

Session 1

Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Change of Pace Chase Down	Individual—Players line up across the baseline, arms distance or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.	https://sportsedtv.co/3yRF4R5	
10 min	Ball-Handling Series	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below: <p>Basic Ball-handling (without dribble)</p> <ul style="list-style-type: none"> • Stationary <p>Beginner Ballahndling Series</p> <ul style="list-style-type: none"> • Stationary • Moving 	Basic Ball-handling (without dribble): https://sportsedtv.co/3AMFWad Beginner Ballahndling Series: https://sportsedtv.co/3sos172	 
10 min	Passing	Pairs--Have players line up about 6-10ft from each other and practice these passes: <ul style="list-style-type: none"> • Chest Pass • Bounce Pass • Overhead pass 	https://sportsedtv.co/3snZkrd	

5 min	Pivots	Individual--Teach the skill of pivoting. Have players pivot in place spread out along the sideline, then have them take 3 dribbles, jumpstop and pivot.	https://sportsedtv.co/37NpcDh	
5 min	Partner Pass & Pivot	Pairs—The partner pass and pivot drill is a foundational basketball drill for beginners. In this drill, players will learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.	https://sportsedtv.co/3yWjb3c	
10 min	Passing Game	2 v 1, modified half-court game—Two players become partners and play against one defensive player. No dribbling! The point of the game is for the offense to score a basket or the defense to get a stop. Rotate players (Defense goes to offense, offense player 2 moves to offensive player 1, offensive player 1 goes to back of the line and a new defender comes in.		
50 min	TOTAL TIME			

Notes:		
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Session 2

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Partner Form Shooting	Pairs—Partners practice shooting back and forth to each other with an emphasis on shooting form and landing on the ‘line.’	https://sportsedtv.co/3smpgTS	
10 min	Spot Shooting For Beginners	Pairs—Partners practice shooting around the key or at select spots They keep track of the number of baskets made.	https://sportsedtv.co/3m5FKP5	
10 min	Following Your Shot	Individual--Line up your players at a specific spot on the court. Have them shoot and chase their rebound down with a 1 or 2 bounce rule based on age. Move to different spots on the court.	https://sportsedtv.co/3g8STmS	
15 min	Shooting Game	2 v 2, modified half-court game—Players earn one point if they hit the backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as		

		the lane) from which players must shoot to earn points. Call out all regular game violations!		
50 min	TOTAL TIME			

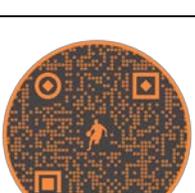
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Session 3

Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> Jog & Backpedal Butt Kicks High Knees Lunge & Twist Side Lunge Both Sides Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
10 min	Give and Go Shooting	Individual—The give and go is often one of the first passing motions taught to players by coaches at the beginning level. In this video, SportsEdTV Executive Director, Mark Strickland, will review how to teach the give and go to youth players. <p>Placement options:</p> <ol style="list-style-type: none"> Halfcourt Wing Halfcourt Center Baseline 	https://sportsedtv.co/3xRHspE	
5 min	Change of Pace Chase Down	Individual—Players line up across the baseline, arms distance or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.	https://sportsedtv.co/3yRF4R5	
10 min	Ball-Handling Series	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below: <p>Basic Ball-handling (without dribble)</p> <ul style="list-style-type: none"> Stationary 	Basic Ball-handling (without dribble): https://sportsedtv.co/3AMFWad Beginner Ballahndling	

		<p>Beginner Ballhandling Series</p> <ul style="list-style-type: none"> • Stationary • Moving 	<p>Series: https://sportsedtv.co/3sos172</p>	
5 min	Lateral Quickness Builder	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	https://sportsedtv.co/3m2SJBg	
5 min	The Mirror Drill	Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes. Then defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually dribbles faster in a zigzag pathway. The offensive player changes speed and directions. The players move down the length of floor, and then switch roles.	https://sportsedtv.co/3jYABpg	
5 min	Slide - Backpedal Square Drill	Individual-In this drill players will utilize the sprint, defensive slide, backpedal, and most importantly, change of direction and change of pace to complete the sequence. <ul style="list-style-type: none"> • Sideline Sprint • Halfcourt Defensive Slide • Sideline Backpedal • Baseline Defensive Slide 	https://sportsedtv.co/3ALbCwD	
10 min	Position & Movement Game	2 v 2, modified half-court game—If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. The focus of this game is to force the players to move to the open spot, and utilize each other to score.		
60 min	TOTAL TIME			

