



JR. NBA YOUTH BASKETBALL LESSON PLANS v1.0

AGES 7-9



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Introduction Letter



Dear JNYB Coach:

Thank you for joining Jr. NBA Youth Basketball! We are thrilled to have you as part of the JNYB program, and hope you are excited to be coaching youth basketball in your community!

The mission of JNYB is to help individuals interested in working with children become successful teachers and coaches through basketball. Your role as a coach in JNYB gives you an opportunity to mold character and develop young athletes. Even though you may only see your players once or twice a week, you have an opportunity to have a major impact on their development mentally, socially, and physically.

To help facilitate our coaches and their programs, we have provided a complete program curriculum. The JNYB Curriculum consists of 12 individual sessions, providing a blueprint for a 12-week program. Used in its entirety, the curriculum provides a guideline for skill introduction and development for young basketball players.

Each session is designed to introduce or refine a particular basketball skill, drawing from teaching points discussed in the JNYB Coach Manual. Sessions also include specific drills and games from the JNYB Coach Manual and JNYB Drill Bank. It is important to note that the activities included in the curriculum are recommendations only—JNYB encourages coaches to get creative, adapting or including other activities as they see fit.

A key priority of JNYB is the complete development of the youth athlete. As such, each session is also paired with a specific life skill. Activities and strategies designed to develop these life skills are included throughout the JNYB Curriculum, with additional information included in the JNYB Coach Manual.

Finally, we encourage all coaches to take the time to read the JNYB Coach Manual. The document is an extremely valuable resource providing information on the LTAD model, learning and teaching strategies, healthy lifestyles, practice design, and more. Regardless of experience, coaches can refer back to the JNYB Coach Manual for drill and game modifications, explanations, and diagrams.

Remember to be prepared, creative, and engaging – and most of all, have fun!

We wish you the best of luck in your coaching experience!



NBA Canada & Canada Basketball

Session Template



WARM-UP GAME:		10-MINS
SET-UP	EXECUTION	
+	+	
REMEMBER TO USE RECESS GUARDIANS' PRINCIPLES!		

WATER BREAK

GAME:		10-MINS
SET-UP	KEY TEACHING POINTS	
+	+	
EXECUTION	REMEMBER TO DEMONSTRATE FOR THE GROUP!	
+	+	

WATER BREAK

Session Template



DRILL:		10-MINS
SET-UP	KEY TEACHING POINTS	
+	+	
EXECUTION	REMEMBER TO DEMONSTRATE FOR THE GROUP!	
MODIFICATIONS		SUGGESTIONS
+	+	+

GAME:		10-MINS
SET-UP	KEY TEACHING POINTS	
+	+	
EXECUTION	REMEMBER TO DEMONSTRATE FOR THE GROUP!	
PHASE A		PHASE B
+	+	

Session Template



WATER BREAK

GAME-PLAY

15-MINS

Setup

+

Execution

+

COOL-DOWN

10-MINS

+

FINAL HUDDLE

5-MINS

DEBRIEF:

- + What did you like about the session?
- + What did you not like about the session?

WHAT DID WE LEARN IN THIS SESSION?

- + Life Skill
- + Basketball Skill

SELECT & PRESENT YOUR KID OF THE WEEK!

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Safety Checklist



BEFORE PRACTICE

- ☐ Are the nets in good condition?
- ☐ Are protective mats on the walls behind the baskets properly attached?
- ☐ Has the floor been swept?
- ☐ Are there any wet spots on the court?
- ☐ Is there extra or unused equipment in the gym that could be hazardous?
- ☐ Are there any ropes or curtains that should be tied back?
- ☐ Are benches in safe and appropriate areas of the gym?
- ☐ Are there any tables or chairs that should be moved or removed?
- ☐ Are all exits accessible and usable?
- ☐ Are community emergency phone numbers readily available?
- ☐ Are emergency contact numbers for athletes readily available?
- ☐ In case of emergency, are directions to the facility readily available?
- ☐ Is the first aid kit readily available?

DURING PRACTICE

- ☐ Are all loose balls put away?
- ☐ Are spectators seated safely away from the activity areas?
- ☐ Are players' bags and equipment put safely away from the activity areas?
- ☐ Have players removed all jewelry, watches, and other accessories?
- ☐ Are all players' shoe laces tied?

NOTES

Practice #1



DATE: _____

TIME: _____

FACILITY: _____

HAVE FUN

- + HAVE YOUR ATHLETES UNDERSTAND THAT HAVING FUN IS THE MOST IMPORTANT PART OF THE GAME

ALL SKILLS

- + THIS WILL BE AN INTRODUCTION LESSON TO ALL BASKETBALL SKILLS, ASSESSMENT TO SEE WHERE GROUP IS AT IN TERMS OF SKILL LEVEL

PRE-PRACTICE

- COACH MEETING**
 - + Assign administrative tasks, and review session skills and drills
- SAFETY CHECK**
 - + Execute safety check of facility, arrange spectator area, and organize equipment
- PLAYER WELCOME**
 - + Greet parents and players as they arrive, signing in players on an attendance sheet

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

- + Introduce yourself to players
- + Outline this practice as well as the season ahead
- + Tell them you're excited to be working with them and they will have lots of fun
- + Outline your expectations for behaviour and listening

WHAT WILL WE LEARN IN THIS SESSION?

- + Have Fun
- + All Skills

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #1



WARM-UP GAME: EGG, CHICKEN, EAGLE

5-MINS

SET-UP

- + This is a safe introduction game for everyone to play
- + Have everyone spread out in a designated area
- + Teach players the action for **Egg** (hold arms over head), **Chicken** (tuck hands into armpits and flap elbows), and **Eagle** (Extend arms and flap wings)

EXECUTION

- + Everyone starts out as an Egg
- + Each player finds another Egg and plays Rock/Paper/Scissors
- + The player that wins evolves into a Chicken
- + They need to then find another player who is a Chicken to play with, if they win, they become an Eagle, if they lose, they go back down to an Egg

WATER BREAK

GAME: HOT-DOG TAG

10-MINS

SET-UP

- + **JNYB Reversible Jerseys**
- + Have all players choose a partner and then lie down on their stomachs beside their partner so they are resting on their elbows
- + Select 2 or 4 players to remain standing
- + Identify half of your standing players as "it" by having them carry (not wear) a coloured pinnie
- + The other standing players are "runners"

KEY TEACHING POINTS

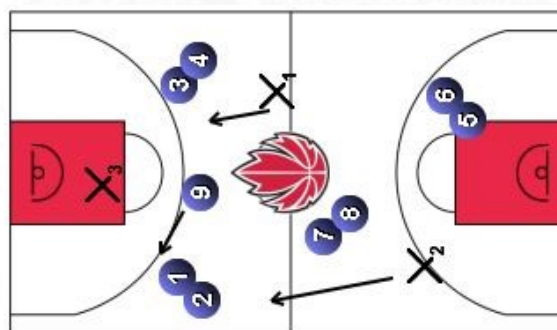
- + Ensure players are keeping their eyes up and looking around the floor for their next escape
- + When basketballs are involved, ensure players are focusing on keeping their dribble alive

EXECUTION

- + The object of the game is for the "its" to catch the "runners" by tagging them. If a runner is tagged by an "It", the "It" immediately hands over the pinnie and becomes a runner, they switch roles
- + For runners to be safe, they can lie down next to a partner group on the ground and the person on the side (not the player beside the runner) is now up and is a runner and has to find another group to be safe next to

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + To increase difficulty, add more "runners" or people who are "it" to make the game faster
- + **LOAD:** Change the movement, speed, walk, running, two foot hops, one foot hops, etc.
- + **LOAD:** Introduce basketballs to the game to work on ball handling



WATER BREAK

Practice #1



GAME: ROCK (BALL) AND ROLL

10-MINS

SET-UP

- + **Basketballs**
- + Have players spread out around along the sideline with a ball
- + Place a pylon 3-5 m in front of player

KEY TEACHING POINTS

- + Ensure players' eyes are looking up at all times

EXECUTION

- + Have players roll the ball out towards the pylon
- + Once the ball passes the pylon, the player will chase after the ball, retrieve it, and perform a series of different movements to the opposite sideline

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Finger tipping
- + Ball circles
- + Figure 8 wraps
- + Dribble—dominant hand
- + Dribble—non-dominant hand
- + Dribble—alternating hands

GAME: PARTNER SHOOTING

10-MINS

SET-UP

- + **Basketballs — 1 per pair of players**
- + Have players find a partner, each pair with a basketball
- + Spread pairs out to a basket, using all available baskets (some groups may have to share depending on number of hoops)

KEY TEACHING POINTS

- + Ensure players are in ready position before they get the ball
- + Teach players to communicate, calling the names of the teammates they are passing to
- + Encourage players to challenge themselves and their partners to make more shots

EXECUTION

- + Have one partner shoot at the basket.
- + The shooter retrieves their own rebound and pass to their partner who shoots from the same spot

PHASE A

- + Have players shoot from the same spots, or change positions with each spot
- + Have players take one dribble before taking their shot

PHASE B

- + Have players close-out to their partner after making a pass (no shot blocking/contesting)

GAME: BALL TAG

10-MINS

SET-UP

- + **Basketball and Cones**
- + Depending on numbers, use cones to setup a playing area, or just use the normal court lines
- + Select 2 or 3 players to be "it", have them wear a different colour of their reversible JNYB jersey and start with the ball

