**JUNIOR JAZZ – Kinder - Session 1**

**Equipment:** 2 sharpies, 20 dots (10 dots on sideline/10 dots across)

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

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

**Rules:** Intro to rules (keep teams together for entire clinic)
- Baseline/sideline
- Freeze when you hear the whistle

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

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**JUNIOR JAZZ – Kinder - Session 2**

**Equipment:** 20 dots, 16 cones (keep teams together for clinic) (10 dots on sideline/10 dots across)

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

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

**Dribbling Drills:** Stationary Dribbling / Weaving
- Stationary dribble without looking at the ball - right/left (set up 4 lines of 4 cones while players are dribbling)
- Have players weave in and out of cones using one hand. Switch hands on the way back.

**Basketball Stance:** 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

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**JUNIOR JAZZ – Kinder - Session 3**

**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, freeze when you hear the whistle, remind about basic fouls and no stealing
- Briefly explain traveling
- Talk about inbounding the ball

Split each team into two groups and do each drill for 10 mins.

**Dribble/Pass Review:** 5 dots in a pentagon shape
**Drill #1**
- 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.
- Stand on dots and have players pass around

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**JUNIOR JAZZ – Kinder - Session 1 (continued)**

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

**Dribbling:** 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 across court and freeze on whistle

**Line Game:** Follow the leader
- Dribble ball with one hand and follow the person in front of you while staying on the line

**Sportsmanship**
- Group Cheer & High Fives

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

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**JUNIOR JAZZ – Kinder - Session 2 (continued)**

**Passing Drill:** Bounce Pass
- Explain bounce pass—ball under chin, elbows out
- Spread into 2 lines and practice bounce pass with partner

**Passing Drill:** Passing Race
- Each line of 10 players will be on a team. Each team will have a ball. Have each team bounce pass down the line. See which team can get to the end of the line first.

**Relay Race Drill:**
- Using one ball, have players pass the ball "around the horn" with both teams —passing the ball to the player on their left and so on. Introduce a second ball, third, etc.

**Sportsmanship**
- Group Cheer & High Fives

**Homework**
- Practice stationary dribbling at home

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**JUNIOR JAZZ – Kinder - Session 3 (continued)**

**Shooting:**
- 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.

**2-MINUTE WATER BREAK**

**Defense:**
- Only guard player with your wristband color
- No stealing
- Wait until 3 point line to guard

**SCRIMMAGE**
- Two 3-min halves, 2 min between quarters
- Give out wristbands for defense
- Be lenient on calls like travel & double dribble

**Sportsmanship**
- Group Cheer & High Fives

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

Equipment: 20 dots, wristbands-10 dots on sideline & 10 dots across but offset

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
(4 min)
- Review lines, whistle, fouls, double dribble, traveling and defense

Defense: Demonstrate and explain proper defense position
(2 min)
- Feet shoulder width apart, hands up, hands down, defensive shuffle, no contact.
- Have players stand on dots and show defensive moves.

Ball Tracking Drill:
(5 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.

Shooting:
STAFF: 4 dots—Set up as pictured to the left
(12 mins)
- 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.

SCRIMMAGE
Two 3-min halves, 2 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
- Be lenient on calls like travel & double dribble

Sportsmanship
Group Cheer & High Fives

Homework
Practice defense position at home.

JUNIOR JAZZ – Kinder - 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:
STAFF: Set up 2 spots for 2 lines—shooters line up at top of key to dribble then jump stop and pass, baseline group line up at dot on baseline, then move to the middle shoot.
- Take turns dribbling up to shoot, but this time pass to other player to shoot while the shooter rebounds and switches lines.

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
- Be lenient on calls

Sportsmanship
Group Cheer & High Fives

Homework
Practice passing with your parent or friend.

JUNIOR JAZZ – Kinder - 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, lines, fouls, defense, and traveling

Jump Stop:
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.

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!