



Clinic 1 – Dribbling



*Coach's should explain and demonstrate each skill before having the players try.

Dribbling

1. Stance

- A. Feet are set at a comfortable distance, just wider than the shoulders.
- B. Weight is placed on the ball of the foot.

2. Dribbling

- A. Let the ball drop to the floor and bounce up to your hand at hip/waist height.
- B. Catch the ball with your fingertips facing down and push the ball back down (using the fingertips).

Skill- Have the players practice dribbling in place with their right and left hand (2 or 3 children per group at a time).

3. Dribbling While Walking

Skill- Have the players dribble the ball with their dominant hand while walking. Repeat using the non-dominant hand.

Skill- Have the players dribble while weaving through cones with their dominant hand. Repeat using the non-dominant hand.

4. Dribbling While Running

Skill- Have the players dribble the ball with their dominant hand while running (line them up and have them go one at a time). Repeat using the non-dominant hand.

5. Dribbling Backwards

Skill- Have the players line-up and one at a time dribble backwards *in a straight line if possible*.

Skill- Repeat the exercise above and have the children extend the non-dominant arm (the one not being used to dribble) and protect the ball.

Penalties

1. Double Dribble

Demonstrate and explain double dribbling.

2. Traveling

Demonstrate and explain traveling.



Clinic 2- Passing



Passing

1. Stance

- A. Feet are set at a comfortable distance just wider than the shoulders.
- B. Weight is placed on the ball of the foot.
- C. Step out with the dominant foot to deliver the pass.

Skill- Have the players practice their stance. Have them pretend to pass the ball.

2. Forward Chest Pass

- A. Step forward with dominant foot.
- B. Push the ball away from your chest.
- C. Direct the ball to the person you passing to (thumbs up/thumbs down).

Skill- Have the players form a circle with you in the middle. Have them practice the chest pass with you passing it back. Give each player in the circle at least 3 turns. Next, have the players practice with a partner.

3. Forward Bounce Pass

- A. Step forward with dominant foot.
- B. Push the ball to the floor away from your body.
- C. Direct the ball to the person you are passing to.

Skill- Repeat previous skill but now have them bounce the ball to you.

4. Inbound Pass

- A. Stand with both feet behind the line.
- B. Pass the ball in quickly.
- C. Inbound the ball while being defended.

Skill- Have the players take turns throwing the ball inbounds, being on offense, and defense.

*If you complete all of these skills before your time is up, continue to work on any previous skills that have been taught.



Clinic 3 - Shooting



Shooting

1. **Fundamentals** (B.E.E.F.)

- A. Dominant hand holds the ball.
- B. Non-dominant hand rests on the side of the ball.
- C. Aim the ball with your eyes focused on the basket.
- D. Bring the ball back toward the ear, shifting the weight of the ball onto the dominant hand. Follow-through with the dominant hand, pushing the ball toward the basket, rolling the ball up the palm of the hand off the fingertips. (Allow the players to use two hands if the ball is too heavy).

Balance - Be sure that your weight is evenly distributed.

Elbow - Making sure your elbow is pointed toward the basket.

Eyes - Having all of your focus on the basket.

Follow-through - A continuous build-up of propelling force that reaches its peak at the instant the ball leaves the fingertips.

Skill - Have the players practice shooting, from various spots, with and without a ball. Check their technique and give help as needed.

Layups

1. **Proper Technique**

- A. Demonstrate the proper way to execute a layup.

Approaching from the right (technique reverses from the left), the shooter grasps the ball in both hands as his/her right foot hits the floor, keeping the body between the ball and defender. Come down hard on the left foot, and thrust upward with the right knee, carrying the ball in both hands as high as possible with the dominant hand behind the ball. The wrist should be cocked and facing the basket with the non-dominant hand in front, wrist away from the basket.

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Clinic 4 – Defense



Defense

1. Defensive Stance

- A. Stand with feet apart.
- B. Weight is placed on the ball of the foot.
- C. Bend your knees.
- D. Position your arms up and out.
- E. Make sure your head is always lower than the head of the player you are guarding.

