



Basketball Practice Plans



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 7 to 8

At this age, kids begin to explore tactics that help them keep possession of the ball, attack the basket, create space, and play good defense.

OVERVIEW

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

- **Purpose:** 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: 7 to 8

Coach:





Team:






Practice Goals

- Ball handling and dribbling moves
- Offensive and defensive footwork
- Shooting form and footwork

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Four Core Values	<p>Gather players into a circle.</p> <p>SAY: "Everyone stand side by side in a circle. We're going to keep standing side by side as a group while we try to pass the ball to those across the circle from us. We'll pass slowly; remember to stay side by side at all times."</p> <p>Repeat for 10 passes.</p> <p>SAY: "If you were just catching a pass by yourself and could move to get the ball, it would have been much easier. But when we think of working together as a team, it takes more effort. We need to put just as much effort into being good teammates, with everyone doing their part. We'll talk about four qualities or values that help us be better players—caring, honesty, respect, and responsibility. These qualities are just as important as shooting, dribbling, and passing. Give me an example of each of the four values."</p> <p>Listen to their responses and discuss.</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 <p>https://sportsedtv.co/3xPMV0g</p>
5 mins.	Layup Lines	<p>INDIVIDUAL</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>https://sportsedtv.co/382yATP</p>
5 mins.	Beginner Ballhandling Series	<p>INDIVIDUAL</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"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble 	 <p>https://sportsedtv.co/3sos172</p>
5 mins.	Crossover Dribbling Series	<p>INDIVIDUAL</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"> • Crossover Dribble • Crossover Dribble Wide • Between-the-Legs Crossover • Behind-the-Back Dribble 	 <p>https://sportsedtv.co/3jWIKe2</p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	Change of Pace Chase Down	INDIVIDUAL Players line up across the baseline, arms-length or more apart; on a signal, players 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.	 https://sportsedtv.co/3yRF4R5
5 mins.	Partner Pass and Pivot	PAIRS The Partner Pass and Pivot drill is a foundational drill for beginners. Players learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.	 https://sportsedtv.co/3yWjb3c
5 mins.	Spot Shooting for Beginners	PAIRS Partners practice shooting around the key or at select spots. They keep track of the number of baskets made.	 https://sportsedtv.co/3m5FKP5
5 mins.	Dribble Pull Up Shooting	INDIVIDUAL 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 start in a line at a designated spot on the court.	 https://sportsedtv.co/3m5sFp8
5 mins.	Slide and Backpedal Square Drill	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.	 https://sportsedtv.co/3ALbCwD

Time	Activity	Activity Description	Video Tutorial
15 mins.	Passing Game	<p>TWO VERSUS ONE, MODIFIED HALF-COURT GAME</p> <p>Two players become partners and play against one defensive player. There is 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, offensive player 2 moves to offensive player 1, offensive player 1 goes to back of the line and a new defender comes in.</p>	N/A
65 mins.	TOTAL TIME	<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: 7 to 8

Coach:





Team:




Practice Goals:

- Finishing around the basket
- Defensive principles
- Teamwork on offense and defense

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Honesty	<p>Gather players into a group.</p> <p>SAY: "Think about the rules in basketball. I am going to tell you a rule. Raise your hand if you think it's something you should let the official know happened."</p> <p>Examples: traveling, tripping another player, dribbling the ball out of bounds.</p> <p>SAY: "You should let the official know about all of those rules being broken, even if the official does not see it. Raising a hand or telling officials is an honest thing to do when you break a rule, even if it is an accident. It's important to be honest when you break a rule in practice and in games. It is a quality that makes you a better player."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 <p>https://sportsedtv.co/3xPMV0g</p>
5 mins.	Layup Lines	<p>INDIVIDUAL</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>https://sportsedtv.co/382yATP</p>
5 mins.	How to Power Layup (continue from layup lines)	<p>A power layup adds 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>https://sportsedtv.co/3yVpTGH</p>
10 mins.	Curl Progression Drill	<p>INDIVIDUAL</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>https://sportsedtv.co/3snL2a1</p>

