JUNIOR JAZZ – 1st Grade - Session 1

**Equipment:**
- 2 sharps, 20 dots (10 dots on sideline/10 dots across)
- Keep teams together

**Check-In:**
- Pick up Jersey & Ball / Meet & Greet
(10 min)
- *Have multiple sharpsies so every player can write their name on their basketball*

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

**Rules:**
- Introduction to rules
(5 min)
- Baseline/side line
- Freeze when you hear the whistle

**Whistle Drill:**
- Line kids up on sideline, say GO, freeze when whistle blows
(3 min)
- 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

**Homework**
- Practice ball handling from hand to hand and around the waist.

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JUNIOR JAZZ – 1st Grade - Session 2

**Equipment:**
- 20 dots, 8 cones (10 dots on sideline/10 dots across)

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

**Rules:**
- Rule Review
(5 min)
- Review lines and freeze when you hear the whistle
- Talk about no stealing, Introduce basic fouls

**Dribbling Drills:**
- Stationary Dribbling / Weaving
(10 min)
- 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, then bounce 5 times, then around cone and back. Switch hands on way back.

**Basketball Stance:**
- STAFF: 10 dots on the sideline/10 dots across — 1 kid per dot
(2 min)
- 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

**Sportsmanship**
- Group Cheer & High Fives

**Homework**
- Practice stationary dribbling at home

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JUNIOR JAZZ – 1st Grade - Session 3

**Equipment:**
- 20 dots, wristbands

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

**Rules:**
- Rule Review
(5 min)
- Review lines, whistle, double dribble, fouls and no stealing

**Dribble/Inbounding:**
- 5 dots in a pentagon shape

**Drill #1**
(5 min)
- Each player start at a dot with their ball. When staff yells go, players dribble towards dot on their right, then pick up ball in a basketball stance. Repeat.

**Drill #2**
(5 min)
- All players but 1 line up as if they are inbounding the ball. The other players are in line to receive the inbound pass. Have players practicing inbounding the ball and switch lines.

**Sportsmanship**
- Group Cheer & High Fives

**Homework**
- Practice shooting form with no ball at home.
JUNIOR JAZZ – 1st Grade - Session 4

Equipment: 20 dots, wristbands (10 dots on sideline/10 dots across)

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

Rules: Rule Review
(5 min)
- Review lines, whistle, fouls, double dribble, traveling and defense

Defense Drills: Participants stand on a dot
(2 min)
- Demonstrate proper defense position—feet shoulder width apart, hands up, hands down, defensive shuffle.
- Have players stand on dots and show defensive moves.
- Staff stands in front of players with ball. Whichever direction the staff moves the ball, the players mirror defensive move, up and down hands, shuffle right or left.
- Have a couple players take turns leading this drill.

Ball Tracking Drill:
(6 min)
- Staff stands in front of players with ball. Whichever direction the staff moves the ball, the players mirror defensive move, up and down hands, shuffle right or left.
- Have a couple players take turns leading this drill.

Jump Stop Drill:
(15 min)
- 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

SCRIMMAGE Two 3-min halves, 2 min between quarters
- Give out wristbands for defense

Sportsmanship Group Cheer & High Fives

Homework Practice defense position at home.

JUNIOR JAZZ – 1st Grade - Session 5

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
(3 min)
- Whistle, fouls, defense, and traveling

Jump Stop Drill:
STAFF: 4 dots—Set up as pictured to the left
(4 min)
- Starting with the right side, players dribble to dot at the bottom of the key and jump stop on dot pass to other player, who then shoots and gets their own rebound and switches lines.
- Repeat drill on left side.

Jump Balls:
Introduce Jump Balls
(4 min)
- STAFF: Set up 2 dots facing each other
- Divide players into two lines facing each other with staff standing in between the two lines.
- Staff tosses the ball up and both players from each line jump and attempt to tap the ball away from the other player.

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

Homework Practice passing with your parent or friend.

JUNIOR JAZZ – 1st Grade - Session 6

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
(3 min)
- Whistle, fouls, defense, and traveling

Jump Stop Drill:
STAFF: 4 dots—Set up as pictured to the left
(8 min) PASS
- Starting with the right side, players dribble to dot at the bottom of the key and jump stop on dot pass to other player, who then shoots and gets their own rebound and switches lines.
- Repeat drill on left side.

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 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!