

Kindergarten Co-ed Basketball Clinic Week 1

(60-minute practice template)

Pre-game huddle

Time: 5 minutes

Description:

- Form a circle.
- Introduce yourself. ("I'm Coach Jones.")
- Express your excitement about learning basketball with them.
- Take attendance, reading aloud everyone's name to begin learning names.
- Say "Hi ____" to each child after reading each name to make them feel welcome.
- If needed, write each child's first name on a name tag beforehand and have kids put their name tags on their shirts to help you learn names.
- Explain your two rules: be kind and be safe.

Dynamic stretching

Time: 5 minutes

Description:

- Line up players along one sideline of court.
- Demonstrate and conduct walking stretches from sideline to sideline (long steps, knees to chest, high-knee jogging, walking squats, and sprints). Walk/run alongside them.

Coordination

Time: 5 minutes

Description:

- Relay race from sideline to sideline and back: divide players into equal-numbered teams
- Karaoke footwork: demonstrate, explain briefly, then have them try karaoke footwork from sideline to sideline

Water break

Time: 2 minutes

Description:

- Huddle together at halfcourt circle. You say "Water on 3." The kids and you then say "1-2-3 water!" Get them used to this huddle before every water break.
- Wait for them near water fountain.
- Gather them after water and bathroom breaks and return to halfcourt.

Defense

Time: 10 minutes

Description:

- Spread out your group so that the children have several feet between them and they can all see you.
- Explain that basketball defense is keeping the other team from scoring.
- Demonstrate defensive stance.
- Teach kids to get into defensive stance when you yell "Stance."
- Teach kids to then tap their feet quickly left-right and left-right when you yell "Feet."
- Practice "Stance" and "Feet" several times.
- Explain and demonstrate defensive slides.
- Emphasize "stay low" and "reach-slide".
- Teach kids to follow the leader and slide left as you slide left and slide right as you slide right.
- Now move the group to the free-throw lane.
- Teach players how to defensive slide and shuffle around the boundaries of the free-throw lane, starting at the bottom right corner of the lane.
- Shuffle up to the right free-throw elbow, then slide across to the left free-throw elbow, shuffle

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back to the bottom left corner of the lane, then slide across to the bottom right corner of the lane.

- Have the kids each go around the lane three or four times.

Water break

Time: 2 minutes

Description:

- Huddle together at halfcourt circle again. Instruct a player to say “Water on 3.” The kids and you then say “1-2-3 water!”

Halftime huddle

Time: 2 minutes

Description:

- We’re going to go over a couple of basketball rules at each of our practices to help you learn the rules of basketball.
- How many points does a team get for making a basket? (Answer: two.)
- How many players are on the court for a team during a game? (Answer: five.)
- How many players are on the court for the other team during a game? (Answer: five.)
- What do players call the leader of their team? (Answer: coach.)
- When should you follow the coach’s basketball instructions? (Answer: all the time.)

Ball-handling

Time: 5 minutes

Description:

- Line up players on the court with a basketball in their hands.
- Demonstrate and have each player pass the ball back and forth between his/her hands in front of their chest. (Hands are made to be the shape of the ball.)
- Instruct them to try passing the ball back and forth without dropping it.
- Then have them pass the ball at the height of their head.
- Then have them pass the ball at the height of their waist and then their knees.
- Finish having the players pass the ball around their waist, then their chest, then their knees and then their head.

Dribbling

Time: 10 minutes

Description:

- Spread out players on the baseline so they are a few feet apart and facing you.
- Stationary dribbling with right hand and then left hand (ball-shaped hands, hand on top of the ball, use fingers and not palm, dribble waist high).
- Rhythm dribbling as a team: players try to dribble at same rhythm as you
- Dribble from baseline to baseline and back with the right hand.
- Dribble from baseline to baseline and back with the left hand.
- Teach them how to speed dribble (hand behind the ball, dribble out in front of body) from baseline to baseline and back with the right hand and then the left.

Water break

Time: 2 minutes

Description:

- Huddle together at halfcourt circle again. Instruct a player to say “Water on 3.” The kids and you then say “1-2-3 water!”

Passing

Time: 5 minutes

Description:

- Partner passing: chest pass, bounce pass, overhead pass, baseball pass
- Watch the ball all the way into your hands when you receive a pass.

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Shooting

Time: 5 minutes

Description:

- Demonstrate and teach b-e-e-f jump shooting form. “B” stands for “balance” – feet shoulder width apart. “E” stands for “eyes” – eyes focused on the target. “E” stands for “elbow” – elbow under the ball. “F” stands for “follow through” – follow through to your target.
- Form shooting taking turns from right block, then from 5 feet in front of the basket, then from left block.

Game

Time: 3 minutes

Description:

- Red light/green light dribbling drill
- Players lined up side by side along the sideline while you stand on the opposite sideline.
- When you yell “green light” they start dribbling toward you. When you yell “red light” they have to stop moving forward but should continue dribbling if they can.
- First person to cross the sideline you are standing on wins.
- Play the game 2 or 3 times or until time runs out.

Post-game huddle

Time: 1 minute

Description:

- Huddle up at halfcourt circle. Hands in the middle. Tell them great job, thank them for coming and then teach them team cheer: “Team on 3, 1-2-3 team!”

