



# Basketball Practice Plans



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

The players build upon the tactics and skills they learned in the previous seasons.

## 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. Again, we'll suggest some specific ideas for briefly discussing character development values during team circle time.
- **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 your hand when you foul someone or playing cooperatively with the others on your 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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**






**Team:**





### Practice Goals




- Emphasize importance of a well-rounded game
- Increase basketball IQ
- Communicate on offense and defense

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Four Core Values</b>	<p>Gather the players into a single-file line.</p> <p><b>SAY:</b> "Everyone turn to your right so the person to the side of you is now in front of you. Put your arms on their shoulders. We are going to walk forward, as a group, using first the right foot and then the left. We will walk slowly, so take your time so we all move together. Get ready with your right foot, now step; get ready with your left foot, now step."</p> <p>Repeat for four steps.</p> <p><b>SAY:</b> "Let go of your teammates. Did we have to work together to walk as a group? We did. All season we will need to work together, with everyone doing their part. We will talk about four values that are a key to success for all players—caring, honesty, respect, and responsibility. We need to understand and use these values or qualities every practice and game."</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>Block-to-Block Finishing</b>	<p><b>INDIVIDUAL</b></p> <p>Split players between two baskets. Have each player perform the block-to-block finishing drill for 10 makes, 5 on each side or 30–60 seconds each.</p>	 <p><a href="https://sportsedtv.co/3tqUw4C">https://sportsedtv.co/3tqUw4C</a></p>
5 mins.	<b>Beginner 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 and 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
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.</p> <p>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>
10 mins.	<b>The Box Drill for Posts</b> (To be done while guards are doing combo moves.)	<p><b>INDIVIDUAL</b></p> <p>Have the players line up under the basket and pass the ball to themselves at the elbow, completing each of the following moves:</p> <ul style="list-style-type: none"> <li>• Drop Step and Drive</li> <li>• Reverse Pivot and Shoot</li> <li>• Reverse Pivot, Shot Fake, and Drive Baseline/middle</li> </ul>	 <p><a href="https://sportsedtv.co/3jWVL8M">https://sportsedtv.co/3jWVL8M</a></p>
	<b>Combo Moves Facing the Basket</b> (To be done while guards are doing combo moves.)	<p><b>INDIVIDUAL</b></p> <p>This drill focuses on adding a second move to combine with your initial move. Have the players line up at half-court, attack the cones, and complete the following combo moves with a layup or jump shot finish.</p> <ul style="list-style-type: none"> <li>• Double Cross</li> <li>• Crossover + Through the Legs (Killer Crossover)</li> <li>• Through the Legs + Behind the Back</li> </ul>	 <p><a href="https://sportsedtv.co/3nvWY9I">https://sportsedtv.co/3nvWY9I</a></p>
5 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>

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Dribble Pull-Up Shooting</b>	<b>INDIVIDUAL</b> Set up cones around the key, midrange, or three-point line depending on difficulty. Have your players attack each cone with two to three dribbles and pull up to shoot. Have players start in a line at a designated spot on the court.	 <a href="https://sportsedtv.co/3m5sFp8">https://sportsedtv.co/3m5sFp8</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>
10 mins.	<b>How to Close Out</b>	<b>INDIVIDUAL</b> Also known as the star drill. Set up cones around the three-point line. After teaching proper closeout 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.  Advance this drill by swapping offensive players for the cones. Offensive players should remain in triple-threat position and pass the ball around the key. Defense positions themselves accordingly in relation to the ball.	 <a href="https://sportsedtv.co/3AJYJm">https://sportsedtv.co/3AJYJm</a>
10 mins.	<b>Passing Game</b>	<b>TWO VERSUS TWO, HALF-COURT GAME</b> Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.	N/A
10 mins.	<b>Passing Game</b>	<b>FIVE VERSUS FIVE, FULL-COURT, OR HALF-COURT</b> Players must complete at least (3, 4, 5, etc., depending on coach) passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.	N/A

Time	Activity	Activity Description	Video Tutorial
<b>90</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 2



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**






**Team:**

**Practice Goals:**





- Improve finishing skills around the basket
- Learn and improve ball screen offense and defense
- Communicate defensive screens




Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Respect</b>	<p>Gather the team into a circle near two cones about 10 feet apart.</p> <p><b>SAY:</b> "What should you do if your opponents are committing fouls, complaining to the officials, and doing things that are not fair?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "Stand at this cone if you should continue to play your game and not try to commit fouls. Stand at this cone if you should get back at the other team by playing the same way and complain to the officials."</p> <p>Have all players vote. Ask players why they voted the way they did. Have players at the "complaining" cone think of other options instead of complaining.</p> <p><b>SAY:</b> "Do not change the way you play your game or stop showing respect to your opponents or the officials. It's important to show respect even if the other team is not."</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>
10 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>
	<p><b>How to Power Layup</b> (Continue from layup lines.)</p>	<p>The purpose of a power layup is to add more power throughout the player's 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>
	<p><b>How to Do the Euro Step</b> (Continue from layup lines.)</p>	<p>Instruct first, then have the players complete euro steps in layup lines.</p>	 <p><a href="https://sportsedtv.co/3BVRBEi">https://sportsedtv.co/3BVRBEi</a></p>
5 mins.	<b>The Tip Drill</b> (Split players between two baskets or along wall.)	<p><b>INDIVIDUAL</b></p> <p>Have players complete each variation of the tip drill with a finish for time or makes. The wall can be used as a modification.</p> <ul style="list-style-type: none"> <li>• Single hand each side</li> <li>• Five right, Five left same side</li> <li>• Alternate hands each side</li> </ul>	 <p><a href="https://sportsedtv.co/3jZf0P3">https://sportsedtv.co/3jZf0P3</a></p>



