



Points of Emphasis: **1.** Establish order, routines, & expectations **2.** ABC'S - Agility, Balance, Coordination & Speed (speed is 3-7 secs of all out effort & must be trained early in practice) **3.** Introduce underhand throwing & catching **4.** Introduce proper grip for shooting **5.** Introduce dribbling & ball-handling (coordination) **6.** Modified offensive advantage game – 2 vs. 1 or 3 vs. 2

Time	Activity	Teaching Points
5 mins	Welcome, Introductions & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Introduce yourself (and other coaches) 4. Hand out nametags – say name out loud & have athlete come up to get their tag 5. Go over expectations for practice <ol style="list-style-type: none"> a. No speaking when a coach is speaking – LISTEN! b. Do your best c. Have fun d. You will get a drink from your water bottle when coach allows e. If you need to go to the bathroom – ask a coach
3 mins	ABC'S - Animal Warm-ups	Have athletes line-up with toes on sideline facing the court. Engage athlete's imagination and creativity by encouraging them to move like various animals: <i>How does a Horse move? Bear? Frog? Kangaroo? Crab? Inchworm?</i>
2 mins	ABC'S - Movements	Athletes line-up with their toes on the sideline facing the court. <i>Who can do a star jump? Everyone show me your best Star Jump. How about a Pencil Jump? Let's all try a tuck jump. You need to land quietly – like a mouse. Let's all do a tuck jump and land as quietly as we can. Sit back when you land.</i>
10 mins	Warm-up Games	<p>Crows and Cranes – all athletes lined-up at center court with a “partner”. Have athletes face the sideline. Teach the athletic stance. One side is “Crows” and other side is “Cranes”. Coach on sideline faces athletes. Coach yells “Crows” then crows run and chase “Cranes”. They must run in straight line – not all over gym!! If tagged he/she becomes a crow. Continue. <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p> <p>Box Tag – use badminton courts. Line athletes up in opposite corners of the badminton court. One end is “it” and the other end is trying not to get tagged. The idea is to stay in the “box” as long as possible without getting tagged. One person goes at a time from each end of the court. Once tagged, switch ends and next two go. <i>How can you be harder to tag? What can you do to move more quickly? If you get lower can you move more quickly?</i> <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p>
12 mins	Broad-Based Skills Development Games	<p>Bean Bag Toss & Catch - Partners toss bean bag back and forth. Take one step back on catch and one step forward on drop. Teach follow-through, forming basket and absorbing on the catch with hands. <i>Skills: Toss underhand, catching, hand-eye coordination, cooperation</i></p> <p>Wall Passing Game – Partner or groups of 3 - bounce pass the ball to the wall and then move out of the way while the partner grabs the ball and does the same – the game continues. <i>Skills: Passing, catching, hand-eye coordination, cooperation, agility</i></p> <p>Bean Bag Relay – 4 teams, one in each corner of the gym. Bean bags in the center circle. Run/hop/skip to get a bean bag – bring it back to your “bank”. Get your color and then get whatever color is left. Can change locomotion – 2 foot hopping; gallop etc. Count up how many as a team once they are all gone. <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control.</i></p>
20 mins	Developmental Sport Specific Games	<p>Magic Circle – Big circle, everyone with a ball. Ball handling and dribbling skills. Coach must lead. Give the kids challenges. <i>Skills: Catching, spatial awareness, balance, agility, coordination, hand-eye coordination</i></p> <p>Shooting – Show them how to grip the ball. Go to a hoop and shoot the ball. See how many times you can get the ball in the basket. Use all hoops – lower hoops so athletes can have success. No lines. USE THE BACKBOARD</p> <p>3 Player or 5 Player Toss Games – 3 in a line at foul line or 5 in a line – 1st and 2nd athletes in line are offense – last one is defense. 1st person tosses ball out and goes to get it. “Square up”, face hoop – while 2nd athlete moves away from the 1st person – “Split”. The 3rd athlete plays D. Now we play 2 on 1. If 5 in a line – then 1,2,3 in line are Offense - 4 & 5 are defense. Rotate as follows – first person moves to back of line - everyone moves up one spot.</p>
3 mins	Cool down and debrief	Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i>



Points of Emphasis: **1.** Review order, routines, and expectations – BE CONSISTENT! **2.** ABC’S - Agility, Balance, Coordination & Speed (speed is 3-7 secs of all out effort & must be trained early in practice) **3.** Review underhand throwing & catching **4.** Review proper grip for shooting and add follow-through **5.** Review dribbling, add Cross-over dribble and open and closed stances **6.** Modified offensive advantage game – 3 vs. 2

