

YMCA Rec Basketball

2nd - 3rd Grade

Practice 1



Activity	Details
Get to know your team	Make sure everyone is there & introduce yourself. Hand jerseys out to team. Go off of the list provided. If they are not on the jersey list they did not preorder one. Will need to purchase one in our office. Must have for week 2 game.
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball
Toss & Catch (10x)	Players throw the ball up in the air in front of them and catch with two hands. Try to clap before catching *Develop hand-eye coordination & familiarity with the ball.
Around the Waist (5 each direction)	Start with ball in front and wrap the ball around waist in circles. Once are completed change directions. *Develop ability to control the ball.
Dribbling (4 x 30 sec each hand)	Have players dribble the ball in place with each hand. Ready position *try not to look down at the ball
Dribbling (5min)	Dribble down and back across the court. Use right hand only, left hand only, crossover at a cone or designated spot on court. *Go at pace where ball is under control
Passing	Have players partner up with one basketball between them and line up across from each other at the free throw lane. Partners pass back and forth. Go over bounce & chest passes. Make sure players are looking before passing and receiver has their hands ready. Take a step towards their partner and extend elbows down when making a pass. Thumbs pointing down when releasing ball.
Form Shooting (2x8)	With no ball players stand facing the coach bent knees and the dominant hand elbow in, have players move their body upward in one motion to simulate shooting the ball. Players should follow through by straightening their arm and flicking their wrist.
Team Shooting (10min)	Divide players into 2 or more group lines & give each group a designated shooting spot on the court. Group lines will operate as a team. Players shoot one at a time, get their rebound, give it to the next players & return to the back of the same line. Continue till one team makes the designated number of shots. Then switch spots and repeat. *Have players count makes out loud & encourage to cheer for their teammates. *utilize shooting form.
Jump-Stop (2 x down and back) No ball	Have players form even lines. The first player in each line will jog to the foul line and make a deliberate jump stop at the foul line. Players will repeat at half court, opposite foul line and opposite baseline.
Defensive Slides (3 x 15 seconds)	Have the players line up on the lane line and face the coach. On coaches command the players should push off their back foot to slide to the other side of the lane where they will plant and push back. Knees bent & arms are out.

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Practice 2



Activity	Details
Warm Up	Walk the court with the players explaining lines (half court, 3-point line, sideline, baseline, free throw line. Next call out different movements and a line for the players to move to. Movements: jog, shuffle, skip, high knees, back pedal, sprint
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball
Toss & Catch (10x)	Players throw the ball up in the air in front of them and catch with two hands. Try to clap before catching *Develop hand-eye coordination & familiarity with the ball.
Taps (30 seconds each)	Players should start with their arms extended over their head and tap the ball quickly from hand to hand. Move the ball in front of their face and then down to their waste as well. *Use fingertips, small quick taps.
Around the Waist (5 each direction)	Start with ball in front and wrap the ball around waist in circles. Once completed change directions. *Develop ability to control the ball.
Around the head (5 each direction)	Start with the ball in front and wrap the ball around the head in circles. Once completed change directions.
Dribbling (4 x 30 sec each hand)	Have players dribble the ball in place with each hand. Ready position *try not to look down at the ball
Dribbling (5min)	Dribble down and back across the court. Use right hand only, left hand only, crossover at a cone or designated spot on court. *Go at pace where ball is under control
Partner Passing	Have players partner up with one basketball between them and line up across from each other at the free throw lane. Partners pass back and forth. Go over bounce & chest passes. Make sure players are looking before passing and receiver has their hands ready. Take a step towards their partner and extend elbows down when making a pass. Thumbs pointing down when releasing ball.
Triple Threat	Ready position when they have the ball to: shoot, pass, dribble. Knees bent with feet a little wider than shoulder width apart. Hold the ball & bend elbows so they are strong & ball slightly towards dominant hand side. Have players stand with a ball in upright position and when coach calls out triple threat players get into triple threat position.
Team Shooting (5min)	Divide players into 2 or more group lines & give each group a designated shooting spot on the court. Group lines will operate as a team. Players shoot one at a time, get their rebound, give it to the next players & return to the back of the same line. Continue till one team makes the designated number of shots. Then switch spots and repeat. *utilize shooting form.
Red Light (1-2 games)	All players start on sideline with a ball. Green light - dribble & jog/run towards other sideline Yellow light - dribble & walk Orange - dribble & walk backwards Red light - jump stop & stay in triple threat position

