside legs (pattern- right, left, behind, left, right, behind, right, left, behind, left, right behind)
4. Pretzel:
 - a. Hold ball between legs (one arm in front, one behind) drop ball, alternate hands and catch ball
5. Ricochet:
 - a. Bounce ball between legs and catch ball behind back waist high
6. Walk (Dribble):
 - a. Walk down court dribbling ball between legs each step
7. Run (Dribble):
 - a. Same as #6 start with a skip
8. Straddle
 - a. Right foot forward, left foot back bounce ball between legs, jump up alternate feet and bounce ball between legs again
9. Speed Dribble
 - a. Dribble ball as fast as you can 3 inches off the floor.

JUMP STOP, PIVOT, & TRIPLE THREAT POSITION (10 minutes)

1. Line-up at half court and toss ball in air
2. Jump to catch ball and come to a stop
3. Put one foot in pretend cement
4. Pivot in a circle
5. Come to a stop
6. Get in triple threat position and yell out three things you can do in this position (Dribble, Pass, Shoot)
7. Explain a few of the rules while doing this drill
 - a. **Traveling** – Can't change pivot foot
 - b. **Double Dribble** - Once you dribble and stop, you can't dribble again; you only have two options now (Pass or Shoot)
8. Repeat 1-6 a few times
9. Line-up at baseline; run to half court, jump stop and pivot; run to other baseline, jump stop and pivot; run to half court, jump stop and pivot; run to baseline, jump stop and pivot

DEFENSE (5 minutes)

1. Line-up at half court
2. Get in athletic position (feet shoulders width apart; slightly bent at the knees; hands out)
3. Quick feet drill (move feet up and down quickly)
4. Slide drill (move right, left, back, and up)
5. Shot drill (yell shout and jump up to block the shot)
6. Loose ball drill (yell loose ball and dive for the ball and get back up)
7. Defense Game
 - a. Incorporate the four defensive drills into a game
 - b. When you yell "defense" everyone does the quick feet drill
 - c. While doing the quick feet drill, yell "back" etc.
 - d. Continue and yell "shot" and then "loose ball"
 - e. Mix up the drills ("shot"; "loose ball"; "loose ball"; "shot"; etc.)

DRIBBLING (10 minutes)

1. Basic Techniques
 - a. Knees well bent
 - b. Dribble just a little above knee height
 - c. Head up
 - d. Finger tip control, follow through with the wrist
 - e. Try not to look at the ball
 - f. Dribbling hand on top of the ball
 - g. Other hand used as a shield

2. Full Court Lanes

- a. Divide players into 2 lines on the baseline. One ball at the front of each line.
- b. Dribble down to opposite baseline and back. Dribble one direction with their right hand and back with their left hand.
- c. Emphasize basic technique.
- d. When dribbling down the floor the coach can blow their whistle anytime. On the whistle the player stops running but maintains the dribble.
- e. On the next whistle the player again begins to dribble down the court. The whistle can be blown as many times to provide variation.
- f. Have player jump stop and pivot when they get to the opposite baseline. When they get back to the original baseline, jump stop, pivot and make a good chest pass to the next person in line.

3. Dribble Tag

4. Dribble Knock-Out

LAY-UPS (10 minutes)

1. Basic Techniques

- a. Players shooting lay-ups should jump off their inside foot.
- b. Protect the ball. Keep the ball away from the defense.
- c. Stay square to your target.
- d. Use the backboard and aim for the top corner of the square nearest you.
- e. In going to the basket use a high jump, not a long jump.

2. Right Handed Lay-Up Drill

- a. Have the players line-up at the right elbow.
- b. Have each player tie an imaginary string from their right wrist to their right knee. Explain to them that when they shoot a right handed lay-up, their right arm will go up as well as their right knee.
- c. Without a basketball, have each player simulate a right handed lay-up.
- d. Set a basketball on the floor just right of the goal. Have a player set their left foot right beside the ball.
- e. When you say go, the player will reach down, pick-up the ball, step off their left foot, and shoot a right handed lay-up.
- f. Have each player start with a ball from the right elbow, and execute a right handed lay-up.

- g. Repeat but execute a left handed lay-up and line-up at the left elbow.

SHOOTING (10 minutes)

1. Teach each player the acronym B-E-E-F.
 - a. “B” (Balance)
 - The strong hand (right for a right handed person and left for a left handed person) should be positioned under the ball with the index finger positioned in the middle of the basketball. The opposite hand or support hand should be positioned on the side of the ball.
 - When we shoot the ball the power for our shot comes from our legs, so we must bend our knees and assume athletic position.
 - Our shoulders and hips should be square to the target. If we are shooting off of the backboard we must be square to the backboard. If we are not going to use the backboard we should be square to the rim.
 - b. “E” (Elbow)
 - The elbow of the strong hand should be positioned underneath the ball and slightly raised. When we shoot the basketball we must lift our elbow and follow through by pulling down with our index and middle fingers.
 - When talking about elbow lift refer it to shooting out of an old-fashioned telephone booth. We cannot go straight out or we would hit the glass. We must lift the ball and go out the top.
 - c. “E” (Eyes)
 - The support hand should be positioned at the side of the ball. The ball should be held in a position that allows the shooter a clear view of the basket. A right handed shooter will hold the ball near the right eye with the arms forming a window to the basket. A left handed shooter would position the ball by the left eye.
 - Eyes should be aiming for the front of the rim.
 - As we hold the ball and shoot the ball our support hand does just what the name implies. It supports the ball. It is not and should not be involved in the actual shot or follow through.
 - d. “F” (Follow through)
 - As we lift the ball, we follow through by pulling down with our middle and index fingers.
 - The follow through looks like a young child’s hand reaching up into a cookie jar.

COURT TALK

1. Review jump stops, pivots, and triple threat position
2. Review the rules on traveling and double dribble
3. Review the basic techniques of dribbling
4. Review right handed and left handed lay-ups
5. Review the mechanics of shooting