



Basketball Practice Plans



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 4 and Under

At this age, children need understanding and skills to enable them to play a game. From a tactical perspective, help them see the need to keep the ball, shoot baskets, and try to stop their opponents from scoring.

OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The Y's four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing basketball. For example, playing cooperatively with teammates shows that you care about them.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to young children gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising their hand when they foul someone or playing cooperatively with the others on the team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.






Basketball Session 1



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 Ages: 4 and Under

Coach:





Team:




Practice Goals

- Improve Ballhandling
 - Offensive footwork
 - Passing and teamwork
-

| Time | Activity | Activity Description | Video Tutorial |
|---------|--|---|----------------|
| 5 mins. | Team Circle: Four Core Values | <p>Gather players into a circle.</p> <p>SAY: "This season we'll talk about four qualities of a good person and teammate. Number one is caring. Can you tell me ways you show caring to others? Helping someone up when they fall? Good! Number two is honesty. How do you show honesty? What if you tell someone that you played with their game or toy? That's honesty. Number three is respect. Do you know what respect is? Respect is listening to adults when they speak to you, like you're doing now. Number four is responsibility. One way to show you're responsible is to pick up after yourself. Don't wait for others to pick up for you."</p> <p>Ask them to share ways they show the four values in other areas of their lives.</p> <p>SAY: "Good teammates show these values to each other. We'll talk more about these four values during the season."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|--------------------|----------------------------------|--|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides <p>Karaoke</p> |  <p>https://sportsedtv.com/3xPMV0g</p> |
| 5 mins. | Change of Pace Chase Down | <p>INDIVIDUAL</p> <p>Players line up across the baseline, arm's length or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.</p> |  <p>https://sportsedtv.com/3yRF4R5</p> |
| 10 mins. | Ballhandling Series | <p>INDIVIDUAL</p> <p>Have them try the following activities stationary and/or moving:</p> <p>Basic ballhandling (without dribble), stationary</p> <ul style="list-style-type: none"> • Ball Slaps • Fingertip Movements • Ball Circles • Figure 8 <p>Better ballhandling, stationary and moving</p> <ul style="list-style-type: none"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble |  <p>Basic Ballhandling (without dribble):</p> <p>https://sportsedtv.com/3AMFWad</p>  <p>Better Ballhandling:</p> <p>https://sportsedtv.com/3sos172</p> |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|-------------------------------|---|---|
| 10 mins. | Passing | <p>PAIRS</p> <p>Have players line up about six to ten feet from each other and practice these passes:</p> <ul style="list-style-type: none"> • Chest Pass • Bounce Pass • Overhead Pass |  <p>https://sportsedtv.com/3snZkrd</p> |
| 5 mins. | Pivots | <p>INDIVIDUAL</p> <p>Teach the skill of pivoting. Have players pivot in place and spread out along the sideline, then have them take three dribbles, jump stop, and pivot.</p> |  <p>https://sportsedtv.com/37NpcDh</p> |
| 5 mins. | Partner Pass and Pivot | <p>PAIRS</p> <p>This is a foundational drill for beginners. Players learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.</p> |  <p>https://sportsedtv.com/3yWjb3c</p> |
| 10 mins. | Passing Game | <p>TWO VERSUS ONE, MODIFIED HALF-COURT GAME</p> <p>Two players become partners and play against one defensive player without dribbling. The point of the game is for the offense to score a basket or the defense to get a stop. Rotate players (defense goes to offense, offense player 2 moves to offensive player 1, offensive player 1 goes to back of the line, and a new defender comes in).</p> | N/A |
| 55 mins. | TOTAL TIME | <p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p> | |



Basketball Session 2



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Ages: 4 and Under

Coach:

Team:

Practice Goals:

