**JUNIOR JAZZ – 2nd Grade - Session 1**

**Equipment:** 2 sharpy’s, 20 dots, wristbands
- Keep teams together (10 dots on baseline/10 dots across)

**Check-In:** Pick up Jersey & Ball / Meet & Greet
- (10 min)
- *Have multiple sharpy’s 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
- (2 min)
- Baseline/sideline
- Freeze when you hear the whistle

**Ball Handling:** Spread players out on dots
- (3 min)
- Solo toss and catch between both hands
- Move ball around waist

**Dribbling:** Dribbling = bear claws, belly button high, one hand
- (2 min)
- Explain travel and double dribble

---

**JUNIOR JAZZ – 2nd Grade - Session 2**

**Equipment:** 20 dots, 12 cones, 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
- (3 min)
- Review lines, freeze on whistle, no stealing
- Introduce basic fouls—no pushing or hitting
- Introduce traveling and double dribble

**Dribbling Drills:** STAFF: Set up cones as seen to the left
- (10 min)
- Players dribble with one hand to the next cone, make a crossover dribble, and then dribble to the next cone.
- Player dribbles back to original cone. Players take turns going through the drill. **Add a defensive player to drill.**

**2-MINUTE WATER BREAK**

---

**JUNIOR JAZZ – 2nd Grade - Session 3**

**Equipment:** 20 dots per team; tape key if needed, 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
- (3 min)
- Review lines, whistle, traveling, fouls

**Line Game:** Follow the leader “Pacman”
- (4 min)
- Dribble ball with one hand and follow the person in front of you while staying on the line then each child can dribble and follow any line on the floor.

**Shooting Drill:**
- (2 min)
- Review BEEF (balance, eyes, elbow, follow through)
- Foul Shot Practice
- Line players up in foul shot formation. Have players take turns shooting and foul shot and rotate positions until everyone has a turn to shoot. (extra players rebound ball)

---

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

**Dribbling (continued)**
- (3 min)
- Stationary dribbling with right hand and then left hand, use crossover dribble to switch hands
- (4 min)
- Walk from sideline to sideline to practice dribbling once with right hand and back with left hand

**Passing:** STAFF: Set up 10 dots on baseline/10 dots across
- (5 min)
- Line up players in pairs to practice bounce pass and chest passes back/forth (thumbs down, step toward targe)

**Defense:** (1 min)
- Talk about colored wristbands/discuss defensive stance

**Ball Tracking Drill:** 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.
- Review Jump ball before scrimmage.

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

**Sportsmanship**
- Group Cheer & High Fives

**Homework**
- Practice stationary dribbling at home

---

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

**Passing Drills:** Chest Pass & Bounce Pass (2 sets of 5 dots per team)
- (8 min)

**Shooting:**
- Starting with no ball, work on form - BEEF (balance, eyes, elbow, follow-through)
- Add a ball and have them do shooting motion in front of them using no basket.

**Jump Stop Drill:** STAFF: 4 dots—Set up as pictured to the left
- Starting with the right side, players dribble to dot at the bottom of the key and jump stop on dot and shoot. Other players use crossover dribble to switch hands, as they both switch lines.

**SCRIMMAGE**
- Two 3-min halves, 2 min between quarters, Wristbands

**Sportsmanship**
- Group Cheer & High Fives

**Homework**
- Practice shooting form at home

---

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

**Jump Stop PASS:** STAFF: 4 dots—Set up as pictured to the left
- Half of team up at top of key and at half at baseline. Top of key dribbles down to right dot and passes to player in the middle of the key who shoots and rebound their own ball, then players switch lines.

**2-MINUTE WATER BREAK**

**SCRIMMAGE**
- Four 3-min quarters, 1 min between quarters
- Give out wristbands for defense
- Introduce foul shots to scrimmage this week

**Sportsmanship**
- Group Cheer & High Fives

**Homework**
- Practice shooting with a ball with proper form, by laying on your back and shooting the ball straight into the air.
**JUNIOR JAZZ – 2nd Grade - Session 4**

Equipment: 20 dots, wristbands

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

Rules: Rule Review
- Review lines, whistle, fouls, traveling, key, foul shots

Triple Threat: Explain what a pivot is 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

Triple Threat: DRIBBLE, PASS, SHOOT

Pivot Drills:
1st Drill: Place 4 dots on floor as pictured to the left.
- Split the kids in two groups, 1 group at the top dot and the second group on the bottom dot. 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.

2nd Drill: The group at the top will dribble to the wing dot, pivot and pass the ball to person at middle dot and they will receive the ball, pivot, shoot the ball and rebound their own ball. Then switch lines.

**JUNIOR JAZZ – 2nd Grade - Session 5**

Equipment: 8 dots, wristbands

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

Rules: Rule Review
- Whistle, fouls, defense, and traveling

Layup Drill: STAFF: Set up 2 spots for 2 lines– 1 coach/staff per line
- 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.
- 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.

**JUNIOR JAZZ – 2nd Grade - Session 6**

Equipment: 20 dots, wristbands

Warm-Up: Stretching / Run
- Both teams together basic stretches & run 2 laps

Rules: Rule Review
- Whistle, fouls, defense, and traveling

Defensive Drill: Use 4 dots around key in a square. Kids will start at 1st dot, run up to 2nd dot and defensive stance, slide to 3rd dot and defensive stance, and back/slide to 4th dot.

Jump Stop Pass: STAFF: Set up 2 spots for 2 lines: Shooters/Rebounders
- Take turns dribbling up to shoot, but this time pass to other player to shoot. SHOOTER rebounds and both switch lines.

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

Shooting Drills: Musical Junior Jazz Dots
(7 min)
- STAFF: Spread out 10 dots within 3pt line for shooting spots
- 1 player on each dot. Staff passes the ball to the player and they shoot. If make basket = a letter—spell out “Jazz” as a team. After 5 shots, have kids switch to new dot.

2-MINUTE WATER BREAK

SCRIMMAGE Four 3-min quarters, 1 mins between quarters
- Give out wristbands for defense
- Use foul shots in scrimmage

Sportsmanship Group Cheer & High Fives

Homework Practice dribbling around your yard or park, and shoot at a target

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

2-MINUTE WATER BREAK

SCRIMMAGE Four 6-min quarters, 1 min between 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 before
- Be lenient on calls

Sportsmanship Group Cheer & High Fives

Homework Practice passing with your parent or friend.

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

2-MINUTE WATER BREAK

SCRIMMAGE Four 6-min quarters, 1 min between 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 before
- Be 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!