

# Seventh Grade Basketball Clinic Week 1

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

Description:

- Walking stretches from sideline to sideline (long steps, knees to chest, high-knee jogging, walking squats, karaoke, lunges, butt kicks, sprints and any other exercises you would like to add).

## Warmup: dribbling knockout

Time: 5-6 minutes

Description:

- Dribbling knockout
- Players dribble their own ball in an area of the court with boundaries designated by you (ex: half the court or inside the 3-point arc) while trying to knock the ball away from the other players.
- When someone knocks ball away from them, those players stand outside court along 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.

## Water break

## Defense

Time: 8-9 minutes

Description:

- Spread out your group.
- Have kids get into defensive stance when you yell "Stance."
- Have kids then tap their feet quickly left-right and left-right when you yell "Feet."
- Practice "Stance" and "Feet" several times.
- Defensive slides: emphasize "stay low," "short, quick steps" and "reach-slide."
- Have kids slide left as you slide left and slide right as you slide right using short, quick steps and keeping their feet shoulder-width apart and on the ground as much as possible.
- 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 back to the bottom left corner of the lane, then slide across to the bottom right corner of lane.
- Have the kids each go around the lane five or six times apiece.
- Then divide the full court in half length-wise and have players do defensive slides in zig-zag patterns from baseline to baseline, sliding from sideline to the middle of the court and back from baseline to baseline.

## Water break

## Dribbling

Time: 11-12 minutes

Description: spend a minute or two teaching, demonstrating and practicing each of 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, then in a reverse figure eight (opposite direction).
- 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.
- Crab dribble between the legs walking from sideline to sideline and back. One dribble per step. Step, between-the-legs dribble, step, between-the-legs dribble, step, etc.
- 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.
- 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.
- Set up cones along the sideline at the top of the key extended, halfcourt line and opposite top of the key extended like last week. Execute crossover dribbles at each imaginary line from baseline to baseline and back to the original starting spot, first time down in front of the legs and the second time down between the legs.
- Execute hesitation dribble at each imaginary line with the right hand one length of the court, then with the left hand coming back to the original starting spot.
- Then combine a crossover and hesitation into a hesitation crossover dribble (using a crossover dribble after hesitating) and have players practice it sideline to sideline a few times.

## **Water break**

### **Defense and dribbling**

Time: 8-9 minutes

Description:

- 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.
- Teach and demonstrate and then have players perform zig-zag drill, with one player as the dribbler and the other player defending them, moving their feet and staying in front of their man without going for the steal or fouling.
- Spread out pairs and have them go across the width of the court sideline to sideline with enough room between pairs that they won't run into each other. Give each player the chance to be both the defender and the dribbler at least two times each.
- Then give offensive players a chance to go 1 on 1 against a defender. Have one pair take a turn at a time.
- Set up the players at the top of the key as a starting point. Give offensive players 10 seconds to try to score. (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 pairs so that half of group is playing at a second basket.
- After a few minutes, move the starting position to the right wing and then the left wing.

- Keep track of baskets by individual players, and mix and match players as best as possible by skill level, size and likely position on the court (guards together, forwards together, centers together).

### **Passing**

Time: 6-7 minutes

Description:

- Partner passing: chest pass, bounce pass, overhead pass, baseball pass, sidearm skip pass (plant left foot, step sideways with right foot, hold ball with two hands, extend ball back away from defender to the right of the passer's chest/waist and snap hands forward and down to pass ball to teammate; then do the same pass except with the right foot planted and stepping sideways with the left foot).
- Watch the ball all the way into your hands when you receive a pass.
- Then do a 3-player weave passing drill with all passing, using jump stops as players receive passes. No dribbling. Have players do chest passes first, then bounce passes.

### **Water break**

### **Shooting**

Time: 9-10 minutes

Description:

- Form shooting taking turns from right block, then from 5 feet in front of the basket, then from left block, then from short corner of left and right baseline (8-10 feet from basket), then 15-foot shots from the right and left wings, then the right and left elbows of free-throw line and lastly from the wings, corners and top of the key behind the 3-point arc.
- Make it a game. Divide them into two teams and see which team can make more shots in 1 minute from spots you designate (ex: one team at the left wing and the other at the right wing).

### **Game: do or die**

Time: 2-3 minutes

Description:

- Each player has a basketball and spreads out along the baseline.
- Choose a player to shoot a free throw under duress. If they make the foul shot, the group stays on the baseline. If they miss the foul shot, the other players speed dribble with their opposite hand to the opposite baseline and back.
- Continue until everyone has shot a free throw or until the practice is over.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 2

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: layup knockout

Time: 5-6 minutes

Description:

- Same rules as regular knockout except players shoot layups instead of jump shots, and if they miss 2 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.
- Then play a second game from the left side of the court with players shooting left-handed layups.

## Water break

### Layups

Time: 9-10 minutes

Description:

- Have players shoot layups dribbling from the right and left sides of the basket starting at the 3-point arc.
- Then have players practice lefty layups starting their footwork (right step, jump, shoot) a few feet from the basket, then add in dribbling.
- Add in a defender in the lane (a coach) to apply token pressure to layup shooters for a more game-like approach. Teach players to keep their eyes on their target (the side of the box on their side) and go in strong to the basket for the layup.
- Then have players execute reverse layups dribbling in first from the left wing and shooting a right-handed reverse layup and then from the right wing for a left-handed reverse layup. Teach players to take one extra dribble to get themselves to the other side of the basket, keep their eyes on the box of the backboard and, as they jump, turn their shoulders to be square to the side of the box that they're shooting the ball to.
- Lastly, have players execute a back cut and receive a pass from a teammate and then dribble in for a layup. Add a passing line at the top of the key.

### Dribbling and defense

Time: 7-8 minutes

Description:

- Zig-zag drill.
- Pair up players and divide the court in half length-wise. Half of the pairs are at one end of the court, one ball per pair. The other half are at the opposite end of the court, one ball per pair.
- First pair at each end goes. Dribbler dribbles in zig-zag fashion while defender slides, pivots and shuffles to stay in front of him. Pair zig-zags from middle of court "sideline" to actual sideline from one baseline to the other, then goes to the end of the other line and switches dribbler-defender roles.
- Have each pair go through each line twice as time allows.
- Then allow defenders to go for steals and dribblers to dribble past defenders using any dribble you have been practicing. If you have a smaller group, have pairs go one pair at a time from baseline to the opposite basket while you count down from 10 or 12 to 0, then switch after everyone's done so that everyone gets a chance to defend and dribble.

## Water break

### Defense off the ball

Time: 7-8 minutes

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#### Description:

- Review how to defend an offensive player off the ball.
- 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 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 v-cut away from their defenders to try to get open for a pass from you. The offense gets 10 seconds to try to score, while the defense defends. If the offense scores, they get 2 points. If the defense prevents a basket, they get 2 points. If the defense commits a shooting foul, the offense gets 2 points. If the defense commits a non-shooting foul, the offense gets 1 point. Keep track of both teams' score.

### **Shooting**

Time: 9-10 minutes

#### Description:

- Form two lines: one line behind the baseline and one line at various spots on the floor.
- Have players work on passing to shooters and catching and stepping into their shot to work on form shooting, taking turns from the right low block, then from 5 feet in front of the basket, then from left block, then from left and right short corner of baseline, then from foul line, then from elbows of the free-throw line, then from the left and right wings 15-18 feet from the basket and lastly from the arc (wings, corners and top of the key).
- If you have two or more coaches, make catch-and-shoot form shooting into a game. Divide the players into two teams, with each team at a different basket. Teams get one point for each basket they make during form shooting (second bullet point). Otherwise, make this a game by dividing players into two teams and having one team form shoot from the right block and the other from the left block, then switch, then continue with each team shooting from a different area of the floor until both teams have shot from each of the designated spots.

