

FL Basketball – Girls 3rd/4th Grade Clinic 1/13/17

Points of Emphasis:

- Listening
- Fundamentals
- Form over speed/baskets
- Have fun! ... but here to learn and get better so let's try to listen more than we talk

- 1) Dynamic Warm-up (sideline-to-sideline) – 10 minutes
 - a. Jog, $\frac{3}{4}$ speed, full speed (touch lines!!!)
 - b. High knees
 - c. Butt kicks
 - d. Skips
 - e. Jump stops and land – $\frac{1}{2}$ way and full (wait for whistle after jump stop)
 - i. With pivots
 - f. Lunges
 - g. Step slides & Lateral defensive slides
- 2) Triple-threat (Athletic stance, ball on hip, facing the basket, head up to see the court) – 5 min
 - a. Partner triple threat & pivoting
 - i. Sweep from hip to hip
- 3) Dribbling (rules of DD/walk, more finger tips/less palm, bend knees/stay low, head up) – 10 min
 - a. Static R-hand & L- hand dribbling
 - b. R-hand up & back, L-hand up & back, R-hand up & L-hand back
- 4) Passing (step to the target/meet the pass, strong pass/follow-through/hit teammate in chest)-10
 - a. Partner passing (4 min)
 - i. Chest pass, bounce pass
 - b. Sliding partner passing (6 min)
 - i. Chest pass, bounce pass
- 5) Rebound/Outlet drill – 10 min
 - a. One partner rebounds, passes to player in outlet position on the wing
 - b. Other partner dribbles length of the court for layup
- 6) Game play – Man-to-Man & Zone – 10/15 min
 - a. Review offensive concepts:
 - i. M2M: Spots on the floor, spacing, 2 closest people go away-2 farthest come to ball
 - ii. Zone: try to pass the ball quickly to move defense and get ball into middle of the zone
 - b. Defensive concepts:
 - i. M2M: Stay between girl & basket, see the ball & your girl at both times
 - ii. Zone: cover/responsible for area on the court
- 7) “1,2,3, **Play hard**, 4,5,6, **have fun!**”