

# Fifth Grade Basketball Clinic Week 1

## Pre-game huddle

Time: 2 minutes

## Dynamic stretching

Time: 4-5 minutes

Description:

- Walking stretches from sideline to sideline (long steps, knees to chest, high-knee jogging, walking squats, karaoke, lunges, butt kicks, sprints and any other exercises you would like to add).

## Warmup: sharks and minnows

Time: 6-7 minutes

- Start with most of your players on the baseline. Each with a basketball. They are the minnows. Choose two or three players to be the sharks. They don't have basketballs.
- The minnows start at the baseline and must dribble to the opposite baseline without losing possession of their ball. The sharks start anywhere outside of the free-throw line extended in the backcourt and defend the court (or ocean). Trying to knock the minnows' balls away from them, preferably using proper defensive stance and footwork.
- Minnows who make it to the opposite baseline without losing their ball or going out of bounds turn around and go back for round two at your signal. A minnow who loses their ball becomes one of the sharks for round two.
- The last minnow "swimming" wins the game.
- Play the game 2 or 3 times with different players starting out as sharks each time.

## Water break

## Defense

Time: 9-10 minutes

Description:

- Spread out your group.
- Have kids get into defensive stance when you yell "Stance."
- Have kids then tap their feet quickly left-right and left-right when you yell "Feet."
- Practice "Stance" and "Feet" several times.
- Defensive slides: emphasize "stay low," "short, quick steps" and "reach-slide."
- Have kids slide left as you slide left and slide right as you slide right using short, quick steps and keeping their feet shoulder-width apart and on the ground as much as possible.
- Now move the group to the free-throw lane.
- Teach players how to defensive slide and shuffle around the boundaries of the free-throw lane, starting at the bottom right corner of the lane.
- Shuffle up to the right free-throw elbow, then slide across to the left free-throw elbow, shuffle back to the bottom left corner of the lane, then slide across to the bottom right corner of lane.
- Have the kids each go around the lane five or six times apiece.
- Then divide the full court in half length-wise and have players do defensive slides in zig-zag patterns from baseline to baseline, sliding from sideline to the middle of the court and back from baseline to baseline.

## Ball-handling

Time: 6-7 minutes

Description:

- Line up players on the court with a basketball in their hands.
- Demonstrate and have each player pass the ball back and forth between their hands in front of their chest. (Hands are made to be the shape of the ball.)
- Instruct them to try passing the ball back and forth without dropping it.
- Then have them pass the ball at the height of their head.

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- Then have them pass the ball at the height of their waist and then their knees.
- Have players pass ball around their waist, then their chest, then their knees and then their head.
- Then toss and catch five times in a row.
- Then toss, clap, clap and catch. Repeat five times.
- Toss, turn around and catch. Repeat five times.
- Toss, clap, turn around and catch. Repeat five times.
- Toss, let the ball bounce and catch. Repeat five times.
- Toss, let the ball bounce, clap and catch. Repeat five times.
- Toss, let it bounce, clap, turn around and catch. Repeat five times.
- Flip ball in front of you with backward spin so it bounces and comes back to you.
- Flip it, turn around, and catch it.
- Add a clap.

## **Water break**

### **Dribbling**

Time: 6-7 minutes

Description:

- Spread out players on the baseline so they are a few feet apart and facing you.
- Stationary dribbling with right hand and then left hand (ball-shaped hands, hand on top of the ball, use fingers and not palm, dribble waist high).
- Rhythm dribbling as a team: players try to dribble at same rhythm as you
- Dribble from baseline to baseline and back with the right hand.
- Dribble from baseline to baseline and back with the left hand.
- Then speed dribble (hand behind the ball, dribble out in front of body) from baseline to baseline and back with the right hand and then the left.
- Then crossover dribble (hand slides to side of the ball and quickly pushes the ball knee high and across front of the body, where other hand receives the ball on side of the ball) back and forth in stationary position, then on the move as they dribble from baseline to baseline and back, doing crossovers at three spots designated by cones placed along the sideline (at top of the key extended, at halfcourt, at top of the key extended).

### **Passing**

Time: 4-5 minutes

Description:

- Partner passing: chest pass, bounce pass, overhead pass, baseball pass, sidearm skip pass (plant left foot, step sideways with right foot, hold ball with two hands, extend ball back away from defender to the right of the passer's chest/waist and snap hands forward and down to pass ball to teammate; then do the same pass except with the right foot planted and stepping sideways with the left foot).
- Watch the ball all the way into your hands when you receive a pass.

### **Shooting**

Time: 8-9 minutes

Description:

- Teach b-e-e-f jump shooting form. "B" stands for "balance" – feet shoulder width apart. "E" stands for "eyes" – eyes focused on the target. "E" stands for "elbow" – elbow under the ball. "F" stands for "follow through" – follow through to your target.
- Form shooting taking turns from right block, then from 5 feet in front of the basket, then from left block, then from short corner of left and right baseline (8-10 feet from basket), then 15-foot shots from the right and left wings and finally from the right and left elbows of the free-throw line.
- Make it a game. Divide them into two teams and see which team can make more shots in 1

minute from spots you designate (ex: one team at the left wing and the other at the right wing).

### **Layups**

Time: 7-8 minutes

Description:

- Demonstrate layups, then have players attempt layups dribbling from the right and left sides of the basket. When dribbling, have them start 15 feet from the basket (set up a cone to designate the starting spot) and then from the 3-point arc.
- Then teach and demonstrate left-handed layups and have players practice lefty layups without dribbling starting their footwork (right step, jump, shot) a few feet from the basket, then back them up a few more feet and add in one dribble, then add a second dribble.

### **Water break**

### **Game**

Time: 5-6 minutes

Description:

- Dribbling knockout
- Players dribble their own ball in an area of the court with boundaries designated by you (ex: half the court or inside the 3-point arc) while trying to knock the ball away from the other children.
- When someone knocks ball away from them, those players stand outside court along sidelines.
- Shrink the size of the playing area as the number of dribblers dwindles.
- Game ends when one player remains.
- Play the game two or three times or until time runs out.

### **Post-game huddle**

# Fifth Grade Basketball Clinic Week 2

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: freeze tag

Time: 6-7 minutes

Description:

- Set up the players within half of the court. The halfcourt line, baseline and sidelines are the boundaries.
- Have the players dribble in the halfcourt. After 10 or 15 seconds, take the ball away from one or two of the players. These players become "it."
- Any player whose ball is touched or knocked away by "it" becomes frozen. The frozen player stops dribbling, spreads their legs apart and holds their ball above their head. They are frozen in this position until another player dribbles their ball between the frozen player's legs.
- Switch the "it" players often. Make it a game to see who can freeze the most players in a designated amount of time, such as one minute.

## Water break

### Dribbling

Time: 9-10 minutes

Description:

- Spread out players on the baseline so they are a few feet apart and facing you.
- Stationary dribbling with right hand and then left hand (ball-shaped hands, hand on top of the ball, use fingers and not palm, dribble waist high).
- Rhythm dribbling as a team: players try to dribble at same rhythm as you
- Dribble from baseline to baseline and back with the right hand.
- Dribble from baseline to baseline and back with the left hand.
- Speed dribble (hand behind the ball, dribble out in front of body) from baseline to baseline and back with the right hand and then the left.
- Set up cones along the sideline at the top of the key extended, halfcourt line and opposite top of the key extended like last week. Execute crossover dribbles at each imaginary line from baseline to baseline and back to the original starting spot.
- Review how to execute a crossover dribble and briefly practice it in stationary positions. Then have them execute this dribble from sideline to sideline and back a handful of times.
- Teach them a hesitation dribble. Have them use this dribble at each imaginary line with the right hand one length of the court, then with the left hand coming back to the original starting spot. Then combine a crossover and hesitation into a hesitation crossover dribble (using a crossover dribble after hesitating) and have players practice it sideline to sideline a few times.

### On-ball defense

Time: 6-7 minutes

Description:

- Spread out group so children have several feet between them and can all see you.
- Practice "Stance" and "Feet" several times.
- Tell kids to follow the leader: slide left as you slide left, slide right as you slide right.
- Now move group to baseline.
- Divide court in half length-wise. Set up cones in zig-zag pattern from one corner of the court to free-throw elbow to sideline to halfcourt to sideline to free-throw elbow on other half of court to corner of the court. Do the same for the other half of the court length-wise.