Kindergarten Co-ed Basketball Clinic Week 2

Pre-game huddle

Time: 2 minutes

Description:

- Form a circle.
- Introduce yourself (“Coach Jones”).
- Take attendance, reading aloud everyone’s name to keep learning names.
- Say “Hi _____” to each child after reading each name to make them feel welcome.
- Review your two rules: be kind and be safe.

Dynamic stretching

Time: 4 minutes

Description:

- Line up players along one sideline of court.
- Conduct walking stretches from sideline to sideline (long steps, knees to chest, high-knee jogging, walking squats, and sprints). Walk/run alongside them.

Coordination

Time: 4 minutes

Description:

- Relay race from sideline to sideline and back: divide players into equal-sized teams
- Karaoke footwork: demonstrate, explain briefly, then have them try karaoke footwork from sideline to sideline

Water break

Time: 2 minutes

Defense

Time: 5 minutes

Description:

- Spread out group so children have several feet between them and can all see you.
- Remind them that basketball defense is keeping the other team from scoring.
- Practice “Stance” and “Feet” several times.
- Teach kids to follow leader: slide left as you slide left, slide right as you slide right.
- Now move group to baseline.
- Have players follow you from baseline to baseline as you defensive slide using a shuffle step in zig-zag pattern from one baseline to other baseline of court.

Halftime huddle

Time: 3 minutes

Description:

- We’re going to go over a few more basketball rules today to help us learn the rules.
- What do we call the person who wears a black and white striped shirt and has a whistle and makes sure everyone plays the game by the rules? (Referee.)
- If you dribble the ball in a game and then stop, can you dribble again? (No.) If you dribble again, it’s called double dribble, and the other team gets the ball.
- If you run with the ball without dribbling, the referee will call you for? (Traveling.)
- How many points do you get for shooting the ball through the basket? (Two.)
- How many points do you get if you make a free throw? (One.)
- What is a foul?

Ball-handling

Time: 10 minutes

Description:

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- Each player needs a youth-sized basketball.
- Spread out players so they can all see you and have a few feet between each other.
- Demonstrate and teach players to toss and catch their ball.
- Then toss and catch five times in a row.
- Then toss, clap, clap and catch. Repeat five times.
- Toss, turn around and catch. Repeat five times.
- Toss, clap, turn around and catch. Repeat five times.
- Toss, let the ball bounce and catch. Repeat five times.
- Toss, let the ball bounce, clap and catch. Repeat five times.
- Toss, let it bounce, clap, turn around and catch. Repeat five times.
- Flip ball in front of you with backward spin so it bounces and comes back to you.
- Flip it, turn around, and catch it.
- Add a clap.

Water break

Time: 2 minutes

Dribbling

Time: 10 minutes

Description:

- Spread out players on the baseline so they are a few feet apart and facing you.
- Stationary dribbling with right hand and then left hand (ball-shaped hands, hand on top of the ball, use fingers and not palm, dribble waist high).
- Rhythm dribbling as a team: players try to dribble at same rhythm as you
- Dribble from baseline to baseline and back with the right hand.
- Dribble from baseline to baseline and back with the left hand.
- Teach them how to speed dribble (hand behind the ball, dribble out in front of body) from baseline to baseline and back with the right hand and then the left.

Water break

Time: 2 minutes

Passing

Time: 5 minutes

Description:

- Partner passing: chest pass, bounce pass, overhead pass, baseball pass
- Watch the ball all the way into your hands when you receive a pass.

Shooting

Time: 5 minutes

Description:

- Demonstrate and teach b-e-e-f jump shooting form. “B” stands for “balance” – feet shoulder width apart. “E” stands for “eyes” – eyes focused on the target. “E” stands for “elbow” – elbow under the ball. “F” stands for “follow through” – follow through to your target.
- Form shooting taking turns from right block, then from 5 feet in front of the basket, then from left block.

Game

Time: 5 minutes

Description:

- Red light/green light dribbling drill
- Players lined up side by side along sideline while you stand on the opposite sideline.
- When you yell “green light” they start dribbling toward you. When you yell “red light” they have

to stop moving forward but should continue dribbling if they can.

- First person to cross the sideline you are standing on wins.
- Play the game several times or until time runs out.

Post-game huddle

Time: 1 minute

Description:

- Huddle up at halfcourt circle. Hands in the middle. Tell them great job, thank them for coming and then teach them team cheer: "Team on 3, 1-2-3 team!"

Kindergarten Co-ed Basketball Clinic Week 3

Pre-game huddle

Time: 2 minutes

Description:

- Take attendance, reading aloud everyone's name to keep learning names.
- Say "Hi ____" to each child after reading each name to make them feel welcome.
- Review your two rules: be kind and be safe.

Dynamic stretching

Time: 4 minutes

Warmup: star jumps

Time: 4 minutes

Description:

- Spread out your players.
- Shout "Arms out" and have them jump and land with their arms and legs out like a star. Say "Arms in" and have kids jump, landing so they stand straight with their arms at their side. Do this several times. Then give them 10 seconds to do as many star jumps as they can. After 10 seconds is up, ask how many each player did. Try again so they can try to improve on their total. Repeat several times.