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Session 4

Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	3-5 Second Box Out Drill	Pairs-Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for 3-5 seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.	https://sportsedtv.co/3CRKtd8	
10 min	Rebound Drill With Outlet Pass	NBA veteran Mark Strickland shows a great rebounding drill with an outlet pass. This drill will focus on lateral footwork, boxing out, grabbing the rebound and passing in the right direction to your teammate.	https://sportsedtv.co/3m5SSnl	
15 min	Offensive Teamwork Drill	<ol style="list-style-type: none"> 1. Introduce, demonstrate, and explain how to dribble and pass in a game situation. 2. Have your students practice dribbling and passing in a game situation. 3. Groups of four—Three players dribble and pass while the fourth player tries to steal the ball. Rotate the player trying to steal the ball every two minutes. This is a no-contact game. Limit the space used for the game to 		

		half of a short court.		
15 min	Offensive Teamwork Game	<p>3 v 3, short-court game. Limit players to dribbling three times or less before passing (you can modify the number of dribbles as necessary). Call modified double dribble and traveling violations.</p> <p>For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps without dribbling the ball before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. Also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. To challenge the activity, remove modifications.</p>		
55 min	TOTAL TIME			

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Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Basic Ball Handling Warmup	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below:	https://sportsedtv.co/3AMFWad	
5 min	The Parrot Drill	Partners face each other about 3-4 feet apart and play follow-the-leader while dribbling. Switch leaders frequently.	https://sportsedtv.co/37Ko5UZ	
5 min	Passing Off The Dribble	Passing off the dribble demonstrates a strong skill in ball control and accuracy. When making passes off the dribble you want to ensure that you are not touching the ball with two hands, But rather use only one hand. As you pass the ball off the dribble you want to make sure you step toward your target while putting power behind the pass so you can get the pass over to your teammate accurately and effectively. If you are passing off the dribble using a bounce pass you still are going to be stepping toward your target and you want to make sure you are pushing the ball	https://sportsedtv.co/3yO9i7s	

		three-quarters of the way to your teammate. Doing this ensures that you have power on your pass and also allows the basketball to get to your teammate using the most effective bounce as possible.		
15 min	Dribbling Game	3 v 2, modified half-court game—Three players play offense and two players defend, then two offensive players must switch roles with the defensive players. Switch at least twice so all players get to play defense. Players earn a point if they keep possession of the ball (dribble with control) until they shoot or they attempt a shot close to the basket. Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team's opponent takes a turn.		
10 min	Spot Shooting For Beginners	Pairs—Partners practice shooting around the key or at select spots They keep track of the number of baskets made.	https://sportsedtv.co/3m5FKP5	
50 min	TOTAL TIME			

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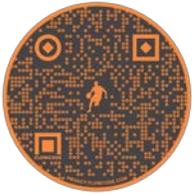


YMCA Basketball Practice Activities for 3-5-Year-Olds

Session 6

Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	Slide - Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. In this drill you'll work on all facets of defense, including sliding laterally left to right, sprinting front and back, and lastly, establishing your stance and taking a charge. At the beginner level, this drill teaches young athletes the proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a young athlete's game to establish early on. On an intermediate and advanced level, this drill can be progressed with speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	https://sportsedtv.co/3m8uEJh	
10 min	Give and Go Shooting	Individual—The give and go is often one of the first passing motions taught to players by coaches at the beginning level. In this video, SportsEdTV Executive Director, Mark Strickland, will review how to teach the give and go to youth players. Placement options: <ol style="list-style-type: none"> 1. Halfcourt Wing 2. Halfcourt Center 3. Baseline 	https://sportsedtv.co/3xRHspE	

5 min	Following Your Shot	Individual--Line up your players at a specific spot on the court. Have them shoot and chase their rebound down with a 1 or 2 bounce rule based on age. Move to different spots on the court.	https://sportsedtv.co/3g8STmS	
5 min	Partner Pass & Pivot	Pairs—The partner pass and pivot drill is a foundational basketball drill for beginners. In this drill, players will learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.	https://sportsedtv.co/3yWjb3c	
15 min	Position & Movement Game	2 v 2, modified half-court game—If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. The focus of this game is to force the players to move to the open spot, and utilize each other to score.		
50 min	TOTAL TIME			

