

JUNIOR JAZZ – 2nd Grade - Session 1

15 minute clinic, Four 6 minute quarters

Equipment: 2+ sharpies, 20 dots , wristbands

Keep teams together (20 dots on sideline)

Check-In/ Warm-Up: Pick up Jersey & Ball / Meet & Greet

(4 min) *Have multiple sharpies so every player can write their name on their basketball

Stretching / Run

- Both teams together basic stretches
- Line teams up to run a lap or 2 around the gym

Rules: Introduction to rules

- (2 min)
- Baseline/sideline
 - Freeze when you hear the whistle

Ball Handling/Dribbling: Spread players out on dots on sideline

- (4 min)
- Solo toss and catch between both hands
 - Move ball around waist
 - Stationary dribbling with right hand and then left hand, use crossover dribble to switch hands
 - Walk from sideline to sideline while dribbling.

JUNIOR JAZZ – 2nd Grade - Session 2

15 minute clinic, Four 6 minute quarters

Equipment: 12 cones, wristbands

Warm-Up: Stretching / Run

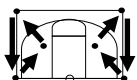
- (4 min)
- Both teams together basic stretches
 - Line teams up to run a lap or 2 around the court

Rules: Rule Review

- (2 min)
- Review lines, freeze on whistle, no stealing
 - Introduce basic fouls—no pushing or hitting
 - Introduce traveling and double dribble

Dribbling/Passing Drill: STAFF: Set up cones as seen to the left

- (5 min)
- Player dribbles with one hand to the next cone, make a crossover dribble, and then dribble to the next cone. Player dribbles back to original cone and bounce pass/ chest pass to the next player in line. Players take turns going through the drill.
 - Optional: Add a defensive player to drill.



JUNIOR JAZZ – 2nd Grade - Session 3

15 minute clinic, Four 6 minute quarters

Equipment: 20 dots per team; tape key if needed, wristbands

Warm-Up: Stretching / Run

- (4 min)
- Both teams together basic stretches
 - Line teams up to run a lap or 2 around the court

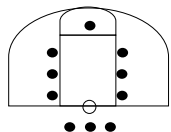
Rules: Rule Review

- (2 min)
- Review lines, whistle, traveling, fouls.
 - Introduce foul shots.

Shooting/ Rebound Drill:

(4 min) Foul Shot Practice—1 team at each hoop

- Line players up in foul shot formation. Have players take turns shooting a foul shot and rotate positions until everyone has a turn to shoot.
- Extra players should be under the hoop and can try rebounding the ball.



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

Shooting Drill:

(5 min)

B.E.E.F. Technique

- **Balance:** feet shoulder-width apart, bend knees, position dominate foot slightly in front of the other.
- **Eyes on Target:** look up at the hoop (not at ball/feet).
- **Elbows Aligned:** keep elbow directly under the ball and have stable positioning with your hands.
- **Follow Through:** use hands to guide the shot, and flick your wrist to propel the ball up toward the hoop.
- Have them take a few practice shots around the court. They must get their own rebound between shots.

SCRIMMAGE:

Four 6- min quarters, 2-3 minute half time.

- Talk about colored wristbands/man-to-man defense.
- Give out wristbands for defense

Sportsmanship:

Group Cheer & High Five

Homework :

Practice stationary dribbling at home

JUNIOR JAZZ – 2nd Grade - Session 2 (continued)

Defense Drill:

(4 min)

“Stance & Up”

- Teach the players the defensive stance: feet shoulder-width apart, knees slightly bent, eyes up, hands up.
- Players will spread out and face the coach.
- The coaches will give directions to the players. When you yell STANCE, all players must get down in their defensive stance. When you yell UP, all players must stand straight up. You can also point right or left, and the players must slide their feet to follow your finger.
- Any players who make a mistake or do the wrong movement is out. Last one standing is the winner.

SCRIMMAGE:

Four 6 - min quarters, 2-3 minute half time.

- Give out wristbands for defense

Sportsmanship:

Group Cheer & High Fives

Homework:

Practice B.E.E.F. shooting form and play “Stance & Up” with a family member.

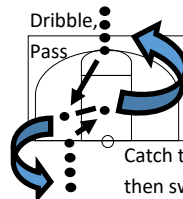
JUNIOR JAZZ – 2nd Grade - Session 3 (continued)

Jump Stop & Pass:

(5 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.

SCRIMMAGE:

Four 6- min quarters, 2-3 minute half time.

- Give out wristbands for defense
- Introduce foul shots to scrimmage this week

Sportsmanship:

Group Cheer & High Fives

Homework:

Practice shooting a ball with proper form, by laying on your back and shooting the ball straight into the air.

