



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BASKETBALL COACHES MANUAL

Kindergarten-1st Grade



Practice Outline
YMCA YOUTH SPORTS
PRACTICE SESSION PLANS

Warm-up (5 minutes)

Fitness Component (5 minutes)

Skills Drills (15 minutes)

Game/Play (15 minutes)

Team Circle (10 minutes)

YMCA YOUTH SPORTS PRACTICE SESSION PLANS

Practice 1



Warm-Up (5 minutes)

Begin each practice with 5-10 minutes of warm-up activities to get players loosened up and ready to go.

1. Players free dribble and handle the ball in space (one ball per player), using an area no larger than half-court.
2. Players dribble and shoot at a target: a hoop mounted against the wall, a bushel basketball at a low height against the wall, or a square or circle taped on the wall.

Fitness Component (5 minutes)

Following that warm-up, gather the players and briefly discuss the fitness concept for that practice.

Key Idea: General Fitness

Gather children into a group. "Everyone jump 10 times. Our muscles help us jump. When you use your muscles a long time without getting too tired, it improves your endurance, which means you can run longer without getting tired. Now, run really fast to the free throw line and back." Wait for them to return. "Running strengthens your heart and lungs. Now touch your toes; try to keep your fingers down there while I count to 10. Stretching makes you flexible, like a rubber band. When we play basketball, our bodies run, jump, and move. It makes our bodies stronger and improves our fitness, which means we can run and play longer and faster. Having good physical fitness is important for basketball and being healthy. Every practice we'll talk about fitness in our Fitness Circles. At the beginning of each practice, after the warm-up, we'll have fitness circles.

The Fitness Circle is a time during which we will learn more about how basketball makes you healthy and fit and how being healthy and fit helps you play better basketball.

Practice 1

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to dribble without losing control.
2. Have your players practice dribbling without losing control.

Description

Individual— Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal. Repeat three times using short intervals (20, 30, and 45 seconds).

Coaches' Cue:

"Use your finger pads."

"Keep your eyes over the ball."

Keep the ball low."

Keep the ball at your side."



Game/Play (10 minutes)

Description: Dribble relay race

Divide players into 2 or 3 teams. Set up cones, chairs, or parents and have players dribble to and/or around obstacles, and return to the line. The next player then takes their turn. Emphasize ball control instead of speed.

Practice 1



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: YMCA Four Core Values

Gather the team into a circle. "This season we will talk about the four qualities of being a good person and teammate. List the 4 core values: Caring, Honesty, Respect, Responsibility. Now ask the team, "Can you tell me ways to show caring to other people?" Good! "The second is honesty. What ways do you show honesty?" "Next is respect. Do you know what respect is?" "The fourth is responsibility. One way to show responsibility is to pick up after yourself. Don't wait for others to pick up after you. Good teammates show these four values to each other." Ask the team to share ways to show the four values.

Practice 2

Warm-Up (10 minutes)

Individual— Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds).

Skills Drills (15 minutes)

Description

Individual— Each player practices dribbling. Have them try the following activities:

- Dribbling and moving with the ball
- Dribbling in different places around the body while stationary
- Dribbling continuously while switching hands
- Dribbling at different heights

Fitness Component (5 minutes)

Key Idea: Cardiorespiratory Fitness

- Gather children into a group. “Everyone hold one hand up and make a fist.” Squeeze your fist tightly, then let go. Keep tightening and letting go.” Children continue for about 10 counts. “Your heart is a special muscle that tightens and relaxes just like your fist is doing. Your heart is about the size of your fist.” Let’s put our fists over our chests. Every time it tightens, or beats, your heart pumps blood all over your body. When you run during basketball, your heart beats faster. The beat slows down when you slow down. Let’s run with high knees for 15 counts while we Dribbling and moving with the ball
- Dribbling in different places around the body while stationary
- Dribbling continuously while switching hands
- Dribbling at different heights

Coaches’ Cue:

“Use your finger pads.”

“Keep your eyes over the ball.”

Keep the ball low.”

Keep the ball at your side.”

