

# GRIMES PARKS AND RECREATION BASKETBALL LESSON PLANS



**First Day-** Jerseys will be provided for those that paid for one. Coaches review names/intro themselves, own team rules. Go over Safety Rules- Be good listener/keep hands to self, Keep your head up when running, Stop on the whistle, Everyone plays equal minutes.

**Warm-Ups-** Jog down and back, defensive slide, skip, jumps, basic stretching

**Dribbling Drills-** Each hand standing still, crossover (back/forth), dribble down and back with each hand, following a line on the court around, in/out cones, speed dribbling (under control), relays, “king/queen of dribble” in lane area

**Passing Drills (Partners)-** Bounce/chest/overhead pass while stepping/thumbs down, play “monkey in the middle”, teaching ball fakes, “Hot Potato”. Dribble, then Pivot and Pass. Each pass make sure the “receivers” are ready.

**Shooting Drills and Lay-ups-** Form Shoot to Partner (L in arm, foot forward), extend and follow through), Shoot set shots on each side of basket, Shoot down middle, Back up by free throw line and dribble in for lay-ups, set shots out front

**Defensive Stance and Drills (Partners)-** Slide back and forth trying to stay with partner, add a basketball if the offense is ready to dribble with a defender close down the court, Work on Rebounding with Coach Shooting and Player boxing out the offense. Play 1on1, Play 2on2 (pass screen or cut).

**Scrimmage-** Work with other coach on scrimmage last part of practice, sub in every 5 minutes, use the game rules that are provided on the website.

\*Last few weeks you would play games according to the game schedule. Facility Supervisors, Scorekeepers, and officials will be at each game as well.

**Final Day-** Medals are handed out after the final game. Any treat schedules are handled by the coaches throughout the season.

\*These are sample plans and can be modified as needed.