

LITTLE 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."

"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, focused 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](#)

LITTLE 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, Talk & Warm-up (20 Minutes)

- **5 Minutes - Coaches Intro & Talk:**
 - Coach conducts introductory talk to parents and participants.
- **5 Minutes - Dynamic Stretching (Led by Coach):**
 - One coach leads participants in: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
- **5 Minutes - Running Games:**
 - Coaches lead a quick energy game like "Duck, Duck, Goose," "Red Light, Green Light," or "Simon Says."
- **5 Minutes - Brief Basketball Talk:**
 - Show and explain the basketball.
 - Talk briefly about the game, its basic rules, and goals.
 - **Rule:** Instruct players to "Hug" the basketball so it is not bouncing when the coach is talking.

II. Skill Demonstration & Focus Drills (10 Minutes)

- **5 Minutes - Dribbling Demonstration (Led by Coach):**
 - Coach demonstrates the basics of dribbling.
 - **Coaching Focus:** Emphasize Hand and Finger Control (fingertips, not palm) and maintaining an athletic stance (knees bent, head up).
- **5 Minutes - Stationary Dribbling Drills (Whole Group):**
 - Start with a stationary dribble.

- Dribble with the right hand for 30 seconds, then switch to the left hand for 30 seconds.
- Focus: Keep the ball low and under control, using fingertips rather than the palm.

III. Fun Application & Games (25 Minutes)

- **20 Minutes - Fun Dribbling Games (Pick 2):**
 - Coaches run 2 of the following games to apply and test dribbling skills:
 - Dribble Freeze / Red Light Green Light / Simon Says
 - Dribble Tag / Dribble Knockout
 - Shadow Dribbling (partners mimic leader)
 - Animal Dribble / Pick Up Treasure Dribble
- **5 Minutes - Dribbling Drills (Skill Progression): (Using the time freed from the previous game section)**
 - Practice Figure 8 Dribble and Cross Over Dribble, progressing from stationary to walking/jogging.

IV. Game Play & Finale (15 Minutes)

- **10 Minutes - Game Play:**
 - Run mini games in small groups or controlled games with a coach acting as "all time offense."
- **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 dribbling.

LITTLE 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
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Total Session Time: 60 Minutes

I. Welcome, Warm-up & Transition (10 Minutes)

- **Coaches Intro & Talk (Led by Coach):**
 - Conduct introductory talk and inspiration.
- **Dynamic Stretching & Running Games (Led by Coach):**
 - Lead dynamic stretching (Light jog, Arm circles, High knees, Butt kicks, Torso twists).
 - Incorporate Running Games (e.g., "Duck, Duck, Goose," "Red Light, Green Light," "Simon Says").

II. Review & Skill Demonstration (10 Minutes)

- **5 Minutes - Dribbling Review (Led by Coach):**
 - Review the fundamentals of dribbling (fingertips, low stance, head up).
- **5 Minutes - Passing Demonstration (Led by Coach):**
 - Demonstrate the basics of Chest Pass, Bounce Pass, and Overhead Pass.
 - Key Techniques: Emphasize stepping into the pass and using a wrist snap/follow-through.

III. Passing Drills & Games (25 Minutes)

- **10 Minutes - Partner Passing Drill (Whole Group Skill Focus):**
 - Players pair up with one basketball, standing parallel.
 - Coach dictates the pass type (Chest, Bounce, One-handed Push-Pass) and changes the pass or distance every minute.
 - Coaching Points: Focus on mixing pass types and aiming for accuracy.
- **15 Minutes - Passing Games (Choose 3 @ 5 Minutes Each):**
 - Run 3 fun, focused passing games:
 - Pass and Chase: Pass the ball and run to the back of the line/circle, following the pass pattern.
 - Monkey in the Middle: Practice passing quickly and accurately while avoiding the intercepting "monkey."
 - Hot Potato/Relay Passing: Use a timed activity to encourage quick, crisp passing around a circle or in a relay line.

IV. Application & Finale (15 Minutes)

- **5 Minutes - Simple Dribbling Game:**
 - Run one short, familiar dribbling game from Week 1 (e.g., Dribble Freeze or Red Light Green Light) to maintain skill retention.
- **5 Minutes - Game Play:**
 - Run mini games in small groups or controlled games (coach as "all time offense").
 - Focus: Encouraging the use of passing instead of just dribbling.
- **5 Minutes - Finale & Recap:**
 - Lead participants in Run Court sprints (foul line, half court, far baseline sprints).
 - Recap the key fundamentals of passing and catching.

