



BASKETBALL CAPE BRETON JUNIOR MINI SAMPLE SESSION PLAN 3

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 Drink Break

- 4 Have players put the balls down and come to centre to stretch:
 - Leg straddle
 - Toe touches
 - Quad stretches
 - Hurdler stretch (sitting on floor, leg straight out, reaching to touch toes)
 - Knee to chest (laying back, knee bent, leg pulled into chest)
 - Jumping jacks, pencil jumps, tuck jumps

- 5 Amoeba Tag
 - Two people are assigned to be "IT". Once you are tagged, must connect hands/arms and work together to tag other people

- 6 Drink Break

SKILL DEVELOPMENT (15 MINUTES)

- 1 Shooting/Layups

"Super Mario" or "Puppet Drill" (Preparation for proper one foot layups)

- Get everyone to skip around like "Mario". If jumping with right leg, your left arm and knee should be in the air. If jumping with left foot, your right arm and right knee should be in the air. It mimics the movements of Mario or a puppet.

- Left Hand (LH) Layup Drill (WITHOUT basketball) Get the players in one line WITHOUT the basketball behind the free throw line facing the rim. Left side elbow. Get them to do the layup motion WITHOUT the ball. It should look very similar to their "Mario" or "Puppet Drill" motions.

Error detection – Players are jumping off their left foot for the LH layup.

Correction – The Left Hand (LH) layup should be done by jumping off your right foot.

- Right Hand (RH) Layup Drill (WITHOUT basketball) Get the players in one line WITHOUT the basketball behind the free throw line facing the rim. RIGHT side elbow. Get them to do the layup motion WITHOUT the ball. It should look very similar to their "Mario" or "Puppet Drill" motions.

Error detection – Players are jumping off their right foot for the LH layup.

Correction – The Right Hand (RH) layup should be done by jumping off your left foot.

Add Basketballs

Repeat last drill for both LH and RH

Error detection – Players are jumping off their left foot for the LH layup.

Correction – The Left Hand (LH) layup should be done by jumping off your right foot.

Error detection – Players are jumping off their right foot for the LH layup.

Correction – The Right Hand (RH) layup should be done by jumping off your left foot.

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

Have players each get a ball. They will again move from baseline to baseline as in the previous exercise, but this time dribbling a ball. Review dribbling tips prior to beginning this. Use the following sequence this time:

- Straight dribble with right hand
- Straight dribble with left hand
- Cross over from one hand to the other at each line
- Jump stop into triple threat position at each line (may have to demonstrate this)

3 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

4 Passing

Review the three basic passes – chest pass, bounce pass, and overhead pass. Partner up players and get them to pass the ball back and forth.

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.