- Then divide players into two groups. Each group starts at same time from opposite corners of the court, sliding from cone to cone in defensive stance. When a player reaches the end of one set of cones on one narrow court, they go to the end of the line on the other narrow court and do the same thing. Continue this until everyone has gone through both courts at least once.

## **Water break**

### **Defense off the ball**

Time: 8-9 minutes

Description:

- Review how to defend an offensive player off the ball.
- Pair up the players, giving one player in each pair one colored basketball pinnie and the other player in each pair another color of pinnie.
- Spread out the pairs outside of the lane, choosing one color team to be the offense and one color team to be the defense.
- You stand at the top of the key with a basketball. At your whistle, instruct the offensive players to v-cut away from their defenders to try to get open for a pass from you. Their team gets a point if they receive a pass from you, and the defense gets a point if it steals your pass.
- After at least one pass to each offensive player, switch offense and defense and do the same game again with the same point system. After both teams have been offense and defense, the team with the most points wins.
- Then do the same drill except the offense gets 10 seconds to try to score, while the defense defends. If the offense scores, they get 2 points. If the defense prevents a basket, they get 2 points. If the defense commits a shooting foul, the offense gets 2 points. If the defense commits a non-shooting foul, the offense gets 1 point. Keep track of both teams' score.

### **Passing**

Time: 5-6 minutes

Description:

- Partner passing: chest pass, bounce pass, overhead pass, baseball pass, sidearm skip pass and pass fakes: fake high and bounce pass and fake low and overhead pass
- Then group the players into trios with two players as the passers and one player as the defender in the middle. Play monkey in the middle, with the defenders trying to steal or deflect the passers' passes. Each time a defender steals or gets a hand on the pass, the passer who threw the pass becomes the defender.

## **Water break**

### **Shooting**

Time: 8-9 minutes

Description:

- Form two lines: one line behind the baseline and one line at various spots on the floor.
- Have players work on passing to shooters and catching and stepping into their shot to work on form shooting, taking turns from the right low block, then from 5 feet in front of the basket, then from left block, then from left and right short corner of baseline, then from foul line, then from elbows of the free-throw line and lastly from the left and right wings 15-18 feet from the basket.
- If you have two or more coaches, make catch-and-shoot form shooting into a game. Divide the players into two teams, with each team at a different basket. Teams get one point for each basket they make during form shooting (second bullet point). Otherwise, make this a game by dividing players into two teams and having one team form shoot from the right block and the other from the left block, then switch, then continue with each team shooting from a different area of the floor until both teams have shot from each of the designated spots.

### **Layups**

Time: 5-6 minutes

Description:

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- Have players shoot layups dribbling from the right and left sides of the basket, with players practicing shooting with their left hand (jumping off the right foot) from the left side of the hoop.
- Then practice layups from the right and left sides with two lines: a passing line at the top of the key and a layup line at the right wing at the arc and then the left wing. The first player in the layup line does a back cut (takes 1 or 2 steps away from the basket, then plants their outside foot, pushes off and quickly cuts toward the basket) and then receives a bounce or chest pass and dribbles in for a layup. Passer and shooter then switch to the end of the opposite line.
- If time allows, make it a game, with the group attempting to make a reasonable number of baskets designated by you in one minute, such as 7.

### **Game**

Time: 4-5 minutes

Description:

- Shooting knockout
- Players line up single file with the first player at the dotted circle inside in the lane and the first two players holding a basketball.
- The first player shoots. The second player then shoots right after the first player shoots.
- If the first player makes their shot, they track down the ball and pass it to the next person in line without a ball.
- If the first player misses, they try to rebound the ball and make a shot before the second player makes their shot.
- If the second player makes a shot before the first player, the first player is knocked out and passes the ball to the next player in line and then stands next to the coach.
- Both players keep shooting and rebounding until the first player is knocked out or until both make their shot.
- If the first player makes their shot, the third player in line shoots from the dotted circle to try to “knock out” the second player.
- If the second player makes their shot before the third player, they track down their ball and pass it to the next player in line.
- If the third player makes a shot before the second player, the second player is knocked out.
- Continue the game until only one player remains.
- Play the game two or three times or until time runs out.

### **Post-game huddle**

# Fifth Grade Basketball Clinic Week 3

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: gold rush

Time: 5-6 minutes

Description:

- Have more balls than players. Have players line up across one baseline. Take their balls and spread them out around the court; these are the gold nuggets. At the other end of the court is the treasure box (the basket at the opposite end of the court).
- Blow the whistle to send the players chasing gold nuggets. The object of the game is to gather the gold nuggets and shoot them in the basket in as short of a time as possible. (Time how long it takes the group to collect all the gold nuggets and shoot them in the basket.) The players are on the same team and are prohibited from taking a ball away from a teammate.
- Play the game 2 or 3 times as time allows.

## Water break

### Rebounding

Time: 5-6 minutes

Description:

- Review how to box out, pursue and secure a rebound with two hands, ball tucked under chin and elbows out.
- Form two lines of pairs on either side of the basket about 10 feet from the hoop.
- Coach is the shooter. The first two players in each line are the rebounders.
- The first player in each line boxes out the second player in each line.
- Coach shoots from inside the free throw line, purposely missing shots.
- Two players at head of each line go for rebound, with first player in each line trying to box out.
- If a defensive player grabs the rebound, they pivot and outlet pass the ball to you, and the four players go to the end of the line.
- If an offensive player grabs the rebound, they can either shoot, dribble or pass to the other designated offensive player. The offense gets 5 seconds to score. (Count down out loud from 5 to 0 after an offensive player grabs a rebound so players know how much time is left.)
- The next two players in each line are the next rebounders.
- Repeat this until everyone has had a chance to box out and be offensive rebounder at least twice.

### Ball-handling

Time: 4-6 minutes

Description:

- Ball slaps
- Finger tips
- Around both legs
- Around the waist
- Around the head
- Around the neck
- Around each leg: left, then right
- Figure 8
- Toss, clap, clap, clap and catch. Repeat five times.
- Toss, turn around and catch. Repeat five times.

- Toss, clap, turn around and catch. Repeat five times.

### **Dribbling**

Time: 6-7 minutes

Description: spend a minute or two teaching, demonstrating and practicing each of these dribbles:

- Pound dribble: dribble in front of you so that the ball is dribbled waist high. Steadily bounce the ball higher and higher till the dribble is as high as you can dribble while standing but not jumping. Then dribble shorter and shorter until down on one knee and dribbling as low to the court as you can. Dribble the ball quickly when dribbling lower and slowly when dribbling higher. Then do this with the opposite hand. Go back and forth between hands several times.
- Kill dribble: Dribble waist high, then kill the dribble by dribbling as low as possible for several seconds, then dribble back up to waist height, then do the same with the opposite hand. Go back and forth between hands 8 or 9 times so the kids have time to get used to it.
- Circle dribble: Put the left leg forward and dribble the ball low around the leg in the shape of a circle. Then repeat this around the right leg. Spend 1-2 minutes on this.
- Figure eight: Dribble the ball between the legs in a figure eight motion, then in a reverse figure eight (opposite direction).
- Back and forth: Crouch down with your right knee and right leg forward. Dribble the ball in a V-shape behind the forward leg, then do the same with the left leg forward.
- Crab dribble between the legs walking from sideline to sideline and back. One dribble per step. Step, between-the-legs dribble, step, between-the-legs dribble, step, etc.

### **Water break**

### **Shooting: t-shot drill**

Time: 10-11 minutes

Description:

- Form two lines of players behind the baseline facing the lane on either side of the backboard. Each line has a ball. One player is the first shooter and stands at the right low block facing the first player with the ball in the right line.
- The first player in the right out-of-bounds line inbound passes to the shooter after the shooter calls "Ball." While the shooter rises up to shoot from the low post (no dribble), the inbound passer runs quickly around him and calls for the ball as he nears the left low block. The first player in the left out-of-bounds line inbound passes to them. As the receiver catches, squares up and shoots from the left low post, the passer runs quickly around him and calls for the ball as he nears the right low block.
- Shooters rebound their own shot, pass the ball to the next person in the inbound passing line and go to the end of the opposite inbound passing line.
- The drill continues for 1-2 minutes or until the group makes a predetermined number of shots (such as 10 baskets in which the shooters used the backboard on each shot).
- Then have the shooters shoot from the mid-post, the high post, the short corner of the baseline and the mid-range right and left wings. (For the short corner, passer cut to the opposite short corner instead of running around the shooter they just passed to.) Give the group a reasonable number of shots to collectively make at each distance.
- Mix up the types of inbound passes you have them make: bounce passes, chest passes, overhead passes and fake high/pass low and fake low/pass high.
- If time allows, add in shot faking and then rising up and shooting to the mix at certain spots as well as shot faking and driving to the basket for a layup or pullup jump shot.

