



Basketball Practice Plans



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 9 to 10

As kids grow, so does the game: the ball grows larger, the basket becomes taller, the free-throw line retreats farther from the basket. Players continue to work on the tactics and skills they have already developed, but the tactics become a little more complex as they delve deeper into creating and using space to attack. In addition, they learn how to set screens and how to defend against screens, and they hone their skills in maintaining possession and defending space.

OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The Y's four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing basketball. For example, playing cooperatively with teammates shows that you care about them.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to young children gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising their hand when they foul someone or playing cooperatively with the others on their team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.

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Basketball Session 1



FOR YOUTH DEVELOPMENT
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Ages: 9 to 10

Coach:

Team:

Practice Goals

- Emphasize importance of a well-rounded game
- Increase basketball IQ
- Communicate on offense and defense

Time

Activity

Activity Description

Video Tutorial

5
mins.

Team Circle:
Four Core Values

Gather the team into a group. Have four cones set up five feet apart.





N/A




SAY: "We are going to talk about four main values or qualities that good players include in their games and practices. What are the four?"

Have players stand at a cone when they provide a value. Have another player provide an example of the value, then have that player join the other player at the cone. Assist players if they cannot think of all four (caring, honesty, respect, responsibility).

SAY: "We will work to improve our basketball skills and physical fitness, but these four values are just as important to learn and practice to help you become good players. We will learn about these values during our team circles."

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles. 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke	 https://sportsedtv.co/3xPMV0g
5 mins.	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/38ZVA1P
10 mins.	The Mirror Drill	PAIRS First, the pairs start stationary for a proper defensive stance warmup for about two minutes. Then the pairs begin gradually dribbling faster in a zigzag movement. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.	 https://sportsedtv.co/31YA8xQ
5 mins.	Slide-Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge. At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on. At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	 https://sportsedtv.co/3m8UEh

Time	Activity	Activity Description	Video Tutorial
10 mins.	How To Close Out	INDIVIDUAL Also known as the star drill. Set up cones around the three-point line. After teaching a proper close out stance on each side, have the players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork, and stance.	 https://sportsedtv.co/3A4VJ1m
10 mins.	Rebound Drill With Outlet Pass	This drill will focus on lateral footwork, boxing out, grabbing the rebound and passing in the right direction to a teammate.	 https://sportsedtv.co/3m5SSn1
10 mins.	Spot Shooting	PAIRS Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.	 https://sportsedtv.co/3m5EKP5
10 mins.	Curl Progression Drill	INDIVIDUAL This drill establishes and improves footwork and shooting skills when the defender is trailing. Three cones and a passer are needed to begin. Players line up under the basket to one side. Each player focuses on having their hands in a shot-ready position and calling for the ball. Each player plants with their inside foot and shoots straight up and down. This drill advances by curling around the cone farther and farther from the basket.	 https://sportsedtv.co/3sn12a1

Time	Activity	Activity Description	Video Tutorial
15 mins.	Dribbling Game	ONE VERSUS ONE, MODIFIED HALF-COURT GAME Explain how to start and restart the game. Each player attempts to dribble and shoot at a target; their opponent plays cooperative defense. No travelling or double dribble violations are called.	N/A
85 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 2



FOR YOUTH DEVELOPMENT
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Ages: 9 to 10

Coach:

Team:


Practice Goals:

- Improve finishing skills around the basket
- Learn and improve shooting form
- Reiterate defensive principles

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Carling	Gather the team into a circle. Have two cones set up 10 feet apart. Ask one player to demonstrate with you. Have the player accidentally trip you. Fall down as if you are hurt. SAY: "Anna accidentally tripped me; what should she do? If you think she should apologize and help the player up, then raise her hand for a foul, stand at this cone. If you think she should keep playing and raise her hand for committing a foul, stand at this cone." Encourage all players to vote. Discuss why they voted the way they did. Tactfully explain the "carling action" so players don't feel foolish for not realizing they should help.	N/A

SAY: "When you accidentally trip or hurt another player, an opponent or teammate, it is important to help them up or see if they are OK. That shows that you care about other players."

