



# Basketball Practice Plans



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 5 to 6

Progressing from the 4 and Under age group, players can now revisit the tactical components of possession and attack while adding a closer look at defending.

## OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The Y's four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing basketball. For example, playing cooperatively with teammates shows that you care about them.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to young children gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising their hand when they foul someone or playing cooperatively with the others on the team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.



# Basketball Session 1



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 Ages: 5 to 6

**Coach:**

**Team:**

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### Practice Goals


- Improve Ballhandling
  - Offensive footwork
  - Shooting form and footwork
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Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle:</b> <b>Four Core Values</b>	<p>Gather players into a circle with one ball.</p> <p><b>SAY:</b> "Everyone hand the ball to the one next to you until it makes it around the whole circle." After the ball has gone around the circle one time, have it passed to you.</p> <p><b>SAY:</b> "We play basketball to be more healthy and fit, but it also teaches us to become good teammates and good people. This season we will talk about four qualities of a good person and teammate: caring, honesty, respect, and responsibility. Our team needs to have all of these qualities in our practices and games.</p> <p>Remember, we can't be a team without each of you doing your part. Let's pass the ball to each other and say one of the care values before you pass. This will help you remember to use all four of the qualities so we can work together."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <p><a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a></p>
5 mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <p><a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a></p>
10 mins.	<b>Ballhandling Series</b>	<p><b>INDIVIDUAL</b></p> <p>Have them try the following activities stationary and/or moving:</p> <p>Basic ballhandling (without dribble), stationary</p> <ul style="list-style-type: none"> <li>• Ball Slaps</li> <li>• Fingertip Movements</li> <li>• Ball Circles</li> <li>• Figure 8</li> </ul> <p>Better ballhandling, stationary and moving</p> <ul style="list-style-type: none"> <li>• Pound Dribble</li> <li>• In and Out Dribble</li> <li>• Back and Forth Dribble</li> </ul>	 <p>Basic Ball-handling (without dribble):</p> <p><a href="https://sportsedtv.co/3AMFWad">https://sportsedtv.co/3AMFWad</a></p>  <p>Better Ballhandling:</p> <p><a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a></p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Passing</b>	<p><b>PAIRS</b></p> <p>Have players line up about six to ten feet from each other and practice these passes:</p> <ul style="list-style-type: none"> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Overhead Pass</li> </ul>	 <p><a href="https://sportsedtv.co/3snZkrd">https://sportsedtv.co/3snZkrd</a></p>
10 mins.	<b>Spot Shooting for Beginners</b>	<p><b>PAIRS</b></p> <p>Partners practice shooting around the key or at select spots They keep track of the number of baskets made.</p>	 <p><a href="https://sportsedtv.co/3m5FKP5">https://sportsedtv.co/3m5FKP5</a></p>
10 mins.	<b>Give and Go Shooting</b>	<p><b>INDIVIDUAL</b></p> <p>The Give and Go is often one of the first passing motions taught to players at the beginning level.</p> <p>Placement options:</p> <ul style="list-style-type: none"> <li>• Half-court wing</li> <li>• Half-court center</li> <li>• Baseline</li> </ul>	 <p><a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</a></p>
10 mins.	<b>Passing Game</b>	<p><b>TWO VERSUS ONE, MODIFIED HALF-COURT GAME</b></p> <p>Two players become partners and play against one defensive player. No dribbling. The point of the game is for the offense to score a basket or the defense to get a stop. Rotate players (defense goes to offense, offense player 2 moves to offense player 1, offense player 1 goes to the back of the line and a new defender comes in.</p>	N/A
60 mins.	<b>TOTAL TIME</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Basketball Session 2



