






	Lay-ups: Step, jump with left leg, shoot with right hand. Vice versa for left hand. Focus on top corner of back-board square. Start on block, no dribble then one dribble, then 2 dribble lay-ups.
	Footwork: Triple Threat (dribble, pass, shoot). Catch, Pivot to the basket, both feet without traveling, balance, Jump Stops, squaring to the basket by pivoting, then pivot 360 degrees properly as a drill. Pass, jump stop, pivot, pass.
	Shooting: Teach them proper form but allow them to dip elbows for a stronger shot. Fingertips, point index finger at back-of-rim, jump, plenty of arc, and follow through.
	Ball Handling: Practice dribbling with both left and right hands. Work stationary drills. Start with ball wrapping drills, around the head, waist, and legs, one leg wraps, figure 8's. Focus on fingertips and proper execution. After stationary, have them dribble and move, eyes up, allow mistakes and always encourage
	Basic Passes: Focus on chest, bounce and overhead passes. Elbows out, step and push the ball, finishing thumbs down. Receivers with hands out.
	Play plenty of 2 on 2 and 3 on 3 games Scrimmage every practice if possible. Use your previous skills and drills to transfer into scrimmage. Reward when you see players practice drills into scrimmage.
	Offense: As they progress, you can start to introduce them to motion Offense. Practice dribbling with both left and right hands. Work stationary drills. Start with ball wrapping drills, around the head, waist, and legs, one leg wraps, figure 8's. Focus on fingertips and proper execution. After stationary, have them dribble and move, eyes up, allow mistakes and always encourage.
	Basic Cuts & How To Get Open: If time permits, you can introduce the basket cut and straight cut. I would suggest that you just work these cuts into your shoot drills. This will save loads of time. I can help with those breakdown drills. Teach V cuts to get open.

*Let your players know the boundaries and consequences of actions. Follow through so they know what is expected. You will be pushed. That's normal. Communicate clearly.

DRILL LINKS



PIGGY IN THE MIDDLE

<https://www.raidersbasketball.club/7-9-year-old-drill-videos>

PASSING

<https://www.raidersbasketball.club/7-9-year-old-drill-videos>

DRIBBLING

<https://www.raidersbasketball.club/7-9-year-old-drill-videos>

STARTING BASKETBALL

<https://www.youtube.com/watch?v=ZQvx6PXqYl4>

STARTING BASKETBALL

<https://www.usab.com/basketball/media/videos/2014/12/2ball-dribbling-routine.aspx>

under 10's

FUNDAMENTALS	U10's
Running - Change of pace / direction	R
Stopping – jump stops & stride stops	R
Pivoting – forward & reverse	R
Court terminology	R

PASSING / RECEIVING	U10's
Catching/receiving (10 fingers)	R
Move to ball	R
Chest pass	R
Bounce pass	R
Overhead pass	I
Baseball pass	I
Pass fakes	I

SHOOTING	U10's
Lay-up - strong hand	R
Lay-up - weak hand	I
Reverse lay-up	I
Set shot	I
Jump shot	
Foul shots	R
Power Lay-up	I
Catch & Shoot	I
Dribble & Shoot	I

INDIVIDUAL DEFENCE	U10's
Defensive stance	R
Maintaining position	R
Footwork - shuffle/drop-step	R
Use of hands	R
Turning the dribbler	I
Channelling the dribbler	I
Man-to-Man - guarding ball handler	R
Man-to-Man - 1 pass away, 2 or more	I
Defensive Triangle (pointing pistols)	I
Jumping to the ball	
Close out	I
Defending cutters	
Defending screens	
Defending post players	

TEAM OFFENSE	U10's
Court spacing	R
Ball movement, ball reversal	I
Pass, cut and replace	I
Give and go	I
Dribble entries	I
Screen the ball and roll	
Screen away	
Skip passes	
Back screens	
Down screens	
Cross screens	
Offensive alignments	I
Fast break	I
Motion offensive principles	
Zone offensive principles	

OUT-OF-BOUNDS PLAYS	U10's
Offensive baseline	I
Defensive baseline	I
Offensive sideline	I
Defensive sideline	I

REBOUNDING	U10's
Stance, positioning	I
Protection of ball	I
Positioning	I
Offensive - power layup	
Defensive - outlet pass/power dribble	I

DRIBBLING (STRONG & WEAK HANDS)	U10's
Speed dribble	R
Control dribble	R
Power dribble	I
Retreat dribble	R
Change of pace/hesitation dribble	I
Crossover dribble	R
Reverse (spin) dribble	I
Behind back dribble	I
Between legs dribble	

RULES	U10's
Scoring	R M
Double (illegal) dribble	R M
Travel	R M
Backcourt violation	R M
Jump ball - start of each half	R M
Jump ball - held ball	R M
Fouls - hands	R M
Fouls - blocking	R M
Fouls - on shooter	R M
Five fouls on a player	R M
Eight team fouls	R M
3 seconds in key	I
5 seconds guarded	I
8 seconds in backcourt	I
Jump balls - held ball	I
Out of bounds	R
Free throws - positions and rules	R

JUMP BALL	U10's
Positioning (offensive & defensive)	R
Technique	R
Plays	I

TEAM DEFENCE	U10's
Half court - man-to-man	I
Full court - man-to-man	I
Rotation principles	
Zone press	
Run and jump	
Zone defence (2-1-2, 1-2-2, 1-3-1)	
Fastbreak defence	I
Trapping	



I = Introduced
 R = Reinforced
 M = Mastered