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up 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 and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 https://sportsedtv.co/3xpmV0g

5 mins.	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.
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5 mins.	How to Power Layup	Continue from layup lines: The purpose of a power layup is to add more power throughout the player's body in order to absorb the defense while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot like a regular layup.
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10 mins.	The Mirror Drill	PAIRS First, the pairs start stationary for a proper defensive stance warmup for about two minutes. Then the pairs begin gradually dribbling faster in a zigzag movement. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.
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Time	Activity	Activity Description	Video Tutorial
5 mins.	Curl Progression Drill	INDIVIDUAL This drill establishes and improves footwork and shooting skills when the defender is trailing. Three cones and a passer are needed to begin. Players line up under the basket to one side. Each player focuses on having their hands in a shot-ready position and calling for the ball. Each player plants with their inside foot and shoots straight up and down. This drill advances by curling around the cone farther and farther from the basket.	 https://sportsedtv.co/3snL2a1

10 mins.	Level 1 Shooting: Off the Dribble	INDIVIDUAL In this drill, players learn how to string together several combination dribbling moves to improve shooting off the dribble. Set up cones beyond the three-point line and have the players dribble through them, finishing with a layup or jump shot. Make the moves more difficult to progress with the drill.
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5 mins.	Improve the Defensive Stance	INDIVIDUAL Have the players line up in the corner of the court. Explain the proper defensive stance, and have them roll a ball along the line and zigzag throughout the court, or on various lines of the court, to keep proper positioning.
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10 mins.	How to Close Out	INDIVIDUAL Also known as the star drill. Set up cones around the three-point line. After teaching a proper close-out stance on each side, have the players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork, and stance.
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Time	Activity	Activity Description	Video Tutorial
5 mins.	Tennis Ball Drag Race	<p>PAIRS</p> <p>Stand a couple of feet in front of the players and place them in two lines, one to the left and one to the right of you. Hold one tennis ball in each of your outstretched hands. Have players chop their feet as quickly as possible, and race to the ball when it is released.</p> <p>Players must push forward explosively in the direction of the bounced ball and catch it before it hits the ground a second time.</p>	 <p>https://sportsedtv.co/3kbpau1</p>
15 mins.	Shooting Game	<p>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</p> <p>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!</p>	N/A
80 mins.	TOTAL TIME	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	

Basketball

Session 3

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ages: 9 to 10

Coach:





Team:




Practice Goals:




- Ball control and good ballhandling habits
- Communication with teammates
- Learn screening principles

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Responsibility	<p>Gather players into a group. Have a clipboard and act as if you are writing or working. Do not pay attention to the group. Continue for one minute.</p> <p>SAY: "Hello, everybody. Now I am ready to talk about our team circle for today. How did you feel having to wait for me to get ready to talk to you?"</p> <p>Listen to responses.</p> <p>SAY: "Waiting for someone to be ready during practice wastes time. Even if it is a coach. I demonstrated how time is wasted if someone isn't prepared for practice. I read and prepare before practice, so I am ready. I want you to do the same. You have a responsibility to the team to be ready when it is time for every practice to start. What do you do at home to get ready for practice?"</p> <p>Discuss responses.</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up Series	Use these six movements as detailed in the Dynamic Warm-Up 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 and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 https://sportsedtv.co/3xPMY0g
5 mins.	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/382VATP
5 mins.	The Mikan Drill	INDIVIDUAL Have partners switch on and off after 30 to 60 seconds. The player starts under the basket and is working on making a layup on each side of the basket using proper footwork on each side. When the right arm shoots, the right knee follows and the same on the left. Have players focus on hitting the upper outside point of the square on the backboard.	 https://sportsedtv.co/3aTtFm
5 mins.	Beginner Ballhandling Series	INDIVIDUAL Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving: <ul style="list-style-type: none"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble 	 https://sportsedtv.co/35os1Z2