Water break

Time: 2 minutes

Defense

Time: 10 minutes

Description:

- Spread out group so children have several feet between them and can all see you.
- Practice "Stance" and "Feet" several times.
- Teach players how to pivot defensively to change direction from right to left and left to right.
- Teach kids to follow leader: slide left as you slide left, slide right as you slide right.
- Now set up cones in zig-zag pattern down both sides of court length wise (or width wise if concerned your players won't hold up going length of court) and move group to baseline.
- Demonstrate, then have players do defensive slides, pivot and shuffle from cone to cone in zig-zag pattern from one baseline to other baseline of court.

Halftime huddle

Time: 4 minutes

Description:

- We're going to go over a few more basketball rules today to help us learn the rules.
- Review and cover the most basic rules, such as how many players are on the court for each team, how many teams play in a game, how does the game start (a jump ball – explain a jump ball), who gets the ball if one team knocks the ball out of bounds (the other team), how do you inbound the ball (pass it in) and what do you get called for if you bump, hit or knock into someone on the other team (a foul).

Water break

Time: 2 minutes

Ball-handling

Time: 10 minutes

Description:

- Each player needs a youth-sized basketball.
- Spread out players so they can all see you and have a few feet between each other.

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- Demonstrate each action.
- Slaps
- Finger tips
- Around both legs
- Around the waist
- Around the head
- Around the neck
- Candy cane
- Around each leg: left, then right
- Figure 8
- Then toss and catch five times in a row.
- Then toss, clap, clap and catch. Repeat five times.
- Toss, turn around and catch. Repeat five times.
- Toss, clap, turn around and catch. Repeat five times.

Dribbling

Time: 10 minutes

Description:

- Play several games of dribble tag with a different “It” each time.
- Variation: if tagged by “It,” you also become another “It.”
- Allow children who are learning dribbling to pick up their dribble and begin dribbling again.
- Make boundaries close enough that players aren’t too spread out to tag each other.
- Instruct players to tag each other gently using their off-hand (tell them no tagging from the neck up or in inappropriate areas).

Water break

Time: 2 minutes

Layups

Time: 5 minutes

Description:

- Get the children in a line near the right side of the basket. Each child gets a turn.
- Teach and demonstrate to children how to face the right side of the backboard with their two feet together. Then take one step forward with the left foot. plant and jump off that foot. Make sure their right thigh raises up and their knee is bent when they jump, and their right knee goes up as their right shooting elbow goes up as if pulled by a string attached. Shoot the ball at the top of their jump off the backboard.
- Have players attempt layups without dribbling (left step-jump-shoot) and then using dribbling.

Game

Time: 5 minutes

Description:

- Dribbling knockout
- Players dribble their own ball in an area of the court with boundaries designated by you (example: half the court or inside the 3-point arc) while trying to knock the ball away from the other children.
- When someone knocks the ball away from them, those players stand outside the court along the sidelines.
- Shrink the size of the playing area as the number of dribblers dwindles.
- Game ends when one player remains.
- Play the game two or three times or until time runs out.

Post-game huddle

Time: 1 minute

Description:

- Huddle up at halfcourt circle. Hands in the middle. Tell them great job, thank them for coming and then teach them team cheer: "Team on 3, 1-2-3 team!"

Kindergarten Co-ed Basketball Clinic Week 4

Pre-game huddle

Time: 1 minute

Dynamic stretching

Time: 4 minutes

Warmup: running relays

Time: 5 minutes

Description:

- Get the kids into teams, then perform a running relay, then a skipping relay and finally a jumping-like-a-frog relay from baseline to halfcourt and back

Water break

Time: 2 minutes

Ball-handling

Time: 10 minutes

Description:

- Demonstrate an action, then have the kids practice that action with ball-shaped hands.
- Slaps
- Finger tips
- Around both legs
- Around the waist
- Around the head
- Around the neck
- Candy cane
- Around each leg: left, then right
- Figure 8
- Then toss and catch five times in a row.
- Then toss, clap, clap and catch. Repeat five times.
- Toss, turn around and catch. Repeat five times.
- Toss, clap, turn around and catch. Repeat five times.

Dribbling

Time: 10 minutes

Description: spend a couple of minutes each teaching, demonstrating and practicing these dribbles:

- Pound dribble: dribble in front of you so that the ball is dribbled waist high. Steadily bounce the ball higher and higher till the dribble is as high as you can dribble while standing but not jumping. Then dribble shorter and shorter until down on one knee and dribbling as low to the court as you can. Dribble the ball quickly when dribbling lower and slowly when dribbling higher. Then do this with the opposite hand. Go back and forth between hands several times.
- Kill dribble: Dribble waist high, then kill the dribble by dribbling as low as possible for several seconds, then dribble back up to waist height, then do the same with the opposite hand. Go back and forth between hands 8 or 9 times so the kids have time to get used to it.
- Circle dribble: Put the left leg forward and dribble the ball low around the leg in the shape of a circle. Then repeat this around the right leg. Spend 1-2 minutes on this.

- Figure eight: Dribble the ball between the legs in a figure eight motion. This will be tough for kindergarten-age kids. Let some of them do this drill by holding the ball instead of dribbling.
- Back and forth: Crouch down with your right knee and right leg forward. Dribble the ball in a V-shape behind the forward leg, then do the same with the left leg forward.

