



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BASKETBALL DRILLS & SAMPLE PRACTICE PLANS BASKETBALL



SACRAMENTO CENTRAL YMCA

YMCA of Superior California

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BASKETBALL

Table of Contents

Letter to Coaches	3
YMCA Philosophy.....	4
Practice Plan	5
Coaches During	6
Warm Up	7
Fitness and Coordination	8
Coaching on How to Dribble	9
Dribbling Drills.....	10-11
Coaching on How to Shoot.....	12
Shooting Drills.....	13
Coach on How to Pass	14
Passing Drills.....	15
Defense Drills.....	16
Sample Practices	17-18

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FOR YOUTH DEVELOPMENT®
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Dear Volunteer Coach,

The YMCA of Superior California welcomes you to the Youth Sports Program! A goal of the Sacramento YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of all YMCA Youth Sports. Non-competitive games (except 10-13 yr olds score will be kept) are a part of every season, and each child will play an equal amount of time in every game. (as close as possible based on roster of team) Of course, a FUN and friendly environment is characteristic of all YMCA programs.

Thank you for volunteering your time to coach in our youth sports leagues! By volunteering, you are clearly aware of how important your role is to the children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened. To ensure that all children in our programs we ask that you get fingerprinted every three years.

Thank you in advance for taking the time and volunteering. Your time and volunteerism is greatly appreciated! Feel free to contact me with any questions. **Thank you, and enjoy the Season!**

Sincerely,

KJ Johnson

Sports Director

Sacramento Area

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Youth Sports Philosophy:

The YMCA's philosophy is "Athletes First, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

YMCA Sports: 7 Pillars

1. **Everyone plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.
2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
3. **Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Super Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Super Sports.
5. **Family involvement.** YMCA Youth Super Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.
6. **Sport for all.** YMCA Youth Super Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.
7. **Sport for fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

PRACTICE PLAN

Be organized yet flexible with practice plans

- warm up with light cardio
- Plenty of activity
- Maximum use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

Giving Explanations

- Clear and concise
- Short and to the point
- Done with enthusiasm

Showing Demonstrations

- Clearly seen by all
- Repeated multiple times from all angles
- Make sure all get to try same amount of times



Coaches During.....

Coaches During Practice

Recruit parents to help with practice

Always be positive, encouraging and constructive

Plan ahead of time for practice

Coaches During Games

Things to remind players of during game play

1. Which basket is theirs
2. Don't forget to dribble
3. Who they are guarding
4. Passing
5. Don't reach...hands up!
6. Spread out...move around
- 7. HOW GREAT THEY ARE DOING!**

Ensure different players get a chance to bring the ball up the court

Keep track of time and your substitutions

Be sure all play equal amount of time

Explain something when they look confused, frustrated, or discouraged.



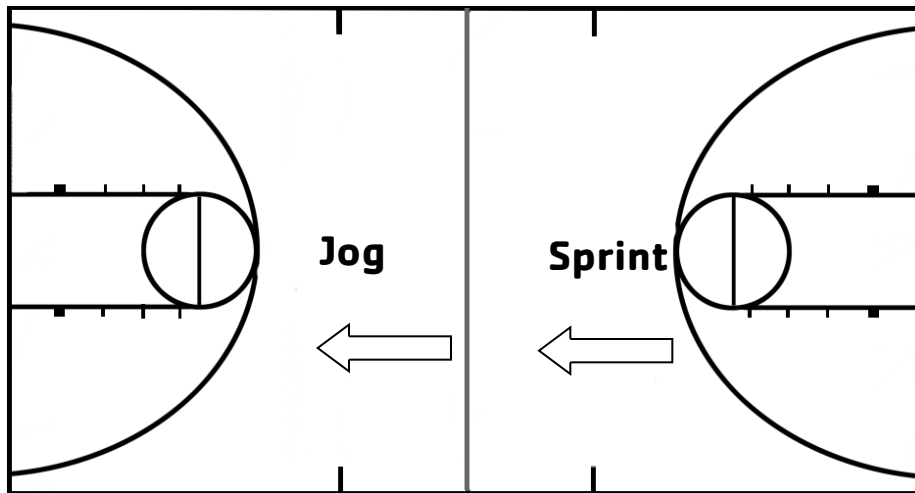
Warm-Up

Begin each practice with a 5 to 10 minutes of warm-up activities to get players loosened up and ready to go.