KEY TEACHING POINTS

- + Encourage players to communicate when passing the ball
- + Encourage players to look for and take open space
- + Teach players to think ahead of the pass, think about where the ball is going to be

EXECUTION

- + Players who are "it" work together to pass the ball in order to tag others

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + When a player gets tagged with the ball, they join the "it" team (and change colour)

Practice #1



WATER BREAK

GAME-PLAY

10-MINS

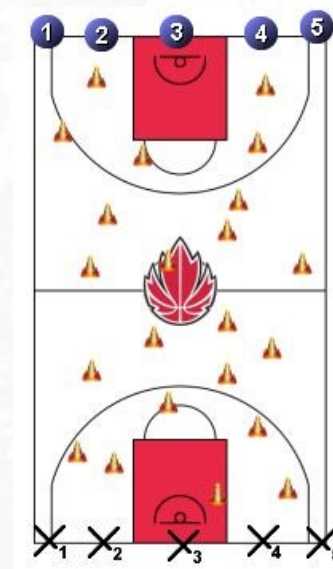
VOLCANOES AND VALLEYS

Setup

- + **Basketball and Cones**
- + Randomly place cones around the gym so that half look like 'Volcanoes' (point up) and half look like 'Valleys' (point down)
- + Divide players into two teams
- + One team assigned 'Volcanoes', and one team assigned 'Valleys'

Execution

- + On the coach's whistle, players run around the gym and flip over as many cones as possible
- + Valley players want to flip volcanoes (to make valleys)
- + Volcano players want to flip valleys (to make volcanoes)
- + Play for a short period of time (approx. 1 minute) before totalling the volcano and valleys
- + The team with the most cones flipped to their side, wins!
- + Create a rule where players need to touch a wall after flipping a cone
- + **LOAD:** Introduce dribbling to the game



COOL-DOWN

5-MINS

SHOT OF THE DAY

- + Select a difficult shot from anywhere on the floor (granny shot from 3-pt line, bounce shot from elbow, back to the basket no look free-throw)
- + Have each player attempt to make the shot, and once a player has attempted have them sit in the centre circle and wait for debrief

FINAL HUDDLE

5-MINS

DEBRIEF:

- + What did you like about the session?
- + What did you not like about the session?
- + What do you want to do again?

WHAT DID WE LEARN IN THIS SESSION?

- + Have Fun
- + All Skills

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #2



DATE: _____ TIME: _____ FACILITY: _____

LIFE SKILL: CONFIDENCE

- + WITHOUT CONFIDENCE, THERE IS LITTLE WE CAN DO
- + HELP YOUR ATHLETES BECOME CONFIDENT

SPORT SKILL: BALL-HANDLING

- + THE ABILITY TO HANDLE THE BALL IS THE ABILITY TO MOVE. THIS IS ONE OF THE MOST IMPORTANT SKILLS

PRE-PRACTICE

- | | |
|----------------|---|
| COACH MEETING | + Assign administrative tasks, and review session skills and drills |
| SAFETY CHECK | + Execute safety check of facility, arrange spectator area, and organize equipment |
| PLAYER WELCOME | + Greet parents and players as they arrive, signing in players on an attendance sheet |

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Have Fun
- + Introduction to All Skills

WHAT WILL WE LEARN IN THIS SESSION?

- + Confidence
- + Ball Handling

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #2



WARM-UP GAME: LINE TAG

5-MINS

SET-UP

- + Have 2–3 players be “it”
- + Have the rest of players find a line in the gym to start on
- + Everyone can only move while they are on a line

EXECUTION

- + The “its” are chasing the runners trying to tag them while only being able to run when they are on a line
- + When a player is tagged, they become “it” or they can freeze on their line until someone who isn’t “it” tags to free them
- + LOAD: Change the movement—two foot hops, one foot hops (left/right), bear crawl, crab walk, etc.

WATER BREAK

GAME: BASKETBALL GEOGRAPHY

5-MINS

SET-UP

- + **Basketballs**
- + Have players spread out throughout the gym with a ball

KEY TEACHING POINTS

- + Ensure players are quick to move to the spots
- + Help players begin to understand the different spots

EXECUTION

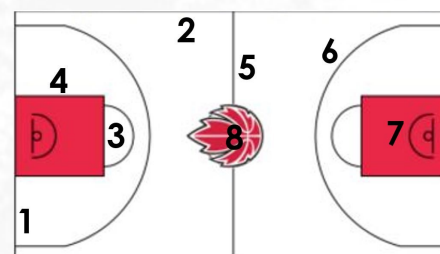
REMEMBER TO DEMONSTRATE FOR THE GROUP!

PHASE A

- + On coach’s cue, coach will call out a part of the court
- + Players will need to dribble their basketball to that spot and jump stop when they think they are there

1. Baseline
2. Sideline
3. Free-throw Line
4. Lane Line

5. Centre Line
6. Three-point Line
7. The Key
8. Centre Circle



DRILL: MARAVICH SERIES

10-MINS

SET-UP

- + **Basketballs**
- + Have players spread out around the centre circle with a ball

KEY TEACHING POINTS

- + Ensure players eyes are looking up at all times
- + Losing the ball is good—means they are doing something new

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

MODIFICATIONS

SUGGESTIONS

- + Add movements to the series—have players complete the exercise while walking or jogging
- + Add a passing element by having players pair up and after each completed exercise they exchange basketballs with one another

- + Ball Slaps
- + Finger Tipping
- + Ball Circles
- + Leg Wraps/Between the legs
- + Ball Toss
- + Figure—8 wraps
- + North—South Dribbles
- + East—West Dribbles

WATER BREAK

Practice #2



DRILL: COPY CAT (STATIONARY DRIBBLING)

5-MINS

SET-UP

- + **Every player needs a basketball**
- + Have players line-up along the sideline with a ball

KEY TEACHING POINTS

- + Follow the coach through a series of dribbling exercises while staying on the line

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

PHASE A

- + Right hand pound dribble
- + Left hand pound dribble
- + Front crossover
- + Between-the-legs
- + Behind-the-back
- + East-West/North-South

PHASE B

- + Coach can act as a defender to the ball-handler to provide resistance
- + Have players partner up and the defender guide and provides fake pressure

GAME: SNAKE

10-MINS

SET-UP

- + **Basketballs (everyone except the first player in line)**
- + Divide players into groups of 3 (or 4 if necessary) lined up one behind the other in their group. Two balls per group
- + First player is the "head" (without a ball) and acts as the leader. Second player and third player are the "body" and "tail" (with a ball) and follows the leader, while dribbling

KEY TEACHING POINTS

- + Encourage the "head" to vary their lead (fast, slow, sideways, stopping, sharp corners, etc.)
- + Coach the followers ("body" and "tail") to dribble with their heads up

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The "head" of each group directs their snake around the gym
- + The "body" and "tail" of each group follows the leader
- + Whistle to switch roles: "body" becomes head, "tail" become body, "head" becomes tail

GAME: DRIBBLE KNOCKOUT

10-MINS

SET-UP

- + **Basketballs and Cones**
- + Using cones, setup an area for players to play in

KEY TEACHING POINTS

- + Ensure players keep their eyes up and protect the ball at all times

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

PHASE A

- + Players attempt to knock other players' balls away within the designated area, while maintaining their own dribble
- + If a player's ball is knocked out, have them make a lay-up before they return and join back in the game

PHASE B

- + If a player's ball is knocked out, have them stand around the outside of the area and attempt to knock balls away

Practice #2



WATER BREAK

GROUP GAME:

15-MINS

CASTLE BATTLE

+ Basketballs and Pinnies

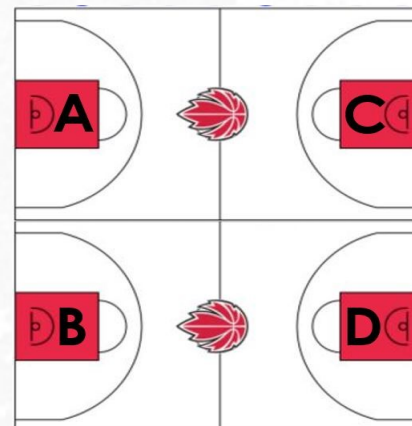
- + Divide players into 4 teams, assigning each team a basket
- + If possible have each team wear a different coloured pinnies
- + Place balls in the middle of the gym, there should be one ball per two players

KEY TEACHING POINTS:

- + Encourage players to space out throughout the gym
- + Coach players to ensure they have their heads up at all times
- + Ensure players are communicating with one another so they see passes coming to them

Execution:

- + Players are not allowed to dribble with the ball; to move the ball around the gym, teams must pass with their teammates
- + The object of the game is to score on the other team's baskets (castles) while protecting their own

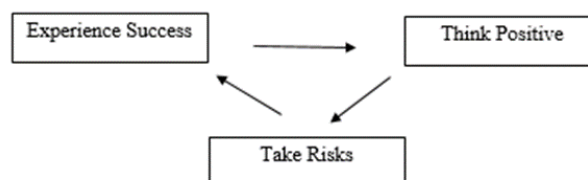


COOL-DOWN: CONFIDENCE CYCLE

5-MINS

CONFIDENCE CYCLE IN ACTION

- + Refer to the confidence cycle
- + Have each player think of a challenge they haven't overcome yet this practice
- + Have them think positively about it with "I can" statements and then attempt the challenge



FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Have Fun
- + Introduction to All Skills

WHAT DID WE LEARN IN THIS SESSION?

