

Week 1 · Fundamentals

45 minutes

COMPACT COACHING SHEET

1. Dynamic Warm-up Lines

0 min · 5 min

SETUP & HOW TO RUN IT

Group: any

Equipment: none

Setup: Players spread along the baseline in lines of 3–4.

1. High knees to half court, jog back.
2. Butt kicks up, side shuffle back.
3. Carioca (grapevine) up and back.
4. Walking lunges, then a light sprint to finish.

COACHING CUES

Tall posture, arms driving.

Full range of motion, not rushed.

Everyone moves together.

2. Pound Dribble Series

5 min · 6 min

SETUP & HOW TO RUN IT

Group: any

Equipment: 1 ball each

Setup: Everyone spreads out with a ball, in athletic stance.

1. Right-hand pounds — dribble hard and low, 20 reps.
2. Left-hand pounds — 20 reps.
3. Front-and-back (V-dribble) each hand, 20 reps.
4. Side-to-side (V-dribble) each hand, 20 reps.
5. Finish with 10 crossovers.

COACHING CUES

Fingertips, not palm.

Push the ball down hard — 'pound it'.

Eyes up: read a number the coach holds up.

3. Partner Passing

11 min · 7 min

SETUP & HOW TO RUN IT

Group: pairs

Equipment: 1 ball per pair

Setup: Partners face each other about 10 feet apart, one ball.

1. 10 chest passes — step into each one.
2. 10 bounce passes — aim for a spot 2/3 of the way to your partner.
3. 10 'target' passes — receiver holds up two hands as a target, passer hits it.
4. Add movement: partners slide sideways down the court while passing.

COACHING CUES

Thumbs down through the ball on the follow-through.

Step toward your target.

Give a target with two hands — 'ask for it'.

4. Form Shooting (B.E.E.F.)

18 min · 8 min

SETUP & HOW TO RUN IT

Group: pairs

Equipment: 1 ball per pair

Setup: Pairs, one ball, standing 4–5 feet apart (or close to the hoop).

1. Review B.E.E.F: Balance, Eyes (on target), Elbow (under the ball), Follow-through.
2. Shoot 10 one-handed form shots to your partner, focusing on a high, held follow-through ('wave goodbye to the ball').
3. Add the guide hand, 10 more.
4. Move to the hoop, close range, 10 makes each.

COACHING CUES

Shooting elbow in an 'L', under the ball.

Hold the follow-through until the ball lands.

Same routine every shot.

5. Musical Spots

26 min · 7 min

SETUP & HOW TO RUN IT

Group: 4–10 per hoop

Equipment: 1 ball per hoop, music

Setup: Mark spots around the key with cones. Players start on a spot.

1. Music plays — players jog around the spots.
2. Music stops — everyone freezes on the nearest spot.
3. One at a time (or as a group) shoot from your spot.
4. Rotate spots each round; celebrate the makes.

COACHING CUES

Set your feet before shooting.

Balanced shot from every spot.

Have fun with the freeze.

6. 3-on-3 Half Court

33 min · 12 min

SETUP & HOW TO RUN IT

Group: 6–12

Equipment: 1 ball, half court

Setup: Split into teams of 3. Winner stays on, next team rotates in.

1. Play half-court 3-on-3, make-it-take-it or straight-up.
2. 'Make a pass before you shoot' rule encourages teamwork.
3. Games to 4 baskets, then rotate.
4. Coach freezes play once or twice to teach a quick point, then plays on.

COACHING CUES

Move after you pass — don't stand and watch.

Talk on defence: 'ball!', 'help!'.

Everyone touches it before a shot.

Finish 45 min

SESSION NOTES

Control the ball, find a teammate, then use both skills in a small game.

Before you start: 6–12 players; half court, one ball per player for handling, one per pair for passing, a hoop and spot markers. Use short turns at the hoop. Split into separate supervised stations only when space and equipment allow. Include drinks and changeovers within each activity block.

After practice: Can players look up before passing and spread out again after a pass? Repeat this week if those habits still need time.