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 **Ages: 5 to 6**

**Coach:**





**Team:**



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**Practice Goals:**

- Finishing around the basket
  - Offensive and defensive footwork
  - Offensive teamwork
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Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Responsibility</b>	<p>Gather players into a group.</p> <p><b>SAY:</b> "Here are three things to do at practice:</p> <ul style="list-style-type: none"> <li>• Be ready to play.</li> <li>• Learn and improve your skills and work with others.</li> <li>• Have fun.</li> </ul> <p>I'm going to give you a way to remember these three things. It's called a 'team motto.' Our team motto is 'Play hard, play fair, and have fun!' Let's say it together out loud. That's great. Be sure to remember our team motto and put it into practice."</p> <p>-----</p>	N/A



Time	Activity	Activity Description	Video Tutorial
<b>5</b> mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <p><a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a></p>
<b>5</b> mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <p><a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a></p>
<b>5</b> mins.	<b>How to Power Layup</b> (Continue from layup lines.)	<p>The purpose of a power layup is to add more power throughout the body in order to absorb the defense while still maintaining body control and control of the basketball. In a power layup, the player leaves the ground with both feet, exploding to the basket, rather than off of one foot like a regular layup.</p>	 <p><a href="https://sportsedtv.co/3yVpTGH">https://sportsedtv.co/3yVpTGH</a></p>
<b>10</b> mins.	<b>Level 1 Shooting: Off the Dribble</b>	<p><b>INDIVIDUAL</b></p> <p>In this drill, players learn how to string together several combination dribbling moves to improve shooting off the dribble.</p> <p>Set up cones beyond the three-point line and have the players dribble through them, finishing with a layup or jump shot. Make the moves more difficult to progress with the drill.</p>	 <p><a href="https://sportsedtv.co/3xU8e0F">https://sportsedtv.co/3xU8e0F</a></p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Improving Defensive Stance</b>	<b>INDIVIDUAL</b> Have the players line up in the corner of the court. Explain the proper defensive stance and have the players roll a ball along the line to keep proper positioning.	 <a href="https://sportsedtv.co/2UpJ64c">https://sportsedtv.co/2UpJ64c</a>
5 mins.	<b>Slide and Backpedal Square Drill</b>	The Defensive Slide and Backpedal Square drill is a foundational exercise for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint; defensive slide; backpedal; and, most importantly, change of direction and change of pace to complete the sequence. This drill is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.	 <a href="https://sportsedtv.co/3ALbCwD">https://sportsedtv.co/3ALbCwD</a>
15 mins.	<b>Shooting Game</b>	<b>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</b> Players earn one point if they hit the backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations.	N/A
55 mins.	<b>TOTAL TIME</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Basketball Session 3



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Ages: 5 to 6

**Coach:**

**Team:**





**Practice Goals:**



- Finishing around the basket
- Change of pace
- Ball handling confidence

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Responsibility</b>	<p>Gather players into a group between two cones about 10 feet apart. Stand in the middle of the circle with a ball.</p> <p><b>SAY:</b> "I am going to show you two different ways to handle the same situation. Think about which is the best way to handle this."</p> <p>Choose a player to receive a pass from you. Make a bad pass and then stomp angrily away from the group. Retrieve the ball and make another bad pass. This time, run to get the ball and make a pass that goes directly to the player.</p> <p><b>SAY:</b> "If you think the first response is the way to handle making a bad pass, stand next to this cone. If you think the second way is better, stand next to this one."</p> <p>Ask players to explain their choices.</p> <p><b>SAY:</b> "It's important to be a good sport in basketball."</p> <p>Highlight how and why.</p> <p><b>SAY:</b> "That's being responsible to your teammates."</p>	N/A





Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <p><a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a></p>
5 mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <p><a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a></p>
5 mins.	<b>Ballhandling Series</b>	<p><b>INDIVIDUAL</b></p> <p>Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving:</p> <ul style="list-style-type: none"> <li>• Pound Dribble</li> <li>• In and Out Dribble</li> <li>• Back and Forth Dribble</li> </ul>	 <p><a href="https://sportsedtv.co/3sos172">https://sportsedtv.co/3sos172</a></p>
5 mins.	<b>Crossover Dribbling Series</b>	<p><b>INDIVIDUAL</b></p> <p>Each player has a ball to practice dribbling. Have them try the following activities stationary and/or moving:</p> <ul style="list-style-type: none"> <li>• Crossover Dribble</li> <li>• Crossover Dribble Wide</li> <li>• Between-the-Legs Crossover</li> <li>• Behind-the-Back Dribble</li> </ul>	 <p><a href="https://sportsedtv.co/3jWIKe2">https://sportsedtv.co/3jWIKe2</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Curl Progression Drill</b>	<p><b>INDIVIDUAL</b></p> <p>This drill establishes and improves footwork and shooting skills when the defender is trailing. Three cones and a passer are needed to begin.</p> <p>Players line up under the basket to one side. Each player focuses on having their hands in a shot-ready position and calling for the ball. Each player plants with their inside foot and shoots straight up and down. This drill advances by curling around the cone farther and farther from the basket.</p>	 <p><a href="https://sportsedtv.co/3snL2a1">https://sportsedtv.co/3snL2a1</a></p>
<b>5</b> mins.	<b>Change of Pace Chase Down</b>	<p><b>INDIVIDUAL</b></p> <p>Players line up across the baseline, arm's length or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.</p>	 <p><a href="https://sportsedtv.co/3yRF4R5">https://sportsedtv.co/3yRF4R5</a></p>
<b>15</b> mins.	<b>Dribbling Game</b>	<p><b>ONE VERSUS ONE, MODIFIED HALF-COURT</b></p> <p>Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. Their opponent plays cooperative defense. No traveling or double dribble violations are called.</p>	N/A
<b>55</b> mins.	<b>TOTAL TIME</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Basketball Session 4



FOR YOUTH DEVELOPMENT®  
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 Ages: 5 to 6

**Coach:**

**Team:**

**Practice Goals:**

- Improve rebounding fundamentals and skills
- Increase basketball IQ
- Offensive teamwork

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Honesty</b>	<p>Gather players into a group near two cones about 10 feet apart.</p> <p><b>SAY:</b> "What is a foul?"</p> <p>Listen to their responses. Choose a player to help demonstrate responses (include pushing, bumping players, and tripping).</p> <p><b>SAY:</b> "Should you admit to a foul if no one sees it? Those who think 'Yes,' stand at this cone. Those who think 'No,' stand at this one."</p> <p>Wait for players to choose.</p> <p><b>SAY:</b> "When you know you've fouled, you should raise your hand. You should never take unfair advantage of other players. Can you think of other ways honesty is practiced on the court?"</p> <p>Listen to responses and discuss.</p> <p><b>SAY:</b> "All of those show honesty."</p>	N/A



**5**  
mins.

**Dynamic Warm-Up**

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke



<https://sportsedtv.co/3xPMV0g>

**5**  
mins.

**Layup Lines**

**INDIVIDUAL**

Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.



<https://sportsedtv.co/382yATP>

**5**  
mins.

**Three-to-Five-Second Box-Out Drill**

This is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.



<https://sportsedtv.co/3CRKtd8>

**10**  
mins.

**Rebound Drill With Outlet Pass**

This drill focuses on lateral footwork, boxing out, grabbing the rebound, and passing in the right direction to a teammate.



<https://sportsedtv.co/3m5SSnl>

**10** mins. **How to Read the Defense**

**INDIVIDUAL**

This video teaches the identifiers what to look for in the defense and how to score based on defensive positioning. Once this is explained to the players, have them line up; the coach plays the defensive call. Start in the paint and work backward for more difficulty.



<https://sportsedtv.co/3CTIHbE>

**15** mins. **Offensive Teamwork Game**

**THREE VERSUS THREE SHORT-COURT GAME**

N/A

Limit players to dribbling three times or fewer before passing (modify the number of dribbles as necessary). Call modified double dribble and traveling violations.