- + Confidence
- + Ball-Handling

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #3



DATE: _____ TIME: _____ FACILITY: _____

COMMUNICATION

- + WHEN ATHLETES COMMUNICATE IT MAKES THE GAME THAT MUCH EASIER TO PLAY

PASSING

- + LEARNING TO MOVE THE BALL IS THE FASTEST AND MOST FUN WAY TO PLAY THE GAME

PRE-PRACTICE

- COACH MEETING** + Assign administrative tasks, and review session skills and drills
- SAFETY CHECK** + Execute safety check of facility, arrange spectator area, and organize equipment
- PLAYER WELCOME** + Greet parents and players as they arrive, signing in players on an attendance sheet

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Confidence
- + Ball Handling

WHAT WILL WE LEARN IN THIS SESSION?

- + Communication
- + Passing

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #3



WARM-UP GAME: DEAD ANT TAG

10-MINS

SET-UP

- + **JNYB Reversible Jerseys**
- + Outline the boundaries of the playing area, ideally half of a basketball gym
- + Select 3 players to be "it" wearing white, and have the rest of the players spread out wearing black

EXECUTION

- + On the coach's cue, have the players who are "it" try to tag the other players
- + If a player is tagged, they stop where they are, and lie on the ground on their back with all four limbs in the air
- + In order to be freed, they need 4 different players to tag each of the limbs that are in the air
- + **LOAD:** Introduce dribbling to the game

WATER BREAK

DRILL: SELF-TOSS AND CATCH

5-MINS

SET-UP

- + **Basketballs , 1 per player**

KEY TEACHING POINTS

- + Ensure players are keeping their eyes on the ball
- + Emphasize players catch and pass the ball with two hands

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

PHASE A

- + Have players spread out throughout the gymnasium with a basketball
- + Have them toss the ball up into the air with two hands and catch it
- + Allow the ball to bounce if necessary
- + **LOAD:** Add clap(s) before catching it

PHASE B

- + Have players partner up with one ball per pair
- + Have players toss the ball with one hand and the partner try to catch with one hand
- + Have the non-thrower attempt to steal the ball in the air

GAME: KEEP AWAY

10-MINS

SET-UP

- + **Basketball**
- + Have players get into groups of three with one basketball
- + Select one player in each group to be in the middle

KEY TEACHING POINTS

- + Start with allowing the players to use whatever means to pass the ball
- + Encourage players to communicate when making passes

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + In their groups of 3, allow players to play keep away where two players attempt to keep the ball away from the player in the middle
- + If the player in the middle trying to get the ball touches the ball or steals it, they become a passer
- + As the game progresses, load the rules of the game to encourage different passes and creative approaches, eg. "No overhead passes"
- + **LOAD:** Add in other players to the game to make it 2-on-2 or 3-on-2
- + **LOAD:** Create movement or dribble restrictions on players who are passing

WATER BREAK

Practice #3



GAME: 10 PASSES

10-MINS

SET-UP

- + **Basketball and Cones**
- + Depending on numbers, use cones to setup a playing area, or just use the normal court lines
- + Divide players into two teams and have them spread out throughout the playing area

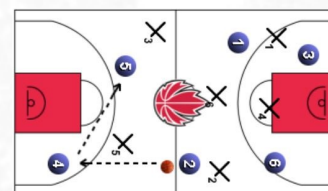
KEY TEACHING POINTS

- + Encourage players to communicate on the floor
- + Teach players to find open space

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The object is to pass the ball between your teammates 10 times without dribbling, traveling or fumbling/ dropping the ball
- + If any of the above three things happens the other team immediately gets the ball and starts to pass
- + The players without the ball can move to get open



GAME: BALL TAG

10-MINS

SET-UP

- + **Basketball and Cones**
- + Depending on numbers, use cones to setup a playing area, or just use the normal court lines
- + Select 2 or 3 players to be "it", have them wear a different colour of their reversible JNYB jersey and start with the ball.

KEY TEACHING POINTS

- + Encourage players to communicate when passing the ball
- + Encourage players to look for and take open space
- + Teach players to think ahead of the pass, think about where the ball is going to be

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Players who are "it" work together to pass the ball in order to tag others
- + Players with the ball cannot take steps (other than their pivot) or dribble with the ball
- + When a player gets tagged with the ball, they join the "it" team (and change colour)
- + LOAD: Add more balls as the "it" group grows



Practice #3



WATER BREAK

GAME-PLAY: DENY THE TOUCHDOWN

10-MINS

DENY THE TOUCHDOWN

+ SET-UP

- + Mark clear boundaries and end-zones, creating a "football field" playing area. Set-up multiple play areas (depending on numbers and available space)
- + Divide players into teams of 3-4, assigning 3 (or more) teams to each playing area
- + One team starts on offense at their own end-zone, with another starting on defense
- + Additional teams will wait off the court, and will rotate in throughout the drill
- + 1 basketball per area

EXECUTION

- + The offense attempts to use completed passes towards the opposite end-zone for a "touchdown"
- + The offense is not allowed to dribble the basketball, moving the ball only by passing it
- + The defense must prevent passes, using deny position and defensive positioning
- + If the offense gets the ball to the opposite end-zone, they earn a point
- + Rotate teams (from offense to defense) and have new teams enter the drill on offense



COOL-DOWN

5-MINS

COUNTING GAME (key is to use body language, hand gestures)

- + Have players stand in a circle together
- + Instruct the players they need to count from 1-20 as a group
- + They aren't allowed to speak about who is going to go next
- + If two people speak at the same time, the group has to start again

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Confidence
- + Ball Handling

WHAT DID WE LEARN IN THIS SESSION?

- + Communication
- + Passing

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #4



DATE: _____

TIME: _____

FACILITY: _____

MINDFULNESS

- + BEING ABLE TO KEEP A CLEAR AND CALM MIND IS ESSENTIAL TO BEING A GREAT PERFORMER

SHOOTING

- + SHOOTING THE BALL IS ONE OF THE MOST IMPORTANT PART OF THE GAME

PRE-PRACTICE

- | | |
|-----------------------|---|
| COACH MEETING | + Assign administrative tasks, and review session skills and drills |
| SAFETY CHECK | + Execute safety check of facility, arrange spectator area, and organize equipment |
| PLAYER WELCOME | + Greet parents and players as they arrive, signing in players on an attendance sheet |

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Communication
- + Passing

WHAT WILL WE LEARN IN THIS SESSION?

- + Mindfulness
- + Shooting

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #4



WARM-UP GAME: DOG, CAT, CHICKEN

10-MINS

SET-UP

- + **JNYB Reversible Jersey and Basketballs**
- + Have all of the players line up beside one another along the end line of the gym
- + Place one player in the middle of the gym as the "Wolf"
- + Ask every other player to decide in their own mind and without telling anyone else, if they are a dog, a cat, or a chicken
- + Whatever animal they pick, they must stay that animal for the duration of the game, unless they get tagged by the Wolf

EXECUTION

- + Once everyone has decided, call out ONE of the 3 animals
- + Anyone who has picked that animal must now try to get to the other side of the gym without getting tagged by the Wolf
- + Any player who is tagged becomes a Wolf. All wolves must return to the centre circle before the coach calls out the next animal
- + **LOAD:** Give everyone a basketball to use and allow players to work on their ball handling ability

WATER BREAK

DRILL: INTRO TO UP, ON, IN—FROG SHOOTING

5-MINS

SET-UP

- + **Basketball**
- + Have players lineup on one of the baselines or along a wall

KEY TEACHING POINTS

- + Ensure players are sitting back on their heels, with the butt down and the toes squared
- + Coach players to use only one hand to shoot, keeping their non-shooting hand by their side

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Have players start close to the rim with the ball at their feet
- + Players must squat down low (like a frog) to pick up the ball
- + Ensure players sit back on their heels, keeping a big chest and straight back
- + From here they can lift the ball up and take their jump shot
- + Ensure players finish as long and extended as possible (like a frog jumping)

WATER BREAK

GAME: PARTNER SHOOTING

10-MINS

SET-UP

- + **Basketballs — 1 per pair of players**
- + Have players find a partner, each pair with a basketball
- + Spread pairs out to a basket, using all available baskets

KEY TEACHING POINTS

- + Ensure players are in ready position before they get the ball
- + Teach players to communicate, calling the names of the teammates they are passing to
- + Encourage players to challenge themselves and their partners to make more shots

EXECUTION

- + Have one partner shoot at the basket.
- + The shooter retrieves their own rebound and passes to their partner who shoots from the same spot

PHASE A

- + Have players shoot from the same spots, or change positions with each shot
- + Have players take one dribble before taking their shot

PHASE B

- + Have players close-out to their partner after making a pass (no shot blocking/contesting)

Practice #4



GAME: OCTOPUS SHOOTING

10-MINS

SET-UP

- + **Basketball , 1 per player**
- + Select 4 to 6 players to be the Octopuses and have them spread out in the gym at different baskets without a basketball
- + Have all other players get a ball and line up beside one another along the end line

KEY TEACHING POINTS

- + Ensure players are using their legs to get power into their shot
- + Coach players to keep their eyes on the rim

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + When the Octopus players yell "Octopus", all the other players have 30 seconds to score one basket on any hoop, and make it back to the end line
- + The Octopus' only job is to wave his/her arms around and try to make it difficult for the players to score a hoop
- + Octopuses are not allowed to block shots
- + Encourage the Octopuses to be goofy as they wave their arms and run around
- + At the end of 30 seconds, players who have not scored a basket must put their ball away and join the Octopuses
- + If 30 seconds is too long, shorten the time to increase the intensity
- + Re-start the game often, and always start with different Octopuses in the middle to keep the game fresh and fun

