



## **BASKETBALL CAPE BRETON JUNIOR MINI SAMPLE SESSION PLAN 2**

### **WELCOME (5 MINUTES)**

Call all players to the centre and have the players sit on the floor. Welcome them and explain the format of the rec league, including:

- First 45 minutes will be a warm-up session, run much like a practice. This will focus on general movement and basketball skills. Both teams will participate in this warm-up session together.
- The two teams will then play against one another. The games will consist of 9- 3 minute, 30 second straight-time shifts, with a 5 minute break after the first 4 shifts. The score will be reset to 0-0 after each shift.

### **WARM UP/MOVEMENT (15 MINUTES)**

- 1 Line up on the baseline in four lines of approximately 6 players each. Have them go four at a time to the other baseline using the following sequence:
  - Straight sprint
  - Sprint, touching each line along the way
  - One foot jump over each line along the way
  - Lay down on belly and get back up as quickly as you can on each line along the way
- 2 Movement Skills - Dynamic Warm-up
  - High Knees, Butt Kicks, Skipping, Lunge and hold - until half and then jog the rest of the way (Knee should not cross toe)
- 3 Amoeba Tag
  - Two people are assigned to be "IT". Once you are tagged, must connect hands/arms and work together to tag other people
- 4 Run Rabbit Run (Chase the Chaser)

- Foul Line Limit Tag – Two lines start under each basket on the baseline.

Example: Call one team “red” and the other team “blue”

The person in line for team “red” runs to the foul line on the other side of the court. (the “blue” teams foul line) When the player from team “red” touches the foul line, they are to turn and sprint back to their own foul line.

When the “red” team player touches the “blue” side’s foul line, the first person standing in line on the baseline for team “blue” can now sprint to tag the “red” team player. If the “red” team player crosses their foul line before being tagged the “blue” team player must stop at foul line and turn and sprint back towards “blue” teams foul line. As soon as the “blue” team players touches the “red” teams foul line, then next “red” players can begin to sprint after the “blue” team player and so on...

Players are to sit out on the sideline and cheer on team when tagged.

Games ends either on coach’s call or all players have been tagged on one team

### **SKILL DEVELOPMENT (15 MINUTES)**

#### 1 Defense

Get a partner - Line up facing each other on the sideline - the one on the inside of the court must put their hands behind their backs and get in a stance. The partner on the sideline must now try to get past the defender with no ball - no more than 2 or 3 steps in one direction before they have to change - must work to keep the person in front of them.

#### 2 Ball Handling (\*Partner up if not everyone has a ball)

Left Hand Dribbles – Everyone count to 50 (Stay low and “pound the ball”)

Right Hand Dribbles – Everyone count to 50 (Stay low and “pound the ball”)

Crossovers - Everyone count to 50 (Stay low and “pound the ball”)

#### 3 Stationary Tricks

Toss and Clap - see how many times you can clap

Figure 8 Weave

Toss and catch behind your back

Toss and catch behind your back, but between your legs

#### 4 On the Move

Groups of 4 - 2 on one sideline - 2 on the other - 1 ball

Dribble towards your partner on the other sideline - Must jump stop and be in triple threat to hand it off to your teammate

### **BREAK/PREPARE FOR GAME (10 MINUTES)**

Have players meet with coaches to get organized for the game, including numbering for shifts.

### **GAME (40 MINUTES)**

The two teams will play, using the following rules:

1. There will be nine (straight time) shifts of 3 minutes & 30 seconds. After the first 4 shifts there will be a 5 minute break.
2. A shift involves 4 players from each team (i.e. 4-on-4).
3. Shifts are to be created by numbering players (i.e. with 11 players, shift 1 has players 1,2,3,4; shift 2 has 5,6,7,8; shift 3 has 9,10,11,1; etc.)
4. Players must line up before each shift.
5. Each shift will begin with a jump ball.
6. All defense is to be man to man. No double teaming. No Zones.
7. If a team member fouls the opposing team, the opposing team receives the ball back (i.e. no foul shots).
8. Players cannot foul out.
9. Players must retreat at all times once opposing team has gained possession of ball.
10. The score gets reset to zero-zero at the end of each shift.