

PDC Plan (first 4 classes): Basketball

Programming Day Card - 1

Warm Up: Soda Fountain

Skill/Review: Dribbling

Drill: Dribble Stacks

Games:

1. Dribble Scribble

2. Numbers Game

3. Pizza Shootout

4. Merry Go Layups

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Bump and Bite

Skill/Review: Passing

Drill: Passing Stacks

Games:

1. Fireball

2. Dribble Eliminator

3. Hot Shot Shooting

4. Bull in the Ring

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Hand Ball

Skill/Review: Lay-ups

Drill: Layups Stacks

Games:

1. Around the Wheel

2. Knock Out

3. Diamond Lay-ups

4. 2 on 2 Tournaments

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Relay Races

Skill/Review: Shooting and Rebounding

Drill: Shooting Stacks

Games:

1. Speed Ball

2. Soda Fountain

3. Numbers Game

4. 5-4-3-2-1

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment