



Pee Wee Program
Mini Mites Practice

Format

The City of Fontana Pee Wee Basketball Mini-Mites “Parent & Me” Division is designed to introduce young athletes to the growing sport. The program will provide basic fundamentals for coaches, parents and athletes participating in a 3-week skill development practice followed by 6 scrimmage style games.

Encourage parents to engage their child in all the program related activities to provide support to their child as needed through a variety of progression drills held at each practice. We need volunteers to assist with group activities, recovering balls and keeping athletes in designated area.

Our program goal is to provide a “FUN” is #1 environment where participants can enjoy the sport without the fear of making a mistake. Let’s focus on player development and keep the participants active throughout the 30-minute session each day.

- 5 min warm-up
- 20 min skills (dribbling, passing, shooting – no repeats)
- 5 min cool-down



Development Goals:

- Build gross motor coordination
- Encourage social interaction and fun
- Gradually introduce basketball fundamentals
 - All activities are **parent-assisted**
- **No drill repeats** to keep engagement high



Week 1 – Getting Comfortable with the Ball

Session 1

Warm-Up:

- **Parent & Me Stretching:**
 - **Instructions:** Parents and children stand in a circle. The coach leads simple stretches such as arm circles (extend arms and make small circles), toe touches (bend at the waist and reach for toes), and gentle jogging in place (lightly jog on the spot).
 - **Engagement:** Parents encourage children to mimic their movements and cheer them on.

Dribbling:

- **Bounce Relay:** Parent and child stand side-by-side. Child bounces ball once every 3–4 steps from one cone to another.
- **Ball Tap Walk:** Parent rolls ball slowly, child taps it gently with fingertips while walking together.

Passing:

- **Ball Push Down a Ramp:** Use a folded mat or slope made from cones; child pushes the ball down toward parent.
- **Roll & Run:** Child rolls ball to parent, then runs around a cone and back.

Shooting:

- **Tunnel Shoot:** Parent kneels with legs apart; child rolls ball through tunnel into small hoop.
- **Mini Dunk Time:** Parent lifts child gently to “dunk” ball into hoop.

Cool Down:

- **Bouncing Ball Breaths:** Inhale while lifting ball, exhale while bouncing.
- **Big Arm Circles** together with parent.

Session 2

Warm-Up:

- **Parent & Me Jogging:**
 - **Instructions:** Parents and children jog lightly around the field together.
 - **Engagement:** Parents encourage their child to keep moving and make it fun by pretending to be different animals (e.g., “Let’s run like cheetahs!”).
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Dribbling:

- **Dribble Maze:** Create a mini maze using cones. Parent and child navigate by holding ball between them (hands only).
- **Tap & Catch:** Parent holds the ball, drops it gently – child taps once then catches (or tries!).

Passing:

- **Bounce Pass over Cones:** Cones 3 ft apart. Parent and child on each side; bounce ball over the cone to each other.
- **Popcorn Pass:** Parent tosses ball up slightly, child claps once and catches with assistance.

Shooting:

- **Color Cone Shot:** Color cones placed near hoop. Parent says a color, child goes to that cone and shoots from it.
- **Layup Lift:** Parent walks child to hoop holding ball, helps them jump and shoot at close range.

Cool Down:

- **Yoga Poses:** Tree, downward dog (with parent help).
- **“Thank You” Passes:** Sit in circle and say “thank you” to each person passed to.



Week 2 – Body & Ball Awareness

Session 3

Warm-Up:

- **Follow the Leader (Cones):** Set up 6–8 cones in a circle. Parents lead kids around the cones doing movements like hopping, walking, and tiptoeing.

Dribbling:

- **Cone Tap Dribble:** Set cones in a triangle. Parent helps child bounce the ball once next to each cone.
- **Dribble with Freeze:** Parent says “dribble,” child tries, then FREEZE when coach calls it out.

Passing:

- **Target Toss:** Set cones in circle. Parent points; child passes to knock over the cone.
- **Ball Push Between Legs:** Child sits, rolls ball backward between legs to parent.

Shooting:

- **Musical Hoops:** Music on. Walk around hoop. When music stops, shoot.
- **Beanbag Toss into Hoop** (if ball too hard): Practice aim without weight of basketball.

Cool Down:

- **Stretch the Rainbow:** Reach arms up high, stretch side to side.
- **Pass & Clap:** Pass the ball and clap once before it lands.

Session 4

Warm-Up:

- **Mirror Moves:** Parent moves, child mimics with ball in hand (jump, roll, lift).

