

# Third Grade Basketball Clinic Week 1

## Pre-game huddle

Time: 4-5 minutes

Description:

- Form a circle.
- Introduce yourself. ("I'm Coach Jones.")
- Express your excitement about teaching basketball to 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 expectations for the class: attitude, listening and respect for coaches and players.

## Dynamic stretching

Time: 4-5 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).

## Coordination

Time: 4-5 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: 1-2 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: 9-10 minutes

Description:

- Spread out your group so that children have several feet between them and they can all see you.
- 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," mimicking reaching for an imaginary rope with your right hand as you slide right and doing the same with your left hand as you slide left.
- Teach kids to 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.

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### **Ball-handling**

Time: 3-4 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.

### **Water break**

Time: 1-2 minutes

### **Dribbling**

Time: 8-9 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.
- Teach them how to crossover dribble (hand slides to side of the ball and quickly pushes the ball knee high and across front of the body, where other hand receives the ball on side of the ball).
- Execute crossover dribbles back and forth in stationary position, then on the move as they dribble from baseline to baseline and back, doing crossovers at three spots designated by cones placed along the sideline (at top of the key extended, at halfcourt, at top of the key extended).

### **Water break**

Time: 1-2 minutes

### **Passing**

Time: 5-6 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.
- Make it a game: how many successful \_\_\_\_ passes can a pair make in 1 minute?

### **Shooting**

Time: 5-6 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, then from short corner of left and right baseline (8-10 feet from basket).

**Water break**

Time: 1-2 minutes

**Layups**

Time: 5-6 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-right knee up-jump-shoot) and then with dribbling both from the right and left sides of the basket. When dribbling, have them start 15 feet from the basket or closer, not from the 3-point arc.

**Game**

Time: 8-10 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!"

# Third Grade Basketball Clinic Week 2

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: under pressure

Time: 5-6 minutes

Description:

- Have the players dribble around in a square area of the court or inside the 3-point arc (depending on how many players are in your class). Then remove one, two or three balls based on how much pressure you want to create. Tell them whoever has possession of a ball after one minute wins. If they can chase someone out of bounds, they automatically win that ball, though players can steal balls back, and players can steal a ball from another player or get them to dribble it off their foot or lose control and get it stolen.
- Count down the last 10 seconds with a loud voice to increase the action.
- Play 2-3 times.

## Water break

Time: 1-2 minutes

## Ball-handling

Time: 4-5 minutes

Description:

- 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.

## Dribbling

Time: 11-12 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.
- 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.

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- Review how to execute a crossover dribble and briefly practice it in stationary positions. Then have them execute this dribble from sideline to sideline and back a handful of times.
- Teach them a hesitation dribble (go from regular or fast speed to a brief stop, coming out of their low dribbling stance and giving a head fake, then quickly getting back into a low dribbling stance and speed dribbling past the defender). Have them use this 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**

Time: 1-2 minutes

### **Halftime huddle**

Time: 4-5 minutes

Description:

- Go over as many basketball rules as you have time to cover, including: traveling, double dribble, 10-second violation, 3 seconds in the lane, 5-second call, how many free throws you shoot on a shooting foul vs. a 1-and-bonus, different ways you can be called for a foul, moving screens, etc.

### **Defense**

Time: 7-8 minutes

Description:

- Spread out group so children have several feet between them and can all see you.
- 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.
- Divide court in half length-wise. Set up cones in zig-zag pattern from one corner of the court to free-throw elbow to sideline to halfcourt to sideline to free-throw elbow on other half of court to corner of the court. Do the same for the other half of the court length-wise.
- 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.
- Then divide players into two groups. Each group starts at same time from opposite corners of the court, sliding from cone to cone in defensive stance. When a player reaches the end of one set of cones on one narrow court, they go to the end of the line on the other narrow court and do the same thing. Continue this until everyone has gone through both courts at least once.