Time	Activity	Activity Description	Video Tutorial
<b>5</b> mins.	<b>Two-Ball Partner Dribbling</b>	This drill requires two balls and two players. Two-ball partner dribbling intends to improve overall ballhandling and passing off the dribble. During this drill, players focus on emphasizing each dribble move and sending a crisp pass to their partner.	 <a href="https://sportsedtv.co/3DUHtxr">https://sportsedtv.co/3DUHtxr</a>
<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>	 <a href="https://sportsedtv.co/3jYABpq">https://sportsedtv.co/3jYABpq</a>
<b>5</b> mins.	<b>Hop Form Shooting Drill</b>	<p><b>INDIVIDUAL/PAIRS</b></p> <p>In this drill, the players use a hop motion to simulate basic foot movements experienced in a live game. During the hop form shooting drill, players focus on landing in a balanced stance and shooting straight up and down with a full follow through.</p> <p>Repeat 2, 4, 6, 8, 10 times on each foot before switching players. If multiple hoops are available, spread players out in pairs or threes. If not, line up behind the three-point line.</p>	 <a href="https://sportsedtv.co/3DedmAm">https://sportsedtv.co/3DedmAm</a>
<b>5</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>	 <a href="https://sportsedtv.co/3snL2a1">https://sportsedtv.co/3snL2a1</a>

Time	Activity	Activity Description	Video Tutorial
<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>
<b>5</b> mins.	<b>Improve Your Defensive Stance</b>	<p><b>INDIVIDUAL</b></p> <p>Have the players line up in the corner of the court. Explain the proper defensive stance, and have them roll a ball along the line and zigzag throughout the court, or on various lines of the court, to keep proper positioning.</p>	 <p><a href="https://sportsedtv.co/2UpJ64c">https://sportsedtv.co/2UpJ64c</a></p>
<b>10</b> mins.	<b>How to Set a Screen</b>	<p>Screens are used by players to get open for a shot, drive, dribble, or pass. This drill reviews how to set on-ball screens, and the different screens players can set for their teammate handling the ball.</p> <p>First, have everyone complete each the screen without defense and add a defender when the team is ready.</p>	 <p><a href="https://sportsedtv.co/3mquzRb">https://sportsedtv.co/3mquzRb</a></p>
<b>10</b> mins.	<b>How to Defend a Screen</b>	<p>This drill teaches methods of defending a ball screen. All methods are used to prevent a specific move by the offense, specifically the shot and the drive to the basket.</p> <p>Rotate all players in and out of four positions, two offense and two defense. Review:</p> <ul style="list-style-type: none"> <li>• How to go over a screen</li> <li>• How to go under a screen</li> </ul>	 <p><a href="https://sportsedtv.co/3sJLYFU">https://sportsedtv.co/3sJLYFU</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Defending the Screen Game</b>	<b>THREE VERSUS THREE, HALF-COURT GAME</b> Two coaches on offense can be subbed for players, if necessary. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.	N/A
<b>10</b> mins.	<b>Defending the Screen Game</b>	<b>FIVE VERSUS FIVE, FULL-COURT OR HALF-COURT GAME</b> Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot. The player-coaches evaluate defenders' abilities in getting around screens.	N/A
<b>100</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 3



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**





**Team:**





**Practice Goals:**





- Increase shooting reps
- Get open without the basketball
- Shoot under pressure

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Respect</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "Remember the scenario I talked about in the last practice? The opponent who wasn't playing fairly? If you play against a team that does those types of things, how should you handle the end of the game? Stand at this cone if you think you should still go to every player and the coach to shake hands. Stand at this cone if you think you should just walk away."</p> <p>Ask players why they voted as they did. Then separate the team into two groups. Practice an end-of-the-game lineup for both pleasant and fair opponents and for rude opponents.</p> <p><b>SAY:</b> "Always show your opponents respect by shaking hands at the end of the game, no matter what happens during the game."</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>The Mikan Drill</b>	<p><b>INDIVIDUAL</b></p> <p>Have partners switch on and off after 30 to 60 seconds.</p> <p>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 the same on the left.</p> <p>Have players focus on hitting the upper outside point of the square on the backboard.</p>	 <p><a href="https://sportsedtv.co/3grrFrM">https://sportsedtv.co/3grrFrM</a></p>
<b>5</b> mins.	<b>Two-Ball Dribbling Series</b>	<p>The two-ball dribbling series is a great warm-up and drill for basketball players looking to improve their ballhandling. In this drill, players go through four two-ball dribbling variations that help them improve ball control, weak-hand dribbling, and overall coordination when handling the basketball.</p>	 <p><a href="https://sportsedtv.co/2X6zP2f">https://sportsedtv.co/2X6zP2f</a></p>

