



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

BASKETBALL CLINICS AGES 8-13

DAY OF THE WEEK: Monday, March 30th

FOCUS: DRIBBLING

Stationary Dribble

1. Eyes up, use fingertips, keep the ball at waist high.
2. 50 dribbles with the right hand, 50 dribbles with the left hand, 50 dribbles alternating hands.
3. Repeat step 2 while on one knee.
4. See if you can dribble the ball between your legs.

Dribbling – Pick two spots to dribble to and from

1. Dribble down and back twice using the right hand. Then repeat with the left hand.
2. Mark the middle between the two cones. Dribble half way with right hand, then cross over to the left hand at the middle point.
3. Dribble retreat at half way point. Dribble up to the middle point and then dribble retreat (dribble backwards) 2 steps then dribble forward.
4. Repeat step 3 but this time after your dribble retreat, do a crossover before moving forward again.

DAY OF THE WEEK: Tuesday March 31st

FOCUS: DRIBBLING

This drill requires a chair and a ball.

1. Sit on the edge of the chair with both legs in front of you and knees together
2. Just like stationary dribbling, dribble 50 times with the right hand and 50 times with right hand.
3. Once you completed this, try dribbling under your legs(crossover). See if you can do 50 dribbles.
4. Variety is best. Try dribbling 5 times with right hand then cross the ball under your legs to the left hand and dribble 5 times with the left and then cross back over under the legs.

Coaching points: Eyes up and use finger tips.

DAY OF THE WEEK: Wednesday, April 1st

FOCUS: SHOOTING

Basketball- Set Shot

Balance



Feet shoulder width apart.
Knees bent.

Elbow



90 degree angle.
Hand under the ball with other supporting at the side.

Eyes



Always looking at the basket (target).

Follow through



Shooting arm extends to the basket.
Flick of the wrist as the ball is released.

Need a ball and a basket

Stand in front of the basket as close as possible. Using proper form, see if you can make 10 shots in a row.

Once you make 10 shots, take a step away from the basket and repeat.

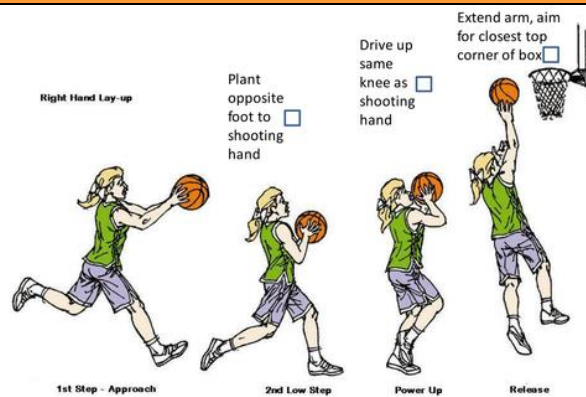
See how far away you can get without using a jump shot.



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DAY OF THE WEEK: Thursday, April 2nd

FOCUS: LAYUPS



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

Stand close to the basket on the right side and shoot a right handed layup.

Catch the ball and move to the left hand side and do a left handed layup.

Catch the ball and move back to the right hand side. Repeat the process.

Once you feel comfortable, compete against yourself. See how many you can make in 1 minute. Rest and then see if you can beat that number.

DAY OF THE WEEK: Friday April 3rd

FOCUS: SHOOTING

Requires just a ball. You can do this in your room or garage. Lay on your back on the floor. Using good shooting form see how close you get the ball to the ceiling without touching it with the ball. This will work on shooting touch and force you to focus on your form.



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Starting at one side in a good defensive stance, slide your feet to the first mark. Once you reach the first mark, drop step with front foot towards the next cone and slide. Repeat the process until you reach the end of the line.

If you have a partner, one person can dribble while the other person plays defense.

Key points, the defender should face the same direction the whole time. When you use a drop step to move to the next cone, picture a swings door. Back foot stays still while the front foot swings towards the next point.

DAY OF THE WEEK: Monday, April 6th

FOCUS: REBOUNDING

Stand to the left or right of the basket. With the ball in your hand, throw the ball up against the backboard. Once the ball hits the backboard, jump and grab the ball and shoot back against the backboard before your feet hit the ground. See how long you can before you get too tired or your feet hit the ground with the ball in your hands.

DAY OF THE WEEK: Tuesday, April 7th

FOCUS: DRIBBLE & SHOOTING

On the Right hand side of the basket, Mark a spot about 8 feet from the basket with a chair.

You will start in front of the basket about 15 feet away.

When you are ready, dribble with your right hand as fast as you can go to the chair(will be in front of you)

Once you reach the chair, square up (toes, shoulders facing the basket) to the basket and take a jump shot. Flow your shot for a rebound.

Repeat this about 10 times and then switch to the left side and repeat.

If you have two chairs, you can set one on each side. And alternate switch way you go.



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DAY OF THE WEEK: Wednesday April 8th

FOCUS: DRIBBLING

Need two balls for this.

Stand in one spot with a ball in each hand.

See if you can dribble the balls at the same using both hands.

Once you can do this, see if you can dribble at the same time but this time have the balls alternating.

Lastly, see if you switch hands while dribbling at the same time.

<https://www.bing.com/videos/search?q=2+ball+dribble+drills&&view=detail&mid=69A4089D9344DBA2F97569A4089D9344DBA2F975&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3D2%2520ball%2520dribble%2520drills%26qs%3DAS%26form%3DQBVMH%26sp%3D2%26qhc%3D1%26pq%3D2%2520ball%2520drib%26sk%3DMM1%26sc%3D4-11%26cvid%3D4510B11ADAC848B8A72AC864BF9B7183>

DAY OF THE WEEK: Thursday, April 9th

FOCUS: BALL HANDLING

<https://www.youtube.com/watch?v=fv6M7CdXk2E>

DAY OF THE WEEK: Friday, April 10th

FOCUS: SHOOTING DRILL

<https://www.youtube.com/watch?v=qaKlKoCBt5k>

DAY OF THE WEEK: Saturday, April 11th

FOCUS: 1 V 1

Time to put it all together. Play against mom, dad, brother, sister or next door neighbor.
First one to 7 points wins.