### **Water break**

### **Rebounding and 2-player fast break**

Time: 8-9 minutes

#### Description:

- Review how to box out, pursue and secure a rebound with two hands, ball tucked under chin and elbows out.
- Run two lines the length of the court. Both lines use half of the court length-wise.
- Have 1 player as the rebounder near the lane and 1 player as the outlet receiver/guard at the strong-side elbow of the free-throw line at both ends of the court. Just make sure they are on opposite sides of the court (both should be on the left side of the basket).
- Have 1 coach at each end of the court with a ball.
- Pair up players and have half of the pairs behind the baseline at one basket and half at the other.
- Each pair needs a basketball.
- The first pair in line at each basket sets up and passes the ball to the coach. One of the players from the second pair in line serves as the offensive rebounder.
- The coach shoots from the left mid-post and deliberately misses the shot off the left side of the backboard.
- The rebounder boxes out the offensive rebounder, grabs the rebound, pivots and passes to the outlet receiver/guard, who has popped out to the left wing, after the guard calls out "Outlet." (If the offensive rebounder grabs the rebound, he has 3 seconds to try to score. If he scores, the defensive rebounder and his teammate sprint to the other end of the court and go to the end of the opposite fast break line. If he misses and the defensive rebounder grabs the rebound, the defensive rebounder pivots and passes to the outlet receiver/guard.
- The guard then dribbles quickly to the middle of the court to initiate the fast break while the rebounder sprints down the right side of the court a few feet inside the right sideline trying to get ahead of the guard.

- The guard jump stops at the free-throw line and makes a bounce pass to the rebounder, who makes a diagonal cut to the basket when they reach the free-throw line extended.
- The rebounder receives the pass on the move (the pass should hit him in stride) and goes in for a layup while the guard moves to the right elbow of the foul line in case the rebounder needed to pass the ball back to him.
- The rebounder or guard then retrieves the ball and they go to the back of the opposite line to do the same fast break drill starting from the basket they just shot at. They also switch roles so that the rebounder becomes the outlet receiver/guard and the guard becomes the rebounder.
- The other line goes simultaneously so that players are executing the same fast break drill on both sides of the court.
- Do the same drill from the right side of the court as well so players can work on using their left hand to dribble and to finish with a left-handed layup.

### **Shooting: 2 on 1**

Time: 4-5 minutes

Description:

- Select a player to be the defender. Rotate defenders every 30 seconds.
- For 2 on 1, 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, start moving toward the dribbler. Instruct the dribblers to stop their dribble and throw a bounce or sidarm skip pass to their teammate if the defender's hands up or an overhead or lob pass if the defender's hands are down or out to his sides. 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.
- Switch balls to the left line so players get practice dribbling with their left hand.
- Make it a game. Count out loud on each possession to see which pair can score in the shortest amount of time. This will increase the intensity of the drill and teach players to execute quickly in a fast break situation.

### **Game: do or die**

Time: 2-3 minutes

Description:

- Each player has a basketball and spreads out along the baseline.
- Choose a player to shoot a free throw under duress. If they make the foul shot, the group stays on the baseline. If they miss the foul shot, the other players speed dribble with their opposite hand to the opposite baseline and back.
- Continue until everyone has shot a free throw or until the practice is over.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 3

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: 3 on 2

Time: 7-8 minutes

Description:

- Play 3 on 2 halfcourt. Choose two defenders. (Switch out defenders until everyone has had a chance to defend.) One starts at the free throw line, and the other starts in in lane.
- The three offensive players start at the top of the key, the left wing and the right wing.
- Teach the offense to break down the defense by attacking the seams in the defense via the pass and dribble, reversing and swinging the ball side to side, flashing from the weak to strong side of the court (it is hard for defenders to track weak-side cutters), how to draw defenders with the ball and how to pass to teammates who move to the soft spots in the defense. Pass and shot fakes are very effective as well.
- Set up specific parameters to focus players on certain skills. Example: for one minute, the offense cannot dribble, only advancing the ball via the pass, or the offense must set at least one ball or off-ball screen before shooting or can only shoot inside the lane.

## Water break

### Shooting: t-shot drill

Time: 12-13 minutes

Description:

- Form two lines of players behind the baseline facing the lane on either side of the backboard. Each line has a ball. One player is the first shooter and stands at the right low block facing the first player with the ball in the right line.
- The first player in the right out-of-bounds line inbound passes to the shooter after the shooter calls "Ball." While the shooter rises up to shoot from the low post (no dribble), the inbound passer runs quickly around him and calls for the ball as he nears the left low block. The first player in the left out-of-bounds line inbound passes to them. As the receiver catches, squares up and shoots from the left low post, the passer runs quickly around him and calls for the ball as he nears the right low block.
- Shooters rebound their own shot, pass the ball to the next person in the inbound passing line and go to the end of the opposite inbound passing line.
- The drill continues for 1-2 minutes or until the group makes a predetermined number of shots (such as 10 baskets in which the shooters used the backboard on each shot).
- Then have the shooters shoot from the mid-post, the high post, the short corner of the baseline, the mid-range right and left wings and the corners and wings of the 3-point arc. (For the short corner, wings and 3-point shots, passer cut directly to the opposite spot instead of running around the shooter they just passed to.) Give the group a reasonable number of shots to collectively make at each distance.
- Mix up the types of inbound passes you have them make: bounce passes, chest passes, overhead passes and fake high/pass low and fake low/pass high.
- Then add in shot fakes and head and shoulder fakes and then rising up and shooting to the mix at certain spots as well as shot fakes and head and shoulder fakes and then driving to the basket for a layup and/or a pull-up jump shot.

### Dribbling

Time: 10-11 minutes

Description:

- Depending on how many players are in your class, set up 3 to 5 lines of cones from sideline to sideline. Each line should have 3 cones spaced out evenly, and there should be at least 12 to 15

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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.
- Have players take turns performing each dribble from sideline to sideline at least 2 times each.
- 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.
- Perform an inside-out dribble at each cone. Also known as a fake crossover, teach and demonstrate how to bring the ball in front of your body as if executing a crossover but then slide your dribbling hand to the other side of the ball (left side if dribbling with the right hand) and push it back to the strong side of your body (the right side of your body if dribbling right-handed). If your group isn't ready for this dribble, have them practice it with the right and then left hands in stationary positions for a minute per hand.
- Perform a spin dribble at each cone. Teach and demonstrate how to plant your left foot as you arrive at a cone while dribbling with your right hand, then pivot on that foot and turn backwards and to your left while maintaining your right-handed dribble, keeping your hand on top of the ball and slightly in front of the ball as you make a 180-degree spin away from your defender, then bring your left hand around to take control of the dribble and dribble quickly past the left side of the cone with a left-handed dribble. Then demonstrate the same spin dribble with the left hand, this time planting and pivoting on your right foot, turning backwards and to your right while still dribbling left-handed and making a 180-degree spin away from your defender before bringing your right hand around to take the dribble and dribbling quickly past the right side of the cone.

