

BODY&SPORT

BASKETBALL

WARM UP

WARM UP

COOL DOWN

SESSION 1

BASIC BASKETBALL

Learning basic basketball techniques through basketball games and drills.
Dribble, passing, shooting, footwork, aiming drills and learning how to anticipate the movement of the opposite team player, along with basic tactics of the game.

SESSION 2

BASKETBALL DRILLS

Learning basic basketball techniques through basketball games and drills.
Dribble, passing, shooting, footwork, aiming drills and learning how to anticipate the movement of the opposite team player, along with basic tactics of the game.

SESSION 3

DESCRIPTION SCARECROW TIGGY

Learning basic basketball techniques through basketball games and drills.
Dribble, passing, shooting, footwork, aiming drills and learning how to anticipate the movement of the opposite team player, along with basic tactics of the game.

SESSION 4

DRIBBLE KNOCKOUT - DRIBBLING DRILL

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FUN DRILL

Learning basic basketball techniques through basketball games and drills.
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1. BASKETBALL



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

basketballs,
whistle and cones

- 2 CORE STABILITY
- 3 DODGEBALL
- 4 PILATES AND CIRCUIT
- 5 QUICK PICK

WARM UP

Prepare body and mind for basketball activity

WARM UP NUMBERS



5 minutes

Students run around area 5m x 5m plus.
Coach shouts out a number and students perform activity.



①
Two footed
high jump.



③
Fast feet



②
High knees



④
Press ups



5 minutes

Students receive a ball and dribble around area.
Coach shouts out following activities for students



①
Dribble the
ball low



③
On the spot
dribbling



②
Dribble the
ball through
both legs



④
Pass the ball
left right hand

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1 teacher

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10 minutes

EQUIPMENT

basketballs

- 2 CORE STABILITY
- 3 DODGEBALL
- 4 PILATES AND CIRCUIT
- 5 QUICK PICK

COOL DOWN

Cool down the body and stretch muscles

FISHES



5 minutes

Each student has a ball. They dribble the ball from the top of the area to the bottom without the sharks getting them. The sharks are positioned in the middle of the area. The sharks try and pinch the ball from the fishes. If someone loses their ball they become a shark.

Use an area 10m x 20m minimum. You can have 1-3 sharks.



5 minutes

Stretch Arms and legs. Hold each stretch for 10 seconds and repeat twice.



①

Tri cep stretch



④

Hamstring stretch



②

Shoulder stretch



⑤

Calf stretch



③

Quadricep stretch



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BODYESPORT

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COOL DOWN

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STAFF

1 teacher

DURATION OF THE SESSION

50 Minutes

EQUIPMENT

basketballs

2 CORE STABILITY

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 1 > BASIC BASKETBALL

Learning basic basketball techniques through basketball games and drills. Dribble drills, passing drills, shooting, footwork, aiming drills, learning how to anticipate the movement of the opposite team player, along with basic tactics of the game.



10 minutes

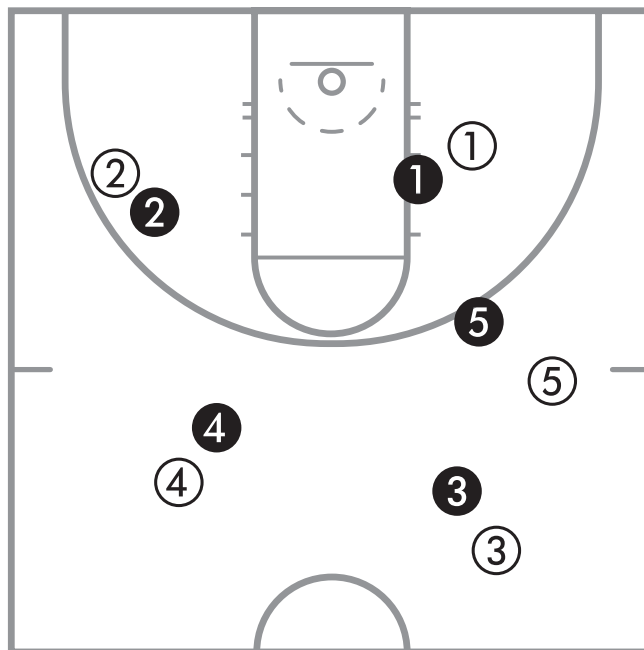
WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

COUNT EM' UP - PASSING DRILL



Think about been open, denying the offensive player, and making smart passes to limit turnovers.

Two even teams, wearing different coloured bibs.

Setup

One basketball

How to

All players mark an individual opponent.

The goal of the drill is to move around make a certain amount of passes determined by the coach without the opposition intercepting or catching the ball. No dribbling or shooting allowed.

The number of passes that must be made should be between 5 and 20 depending on age and experience.

