

1st & 2nd

Fundamentals

Time 1 Hour Practice

Lifeskill FUN

2

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:26	Dribbling	Stationary Dribbling Dibble While Walking Dribble While Jogging Dribble Race	Dribbling with fingertips, using both hands, and keeping the ball low. Eyes up, Controlled push the ball Under Control	3 Minutes 3 Minutes 4 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:27-:42	Passing	Bounce Pass Chest Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	3 Minutes 3 Minutes	Video Assistance STOP @ 1:17 Video Assistance STOP @ 2:08
	Shooting	Lay Ups without ball Lay up with ball Lay Up with pass	Proper footwork Juumping high not far Footwork using the backboard Footwork and good passes	3 Minutes 3 Minutes 3 Minutes	Video Assistance Video Assistance
WATERBREAK					
:43-:53	Game	Red Light Green Light	Keep ball low and controlled	10 Minutes	Video Assistance STOP @ 4:39
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (27.5)
Cones
Dots

1st & 2nd

Dribbling

Time **1 Hour Practice**

Lifeskill **Determination**

**3**

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.




Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:33	Dribbling	Taps Stationary Dribbling Dibble While Walking Dribble While Jogging Dribble Race	Finger tips, ball changing hands Dribbling with fingertips, using both hands, and keeping the ball low. Eyes up, Controlled push the ball Under Control	2 Minutes 5 Minutes 5 Minutes 5 Minutes 5 Minutes	Video Assistance Video Assistance Video Assistance
WATERBREAK					
:33-:43	Dribble Game	Dribble Tag	Ball Control, Moving and dribbling	10 Minutes	Video Assistance
WATERBREAK					
:43-:53	Game	Construction Zone	Eyes Up, Ball Control	10 Minutes	Video Assistance STOP @ 1:18
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (27.5)
Cones

1st & 2nd

Shooting

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.	
Lifeskill	Patience		
#	2		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-31	Lay Ups	High Five Lay Ups	Footwork High Jump	5 Minutes	Video Assistance
		Lay Ups without ball	Proper footwork Juumping high not far	5 Minutes	Video Assistance
		Lay up with ball	Footwork using the backboard	5 Minutes	
		Lay Up with pass	Footwork and good passes	5 Minutes	Video Assistance
WATERBREAK					
:32-:42	Shooting	Pianos		10 Minutes	Video Assistance STOP @ 3:11
WATERBREAK					
:43-:53	Game Related Drills	Knock out		10 Minutes	Video Assistance
WATERBREAK					
:54-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

- Age Appropriate Basketball (27.5)
- Cones
- Dots

1st & 2nd

Passing & Movement

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.	
Lifeskill	Teamwork		
#	3		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-26	Passing	Wall Passing Bounce Pass Chest Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP @ 1:17 Video Assistance STOP @ 2:08
WATERBREAK					
:27-:37	Cutting	Pass and Cut V Cut	Strong Pass, Cut and Make space Square to basket, drilling	5 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:38-:48	Game Related Drills	Passer Tag	Pivot and Strong passes	10 Minutes	Video Assistance
WATERBREAK					
:49-:55	Game	Knockout		6 Minutes	Video Assistance
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (27.5)
Cones

1st & 2nd

Defense & Dribbling

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and physician for any modifications based on your specific needs and abilities.	
Lifeskill	Dedication		
#	3		

Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11 - 26	Defensive Stance	Demonstration I love it Slides Defensive King	Defensive stance, emphasizing staying low, active hands, and quick footwork. Make defense fun Stay low, No crossover feet Defensive stance, stay low arms out	3 Minutes 5 Minutes 7 Minutes	Video Assistance Video Assistance Video Assistance
WATERBREAK					
:27-:37	Dribbling	Sleeping Giant	Dribble While Moving, Jump Stop	10 Minutes	Video Assistance STOP @ 6:18
WATERBREAK					
:38-:43	Dribbling	Team Tag	Ball control, balance, fingertips	5 Minutes	Video Assistance
WATERBREAK					
:44-:54	Scrimmage	Mini Game	Set up a small-sided game & encourage players to apply the offensive and defensive skills they've learned.	10 Minutes	
:55-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

- Age Appropriate Basketball (27.5)
- Cones
- Pinnies