Time	Activity	Activity Description	Video Tutorial
5 mins.	Two-Ball Partner Dribbling	This drill requires two balls and two players. Two-ball partner dribbling intends to improve overall ballhandling and passing off the dribble. During this drill, focus on emphasizing each dribble move and sending a crisp pass to a partner.	 https://sportsedtv.co/30UHXr
5 mins.	Tight Dribbling Series	INDIVIDUAL The focus of this drill is to dribble the ball tight to the body through the cones, which will help warm up and improve ballhandling skills. Have players complete their moves at each cone and finish with a layup or jump shot.	 https://sportsedtv.co/3z0bAZ
10 mins.	How to Set a Screen	Screens are used by players to get open for a shot, drive, dribble, or pass. This drill reviews how to set on-ball screens and the different screens players can set for their teammate handling the ball. First, have everyone complete each screen without defense, and then add a defender when the team is ready.	 https://sportsedtv.co/3mqz8b

Time	Activity	Activity Description	Video Tutorial
15 mins.	Free Throw Series	<p>TEAM</p> <p>The free throw series teaches players everything they need to know about free throws. Take time to review and teach proper court placement and responsibilities in each position.</p> <ul style="list-style-type: none"> • How to Shoot Free Throws • Free Throw Rebounding Roles: Guards • Free Throw Rebounding Roles: Posts 	 <p>How To Shoot Free Throws</p> <p>https://sportsedtv.co/m/sport/basketball-instructional-videos/how-to-shoot-free-throws-male</p>
		<p>Roles: Guards</p> <p>https://sportsedtv.co/m/sport/basketball-instructional-videos/free-throw-rebounding-roles-guards</p>  <p>Roles: Posts</p> <p>https://sportsedtv.co/m/sport/basketball-instructional-videos/free-throw-rebounding-roles-posts</p> 	

Time	Activity	Activity Description	Video Tutorial
15 mins.	Dribbling Game	<p>ONE VERSUS ONE, MODIFIED</p> <p>HALF-COURT GAME</p> <p>Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. Their opponent plays cooperative defense. No traveling or double dribble violations are called.</p>	N/A
75 mins.	TOTAL TIME	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Basketball Session 4



Ages: 9 to 10

Coach:

Team:

Practice Goals:

- Strong and weak hand ball-handling
- Getting open for a shot without the basketball
- Shooting over defenders

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	Gather the team into a group. Set two cones up 10 feet apart.	N/A

SAY: "What is one important thing you can do at the end of every game to show you have respect for your opponent?"

Listen to responses. Discuss shaking or slapping hands and saying "Good game."

SAY: "Let's say some kids on the other team start walking away following a game. What should you do? If you think you should let them walk away without saying anything or trying to shake hands, stand at this cone. If you think you should say 'Good game' and hold your hand out anyway, stand at this cone."

All players should vote. Ask why players voted the way they did.

SAY: "You should shake hands and/or say 'Good game' following every game. It shows respect for your opponent. If the other team turns away and doesn't participate, you shouldn't change your behavior."

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Time	Activity	Activity Description	Video Tutorial
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5
mins.

Dynamic Warm-Up

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.



<https://sportsedtv.co/73xPMV0g>

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke

5
mins.

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/7382VATP>

5
mins.

Chair Crossover

INDIVIDUAL

Have your players line up on the baseline. In this drill, players learn how to effectively complete several combo and crossover moves with a chair. Cones can replace chairs, as necessary.



<https://sportsedtv.co/7375MnMC>

5
mins.

Two-Ball Drizzling Series

The two-ball dribbling series is a great warm-up and drill for basketball players looking to improve their ballhandling. In this drill players go through four two-ball dribbling variations that help improve ball control, weak-hand dribbling, and overall coordination when handling the basketball.



<https://sportsedtv.co/72X6P2T>

5
mins.





