

## Basketball Clinics Curriculum

Clinic: Pee Wee Hoops

Description: There will be two teams in the clinics at all times. The coaches of the teams (normally parents) will be helping out during these clinics. Before the clinic starts each Saturday, bring both teams into the middle and tell them exactly what they are going to be working on during that clinic. Each clinic lasts 1 hour long. 30 minutes will be for drills and drill specific games. The remaining 30 minutes will be a controlled scrimmage against the two teams.

**Scrimmage Rules: No Pressing and No STEALING FROM THE DRIBBLER**

Offensively:

- Dribbling
- Passing
- Shooting
- Triple Threat

Defensively:

- Defensive Stance
- Guarding the person you are supposed to be guarding

Use the entire gym having one team go to one end and the other team at the other end. Immediately explain to them what Stacks are. Get them into Stacks sitting quickly

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## Curriculum:

\*The first 10 minutes of every clinic should be Dribbling:

### Week 1:

1. Introduction of Coaches and Rules
2. Stationary Ball Handling (Right-Hand, Left-Hand)
3. Separate the teams on each end line into stacks (Keep each stack only 2-3 kids deep)
4. Speed dribbling and controlled 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!
4. Partner passing – Keep them in their stacks stretch the lines out to ½ court. (bounce and chest)
    - a. Have the kids pass down the line and back

#### Things to teach:

- Thumbs start being
  - Thumbs end being down
  - Hands prepared to catch
5. Pizza shooting/Money Basket-2 stacks on both ends of the foul line-
    - a. Practice round (everyone gets one shot)
    - b. First stack to \*5(or whatever number you choose) wins.
    - c. Most baskets in one minute
  6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
    - a. Remember the 5 points on the court to restart:
      - i. (1)Center of half court
      - ii. (2)“X’s” on the three point line
      - iii. (2) Low block
    - b. Stop play for substitutions every 4-5 minutes
    - C. End scrimmage with a “High-5 line”
  7. Bring everyone in the middle: review and cool down speech-Do this with 2 minutes to go in each session
  8. Dismissal-Very important to end on time-Another group will be there and ready to begin

## Week 2:

1. Introduction of Coaches and Rules
2. Stationary Dribbling – King (or Queen) of the Court – “Simon Says” dribbling
3. Separate the teams on each end line into stacks
4. Speed dribbling and controlled 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!
4. Passing Game – BRING A TON OF ENERGY FOR THIS GAME!
    - Needs to be ORGANIZED and QUICK
    - Don't spend longer than 8-10min
    - This means you have to rotate 5 players through turns very quickly
  5. Hot Shot (Three Rounds) – Short Jumpers from the Low Block
    - Practice Round
    - First Team to 5
    - Who can make the most in 1min
  6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
    - Subs every 4/5 min
    - Line up in Man to Man
    - Remind players to hustle back on defense (no press)
    - No stealing off the dribble
    - High Fives Line at end of Game
  7. Bring everyone in the middle: review and cool down speech
  8. Dismissal

### Week 3:

1. Each team to start with 1 layup line (have them work with the Parent Coaches)
  - a. What I want is for this to start even before intro's and announcements
  - b. Have the kids immediately get into the lines to take layups as soon as they start filing in and have dropped their jackets
  - c. This can be done till 5 after each hour

Then blow whistle and bring everyone in to get formally started with announcements and intros:

2. With it being the first week back after the break, I want the groups to do regular dribble lines before dribble eliminator just to get back into the swing of things.
3. Choose ONE of these games to play with the basketballs:
  - a. Soda Fountain
  - b. Remote Control
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. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

## Week 4:

1. Introduction of Coaches and Rules

2. Separate the teams on each end line into stacks

3. Speed dribbling and controlled 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!

4. 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)
- Fast Feet/Rapid Fire (be on their toes-pick them up and put them down as fast as they can, similar to football without hitting the deck)
- Block Shot

5. Layup Contest.

- 1 practice round (everyone goes once)
- 1 round of which team can make the most layups in 2 minutes

5. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)

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

7. Dismissal

## Week 5:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled 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!

