

**Kanata Basketball Association**

**Skills & Drills**

**Ten Practice Plans**

**for**

**FUNdamental Phase Players**

**(Ages 6 – 10)**

# The FUNdamental Phase

(Ages 6 – 10)

This is a very important part of a child's development in sports, but unfortunately, it is also one that tends to get neglected. Athletes are between the ages of 6 and 10 during this stage. This is when a child's basic general physical, motor-learning, affective, cognitive and psychosocial skills and capacities are developed. These skills are acquired through the use of fun activities, games, and participation in as many sports as possible. This is when the ABCs of athletics: agility, balance, coordination and speed, are introduced and developed. Athletes can be shown the basis of specialized sports skills such as: shooting, catching, passing, and dribbling. (Balyi, 2000)

The number of times per week your players get together to practise will determine their ability to grasp certain motor skills. It is suggested that 3 times per week is only maintenance, while at least 4 sessions per week are needed to optimize development. It will be difficult for you and your team to get together this many times per week, therefore it may be a good idea for you to suggest that they play some other sports or games several times a week to help keep them active.



# Practice Plan

## For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 1 Date
Emphasize -BIG jump stop -go as fast as you can with ball handling drills -eyes up when dribbling		-

EMPHASIS OF DAY-be strong when holding the ball  
 THOUGHT OF DAY- cheer for each other  
 HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.butt kicks 2.knees to chest 3.gaint skips 4.backwards jog 5.carrioca run 6.bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble knock out	A dribbling game where kids attempt to knock the ball away from each other
12:10-12:15	<b>Ball Handling/dribbling drills</b> Finger tipping, stationary bounce Hand slaps, push pull Body circle, spider dribble Leg circles, scissor dribble Figure 8's, sitting on floor dribble	There are many drills to choose from. Try and use new ones each session
12:15-12:17	Water break	
12:17-12:22	Teach Triple threat stance	demonstrate
12:22-12:25	Have kids on the end line all in triple threat stance -introduce pivoting as well	On sound of whistle, kids take 2 dribble, jump stop and get into triple threat stance. Go up and down floor 2X. Then go up and down, but after they come to a "jump stop" they must then pivot all the way around.
12:25-12:27	Teach Dribble/Pivot/Pass drill	demo
12:27-12:33	Have kids partner up with one ball between the 2 of them and do the drill- Dribble/Pivot/Pass	-emphasize a BIG jump stop and a quick, strong pivot -when catching the ball, have hands up

12:33-12:37	On coach's cue of "GO", kids must run around gym, make a shot at each basket and sit in the center circle. The kids are racing against each other in this drill	
12:37-12:40	water	
12:40-12:45	Do "x lay up drill"	Kids begin beneath the basket. They dribble to the foul line, jump stop, pivot, and dribble in for a layup. Have each player make 8 shots.
12:45-12:55	Relay races-divide kids into 2 or 3 groups, have them do the following races. 1.dribble right hand(eyes up) 2.dribbling left hand(eyes up) 3.alternating hands 4.jump stop and pivot at chair then dribble back 5.have them dribble backwards	Set up a chair about 15 feet away from the line  Kids must run around the chair each time they take their turn.
12:55-1:00	Scrimmage or British Bulldog	
	Closing remarks	

# Practice Plan

## For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	Practice #2 Date
Emphasize -stepping into pass, flicking wrists, thumbs down, pinkie up -throw hard passes -use the "SHAPE UP!" command several time today		Key words for passing "fire a pass, POP a pass" "hands up"

EMPHASIS OF DAY-hands up

THOUGHT OF DAY- call each other's names in all passing drills

HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.butt kicks 2.knees to chest 3.gaint skips 4.backwards jog 5.carrioca run 6.bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Passing tag	A passing game where children tag each other. The game begins with 2 players that are "it". Only when one of the "taggers" has the ball, can they tag someone. The 2 taggers move around the floor passing the ball to each other, trying to tag everyone. Once a person is tagged they become a tagger. The game ends when all players are taggers.
12:10-12:15	Full court dribbling -right/left hand , up and back (use "stop" and "go" cues) -right light, green light -introduce cross over moves	Cross over moves:in front of body, b/w legs, behind back, spin (keep eyes up , off the ball)
12:15-12:17	Water break	
12:17-12:22	Introduce passing DEMO Key pts:step into pass, flick wrist, thumbs down, pinkies up, receiver has hands up	Hands on back on ball in shape of "W" Illustrate passes (chest, bounce, over head, push)
12:22-12:32	Get players to partner up, with one ball between the two of them -stand about 12 feet apart, maybe closer	Execute the following passes:chest, bounce, over head, push -move quickly