Up and Back Shooting

INDIVIDUAL

Have players start at half-court. Each player takes two shots in their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to half-court and sprint to the free throw line or three-point line for the second shot.



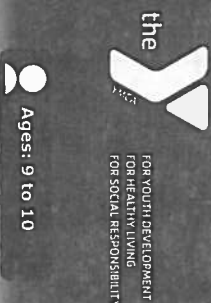
<https://sportsedtv.co/739g8NcE>

Time	Activity	Activity Description	Video Tutorial
10 mins.	Give and Go Shooting	INDIVIDUAL The Give and Go is often one of the first passing motions taught to players at the beginning level. Placement options: <ul style="list-style-type: none"> • Half-court wing • Half-court center • Baseline 	 https://sportsedtv.co/3KRIH9DE
5 mins.	Three-to-Five-Second Box-Out Drill	This is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five 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/3CRKXd8
10 mins.	Rebound Drill With Outlet Pass	This drill will focus on lateral footwork, boxing out, grabbing the rebound, and passing in the right direction to a teammate.	 https://sportsedtv.co/3mSSSnI
10 mins.	How to Read the Defense	INDIVIDUAL This video teaches the identifiers what to look for in the players' defense and how to score based on defensive positioning. Once this is explained to the players, have them line up as the coach plays the defensive call. Start in the paint and work backward for more difficulty.	 https://sportsedtv.co/3CTIHbE

Time	Activity	Activity Description	Video Tutorial
15 mins.	Offensive Teamwork Game	THREE VERSUS THREE SHORT-COURT GAME Limit players to dribbling three times or fewer 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 a double dribble violation is called, and a player can take four steps without dribbling the ball before a traveling violation is called. 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. Remove modifications to challenge the players.	N/A
80 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 5



Coach:

Team:

Practice Goals:

- Improve on-ball defense
- Learn offensive cuts to get open
- Emphasize importance of ball movement

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	Gather the team into a group. Set up two cones 10 feet apart.	N/A

SAV: "What are some of the official's duties during a game?"

Listen to and discuss responses.

SAV: "Who makes the calls during the game? Can you disagree if you think an official's call is not right or do you accept the official's call even if you think it is wrong? If you think you can discuss the call with the official, stand at this cone. If you think the official makes the call and you accept it, stand at this cone."

All players should vote.

SAV: "You need to have respect for the officials at all times. They are in charge on the court during a game. Don't argue with them; accept their calls and decisions. But, if you have a question, ask the official or me during a break."

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Time Activity

Activity Description

Video Tutorial

5 mins. **Dynamic Warm-Up**

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke

<https://sportsedtv.co/3xIPWVQg>



5 mins. **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/382VATP>

10 mins. **The Mirror Drill**

PAIRS

First, the pairs start stationary for a proper defensive stance warm-up for about two minutes.

Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.

<https://sportsedtv.co/3YVABQg>



5 mins. **Passing**





PAIRS



Have players line up about 6 to 10 feet from each other and practice these passes:

- Chest Pass
- Bounce Pass
- Overhead pass

<https://sportsedtv.co/3snZKd>



Time	Activity	Activity Description	Video Tutorial
5 mins.	The Parrot Drill	Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently.	 https://sportsedtv.co/37K6SUZ
5 mins.	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 one- or two-bounce rule based on age. Move to different spots on the court. Include a consequence to missing the rebound bounce requirement.	 https://sportsedtv.co/3a85TMS
5 mins.	Floater Runner Finishing	INDIVIDUAL Have players line up on either wing or above the three-point line. This drill emphasizes shooting the ball higher over the defender to avoid an offensive foul.	 https://sportsedtv.co/388WFCY
5 mins.	Improve Your Defensive Stance	INDIVIDUAL Have the players line up in the corner of the court. Explain the proper defensive stance, and have them roll a ball along the line and zigzag throughout the court, or on various lines of the court, to keep proper positioning.	 https://sportsedtv.co/3UdJ64C

