

3rd & 4th

Dribbling

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

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	Focus on keeping eyes up (modify per athlete) and dribble low. Dribble low medium and high (waist)	5 Minutes	Video Assisatance STOP @ 1:20
		Dribbling while walking to jog	Eyes Up and under Control	5 Minutes	Video Assistance
		Zig Zag	Repeat the drill several times, allowing players to improve their speed and technique.	5 Minutes	Video Assistance
WATERBREAK					
:27-:32	Dribbling	Balance & Push	Blanced, Eyes Up, Push off	5 Minutes	Video Assistance
WATERBREAK					
:33-:43	Dribbling	Dribble Tag	Fast and controlled. This should be fun!	10 Minutes	Video Assistance Stop @ :54
WATERBREAK					
:43-:53	Dribbling	Snake	Teamwork for snake. Dribbling while watching	10 Minutes	Video Assistance Stop @ 4:10
WATERBREAK					
:54-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones
Pinnies

3rd & 4th

Shooting

Time 1 Hour Practice

Lifeskill Confidence

2

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach 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-:31	Shooting	Form Shooting Jump Stop Make for Cone	Emphasize accuracy over power Encourage proper form and concentration Proper form and follow through, making baskets	5 Minutes 5 Minutes 10 Minutes	Video Assistance Video Assistance Video Assistance
WATERBREAK					
:32-:42	Shooting	V-Cut Layup Free Throws	Proper footwork and technique. Straight to the basket do this until tired or disengaged then take break. At random call a FOUL! The player must run down and shoot two free throws at the opposite end Proper technique and consistency	10 Minutes	Video Assistance
WATERBREAK					
:43-:53	Shooting	Shooting Race	Adjust drill based on skill level. This should be challenging yet achievable for each team.	10 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 (28.5)
- Cones
- Dots

3rd & 4th

Defense

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Respect		
#	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 Slide	Stance & Slides Zig-Zag Drill	First Step! Low stance with their knees bent and feet shoulder-width apart. Practice sliding from side to side while maintaining the stance Players cannot steal the ball. Focus on lateral quickness, move feet while staying low.	5 Minutes 10 Minutes	Video Assistance Video Assistance
WATERBREAK					
:27-37	Defensive Positioning	Offensive Rebounding 1 v 1 Positioning & Movement	Contact Find Defender Body positioning, Wide Base	5 Minutes 5 Minutes	Video Assistance STOP @ 7:00 Video Assistance STOP @ 3:38
WATERBREAK					
:38-53	Rebounding and Closing	Box out with partner Close out, slide backpedal Rebound Relay	Watch Elbows & Pushoff Choppy feet hand up Box out, secure the ball (try to miss for a rebound)	5 Minutes 5 Minutes 5 Minutes	Video Assisatance STOP @ 3:38 Video Assisatance Video Assistance
WATERBREAK					
:53-58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones

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Passing & Defense

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Teamwork		
#	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	Passing	Bounce Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce	5 Minutes	Video Assistance STOP @ 1:17
		Chest Pass	Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	5 Minutes	Video Assistance STOP @ 2:08
		Overhead Pass	Emphasize using both hands, extending the arms fully, and making accurate passes	5 Minutes	Video Assistance STOP @ 3:11
		Keep Away	Break into groups of 4. Use chest, bounce, and overhead. Encourage communication and quick ball movement. Switch direction as needed	5 Minutes	Video Assistance
WATERBREAK					
:32-:47	Defense	Stance & Footwork	Knees slightly bent, arms active, and feet shoulder-width apart	5 Minutes	Video Assistance
		Mirror	Active hands and quick reactions.	5 Minutes	Video Assistance STOP @ 3:10
		Close out, slide backpedal	Choppy feet hand up	5 Minutes	Video Assistance
WATERBREAK					
:31-:39	Games	Short Scrimmage	Encourage passing and strong defense	10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones
Pinnies

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Passing & Shooting

Time 1 Hour Practice

Lifeskill Determination

4

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach 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-:31	Passing	Bounce Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce	5 Minutes	Video Assistance STOP @ 1:17
		Chest Pass	Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	5 Minutes	Video Assistance STOP @ 2:08
		Overhead Pass	Emphasize using both hands, extending the arms fully, and making accurate passes	5 Minutes	Video Assistance STOP @ 3:11
		Endzone	Efficient passing, Quick Decision Making, Sharp Cuts	5 Minutes	Video Assistance
WATERBREAK					
:32-:47	Shooting	Form Shooting	Focusing on footwork, hand placement, and follow-through	5 Minutes	Video Assistance
		Lay Up Lines w/ Pass	Proper footwork and technique. Strong pass strong finish	5 Minutes	Video Assistance
	Shooting Game	Spot Shooting	Break into small teams 2 or 3 per team. Assign color corresponding to cones to each team. Teams must race to collect all their cone colors to win	5 Minutes	Video Assistance
WATERBREAK					
:48-:53	Games	Pass to Shoot	Develop shooting skills, Teamwork, Shooting Form	5 Minutes	Video Assistance
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

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Fundamentals

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Patience		
#	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	Dribbling	Stationary Dominant Hand Dribbling: Walking to Jog Switch to Non-Dominant Hand	Use Fingertips, Control the ball Eyes Up, Use non dribbling arm to block defenders Encouragement! This is not an easy motor skill for most kids	5 Minutes 5 Minutes 5 Minutes	Video Assistance
WATERBREAK					
:27-:42	Passing	Bounce Pass Chest Pass Pass the Rock	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 Divide into two teams. Focus on strong passes and communication	5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP @ 1:17 Video Assistance STOP @ 2:08 Video Assistance
WATERBREAK					
:43-:53	Shooting	Lay up Line Form Shooting	Proper footwork and technique. Strong pass strong finish Emphasize accuracy over power	5 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:54-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones

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Games & Situations

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

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/Teamwork	Reverse the ball	Strong passes, Looking to pass to open player	5 Minutes	Video Assistance
		3 Lane Rush	Passing while moving, Leading the pass, Good Finish	5 Minutes	Video Assistance
		Endzone	Efficient passing, Quick Decision Making, Sharp Cuts	5 Minutes	Video Assistance
WATERBREAK					
:27-:42	Offensive Positioning	Setting Screens	Screen is not moving	5 Minutes	Video Assistance
		Pass Cut Replace	Teach Players how to create space	5 Minutes	Video Assistance
		Pass Fake & Drive	Pivot, Selling the Fake	5 Minutes	Video Assistance
WATERBREAK					
:43-:53	Scrimmage	Scrimmage		10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

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