WATER BREAK

GAME: THE GREAT SHOOTOUT (Part 1)

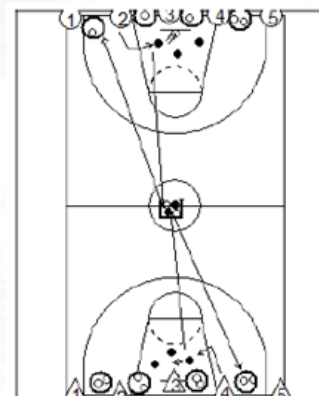
20-MINS

Setup

- + **Basketball and Bean bags**
- + Place bean bags in the centre of the gym
- + Divide players into teams of 3-4 players
- + Each team will shoot at one basket in the gym

Execution

- + When the game start, player 1 will shoot and try to score a basket
- + If the player scores a basket, he/she runs to centre of the gym to retrieve a bean bag, the player places the bean bag in the team's pile.
- + If the player misses, he/she retrieves the rebound and passes the ball to the next player in line.
- + The players keep scoring baskets until all of the bean bags are depleted from the middle.
- + The coach can control the flow of the game by determining the number of balls used per team
- + Record which team has the greatest number of bean bags



(Part 2)

- + In the 2nd game, if the player scores a basket, he/she must run to the far end of the court to retrieve a bean bag from the opposing team's pile and return to their own end, placing the captured bean bag on their team's pile.
- + Time the length of the game. Count which team has the most bean bags in order to determine the winner.

Practice #4



WATER BREAK

COOL-DOWN

5-MINS

BREATHING ACTIVITY: 4-2-5

- + Have all of your athletes sit down in a circle
- + Have them cross their legs and sit with their backs straight
- + Demonstrate the 4-2-5 breathing (in through the nose for 4 counts, hold for 2 counts, out through the mouth for 5 counts)
- + Do this as a team for 5 to 6 times through

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Communication
- + Passing

WHAT DID WE LEARN IN THIS SESSION?

- + Mindfulness
- + Shooting

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #5



DATE: _____ TIME: _____ FACILITY: _____

EMOTION MANAGEMENT

- + BEING ABLE TO MANAGE EMOTIONS IS THE KEY TO STAYING CALM IN ANY SITUATION

FOOTWORK

- + PROPER FOOTWORK IS THE MOST IMPORTANT DETAIL OF THE GAME

PRE-PRACTICE

- | | |
|-----------------------|---|
| COACH MEETING | + Assign administrative tasks, and review session skills and drills |
| SAFETY CHECK | + Execute safety check of facility, arrange spectator area, and organize equipment |
| PLAYER WELCOME | + Greet parents and players as they arrive, signing in players on an attendance sheet |

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Mindfulness
- + Shooting

WHAT WILL WE LEARN IN THIS SESSION?

- + Emotion Management
- + Footwork

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #5



WARM-UP GAME: SPIDERS WEB

10-MINS

SET-UP

- + **Basketball and JNYB reversible**
- + Select 2-3 players to be "it" and provide them with a pinnie to identify them as the "spiders"
- + Spiders are looking to catch (tag) flies
- + The spiders will hold the pinnie they were given in their hand as their web

EXECUTION

- + A spider can tag a fly in any of two ways: they can throw a web (pinnie) and touch a fly OR they can tag a fly with their hand holding the pinnie
- + When the fly is tagged by the spider, the fly will go get a pinnie and join the spiders in catching all the flies
- + **LOAD:** Add a ball for spiders and flies to use

WATER BREAK

DRILL: MEMORY CHAIN

10-MINS

SET-UP

- + **Basketball (optional) and Cones**
- + Divide the group into teams of 4-6
- + Place the number of cones as there are players in each group spread out in a straight line in front of each team

KEY TEACHING POINTS

- + Emphasize to players to keep their heads up
- + Emphasize movement over speed

EXECUTION

- + The first player will dribble out to the first pylon, jump stop and pivot to face their team and perform an action
- + The second player will dribble out to the first player, jump stop, pivot to face the group, perform the first player action, then dribble to the next cone where they will jump stop, pivot and do a different action
- + The third player imitates the first two, then moves to a new cone for a new action

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The game continues with each successive player repeating the previous actions
- + Add basketballs for added difficulty and choice

DRILL: CLOCK WORK—INTRO TO PIVOTS

5-MINS

SET-UP

- + **Basketballs, 1 per player**
- + Have all of your players line up along the baseline facing the coach

KEY TEACHING POINTS

- + Ensure players are pivoting under control and on balance

EXECUTION

- + Coach will ask players to get into 'Ready Stance'
- + Coach will tell players that their right leg is like the hands of the clock
- + Coach will go through the numbers around the clock using their right leg as a pivot foot

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Coach will then call out a time on the clock and have the players pivot to that time using their right leg
- + Players will then partner up and spread out in the space
- + One player will be the clock, the other will call out the times
- + Have players switch after a few turns

WATER BREAK

Practice #5



GAME: DEFEND THE MIRROR

5-MINS

SET-UP

- + **Cones**
- + Pair players off, ideally with similar speed and agility
- + Space pairs throughout the gym, using lines to denote boundaries for each group
- + Have partners facing each other along their lines
- + No basketballs to start

KEY TEACHING POINTS

- + When changing directions ensure players establish a plant foot to load their weight onto
- + Make sure the knee does not go outside of the foot on the plant
- + Make sure the mirror is moving as fast as they can

EXECUTION

- + One player will begin as the "offense" while their partner will be the "defense"
- + The goal of the drill is for the defender to mimic the movements of the offensive player

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Be sure to keep players within a designated area so they do not collide with other groups
- + Go for a timed round (approx. 30 seconds) before having players switch roles

GAME: PAC MAN

10-MINS

SET-UP

- + **Basketball and Cones**
- + Assign 2-4 players to be "it", giving them a jersey colour
- + Explain that all players - including those who are it - can only run on the gym floor lines
- + Have all players spread out in the gym standing on a line

KEY TEACHING POINTS

- + Encourage fair play and sportsmanship between all players
- + Stress safety, ensuring that players are aware of others around them

EXECUTION

- + Players attempt to escape from those who are "it" while remaining on the gym floor lines
- + If a player is tagged, the player who is "it" switches colour

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + If a player falls off their line while being chased, they are "it"
- + If a player who is "it" falls off their line while tagging another player, they remain "it"

WATER BREAK

GAME-PLAY

15-MINS

RED LIGHT, YELLOW LIGHT, GREEN LIGHT, ORANGE LIGHT

Set-up:

- + **Basketballs**
- + Players will start on the baseline or sideline

Execution:

- + Coaches will call out a command for the players to do:
- + Green Light—Players will jog/run to the other side while dribbling
- + Yellow Light—Players will move slowly while dribbling
- + Red Light—Players will stop moving while maintaining their dribble; any player that is still moving will return to the baseline and start over
- + Orange Light—Players will place their ball on the ground and run around the ball in a circle before picking it up

Practice #5



WATER BREAK

COOL-DOWN

10-MINS

EMOTION MANAGEMENT SESSION

- + Circle up with your athletes and have them sit down on the ground with their legs crossed
- + Ask them about situations they have experienced at school, at home, or during basketball that caused them anger, sadness, anxiety
- + Ask them for some of their solutions to those moments, you can suggest the breathing exercise from last week (recall 4-2-5)
- + Talk about good emotion management and poor emotion management and how it makes a difference

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Mindfulness
- + Shooting

WHAT DID WE LEARN IN THIS SESSION?

- + Emotion Management
- + Footwork

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #6



DATE: _____ TIME: _____ FACILITY: _____

RESILIENCY

- + BEING ABLE TO BOUNCE BACK FROM MISTAKES POSITIVELY IS IMPORTANT TO IMPROVING

LAY-UPS

- + LAY-UPS ARE THE EASIEST WAY TO SCORE IN THE GAME, LEARNING HOW TO DO THEM RIGHT IS KEY

PRE-PRACTICE

- COACH MEETING** + Assign administrative tasks, and review session skills and drills
- SAFETY CHECK** + Execute safety check of facility, arrange spectator area, and organize equipment
- PLAYER WELCOME** + Greet parents and players as they arrive, signing in players on an attendance sheet

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Emotion Management
- + Footwork

WHAT WILL WE LEARN IN THIS SESSION?