Game/Play (10 minutes)

Goal

Players will keep possession of the ball using dribbling in a game.

Description

Players will dribble down the court or around goals while being guarded by a defensive player. Player receives a point for each time they switch hands.

Practice 2



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Caring

Gather the team into a circle. Stand in the middle of the group with a basketball. Pass to each child and give him or her a turn to pass back to you. "I am going to pass the ball. If a pass come to you, pass the ball back to me." Work around the entire circle. Talk to the children about having fun and learning when they come to practice. "Who had a turn to touch the ball?" Wait for their responses. "I made sure everyone had a chance to touch the ball. "Raise your hand if it felt good to be able to have a turn?" Listen to the responses. "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns shows caring for your teammates.

Practice 3

Warm-Up (10 minutes)

Individual— Each player has a ball to practice dribbling. Have them try the following activities:

- Dribbling and moving with the ball
- Dribbling in different places around the body while stationary
- Dribbling continuously while switching hands
- Dribbling at different heights

Fitness Component (5 minutes)

Key Idea: Muscular strength and endurance

Gather children into a circle. “Everyone find your own space so that you don’t bump your neighbor. You’re going to run in your own spot for 30 seconds, then stop, Ready, go!” Time children and verbally let them know the time remaining; stop them at the end of the time. “What part of the body did we just use the most when we ran?” Encourage their responses. “When we play basketball, which part of the body do we use the most?” Wait for their responses. “Muscles in our body help us to move our legs. Playing basketball will help our leg muscles get stronger and grow bigger.”

Skills Drills (15 minutes)

1. Introduce, demonstrate, and explain how to pass and receive.
2. Have your players practice passing and receiving.

Description

Individual or Pairs— Demonstrate throwing and catching, and then have players practice some of the following throwing and catching activities.

- Tossing to self and catching.
- Catching from a skilled thrower.
- Bouncing a ball to self and catching it.
- Passing or throwing to a target.
- Catching the ball in different places around the body.
- Passing the ball against the wall and catching it.

Game/Play (10 minutes)

Description: Dribble relay race

Divide players into 2 or 3 teams. Set up cones, chairs, or parents and have players dribble to and/or around obstacles, and return to the line. The next player then takes their turn. Emphasize ball control instead of speed.

Coaches’ Cue:

For **receiving:**

“Target the hands.”

“Keep your eyes on the ball.”

“Reach for it.”

“Pull it in”

For **passing:**

“Put your hands on the sides of the ball, with your thumbs pointing to each other.”

“Step forward with your preferred foot.”

“Push the ball forward at chest level, elbows out, and snap it.”

(After the pass) “Move your thumbs down, backs of your hands facing each other, and move your weight forward.”

Practice 3



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Honesty

Gather the team into a group near two cones about 10 feet apart. "Can you step out of bounds when you have the basketball?" What if it's an accident and nobody saw you? Those of you who think it's okay to step out of bounds, stand by this cone. Those who think it's not okay, stand by this one." Wait for the children to choose. Ask them why they chose the cone they did. Explain that stepping out of bounds, even if it's an accident, is against the rules. "What should you do if this happens? Those of you who think you should just keep playing, stay at this cone; those of you who think you should tell the coach and give the ball to the other team, go stand by that cone." Wait for everyone to choose. It's important to be honest. If you step out of bounds with the ball, even if nobody sees it, tell the coach and give the ball to the other team.

Practice 4

Warm-Up (10 minutes)

Individual— Players dribble in different pathways:

- Move in straight, curved, and zigzag pathways in general space
- Follow the straight lines on the gym floor
- Move in a straight pathway. Each time a player meets another player, or hears your signal, he or she turns quickly to the right or left and continues dribbling.
- Move throughout general space, quickly moving from side to side.

Skills Drills (15 minutes)

1. Introduce, demonstrate, and explain how to chest pass and bounce pass.
2. Have your players practice chest passes and bounce passes.

Description

Pairs—Players practice passing to each other. After they have passes the ball four times (each), they change partners.