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5 mins	Welcome, Introductions & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Introduce yourself (and other coaches) 4. Hand out nametags – say name out loud & have athlete come up to get their tag 5. Go over expectations for practice <ol style="list-style-type: none"> a. No speaking when a coach is speaking – LISTEN! b. Do your best c. Have fun d. You will get a drink from your water bottle when coach allows e. If you need to go to the bathroom – ask a coach 								
3 mins	ABC’S – Animal Warm-ups	<p>Have athletes line-up with toes on sideline facing the court. Engage athlete’s imagination & creativity by encouraging them to move like various animals:</p> <table border="0"> <tr> <td>1. Horse</td> <td>2. Bear</td> <td>3. Kangaroo</td> <td>4. Inchworm</td> </tr> <tr> <td>5. Frog</td> <td>6. Stork</td> <td>7. Crab</td> <td></td> </tr> </table>	1. Horse	2. Bear	3. Kangaroo	4. Inchworm	5. Frog	6. Stork	7. Crab	
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10 mins	Warm-up Games	<p>Crows and Cranes – all athletes lined-up at center court. Each athlete has a “partner”. Have athletes face the sideline. Teach the athletic stance. One group are “Crows” and one group are “Cranes”. Coach stands on sideline and faces athletes. If the coach yells “Crows” then crows run and chase the “Cranes”. They must run in a straight line – not all over the gym!! If a “Crane” gets tagged he/she become a crow. The game continues. Yell “crackers” or “crazy” to see if they are listening and have fun! <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p> <p>Rock, Paper, Scissors Tag – athletes get in good athletic stance facing sideline, opposite partner. Play Rock, Paper, Scissors. They determine winner - the winner chases. They must run in straight line when chasing. Use volleyball end-line on either end as safety zone. Once athlete has crossed line that is the safety zone they cannot be tagged. Come back to the centerline and go again. <i>Skills: Running, evading, spatial awareness, decision-making, cooperation</i></p>								
12 mins	Broad-Based Skills Development Games	<p>Bean Bag Toss & Catch - Partners toss bean bag back and forth. Take one step back on catch and one step forward on drop. Teach follow-through, forming basket and absorbing on the catch with hands. <i>Skills: Toss underhand, catching, hand-eye coordination, cooperation</i></p> <p>Wall Passing Game – Partner or groups of 3 - bounce pass the ball to the wall and then move out of the way while the partner grabs the ball and does the same – the game continues. <i>Skills: Passing, catching, hand-eye coordination, cooperation, agility</i></p> <p>Bean Bag Relay – 4 teams, one in each corner of the gym. Bean bags in center circle. Dribble the ball and get a bean bag – bring it back to your “bank”. Get your color and then get whatever color is left. Count up how many as a team. Do again, but you must shoot at a side hoop and can steal from any group – no protecting. Don’t worry about what others are doing – concentrate on making your shot. If you make your shot you get to go get a bean bag. <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control</i></p>								
20 mins	Developmental Sport Specific Games	<p>Magic Circle – Big circle. Teach “ready” position and Triple Threat. Cross-over dribble – changing hands. Eyes up! Body weave; toss-clap hands and catch; pound-pound cross; Closed stance and open stance. <i>Skills: Catching, spatial awareness, balance, agility, coordination, hand-eye coordination</i></p> <p>Shooting – Review how to grip ball. Teach follow-through. Go shoot at a hoop. USE THE BACKBOARD!</p> <p>5 Player Toss Game – 5 in a line – 1,2,3 in line are Offense – 4 & 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate as follows – first person moves to back of line – everyone moves up one spot.</p>								
3 mins	Cool down and debrief	<p>Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>								

Points of Emphasis: **1.** Review and insist on order, routines, and expectations – **BE CONSISTENT!** **2.** ABC’S - Agility, Balance, Coordination & Speed **3.** Work on 2-foot stops and stride stops – Balance is the key! **4.** Introduce the lay-up **5.** Review and add to dribbling and ball-handling **6.** Introduce proper throwing technique **7.** Modified offensive advantage game – 3 vs. 2

Time	Activity	Teaching Points
5 mins	Welcome & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Hand out nametags – say name out loud & have athlete come up to get their tag 4. Review expectations for practice <ol style="list-style-type: none"> a. No speaking when a coach is speaking – LISTEN! b. Do your best c. Have fun d. You will get a drink from your water bottle when coach allows e. If you need to go to the bathroom – ask a coach
3 mins	ABC’S - Warmup with a Basketball	<p>Have athletes line-up with toes on sideline facing the court.</p> <ul style="list-style-type: none"> • Can you dribble across the gym Slow? Fast? Medium speed? • Can you dribble and go low when the whistle blows – keep dribbling? • Skip and run? Hop and dribble? March and dribble? • Run while tossing the ball in the air? Run taking the ball around you waist?
