

2024 Basketball Clinic Agenda



1st Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run, Dynamic Stretching , and have teams choose team names, tell Site Supervisor your name.
10 Minutes	Discussion of Floor Markings: The Key, Baseline, Mid Court, and Out of bounds markings. Facilitators will yell out parts of the court and the kids will run and touch that part of the court.
10-15 Minutes	Talk About Dribbling <ul style="list-style-type: none">• The Do's: Dribble with fingertips and not slapping the ball. Keep your head up as you dribble.• The Don'ts: double dribble, walking with ball, two-handed dribble. Split into teams and do dribbling drills <ul style="list-style-type: none">• Set up 2 cones 15 feet apart. Have coaches observe and teach kids as they dribble from one cone to the next. First right-handed, then left handed and then crossover dribble.
12 Minutes	Relay Races: Each team will line up behind a cone. One player at a time will dribble right-handed to a cone on the half-court line and left-handed back. Until the entire team has had a turn.
5 Minutes	Teach Proper Shooting Mechanics: <ul style="list-style-type: none">• How to hold the ball• Elbow in and push up to the cookie jar (reach in)• Non-Cookie hand is there to support the ball. (No two hand pushes)• Bend knees
10 Minutes	Kids shoot with their team.
1 Minute	Close up, have the players cheer, and go home.

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2nd Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
10 Minutes	Review Dribbling <ul style="list-style-type: none">• The Do's: Dribble with fingertips and not slapping the ball. Keep your head up as you dribble.• The Don'ts: double dribble, walking with ball, two-handed dribble. Split into teams and do dribbling drills <ul style="list-style-type: none">• Set up 2 cones 15 feet apart. Have coaches observe and teach kids as they dribble from one cone to the next. First right-handed, then left handed and then crossover dribble.
10 Minutes	Review Shooting Mechanics: <ul style="list-style-type: none">• How to hold the ball• Elbow in and push up to the cookie jar (reach in)• Non-Cookie hand is there to support the ball. (No two hand pushes)• Bend knees
10 Minutes	Kids shoot with their team.
10 Minutes	Passing Skills: Show the technique of holding the ball (use fingertips), step into the pass, and show how fingers extend outward and thumbs extend downward. Begin with Chest Pass . Players work with their team on chest passing back and forth.
10 Minutes	Passing Skills: Demonstrate the Bounce Pass and have teams practice it
1 Minute	Close up, have the players cheer, and go home.

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3rd Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
10 Minutes	Review Passing Skills (bounce pass): Show the technique of holding the ball (use fingertips), step into the pass, and show how fingers extend outward and thumbs extend downward.
10-15 Minutes	Passing Relay: Have the teams line up from baseline to baseline with kids evenly spaced. Have the teams race passing the ball from kid to kid and then back to the first kid.
5 Minutes	Shooting Skills: Demonstrate proper shooting technique using BEEF! <ul style="list-style-type: none">● B= Balance (balance your feet)● E= Elbows (elbows in and square)● E= Eyes (eyes on target)● F= Follow through (follow through with the shot)
15 Minutes	Shooting as a team: Practice shooting from three different angles (center, left, right)
10-15 Minutes	Scrimmage: Man-to-Man Defense using wristbands.
1 Minute	Close up, have the players cheer, and go home.

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4th Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
10 Minutes	Shooting Skill Layups: Demonstrate how to do a layup from the left and the right. Have the teams practice this first from the right and then from the left.
10 Minutes	Layup Relay: Have teams line up at their baskets. The first shooter in line will shoot a layup and rebound their own ball, they will then pass it to the next person in line who will do the same. Repeat this pattern through the whole team until as a team they make 10 baskets.
5 Minutes	Shooting Skills: Demonstrate proper shooting technique using BEEF! <ul style="list-style-type: none">• B= Balance (balance your feet)• E= Elbows (elbows in and square)• E= Eyes (eyes on target)• F= Follow through (follow through with the shot)
7 Minutes	Shooting: practice as a team kids take turns shooting. If they need a little incentive to keep shooting, they can play pig.
10-15 Minutes	Scrimmage: Man-to-Man Defense using wristbands.
1 Minute	Close up, have the players cheer, and go home.