## **Water break**

### **Ball screens**

Time: 13-14 minutes

Description:

- Teach and demonstrate how to set a ball screen and how to dribble around a ball screen.
- Dribblers fake a dribble or pass one direction and then dribble closely around the screener after the screener sets their feet. Teach dribblers to "brush shoulders" with the screener to run the defender into the screen so the defender can't squeeze between the screener and dribbler, then turn the corner with a quick dribble and go to the basket for a layup.
- Screeners hold up their left hand for 1-2 seconds to tell the dribbler they are going to set a screen to the left of the defender (the screener's left) or hold up their right hand for 1-2 seconds to tell the dribbler the screen will be set to the right of the defender. Set your feet shoulder-width apart with your feet and body facing the defender's side. Boys fold their hands together slightly below their waist to keep from using their hands to push or grab the defender. Girls cross their arms across the chest. The screener then "rolls" to get open for a possible pass by pivoting on the foot that is closer to the basket and opening up to face toward the dribbler while moving toward the 3-second lane.
- Divide the players into two groups, having one group take turns setting screens while the other group takes turns dribbling and either shooting a layup or jumper or passing to the roller.
- Set up the players to execute ball screens at the top of the key and then move them to execute

ball screens from both the right and left wings.

- Then add in defenders and have them practice fighting over screens, going under screens and calling out help and switch and switching defensive assignments when the on-ball defender gets caught in a screen.
- Offensive players can also practice resetting a ball screen when the first attempt doesn't work, finding a different angle to work with or setting the screen to send the dribbler the opposite direction.
- Also, teach ball-handlers to rise up and shoot the outside shot when the defender goes under the screen and teach screeners to slip the screen (back-cutting toward the lane) when the defender guarding them fronts or overplays them or cheats high to take away the dribbler's penetration.
- Consider making this a game and keeping score. You may need to establish a time limit for the offense, such as 10 seconds.

### **Off-the-ball defense and movement without the ball**

Time: 8-9 minutes

Description:

- 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.
- 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, curl cut, back cut or coming to the ball 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, one on the left wing and yourself at the top of the key. The first player at the top of the key has a ball and is the passer. The first players in line on the right and left wings are the defender and the second players are the offensive player.
- At your signal, the offensive players make a cut to get open based on how they are being defended, and the defensive players guard them. The passer passes when an 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 two offensive players work together to try to score while you count down from 10 to 0.
- The play ends when your count gets to 0 or the offense scores or the defense steals, rebounds or there is a foul or violation, such as traveling. The offensive players then become the two defenders, and the defenders go to the end of the opposite wing lines.
- Go until everyone has been on offense and defense on the left and right wings at least once and preferably 2-3 times.

### **Game: do or die**

Time: 2-3 minutes

Description:

- Each player has a basketball and spreads out along the baseline.
- Choose a player to shoot a free throw under duress. If they make the foul shot, the group stays on the baseline. If they miss the foul shot, the other players speed dribble with their opposite hand to the opposite baseline and back.
- Continue until everyone has shot a free throw or until the practice is over.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 4

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: last man standing

Time: 4-5 minutes

Description:

- All players stand along the baseline about 20 feet from a group of balls at the top of the key. Have one fewer ball than the number of players.
- On your signal, the players run to the balls, grab one and begin dribbling inside the 3-point arc. The player who didn't get a ball tries to steal a ball from one of the other players. If they steal a ball from another player, that player then attempts to steal a ball from another player, even the player who just stole the ball from them.
- Keep time. After 30 seconds has passed, stop the game. Whichever player does not have a ball at your whistle is out. Remove one ball from the group. Repeat until only one player has the last remaining ball.
- Play the game again if time allows.

## Water break

### Layups

Time: 10-11 minutes

Description:

- Practice right-handed and left-handed layups using dribbling starting from triple-threat position at the left and right wings.
- Then practice right-handed and left-handed reverse layups from triple-threat position starting from the left and right short corners of the baseline and then from the left and right wings.
- Then practice lefty and righty layups off a pass from the top of the key into triple-threat position before dribbling in for a layup.
- Then have them v-cut, receive the pass, get in triple-threat position and dribble in for a layup.
- Then have them v-cut, receive the pass, get in triple-threat position, perform a shot fake (eyes on the basket, punch the air with the ball as if shooting, keep their back foot on the floor as their pivot foot, bring the ball quickly down and outside their outside leg and slightly ahead of them and speed dribble in for a layup.
- Then have them v-cut, receive the pass, get in triple-threat position, pass fake to the passer (a short, quick fake of the ball to the passer, faking with the ball and with their eyes, while maintaining their outside pivot foot) and dribble quickly in for the layup.
- Then do the same thing with a rip-through move and a double rip-through move from the left and right wings, finishing with a layup.

### Game: 1 on 1

Time: 5-6 minutes

Description:

- To make it a game; individual players keep track of how many baskets they make. Player with the most baskets at the end of the game wins.
- Set up four lines – two at each basket. One line of players facing the free-throw line is under each basket. One line of players facing the basket is at each free-throw line.
- Defenders are under the basket. Offensive players are at the foul line.
- Review how defenders should close out on an offensive player, running quickly toward the player, then slowing down with short, choppy steps as he nears the offense, finishing with his strong foot forward, and extending one hand high in the air to contest a possible shot and

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keeping the hand on the same side as the ball out to the side in case the offensive player decides to dribble that direction.

- First player in the defensive line passes to the first player in the offensive line, then closes out at the offensive player. The offensive player catches the pass, gets quickly into triple-threat position and attempts to score either by shooting or dribbling to get an open shot.
- Teach offensive players how to use a jab step to freeze the defender long enough to clear space for an open jump shot before you start the game. A jab step is executed by taking one small step forward with the lead foot (right foot for righties, left foot for lefties) and faking a dribble before pulling the ball up quickly into the shooting pocket and bringing the lead foot back until it is slightly ahead of the back foot and rising up and shooting the jumper.
- The defender defends the offensive player to prevent a basket and boxes out if a shot is attempted. The play ends when the defender stops the offensive player or the offensive player scores. The ball is passed to the next defender in line. The offensive player goes to the end of the defensive line and the defender to the end of the offensive line.
- Focus on stance, footwork, boxing out, defending shots and dribbling, staying between the offense and the basket and contesting shots with a hand in the shooter's face.

## **Water break**

### **Passing and shooting**

Time: 7-8 minutes

Description:

- 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 make inbounds passes to the players while the players practice v-cuts, back cuts and faking away and cutting straight to the passer. Players then call "Ball," catch the pass, pivot, square up, shoot a short jump shot and follow their shot for a rebound.
- After a minute or so, switch roles so everyone gets to practice passing, using cuts, receiving and shooting.
- Then have the first player in each in-bounds line serve as a screener and the second player in each in-bounds line serve as the cutter so players practice screening and using screens to get open for the in-bounds pass. (Coaches or additional players can act as defenders.)
- Then make it a game to see how many total baskets the group can make in a prescribed amount of time, such as one minute.

### **Dribbling**

Time: 7-8 minutes

Description:

- Set up 3-6 lines of cones, depending on how many players you have, either from sideline to sideline or (if you only need 3 lines) baseline to baseline.
- Instruct players to dribble down and back 2-3 times per type of dribble the speed (left and right hands), crossover, between the legs crossover, behind the back crossover, hesitation (left and right hands), hesitation crossover, reverse (left and right hands), reverse crossover, inside-out (left and right hands) and spin (left and right) dribbles.