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Practice 3



Activity	Details
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball
Taps (30 seconds each)	Players should start with their arms extended over their head and tap the ball quickly from hand to hand. Move the ball in front of their face and then down to their waste as well.
Single Leg Rolls (2 x 30 seconds)	Players should be in a stance with their legs wide & chest up. Place the ball on the floor & roll it around one leg for 15 seconds & then change directions & repeat. *Do right & left leg. Maintain contact with hand & ball the entire time.
Double Leg Rolls (2 x 30 seconds)	Players should keep their feet together and knees bent. Roll ball on the floor around both feet & keeping one hand on the ball at all times. Change directions & repeat.
Stationary Crossover (3 x 20 seconds)	Players should bend their knees & begin dribbling back & forth swinging the ball from right to left. Have players change levels and go from low - below knees, middle - knee level, high - waist level
Partner Passing	Have players partner up with one basketball between them and line up across from each other at the free throw lane. Partners pass back and forth. Go over bounce & chest passes. Make sure players are looking before passing and receiver has their hands ready. Take a step towards their partner and extend elbows down when making a pass. Thumbs pointing down when releasing ball.
Triple Threat	Ready position when they have the ball to: shoot, pass, dribble. Knees bent with feet a little wider than shoulder width apart. Hold the ball & bend elbows so they are strong & ball slightly towards dominant hand side. Have players stand with a ball in upright position and when coach calls out triple threat players get into triple threat position.
1, 2, 3 Shooting (1 x 3 min)	Players are located in the paint facing the coach. One at a time, the players will follow the coach's command of 1, 2, 3 shoot and shoot the ball to the basket. <ol style="list-style-type: none"> 1. bend down into leaping jump position 2. Form 90 degree angle with their dominant hand shoulder and elbow under the ball 3. Player explodes upwards using their legs while extending arms at the same time to shoot the ball. Follow through by flicking the wrist.
Coach Says	Players will follow coaches command. Coaches can come up with different variations or keys. Examples: coach points a certain direction and players are to shuffle that direction. Defense - players get into defensive stance. Triple threat - players get into triple threat position.

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Practice 4



Activity	Details
Warm Up	Walk the court with the players explaining lines (half court, 3-point line, sideline, baseline, free throw line. (see if they remember lines without walk thru) Call out different movements and a line for the players to move to. Movements: jog, shuffle, skip, high knees, back pedal, sprint.
Stationary Crossover	Players should bend their knees & begin dribbling back & forth swinging the ball from right to left. Have players change levels and go from low - below knees, middle - knee level, high - waist level
Single Leg Rolls (2 x 30)	Players should be in a stance with their legs wide & chest up. Place the ball on the floor & roll it around one leg for 15 seconds & then change directions & repeat. *Right & left leg. Maintain contact with hand & ball the entire time.
Double Leg Rolls (2 x 30)	Players should keep their feet together and knees bent. Roll ball on the floor around both feet & keeping one hand on the ball at all times.
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion.
Forward Pivot (4 x each foot)	Players should hold the ball & stand in triple threat position. Pivot by keeping their left foot on the floor & pivot around using forward quarter steps on coaches command "pivot" After 4 pivots they should be facing forward again *Stay in good stance
Side Lateral Push (3 x 15 sec)	Players line up on the lane line and face coach. When coach says "go" the players should push off their back foot to slide to the other side of the lane.
Closeout 1-on-1	Have one line underneath the basket with a ball and another out on the wing just inside the 3-point line. Player underneath the basket passes the ball out to wing player and closes them. Offensive player then drives to basket. *short choppy steps as closing out
Defensive Slides (3 x 15 seconds)	Have the players line up on the lane line and face the coach. On coaches command the players should push off their back foot to slide to the other side of the lane where they will plant and push back. Knees bent & arms are out.
1 v 1 Numbers	Assign 2 players to each number and everyone stands on the baseline. Throw the ball on the court and call out a number. The 2 players with that number will go for the ball and whoever gets the ball will be on offense and other on defense for 1v1.

