

Junior Hoops Grade 1-2

Skill Night Workstations Night # 1

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the “team” game a priority from this 1st Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 1

6:00 PM Meet with Own Team and Own Coach, Introductions, Hand out tee shirts, Paperwork

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

Skills For Week 1

Dribbling- Head Up, Left and Right Hand Dribbles, Protect The Ball, Practice Control and Directional Changes, Introduce the “travel” call

Drill Ideas: Relay Race, 1:1 player match up, Match dribbler against 2 defenders, Dribble Tag

Passing- Simple, Snappy, and Short Passes, Focus on 3 types...Chest, Bounce, and Overhead, Teach the proper way to receive the pass, Introduce the “travel” call

Drill Ideas: Partner Passing in while standing still/increase distance between, Partner Passing in motion while moving down the court, “monkey in the middle” style passing game

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Skill Night Workstations Night # 1

Skills For Week 1 con.

Layups- Left and Right side of basket, Correct foot and hand up, Where to jump from, Use of backboard, Timing of shot

Drill Ideas: Side to side practice retrieving own ball, side to side practice rebounding with another team mate

Man To Man Defense- Body position, Where to stand, Movement with Offense, Discourage reaching in and attempting steals with this age group

Drill Ideas: "Perfecting the stance", Changing directions while in stance, "Shadowing" a man with the ball, "Shadowing" a man without the ball

Junior Hoops Grade 1-2

Skill Night Workstations Night #2

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Review and Reinforce Skills, from Saturday game, further new skills.

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the "team" game a priority every Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 2

6:00 PM Meet with Own Team and Own Coach, Info as needed, Analysis of Saturday game

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

Skills For Week 2

REVIEW Dribbling/Passing-

Head Up, Left and Right Hand Dribbles, Protect The Ball, Practice Control and Directional Changes, Review the "travel" call (dribbling);

Simple, Snappy, and Short Passes, Focus on 3 types...Chest, Bounce, and Overhead, Teach the proper way to receive the pass, Review the "travel" call (passing)

- Drill Ideas: Relay Race, 1:1 player match up, Match dribbler against 2 defenders, Dribble Tag
- Drill Ideas: Partner Passing in while standing still/increase distance between, Partner Passing in motion while moving down the court, "monkey in the middle" style passing game

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Skill Night Workstations Night #2

Skills For Week 2 con.

Ball Handling- Control, Body Awareness, What is palming the Ball, keeping ball on fingertips

Drill Ideas: Two handed ball slap, revolution around body, figure 8 around legs, fingertip dribbling sitting on floor

REVIEW Man To Man Defense- Body position, Where to stand, Movement with Offense,
Discourage reaching in and attempting steals with this age group

Drill Ideas: "Perfecting the stance", Changing directions while in stance, "Shadowing" a man with the ball, "Shadowing" a man without the ball

Jump Shot- Looking at Backboard square, Arc, feet planted, shooting off the jump

Drill Ideas: Left and Right side of basket, from dribble jump shot (left and right side step), from a pass jump shot (left and right side step)

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Skill Night Workstations Night #3

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Review and Reinforce Skills, from Saturday game, further new skills.

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the "team" game a priority every Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 3

6:00 PM Meet with Own Team and Own Coach, Info as needed, Analysis of Saturday game

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

Skills For Week 3

Dribbling- Stop and Go, Pivoting on one foot, Weak Hand Dribbling

Drill Ideas: Relay Race, 1:1 player match up, Match dribbler against 2 defenders, Dribble Tag, bring ball down in line formation using stop/go and pivot

Rebounding- Positioning, Box Out, Hands Up, Making Contact, Eye on Ball

Drill Ideas: Partner box outs with coach putting ball off backboard, switch offense and defense

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Skill Night Workstations Night #3

Skills For Week 3 con.

REVIEW Man To Man Defense- Body position, Where to stand, Movement with Offense,
Discourage reaching in and attempting steals with this age group

Drill Ideas: "Perfecting the stance", Changing directions while in stance, "Shadowing" a man with the ball, "Shadowing" a man without the ball , foot fires

REVIEW Jump Shots and Layups- Looking at Backboard square, Arc, feet planted, shooting off the jump
Left and Right side of basket, Correct foot and hand up,
Where to jump from, Use of backboard, Timing of shot

Drill Ideas: Left and Right side of basket, from dribble jump shot (left and right side step), from a pass jump shot (left and right side step)

Drill Ideas: Side to side practice retrieving own ball, side to side practice rebounding with another team mate

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Skill Night Workstations Night #4

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Review...The holiday break has been long and the skills will need to be reviewed and “re-learned” in some cases. Don’t be discouraged if the kids show some signs of regression.