### **Shooting: 2 on 1**

Time: 5-6 minutes

Description:

- You are the defender.
- For 2 on 1, one line starts with the ball to the right of the top of the key. The other line starts to the left of the top of the key. The first two players in the right line have a ball to keep things moving.

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- At your signal, the first player in each line begins moving, with the right player dribbling and the left player running just outside of the left side of the lane.
- As the defender, you start moving toward the dribbler. Instruct the dribblers to stop their dribble and throw a bounce pass to their teammate. Their teammate can then either take a dribble or two and shoot or just catch and shoot.
- The passer then continues to move toward the right side of the basket and is ready for the rebound and put-back.
- The first two players then go to the back of the opposite lines so that everyone gets a chance to be both the dribbler/passer and the receiver/shooter.
- Switch balls to the left line so players get practice dribbling with their left hand.

## **Water break**

### **Shooting: 3 on 2**

Time: 6-7 minutes

Description:

- Play 3 on 2 halfcourt. Choose two defenders. (Switch out defenders until everyone has had a chance to defend.) One starts at the free throw line, and the other starts in in lane.
- The three offensive players start at the top of the key, the left wing and the right wing.
- Teach the offense to break down the defense by attacking the seams in the defense via the pass and dribble, reversing and swinging the ball side to side, flashing from the weak to strong side of the court (it is hard for defenders to track weak-side cutters), how to draw defenders with the ball and how to pass to teammates who move to the soft spots in the defense. Pass and shot fakes are very effective as well.

### **Free-throw shooting**

Time: 6-7 minutes

Description:

- Practice how to line up around the free-throw lane as rebounders, when and how to box out and go for rebounds and how to shoot free throws.
- If you have an inexperienced group of players, for shooting technique, teach and demonstrate to the players the importance of developing a routine they use on each foul shot (such as one drop, inhale and exhale and shoot) and how to shoot a free throw (same form as on a jump shot except don't jump if at all possible). Instead of jumping, players should use a knee bend, then come up out of their knee bend (some coaches call it standing up out of a chair) and finish on their tiptoes to give their shot lift. They should also hold their follow-through (get their "hand in the cookie jar," or basket, with their wrist cocked down and their shooting fingers pointed down and visually appearing to touch the top of the basket) till the ball reaches the basket.
- Go clockwise or counterclockwise around the lane so everyone gets a turn to shoot. Use two or more baskets if you have more than one coach.
- For a quick game, have each team of players at a basket keep track of its total free throws made in two minutes.
- For a second game, keep score of each individual player's total free throws made, but players only get to shoot 1-and-1 free throws if they're able to rebound a teammate's missed free throw.

### **Game**

Time: 4-5 minutes

Description:

- Layup knockout
- Same rules as regular knockout except players shoot layups instead of jump shots, and if they miss 3 layups (or some other number of your choice) they are knocked out.
- Players take turns shooting layups one at a time and don't get their rebound and shoot quickly again until they score like they do in regular knockout.
- Then play a second game from the left side of the court with players shooting left-handed layups.

### **Post-game huddle**

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# Fifth Grade Basketball Clinic Week 4

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: dribbling relays

Time: 5-6 minutes

Description:

- Set up two identical obstacle courses from baseline to baseline using cones as gates.
- Divide players into team A and team B for races. Players on each team dribble through each gate from baseline to baseline and back. If they lose control and miss a gate, they have to regain control of the ball and go back and through the gate.
- A variation is to have coaches positioned at different locations along the course. Have them hold up a number of fingers at random times during the race for players to see and correctly call out the number of fingers they see. This helps teach players to keep their heads up as they dribble.
- Another variation is to have players only use their opposite hand in one race in order to work on their weaker dribbling hand.

## Water break

### Dribbling

Time: 10-11 minutes

Description:

- Depending on how many players are in your class, set up 3 to 5 lines of cones from sideline to sideline. Each line should have 3 cones spaced out evenly, and there should be at least 12 to 15 feet between each line of cones so players don't run into each other while dribbling.
- Divide your players into groups of 2-4 players per group.
- Have players take turns performing each dribble from sideline to sideline at least 2 times each.
- Speed dribble from sideline to sideline with the right hand, keeping the dribble in front of their body at waist height.
- Speed dribble from sideline to sideline with the left hand.
- Weave between cones, starting with the right hand and switching to the left hand when dribbling around a cone to the left and with the right hand when dribbling around a cone to the right.
- Perform a crossover dribble at each cone. Start with the right hand and cross over right to left at the first cone, then left to right at the second cone and right to left at the third cone.
- Perform a hesitation dribble at each cone. Use the right hand the first time down. Use the left hand the second time down. Start by speed dribbling, then hesitate at each cone, coming almost to a complete stop for a second before resuming with a speed dribble after hesitating.
- Practice a reverse dribble at the first cone only. Have each player reverse dribble several times each to get comfortable with it.
- Perform a reverse dribble at each cone. Use the right hand going down, then use the left hand coming back. The reverse dribble is executed by sliding the dribbling hand to the front of the ball and pushing the ball backwards, dribbling the ball to the side of the back foot while protecting the ball with the non-dribbling arm.
- Perform an inside-out dribble at each cone. Also known as a fake crossover, teach and demonstrate how to bring the ball in front of your body as if executing a crossover but then slide your dribbling hand to the other side of the ball (left side if dribbling with the right hand) and push it back to the strong side of your body (the right side of your body if dribbling right-handed). If your group isn't ready for this dribble, have them practice it with the right and then left hands in stationary positions for a minute per hand.
- Perform a spin dribble at each cone. Teach and demonstrate how to plant your left foot as you

arrive at a cone while dribbling with your right hand, then pivot on that foot and turn backwards and to your left while maintaining your right-handed dribble, keeping your hand on top of the ball and slightly in front of the ball as you make a 180-degree spin away from your defender, then bring your left hand around to take control of the dribble and dribble quickly past the left side of the cone with a left-handed dribble. Then demonstrate the same spin dribble with the left hand, this time planting and pivoting on your right foot, turning backwards and to your right while still dribbling left-handed and making a 180-degree spin away from your defender before bringing your right hand around to take the dribble and dribbling quickly past the right side of the cone.

## **Water break**

### **Movement without the ball**

Time: 9-10 minutes

Description:

- Form one line at the left low block and one at the free-throw line. The first player in line at the foul line has a ball. Have players take turns practicing a v-cut on the left low block with you as the defender applying light defense. The passer passes to the cutter when the cutter yells "Ball."
- The receiver then catches the pass, squares up to the basket and takes a jump shot. The receiver then gets their own rebound and passes to the next person in the passer line before going to the end of the passer line while the passer goes to the end of the receiver line.
- Then have players do v-cuts and shoot from the right low block.
- Then practice back cuts. Form two lines, with the receiving line at the right wing of the 3-point arc and the passing line at the top of the key or the free-throw line. Coaches serve as the defenders, playing light defense. Back cutters shoot layups or pullup jump shots near the basket.
- Switch the receiving line to the left wing of the 3-point arc after a couple of minutes.
- Lastly, practice curl cuts. From the wing, move a step or two toward your defender, then cut quickly away from them and run a half-circle pattern curling to the free-throw line or lane with your hands out to the passer. Station the passing line either at the opposite wing or the top of the key. Practice curl cuts and shooting off curl cuts from both the right and left wings. Curl cuts can also be executed from either side of the baseline, with the player curling into middle of the lane.