2 mins	ABC’S - Movements	<p>Strong Woman/Strong Man – Review proper athletic stance – knees straight, stick butt out, bend knees. Face partner, put right hands to middle of body chest high, put palms together. Push your palm against your partners. Tighten core.</p> <p>Over-Under Relay – Start at one line, work your way to another line. Make a tight line – start with a pass under (between legs) then the next pass goes over the head – continue. After athlete makes a pass they run to the end of the line. Make several teams and have them compete. First to get to the finish line must sit down, with hands in the air - they are the winners. Can also go left side-right side relay. <i>Skills: Balance, cooperation, spatial awareness, emotional control, bending</i></p>
10 mins	Warm-up Games	<p>High Five Dribbling – everyone, including coaches, are dribbling around court – when you pass by someone you high five them. High five cannot be across the body – must be dribbling with left hand and when you high five someone they must also be dribbling with their left hand. Designate the hand and then do it randomly. Emphasis eyes up and push the ball hard to the floor. Change mode of locomotion.</p> <p>Go, Go, Go, Stop – first without a ball – then with a ball. Start all athletes on the sideline. Coach turns his/her back and yells GO, GO... when he/she yells STOP – athletes must stop with no movement. Coach turns quickly, anyone who is moving is sent back to the start! Teach 2-foot stop and stride stop. If using a ball the athletes stop in “ready” position - ball in shooting pocket. <i>Skills: Running, stopping, spatial awareness, decision-making, listening, balance</i></p>
12 mins	Broad-Based Skills Development Games	<p>Bean Bag Relay – 4 teams – one in each corner of the gym. Bean bags in center circle. Dribble the ball and get a bean bag – bring it back to your “bank”. Get your color and then get whatever color is left. Count up how many as a team. Do again, but you must shoot at a side hoop and steal a bean bag from any group – no protecting. Don’t worry about what others are doing – concentrate on making your shot. If you make your shot you get to go get a bean bag from another “Bank” <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control</i></p> <p>Throw at the Target on the Wall – line up in front of the colored paper on the wall. We have the same colored bean bag/Wiffle ball as paper. First person in line gets proper foot forward and then gets bean bag/Wiffle ball back and throw – if you hit the paper you run and get the proper coloured bean bag. <i>Skills: Throwing, hand-eye coordination, depth perception, teamwork</i></p>
20 mins	Developmental Sport Specific Games	<p>Teach the Lay-Up – start in the ready position. Step right, left and jump off one leg. No dribble to start. Use the back board – hit the square. Jump over the rope.</p> <p>Cone Lay-Ups – All cones in center circle. Partners with foot in center circle. Backboard & In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts).</p> <p>Shooting – Review how to grip ball. Teach follow-through. Go shoot at a hoop. USE THE BACKBOARD!</p> <p>5 Player Toss Game – 5 in a line – 1,2,3 in line are Offense - 4 & 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate as follows – first person moves to back of line - everyone moves up one spot.</p>
3 mins	Cool down and debrief	<p>Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>



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5 mins	Welcome & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Review expectations for practice <ol style="list-style-type: none"> a. No speaking when a coach is speaking – LISTEN! b. Do your best c. Have fun d. You will get a drink from your water bottle when coach allows e. If you need to go to the bathroom – ask a coach
3 mins	ABC'S – Warmup with a Basketball	<p>Have athletes line-up with toes on sideline facing the court.</p> <ul style="list-style-type: none"> • Can you dribble across the gym Slow? Fast? Medium speed? • Can you dribble and go low when the whistle blows – keep dribbling? • Skip and run? Hop and dribble? March and dribble? • Run while tossing the ball in the air? Run taking the ball around you waist? • Speed work - lines across length of the gym. Coach throws ball out to athlete