### 4.) Dribble Scribble

#### Set Up

Use entire playing area

#### How to Play

1. Designate a few players as “it” and they start **without a basketball** in hand.
  2. Everyone else has a basketball and the player without the ball is trying to tag the players who are dribbling
  3. Follow regular basketball rules- dribbling, no walking.
  4. If you get tagged, you give the ball to the player that tagged you and you become “it”.
  5. No immediate TAG BACKS.
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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. Teach Triple Threat (everyone in the gym needs a basketball or have them partner up)  
\*\*Teaching points\*\* Must be in athletic stance with basketball – should be able to:
    - Pass
    - Shoot
    - Dribble
  7. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
  8. Bring everyone in the middle: review and cool down speech
  9. Dismissal

## Week 6:

### 1. Introduction of Coaches and Rules

2. Dribble Eliminator - using both sides of gym with both teams/ find a winner from each team and have them compete against each other.

### 3. Diamond Lay-Ups

#### How to Play

1. 2 Basketballs
2. Split players into 4 equal lines.
3. Place a group at each sideline of the half court line.
4. Place a group at each foul line.
5. Start the game by having the first players in each line at half court dribble in to opposite baskets for a layup.
6. First players in the each foul line run in for rebound, then pass ball up to next player in half court line.
7. After taking layups, players move into foul line
8. After rebounding and passing, players move to half court line

\*\*YOU MUST DO SEVERAL WALK THROUGH PRACTICE ROUNDS BEFORE LETTING PLAYERS GO FULL SPEED

\*\*\*USE TEAM COACHES TO HELP DIRECT "TRAFFIC" AND REMIND PLAYERS WHERE TO GO AND WHAT TO DO.

\*\*\*\*IF THIS ISNT WORKING (CATCHING ON) WITH THE PLAYERS, stop and move on to next segment of agenda

### 4. Passing Game – BRING A TON OF ENERGY FOR THIS GAME!

Equipment Needed      Basketballs

Set Up                      No set up needed.

#### How to Play

1. Split the class into equal teams of 4 or 5 players.
2. In this game, the teams have to get to the other end of the basketball court without the ball ever touching the floor and score a basket. Every player must touch the ball at least once. Players should focus on chest passes.
3. Once they make their shot, they come back to the other basket and try to make another shot. If at any point, the ball hits the floor that team is off and another comes on. Each team is trying to make it down the court and back.
4. The 1<sup>st</sup> round is always a practice round but do not tell the teams that until after the round. When you tell them their scores, tell them all zeros.
5. After a couple of rounds, put an 8-second time limit in. 8 seconds up the court and 8 seconds back down the court. If they don't get a shot off in the 8-seconds then it is the next team's turn.
6. A player is to pass the ball and then rotate to the front of the line. This is repeated until they make it to the other side to try and score a basket.

### 5. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE

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

## Week 7:

1. Introduction of Coaches and Rules

2. Separate the teams on each end line into stacks

3. Speed dribbling and controlled 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!

4. Skill: Rebounding

- Teaching Points: Leap into air with arms outstretched and grab ball with TWO hands
- This isn't about teaching boxing out, this is about teaching grabbing the ball

5. Drill – Rebound and Run

- Each coach has one line of players
- Coach stands in front of line, with basket behind them
- Coach slams basketball to floor so that it go straight up into the air
- First player in line leaps up to grab basketball with two hands
- After player has caught basketball, they attack the basket for a layup
- Player goes back to end of line and repeat drill for next player

6. Drill – Give and Go (Passing and Shooting Practice)

- Each coach has one line of players at the top of the key
- Coach stands in front of line at the foul line
- First player in line starts with ball
- Player passes to coach, then runs to the wing to get the ball back
- Once the player catches the ball, the take a **short** jump shot
- Player goes back to end of line and repeat drill for next player

6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)

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

8. Dismissal



## Week 8:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled 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!
4. 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
5. Teach Triple Threat (everyone in the gym needs a basketball or have them partner up)  
\*\*Teaching points\*\* Must be in athletic stance with basketball – should be able to:
  - Pass
  - Shoot
  - Dribble
6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

## Week 9:

\*We want to spend the majority of the last day scrimmaging (at least 45-50 minutes)!!

\*\*Rapid Fire (only a few minutes on the following warm-ups, move through these quickly)

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled 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!
4. Dribble Eliminator - using both sides of gym with both teams/ find a winner from each team and have them compete against each other.
5. Layup Contest.
  - 1 practice round (everyone goes once)
  - 1 round of which team can make the most layups in 2 minutes
6. Hot Shot Shoot-OUT – 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
7. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
8. Bring everyone in the middle: review and cool down speech
9. Dismissal/High Fives (YMCA Trophies)