- + Resiliency
- + Lay-ups

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (Head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #6



WARM-UP GAME: TIC-TAC-TOE RACE

10-MINS

SET-UP

- + Basketballs (optional), bean bags, and hula-hoops/painters tape
- + Divide the players into 2 teams
- + Set up a 3x3 grid using hula-hoops, painters tape, etc to make a Tic-Tac-Toe board
- + Teams will be given bean bags, pinnies, cones, etc of two different colours per team
- + Teams line up 10-20m away from the board

EXECUTION

- + Players will race out to the board one at a time to try and create "three in-a-row" with their items
- + Once all three items are on the board, players will need to run out and move pieces around until one teams has created a line
- + Play quick games, rotating teams regularly
- + LOAD: Introduce dribbling to the game while running and moving tic-tac-toe pieces

WATER BREAK

DRILL: INTRODUCTION TO LAY-UPS

10-MINS

SET-UP

- + Basketballs, 1 per player
- + Have players stand two steps away from a basket

KEY TEACHING POINTS

- + Ensure players are using proper footwork (outside, inside, up)
- + Ensure players eyes are looking up at the rim

EXECUTION

- + Without taking a dribble, have players take a step with their outside foot, then a step with their inside foot, and jump up and score
- + If the right arm is shooting, the right knee should be in the air

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + If the left arm is shooting, the left knee should be in the air
- + When players get comfortable, start 3 steps back and incorporate a dribble into the lay-up (step, dribble, step, finish)

GAME: SHOOT TO SAVE

10-MINS

SET-UP

- + Basketballs and pinnies
- + Give 3 to 5 players each a pinnie and have them hold (not wear) the pinnie to identify them as "its"
- + Give all players, including the "its", a ball

KEY TEACHING POINTS

- + Ensure players get their shots off quickly if they want to avoid being tagged
- + Ensure players who are shooting are looking up at the rim when they shoot

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The object of the game is to avoid being tagged by an "it"
- + All players start dribbling anywhere in the gym, trying to keep from being tagged by the "its"
- + If an "it" tags a player, then this player must immediately run underneath a hoop, put his or her back against the wall, and hold the ball up over his or her head
- + To be freed, a player frozen beneath a hoop must have his or her hoop scored on by a player who is still in the game
- + Change "its" often to keep the game fast and fresh
- + If too many players are consistently stuck under hoops, cut down on the number of "its"
- + You could either have players be safe when they are in the process of saving someone, or allow them to be fair-game

Practice #6



DRILL: BLAST, CATCH, ATTACK

10-MINS

SET-UP

- + **Basketballs and Cones**
- + Have players line-up in the corner on either side of the basket
- + Have 3-4 players get a basketball and stand outside the 3-point line at the top of the basket (two lines at the top, one facing right and the other facing left)

KEY TEACHING POINTS

- + Ensure players are coming to a jump stop as they catch
- + Coach players to use proper footwork on the lay-up as they go to score

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + On the coach's cue, have the first player in the corner blast up and receive a pass from the passer
- + Jump stop on the catch, pivot to face the basket (square up) and attack the basket for a lay-up
- + The player who scores takes their rebound and becomes the passer for the next player in line

WATER BREAK

DRILL: DRIBBLE SCORE RACE

10-MINS

SET-UP

- + **Basketball**
- + The players are divided into two teams
- + Each player has a ball and lines up on opposite sides of the centre line
- + Give players on each team a number

KEY TEACHING POINTS

- + Emphasize proper footwork when attacking the rim
- + Encourage players to come to a two-foot stop before they go up to score

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + When the coach calls the number, in this example "2", both number 2's dribble in to score a shot
- + The player stays until they have scored and then returns
- + You can have more than one pair go at a time
- + Work on different finishes
- + Use both hands to finish

COOL-DOWN

10-MINS

RESPONDING FROM MISTAKES ACTIVITY

- + Have players sit down in a circle
- + Talk to them about how they respond after a mistake, ask them what they do physically and emotionally
- + Talk about what a champion athlete would do and what a non-champion athlete would do
- + Go through the responding to mistakes exercise with your athletes and have them come up with their own mistakes to fill out

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Emotion Management
- + Footwork

WHAT DID WE LEARN IN THIS SESSION?

- + Resiliency
- + Lay-ups

Practice #7



DATE: _____ TIME: _____ FACILITY: _____

TEAMWORK

- + TEAMWORK IS UNDERSTANDING HOW TO HELP EACH OTHER IMPROVE

BALL HANDLING & LAY-UPS

- + REFINE AND IMPROVE BALL HANDLING AND LAY-UP SKILLS

PRE-PRACTICE

- COACH MEETING** + Assign administrative tasks, and review session skills and drills
- SAFETY CHECK** + Execute safety check of facility, arrange spectator area, and organize equipment
- PLAYER WELCOME** + Greet parents and players as they arrive, signing in players on an attendance sheet

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Resiliency
- + Lay-ups

WHAT WILL WE LEARN IN THIS SESSION?

- + Teamwork
- + Ball Handling and Lay-ups

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL, HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #7



WARM-UP GAME: OVER THE LOG

10-MINS

SET-UP

- + Have players find a partner and line them up the length of the space facing each other
- + Each pair will sit down and extend their legs out in front so that their feet touch
- + A coach will then number off each pair

EXECUTION

- + When the pair hears their number called, they will get up, run and jump over the outstretched legs of their fellow participants in the same direction
- + The pair will run back up the side they were sitting and over the remaining legs to where they were sitting
- + LOAD: have players score a basket before returning to their original spot in order to get a point

WATER BREAK

GAME: CROWS AND CRANES

10-MINS

SET-UP

- + **Basketballs**
- + Have players partner up with someone of similar speed
- + Find a suitable distance between the two players
- + One group is called crows, the other cranes

KEY TEACHING POINTS

- + Ensure players respect the safety line and stop chasing after a certain point to give players a safe run-off area

EXECUTION

- + When "crows" is called the "crane" chases the "crow" attempting to tag him/her
- + When "crane" is called, the "crows" chase the "cranes"
- + Have a safety line to give players a no-tag zone

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + When the coach calls "change" the players change direction and the chaser is now trying to avoid being tagged
- + Introduce a basketball for players to use
- + When the coach yells "score" players attempt to score on the basket they are running to next

DRILL: POUND SERIES

5-MINS

SET-UP

- + **Basketballs, 1 per player**
- + Have each player lineup on the sideline with their basketball
- + Have players go through a series of dribble moves

KEY TEACHING POINTS

- + Ensure players are always pounding the basketball as hard as they can
- + Ensure their backs are straight and eyes are up

EXECUTION

- + 20 Pounds at shoulder height
- + 20 Pounds at waist height
- + 20 Pounds at ankle height
- + 20 Front crossovers
- + 20 East-West pound dribbles (left and right hand)

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + 20 North-South Dribbles (left and right hand)
- + 20 Between-the-leg pound dribbles (each leg)
- + 20 Behind-the-back pound dribbles

WATER BREAK

Practice #7



DRILL: LAY-UP SEQUENCE

10-MINS

SET-UP

- + **Basketball and Cones**
- + Mark 5-6 specific spots at a basket, all within 10-15 feet of the basket
- + Divide players into groups at each basket with 1 basketball per player
- + Establish requirements for each spot (i.e. #1 for power lay-up, #2 for reverse lay-up, etc)

KEY TEACHING POINTS

- + Pay attention to which hand(s) players are using at each side of the basket
- + Ensure proper footwork so all players are elevating off the opposite foot
- + Challenge players to speed up and finish as quickly as possible

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + One at a time, players will go through the circuit completing all 6 lay-ups
- + Make or miss they move onto the next one
- + After the first player goes, they go to the next spot and attempt the lay-up
- + The rest of the players will follow

GAME: DRIBBLE SCORE RACE

10-MINS

SET-UP

- + **Basketball**
- + The players are divided into two teams
- + Each player has a ball and lines up on opposite sides of the centre line
- + The players are given numbers

KEY TEACHING POINTS

- + Emphasize proper footwork when attacking the rim
- + Encourage players to come to a two-foot stop before they go up to score

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The coach calls the number, in this example "2", both number 2's dribble in to make a shot
- + The player stays until they score and then returns
- + You can have more than one pair go at a time
- + Work on different finishes
- + Use both hands to finish

Practice #7



WATER BREAK

GAME-PLAY

15-MINS

BASKET WALL BALL

Setup

- + **Basketball**
- + Have players pick a partner and get one basketball
- + Each player is competing against his or her partner
- + The objective of the game is to either score or hit the rim/backboard
- + If players hit rim or backboard they get 1 point
- + They get 2 points for a basket

Execution

- + One player starts with the ball and tries to dribble towards any hoop in the gym while their partner defends them
- + If players lose their dribble, it is a turnover and they must give the ball to the other player
- + Ensure that players are within 8-10 feet before they shoot
- + Neither partner can score at the same basket more than once in a row

COOL-DOWN

5-MINS

POINTS OF CONTACT

- + Have players circle up and stand shoulder to shoulder
- + Explain how every player standing has two points of contact to the ground (if you have 10 players you have 20 points of contact as a team)
- + If you say a number, your team has to have that many points of contact. Slowly decrease the number of points of contact until they can't go any further
- + Allow them to work together and get creative

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Resiliency
- + Lay-ups

WHAT DID WE LEARN IN THIS SESSION?

- + Teamwork
- + Ball Handling & Lay-ups

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #8



DATE: _____ TIME: _____ FACILITY: _____

LEADERSHIP

- + LEADERSHIP TAKES MANY FORMS AND EVERYONE HAS THE ABILITY TO LEAD IN ONE WAY OR ANOTHER

SHOOTING & FOOTWORK

- + IMPROVE AND REFINE BOTH SHOOTING AND FOOTWORK SKILLS

PRE-PRACTICE

- COACH MEETING** + Assign administrative tasks, and review session skills and drills
- SAFETY CHECK** + Execute safety check of facility, arrange spectator area, and organize equipment
- PLAYER WELCOME** + Greet parents and players as they arrive, signing in players on an attendance sheet

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Teamwork
- + Ball Handling & Lay-ups

WHAT WILL WE LEARN IN THIS SESSION?