Time	Activity	Activity Description	Video Tutorial
5 mins.	Slide Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge. At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on. At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	 https://sportsedtv.co/3m8uE2h
10 mins.	Offensive Cuts	INDIVIDUAL Players line up under the basket and step onto the court when it is their turn to perform a cut. Players make a cut and either take a jump shot or layup. <ul style="list-style-type: none">• V-cuts• L-Cuts	 https://sportsedtv.co/3JUmT0U
15 mins.	Dribbling Game	THREE VERSUS TWO, 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 a double dribble violation is called, and a player can take four steps while not dribbling before it is a traveling violation. If a violation occurs, the team's opponent takes a turn.	N/A
80 mins.	TOTAL TIME	Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.	



Basketball Session 6



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 9 to 10

Coach:

Team:

Practice Goals:

- Improve balance and movement
- Improve speed and agility with and without the ball
- Offensive and defensive screen principles

Time

Activity

Activity Description

Video Tutorial

5 Team Circle:
Honesty

Gather the team into a group.

N/A

mins.

SAV: "Give me some examples of being dishonest in practices and games."

Listen to responses. After each response, have the players change the examples into acts of honesty. Take three examples.

SAV: "Honesty is an important value for all players to demonstrate at every practice and game, especially if a coach isn't there to help you make the right decision, or if an official doesn't see the play."

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Time

Activity

Activity Description

Video Tutorial

5 Dynamic
Warm-Up

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke



<https://sportsedtv.co/73xPMV0g>

5

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/7382yATP>

5 Beginner
Ballhandling
Series

INDIVIDUAL

Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving:

- Pound Dribble
- In and Out Dribble
- Back and Forth Dribble



<https://sportsedtv.co/73s0s1Z2>

5 Crossover
Dribbling Series






INDIVIDUAL


Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving:

- Crossover Dribble
- Crossover Dribble Wide
- Between-the-Legs Crossover
- Behind-the-Back Dribble



<https://sportsedtv.co/731WIK62>

Time	Activity	Activity Description	Video Tutorial
5 mins.	Shot Fakes, Jab Steps, Cross Steps	INDIVIDUAL Have the players spread across the baseline or in one line in the corner. This skill introduces shot fakes, jab steps, and cross steps. Have players mimic each move in a triple threat stance, and then mix up the call.	 https://sportsedtv.co/3J5FE8
5 mins.	Change of Pace Chase Down	INDIVIDUAL Players line up across the baseline, arms-length 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/3Y8FE85
5 mins.	Tight Dribbling Series	INDIVIDUAL The focus of this drill is to dribble the ball tight to the body through the cones, which will help warm up and improve ballhandling skills. Have players complete their moves at each cone and finish with a layup or jump shot.	 https://sportsedtv.co/3ZBPAZ
10 mins.	Level 1 Shooting: Off the Dribble	INDIVIDUAL In this drill, players learn how to string together several combination dribbling moves to improve shooting off the dribble. Set up cones beyond the three-point line and have the players dribble through them, finishing with a layup or jump shot. Make the moves more difficult to progress with the drill.	 https://sportsedtv.co/3XU8e0F
10 mins.	How to Set a Screen	Screens are used by players to get open for a shot, drive, dribble, or pass. This drill reviews how to set on-ball screens and the different screens players can set for their teammate handling the ball. First, have everyone complete each screen without defense, and then add a defender when the team is ready.	 https://sportsedtv.co/3mqz8b

Time	Activity	Activity Description	Video Tutorial
10 mins.	How to Defend a Screen	This drill teaches the methods of defending a ball screen. All methods are used to prevent a specific move by the offense, specifically the shot and the drive to the basket. Rotate all players in and out of four positions, two offense and two defense. Review: <ul style="list-style-type: none"> • How to go over a screen • How to go under a screen 	 https://sportsedtv.co/3sJLYU
10 mins.	Position and Movement Game	TWO VERSUS TWO, 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 a double dribble violation is called, and a player can take four steps while not dribbling before a traveling violation is called. 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.	N/A
80 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 7