2 mins	ABC'S - Movements	<p>King/Queen of the Mountain – Partners. Stand facing on 1 foot. One hand with palms together with partner, try to push partner off balance. Same hand and foot. Do not clasp hands. No hopping on foot! Butt back and tighten tummy!</p> <p>Over-Under Relay – Start at one line, work your way to another line. Make a tight line – start with a pass under (between legs) then the next pass goes over the head – continue. After athlete makes a pass they run to the end of the line. Make several teams and have them compete. First to get to the finish line must sit down, with hands in the air - they are the winners. Can also go left side-right side relay. <i>Skills: Balance, cooperation, spatial awareness, emotional control, bending</i></p>
10 mins	Warm-up Games	<p>High Five Dribbling – everyone, including coaches, are dribbling around court – when you pass by someone you high five them. Cannot be across the body – must be dribbling with left hand and when you high five someone they must also be dribbling with their left hand. Designate the hand and then do it randomly. Emphasis eyes up and push the ball hard to the floor. Change mode of locomotion.</p> <p>Dribble Tag – two groups – 1 on each court. Make someone it – they tag and then that person is it. Coaches should play too! Keep the eyes up. Tag like a butterfly.</p> <p>Go, Go, Go, Stop – first without a ball – then with a ball. Start all athletes on the sideline. Coach turns his/her back and yells GO, GO... when he/she yells STOP – athletes must stop with no movement. Coach turns quickly, anyone who is moving is sent back to the start! Teach 2-foot stop and stride stop. If using a ball the athletes stop in “ready” position - ball in shooting pocket. <i>Skills: Running, stopping, spatial awareness, decision-making, listening, balance</i></p>
12 mins	Broad-Based Skills Development Games	<p>Bean Bag Relay – 4 teams – one in each corner of the gym. Bean bags in center circle. Dribble the ball and get a bean bag – bring it back to your “bank”. Get your color and then get whatever color is left. Count up how many as a team. Do again, but you must shoot at a side hoop and steal a bean bag from any group – no protecting. Don't worry about what others are doing – concentrate on making your shot. If you make your shot you get to go get a bean bag from another “Bank” <i>Skills: Running, cooperation, support, balance, spatial awareness, emotional control</i></p> <p>Throw at the Target on the Wall – line up in front of the colored paper on the wall. Have the same colored bean bag/ball as paper. First person gets proper foot forward and then bag/ball back and throw – if you hit the paper you run and get the proper colored bean bag. No more than 4 or 5 in a line. <i>Skills: Throwing, hand-eye coordination, depth perception, teamwork</i></p>
20 mins	Developmental Sport Specific Games	<p>Review/Practice the Lay-Up – start in the ready position. Step right, left and jump off one leg. No dribble to start. Use the back board – hit the square. Jump the rope.</p> <p>Cone Lay-Ups – All cones in center circle. Partners with foot in center circle. Backboard & In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts). Count cones with partner. Same game but now you can steal from others. No protecting cones.</p> <p>Shooting – Review how to grip ball. Teach follow-through. Go shoot at a hoop. USE THE BACKBOARD!</p> <p>5 Player Toss Game – 5 in a line – 1,2,3 in line are Offense – 4 & 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate first person to back, everyone moves up one spot.</p>
3 mins	Cool down and debrief	<p>Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>



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Time	Activity	Teaching Points
5 mins	Welcome & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Review expectations for practice if necessary
3 mins	ABC'S - Warmup with a Basketball	<p>Have athletes line-up with toes on sideline facing the court.</p> <ul style="list-style-type: none"> • Can you dribble across the gym Slow? Fast? Medium speed? • Can you dribble and go low when the whistle blows – keep dribbling? • Skip and run? Hop and dribble? March and dribble? • Run while tossing the ball in the air? Run taking the ball around you waist? • Speed work - lines across length of the gym. Coach throws ball out to athlete
2 mins	ABC'S - Movements	Red, Blue, One Two – athletes line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. Ski jumps) and then when coach yells “Red” or “Blue” the athletes run in that direction. Red is one way, blue is the other. You can add 1 and 2 if they can easily remember red and blue.
