

HOOP STARS

Program Overview

- **Duration: 6 Weeks (1 hour per week).**
- **Theme: Gain excitement for baseball / Learn basic fundamentals of baseball**
 - **Week 1: Intro to Basketball**
 - **Week 2: Passing and Catching**
 - **Week 3: Shooting**
 - **Week 4: Defense**
 - **Week 5: Putting the Game of Basketball Together**
 - **Week 6: Fun & Games**
- **Coach Mantra: "Play Hard, Play Smart, Play Together, Play True."**

Hoop Stars Basketball, the successor to Little Hoop Stars Basketball, involves creating a fun, engaging, and developmentally appropriate series of activities, focused on fundamental motor skills, basic basketball techniques, and enjoying the game.

Each 6 week session is 1 hour long, with a slightly more advanced focus on basic fundamentals in a fun, enthusiastic and enriching environment.

At the end of each program, kids will have an understanding of dribbling, passing & catching, shooting and defending.

Field Setup

- **Will depend on size and layout of the court, number of lowered baskets, etc.**

Equipment Checklist (Needed Every Session)

- **20 youth basketballs**
- **20 pinnies**
- **At least 6 lowered hoops**
- **20 cones**

Coach Arrival & Check-In Focus

- **Coaches will check in the kids as they arrive.**
- **Other coaches will maintain supervision of unorganized play.**
- **Emphasize professional demeanor & courteous manner.**
- **Maintain awareness & supervision of kids who have arrived already.**

Coaches will emphasize...

- **Hand and Finger Control**
 - Use fingertips and finger pads to control the ball, not palm slapping
 - Spread fingers wide when dribbling
 - Keep hand relaxed but firm on the ball
- **Body Positioning**
 - Keep head up and eyes forward while dribbling
 - Maintain an athletic stance with knees slightly bent
 - Dribble the ball low, just a few inches off the ground
- **Essential Dribbling Principles**
 - **Hand Usage:** Practice dribbling with both hands equally
 - **Elbow Movement:** Use the elbow to control ball height and direction
 - **Purpose:** Every dribble should have a specific purpose, not just random bouncing

Video Links

- The Ultimate 5 Minute Ball Handling Workout for [BEGINNERS](#)
- How To Teach [Dribbling](#) A Basketball To Kids
- Get Your HANDLE Right | At-Home Dribbling [Workout](#)
- How to [Dribble](#), Basics
- How To Dribble A [Basketball](#) For Beginners! Basketball Basics [SECRETS]”
- Passing Fundamentals
 - [1](#)
 - [2](#)
- Basketball [Shooting](#)
- Defensive [stance](#)
- How To Play Defense For Beginners! Basketball Basics + [SECRETS](#)

HOOP STARS: WEEK 1

Coaches will emphasize...

- **Hand and Finger Control**
 - Use fingertips and finger pads to control the ball, not palm slapping
 - Spread fingers wide when dribbling
 - Keep hand relaxed but firm on the ball
- **Body Positioning**
 - Keep head up and eyes forward while dribbling
 - Maintain an athletic stance with knees slightly bent
 - Dribble the ball low, just a few inches off the ground
- **Essential Dribbling Principles**
 - **Hand Usage:** Practice dribbling with both hands equally
 - **Elbow Movement:** Use the elbow to control ball height and direction
 - **Purpose:** Every dribble should have a specific purpose, not just random bouncing

Total Session Time: 60 Minutes

I. Welcome & Warm-up (10 Minutes)

- **5 Minutes - Coaches Intro & Talk:**
 - Coach conducts the main introductory talk to parents and participants.
 - Address basic rules, goals, and the impact of the game.
- **5 Minutes - Dynamic Stretching (Led by Coach):**
 - Light jog
 - Arm circles
 - High knees
 - Butt kicks
 - Torso twists