Water break

Time: 2 minutes

Halftime huddle

Time: 4 minutes

Description:

- We're going to play a game to review a few more basketball rules today to help us learn the rules.
- I will act out a basketball action, and you tell me what it is:
- Double dribble
- Traveling
- Shooting a free throw
- Shooting a layup
- Inbounds pass
- Over and back violation
- Timeout call
- Any other actions you can think of
- Rebound (most of us may not know what a rebound is but that's what we are going to learn next)

Rebounding

Time: 10 minutes

Description:

- Explain what a rebound is (grabbing the ball after someone misses a shot).
- Explain what a box-out is and demonstrate how to box out.
- Pair up the players.
- Form two lines of pairs on either side of the basket about 10 feet from the hoop.
- Coach is the shooter. The first two players in each line are the rebounders.
- The first player in each line boxes out the second player in each line.
- Coach shoots from inside the free throw line, purposely missing shots.
- The two players at the head of each line go for the rebound, with the first player in each line trying to box out.
- Whoever gets the rebound passes the ball to you, and the four players go to the end of the line.
- The next two players in each line are the next rebounders.
- Repeat this until everyone has had a chance to box out and be the offensive rebounder a few times.

Water break

Time: 2 minutes

Jump shooting

Time: 5 minutes

Description:

- Demonstrate and teach b-e-e-f jump shooting form. "B" stands for "balance" – feet shoulder width apart. "E" stands for "eyes" – eyes focused on the target. "E" stands for "elbow" – elbow under the ball. "F" stands for "follow through" – follow through to your target.
- Form shooting taking turns from right block, then from 5 feet in front of the basket, then from left block.

Game

Time: 5 minutes

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Description:

- Shooting knockout
- Players line up single file with the first player at the dotted circle inside in the lane and the first two players holding a basketball.
- The first player shoots. The second player then shoots right after the first player shoots.
- If the first player makes their shot, they track down the ball and pass it to the next person in line without a ball.
- If the first player misses, they try to rebound the ball and make a shot before the second player makes their shot.
- If the second player makes a shot before the first player, the first player is knocked out and passes the ball to the next player in line and then stands next to the coach.
- Both players keep shooting and rebounding until the first player is knocked out or until both make their shot.
- If the first player makes their shot, the third player in line shoots from the dotted circle to try to “knock out” the second player.
- If the second player makes their shot before the third player, they track down their ball and pass it to the next player in line.
- If the third player makes a shot before the second player, the second player is knocked out.
- Continue the game until only one player remains.
- Play the game two or three times or until time runs out.

Post-game huddle

Time: 1 minute

Description:

- Huddle up at halfcourt circle. Hands in the middle. Tell them great job, thank them for coming and then choose a player to lead the team cheer: “Team on 3, 1-2-3 team!”

Kindergarten Co-ed Basketball Clinic Week 5

Pre-game huddle

Time: 2 minutes

Dynamic stretching

Time: 4 minutes

Warmup: round up the sheep

Time: 10 minutes

Description:

- Divide the group into two teams.
- Assign the two teams to opposite baselines.
- Roll a dozen balls throughout the court. Explain that the balls are sheep that have escaped the sheep pen and the players are the farmhands who will round them up. Each of the baskets are sheep pens.
- After you blow your whistle, the two teams chase after the basketballs and dribble them (trying not to travel or double dribble) to the baskets and attempt to shoot them into the “sheep pens.”
- The team that makes the most baskets wins.
- Play the game as many times as you choose.

Water break

Time: 2 minutes

Defense on the ball

Time: 8 minutes

Description:

- Spread out group so children have several feet between them and can all see you.
- Practice “Stance” and “Feet” several times.
- Review how to pivot defensively to change direction from right to left and left to right.
- Have kids follow the leader: slide left as you slide left, slide right as you slide right.
- Now set up cones in zig-zag pattern down both sides of court length wise (or width wise if concerned your players won’t hold up going length of court) and move group to baseline.
- Have players do defensive slides, pivot and shuffle from cone to cone in zig-zag pattern from one baseline to other baseline of court.

Defense off the ball

Time: 12 minutes

Description:

- Introduce off-the-ball defense. Teach and demonstrate how to defend an offensive player so that you deny them the ball, keeping them from getting open.
- Pair up the players, giving one player in each pair one colored basketball pinnie and the other player in each pair another color of pinnie.
- Spread out the pairs outside of the lane, choosing one color team to be the offense and one color team to be the defense.
- You stand at the top of the key with a basketball.
- At your whistle, instruct the offensive players to move away from their defenders to try to get open for a pass from you. Their team gets a point if they receive a pass from you, and the defense gets a point if it steals your pass.
- After at least one pass to each offensive player, switch offense and defense and do the same game again with the same point system. After both teams have been offense and defense, the team with the most points wins.
- Play the game one more time as time allows or if the players are still engaged with it.

Water break

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Time: 2 minutes

Halftime huddle

Time: 4 minutes

Description:

- Encouragement time: Say one positive comment about each player in your class.

Dribbling

Time: 8 minutes

Description:

- Play a game of upstairs/downstairs.
- Line up players along the baseline.
- Each player bounces the basketball pretending to walk up and down the stairs. Begin by crouching down as low as they can go while dribbling. Then have them begin walking and dribbling while gradually straightening their legs till they are all the way up on their tiptoes. They continue walking and dribbling up high, then walk back down the stairs by gradually lowering their body back down to the floor where they started.
- Play this game several times.