- Improve shooting form
- Improve shooting footwork
- Offensive teamwork

| Time | Activity | Activity Description | Video Tutorial |
|---------|------------------------------------|--|----------------|
| 5 mins. | Team Circle: Responsibility | <p>Gather players into a group.</p> <p>SAY: "I want us all to pretend we're eggs. Eggs have shells that can break. What would happen if we bumped into each other as eggs? Right. We would crack and break. Let's move around the court being eggs. Don't bump each other or we'll break!"</p> <p>Continue this exercise for about one minute.</p> <p>SAY: "We were all careful not to bump each other so our 'shells' wouldn't break. That was great! You were in charge of or 'responsible' for your moving. When we're careful of each other, we're responsible for our space and the other player's space. This shows responsibility during practice and games."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|----------|------------------------------------|---|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  <p>https://sportsedtv.com/3xPMV0g</p> |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  <p>https://sportsedtv.com/382yATP</p> |
| 5 mins. | Partner Form Shooting | <p>PAIRS</p> <p>Partners practice shooting back and forth to each other with an emphasis on shooting form and landing on the "line." This line can be an imaginary straight, direct line between partners, or you can use any straight lines available on the court.</p> |  <p>https://sportsedtv.com/3smpgTS</p> |
| 10 mins. | Spot Shooting for Beginners | <p>PAIRS</p> <p>Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.</p> |  <p>https://sportsedtv.com/3m5FKP5</p> |
| 10 mins. | Following Your Shot | <p>INDIVIDUAL</p> <p>Line up the players at a specific spot on the court. Have them shoot and chase their rebound down with a one- or two-bounce rule based on age. Move to different spots on the court.</p> |  <p>https://sportsedtv.com/3q8STmS</p> |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|-------------------|---|----------------|
| 15 mins. | Shooting Game | TWO VERSUS TWO, MODIFIED HALF-COURT GAME Players earn one point if they hit the backboard or backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations. | N/A |
| 55 mins. | TOTAL TIME | <i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i> | |



Basketball Session 3



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Ages: 4 and Under

Coach:





Team:





Practice Goals:


- Emphasize importance of all-around game
- Movement and agility
- Offensive teamwork

| Time | Activity | Activity Description | Video Tutorial |
|---------|---------------------------------|--|----------------|
| 5 mins. | Team Circle: Honesty | <p>Gather players into a group near two cones about 10 feet apart.</p> <p>SAY: "Can you step out of bounds when you have the basketball? What if it's an accident and nobody saw you? Those of you who think it's OK to step out of bounds, stand by this cone. Those who think it's not OK, stand by this one."</p> <p>Wait for players to choose. Then ask them why they chose the cone they did.</p> <p>SAY: "Stepping out of bounds, even if it's an accident, is against the rules. What should you do if it happens? Those of you who think you should just keep playing, stay at this cone; those of you who think you should tell the coach and give the ball to the other team, go stand by that cone."</p> <p>Wait for everyone to finish choosing.</p> <p>SAY: "It's important to be honest. If you step out of bounds with the ball, even if nobody sees it, tell the coach and give the ball to the other team."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|----------|----------------------------------|---|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  <p>https://sportsedtv.com/3xPMV0g</p> |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  <p>https://sportsedtv.com/382yATP</p> |
| 10 mins. | Give and Go Shooting | <p>INDIVIDUAL</p> <p>The Give and Go is often one of the first passing motions taught to players at the beginning level.</p> <p>Placement options:</p> <ul style="list-style-type: none"> • Half-court wing • Half-court center • Baseline |  <p>https://sportsedtv.com/3xRHspE</p> |
| 5 mins. | Change of Pace Chase Down | <p>INDIVIDUAL</p> <p>Players line up across the baseline, arm's length or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.</p> |  <p>https://sportsedtv.com/3yRF4R5</p> |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|----------------------------------|--|--|
| 10 mins. | Ballhandling Series | <p>INDIVIDUAL</p> <p>Have them try the following activities stationary and/or moving:</p> <p>Basic ballhandling (without dribble), stationary</p> <ul style="list-style-type: none"> • Ball Slaps • Fingertip Movements • Ball Circles • Figure 8 <p>Better ballhandling, stationary and moving</p> <ul style="list-style-type: none"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble |  <p>Basic Ballhandling (without dribble): https://sportsedtv.co/3AMFWad</p>  <p>Better Ballhandling: https://sportsedtv.co/3sos172</p> |
| 5 mins. | Lateral Quickness Builder | <p>Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.</p> |  <p>https://sportsedtv.co/3m2SJBg</p> |
| 5 mins. | The Mirror Drill | <p>PAIRS</p> <p>First, the pairs start stationary for a proper defensive stance warm-up for about two minutes.</p> <p>Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.</p> |  <p>https://sportsedtv.co/3jYABpq</p> |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|---|---|--|
| 5 mins. | Slide and Backpedal Square Drill | The defensive slide and backpedal square drill is a foundational exercise for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint; defensive slide; backpedal; and, most importantly, change of direction and change of pace to complete the sequence. This drill is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time. |  https://sportsedtv.com/3ALbCwD |
| 10 mins. | Position and Movement Game | <p>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</p> <p>If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps while not dribbling before a traveling violation is called. If a violation occurs, the team's opponent takes a turn. The focus of this game is to force the players to move to the open spot, and utilize each other to score.</p> | N/A |
| 65 mins. | TOTAL TIME | <i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i> | |