For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps without dribbling the ball before a traveling violation is called.

If a violation occurs, the team's opponent takes a turn; also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. Remove modifications to challenge the players.

**55** mins. **TOTAL TIME**

*Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.*



# Basketball Session 5



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Ages: 5 to 6

**Coach:**






**Team:**


**Practice Goals:**

- Defensive footwork and fundamentals
- Improve ballhandling
- Offensive teamwork

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Responsibility</b>	<p>Gather players into a group near two cones about 10 feet apart. Choose two players to help role-play. Set up a triangle of you and the two players. Let the children know you're role-playing with them. Each of you take turns passing. When it's your turn, miss the pass and role-play as a player.</p> <p><b>SAY:</b> "I couldn't get that pass. It was your fault. You made a bad pass."</p> <p>Now role-play as a coach.</p> <p><b>SAY:</b> "I want you to think about players who make excuses and blame others for their mistakes. Stand at this cone if you think it's OK to make excuses when you make mistakes. Stand at this cone if you think you should try to learn to take responsibility for your actions."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <p><a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a></p>
5 mins.	<b>Lateral Quickness Builder</b>	<p>Have players complete the footwork movements shown in this video. These movements can be done with or without an agility ladder.</p>	 <p><a href="https://sportsedtv.co/3m2SJBg">https://sportsedtv.co/3m2SJBg</a></p>
5 mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <p><a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a></p>
5 mins.	<b>The Parrot Drill</b>	<p><b>PARTNERS</b></p> <p>Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently.</p>	 <p><a href="https://sportsedtv.co/37Ko5UZ">https://sportsedtv.co/37Ko5UZ</a></p>
5 mins.	<b>Passing Off the Dribble</b>	<p><b>PAIRS</b></p> <p>Have players about eight to ten feet apart and practice passing off the dribble. One player takes a few dribbles and takes a step toward their teammate as they pass the ball.</p>	 <p><a href="https://sportsedtv.co/3yO9i7s">https://sportsedtv.co/3yO9i7s</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Dribble Pull Up Shooting</b>	<b>INDIVIDUAL</b> Set up cones around the key, mid-range, or three-point line depending on the difficulty. Have the players attack each cone with two to three dribbles and pull up to shoot. Players should start in a line at a designated spot on the court.	 <a href="https://sportsedtv.co/3m5sFp8">https://sportsedtv.co/3m5sFp8</a>
<b>15</b> mins.	<b>Dribbling Game</b>	<p><b>THREE VERSUS TWO, MODIFIED HALF-COURT GAME</b></p> <p>Three players play offense and two players defend, then two offensive players must switch roles with the defensive players. Switch at least twice so all players get to play defense. Players earn a point if they keep possession of the ball (dribble with control) until they shoot or attempt a shot close to the basket.</p> <p>Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps while not dribbling before a traveling violation is called. If a violation occurs, the team's opponent takes a turn.</p>	N/A
<b>55</b> mins.	<b>TOTAL TIME</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	





# Basketball Session 6



FOR YOUTH DEVELOPMENT®  
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 Ages: 5 to 6

**Coach:**





**Team:**



**Practice Goals:**

- Defensive footwork and fundamentals
- Offensive footwork and moves
- Offensive movement and teamwork