- Running, Speed walking (to the other side and back)
- Hopping (like a bunny rabbit) (to the other side and back)
- Skipping (to the other side and back)
- Bar crawl (to one side, then do crab walk back)
- Running (to the other side and back)
- High knees (to the other side and back)
- Lunges (lung half court, then run and back)
- Back pedal (to the other side and back)
- Step Slide (to the other side and back)
- Dribbling walking (to the other side and back)
- Dribbling jogging (to the other side and back)

Fitness and Coordination Drills

1. Sprint/ Jog



2. Relay Race: Break players into 2 teams. Have players line up on the baseline.

Relay race examples: running, bunny hops, skipping, dribbling etc.

3. Simon Says ("Coaches says")

4. Line Sprints: Start at baseline, Sprint to the free throw line, then back to baseline, half court and back, free throw line on opposite side and back, baseline and back.

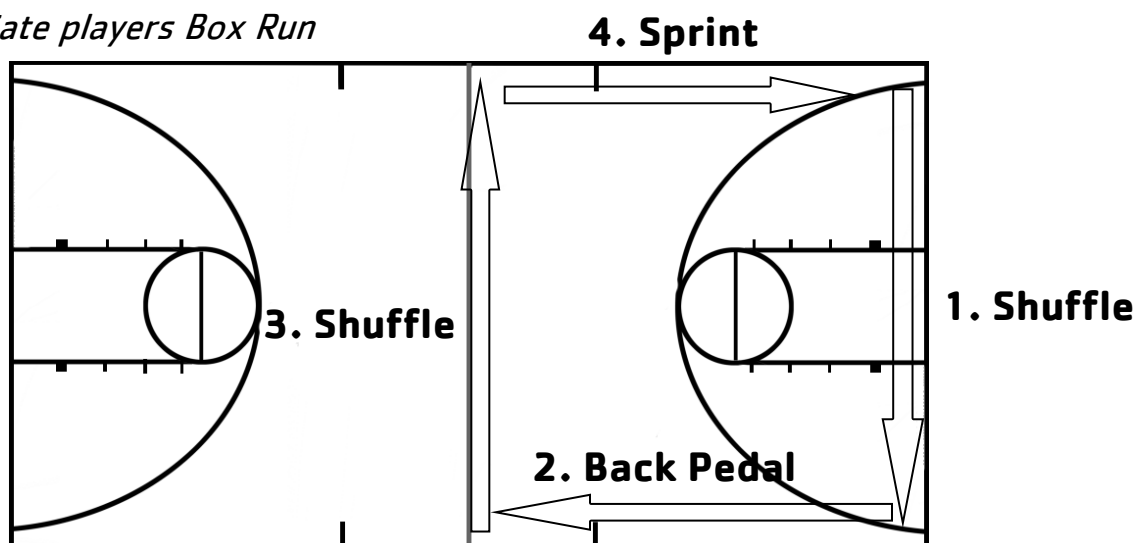
5. Circle basketball around waist: players standing and circle their ball repeatedly without dropping the ball.

6. Circle Basketball around legs: players standing and circle their legs repeatedly without dropping the ball.

7. Throw ball in the air and catch: players are standing facing coach. On coaches cues players will throw the ball in the air. (start with players throwing ball at low height then progressively get higher)

**Intermediate players clap while the ball is in the air then catch it*

8. *Intermediate players Box Run



Coaching on How to Dribble

Step 1: GETTING STARTED:

THE ASSESSMENT Young children's dribbling skill levels will vary. For the younger age groups, dribbling is best learned through doing rather than standing around waiting and watching. Be mindful not to over-coach, Teaching dribbling to young children is easier than many coaches make it.