### **Layups**

Time: 7-8 minutes

Description:

- Practice right-handed and left-handed layups using dribbling starting from triple-threat position.
- Then practice lefty and righty layups off a pass from the top of the key into triple-threat position before dribbling in for a layup.
- Then have them v-cut, receive the pass, get in triple-threat position and dribble in for a layup.
- Then have them v-cut, receive the pass, get in triple-threat position, perform a shot fake (eyes on the basket, punch the air with the ball as if shooting, keep their back foot on the floor as their pivot foot, bring the ball quickly down and outside their outside leg and slightly ahead of them and speed dribble in for a layup.
- Lastly, have them v-cut, receive the pass, get in triple-threat position, pass fake to the passer (a short, quick fake of the ball to the passer, faking with the ball and with their eyes, while maintaining their outside pivot foot) and dribble quickly in for the layup.
- Perform each sequence from the left and right wings, and make sure dribblers dribble in and shoot with their outside hand each time (left hand on the left wing, right hand on the right wing).

## **Water break**

### **Defense and dribbling**

Time: 9-10 minutes

Description:

- Pair up players by skill level as best as you can. One ball per pair.
- Select who will be on offense first and who will be on defense.
- Teach and demonstrate and then have players perform zig-zag drill, with one player as the

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dribbler and the other player defending them, moving their feet and staying in front of their man without going for the steal or fouling.

- Spread out pairs and have them go across the width of the court sideline to sideline with enough room between pairs that they won't run into each other. Give each player the chance to be both the defender and the dribbler at least two times each.
- Then give offensive players a chance to go 1 on 1 against a defender. Have one pair take a turn at a time.
- Set up the players at the top of the key as a starting point. Give offensive players 10 seconds to try to score. (Count down from 10.) Play continues until the offensive player scores, turns the ball over or the ball goes out of bounds or the defensive player steals the ball or grabs a rebound of a missed shot.
- After every offensive player has had a turn, switch roles so that defenders are now on offense and offensive players are now on defense.
- If you have more than one coach, divide up pairs so that half of group is playing at a second basket.
- After a few minutes, move the starting position to the right wing and then the left wing.
- Keep track of baskets by individual players, and mix and match players as best as possible by skill level, size and likely position on the court (guards together, forwards together, centers together).

### **Shooting**

Time: 6-7 minutes

Description:

- Each player needs a ball.
- Have a single-file line behind the sideline to the left of each basket at the free-throw line extended (use both baskets for this drill).
- Teach players how to dribble from the sideline with the right hand and square up for a shot at or inside the left free-throw elbow using proper left step/right step footwork. As they reach the free-throw lane, they plant their left foot, pivot until bringing around their right foot, bring the ball into their shooting pocket (position), jump, shoot and follow their shot.
- Start them out shooting inside the lane, then have them shoot from the free-throw line.
- After 2-3 minutes, switch the line to the opposite sideline so they can practice dribbling in with their left hand, planting their right foot in the lane, pivoting, bringing around their left foot, squaring up, putting the ball in their shooting pocket, jumping, shooting and following their shot.
- Optional: make this a game between the two groups after you've let them get used to this footwork and technique.

### **Game: 1 on 1**

Time: 6-7 minutes

Description:

- To make it a game, individual players keep track of how many baskets they make. Player with the most baskets after 6-7 minutes wins.
- Set up four lines – two at each basket. One line of players facing the free-throw line is under each basket. One line of players facing the basket is at each free-throw line.
- Defenders are under the basket. Offensive players are at the foul line.
- Demonstrate this game, especially how to close out on an offensive player, running quickly toward the player, then slowing down with short, choppy steps as he nears the offense, finishing with his strong foot forward, and extending one hand high in the air to contest a possible shot and keeping the hand on the same side as the ball out to the side in case the offensive player decides to dribble that direction.

- First player in the defensive line passes to the first player in the offensive line, then closes out at the offensive player. The offensive player catches the passes, gets quickly into triple-threat position and attempts to score either by shooting or dribbling to get an open shot.
- The defender defends the offensive player to prevent a basket and boxes out if a shot is attempted. The play ends when the defender stops the offensive player or the offensive player scores. The ball is passed to the next defender in line. The offensive player goes to the end of the defensive line and the defender to the end of the offensive line.
- Focus on stance, footwork, boxing out, defending shots and dribbling, staying between the offense and the basket and contesting shots with a hand in the shooter's face.

### **Post-game huddle**

# Fifth Grade Basketball Clinic Week 5

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: last man standing

Time: 5-6 minutes

Description:

- All players stand along the baseline about 20 feet from a group of balls at the top of the key. Have one fewer ball than the number of players.
- On your signal, the players run to the balls, grab one and begin dribbling inside the 3-point arc. The player who didn't get a ball tries to steal a ball from one of the other players. If they steal a ball from another player, that player then attempts to steal a ball from another player, even the player who just stole the ball from them.
- Keep time. After 30 seconds has passed, stop the game. Whichever player does not have a ball at your whistle is out. Remove one ball from the group. Repeat until only one player has the last remaining ball.
- Play the game again if time allows.

## Water break

### Passing

Time: 7-8 minutes

Description:

- Line up the players in four lines. Two lines are out of bounds, and each of these players has a basketball. The other two lines are in-bounds, with each line straight across and a few feet away from an out-of-bounds line.
- Have the passers make inbounds passes to the players while the players practice v-cuts, back cuts and faking away and cutting straight to the passer. Players then call "Ball," catch the pass, pivot, square up, shoot a short jump shot and follow their shot for a rebound.
- After a minute or so, switch roles so everyone gets to practice passing, using cuts, receiving and shooting.
- Then make it a game to see how many total baskets the group can make in a prescribed amount of time, such as one minute.

### Dribbling

Time: 8-9 minutes

Description:

- Set up 3-6 lines of cones, depending on how many players you have, either from sideline to sideline or (if you only need 3 lines) baseline to baseline.
- Instruct players to dribble down and back 2-3 times per type of dribble the speed (left and right hands), crossover, hesitation (left and right hands), hesitation crossover, reverse (left and right hands), reverse crossover, inside-out (left and right hands) and spin (left and right) dribbles.

## Water break

### Ball screens

Time: 10-11 minutes

Description:

- Teach and demonstrate how to set a ball screen and how to dribble around a ball screen.
- Dribblers fake a dribble or pass one direction and then dribble closely around the screener after the screener sets their feet. Teach dribblers to "brush shoulders" with the screener to run the defender into the screen so the defender can't squeeze between the screener and dribbler, then turn the corner with a quick dribble and go to the basket for a layup.

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- Screeners hold up their left hand for 1-2 seconds to tell the dribbler they are going to set a screen to the left of the defender (the screener's left) or hold up their right hand for 1-2 seconds to tell the dribbler the screen will be set to the right of the defender. Set your feet shoulder-width apart with your feet and body facing the defender's side. Boys fold their hands together slightly below their waist to keep from using their hands to push or grab the defender. Girls cross their arms across the chest. The screener then "rolls" to get open for a possible pass by pivoting on the foot that is closer to the basket and opening up to face toward the dribbler while moving toward the 3-second lane.
- Divide the players into two groups, having one group take turns setting screens while the other group takes turns dribbling and either shooting a layup or jumper or passing to the roller.
- Set up the players to execute ball screens at the top of the key and then move them to execute ball screens from both the right and left wings.

### **Off-the-ball defense and movement without the ball**

Time: 10-11 minutes

Description:

- Pair up players and assign one in each pair to be offense and one to be defense. Have pairs take turns playing defense and trying to get open on the left wing and the right wing, with you as the passer at the top of the key.
- Form one line at the left wing and one at the top of the key. The first player in line at the top of the key has a ball. Have players take turns practicing a v-cut, curl cut, back cut or coming to the ball on the left wing with you as the defender applying light defense. The passer passes to the cutter when the cutter yells "Ball." Then the receiver catches the pass and gets in triple-threat position. The receiver then passes the ball to the next person in the passer line and goes to the end of the passer line while the passer goes to the end of the receiver line.
- After everyone has had a chance to pass and receive a couple of passes, set up one line on the right wing, one on the left wing and yourself at the top of the key. The first player at the top of the key has a ball and is the passer. The first players in line on the right and left wings are the defender and the second players are the offensive player.
- At your signal, the offensive players make a cut to get open based on how they are being defended, and the defensive players guard them. The passer passes when an offensive player calls out "Ball." The offensive player receives the pass and gets into triple-threat position unless the pass is stolen, of course. The two offensive players work together to try to score while you count down from 10 to 0.
- The play ends when your count gets to 0 or the offense scores or the defense steals, rebounds or there is a foul or violation, such as traveling. The offensive players then become the two defenders, and the defenders go to the end of the opposite wing lines.
- Go until everyone has been on offense and defense on the left and right wings at least once and preferably 2-3 times.