Game/Play (10 minutes)

Goal:

Pairs of players will play as a team

Description:

2v1, modified half court game— Two players become partners and play against one defensive player, then one player must switch roles with the defensive player. Switch at least twice so all players get to play defense. Limit players to dribbling three times before passing. Do not call any traveling or double dribble violations.

Fitness Component (15 minutes)

Key Idea: Safety and Rules

Gather children into a circle. “What are the easiest ways to get hurt in basketball?” Wait for answers (slipping, falling, getting poked in the eye, getting hit in the face with a pass). “What’s the best way to keep from getting hurt? How do we prevent these accidents from happening?” Point out that while no sport is injury free, their risks of being hurt are much reduced when they follow the rules and care about each other.

Coaches’ Cue:

“If you have the ball, you must dribble to move.”

“Pass on the move.”

“Control the ball.”

“Lead your partner.”

Practice 4



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Respect

Gather the team into a group. "I'm going to ask you some questions about things I notice on this team. Tell me if you agree. Do you learn new skills at practice? Do you work hard to improve your skills? Do you feel good about yourselves when you play a good game?" Listen to responses following each question. "Think about players who will be your opponents. What qualities or things do they have or do? Are they the same as you?" Listen for yes or no. "It's important to think of our opponents in the same way we think of ourselves. You respect yourself and you should respect your opponents. They are a lot like you and are learning the same things."

Practice 5

Warm-Up (10 minutes)

Pairs— Partners play follow-the-leader in single file while dribbling (have players leave three feet between them); they should switch who leads frequently.

Fitness Component (5 minutes)

Key Idea: Healthy Habits

Gather children in a circle. “Do you know that when your body doesn’t eat healthy foods, and get enough sleep it moves slowly. Let’s pretend we have no energy to move because we didn’t eat enough healthy foods or get enough sleep.” Being to move slowly and encourage children to follow. Move extremely slowly. “Everyone stop. Now fill your bodies up with healthy foods. Pretend you are sleeping and when I say “Wake up!” you can move faster because you have enough energy and enough rest. Wake up and move faster.” “Stop.!” “What are some other healthy habits you have learned?” Examples: daily exercise, brushing your teeth, saying no to drugs/smoking. “It’s important for everyone to practice healthy habits.”



Practice 5

Skills Drills (15 minutes)

1. Introduce, demonstrate, and explain how to shoot baskets with a set shot.
2. Have your players practice shooting baskets with a set shot

Description

Individual or pairs— Players can practice shooting individually or in pairs in a game of Around the Key (World). For this game, mark shooting spots with tape in an arc around the basket (inside the key). All shots should be close to the basket. Each player moves from spot to spot in order, shooting at each spot. If pairs are playing, player 2 gets the rebound and passes the ball back to player 1.

Players should “high five” their partners when those partners score a basket.

Coaches' Cue:

“Keep hands apart on the ball.”

“Only fingers touch the ball.”

“Keep palms up.”

“Point elbows toward the basket.”

“Flip the wrist and wave goodbye.”
(The hand follows through after).



Game/Play (10 minutes)

Description: Dribble relay race

Divide players into 2 or 3 teams. Set up cones, chairs, or parents, and have players dribble to and/or around obstacles, and return to the line. The next player then takes their turn. Emphasize ball control instead of speed.

Practice 5



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Responsibility

Gather the team into a circle. Stand in the middle of the circle with a basketball. You'll try to dribble the ball out of the circle. The children will have two chances to keep the ball from escaping the circle. During one turn they'll use minimal effort and during the second they'll use maximal effort. "I am going to try to dribble the ball out of the circle. Everyone work together to keep the ball in the circle. Pretend you are snails that can't get to the ball fast enough." Begin to dribble and try to get the ball out of the circle, reminding players that snails move slower. "This time move like busy bees that fly fast and keep moving." Repeat activity, encouraging players to be "busy bees." "When you try to be like busy bees, you're being responsible to your teammates."

Practice 6

Warm-Up (10 minutes)

Pairs— Partners practice shooting in the game “Around the Key”. They keep track of the number of baskets made.

