

# Basketball Training Outline

Duration: 60 minutes

Schedule: Saturday, 10 AM to 11 AM

Focus: FUNdamentals, movement skills, basic basketball concept

We will assign your child to the appropriate skill group

## Warm-up & Movement Skills (10-15 minutes)

Goal - Improve coordination, balance, and general athleticism

Drills:

- Animal Movements (Bear crawls, crab walks, frog hops)
- Partner/team movement (Skips, hops)
- Relay Races (Teams dribble down and back, Shuffle passes)
- Tag games to warm up in a playful way

## Ball-handling & Dribbling (10-15 minutes)

Goal - Comfort with the basketball and basic control skills

Drills:

- Stationary Dribbling (Both hands)
- Dribble games (Freeze tag, red light green light)
- Cone drills

## Passing & Catching (5-10 minutes)

Goal - Better hand-eye coordination, ball responsibility, pass timing, and understanding

Drills:

- Stationary passing (Chest pass, bounce pass. Lob pass)
- Target passing (Pass to a spot on the wall or hit a cone)
- Passing on the move (Hitting a moving target or running while passing to a target)

## Shooting fundamentals (10 minutes)

Goal - Introduce form and shooting on lowered hoops (7-8 feet high)

Drill:

- Form shooting close to the hoop (B.E.E.F. method - Balance, Eyes, Elbow, Follow-through)
- Layup line (Focused on footwork while having fun)
- Spot shooting from different marks on the court

## **Mini-Games or Fun Scrimmages (10-15 minutes)**

Goal - Apply skills in a fun, guided setting with no pressure!

Games:

- 1-on-1, 2-on-2 or 3-on-3 (with simplified rules)
- Knockout (Friendly rules and guidance)
- Dribble tag

## **Cool-Down & Wrap-Up (5 minutes)**

Goal - Light stretching and positive reinforcement

Activities:

- Light stretching circle
- Team talk - what did we learn?
- Positive encouragement for effort, teamwork, and listening

## **Our coaching focus (per USA Basketball)**

- Focus on FUN and engagement
- Encouraging effort, not perfection
- Celebrating small victories and improvements
- Use age-appropriate equipment (Small basketballs, lowered hoops)
- Keep instructions simple and use visuals or demonstrations