### **Water break**

Time: 1-2 minutes

### **Passing**

Time: 5-6 minutes

Description:

- Partner passing: chest pass, bounce pass, overhead pass, baseball pass, sidearm skip pass
- Then group the players into trios with two players as the passers and one player as the defender in the middle. Play monkey in the middle, with the defenders trying to steal or deflect the passers’ passes. Each time a defender steals or gets a hand on the pass, the passer who threw the pass becomes the defender.

### **Shooting**

Time: 8-9 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, then from left and right short corner of baseline, then from foul line and lastly from the

left and right wings 12-15 feet from the basket.

- If you have two or more coaches, make 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**

Time: 1-2 minutes

### **Game**

Time: 5-7 minutes

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

# Third Grade Basketball Clinic Week 3

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: egg hunt

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; these are the eggs. At the other end of the court is the egg basket (the basket at the opposite end of the court).
- Blow the whistle to send the players chasing eggs. The object of the game is to gather the eggs 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 eggs 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

Time: 1-2 minutes

## Rebounding

Time: 15-16 minutes

Description:

- Teach and demonstrate how to box out.
- Then play a game. Pair up the players. Designate one player in each pair to be the defensive rebounder and the other player to be the offensive rebounder.
- Place the pairs in a circle around the halfcourt circle. (If you have two coaches, place half the pairs around one key of the court and the other half around the other key.)
- Have the defensive rebounders facing their offensive rebounding partner. Place a basketball in the middle of the circle. When you start counting "1, 2, 3," the defenders turn and box out the offensive partner. Then immediately say "Go," signaling that the offensive players can now try to move around the defensive rebounder and try to grab the ball in the middle of the circle.
- Time how long it takes for an offensive player to secure the ball. Play several rounds and then switch defensive and offensive roles and play several more rounds. Make it a game by giving players a point for each time they grab the "offensive rebound" or by seeing which group can box out the offense longer before the offense gets the ball.
- Then 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.
- If a defensive player grabs the rebound, they pivot and outlet pass the ball to you, and the four players go to the end of the line.
- If an offensive player grabs the rebound, they can either shoot, dribble or pass to the other designated offensive player. The offense gets 5 seconds to score. (Count down out loud from 5 to 0 after an offensive player grabs a rebound so players know how much time is left.)
- The next two players in each line are the next rebounders.
- Repeat this until everyone has had a chance to box out and be an offensive rebounder at least twice.

## Water break

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Time: 1-2 minutes

### **Ball-handling**

Time: 5-6 minutes

Description:

- Spread out players so they can all see you and have a few feet between each other.
- 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: 7-8 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. 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: 1-2 minutes

### **Shooting**

Time: 7-8 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, 2-5 feet in front of the free-throw line, the left mid-post and the left low block. Help players focus on the b-e-e-f approach to jump 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 and then follows their shot. The first player in the left line runs up to grab the rebound and make the

offensive put-back, or if the shooter gets the rebound, they shoot again.

- The ball then goes to the next player on the right side, and the drill continues.
- Now make it a game. Keep track of how many total baskets (initial shots made and rebound baskets) they make as a team in one minute. Do this with the right line shooting first, then the left line.

### **Layups**

Time: 5-6 minutes

Description:

- Get the children in a line near the right side of the basket. Each child gets a turn.
- Have players attempt layups without dribbling (left step-jump-shoot) and then with dribbling both from the right and left sides of the basket.
- Make it a game, with the group attempting to make a reasonable number of baskets designated by you in one minute, such as six.

### **Water break**

Time: 1-2 minutes

### **Game**

Time: 5-6 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. Use dribbling or no dribbling depending on how the players did in the layup section of the class.