1. To start, I simply ask the question, **"What is dribbling?"** Play dumb. Allow them to dribble where they are standing. Even children that don't dribble well are eager to help show me what dribbling is. And, I will just watch them standing (static) trying to master the dribble without interruption. For fun, I follow with another question, **"Are you sure that is dribbling?"**

2. After several minutes, I like to get young children to begin moving up and down the court. This is where a child will be hesitant and say, "I can't dribble." I will encourage him to walk with the group. As he does I gently encourage him to simply bounce the ball once and catch it.

Coaches' Cue:

"Strong arm"

"Use your finger pads."

"Keep the ball low."

"Keep the ball at your side."

Step 2: Teaching Dribbling Fundamentals

Ask, **"Show me your muscles"** demonstrate the Strong-Arm© position.

2. Ask them, **"Can you create a Strong-Arm© straight out in front of you?"** Next you will tell them, **"I am going to come around and check your strong arm."** This requires tapping on the top of the arm of each child to make sure it doesn't drop. As you do say, **"Yep, that is a Strong-Arm©! Good Job!"** After you've done this have some fun and humor them by having one child push down on your arm. Let it fall, then flop it up and down and tell them, **"No, noodle arms."**

Before leaping into getting them to demonstrate how to dribble with their Strong-Arm© I like to get them walking up and down the court with their Strong-Arm© up. Tell them to pick up their basketballs from between their legs and hold it on their pocket. No dribbling, on your cue children will just walk. Young children's arms have a tendency to get tired so you must gently encourage them as they walk to keep their Strong-Arm© up.

Add the dribble. Tell them, **"Put the basketball on your pocket and hold up your strong arm."** Once they are all in position, tell them, **"Keeping two feet on the (base)line, dribble keeping your strong arm UP."** Do not be afraid to stay with static dribbling until children exhibit confidence in what they are doing. Go over dribbling with finger pads.

2. Once they are ready, get them moving up and down the court. Encourage and praise the strong arm.

Dribbling Drills

1. Dribble Catch

- a. Introduce, demonstrate and explain how to dribble.
- b. Have your players practice dribbling without losing control.
- c. Introduce rule: Traveling and Double dribble

Description

Individual—Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal. Repeat three times using short intervals (20, 30, and 45 seconds).

2. Red Light, Green Light:

- A. Red Light: Means Stop. The players dribble the ball while standing in one place.
- B. Green Light: Means Go.
- C. Yellow Light: Means Slow Down.

3. **Strong Arm:** where the kids DO NOT dribble but instead focus on creating their Strong Arms©. Each child will try to knock the ball out of another child's hand but protect his own ball using his Strong-Arms©.

4. **Dribbling Around Cones:** Setup cones every 5 yards (4-5 cones). Form the cones in a line or zig-zag. Variation of this drill: have the player shoot at the basket when they pass the last cone, or make the game into a relay race, the first team to finish dribbling through the cones, shoots and then sits in a straight line wins the game.

