

# **GORHAM RECREATION DEPARTMENT**

## **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!!!!!!

# **GORHAM RECREATION DEPARTMENT**

## **Instructional Basketball Weekly Drills & Skills**

### **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 !!!!!)

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 – 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 - l 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***

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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## Instructional Basketball Weekly Drills & Skills

### 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**

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

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Time Management!!!!!!

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## Instructional Basketball Weekly Drills & Skills

### 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

offense and defense

stress “in control”

keep hands & feet to self

practice at home or wherever!!!