### **Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 4

## Pre-game huddle

Time: 1 minute

## Dynamic stretching

Time: 4-5 minutes

## Warmup: sharks and minnows

Time: 6-7 minutes

- Start with most of your players on the baseline. Each with a basketball. They are the minnows. Choose two or three players to be the sharks. They don't have basketballs.
- The minnows start at the baseline and must dribble to the opposite baseline without losing possession of their ball. The sharks start anywhere outside of the free-throw line extended in the backcourt and defend the court (or ocean), trying to knock the minnows' balls away from them, preferably using proper defensive stance and footwork.
- Minnows who make it to the opposite baseline without losing their ball or going out of bounds turn around and go back for round two at your signal. A minnow who loses their ball becomes one of the sharks for round two.
- The last minnow "swimming" wins the game.
- Play the game two to four times with different players starting out as sharks each time.

## Water break

Time: 1-2 minutes

## Ball-handling

Time: 5-6 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: 10-11 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 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 from sideline to sideline at least a couple of times each.

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- 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.

### **Water break**

Time: 1-2 minutes

### **Defense off the ball**

Time: 9-10 minutes

Description:

- Teach and demonstrate how to defend an offensive player so that you deny them the ball, keeping them from getting open by focusing on being between the offensive player and the basket and between the offensive player and the passer with one arm pointed toward the passer and one toward the player they are guarding.
- 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 or two more times as time allows.

### **Layups**

Time: 5-6 minutes

Description:

- Review layup shooting technique. Emphasize eyes on the box on the backboard, shooting off the right side or left side of the box depending on which side of the basket you're on and jumping up toward their shooting target.
- Practice layups from the right side of the basket using dribbling.
- Then practice layups from the left side using dribbling.
- Practice layups from the right and left sides with two lines: a passing line at the top of the key and a layup line at the right wing at the arc and then the left wing. The first player in the layup line does a back cut (takes 1 or 2 steps away from the basket, then plants their outside foot, pushes

off and quickly cuts toward the basket) and then receives a bounce or chest pass and dribbles in for a layup. Passer and shooter then switch to the end of the opposite line.

### **Water break**

Time: 1-2 minutes

### **Shooting**

Time: 8-9 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.
- Switch balls to the left line so players get practice dribbling with their left hand.
- To wrap it up, then keep track of how many baskets the group makes in a minute with the ball initiated first on the right side for a minute and then on the left side.

### **Game**

Time: 8-9 minutes

Description:

- Play Last Man Standing.
- 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.

### **Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 5

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: dribbling relays

Time: 7-8 minutes

Description:

- Set up two identical obstacle courses from baseline to baseline using cones as gates.
- Divide players into team A and team B for races. Players on each team dribble through each gate from baseline to baseline and back. If they lose control and miss a gate, they have to regain control of the ball and go back and through the gate.
- A variation is to have coaches positioned at different locations along the course and have them hold up a number of fingers at random times during the race for players to see and correctly call out the number of fingers they see. This helps teach players to keep their heads up as they dribble.
- Another variation is to have players only use their opposite hand in one race in order to work on their weaker dribbling hand.

## Water break

Time: 1-2 minutes

## Passing

Time: 7-8 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 minute or so, switch roles so everyone gets to pass and to shoot.
- 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.

## Free-throw shooting

Time: 7-8 minutes

Description:

- Teach players how to line up around the free-throw lane as rebounders, when and how to box out and go for rebounds and how to shoot free throws.
- Players probably won't be strong enough to shoot from behind the free-throw line, so choose a closer spot to the basket for the line, such as behind the dotted half-circle. For those who are strong enough, have them shoot from behind the foul line.
- For shooting technique, teach and demonstrate to the players the importance of developing a routine they use on each foul shot (such as one drop, inhale and exhale and shoot) and how to shoot a free throw (same form as on a jump shot except don't jump if at all possible). Instead of jumping, players should use a knee bend, then come up out of their knee bend (some coaches

call it standing up out of a chair) and finish on their tiptoes to give their shot lift. They should also hold their follow-through till the ball reaches the basket.

- Go clockwise or counterclockwise around the lane so everyone gets a turn to shoot. Use two or more baskets if you have more than one coach.
- For a quick game, have each team of players at a basket keep track of its total free throws made in a minute or two minutes.

