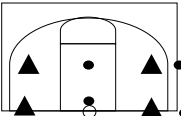


JUNIOR JAZZ – 1st Grade - Ses. 1 (30 min clinic - two 5 min halves)

Equipment:	2 sharpies, 20 dots (10 dots on sideline/10 dots across)
Check-In: (10 min)	Pick up Jersey & Ball / Meet & Greet *Have multiple sharpies so every player can write their name on their basketball
Warm-Up: (4 min)	Stretching / Run - Both teams together basic stretches - Line teams up to run a lap or 2 around the gym
Rules: (2 min)	Intro to rules (keep teams together for entire clinic) - Baseline/sideline - Freeze when you hear the whistle
Whistle Drill: (3 min)	Line kids up on sideline, say GO, freeze on whistle - Run back and forth across gym 2-4 times, blowing whistle - Freeze when you hear the whistle - Stay inside the lines and stop at the whistle
Ball Handling: (2 min) (2 min)	Spread players out on dots - Solo toss and catch between both hands - Around the World—Around stomach, legs, etc.

JUNIOR JAZZ – 1st Grade - Ses. 2 (30 min clinic - two 5 min halves)

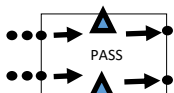
Equipment:	20 dots, 8 cones (10 dots on sideline/10 dots across)
Warm-Up: (4 min)	Stretching / Run - Both teams together basic stretches & 2 laps
Rules: (3 min)	Rule Review - Review lines and freeze when you hear the whistle - Talk about no stealing, Introduce basic fouls
Dribbling Drills: (5 min)	Stationary Dribbling / Weaving - Stationary dribble without looking at the ball - right/left (set up 4 lines of 2 cones with dot in middle) - Dribble across court around cone and back - Dribble to dot, stop feet, but bounce 5 times, then around cone and back. Switch hands on way back. Explain to stop your feet, but not the dribble.
	
Basketball Stance: (2 min)	STAFF: 10 dots on the sideline/10 dots across —1 kid per dot - Demonstrate feet shoulder width apart, ball in hand and to the dominant side, knees bent, leaning slightly forward; can dribble, pass or shoot from this position

JUNIOR JAZZ – 1st Grade - Ses. 3 (20 min clinic - four 5 min qtrs.)

Equipment:	20 dots, 2 cones, wristbands
Warm-Up: (3 min)	Stretching / Run - Both teams together basic stretches - Line teams up to run a lap or 2 around the court
Rules: (3 min)	Rule Review - Review lines, freeze when you hear the whistle, remind about basic fouls and no stealing - Talk about inbounding the ball

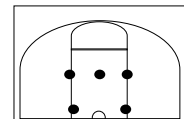
1 Team will practice shooting, while the other team practices dribbling. Split shooting team in half. 5 to each hoop.

Dribble/Pass Review: Explain Dribble vs Travel vs Double Dribble	
Dribbling Drill: (6 min)	Divide team into 2 lines. 1 line, all players have a ball, other line, no balls. First player from each line runs/ dribbles to cone, then stop and pass across to other player. That player then dribbles across the rest of the court. Repeat back to other side.

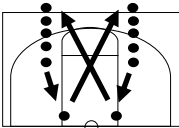


JUNIOR JAZZ – 1st Grade - Session 1 (continued)

Dribbling: (3 min) (3 min) (3 min)	Dribbling = bear claws, belly button high, one hand - Stationary dribbling with right hand and then left hand - Walk from sideline to sideline to practice dribbling once with right hand and back with left hand - Red light/Green light—dribble then freeze on whistle
Line Game: (3 min)	Follow the leader Dribble ball with one hand and follow the person in front of you while staying on the line
Shooting: (5 min)	Shooting and rebounding Practice shooting from spots and getting own rebound then back in line. Team moves to next dot.
Scrimmage: (10 min)	Two 5 minute halves (No stealing, use colored wrist bands) Focus on guarding same color - be lenient on calls
Homework: Sportsmanship:	Practice ball handling and around the world. Group Cheer & High Fives!



JUNIOR JAZZ – 1st Grade - Session 2 (continued)

Passing Drill: (1 min) (3 min) (1 min) (3 min)	Bounce Pass & Chest Pass—Step toward partner - Explain bounce pass—ball under chin, elbows out - 2 lines and practice bounce pass with partner - Explain Chest pass—partner hands out as target - Practice Chest pass—thumbs down
Shoot/Rebound Drill: (6 min)	1 Team to each hoop. Split team into 2 lines. Right side dribbles down and shoots, while left side rebound and switches lines. Make sure to dribble back to line, then next players go. Use dots to show where to stand and where to shoot from.
	
Scrimmage: (10 min)	Two 5 minute halves (No stealing, use colored wrist bands) Focus on guarding same color - be lenient on calls
Homework: Sportsmanship:	Practice stationary dribbling alternating hands at home Group Cheer & High Fives!