Time	Activity	Activity Description	Video Tutorial
10 mins.	Level 1 Shooting: Off the Dribble	<p>INDIVIDUAL</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>https://sportsedtv.co/3xU8e0F</p>
5 mins.	Improving Defensive Stance	<p>INDIVIDUAL</p> <p>Have players line up in the corner of the court. Explain the proper defensive stance and have the players roll a ball along the line, and zigzag throughout the court or on various lines of the court to keep proper positioning.</p>	 <p>https://sportsedtv.co/2UpJ64c</p>
5 mins.	Slide and Backpedal Square Drill	<p>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.</p>	 <p>https://sportsedtv.co/3ALbCwD</p>
15 mins.	Shooting Game	<p>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</p> <p>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.</p>	N/A
65 mins.	TOTAL TIME	<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 3



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 Ages: 7 to 8

Coach:





Team:





Practice Goals:

- Ball control in ballhandling
- Proper ballhandling stance
- Ballhandling footwork

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Responsibility	<p>Gather players into groups of two partners.</p> <p>SAY: "Everyone stand and balance on one foot."</p> <p>Wait while everyone gets their balance.</p> <p>SAY: "Now one of you offer your shoulder for your teammate to lean on. If you're leaning on your partner's shoulder, now try to balance on one foot again. Change places. If you were leaning before, now let your partner lean on your shoulder and stand on one foot."</p> <p>Wait until everyone has balanced with the help of a partner.</p> <p>SAY: "Now come back here. Wasn't it easier to balance when you were leaning on your partner? It works that way in basketball, too. When we help each other during practices and games, we work better as a team. Each of you can contribute. Your teammates count on you to contribute to the team. That is being responsible to your team."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 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	<p>INDIVIDUAL</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>	 https://sportsedtv.co/382yATP
5 mins.	Beginner Ballhandling Series	<p>INDIVIDUAL</p> <p>Each player has a ball to practice dribbling and tries the following activities stationary and/or moving:</p> <ul style="list-style-type: none"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble 	 https://sportsedtv.co/3sos172
5 mins.	Crossover Dribbling Series	<p>INDIVIDUAL</p> <p>Each player has a ball to practice dribbling and tries the following activities stationary and/or moving:</p> <ul style="list-style-type: none"> • Crossover Dribble and Crossover Dribble Wide • Between-the-Legs Crossover • Behind-the-Back Dribble 	 https://sportsedtv.co/3jWIKe2

Time	Activity	Activity Description	Video Tutorial
10 mins.	Tight Dribbling Series	<p>INDIVIDUAL</p> <p>The focus of this drill is to dribble the ball tight to the body through the cones, which will help players warm up and improve their ballhandling skills. Have each player complete the dribbling move at each cone and finish with a layup or jump shot.</p>	 <p>https://sportsedtv.co/3zbpAr7</p>
15 mins.	Free Throw Series	<p>TEAM</p> <p>This series teaches players everything they need to know about free throws. Take time to review and teach proper court placement and responsibilities in each position.</p> <ul style="list-style-type: none"> • How to Shoot Free Throws • Free Throw Rebounding Roles: Guards • Free Throw Rebounding Roles: Posts 	 <p>How to Shoot Free Throws:</p> <p>https://sportsedtv.co/2Wkd6ih</p>
			 <p>Roles: Guards:</p> <p>https://sportsedtv.co/3j8KNMJ</p>
			 <p>Roles: Posts:</p> <p>https://sportsedtv.co/387sPUU</p>
15 mins.	Dribbling Game	<p>ONE VERSUS ONE, MODIFIED HALF-COURT GAME</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

Time	Activity	Activity Description	Video Tutorial
65 mins.	TOTAL TIME	<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 4



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 Ages: 7 to 8

Coach:





Team:




Practice Goals:

- Box outs and rebounding
- Offensive reads
- Offensive teamwork and communication

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	<p>Gather players into two lines standing opposite each other about five feet apart.</p> <p>SAY: "I want each line to walk toward the other and give each person in the other line a high-five. Imagine that the other line is your opponent for a game. Show me how you would act toward an opponent and what you would say at the end of a game if we had lost the game. Start."</p> <p>Assist players, if necessary. Listen to responses some players provide to each other.</p> <p>SAY: "At the end of each game it is important to show respect for your opponent. We do this by slapping hands and saying something like 'Good game,' even if we lose the game."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 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	<p>INDIVIDUAL</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>	 https://sportsedtv.co/382yATP
5 mins.	Chair Crossovers	<p>INDIVIDUAL</p> <p>Have the players line up on the baseline. In this drill, players learn how to effectively complete several combo and crossover moves with a chair. Cones can replace chairs, as necessary.</p>	 https://sportsedtv.co/37SMnMC
5 mins.	Up and Back Shooting	<p>INDIVIDUAL</p> <p>Have players start at half-court. Each player takes two shots in their turn. Have the first player run into the key, receive a pass, and take their first shot. From there, backpedal to half-court and sprint to the free throw line or three-point line for the second shot.</p>	 https://sportsedtv.co/3gq8NcF

