**Kindergarten Drills/Emphasis**

**Warm-up** (3 minutes)

1. **Follow the Leader** - Walk the kids around the basketball court explaining key lines/areas of a court. (Baselines, Side Lines, Half Court Lines, Free Throw Line, Lane)
2. **Simon (Coach) Says** - Once you’re done walking around, play Simon (Coach) says “Run to the other Base Line”, “Run to the other Free Throw Line”. This will help the kids learn the keys areas of the basketball court and keep it fun. Also, “Coach says hop on one foot, two feet, etc.”
3. If the kids are getting all of those spots, then incorporate new spots or areas i.e. three point lines, left/right blocks, left/right free throw elbows, etc…

**Stationary Ball Handling** (5 Minutes)

1. **Fingertips** – back and forth between hands. Start by head and move down to their feet while trying to maintaining control
2. **Around the World** – Rotate ball around their heads, waist, both knees, individual knees, ankles

**Stationary Dribbling (L/R)** (5 Minutes)

1. **Single Hand dribbling** – Feel the basketball with their hands, keep fingers wide apart, dribbling waist high, maintain control. Later on begin to have them look up if they can. Ask them how many fingers you’re holding up
2. **Cross Over dribbling** – Maintain control, work on pushing side to side, not straight down dribbling.

**Dribbling While Walking** (5 Minutes)

1. **Dribble Relay** - Half court and back – Stress control. Regardless how fast they walk, always under control. Begin working on heads up, how many fingers are you holding up
2. **Obstacle course** – Using cones, chairs, have them dribble between the chairs, switching hands using the cones/chairs as defenders.
3. **Traveling** - Show/discuss what “traveling” is and why we don’t want to travel
4. **Double Dribbling** - Show/discuss what “double dribbling” is and why we don’t want to double dribble

**Shooting** (10 Minutes)

1. **B.E.E.F - Shooting Form** (2 minutes)
   1. **Balance** – footwork, toes to the target, knees bent
   2. **Elbow** – Keep the elbow in, not out wide (does not have to be straight up and down)
   3. **Eyes** – Eyes on the target, pick a target on the rim or backboard
   4. **Follow Through** – Hand/arm should look like a Fish Hook/Goose neck. Ask them to freeze their follow through so they can show you their follow through and you can help instruct them.
2. **Over the Rainbow** - Shoot Up, regardless of form, everyone needs to work on shooting up, not at the basket like a line drive (2 minutes)
3. **Lay-ups** – Stationary – String attached to the same side knee and elbow. Work on it multiple times; ask them to hold the lay-up position. (6 minutes)
   1. **Skipping** - take a few steps and skip switching between hands.
   2. **High Five** - Start at elbow and have the kids take few steps and high five you with the proper hand and leg in the air like a lay-up.
4. **Passing/Catching** (5 - 8 minutes)
   1. **Partner Passing Stationary** – Back and forth the lane width apart work on bounce and chest passing; Two hands on the ball; push out from the chest while stepping towards their partner. (Bounce pass should bounce on the floor two thirds of the way to the partner, not half way)
      1. Catching – Hands ready and open to catch with both hands
   2. **Triangle Passing** -3 players for a stationary triangle – Work on passing and receiving but now incorporating turning (pivoting) them to the person they are passing to.
5. **Triple Threat Position** (2 Minutes)
   1. Explain what it is, Pass, Dribble or Shoot
   2. Knees bent, ball on hip, swing through to the other side
   3. Tell them that at any point you may stop what they’re doing and say “Triple Threat Position” and they should instantly get into the position.
6. **Defense (No reaching, stealing or hugging)** (5 Minutes)
   1. **Defensive stance** – Knees bent, butt down, hands up, feet more than shoulder width apart. Keep their eyes on the dribblers chest
   2. **Defensive Mirror** - Coach slides left and right and they mirror back and forth, staying in good form/position. You can then incorporate a basketball and they follow you with the ball. (Do not let them cross their feet)
   3. You can then dribble a basketball and have them follow you instead of mirroring your movements. They would be “defending” you. Have them between you and the basket and explain why that is important.

* End practice with a recap (1 minute)
  + Who remembers a drill we did today?
  + What was the best part?
  + What line is at the end of the court? (Base line)
  + Assign skills to work on at home with any kind of ball. Shooting form, dribbling, ball handling, etc.

Below is a Half Court diagram with key spots on the court to help the kids understand different locations on the court.