### **Water break**

Time: 1-2 minutes

### **Halftime huddle**

Time: 3-4 minutes

Description:

- Review some of the rules of the game that your group seemed to have a harder time understanding in previous halftime huddles.

### **Ball-handling**

Time: 7-8 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.

### **Layups**

Time: 7-8 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 by back-cutting 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.

### **Water break**

Time: 1-2 minutes

Last updated 8-20-15

## **Shooting**

Time: 7-8 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.
- Then 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. Have passers throw a bounce pass for one game, then an overhead pass.

## **Game**

Time: 5-6 minutes

Description:

- Play round up the sheep.
- Divide the group into two teams.
- Assign the two teams to opposite baselines.
- Roll a dozen balls around the court. Explain that the balls are sheep that have escaped the sheep pen. 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.

## **Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 6

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: follow the leader

Time: 5-6 minutes

Description:

- Each player gets a basketball and lines up single file in one corner of the court with several feet between each player.
- Instruct players to follow you wherever you go, copying whatever dribble and action you're doing.
- Ideas include: slapping the ball with your right hand, slapping the ball with your left hand, tossing the ball back and forth between hands while walking on your tiptoes, rotating the ball around your left leg and then your right leg, rotating the ball around your waist, dribbling extra low, dribbling extra high, dribbling with your left hand, your right hand, speed dribbling, crossover, hesitation, pattern of two dribbles low and two dribbles high, dribbling while sitting, dribbling while on your knees, dribbling in a circle, reverse dribble and dribbling the ball back and forth from your left to right hand.
- If one of the players is a good dribbler, have them be the leader for one to two minutes.

## Water break

Time: 1-2 minutes

## Dribbling

Time: 10-11 minutes

Description:

- 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 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 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. Use the right hand going down, then the left hand coming back.
- Have players practice each dribble 2 or 3 times going down and back.

## Water break

Last updated 8-20-15

Time: 1-2 minutes

### **Triple threat position**

Time: 5-6 minutes

Description:

- Pair up players around the 3-second lane.
- 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.
- Designate one player in each pair to be the passer and one to be the receiver and shooter.
- One at a time, passers pass to their partner, and their partner catches the pass and immediately gets 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). The receiver then rises up and shoots and follows their shot.
- The shooter then becomes the passer and the passer becomes the receiver/shooter.
- For fun, after a couple of minutes, make this a game. Have pairs keep track of the number of baskets they make in 2 minutes.

### **Halftime huddle**

Time: 3-4 minutes

Description:

- Encouragement time: Say one positive comment about each player in your class. If needed, write these out during the week prior to class so you are prepared to do this.

### **Jump stops and pivots**

Time: 6-7 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.
- Then divide players into two lines with one line at the right wing of each basket. Have players take turns starting in triple-threat position, then dribbling, executing a jump stop near the basket and jump shooting, preferably a bank shot. They then dribble to the end of the right wing line at the other basket. Finish with a game. Keep track of how many baskets the group makes off jump stops in 1 minute.

### **Water break**

Time: 1-2 minutes

### **Movement without the ball**

Time: 10-11 minutes

Description:

- 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 low block and one at the free-throw line. The first player in line at the foul line has a ball. Have players take turns practicing a v-cut on the left low block with you as the defender applying light defense. The passer passes to the cutter when the cutter yells "Ball."
- The receiver then catches the pass, squares up to the basket and takes a jump shot. The receiver then gets their own rebound and passes to the next person in the passer line before going to the end of the passer line while the passer goes to the end of the receiver line.
- Then have players do v-cuts and shoot from the right low block.
- Then teach and demonstrate back cuts, faking a cut away from the basket, then planting your

outside foot and cutting quickly to the basket, calling for the ball and extending your lead hand out to receive a pass.

- Form two lines, with the receiving line at the right wing of the 3-point arc and the passing line at the top of the key or the free-throw line. Coaches serve as the defenders, playing light defense. Back cutters shoot layups or pullup jump shots near the basket.
- Switch the receiving line to the left wing of the 3-point arc after a couple of minutes.
- If time, switch the receiving line to the right and left baselines just inside the 3-point arc and the passing line to the strong-side wing (right wing to pass to right baseline, left wing to pass to left baseline).