II. Skill Demonstration & Focus Drills (20 Minutes)

- **5 Minutes - Dribbling Demo (Led by Coach):**
 - Coach demonstrates the basics of dribbling.
 - Coaches emphasize: Hand/Finger Control (fingertips, not palm), Body Positioning (head up, knees bent), and Low Dribble.
- **15 Minutes - Dribbling Drills (Whole Group Skill Focus):**
 - **Stationary Dribble:** Dribble with the right hand (30 seconds), then switch to the left hand (30 seconds). Focus on low, controlled dribble.
 - **Figure 8 Dribble:** Dribble the ball in a figure-eight pattern around both legs. Focus on keeping the ball low and close.
 - **Cross Over Dribble:** Practice quickly crossing the ball from the right hand to the left hand. Progress from stationary to walking/jogging.

III. Fun Application & Game Play (25 Minutes)

- **15 Minutes - Fun Dribbling Games (Pick 2):**
 - **Coaches run 2 of the following games to apply dribbling skills:**
 - **Dribble Tag:** Dribble within a defined area while avoiding being tagged.
 - **Dribble Knockout:** Players attempt to knock out other balls while maintaining control of their own.
 - **Dribble Limbo:** Dribble under a limbo stick set at a low height.
 - **Shadow Dribbling:** Partners mimic a leader's speed and direction changes.
 - **Two-Ball Dribbling:** Dribble two balls stationary, then walking/jogging.
- **10 Minutes - Game Play:**
 - **Run a cross-court or half-court game (depending on group size/court layout).**
 - **Focus: Encourage dribbling with control and keeping the head up.**

IV. Finale & Recap (5 Minutes)

- **Run Court:** Lead participants in sprints (foul line, back / half court, back / far foul line, back / far baseline, back).
- **Recap:** Briefly review the key concepts of dribbling (fingertips, low, eyes up).

This plan focuses on Passing and Catching (Week 2 content). I will structure the plan to fit the 60-minute constraint by using the maximum time slots provided.

Timing Breakdown:

1. **Intro & Warm-up: 5 minutes**
 2. **Dribbling Review: 5 minutes**
 3. **Passing Demo: 5 minutes**
 4. **Partner Passing (Skill Focus): 10 minutes**
 5. **Passing Drills (Pick 2 at 10 min each): 20 minutes**
 6. **Game Play: 10 minutes**
 7. **Finale & Recap: 5 minutes**
- Total: 5 + 5 + 5 + 10 + 20 + 10 + 5 = 60 minutes.**

HOOP STARS: WEEK 2

Coaches will emphasize...

- **Chest Pass**
 - Hold the ball at chest level with both hands
 - Step towards the target
 - Push the ball forward, extending arms
 - Snap wrists, with thumbs pointing down at the end
- **Bounce Pass**
 - Similar starting position to chest pass
 - Aim for the ground about 3/4 of the way to the receiver
 - Ball should bounce up to waist height of the receiver
- **Overhead Pass**
 - Hold the ball above the forehead with both hands
 - Step forward and extend arms
 - Aim for the receiver's chin or chest area
- **Key Techniques**
 - Use fingertips to control the ball
 - Keep eyes forward and head up while passing
 - Step into the pass for more power
 - Follow through towards the target
 - Practice with both hands equally
- **Important Concepts**
 - **Accuracy:** Aim for the receiver's chest or waist area
 - **Timing:** Pass when teammates are open and ready
 - **Speed:** Deliver crisp, quick passes to avoid interceptions
 - **Court awareness:** Look for open teammates before passing

Total Session Time: 60 Minutes

I. Welcome, Warm-up & Review (15 Minutes)

- **5 Minutes - Coaches Intro & Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - One coach leads participants in dynamic stretching (Light jog, Arm circles, High knees, Butt kicks, Torso twists).
- **5 Minutes - Dribbling Review (Led by Coach):**
 - Coach reviews the fundamentals of dribbling (fingertips, low, head up).
- **5 Minutes - Passing Demonstration (Led by Coach):**
 - Coach demos the basics of Chest Pass, Bounce Pass, and Overhead Pass.