Game

Time: 10 minutes

Description:

- Sharks and minnows
- Choose two or three players to be sharks. They stand in the middle of the court. Their job is to try to knock the ball away from the minnows. The minnows are the rest of the players. Each minnow has a basketball and stands spread out along the baseline.
- At your whistle, the minnows attempt to dribble from one baseline to the other without getting the ball knocked away by a shark.
- Dribblers/sharks must dribble inside the court; if they dribble outside of a sideline, they are out.
- Minnows who are “eaten” by a shark join the sharks on the next round. Minnows who make it from baseline to baseline without losing their dribble then attempt to dribble from baseline back to the original baseline against the sharks again.
- The game continues until all the minnows have lost their dribble to a shark.
- Play the game a few times or until everyone has gotten to start a game as a shark.

Post-game huddle

Time: 1 minute

Description:

- Huddle up at halfcourt circle. Hands in the middle. Tell them great job, thank them for coming and then do your team cheer: “Team on 3, 1-2-3 team!”

Kindergarten Co-ed Basketball Clinic Week 6

Pre-game huddle

Time: 2 minutes

Dynamic stretching

Time: 4 minutes

Warmup: yo-yo

Time: 6 minutes

Description:

- Each player gets a basketball and lines up side by side along one sideline.
- Instruct players to keep their ball bouncing as they bounce with slow, high bounces all the way to quick, small bounces, and then all the way back up to slow, high bounces. See how long they can keep up that pattern without making a mistake. Have them walk forward while doing "yo-yo" and then walk backward.

Water break

Time: 2 minutes

Ball-handling

Time: 10 minutes

Description:

- Each player should have a basketball and form a half-circle around you with several feet of space between each player.
- Demonstrate and instruct players to toss their ball up in the air using a two-handed underhand motion. Have players:
- See how high they can toss and still catch the ball without it bouncing and letting it bounce.
- Toss their ball high and slightly forward to make them move to catch it. Move under the ball and catch it before it falls to the floor.
- Catch it after one bounce, three bounces and so on.
- Toss the ball in the air, turn around 360 degrees and catch the ball prior to it falling to the floor. Catch the ball after one bounce and then two bounces.
- Clap once, then clap twice, then clap three times before they catch their tossed ball.
- Toss the ball in the air, touch the ground and catch the ball.
- Add more challenges that you can think of, or ask the players for ideas.

Shooting

Time: 15 minutes

Description:

- Each player needs a ball.
- Have players take turns shooting "around the world," starting at the right low block, then the right mid-post, right free-throw elbow, free-throw line jump shot, left free-throw elbow, left mid-post and left low block. Help players focus on facing their target with their feet, knees, hips and chest and get their elbow under the ball before shooting.
- Then do the box drill.
- Form two lines of players with one ball. The first player in the right line shoots a jump shot to the backboard. The first player in the left line runs up to grab the rebound and make the offensive put-back.
- The ball then goes to the next player on the right side, and the drill continues.
- After the players are comfortable with the drill. make it a game. For example. have the players keep track of how many rebound baskets they make as a team in two minutes.

Water break

Time: 2 minutes

Halftime huddle

Time: 4 minutes

Description:

- Review some of the rules of the game.

Passing

Time: 10 minutes

Description:

- Divide players into pairs, with one ball per pair.
- Demonstrate and instruct players to practice each of the major passes used in basketball for 1-2 minutes each: chest pass, bounce pass, overhead pass and baseball pass.
- If time allows, then line up the players in four lines. Two lines are out of bounds, and each of these players has a basketball. The other two lines are in-bounds, with each line straight across and a few feet away from an out-of-bounds line.
- Have the passers pass in-bounds passes to the in-bounds players. Teach the in-bounds players how to call "Ball," catch the pass, square up, shoot a short jump shot and follow their shot for a rebound.
- After a couple of minutes, switch roles so everyone gets to pass and to shoot.
- As time allows, make it a game to see how many total baskets the group can make in a prescribed amount of time, such as two minutes.

Game

Time: 5 minutes

Description:

- Layup knockout
- Same rules as regular knockout except players shoot layups instead of jump shots, and if they miss 3 layups (or some other number of your choice) they are knocked out.
- Players take turns shooting layups one at a time and don't get their rebound and shoot quickly again until they score like they do in regular knockout.
- Play the game 2 or 3 times or as long as time allows.

Post-game huddle

Time: 1 minute

Kindergarten Co-ed Basketball Clinic Week 7

Pre-game huddle

Time: 2 minutes

Dynamic stretching

Time: 4 minutes

Warmup: amoeba tag

Time: 10 minutes

Description:

- Two players are it. The two it's hold hands and chase other players in a designated area with boundaries. The first player they catch joins the chain by linking hands. After a fourth player is caught, they can stay together or split up into two pairs of two, as they must split into even numbers and can link together whenever they'd like.
- Play the game until everyone has been tagged.
- Play the game two or three times.