LITTLE 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!"

This plan focuses on Shooting (Week 3 content) and is structured to fit the strict 60-minute period by consolidating the introductory segments and slightly adjusting the game play duration.

Total Session Time: 60 Minutes

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

- **Coaches Intro & Warm-up (Consolidated):**
 - Coach conducts introductory talk and inspiration.
 - Coach leads participants in dynamic stretching (Light jog, Arm circles, High knees, Butt kicks, Torso twists).
 - Incorporate Running Games (e.g., "Duck, Duck, Goose," "Red Light, Green Light") for immediate energy.
- **Skill Review (Led by Coach):**
 - Review the basics of dribbling and passing (5 minutes).
- **Shooting Demonstration (Led by Coach):**

- Demonstrate the basics of shooting, using fun analogies:
 - "Cookie Jar" follow-through (pretending to grab a cookie from a high shelf).
 - "Reach for the stars" when extending the shooting arm.

II. Structured Shooting Drills (15 Minutes)

- Action: Run 3 specific shooting drills, spending 5 minutes on each. Focus on form and technique over making the shot.

1. Form Shooting (5 Minutes)

- Setup: Players in pairs, 5–8 feet from the basket.
- Goal: Focus on proper feet (shoulder-width) and grip (fingers spread, non-dominant hand for support).
- Action: Shoot with a fluid motion, emphasizing the elbow under the ball and the follow-through. Switch roles after 2.5 minutes.

2. Jump Shot (5 Minutes)

- Setup: Same as Form Shooting.
- Goal: Practice jumping and shooting at the peak of the jump.
- Action: Jump into the air, shoot with a fluid motion, and emphasize the follow-through. Switch roles after 2.5 minutes.

3. Give and Go Shooting (5 Minutes)

- Setup: Cones in a zigzag pattern leading to the basket.
- Action: First player weaves through cones while dribbling, passes to a partner/coach, receives a return pass, and shoots immediately.
- Focus: Emphasize proper footwork and being on balance when catching and shooting.

III. Shooting Games & Application (25 Minutes)

- 15 Minutes - Shooting Games (Choose 3 @ 5 Minutes Each):
 - Run 3 fun, low-pressure shooting games:
 - Spot Shooting (Shoot from markers/spots, focusing on form).
 - Around the World (Move to the next spot after a successful shot).
 - Bunny Hop Shots (Hop and shoot close to the basket, focusing on pushing the ball up).
 - *Optional:* Basketball Bowling, Musical Shots, or Hot Shots.
- 10 Minutes - Game Play (Reduced Time):
 - Run mini games in small groups or controlled games (coach as "all time

offense").

- **Focus: Encouraging players to look for good shot opportunities using the form they practiced.**

IV. Finale & Recap (5 Minutes)

- **Run Court: Lead participants in Run Court sprints (foul line, back / half court, back / far baseline, back).**
- **Recap: Review the key fundamentals of shooting (grip, elbow in, follow-through/cookie jar).**

LITTLE 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 & Transition (16 Minutes)

- **10 Minutes - Coaches Intro, Talk & Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads participants in dynamic stretching (Light jog, Arm circles, High knees, Butt kicks, Torso twists).
 - Incorporate Running Games (e.g., "Duck, Duck, Goose," "Red Light, Green Light," "Simon Says") to transition energy.
- **5 Minutes - Skill Review & Defense Demo (Led by Coach):**
 - Coach reviews the basics of dribbling, passing & catching, and shooting.
 - Coach demonstrates the basics of defense (stance, slides).

II. Defensive Drills & Games (21 Minutes)

1. Slide Drills (6 Minutes)

- **Slide Drill (3 min):**
 - Practice holding the proper defensive stance (feet wide, knees bent, hands up) for 10 seconds, resting, and repeating 3 times. Key phrase: "Get low

like a frog!"

- **Defensive Slides Drill (3 min):**
 - Use cones (15 feet apart). Players slide to the cone and back, emphasizing not crossing feet. Key phrase: "Slide like you're on ice!"

