



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# **VIRTUAL PRACTICE PLAN**

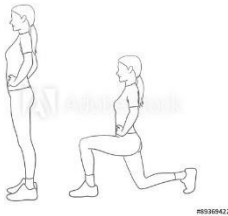
## **BASKETBALL CLINICS**

### **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: THURSDAY, MARCH 19**

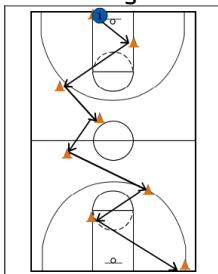
**FOCUS: DRIBBLING**

**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 (~10 minutes)
  - a. Walk
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
  - b. Jog
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
  - c. Game Speed
    - i. Right hand- 3 times
    - ii. Left hand- 3 times
3. Dribbling on the move- Zig Zag (~10 minutes)



- a. Walk
  - i. Right hand- 3 times
  - ii. Left hand- 3 times
- b. Jog
  - i. Right hand- 3 times
  - ii. Left hand- 3 times
- c. Game speed
  - i. Right hand- 3 times
  - ii. Left hand- 3 times

**DAY OF THE WEEK: FRIDAY, MARCH 20**

**FOCUS: PASSING**

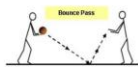
**1. Bounce Pass- In Place**

**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](#)

- a. Pass with a partner or against a wall using the cues above (~5 minutes)

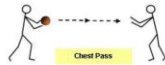
**2. Chest Pass- In Place**

**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](#)

- a. Pass with a partner or against a wall using the cues above (~5 minutes)

**3. Bounce Pass- On the move (~ 10 minutes)**

- a. With a partner or against a wall, practice bounce passes while shuffling your feet sideways. <https://www.youtube.com/watch?v=xlallZrAeRU>

**4. Chest Pass- On the move**

- a. With a partner or against a wall, practice chest passes while shuffling your feet sideways. <https://www.youtube.com/watch?v=Ft5OYdxAjk>

**5. Monkey in the middle**

- a. You will need 3 people total. One person is in the middle. The object is to pass the ball without the person in the middle stealing it.

**DAY OF THE WEEK: SATURDAY, MARCH 21**

**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. Around the world: <https://www.youtube.com/watch?v=Yswd7sHTx-g>

**DAY OF THE WEEK: SUNDAY, MARCH 22**

**FOCUS: PUTTING IT ALL TOGETHER**

1. Play a mini pick-up game (1v1 or 2v2).
2. Monkey in the middle
3. Around the world
4. Knock-Out [https://www.youtube.com/watch?v=C\\_0ccXOz2QI](https://www.youtube.com/watch?v=C_0ccXOz2QI)

**Fun & Conditioning**

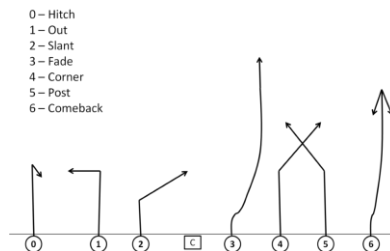
**LES MILLS TIME!**

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-6-7-baila-with-me>

**DAY OF THE WEEK: MONDAY, MARCH 23**

**FOCUS: DRIBBLING**

1. Speed Dribbling- In place (~5 minutes)
  - a. Bend your knees, dribble in place, increase speed of dribble (while keeping control)
    - i. Right hand- 30 seconds
    - ii. Left hand- 3 seconds
2. Speed Dribbling- On the move (~10 minutes)
  - a. Speed dribble in place; after 10 seconds, take off while continuing to dribble.
  - b. Repeat 5 -7 times alternating hands.
3. Control (~10 minutes)
  - a. Set out a few cones or other objects to identify a marking place.
  - b. Walk
    - i. Dribble to the cone; once you get to the cone, dribble around the cone and move on to the next cone.
  - c. Jog
    - i. Repeat
  - d. Game Speed
    - i. Repeat



