JOHNSTON YOUTH BASKETBALL LEAGUE -BASKETBALL LESSON PLANS

Intro- Coaches learn names/intro themselves, go over their own team rules. Go over safety rules- be a good listener/keep hands to self, keep head up when running, stop on the whistle, and everyone plays equal minutes.

Equipment- Kids should bring their own basketballs and mark them with their name. Jerseys are provided for those that paid for one. Should wear each time.

Warm-ups- Jog down/back, defensive slide, skip, jumps, basic stretching

Dribbling- dribble with 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, 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. Passer makes 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 when 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.

*When games start, think about what skills need to be worked on the most in practice and talk about why they are doing as it related to the game.

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