

## Preschool & Kindergarten Basketball Season Plan

### Week 1

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 - Red Light, Green Light:** All players start on one side of the court with a ball. Coach yells "green light" and players start dribbling. Coach yells "red light" and players stop. Focus on kids using one hand with their eyes up and then dribbling in place.

- Increase difficulty: Coach yells "green light" and turns their back to the players. Yell "red light" and then turn back around. All players should have moved forward and now be standing still with one hand dribbling the ball. Any player still moving or without his or her ball, gets sent back to the starting line.
- Increase difficulty: Add in a "yellow light" so players control speed.

Tips: Use a whistle as "red light" so kids learn when they hear the whistle that they need to stop. If you have players not moving very fast, ask a parent to join in and have the kids try to beat the parent.

**Game #2 - What Time is it Mr. Wolf?**: Coach starts as the big bad wolf. Each little pig starts on the baseline next to a cone (their home). The Pigs shout "What time is it Mr. Wolf?" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their basketballs back to the cone (their home) before the wolf gets their ball.

- Increase difficulty: Player must try to score a basketball when the wolf yells "Dinnertime."

**Game #3 - Pass and Shoot:** Kids take turns passing the ball to the coach about 10 feet in front of the basket. Coach catches the ball, and the kid has to run up to near where a lay-up would be attempted. Parent passes it back, kid catches and tries to score.

- Increase difficulty: Child rebounds the ball and continues to try and score. Set a limit to number of tries.

## **Preschool & Kindergarten Basketball Season Plan**

### **Week 2**

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Follow the Leader:** Form one or two lines depending on the number of players present. Have the coach be the leader in the beginning until the kids start to understand. The leader dribbles the ball around the court while the players follow them. Feel free to zig zag, go in circles, etc. Switch leaders as you go. Emphasize the importance of keeping one's head up while dribbling.

- Increase difficulty: Include stopping and starting to keep kids eyes up. Increase and decrease speed as the leader.

**Game #2 – Killer Whale:** This drill teaches players to protect the ball from defenders and occurs inside of a circle of cones. Players get their own ball and go inside the circle. The coaches are the killer whales. Their goal is to take the ball away from the players, and knock it outside the circle. Players who lose their ball must retrieve it and bring it back inside the circle. Adjust the circle size and number of players as needed.

- Increase difficulty: Have players become whales when they lose their ball.

**Game #3 – Cone Drill:** Set up cones in a stagger or a straight line. Have children weave through the cones with their basketball.

- Increase difficulty: Increase the amount of cones and the shorten the distance between the cones.

## **Preschool & Kindergarten Basketball Season Plan**

### **Week 3**

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Cross the Ocean (Sharks and Minnows):** Initially, have the coach be the shark and players will be the minnows until the children understand the concept of the drill. Minnows will dribble their ball sideline to sideline without the sharks stealing the ball. Once out, a player will become a shark with the coach. Continue to play until all minnows become sharks. Rotate sharks so everyone gets a chance to practice defense.

- Increase difficulty: Players sit down exactly where they were when they got out and act as "frozen" sharks.

**Game #2 – Keep Away:** Coach starts with the ball. They dribble away from 3-4 players who need to try and get the ball away from the coach. They must do this without grabbing the coach. Once they get the ball, they must dribble it and score a basket. Rotate through the group of kids. Place similarly skilled players together to ensure equal competition. If there are two coaches then they can each take a group. Otherwise one coach alternates between the groups.

- Increase difficulty: Players must meet certain conditions before being allowed to score a goal (i.e. pass the ball two times before shooting on basket).

**Game #3 – Defensive Slide Drill:** Players stand in a group facing the coach and have to get in defensive position. The coach slides from side to side and the players have to mirror the coach. Focus on knees bent and hands up, sliding without crossing feet.

- Increase difficulty: Coach can have a ball, and shoot the ball after a few slides. The players must turn and rebound the ball, then shoot at the basket.

## **Preschool & Kindergarten Basketball Season Plan**

### **Week 4**

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Pass and Shoot:** Split the kids into two different teams. Have one line above the three-point line and the second group standing at the center of the free throwline. The player on the top of three-point line will give a good bounce pass to the player at the free throw line and then run to the same side block for a lay-up. Player will then pass back to their partner at the block and the kid catches and tries to score.

- Increase difficulty: Child rebounds the ball and continues to try and score. Set a limit to number of tries.

**Game #2 – 1 vs. 1:** Have one line at the half court and another line on the end line. The player at half court will start with the ball and attempts to dribble and shoot at the basket. As soon as they start, the defender runs in and tries to stop the ball. You can also designate an area from which the player must shoot. Do not call traveling or double dribble. Have players go to the opposite line.

- Increase difficulty: Call traveling and double dribbling.

**Game #3 – Spot Shot:** Place different cones on the floor where the kids can shoot from. Once a player shoots the ball, they must rebound their ball and go to the end of the line. Once a player makes it from one spot, they must go to another spot to shoot. Focus on using their legs and aiming for the backboard.

- Increase difficulty: Increase distance and angles of cones.

## **Preschool & Kindergarten Basketball Season Plan**

### **Week 5**

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Partner Passing:** Players line up on one line facing a parent/coach. Parent/coach will pass the ball, instructing them to watch it all the way into their hands and hold it tight. Then instruct the player to pass it back to them. Start with chest pass, then bounce pass. Make sure player takes a step, pushes the ball from their chest, and ends with palms out and thumbs down.

**Game #2 – Monkey in the Middle:** Players create a circle around the coach and stand next to a cone. They must make a good pass to another player other than the players standing next to them. If the coach decides the player does not use good form to pass the ball he/she can intercept it and give it back to that player to try again.

- Increase difficulty: Let players become the monkeys.

**Game #3 – 2 vs. 1:** Two players are on offense and one player on defense. The offensive players will start at half court and the defensive player will start at the free throw line. Offensive players must make a designated number of passes before they can shoot. Coach can decide what that number should be. To make it easier, coach can also be the defensive player if needed.