**DAY OF THE WEEK: TUESDAY, MARCH 24**

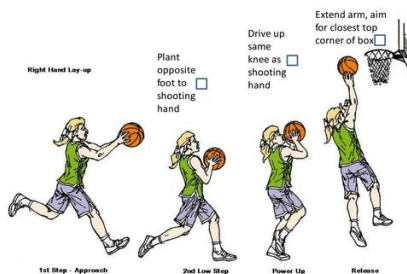
**FOCUS: PASSING**

1. Review chest and bounce passes (~5 minutes)
  - a. Practice these with a partner
2. Passing with a defender (~10 minutes)
  - a. The defender could be a person, cone, or other object. This drill is to help the children practice passing around someone/something.
  - b. It is perfectly acceptable for the child to dribble before making the pass.
3. Passing and Shooting (~10-15 minutes)
  - a. Make 5 passes with a partner before taking a shot
  - b. Once you have done this, add a defender. Make 5 passes without getting the ball stolen, then shoot. *\*Increase # of passes as you go\**

**DAY OF THE WEEK: WEDNESDAY, MARCH 25**

**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- <https://www.youtube.com/watch?v=ho9GJkWyuYQ> (~5-10 minutes)
  3. Shoot from the bottom block (where you would normally shoot a lay-up) from a pass from under the basket (~10 minutes)

**DAY OF THE WEEK: THURSDAY, MARCH 26**

**PUTTING IT ALL TOGETHER! PRACTICE THE SKILLS YOU HAVE LEARNED WHILE PLAYING GAMES!**

1. Play a mini pick-up game (1v1 or 2v2).
  2. Monkey in the middle
  3. Around the world
  4. Knock-Out [https://www.youtube.com/watch?v=C\\_0ccXOz2QI](https://www.youtube.com/watch?v=C_0ccXOz2QI)
  5. Horse
- Additional:* <https://www.activekids.com/basketball/articles/11-fun-basketball-games-for-kids-besides-h-o-r-s-e>



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**DAY OF THE WEEK: FRIDAY, MARCH 27**

**Fun & Conditioning**

**LES MILLS TIME!**

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-6-7-meet-down-in-africa>

**DAY OF THE WEEK: SATURDAY, MARCH 28**

**FOCUS: DEFENSE**


We have covered many offensive drills, so today is specifically geared for defense.



1. Defensive Slides
  - a. Take the position in the picture above. Slide in each direction (typically from one side of the court to the other).
2. 1 on 1 Defense (Man to Man)
  - a. Have a partner who is dribbling the ball. Your job is to defend them and stop them from scoring a basket.
  - b. When playing a man to man, you are staying with your "man". Wherever they go, you follow.
3. Review Rules of Basketball- <https://www.youtube.com/watch?v=-17hpepS5e4>
  - a. Traveling Violation- Moving with the ball without dribbling
  - b. Double Dribble- Dribbling, picking up your dribble, dribbling again without a pass or shot in-between
  - c. Carrying- Your hand goes completely under the ball when dribbling
  - d. Fouls- Pushing, Shoving, Grabbing another player. You cannot contact another player.

DAY OF THE WEEK: SUNDAY, MARCH 29

**FUN DAY! PUT YOUR SKILLS TO THE TEST!**



**See if you can...**  
(Exploring bouncing skills individually)

Bounce the ball through your *legs*

Dribble the ball quickly *spin around* and then dribble again

Bounce the ball *sitting* down  
> Then kneeling on 1 knee

Bounce the ball as *high* as you can

Throw the ball in the air and try to make it *spin* when it bounces  
> Forward and backwards  
> Left and right

Bounce the ball as many times as you can with your *eyes closed*

Hop around on 1 foot and bounce the ball  
> Then switch legs

Bounce the ball *spin around* then catch it with 1 or 2 hands

Dribble along the lines

Additional Articles:

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

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

**Fun & Conditioning**

**LES MILLS TIME!**

<https://bit.ly/2x2J7yV>