Dribbling:

- **Bubble Dribble:** Parent blows bubbles. Kids chase with ball, stopping to dribble once at each burst.
- **Toe Touch & Bounce:** Tap ball with toe, then bounce with help from parent.

Passing:

- **Toss and Turn:** Parent tosses soft pass, child catches then turns 180° and gives back.
- **Hula Hoop Pass:** Parent holds hoop vertically. Child tries passing through.

Shooting:

- **Animal Sound Shot:** Make an animal noise, then shoot. Fun way to engage!
- **Shooting from a Mat:** Child stands on soft mat 3–4 ft from hoop. Shoot with parent's help from there.

Cool Down:

- **Ball Roll Massage:** Parent rolls ball gently over child's back.
- **Group Bounce Count:** Circle bounce counting to 10 as group.



Week 3 – Movement Integration

Session 5

Warm-Up:

- **Speed Ladder Skip:** Parents help child skip one foot per box.
- **Color Call-Out:** Move to a cone of called color with ball in hand.

Dribbling:

- **“River” Dribble:** Set 3 cones parallel to simulate a "river" space. Child dribbles across while parents encourage.
- **Obstacle Dribble:** Cones in zig-zag. Hold child's hand and bounce once per cone.

Passing:

- **Wall Bounce:** Bounce ball off wall and catch with parent's support.
- **Cone Bowling:** Line up 3 cones. Try to pass ball into them like bowling.

Shooting:

- **Ball in the Bucket:** Parent holds bucket low, child tosses in with overhead motion.
- **One-Two-Shoot:** Take two big steps, shoot into hoop.

Cool Down:

- **Ball Hug Sit & Rock**
- **Group Reach:** Circle reach up and down together.

Session 6

Warm-Up:

- **Dribble & High Five:** Bounce ball with parent and give others high-fives.
- **Follow the Ball:** Coach rolls ball and kids chase it with their own.

Dribbling:

- **Pass Under the Bridge:** Parent forms a bridge; child dribbles under then turns and goes back.

- **Ball Push Race:** Gentle race pushing ball with hands from one cone to another.

Passing:

- **Pass While Walking Backwards:** Parent walks forward, child backward – pass ball between.
- **Tunnel Roll & Retrieve:** Roll ball through tunnel of parents' legs and run to get it.

Shooting:

- **Elevator Shot:** Parent “rides elevator” (lift child slowly) as they prepare to shoot.
- **Bucket Cone Toss:** Cones turned upside down – try to land ball in one.

Cool Down:

- **Star Stretch:** Arms and legs wide like a star, then curl into a ball.
- **Ball Toss Goodbye:** One gentle toss in the air and catch together.



Week 4 – Confidence with Control

Session 7

Warm-Up:

- **Red Light, Green Light (Ball Version):**
 - Green = move with the ball
 - Yellow = bounce and freeze
 - Red = hold still

Dribbling:

- **Dribble Bridge Walk:** Parents create two parallel lines (bridges) with cones. Kids bounce ball while walking through.
- **Body Bounce:** Bounce ball, then touch head, shoulders, knees — repeat sequence.

Passing:

- **Pass Over & Under:** Parent holds hands over head, child passes ball under legs, then over parent's arms.
- **Bounce to a Spot:** Place colored spots. Child bounce-passes ball to that target.

Shooting:

- **Color Step Shots:** Three color spots placed in increasing distance from hoop. Shoot from red (close), blue (mid), yellow (farther).

- **Shoot & Spin:** After every made shot, child spins and claps for fun.

Cool Down:

- **Basketball Rock-a-Bye:** Sit with parent, rock side to side holding the ball.
- **Reach-and-Bounce Slow Count:** Count from 1 to 10 while bouncing slowly and reaching up after each.

Session 8

Warm-Up:

- **Ball Carry Parade:** Carry ball over head, under legs, behind back while marching.
- **Tiptoe Cone Walk:** Walk tiptoe around cones, trying not to drop the ball.

Dribbling:

- **“Shadow Dribble”:** Child dribbles while copying parent’s footwork — side step, forward/back.
- **Color Bounce Dash:** Bounce ball once near red cone, twice at blue, etc.

Passing:

- **Basketball Tunnel Toss:** Place two cones 2 feet apart. Child aims to pass through the “tunnel.”
- **“Through the Gate” Roll:** Parent’s legs wide = gate. Child rolls ball through from distance.