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the “team” game a priority every Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 4

6:00 PM Meet with Own Team and Own Coach, Review Final game before break, Info as needed

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

Skills For Week 4

REVIEW Dribbling/Passing- Head Up, Left and Right Hand Dribbles, Protect The Ball, Practice Control and Directional Changes, Review the “travel” call (dribbling);
Simple, Snappy, and Short Passes, Focus on 3 types...Chest, Bounce, and Overhead, Teach the proper way to receive the pass, Review the “travel” call (passing)

Drill Ideas: Relay Race, 1:1 player match up, Match dribbler against 2 defenders, Dribble Tag
Drill Ideas: Partner Passing in while standing still/increase distance between, Partner Passing in motion while moving down the court, “monkey in the middle” style passing game

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Skill Night Workstations Night #4

Skills For Week 4 con.

REVIEW Man To Man Defense- Body position, Where to stand, Movement with Offense,
Discourage reaching in and attempting steals with this age group
Drill Ideas: “Perfecting the stance”, Changing directions while in stance, “Shadowing” a man with the ball, “Shadowing” a man without the ball , foot fires

REVIEW Jump Shots and Layups- Looking at Backboard square, Arc, feet planted, shooting off the jump
Left and Right side of basket, Correct foot and hand up,
Where to jump from, Use of backboard, Timing of shot
Drill Ideas: Left and Right side of basket, from dribble jump shot (left and right side step), from a pass jump shot (left and right side step)
Drill Ideas: Side to side practice retrieving own ball, side to side practice rebounding with another team mate

REVIEW Rebounding- Positioning, Box Out, Hands Up, Making Contact, Eye on Ball

Drill Ideas: Partner box outs with coach putting ball off backboard, switch offense and defense

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Skill Night Workstations Night #5

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Review and Reinforce Skills, from Saturday game, further new skills.

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the "team" game a priority every Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 5

6:00 PM Meet with Own Team and Own Coach, Info as needed, Analysis of Saturday game

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

Skills For Week 5

REVIEW Ball Handling- Control, Body Awareness, What is palming the Ball, keeping ball on fingertips

Drill Ideas: Two handed ball slap, revolution around body, figure 8 around legs, fingertip dribbling sitting on floor

Rebounding With Put Back- Positioning, Box Out, Hands Up, Making Contact, Eye on Ball

Drill Ideas: Partner box outs with coach putting ball off backboard followed by shot

Junior Hoops Grade 1-2 Skill Night Workstations Night #5

Skills For Week 5 con.

Mock Game 1/2 Court Practice (2 groups)- Incorporate all skills learned over past weeks

May need to rotate in 6th/7th players for each "team" have those awaiting their turn "watch" the game for insight/anticipation of play

Junior Hoops Grade 1-2

Skill Night Workstations Night #6

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Review and Reinforce Skills, from Saturday game, further new skills.

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the "team" game a priority from this 1st Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 6

6:00 PM Meet with Own Team and Own Coach, Info as needed, Analysis of Saturday game

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

Skills For Week 6

Dribble Ball Tag/Sharks and Minnows

Start the game with one player as "it". While maintaining the dribble, each player must try to tag another player, who is then "it". Players try to avoid getting tagged and becoming "it". They must stay within the half court area and must continue dribbling. If a player leaves the area, or double-dribbles, stops dribbling, or gets tagged, then he/she is "it".

Passing Line Relay (Passing, Pivot)

Divide your players into 2 equal teams. Line them up about 5-7 feet apart. The first player passes the ball to the second player in line. The second player must turn 180 degrees using a correct pivot and pass to the next player. Continue to the end and then work the ball back to the front. Rotate players in line so that everyone practices the passing off the pivot.

Tip: Use this drill to do chest passes, bounce passes and 2-hand overhead passes. Have the players vary which foot they pivot on.

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Skill Night Workstations Night #6

Skills For Week 6 con.

Knockout Play

Choose a set order for all the people participating. Once the order is designated, it only changes when someone is knocked out.

Line up single file, in order, with the first person at the free-throw line.

Give basketballs to the first two players in line.

Allow the first person to shoot. If the shot is made, the player tosses the ball to the third player in line. If the shot is missed, the player must immediately try to rebound and score before the following player shoots a free throw or the player is knocked out of the game.

Understand that if the second player also misses, that player must try to rebound and score before the first player rebounds, scores and quickly passes the ball to the third player waiting at the free-throw line, or the second player risks being knocked out.

Note that play stops momentarily when a player is knocked out, and basketballs are again given to the next two players in line.

