

Basketball Clinics Curriculum

Clinic: 4th Grade Achievers

Description: 4th grade achievers program was designed to meet the needs of those children who wanted more basketball at their age. The idea is to prepare them for the upcoming travel program that they will be trying-out for the following year.

Reminders: 1. The baskets should be raised to 10 feet
2. Form shooting everyday when the kids arrive for the first 10 min.

Week 1:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row). They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - a. 3 – Man Weave
 - b. 3 vs. 2 --- 2 v 1
3. 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
4. Controlled Scrimmage – make the teams even and referee the game.
5. Bring them and review the day
6. Dismissal

Week 2:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row). They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - a. 3 – Man Weave
 - b. 3 vs. 2 --- 2 v 1
3. Michigan State 3 man weave: (To run this drill you need 5 basketballs – two players go to the other end with basketballs (these players are standing underneath the basketball below each block) while everyone else gets into three lines to form three man weave. Three man weave is executed and after the last pass is made to the player making the lay-up – the two guys with the basketballs at the other pass to the players that didn't shoot doing 3 man weave. The guy that made the lay-up will go back the other way doing 3 man weave with the exact same thing happening at the other end with two guys passing to the other 2 players that don't shoot. **MAKE THIS A TEAM COMPETITION AND SEE HOW MANY BASKETS EVERYONE CAN MAKE IN 4 min.**
4. Controlled Scrimmage – make the teams even and referee the game.
5. Bring them in and review the day
6. Dismissal

Week 3

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row). They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - a. Two man passing (partner passing while they are running down the floor) have them go up and back without shooting. The ball should never hit the floor.
 - b. Carolina Break
3. Defensive Slide Drill: $\frac{1}{2}$ the players start in one corner and the other $\frac{1}{2}$ start parallel in the other corner. They are to slide diagonally across the court to the other corner – once they get to the other corner they sprint to the other line in the corner opposite to when they started. This is a conditioning drill to teach players to stay in their stance for a long period of time.
4. Scrimmage – 4 dribbles per player each time they catch it once they get over $\frac{1}{2}$ court.
5. Bring everyone in and review – talk about why they can only dribble 4 times.
6. Dismissal

Week 4:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row) They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - a. 3 – Man Weave
 - b. 3 vs. 2 Continuous Drill
3. Michigan State 3 man weave: (To run this drill you need 5 basketball – two players go to the other end with basketballs (these players are standing underneath the basketball below each block) while everyone else gets into three lines to form three man weave. Three man weave is executed and after the last pass is made to the player making the lay-up – the two guys with the basketballs at the other pass to the players that didn't shoot doing 3 man weave. The guy that made the lay-up will go back the other way doing 3 man weave with the exact same thing happening at the other end with two guys passing to the other 2 players that don't shoot. **MAKE THIS A TEAM COMPETITION AND SEE HOW MANY BASKETS EVERYONE CAN MAKE IN 4 min.**
4. Controlled Scrimmage – make the teams even and referee the game.
5. Bring them in and review the day
6. Dismissal

Week 5:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row) They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - c. 3 – Man Weave
 - d. 3 vs. 2 Continuous Drill
3. 1 vs. 1 Tournament: Play to 2 points and players can only dribble 4 times. Winner stays at his own hoop and counts the number of wins. Play for 20 min and find the top 4 players.
4. Controlled Scrimmage
5. Bring them in and review the day
6. Dismissal

Week 6:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row) They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - A: 3 – Man Weave
 - B. 3 vs. 2 Continuous Drill
3. Defensive Slide Drill: $\frac{1}{2}$ the players start in one corner and the other $\frac{1}{2}$ start parallel in the other corner. They are to slide diagonally across the court to the other corner – once they get to the other corner they sprint to the other line in the corner opposite to when they started. This is a conditioning drill to teach players to stay in their stance for a long period of time.
4. 2 vs. 2 Tournament: Play to 2 points and players can only dribble 4 times. Winners stay at their hoop and count the number of wins. Play for 20 min and find the top 4 teams.
5. Controlled Scrimmage
6. Bring them in and review the day
7. Dismissal

Week 7:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row). They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - A: 3 – Man Weave
 - B. Carolina Break
3. Defensive Slide Drill: $\frac{1}{2}$ the players start in one corner and the other $\frac{1}{2}$ start parallel in the other corner. They are to slide diagonally across the court to the other corner – once they get to the other corner they sprint to the other line in the corner opposite to when they started. This is a conditioning drill to teach players to stay in their stance for a long period of time.
4. 3 vs. 3 Tournament: Play to 2 points and players can only dribble 4 times. Winners stay at their hoop and count the number of wins. Play for 20 min and find the top 4 teams.
5. Controlled Scrimmage
6. Bring them in and review
7. Dismissal

Week 8:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row) They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - e. 3 – Man Weave
 - f. 3 vs. 2 Continuous Drill
3. Michigan State 3 man weave: (To run this drill you need 5 basketball – two players go to the other end with basketballs (these players are standing underneath the basketball below each block) while everyone else gets into three lines to form three man weave. Three man weave is executed and after the last pass is made to the player making the lay-up – the two guys with the basketballs at the other pass to the players that didn't shoot doing 3 man weave. The guy that made the lay-up will go back the other way doing 3 man weave with the exact same thing happening at the other end with two guys passing to the other 2 players that don't shoot. **MAKE THIS A TEAM COMPETITION AND SEE HOW MANY BASKETS EVERYONE CAN MAKE IN 4 min.**
4. Controlled Scrimmage – make the teams even and referee the game.
5. Bring them in and review the day
6. Dismissal

Week 9:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row) They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - g. 3 – Man Weave
 - h. 3 vs. 2 Continuous Drill
3. 1 vs. 1 Tournament: Play to 2 points and players can only dribble 4 times. Winner stays at his own hoop and counts the number of wins. Play for 20 min and find the top 4 players.
4. Controlled Scrimmage
5. Bring them in and review the day
6. Dismissal

Week 10:

1. Form Shooting (1 hand shooting with perfect form – they are trying to swish 10 shots in a row) They should do this every week when they walk in. Do not let them walk in and start shooting around.
2. Transition Series
 - A: 3 – Man Weave
 - B. vs. 2 Continuous Drill
3. Defensive Slide Drill: $\frac{1}{2}$ the players start in one corner and the other $\frac{1}{2}$ start parallel in the other corner. They are to slide diagonally across the court to the other corner – once they get to the other corner they sprint to the other line in the corner opposite to when they started. This is a conditioning drill to teach players to stay in their stance for a long period of time.
4. 2 vs. 2 Tournament: Play to 2 points and players can only dribble 4 times. Winners stay at their hoop and count the number of wins. Play for 20 min and find the top 4 teams.
5. Controlled Scrimmage
6. Bring them in and review the day
7. Dismissal

“AND ONE” SUPPLEMENTS FOR CLINICS:

- 1. Dribble lines**
- 2. Foul Shooting**
- 3. 21 Challenge**
- 4. Lay-ups**
- 5. X-Factor**
- 6. Numbers Game**
- 7. Passing Game**
- 8. Dribble Eliminator**
- 9. Hot Shot Shooting**
- 10. Skills Challenge**
- 11. Soda Fountain**
- 12. 5-4-3-2-1-**
- 13. Diamond Lay-ups**
- 14. Shell Drill**