## **Water break**

### **Defensive positioning: shell man to man defense**

Last updated 8-20-15

Time: 11-12 minutes

**Description:**

- The shell defense is a man-to-man defense designed to form a shell around the lane to limit open shots near the basket.
- Teach on-ball defense, denying the pass when the player you are guarding is one pass away from the player with the ball and help-side defense when the player you are guarding is two passes away from the player with the ball.
- Set up an offensive player just outside the arc on the left wing (player 3), top of the key (player 1) and right wing (player 2) as well as just outside the left low post (5) and right low post (4).
- Establish five defensive lines behind the baseline. 1s are under the basket, 2s are closest to the right wing, 3s are closest to the left wing, 4s are just outside the right side of the lane and 5s are just outside the left side of the lane.
- The coach has a ball. They pass the ball to the 2. The first defender in the 2s line quickly closes out on the 2 and assumes on-ball defensive position while the first player in the 1s line moves out and into deny position, which is a little ways up the line between the 1 and the 2 and a couple of steps toward the ball-handler in order to stop dribble penetration and prevent a pass to the 1. The first defender in the 3s line sprints out into help-side defensive position, standing at the edge of the lane in the mid-post area since their man is two passes away from the ball-handler. The first defender in the 5s line sprints out into help-side defensive position inside the lane a few feet up from the 5. The first defender in the 4s line sprints out into deny position, chest to chest with his man and with his left hand lightly touching his assignment's mid-section and his right "windshield wiper" arm extended into the passing lane to deny the entry pass. His left or back foot is slightly behind his man and his right foot is slightly in front of his man.
- Help players get in the proper defensive chest-to-chest position if they are out of position. Then instruct the 2 to pass the ball to the 1. The 1's defender moves into on-ball defensive position while the 5, 4, 2 and 3's defenders move into deny position on their men. Then have the 1 pass to the 3 so that the 3's defender moves into on-ball defensive position while the 1's and 5's defenders assume deny positioning and the 2's defender moves into help-side defensive position at the edge of the lane in the mid-post area.
- Continue having the 5 offensive players pass the ball around the perimeter and down low to the 4 and 5 until you're ready to switch players around. The 5 defenders become the 5 offensive players, while the offensive players each go to the back of a defensive line, preferably at a different position unless you have selected specific positions for them. Take the ball back and pass it to one of the 5 offensive players, and the next 5 defenders in line sprint out based on who you passed to.
- Occasionally instruct a ball-handler to drive past his defender so that players can practice leaving their man to help stop dribble penetration. Teach players who lose their player in this situation to recover and help the helper by picking up the help defender's offensive player or picking up the offensive player left open when another defender rotates over and picks up the helper's offensive player. For example, if the 1 dribbles past his defender and down the right side of the lane, the 4 slides over to help stop the 1, the 2 leaves his assignment to rotate over and defend the 4's offensive player, and the 1's initial defender recovers to pick up the 2's initial assignment.
- This is solely a defensive positioning drill, so instruct players not to try to steal a pass, dribble past a defender or shoot.
- If time allows, you can have the offense try to score in a minimum of X number of passes after you initiate the first pass and have the defense defend aggressively. Keep track of scores if you'd like, and consider giving the offense a fixed amount of time to score, such as 15 seconds.

**Game**

Time: 7-9 minutes

**Description:**

- Play games 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 or with an inbounds pass near halfcourt.

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- 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.
- Make sure you have a whistle so you can use it to stop play.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 5

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Passing: 3-player weave

Time: 7-8 minutes

Description:

- Divide the players into three lines behind the baseline: one in the middle and two inside the sidelines (about 10-15 feet to the left and right of the middle line).
- The middle player begins the weave with a pass to one of the sideline players (make sure receivers provide a target for the passer with one or both hands out). then runs around and behind the player they passed to. The player who received the first pass then passes to the other sideline player and then runs around and behind that player. (Teach players to follow their pass.)
- This same pattern of passing and following the path of your pass continues until a player receives a pass near the basket. They then shoot and get their own rebound to end the possession. The next group of 3 then begins moving up-court or have them start after first group passes halfcourt.
- Once all groups are done and at the opposite baseline, have groups weave back one at a time to the original baseline.
- Encourage players to sprint throughout the drill. especially after they pass to a teammate and need to hustle to run ahead of the player they passed to.
- Run variations with this drill: no dribbling allowed, only chest passes, only bounce passes, jump stop as you receive each pass, call out the name of the teammate you are passing to, take one dribble and jump stop before you make each pass, only layups allowed, only jump shots allowed and only jump shots from the short corner of the baseline are allowed.
- Finish by making this a game by challenging the group to make X number of shots in a row.

## Water break

### Ball-handling

Time: 5-6 minutes

Description:

- Each player needs a ball. 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.
- Finish by having players practice stationary between the legs dribbles without looking at the ball.

### One side of the court: on-ball defense and dribbling for 1s, 2s and 3s

Time: 9-10 minutes

Description:

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- Spread out group.
- Practice “Stance” and “Feet” several times.
- Tell kids to follow the leader: slide left as you slide left, slide right as you slide right.
- Now move group to halfcourt line. First player in line is defender and second player in line is ball-handler. They set up at top of the key. A coach passes the ball to the designated ball-handler after he executes a v-cut or another cut to get open on the perimeter. Then give the ball-handler 10 seconds to try to score. When play is dead, the defender goes to the end of the line, the ball-handler becomes the defender, and the next player in line becomes the ball-handler.
- Emphasize to defenders to overplay the dribbler’s strong side to force them to use their weaker hand.

### **Other side of the court: post offense and defense for 4s and 5s**

Time: 9-10 minutes

Description:

- Teach and demonstrate how to establish low post offensive position, receive a pass, pivot, square up, jump and shoot. Emphasize a wide base with the legs, low hips, using one arm to shield off the defender and the other arm and hand extended up and out as the target hand for the passer.
- Teach post players how to pivot on either foot so they can go either direction depending on if the defender is on their left or right hip. Have post players practice posting up and shooting from both the left and right low blocks (low post) as well as the mid-post areas.
- Have post players practice with no defender, then with token defense from a coach and lastly against another teammate defending. Teach defenders to get into deny position as you taught in the last session on defensive positioning and to contest with their arm straight up (law of verticality so they don’t foul) and hand in the shooter’s line of sight and then to pivot and box out the shooter for the rebound.

### **Water break**

#### **Shooting: t-shot drill**

Time: 10-11 minutes

Description:

- Do the t-shot drill again, starting at the low post, then mid-post, then free-throw line elbows, then the baseline, then the mid-range wings and lastly at the 3-point arc wings. (Passers don’t run around the shooters when the ball is being shot at the mid-range and 3-point arc wings. They simply pass and cut to the opposite wing to receive a pass.)
- Then keep the players at the wings and have them practice shot fakes into driving layups, then pass fakes into driving layups, then jab steps and then rip-through moves into driving layups. (For a rip-through, get into triple-threat position, then quickly bring the ball across and in front of either the neck or legs and explode past the defender. For a double rip-through, quickly bring the ball across the neck or legs to one side of the body, then quickly bring it back to the original side and explode past the defender.)
- Finish with head and shoulder fakes into one-dribble pull-up jump shots either with a left step-right step-jump-shot sequence (if right-handed; footwork is opposite for left-handers) or using a jump stop into the jump shot.

#### **Motion offense: screen down, screen across and screen away**

Time: 11-12 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they’re running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don’t receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen

away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.

- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order.
- There are many other options to this offense. Teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Another option if you don't have positions selected is to move players around so that they get an opportunity to play at multiple positions in the motion.
- If time allows, make this a 5 on 5 game, giving each group of 5 the same number of possessions. Winning team is the group that scores the most points. If a player is fouled in the act of shooting, award his team two points.