Players are allowed to move around wherever they choose to within the playing area.

If the defenders steal or intercept the ball, offense and defense switch roles.

Each time a team successfully makes the required number of passes, they receive 1 point.

If ball goes out of play, the team who touched the ball last will become the defending team.



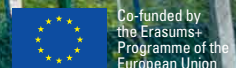
10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.



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BODYSPORT

BASKETBALL

SESSION 2

WARM UP

COOL DOWN

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1. BASKETBALL



STAFF

1 teacher

DURATION OF THE SESSION

50 Minutes

EQUIPMENT

basketballs

2 CORE STABILITY

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 2 > BASKETBALL DRILLS

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10 minutes

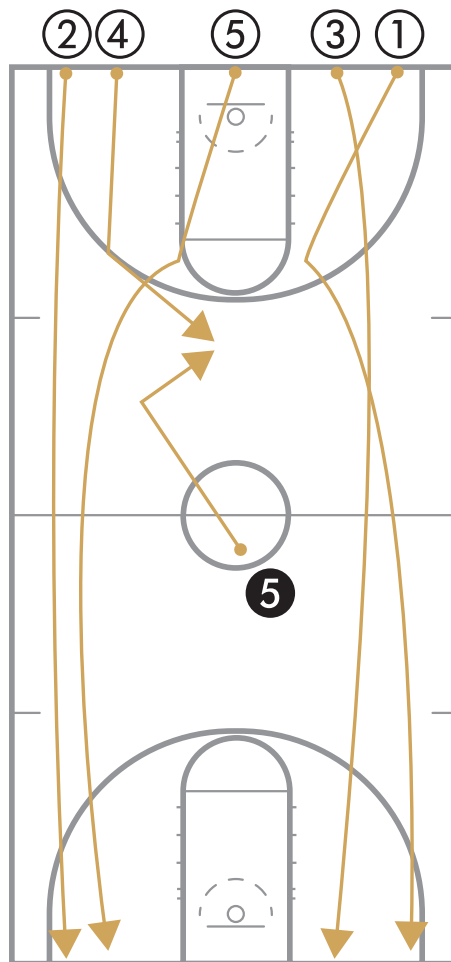
WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

SHARKS AND MINNOWS - DRIBBLING DRILL



How to

The aim of the game is for the minnows (dribblers) to dribble from baseline to baseline without getting tagged by the sharks (taggers). Last minnow wins.

Select one or two 'sharks' who will be the taggers.

Everyone else will start on the baseline and have a basketball. These are the 'minnows'.

On the coach's call, the minnows dribble to the other baseline without getting tagged by a shark.

If a shark tags a Minnow, the minnow must stand on the spot where they got tagged, place the basketball between their feet, and become scarecrows. The Scarecrows then help the Sharks tag the minnow's.

The last player alive that hasn't been tagged is the winner.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.



BODYESPORT

BASKETBALL

SESSION 3



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WARM UP

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1. BASKETBALL



STAFF

1 teacher

DURATION OF THE SESSION

50 Minutes

EQUIPMENT

basketballs

2 CORE STABILITY

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 3 > SCARECROW TIGGY

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10 minutes

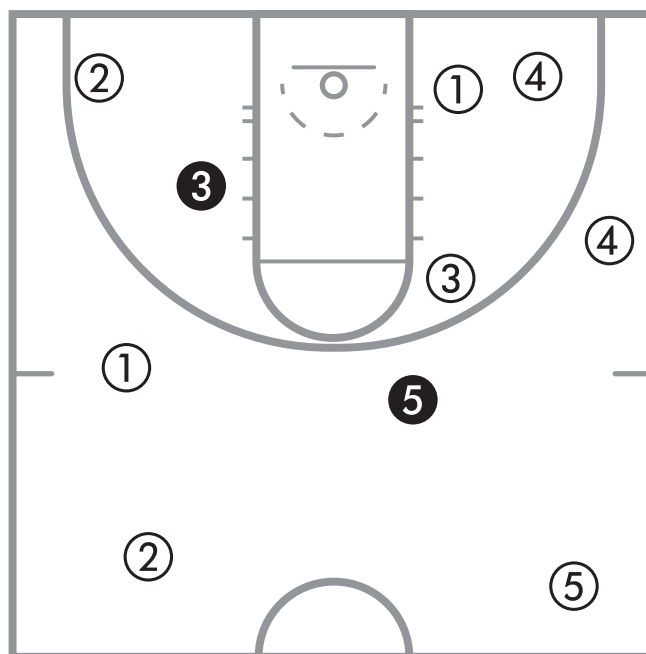
WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

SCARECROW TIGGY - DRIBBLING DRILL



Scarecrow Tiggy is a fun drill that involves everyone dribbling around the area, trying to avoid the taggers. Players love this drill and it's great for developing ballhandling skills.