12:32-12:37	-try using two balls, so players are passing to each other simultaneously	-one player makes bounce pass while the other makes chest pass
12:42-12:47	Semi circle passing -rotate the player in the middle every minute	5 kids per group, 2 balls, have 1 player in the middle, as player throws a pass, he/she receives the other pass.
12:47-12:50	Dribble Pivot Pass	Do this quickly, focus on a Big Jump stop, and a quick pivot, get low in triple threat stance
12:50-12:52 12:50-1:00	Wall shooting Partner shooting	Play shootings games-the first group to make five baskets wins

# Practice Plan

## For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 3 Date
Emphasize -the wrist action involved in shooting -use your legs when you shoot -for the "non winners" in the shooting drills, they must do 3 exercises(jumping jacks, push ups, star jumps)		Key words for passing "flick" "elbow over eyes"

EMPHASIS OF DAY-hands up

THOUGHT OF DAY- call each other's names in all passing drills

HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.lateral shuffle 2.carioca 3.standing long jumps 4..zig zag runs 5.running down crt. Forward then back, switch at the foul line and center crt markers.	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble Pivot Pass	
12:10-12:15	Dribble knock out	-guard the ball, keep eyes up
12:15-12:17	Water break	
12:17-12:22	Intorduce shooting DEMO -have kids sit on floor and flick wrist, to become familiar with wrist action	Have kids stand all facing the basket: Key points:feet squared, knees bent, BEEF(balnce, elbows, eyes, follow through)
12:22-12:32	Wall shooting Floor shooting Form shooting Perfect shots	-against the wall, alining forearm on wall -lying on back, flick ball into air -3 feet away from basket -6 to 8 feet away from basket
12:32-12:37	-partner shooting(2 people 1 ball per pair)	-first group to make 5 shots wins! -shoot from different spots on floor
12:37-12:40	Dribble/Pivot/Pass	-2 kids/1 ball focus on Jump stops, pivoting, passing.
12:40-12:42	water	
12:42-12:52	Moves on the Move Key pts: keep head up,	Set up a pylon at each elbow of the key. Player begin at half crt. Dribble towards

		pylon and execute a cross over move on pylon. Player then goes in for lay-up. Gets own rebound and fribble back towards center, making another x-over move on next pylon.
12:52-1:00	Scrimmage 3 on 3	-rule must have 4 passes before a shot can be taken.

# Practice Plan

## For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 3 Date
Emphasize -the wrist action involved in shooting -use your legs when you shoot -for the "non winners" in the shooting drills, they must do 3 exercises(jumping jacks, push ups, star jumps)		Key words for passing "flick" "elbow over eyes"

EMPHASIS OF DAY-hands up

THOUGHT OF DAY- call each other's names in all passing drills

HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.lateral shuffle 2.carioca 3.standing long jumps 4..zig zag runs 5.running down crt. Forward then back, switch at the foul line and center crt markers.	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble Pivot Pass	
12:10-12:15	Dribble knock out	-guard the ball, keep eyes up
12:15-12:17	Water break	
12:17-12:22	Intorduce shooting DEMO -have kids sit on floor and flick wrist, to become familiar with wrist action	Have kids stand all facing the basket: Key points:feet squared, knees bent, BEEF(balnce, elbows, eyes, follow through)
12:22-12:32	Wall shooting Floor shooting Form shooting Perfect shots	-against the wall, alining forearm on wall -lying on back, flick ball into air -3 feet away from basket -6 to 8 feet away from basket
12:32-12:37	-partner shooting(2 people 1 ball per pair)	-first group to make 5 shots wins! -shoot from different spots on floor
12:37-12:40	Dribble/Pivot/Pass	-2 kids/1 ball focus on Jump stops, pivoting, passing.
12:40-12:42	water	
12:42-12:52	Moves on the Move Key pts: keep head up,	Set up a pylon at each elbow of the key. Player begin at half crt. Dribble towards

		pylon and execute a cross over move on pylon. Player then goes in for lay-up. Gets own rebound and fribble back towards center, making another x-over move on next pylon.
12:52-1:00	Scrimmage 3 on 3	-rule must have 4 passes before a shot can be taken.

# Practice Plan

For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	<u>Practice # 4</u> <u>Date</u>
Emphasize-proper foot work of lay-up -eyes up when dribbling -good flick on shots		

EMPHASIS OF DAY-be strong when holding the ball  
THOUGHT OF DAY- cheer for each other  
HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills-while bouncing ball 1.butt kicks 2.knees to chest 3.gaint skips 4.backwards jog 5.carrioca run 6.bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Full court dribbling	-working on the following x-overs: 1.in front of body 2.between legs 3.spin 4.straight ahead with both hands
12:10-12:15	<b>Ball Handling /dribbling drills</b> Finger tipping, stationary bounce Hand slaps, push pull Body circle, spider dribble Leg circles, scissor dribble Figure 8's, sitting on floor dribble	There are many drills to choose from. Try and use new ones each session - do these drill balancing on alternate legs
12:15-12:17	Dribble/Pivot/Pass	
12:17-12:22	Introduce lay-ups DEMO -have them all in one line to begin, so they get technique correct -key pts:knee and arm go up together, keep ball on hip,	Show progressions 1. gaint skips 2. high 5 lay-ups 3. off 1 foot 4. then with 2 steps 5. then with 3 steps 6. then with dribble
12:22-12:27	Split into 2 lines-a lay-up line and a rebound line	
12:27-12:29	water	
12:29-12:33	Form shooting at a basket	

12:33-12:37	Partner shooting-2 player , 1 ball	First group to make 5 baskets wins, then have everyone rotate 1 basket to the left and play again.
12:37-12:43	Cross over attack	Players partner up, each with a ball. They line up across from each other on oppsite sides of crt. On "GO!" they dribble at each other, and make the same move as they reach each other. (ie. Cross over in front of body left to right hand)
12:43-12:50	4 corner passing -keep hands up, throw hard passes "fire a pass"	Put players into 4 lines, each line at a corner of the key. Player makes a pass to the right and follows pass, filling in behind that ine.
12:50-12:57	British Bull Dog	
12:57-1:00	Shooting competition	Split everyone into 2 groups at opposite baskets.(1- ball per group) First group to make 10 lay-ups wins

# Practice Plan

For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	<u>Practice # 5</u>
		<u>Date</u>
Emphasize -BUTT down, HANDS up on defense	Yell "SHAPE UP!" periodically today	

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day-

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1. butt kicks 2. knees to chest 3. gaint skips 4. backwards jog 5. carrioca run 6. bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Follow the leader	-perform all sorts of cross over moves, shoot lay-ups, jump shots.
12:10-12:15	<b>Ball Handling /dribbling drills(be creative)</b> Finger tipping, stationary bounce Hand slaps, push pull Body circle, spider dribble Leg circles, scissor dribble Figure 8's, sitting on floor dribble	<b>There are many drills to choose from. Try and use new ones each session</b>
12:15-12:17	Water break	
12:17-12:22	Introduce Defense Get kids spread out in front of coach. Teach proper stance	Key words-"butt down, hands out, feet wide, slide"
12:22-12:25	Do the Military Drill	Coach uses cues of :STANCE", "CHOPPERS", "LEFT", "RIGHT", SHOT", "BALL"
12:25-12:28	Full court slides	demo
12:28-12:33	Key slides	-emphasize staying low, with hands up
12:33-12:37	Dribble/Pivot/Pass	
12:37-12:40	water	
12:40-12:43	Form shooting	
12:45-12:50	Pig in Middle	Focus on throwing good passes, using pass fakes Person in the middle can focus on having hands up!