### **Shooting**

Time: 7-8 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, and 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.
- 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 players can practice dribbling with their left hand and jump stop on the left side of the basket.

### **Water break**

Time: 1-2 minutes

### **Game**

Time: 3-4 minutes

Description:

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

### **Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 7

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: freeze tag

Time: 6-7 minutes

Description:

- Set up the players within half of the court. The halfcourt line, baseline and sidelines are the boundaries.
- Have the players dribble in the halfcourt. After 10 or 15 seconds, take the ball away from one or two of the players. These players become "it."
- Any player whose ball is touched or knocked away by "it" becomes frozen. The frozen player stops dribbling, spreads their legs apart and holds their ball above their head. They are frozen in this position until another player dribbles their ball between the frozen player's legs.
- Switch the "it" players often. Make it a game to see who can freeze the most players in a designated amount of time, such as one minute.

## Water break

Time: 1-2 minutes

## Ball-handling

Time: 7-8 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.

## Defense and dribbling

Time: 11-12 minutes

Description:

- Briefly review defensive stance and slides with the players.
- Now give them a chance to dribble and then 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.

- 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. 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: 1-2 minutes

### **Off-the-ball defense**

Time: 11-12 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.
- 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 player guards 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**

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Time: 1-2 minutes

### **Ball screens**

Time: 11-12 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/or on the right or left wing.

### **Game**

Time: 4-5 minutes

Description:

- Play red light-green light
- Each player with a ball lines up at one end of the court. A coach stands at the other end and yells, "Green light" and turns his back to the players. The kids dribble across the court to see who can reach the coach first.
- After a few or a couple of seconds, the coach yells, "Red light." At that command, the players must jump stop, place their ball on the floor and put a foot on top of the ball. The coach turns back around and looks for players whose ball is still moving. Those players must move a certain distance back to the starting line.
- Repeat calling red light/green light until someone wins the race. This game encourages fast dribbling while keeping the ball close to their body.
- Play 2 or 3 times or as time allows.

### **Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 8

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: explode

Time: 5-6 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 a dozen or so times, changing the designated target spot each time.

## Water break

Time: 1-2 minutes

## Ball-handling

Time: 7-8 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.

## Dribbling and defense

Time: 5-6 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.

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- Have each pair go through each line twice as time allows.
- Optional: have defenders place arms behind their backs the first time they defend to prevent them from swiping at the ball with their hands. Then let them use their hands the second time they defend.

### **Water break**

Time: 1-2 minutes

### **1 on 1**

Time: 9-10 minutes

Description:

- 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.
- Teach and demonstrate this drill, especially how to 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 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 passes, gets quickly into triple-threat position and attempts to score either by shooting or dribbling to get an open shot.
- 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.

### **Defensive positioning**

Time: 11-12 minutes

Description:

- 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).
- Establish three defensive lines behind the baseline. 1s are under the basket, 2s are closest to the right wing and 3s are closest to the left wing.
- 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.
- Help players get in the proper 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 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 defender assumes 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 3 offensive players pass the ball around the perimeter until you're ready to switch players around. The 3 defenders become the 3 perimeter offensive players, while the offensive players each go to the back of a defensive line, preferably at a different position. (The 3 goes to the 1s line, the 1 to the 2s line and the 2 to the 3s line, for example.) You take the ball back and pass it to one of the 3 offensive players, and the next 3 defenders in line sprint out based on who you passed to.
- 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.

### **Water break**

Time: 1-2 minutes

### **2 on 2 ball screen offense vs. defense**

Time: 8-9 minutes

Description:

- Briefly review ball screens, then teach players how to defend ball screens, with on-ball defenders fighting over or going under screens, screeners calling out screen right or screen left to help the on-ball defender and the on-ball defender calling out switch if they get caught in a screen or can't stay with the ball-handler.
- Have players practice using and defending ball screens in 2 on 2 situations, with ball screens being set at the top of the key, the right wing and/or the left wing as time allows.
- If the players are learning quickly, consider making this a game and keeping score. You may need to establish a time limit for the offense, such as 10 seconds.