## **Water break**

### **5-player fast break**

Time: 7-8 minutes

Description:

- First practice this without defenders. Place 5 players at a time in halfcourt defense, with the 5, 4 and the weak-side 2 or 3 boxing out imaginary offensive players in a triangle around the lane and the 1 and strong-side 2 or 3 boxing out perimeter players (and one of them boxing out you as the shooter).
- You shoot and deliberately miss. If a player gets the rebound to the right of the basket, the 1 moves to the right wing near the arc to call for and receive the outlet pass while the rebounder pivots, protects the ball and makes a strong outlet pass. The 2 and 3 sprint ahead and fill the lanes down the right and left sidelines of your 3-lane fast break, the big farthest from the basket who didn't get the rebound sprints down the middle lane of the break toward the strong-side low post while the 1 dribbles the ball into the middle of the court (the middle lane) and the rebounder is the trailer.
- If a player to the left of the basket grabs the rebound, the 1 looks for the outlet pass on the left wing near the arc. If the rebound is in the middle of the lane, the 1 can receive the outlet at or in front of the top of the key.
- Teach players who are running the floor to run hard and look back to the 1 for a possible long leak-out pass. If they are open teach them to have their hand closest to the basket out as a target hand. Unless your 1 has a strong arm, teach them to dribble hard, keep their head up and make the long pass downcourt to an open teammate after crossing halfcourt to reduce the likelihood of a bad pass.
- Teach your sideline runners to cut diagonally to the basket when they reach the free-throw line extended. Decide what you consider acceptable shots and what aren't in these situations. For example, some coaches only want a layup or shot in the lane out of a fast break, while others are fine with an open 15-foot jumper as well.
- Run these defense-rebound-fast breaks as many times as needed and with different lineup combinations if you have players playing and learning multiple positions. Consider adding 1-2 defenders downcourt after a few minutes.
- If time allows, then place 5 players at a time in halfcourt defense, with the 5 and 4 at or near the low blocks, the 2 and 3 on the wings and the 1 up top.
- You and another coach or two are on offense along with 1 or 2 players, with a coach at point guard.

- Make 1 or 2 passes, then shoot to deliberately miss. (Make sure the offense shoots from different positions on the floor over the course of this drill.) Whoever is defending the shooter closes out with a hand high and every defensive player finds his player and boxes out.
- If the defense gets the rebound, it fast breaks while the defense hustles back. (Coaches can purposely jog back initially to give the offense a chance to successfully fast break.)
- Teach players to set up the offense and run a play if they don't have a numbers advantage (examples: 2 on 1, 3 on 1, 3 on 2, and 4 on 2).

### **Game**

Time: 2-4 minutes

Description:

- Play a game of knockout. Have players shoot from behind the free-throw line for their first shot.
- Play 2 or 3 times or as time allows.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 6

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: explode

Time: 3-4 minutes

Description:

- Every player has a ball.
- Spread out players in a tight circle around you at halfcourt while dribbling their basketballs. Tell them to dribble the ball low and just outside of their right or left foot and to keep their heads up and see the open areas of the court.
- Shout "Explode to that free-throw line." pointing to the free-throw line you want them to dribble to, which tells them to dribble quickly away as fast as they can. (If they're looking down while dribbling, they won't see what you were pointing to.) The first player to get to the designated target spot wins.
- Play the game several times, changing the designated target spot each time.

## Water break

### Dribbling

Time: 7-8 minutes

Description:

- Set up cones around both foul lanes of court at right and left low blocks, mid-post and high post.
- Have players take turns dribbling around each cone using a crossover dribble, between the legs crossover, behind the back crossover, hesitation dribble, hesitation crossover, inside-out, spin, reverse and reverse crossover dribble.
- For each type of dribble, have players start at the right low block in triple-threat position and finish going around the left low block. Then have them do the same dribbles starting at the left low block and finishing going around the right low block.
- Then do the same drill except replace two of the cones with actual defenders who must remain stationary but can try to poke the ball away. Give each player in your group a turn as a live stationary defender. Also take out the last cone around the lane so that players can practice finishing with a layup or a jump stop pullup jump shot (or both as time allows).

## Water break

### Movement without the ball: screen away and cut toward the passer

Time: 9-10 minutes

Description:

- Create 3 lines: at the top of the key (position 1), the right wing (position 2) and the left wing (position 3). Give a ball to the first player in the 1 line while you defend the first player in the 3 line and a second coach defends the 1.
- The 1 passes the ball to the first player in the 2 line, then runs toward the coach to set an off-the-ball screen on you. Teach the 3 to take a step away from the direction the 1 is coming from, then run past the 1's screen as soon as the 1 sets his feet, rubbing shoulders with the 1 as he passes him in order to run you, the defender, into the screen.
- The 3 cuts toward the passer, heading to the top of the key, or cuts toward the free-throw line depending on where the defender is, with his hands out as a target for the passer. The 2 then passes the ball to the 3, who catches, turns and shoots at or just inside the free-throw line or catches, turns, dribbles, pulls up and shoots at or just inside the free-throw line depending on if he received the pass at the foul line or the top of the key.
- The 1, 2 and 3 then go to the back of a new line (1 to the back of the 2 line, 2 to the back of the 3 line and 3 to the back of the 1 line). Continue until everyone has played all 3 positions, then

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switch it so that the pass goes to the 3 and the 1 screens away for the 2. Continue until everyone has played all 3 positions again.

- Now do the same drill with five lines: at the 1, 2, 3, 4 (right low block just outside the lane) and 5 (left low block just outside the lane). As soon as the 1 passes to the 2, the 1 then screens away for the 3 while the 4 screens across for the 5. The 2 can pass to the 5 for a shot at or near the right low block or to the 3 for a shot at the foul line. Go quickly until all have played all 5 positions.
- Then finish by having the 1 pass to the 3, which triggers the 1 screening away for the 2 and the 5 screening across for the 4. Give everyone a chance to play all 5 positions for a possession.

### **Give and go**

Time: 5-6 minutes

Description:

- Teach and demonstrate a give and go move, where a passer passes to a teammate (give) and then fakes one way and cuts hard the other direction to receive a return pass toward the basket (go).
- Set up two lines. Have players practice the give and go from different areas of the court, starting with one line at the top of the key with basketballs and one line at the left or right low block (right first, then left).
- First player at the top of the key passes to the first player at the right low block after the right low block player has flashed toward the right free-throw elbow. The passer then takes one step to his left and pushes hard off that foot and cuts to his right and forward (have a coach provide mock defense) and receives a hand-off from the player at the free-throw elbow, running his defender into his teammate, and dribbles quickly for a right-handed layup. Or the player at the top of the key cuts wide of his teammate and his team pivots and throws a bounce pass that the player receives and dribbles in for a layup or catches and either jump stops or uses left-right footwork and shoots a short jumper.
- Do the same drill with the second line at the left low block. You could add a second coach to defend the off-ball player. Teach off-ball players to stop their cut to the elbow and back cut to the left or right of the basket depending on which side of the basket they're on if their defender overplays them. You can also teach them to raise their strong-side hand and come up to set a ball screen for the player at the top of the key if they're being guarded tightly and can't get open for the initial pass.
- For another variation, have the initial ball-handler start at halfcourt and dribble to the top of the key; teach them to drive past their defender using a crossover, change of pace or another dribble if the defender is guarding them extremely close.

