

HYAA Basketball Clinic Suggestions

Running a basketball clinic for young children is about introducing them to the game in a fun, engaging, and age-appropriate way. Here are some recommendations for structuring the clinic:

1. Key Goals

- Develop basic motor skills like running, jumping, and coordination.
 - Introduce fundamental basketball skills: dribbling, passing, and shooting.
 - Foster teamwork, listening skills, and sportsmanship.
 - Ensure the experience is fun and positive, sparking interest in the game.
-

2. Suggested Format

Duration: 45–60 minutes (young children have short attention spans).

Structure:

- **Warm-up (5-10 minutes):** Use simple, fun activities to get kids moving, like running, skipping, or stretching.
- **Skill Stations (20-30 minutes):** Divide participants into small groups and rotate them through stations:
 - **Dribbling:** Practice dribbling with one hand, switching hands, and moving while dribbling.
 - **Passing:** Teach chest passes and bounce passes with lightweight basketballs.
 - **Shooting:** Use lower hoops (6-8 feet) to let kids experience success. Use soft balls like foam or junior-size basketballs.
 - **Footwork:** Simple exercises like shuffling, pivots, and jump stops.
- **Games/Drills (10-15 minutes):** Use fun, low-pressure games to reinforce skills:
 - **Dribble tag:** Kids try to dribble while tagging others.
 - **Red light, green light:** Incorporate dribbling into the game.
 - **Shooting relay:** Teams take turns shooting on mini-hoops.
- **Cool-down and Wrap-up (5 minutes):** Stretch, review what they learned, and end with a cheer or fun chant.

3. Equipment

- Mini basketballs (size 3 or 4) for their smaller hands.
- Adjustable hoops set to lower heights (6–8 feet).
- Cones or markers for drills.

4. Tips for Success

- Keep instructions short and simple.
- Use lots of encouragement and positive reinforcement.
- Incorporate storytelling or themes to make it exciting (e.g., "dribble like a superhero").
- Balance individual activities with team-based games to build social skills.
- Have plenty of volunteers or parents to assist with organizing kids at stations.
- Keep water breaks short and frequent.

Drill Ideas for K-2 Basketball Clinic

1. Dribbling Drills

- **Bouncing Bunnies:**
 - Kids practice bouncing the ball and catching it like bunnies hopping.
 - Progress to dribbling with one hand, keeping the ball low.
- **Around the World:**
 - Have kids roll the ball around their legs, waist, or head to develop ball control and coordination.
- **Obstacle Course:**
 - Set up cones or markers for kids to dribble around, encouraging control and focus.
- **What Time is it Mr. Fox?**
 - Each player has a ball at the baseline, coach at foul line or half court. Players yell "What time is it Mr. Fox?" and coach calls out a time (for example "six o'clock", so the players take 6 dribbles toward the coach and jump stop - can add a pivot). Players keep asking "What time is it Mr. Fox?" and the coach keeps calling out a time.

- Repeat until some of the players get close to the coach and when they ask, "What time is it Mr. Fox?"... Coach yells "It's dinner time!!!" where they have to dribble back to where they start as fast as they can with the coach trying to tag them before they get back to the baseline.

2. Passing Drills

- **Catch Me If You Can:**
 - Pair up kids and have them practice chest passes and bounce passes back and forth.
 - Use a target (like a hula hoop held by a coach or volunteer) for accuracy.
- **Circle Pass:**
 - Kids form a circle and pass the ball to each other. Start with chest passes, then try bounce passes.
 - Add a second ball to make it more challenging.

3. Shooting Drills

- **Step and Shoot:**
 - Use adjustable hoops and show kids how to step forward and shoot with proper form.
 - Encourage them to "shoot like a rainbow" to teach an arching motion.
- **Bucket Ball:**
 - Use small, lightweight balls and let kids shoot into large buckets or laundry baskets before progressing to hoops.
- **Hot Spots:**
 - Place cones or mats in various spots on the court. Kids shoot from these "hot spots" and collect points for their team.

4. Teamwork and Fun Games

- **Red Light, Green Light with Dribbling:**
 - When you say "green light," kids dribble forward. When you say "red light," they stop.
 - Add "yellow light" for slow dribbling.
 - Add jump stops and pivots.
- **Sharks and Minnows:**
 - Select one or two "sharks." The "minnows" dribble their basketballs across the court while the sharks try to steal them.
- **Shooting Relay:**
 - Divide kids into teams. Determine as a team how many layups or shots each team needs to make to win.

- Each team lines up each side of the basket. First player in line takes a layup or shot. They have to get their own rebound and pass to the next person in line.
- Have them call out the number of shots they make each time a teammate makes one.
- Have them switch sides and do it again.

5. Movement and Footwork

- **Hopscotch Hoops:**
 - Lay hula hoops on the floor and have kids hop through them, pretending they're avoiding "hot lava."
- **Jump Stop Practice:**
 - Teach kids how to stop quickly with two feet after moving. Use fun prompts like "Stop and Freeze!"

Resources:

- [Jr NBA Practice Plans](#)
- [Breakthrough Basketball Drills](#)