Setup

Every player starts in the area with a ball, except two players who will be the 'taggers'. To make this game harder the taggers could have a ball too.

How to

- › The drill begins when the coach call's out 'GO'.
- › The taggers then do their best to tag each player dribbling a basketball.
- › When a dribbler is tagged, they must remain where they were tagged with their legs wide and holding the ball on top of their head. They will be freed by other dribblers who roll the basketball through their legs.
- › This game never has a winner unless the taggers happen to get everyone out at one time (this doesn't happen often).
- › Every couple of minutes switch the taggers.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.



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BASKETBALL

SESSION 4



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WARM UP

COOL DOWN

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1. BASKETBALL



STAFF

1 teacher

DURATION OF THE SESSION

50 minutes

EQUIPMENT

basketballs

2 CORE STABILITY

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 4 > DRIBBLE KNOCKOUT - DRIBBLING DRILL

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10 minutes

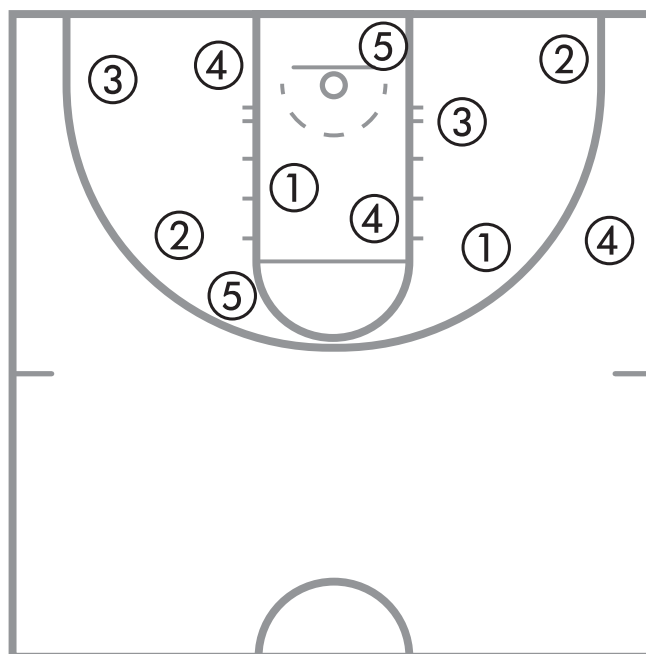
WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

DRIBBLE KNOCKOUT - DRIBBLING DRILL



This drill develops ball-handling and protecting the dribble. All players dribble around in an area. The goal is to knock other player's balls out of the area while keeping your own basketball in play.

Setup

Mark out an area bigger than 10m x 10m. Depending on the amount of players you have, usually the three-point line or the 1/3 court line is appropriate. All players must have a basketball.

How to

On the coach's call, all players begin dribbling in the area and attempt to knock each other's basketball out of the playing area.

As more and more players get out, the coach must pause the game and make the playing area smaller. This continues until you have a winner.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.



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BASKETBALL

SESSION 5



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WARM UP

COOL DOWN

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1. BASKETBALL



STAFF

1 teacher

DURATION OF THE SESSION

50 minutes

EQUIPMENT

basketballs and 21 cones

2 CORE STABILITY

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 5 > SHOOTING DRILL

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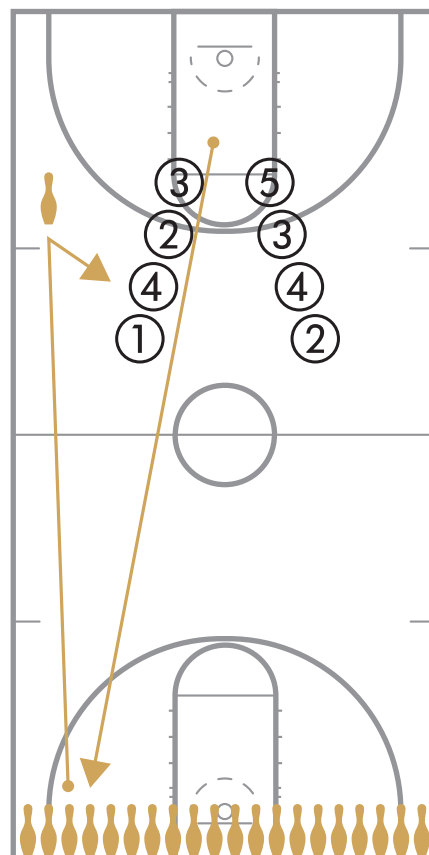
WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

21 CONES - SHOOTING DRILL



In two teams, players take it in turn to shoot. When a goal is scored the player receives a cone. The team with the most cones wins.

