

**GORHAM RECREATION DEPARTMENT**  
**2009-2010 Instructional Basketball Weekly Drills & Skills**

**WEEK – 1 of 6**

- 0-5        Stretching
- 5-10      Brief talk - hands to self - in control (“whistle”)
- 10-20     Running drills (sprints – backwards – shuffle)
- 20-40     Dribbling drills (r hand – l hand – alternating – chairs)
- 40-55     Bounce pass drills & game
- 55-60     Review

Stress “in control”

**use running drill left-right-back-forward to calm down kids**

Keep hands & feet to self (practice at home or wherever !!!!!)

No hands in pockets - basketball can come at anytime.

**Discuss behavior and results with kids (1 hour of practice-waste time talking)**

Time Management!!!!!!

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**WEEK – 2 of 6**

- 0-5          Stretching
- 5-10        Brief talk - hands to self - in control (review off/def  
              inbounds/out/positions)
- 10-25      Running drills (sprints – backwards – shuffle)
- 25-45      Dribbling drills (r hand - l hand - both) - 3 lines
- 45-55      Bounce pass drills & game - 3 lines
- 55-60      Review

**use running drill left-right-back-forward to calm down kids**

Keep hands & feet to self (practice at home or wherever !!!!!)

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Time Management!!!!!!!

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**WEEK – 3 of 6**

- 0-5            Stretching
- 5-10          Brief talk - **hands to self** - hands out of pockets
- 10-20        Running drills (sprints – backwards - shuffle) - 2 groups
- 20-35        Dribbling drills (r hand - 1 hand - both) - 3 lines
- 35-50        Bounce pass drills & game - 3 lines
- 50-60        Shooting & review

**use running drill left-right-back-forward to calm down kids**

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**Discuss behavior and results with kids (1 hour of practice-waste time talking)**  
Time Management!!!!!!

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**WEEK – 4 of 6**

0-5        Stretching

5-10        brief talk - offence and defense  
(in bounds / out of bounds - offence / defense - forward / center / guard)

10-20       Running drills (sprints – backwards - shuffle) 2 groups

20-30       Discuss positions off/def 2forwards/2guards/center

30-40       In bounding the ball - 3 lines

40-50       Dribbling drills (r hand - l hand - both) **quick** - 3 lines

50-60       Shooting & review

Stress “in control”

**use running drill left-right-back-forward to calm down kids**

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Time Management!!!!!!!

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**WEEK – 5 of 6**

- 0-5        Stretching
- 5-10       Review (offence / defense - inbounds/out of bounds - positions)
- 10-20      Running drills (sprints – backwards - shuffle) - 2 groups
- 20-30      Dribbling drills (r hand - l hand - both) – **quick** - 3 lines
- 30-40      Positions drills
- 40-50      Discuss defense positioning
- 50-60      Shooting & review

Stress “in control”

**use running drill left-right-back-forward to calm down kids**

Keep hands & feet to self (practice at home or wherever !!!!!)

No hands in pockets - basketball can come at anytime.

**Discuss behavior and results with kids (1 hour of practice-waste time talking)**

Time Management!!!!!!

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**WEEK – 6 of 6**

0-5      Stretching

5-15     Running

15-20   Offence & defenses

20-40   In bounding & set ups

40-55   2 on 1 - 3 on 2

55-60   Review

offence and defense

stress “in control”

keep hands & feet to self

practice at home or wherever !!!