JUNIOR JAZZ – 1st Grade - Session 3 (continued)

Shooting: (6 min)	- Starting with no ball, work on form - BEEF (balance, eyes, elbow, follow-through) (STANDING ON 5 DOTS) - Add a ball and have them do shooting motion in front of them using no basket. - Have each player shoot one at a time at the hoop.
Defense: (2 min)	Introduce Defense - Only guard player with your wristband color - No stealing - Wait until 3 point line to guard

2-MINUTE WATER BREAK & pass out wristbands

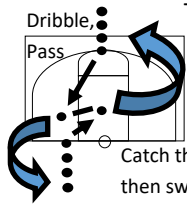
SCRIMMAGE: (20 min)	Four 5 minute quarters, 1 min between quarters - Give out wristbands for defense - Be lenient on calls like travel & double dribble
Homework: Sportsmanship:	Practice shooting form with no ball at home. Group Cheer & High Fives!

JUNIOR JAZZ – 1st Grade - Ses. 4 (20 min clinic - four 5 min qtrs.)

Equipment:	20 dots, wristbands-10 dots on sideline & 10 dots across but offset—see diagram	
Warm-Up: (4 min)	Stretching / Run	
	- Both teams together, basic leg & arm stretches.	
	- Line teams up to run a lap or 2 around the court.	
Rules: (2 min)	Rule Review	
	- Out of bounds, whistle, fouls, double dribble, traveling and defense.	
Defense: (2 min)	Demonstrate and explain proper defense position	
	- Feet shoulder width apart, hands up, hands down, defensive shuffle, no contact.	
	- Have players stand on dots and show defensive moves.	
Ball Tracking Drill: (2 min)	- Staff stands in front of players with ball. Whichever direction the staff moves the ball, the players mirror defensive move, hands up and down, shuffle right or left.	

JUNIOR JAZZ – 1st Grade - Ses. 5 (15 min clinic - four 6 min qtrs.)

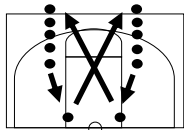
Equipment:	8 dots, wristbands
Warm-Up: (4 min)	Stretching / Run
	- Both teams together basic stretches
	- Line teams up to run a lap or 2 around the court
Rules: (3 min)	Rule Review
	- Whistle, fouls, defense, traveling & <u>jump balls</u>
Jump Stop & Pass: (8 mins)	STAFF: Set up 4 spots— shooters line up at top of key to dribble then jump stop and pass, other group line up at dot on baseline, then move to middle to shoot.
	- Take turns dribbling to spot, Then pass to teammate in the middle to shoot. Shooter will rebound ball, then go to line at top of the key. Can switch to the other side if there is time.



Catch then shoot & rebound then switch lines.

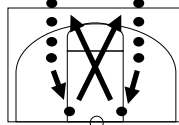
JUNIOR JAZZ – 1st Grade - Ses. 6 (15 min clinic - four 6 min qtrs.)

Equipment:	8 dots, wristbands
Warm-Up: (4 min)	Stretching / Run
	- Both teams together basic stretches
	- Line teams up to run a lap or 2 around the court
Rules: (1 min)	Rule Review
	- Whistle, fouls, defense, and traveling
Jump Stop: (5 min)	STAFF: Set up 2 spots for 2 lines—one for the shooters and one for the rebounders
	- Starting with the right side, players dribble to dot at the bottom of the key and jump stop on dot and shoot. The opposite line follows player to rebound after the shot. Rebounder dribbles ball to opposite line and gets in that line. Shooter gets in back of the left line.
	- Repeat drill on left side.



JUNIOR JAZZ – 1st Grade - Session 4 (continued)

Jump Stop Drill: (10 mins)	STAFF: 4 dots—See diagram—1 team to each hoop
	- Starting with the right side, players dribble to dot at the bottom of the key and jump stop on dot and shoot. The opposite line follows player to rebound after the shot. Rebounder dribbles ball to opposite line and gets in that line. Shooter gets in back of the left line.
	- Repeat drill on left side.



2-MINUTE WATER BREAK & pass out wristbands

SCRIMMAGE: (20 min)	Four 5-min Quarters
	Give out wristbands for defense.
	- During change of possession, if defense doesn't get down the court right away, blow the whistle and reset.
	- Be lenient on travel and double dribble calls & educate.
Homework:	Practice ball tracking at home with parent or sibling.
Sportsmanship:	Group Cheer & High Fives!

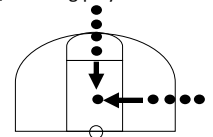
JUNIOR JAZZ – 1st Grade - Session 5 (continued)

2-MINUTE WATER BREAK & pass out wristbands

SCRIMMAGE:	Four 6-min quarters, 1 min between quarters
	- Give out wristbands for defense
	- Make sure defense gets back to 3 point line
	- Add jump balls to scrimmage
	- Less lenient on traveling and double dribble calls
Homework:	Practice bounce / chest pass with your parent or friend.
Sportsmanship:	Group Cheer & High Fives

JUNIOR JAZZ – 1st Grade - Session 6 (continued)

1 on 1 Drill: (5 min)	1 team to each hoop. Split each team in half - 1 side is defense, 1 side is offense.
	- Practice guarding the dribbling/shooting player with hands up. Then switch lines.



2-MINUTE WATER BREAK

SCRIMMAGE:	Four 6-min quarters, 1 min between quarters
	- Give out wristbands for defense
	- Add jump balls to scrimmage
Sportsmanship:	Group Cheer & High Fives
Certificates: (4 min)	Present each player in front of the team and parents with their participation certificate
Homework:	Keep practicing everything you've learned and we'll see you next season!