Water break

Time: 2 minutes

Ball-handling

Time: 12 minutes

Description:

- Do each skill for roughly two minutes.
- Each player needs a ball. Demonstrate and explain each skill. Emphasize using only the fingertips.
- Hold the ball with the fingertips. Have them squeeze the ball as they rotate it back and forth from one hand to the other. The ball should not touch the palms of the hands.
- Tip the ball back and forth from one hand to the other starting with hands over the head. Then gradually move the ball down and continue to tip it back and forth at the chest, waist, knees and ankles, then back up again. Keep the elbows straight while doing this.
- Have players put their feet together and make circles around both legs. Then circle around the back and around the head. Then combine them and move the ball in circles around the head, then down the body, around the knees and around the ankles. Then come back up again.
- With one leg forward, move the ball in a circular motion around the leg. Then do the same around the other leg. Then have players spread their legs wide with the ball in front of them. Move the ball around the legs in a figure eight. Then reverse the direction.
- Instruct players to place the ball between their feet and grab it with both hands. Begin with the left hand behind the left leg and the right hand in front of the right leg. Drop the ball so it bounces once. They then move their left hand in front of their left leg and their right hand behind their right leg, catching the ball as it bounces up. Drop it again and switch their hands back to the original position (left behind, right in front) and catch it. Repeat this motion consecutively.

Dribbling

Time: 10 minutes

Description:

- Depending on how many players are in your class, set up 3 to 5 lines of cones from sideline to

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sideline. Each line should have 3 cones spaced out evenly, and there should be at least 12 to 15 feet between each line of cones so players don't run into each other while dribbling.

- Divide your players into groups of 2-4 players per group.
- Instruct and demonstrate each skill below, then have players take turns performing each skill.
- Speed dribble from sideline to sideline with the right hand, keeping the dribble in front of their body at waist height.
- Speed dribble from sideline to sideline with the left hand.
- Weave between cones, starting with the right hand and switching to the left hand when dribbling around a cone to the left and with the right hand when dribbling around a cone to the right.
- Perform a crossover dribble at each cone. Start with the right hand and cross over right to left at the first cone, then left to right at the second cone and right to left at the third cone.
- Perform a hesitation dribble at each cone. Use the right hand the first time down. Use the left hand the second time down. Start by speed dribbling, then hesitate at each cone, coming almost to a complete stop for a second before resuming with a speed dribble after hesitating.
- Practice a reverse dribble at the first cone only. Have each player reverse dribble several times each to get comfortable with it.
- Perform a reverse dribble at each cone. Use the right hand going down, then use the left hand coming back. The reverse dribble is executed by sliding the dribbling hand to the front of the ball and pushing the ball backwards, dribbling the ball to the side of the back foot while protecting the ball with the non-dribbling arm.

Water break

Time: 2 minutes

Layups

Time: 10 minutes

Description:

- Form two lines at the 3-point arc. One line starts at the top of the key. Each player in this line has a basketball. The other line starts at the right wing.
- The first player in the right line begins cutting (moving) toward the basket with their right hand out as the target hand and their eyes on the passer.
- The first player in the passing line throws a chest pass to the cutter, who receives the pass and goes in for a layup.
- The passer then goes to the back of the layup line. The layup shooter grabs their own rebound and dribbles to the back of the passing line.
- Continue this until everyone has shot at least 2 or 3 times.
- Then do the same drill but move the layup line to the left wing, having passers use a bounce pass.
- If you have time, do the same drill except have passers on the right wing and shooters to the right of the top of the key so they have an angle to the basket.
- For fun, make it a game. Count how many baskets the group can make in 1 minute or 2 minutes.

Game

Time: 7 minutes

Description:

- Teach players how to score in a 2 on 1 situation.
- You are the defender.
- One line starts with the ball to the right of the top of the key. The other line starts to the left of the top of the key. The first two players in the right line have a ball to keep things moving.
- At your signal, the first player in each line begins moving, with the right player dribbling and the left player running just outside of the left side of the lane.
- As the defender, you start moving toward the dribbler. Instruct the dribblers to stop their dribble and throw a bounce pass to their teammate. Their teammate can then either take a dribble or two and shoot or just catch and shoot.
- The passer then continues to move toward the right side of the basket and is ready for the rebound and put-back.
- The first two players then go to the back of the opposite lines so that everyone gets a chance to

be both the dribbler/passer and the receiver/shooter.

- If you have time, switch balls to the left line so players get practice dribbling with their left hand.
- For fun, keep track of how many baskets the group makes in a minute.

Post-game huddle

Time: 1 minute

Kindergarten Co-ed Basketball Clinic Week 8

Pre-game huddle

Time: 2 minutes

Dynamic stretching

Time: 4 minutes

Warmup: octopus tag

Time: 10 minutes

Description:

- One player stands in the middle of one half of the court.
- The other players line up on the baseline. When the tagger yells go, the players run to halfcourt.
- Any players that the tagger tags join the tagger and help him/her. The one difference is that the additional taggers must sit on the court and can only help the tagger by using their arms. The game continues back and forth until one player remains. That player begins the next round as the new tagger.
- Play the game a few times as a warmup.

Water break

Time: 2 minutes

Ball-handling

Time: 12 minutes

Description:

- Have players walk from sideline to sideline putting the ball between their legs back and forth around their left leg and then their right leg as they go.
- Starting with their feet wider than their shoulders and knees bent, instruct players to:
- Dribble 25 times at waist height with their right hand
- Dribble 25 times at waist height with their left hand
- Dribble side to side (right to left and left to right) for one minute
- Dribble with the right hand twice and then cross over low (knee height) to the left hand. Repeat using two dribbles with the left hand and a crossover to the right hand. Repeat back and forth for a minute.
- Dribble continuously in front of the feet from the right hand to left hand for 30 seconds, then left to right continuously for 30 seconds.
- Dribble as low and as fast as they can for one minute with the right hand, then the left hand.