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 9 to 10

Coach:

Team:

Practice Goals:

- Emphasize proper footwork
- Improve offensive and defensive form
- Shooting with defenders

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Responsibility	Gather the team into a group. Choose two players to demonstrate with you. Have one player be a defender, using a "cold" defense. You and the other player will pass to each other. Concentrate on demonstrating how to get into a good position for a pass. SAY: "What was I working on during this drill?" Listen to responses; lead the discussion for getting into a good position for a pass. SAY: "It is your responsibility to work hard to get into good position for a pass. When you do that, you're being responsible to your team."	N/A

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Time

Activity

Activity Description

Video Tutorial

5
mins.

Dynamic Warm-Up

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.



<https://sportsedtv.co/73xPMV0q>

73xPMV0q

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke

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/7382VATP>

7382VATP

5
mins.

How to Power Layup
(Continue from layup lines.)

The purpose of a power layup is to add more power throughout the body in order to absorb the defense, while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot like a regular layup.



<https://sportsedtv.co/73YVDIGH>

73YVDIGH

5
mins.

The Mikan Drill






INDIVIDUAL


Have partners switch on and off after 30 to 60 seconds. The player starts under the basket to make a layup on each side of the basket, using proper footwork on each side. When the right arm shoots, the right knee follows, and the same on the left. Have players focus on hitting the upper outside point of the square on the backboard.



<https://sportsedtv.co/73aUFIEM>

73aUFIEM

Time	Activity	Activity Description	Video Tutorial
5 mins.	Partner Pass and Pivot	PAIRS The Partner Pass and Pivot drill is a foundational basketball drill for beginners. In this drill, players learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.	 https://sportsedtv.co/3yWtB3C
5 mins.	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/3m25Jb9
5 mins.	Slide Backpedal Square Drill	This is a foundational drill made for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint, defensive slide, backpedal, and most important, change of direction and change of pace to complete the sequence. This is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.	 https://sportsedtv.co/3ALbCWd
5 mins.	One-Two Step	INDIVIDUAL Have the players spread across the baseline or in one line in the corner. This skill introduces the one-two step into a shot or pass. Have players take two to three dribbles and the one-two step in a zigzag motion full- or half court.	 https://sportsedtv.co/3g8Lwkm
10 mins.	Dribble Pull Up Shooting	INDIVIDUAL Set up cones around the key, at the mid-range or three-point line depending on difficulty. Have the players attack each cone with two to three dribbles and pull up to shoot. Have players start in a line at a designated spot on the court.	 https://sportsedtv.co/3m5sFp8

Time	Activity	Activity Description	Video Tutorial
10 mins.	How to Read the Defense	INDIVIDUAL This video teaches the identifiers what to look for in the defense and how to score based on defensive positioning. Once this has been explained, have the players line up as the coach plays the defensive call. Start in the paint and work backward for more difficulty.	 https://sportsedtv.co/3CtIDbE
15 mins.	Shooting Game	TWO VERSUS TWO, 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.	N/A
80 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



Basketball Session 8



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 9 to 10

Coach:

Team:

Practice Goals:

- Moving without the ball
- Communicating with teammates
- Offensive teamwork

Time

Activity

Activity Description

Video Tutorial

5 Team Circle:
Carling

Gather the team into a group near two cones 10 feet apart. Discuss examples of good play during a game. Have the players assist in providing examples.

N/A

5 Carling

Gather the team into a group near two cones 10 feet apart. Discuss examples of good play during a game. Have the players assist in providing examples.

SAY: "We talked about some examples of good plays. Raise your hand if you think it's a good idea to tell other players they made a good play. Do you think it's a good idea to tell opponents they have made a good play? If you think it is, stand at this cone. If you think you should tell just your teammates they made a good play, stand at this cone."