12:50-1:00	Shooting competitions	Have kids partner up, get one ball between the 2 and go to a basket Play shooting games, ie. first to make 5 from a spot wins!
	Closing remarks	

# Practice Plan

For players aged 6-10

<u>Prepractice notes</u>	<u>Teams:</u>	<u>Practice # 6</u> <u>Date</u>
		-
Emphasize -eyes up when dribbling	Yell "STANCE!" periodically today	

EMPHASIS OF DAY-  
THOUGHT OF DAY-  
HANDOUT of day-

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	All kids get a ball, and must make a lay-up at each basket in the gym, then sit at center crt	
12:05-12:10	Dribble knock out	
12:10-12:12	Dribble/Pivot/Pass	Emphasize, big jump stop(be balanced), good triple threat stance, tight with the ball, quick pivot
12:12-12:17	Ball Spin (really emphasize the pivoting here)	Have players, stand underneath basket, spin the ball to themselves, catch in a triple threat stance and square up to hoop ( <b>pivoting</b> to face the hoop)
12:17-12:22	Review proper passing technique	Partner kids up, 1 ball. -work on chest, bounce, over head, one handed passes back and forth -then have 2 balls going at the same time
12:22-12:27	Star Passing -have then go faster all the time	Split kids into 2 groups, have 2 balls in each group of 5 or 6
12:27-12:29	water	
12:28-12:33	British Bull dog	
12:33-12:37	Imaginary shooting	-player get a partner nad 1 ball, they stand about 10 feet apart and shot the ball up inot the air to each other.
12:37-12:42	2 line lay-ups	review
12:42-12:48	4 corner passing	-keep hands up, follow your pass, add more balls as kids become comfortable
12:48-12:52	Shooting competitions	Have kids partner up, get one ball between the 2 and go to a basket Play shooting games, ie. first to make 5 from a spot wins!
12:52-1:00	Scrimmage 3 on 3	
	Closing remarks	

**Practice Plan #7 For players aged 6-10**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice #7
Emphasize -have good shooting form -run quickly from drill to drill		Date

**EMPHASIS OF DAY-hands up and call names when passing!**

**THOUGHT OF DAY-**

**HANDOUT of day:**

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.butt kicks 2.knees to chest 3.gaint skips 4.backwards jog 5.carrioca run 6.bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Passing tag	A passing game where children tag each other. The game begins with 2 players that are "it". Only when one of the "taggers" has the ball, can they tag someone. The 2 taggers move around the floor passing the ball to each other, trying to tag everyone. Once a person is tagged they become a tagger. The game ends when all players are taggers.
12:10-12:15	Wall shooting	Have kids shoot ball with perfect form against wall.
12:15-12:17	Water break	
12:17-12:22	Basketball-Football	Split kids into 2 teams, the object of the game being to advance the ball to the other end of court without dribbling. When a player catches the ball beyond the end line a pt is awarded
12:22-12:32	Pig in Middle passing	Make sure hands are always up. Throw quick hard passes.
12:32-12:37	Dribble/Pivot Pass	Big JUMPSTOP
12:42-12:47	2 line lay-ups	Make sure player do not have too far to dribble. Go 1 dribble and lay up-then 2 dribbles.
12:47-12:50	4 Corner passing	
12:50-1:00pm	Game of 4 on 4	

**Practice Plan #8 For players aged 6-10**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice #8
Emphasize -go as quickly as you can in each drill		Date
		"

EMPHASIS OF DAY-hands up  
 THOUGHT OF DAY- try and make mistakes  
 HANDOUT of day:

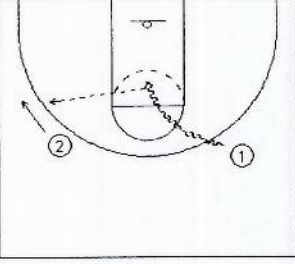
<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Relays	Use different running techniques during the relay games. Use a ball as well
12:05-12:10	Dribble knock out	A dribbling game in which each child has a ball, dribbles while trying to knock all the other players basketballs away.
12:10-12:15	<b>Ball Handling/dribbling drills(be creative)</b> Finger tipping, stationary bounce Hand slaps, push pull Body circle, spider dribble Leg circles, scissor dribble Figure 8's, sitting on floor dribble	Choose new drills each time.
12:15-12:17	Water break	
12:17-12:22	Follow the leader.	Have each child with a basketball. Have the coach lead, children follow in random patterns around the gym.
12:22-12:32	Shooting competitions	Break children into several groups. Play shooting games to a score of 5. So "first group to make 5 wins"
12:32-12:37	Dribble/Pivot Pass	
12:42-12:47	Partner passing drills	Have kids partner up and work on a variety of passes (chest, bounce, over head, one handed) Then go with 2 balls simultaneously.
12:47-12:50	Floor shooting	Have kids lie on floor and shoot ball up into the air.
12:50-1:00pm	British Bull Dog.	