Basketball Session 4



FOR YOUTH DEVELOPMENT®
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 Ages: 4 and Under

Coach:





Team:

Practice Goals:

- Rebounding timing and footwork
 - Offensive teamwork
-

| Time | Activity | Activity Description | Video Tutorial |
|---------|--------------------------------------|--|----------------|
| 5 mins. | Team Circle: Caring | <p>Gather players into a circle. Stand in the middle of the group with a ball. Pass to each child and give them a turn to pass back to you.</p> <p>SAY: "I am going to pass the ball. If a pass comes to you, pass the ball back to me."</p> <p>Work around the whole circle. Talk to the players about playing and learning when they come to practice.</p> <p>SAY: "Who had a turn to touch the ball?"</p> <p>Wait for their responses.</p> <p>SAY: "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would you have felt if you did not have a turn?"</p> <p>Listen to their responses.</p> <p>SAY: "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns show you care."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|----------|---|--|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  https://sportsedtv.com/3xPMV0g |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  https://sportsedtv.com/382yATP |
| 5 mins. | Three-to-Five-Second Box-Out Drill | <p>This is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.</p> |  https://sportsedtv.com/3CRKtd8 |
| 10 mins. | Rebound Drill With Outlet Pass | <p>This drill will focus on lateral footwork, boxing out, grabbing the rebound, and passing in the right direction to your teammate.</p> |  https://sportsedtv.com/3m5SSnl |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|--|---|----------------|
| 15 mins. | Offensive Teamwork Drill | <p>Introduce, demonstrate, and explain how to dribble and pass in a game situation.</p> <p>Have the players practice dribbling and passing in a game situation.</p> <p>Divide players into groups of four. Three players dribble and pass while the fourth player tries to steal the ball. Rotate the player trying to steal the ball every two minutes. This is a no-contact game. Limit the space used for the game to half of a short court.</p> | N/A |
| 15 mins. | Offensive Teamwork Game | <p>THREE VERSUS THREE, SHORT-COURT GAME</p> <p>Limit players to dribbling three times or fewer before passing (modify the number of dribbles as necessary). Call modified double dribble and traveling violations.</p> <p>For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps without dribbling the ball before a traveling violation is called. If a violation occurs, the team's opponent takes a turn; also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. Remove modifications to challenge the players.</p> | N/A |
| 60 mins. | TOTAL TIME | <p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p> | |



Basketball Session 5



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Ages: 4 and Under

Coach:





Team:



Practice Goals:


- Improve ballhandling fundamentals
- Passing footwork
- Dribbling with defense

| Time | Activity | Activity Description | Video Tutorial |
|---------|--------------------------------------|---|----------------|
| 5 mins. | Team Circle: Caring | <p>Gather players into a group about 10 feet from a basket.</p> <p>SAY: "Let's pretend we're playing a basketball game. Watch what I do with the ball."</p> <p>Tell a child in the group you're passing to him. Make a bad pass.</p> <p>SAY: "That pass wasn't very good, was it? What would you say to me so that I don't feel bad about the pass?"</p> <p>Have each player who makes a supportive comment try to make a basket. If players make unsupportive comments, encourage them to change their words to become more supportive; after they have changed the words, have each of them try to make a basket.</p> <p>SAY: "It's very important to support your teammates, especially when they make mistakes. Saying something that makes someone feel good shows you care."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|--------------------|----------------------------|--|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  https://sportsedtv.com/3xPMV0g |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  https://sportsedtv.com/382yATP |
| 10 mins. | Ballhandling Series | <p>INDIVIDUAL</p> <p>Have them try the following activities stationary and/or moving:</p> <p>Basic ballhandling (without dribble), stationary</p> <ul style="list-style-type: none"> • Ball Slaps • Fingertip Movements • Ball Circles • Figure 8 <p>Better ballhandling, stationary and moving</p> <ul style="list-style-type: none"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble |  <p>Basic Ballhandling (without dribble):</p> <p>https://sportsedtv.com/3AMFWad</p>  <p>Better Ballhandling:</p> <p>https://sportsedtv.com/3sos172</p> |