Skill- Have the players practice the proper stance while shuffling (side step, do not cross feet) across the gym. Repeat back across the gym floor with opposite foot first.

Skill- Have the players pair up and have one play the defender, and the other plays offense (dribbling backwards with arm extended). Have the players take turns on both offense and defense.

*If you complete all of these skills before your time is up, continue to work on any previous skills that have been taught.



Clinic 5 – Dribbling



Dribbling

6. Stance

- C. Feet are set at a comfortable distance, just wider than the shoulders.
- D. Weight is placed on the ball of the foot.

7. Dribbling

- c. Let the ball drop to the floor and bounce up to your hand at hip/waist height.
- D. Catch the ball with your fingertips facing down and push the ball back down (using the fingertips).

Skill- Have the players practice dribbling in place with their right and left hand (2 or 3 children per group at a time).

8. Dribbling While Walking

Skill- Have the players dribble the ball with their dominant hand while walking. Repeat using the non-dominant hand.

Skill- Have the players dribble while weaving through cones with their dominant hand. Repeat using the non-dominant hand.

9. Dribbling While Running

Skill- Have the players dribble the ball with their dominant hand while running (line them up and have them go one at a time). Repeat using the non-dominant hand.

10. Dribbling Backwards

Skill- Have the players line-up and one at a time dribble backwards *in a straight line if possible*.

Skill- Repeat the exercise above and have the children extend the non-dominant arm (the one not being used to dribble) and protect the ball.

Penalties

3. Double Dribble

Demonstrate and explain double dribbling.

4. Traveling

Demonstrate and explain traveling.



Clinic 6- Passing



Passing

5. Stance

- D. Feet are set at a comfortable distance just wider than the shoulders.
- E. Weight is placed on the ball of the foot.
- F. Step out with the dominant foot to deliver the pass.

Skill - Have the players practice their stance. Have them pretend to pass the ball.

6. Forward Chest Pass

- D. Step forward with dominant foot.
- E. Push the ball away from your chest.
- F. Direct the ball to the person you passing to (thumbs up/thumbs down).

Skill - Have the players form a circle with you in the middle. Have them practice the chest pass with you passing it back. Give each player in the circle at least 3 turns. Next, have the players practice with a partner.

7. Forward Bounce Pass

- D. Step forward with dominant foot.
- E. Push the ball to the floor away from your body.
- F. Direct the ball to the person you are passing to.

Skill - Repeat previous skill but now have them bounce the ball to you.

8. Inbound Pass

- D. Stand with both feet behind the line.
- E. Pass the ball in quickly.
- F. Inbound the ball while being defended.

Skill - Have the players take turns throwing the ball inbounds, being on offense, and defense.

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Clinic 7 – Rebounding/Fouls



Rebounding

1. Explain what rebounding is and why it is important.

Skill-Have the players line up behind the free throw line with one or two players under the basket ready to rebound. Have one player shoot while the players under the basket try to rebound the ball. They will then pass it to the next person in line. The player who shot the ball will replace one of the players under the basket, and one of the players under the basket will go to the end of the line and wait for their turn to shoot. Continue the skill until all players have had the chance to both shoot and rebound the ball.

Fouls

1. Explain and demonstrate the different types of fouls.
 - A. Reaching
 - B. Bumping into the body
 - C. Loose ball
 - D. Offensive/Charge
2. Remind the players that it is okay to make contact with another player but not to push or hit.

*If you complete all of these skills before your time is up, continue to work on any previous skills that have been taught.



Clinic 8 – Review



Review any of the five clinics that have been previously completed. If you as the coach feel there is another skill you would like to work on with your team, you may take this opportunity to do so.

1. Dribbling
2. Passing
3. Shooting
4. Defense
5. Rebounding/Fouls

Thank you for your participation in our Jr. Jazz Clinics.

Enjoy the rest of your season.