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle:</b> <b>Caring</b>	<p>Gather players into a circle. Stand in the middle of the circle with a ball. Choose two players to pass the ball with you.</p> <p><b>SAY:</b> "We're going to work on our passing skills."</p> <p>Pass repeatedly to them and not the others.</p> <p><b>SAY:</b> "Tell me how you felt to have only two players get the passes."</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "Sharing the ball with your teammates shows you care about them. What other things can you do to show you care about your teammates?"</p> <p>Their responses should include encouragement, positive comments for good play, forgiving players who make mistakes, and so on.</p> <p><b>SAY:</b> "Good. Those are all ways you can show you care."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
<b>5</b> mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <p><a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a></p>
<b>5</b> mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <p><a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a></p>
<b>5</b> mins.	<b>Slide Pedal Charge Drill</b>	<p>The Slide Pedal Charge drill is a great drill for defensive footwork at all ages. This drill works on all facets of defense, including sliding laterally left to right, sprinting front and back, and establishing a stance and taking a charge.</p> <p>At the beginner level, this drill teaches proper footwork and stance in order to develop sound defensive habits. This is a very important aspect of a game to establish early on.</p> <p>At an intermediate and advanced level, this drill progresses by adding speed to increase difficulty, longer run times to work on conditioning, and faster movements to develop and improve footwork.</p>	 <p><a href="https://sportsedtv.co/3m8uEJh">https://sportsedtv.co/3m8uEJh</a></p>
<b>10</b> mins.	<b>The Mirror Drill</b>	<p><b>PAIRS</b></p> <p>First, the pairs start stationary for a proper defensive stance warm-up for about two minutes.</p> <p>Then the pairs begin gradually dribbling faster in a zigzag motion. The offensive player changes speed and direction, while the defender reacts to the moves. The players move down the length of floor, and then switch roles.</p>	 <p><a href="https://sportsedtv.co/3jYABpq">https://sportsedtv.co/3jYABpq</a></p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Shot Fakes, Jab Steps, Cross Steps</b>	<b>INDIVIDUAL</b> Have the players spread across the baseline or in one line in the corner. This activity introduces shot fakes, jab steps, and cross steps. Have the players mimic each move in a triple threat stance, and then mix up the call.	 <a href="https://sportsedtv.co/3iStFe8">https://sportsedtv.co/3iStFe8</a>
10 mins.	<b>Spot Shooting for Beginners</b>	<b>PAIRS</b> Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.	 <a href="https://sportsedtv.co/3m5FKP5">https://sportsedtv.co/3m5FKP5</a>
10 mins.	<b>Position and Movement Game</b>	<b>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</b> If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps while not dribbling before a traveling violation is called. If a violation occurs, the team's opponent takes a turn. The focus of this game is to force the players to move to the open spot, and utilize each other to score.	N/A
55 mins.	<b>TOTAL TIME</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Basketball Session 7



FOR YOUTH DEVELOPMENT®  
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 **Ages: 5 to 6**

**Coach:**





**Team:**


**Practice Goals:**

- Defensive principles
- Shooting with a defender
- Offensive execution

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Responsibility</b>	<p>Gather players into a circle.</p> <p><b>SAY:</b> "I want everyone to run in a circle, following the person in front of you, without bumping into each other. Keep a space about as long as a bicycle between you, and don't go ahead of the person in front of you."</p> <p>Encourage players to run slowly enough to follow all the directions. Continue the activity for one minute.</p> <p><b>SAY:</b> "Everyone stop. Did you bump into each other? Did anyone get upset with the person in front of you? You kept your body under control by not going ahead of the person in front of you. You kept your emotions under control by not getting upset with the person ahead of you. They couldn't move any faster since you were all running in a circle as a group. Everyone can stay safe and learn when everyone is responsible for themselves."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
<b>5</b> mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a>
<b>5</b> mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>
<b>10</b> mins.	<b>How to Close Out</b>	<p><b>INDIVIDUAL</b></p> <p>Also known as the star drill. Set up cones around the three-point line. After teaching a proper close out stance on each side, arrange players in one line under the basket. They will sprint out to each cone to close out the imaginary defender and backpedal to the basket before sprinting toward the next cone. Emphasize communication, footwork, and stance.</p>	 <a href="https://sportsedtv.co/3AJYJm">https://sportsedtv.co/3AJYJm</a>
<b>10</b> mins.	<b>How to Read the Defense</b>	<p><b>INDIVIDUAL</b></p> <p>This video teaches the identifiers what to look for in the defense and how to score based on defensive positioning. Once this is explained to the players, have them line up; the coach plays the defensive call. Start in the paint and work backward for more difficulty.</p>	 <a href="https://sportsedtv.co/3CTIHbE">https://sportsedtv.co/3CTIHbE</a>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Rebound Drill With Outlet Pass</b>	This drill will focus on lateral footwork, boxing out, grabbing the rebound, and passing in the right direction to a teammate.	 <a href="https://sportsedtv.co/3m5SSnl">https://sportsedtv.co/3m5SSnl</a>
<b>10</b> mins.	<b>Shooting Game</b>	<b>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</b> Players earn one point if they hit the backboard or the rim of a modified basket and two points if it goes into the basket. Designate the area (such as the lane) from which players must shoot to earn points. Call out all regular game violations.	N/A
<b>55</b> mins.	<b>TOTAL TIME</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Basketball Session 8