| Time | Activity | Activity Description | Video Tutorial |
|----------|--------------------------------|---|--|
| 5 mins. | The Parrot Drill | Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently. |  https://sportsedtv.com/37Ko5UZ |
| 5 mins. | Passing Off the Dribble | This demonstrates a strong skill in ball control and accuracy; ensure that the players are not touching the ball with two hands and are using only one hand. As players pass the ball off the dribble, make sure they step toward their target while putting power behind the pass to get the pass over to a teammate accurately and effectively. If players are using a bounce pass, they are still going to be stepping toward the target; they need to make sure they are pushing the ball three-quarters of the way to a teammate. This ensures they have power on their pass and also allows the basketball to get to a teammate using the most effective bounce possible. |  https://sportsedtv.com/3yO9i7s |
| 15 mins. | Dribbling Game | <p>THREE VERSUS TWO, MODIFIED HALF-COURT GAME</p> <p>Three players play offense and two players defend, then two offensive players must switch roles with the defensive players. Switch at least twice so all players get to play defense. Players earn a point if they keep possession of the ball (dribble with control) until they shoot or they attempt a shot close to the basket.</p> <p>Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps while not dribbling before a traveling violation is called. If a violation occurs, the team's opponent takes a turn.</p> | N/A |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|--|---|--|
| 10 mins. | Spot Shooting for Beginners | PAIRS Partners practice shooting around the key or at select spots. They keep track of the number of baskets made. |  https://sportsedtv.com/3m5FKP5 |
| 60 mins. | TOTAL TIME | <i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i> | |



Basketball Session 6



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Ages: 4 and Under

Coach:





Team:



Practice Goals:

- Offensive and defensive footwork
- Moving without the ball
- Offensive movement

| Time | Activity | Activity Description | Video Tutorial |
|---------|------------------------------------|---|----------------|
| 5 mins. | Team Circle: Responsibility | <p>Gather players into a circle. You are in the middle of the circle with a ball. You try to dribble the ball out of the circle. The players will have two chances to keep the ball from escaping the circle. During one turn they will use minimum effort, and during the second they will use maximum effort.</p> <p>SAY: "I am going to try to dribble the ball out of the circle. Everyone, work together to keep the ball in the circle. Pretend that you are snails that can't get to the ball fast enough."</p> <p>Begin to dribble and try to get the ball out of the circle, reminding players that snails move slower.</p> <p>SAY: "This time move like busy bees that fly fast and keep moving."</p> <p>Repeat the activity, encouraging players to be like "busy bees."</p> <p>SAY: "When you try to be like busy bees, you're being responsible to your teammates."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|----------|---------------------------------|--|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  <p>https://sportsedtv.com/3xPMV0g</p> |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  <p>https://sportsedtv.com/382yATP</p> |
| 5 mins. | Slide Pedal Charge Drill | <p>The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge.</p> <p>At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on.</p> <p>At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.</p> |  <p>https://sportsedtv.com/3m8uEJh</p> |
| 10 mins. | Give and Go Shooting | <p>INDIVIDUAL</p> <p>The Give and Go is often one of the first passing motions taught to players at the beginning level.</p> <p>Placement options:</p> <ul style="list-style-type: none"> • Half-court wing • Half-court center • Baseline |  <p>https://sportsedtv.com/3xRHspE</p> |

| Time | Activity | Activity Description | Video Tutorial |
|----------|-----------------------------------|--|--|
| 5 mins. | Following Your Shot | INDIVIDUAL Line up the players at a specific spot on the court. Have them shoot and chase their rebound down with a one- or two-bounce rule based on age. Move to different spots on the court. |  https://sportsedtv.com/3q8STmS |
| 5 mins. | Partner Pass and Pivot | PAIRS This is a foundational basketball drill for beginners. Players learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates |  https://sportsedtv.com/3yWjb3c |
| 15 mins. | Position and Movement Game | TWO VERSUS TWO, MODIFIED HALF-COURT GAME If a team makes a basket, they get the ball again (they get a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps while not dribbling before a traveling violation is called. If a violation occurs, the team's opponent takes a turn. The focus of this game is to force the players to move to the open spot, and utilize each other to score. | N/A |
| 55 mins. | TOTAL TIME | <i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i> | |