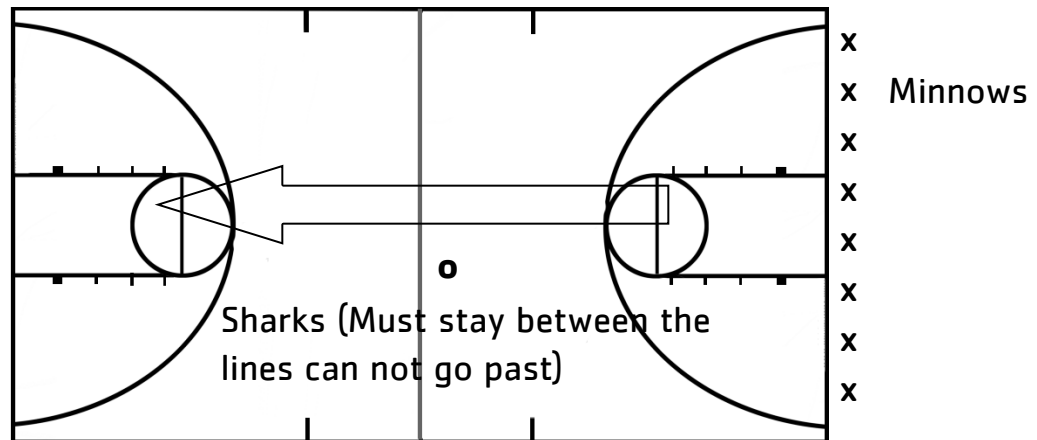
5. **Dribble Around Defenders:** Split your team in two. Half the first group stand in a straight line 5 feet apart. These players are defenders and can not move their feet, but can move their hands. The second group will dribble the ball between the first group in a weaving pattern. Then switch groups.

6. **Follow the Leader:** *Without a basketball* the coach or players can: jump, run, skip, hop, etc. *With a basketball* the coach or players can: dribble with left or right hand, cross-over, dribble while walking backwards etc.

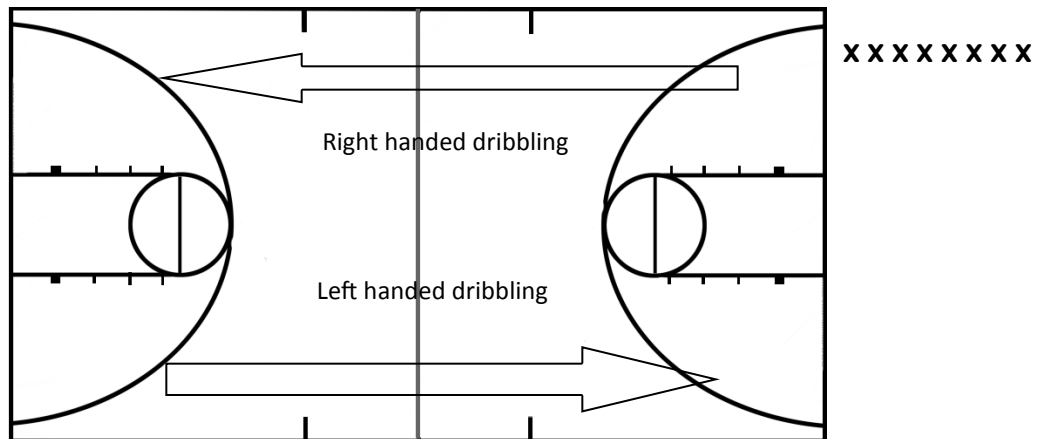
7. **Duck, Duck, Goose:** Players sit in a circle, there is one basketball in the middle, and one person is it. The person who is it will go around in the circle tapping the heads saying "Duck, duck, duck, goose". The players who gets tapped goose will grab the basketball dribble to the basket and shoot and make a hoop before the person who tagged them gets the ball.

Dribbling Drills/ Games Continued

7. Shark and Minnows: Start with one player as the “shark”. The rest of the players are “minnows”. Minnows will have basketball and will try to make it to the other side without the minnows getting there balls.



8. Righty - Lefty:



9. Change Direction Drill: To start this game, the coach turns his/her back to the team and begins to walk up the court. As the coach's back is turned, the players should dribble their basketball down the court after the coach. The coach should then turn to face the players and chase them back to the starting line. Once the coach turns, the players should Stop, Reverse direction and quickly dribble the ball back to line.

*For different types of dribble visit this website:
<http://www.guidetocoachingbasketball.com/dribbling.htm>*

Coaching on How to Shoot a Basketball

1) Line children up on a line. Start with a basketball but tell children to put the basketball between their feet and squeeze.