Time	Activity	Activity Description	Video Tutorial
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	<p>INDIVIDUAL</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>	 https://sportsedtv.co/3CTIHbE
15 mins.	Offensive Teamwork Game	<p>THREE VERSUS THREE SHORT-COURT GAME</p> <p>Limit players to dribbling three times or fewer (modify the number as necessary) before passing. Call modified double dribble and traveling violations.</p> <p>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.</p> <p>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.</p>	N/A
65 mins.	TOTAL TIME	<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 5



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 Ages: 7 to 8

Coach:



Team:

Practice Goals:

- Ballhandling and footwork
- Moving without the ball
- Offensive and defensive communication

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Respect	<p>Gather players into two lines standing opposite each other about five feet apart.</p> <p>SAY: "I want each line to walk toward the other and give each person in the other line a high-five. Imagine that the other line is your opponent for a game. Show me how you would act toward an opponent and what you would say at the end of a game if we had lost the game. Start."</p> <p>Assist players, if necessary. Listen to responses some players provide to each other.</p> <p>SAY: "At the end of each game it is important to show respect for your opponent. We do this by slapping hands and saying something like 'Good game,' even if we lose the game."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 <p>https://sportsedtv.co/3xPMV0g</p>
5 mins.	Lateral Quickness Builder	<p>Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.</p>	 <p>https://sportsedtv.co/3m2SJBg</p>
5 mins.	Layup Lines	<p>INDIVIDUAL</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>https://sportsedtv.co/382yATP</p>
5 mins.	The Parrot Drill	<p>Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently.</p>	 <p>https://sportsedtv.co/37Ko5UZ</p>
5 mins.	Passing Off the Dribble	<p>PAIRS</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>https://sportsedtv.co/3yO9i7s</p>

Time	Activity	Activity Description	Video Tutorial
10 mins.	Give and Go Shooting	<p>INDIVIDUAL</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"> • Half-court wing • Half-court center • Baseline 	 <p>https://sportsedtv.co/3xRHspE</p>
10 mins.	How to Close Out	<p>INDIVIDUAL</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, have your 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>	 <p>https://sportsedtv.co/3AJYJm</p>
15 mins.	Dribbling Game	<p>THREE VERSUS TWO, MODIFIED HALF-COURT GAME</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 they 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
65 mins.	TOTAL TIME	<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 6



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Ages: 7 to 8

Coach:




Team:





Practice Goals:

- Defensive footwork
- Speed and agility
- Shooting off the dribble

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Responsibility	<p>Gather players into two groups; one group will spread out and pass to each other. The other group will be to one side, as if on the bench during a game; they should be silent for the first 30 seconds of the activity. Then have them cheer and encourage on-court players. Continue this activity for 30 more seconds.</p> <p>SAY: "When players are on the bench during a game, they should be encouraging their teammates, no matter what's happening in the game. This is being responsible to your team. It helps players to keep trying hard even if they are losing or have made some mistakes. How did it feel when you were playing and the bench players didn't encourage you? How about when they did encourage you?"</p> <p>Listen to both responses and have players compare feelings.</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 <p>https://sportsedtv.co/3xPMV0g</p>
5 mins.	Layup Lines	<p>INDIVIDUAL</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>https://sportsedtv.co/382yATP</p>
5 mins.	Slide Pedal Charge Drill	<p>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>https://sportsedtv.co/3m8uEJh</p>
10 mins.	The Mirror Drill	<p>PAIRS</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>https://sportsedtv.co/3jYABpq</p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	Tennis Ball Drag Race	<p>PAIRS</p> <p>Stand a couple of feet in front of the players and place them in two lines, one to the left and one to the right of you. Hold one tennis ball in each of your outstretched hands. Have players chop their feet as quickly as possible, and race to the ball when it is released.</p> <p>Players must push forward explosively in the direction of the bounced ball and catch it before it hits the ground a second time.</p>	 <p>https://sportsedtv.co/3kbpauI</p>
5 mins.	Shot Fakes, Jab Steps, Cross Steps	<p>INDIVIDUAL</p> <p>Have the players spread across the baseline or in one line in the corner. This skill 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.</p>	 <p>https://sportsedtv.co/3iStFe8</p>
10 mins.	Level 1 Shooting: Off the Dribble	<p>INDIVIDUAL</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>https://sportsedtv.co/3xU8e0F</p>
5 mins.	Following Your Shot	<p>INDIVIDUAL</p> <p>Line up the 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.</p>	 <p>https://sportsedtv.co/3g8STmS</p>