### **Water break**

### **UCLA 1-4 high post offense**

Time: 12-13 minutes

Description:

- This is a 1-4 man to man offensive set made popular by Coach John Wooden's 10 national championship teams at UCLA.
- Set up your 1 (point guard) just inside halfcourt. The 2 (shooting guard) and 3 (small forward) are on the right and left wings at the 3-point arc. The 4 (power forward) and 5 (center) are at the right and left low posts just outside the 3-second lane.
- Here is the basic initial setup: When your 1 yells out "UCLA," the 4 and 5 fake and flash hard to the right and left free-throw elbows while the 2 and 3 v-cut outside of the arc, all with hands to target ready to receive a pass.
- The 1 can pass to any of the four teammates. If they pass to the 4 or the 5, the strong-side wing makes a back cut looking for a pass and layup. At the same time, the 1 quickly fakes and cuts for a give and go with the 4 or 5 in case the strong-side wing is not open. (If the strong-side wing does not receive the pass, they cut through the lane and curl out to the weak-side wing, while the weak-side wing cuts to the top of the key to replace the 1.
- If the 1 doesn't receive a return hand-off or pass, the 1 cuts out to the strong-side wing while the other high-post player cuts diagonally across the lane toward the strong-side low post looking for

a pass and layup or short jump shot.

- The high-post player who receives the initial pass could also catch, turn and shoot a jump shot if open or catch, turn and use a move (head fake, shoulder fake, shot fake, pass fake, rip-through) to help them drive past their defender for a layup or jump shot.
- If no options are available, the high-post player can pass the ball back out to the top of the key, where the weak-side wing flashed to. The high-post player then cuts to the opposite free-throw elbow, the other big cuts to the other free-throw elbow that is now vacant, and the 1 and the other wing v-cut to get open on the wings outside of the arc.
- This will take lots of repetitions to learn. Just focus on the initial pass to the 4 and to the 5 and the initial moves after that pass. Work on the options off an initial pass to the 2 or the 3 the following session.

### **Defense: trapping the ball**

Time: 11-12 minutes

Description:

- Inform players that they will learn how to trap and deny passes out of a man-to-man defense and that the best places to trap are along the sideline and baseline and in the corners of the court.
- Form a single-file line outside of a sideline near halfcourt on both sides of the court and opposite sides of the court. (One group works at one end of the court with a coach and the other group works at the other end with another coach unless you have fewer than 10 players.)
- You serve as the dummy point guard with the ball.
- The first three players in line are on defense. The next two players in line are your teammates on offense.
- One player guards you, and the other two defenders guard the next two players in line.
- You stand just beyond halfcourt with the ball. One of your teammates is the 2 on the right wing, and the other is the 3 on the left wing.
- Instruct your defender to overplay the ball to force you to dribble to your right. Tell the 2 to pop out or v-cut outside of the arc, where you deliver a pass to him.
- As you are passing the ball, teach your defender to release and close out with their hands up and out on the 2. His goal is to arrive at the left side of the 2 as the 2 is catching the pass or right after. At the same time, teach the 2's defender to close out on the 2's right side and prevent him from dribbling. Trap the ball-handler tightly along the sideline, with the trappers' inside feet side by side with no room between them and their hands up, out and active, using one hand to mirror, or shadow, the ball and the other hand to block the passer's view of teammates and bottle up the passing lanes. Both trappers should yell out "Trap!" over and over to harass the ball-handler.
- While the 1's defender sprints to the 2, the 3's defender rotates to deny position on the 1 to prevent a return pass to the point guard.
- Trappers should not reach in to try to knock the ball away from the trapped ball-handler in order to avoid a foul. If the player tries to pass out of the trap, they should attempt to deflect the pass with high hands or at least make the passer put extra arch on the pass to make it easier for another defender to steal the pass. Teach defenders to tie up the ball-handler for a jump ball if the ball-handler holds the ball in front of them without protecting it with their body.
- Practice this scenario until everyone has had a chance to be on defense and offense.
- If you have time, change the scenario so the 1 passes to the 3 and the 2's defender rotates over from the weak side to deny the 1. You can also have the 5 and 3 form a trap on the offensive 5 on the baseline with the 1 rotating over to deny a pass to the offensive 3 and have the 4 and 2 trap the offensive 4 with the 1 rotating over to deny a pass to the offensive 2, among other scenarios. You can also teach them to trap the 1 along the sideline near halfcourt with the 2 or 3, with the 4 rotating up to deny a pass to the offensive 2 and the 5 doing the same against the offensive 3.

### **Game**

Time: 4-6 minutes

Description:

- Divide the players into two teams. Both lines are at opposite sides of the halfcourt line on the right side of the court. Each player has a basketball.

- This is a game, so each team keeps track of its own total baskets made.
- At your signal, players take turns speed dribbling, slowing down and shooting right-handed layups, then getting their own rebound and going to the end of their team's line. The next player in line begins dribbling after the player ahead of them rises up to shoot.
- Players should get in the habit of starting out in triple-threat position before beginning their dribble. The game ends after 1 minute. Team with the most baskets wins.
- Round two: Then do the same game except with lines on the left sides of the court so players can shoot left-handed layups. Team with the most baskets after one minute wins.
- For rounds three and four, do pull-up jump shots from the right side of the basket for 30 seconds to a minute for a game and finally pull-up jumpers from the left side for 30 seconds to a minute.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 7

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmups: dribbling relays

Time: 10-11 minutes

Description:

- Put players in teams of 2-3 each along the baseline.
- Create dribbling relays using the following dribbles:
- Speed dribble from baseline to baseline and back with the right hand and then the left.
- Then crossover dribble at the free-throw line extended, halfcourt line, opposite free-throw line extended and back.
- Then between the legs crossover at the same three lines and back.
- Then hesitation dribble at the same three lines and back.
- Hesitation crossover at the same three lines and back.
- Inside-out dribble same three lines and back.
- Spin dribble
- Finish with a behind the back crossover.
- Winning team gets water break first before the other teams.

## Water break

### 5 on 5 ball screen and screen away

Time: 10-11 minutes

Description:

- Assign players to offense and defense and hand out different colored pinnies. Place players at the left wing (position 3) and right wing (position 2), top of the key (position 1) and left low block (5) and right low block (4) just outside of the lane with defenders guarding them.
- Give the ball to your 1 and move them to the halfcourt line. Instruct your 1 to dribble upcourt and pass to the 2 or the 3 and then screen away while your 4 or 5 screens away. Practice 5 on 5 halfcourt situations with the offense trying to score and the defense trying to stop them. Give feedback and stop play as needed. Then switch offense and defense so everyone gets a chance to play both.
- Then work on ball screens out of a 5 on 5 situation with the 2 screening for the 1 and then the 3 screening for the 1. Then teach the 4 to screen for the 2 after the 2 receives a pass from the 1 and teach the 5 to screen for the 3 after the 3 receives a pass from the 1. (The 1 continues screening away for the opposite wing after passing the ball.) Switch offense and defense so everyone gets a chance to do both.

### 3-out, 2-in motion offense

Time: 12-13 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they're running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don't receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.

- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order.
- There are many other options to this offense. If you have a basketball-savvy group and have time to move forward, teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Another option if you don't have positions selected is to move players around so that they get an opportunity to play at multiple positions in the motion.
- If your players are picking up the offense quickly, divide them up and play 5 on 5 halfcourt. Give each team an equal number of possessions and keep track of each team's points as a game.