Continue playing until one player remains

War (overall playing skills)

How the game works: Divide your team into 2 groups. Use only one end of the court and have the two teams line up on opposing side lines. Spread them out evenly to start. Have the players number off so each side has a player 1, a player 2, etc. Place the ball at half court. The coach calls out a number "3!" and player 3 from each side sprints out to get the ball. The player that picks it up first is the offensive player and the other player assumes the defensive role. The offensive player then tries to score and can use his teammates on the sidelines for passing only. The sideline teammates cannot move once they have received the ball but can move up and down the sideline without the ball to help with receiving a pass. If the defensive player steals the ball or gets a rebound, he must 'check' the ball by passing it out to one of his teammates before he can attempt to score. Game is over after a score or each players has had an offensive attempt.

Tip: Mix this game up by calling out multiple numbers so players play 2-on-2 or 3-on-3 etc. With younger players, shrink the playing area by moving lines in several steps from the sidelines.

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Skill Night Workstations Night #7

FUN-damentals work is Key for This Age Group and Will be Reinforced Each of the 7 sessions

Goal For Evening:

Keep it Fun and Simple, Keep them always moving!

Review and Reinforce Skills, from Saturday game, further new skills.

Goal For Saturday Game:

Get every player on the team the chance to touch the ball. Make the "team" game a priority from this 1st Saturday. Try to encourage a pre-determined number of passes before a shot and alternate who brings the ball down the floor each possession.

Time Line For Week 7

6:00 PM Meet with Own Team and Own Coach, Info as needed, Analysis of Saturday game

6:15 PM Break Up Into Skill Station Groups

- Each Coach should:
1. Introduce the Skill
 2. Demonstrate the Skill
(break down into parts, show at different angles if needed)
 3. Check for Understanding Of the Skill/Take Questions as needed
 4. Participant works on skills
 5. Provide participant feedback, both + and -, make corrections as needed

Rotate through 4 stations-10 minutes each station

6:55 PM Group Review, Questions

7:00 PM End

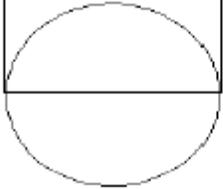
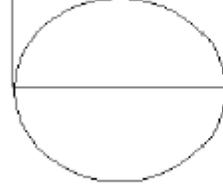
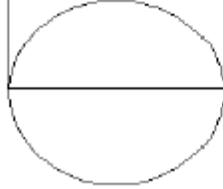
Skills For Week 7

Red Light, Green Light or Stop and Go Dribble (dribbling)

Have all the players line up on the base line with a ball. Coach yells "green light" and players move forward as quickly as possible while dribbling the ball. When the coach yells "red light", the players must stop and maintain their dribble. Send back to the start any player not dribbling in control.

Tip: In the 'red light' position have the players assume a position with the left foot forward, left hand out protecting the ball, right foot back with right hand dribbling the ball waist high just in front of the right foot. (For an easy description, tell your players to "jump on their skate boards.") Knees bent, with eyes on the coach. Change from using right hand only to left hand only. Mix it up to add right hand on red light, left hand on

Official Score Sheet

ROUND ONE				
(E) (E) 3 3 3 3 3	Lay-ups: 2 2 	(A) (A) 2 2 2 2 2	LAY-UP A (2 pts) B (4 pts) C (5 pts) D (3 pts) E (3 pts)	
(D) (D) 3 3 3 3 3	(B) (B) 4 4 4 4 4	Bonus (5 pts) Bonus (10 pts)	VIOLATIONS	
(C) (C) 5 5 5 5 5	(C) (C) 5 5 5 5 5	TOTAL		
ROUND TWO				
(E) (E) 3 3 3 3 3	Lay-ups: 2 2 	(A) (A) 2 2 2 2 2	LAY-UP A (2 pts) B (4 pts) C (5 pts) D (3 pts) E (3 pts)	
(D) (D) 3 3 3 3 3	(B) (B) 4 4 4 4 4	Bonus (5 pts) Bonus (10 pts)	VIOLATIONS	
(C) (C) 5 5 5 5 5	(C) (C) 5 5 5 5 5	TOTAL		
ROUND THREE				
(E) (E) 3 3 3 3 3	Lay-ups: 2 2 	(A) (A) 2 2 2 2 2	LAY-UP A (2 pts) B (4 pts) C (5 pts) D (3 pts) E (3 pts)	
(D) (D) 3 3 3 3 3	(B) (B) 4 4 4 4 4	Bonus (5 pts) Bonus (10 pts)	VIOLATIONS	
(C) (C) 5 5 5 5 5	(C) (C) 5 5 5 5 5	TOTAL		
FINAL SCORE				