2. Defensive Games (15 Minutes)

- **Action: Run 3 fun, defensive games (5 minutes each) to emphasize footwork and stance:**
 - **Simon Says Defense:** Players follow commands ("Hands Up," "Slap the floor," "Slide left/right") only when preceded by "Simon Says."
 - **Mirror Game/Shadow Tag:** Players pair up, one leading side-to-side, the other mirroring and trying to stay in front. Key phrase: "Be a mirror!"
 - **Red Light, Green Light, D Version:** Players move across the court in a defensive slide/stance on "Green Light" and freeze on "Red Light."

III. Application & Finale (23 Minutes)

- **20 Minutes - Game Play:**
 - Run a full court, half court, or cross court game.
 - **Focus:** Coaches should encourage players to actively use the low defensive stance and slides during the game.
 - *Optional Advanced Drills (If group is ready):* Incorporate basic Closeouts (running fast, chopping feet) or On-Ball Defense ("Watch their belly button").
- **3 Minutes - Finale & Recap: (Adjusted time for strict 60 min limit)**
 - Briefly Recap defense principles (low stance, quick feet, staying in front).

LITTLE HOOP STARS - WEEK 5

Coaches will emphasize...

- All previous main concepts
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Total Session Time: 60 Minutes

I. Welcome, Warm-up & Transition (10 Minutes)

- **Coaches Intro, Talk & Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads participants in dynamic stretching (Light jog, Arm circles, High knees, Butt kicks, Torso twists).
 - Incorporate Running Games (e.g., "Duck, Duck, Goose," "Red Light, Green Light," "Simon Says").

II. Review & Scrimmage Demonstration (10 Minutes)

- **5 Minutes - Full 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 explains the basics of the scrimmage format, emphasizing that the game will be stopping frequently to explain main concepts and rules of basketball.

III. Application: Guided Scrimmage & Free Play (35 Minutes)

- **20 Minutes - Scrimmage Lite (Guided Play):**
 - **Format:** Full court or half court (depending on court layout).
 - **Action:** Run a basketball game with frequent stops to explain and guide players.
 - **Coaching Focus:** Use all prior concepts. Stop play to correct rules (traveling, out-of-bounds) and demonstrate how to apply skills learned (e.g., using a defensive slide, making an open pass).
- **15 Minutes - Game Play (Free Play): (Reduced from 20 minutes)**
 - **Format:** Full court or half court game.
 - **Focus:** Allow the game to flow with fewer interruptions. Observe players

applying the concepts learned in the Scrimmage Lite.

IV. Finale & Recap (5 Minutes)

- **Recap:** Briefly summarize the main concepts and basketball rules covered during the session.
- **Break Out:** Conclude the session with the program mantra.

LITTLE HOOP STARS - WEEK 6

Coaches will emphasize...

- All previous main concepts
-

I. Welcome, Warm-up & Transition (10 Minutes)

- Coaches Intro, Talk & Dynamic Warm-up (Consolidated):
 - Coach conducts introductory talk with a celebratory focus.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate Running Games (e.g., "Duck, Duck, Goose," "Red Light, Green Light," "Simon Says").
- Dribbling Review (5 Minutes):
 - Coach reviews the fundamentals of basketball (all skills).
- Station Demo (5 Minutes):
 - Coach explains the four skill stations and the 5-minute rotation process for today.

II. Skill Stations Rotation (20 Minutes)

- Grouping: Split participants into four small groups.
- Rotation: Each group rotates after 5 minutes at each station.
- Goal: Emphasize all concepts from the previous five sessions in a fun, game-like environment.
 - Station 1: Dribbling
 - *Activity:* Pick 1 dribbling game (e.g., Dribble Tag or Dribble Knockout).
 - Station 2: Passing
 - *Activity:* Pick 1 passing drill (e.g., Partner Passing or Relay Passing).
 - Station 3: Shooting
 - *Activity:* Pick 1 shooting game (e.g., Form Shooting close-up or Hot Shots).
 - Station 4: Defense
 - *Activity:* Pick 1 defensive drill (e.g., Defensive Slides Drill or Mirror Game).

III. Final Game Play (20 Minutes)

- **Format:** Full court, half court, or cross court game.
- **Focus:** Maximum fun and positive encouragement. Allow players to enjoy the game flow for the final time.

IV. Medal Presentation & Finale (10 Minutes)

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

V. Post-Session Photo & Pick-Up

- **Group Photo:** Coaches organize the participants into a group so a photo in their JSS shirts can be taken before pick-up begins.
- **Pick-Up:** Coach checks out participants as guardians arrive.