### **Water break**

### **2 on 2 ball screen offense vs. defense**

Time: 8-9 minutes

Description:

- Briefly review ball screens, then teach players how to defend ball screens, with on-ball defenders fighting over or going under screens, screeners calling out screen right or screen left to help the on-ball defender and the on-ball defender calling out switch if they get caught in a screen or can't stay with the ball-handler.
- Have players practice using and defending ball screens in 2 on 2 situations, with ball screens being set at the top of the key, the right wing and/or the left wing as time allows.
- If the players are learning quickly, consider making this a game and keeping score. You may need to establish a time limit for the offense, such as 10 seconds.

### **Game**

Time: 3-4 minutes

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Description:

- Play a game of knockout. Have players shoot from behind the dotted circle for their first shot.
- Play 2 or 3 times or as time allows.

**Post-game huddle**



# Fifth Grade Basketball Clinic Week 6

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: freeze tag

Time: 5-6 minutes

Description:

- Set up players within half of the court. Halfcourt line, baseline and sidelines are the boundaries.
- Have the players dribble in the halfcourt. After 10 or 15 seconds, take the ball away from one or two of the players. These players become "it."
- Any player whose ball is touched or knocked away by "it" becomes frozen. The frozen player stops dribbling, spreads their legs apart and holds their ball above their head. They are frozen in this position until another player dribbles their ball between the frozen player's legs.
- Switch the "it" players often. Make it a game to see who can freeze the most players in a designated amount of time, such as one minute.

## Water break

### Ball-handling

Time: 6-7 minutes

Description:

- Each player needs a ball. Emphasize using only the fingertips.
- Hold the ball with the fingertips. Have them squeeze the ball as they rotate it back and forth from one hand to the other. The ball should not touch the palms of the hands.
- Tip the ball back and forth from one hand to the other starting with hands over the head. Then gradually move the ball down and continue to tip it back and forth at the chest, waist, knees and ankles, then back up again. Keep the elbows straight while doing this.
- Have players put their feet together and make circles around both legs. Then circle around the back and around the head. Then combine them and move the ball in circles around the head, then down the body, around the knees and around the ankles. Then come back up again.
- With one leg forward, move the ball in a circular motion around the leg. Then do the same around the other leg. Then have players spread their legs wide with the ball in front of them. Move the ball around the legs in a figure eight. Then reverse the direction.
- Instruct players to place the ball between their feet and grab it with both hands. Begin with the left hand behind the left leg and the right hand in front of the right leg. Drop the ball so it bounces once. They then move their left hand in front of their left leg and their right hand behind their right leg, catching the ball as it bounces up. Drop it again and switch their hands back to the original position (left behind, right in front) and catch it. Repeat this motion consecutively.

### Dribbling

Time: 9-10 minutes

Description:

- Set up 3-6 lines of cones, depending on how many players you have, either from sideline to sideline or (if you only need 3 lines) baseline to baseline.
- Instruct players to dribble down and back 2-3 times per type of dribble the speed (left and right hands), crossover, hesitation (left and right hands), hesitation crossover, reverse (left and right hands), reverse crossover, inside-out (left and right hands) and spin (left and right) dribbles.

## Water break

## **Defensive positioning**

Time: 10-11 minutes

Description:

- Teach on-ball defense, denying the pass when the player you are guarding is one pass away from the player with the ball and help-side defense when the player you are guarding is two passes away from the player with the ball.
- Set up an offensive player just outside the arc on the left wing (player 3), top of the key (player 1) and right wing (player 2).
- Establish three defensive lines behind the baseline. 1s are under the basket, 2s are closest to the right wing and 3s are closest to the left wing.
- The coach has a ball. They pass the ball to the 2. The first defender in the 2s line quickly closes out on the 2 and assumes on-ball defensive position while the first player in the 1s line moves out and into deny position, which is a little ways up the line between the 1 and the 2 and a couple of steps toward the ball-handler in order to stop dribble penetration and prevent a pass to the 1. The first defender in the 3s line sprints out into help-side defensive position, standing at the edge of the lane in the mid-post area since their man is two passes away from the ball-handler.
- Help players get in the proper position if they are out of position. Then instruct the 2 to pass the ball to the 1. The 1's defender moves into on-ball defensive position while the 2 and 3's defenders move into deny position on their men. Then have the 1 pass to the 3 so that the 3's defender moves into on-ball defensive position while the 1's defender assumes deny positioning and the 2's defender moves into help-side defensive position at the edge of the lane in the mid-post area.
- Continue having the 3 offensive players pass the ball around the perimeter until you're ready to switch players around. The 3 defenders become the 3 perimeter offensive players, while the offensive players each go to the back of a defensive line, preferably at a different position. (The 3 goes to the 1s line, the 1 to the 2s line and the 2 to the 3s line, for example.) You take the ball back and pass it to one of the 3 offensive players, and the next 3 defenders in line sprint out based on who you passed to.
- This is solely a defensive positioning drill, so instruct players not to try to steal a pass, dribble past a defender or shoot.
- If time allows, you can have the offense try to score in a minimum of X number of passes after you initiate the first pass and have the defense defend aggressively. Keep track of scores if you'd like, and consider giving the offense a fixed amount of time to score, such as 15 seconds.

## **Shooting: t-shot drill**

Time: 10-11 minutes

Description:

- Do the t-shot drill again, starting at the low post, then mid-post, then free-throw line elbows, then the baseline, then the mid-range wings.
- Then keep the players at the wings and have them practice shot fakes into driving layups, then pass fakes into driving layups.
- If time allows, finish with head and shoulder fakes into one-dribble pull-up jump shots either with a left step-right step-jump-shot sequence (if right-handed; footwork is opposite for left-handers) or using a jump stop into the jump shot.

## **Water break**

### **Game**

Time: 7-9 minutes

Description:

- Play games of 2 on 2, 3 on 3 or 4 on 4 depending on the number of players in your clinic. If you have two coaches, have half of your group at one basket and half at the other basket.
- Use different colored pinnies to designate teams.
- Start each offensive possession at the top of the key for simplicity.
- If the defense steals or rebounds the ball or the offensive team turns the ball over, commits a

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foul or scores, begin the next possession at the top of the key again.

- Make sure you have a whistle so you can use it to stop play just as a referee would.
- Provide plenty of positive feedback and helpful instruction throughout.

### **Game**

Time: 4-6 minutes

Description:

- Play explode.
- Every player has a ball.
- Spread out players in a tight circle around you at halfcourt while dribbling their basketballs. Tell them to dribble the ball low and just outside of their right or left foot and to keep their heads up and see the open areas of the court.
- Shout "Explode to that free-throw line." pointing to the free-throw line you want them to dribble to. which tells them to dribble quickly away as fast as they can. (If they're looking down while dribbling, they won't see what you were pointing to.) The first player to get to the designated target spot wins.
- Play the game a dozen or so times, changing the designated target spot each time.

### **Post-game huddle**

# Fifth Grade Basketball Clinic Week 7

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: red light-green light

Time: 3-5 minutes

Description:

- Each player with a ball lines up at one end of the court. A coach stands at the other end and yells, "Green light" and turns his back to the players. The kids dribble across the court to see who can reach the coach first.
- After a few or a couple of seconds, the coach yells, "Red light." At that command, the players must jump stop, place their ball on the floor and put a foot on top of the ball. The coach turns back around and looks for players whose ball is still moving. Those players must move a certain distance back to the starting line.
- Repeat calling red light/green light until someone wins the race. This game encourages fast dribbling while keeping the ball close to their body.
- Play 2 or 3 times or as time allows.

## Water break

### Dribbling and defense

Time: 7-8 minutes

Description:

- Zig-zag drill.
- Pair up players and divide the court in half length-wise. Half of the pairs are at one end of the court, one ball per pair. The other half are at the opposite end of the court, one ball per pair.
- First pair at each end goes. Dribbler dribbles in zig-zag fashion while defender slides, pivots and shuffles to stay in front of him. Pair zig-zags from middle of court "sideline" to actual sideline from one baseline to the other, then goes to the end of the other line and switches dribbler-defender roles.
- Have each pair go through each line twice as time allows.
- Then allow defenders to go for steals and dribblers to dribble past defenders using any dribble you have been practicing. If you have a smaller group, have pairs go one pair at a time from baseline to the opposite basket while you count down from 12 to 0, then switch after everyone's done so that everyone gets a chance to defend and dribble.