- + Leadership
- + Shooting & Footwork

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #8



WARM-UP GAME: NEWSPAPER DODGEBALL

10-MINS

SET-UP

- + **Basketballs and Newspaper balls**
- + Divide the group into two teams
- + Everyone has a ball and is dribbling
- + Half of the players have newspaper crumpled balls

EXECUTION

- + On the coach's cue, the player with the newspaper balls are trying to hit the other players without newspaper balls
- + Players must maintain their dribble while throwing the balls
- + Once a player is hit by a newspaper ball, they must do an action decided by the coach (e.g. do an activity before rejoining the group, join the other team, exchange places with the person who hit you)

WATER BREAK

DRILL: FROG FORM SHOOTING

5-MINS

SET-UP

- + **Basketball**
- + Have players lineup on one of the baselines or along a wall
- + Can progress to shooting on a hoop

KEY TEACHING POINTS

- + Ensure players are sitting back on their heels, with the butt down and the toes squared
- + Coach players to use only one hand to shoot, keeping their non-shooting hand by their side
- + Teach players to hold their follow-through, flicking their wrists to "reach into the cookie jar"

EXECUTION

- + Have players start close to the rim with the ball at their feet
- + Players must squat down low (like a frog) to pick up the ball
- + Ensure players sit back on their heels, keeping a big chest and straight back

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + From here they can take their jump shot
- + Ensure players finish as long and extended as possible (like a frog jumping)

DRILL: SCOTTISH SHOOTING

10-MINS

SET-UP

- + **Basketballs**
- + Players line up at the free throw lane & the baseline
- + The first player does not have a ball but the next players do

KEY TEACHING POINTS

- + Emphasize the use of 1-2 footwork on the catch to shoot
- + Ensure players curl wide to the spot rather than running straight to the spot

EXECUTION

- + The first player curls through & gets a pass from the player on the other side
- + After passing, the passer cuts through & gets a pass from the opposite side
- + Rebound your own shot & take the ball to the other line

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Throw one-handed passes with the outside hand
- + Increase the distance to which player are shooting from
- + Vary the finishes on the catch players use

WATER BREAK

Practice #8



DRILL: PARTNER SHOOTING

10-MINS

SET-UP

- + **Basketballs — 1 per pair of players**
- + Have players find a partner, each pair with a basketball
- + Spread pairs out to a basket, using all available baskets

KEY TEACHING POINTS

- + Ensure players are in ready position before they get the ball
- + Teach players to communicate, calling the names of the teammates they are passing to
- + Encourage players to challenge themselves and their partners to make more shots

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

PHASE A

- + Have players shoot from the same spot, or change positions with each shot
- + Have players take one dribble before taking their shot

PHASE B

- + Have players close-out to their partner after making a pass. (No shot blocking/contesting)
- + Make it a competition, playing first to make a set number of shots. (This is advanced and should only be used when players have adequate form for the distance they are shooting)

WATER BREAK

GAME-PLAY: THE GREAT SHOOTOUT (PART 2)

20-MINS

SETUP

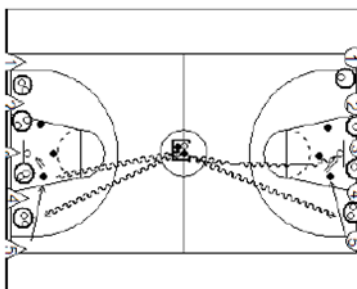
- + This is a continuation of The Great Shootout game from Practice #4

Execution:

- + In this progression, dribbling is added to the game
- + The players make their shot and rebound the ball and dribble to centre of the gym to collect the bean bag
- + Encourage the players to alternate which hand they dribble with
- + If the player misses, he/she retrieves the rebound and passes the ball to the next player in line.
- + The players keep scoring baskets until all of the bean bags are depleted from the middle.
- + The coach can control the flow of the game by determining the number of balls used per team
- + Record which team has the greatest number of bean bags

(Part 2)

- + In the 2nd game, if the player scores a basket, he/she must dribble to the far end of the court to retrieve a bean bag from the opposing team's pile and return to their own end, placing the captured bean bag on their team's pile.
- + Time the length of the game. Count which team has the most bean bags in order to determine the winner.



Practice #8



WATER BREAK

COOL-DOWN

5-MINS

LEARNING LEADERS

- + Have players sit down in the centre circle
- + Ask your athletes what leadership means to them and what they think being a leader is
- + Have athletes partner up and teach each other for 3 minutes—1 skill, after 3 minutes have them switch and teach it to the other partner
- + Bring the athletes back in and ask them what they thought and experienced

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Teamwork
- + Ball Handling & Lay-ups

WHAT DID WE LEARN IN THIS SESSION?

- + Leadership
- + Shooting & Footwork

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #9



DATE: _____ TIME: _____ FACILITY: _____

CONCENTRATION

- + BEING ABLE TO CONCENTRATE WILL ALLOW ATHLETES TO STAY FOCUSED THROUGH DISTRACTIONS

PASSING & BALL HANDLING

- + CONTINUE TO IMPROVE AND REFINE THE SKILLS OF PASSING AND BALL HANDLING

PRE-PRACTICE

- | | |
|-----------------------|---|
| COACH MEETING | + Assign administrative tasks, and review session skills and drills |
| SAFETY CHECK | + Execute safety check of facility, arrange spectator area, and organize equipment |
| PLAYER WELCOME | + Greet parents and players as they arrive, signing in players on an attendance sheet |

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Leadership
- + Shooting & Footwork

WHAT WILL WE LEARN IN THIS SESSION?

- + Concentration
- + Passing & Ball Handling

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #9



WARM-UP GAME: PAC MAN

10-MINS

SET-UP

- + **JNYB jerseys**
- + Coach selects 2-3 players to be "it" and switch their jersey to the white side while the rest of the players are in black
- + Players spread out and find a line in the gym to start on

EXECUTION

- + All players may only move by running on the lines of the gym floor
- + The "it" players attempt to catch the runners
- + If a player is tagged by an "it" person, they will switch their jersey to white and continue playing trying to catch other players

WATER BREAK

GAME: BALL TAG

10-MINS

SET-UP

- + **Basketball and Cones**
- + Depending on numbers, use cones to setup a playing area, or just use the normal court lines
- + Select 2 or 3 players to be "it" and have them wear a different colour of their reversible JNYB jersey, they start with the ball

KEY TEACHING POINTS

- + Encourage players to communicate when passing the ball
- + Encourage players to look for and take open space
- + Teach players to think ahead of the pass, think about where the ball is going to be

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Players who are "it" work together to pass the ball in order to tag others
- + Players with the ball cannot take steps (other than their pivot) or dribble with the ball
- + When a player gets tagged with the ball, they join the "it" team (and change colour)
- + Add more balls as the "it" group grows

GAME: BASKETBALL-GOLF

10-MINS

SET-UP

- + **Basketball**
- + Break players into partners, spaced on either side of the key, and give each pairing two basketballs

KEY TEACHING POINTS

- + Ensure players are using their pivots to create good passing angles
- + Encourage players to communicate when passing

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The object of the game is to pass the ball with your partner in order to get as close to a hoop as possible before shooting
- + For this game, a golf "hole" is a hoop
- + Players have 2 minutes to score as many holes as they can
- + On your whistle, start your watch or check the clock, and allow all players to head out onto the course
- + If a player shoots at a hole and scores, then they've succeeded on that hole and can move onto the next one
- + If a player shoots at a hole and misses, then the partner must still head on to another hole, however, they must return to that hole that they missed to try again
- + Any group that manages to do all holes and make it back to the center circle before the time expires has set a course record

WATER BREAK

Practice #9



GAME: SNAKE

10-MINS

SET-UP

- + **Basketball**
- + Divide players into groups of 3 (or 4 if necessary)
- + Have players spaced out in the gym. lined up one behind the other in their group. Two balls per group
- + First player is the "head" (without a ball) and acts as the leader. Second player is the "body" (with a ball) and follows the leader, while dribbling. Third player is the "tail" (with a ball) and follows the first two players

KEY TEACHING POINTS

- + Encourage the "head" to vary their lead (fast, slow, sideways, stopping, sharp corners, etc.)
- + Coach the followers ("body" and "tail") to dribble with their heads up

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

PHASE A

- + Player 1 moves around with player 2 and 3 in tow
- + As player 1 moves throughout the gym, they can stop at hoops and have the tail players take shots on the hoops

PHASE B

- + Have player 1 attempt to lose the body and tail of the snake, changing directions or running through other snakes
- + Ensure player 1 does not go more than 50% of their full speed

GAME: KEEP AWAY

10-MINS

SET-UP

- + **Basketballs and Cones**
- + Have players get into groups of 3
- + Have two players stand 15 feet apart, and have the third person stand in between them

KEY TEACHING POINTS

- + Ensure players are stepping around the defender in the direction of their pass
- + Ensure players are using a one-hand push pass
- + Encourage players to communicate on the pass

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + On the coach's cue, have the two outside players pass back and forth
- + If the person in the middle deflects or steals the ball, they switch with the person they stole the ball from

GAME: 20 PASSES

10-MINS

SET-UP

- + **Basketball and Cones**
- + Depending on numbers, use cones to setup a playing area, or just use the normal court lines
- + Divide players into two teams and have them spread out throughout the playing area

KEY TEACHING POINTS

- + Encourage players to communicate on the floor
- + Teach players to find open space

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The object is to pass the ball between your teammates 20 times without dribbling, traveling or fumbling the ball
- + If any of the above three things happen the other team immediately grabs the ball and starts to pass
- + The players without the ball can move to get open

Practice #9



WATER BREAK

COOL-DOWN

5-MINS

NUMBER GRID CONCENTRATION

- + Have your team sit down in a circle and partner up with someone
- + Give each pair one concentration grid and a pencil
- + Explain how each person will have 3 minutes to get as many numbers as they can in ascending order (0-99)
- + The other partner is allowed to do whatever they want to distract their partner without touching them (yell, slap the ground, clap)
- + After 3 minutes, switch and have the other player continue on from where the first player left off
- + Debrief and discuss concentration techniques

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Leadership
- + Shooting & Footwork

WHAT DID WE LEARN IN THIS SESSION?

