

WEE BASKETBALL LESSON PLANNING

Demonstrate Skill—Explain Drill—Walk-through w/o balls (depending on the drill)—Drill—Game

Drills that build off each other are beneficial! Sample progression: dribbling while changing direction, 1v1 vs coach, 1v1 teammate no stealing, give and go's, 2v1 vs coach, then 2v1 with teammate

Drills By Skill:

Warm Up:

GTKY (circle passing, say your favorite color, food, etc. before passing)

Discuss ready position (knees bent, holding on to ball—can call it “triple threat” position, but “ready position” is easier)

4 Corners (with or without a ball; run to 4 different spots and do something active at each spot like: jumping jacks, high knees, push-up's, donkey kicks, touch-your-toes-touch-the-sky, “fireworks” [crouch down, then jump up big])

Simon Says

Passing:

Discuss passing form (facing target, hands on the side of the ball, ball, chest high, push the ball down, one bounce to teammate)

Drills:

Pass with coach (go down the line one at a time to make sure they have it)

Pass with parent

Stationary passing with partner

Stationary passing off the wall

Passing with partner while sliding (for older groups)

Start in line on the side, run up and shoot after getting pass

Give-and-go's w/ coach

Give-and-go's w/ a teammate

Games:

Hot potato

Most important takeaway(s):

Passing: Not slamming the ball down from head height or tossing it underhand

Catching: keeping eyes on the ball, keeping hands up so they don't get hit with the ball

Ball-Handling:

Discuss dribbling form (hand on top of the ball, using fingertips, review what a travel and a double dribble is)

Discuss pivoting toward the end of the program

Drills:

Stationary dribbling warm up: ball slaps, ball taps (waist high and going up and down), ball tosses, ball rolls around 1 & 2 legs

Stationary dribbling: R hand dribble, L hand dribble, crossovers (really just switching hands)

Dribble down to a cone and back

Dribble relays

Obstacle course

Dribble to cones spread out on the floor (I tell them they are fire trucks and to put out the fire by picking up the cones, then I toss them somewhere else and keep them moving a while)

Games:

Red light, Green light (I add yellow light since they need to go slow more)

Line tag

What Time is it Mr. Fox

Sharks & Minnows

Freeze tag

Hungry Hippo/Egg Hunt: divide into two teams, throw all the balls out and the team that dribbles the most back to their area are wins.

Most important takeaway(s): hand on top of ball and pushing down hard enough to have ball bounce back up

Agility/Defense

Drills:

- Zig-zag cones drills:
 - Single-line or relay races running forward
 - Single-line or relay races sliding/shuffling
- 4-cone drills (box drill): Players go around box facing the same direction the whole time (run forward, shuffle left, run backwards, shuffle right)

Shooting:

Explain shooting form (ideally one hand instead of two, pushing the ball up instead of tossing it)

Drills:

Form shooting without the ball (just practice the motion)

Shooting line (one line, dribble up and shoot)

Start in line on side, run up and shoot after getting pass from coach

Give-and-go's w/ coach

Give-and-go's w/ a teammate

Practice jump stop before shooting

Games:

Shooting relay: team split into two lines, first to score 3-5 baskets wins (mark distance to shoot behind from, no follow-up shots)

1v1 vs coach—dribble to get around you

1v1 vs coach w/ teammate—pass to get around you

1v1 with another player (no stealing allowed, just sliding)

Most important takeaway(s): pushing the ball up instead of tossing it underhand

Sample Weekly Plan:

Week 1:

Rules

GTKY

Stationary dribbling

Red light, green light

Passing Intro

Pass with coach line

Pass with parent

Shooting Intro

Shooting line (one line, dribble up)

Dribble knock down cones (fire)

Week 2:

Warm up

Dribbling Review

Stationary dribbling

What Time is it Mr. Fox

Passing Review

Hot Potato

Shooting Review

Form shooting w/o ball

Start in line on side, run up and shoot after getting pass from coach

Week 3:

Warm up

Stationary dribbling

Dribble relays (and relays w/o ball)

Freeze Tag

Passing Review

Pass with each other

Give-&-go with coach

Give-&-go with teammate

Week 4:

Warm Up

Stationary dribbling

Shark & Minnows

Defense Intro

Box Shuffle

Cone dribble around box, score on coach (use same box)

2v1 vs coach w/ teammate (make them pass a couple times to get around)