### Passing: 3-player weave

Time: 6-7 minutes

Description:

- Divide the players into three lines behind the baseline: one in the middle and two inside the sidelines (about 10-15 feet to the left and right of the middle line).
- The middle player begins the weave with a pass to one of the sideline players (make sure receivers provide a target for the passer with one or both hands out). then runs around and behind the player they passed to. The player who received the first pass then passes to the other sideline player and then runs around and behind that player. (Teach players to follow their pass.)
- This same pattern of passing and following the path of your pass continues until a player receives a pass near the basket. They then shoot and get their own rebound to end the possession. The next group of 3 then begins moving up-court or have them start after first group passes halfcourt.
- Once all groups are done and at the opposite baseline, have groups weave back one at a time to the original baseline.

- Encourage players to sprint throughout the drill. especially after they pass to a teammate and need to hustle to run ahead of the player they passed to.
- You can run several variations with this drill: no dribbling allowed, only chest passes, only bounce passes, jump stop as you receive each pass, call out the name of the teammate you are passing to, take one dribble and jump stop before you make each pass, only layups allowed, only jump shots allowed and only jump shots from the short corner of the baseline are allowed.
- Finish by making this a game by challenging the group to make X number of shots in a row.

## **Water break**

### **Offense vs. on-ball, deny and help-side defense**

Time: 11-12 minutes

Description:

- Review on-ball defense, deny and help-side defense.
- Like last session, set up an offensive player just outside the arc on the left wing (player 3), top of the key (player 1) and right wing (player 2).
- Like last session, establish three defensive lines behind the baseline. 1s are under the basket, 2s are closest to the right wing and 3s are closest to the left wing.
- The coach has a ball. Go briefly through defensive positioning when the 1, 2 and 3 each has the ball. Instruct players not to try to steal a pass, dribble past a defender or shoot.
- Once everyone has been on offense and defense, make it a game. Have the offense try to score and the defense defend aggressively. Keep track of scores if you'd like, and consider giving the offense a fixed amount of time to score, such as 15 seconds.
- Then play again, only this time the offense must use at least one ball screen before shooting so that the players gain experience using and defending ball screens.
- Play both versions of the game (with and without ball screens) until everyone has had an opportunity to be on offense and defense at least once each. Make sure to mix up roles so that everyone has the chance to play the 1 and either the 2 or 3 positions on offense and the 1 and either the 2 or 3 on defense.

## **Water break**

### **Movement without the ball: screen away and cut toward the passer**

Time: 12-13 minutes

Description:

- Create 3 lines: at the top of the key (position 1), the right wing (position 2) and the left wing (position 3). Give a ball to the first player in the 1 line while you defend the first player in the 3 line and a second coach defends the 1.
- The 1 passes the ball to the first player in the 2 line, then runs toward the coach to set an off-the-ball screen on you. Teach the 3 to take a step away from the direction the 1 is coming from, then run past the 1's screen as soon as the 1 sets his feet, rubbing shoulders with the 1 as he passes him in order to run you, the defender, into the screen.
- The 3 cuts toward the passer, heading to the top of the key, or cuts toward the free-throw line depending on where the defender is, with his hands out as a target for the passer. The 2 then passes the ball to the 3, who catches, turns and shoots at or just inside the free-throw line or catches, turns, dribbles, pulls up and shoots at or just inside the free-throw line depending on if he received the pass at the foul line or the top of the key.
- The 1, 2 and 3 then go to the back of a new line (1 to the back of the 2 line, 2 to the back of the 3 line and 3 to the back of the 1 line). Continue until everyone has played all 3 positions, then switch it so that the pass goes to the 3 and the 1 screens away for the 2. Continue until everyone has played all 3 positions again.
- Now do the same drill with five lines: at the 1, 2, 3, 4 (right low block just outside the lane) and 5 (left low block just outside the lane). As soon as the 1 passes to the 2, the 1 then screens away for the 3 while the 4 screens away for the 5. The 2 can pass to the 5 for a shot at or near the right low block or to the 3 for a shot at the foul line. Go quickly until all have played all 5 positions.
- Then finish by having the 1 pass to the 3, which triggers the 1 screening away for the 2 and the 5

screening away for the 4. Give everyone a chance to play all 5 positions for a possession.

## **Water break**

### **Motion offense basics: screen down, screen across and screen away**

Time: 11-12 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they're running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don't receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.
- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order. Learning these basic patterns as described will take 4<sup>th</sup>-graders more time than 15 minutes, but this offense will be taught in greater detail in fifth grade and beyond.
- There are many other options to this offense. If you have a basketball-savvy group and have time to move forward, teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Another option if you don't have positions selected is to move players around so that they get an opportunity to play at multiple positions in the motion.

## **Post-game huddle**

# Fifth Grade Basketball Clinic Week 8

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Dribbling

Time: 5-6 minutes

Description:

- Set up cones around both foul lanes of court at right and left low blocks, mid-post and high post.
- Have players take turns dribbling around each cone using a crossover dribble, hesitation dribble, hesitation crossover, inside-out, spin, reverse and reverse crossover dribble.
- For each type of dribble, have players start at the right low block in triple-threat position and finish going around the left low block. Then have them do the same dribbles starting at the left low block and finishing going around the right low block.
- Then do the same drill except replace two of the cones with actual defenders who must remain stationary but can try to poke the ball away. Give each player in your group a turn as a live stationary defender. Also take out the last cone around the lane so that players can practice finishing with a layup or a jump stop pullup jump shot (or both as time allows).

## Water break

### 5 on 5 ball screen and screen away

Time: 11-12 minutes

Description:

- Assign players to offense and defense and hand out different colored pinnies. Place players at the left wing (position 3) and right wing (position 2), top of the key (position 1) and left low block (5) and right low block (4) just outside of the lane with defenders guarding them.
- Give the ball to your 1 and move them to the halfcourt line. Instruct your 1 to dribble upcourt and pass to the 2 or the 3 and then screen away while your 4 or 5 screens away. Practice 5 on 5 halfcourt situations with the offense trying to score and the defense trying to stop them. Give feedback and stop play as needed. Then switch offense and defense so everyone gets a chance to play both.
- Then work on ball screens out of a 5 on 5 situation with the 2 screening for the 1 and then the 3 screening for the 1. Then teach the 4 to screen for the 2 after the 2 receives a pass from the 1 and teach the 5 to screen for the 3 after the 3 receives a pass from the 1. (The 1 continues screening away for the opposite wing after passing the ball.) Switch offense and defense so everyone gets a chance to do both.

### Fast break

Time: 7-8 minutes

Description:

- Practice running a fast break.
- Run two lines the length of the court. Both lines use half of the court length-wise.
- Have 1 player as the rebounder near the lane and 1 player as the outlet receiver/guard at the strong-side elbow of the free-throw line at both ends of the court. Just make sure they are on opposite sides of the court (both should be on the left side of the basket).
- Have 1 coach at each end of the court with a ball.
- Pair up players and have half of the pairs behind the baseline at one basket and half at the other.
- Each pair needs a basketball.
- The first pair in line at each basket sets up and passes the ball to the coach. One of the players from the second pair in line serves as a dummy offensive rebounder who is instructed not to grab the rebound (just applies token pressure).
- The coach shoots from the left mid-post and deliberately misses the shot off the left side of the

backboard.

- The rebounder boxes out the offensive rebounder, grabs the rebound, pivots and passes to the outlet receiver/guard, who has popped out to the left wing, after the guard calls out "Outlet."
- The guard then dribbles quickly to the middle of the court to initiate the fast break while the rebounder sprints down the right side of the court a few feet inside the right sideline trying to get ahead of the guard.
- The guard jump stops at the free-throw line and makes a bounce pass to the rebounder, who makes a diagonal cut to the basket when they reach the free-throw line extended.
- The rebounder receives the pass on the move (the pass should hit him in stride) and goes in for a layup while the guard moves to the right elbow of the foul line in case the rebounder needed to pass the ball back to him.
- The rebounder or guard then retrieves the ball and they go to the back of the opposite line to do the same fast break drill starting from the basket they just shot at. They also switch roles so that the rebounder becomes the outlet receiver/guard and the guard becomes the rebounder.
- The other line goes simultaneously so that players are executing the same fast break drill on both sides of the court.
- If time allows, do the same drill from the right side of the court as well.