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Tight Dribbling Series</b>	<b>INDIVIDUAL</b> The focus of this drill is to dribble the ball tight to the body through the cones, which helps players warm up and improve their ballhandling skills. Have each player complete the dribbling moves at each cone and finish with a layup or jump shot.	 <a href="https://sportsedtv.co/3zbpAr7">https://sportsedtv.co/3zbpAr7</a>
5 mins.	<b>Floater Runner Finishing</b>	<b>INDIVIDUAL</b> Have players line up on either wing or above the three-point line. This drill emphasizes shooting the ball higher over the defender to avoid an offensive foul.	 <a href="https://sportsedtv.co/3B8wwFY">https://sportsedtv.co/3B8wwFY</a>
10 mins.	<b>Post Moves</b> (Split guards and posts: Guards work on drop-step dribble.)	Post players practice the following moves with or without defense, on both sides, in both directions (middle and baseline). <ul style="list-style-type: none"> <li>• Drop-step without Dribble</li> <li>• Fake and Drop-Step Dribble</li> <li>• Dribble Reverse</li> <li>• Up and Under</li> </ul>	 <a href="https://sportsedtv.co/2YAIVVf">https://sportsedtv.co/2YAIVVf</a>
	<b>How to Drop-Step Dribble</b> (Split guards and posts: Posts work on post moves.)	<b>PAIRS (OFFENSE/DEFENSE)</b> Line up on either wing and have one player on offense and another on defense. Have the players work on the drop-step dribble and finish with a layup. Rotate players in on offense then defense, before they head to the back of the line.	 <a href="https://sportsedtv.co/3yYlh1E">https://sportsedtv.co/3yYlh1E</a>
10 mins.	<b>Give and Go Shooting</b>	<b>INDIVIDUAL</b> The Give and Go is often one of the first passing motions taught to players at the beginning level. <ul style="list-style-type: none"> <li>• Placement options:</li> <li>• Half-court wing</li> <li>• Half-court center</li> <li>• Baseline</li> </ul>	 <a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</a>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Offensive Cuts</b>	<p><b>INDIVIDUAL</b></p> <p>Players line up under the basket and step onto the court when it is their turn to perform a cut. Players make a cut and either take a jump shot or layup.</p> <ul style="list-style-type: none"> <li>• V-cuts</li> <li>• L-Cuts</li> </ul>	 <p><a href="https://sportsedtv.co/3iUmToU">https://sportsedtv.co/3iUmToU</a></p>
<b>15</b> mins.	<b>Free Throw Series</b>	<p><b>TEAM</b></p> <p>This free throw 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"> <li>• How to Shoot Free Throws</li> <li>• Free Throw Rebounding Roles: Guards</li> <li>• Free Throw Rebounding Roles: Posts</li> </ul> <p>Have each player make 10 free throws.</p>	 <p>How to Shoot Free Throws</p> <p><a href="https://sportsedtv.co/2Wkd6ih">https://sportsedtv.co/2Wkd6ih</a></p>
			 <p>Roles: Guards</p> <p><a href="https://sportsedtv.co/3j8KNMJ">https://sportsedtv.co/3j8KNMJ</a></p>
			 <p>Roles: Posts</p> <p><a href="https://sportsedtv.co/387sPUU">https://sportsedtv.co/387sPUU</a></p>
<b>10</b> mins.	<b>Offensive Cuts Game</b>	<p><b>TWO VERSUS ONE, HALF-COURT GAME</b></p> <p>Another player serves as coach. The offense practices the Give and Go drill three times, using L-cuts or V-cuts toward the basket; then players rotate.</p>	N/A

Time	Activity	Activity Description	Video Tutorial
<b>15</b> mins.	<b>Offensive Cuts Game</b>	<p><b>THREE VERSUS THREE, HALF-COURT GAME</b></p> <p>Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket.</p> <p>Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot.</p> <p>Give the offense an extra point if they use the Give and Go to score.</p>	N/A
<b>105</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®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**





**Team:**



.....  
**Practice Goals:**



- Ballhandling
  - Rebounding
  - Reading the defense
- .....