Water break

Time: 2 minutes

Dribbling

Time: 8 minutes

Description:

- Play dribble tag again to see the players' progress over the course of the class and to give them the opportunity to practice dribbling while moving and protecting the ball from defenders.
- If there's time, set up a dribbling joust where two players each dribble a ball inside the halfcourt circle while simultaneously trying to knock the ball away from each other. Take turns having two players joust at a time. If you have other coaches, set up multiple jousts at once using circles created by cones or using the halfcourt circle and both keys of the court (the circles around the

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two free throw lines).

Shooting

Time: 10 minutes

Description:

- Form two lines. One line is at the left elbow of the free throw line and the players in this line each have a basketball. The other line is at the right elbow.
- At your signal, the first player in the right line begins moving down the right side of the lane with both hands out to receive a pass while looking toward the first person in the left line. The passer then delivers a chest pass to the right-side player, who receives the pass, stops, squares up to (faces) the basket and shoots a jump shot.
- The two players then switch and go to the end of the other lines, with the shooter following their shot, rebounding the ball and dribbling to the end of the passing line.
- After everyone shoots a couple of times from the right, switch the lines so that players pass from the right and shoot to the left of the basket.
- Optional: instruct players to square up to (face) the right or left side of the box on the backboard and shoot a bank shot.
- For fun, keep track of how many baskets the group makes in 1 or 2 minutes once they get the hang of this drill.
- If there's time, have passers throw a bounce pass, then an overhead pass.

Game

Time: 10 minutes

Description:

- Teach players how to score in a 2 on 1 situation.
- This time one of the players is the defender. (Rotate a new defender in every 3 turns so that everyone gets a chance to defend.)
- One line starts with the ball to the right of the top of the key. The other line starts to the left of the top of the key. The first two players in the right line have a ball to keep things moving.
- At your signal, the first player in each line begins moving, with the right player dribbling and the left player running just outside of the left side of the lane.
- As the defender, you start moving toward the dribbler. Instruct the dribblers to stop their dribble and throw a bounce pass to their teammate. Their teammate can then either take a dribble or two and shoot or just catch and shoot.
- The passer then continues to move toward the right side of the basket and is ready for the rebound and put-back.
- The first two players then go to the back of the opposite lines so that everyone gets a chance to be both the dribbler/passer and the receiver/shooter.
- If you have time, switch balls to the left line so players get practice dribbling with their left hand.
- For fun, keep track of how many baskets the group makes in a minute.

Post-game huddle

Time: 1 minute

Kindergarten Co-ed Basketball Clinic Week 9

Pre-game huddle

Time: 2 minutes

Dynamic stretching

Time: 4 minutes

Warmup: gator in the swamp

Time: 10 minutes

Description:

- Divide the players into two groups.
- The first group are the alligators and lie on their stomachs around the halfcourt circle. The second group are the runners and are lined up behind one baseline.
- After you say go, the runners try to run across the court to the opposite baseline for safety from the gators. The gators leave the halfcourt circle to chase the runners. Runners who are tagged by a gator sit out until the next game. Repeat this from the other side of the playing area over and over until one or no runners remain, then start again.

Water break

Time: 2 minutes

Triple threat position

Time: 6 minutes

Description:

- Line up players side by side around the 3-point arc.
- Teach players how to be a triple threat and how to get in triple threat position so they are a threat to shoot, pass or dribble.
- One at a time, pass a ball to a player and have that player immediately get into triple threat position as you demonstrate and explain (shooting elbow under ball, non-shooting hand on side of the ball, ball held to the side of the face, knees bent, feet shoulder-width apart).

Jump stops and pivots

Time: 9 minutes

Description:

- Each player has a ball. Line up players side by side along sideline or baseline.
- Teach players how to execute a jump stop in order to stop their momentum as they give up their dribble. Have players dribble downcourt and then jump stop when they hear you say "Jump stop." Do this several times until they pick it up.
- Then teach players how to pivot on their pivot or plant foot and protect the ball with their body. Have players dribble downcourt, jump stop and practice pivoting, then repeat it over and over until they've gone from one sideline or baseline to the other a few times.

Water break

Time: 2 minutes

Shooting

Time: 10 minutes

Description:

- Form two single-file lines: one at the right wing several feet inside of the 3-point arc and the other from the left elbow of the free-throw line.
- Players in the left line have basketballs.
- The first player in the left line throws a bounce pass to the first player in the right line. The receiving player catches the pass, gets into triple-threat position, then dribbles toward the basket. They jump stop, get the ball into shooting position and rise up and shoot a short jump shot near the basket, using the backboard.

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- The passer moves to the left side of the basket after passing and gets in rebound position. If the first shot goes in, the shooter retrieves the ball and dribbles to the end of the passer line. If the first shot misses, the passer gets the rebound and puts up a shot of their own. The original shooter grabs the ball after this sequence and dribbles to the end of the passer line.
- After a few minutes, move the shooter line to the left wing several feet inside the 3-point arc so that players can practice dribbling with their left hand and jump stopping on the left side of the basket.