## **Water break**

### **5-player fast break**

Time: 7-8 minutes

Description:

- First practice this without defenders. Place 5 players at a time in halfcourt defense, with the 5, 4 and the weak-side 2 or 3 boxing out imaginary offensive players in a triangle around the lane and the 1 and strong-side 2 or 3 boxing out perimeter players (and one of them boxing out you as the shooter).
- You shoot and deliberately miss. If a player gets the rebound to the right of the basket, the 1 moves to the right wing near the arc to call for and receive the outlet pass while the rebounder pivots, protects the ball and makes a strong outlet pass. The 2 and 3 sprint ahead and fill the lanes down the right and left sidelines of your 3-lane fast break, the big farthest from the basket who didn't get the rebound sprints down the middle lane of the break toward the strong-side low post while the 1 dribbles the ball into the middle of the court (the middle lane) and the rebounder is the trailer.
- If a player to the left of the basket grabs the rebound, the 1 looks for the outlet pass on the left wing near the arc. If the rebound is in the middle of the lane, the 1 can receive the outlet at or in front of the top of the key.
- Teach players who are running the floor to run hard and look back to the 1 for a possible long leak-out pass. If they are open teach them to have their hand closest to the basket out as a target hand. Unless your 1 has a strong arm, teach them to dribble hard, keep their head up and make the long pass downcourt to an open teammate after crossing halfcourt to reduce the likelihood of a bad pass.
- Teach your sideline runners to cut diagonally to the basket when they reach the free-throw line extended. Decide what you consider acceptable shots and what aren't in these situations. For example, some coaches only want a layup or shot in the lane out of a fast break, while others are fine with an open 15-foot jumper as well.
- Run these defense-rebound-fast breaks as many times as needed and with different lineup combinations if you have players playing and learning multiple positions. Consider adding 1-2 defenders downcourt after a few minutes.
- If time allows, then place 5 players at a time in halfcourt defense, with the 5 and 4 at or near the low blocks, the 2 and 3 on the wings and the 1 up top.
- You and another coach or two are on offense along with 1 or 2 players, with a coach at point guard.
- Make 1 or 2 passes, then shoot to deliberately miss. (Make sure the offense shoots from different positions on the floor over the course of this drill.) Whoever is defending the shooter closes out with a hand high and every defensive player finds his player and boxes out.



- If the defense gets the rebound, it fast breaks while the defense hustles back. (Coaches can purposely jog back initially to give the offense a chance to successfully fast break.)
- Teach players to set up the offense and run a play if they don't have a numbers advantage (examples: 2 on 1, 3 on 1, 3 on 2, 4 on 2).

## **Water break**

### **Motion offense basics: screen down, screen across and screen away**

Time: 14-15 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they're running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don't receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.
- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order. Learning these basic patterns as described will take 4<sup>th</sup>-graders more time than 15 minutes, but this offense will be taught in greater detail in fifth grade and beyond.
- There are many other options to this offense. If you have a basketball-savvy group and have time to move forward, teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Another option if you don't have positions selected is to move players around so that they get an opportunity to play at multiple positions in the motion.

## **Water break**

### **Game**

Time: 7-8 minutes

Description:

- Play 3 on 2-2 on 1, an intense full-court fast break drill.
- Set up three players at halfcourt: 1 with the ball in the middle and 2 players a few feet inside the left and right sidelines.
- Set up 2 players on defense: 1 between the top of the key and the free throw line and the other in the lane.
- The 3 players sprint the lanes and push the ball up the court in a fast break. with the 2 lane runners cutting toward the basket once they reach the free-throw line extended. The point guard leading the break pushes the ball up-court until he's able to draw the perimeter defender. He then either passes to one of the cutters. who draws the lane defender and passes to the other cutter for a layup or drives in for a layup if the lane defender doesn't commit, or drives past the initial defender to create a 3 on 1 opportunity.
- Count down from a predetermined amount of time to create urgency and get the players used to

playing at a fast but under control pace on the break. The offense can rebound and shoot as many times as needed in the allotted time you give them. while the defense can end their possession with a steal, defensive rebound, forcing a turnover or knocking the ball out of bounds.

- The last offensive player to touch the ball hustles back to play defense against the two defenders who now are on offense in a 2 on 1 fast break. Make sure the two offensive players are spaced at least the width of the lane apart and that the player without the ball is looking back for a pass as he runs the floor ahead of the ball-handler and defender. Count down a predetermined amount of time that the 2 players have to fast break and score against the 1 defender.
- The other two offensive players who were part of the 3 on 2 break are now on defense and wait for the next group of 3. Once the 2 on 1 break crosses halfcourt. the next 3 players in line hustle to take their spots at halfcourt (1 point guard and 2 wing runners) for the next round of 3 on 2.
- The game continues in this fashion.

### **Post-game huddle**

# Fifth Grade Basketball Clinic Week 9

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: gator in the swamp

Time: 5-6 minutes

Description:

- Divide the players into two groups.
- The first group are the alligators and lie on their stomachs around the halfcourt circle. The second group are the runners and are lined up behind one baseline.
- After you say go, the runners try to run across the court to the opposite baseline for safety from the gators. The gators leave the halfcourt circle to chase the runners. Runners who are tagged by a gator sit out until the next game. Repeat this from the other side of the playing area over and over until one or no runners remain, then start again.

## Water break

### Shooting coming off down screens

Time: 8-9 minutes

Description:

- Practice using and setting screens down, across and screens away and coming off screens to shoot.
- If you have 2 coaches and 2 baskets, set up players first at the 5 (a few feet above the left low block) and 4 (a few feet above the right low block) as well as the 3 (this time at the left low block) and 2 (right low block) and the top of the key as the 1.
- Teach and demonstrate, then at your signal have the 5 take a couple of steps down toward the 3 and set a down screen for the 3 to run his defender into the screen by brushing shoulders with the 5. The 3 should fake a step or two the opposite direction he will be cutting to, then cut past the screen and pop out to the mid-range wing about 12-15 feet from the basket with his hands out and ready for a pass from the 1. The 2 should do the same thing at the same time coming off a down screen from the 4.
- The 1 then passes to either the 2 or 3, who catch, pivot on their left foot if they're the 3 (right foot if they're the 2), square up and shoot a jump shot. All 1s should alternate passing to the 2 and the 3 throughout the drill.
- Teach the 4 and 5 to pivot and open up and take a step toward the passer (the 1) after their teammate has rubbed shoulders and cut past them. This will be important when learning the 3-in, 2-out motion offense.
- The 4 and 5 move into position for the offensive rebound as soon as they see the 2 or 3 rising up to shoot.
- Continue this drill until everyone has gotten at least a couple of reps at each of the 5 positions.
- If time allows, have the 2 and 3 run fade cuts where they come off the screens and cut along the baseline instead of to the wings. They can also be taught to run a curl cut off the screens, curling toward the respective edges of the free-throw lane.
- If time allows, use defenders to make this game-like.

### Motion offense

Time: 12-13 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they're running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).

- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don't receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.
- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order. Learning these basic patterns as described will take 4<sup>th</sup>-graders more time than 15 minutes, but this offense will be taught in greater detail in fifth grade and beyond.
- There are many other options to this offense. If you have a basketball-savvy group and have time to move forward, teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Another option if you don't have positions selected is to move players around so that they get an opportunity to play at multiple positions in the motion.

## **Water break**

### **Baseline out of bounds play**

Time: 5-6 minutes

Description:

- Teach teams a baseline play called Stack that can be run on either side of the basket.
- The 2 inbounds.
- The 3, 5, 4 and 1 line up single file in that order on the strong side of the court about 2 feet outside of the lane. The 3 is 4-5 feet from the baseline, and the 1 is near the strong-side free-throw elbow.
- After the 2 is handed the ball, the 3 turns around and sets a back screen on the defender guarding the 5. The 5 fakes quickly and cuts toward the basket. This is option 1.
- At the same time, the 4 turns and sets a screen on the defender guarding the 1, who cuts to the free-throw line area. This is option 2.
- The 3 and 4 both roll after the 5 and 2 cut past them. The 3 rolls to the baseline about 15-18 feet from the basket looking for a pass (option 3), and the 4 rolls and pops out to the 3-point arc on the strong-side wing (option 4). If the 4 receives the pass, the 1 can pop out to the top of the key for a pass and players get organized in their positions to run a play or the 5 can flash to the mid-post looking for an entry pass from the 4.

