

Winchester Youth Basketball Curriculum
Grades 3, 4 & 5

Guiding Principles:

- Provide positive role model
- Keep it fun and upbeat – positive energy and enthusiasm
- Every kid has a ball
- Every kid gets a chance to learn and play
- Be yourself

Practical Tips:

- Practice (optimize your time): Have a plan for EACH session
 - It doesn't have to be fancy. You don't need to be Coach K.,
- Where do I get my drills?
 - Clinics/online – 95% of what we use comes from others
 - Which drills? Understand what you want to get out of them.
 - Communicate to the players why you are doing this drill
- Priorities - What to focus on?
 - Fundamentals first – players can't play if they don't know how
 - Level 1 skills: Dribbling/ball handling, Shoot/Layups, Pass, Defend, Basic Footwork (Pivoting)
- Divide and conquer (use your coaches)
 - Use the entire court
 - Example: 2 player shooting drill at one basket can become a 12-player shooting drill with 6 baskets
 - Maximize time with the ball
 - Make sure drills have players with a ball

- Maximize time on the court - we love to talk, BUT . . .
 - Plan talk time before you get on the court
- Measure how your group performs with measurable goals
 - Example: Can we make 10, 15, 20 layups in row without missing?
- Coaching your own child
 - Parent first, Coach second
 - Consider using others to communicate to your child
- You are a role model for all

Remember: to many young children, a basketball may feel like a medicine ball

Remember: we're here to coach everyone, not just the kids who have natural skills, strength and coordination.

Clinic Overview:

- 1. First 20 minutes** - individual warm-up drills (see below)
- 2. Next 10-15 minutes, dribbling and/or shooting contests** - relays, dribble tag, most layups made, king of the circle, etc.
- 3. Next 30 minutes** - choose two skills to emphasize, and 2-3 drills per skill. Layups (emphasize footwork for no dribble and one dribble finishes), shooting (emphasize form shooting, close range shots), passing (stationary and on the move), passing with defender (monkey in the middle, emphasize ball fakes), passing and cutting (into layups, backdoor, V-cuts), pivoting, one-on-one moves (jab step, up fake series), etc.
- 4. Final 20-25 minutes, small-sided, 3 v 3 games.** Mix up teams and players from week to week, and during training sessions. Change rules - no dribble, one dribble, two dribble. Do not allow defense to double-team, particularly in the early developmental stages. Can also make a rule that defense cannot steal the ball (recommended for early stages). Switch teams from basket to basket every 10 minutes.

Individual skills with one ball; warm-ups

1. Ball smacks
2. Finger tip taps
3. Finger tip taps up/downs
4. “Wrap-arounds” (body)
5. Corkscrew
6. Circles around one leg
7. Spiders/Figure 8s – in place; across and back; roll ball, keep it in air, or dribble
8. Ricochet drill
9. Hand quickness drills – with bounce or no bounce
10. Power dribble – “hammer and nail”
 - Eyes up; athletic position; don’t look at the ball
 - Count the fingers
 - Change height of dribble (waist, knees, ankles)
11. Sitting – “waist to toes”
12. One knee dribbling drills – up/downs
13. Triple threat position – balance and stance
14. Feet together, step back for agility

Ball-handling skills with one ball

1. Dribble in place – RH, LH, Cross, Inside/Out, b/t legs
2. Dribble forward and back
3. Dribble side to side – cross, b/t legs, behind back
4. Make “U” shape
5. 6 cones – up and back; touch the cones

Ball-handling skills with two balls

1. Same time
2. Alternate
3. Cross
4. Windshield wiper
5. Mercedes wiper
6. Figure 8, both directions
7. Sitting – waist to toes (dribble as you sit up, and lay down on your back)

Dribbling – all directions, including backwards

1. Cross court and back – RH, LH, crouch, skip, hesitation move, crossover, b/t legs, inside out, behind the back, “back-up”
 - a. Add defender – ***no steals, just teach defensive sliding technique***
 - b. Add chairs or cones at elbows (pretend they are defenders) and shoot lay-up
2. 3 to 5 minute circle – practice your dribbling moves in the circle area
3. Relay races – speed dribble; ***emphasize control below waist and stay on top of ball***
4. “Make a move” – use full court
5. “King of the Circle” – use arm bar and body to protect ball; use free hand to poke ball away from other players
6. Sharks and Minnows – create rectangle with cones; shark(s) tries to knock the ball away from minnows; 10 jumping jacks before returning to game
7. Cones (around the gym or middle of floor) – change hands (cross), b/t legs, behind the back, inside/out
8. Dribble Tag – in half court or 3 point area
8. Everyone against the coach – in the key
9. Mirror drill (more advanced)

Stance - Footwork

“Brace for the wave” – strong base; athletic position; balance.

Pivot - Footwork

Press down on pivot foot as a cue to prevent traveling; make quarter turns, 180 degree turns, 360 degree turns. Teach aggressive “rip thru” move using pivots; ball below the knees, knuckles to the ground.