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Practice 5



Activity	Details
Square Warm Up (2x)	Use the free throw lane lines as your square. Players start at the low block & backpedal up to the free throw line. Players then slide across the free throw line & then sprint down the opposite free throw lane line to the baseline.
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion. Dribble if able to.
Stationary Crossover	Players should bend their knees & begin dribbling back & forth swinging the ball from right to left. Have players change levels and go from low to high.
Zig Zag (2x)	Set up two lines on opposite sides of the court. Place cones or designate spot on the court where players will do a crossover each team they reach a cone. When they get to the end of the court the should dribble down the sideline and then continue to zig zag at the cones on the opposite side.
Self-toss Rebound (3x8)	Players need to find an open space on the court with a ball. Players will use two hands to toss the ball into the air. Player moves towards the ball, jump & catch the ball at their peak. Secure the ball and hold in front of your chest. *can move up to coach throwing ball off backboard for player to rebound.
Toss & Get It (2 min each side)	Have the players in the paint. Coach throws the ball off the backboard. One player at a time grabs the rebound chin it & toss it back to coach & goes to back of line. Repeat and do each sides of the basket.
Who is Ready, Shoot (5 min)	Have 3 players in a triangle. 1 at the free throw line & 2 at each bottom block. 1 player will have the ball facing away from the other 2. The 2 players without the ball will determine 1 player to make eye contact with the player with the ball. The player with the ball will then pivot around to face the 2 players & locate which player is looking at them & has their hands up for the pass & make a quick pass. Player who receives the pass will then turn & shoot. Shooter becomes the passer everyone rotates. Passer goes out new player in.
Give & Go (5min)	Players should start at the 3-point line with a ball on the wing. Player will pass the ball to the coach on the ball side elbow. After pass the player will cut/run to the basket. The coach will then pass the ball back to the cutting player so the player can catch and shoot.
Take a Cone (3 min)	Split players up into 2 even teams and designate 2 spots at a basket. There should be a line of cones equal to the number of players on each team that are lined up next to the team. First player from each line will shoot and get their rebound and pass to next person. If shot is made they will take a cone away from the other team. Team with the most cones wins.

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Practice 6



Activity	Details
Single Leg Rolls (2 x 30)	Players should be in a stance with their legs wide & chest up. Place the ball on the floor & roll it around one leg for 15 seconds & then change directions & repeat. *Right & left leg. Maintain contact with hand & ball the entire time.
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion.
Running dribble/crossover (2x each)	Have player line up across the baseline. 1st player in line should have a ball. Have players run while dribbling with their eyes up to opposite baseline and back.
Zig Zag (2x)	Set up two lines on opposite sides of the court. Place cones or designate spot on the court where players will do a crossover each team they reach a cone. When they get to the end of the court the should dribble down the sideline and then continue to zig zag at the cones on the opposite side.
Dribble Relays (2 games)	Divide players into even groups & have them line up on the sideline. On coaches command 1st player in each line will dribble to other sideline & back, jump stop, and hand the ball to next player who then goes. Right & left hand.
Around the World (1 game)	Place 5 cones around the court as five shooting spots and divide players evenly at the cones. 1st player in each line has a ball, each player will shoot, get their rebound, & return to the back of the same line. Players will cycle through so that each player gets 3 shots from that specific spot. Then rotate to next sport.
Defensive Slides (3 x 15 seconds)	Have the players line up on the lane line and face the coach. On coaches command the players should push off their back foot to slide to the other side of the lane where they will plant and push back. Knees bent & arms are out.
Reverse Pivot (4 x each foot)	Have players hold the ball in good stance. Pivot by keeping their left foot on the floor & pivot around using reverse quarter steps on coaches command "pivot" After 4 pivots they should be facing forward again.
Shooting Line Game (2 games to 8)	Divide players into 2 ore more group lines & have each group at a designated spot on the court. Group lines will operate as a team & keep their score together. The players will shoot one time, get their rebound, give it to the next player & return to the back of the same line. Continue until one team makes designated number of shots.
2 v 2 Numbers	Assign 2 players to each number and have everyone stand on the baseline. The 2 players with the same number our teammates and will play together. Throw the ball onto the court and call out 2 numbers. The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and other 2 on defense.