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Responsibility</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "What is on your 'mental list' before you come to every practice?"</p> <p>Listen to responses and then lead a discussion about bringing proper equipment (a water bottle, workout clothes); being mentally prepared to work hard and learn new ideas; being well rested; and having eaten well and drunk water during the day.</p> <p><b>SAY:</b> "Each player is responsible for preparing for each practice before practice starts. It's your responsibility to the team to come to practice prepared. Good players are prepared for all practices and games."</p> <p>.....</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>Chair Crossover</b>	<p><b>INDIVIDUAL</b></p> <p>Have players line up on the baseline. In this drill, players will learn how to most effectively complete several combo and crossover moves with a chair. Cones can replace chairs as necessary.</p>	 <p><a href="https://sportsedtv.co/37SMnMC">https://sportsedtv.co/37SMnMC</a></p>
5 mins.	<b>Ball Manipulation</b>	<p><b>INDIVIDUAL</b></p> <p>Have the players line up on the sideline or baseline in front of a cone and perform the following ball manipulation sequences. When manipulating the ball, the hand covers and wraps over the ball.</p> <ul style="list-style-type: none"> <li>• Basic Ball Manipulation</li> <li>• + Crossover Combo</li> <li>• + Between the Legs Combo</li> <li>• + All of the Above</li> </ul>	 <p><a href="https://sportsedtv.co/38WBeuF">https://sportsedtv.co/38WBeuF</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Rapid Fire Shooting</b>	<p>Groups of three players—a shooter, passer, and rebounder—play “Rapid Fire.” The shooter has one basketball; the passer has another.</p> <p>The shooter keeps moving, shooting without dribbling (later you might add shooting off the crossover dribble). The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder outlets to the passer.</p> <p>After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.</p>	N/A
<b>5</b> mins.	<b>Up and Back Shooting</b>	<p><b>INDIVIDUAL</b></p> <p>Have players start at half-court. Each player will take 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. Go for a certain number of makes.</p>	 <p><a href="https://sportsedtv.co/3qg8NcF">https://sportsedtv.co/3qg8NcF</a></p>
<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 players’ defense and how to score based on defensive positioning.</p> <p>Once this is explained to the players, have them line up as the coach plays the defensive call. Start in the paint and work backward for more difficulty.</p>	 <p><a href="https://sportsedtv.co/3CTIHbE">https://sportsedtv.co/3CTIHbE</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>

Time	Activity	Activity Description	Video Tutorial
<b>5</b> mins.	<b>Three- to-Five-Second Box-Out Drill</b>	<p>This fundamental basketball drill teaches beginners how to box out and challenge advanced players to hold their stance against bigger, stronger opponents.</p> <p>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.</p> <p>Each rebound should be secured by the defensive player in order to switch players.</p>	 <a href="https://sportsedtv.co/3CRKtd8">https://sportsedtv.co/3CRKtd8</a>
<b>10</b> mins.	<b>Rebound Drill With Outlet Pass</b>	<p>This drill focuses on lateral footwork, boxing out, grabbing the rebound, and passing in the right direction to a teammate.</p>	 <a href="https://sportsedtv.co/3m5SSnl">https://sportsedtv.co/3m5SSnl</a>
<b>15</b> mins.	<b>Rebound and Outlet Game</b>	<p>Play four versus four games half-court with one shooter and one outlet; O4 shoots the ball.</p> <p>On the release, X1, X2, and X3 turn and box out the players they're guarding. X4 (the outlet) moves right or left, depending on which side of the basket the ball is rebounded.</p> <p>The rebounder turns and passes to X4. The defense tries to complete three successful outlet passes in a row; then the offense goes on defense, and vice versa.</p>	N/A
<b>10</b> mins.	<b>Free Throw Rebound Game</b>	<p>Play four versus four. Begin each play with a free throw. A made free throw is worth one point; a rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.</p>	N/A
<b>90</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 5



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY




Ages: 11 and Up

**Coach:**






**Team:**



**Practice Goals:**

- Guard/Post passing
- Review screen actions
- Communicate screens

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Honesty</b>	<p>Gather the team into a group near two cones about 10 feet apart.</p> <p>Identify three honesty situations that are important for your team to practice. These could be traveling, tripping, or another rule infraction. First, ask players how they would respond, and then discuss how you would prefer them to respond.</p> <p><b>SAY:</b> "Being honest about a play during the game and in practice is an important part of the game. Good players are honest even when an official, coach, or opponent didn't see it happen."</p>	N/A
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>



<b>Time</b>	<b>Activity</b>	<b>Activity Description</b>	<b>Video Tutorial</b>
<b>5</b> mins.	<b>Layup Lines</b>	<b>INDIVIDUAL</b> Line up two lines outside of the key. Have the players dribble and use proper footwork on their layup. Emphasize correct hands.	 <a href="https://sportsedtv.co/382yATP">https://sportsedtv.co/382yATP</a>
<b>5</b> mins.	<b>Block-to-Block Finishing</b>	<b>INDIVIDUAL</b> Split between two baskets. Have each player perform the block-to-block finishing drill for 10 makes, 5 on each side or 30-60 seconds each.	 <a href="https://sportsedtv.co/3tqUw4C">https://sportsedtv.co/3tqUw4C</a>
<b>5</b> mins.	<b>Lateral Quickness Builder</b>	Have players complete the footwork movements shown in the lateral quickness builder video. These movements can be done with or without an agility ladder.	 <a href="https://sportsedtv.co/3m2SJBg">https://sportsedtv.co/3m2SJBg</a>
<b>10</b> mins.	<b>The Mirror Drill</b>	<b>PAIRS</b> First, the pairs start stationary for a proper defensive stance warm-up for about two minutes. 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 the floor, and then switch roles.	 <a href="https://sportsedtv.co/3jYABpq">https://sportsedtv.co/3jYABpq</a>
<b>5</b> mins.	<b>Relocation Shooting Drill</b>	<b>PAIRS</b> Have one guard set up on the wing, one post set up on the block. If the guard drives baseline, the post will pop to the high post and call for the ball. If the guard drives middle, the post will pop out to the short corner for a baseline jump shot. Work both sides and have the guard make the read to shoot or pass based on the defense.	 <a href="https://sportsedtv.co/3mqTVP9">https://sportsedtv.co/3mqTVP9</a>