## **Water break**

### **UCLA 1-4 offense**

Time: 12-13 minutes

Description:

- Review and run the players through the initial options of the UCLA high-post offense that you practiced the previous session.
- Now teach and practice the secondary options: an initial pass from the 1 to either the 2 or the 3 on the wing.
- If the pass is made to the 2, the 1 fakes and cuts hard past the 4 at the high post (free-throw elbow), running their defender into the 4 by brushing shoulders with the 4. If the 1 is open, the 2 passes to the 1 for a layup or short jump shot.
- After the 1 cuts past the 4, the 4 screens away for the 5 if the 1 does not receive a pass. (The 1 should cut to the weak-side wing while the 3 replaces the 1 at the top of the key.) The 5 cuts hard to the mid-post or low post with hands to target and receives a pass from the 2 if open while the 4 either rolls to the weak-side low post to get in position for an offensive rebound or to receive a lob pass from the 2 if the defense forgets them or the 4 can flash to the strong-side high post for a pass.
- If none of these options is open, the 2 can always look to drive, or the 2 can pass the ball to the 3 at the top of the key. The 4 and 5 then each flash to an elbow of the free-throw line and the 2 on the right wing and the 1 on the left wing can v-cut and get open outside the arc, keeping the offense continuous.
- If the 1's initial pass goes to the 3, teach the same options except everything is in reverse (the 5 screens for the 4 to cut to the strong-side mid-post or low post, for example).
- If the players are picking up the offense quickly, run all four initial options through to completion, using every option to get a shot.

### **Game: 3 on 2 on 1**

Time: 7-8 minutes

Description:

- Play 3 on 2-2 on 1, an intense full-court fast break drill.
- Set up three players at halfcourt: 1 with the ball in the middle and 2 players a few feet inside the left and right sidelines.
- Set up 2 players on defense: 1 between the top of the key and the free throw line and the other in the lane.
- The 3 players sprint the lanes and push the ball up the court in a fast break. with the 2 lane runners cutting toward the basket once they reach the free-throw line extended. The point guard

leading the break pushes the ball up-court until he's able to draw the perimeter defender. He then either passes to one of the cutters, who draws the lane defender and passes to the other cutter for a layup or drives in for a layup if the lane defender doesn't commit, or drives past the initial defender to create a 3 on 1 opportunity.

- Count down from a predetermined amount of time to create urgency and get the players used to playing at a fast but under control pace on the break. The offense can rebound and shoot as many times as needed in the allotted time you give them, while the defense can end their possession with a steal, defensive rebound, forcing a turnover or knocking the ball out of bounds.
- The last offensive player to touch the ball hustles back to play defense against the two defenders who now are on offense in a 2 on 1 fast break. Make sure the two offensive players are spaced at least the width of the lane apart and that the player without the ball is looking back for a pass as he runs the floor ahead of the ball-handler and defender. Count down a predetermined amount of time that the 2 players have to fast break and score against the 1 defender.
- The other two offensive players who were part of the 3 on 2 break are now on defense and wait for the next group of 3. Once the 2 on 1 break crosses halfcourt, the next 3 players in line hustle to take their spots at halfcourt (1 point guard and 2 wing runners) for the next round of 3 on 2.
- The game continues in this fashion.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 8

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Ball-handling

Time: 4-5 minutes

Description:

- 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.

### Shooting and driving coming off down screens and cross screens

Time: 11-12 minutes

Description:

- Practice using and setting screens down, across and screens away and coming off screens to shoot.
- If you have 2 coaches and 2 baskets, set up players first at the 5 (a few feet above the left low block) and 4 (a few feet above the right low block) as well as the 3 (this time at the left low block) and 2 (right low block) and the top of the key as the 1.
- Teach and demonstrate, then at your signal have the 5 take a couple of steps down toward the 3 and set a down screen for the 3 to run his defender into the screen by brushing shoulders with the 5. The 3 should fake a step or two the opposite direction he will be cutting to, then cut past the screen and pop out to the mid-range wing about 12-15 feet from the basket with his hands out and ready for a pass from the 1. The 2 should do the same thing at the same time coming off a down screen from the 4.
- The 1 then passes to either the 2 or 3, who catch, pivot on their left foot if they're the 3 (right foot if they're the 2), square up and shoot a jump shot. All 1s should alternate passing to the 2 and the 3 throughout the drill.
- Teach the 4 and 5 to pivot and open up and take a step toward the passer (the 1) after their teammate has rubbed shoulders and cut past them. This will be important when learning the 3-in, 2-out motion offense.
- The 4 and 5 move into position for the offensive rebound as soon as they see the 2 or 3 rising up to shoot.
- Continue this drill until everyone has gotten at least a couple of reps at each of the 5 positions.
- Then have the 2 and 3 run fade cuts where they come off the screens and cut along the baseline instead of to the wings. Then have them run a curl cut off the screens, curling toward the respective edges of the free-throw lane.
- Then give the 4s and 5s opportunities to screen across, post up and shoot.

- Use defenders for the second half of each portion of the drill to make this game-like.

## **Water break**

### **5-player fast break**

Time: 7-8 minutes

Description:

- Practice the 5-player fast break again with progressively more and more defenders to attack. Start with one, then two and continue up to five. Give everyone an opportunity be on both offense and defense.
- Then practice fast breaking off steals, with you or another coach playing the 1 and making deliberately bad passes from time to time to give the players opportunities to fast break. Encourage 4s and 5s to outlet pass to the 1 or 2 and encourage 3s, 2s and 1s to push the ball up-court while their teammates fill the other lanes and sprint the court while looking for possible passes downcourt on a three-lane (middle and two outside lanes) fast break.
- Make this a game, giving the offense two points for every basket made and the defense two points for every stop.

### **Baseline out of bounds play: Stack**

Time: 4-5 minutes

Description:

- Teach teams a baseline play called Stack that can be run on either side of the basket.
- The 2 inbounds.
- The 3, 5, 4 and 1 line up single file in that order on the strong side of the court about 2 feet outside of the lane. The 3 is 4-5 feet from the baseline, and the 1 is near the strong-side free-throw elbow.
- After the 2 is handed the ball, the 3 turns around and sets a back screen on the defender guarding the 5. The 5 fakes quickly and cuts toward the basket. This is option 1.
- At the same time, the 4 turns and sets a screen on the defender guarding the 1, who cuts to the free-throw line area. This is option 2.
- The 3 and 4 both roll after the 5 and 2 cut past them. The 3 rolls to the baseline about 15-18 feet from the basket looking for a pass (option 3), and the 4 rolls and pops out to the 3-point arc on the strong-side wing (option 4). If the 4 receives the pass, the 1 can pop out to the top of the key for a pass and players get organized in their positions to run a play or the 5 can flash to the mid-post looking for an entry pass from the 4.