Fitness Component (5 minutes)

Key Idea: Flexibility

Bring a rubber band and show children or have them visualize one. “This rubber band is like our muscles. When I pull it, it stretches; when I let go, it pulls back to its original shape.” Show the action of a band— stretch it out and back; repeat, using a gentle, slow action. “Your muscles work the same way. When you reach and stretch, your muscles are stretching just like the rubber band. When your body comes back, your muscles go back to their original shape. Everyone slowly reach down to the floor with your arms and then bring your arms back up.” Have children repeat three times. “Your leg muscles need to stretch because we use them a lot in basketball; it makes them more flexible. When muscles are flexible, it keeps them from getting hurt and makes the muscles feel good.”



Practice 6

Skills Drills (15 minutes)

1. Introduce, demonstrate, and explain how to start, stop and change direction quickly while dribbling.
2. Have your players practice starting and stopping and changing direction quickly while dribbling.

Description

Individual— Players practice starting and stopping and changing directions quickly while dribbling, using the following activities:

- Dribble moving slowly at first, and then gradually increase speed.
- On a signal, quickly stop both moving and dribbling—jump stop.
- Dribble in general space. On the signal, stop quickly in a front-back stance, maintain the dribble, and then continue moving forward on the signal. To increase the challenge, pivot in another direction and then continue moving.
- Move from one basket to the next by dribbling and then jump stop and shoot. All shooting should be close to the basket (within two feet).

Coaches' Cue:

For jump stops

"Stay in a balanced position."

"Keep a front-back stance."

"Bend the knees."

"Lower the body."

Game/Play (10 minutes)

Goal

Players dribble and drive to shoot

Description

2 v 2, modified half-court game— If a team makes a basket, that team gets the ball again (gets a second turn). Designate the area, (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. For example, a player can stop and start toward the basket three times before you call a double dribble violation, and a player can take four steps while not dribbling before you call a traveling violation. If a violation occurs, the team's opponent takes a turn.

Practice 6



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Faith

Gather the team into a group. "Today we are going to talk about faith." Explain when you believe in yourself that you can do something new or something difficult, that is have faith in yourself. Ask for children to give examples of times when they believed they could do something difficult. Now have the team line up and have each child take a free throw. Remind the players before they shoot to believe they can make the shot. After everyone takes their free throw, tell them they should believe in themselves when they are at home with their families, playing with friends and at school.

Practice 7

Warm-Up (10 minutes)

Individual– Each player dribbles from one basket to the other, and then jump stops and shoots. All shooting should be close to the basket (within two feet).



Fitness Component (5 minutes)

Key Idea: Muscular Strength & Endurance

Gather your children in a group. Have a ball and show children the difference between a dribble with minimal effort and close to maximal effort. “Watch how the ball moves when I dribble it two different times.” Show both dribbles to the children. “Let’s make a circle and you show me how you would dribble the ball. Now step back two big steps and show me a fast dribble as you go across the circle.” Highlight the ball going farther the second dribble. “You can dribble the ball farther when the muscles in your arms are strong. The muscles in your arms get stronger when you practice dribbling.”

Practice 7

Coaches' Cue:

"Use your finger pads."

"Keep your eyes over the ball."

"Keep the ball low."

"Keep the ball at your side."

Skills Drills (15 minutes)

Description

Individual— Each player practices dribbling. Have them try the following activities:

- Dribbling and changing the speed of movement (moving both fast and slow in general space).
- Dribbling while changing directions forward and back or right to left.
- Dribbling in different pathways:
 - Move in straight, curved, or zig zag pathways in general space
 - Follow the straight lines on the gym floor
 - Move in a straight pathway. Each time a player meets another person or hears your signal, he or she turns quickly to the right or left and continues dribbling.

Coach: What are the different ways you have moved towards the basket (target) while dribbling?

Players: Dribbling fast and slow, changing direction and stopping/starting

Coach: How do you do that?