II. Passing Drills (30 Minutes)

- **10 Minutes - Partner Passing Drill (Whole Group Skill Focus):**
 - Players pair up and stand parallel, one ball per pair.
 - Coach dictates the pass type (Chest, Bounce, One-handed Push-Pass).
 - Coach frequently changes the pass type or increases the distance.

- Coaching Point: Emphasize stepping into the pass and mixing up pass types.
- 20 Minutes - Advanced Passing Drills (Pick 2, 10 minutes each):
 - Choose two from the list below, focusing on accuracy and technique:
 - Basic Passing Form: Practice Chest, Bounce, and Overhead Passes (3-4 min each) with coaching cues like "Step into the pass" and "Aim 3/4 of the way for the bounce pass."
 - Rapid Fire Chest Passing: Start close and increase distance, focusing on quick, crisp passing and stepping.
 - Diamond Passing: Players pass within a 4-cone diamond formation, rotating positions. Instruction: "Call your teammate's name before passing."
 - Circle Passing: Pass around the circle and then across the circle, emphasizing no lobs and calling for the ball ("Ball!").

III. Game Play & Finale (15 Minutes)

- 10 Minutes - Game Play:
 - Run a cross-court or half-court game.
 - Focus: Encourage players to use the various passes taught and to look for an open teammate before passing or shooting.
- 5 Minutes - Finale & Recap:
 - Lead participants in Run Court sprints (foul line, back / half court, back / far foul line, back / far baseline, back).
 - Recap the key fundamentals of passing (aim for the chest, follow-through, stepping).

HOOP STARS: WEEK 3

Coaches will emphasize...

- **Stance and Balance**
 - "Okay, let's start with your feet! Stand with your feet about as wide as your shoulders. Great! Now bend your knees a little and keep your weight on the balls of your feet. This will help you stay balanced."
- **Grip and Hand Placement**
 - "Now, let's talk about how to hold the ball. Use your shooting hand to lift the ball up. Make sure your fingers are spread wide and the ball is resting on your fingertips, not in your palm. Good! Your other hand should be on the side of the ball just to help steady it."
- **Shot Pocket**
 - "When you catch the ball, bring it right up to your 'shot pocket'—that's near your shoulder. This is where you'll get ready to shoot. Let's practice bringing it up quickly!"
- **Eyes on Target**
 - "Now, look at the hoop! Pick a spot to aim for, like the back of the rim or a little mark on the backboard. Keep your eyes on that spot while you shoot!"
- **Shooting Motion**
 - "Let's work on your shooting motion. Keep your elbow in close to your body and aim it at the hoop. When you shoot, push the ball up with your arm and snap your wrist like you're reaching into a cookie jar! Remember to keep that elbow straight!"
- **Follow Through**
 - "After you let go of the ball, hold your arm up high with your fingers pointing at the hoop. This is called your follow-through, and it helps make sure you shoot straight!"
 -

Total Session Time: 60 Minutes

I. Welcome, Warm-up & Review (15 Minutes)

- **5 Minutes - Coaches Intro & Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads participants in dynamic stretching (Light jog, arm circles, etc., for a safe start).
- **5 Minutes - Skill Review (Led by Coach):**
 - Coach reviews the fundamentals of dribbling, passing & catching from the previous weeks.
- **5 Minutes - Shooting Demonstration (Led by Coach):**
 - Coach demos the basics of shooting. Coaches should emphasize the B.E.E.F. principles (Balance, Eyes, Elbow, Follow-through).

II. Shooting Drills (30 Minutes)

- **Focus:** All drills should be done in pairs, 5–8 feet from the basket, emphasizing balance and follow-through.

1. Form Shooting (10 Minutes)

- **Setup:** Players in pairs, one ball per pair, 5–8 feet from the basket.
- **Instructions:** Focus purely on foot stance (shoulder-width) and proper grip (fingers spread, non-dominant hand for support).
- **Action:** Shoot with a fluid motion, emphasizing the elbow under the ball and the follow-through (fingers pointing at the target).
- **Rotation:** Switch shooter/rebounder roles after 5 minutes.