Have all players vote. Ask why players voted the way they did.

SAY: "Telling other players, both teammates and opponents, that they have made a good play shows you care. It is an important value to show others."

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Time

Activity

Activity Description

Video Tutorial

5 Dynamic Warm-Up

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke

<https://sportsedtv.co/73xPMV0g>



5 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/7382VATP>



5 Hop Form Shooting

INDIVIDUAL/PAIRS

In this drill, the player will use a hop motion to simulate basic foot movements experienced in a live game. Focus is on landing in a balanced stance and shooting straight up and down with a full follow through.

Repeat 2, 4, 6, 8, and 10 times on each foot before switching players. If multiple hoops are available, spread players out in pairs/threes; if not, line up behind the three-point line.

<https://sportsedtv.co/73DedMam>








5 Chair Crossover




INDIVIDUAL

Have the players line up on the baseline. This drill teaches how to most effectively complete several combo and crossover moves with a chair. Cones can replace chairs, as necessary.

<https://sportsedtv.co/73ZSMnMC>



Time	Activity	Activity Description	Video Tutorial
5 mins.	Two-Ball Partner Dribbling	This drill requires two balls and two players. Two-ball partner dribbling intends to improve overall ballhandling and passing off the dribble. Players will focus on emphasizing each dribble move and sending a crisp pass to their partner.	 https://sportsedtv.co/3DUJbKr
10 mins.	Give and Go Shooting	INDIVIDUAL The Give and Go is often one of the first passing motions taught to players at the beginning level. Placement options: <ul style="list-style-type: none"> • Half-court wing • Half-court center • Baseline 	 https://sportsedtv.co/3XRH9pE
5 mins.	Up and Back Shooting	INDIVIDUAL Have players start at half-court. Each player will take two shots in their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to half-court and sprint to the free throw line or three-point line for the second shot. Go for a certain number of makes.	 https://sportsedtv.co/39q8NcF
5 mins.	Relocation Shooting Drill	PAIRS Have one guard set up on the wing, one post set up on the block. If the guard drives the baseline, the post will pop to the high post and call for the ball. If the guard drives middle, the post will pop out to the short corner for a baseline jump shot. Work both sides and have the guard decide to shoot or pass based on the defense.	 https://sportsedtv.co/3mqdVP9
5 mins.	Three-to-Five-Second Box-Out Drill	This is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Have each rebound secured by the defensive player in order to switch players.	 https://sportsedtv.co/3CRRKd8

Time	Activity	Activity Description	Video Tutorial
15 mins.	Free Throw Series	TEAM This free throw series will teach players everything they need to know about free throws. Take time to review and teach proper court placement and responsibilities in each position. <ul style="list-style-type: none"> • How to Shoot Free Throws • Free Throw Rebounding Roles: Guards • Free Throw Rebounding Roles: Posts 	 How To Shoot Free Throws: https://sportsedtv.co/3Wkd6h
		Roles - Guards:  https://sportsedtv.co/318KMM2	
		Roles - Posts:  https://sportsedtv.co/38Z5PUU	

Time	Activity	Activity Description	Video Tutorial
10 mins. Offensive Teamwork Game	THREE VERSUS THREE SHORT-COURT GAME	Limit players to dribbling three times or fewer before passing (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 a double dribble violation is called, and a player can take four steps without dribbling the ball before a traveling violation is called. 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. Remove modifications to challenge the players.	N/A

80 **TOTAL TIME**
Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.



Basketball Session 9



Ages: 9 to 10



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Coach:

Team:

Practice Goals:

- Team defense
- Defensive principles
- Shooting reps





Time	Activity	Activity Description	Video Tutorial
5 mins. Team Circle: Respect	Gather the team into a group.		N/A





SAY: "What are some examples of dangerous play for yourself or teammates during a practice or game?"

Listen to responses. Assess responses to identify whether they are or are not dangerous; discuss responses. Ask players to agree or disagree with responses. Are they a good practice or not? They can raise their hand to agree. Discuss three examples.