Basketball Session 7



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



Ages: 4 and Under

Coach:





Team:




Practice Goals:

- Improve all-around game
- Emphasize fundamentals
- Shooting over defenders

| Time | Activity | Activity Description | Video Tutorial |
|---------|---------------------------------|--|----------------|
| 5 mins. | Team Circle: Honesty | <p>Gather players into a group.</p> <p>SAY: "I'm going to ask you some questions about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourselves when you play a good game?"</p> <p>Listen to responses following each question.</p> <p>SAY: "Think about players who will be your opponents. What qualities do they have? Are they the same as you?"</p> <p>Listen for "Yes" or "No" to the last question.</p> <p>SAY: "It's important to think of our opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|----------|----------------------------|--|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  <p>https://sportsedtv.co/3xPMV0g</p> |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  <p>https://sportsedtv.co/382yATP</p> |
| 10 mins. | Ballhandling Series | <p>INDIVIDUAL</p> <p>Have them try the following activities stationary and/or moving:</p> <p>Basic ballhandling (without dribble), stationary</p> <ul style="list-style-type: none"> • Ball Slaps • Fingertip Movements • Ball Circles • Figure 8 <p>Better ballhandling, stationary and moving</p> <ul style="list-style-type: none"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble |  <p>Basic Ballhandling (without dribble):</p> <p>https://sportsedtv.co/3AMFWad</p>  <p>Better Ballhandling:</p> <p>https://sportsedtv.co/3sos172</p> |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|---|--|---|
| 10 mins. | Passing | <p>PAIRS</p> <p>Have players line up about 6 to 10 feet from each other and practice these passes:</p> <ul style="list-style-type: none"> • Chest Pass • Bounce Pass • Overhead Pass |  <p>https://sportsedtv.com/3snZkrd</p> |
| 5 mins. | Change of Pace Chase Down | <p>INDIVIDUAL</p> <p>Players line up across the baseline, arm's length or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.</p> |  <p>https://sportsedtv.com/3yRF4R5</p> |
| 5 mins. | Slide and Backpedal Square Drill | <p>This is a foundational exercise for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint; defensive slide; backpedal; and, most importantly, change of direction and change of pace to complete the sequence. This drill is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.</p> |  <p>https://sportsedtv.com/3ALbCwD</p> |
| 10 mins. | Shooting Game | <p>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</p> <p>Players earn one point if they hit the backboard or the rim of a modified basket and two points if the shot goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations.</p> | N/A |
| 55 mins. | TOTAL TIME | <p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p> | |



Basketball Session 8



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

 Ages: 4 and Under

Coach:





Team:



Practice Goals:

- Improve shooting form
- Emphasize fundamentals
- Offensive and defensive teamwork

| Time | Activity | Activity Description | Video Tutorial |
|---------|------------------------------------|---|----------------|
| 5 mins. | Team Circle: Responsibility | <p>Gather players into a group. Drop five to six balls out of a mesh ball bag, leaving them where they stop.</p> <p>SAY: "Pretend we just finished one activity in practice and we're getting ready to do something else. Everyone, walk away from the balls and make a group circle."</p> <p>Pick up the balls, then go to the group. Drop the balls out again.</p> <p>SAY: "Now come back and you pick up the balls, then go make a circle. Which way makes it faster for me to get to your circle?"</p> <p>Listen to their responses.</p> <p>SAY: "What do you think we should do with the balls?"</p> <p>Listen to their responses. Discuss picking up equipment before doing another activity.</p> <p>SAY: "We can have more fun and learn more when we work together. That is a shared responsibility between the coach and the players."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|----------|------------------------------|---|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  <p>https://sportsedtv.com/3xPMV0g</p> |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  <p>https://sportsedtv.com/382yATP</p> |
| 10 mins. | The Mirror Drill | <p>PAIRS</p> <p>First, the pairs start stationary for a proper defensive stance warm-up for about two minutes.</p> <p>Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.</p> |  <p>https://sportsedtv.com/3jYABpq</p> |
| 5 mins. | Partner Form Shooting | <p>PAIRS</p> <p>Partners practice shooting back and forth to each other with an emphasis on shooting form and landing on the "line." This line can be an imaginary straight, direct line between partners, or you can use any straight lines available on the court.</p> |  <p>https://sportsedtv.com/3smpgTS</p> |