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Practice 7



Activity	Details
Low, middle, high dribble (2 x 20 seconds each)	Players need a basketball and start in a good stance with their eyes up using one arm to protect the ball and the other to dribble. Have them dribble the ball at different levels low, middle & high—shoulder level. Hold up number of fingers for players to call out.
Cone Dribbling (3x)	Divide players into even lines. Place 5 cones from sideline to sideline in a straight line for each group. First player in each line with a ball. They will dribble through the cones in a zig zag motion switching hands as they change directions.
Partner Passing	Have players partner up with one basketball between them and line up across from each other at the free throw lane. Partners pass back and forth. Go over bounce & chest passes. Make sure players are looking before passing and receiver has their hands ready. Take a step towards their partner and extend elbows down when making a pass. Thumbs pointing down when releasing ball.
Pass & Cut (5 min)	Have players line up at the top of the key & another line on the wing. Players at key pass the ball to the wing & then cut by running to the basket. Player on wing catches the ball and passes it back to cutting player who will shoot.
Reverse Pivot (4 x each foot)	Have players hold the ball in good stance. Pivot by keeping their left foot on the floor & pivot around using reverse quarter steps on coaches command "pivot" After 4 pivots they should be facing forward again.
Self-toss Rebound (3x8)	Players need to find an open space on the court with a ball. Players will use two hands to toss the ball into the air. Player moves towards the ball, jump & catch the ball at their peak. Secure the ball and hold in front of your chest. *can move up to coach throwing ball off backboard for player to rebound.
Around the World (1 game)	Place 5 cones around the court as five shooting spots and divide players evenly at the cones. 1st player in each line has a ball, each player will shoot, get their rebound, & return to the back of the same line. Players will cycle through so that each player gets 3 shots from that specific spot. Then rotate to next spot.
Take a Cone (3 min)	Split players up into 2 even teams and designate 2 spots at a basket. There should be a line of cones equal to the number of players on each team that are lined up next to the team. First player from each line will shoot and get their rebound and pass to next person. If shot is made they will take a cone away from the other team. Team with the most cones wins.
Reverse the ball	Have 2 players on the wing, one at the top of the key and one at the opposite wing. 3 other players in a line under the basket as rebounders. The player on the wing will start with the ball in a triple threat stance and when coach says "reverse" the player will pass to the top of the key. Player at top of key will catch the ball in triple threat and then quickly pass to the other wing who will then shoot the ball. Shooter will go to rebounding line. Player who rebounds the ball will make an outlet pass to the wing where the ball started and then go to the end of that line.
2 v 2 Numbers	Assign 2 players to each number and have everyone stand on the baseline. The 2 players with the same number our teammates and will play together. Throw the ball onto the court and call out 2 numbers. The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and other 2 on defense.

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Practice 8



Activity	Details
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion. Dribble if able to.
Stationary Crossover	Players should bend their knees & begin dribbling back & forth swinging the ball from right to left. Have players change levels and go from low to high.
Dribble Balance (3 x 20 seconds each)	Player will need a basketball and stand on the sideline. Players should stand on right leg only with knee slightly bent and dribble the ball with their right hand. Then do the same on left leg.
Cone Dribbling (3x)	Divide players into even lines. Place 5 cones from sideline to sideline in a straight line for each group. First player in each line with a ball. They will dribble though the cones in a zig zag motion switching hands as they change directions.
Capture the Cones (2 x 4 minutes)	Divide players in to 4 teams and assign them a corner. Each team is to collect cones from other teams corners and place them back in their own corner. Players are not allowed to protect their team's corner. Coaches can tag player which means the player must return the cone they have from where they took it. Players are to be dribbling at all times.
Open & Decide (3 minutes)	Have players start in a line at the free throw line with the first player having a ball in a triple threat stance and eyes closed. Have a player standing on each block and coach or another player guards one of them on the block. Player with the ball opens their eyes on whistle or coaches command and makes a quick decision to pass to the open player who then shoots while defender tries to contest the shot. Passer takes the place of the shooter.
Around the World (1 game)	Place 5 cones around the court as five shooting spots and divide players evenly at the cones. 1st player in each line has a ball, each player will shoot, get their rebound, & return to the back of the same line. Players will cycle through so that each player gets 3 shots from that specific spot. Then rotate to next sport.
Tracing the Ball (3 x 1 minute)	Group the players into 3's & have on ball per group. 2 players should stand a little more than the lane width apart & face each other, one with the ball. The player with the ball will wait 3 seconds before passing to their teammate. After passing, the player will follow their pass & close out & trace the ball with the players that received the pass.
Lay-up Bowling (1-2 games)	Divide players into 2 teams and have them line up on opposite baselines. Set up 3 cones about 2-3 feet apart at half court near the side. Each team has 2 balls, 1 with first player in line other is off to the side on ground. First player will dribble to the opposite end of court and shoot lay-up. Player will then dribble all the way back to the next player in line. If player misses the lay up, they go to the back of the line, player makes the layup they will go pick up the extra ball and bowl/roll it towards the cones at the opposite end. If the ball hits a cone it counts as knocking it over and coach will remove it.
3 v 3 Numbers	Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and play together. Throw the ball on the court and call out 2 numbers. The 3 players with those numbers will go for the ball. Whoever gets the ball will be on offense and other 3 on defense.