Players: Keep the ball low; change hands; keep that ball at my side; use my finger pads; keep my eyes over the ball

Game/ Play (10 minutes)

Goal

Players keep possession of the ball using a dribble

Description

2 v 2, modified half court game— Each player attempts to dribble and shoot at a basket while being guarded by an opponent. The offensive team must pass twice or more before shooting. Teams earn a point if they dribble and attempt a shot close to the basket (for example, in the lane). Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. If a violation occurs, the team's opponent takes a turn.

Practice 7



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Healthy Habits

Gather the team into a group. "Today we are going to talk about healthy eating habits. I am going to say different foods and I want you to raise your hand to let me know which ones you think are healthy choices." Say a variety of unhealthy foods like candy, French Fries, chips and also a variety of healthy foods like fruit, yogurt and vegetables. Explain the importance of eating unhealthy food in moderation. "By eating healthy foods you will provide your body the energy it needs to perform different activities like running, jumping, and shooting a basketball."

Practice 8

Warm-Up (10 minutes)

Pairs— Partner 1 dribbles the ball 8 to 10 times and then passes it to partner 2. Partner 2 starts dribbling to ball forward and then passes it back to Partner 1. The partners continue to dribble and pass from one to the other.



Fitness Component (5 minutes)

Key Idea: Training and conditioning

Gather your children in a circle. “What will you do tonight after you eat dinner?” Wait for their responses. “At the end of the day what do you do?”

Encourage the children to discuss sleep. “Let’s pretend you are at your homes, and you climb into bed to go to sleep. Everyone lie down. Now let’s pretend it’s morning and a new day. You don’t have basketball practice today. Your body needs to move everyday to stay in good physical condition for basketball. What should we do to move our bodies?”

Wait for their responses. If a child suggests biking, walking, or swimming, and so on, have everyone pretend to do that activity. Then have them “sleep” again, wake up, and choose another physical activity idea.

Practice 8

Skills Drills (15 minutes)

1. Introduce, demonstrate, and explain how to keep possession of the ball while dribbling.
2. Have your players practice keeping possession of the ball while dribbling.

Description:

Individual— Each player practices dribbling. At this point, you should provide players with situations in which they must dribble with either hand without looking at the ball. Set up obstacles so players can learn to vary the force of the bounce. Here are some examples:

- Dribble in different pathways:
 - Play follow-the-leader with a partner (followers are three feet behind).
 - Design strategies to outwit an imaginary opponent from baseline to baseline
- Dribble around stationary obstacles. Set up cone markers three feet apart. Players try to dribble 60 seconds without bumping into the cones.
- Dribble around stationary players. Divide players into groups of 5-6 players. One player is the dribbler. The other players in the group become the obstacles and arrange themselves in a zigzag obstacle pattern down the floor. The players try to make the dribbler lose control of the ball. They can stretch and pivot, but cannot touch the ball or the dribbler. (When the player is ready, you can make this exercises more challenging by allowing the defensive players to touch the ball but not the dribbler).
- Dribbling against an opponent. Match partners with similar skill levels. Partner 1 begins dribbling and moving toward the baseline while Partner 2 take the ball away before 30 seconds are up, her or she gives it back; when 30 seconds are up, partners switch roles.

Coaches' Cue:

"Keep your body between the obstacle and the ball."

"Keep the ball at your side."

Practice 8

Coach: What ways can you move to protect the basketball from your opponent when dribbling?

Players: Keep the ball on my side; keep the ball low; and change directions.

B A S K E T B A L L

Game/Play (10 minutes)

Goal

Players keep possession of the ball until they shoot.

Description:

3 v 2, modified half-court game— Three players play offense and two players defend, then two offensive players must switch roles with the defensive players. Switch at least twice so all players get to play defense. Players earn a point if they keep possession of the ball (dribble with control) until they shoot or they attempt a shot close to the basket. Designate the area (such as the lane) from which players must shoot to earn a point. Call modified double dribble and traveling violations. If a violation occurs, the team's opponent takes a turn.



Practice 8



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Safety

Gather the team in a group. "Today we are going to discuss safety. What would you do if you are playing basketball and one of your teammates gets hurt and the coach did not see what happened?" Wait for their responses. Explain to the team that they should immediately go tell an adult what happened and be ready to help out if necessary.