

Basketball

Time	Activity	Description
1-2 min	Prayer	Safety, good sportsmanship, fun, and full participation are possible prayer topics.
2-3 min	Warm up	Run laps around the court
2-3 min	Stretching (pick 2 or 3)	Running with high knees, Knee to tush, High knee skipping, High knee skipping backward, Grapevine running, Windmill toe-touches, Standing side stretches, Bear crawl, Crab walk, Ski jumping (both legs, R leg, L leg), Arm stretches, Suicide sprints (touching endline & endline with hand).

Time	Activity	Description
5m	Choose a drill or two	<p>Dribbling drills:</p> <ul style="list-style-type: none"> *When walking, roll the ball back and forth between legs (every step) by pushing it with the pads of the fingers. * Right hand Dribble keeping the ball low (below knees, making sure to keep head up). Repeat with Left hand. * Dribble ball low alternately bouncing it between right hand and left hand. (eyes up) *Dribble around cones, making sure the ball is in the outside hand. <p>Passing drills:</p> <ul style="list-style-type: none"> *Chest pass (when you go to make the pass, step with your strong foot forward and throw with force.) * Bounce pass (step out on dominant foot) Bounce the ball so that it will come up and hit your partner in the chest. (The ball stays in both hands until the release, then it becomes a one-handed push.) * Overhead pass (Step out on dominant foot with ball above head. Release the ball with a forceful snap to make sure it gets to your partner as fast as possible.) <p>Shooting drills:</p> <ul style="list-style-type: none"> *Shooting Stand close to the basket with your feet shoulder width apart, your dominant foot is slightly forward with your toe pointing to the center of the rim (Right hand/Right foot). The body is not squared to the basket, but at a 45° angle, with the dominant shoulder forward. The ball is in both hands until the release, where the dominant hand pushes it through. Follow through with the wrist *Lay-ups from right side of key, and w/o dribbling, step right-left and shoot high off the glass for 5 shots. (On the right side you should be jumping off your left foot/ using right hand. On the left side you should be jumping off your right foot/ using left hand.) Repeat 5 from left side of the key. (It is extremely important in basketball to be able to shoot with either hand.) Then do 5 lay-ups straight down the middle. (These should be straight in the basket and not off the backboard.) <p>Defense:</p> <ul style="list-style-type: none"> *Pivots on one foot around self. (When a player has the ball, one foot must always be stationary to avoid a “traveling” call. Drill: dribble, jump-stop, Pivot, pivot, repeat traveling across the court. *Box Out drill. In this drill the defensive player will start between the offensive player and the basketball (which is on the ground). On the clap the defensive player is going to make contact with the offensive player with their forearm, then turn their backside to complete the “box out”. They need to keep the offensive player boxed out for 3 seconds to complete the drill. If the offensive player is able to touch the basketball within 3 seconds, they score a point. If the defensive player keeps them boxed out, they get the point. <p>Mock games to build skills:</p>

Time	Activity	Description
35-40 min	Scrimmage	Reminders, <ul style="list-style-type: none"> - Only teachers pick teams - Check scores regularly to be sure one team is not dominating another
5-10 min	Clean up / run	If there is a run <ul style="list-style-type: none"> - Clean up at 2:50, give the students a chance to use the restroom, and get to the run starting point. If there is no run <ul style="list-style-type: none"> - Clean up just before 3 and release kids at 3