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Practice 9



Activity	Details
Dribble Balance (3 x 20 seconds each)	Player will need a basketball and stand on the sideline. Players should stand on right leg only with knee slightly bent and dribble the ball with their right hand. Then do the same on left leg.
Capture the Cones (2 x 4 minutes)	Divide players in to 4 teams and assign them a corner. Each team is to collect cones from other teams corners and place them back in their own corner. Players are not allowed to protect their team's corner. Coaches can tag player which means the player must return the cone they have from where they took it. Players are to be dribbling at all times.
Who is Ready (2 minutes)	Players should be in groups of 3 in a triangle with one ball. 1 player will have the ball facing away from the other two. The 2 players without the ball will determine 1 player to make eye contact with the player with the ball. The player with the ball will then jump and turn around to face the 2 players and locate which player is looking at them and has their hands up for a pass and make a quick step and pass.
4 Corners (30 seconds each)	Divide players into groups of 4. Four of the players will be active. Set up 4 cones in a square. 3 players will play offense and 1 will play defense. The 3 offense players will each stand at a different cone leaving one open. The defensive player will stand in the middle of the cones. Player with the ball can only pass left or right and cannot pass the ball across to the opposite side. Players without the ball must receive the pass or go to the open spot. Defense will try to still the ball within 30 seconds.
Pass it Down (2 minutes)	Divide players into 2 even groups with 1 group and both sidelines without a ball. Have the other group with a basketball on the baseline. Player with the ball will pass the ball and receive the ball back from each of the players lined up on the sideline. After they make a pass and received a pass from last player they will dribble the ball to the basket for a lay-up. After lay-up player will get rebound and continue same thing on the other side of the court.
Self-toss Rebound (3x8)	<p>Players need to find an open space on the court with a ball. Players will use two hands to toss the ball into the air.</p> <p>Player moves towards the ball, jump & catch the ball at their peak. Secure the ball and hold in front of your chest.</p> <p>*can move up to coach throwing ball off backboard for player to rebound.</p>
Jump Stop Shoot (games to 5)	Divide players into as many as 4 groups at shooting spots and first player in each line with a ball. Players will dribble to the cone setup a few feet from basket, jump stop and shoot, get their rebound and give it to the next player in line.
Reverse the ball	Have a 2 players on the wing, one at the top of the key and one at the opposite wing. 3 other players in a line under the basket as rebounders. The player on the wing will start with the ball in a triple threat stance and when coach says "reverse" the player will pass to the top of the key. Player at top of key will catch the ball in triple threat and then quickly pass to the other wing who will then shoot the ball. Shooter will go to rebounding line. Player who rebounds the ball will make an outlet pass to the wing where the ball started and then go to the end of that line.
3 v 3 Numbers	Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and play together. Throw the ball on the court and call out 2 numbers. The 3 players with those numbers will go for the ball. Whoever gets the ball will be on offense and other 3 on defense.