- + Concentration
- + Passing and Ball Handling

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #10



DATE: _____ TIME: _____ FACILITY: _____

GOAL SETTING

- + HELP ATHLETES SET SMART PROCESS AND PERFORMANCE GOALS, NOT OUTCOME GOALS

SHOOTING & BALL HANDLING

- + CONTINUE TO IMPROVE AND REFINE THE SKILLS OF SHOOTING AND BALL HANDLING

PRE-PRACTICE

- COACH MEETING** + Assign administrative tasks, and review session skills and drills
- SAFETY CHECK** + Execute safety check of facility, arrange spectator area, and organize equipment
- PLAYER WELCOME** + Greet parents and players as they arrive, signing in players on an attendance sheet

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Concentration
- + Passing & Ball Handling

WHAT WILL WE LEARN IN THIS SESSION?

- + Goal Setting
- + Shooting & Ball Handling

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #10



WARM-UP GAME: ROCK, PAPER, SCISSORS, RUN

10-MINS

SET-UP

- + Participants pair up and line up on opposite sides of the half court line
- + Players get in athletic stance (knees bent, hips back, butt down)

EXECUTION

- + On the coach's cue, the pair plays a game of rock-paper-scissors.
- + The loser must sprint away from the winner and attempt to cross the foul line into the 'safe zone' before being tagged
- + LOAD: Add dribbling to the game

WATER BREAK

GAME: WHAT TIME IS IT MR/MRS REF?

10-MINS

SET-UP

- + **Basketballs**
- + Have all players start on the baseline
- + The coach ('Mr. Ref') will start on the opposite baseline facing the opposite direction to the players (i.e. back to the group)

KEY TEACHING POINTS

- + Ensure players respect the safety line and stop chasing after a certain point to give players a safe run-off area

EXECUTION

- + The game starts when the player yells "What time is it Mr. Ref?"
- + The coach will respond with a number on the clock
- + The players will then take the # of steps forward, towards the other baseline
- + The game continues when players ask "What time is it Mr. Ref?"

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + The coach will yell "Game Time" when players are close enough and then will turn around and try to tag the players before reaching the baseline
- + Once caught, players will join the coach as 'Mr Ref'.
- + LOAD: Introduce dribbling to the game

DRILL: BLAST, CATCH, ATTACK

10-MINS

SET-UP

- + **Basketballs and Cones**
- + Have players line-up in the corner on either side of the basket
- + Have 3-4 players get a basketball and stand outside the 3-point line at the top of the basket (two lines at the top, one facing the right and the other facing left)

KEY TEACHING POINTS

- + Ensure players are coming to a jump stop as they catch
- + Coach players to use proper footwork on the lay-up as they go to score

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + On the coach's cue, have the first player in the corner blast up and receive a pass from the passer
- + Jump stop on the catch, pivot to face the basket (square up) and attack the basket for a lay-up
- + The player who scores takes their rebound and becomes the passer for the next player in line

WATER BREAK

Practice #10



GAME: SCANNING DRILL

10-MINS

SET-UP

- + **Basketballs and Coloured indicators**
- + Have four coaches at all sides of the gym, and section off an area of the gym for the players to dribble within (if you don't have enough coaches, ask parents or have players volunteer)
- + Give each coach a different colour pinnie or hand signal

KEY TEACHING POINTS

- + Ensure players are dribbling with their heads up throughout the gym
- + Encourage players to scan from left to right constantly to react quickly

EXECUTION

- + As the players run the floor they are constantly scanning
- + With young children, have them repeat the phrase "rim, right, and left"

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Add the "10 fingers" rule - Anytime one of the coaches shows "10 fingers" the player must pass the ball to the coach who immediately passes the ball back
- + Play for a certain time limit or for a certain number of actions

WATER BREAK

GAME-PLAY: THE GREAT SHOOTOUT (PART 3)

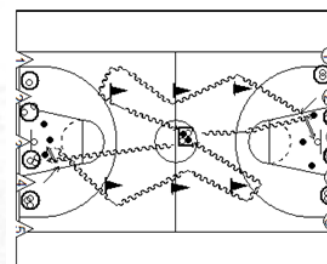
20-MINS

SETUP

- + This is a continuation of The Great Shootout game from Practice #8

Execution:

- + In this progression, the concept of changing directions and changing hands is added
- + If the player scores, the players must dribble through pylons before retrieving the bean bag
- + There are two options on how to proceed: a) The players can dribble and carry the bean bag at the same time (one method is to place it on their head); or b) the coach can keep track at centre by placing the bean bags in a teams pile when the task has been successfully completed
- + If the player misses, he/she retrieves the rebound and pass the ball to the next player in line.
- + The players keep scoring baskets until all of the bean bags are depleted from the middle.
- + The coach can control the flow of the game by determining the number of balls use per team
- + Record which team has the greatest number of bean bags



(Part 2)

- + In the 2nd game, if the player scores a basket, he/she must dribble through the pylons to the far end of the court to retrieve a bean bag from the opposing team's pile and return to their own end, placing the captured bean bag on their team's pile.
- + Time the length of the game. Count which team has the most bean bags in order to determine the winner.

Practice #10



WATER BREAK

COOL-DOWN

5-MINS

SETTING A PERFORMANCE GOAL

- + Have your players circle up at centre court
- + Ask them about goal setting and the benefits it can have on their performance
- + Discuss the difference between a process/performance and outcome goal
- + Discuss what a SMART goal is
- + Have each player set one performance goal for next practice

Reminder: SMART Goals

S—Specific
M—Measurable
A—Attainable
R—Realistic
T—Timely

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Concentration
- + Passing & Ball Handling

WHAT DID WE LEARN IN THIS SESSION?

- + Goal Setting
- + Shooting & Ball Handling

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #11



DATE: _____ TIME: _____ FACILITY: _____

IMAGERY

- + Being able to imagine and visualize scenarios will improve confidence and ability

MODIFIED GAMES

- + Continue to work on and refine all core basketball skills

PRE-PRACTICE

- | | |
|-----------------------|---|
| COACH MEETING | + Assign administrative tasks, and review session skills and drills |
| SAFETY CHECK | + Execute safety check of facility, arrange spectator area, and organize equipment |
| PLAYER WELCOME | + Greet parents and players as they arrive, signing in players on an attendance sheet |

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Goal Setting
- + Shooting & Ball Handling

WHAT WILL WE LEARN IN THIS SESSION?

- + Imagery
- + All skills be reviewed through games

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #11



WARM-UP GAME: DEAD ANT TAG

10-MINS

SET-UP

- + **JNYB Reversible Jerseys**
- + Outline the boundaries of the playing area, ideally half of a basketball gym
- + Select 3 players to be "it" wearing white, and have the rest of the players spread out wearing black

EXECUTION

- + On the coach's cue, have the people who are "it" try to tag the other players
- + If a player is tagged, they stop where they are, and lie on the ground on their back with all four limbs in the air
- + In order to be freed, they need 4 different players to tag each of the limbs that are in the air

WATER BREAK

GAME: HOT-DOG TAG

10-MINS

SET-UP

- + **JNYB Reversible Jerseys**
- + Have all players choose a partner and then lie down on their stomachs beside their partner so they are resting on their elbows
- + Select 2 or 4 players to remain standing
- + Identify half of your standing players as "it" by having them carry (not wear) a coloured pinnie
- + The other standing players are "runners"

KEY TEACHING POINTS

- + Ensure players are keeping their eyes up and looking around the floor for their next escape
- + When basketballs are involved, ensure players are focusing on keeping their dribble alive

EXECUTION

- + The object of the game is for the "its" to catch the "runners" by tagging them. If a runner is tagged by an "It", the "It" immediately hands over the pinnie and becomes a runner, they switch roles
- + For runners to be safe, they can lie down next to a partner group on the ground and the person on the far side (not the player beside) is now up and is a runner and has to find another group to be safe next to

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + To increase difficulty, add more "runners" or people who are "it" to make the game faster
- + **LOAD:** Change the movement, speed, walk, running, two foot hops, one foot hops, etc.
- + **LOAD:** Introduce basketballs to the game to work on ball handling

GAME: SWIPERS

10-MINS

SET-UP

- + **Basketball and JNYB jerseys**
- + All player should have a basketball
- + Divide the players into equal teams depending on numbers
- + Provide each team with a NBA team name (easiest to use the teams already on the front of the jerseys)

EXECUTION

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Coach will direct players to dribble around the full court
- + When the coach yells out "Swipers!" all players will be allowed to steal/knock away other player's basketballs
- + If the basketball gets knocked away, the player must raise the basketball over their head and call for their teammates (eg. LAKERS! LAKERS! LAKERS!)
- + The teammate will have to roll the basketball between their legs allowing them to come back into the game

Practice #11



DRILL: BODY FAKES

10-MINS

SET-UP

- + **Basketball**
- + Make two lines at the foul-line extended
- + One line has basketballs the other does not

KEY TEACHING POINTS

- + Encourage the defender to escape the paint to play defense
- + Encourage the offensive player to attack the defender at full speed