Time	Activity	Activity Description	Video Tutorial
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 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>Entry Passes for Guards and Posts</b>	<b>PAIRS (OFFENSE/DEFENSE)</b> Have an offensive and defensive player in the guard position and a post on the block with an optional defender. Have the players practice hitting the posts target hand and throwing the correct pass based on the wing defender's positioning. Have players make a certain number of passes, or the post get a certain number of makes, before rotating players in and out.	 <a href="https://sportsedtv.co/2XdkTPP">https://sportsedtv.co/2XdkTPP</a>
10 mins.	<b>How to Close Out</b>	<b>INDIVIDUAL</b> Also known as the star drill. Set up cones around the three-point line. After teaching a proper closeout stance on each side, have the 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.  Advance by swapping offensive players for the cones. Offensive players should remain in triple-threat position and pass the ball around the key. Defense positions themselves accordingly in relation to the ball.	 <a href="https://sportsedtv.co/3AJYJTm">https://sportsedtv.co/3AJYJTm</a>
10 mins.	<b>How to Read Screens</b>	<b>PAIRS (OFFENSE/DEFENSE)</b> Demonstrate each option before players begin. Have two offensive and two defensive players step onto the court and perform these movements based on defensive positioning. Rotate players in and out playing all positions: <ul style="list-style-type: none"> <li>• Curling for a shot</li> <li>• Flaring for a shot</li> <li>• Popping for a shot</li> </ul>	 <a href="https://sportsedtv.co/3hjq66h">https://sportsedtv.co/3hjq66h</a>

<b>Time</b>	<b>Activity</b>	<b>Activity Description</b>	<b>Video Tutorial</b>
<b>15</b> mins.	<b>Defending Screens Game</b>	<b>FOUR VERSUS FOUR, HALF-COURT GAME</b> Players call their own fouls. Players can dribble only to drive to the basket. The offense uses screens to score and create passing lanes in the attack. Use a jump ball to restart play after every basket.	N/A
<b>10</b> mins.	<b>Free Throw Game</b>	<b>FOUR VERSUS FOUR, HALF COURT GAME</b> Begin each play with a free throw. A made free throw is worth one point; a rebound (for either team) is worth one point. Rotate so each player on both teams shoots a free throw. Team A shoots five free throws in a row; then team B shoots.	N/A
<b>100</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®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**





**Team:**



**Practice Goals:**


- Footwork
- Ballhandling
- Off-ball and help defense

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Respect</b>	<p>Gather the team into two groups.</p> <p><b>SAY:</b> "Think about professional teams. How do they show respect for their opponents?"</p> <p>Discuss with players. Lead the discussion about saying positive comments such as "Good game" and "Nice play today" along with a handshake.</p> <p><b>SAY:</b> "Let's say this is the end of a game. Your two groups are professional teams that played against each other. Show me what you do at the end of the game."</p> <p>Use one of the discussion examples for players to try.</p> <p><b>SAY:</b> "When you say positive comments to your opponents at the end of a game in addition to shaking or slapping hands, it shows you respect your opponents. Good professional players show they respect opponents."</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>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>
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), with a 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>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 skill introduces shot fakes, jab steps, and cross steps. Have 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>Rapid Fire Shooting</b> (Have players work on jab steps, fakes, and cross steps.)	Groups of three players—a shooter, passer, and rebounder—play “Rapid Fire.” The shooter has one basketball; the passer has another.  The shooter keeps moving, shooting without dribbling. The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder outlets to the passer.  After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.	N/A
10 mins.	<b>Tight Dribbling Series</b>	<b>INDIVIDUAL</b> 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 players complete the dribbling moves at each cone and finish with a layup or jump shot.	 <a href="https://sportsedtv.co/3zbpAr7">https://sportsedtv.co/3zbpAr7</a>
10 mins.	<b>Level 1 Shooting: Off the Dribble</b>	<b>INDIVIDUAL</b> In this drill, players will learn how to string together several combination dribbling moves to improve shooting off the dribble.  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.	 <a href="https://sportsedtv.co/3xU8e0F">https://sportsedtv.co/3xU8e0F</a>

Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>The Box Drill for Posts</b> (To be done while guards are doing combo moves.)	<b>INDIVIDUAL</b> Have the players line up under the basket and pass the ball to themselves at the elbow, completing each of the following moves: <ul style="list-style-type: none"> <li>• Drop Step and Drive</li> <li>• Reverse Pivot and Shoot</li> <li>• Reverse Pivot, Shot Fake, and Drive Baseline/Middle</li> </ul>	 <a href="https://sportsedtv.co/3jWVL8M">https://sportsedtv.co/3jWVL8M</a>
	<b>Combo Moves Facing the Basket</b> (To be done while posts are doing the box drill.)	<b>INDIVIDUAL</b> This drill focuses on adding a second move to combine with your initial move. Have the players line up at half-court, attack the cones, and complete the following combo moves with a layup or jump shot finish. <ul style="list-style-type: none"> <li>• Double Cross</li> <li>• Crossover + Through the Legs (Killer Crossover)</li> <li>• Through the Legs + Behind the Back</li> </ul>	 <a href="https://sportsedtv.co/3nvWY9I">https://sportsedtv.co/3nvWY9I</a>
10 mins.	<b>Entry Passes for Guards and Posts</b>	<b>PAIRS (OFFENSE/DEFENSE)</b> Have an offensive and defensive player in the guard position and a post on the block with an optional defender. Have the players practice hitting the posts target hand and throwing the correct pass based on the wing defender's positioning. Have players make a certain number of passes or post and get a certain number of makes before rotating players in and out.	 <a href="https://sportsedtv.co/2XdKTPP">https://sportsedtv.co/2XdKTPP</a>
10 mins.	<b>Off-Ball Defense</b>	Paired-up players practice off-the-ball defensive positioning. Set up three to four offensive players around the key and in the paint. Have the offense work the ball around to ensure proper defensive positioning. Call the ball live to trigger the offense to score.	N/A
15 mins.	<b>Position and Movement Game</b>	<b>FIVE VERSUS FIVE, FULL-COURT OR HALF-COURT GAME</b> Each team must have the ball passed into the paint before scoring. Emphasize proper on- and off-ball defensive positioning.	N/A
100 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®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**






**Team:**






**Practice Goals:**


- Defense, charges, and defensive stance
- Rebounding
- Fast-break opportunities

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Communication</b>	<p>Gather the team into two groups. Give one group a ball. Have them dribble and pass to each other. Have one player try to distract the rest of the group. Continue this for one minute. Bring the team together as a group.</p> <p><b>SAY:</b> "How should you respond to someone who is trying to distract you?"</p> <p>Discuss their responses.</p> <p><b>SAY:</b> "If you're at practice and talk to your teammates or distract other players, you're interrupting the practice. It's your responsibility to the team to pay attention at practices and games so you and your teammates can learn and play your best."</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>
10 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>How to Power Layup</b> (Continue from layup lines.)	<p>The purpose of a power layup is to add more power throughout the player's 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>How to Do the Euro Step</b> (Continue from layup lines.)	<p>Instruct first, then have the players complete euro steps in layup lines.</p>	 <p><a href="https://sportsedtv.co/3BVRBEi">https://sportsedtv.co/3BVRBEi</a></p>
5 mins.	<b>Following Your Shot</b>	<p><b>INDIVIDUAL</b></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><a href="https://sportsedtv.co/3q8STmS">https://sportsedtv.co/3q8STmS</a></p>

<b>Time</b>	<b>Activity</b>	<b>Activity Description</b>	<b>Video Tutorial</b>
<b>10</b> mins.	<b>Post Moves</b> (Split guards and posts: Guards work on drop-step dribble.)	Have post players practice the following moves with or without defense, on both sides, in both directions (middle/baseline). <ul style="list-style-type: none"> <li>• Drop Step Without Dribble</li> <li>• Fake and Drop Step Dribble</li> <li>• Dribble Reverse</li> <li>• Up and Under</li> </ul>	 <a href="https://sportsedtv.co/2YAIIVf">https://sportsedtv.co/2YAIIVf</a>
<b>10</b> mins.	<b>How to Drop-Step Dribble</b> (Split guards and posts: Posts work on post moves.)	<b>PAIRS (OFFENSE/DEFENSE)</b> Line up on either wing and have one player on offense and another on defense. Have the players work on the drop-step dribble and finish with a layup. Rotate players in on offense and then defense, before heading to the back of the line.	 <a href="https://sportsedtv.co/3yYlh1E">https://sportsedtv.co/3yYlh1E</a>
<b>5</b> mins.	<b>Improve Your Defensive Stance</b>	<b>INDIVIDUAL</b> Have the players line up in the corner of the court.  Explain the proper defensive stance. Have the players roll a ball along the line and zigzag throughout the court or on various lines of the court to maintain proper positioning.	 <a href="https://sportsedtv.co/2UpJ64c">https://sportsedtv.co/2UpJ64c</a>
<b>5</b> 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 important, 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>
<b>5</b> mins.	<b>Three-to-Five-Second Box-Out Drill</b>	This fundamental basketball drill teaches 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>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>How to Take a Charge</b>	<b>INDIVIDUAL</b> Have the players line up on the baseline. Demonstrate how to take a charge. Have one player at a time step onto the court in a help position. A coach or player drives the basketball from the middle or baseline while the player in help defense steps in to take a charge.	 <a href="https://sportsedtv.co/3DZLhNH">https://sportsedtv.co/3DZLhNH</a>
<b>15</b> mins.	<b>Free Throw Fast Break Drill</b>	Offensive and defensive teams alternate free throws. Practice defensive positioning after release of the ball and practice making outlet passes, as in a fast break. If the offensive team gets the rebound, continue play until they score or the defense wins the ball.	N/A
<b>15</b> mins.	<b>Rebound and Outlet Game</b>	<b>FOUR VERSUS FOUR, HALF-COURT GAME</b> Play with one shooter and one outlet. O4 shoots the ball. On the release, X1, X2, and X3 turn and box out the players they're guarding. X (the outlet) moves right or left, depending on which side of the basket the ball is rebounded. The rebounder turns and passes to X4. The defense tries to complete three successful outlet passes in a row; then, the offense goes on defense, and vice versa.	N/A
<b>95</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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**