### **Free throw challenge**

Time: 5-6 minutes

Description:

- Line up players around the free-throw lane while players take turns shooting two free throws apiece.
- Players box out and go for the rebound on each player's second free-throw attempt.
- Keep track of individual players' total free throws made as a game.
- Optional: After everyone has had a turn shooting two free throws, players only get to shoot free throws if they secure the defensive rebound of a free-throw miss. Players get 1 point for a defensive rebound and 1 point for each free throw they make.
- If players can't shoot the ball to the basket from the foul line, consider allowing them to shoot from in front of the foul line.

### **Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 9

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: gator in the swamp

Time: 6-7 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: 1-2 minutes

## Dribbling

Time: 8-9 minutes

Description:

- Set up cones around both foul lanes of the court at the right and left low blocks, mid-post and high post.
- Teach, demonstrate and have players take turns dribbling around each cone using a crossover dribble, hesitation dribble, hesitation crossover, inside-out and reverse 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).

## Offense vs. on-ball, deny and help-side defense

Time: 14-15 minutes

Description:

- Review on-ball defense, deny and help-side defense.
- Like last session, 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).
- Like last session, establish three defensive lines behind the baseline. 1s are under the basket, 2s are closest to the right wing and 3s are closest to the left wing.
- The coach has a ball. Go briefly through defensive positioning when the 1, 2 and 3 each has the ball. Instruct players not to try to steal a pass, dribble past a defender or shoot.
- Once everyone has been on offense and defense, make it a game. Have the offense try to score and 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.
- Then play again, only this time the offense must use at least one ball screen before shooting so that the players gain experience using and defending ball screens.
- Play both versions of the game (with and without ball screens) until everyone has had an opportunity to be on offense and defense at least once each. Make sure to mix up roles so that everyone has the chance to play the 1 and either the 2 or 3 positions on offense and the 1 and either the 2 or 3 on defense.

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**Water break**

Time: 1-2 minutes

**Game**

Time: 10-11 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 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.
- 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.

**Water break**

Time: 1-2 minutes

**Game**

Time: 12-13 minutes

Description:

- Play a 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.

**Post-game huddle**

Time: 1 minute

# Third Grade Basketball Clinic Week 10

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

## Warmup: 3-player weave

Time: 9-10 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 upcourt, 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.
- You can run several 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.
- If you'd like to make this a game, challenge the group to make X number of shots in a row.

## Water break

Time: 1-2 minutes

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

Time: 15-16 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 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 away 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.

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- Then finish by having the 1 pass to the 3, which triggers the 1 screening away for the 2 and the 5 screening away for the 4. Give everyone a chance to play all 5 positions for a possession.

### **Water break**

Time: 1-2 minutes

### **5 on 5 ball screen and screen away**

Time: 12-13 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.

### **Water break**

Time: 1-2 minutes

### **Pre-game warmups**

Time: 4-5 minutes

Description:

- Set up the players into two teams. Have each team do layup and rebounding lines at opposite baskets on the court. The first player in the rebounding line boxes out the second player in the line while the first player in the layup line dribbles in and shoots a layup.
- The layup shooter goes to end of rebounding line, and first rebounder grabs the rebound, passes to the new first player in layup line and then runs to the back of the layup line.
- After two minutes, players then shoot a jump stop pullup jump shot in the shooting line.

### **Game**

Time: 10-11 minutes

Description:

- Play a full-court game of 5 on 5.
- 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, have them shoot free throws this time and help rebounders line up around the free-throw lane.
- Sub liberally so everyone plays and everyone gets a breather on the sidelines.
- If players are ready, instruct them to run ball screens and screens away movement.

### **Post-game huddle**

Time: 1-2 minutes

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