10 mins	Warm-up Games	<p>British bulldog – Line-up all athletes on the baseline with a ball. Have one athlete at center court with a ball. Athlete at center calls “British Bulldog” and this signals all athletes to dribble to the other end. If they are tagged they join the taggers. Stay inside the lined of the court. Tag like a butterfly.</p> <p>Box Tag – with a ball. Use badminton courts (usually white lines on court). Line athletes up in opposite corners of the badminton court. One end is “it” and the other end is trying not to get tagged. The idea is to stay in the “box” as long as possible without getting tagged. One person goes at a time from each end of the court. Once tagged, switch ends and next two play the game. <i>Skills: Running, stopping, spatial awareness, change of direction, dribbling</i></p>
12 mins	Broad-Based Skills Development Games	<p>Throw at the Target on the Wall – line up in front of the colored paper on the wall. Have the same colored bean bag/ball as paper. First person gets proper foot forward and then bag/ball back and throw – if you hit the paper you run and get the proper colored bean bag. No more than 4 or 5 in a line. <i>Skills: Throwing, hand-eye coordination, depth perception, teamwork</i></p> <p>Skill Relays – 4 - 6 teams – speed dribbling the width of the court in a relay. Walk and roll the ball between the legs – then dribble back to line – pass to next person. <i>Skills: Running, cooperation, support, spatial awareness, emotional control</i></p>
20 mins	Developmental Sport Specific Games	<p>Practice the Lay-Up – Start in the ready position. Step right, left and jump off one leg. Add dribble if ready. Use the back board – hit the square.</p> <p>Cone Lay-Ups – All cones in center circle. Partners with foot in center circle. Backboard & In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts). Count cones with partner. Same game but now you can steal from others. No protecting cones. <i>Skills: Catching, dribbling, passing, lay-ups, agility, coordination, teamwork</i></p> <p>Shooting – Review how to grip ball. Teach follow-through. Go shoot at a hoop. USE THE BACKBOARD!</p> <p>5 Player Toss Game – 5 in a line – 1,2,3 in line are Offense – 4 & 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate first person to back, everyone moves up one spot.</p>
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3 mins	Welcome & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Review expectations for practice if necessary
4 mins	ABC'S Warmup	Ladder Drills – Have athletes line-up with toes on sideline facing the court. Make 4 lines of 6 athletes. Run – quick feet; Bunny hop; Star Jump; Hopscotch; Be creative!!!
5 mins	ABC'S - Movements	Red, Blue, One Two – athletes line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. Ski jumps) and then when coach yells “Red” or “Blue” the athletes run in that direction. Red is one way, blue is the other. You can add 1 and 2 if they can easily remember red and blue.