- * Forward pivot
- * Reverse pivot

Shooting

Basics: triple threat position; feet shoulder width apart; strongside foot (shooting hand) should be slightly in front of the other; form “L” in shot pocket; push up from toes to the ceiling (feet, knees, arms, wrist); and HOLD your form

1. Individual warm-ups – From triple-threat, shoot with ball bouncing in front of player; move to ball, catch and jump stop (one foot or two foot)
2. Three spots – 6’ to 8’ away (straight on, corners)
3. “Range-finder” – make 3, move back; miss 2, move closer
4. Knockout
5. Catch and shoot – foul line
6. 1 ball, 2 players; or 2 balls and 3 players

Passing and Catching

Basics – hands on side of ball, thumbs up. Push away from chest to thumbs down and step to target. Ball comes off fingertips and is released with backspin. Meet the pass: catch it with your eyes and soft hands; elbows and wrists bent.

Use partners for drills below.

1. Chest Pass
2. Bounce pass – 2/3 of distance to target
3. Wall Pass - Two hands - spread fingers, bend knees (20-25 times)
4. Wall Pass - One hand (alternate left, right) (20-25 times)
5. Wall Pass - One hand (R - 20 x, then L - 20X) - put passing foot forward
3. Two hand, overhand pass
4. Two balls – one throws chest pass; other throws bounce pass
5. Two balls – dexterity/coordination passing
6. Circle – player in middle must fake three passes while pivoting in the direction of players on outside of circle; pass to 4th player who dribbles to middle and repeats drill
7. Monkey in the middle – use fakes; no dribbling
8. Keep away on square (1 or 2 defenders) – no dribbling, must use ball fakes
9. 2 v. 0 – Pass on the move; do not cross feet; slide
10. Follow Your Pass – triangle, square, or 2 lines facing each other

Rebounding

1. Toss off board – “chin it”
2. Toss off board – keep ball at chin and lay it in
3. Toss off board – pivot away, pivot back and lay it in
4. Circle box out
5. Superman

Lay-ups

If possible, divide younger players into RH (80-90%) and LH (10-20%) groups.

1. 2 step lay-up – no dribble from mid-post
2. One dribble – from elbow or just below
3. 30 Seconds
4. Steve Nash drill – 1 minute; count lay-ups (Good “team” competition game)
5. Run Steve Nash at each hoop as teams; count lay-ups and win Skittles
6. Back to basket – drop step, one power dribble and lay it in.
7. 2 line lay-up drill
8. 3 line lay-up drill (half court)
9. Full court lay-up relay – 2 teams, opposite corners; every kid has a ball

More advanced skills (5th grade or higher):

1. Mikan drills
 - One hand lay-up
 - Two hand lay-up
 - One hand reverse
 - Two hand jump to rebound, jump to score

One-on-One Moves

1. Pass to self from baseline 10-12 feet from hoop with back spin. Catch and jump stop.
From there:

- Pivot and drive for lay-up
- Pivot shoot jumper
- Pivot and ball fake to lay-up
- Pivot and ball fake to one dribble, then jump shot

From triple threat, make foot fakes (5th grade):

1. Jab step – press on right foot, jab and pause (a) if defender comes up, step and drive past front foot; or (b) if defender falls back, take the jump shot
2. Rocker step – jab and rock back; strong step and dribble past hip of defender
3. Rocker step – add shot fake and drive
4. Cross-over step (if overplayed to strong side) – rip it through, knuckles to the ground, push ball forward past hip

One on one game

Score in the Lane: Two lines on baseline on side of foul lane; dribble around cone near 3-point line; defender runs past cone at 17 feet and engages dribbler. Pick a shoulder and drive to the hoop.

Pass and Screen Away

3 lines – players to top of key and FT line extended; coach provides “token” defense

- Entry pass to wing
- Screen opposite wing
- Bounce pass to cutter for lay-up
- Chest pass to cutter for jump shot

Variation – players serve as token defender and roll to hoop for lay-up after wing cuts all the way through to the other side.

Keys – make contact, strong base, hands close, take a good angle, aim for defender’s hip

Small-sided Games – 20 to 30 minutes

1. 3 v. 3 – no dribble, one dribble, two dribbles, etc.; switch teams every 10 minutes
 - Use subs out of bounds as outlet passers, or have coaches act as outlet passers
 - Benefits – more touches for the players; develops skills and confidence
2. 3 v. 3 – If you score, you stay on

Resources

JR NBA Skills & Drills Playlist

<https://www.youtube.com/playlist?list=PLHIEqhuXuRFJyAE86lmd52i32SKVZ6HkT>

Breakthrough Basketball Website Links by Category (Listed Below)

<https://www.breakthroughbasketball.com/fundamentals/basketballfundamentals.html>

Key Basketball Fundamentals That Will Make You a Better Coach or Player

- [Shooting](#)
- [Foul Shooting](#)
- [Lay ups](#)
- [Finishing moves](#)
- [Passing](#)
- [Dribbling and Ballhandling](#)
- [Footwork - jump stops, pivoting, jab steps.](#)
- [Rebounding](#)
- [Defense](#)
- [Basketball moves and individual offense](#)
- [Big man post play](#)
- [Guard development](#)
- [Perimeter play](#)

Team Offense Fundamentals and Concepts

- [Cutting and moving without the ball](#)
- [Screening](#)
- [How To Set & Use A Pick In Basketball](#)
- [Executing The Basketball Pick and Roll](#)

100 Basketball Training Drills for Players

<https://www.breakthroughbasketball.com/drills/basketball-drills-players.html>