Time	Activity	Activity Description	Video Tutorial
10 mins.	Position and Movement Game	<p>TWO VERSUS TWO, MODIFIED HALF-COURT GAME</p> <p>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.</p> <p>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.</p>	N/A
65 mins.	TOTAL TIME	<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 7



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Ages: 7 to 8

Coach:





Team:






Practice Goals:

- Finishing around the basket
- Ballhandling moves
- Importance of a well-rounded game

Time	Activity	Activity Description	Video Tutorial
5 mins.	Team Circle: Caring	<p>Gather players into groups of two and give each group one ball. Players should dribble and pass the ball to each other, making sure to distribute the ball to their partners.</p> <p>SAY: "Each of you should say two good things about your partner's skills. Then come back to me in a group. Begin."</p> <p>Wait for them to regroup.</p> <p>SAY: "What were some of the comments your teammates told you?"</p> <p>Listen to their responses.</p> <p>SAY: "What kind of value or quality is it when you go out of your way to say something good about a teammate's playing?"</p> <p>Listen to responses and encourage discussion as needed.</p> <p>SAY: "Caring is one of our core values. You show you care about your teammates when you encourage them. It's also appropriate to compliment your opponents on their good plays."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Dynamic Warm-Up	<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"> 1. Jog and Backpedal 2. Butt Kicks 3. High Knees 4. Lunge and Twist 5. Side Lunge Both Sides 6. Karaoke 	 <p>https://sportsedtv.co/3xPMV0g</p>
5 mins.	Layup Lines	<p>INDIVIDUAL</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>https://sportsedtv.co/382yATP</p>
5 mins.	The Mikan Drill	<p>INDIVIDUAL</p> <p>Have partners switch on and off after 30 to 60 seconds. The player starts under the basket and is working on making a layup on each side of the basket using proper footwork on each side. When the right arm shoots, the right knee follows and same on the left. Have players focus on hitting the upper outside point of the square on the backboard.</p>	 <p>https://sportsedtv.co/3grrFrM</p>
5 mins.	Partner Pass and Pivot	<p>PAIRS</p> <p>This is a foundational basketball drill for beginners. Players learn the proper footwork for the forward and inside pivot, as well as dribbling and passing the ball to teammates.</p>	 <p>https://sportsedtv.co/3yWjb3c</p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	Beginner Ballhandling Series	<p>INDIVIDUAL</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"> • Pound Dribble • In and Out Dribble • Back and Forth Dribble 	 <p>https://sportsedtv.co/3sos172</p>
5 mins.	Crossover Dribbling Series	<p>INDIVIDUAL</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"> • Crossover Dribble • Crossover Dribble Wide • Between-the-Legs Crossover • Behind-the-Back Dribble 	 <p>https://sportsedtv.co/3jWIKe2</p>
5 mins.	Tight Dribbling Series	<p>INDIVIDUAL</p> <p>The focus of this drill is to dribble the ball tight to the body through the cones, which will help players warm up and improve their ballhandling skills. Have each player complete the dribbling move at each cone and finish with a layup or jump shot.</p>	 <p>https://sportsedtv.co/3zbpAr7</p>
5 mins.	Floater Runner Finishing	<p>INDIVIDUAL</p> <p>Have players line up on either the wing or above the three-point line. This drill emphasizes shooting the ball higher over the defender to avoid an offensive foul.</p>	 <p>https://sportsedtv.co/3B8wwFY</p>
5 mins.	Slide Backpedal Square Drill	<p>This is a foundational drill made for players to improve their defensive footwork and develop sound defensive habits. Players utilize the sprint, defensive slide, backpedal, and most important, change of direction and change of pace to complete the sequence. This is for players of all levels and ages. To advance with this drill, incorporate a faster pace or go for longer amounts of time.</p>	 <p>https://sportsedtv.co/3ALbCwD</p>

