

# VIRTUAL PRACTICE PLAN

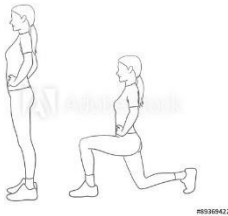
## BASKETBALL CLINICS AGES 3-7

### Daily Dynamic Warm-Up (Choose 3-4 each day; ~5 minutes):

- 20- Jumping Jacks
- 10- High Kicks



- 10- Lunges



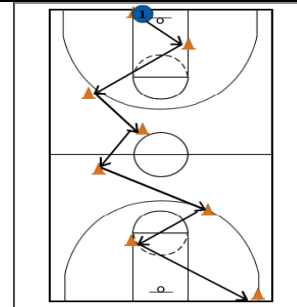
- 10- Frog Leaps
- 10- Bunny Hops
- Jog- pick a certain point/place to jog to and then jog back

DAY OF THE WEEK: MONDAY, MARCH 30

**FOCUS: DRIBBLING**

**BASKETBALL  
DRIBBLING CUES**

1. Eyes forward
2. Finger pads
3. Push the ball downward
4. Ball below waist
5. Flex and extend elbow
6. Bend the knees to keep body low.



1. Dribbling in place- Stand in one spot (~5 minutes)
  - a. Right hand only—30 seconds
  - b. Left hand only—30 seconds
  - c. Repeat 3 times
2. Dribbling on the move- Forward in a straight line (~5 minutes)
  - a. Jog
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
  - b. Game Speed
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
3. Dribbling on the move- Zig Zag (~5 minutes) *\*see picture above\**
  - a. Jog
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
  - b. Game speed
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
4. Stationary Dribbling Drills: <https://www.youtube.com/watch?v=MRrNi7uHmaY> (start-5:40)
  - a. Protecting the ball (~5 minutes)
  - b. Figure 8 (~5 minutes)
  - c. Behind the back (~5 minutes)

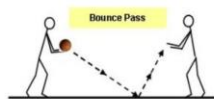
DAY OF THE WEEK: TUESDAY, MARCH 31

## FOCUS: PASSING

### BOUNCE PASS

A pass that bounces off the floor before it reaches the receiver.

#### Cues



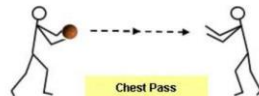
1. Start with ball at chest level
2. Pass the ball to receiver on the first bounce
3. Bounce ball 2/3 the distance from receiver

[BOUNCE PASS VIDEO](#)

### CHEST PASS

A two-handed pass thrown from chest height.

#### Cues



1. Ball at chest
2. **Two hands**-spread the fingers, thumbs behind the ball
3. **Elbows out**
4. **Push the ball and follow through**

[CHEST PASS VIDEO](#)

1. Bounce Pass- On the move (~ 5 minutes)
  - a. With a partner or against a wall, practice bounce passes while shuffling your feet sideways. <https://www.youtube.com/watch?v=xlalLZrAeRU>
2. Chest Pass- On the move (~5 minutes)
  - a. With a partner or against a wall, practice chest passes while shuffling your feet sideways. <https://www.youtube.com/watch?v=Ft5OYdxAjk>
3. Partner Pass & Pivot- <https://www.breakthroughbasketball.com/play.asp?id=75>
  - a. How To Pivot: <https://www.youtube.com/watch?v=KJdV8uvYTnl>
    - i. Pivot, Chest Pass (~5-10 minutes)
    - ii. Pivot, Bounce Pass (~5-10 minutes)

DAY OF THE WEEK: WEDNESDAY, APRIL 1

### FOCUS: SHOOTING

Proper shooting form is extremely important to beginning basketball players. Please see examples below.



1. Form Shooting (~15-20 minutes) <https://www.youtube.com/watch?v=E402JeAYq5Q>
  - a. Begin 1 foot in front of the basket
  - b. Move back 1 foot after 5-10 successful made shots using the proper form shown in the video.
  - c. Continue moving back until you reach the foul line.
2. Foul Shots/Free Throws (~10-15 minutes) <https://www.youtube.com/watch?v=TVNZrYdriTM>
  - a. Everyone has their own unique routine; whatever you do, **be consistent**.
  - b. Shoot 10 free throws and keep track of how many you make.
  - c. Repeat and try to beat your number from before.

