

SCVAA K-1 Basketball Outline

Oakland Middle School Gymnasium, Saturdays Jan. 14th.-Feb. 18th., 2023

	Passing	Dribbling & Ball Handling	Shooting	Games	Defense	Footwork	Hustle/Offense
Session 1	Receiving	Basics	Lay up form	H-O-R-S-E P-I-G Etc.	Stance, shuffle/slide	Pivot left/ right reverse	Eraser drill
Session 2	Chest pass	Using off-hand jump stop, pivot reverse	Using the backboard	Around-the- World	Stance shuffle/slide Back peddle	Receive pass, Pivot left/ right reverse	Dribble relay
Session 3	Bounce pass	Dribble around cones	Jump shot form proper practice rhythm	Lightning	One-on-one play defense with feet not hands	Receive pass, face basket and lay up	Cutting to basket change of direction,zig- zag keep moving
Session 4	Outlet pass	Protecting the ball dribble/steal	Lay up, jump shot	Hot Spot	Two-on-one	Receive pass face basket jump shot	Team offense working together/ in bounding the ball
Session 5	Pivot Foot, Drill:monkey-in- the-middle	Crossover dribble	Free throws form	3-on-3	Three-on-two	Receive pass face basket lay up or jump shot	Fake left/right drive to basket
Session 6	1	2	3	4	5	6	7
Session Coaches	COACHES	COACHES	COACHES	COACHES	COACHES	COACHES	COACHES
K-1 Girls Coaches 1:30-2:45							
K Boy's Coaches 3:00-4:15							
1st Boy's Coaches 4:30-5:45							

Each Station will run for 9 minutes, then the kids rotate to the next station.

Coaches: Please arrive 30 minutes early for the first session to go over the drills & techniques for your station.