Shooting:

- **“Clock” Shot Game:** Cones placed like a clock (12, 3, 6, 9 positions). Take a shot from each one.
- **Step & Drop:** Walk up stairs (if safe or onto platform) with ball, drop it into hoop.

Cool Down:

- **Slow Spin Stretch:** Spin with arms out slowly, stretch side-to-side.
- **Pass & Compliment:** Toss ball to someone and say something nice (“Good job!”).



Week 5 – Little Athletes in Action

Session 9

Warm-Up:

- **Number Jump & Call:** Jump 3 times, shout your age, bounce ball once.
- **Speed Ladder Side Step:** Parent holds child's hands as they sidestep through ladder.

Dribbling:

- **Tightrope Dribble:** Use masking tape or rope. Walk heel-to-toe while dribbling with help.
- **Ball Chase Partner Game:** Parent rolls ball away, child dribbles their own ball to go retrieve the other.

Passing:

- **Wall Partner Pass:** Stand 2–3 feet from wall with parent. Child bounces ball off wall, parent catches and vice versa.
- **Squat & Pass:** Parent and child squat together, pass the ball low and high.

Shooting:

- **Mini Obstacle Hoop Shot:** Place cone "obstacles" in front of hoop. Child maneuvers around and shoots.
- **"Bank Shot" Practice:** Shoot against backboard with parent cueing "off the glass!"

Cool Down:

- **Pass the Ball with Toes:** Sit on ground and try to "pass" the ball using feet.
- **Basketball Lullaby:** Soft music + gentle stretches.

Session 10

Warm-Up:

- **"Simon Says" Basketball Moves:** Bounce, roll, jump, clap — only when Simon says!
- **Cone Weave Carry:** Carry ball zig-zag through cones.

Dribbling:

- **"Hug Dribble":** Hold ball between elbows, walk a line, then drop and bounce.
- **Dribble Bounce Count:** How many assisted bounces can you do before reaching the cone?

Passing:

- **Target Number Pass:** Set cones numbered 1–3. Parent calls number; child passes to that cone.
- **"Over the Wall" Toss:** Stack two cones high. Child passes over into parent's arms.

Shooting:

- **Buddy Shot:** Two kids shoot at same time side-by-side. Clap after each try.
- **“Magic Word” Hoop Shot:** Must say magic word (like “abracadabra”) before attempting shot.

Cool Down:

- **Animal Stretch Circle:** Pretend to be animals while stretching (cat stretch, dog wag tail, bird wings).
- **Parent-Child Ball Bounce:** Bounce together rhythmically to calming music.



Week 6 – Celebration of Skills

Session 11

Warm-Up:

- **“Hot Potato” Ball Toss:** Toss quickly from child to parent in a circle.
- **Tip & Tap Toe Walks:** Tap ball with toe every 2 steps.

Dribbling:

- **Treasure Hunt Dribble:** Cones hide “treasures” (stickers, toys). Dribble to cone, find surprise.
- **Spin & Dribble:** Parent spins child gently (once), then try to dribble!

Passing:

- **Target Wall Toss with Clap:** Bounce ball to wall, clap once before catching.
- **Pass Around the World:** Circle of kids and parents, pass around with ball and body movement (pass behind back, under leg).

Shooting:

- **Toss-In Trash Can:** Use a clean trash bin or bucket. Kids take turns trying to toss in.
- **“Ball Parade” Hoop Line:** March in a line to hoop, shoot, then go to back of line with music on.

Cool Down:

- **Ball Rainbow Stretch:** Hold ball and stretch from left to right like a rainbow.
- **Thankful Circle:** Each kid says what they liked most about basketball.

Session 12 – Mini Mites Basketball Festival Day! 🏆

Warm-Up:

- **Mini Obstacle Warm-Up Course:** Ladder, cones, and short tunnel to crawl through.

Stations (4 x 5 minutes):

♦ Station 1 – Dribble Dash

- Weave through cones while parent rolls another ball parallel for distraction.

♦ Station 2 – Target Pass

- Try to pass into different colored buckets at various distances.

♦ Station 3 – Hoop Zone

- Try to score 3 shots using different balls (mini, plush, foam).

♦ Station 4 – Celebration Dance & Dribble

- Dribble with music on. Stop and dance at “freeze” call.

Cool Down:

- **Award Ceremony:** Every child gets a certificate or ribbon.
- **Team Picture Time**
- Final circle: “1-2-3... MINI MITES!”