2) Ask them, "What comes on top of a pizza?" Answer: toppings. Ask, "What is your favorite topping?" Ask, "Who has eaten pizza in a restaurant before?"

3) "How do servers in the restaurant hold the pizza when they bring it to your ta-

ble?" Amazingly, most of the class will show you some variation of holding a tray. This, will become known, from this point forward, as their **Pizza Position**. As you demonstrate a bent elbow and cocked wrist, ask "What is this called?"

Coaches' Cue:

"pizza position"

"booger finger"

"ear of the basketball"

4) Next, hold up your index finger and ask them, "What is this?" Ask them several times and get them to give you the most common answers. As children will tell you it is a pointer finger or the number one. You should kindly agree, and tell them they are right, but say, "It is something else too, what is it?" When you've exhausted their resolve, Ask, "Isn't it your booger finger

too?" This will inevitably evoke a smile. Ask them to point the booger finger on the hand that holds the pizza towards their nose. You might say, "Towards your nose, not in your nose."

5) When they are holding their pizza tray and pointing their booger finger at their nose, this is when you walk behind them and ask them individually, "What kind of pizza for you?" They will say, "Cheeeese Pleeze!" Take the basketball from between their feet and place it on their tray. When everyone has their pizza go back around the front of them and check their pizza position and booger finger.

6) Tell them, "Put your other hand on the **ear of the basketball**." "Do basketballs have ears?" Of course not, but if basketballs did where would they be? Top? Bottom? Sides? Yes, side that's where we want to place our hands on the ear.

How to coach Layups

1. Have the children w/o ball practice raising the knee and arm on the same side at the same time.
2. Next have the players, practice the footwork. Step, step, knee and arm raise.
3. Next add basketball, have players at the free throw line. Start with feet together; step with right foot and dribble. Step with left foot, pick-up the dribble, jump and shoot the lay-up.
4. About six feet from the basket, stop dribbling and jump off the foot closest to the basket. As you jump towards the basket, make sure your other knee should come up towards your chest.
5. Throw your ball at the backboard square.
6. Next have players start at the three point line.

Shooting Drills

1. **Around the World:** Place spots around the hoop. Each player will go to each spot and make a basket to continue to the next spot, if missed stay at that spot until made.
2. **Horse (or any animal):** One player starts the game. That player calls out a shot they will attempt. If that player makes the shot, all the other players in the group must attempt that same shot. If a player misses the shot, that player receives a letter (H if playing horse) A player is out of the game if they receive all the letters in the animal. *If the player misses the original shot misses the original shot, it becomes the next player in the group's turn to call out a shot.*
3. **Layups:** Have your players with basketball split in two lines. Half the players with basketballs on the right side of the three point line. The other half without basketballs on the left side of the three point line. Players on the right will perform a layup. While the players on the left will rebound the ball and pass
4. **Knockout:** Players line in straight line behind the free throw line. The first two players have basketballs. The first player in line will shoot first if the player makes the shoot, the player will pass the ball to the third player in line. If the player misses he must rebound, and can shoot from anywhere on the court, but must make shot before passing the ball. The player second in line will shoot after the player in front, if the player behind them makes the shot before the first player then the first player is out.
5. **Poison:** Similar to knockout. Players line up in a straight line behind the free throw line. The first two players have basketballs. The first player in line will shoot first if the player makes the first shot, the player will quickly rebound the ball, while the other players will run away from the shooting player. Once the shooting player rebounds the ball they would shout "POISON!". Once poison is yelled all players must freeze. The shooting player will then roll the ball and try to tap the other players. If the ball taps a player they are out. *If the player misses he must rebound before it bounces 2 times. If it bounces more than twice the player is out. Once rebounded must shoot and make the shot then pass to the next player in line.*
6. **2 on 1:** For this drill, 2 players are on offense while 1 player is on defense. Starting at half court, the two offensive players must dribble the ball up the court, pass to the open player and shoot at the basket.
7. **Low post shooting:** For this drill, 2 players are on offense. Have all players, but one, line up at half court. One player is by the hoop. One player dribble up the court from half court stops then passes to player by the basket, then that player shoots. Then rotate, the player who dribbled up the court becomes the shooter and the shooter gets in line and the next person in line becomes the dribbler.

