



# **YMCA Small Fry Basketball Sample Curriculum**

## **Week 1**

### **Introduction**

- Introduce coaches and players, chose team name.

### **Stretch**

- Toe grabs (middle, left/right), butterfly, arm circles (small/big & front/back), wrist pull backs.

### **Catching (Ask for parents help)**

- demonstrate how to properly throw/catch the ball with two hands

- hands out in front
- Underhand toss to partner
- Bounce pass if needed

### **Passing (Ask parents for help)**

- demonstrate the proper techniques of these two passes:
- Over head bounce pass (two handed)
- Chest bounce pass (left/right hand)

### **Dribbling**

#### **Demonstrate the proper dribbling techniques**

- Fingertips
- Hand slightly bent
- Two handed dribbling
- Right/Left hand dribbling

### **Shooting**

- Demonstrate the proper shooting techniques
- Two hands

#### **"Follow the Leader" (Coach)**

- Dribbling, follow the lines on the court (in-line)
- Two hands
- One hand (in place)
- End with shooting the ball into the basketball goal Bring Kids Together and Talk About:
- Types of passing, shooting, catching and dribbling.
- BREAK OUT with TEAM NAME!



## Week 2

### **Introduction**

- Review and talk about:
  - shooting, dribbling, catching, passing.

### **Stretch**

- Toe grabs (middle, left/right), butterfly, arm circles (small/big & front/back), wrist pull backs.

### **Dribbling**

- Demonstrate proper dribbling techniques
- Stationary (left/right/two hand)
- Circle dribble (coach leads)

### **Jumping/Sliding Techniques (Must make this as fun as possible)**

- Jumping: Both hands touching the floor and come up using both hands
- Sliding: knees slightly bent, both hands up and slide feet

### **Passing (Ask for parents help)**

- Chest bounce pass & over head bounce pass

### **Triangle Bounce Pass**

- In groups of three

### **Catching**

- demonstrate how to throw/catch the ball properly (two hands)
  - hands out in front
- Underhand toss to partner
- Bounce pass if needed

### **Free Throw Shooting**

- Each kiddo should shoot the ball three times (over and underhand) into the basket.

### **Catch & Shoot**

- Coach: bounce pass the ball to player and player will shoot the ball Bring Kids Together and Talk About: - Jumping, sliding, shooting, dribbling - BREAK OUT with TEAM NAME!



### **Week 3**

**-Review and talk about:**

- Jumping, shooting, dribbling, passing**

**Stretch**

- Toe grabs (middle, left/right), butterfly, arm circles (small/big & front/back), wrist pull backs**

**Jumping along the wall**

- talk about how to jump and to reach as high as they can**

**Catching (Ask parents for help)**

- Bounce pass and catch**

**Passing (Ask parents for help)**

- demonstrate the proper techniques of these two passes.**
- Over head bounce pass (two handed)**
- Chest bounce pass (left/right hand) Triangle Dribble (use cones) - one or two hands are OK.**

**Free Throw Shooting**

- demonstrate the proper shooting techniques**
- Two hands (over and underhand is OK)**

**"Follow the Leader" (Coach)**

- Dribbling, follow the lines on the court (in-line)**
- Two hands**
- One hand (in place)**
- End with shooting the ball into the basketball goal**

**Bring Kids Together and Talk About: - Types of passing, shooting, dribbling - BREAK OUT with TEAM NAME!**



#### Week 4

-Review and talk about:

-Jumping, shooting, dribbling, passing

Stretch

- Toe grabs (middle, left/right), butterfly, arm circles (small/big & front/back), wrist pull backs

Catching (Ask parents for help)

- Bounce pass and catch

Passing (Ask parents for help)

- Over head bounce pass (two handed)

- Chest bounce pass (left/right hand)

Dribble Relays

- Need a distance of at least 10 ft.

- have kids walk and dribble-try not to run.

Zig Zag Dribble (use cones)

- Players zigzag through the cones

- Have the 1<sup>st</sup> player reach the 3<sup>rd</sup> cone before allowing the next player to start.

Jumping/Sliding Techniques

- Jumping: Both hands touching the floor and come up using both hands

- Sliding: Knees slightly bent, both hands up and slide feet

Free Throw Shooting

- Two hands (over and underhand is OK)

Catch & Shoot

- Coach: bounce or roll ball to player.

Bring Kids Together and Talk About:

- Types of passing, shooting and dribbling.

- BREAK OUT with TEAM NAME!

Weeks 5 and 6: Review all of the above and possible scrimmage other teams if coach feels players are ready.