

PreK Basketball Curriculum

Before the class starts:

- Set up a circle with the cones provided (10 students = 10 cones, so each child has a designated cone to sit next to)
- Make two lines, around 40 feet apart for the running portion of the class - use the cones to make the lines
- Put out equipment for the children to play with as they arrive (free play until the class starts)
- Introduce yourself to the parents as well as the participant (take a knee to get down to the child's level)
- Coaches that are not checking children in are required to play with the children to (ie; pass the ball around, help rebound as they shoot, encourage the players to participate)

Class Start Time:

- Children sit in the circle
- Go around the circle and have the children introduce themselves and tell them something about themselves (ie; favorite color, food, sport, what you had for breakfast)
- Once the attendance is complete; have the children stand up and begin the stretching portion of the class (10 jumping jacks, leg stretches, arm stretches) followed by having them all run to the same line for running (high knees, butt kicks, shuffles, sprints)
- Pick up running line cones and then take a water break (allows time to set up for next game)

This should take around 10-15 minutes total

Basketball Curriculum

*Each activity is broken down into stations, one coach at each station (stations are 10-15 minutes in length).

*Split group in half, one at each station with a coach. For a smaller group (less than 8), keep them together and do each station with both coaches.

Water breaks in between stations/activities. Allows time to set up for next game/station.

Class #1

- **Dribbling station** – stationary at first, have kids spread out so they have their own space. Focus on proper form - use finger tips instead of palm of hand, stay upright, push and drive the ball down hard so it bounces back up to hand. Make sure they aren't bending over trying to dribble as soon as the ball hits the ground. See how many dribbles they can do in a row without losing ball.

Dribbling game - Red Light, Green Light: Dribble forward on green light, red light they must stop and hold ball w/ two hands.

- **Shooting station** – proper shooting motion, BEEF (Balance, Eyes on rim, Elbow in “L” shape, extend and Follow through). Most won’t have strength to shoot one-handed. Focus on making sure they use their legs for more power and shoot moving hands up towards hoop from chest (not underhanded from knees/waist).

- **Shooting drill/game** - combine skills learned today. Have kids start at free throw line, they must take 3+ steps/dribbles forward and shoot. Can have them dribble straight forward, or to cones placed on low blocks.

After everyone gets a few shots, turn into team relay race - everyone can shoot, see which side can get more baskets in X amount of time.

*review coaches names, dribbling, and shooting techniques

Class #2

- **Dribbling station** – Review dribbling guidelines from week 1 (fingertips not palm, controlling and pushing ball down instead of slapping at it, staying upright). Line kids up on baseline underneath hoop in lines like warm ups. On whistle, have first person in line dribble from one baseline to the other. Go slow at first to stay in control of ball. Progressively have them go faster until they are running while dribbling.

- **Passing station** - Review guidelines below. Set up cones for partners about 5-7 feet apart. Have kids stand at cones, give everyone on one side a ball, and have them begin passing with their partner (bounce passes first). Coaches go around and help correct form.

- **Passing guidelines** - Hands start at your chest, holding the ball with their hands on each side, step toward partner with left foot, and push ball down so it bounces at least halfway in between you and your partner (bounce pass), or in air aiming for partners chest.

- **Relay Race** - time to combine all the skills. Divide the kids into two teams on either side of the hoop. For race one, they must dribble down to the opposite baseline and back, then deliver a bounce pass to the next person in line and sit down. Once next player has ball they do the same, and so on. For race two (if there’s time), they must dribble down and make a hoop at the other end, then dribble back and pass to the next person in line.

Class #3

- **Shooting station** - set up cones in a half circle extending from one low block to the other (about 4-5’ away from hoop). Have the kids line up at the free throw line. When it’s their turn, tell them a color cone to dribble to and shoot from. Encourage the children, some may need that extra push!!!!

- **Shooting guidelines** - To start, players should have ball resting in their dominant hand, almost holding ball like a pizza. Their offhand, or guide hand, should be on the side of the ball to help aim. Ball starts around chest height. Remember BEEF (balance, eyes on rim, elbow makes L shape, push with legs and arms, extend and follow through towards rim). Focus on making sure they are extending and shooting up and not underhanded.