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5th Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
5 Minutes	Review Dribbling <ul style="list-style-type: none">• The Do's: Dribble with fingertips and not slapping the ball. Keep your head up as you dribble.• The Don'ts: double dribble, walking with ball, two-handed dribble.
10 Minutes	Dribbling Relay: Set up 4 lanes of cones going across the court. Have kids change hands at each cone, turn around at the end, and come back alternating hands.
5 Minutes	Pivoting: Group to the middle of the court for demonstration Pivoting. Explain that you cannot move your pivot foot or it is a traveling violation. Demonstrate pivoting on each foot.
5 Minutes	Pivoting Practice: Have the teams break out. Each kid will run out to a cone. Stop, Pivot 540 degrees on the right foot then do a bounce pass to the next kid. Repeat on the left foot.
5 Minutes	Jump Shot: Explain that you use the same mechanics that they have previously learned. Teach them to stop, jump, and shoot.
5 Minutes	Jump Shot Practice: Break into teams and practice jump shots.
10-15 Minutes	Scrimmage: Man-to-Man Defense using wristbands.
1 Minute	Close up, have the players cheer, and go home.

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6th Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
5 Minutes	Review Dribbling Skills: Have each team practice dribbling with their right hand and their left hand. Set up cones so they can dribble from point to point.
5 Minutes	Review Passing Skills: Have the teams line up in the zig zag fashion and practice their bounce passes and their chest passes.
5 Minutes	Review Layups: Have the teams shoot lay-ups from the right and left side of the basket.
5 Minutes	Review Jump Shots: Have the teams line up in front of the baskets and practice their jump shots.
30 Minutes	Scrimmage. Make sure you discuss covering your own man with the same color wrist band and no double teaming . Watch the players and help correct the common mistakes they make. Make sure the defense drops back on defense. No full court press. Blow your whistle on bad traveling and double dribbling. Explain the violation and then have the same kid start with the ball. Facilitators: should officiate the game. Please watch the games and step in when needed.
1 Minute	Close up, have the players cheer, and go home.

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7th Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
7 Minutes	Passing Relay: Have each team form a line lengthwise with players spaced out 5 to 7 feet apart. The first player in line is given the ball and will pass it to the second player, the second player to the third player, and so forth. Have them go down to the end of the line and back to the first player. Do the relay chest pass only. Then do it again, bounce pass only. Then mix it and do down the line chest pass and back bounce pass.
7 Minutes	Dribbling Relay: Teams go to baskets. Have the teams line up and do zig zag patterns through cones. Right hand and then left hand.
7 Minutes	Shooting relay: Have teams line up at their baskets. First shooter in line will shoot a layup and rebound their own ball, they will then pass it to the next shooter in line and they will do the same. Repeat this pattern through the whole team until they make ten baskets. The team who finishes first wins. Do this relay from the right and left hand side of the basket.
30 Minutes	Scrimmage. Make sure you discuss covering your own man with the same color wrist band and no double teaming . Watch the players and help correct the common mistakes they make. Make sure the defense drops back on defense. No full court press. Blow your whistle on bad traveling and double dribbling. Explain the violation and then have the same kid start with the ball. Facilitators: should officiate the game. Please watch the games and step in when needed.
1 Minute	Close up, have the players cheer, and go home.

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Final Session

2 Minutes	Welcome & Staff Introduction
5 Minutes	Run and Dynamic Stretching
7 Minutes	Passing Relay: Have each team form a line lengthwise with players spaced out 5 to 7 feet apart. The first player in line is given the ball and will pass it to the second player, the second player to the third player, and so forth. Have them go down to the end of the line and back to the first player. Do the relay chest pass only. Then do it again, bounce pass only. Then mix it and do down the line chest pass and back bounce pass.
7 Minutes	Dribbling Relay: Teams go to baskets. Have the teams line up and do zig zag patterns through cones. Right hand and then left hand.
7 Minutes	Shooting relay: Have teams line up at their baskets. First shooter in line will shoot a layup and rebound their own ball, they will then pass it to the next shooter in line and they will do the same. Repeat this pattern through the whole team until they make ten baskets. The team who finishes first wins. Do this relay from the right and left hand side of the basket.
30 Minutes	Scrimmage. Make sure you discuss covering your own man with the same color wrist band and no double teaming . Watch the players and help correct the common mistakes they make. Make sure the defense drops back on defense. No full court press. Blow your whistle on bad traveling and double dribbling. Explain the violation and then have the same kid start with the ball. Facilitators: should officiate the game. Please watch the games and step in when needed.
1 Minute	Close up, have the players cheer, and go home.