10 mins	Warm-up Games	<p>British bulldog – Line-up all athletes on the baseline with a ball. Have one athlete at center court with a ball. Athlete at center calls “British Bulldog” and this signals all athletes to dribble to the other end. If they are tagged they join the taggers. Stay inside the lined of the court. Tag like a butterfly.</p> <p>Box Tag – with a ball. Use badminton courts (usually white lines on court). Line athletes up in opposite corners of the badminton court. One end is “it” and the other end is trying not to get tagged. The idea is to stay in the “box” as long as possible without getting tagged. One person goes at a time from each end of the court. Once tagged, switch ends and next two play the game. <i>Skills: Running, stopping, spatial awareness, change of direction, dribbling</i></p>
15 mins	Broad-Based Skills Development Games	<p>Bean Bag/Ball Toss – Divide each age group into 2 teams. Hoops are placed down the floor in front of lines. 1st hoop = 1 point / 2nd hoop = 2 points / 3rd hoop = 3 points. Run and get the Bean Bag and pass to next person in line. <i>Skills: Running, spatial awareness, underhand throwing, kinesthetic differentiation, hand-eye coordination, depth perception, teamwork</i></p> <p>Skill Relays – 4 - 6 teams – Set out cones – dribble through the cones – always be sure to be dribbling with the hand furthest from the cone. Then pass the ball at the target (paper) – hit it 2 times, then dribble length of the court and shoot a lay-up. Add various skills and make it a relay. <i>Skills: Running, co-operation, support, spatial awareness, emotional control</i></p>
20 mins	Developmental Sport Specific Games	<p>Magic Circle – dribbling; catching; stances etc. Coach to lead.</p> <p>Practice the Lay-Up – Start in the ready position. Step right, left and jump off one leg. Add dribble if ready. Use the back board – hit the square.</p> <p>Cone Lay-Ups – All cones in center circle. Partners with foot in center circle. Backboard & In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts). Count cones with partner. Same game but now you can steal from others. No protecting cones. <i>Skills: Catching, dribbling, passing, lay-ups, agility, co-ordination, teamwork</i></p> <p>Shooting – Review how to grip ball. Teach follow-through. Go shoot at a hoop. USE THE BACKBOARD!</p> <p>5 Player Toss Game – 5 in a line – 1,2,3 in line are Offense – 4 & 5 are defense. Emphasize spacing and attacking the hoop with pass, cut or dribble. Rotate first person to back, everyone moves up one spot.</p>
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3 mins	Welcome & Expectations	<ol style="list-style-type: none"> 1. Call athletes to center circle 2. Have them sit with bums on circle – insist that they sit 3. Review expectations for practice if necessary
4 mins	ABC'S Warmup	Have athletes line-up with toes on sideline facing the court. Jog there and back; march; skip; carioca; wobbly run; hop side to side/forward and back on 2 feet; balance on 1 foot – airplane!
10 mins	Warm-up Games	<p>Partner Dribble Knock Away – Blow the whistle and then change partners. Be sure to get the athletes to change hands with the dribble. Show how to create space and then go back at the ball.</p> <p>Throwing Tag – Use the foam balls to throw. Get one athlete to be “it” to start. If hit by the ball you are “it”. Add another ball to the mix – now 2 “its”. Use two courts to get more movement and playing.</p>
12 mins	Broad-Based Skills Development Games	<p>Skill Relays – 4 - 6 teams. Speed Dribble; Through cones; passing; crab walk with ball on tummy; walk with ball through legs; 2 ball dribbling etc. <i>Skills: Running, co-operation, support, spatial awareness, emotional control</i></p> <p>Foot Fire and Stance – Coach yells “Stance” and the athletes get in a stance and they growl. Then stutter or foot fire; point right, left or back and the athletes hip turn; coach points to the floor and they get on the floor to grab a loose ball; coach points to the roof and the athletes grab a rebound and they yell “rip” – you can add bacon and barnacle for fun! <i>Skills: Balance, agility, spatial awareness, leg strength, jumping, turning; listening</i></p>
25 mins	Developmental Sport Specific Games	<p>Continue to Build the Lay-Up – use the dribble – go from different spots on the floor. Coach step in to have the athlete change direction on the dribble and then go for the lay-up. Can move to 2 on 1 if athlete ready.</p> <p>Cone Lay-Ups – All cones in center circle. Partners with foot in center circle. Backboard & In = Orange cone (2 pts). Backboard but Not In = Yellow cone (1 pt). In the hoop but No Backboard (0 pts). Count cones with partner. Same game but now you can steal from others. No protecting cones. <i>Skills: Catching, dribbling, passing, lay-ups, agility, co-ordination, teamwork</i></p> <p>Shooting – Review how to grip ball. Teach follow-through. Go shoot at a hoop. USE THE BACKBOARD!</p> <p>4 on 4 Games – Full-court if space or half-court if not enough. If too many athletes then go 5 on 5.</p>
3 mins	Cool down and debrief	Bring all athletes back to center circle – everyone sitting with bums on the circle. Do not speak until everyone is quiet. All eyes, all ears on you! <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i>



Points of Emphasis: **1.** Review and insist on order, routines, and expectations – **BE CONSISTENT!** **2.** ABC'S - Agility, Balance, Coordination & Speed **3.** Review and add to dribbling and ball-handling **4.** Review defensive stance, foot fire and hip turns **5.** Review a full-court 4 on 4 game

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