



FOR YOUTH DEVELOPMENT®
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VIRTUAL PRACTICE PLAN

BASKETBALL CLINICS

DAY OF THE WEEK: MONDAY, APRIL 27

FOCUS: BALL HANDLING

This drill is perhaps the most advanced basketball ball handling drill among all wrapping drills and is probably the most advanced basketball drill in this list up to this point.

The drill combines the three wrapping drills that we talked about previously. Here, the player starts by wrapping the basketball around the head, then slowly, going downwards with the ball to the waist and finally, towards the lower legs or the ankles.

It is quite a tricky drill, and players have to make sure that they have genuinely mastered wraps around the ankle, mid-section, and head before they try the 'wraps around the world' drill.

This wrapping drill will primarily help the player with everything that we talked about in the previous wrapping drills but to an even greater extent because of how versatile the player has to be to move the ball all around his body. This is one of the best basketball handling drills or workouts.





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DAY OF THE WEEK: TUESDAY, APRIL 28

FOCUS: DRIBBLING

To do this dribble or dribbling drill, the player starts with their right foot in front and the left foot in the back. Then, the player should dribble the ball in between the legs, and every time he or she dribbles the ball, he or she should also swap the feet positions.

What this means is that with the first dribble, as the ball bounces, the player should move the left leg forward and the right leg back. He or she then has to continue with this process with each dribble.

This should help the player dribble better as well as get more agile and light on his feet. This is yet another very commonly used dribbling drill for basketball players.

DAY OF THE WEEK: WEDNESDAY, APRIL 29

FOCUS: SHOOTING

To do this dribble or dribbling drill, the player starts with their right foot in front and the left foot in the back. Then, the player should dribble the ball in between the legs, and every time he or she dribbles the ball, he or she should also swap the feet positions.

What this means is that with the first dribble, as the ball bounces, the player should move the left leg forward and the right leg back. He or she then has to continue with this process with each dribble.

This should help the player dribble better as well as get more agile and light on his feet. This is yet another very commonly used dribbling drill for basketball players.



DAY OF THE WEEK: THURSDAY, APRIL 30

FOCUS: BALL HANDLING

Here, the player has to keep ahold of the ball and wrap the ball around the legs as fast as possible in a figure eight motion. Basically, what the player is doing is actually passing the ball to one free hand while moving both hands in a circular figure eight motion around both the legs.

This can a very useful drill technique for an amateur basketball player, as one is not permitted to let the ball touch the ground while wrapping the ball in a pretzel around both legs. Needless to say, if the player fumbles the ball or drops it, he or she will need to start the drill all over again.



The figure 8 drill will help players gain more balance while dribbling the ball during real basketball matches. Moreover, this drill will help the player get more of a chance at getting better at dribbling past opponents during a basketball match.



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DAY OF THE WEEK: FRIDAY, MAY 1

FOCUS: PASSING

Use tape to mark passing targets on a wall. Stand 10 feet from the wall and practice hitting the targets by using a variety of passes. Alternate between two-hand passes and one-hand passes, using your right and left hand. As you improve, make passes from farther away and practice passing off the dribble. Challenge yourself to hit the target 10 times in a row.

DAY OF THE WEEK: SATURDAY, MAY 2

FOCUS: CONDITIONING

JOIN US FOR Y LIVE KID FIT WITH WHITNEY!

https://www.youtube.com/watch?time_continue=3&v=nJf4AdNVBmA&feature=emb_logo

DAY OF THE WEEK: SUNDAY, MAY 3

FOCUS: REST DAY/ KID YOGA

<https://www.youtube.com/watch?v=X655B4ISakg&t=126s>

DAY OF THE WEEK: MONDAY, MAY 4

FOCUS: BASKETBALL CONDITIONING

Perform basketball-related exercises to improve your conditioning. Perform push-ups to build upper-body strength. Run sprints up and down the court to improve your cardiovascular fitness and do quick-burst jumping drills to improve your ability to jump from a standing position, such as when rebounding in a game. One such drill involves standing under the basket and jumping, trying to touch the backboard 10 times in rapid succession. An area that is sometimes overlooked is defensive footwork, which involves sliding your feet quickly and changing directions frequently. Designate an area on the court to use for sliding side-to-side, and choose a time period to do nothing but slide between two points. Keep track of how many times you go from one side to the other and try to improve each time you do the drill.



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DAY OF THE WEEK: TUESDAY, MAY 5

FOCUS: DEFENSE

Improve your lower-body strength and endurance with this defensive stance drill. Place your feet slightly wider than shoulder-width apart and bend your knees so your body is in a squat position. This simulates a defensive position and helps you work on proper defensive positioning. Hold this position as long as you can. Time yourself and see if you can hold the position longer each time you do it.



DAY OF THE WEEK: WEDNESDAY, MAY 6

FOCUS: TIP DRILL

Tip the ball back and forth from hand to hand using just your fingertips. Start over your head and gradually work down to your ankles and then back up and down. Repeat for about one minute. Keep your elbows straight and close to your body to work on your hands. This drill helps you improve your feel for the ball and gain finger strength. It even prepares you for tipping in missed shots.

DAY OF THE WEEK: THURSDAY, MAY 7

FOCUSL 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/>

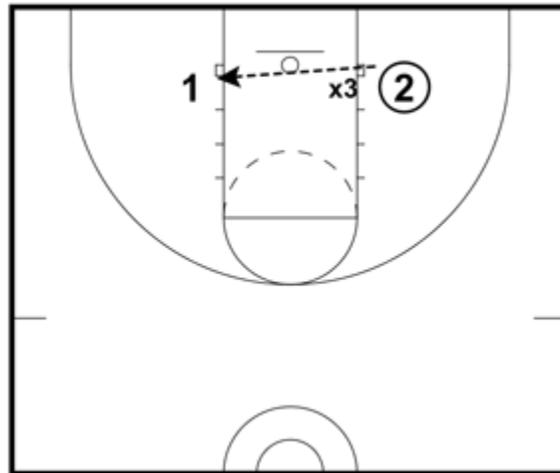


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DAY OF THE WEEK: FRIDAY, MAY 8

FOCUS: PASSING GAME

Monkey In The Middle



Two players are on offense. One player in the middle is the monkey and is on defense.

Offensive players pass the ball back and forth. They use fakes to get the ball past the defender. No lob passes are allowed. Wait for the defender to recover to the offense before throwing the next pass.

When the defender tips a pass, the passer goes to be the monkey in the middle.

DAY OF THE WEEK: SATURDAY, MAY 9

FOCUS: LAY-UPS

Lay-up lines are a very common warm up drill for basketball teams. But rarely does a player encounter a situation in games where they have an opportunity to dribble at a perfect angle and pace toward the basket for a lay-up. The following drill is a better way to simulate game situations where you will be coming from all different angles to shoot a lay-up.



Step 1:

Before you start the drill, you must set up 5 cones around the three point line (marked as X's on the diagram to the right).

Start by dribbling with your right hand around the first cone and then come back to the basket to shoot a right handed lay-up.



Step 2:

As soon as you complete a lay-up around cone #1, you will progress to each one of the cones.

Once you make a lay-up from each spot with your right hand, you will go back through each spot this time shooting and dribbling with your left hand.

By the end of the drill, you should have completed 10 lay-ups (5 right handed & 5 left handed).



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DAY OF THE WEEK: SUNDAY, MAY 10

FOCUS: CONDITIONING

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