Coaching How to Pass a Basketball

1. Ask participants, "**What types of animals live on the farm?**" Ideally, a chicken will have been named. If not say it, otherwise ask, "**Who said chicken?**"
2. Next ask, "**What sound does a chicken make?**" and "**How does a chicken flap its wings?**" Next, it is time to put it all together by telling young children to show you their chicken wings and bawk loudly.
3. Next say, "**Pick up your basketball by its ears.**"
4. You should now have young children standing with their hands on the ears of the basketball and elbows in the chicken wing position. It is now time to add the step. Standing on the baseline with them holding your basketball by the ears and elbows in the chicken wing position, demonstrate how to step with one foot saying, "**Step,**" and "**Back.**" Repeat this 10 times (5 left leg, 5 right leg).
5. Half way through demonstrating the step, begin demonstrating how to extend their chicken wings to simulate the passing motion. Step back bringing the basketball back to the chest.
6. Now put it all together in a quick review, "**Hands on the ears of the basketball, chicken wings, step, pass.**"

Coaches' Cue:

"Hands on the ears of the basketball"
"Chicken Wings"
"Step, Pass."

Chest Pass: It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball and the thumbs are turned down. The resulting follow through has the back of the hands facing one another with the thumbs straight down. The ball should have a nice backspin. When throwing a chest pass, the players should strive to throw it to the receiver's chest level. Passes that go low to high or high to low are difficult to catch.

BOUNCE PASS: . It should be thrown far enough out that the ball bounces waist high to the receiver. Some say try to throw it 3/4 of the way to the receiver, and that may be a good reference point to start, but each player has to experiment how far to throw it so it bounces to the receiver properly. Putting a proper and consistent backspin on the pass will make the distance easier to judge.

OVERHEAD PASS: The overhead pass is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Aim for the teammate's chin.