Time	Activity	Activity Description	Video Tutorial
15 mins.	Shooting Game	TWO VERSUS TWO, MODIFIED HALF-COURT GAME 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
65 mins.	TOTAL TIME	<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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

 Ages: 7 to 8

Coach:





Team:




Practice Goals:

- Improve change of pace (ballhandling)
- Improve change of pace (defense)
- Improve change of pace (shooting)

Time	Activity	Activity Description	Reference
5 mins.	Team Circle: Caring	<p>Gather players into a group and choose two to demonstrate with you. Dribble the ball and have the two players work to get in position to receive a pass. Keep dribbling, and do not pass to them.</p> <p>SAY: "Were the other players in a good position to get a pass? Why didn't they get the ball? I didn't pass the ball. Sharing the ball so all players get a chance shows you care about your teammates."</p> <p>Have players get into groups of three and dribble and pass the "caring" way. Bring players back together.</p> <p>SAY: "Raise your hand if you think that caring is an important quality or value on this team. It is important."</p>	N/A



Time	Activity	Activity Description	Reference
5 mins.	Dynamic Warm-Up	<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"> 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	<p>INDIVIDUAL</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>	 https://sportsedtv.co/382yATP
5 mins.	Improving Defensive Stance	<p>INDIVIDUAL</p> <p>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.</p>	 https://sportsedtv.co/2UpJ64c
5 mins.	Chair Crossovers	<p>INDIVIDUAL</p> <p>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.</p>	 https://sportsedtv.co/37SMnMC

Time	Activity	Activity Description	Reference
5 mins.	Change of Pace Chase Down	INDIVIDUAL 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.	 https://sportsedtv.co/3yRF4R5
5 mins.	The Parrot Drill	Partners face each other about three to four feet apart and play follow-the-leader while dribbling. Switch leaders frequently.	 https://sportsedtv.co/37Ko5UZ
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: <ul style="list-style-type: none"> • Half-court wing • Half-court center • Baseline 	 https://sportsedtv.co/3xRHspE
10 mins.	Dribble Pull Up Shooting	INDIVIDUAL 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.	 https://sportsedtv.co/3m5sFp8

Time	Activity	Activity Description	Reference
10 mins.	Offensive Teamwork Game	<p>THREE VERSUS THREE, SHORT-COURT GAME</p> <p>Limit players to dribbling three times or fewer before passing (modify the number of dribbles, as necessary). Call modified double dribble and traveling violations.</p> <p>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. To challenge the activity, remove modifications.</p>	N/A
65 mins.	TOTAL TIME	<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 9



FOR YOUTH DEVELOPMENT®
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 Ages: 7 to 8

Coach:




Team:



Practice Goals:

- Emphasis on defensive communication and principles
- Efficiency and effectiveness
- Increase basketball IQ

Time	Activity	Activity Description	Reference
5 mins.	Team Circle: Respect	<p>Gather players in a group near two cones 10 feet apart. Act out two examples of celebrating for a good play or a win. One should be exaggerated and obviously inappropriate, the other modeling the kind of celebrating you'd like to see from your team.</p> <p>SAY: "If you think the first example I showed you is the way to celebrate a good play, stand by this cone. If you think the second is the best way to celebrate, stand by this one."</p> <p>Have all players vote, then ask why they voted the way they did.</p> <p>SAY: "The second example is the kind of celebrating that shows respect for your opponents."</p>	N/A



Time	Activity	Activity Description	Reference
5 mins.	Dynamic Warm-Up	<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"> 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	<p>INDIVIDUAL</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>	 https://sportsedtv.co/382yATP
5 mins.	Slide Pedal Charge Drill	<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>	 https://sportsedtv.co/3m8uEJh
10 mins.	The Mirror Drill	<p>PAIRS</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>	 https://sportsedtv.co/3jYABpq

Time	Activity	Activity Description	Reference
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.	Dribbling Game	ONE VERSUS ONE, MODIFIED HALF-COURT 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.	N/A
65 mins.	TOTAL TIME	<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>	