DAY OF THE WEEK: THURSDAY, APRIL 2

### FOCUS: FOOTWORK & DEFENSE



1. Red Light, Green Light (~10-15 minutes) <https://www.breakthroughbasketball.com/fundamentals/bigelow-footwork-body-control.html>
2. Triple Threat & Defensive Stance (~10-15 minutes) <https://www.online-basketball-drills.com/quick-stance-triple-threat-defense>
3. Defensive Slides (~5 minutes)



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DAY OF THE WEEK: FRIDAY, APRIL 3

**PUTTING IT ALL TOGETHER**

1. 1v1 or 2v2 game
2. Knockout
3. Around the World
4. Horse
5. Relay Races

DAY OF THE WEEK: SATURDAY, APRIL 4

**FUN & CONDITIONING**

**LES MILLS TIME!**

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-marvel-let-s-go>

DAY OF THE WEEK: SUNDAY, APRIL 5

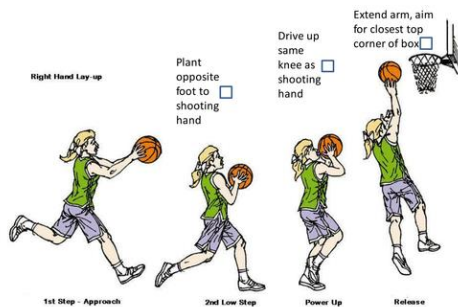
**FOCUS: DRIBBLING**

1. Transition Dribbling <https://www.youtube.com/watch?v=MRrNi7uHmaY> (5:40-end)
  - a. Crossovers (~5-10 minutes)
  - b. Ball Control/Active Off-hand (~10-15 minutes)
2. Additional Workout: <https://www.breakthroughbasketball.com/drills/beginner-bh-workout.html>

DAY OF THE WEEK: MONDAY, APRIL 6

**FOCUS: SHOOTING**

1. Lay-Ups (~5-10 minutes)



**HELPING HINT:** Imagine the backboard is a thin piece of glass that you do NOT want to smash with the ball.

- a. Practice without the ball
  - b. Add the ball- 5 times per side
2. Mikan Drill (~5-10 minutes) <https://www.youtube.com/watch?v=ho9GJkWyuYQ>
  3. Mikan Drill with 12 Variations (~10-15 minutes)  
<https://www.breakthroughbasketball.com/training/kyrie-mikans.html>

DAY OF THE WEEK: TUESDAY, APRIL 7

**FOCUS: REBOUNDING**



1. Rebounding Off the Glass (~5-10 minutes)
  1. Throw the ball up against the backboard. As the ball comes off, jump and grab the ball with both hands. Bring the ball down into triple threat.
  2. Repeat 10-20 times.



2. Boxing Out (~5-10 minutes) <https://jr.nba.com/video/how-to-box-out-and-rebound/>

DAY OF THE WEEK: WEDNESDAY, APRIL 8

**FUN & CONDITIONING**

LES MILLS TIME!

Ages 4-5: <https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-4-5-the-wizard>

Ages 8-12: <https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>



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DAY OF THE WEEK: THURSDAY, APRIL 9

**FOCUS: BALL HANDLING**

Follow along with the video:  
<https://www.youtube.com/watch?v=F1BpZ2Qzkdq>

DAY OF THE WEEK: FRIDAY, APRIL 10

**FOCUS: FORM SHOOTING**



1. Form Shooting <https://www.youtube.com/watch?v=1zx4Y6czDY4>
  - a. Slow Motion Form Shooting (~10 minutes)
  - b. Thigh Tap Shooting (~10 minutes)
  - c. High Bounce Shooting (~10 minutes)

DAY OF THE WEEK: SATURDAY, APRIL 11

**FUN & CONDITIONING**

LES MILLS TIME!

Ages 4-5: <https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-13-4-5yrs-40min-lmod-1>

Ages 8-12: <https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-8-12-this-is-me>





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DAY OF THE WEEK: SUNDAY, APRIL 12

### SUNDAY FINDAY! PUTTING IT ALL TOGETHER

Use this day to pick your favorite skills and drills that you have done during these past couple of weeks.

Practice, practice, practice!



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*Additional Resources:*

<http://ymcanwnc.org/wp-content/uploads/2015/10/practiceplans67.pdf>

<https://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>

<https://ymcanwnc.org/wp-content/uploads/2015/10/60-Fun-Basketball-Drills-and-Games.pdf>