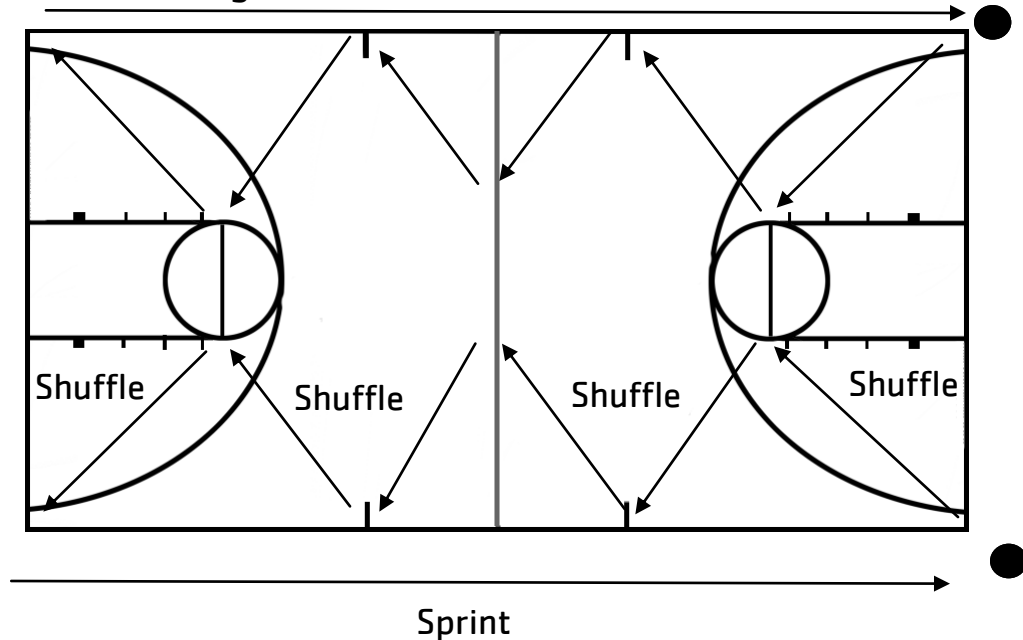
Passing Drills

1. **Partner Pass:** Players partner up. The pairs should line up 3-5 feet apart from each other. Facing each other, passing the basketball to each other.
2. **Monkey in the Middle:** Have player in groups of 3-4. The object of the game is for the players on the outside to pass the ball to each other. One player in the middle, there goal is to steal the ball.
3. **Passing Relay Race:** Divide players into 2 teams. Set up cones in two straight lines. Have players at each cone. The players will pass the ball down the line. Forward then back.
4. **Move the Cone:** For this drill, have players in pairs. Each pair wil have a basketball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players. The object of the game is for the player to hit the cone, thereby moving the cone towards the other player.
5. **Hot Potato Pass:** In this drill, one player is positioned at the center of the key with a basketball. All the other players line up around the 3 point arc. On the coaches command the player in the key passes the ball to the player to their furthest left, that player immediately passes back to the player in the center. This back and forth passing continues clock wise. A new player then assumes the center position.
6. **Shuffle Pass:** Player line up in two lines on the baseline about 5-6 feet apart from one another. Players will shuffle to other side passing back and forth.



Defense Drills

1. **Defense Shuffle:** Divide your team into 2. Each group starts at the corner of the court. The first player from each group gets into a defensive stance (feet shoulder width apart, knees bent, arms up and out). On the coaches command the players start to shuffle their feet see diagram below.



2. **1 on 1 Defense:** Divide team in 2. One group is on offense and the other group on defense. Pair up players so that every offensive player that is playing defense against them. All the offensive players should have a basketball and line up in a straight line across the half court line facing the basket. The defensive player should lineup about 3 feet away from there partner. The object of the game is for the offensive player to dribble the basketball past an area down court.

PRACTICE SAMPLE 1

	Drill	Comments
Warm Ups & Conditioning	<ul style="list-style-type: none"> • Running, Speed walking (to the other side and back) • Hopping (like a bunny rabbit) (to the other side and back) • Skipping (to the other side and back) • Bar crawl (to one side, then do crab walk back) • Running (to the other side and back) 	5-10 minutes
	WATER BREAK	
Dribbling Drills	<ul style="list-style-type: none"> • Introduce Dribbling • Strong Arm • Dribble Catch 	10-15 minutes
	WATER BREAK	
Shooting Drills	<ul style="list-style-type: none"> • Introduce shooting • Dribble down and shoot 	10-15 minutes
	WATER BREAK	
Passing Drills	<ul style="list-style-type: none"> • Introduce passing • Partner passing • Monkey in the middle 	10-15 minutes

PRACTICE SAMPLE 2

	Drill	Comments
Warm Ups & Conditioning	<ul style="list-style-type: none"> • Running (to the other side and back) • Skipping (to the other side and back) • Running (to the other side and back) • High knees (to the other side and back) • Lungs (lung half court, then run and 	5-10 minutes
	WATER BREAK	
Dribbling Drills	<ul style="list-style-type: none"> • Review Dribbling • Dribbling around cones • Red Light, Green Light 	10-15 minutes
	WATER BREAK	
Defense Drills	<ul style="list-style-type: none"> • Introduce defense • Defensive shuffle • Dribbling around defenders 	10 minutes
	WATER BREAK	
Passing Drills	<ul style="list-style-type: none"> • Review passing • Partner passing 	10-15 minutes
	WATER BREAK	
Shooting Drills	<ul style="list-style-type: none"> • Review Shooting • Low post shooting 	10-15 minutes