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Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
10 min	Ball-Handling Series	Individual—Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving as listed below: <p>Basic Ball-handling (without dribble)</p> <ul style="list-style-type: none"> • Stationary <p>Beginner Ballahndling Series</p> <ul style="list-style-type: none"> • Stationary • Moving 	Basic Ball-handling (without dribble): https://sportsedtv.co/3AMFWad Beginner Ballahndling Series: https://sportsedtv.co/3sos172	 
10 min	Passing	Pairs--Have players line up about 6-10ft from each other and practice these passes: <ul style="list-style-type: none"> • Chest Pass • Bounce Pass • Overhead pass 	https://sportsedtv.co/3snZkrd	

5 min	Change of Pace Chase Down	Individual—Players line up across the baseline, arms distance or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.	https://sportsedtv.co/3yRF4R5	
5 min	Slide - Backpedal Square Drill	Individual-In this drill players will utilize the sprint, defensive slide, backpedal, and most importantly, change of direction and change of pace to complete the sequence. <ul style="list-style-type: none"> • Sideline Sprint • Halfcourt Defensive Slide • Sideline Backpedal • Baseline Defensive Slide 	https://sportsedtv.co/3ALbCwD	
10 min	Shooting Game	2 v 2, modified half-court game—Players earn one point if they hit the backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations!		
50 min	TOTAL TIME			

Notes:		
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Session 8

Coach:

Team:

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
10 min	The Mirror Drill	Pairs—First, the pairs start stationary for a proper defensive stance warmup for about 2 minutes. Then defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually dribbles faster in a zigzag pathway. The offensive player changes speed and directions. The players move down the length of floor, and then switch roles.	https://sportsedtv.co/3jYABpg	
5 min	Partner Form Shooting	Pairs—Partners practice shooting back and forth to each other with an emphasis on shooting form and landing on the 'line.'	https://sportsedtv.co/3smpgTS	
10 min	Spot Shooting For Beginners	Pairs—Partners practice shooting around the key or at select spots They keep track of the number of baskets made.	https://sportsedtv.co/3m5FKP5	

5 min	3-5 Second Box Out Drill	Pairs-Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for 3-5 seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.	https://sportsedtv.co/3CRKtd8	
10 min	Offensive Teamwork Game	3 v 3, short-court game. Limit players to dribbling three times or less before passing (you can modify the number of dribbles as necessary). Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps without dribbling the ball before you call a traveling violation. If a violation occurs, the team's opponent takes a turn. Also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. To challenge the activity, remove modifications.		
50 min	TOTAL TIME			

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Coach: _____

Team: _____

Practice Goals:				
Time	Activity Type	Activity Description	Reference	Scan Me!
5 min	Dynamic Warm-up	Use these six movements as detailed in the Dynamic Warmup Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. <ol style="list-style-type: none"> 1. Jog & Backpedal 2. Butt Kicks 3. High Knees 4. Lunge & Twist 5. Side Lunge Both Sides 6. Karaoke 	https://sportsedtv.co/3xPMV0g	
5 min	Layup Lines	Individual - Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	https://sportsedtv.co/382yATP	
5 min	The Parrot Drill	Partners face each other about 3-4 feet apart and play follow-the-leader while dribbling. Switch leaders frequently.	https://sportsedtv.co/37Ko5UZ	
5 min	Lateral Quickness Builder	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	https://sportsedtv.co/3m2SJBg	
5 min	Improve Your Defensive Stance	Individual--Have your players line up in the corner of the court, explain the proper defensive stance and have your players roll a ball along the line to keep proper positioning.	https://sportsedtv.co/2UpJ64c	

5 min	Slide - Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. In this drill you'll work on all facets of defense, including sliding laterally left to right, sprinting front and back, and lastly, establishing your stance and taking a charge. At the beginner level, this drill teaches young athletes the proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a young athlete's game to establish early on. On an intermediate and advanced level, this drill can be progressed with speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	https://sportsedtv.co/3m8uEJh	
15 min	Dribbling Game	1 v 1, modified half-court—Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. His or her opponent plays cooperative defense. No traveling or double dribble violations are called.		
10 min	Following Your Shot	Individual--Line up your players at a specific spot on the court. Have them shoot and chase their rebound down with a 1 or 2 bounce rule based on age. Move to different spots on the court.	https://sportsedtv.co/3g8STmS	
50 min	TOTAL TIME			

Notes:		
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