

Very Experienced - Phoenix Gym - 7 floor New Building :  
Experienced - Upper Gym - 6 floor High School -(E):  
New Comers - Lower Gym - Elementary Basement :

830am Athletes put into their respective groups

9am -920 warmups- using as many baskets at possible.

1. Jumping jacks- at least 20.
2. Jog 5 laps around gym.
3. ***Master coaches will lead respective groups in stretching and give an overall explanation of the day's activities.***

9:20-9:40 layups. ***Master coach demonstrate proper technique and a couple of layup drills!***

Walk through proper footwork for right hand and left hand layup then work on it in groups.

Break into layup lines spreading out as much as possible. Have at least 1 coach with every group.

Strong and weak hand!!!!

9:40- 10 **Master coach will demonstrate how to do layup lines with a defender,**

one player dribbles in and then passes to the other for a layup.

Normal layup lines with a “dummy” defender, which means the defender only plays token defense.

Rotate the defender out after one rotation.

More advanced group can use a coach for the defender and also take some jump shots.

10am-10:15: Use the following to help warm up the athletes. Use cross-court full court if possible.

***Coaches demonstrate before they split up.***

a. Full court partner layups- same as above but now use cross court.

- Combine the groups into two lines per cross-court. Have them pass back and forth while running to other side and one makes a layup.
- 3 man weave for more advanced groups. – make sure you walk through it a couple times. Pass and go behind the person you passed to is the basic rule of thumb!!!

10:15-10:25 Water/restroom break #1 Have students just shoot around some when they are back.

1025am- -1105 Offense stations- rotate every 8 minutes.

Use as many baskets/areas as you have and as many coaches as you have. Also as best you can split the groups by position they desire to play. Coaches can work in pairs on this and use the high school kids to demonstrate.

The more individual attention the kids get the better.

*STATIONS!!! 5 stations with 8 minutes per station!*

*a. Ball handling basics-* Use any of the following drills and any others you like.

1. **AROUND THE WORLD**

: Circle the ball around your head, than your waist, and finally put your legs together and take the ball around both legs at the knees. Then, bend at the waist, spread your legs, and circle the ball around one leg, then the other. This exercise will give you a great feel for the ball in addition to hand coordination and speed. If not enough balls for each person have them work with and rotate with a partner or two.

2. Figure 8's- see below

**Figure eights:**

**Line your players up in two lines. Each player should have a ball. Start with feet spread about shoulder width apart, and pass the ball around and in between legs in a figure eight motion. They should be passing the ball from hand to hand and just below knee level, with it going between their legs every time. Work on speed as you go along.**

***b. Dribbling-*** . Demonstrate proper body posture and what a *jump stop* is and how to use it!!!!

1. If you have enough bballs for everyone – have them face you or the student coach who will demonstrate the move. If you have only enough for half of them have them get in lines of two facing you and rotate the ball on your command.

a. Basic strong hand dribble- have them dribble in place 10 times while looking up and having their off hand up as a guard. Second time they do this have them move forward, backward and sideways following your verbal command or movement of your hand.

b. Cross-over: Have students switch hands on your command with a low, controlled cross-over dribble.

c. MORE ADVANCED groups can try 1. Through the legs, 2. Around back

2. Dribble tag!

- Players must dribble while tagging another, once tagged you have to stand still and dribble 10 times before you can move again. You can switch types of dribble for more advanced.

**c. Passing:**

1. Have athletes face a partner with one ball per group.
  - a. Basic chest pass- show students how to step and pass and also to show target and to step and receive the pass.
  - b. Basic bounce pass- bounce ball 2/3 of the way to the player you are passing to.
  - c. One hand post entry pass- d. Overhead pass- have athletes step back farther and farther while maintaining the proper form.

To make these drills fit for more or less advanced players you can spend more time on the basics of one or two of the drills and/or add a defensive player to make the drills more game-like.

Advanced group can try 3 man weave to work on passing while moving.

**d. Shooting** Explanation of BEEF. 4 basics of shooting. B= bend, bend your knees, E= Eyes on the rim, E=elbow is bent and should be in, F= follow through the shot. Can do this out loud and have the kids say the word and meaning with you.

1. Stand across from partner and work on these basics while being observed by the coaches.
2. 2 lines facing basket one on each side. Person shoots 5 shots off backboard, NOT trying to make it but to work on routine and then return to the end of line.
3. While focusing on shooting form.
  - a. 2 lines- bank short shots- shoot 5 and back into line.
  - b. 1 line- shoot 5 foot shots- take 3 then back into line.
  - c. Free throw – routine and technique shown.
  - d. More advanced group can work on catching and squaring up, shooting off dribble, shooting off screen.

**e. Rebounding**

1. Have students all face you or the person demonstrating. On your command have them practice a good BOX-OUT, you should demonstrate this a few times. Practice it 10 times.
2. Have students BOX-OUT a partner upon your command. Keep an eye on them so they don't get to physical.
3. Advanced groups can work on offensive rebounding by having two lines facing a basket- one player passes the ball off the backboard and the other line rebounds the ball and makes a layup. Rotate lines and jobs.

1110-1130: FREE THROWS- have the students sit down as a coach shows them the proper form and the need to have a routine. After demonstrating have them go back to their groups and shoot 10 total, rotating every 2.

**Lunch -11:30-1230** - lunches rotate through the 3 stations-30 minute break to eat and drink, rotated through the 2 or 3 gyms.

While waiting to go to lunch or coming back from lunch have the students play some games of knock-out, you might have to show them how the first time. Also if you have extra time you can shoot some more free throws.

12:30- 11245pm Defense: Master coach will demonstrate and then break into groups.

1. Defensive stance- show proper stance and how to use their hands.

a. Defensive slides- have all the students face you, have them spread out.

2. Using a ball to dribble or by pointing the coach can move the kids up and back, and sideways while in the stance.

a. More advance group can work on defensive help. How to help out their teammates when an opponent beats them.

**2 on 2- 12:45- 115pm** , Using the skill level and number of people in your groups. Break them into 2 on 2 teams to play very supervised half court games. Only allow 2 dribbles at a time to help them pass more.

Have a coach on each court working with the kids as they play, stopping and teaching them while they play. Rotate teams after every 5 minutes. Not focusing on score but on teamwork and skills. When they are not playing they can get water, etc.

**3 on 3 games- 1:15-200** Using the skill level and number of people in your groups. Break them into 3 on 3 teams to play very supervised half court games. Only allow 3 dribbles at a time to help them pass more.

Have a coach on each court working with the kids as they play, stopping and teaching them while they play. Rotate teams after every 5 minutes. Not focusing on score but on teamwork and skills.

**2:00-2:10** Snack break and shoot free throws!!

**Full-court teams 2:10-220pm.** Put the teams together and give them 10 minutes to practice, come up with a team name and a team cheer to be used when they score.

**2:20-310 pm- Full court games**

Using the skill level and number of people in your groups. Break them into 4 on 4 teams or 5 on 5 teams to play very supervised full or cross-court games. Have two coaches referee and coach on each court working with the kids as they play, stopping and teaching them while they play. Rotate teams after every 5 minutes. Not focusing on score but on teamwork and skills.

**3:10- 330 pm:** *All students/coaches to one gym. Get some feedback, through a form that I will send. End with them cheering for their teams one last time and any closing words from the coaches.*

**330pm-** You are dismissed!!!