### **Halfcourt offense and defense game**

Time: 11-12 minutes

Description:

- Put players into two teams of 5 by position with pinnies to designate teams by color.
- Start with Team A on offense and Team B on defense.
- Teach and call out plays for Team A. They get 2 points for every time they score on a possession.
- Then do the same for Team B on offense with Team A now on defense.
- Each team gets the same number of possessions on offense. Team with the most points wins.
- Play options are:
  - Motion (3-out, 2-in motion offense with all options on the table)
  - Ball screen options – 15 (1 dribbles around ball screen from 5), 14 (1 dribbles around ball screen

- from 4), 24 (2 dribbles around ball screen from 4) and 35 (3 dribbles around ball screen from 5).
- Optional: if you have time, have both teams run and defend Stack.

### **Water break**

#### **Game: 5 on 5 full court**

Time: 10-11 minutes

Description:

- Play 5 on 5 halfcourt.
- Make sure both teams get an opportunity to play both offense and defense.
- Use pinnies to designate teams by color.
- Optional: give teams a bonus point for successfully executing a play or fast break (3 points instead of 2) to encourage execution and attention to detail.

### **Post-game huddle**

# Fifth Grade Basketball Clinic Week 10

## Pre-game huddle

### Dynamic stretching

Time: 4-5 minutes

### Warmup: under pressure

Time: 5-6 minutes

Description:

- Have the players dribble around in a square area of the court or inside the 3-point arc (depending on how many players are in your class). Then remove one, two or three balls based on how much pressure you want to create. Tell them whoever has possession of a ball after one minute wins. If they can chase someone out of bounds, they automatically win that ball, though players can steal balls back, and players can steal a ball from another player or get them to dribble it off their foot or lose control and get it stolen.
- Count down the last 10 seconds with a loud voice to increase the action.
- Play 2-3 times.

## Water break

### Review: man-to-man defensive positioning

Time: 5-6 minutes

### Review: motion offense and ball screens out of motion offense

Time: 9-10 minutes

## Water break

### Review fast break and baseline play Stack

Time: 6-7 minutes

### Pre-game warmups

Time: 7-8 minutes

Description:

- Set up the players into two teams. Have each team do layup and rebounding lines at opposite baskets on the court. The first player in the rebounding line boxes out the second player in the line while the first player in the layup line dribbles in and shoots a layup.
- The layup shooter goes to end of rebounding line, and first rebounder grabs the rebound, passes to the new first player in layup line and then runs to the back of the layup line.
- After two minutes, players then shoot a jump stop pullup jump shot in the shooting line.
- For the last few minutes, run the t-shot drill from an earlier class.

## Game

Time: 20-21 minutes

Description:

- Play a full-court game of 5 on 5.
- Coaches serve as referees.
- Make sure everyone gets in the game.
- Use different colored pinnies to designate teams.
- Use this game to help the players continue learning the defensive and offensive principles you have been teaching.
- Have a no-full-court press rule to keep the game clean.
- Start the game with a jump ball.

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- Sub liberally so everyone plays and everyone gets a breather on the sidelines.
- Instruct players to drink water after coming out of the game.
- If players are ready, call out ball screen plays and “motion.” Otherwise, let them play, encourage them to make aggressive mistakes, encourage them to work as a team, be assertive and have fun.

**Optional: Game**

Time: 3-5 minutes

Description:

- End on an upbeat note playing a game like knockout that has been a group favorite.

**Post-game huddle**

### **Warmup: follow the leader**

Time: 4-5 minutes

Description:

- Each player gets a basketball and lines up single file in one corner of the court with several feet between each player.
- Instruct players to follow you wherever you go, copying whatever dribble and action you're doing.
- Ideas include: slapping the ball with your right hand, slapping the ball with your left hand, tossing the ball back and forth between hands while walking on your tiptoes, rotating the ball around your left leg and then your right leg, rotating the ball around your waist, dribbling extra low, dribbling extra high, dribbling with your left hand, your right hand, speed dribbling, crossover, hesitation, pattern of two dribbles low and two dribbles high, dribbling while sitting, dribbling while on your knees, dribbling in a circle, reverse dribble and dribbling the ball back and forth from your left to right hand.
- If one of the players is a good dribbler, have them be the leader for one to two minutes.

### **Ball-handling**

Time: 6-7 minutes

Description:

- Each player needs a ball. Demonstrate and explain each skill. Emphasize using only the fingertips.
- Hold the ball with the fingertips. Have them squeeze the ball as they rotate it back and forth from one hand to the other. The ball should not touch the palms of the hands.
- Tip the ball back and forth from one hand to the other starting with hands over the head. Then gradually move the ball down and continue to tip it back and forth at the chest, waist, knees and ankles, then back up again. Keep the elbows straight while doing this.
- Have players put their feet together and make circles around both legs. Then circle around the back and around the head. Then combine them and move the ball in circles around the head, then down the body, around the knees and around the ankles. Then come back up again.
- With one leg forward, move the ball in a circular motion around the leg. Then do the same around the other leg. Then have players spread their legs wide with the ball in front of them. Move the ball around the legs in a figure eight. Then reverse the direction.
- Instruct players to place the ball between their feet and grab it with both hands. Begin with the left hand behind the left leg and the right hand in front of the right leg. Drop the ball so it bounces once. They then move their left hand in front of their left leg and their right hand behind their right leg, catching the ball as it bounces up. Drop it again and switch their hands back to the original position (left behind, right in front) and catch it. Repeat this motion consecutively.

### **Shooting**

Time: 11-12 minutes

Description:

- Form two lines. One line is at the left elbow of the free throw line and the players in this line each have a basketball. The other line is at the right elbow.
- At your signal, the first player in the right line begins moving down the right side of the lane with both hands out to receive a pass while looking toward the first person in the left line. The passer then delivers a chest pass to the right-side player, who receives the pass, stops, squares up to (faces) the basket and shoots a jump shot.
- The two players then switch and go to the end of the other lines, with the shooter following their shot, rebounding the ball and dribbling to the end of the passing line.
- After everyone shoots a couple of times from the right, switch the lines so that players pass from the right and shoot to the left of the basket.
- Then instruct players to square up to (face) the right or left side of the box on the backboard and shoot a bank shot.
- Then form two single-file lines: one at the right wing several feet inside of the 3-point arc and the other from the left elbow of the free-throw line.
- Players in the left line have basketballs.
- The first player in the left line throws a bounce pass to the first player in the right line. The



receiving player catches the pass, gets into triple-threat position, and then dribbles toward the basket. They jump stop, get the ball into shooting position and rise up and shoot a short jump shot near the basket, using the backboard.

- The passer moves to the left side of the basket after passing and gets in rebound position. If the first shot goes in, the shooter retrieves the ball and dribbles to the end of the passer line. If the first shot misses, the passer gets the rebound and puts up a shot of their own. The original shooter grabs the ball after this sequence and dribbles to the end of the passer line.
- After a few minutes, move the shooter line to the left wing several feet inside the 3-point arc so players can practice dribbling with their left hand and jump stop on the left side of the basket.

### **Warmup: round up the sheep**

Time: 5-6 minutes

Description:

- Play round up the sheep.
- Divide the group into two teams.
- Assign the two teams to opposite baselines.
- Roll a dozen balls around the court. Explain that the balls are sheep that have escaped the sheep pen. The players are the farmhands who will round them up. Each of the baskets are sheep pens.
- After you blow your whistle, the two teams chase after the basketballs and dribble them (trying not to travel or double dribble) to the baskets and attempt to shoot them into the "sheep pens."
- The team that makes the most baskets wins.
- Play the game as many times as you choose.

### **Option 1: game**

Time: 12-13 minutes

Description:

- Play a full-court game of 5 on 5.
- Coaches serve as referees.
- Make sure everyone gets in the game.
- Use different colored pinnies to designate teams.
- Use this game to help the players continue learning the basics of man-to-man on-ball/deny/help-side defense and whatever offensive principles you want them to work on (ball screens, motion, etc.).
- Have a no-full-court press rule to keep the game clean.
- Start the game with a jump ball.