## **Water break**

### **5 on 5 defensive trapping**

Time: 12-13 minutes

Description:

- Set up five players on offense in a 3-out, 2-in motion offense and five players in man to man defense.
- Teach and practice how to trap along the sidelines and baseline as well as at the corners just inside the halfcourt line.
- Give a name to each of the traps the defense attempts. The 5 calls out the defensive plays 1 (trap the point guard), 32 (trap the 3 or the 2, whichever one receives the pass) and 54 (trap the 5 or 4, whichever one receives the pass).
- Start with traps on the 1 with you or another coach as the dummy point guard. Teach the defensive 1 to pick up the offensive 1 three-quarter court and overplay the ball-handler to force him toward one sideline or another, forming a proverbial wall with his defensive hips and footwork so that the dribbler can only go one way. If he forces the offensive 1 to the left sideline, the 3 leaves his man and closes out quickly to seal the sideline and trap the 1. At the same time, the defensive 5 rotates to deny the offensive 3 and the defensive 4 rotates to the lane to hedge and defend both the offensive 5 and 4 at the same time (or have the defensive 4 rotate to play help-side defense on the offensive 5). If the 1 is able to split the trap off the dribble or passes to

the 3 before the defensive 5 can deny the pass, teach the players to quickly recover and take away all options inside the 3-point arc; the 4 denies the pass to the offensive 5, the defensive 2 rotates to help-side defend the offensive 4, and the defensive 3 sprints to defend the offensive 2.

- Then work on traps on the 2 and the 3 and the rotations needed to deny players within one pass of the ball-handler. The defensive 2 or 3 purposely plays a few feet off their man to goad the 1 into passing to them to set up the trap.
- Finish with traps on the baseline on the 5 and 4. For example, if the defensive 4 and 2 trap the offensive 4 at the short corner baseline, the 1 rotates down at the same time to defend the offensive 2, and the defensive 3 rotates at the same time to play help-side defense on the offensive 1, leaving only the weak-side offensive 3 open for a difficult cross-court diagonal pass. And if the offensive 3 decided to cut to the lane, the defensive 3 is playing help-side defense and can jam the passing lane.
- If you have a small class of 15 or fewer players, run this full court as well, allowing the defense to fast break off a steal or rebound and giving the offense the chance to work on hustling back on defense and slowing down the ball-handler leading the break.

### **Game: 5 on 5 full court**

Time: 14-16 minutes

Description:

- Have players go 5 on 5 man to man running fast breaks when available along with ball-screen plays 15 (1 dribbles around a screen from 5 while the 3 drops down to the baseline to clear out that side of the court and the 2 replaces the 1 at the top of the key), 14 (1 dribbles around a screen from the 4 while the 2 drops down to the baseline to clear out that side of the court and the 3 replaces the 1 at the top of the key), 24 (2 dribbles around a screen from 4) and 35 (3 dribbles around a screen from 5) as well as Motion and UCLA.
- Use different colored pinnies for each team.
- Keep track of each team's baskets made and make sure each team gets the same number of possessions. Teams get two points if fouled in the act of shooting.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 9

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: rapid fire

Time: 5-6 minutes

Description:

- Have more balls than players. Have players line up across one baseline. Take their balls and spread them out around the court. At the other end of the court is the basket they will shoot at.
- Blow the whistle to send the players chasing basketballs. The object of the game is to gather the balls and shoot them in the basket in as short of a time as possible. (Time how long it takes the group to collect all the balls and shoot them in the basket.) The players are on the same team and are prohibited from taking a ball away from a teammate.
- Play the game 2 or 3 times as time allows.

## Water break

### Fast break: 3 on 2 on 1

Time: 7-8 minutes

Description:

- Play this game again to cover a variety of skills (passing, defense, dribbling, shooting, movement without the ball, rebounding) in a short amount of time.

## Water break

### Baseline play: Box

Time: 7-8 minutes

Description:

- This is a baseline out of bounds play against man to man defense.
- Setup: the 1 is the inbound passer. The 5 and 3 are at the strong-side low post and high post, respectively, and the 4 and 2 are at the weak-side low post and high post. (You can mix and match and put players at different spots as you see fit as long as they form a box around the 3-second lane.)
- When the referee blows their whistle, the 4 and 5 sprint to set a double back screen on the back of the defender guarding the 2 at the weak-side high post. (The 2 sets up his defender by taking a step or two one direction and looking away from the passer.) The 2 runs his defender into the side-by-side screeners as soon as they set their feet. His first option is to cut to his right, brushing shoulders with the 4, and moving quickly and looking for a pass and layup or cutting toward the short corner, depending on if the defense switches and he's now guarded by the defensive 4.
- As the 2 cuts past him, the offensive 4 rolls quickly to the strong side of the basket as option 2.
- The offensive 3 sets a cross screen on the 5's defender so the 5 can cut to either the strong-side elbow or mid-range wing as option 3.
- The offensive 3 then pops out toward the top of the key as the safety valve and option 4.
- If the 1 is inbound passing from the left side of the basket, the play is run the same way but in reverse. The 4 and 5 set a double screen for the 3 on the weak-side high post, the 3 cuts past the 5's screen to the weak-side low post, the 5 rolls toward the inbound passer, the 2 screens across for the 4 to cut to the strong-side high post or wing, and the 2 pops out to the top of the key.
- Practice it both ways, first without defense and then with defenders.

### Motion offense

Time: 10-11 minutes

Description:

- Set up players at both ends of the court with a coach to continue learning the 3-out, 2-in motion

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offense (call out motion to let players know what set they're running).

- Practice for a few minutes without defense and then a few minutes 5 on 5 halfcourt.
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don't receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.
- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- There are many other options to this offense. If you have a basketball-savvy group and have time to move forward, teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Another option if you don't have positions selected is to move players around so that they get an opportunity to play at multiple positions in the motion.

### **Water break**

#### **UCLA offense review**

Time: 10-11 minutes

Description:

- Practice the offense vs. no defense for a few minutes using both sides of the court, then 5 on 5 halfcourt

#### **Game: 5 on 5 full court**

Time: 12-13 minutes

Description:

- Play 5 on 5 halfcourt.
- Make sure both teams get an opportunity to play both offense and defense.
- Use pinnies to designate teams by color.
- Give teams a bonus point for successfully executing a play or fast break (3 points instead of 2) to encourage execution and attention to detail.
- Coaches or point guards call out plays whenever the offense sets up in the halfcourt: 14, 15, 24, 35, Motion, UCLA and baseline plays Stack and Box.

### **Post-game huddle**

# Seventh Grade Basketball Clinic Week 10

## Pre-game huddle

### Dynamic stretching

Time: 3-4 minutes

### Pre-game warmups

Time: 9-10 minutes

Description:

- Set up the players into two teams. Have each team do layup and rebounding lines at opposite baskets on the court.
- After left-handed and right-handed layups, players then shoot a pullup jump shot in the shooting line from the left and right sides.
- Then run the t-shot drill.
- Finish shooting free throws.

## Water break

### Walk-through: man-to-man defensive positioning

Time: 3-4 minutes

### Walk-through: man-to-man 5-player defensive trap

Time: 3-4 minutes

### Review: motion offense and ball screens (14, 15, 24, 35) out of motion offense

Time: 6-7 minutes

### Review: UCLA offense

Time: 4-5 minutes

### Review: baseline plays Stack and Box

Time: 4-5 minutes

## Game

Time: 25-26 minutes

Description:

- Play a full-court game of 5 on 5.
- One of the coaches serves as referee.
- Use different colored pinnies to designate teams.
- Have a no-full-court press rule except for the last 2 minutes to keep the game clean.
- Start with a jump ball. Sub liberally so everyone plays and gets a breather on the sidelines.
- Instruct players to drink water after coming out of the game.
- Coaches (or point guards if they've been consistently doing a good job of calling plays in practices) call out the ball screen plays, UCLA and Motion while encouraging players to try to fast break off steals and long defensive rebounds, then set up the offense if the defense gets back and the offense doesn't have a numbers advantage.
- Coaches call out the defensive trap plays occasionally, too.
- Keep score and celebrate everybody's hustle, teamwork and hard work.

## Post-game huddle

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