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Practice 10



Activity	Details
Around the Waist (5 each direction)	Start with ball in front and wrap the ball around waist in circles. Once are completed change directions. *Develop ability to control the ball.
Double Leg Rolls (2 x 30 seconds)	Players should keep their feet together and knees bent. Roll ball on the floor around both feet & keeping one hand on the ball at all times. Change directions & repeat.
Low, middle, high dribble (2 x 20 seconds each)	Players need a basketball and start in a good stance with their eyes up using one arm to protect the ball and the other to dribble. Have them dribble the ball at different levels low, middle & high—shoulder level. Hold up number of fingers for players to call out.
Running dribble/crossover (2x each)	Have player line up across the baseline. 1st player in line should have a ball. Have players run while dribbling with their eyes up to opposite baseline and back.
Cone Dribbling (3x)	Divide players into even lines. Place 5 cones from sideline to sideline in a straight line for each group. First player in each line with a ball. They will dribble though the cones in a zig zag motion switching hands as they change directions.
Jump Stop Shoot (games to 5)	Divide players into as many as 4 groups at shooting spots and first player in each line with a ball. Players will dribble to the cone setup a few feet from basket, jump stop and shoot, get their rebound and give it to the next player in line.
Drive & Kick (games to 10)	Have one line at the top of the key with a ball and another line at the short corner. Player at the top dribble the ball down the middle of the paint with the ball in hand that is on the same side as the other line. As player gets close to basket, they will jump stop and pass the ball to their teammate in the short corner to catch and shoot. Players will get rebound and switch lines.
Take a Cone (3 min)	Split players up into 2 even teams and designate 2 spots at a basket. There should be a line of cones equal to the number of players on each team that are lined up next to the team. First player from each line will shoot and get their rebound and pass to next person. If shot is made they will take a cone away from the other team. Team with the most cones wins.
2 v 2 Numbers	Assign 2 players to each number and have everyone stand on the baseline. The 2 players with the same number our teammates and will play together. Throw the ball onto the court and call out 2 numbers. The 2 players with those numbers will go for the ball and whoever gets the ball will be on offense and other 2 on defense.

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Practice 11



Activity	Details
Stationary figure 8 rolls (1x15 each direction)	Players should be in a stance with their legs wide & chest up. Players put the ball on the floor & roll it through their legs in a figure 8 motion.
Around the Waist (5 each direction)	Start with ball in front and wrap the ball around waist in circles. Once are completed change directions. *Develop ability to control the ball.
Cone Dribbling (3x)	Divide players into even lines. Place 5 cones from sideline to sideline in a straight line for each group. First player in each line with a ball. They will dribble though the cones in a zig zag motion switching hands as they change directions.
Running dribble/crossover (2x each)	Have player line up across the baseline. 1st player in line should have a ball. Have players run while dribbling with their eyes up to opposite baseline and back.
Capture the Cones (2 x 4 minutes)	Divide players in to 4 teams and assign them a corner. Each team is to collect cones from other teams corners and place them back in their own corner. Players are not allowed to protect their team's corner. Coaches can tag player which means the player must return the cone they have from where they took it. Players are to be dribbling at all times.
Block to Block Shooting (2 x 30 seconds)	Players need a partner with a basketball. 1 player will start with the ball on the block. Player will shoot quickly run to the other block. Partner will rebound the ball and pass to the shooter on the other block. Shooter will continue going back and forth after every shot.
Drive & Kick (games to 10)	Have one line at the top of the key with a ball and another line at the short corner. Player at the top dribble the ball down the middle of the paint with the ball in hand that is on the same side as the other line. As player gets close to basket, they will jump stop and pass the ball to their teammate in the short corner to catch and shoot. Players will get rebound and switch lines.
Pass & Cut (5 min)	Have players line up at the top of the key & another line on the wing. Players at key pass the ball to the wing & then cut by running to the basket. Player on wing catches the ball and passes it back to cutting player who will shoot.
Lay-up Bowling (1-2 games)	Divide players into 2 teams and have them line up on opposite baselines. Set up 3 cones about 2-3 feet apart at half court near the side. Each team has 2 balls, 1 with first player in line other is off to the side on ground. First player will dribble to the opposite end of court and shoot lay-up. Player will then dribble all the way back to the next player in line. If player misses the lay up, they go to the back of the line, player makes the layup they will go pick up the extra ball and bowl/roll it towards the cones at the opposite end. If the ball hits a cone it counts as knocking it over and coach will remove it.
3 v 3 Numbers	Assign all players to a number in groups of 3 and have everybody stand on the baseline. The 3 players with the same number are teammates and play together. Throw the ball on the court and call out 2 numbers. The 3 players with those numbers will go for the ball. Whoever gets the ball will be on offense and other 3 on defense.