Defense and dribbling

Time: 12 minutes

Description:

- Review defensive stance and slides with the players.
- Now give them a chance to dribble to try to shoot and score against a defender.
- Pair up players by skill level as best as you can. One ball per pair.
- Select who will be on offense first and who will be on defense.
- Give offensive players a chance to go 1 on 1 against a defender. Set up players at the top of the key. The players will not look skilled in this game, but they need to begin to play offense against defense in the train ugly philosophy.
- Have one pair take a turn at a time.
- Set up the players at the top of the key or the free-throw line as a starting point. Give offensive players 10 seconds to try to score. (Gently count down from 10.) Play continues until the offensive player scores, turns the ball over or the ball goes out of bounds or the defensive player steals the ball or grabs a rebound of a missed shot.
- After every offensive player has had a turn, switch roles so that defenders are now on offense and offensive players are now on defense.
- If you have more than one coach, divide up the pairs so that half of the group is playing at a second basket.
- Give plenty of feedback and encouragement and stop play as needed when players run with the ball, double dribble, commit an obvious foul, etc., so you can help them understand the rules.

Water break

Time: 2 minutes

Post-game huddle

Time: 1 minute

Kindergarten Co-ed Basketball Clinic Week 10

Pre-game huddle

Time: 2 minutes

Dynamic stretching

Time: 4 minutes

Warmup: caterpillar tag

Time: 5 minutes

Description:

- Put the players into pairs. Have partners hold hands. Choose which partners will be the taggers.
- At your whistle, the taggers chase and attempt to tag the other pairs. Pairs that get tagged must freeze, standing in one spot on the court. They can become unfrozen when another pair joins hands with them. This new group must stay together and work together to avoid getting tagged.
- Groups that form when unfrozen pairs join with frozen players can be as large as they want.
- Play for a short period of time, such as two minutes, or until all of the players are frozen.
- Play the game a couple of times.

Water break

Time: 2 minutes

Off-the-ball defense and movement without the ball

Time: 18 minutes

Description:

- Teach players again how to defend an opposing player who doesn't have the ball. Focus on staying between your player and the basket and having their chest open to the person they're guarding and the player with the ball so they can see both the ball and their player.
- Pair up players and assign one in each pair to be offense and one to be defense. Have pairs take turns playing defense and trying to get open on the left wing and the right wing, with you as the passer at the top of the key.
- Then teach players how to execute a v-cut on offense. This is a simple move where the offensive player moves toward their defender, then cuts quickly away from their defender to get open. The offensive player runs a v-shaped pattern to get open, which is where this cut got its name.
- Form one line at the left wing and one at the top of the key. The first player in line at the top of the key has a ball. Have players take turns practicing a v-cut on the left wing with you as the defender applying light defense. The passer passes to the cutter when the cutter yells "Ball." Then the receiver catches the pass and gets in triple-threat position. The receiver then passes the ball to the next person in the passer line and goes to the end of the passer line while the passer goes to the end of the receiver line.
- After everyone has had a chance to pass and receive a couple of passes, set up one line on the right wing and one at the top of the key. The first player at the top of the key has a ball and is the passer. The first player in line on the right wing is the defender and the second player is the offensive player.
- At your signal, the offensive player makes a v-cut to get open and the defensive players guard them. The passer passes when the offensive player calls out "Ball." The offensive player receives the pass and gets into triple-threat position unless the pass is stolen, of course. The offensive player then becomes the defender, the defender goes to the end of the passer line, and the passer goes to the end of the receiver/defender line.
- Go until everyone has been in all three roles at least once and preferably 2-3 times.

Water break

Time: 2 minutes

Halftime huddle

Time: 4 minutes

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Description:

- Review rules briefly again. If there are two or more coaches, have them demonstrate a jump ball, travel, double dribble, passing the ball inbounds, defensive fouls, offensive fouls, triple-threat position, jump stop, pivoting, the four main passes, free throws and rebounding.

Game

Time: 10 minutes

Description:

- Teach the players how to play a game of 2 on 2, 3 on 3 or 4 on 4 depending on the number of players in your clinic. If you have two coaches, have half of your group at one basket and half at the other basket.
- Use different colored pinnies to designate teams.
- Start each offensive possession at the top of the key for simplicity.
- If the defense steals or rebounds the ball or the offensive team turns the ball over, commits a foul or scores, begin the next possession at the top of the key again.
- This will look ugly, but the children need to begin experiencing basketball in game-like fashion in a controlled environment.
- Make sure you have a whistle so you can use it to stop play just as a referee would.
- Provide plenty of positive feedback and helpful instruction throughout.

Game

Time: 10 minutes

Description:

- Play one brief full-court game of 5 on 5 to give players a quick taste of the game.
- Coaches serve as referees.
- Make sure everyone gets in the game.
- Use different colored pinnies to designate teams.
- Use this game to help the players continue learning the rules of the game.
- Have a no-full-court press rule to keep the game clean.
- Start the game with a jump ball.
- If a player is fouled while in the act of shooting, give the offensive team the ball out of bounds. (Don't worry about teaching foul shooting and rebounding alignment for free-throw shooting in this clinic.)
- Keep things upbeat and fun.

Water break

Time: 2 minutes

Post-game huddle

Time: 2 minutes

Description:

- Compliment the group for how much they learned in the clinic. Thank them for participating and encourage them to continue learning and practicing their basketball skills.
- Dismiss after one more team cheer.