

Basketball Clinics Curriculum

Clinic: House League Clinics

Description: These clinics are to improve the individual fundamentals of the players participating in the House League. There will be 30 players in these clinics at once therefore time management and court management is important. The older the age group, the more difficult and discipline the drills need to be.

Make sure you use all the hoops available in the Gym.

Curriculum:

The first 10 minutes of every clinic should be Dribbling:

- Speed and Controlled Dribbling
- Stop and Go
- Two ball dribbling

Week 1:

1. Introduction of Coaches and Rules
2. Dribbling Series
 - *Speed Dribbling
 - *Control Dribble with arm protector
 - *Two ball dribblingTeaching points:
 - *We use our fingertips to dribble
 - *We keep our heads up
 - *We keep the ball in our pocket
 - *This is not a race!
3. PASSING GAME: Break kids into teams and introduce the passing game. You must bring a ton of energy for this game with older kids. It is very beneficial for kids to learn this game.
4. Dribble Eliminator
5. Bring everyone in the middle: review and cool down speech
6. Dismissal

Week 2:

1. Introduction of Coaches and Rules
2. Dribbling Series
 - *Speed Dribbling
 - *Control Dribble with arm protector
 - *Two ball dribblingTeaching points:
 - *We use our fingertips to dribble
 - *We keep our heads up
 - *We keep the ball in our pocket
 - *This is not a race!
3. Stationary Ball Handling (might have to partner-up depending on balls).
 - *Around the waist
 - *Around the head
 - *Around the feet
 - *Low dribbling
 - *High dribbling
 - *Slamming (small the ball down w/ two hands and catch it before it comes back up)
4. 3 vs. 3 Tournaments
5. Bring everyone in the middle: review and cool down speech
6. Dismissal

Week 3:

1. Introduction of Coaches and Rules

2. Dribbling Series

- *Speed Dribbling

- *Control Dribble with arm protector

- *Two ball dribbling

Teaching points:

- *We use our fingertips to dribble

- *We keep our heads up

- *We keep the ball in our pocket

- *This is not a race!

3. Stationary Ball Handling (might have to partner-up depending on balls.)

- *Around the waist

- *Around the head

- *Around the feet

- *Low dribbling

- *High dribbling

- *Slamming (small the ball down w/ two hands and catch it before it comes back up)

4. Pizza Shooting – Have them partner up and practice shooting with each other (explain to the players exactly what Pizza Shooting is. **USE THE ENTIRE GYM AND WORK WITH EVERY KID AT LEAST ONCE.**

5. Pizza Shoot-OUT (play a couple times) – Use all the hoops in the gym (first team to 5 baskets wins). The entire team must be sitting down when they reach 5 shots

6. 1 v 1 Tournament

7. Bring everyone in the middle: review and cool down speech

8. Dismissal

Week 4:

1. Introduction of Coaches and Rules

2. Dribbling Series

- *Speed Dribbling

- *Control Dribble with arm protector

- *Two ball dribbling

Teaching points:

- *We use our fingertips to dribble

- *We keep our heads up

- *We keep the ball in our pocket

- *This is not a race!

3. Defensive Series: Use the entire gym and make them get as loud as possible (the instructor must have LOTS of ENERGY!)

Teaching point:

- *Stance

- *Slides (left/right & forward/backwards)

- *Machine gum

- *Block Shot

4. 3 vs. 2 Continuous Drill

5. Dribble Eliminator

6. Steal the Bacon

7. Bring everyone in the middle: review and cool down speech

8. Dismissal

Week 5:

1. Introduction of Coaches and Rules
2. Dribbling Series
 - *Speed Dribbling
 - *Control Dribble with arm protector
 - *Two ball dribblingTeaching points:
 - *We use our fingertips to dribble
 - *We keep our heads up
 - *We keep the ball in our pocket
 - *This is not a race!
3. PASSING GAME: Break kids into teams and introduce the passing game. You must bring a ton of energy for this game with older kids. It is very beneficial for kids to learn this game.
4. Dribble Eliminator
5. Bring everyone in the middle: review and cool down speech
6. Dismissal

Week 6:

1. Introduction of Coaches and Rules
2. Dribbling Series
 - *Speed Dribbling
 - *Control Dribble with arm protector
 - *Two ball dribblingTeaching points:
 - *We use our fingertips to dribble
 - *We keep our heads up
 - *We keep the ball in our pocket
 - *This is not a race!
3. Stationary Ball Handling (might have to partner-up depending on balls).
 - *Around the waist
 - *Around the head
 - *Around the feet
 - *Low dribbling
 - *High dribbling
 - *Slamming (small the ball down w/ two hands and catch it before it comes back up)
4. Pizza Shooting – Have them partner up and practice shooting with each other (explain to the players exactly what Pizza Shooting is. **USE THE ENTIRE GYM AND WORK WITH EVERY KID AT LEAST ONCE.**
5. Pizza Shoot-OUT (play a couple times)– Use all the hoops in the gym (first team to 5 baskets wins) The entire team must be sitting down when they reach 5 shots
6. 3 v 3 Tournament
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 7:

1. Introduction of Coaches and Rules

2. Dribbling Series

- *Speed Dribbling

- *Control Dribble with arm protector

- *Two ball dribbling

Teaching points:

- *We use our fingertips to dribble

- *We keep our heads up

- *We keep the ball in our pocket

- *This is not a race!

3. Stationary Ball Handling (might have to partner-up depending on balls.)

- *Around the waist

- *Around the head

- *Around the feet

- *Low dribbling

- *High dribbling

- *Slamming (small the ball down w/ two hands and catch it before it comes back up)

4. Pizza Shooting – Have them partner up and practice shooting with each other (explain to the players exactly what Pizza Shooting is. **USE THE ENTIRE GYM AND WORK WITH EVERY KID AT LEAST ONCE.**

5. Pizza Shoot-OUT (play a couple times)– Use all the hoops in the gym (first team to 5 baskets wins) The entire team must be sitting down when they reach 5 shots.

6. Steal the Bacon

7. Bring everyone in the middle: review and cool down speech

8. Dismissal

Week 8: REVIEW DAY

1. Ball Handling
2. Stationary Ball Handling
3. Defense Routine
4. Shooting
5. Passing Game