



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

BASKETBALL CLINICS

DAY OF THE WEEK: MONDAY, MAY 25

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 another very commonly used dribbling drill for basketball players.

DAY OF THE WEEK: TUESDAY, MAY 26

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.

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: LAY UPS

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 do.



DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: DRIBBLING & 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY, MAY 29

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 30

FOCUS: GAME TIME

Play 1 v 1
First one to 7 points wins

DAY OF THE WEEK: SUNDAY, MAY 31

FOCUS: CARDIO WORKOUT

It's Les Mills Time!

https://www.youtube.com/watch?v=f9KqF_11EYc

DAY OF THE WEEK: MONDAY, JUNE 1

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: TUESDAY, JUNE 2

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.

Requires a ball, hoop and partner Mark out two spots in front the basket on opposite side. Have your partner stand under the basket to grab the rebounds. Your partner will start with the ball under the basket. He/she will pass you the ball at the first spot. Catch the ball and shoot it. Once you shoot it, move to the next spot. Your partner will get the rebound and pass it back to you for you to catch and shoot it. Repeat for 1 minute. After your minute is up, switch partners.

DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: SHOOTING

The Shooting game this week is Horse.

Horse is a really fun game that every basketball player or kid with a backyard hoop can enjoy. Horse is a basketball shooting game where players take turns shooting at the hoop from different locations. If someone makes a shot but everyone else misses, those people get a letter toward the word 'HORSE'. The last person left standing wins! Get your best trick shots ready because horse is a great chance to show them off! You'll need at least two players, but there's no limit to the number of players who can join in.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: THURSDAY, JUNE 4

FOCUS: DRIBBLING & SHOOTING

Drill Purpose

This is a really fun drill that improves footwork, pivoting, ballhandling, and lay ups. It's fun because the drills acts as a game and it's fast paced. The players will really get into it!

Instructions

The goal of the game is to make 21 lay ups before the other team.

1. You'll divide your players into two equal teams. Each team should get in their own line on either side of the basket.
2. You'll need two chairs positioned just past the three point line. Place a ball on both chairs.
3. You'll need two coaches or players to replace balls. Each coach should have a ball. So you'll have a total of four balls for this drill.

DAY OF THE WEEK: FRIDAY, JUNE 5

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: CONDITIONING

It's Les Mills Time!

https://www.youtube.com/watch?v=9WqkiB-GOMI&list=PL6E_TvQRclYVO-xMXfrlqdTqdsqeCNj7B

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: CONDITIONING

It's Les Mills Time!

<https://www.youtube.com/watch?v=rUNH25qaEyM>