Setup

Place 21 cones on the back line at the end of the court. Split your players up into two teams. Each team has only one ball. Using one goal teams, both team line up behind each other, to the side of the goal, as shown in the diagram.

How to

The two teams of players shoot from the designated spot. When a shot is made, the shooter is rewarded by being allowed to sprint to the other end of the court and retrieve a cone for their team. The team that finishes with the most cones is the winner.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.



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BASKETBALL

SESSION 6



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WARM UP

COOL DOWN

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SESSION 6 > FUN DRILL

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10 minutes

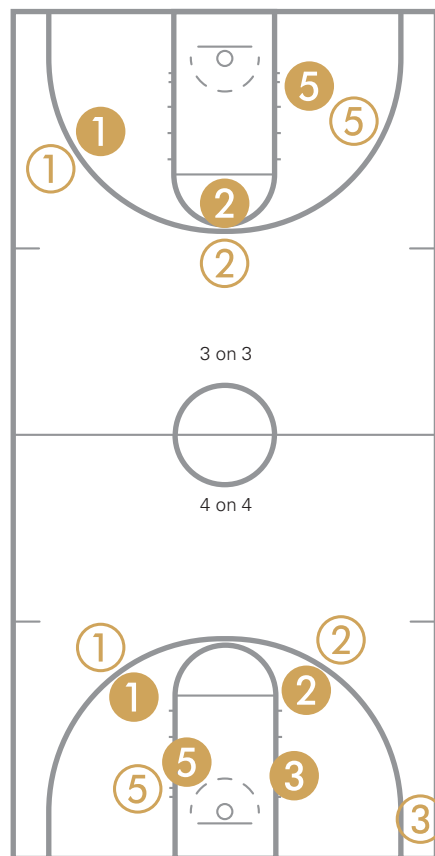
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30 minutes

WAR - FUN DRILL



War is a great drill to incorporate fun small-sided games into your practices. It's a series of small-sided games between two teams which can be played on both the full court or half-court.

This is always one of the most popular drills no matter what level I'm coaching.

Setup

Split your group into two teams. Teams will be positioned at different ends of the court.

Give each player a number.

The drill requires one basketball. The coach starts with the ball.

How to

The drill begins with the coach throwing a basketball out into the middle of the court and calling out numbers between 1 and 6, depending on the number of players.

If the coach wants to play games of 3 on 3, they might call out "1, 4, and 5!" If this happens, numbers 1, 4, and 5 from both teams come out and play a game of 3 on 3 until a goal occurs.

The coach can play games with any number of players, from 1 on 1, to 6 on 6.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

50 minutes

EQUIPMENT

basketballs and 21 cones

2 CORE STABILITY

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK



BODYESPORT

BASKETBALL

SESSION 7



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1. BASKETBALL



STAFF

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DURATION OF THE SESSION

50 minutes

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basketballs and 21 cones

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SESSION 7 > SMALL GAMES

Learning basic basketball techniques through basketball games and drills. Dribble, passing, shooting, footwork, aiming drills and learning how to anticipate the movement of the opposite team player, along with basic tactics of the game.



10 minutes

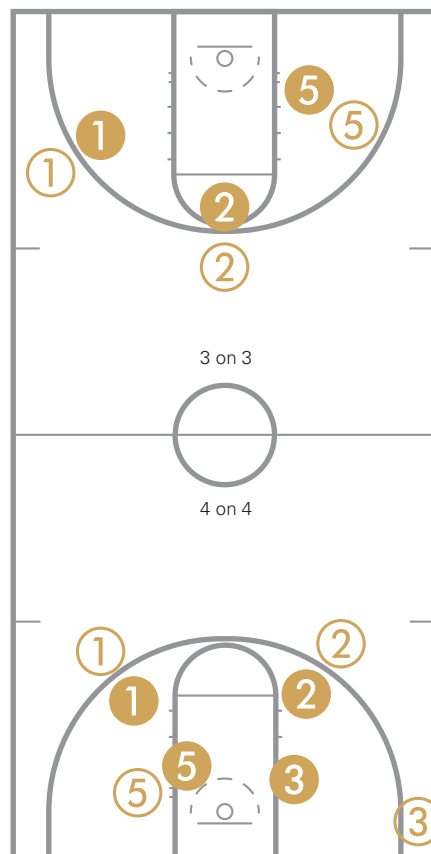
WARM UP

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30 minutes

SMALL-SIDED GAMES - FUN DRILL



Depending on the amount of players you have, 3 on 3 or 4 on 4 are the best small-sided games to use.

Setup

Use both halves of the court and create small-sided games depending on the number of players you have.

Tell each team they must play the ball to either half-court or the third line of the court if you have one.

Each game needs one basketball.

How to

Start the game and let them play.

Make adjustments and team changes when you need to, but try not to interrupt too much. Let the players learn from their own mistakes by experience.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.