**Team:**




**Practice Goals:**



- Finishing around the basket
- Screening actions
- Passing and communication

Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle:</b> <b>Caring</b>	<p>Gather the team and separate the players into two groups, each with a ball.</p> <p><b>SAY:</b> "Each group passes the ball to each other. As you pass the ball, I want everybody to be saying something good about the pass and the people passing and catching. I should be hearing constant talk."</p> <p>Encourage excitement about the activity by clapping and providing players with your positive comments.</p> <p><b>SAY:</b> "We will keep the passing going until everyone has had two turns passing and catching. Let me know when you're done."</p> <p>Wait for players to signal that they are finished.</p> <p><b>SAY:</b> "What are some of the positive comments that you heard? Saying positive comments shows you care."</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 Tip Drill</b> (Split players between two baskets.)	<p><b>INDIVIDUAL</b></p> <p>Have players complete each variation of the tip drill with a finish for time or makes. The wall can be used as a modification.</p> <ul style="list-style-type: none"> <li>• Single hand each side</li> <li>• Five right, five left same side</li> <li>• Alternate hands each side</li> </ul>	 <p><a href="https://sportsedtv.co/3jZf0P3">https://sportsedtv.co/3jZf0P3</a></p>
5 mins.	<b>The Mikan Drill</b>	<p><b>INDIVIDUAL</b></p> <p>Have partners switch on and off after 30 to 60 seconds.</p> <p>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 the same on the left.</p> <p>Have players focus on hitting the upper outside point of the square on the backboard.</p>	 <p><a href="https://sportsedtv.co/3grrFrM">https://sportsedtv.co/3grrFrM</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>5</b> mins.	<b>Hop Form Shooting</b>	<p><b>INDIVIDUAL/PAIRS</b></p> <p>In this drill, the player will use a hop motion to simulate basic foot movements experienced in a live game. During the hop form shooting drill players want to focus on landing in a balanced stance and shooting the shot straight up and down with a full follow through.</p> <p>Repeat 2, 4, 6, 8, 10 times on each foot before switching players. If multiple hoops are available, spread players out in pairs/threes. If not, line up behind the three-point line.</p>	 <p><a href="https://sportsedtv.co/3DedmAm">https://sportsedtv.co/3DedmAm</a></p>
<b>5</b> mins.	<b>How to Do the Jump Stop Pro Hop</b>	<p><b>INDIVIDUAL</b></p> <p>Have the players line up on the baseline to complete this footwork move. Practice this move going full court and back without the shot. Next, have the players line up on the wing and use this move when attacking the basket and finishing at the rim.</p>	 <p><a href="https://sportsedtv.co/3nhHDsH">https://sportsedtv.co/3nhHDsH</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. Then the pairs begin gradually dribbling faster in a zigzag movement. 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>
<b>10</b> mins.	<b>How to Set a Screen</b>	<p>Screens are used by players to get open for a shot, drive, dribble, or pass. In this drill, we review how to set on-ball screens and the different screens players can set for their teammate handling the ball.</p> <p>First, have everyone complete each the screen without defense and add a defender when the team is ready.</p>	 <p><a href="https://sportsedtv.co/3mquzRb">https://sportsedtv.co/3mquzRb</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>How to Defend Ball Screens</b>	<p>In this drill, the coach teaches the methods of defending a ball screen. All methods are used to prevent a specific move by the offense, specifically the shot and the drive to the basket.</p> <p>Rotate all players in and out of four positions, two offense and two defense. Review:</p> <ul style="list-style-type: none"> <li>• How to go over a screen</li> <li>• How to go under a screen</li> </ul>	 <p><a href="https://sportsedtv.co/3sJLYFU">https://sportsedtv.co/3sJLYFU</a></p>
<b>10</b> mins.	<b>Free Throw Sprints</b>	<p>Have each player shoot 10 free throws, two at a time. Every miss is a down-and-back sprint.</p>	 <p><a href="https://sportsedtv.co/2Wkd6ih">https://sportsedtv.co/2Wkd6ih</a></p>
<b>10</b> mins.	<b>Defending the Screen Game</b>	<p><b>THREE VERSUS THREE, HALF-COURT GAME</b></p> <p>Two coaches on offense can be subbed for players, if necessary. Begin by playing in slower motion, using a cooperative to active defense. Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot.</p> <p>The player-coaches evaluate defenders' abilities in getting around screens.</p>	N/A
<b>10</b> mins.	<b>Defending the Screen Game</b>	<p><b>FIVE VERSUS FIVE, FULL-COURT OR HALF-COURT GAME</b></p> <p>Offensive players execute on-the-ball screens. Defensive players must fight through the screen and stay with their opponents; they transition into playing competitive defense. They attempt to keep the offense from getting a good shot.</p> <p>The player-coaches evaluate defenders' abilities in getting around screens.</p>	N/A

