



**78<sup>th</sup> Pct. Youth Council  
Basketball Clinic Instructional Tips**

The clinic program introduces sportsmanship, mobility, basketball mechanics and team skills to children K-2. This handout can serve as a roadmap for your clinic sessions. Coaches are welcome to revise the sessions based on the relevant physical and emotional skill sets in their groups. Sessions should start and end promptly as a courtesy to 78<sup>th</sup> Pct. Teams that use the gym until 9pm. Thank you for volunteering.

The 75 minute clinic has six parts

- ❑ introduction of coaches and players, announcements
- ❑ warm-up & dribbling relays

Water and bathroom break

- ❑ passing drills
- ❑ shooting drills
- ❑ skill-specific games (e.g., knockout, full-court relays, etc.)
- ❑ recap, next week, repeat announcements

### **Introduction**

The session starts with the kids in the center. Review everybody's name; rules – stay on the court - do not drift to parents, hands at ready – not up the nose, in the mouth or in pockets; no bikes, skates, scooters or “outside” balls in the gym or lobby. 78<sup>th</sup> Pct.-specific announcements.

### **Warm-up and Relays**

left/right; and count by 4's to create the relay teams.

- ❑ **Run Skip Slide**
- ❑ introduce the ball – **Dribble Right Hand, Dribble Left Hand** (low, waist high, push from elbows)
- ❑ coach applies **soft defensive pressure** and the dribbler completes the run with a **fake and pass** – Reminder – players cannot walk with the ball
- ❑ **slide, dribble and protect the ball** from defender

**Break** – coaches use this time to divide squads, 3v3, 4v4, 5v5

### **Passing Drills**

- ❑ static drills - **hot potato**      **bounce pass**    **chest pass**
- ❑ moving drills – the receivers must move - have the **players rotate one position to receive the next pass**      **introduce give & go**

### **Shooting Drills**

- ❑ **free throws** (step, jump, shoot, follow through)      **layups**

## Half-court Skills Games

Mix & match – use what works and is fun for the kids

- ❑ **full court relays** (2 teams) - (a) **fast break and lay-up** going down court, (b) **rebound, fast break and lay-up** going up court
- ❑ **knockout** (2 – 4 teams)
- ❑ **line basketball** (2 teams)
- ❑ **half-court relays** (2 teams) – run...skip...run backwards...slide - “defense skills relay” – no ball – stress balance and blocking ; “offense relay” – with ball – stress balance and ball control
- ❑ **give & go relays** (2 teams)
- ❑ **half court scrimmages** (2 teams per half court) – generally not recommended for K; wait until Jan 01 for 1<sup>st</sup> graders starting with 5 minutes and max out at 15 minutes over the last three weeks.

Comment: Depending on configuration, coaches may play as “center” – only receiving passes from teammates and distributing the ball. No rebounds, rejections, interceptions, etc. Coach from your court position.

Call the travel, out-of-bounds, fouls (within reason and with explanation) but not to the point that it interrupts the flow of the game. Rules will come – communicate the concepts.

## Recap

Keep your eye on the clock – you should think of the session in 15 minute increments, expanding or contracting as play develops. Conclude court activity 5-7 minutes before the end of session, bring kids back to center and review session components and repeat your announcements.