| Time | Activity | Activity Description | Video Tutorial |
|----------|---|---|--|
| 10 mins. | Spot Shooting for Beginners | PAIRS Partners practice shooting around the key or at select spots. They keep track of the number of baskets made. |  https://sportsedtv.com/3m5FKP5 |
| 5 mins. | Three-to-Five-Second Box-Out Drill | This is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players. |  https://sportsedtv.com/3CRKtd8 |
| 10 mins. | Offensive Teamwork Game | THREE VERSUS THREE, SHORT-COURT GAME Limit players to dribbling three times or fewer before passing (modify the number of dribbles as necessary). Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps without dribbling the ball before a traveling violation is called. If a violation occurs, the team's opponent takes a turn; also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. Remove modifications to challenge the players. | N/A |
| 55 mins. | TOTAL TIME | <i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i> | |



Basketball Session 9



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 4 and Under

Coach:






Team:



Practice Goals:

- Understand defensive principles
- Improve defensive form
- Create good ballhandling habits

| Time | Activity | Activity Description | Video Tutorial |
|---------|-----------------------------|--|----------------|
| 5 mins. | Team Circle: Respect | <p>Gather players into a single-file line near two cones about 10 feet apart.</p> <p>SAY: "I am going to walk down the line two times. Remember how you feel each time I pass you and nod or make a comment."</p> <p>Walk down the line and nod to each player. Repeat, but this time tell each player "Great game" or "Nice play today" and shake their hand.</p> <p>SAY: "Which time made you feel better?"</p> <p>Ask players to stand near a cone that represents their choice.</p> <p>SAY: "Shaking hands and saying 'Good game' are important traditions that show we appreciate our opponents' efforts in a game. It shows respect for your opponents."</p> <p>Divide the team in half and have them practice an end of game "respect ritual."</p> | N/A |



| Time | Activity | Activity Description | Video Tutorial |
|---------|--------------------------------------|---|--|
| 5 mins. | Dynamic Warm-Up | <p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke |  <p>https://sportsedtv.com/3xPMV0g</p> |
| 5 mins. | Layup Lines | <p>INDIVIDUAL</p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p> |  <p>https://sportsedtv.com/382yATP</p> |
| 5 mins. | The Parrot Drill | <p>Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently.</p> |  <p>https://sportsedtv.com/37Ko5UZ</p> |
| 5 mins. | Lateral Quickness Builder | <p>Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.</p> |  <p>https://sportsedtv.com/3m2SJBg</p> |
| 5 mins. | Improve Your Defensive Stance | <p>INDIVIDUAL</p> <p>Have the players line up in the corner of the court. Explain the proper defensive stance and have the players roll a ball along the line to keep proper positioning.</p> |  <p>https://sportsedtv.com/2UpJ64c</p> |

| Time | Activity | Activity Description | Video Tutorial |
|--------------------|---------------------------------|--|---|
| 5 mins. | Slide Pedal Charge Drill | <p>The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge.</p> <p>At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on.</p> <p>At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.</p> |  https://sportsedtv.com/3m8uEJh |
| 10 mins. | Following Your Shot | <p>INDIVIDUAL</p> <p>Line up the players at a specific spot on the court. Have them shoot and chase their rebound down with a one- or two-bounce rule based on age. Move to different spots on the court.</p> |  https://sportsedtv.com/3q8STmS |
| 15 mins. | Dribbling Game | <p>ONE VERSUS ONE, MODIFIED HALF-COURT</p> <p>Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. Their opponent plays cooperative defense. No traveling or double dribble violations are called.</p> | N/A |
| 65 mins. | TOTAL TIME | <p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p> | |