- **Passing station** - have kids start at free throw line, with one person on the side of the key halfway between free throw and baselines. First person in line passes the ball to the player on the side, runs forward towards the hoop, receives pass back, and shoots. Shooter becomes passer, passer goes to end of line.

- **Final Game: Around the World** - practice shooting again, using the half-circle of cones from the shooting station. All players start on one side and shoot from the first cone. If they make it, they move onto the next cone, if they miss, the next person is up. The object is to make it all the way around to the other side.

Class #4

- **Dribbling station** - dribbling lines, as they get more comfortable dribbling, add in new skills - dribbling with opposite hand, dribbling while switching hands (L to R to L, etc.).
- **Dribbling game: 4 Corners** - designate numbers 1-4 for each corner of the court. All players have a ball, and dribble around the gym as you count down from 10-15 seconds with your eyes closed. By the time you hit 0, they must be standing in one of the corners of the court. Call out a corner/number, and all players in that corner are out. When there are 4 or less players left, they all must be in different corners.
- **Dribbling/Defense station** - set up three lines/cones and have the kids partner up. Designate one partner offense (with the ball) and defense. The offensive player dribbles, zig zagging up the court (3 dribbles to the right, 3 to the left, etc.). Work with the defenders on “basketball shuffle” from warm ups. The defenders must shuffle their feet to stay in front of the offensive player. Encourage the children, some may need that extra push!!!!

Defensive Stance Guidelines: feet spread just wider than shoulder width apart, knees slightly bent, and weight should be up on the balls of their feet. Arms should be spread out to the sides. First step should be with the leg in the direction they’re headed (Right leg first for going right, left for going left).

- **Final game: Sharks vs Minnows** - All players start on baseline with a ball. Select 2-3 sharks to start. On whistle, players must dribble from one baseline to the other, making sure to stay inside the court and not go out of bounds. The sharks are on defense without a ball. Sharks must work on defensive footwork to attempt to force an offensive player to lose their dribble or go out of bounds. Eliminated players become sharks, keep going until there’s 2-3 minnows left. They become sharks to start the next round.

Class #5

Game Time, with everything that has been covered, it’s time to start to help the children understand positions on the court.

- Set up different colored cones in all the positions on the court. Do a walk through with the children to show them, literally walk around to each position, say the position out loud and move on.
- Have everyone start at half court or underneath hoop, call out a position, have them race out to the position. Do this for every single one - repeat as much as necessary. Coaches should run with them!!!!

Once they seem to remember the positions, turn into a “Simon Says..” type of game to test their memory and listening skills. Warn kids that you will try to be tricky so they have to be very good listeners!

- **King of the Court** - This game will be a nice introduction into the final week, which should be an actual basketball game. One player will start at the free throw line while the rest of the players line up underneath the hoop. The first person in line passes the ball to the player

at the free throw line, then becomes a defender. The player with the ball must try to score, while the defender attempts to stop them. If offensive player makes a basket, they get a point; if the defensive player prevents a basket, they get a point. Play ends after made basket or after the defender gets the ball, players then rotate to next position (ie def player goes to offense, offense to end of the line).

*Game can be played at each hoop with group divided in half. Encourage the kids! Some may need that extra boost/support!!!

Class #6

Final review of all activities and today is the day they worked hard to get to. The objective today is to divide the players up into two teams and play a basketball game.

Game rules:

1. On offense, every player needs a turn to start with the ball from the top. Make sure they are passing to teammates and not just shooting themselves (if any issues arise, add rule that 2-3 passes must be made before they can shoot the ball). Every player should get opportunity to shoot the ball as well.
2. On defense, the goal is to stay in front of the player they are guarding. The focus should be on proper defensive stance and footwork, as well as keeping hands out and active. **NO STEALING, BLOCKING OR TURNOVERS!!** Team on defense switches to offense after a made basket or after they get the rebound.

*Game should be played half court in a controlled environment. When ball switches possession, pause and help everyone get set up before letting the play go on. Remember to help keep the kids focused and engaged. Encourage the children, some may need that extra push!!!!