

Basketball Clinics Curriculum

Clinic: Pee Wee Hoops

Description: There will be two teams in the clinics at all times. The coaches of the teams (normally parents) will be helping out during these clinics. Before the clinic starts each Saturday, bring both teams into the middle and tell them exactly what they are going to be working on during that clinic. Each clinic lasts 1 hour long. 30 minutes will be for drills and drill specific games. The remaining 30 minutes will be a controlled scrimmage against the two teams.

Scrimmage Rules: No Pressing and No STEALING FROM THE DRIBBLER

Offensively:

- Dribbling
- Passing
- Shooting
- Triple Threat

Defensively:

- Defensive Stance
- Guarding the person you are supposed to be guarding

Use the entire gym having one team go to one end and the other team at the other end. Immediately explain to them what Stacks are. Get them into Stacks sitting quickly

Curriculum:

*The first 10 minutes of every clinic should be Dribbling:

Week 1:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled dribbling

Teaching points:

- We use our fingertips to dribble
- We keep our heads up
- We keep the ball in our pocket
- This is not a race!

4. Partner passing – Keep them in their stacks stretch the lines out to ½ court.
(bounce and chest)

Things to teach:

- Thumbs start being
- Thumbs end being down
- Hands prepared to catch

5. FREEZE TAG – Everyone in the GYM
6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 2:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled dribbling

Teaching points:

- We use our fingertips to dribble
- We keep our heads up
- We keep the ball in our pocket
- This is not a race!

4. Passing Game – BRING A TON OF ENERGY FOR THIS GAME!
5. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
6. Bring everyone in the middle: review and cool down speech
7. Dismissal

Week 3:

1. Introduction of Coaches and Rules
2. Dribble Eliminator - using both sides of gym with both teams/ find a winner from each team and have them compete against each other.
3. Sharks and Minnows with Basketballs – make sure to not let every player go at once!
4. Pizza Shooting – Have them partner up and practice shooting with each other (explain to the players exactly what Pizza Shooting is. USE THE ENTIRE GYM AND WORK WITH EVERY KID AT LEAST ONCE.
5. Pizza Shoot-OUT (play a couple times)– Use all the hoops in the gym (first team to 5 baskets wins) The entire team must be sitting down when they reach 5 shots
6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 4:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled dribbling

Teaching points:

- We use our fingertips to dribble
- We keep our heads up
- We keep the ball in our pocket
- This is not a race!

4. Defensive Series: Use the entire gym and make them get as loud as possible (the instructor must have LOTS of ENERGY!)

Teaching point:

- Stance
- Slides (left/right & forward/backwards)
- Machine gum
- Block Shot

5. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
6. Bring everyone in the middle: review and cool down speech
7. Dismissal

Week 5:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled dribbling
Teaching points:
 - We use our fingertips to dribble
 - We keep our heads up
 - We keep the ball in our pocket
 - This is not a race!
4. Pizza Shoot-OUT (play a couple times) – Use all the hoops in the gym (first team to 5 baskets wins) the entire team must be sitting down when they reach 5 shots
5. Teach Triple Threat (everyone in the gym needs a basketball or have them partner up)
Teaching points Must be in athletic stance with basketball – should be able to:
 - Pass
 - Shoot
 - Dribble
6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 6:

1. Introduction of Coaches and Rules
2. Dribble Eliminator - using both sides of gym with both teams/ find a winner from each team and have them compete against each other.
3. Line Busters – everyone with a ball (Make sure their heads are up dribbling)
4. Passing Game – BRING A TON OF ENERGY FOR THIS GAME!
5. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
6. Bring everyone in the middle: review and cool down speech
7. Dismissal

Week 7:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled dribbling

Teaching points:

- We use our fingertips to dribble
- We keep our heads up
- We keep the ball in our pocket
- This is not a race!

4. Defensive Series: Use the entire gym and make them get as loud as possible (the instructor must have LOTS of ENERGY!)

Teaching point:

- Stance
- Slides (left/right & forward/backwards)
- Machine gum
- Block Shot

6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 8:

1. Introduction of Coaches and Rules
2. Separate the teams on each end line into stacks
3. Speed dribbling and controlled dribbling
Teaching points:
 - We use our fingertips to dribble
 - We keep our heads up
 - We keep the ball in our pocket
 - This is not a race!
4. Pizza Shoot-OUT (play a couple times) – Use all the hoops in the gym (first team to 5 baskets wins) the entire team must be sitting down when they reach 5 shots
5. Teach Triple Threat (everyone in the gym needs a basketball or have them partner up)
Teaching points Must be in athletic stance with basketball – should be able to:
 - Pass
 - Shoot
 - Dribble
6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE)
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 9:

1. Introduction of Coaches and Rules
2. Dribble Eliminator - using both sides of gym with both teams/ find a winner from each team and have them compete against each other.
3. Sharks and Minnows with Basketballs – make sure to not let every go at once!
4. Pizza Shooting – Have them partner up and practice shooting with each other (explain to the players exactly what Pizza Shooting is. USE THE ENTIRE GYM AND WORK WITH EVERY KID AT LEAST ONCE.
5. Pizza Shoot-OUT (play a couple times) – Use all the hoops in the gym (first team to 5 baskets wins) the entire team must be sitting down when they reach 5 shots
6. Scrimmage – Controlled Scrimmage (YOU MUST TEACH WHILE BEING THE REFEREE
7. Bring everyone in the middle: review and cool down speech
8. Dismissal

Week 10: REVIEW DAY

1. Introduction of Coaches and Rules
2. Defensive Series
3. Pizza Shootout
4. Triple Threat Review
5. Scrimmage
6. Bring everyone in the middle: review and cool down speech
7. Trophies and Camp Brochures
8. Dismissal