JUNIOR JAZZ – 2nd Grade - Session 4

15 minute clinic, Four 6 minute quarters

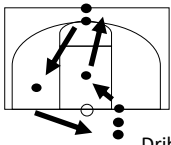
Equipment: 20 dots, wristbands

Warm-Up: **Stretching / Run**
(4 min)
- Both teams together basic stretches
- Line teams up to run a lap or 2 around the court

Rules: **Rule Review**
(2 min)
- Review lines, whistle, fouls, traveling, key, foul shots .
- Introduce pivots and triple threat.

Triple Threat
- **Explain and demonstrate a pivot.** Keep one foot “nailed” to the ground. The other foot can move.
- Line players up, have them stand in a basketball stance and practice pivoting. **DRIBBLE, PASS, SHOOT**

Pivot Drills:
(5 mins)



Place 4 dots on floor as pictured to the left.
- Split the kids in two groups, 1 group at the 3 point line & the second group on the baseline. The group at the top will have the ball and dribble to the wing dot and **pivot towards the hoop and shoot.** The group at the bottom will rebound from the dot in middle of key. Then switch lines. Try on the other side, if time.

Dribble, pivot, shoot

JUNIOR JAZZ – 2nd Grade - Session 5

15 minute clinic, Four 6 minute quarters

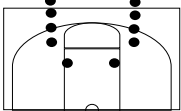
Equipment: 8 dots, wristbands

Warm-Up: **Stretching / Run**
(4 min)
- Both teams together basic stretches
- Line teams up to run a lap or 2 around the court

Rules: **Rule Review**
(2 min)
- Whistle, fouls, defense, traveling and introduce layups

Layup Drill: **STAFF: Set up 2 spots for 2 lines– 1 coach/staff per line**
Hi-Five: (3 min)
- Have the players step right foot, left foot and jump from the left foot up and give a Hi-Five to the instructor with the right hand. Verbal cue with (**right, left, jump**). Have all the players do this twice and then switch sides.

(left, right, jump)



JUNIOR JAZZ – 2nd Grade - Session 6

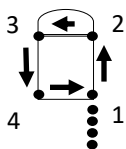
15 minute clinic, Four 6 minute quarters

Equipment: 8 dots, wristbands

Warm-Up: **Stretching / Run**
(4 min)
- Both teams together basic stretches & run 2 laps

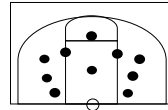
Rules: **Rule Review**
(2 min)
- Whistle, fouls, defense, and traveling

Defensive Drill:
(3 min)
- Use 4 dots around key in a square.
1 to 2 = Sprint
2 to 3 = Defensive stance slide to the left
3 to 4 = Defensive stance backpedal
4 to 1 = Defensive stance slide to the right
Then back in line. Run through 2 to 3 times.



JUNIOR JAZZ – 2nd Grade - Session 4 (continued)

Shooting Drill: **Musical Junior Jazz Dots**
(4 min)
STAFF: Spread out 10 dots within 3pt line for shooting spots
- 1 player on each dot. Staff passes the ball to a player and they shoot. If they make the shot it is a point.
- Pass the ball to a new player each time so everyone gets an equal amount of turns.



-shuffle players to new dots each minute.
- See how many points the team can make together in 4 minutes. Shout out number of points after each basket.

SCRIMMAGE: **Four 6 - min quarters, 2-3 minute half time.**

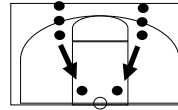
- Give out wristbands for defense
- Use foul shots in scrimmage

Sportsmanship: **Group Cheer & High Fives**

Homework: **Practice triple treat stance and pivot 10 times each day.**

JUNIOR JAZZ – 2nd Grade - Session 5 (continued)

Layup Drill:
(6 min)
- Transition to layup drill starting at the 3 point line and using the right, left, jump move for a layup. The other line will rebound and then switch lines.



2-MINUTE WATER BREAK

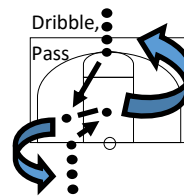
SCRIMMAGE: **Four 6 - min quarters, 2-3 minute half time.**
- Give out wristbands for defense
- During change of possession, if defense doesn't get down the court right away, blow the whistle and reset before
- Be LESS lenient on calls

Sportsmanship: **Group Cheer & High Fives**

Homework: **Practice bounce and chest pass with a parent or friend.**

JUNIOR JAZZ – 2nd Grade - Session 6 (continued)

Jump Stop & Pass:
(6 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.



2-MINUTE WATER BREAK

SCRIMMAGE: **Four 6 - min quarters, 1 min between quarters**

- Give out wristbands for defense
- Be LESS lenient on calls

Sportsmanship: **Group Cheer & High Fives**

Certificates: 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!**