2. Jump Shot (10 Minutes)

- **Setup:** Same as Form Shooting.
- **Instructions:** Practice jumping straight up and shooting at the peak of the jump.
- **Action:** Execute the shot motion emphasizing the elbow and follow-through while jumping. Focus on landing in the same spot to show balance.
- **Rotation:** Switch roles after 5 minutes.

3. Give and Go Shooting (10 Minutes)

- **Setup:** Cones in a zigzag pattern leading to the basket, players in two lines.
- **Instructions:** First player dribbles through the cones, passes to a coach/partner near the basket, receives an immediate return pass, and shoots.
- **Action:** Focus on proper footwork and being on balance immediately after catching the return pass. Retrieve the rebound and join the other line.

III. Game Play & Finale (15 Minutes)

- **10 Minutes - Game Play:**
 - Run a cross-court or half-court game.
 - **Focus:** Encourage players to look for opportunities to shoot using the form they just practiced.
- **5 Minutes - Finale & Recap:**
 - Lead participants in Run Court sprints (foul line, back / half court, back / far foul line, back / far baseline, back).
 - Recap the key fundamentals of shooting (stance, elbow, and follow-through).

HOOP STARS: WEEK 4

Coaches will emphasize...

- Proper Defensive Stance
 - "Get low like a frog!"
 - "Spread your feet wide!"
 - "Keep your hands up like you're carrying a big pizza box!"
- Defensive Slides
 - "Slide like you're on ice!"
 - "Don't cross your feet!"
 - "Quick feet, like you're dancing!"
- Closeout Technique
 - "Run fast, then chop your feet like you're stomping grapes!"
 - "Hands up high to block the sun!"
 - "Stay on your toes, ready to move!"
- On-Ball Defense
 - "Watch their belly button, not the ball!"
 - "One hand high, one hand low!"
 - "Stay close, like you're their shadow!"
- 1-on-1 Defense Drills
 - "Stay between your player and the basket!"
 - "Move your feet, not your hands!"
 - "Be a mirror - copy their movements!"

Total Session Time: 60 Minutes

I. Welcome, Warm-up & Review (15 Minutes)

- 5 Minutes - Intro & Warm-up: (Assumed from typical 60-minute session structure)
 - Coaches lead dynamic stretching (light jog, arm circles, etc.).
- 5 Minutes - Skill Review (Led by Coach):
 - Coach reviews the basics of dribbling, passing & catching, and shooting.
- 5 Minutes - Defense Demonstration (Led by Coach):
 - Coach demonstrates the basics of defense, focusing on the proper low stance and hand positioning.

II. Defensive Drills (30 Minutes)

- Goal: Emphasize proper stance, footwork (no crossing feet), and communication.

1. Slide Drills (6 Minutes Total)

- Slide Drill (3 min):
 - Players practice the proper stance (feet wide, knees bent, hands up, back straight).

- Hold the stance for 10 seconds, rest, and repeat 3 times. Key phrase: "Get low like a frog!"
- **Defensive Slides Drill (3 min):**
 - Players line up between two cones (15 feet apart).
 - Slide back and forth, emphasizing not crossing feet and maintaining the low stance. Key phrase: "Slide like you're on ice!"

2. Closeouts and On-Ball Defense (16 Minutes Total)

- **Closeout Drill (8 min):**
 - Players sprint from the free-throw line to close out on a pass received near the three-point line.
 - The goal is to stop quickly, chopping feet, and put hands up to contest the imaginary shot. Key phrase: "Run fast, then chop your feet!"
- **On-Ball Defense Drill (8 min):**
 - Players pair up (one offense/one defense, no dribbling). Offense tries to get around the defender.
 - Defender practices staying in front. Key phrase: "Watch their belly button, not the ball!" (Focus on the player's center of gravity).