**Practice Plan #9 For players aged 6-10**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice #9 Date
Emphasize -have good shooting form -good, big, jumpstops		

EMPHASIS OF DAY-hands up  
 THOUGHT OF DAY- call each other's names in all passing drills  
 HANDOUT of day:

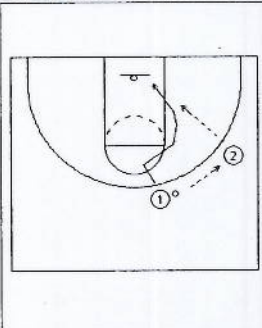
<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1. butt kicks 2. knees to chest 3. gaint skips 4. backwards jog 5. carrioca run 6. bounding	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	Dribble knock out	Each child has a ball, and while dribbling, attempts to knock everyone else's ball away. If the ball is knocked away and rolls out of bounds, that child is out of game.
12:10-12:15	Wall shooting	Have kids shoot ball with perfect form against wall.
12:15-12:17	Water break	
12:17-12:22	Wall passing	Have 4 kids in a row facing the wall.. The kids throw chest passes against the wall and after they throw a pass, they shuffle side ways and fill in at the back of the line. The next person in line catches the ball and quickly throws a pass against the wall.
12:22-12:32	Moves on the Move Key pts: keep head up,	Set up a pylon at each elbow of the key. Players begin at half crt. Dribble towards pylon and execute a cross over move on pylon. Player then goes in for lay-up. Gets own rebound and dribble back towards center, making another x-over move on next pylon.
12:32-12:37	Dribble pivot pass	

12:42-12:50	<p>Passing play! 2 on 0          2 on 0 drive and pass. Have a player on the wing drive to the middle of the key, come to a jump stop, and make a pass to another player that shoots. Call each other name-passer and shooter</p>		
12:50-1:00pm	3 on 3 game		

**Practice Plan #10 For players aged 6-10**

<u>Prepractice notes</u>	<u>Teams:</u>	Practice # 10 Date
Emphasize -the wrist action involved in shooting -use your legs when you shoot - dribble with your head UP!		Key words for shooting "flick"

EMPHASIS OF DAY-hands up  
 THOUGHT OF DAY- call each other's names in all passing drills  
 HANDOUT of day: no hand out today

<u>TIME</u>	<u>ACTIVITY</u>	<u>NOTES</u>
12:00-12:05	Running drills 1.lateral shuffle 2.carioca 3.standing long jumps 4..zig zag runs 5.running down crt. Forward then back, switch at the foul line and center crt markers.	Have players do these exercises the full length of the court. When they reach the opposite end have them do the same drill coming back.
12:05-12:10	British Bull dog	
12:10-12:15	2 on 0 passing play.  1 passes to 2 and cuts to the hoop, 2 then passes back to 1 and 1 shoots a lay up.	
12:15-12:17	Water break	
12:17-12:25	Full court dribbling	<ol style="list-style-type: none"> <li>1. right down, left hand back</li> <li>2. cross over every 2 dribbles</li> <li>3. B/w legs every 3 dribbles</li> <li>4. Accelerate-decelerate dribble(fast-slow-fast-slow)</li> <li>5. Race-first to get o the end wins!</li> </ol>
12:25-12:32	Everyone go shoot a lay-up at each hoop and sit in middle.	
12:32-12:37	Wall shooting	--shoot 20 shots, emphasize the wrist FLICK!
12:37-12:40	Dribble/Pivot/Pass	-2 kids/1 ball focus on Jump stops, pivoting, passing.
12:40-12:42	-partner shooting(2 people 1 ball per pair)	-first group to make 5 shots wins! -shoot from different spots on floor
12:42-12:52	Play 3 offense vs. 2 defense. This way kids have more of a chance to score and passing is easier.	- encourage kids to pass to the player who is open and closest to the basket
12:52-1:00	Scrimmage 4 on 4 full court	