EXECUTION

- + The player with the ball starts the drill by dribbling to half-court
- + At the same time the defender runs to touch the baseline then come out to defend the person with the ball
- + The two players now play 1-on-1

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Add a second offensive player
- + Change the starting attack spot
- + Add a second defender

WATER BREAK

GAME-PLAY

15 MINS

CAPTURE THE CONE (CAPTURE THE FLAG)

- + **Basketballs, pylons, hula hoops**
- + Divide players into 2 teams, every player has a basketball
- + If possible have each team wear different coloured pinnies
- + Put a pile of pylons (5-10) in a hula-hoop behind the baseline on both team's sides of the court
- + Each team has their own half with an "end zone" created using pylons or using the lines on the floor

KEY TEACHING POINTS:

- + Encourage players to space out throughout the gym
- + Coach players to ensure they have their heads up at all times

Execution:

- + Players must keep their dribble and try to cross half into the other team's zone to try and retrieve a cone and return to their sides without getting tagged
- + If a player is tagged, they must return the cone to the hula hoop and are put in the other teams "jail" - the end zone
- + In order for a player to be freed from "jail", a member of their team must come and retrieve them and bring them back to their side of the court without being touched
- + The team to retrieve all the other team's flags (pylons) wins, or the team with the most in their hula-hoop after a set amount of time wins

Practice #11



COOL-DOWN

10-MINS

GUIDED IMAGERY: PEELING AN ORANGE

- + Have players sit down in a semi circle
- + Have your athletes go through 3 rounds of 4-2-5 breathing to centre their thoughts
- + Go through the guided imagery exercise of "Peeling and Orange"

Peeling an Orange—Guided Imagery Script

- + Imagine you have an orange clasped in your hands
- + See the bright colour, feel the texture of the orange and imagine squeezing the fruit with your fingers
- + Now imagine peeling the orange by digging your thumb beneath the surface of the skin
- + Imagine your fingers and thumb working to remove the outer layer of the fruit
- + Feel the zestful spray as the juice begins to run down your hand
- + Try to imagine the distinctive aroma
- + Once you have fully peeled the orange, imagine dividing it into segments before eating it
- + Recall the taste of the fruit as vividly as you can

FINAL HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Goal Setting
- + Shooting & Ball Handling

WHAT DID WE LEARN IN THIS SESSION?

- + Imagery
- + ALL—MODIFIED GAMES

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

Practice #12



DATE: _____ TIME: _____ FACILITY: _____

SELF-TALK

- + SELF-TALK CAN BE EITHER POSITIVE OR NEGATIVE
- + LEARNING TO KEEP IT POSITIVE IS A KEY TO SUCCESS

3-ON-3 GAMEPLAY

- + FOCUS AND REFINE HOW TO EXECUTE SKILLS IN A 3-ON-3 SETTING

PRE-PRACTICE

- | | |
|-----------------------|---|
| COACH MEETING | + Assign administrative tasks, and review session skills and drills |
| SAFETY CHECK | + Execute safety check of facility, arrange spectator area, and organize equipment |
| PLAYER WELCOME | + Greet parents and players as they arrive, signing in players on an attendance sheet |

PARENT-PLAYER FREE SHOOT

- + As players arrive to the gym, encourage them to try new skills, play around, and shoot freely on the nets with friends or on their own
- + Urge parents to join in—parent engagement in their child's sport experience is very important in youth athlete development

FIRST HUDDLE

5-MINS

WHAT DID WE LEARN IN THE LAST SESSION?

- + Imagery
- + ALL—MODIFIED GAMES

WHAT WILL WE LEARN IN THIS SESSION?

- + Self-Talk
- + 3-on-3 Gameplay

REMEMBER TO CONSISTENTLY ENCOURAGE YOUR PLAYERS AND MOST OF ALL HAVE FUN!

DYNAMIC STRETCHING

5-MINS

- + Jogging (emphasize that it is not a race, should be at 50% speed)
- + Skipping (height on the way there, distance on the way back)
- + High Knees (bring knees up to chest height)
- + Butt Kicks (not a race, going for most kicks, not fastest time)
- + Kareoka (lead foot stays in the same place, trail foot goes over and under)
- + Slides (head stays on the same level, feet don't cross, hands up)
- + Two-Foot Jumps (height on the way there, distance on the way back)
- + Lunges (knee doesn't touch the ground, add in a shoulder twist for challenge)

Practice #12



WARM-UP GAME: SPIDERS WEB

10-MINS

SET-UP

- + **Basketball and JNYB reversible**
- + Give 2 to 5 players each a coloured pinnie to identify them as "it". The "its" are the spiders
- + Spiders are looking to catch (tag) flies
- + Pinnies are to be carried not worn

EXECUTION

- + A spider can tag a fly in any of two ways: they can throw a web (pinnie) and touch a fly OR they can tag a fly with their free hand, the one not holding the pinnies
- + When the fly is tagged by the spider, the fly turns into a spider and runs to get a coloured pinnie
- + Add a ball for spiders and flies to use

WATER BREAK

GAME: DRIBBLING VOLCANOES AND VALLEYS

10-MINS

SET-UP

- + **Basketball and Cones**
- + Randomly place cones around the gym so that half look like volcanoes (point up) and half look like valleys (point down)
- + Divide players into two teams
- + One team assigned valleys, and one team assigned volcanoes

KEY TEACHING POINTS

- + Emphasize players keep their heads up
- + Encourage players to stay low and be reactive in their movements

EXECUTION

- + On the coach's whistle, players run around the gym and flip over as many cones as possible
- + Valley players want to flip volcanoes (to make valleys)
- + Volcano players want to flip valleys (to make volcanoes)

REMEMBER TO DEMONSTRATE FOR THE GROUP!

- + Play for a short period of time (approx. 1 minutes) before totalling the volcanoes and valleys
- + The team with the most cones flipped to their side, wins!
- + Create a rule where players need to touch a wall after flipping a cone

ACTIVITY: SELF –TALK: CUE WORDS

10-MINS

- + Bring the group together in middle and have them circle up
- + Talk about self-talk, what it looks like, how it works, examples of positive and negative, etc
- + Create cue words
- + With your athletes, discuss situations where they use self-talk, preferably negative self-talk and discuss with them options for positive self-talk that they can counter with
- + These options should be in the form of one or two word cues that they can use to remind them to be happy or confident or calm
- + Words like "slow" can be used as a cue for athletes to slow down their pace and relax
- + "Growth" could be used as a cue word to remind an athlete that they are always growing and its okay to struggle

Practice #12



WATER BREAK

GAME: FINAL GRADUATION TOURNAMENT

30-MINS

3 ON 3 GRADUATION TOURNAMENT SETUP

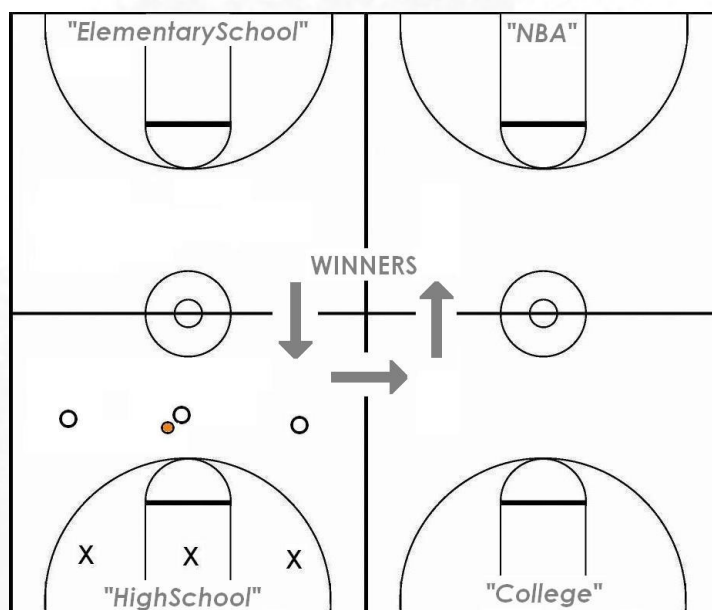
- + **Basketballs**
- + Assign each basket in the gym a "level", 1 ball per basket
- + Divide players into teams of 3; place 2 teams at each basket

KEY TEACHING POINTS

- + Pause the game to explain rules, concepts, or challenges (do this sparingly)
- + Teach players to communicate, calling the names of the teammates they are passing to
- + Encourage communication on defense, emphasizing defensive cues

EXECUTION

- + Play short games of 3-on-3 at each basket (ensure a tie-breaker method is in place)
- + When a team wins at their basket, they graduate up a "level"
- + When a team loses at their basket, they move down a "level"
- + Use timed rounds or rotate teams to new baskets
- + Allow players to play freely with no restrictions
- + Continue to pause the game as needed to talk concepts
- + For advanced players, play with teams of 4-on-4



FINAL HUDDLE

10-MINS

WHAT DID WE LEARN IN ALL SESSIONS?

- + Have player list skills they learned in the 12 weeks of programming
- + Ask players what they would like to learn more about
- + Ask players what they disliked the most

WRAP-UP FINAL SESSION

- + Debrief with the athletes what they enjoyed and what they did not
- + Remind them about upcoming JNYB sessions if they are interested in playing again
- + End with a final group cheer

POST-PRACTICE

MEET & GREET

- + Meet and greet parents as players are picked up, discussing what was learned in the session

TEAR DOWN

- + Clean up gym and spectator area, including any remaining equipment

COACH DEBRIEF

- + Review the session, including sharing feedback, and preview the next lesson