SAY: "It is important to have respect for your body and your teammates' bodies. Practicing safe play is a way to do that."

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	Use these six movements as detailed in the Dynamic Warm-Up 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 and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Slide Lunge Both Sides 6. Karaoke 	 https://sportsedtv.co/3xPMX0g
5 mins.	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/3g2x61P
10 mins.	The Mirror Drill	PAIRS First, the pairs start stationary for a proper defensive stance warmup for about two- minutes. Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.	 https://sportsedtv.co/31YABp4
5 mins.	Slide Pedal Charge Drill	The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge. At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on. At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.	 https://sportsedtv.co/3m8uElh

Time	Activity	Activity Description	Video Tutorial
10 mins.	How to Close Out	INDIVIDUAL Also known as the star drill. Set up cones around the three-point line. After teaching a proper close out stance on each side, have the players stand in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork, and stance.	 https://sportsedtv.co/3AJY1Tm
10 mins.	Rebound Drill with 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/3m5SSnI
10 mins.	Spot Shooting	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 mins.	Curl Progression Drill	INDIVIDUAL This drill establishes and improves footwork and shooting skills when the defender is trailing. Three cones and a passer are needed to begin. Players line up under the basket to one side. Each player focuses on having their hands in a shot-ready position and calling for the ball. Each player plants with their inside foot and shoots straight up and down. This drill advances by curling around the cone farther and farther from the basket.	 https://sportsedtv.co/3sm12a1

Time	Activity	Activity Description	Video Tutorial
15 mins.	Dribbling Game	ONE VERSUS ONE, MODIFIED HALF-COURT GAME Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. Their opponent plays cooperative defense. No travelling or double dribble violations are called.	N/A
85 mins.	TOTAL TIME	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	

We have created a season plan, but if you'd like to make your own practice plan, this might help!

Sample practice plan: What do these sections mean? How can I plan my practice to run smoothly?

Time	Activity:	Description:	Diagrams/Organization	Coaching Points
5 mins	Warm up:	*Have kids run laps, jumping jacks or repeat fun, simple drills from previous practices in order to loosen muscles, get heart rate up, and get rid of little kid wiggles. This is a good time to redo drills/games from previous practices that the kids really enjoyed.	*Make a list of equipment needed to make transitions between activities quick. Kids left without direction tend to act out and get off task. They'll love to help set-up games and activities!	*Praise kids who are not only performing skills well, but those who are following directions or trying really hard!
15-20 mins	Skills & Drills	Introduce the basketball 'skill of the day' with a demonstration by coach and teammate when possible. *Players should sit and watch the coach's demonstration.	*Drawing out the drill on paper and planning the athlete's rotation from line to line will help make transitions quick and will increase activity time!	*Find specific compliments to give the kids as they practice. "I liked how you followed through on that pass!"
5 mins	Water Break	Water for kids, Coach can break down skill drills and set up for Game Play.		
15-20 mins	Game Play	Game like activity or activities where kids will be able practice new skill of the week in a game-like environment. After session 3, kids can play mock game during this time. Feel free to stop play and teach as needed.	*Split teams up ahead of time. *Will there be stations? Do you need a parent volunteer? *Have the kids grab equipment at the end and bring it to you, many hands make light work!	*Reflect on what worked well? What didn't you like? What do the kids need more work on next session? Did they like this game? Was it challenging yet fun?
5-10	Team Circle	Wrap and up review what they've learned today. Have each kid say something; (if they're comfortable) contributing to the discussion empowers them to speak up in the future!		*Did you see a kid that excelled at the skills you taught today? Pull them into the circle to demonstrate the skill correctly. A great confidence builder!

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Session:

Time	Activity	Description	Diagram/Organization	Coaching Points
5 mins	Warm Up			
5-10 mins	Skills and Drills			
10-15 mins	Game Play			
2-3 min	Water Break			
10-20 min	Game Play			