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Inbound Passing Game</b>	<b>FIVE VERSUS FIVE, HALF-COURT GAME</b> The offense scores by running set play within 10 seconds of inbounding the ball from the end line. Players can't dribble except to drive to the basket. Use a two-one-two defense to defend space around the basket. Restart play from the end lines.	N/A
<b>100</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 9



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 11 and Up

**Coach:**





**Team:**





.....  
**Practice Goals:**

- Ballhandling
  - Shooting
  - Getting open without the basketball
- .....




Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Team Circle: Respect</b>	<p>Gather the team into groups of three.</p> <p>Play a one-on-one game with the other player being the official. Play for one minute and rotate players so everyone gets a chance to referee.</p> <p><b>SAY:</b> "How did it feel to be the official?"</p> <p>Discuss responses and the importance of showing respect.</p> <p><b>SAY:</b> "It can be difficult to be an official. It involves quite a few skills. Remember that it's a tough job, and always show respect for officials."</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>Lateral Quickness Builder</b>	<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><a href="https://sportsedtv.co/3m2SJBg">https://sportsedtv.co/3m2SJBg</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>Ball Manipulation</b>	<p><b>INDIVIDUAL</b></p> <p>Have the players line up on the sideline or baseline in front of a cone and perform the following ball manipulation sequences. When manipulating the ball, the hand both covers the ball and wraps over it.</p> <ul style="list-style-type: none"> <li>• Basic Ball Manipulation</li> <li>• + Crossover Combo</li> <li>• + Between the Legs Combo</li> <li>• + All of the above</li> </ul>	 <p><a href="https://sportsedtv.co/38WBeuF">https://sportsedtv.co/38WBeuF</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>10</b> mins.	<b>Spot Shooting for Beginners</b>	<p><b>PAIRS</b></p> <p>Partners practice shooting around the key or at select spots, and keep track of the number of baskets made.</p>	 <p><a href="https://sportsedtv.co/3m5FKP5">https://sportsedtv.co/3m5FKP5</a></p>
<b>5</b> mins.	<b>Up and Back Shooting</b>	<p><b>INDIVIDUAL</b></p> <p>Have players start at half-court. Each player will take two shots during their turn.</p> <p>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. Go for a certain number of makes.</p>	 <p><a href="https://sportsedtv.co/3gq8NcF">https://sportsedtv.co/3gq8NcF</a></p>
<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 players' defense and how to score based on defensive positioning. Once this is explained to the players, have them line up as the coach plays the defensive call. Start in the paint and work backward for more difficulty.</p>	 <p><a href="https://sportsedtv.co/3CTIHbE">https://sportsedtv.co/3CTIHbE</a></p>



Time	Activity	Activity Description	Video Tutorial
<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>	 <a href="https://sportsedtv.co/3m8uEJh">https://sportsedtv.co/3m8uEJh</a>
<b>10</b> 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> <ul style="list-style-type: none"> <li>• Placement options:</li> <li>• Half-court wing</li> <li>• Half-court center</li> <li>• Baseline</li> </ul>	 <a href="https://sportsedtv.co/3xRHspE">https://sportsedtv.co/3xRHspE</a>
<b>10</b> mins.	<b>Offensive Cuts</b>	<p><b>INDIVIDUAL</b></p> <p>Players line up under the basket and step onto the court when it is their turn to perform a cut. Players make a cut and either take a jump shot or layup.</p> <ul style="list-style-type: none"> <li>• V-cuts</li> <li>• L-Cuts</li> </ul>	 <a href="https://sportsedtv.co/3jUmToU">https://sportsedtv.co/3jUmToU</a>
<b>10</b> mins.	<b>Offensive Cuts Game</b>	<p><b>TWO VERSUS ONE, HALF-COURT GAME</b></p> <p>Another player serves as coach. The offense practices the Give and Go drill three times, using L-cuts or V-cuts toward the basket; then players rotate.</p>	N/A

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Offensive Cuts Game</b>	<p><b>THREE VERSUS THREE, HALF-COURT GAME</b></p> <p>Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket.</p> <p>Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot.</p> <p>Give the offense an extra point if they use the Give and Go to score.</p>	N/A
<b>100</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>	