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Ages: 5 to 6

**Coach:**





**Team:**

**Practice Goals:**




- Speed, agility, and footwork
- Ballhandling execution
- Offensive teamwork

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Responsibility</b>	<p>Gather players into a circle. Stand in the center of the circle with a ball. Ask players to call to you and raise their hand if they are in a good position for a pass. Dribble the ball inside the circle, but do not pass to anyone.</p> <p>Continue for about one minute.</p> <p><b>SAY:</b> "Did I share the ball with anyone?"</p> <p>Wait for their responses.</p> <p><b>SAY:</b> "Do you think that is good teamwork? What is good teamwork?"</p> <p>Listen to their responses. Repeat the activity, but this time pass to players who call and raise their hands.</p> <p><b>SAY:</b> "Teamwork is when all players are working together, not just keeping the ball to themselves. Responsible team members get in position to receive a good pass. They don't always pass to the same person. And they always work hard."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Dynamic Warm-Up</b>	<p>Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.</p> <ol style="list-style-type: none"> <li>1. Jog and Backpedal</li> <li>2. Butt Kicks</li> <li>3. High Knees</li> <li>4. Lunge and Twist</li> <li>5. Side Lunge Both Sides</li> <li>6. Karaoke</li> </ol>	 <p><a href="https://sportsedtv.co/3xPMV0g">https://sportsedtv.co/3xPMV0g</a></p>
5 mins.	<b>Layup Lines</b>	<p><b>INDIVIDUAL</b></p> <p>Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.</p>	 <p><a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a></p>
5 mins.	<b>The Parrot Drill</b>	<p>Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently.</p>	 <p><a href="https://sportsedtv.co/37Ko5UZ">https://sportsedtv.co/37Ko5UZ</a></p>
5 mins.	<b>Change of Pace Chase Down</b>	<p><b>INDIVIDUAL</b></p> <p>Players line up across the baseline, arm's length or more apart; on a signal, they begin dribbling down the court. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds). Half-court or full-court option.</p>	 <p><a href="https://sportsedtv.co/3yRF4R5">https://sportsedtv.co/3yRF4R5</a></p>



Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Three-to-Five-Second Box-Out Drill</b>	This is a fundamental basketball drill used to teach beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents. Have two players, one offensive and one defensive, line up in a rebounding stance. Have the defensive player hold their box out for three to five seconds as the offensive player moves around and tries to get the rebound. Each rebound should be secured by the defensive player in order to switch players.	 <a href="https://sportsedtv.co/3CRKtd8">https://sportsedtv.co/3CRKtd8</a>
5 mins.	<b>Chair Crossover</b>	<b>INDIVIDUAL</b> Have the players line up on the baseline. This drill teaches how to effectively complete several combo and crossover moves with a chair. Cones can replace chairs, as necessary.	 <a href="https://sportsedtv.co/37SMnMC">https://sportsedtv.co/37SMnMC</a>
10 mins.	<b>Dribble Pull Up Shooting</b>	<b>INDIVIDUAL</b> Set up cones around the key, mid-range, or three-point line depending on difficulty. Have the players attack each cone with two to three dribbles and pull up to shoot. Players should start in a line at a designated spot on the court.	 <a href="https://sportsedtv.co/3m5sFp8">https://sportsedtv.co/3m5sFp8</a>
10 mins.	<b>Offensive Teamwork Game</b>	<b>THREE VERSUS THREE, SHORT-COURT GAME</b> Limit players to dribbling three times or fewer before passing (modify the number of dribbles as necessary). Call modified double dribble and traveling violations.  For example, a player can stop and start toward the basket three times before a double dribble violation is called, and a player can take four steps without dribbling the ball before a traveling violation is called. If a violation occurs, the team's opponent takes a turn; also call modified foul violations. This allows the defender to touch the ball, but not the opponent. If a violation occurs, the opponent gets the ball. Remove modifications to challenge the players.	N/A
55 mins.	<b>TOTAL TIME</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Basketball Session 9



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Ages: 5 to 6

**Coach:**

**Team:**

**Practice Goals:**

- Defensive speed, agility, and footwork
- Offensive movements
- Moving without the ball

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle:</b> <b>Caring</b>	<p>Gather players into a group near the basket. Have a ball ready. Ask a child in the group to pass to you. Shoot at the basket and miss completely. Retrieve the ball and make a bad pass.</p> <p><b>SAY:</b> "That shot wasn't very good, was it?"</p> <p>How about that pass? Those were mistakes. What could you say to your teammates when they make mistakes?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "What could you say to make your teammate feel better? What could you say to make them feel worse?"</p> <p>Listen to their responses. Have players change the unsupportive, negative comments to positive ones.</p> <p><b>SAY:</b> "It's very important to forgive mistakes and be understanding of others, just as you would want them to be of you. Making mistakes is part of learning. Saying something that makes your teammates feel better shows you care about them."</p>	N/A



**5**  
mins. **Dynamic Warm-Up**

Use these six movements as detailed in the Dynamic Warm-Up Series to activate and warm up the full body, including the quads, hamstrings, hips, core, and important joints like the knees and ankles.

1. Jog and Backpedal
2. Butt Kicks
3. High Knees
4. Lunge and Twist
5. Side Lunge Both Sides
6. Karaoke



<https://sportsedtv.co/3xPMV0g>

**5**  
mins. **Layup Lines**

**INDIVIDUAL**

Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.



<https://sportsedtv.co/382yATP>

**5**  
mins. **Improving Defensive Stance**

**INDIVIDUAL**

Have the players line up in the corner of the court. Explain the proper defensive stance and have the players roll a ball along the line to keep proper positioning.



<https://sportsedtv.co/2UpJ64c>

**5**  
mins. **Slide and Backpedal Square Drill**

This is a foundational exercise for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint; defensive slide; backpedal; and, most importantly, change of direction and change of pace to complete the sequence. This drill is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.



<https://sportsedtv.co/3ALbCwD>

**10**  
mins. **Give-and-Go Shooting**

**INDIVIDUAL**

The Give and Go is often one of the first passing motions taught to players at the beginning level.

Placement options:

- Half-court wing
- Half-court center
- Baseline



<https://sportsedtv.co/3xRHspE>

**5**  
mins.

**Following Your Shot**

**INDIVIDUAL**

Line up players at a specific spot on the court. Have them shoot and chase their rebound down with a one- or two-bounce rule based on age. Move to different spots on the court.



<https://sportsedtv.co/3g8STmS>

**15**  
mins.

**Dribbling Game**

**ONE VERSUS ONE, MODIFIED HALF-COURT**

N/A

Explain how to start and restart the game. Each player attempts to dribble and shoot at a target. Their opponent plays cooperative defense. No traveling or double dribble violations are called.

**55**  
mins.

**TOTAL TIME**

*Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.*