3. 1-on-1 Full Court (8 Minutes Total)

- **Action:** Pair up players. Offensive player dribbles full court against the defensive player.
- **Goal:** Defensive player applies full-court pressure, working to stay in front of the ball-handler.
- **Rotation:** Switch roles frequently (e.g., after one full trip) to give all players experience.

III. Game Play & Finale (15 Minutes)

- **10 Minutes - Game Play:**
 - Run a cross-court or half-court game.
 - **Focus:** Encourage players to apply their new defensive stance and slides during the game.
- **5 Minutes - Finale & Recap:**
 - Lead participants in Run Court sprints.
 - Recap the key fundamentals of defense (low stance, quick feet, hands up).

HOOP STARS: WEEK 5

Coaches will emphasize...

- All previous main concepts

Total Session Time: 60 Minutes

I. Welcome, Warm-up & Review (15 Minutes)

- 5 Minutes - Intro & Warm-up: (Assumed from typical session structure)
 - Coaches lead dynamic stretching and conduct the introductory talk.
- 5 Minutes - Skill Review (Led by Coach):
 - Coach reviews the basics of all four fundamentals: dribbling, passing & catching, shooting, and defense.
- 5 Minutes - Scrimmage Demo (Led by Coach):
 - Coach goes over the basics of the scrimmage, emphasizing that the game will be stopping frequently to address concepts and rules.

II. Scrimmage & Game Play (40 Minutes)

1. Scrimmage Lite (20 Minutes)

- Format: Full court or half court (depending on numbers and court layout).
- Action: Run a standard basketball game but with frequent stops to explain and guide players.
- Coaching Focus:
 - Use the stops to teach basic basketball rules (e.g., traveling, out-of-bounds).
 - Coach how to apply all prior concepts (e.g., stopping the game to correct a player's defensive stance or guide a player to make an open pass).

2. Game Play (20 Minutes)

- Format: Full court or half court game.
- Action: Allow players to play with fewer stops.
- Coaching Focus: Observe how players are naturally applying the skills and concepts learned during the "Scrimmage Lite." Step in only for major safety or rule issues.

III. Finale & Recap (5 Minutes)

- Recap: Briefly summarize the main concepts of basketball and rules covered during the scrimmage.

- **Break Out: Conclude the session with the program mantra.**

HOOP STARS: WEEK 6

Fun, Games & Medal Ceremony

Coaches will emphasize...

- All concepts from the previous five sessions

I. Review & Station Setup (10 Minutes)

- 5 Minutes - Skill Review (Led by Coach):
 - Coach reviews the fundamentals of basketball (briefly touching on dribbling, passing, shooting, and defense).
- 5 Minutes - Station Demo (Led by Coach):
 - Coach goes over the four skill stations and explains the rotation process for today's practice.

II. Skill Stations Rotation (20 Minutes)

- Action: Split participants into four small groups. Each group spends 5 minutes at each station before rotating.

Station 1

- Dribbling
- Dribble Knockout (Players try to knock out others' balls while maintaining their own).

Station 2

- Passing
- Partner Passing (Mix up Chest, Bounce, and Overhead passes).

Station 3

- Shooting
- Form Shooting (Focus on balance and follow-through close to the hoop).

Station 4

- **Defense**
- **Defensive Slides Drill (Sliding back and forth between cones, emphasizing low stance).**

III. Final Game Play (20 Minutes)

- **Format: Cross court or half court game (depending on numbers and court layout).**
- **Focus: This is the final game, so the focus is purely on maximum fun, enthusiasm, and a positive competitive spirit.**

IV. Medal Presentation & Finale (10 Minutes)

- **Medal Presentation Setup:**
 - **Have participants line up on the endline.**
- **Ceremony:**
 - **Call each player up individually and encourage all parents and players to cheer loudly for every player.**
- **Recap: Briefly recap the skills learned and the effort displayed throughout the six weeks.**
- **Break Out: Conclude the entire program with the team mantra: “Play Hard, Play Smart, Play Together, Play True.”**