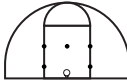


## Junior Jazz 1st Grade Session 1



30 min clinic + Scrimmage/game (two 5 min halves)  
Equipment: Sharpies, 20 dots (10 dots on sideline/10 dots across)

<b>CHECK IN</b> 10 min	<b>Pick up Jersey + Ball / Meet + Greet</b> → Have a couple sharpies so every player can write their name on their basketball
<b>WARM UP</b> 4 min	<b>Stretching/Run</b> → Both teams together, basic stretches → Run 2 laps around the court
<b>RULES</b> 2 min	<b>Intro to Rules</b> → Teach baseline/sideline → Freeze when you hear the whistle
<b>WHISTLE DRILL</b> 3 min	<b>Go/Freeze</b> → Line dots on sideline, say GO, freeze on whistle → Run across gym 2-4 times, blowing whistle → Stay inside the lines and stop at the whistle
<b>BALL HANDLING</b> 2 min 2 min	<b>Spread Players on Dots</b> → Solo toss and catch between both hands → Around the world/around stomach, legs, etc.

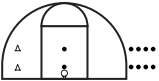
<b>DRIBBLING</b> 10 min	<b>Bear Claws, Belly Button High, One Hand</b> → Stationary dribbling with right then left hand → Walk from sideline to sideline to practice dribbling once with right hand and back with left hand → Red light/green light. Dribble then freeze on whistle
<b>LINE GAME</b> 3 min	<b>Follow the Leader</b> → Dribble ball with one hand and follow the person in front of you while staying on the line
<b>SHOOTING DRILL</b> 5 min	<b>Shooting + Rebounding</b> → Place dots around hoop → Practice shooting from different dots on the court → Each kid shoots, gets their rebound + gets back in line → Whole team shoots then advances to next dot → Make sure every kid gets a turn
	
<b>SCRIMMAGE</b> 10 min	<b>Game</b> → Two 5 minute halves → Use colored wristbands → Focus on guarding same color → Be lenient on calls. No stealing

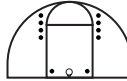
Homework: Practice ball handling and around the world  
Sportsmanship: Group cheer + high fives!

## Junior Jazz 1st Grade Session 2



30 min clinic + Scrimmage/game (two 5 min halves)  
Equipment: 8 cones, 20 dots (10 dots on sideline/10 dots across)

<b>WARM UP</b> 4 min	<b>Stretching/Run</b> → Both teams together, basic stretches Run 2 laps around the court
<b>RULES</b> 3 min	<b>Rule Review</b> → Review baseline, sideline, and freezing for the whistle → Talk about no stealing, introduce basic fouls
<b>DRIBBLING DRILL</b> 5 min	<b>Stationary Dribbling + Weaving</b> → Set up 4 lines of 2 cones with a dot in the middle → Stationary dribble, no looking at the ball, right/left → Dribble across court, around cone, and back → Dribble to dot. Stop feet. Bounce 5 times, then around cone and back. Switch hands on the way back → Explain how to stop your feet but not the dribble
	
<b>PLAYER STANCE</b> 2 min	<b>Intro</b> → 10 dots on sideline, 10 dots across, 1 kid per dot → Feet shoulder width apart, ball in dominant hand → Knees bent, leaning slightly forward


<b>PASSING DRILL</b> 1 min 3 min 1 min 3 min	<b>Bounce, Step, Pass</b> → Explain bounce pass (ball under chin, elbows out) → 2 lines and practice bounce pass with partner → Explain chest pass (partner hand out as target) → Practice chest pass - thumbs down
<b>SHOOTING DRILL</b> 6 min	<b>Shooting + Rebounding</b> → 1 Team to each hoop, split team into 2 lines → Use dots to show where to stand and shoot from → Right side dribbles down and shoots → Left side rebounds → Switch lines → Have player dribble back in line, then next player goes
	
<b>SCRIMMAGE</b> 10 min	<b>Game</b> → Two 5 minute halves → Use colored wristbands → Focus on guarding same color → Be lenient on calls. No stealing

Homework: Practice stationary dribbling - alternating hands at home  
Sportsmanship: Group cheer + high fives!

## Junior Jazz 1st Grade Session 3



20 min clinic + Scrimmage/game (four 5 min quarters)  
Equipment: 2 cones, wristbands, 20 dots

<b>WARM UP</b> 4 min	<b>Stretching/Run</b> → Both teams together, basic stretches Run 2 laps around the court
<b>RULES</b> 2 min	<b>Rule Review</b> → Review baseline, sideline, and freezing for the whistle → No stealing, introduce basic fouls → Talk about inbounding the ball
<b>SHOOT/DRIBBLE</b> 6 min	<b>Team 1 + 2</b> → Team 1 will practice shooting while Team 2 practices dribbling. Split shooting team - half to each hoop. <b>Dribbling Drill</b> → Explain dribble + travel + double dribble → Divide teams into two lines. Line 1 - all players have a ball, Line 2 - no balls → First player from each line runs/dribbles to cone then stops and passes across to other player → That player then dribbles across the rest of the court → Repeat back to other side
	

<b>SHOOT/DRIBBLE</b> 6 min	<b>Team 1 + 2 Continued</b> <b>Shooting Drill</b> → Start with no ball, work on B.E.E.F (Balance, Eyes, Elbow, Follow through) → Add a ball, and have them do shooting motion in front of them using no basket → Have each player shoot one at a time at the hoop
<b>DEFENSE</b> 2 min	<b>Follow the Leader</b> → Only guard player with your wristband color → No stealing → Wait until 3 point line to guard
<b>2 MIN BREAK</b>	<b>Pass out Wristbands, Get Water</b>
<b>SCRIMMAGE</b> 20 min	<b>Game</b> → Four 5 minute quarters. 1 minute between quarters → Give out wristbands for defense → Focus on guarding same color → Be lenient on calls

Homework: Practice shooting with no ball at home.  
Sportsmanship: Group cheer + high fives!

## Junior Jazz 1st Grade Session 4



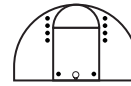
20 min clinic + Scrimmage/game (four 5 min qtrs.)

Equipment: Wristbands, 20 dots (10 dots on sideline/10 dots across)

<b>WARM UP</b> 4 min	<b>Stretching/Run</b> → Both teams together, basic stretches Run 2 laps around the court
<b>RULES</b> 3 min	<b>Rule Review</b> → Explain out of bounds, whistle, fouls, double dribble, traveling and defense.
<b>DEFENSE STANCE</b> 2 min	<b>Intro</b> → Feet shoulder width apart → Hands up, hands down, → Defensive shuffle, no contact. → Have players stand on dots and show defensive moves
<b>DEFENSIVE DRILL</b> 2 min	<b>Ball Tracking</b> → Stand in front of players with ball → Whichever direction you move the ball, the players mirror defensive move → Hands up, hands down, shuffle right or left

## SHOOTING DRILL

10 min



## Jump Stop

- 1 team to each hoop
- Set up 2 lines. One for rebounders, one for shooters
- Starting with the right side, players dribble to dot at the bottom of the key. Jump, stop on dot, and shoot.
- The other line follows player to rebound after the shot.
- Rebounder dribbles ball to opposite line and gets in line
- Shooter gets in back of left line. Repeat drill on left side

## 2 MIN BREAK

## Pass out Wristbands, Get Water

## SCRIMMAGE

20 min

## Game

- Four 5 minute quarters. 1 minute between quarters
- Give out wristbands for defense
- Focus on guarding same color
- Be lenient on calls

Homework: Practice ball tracking at home with a parent or sibling  
Sportsmanship: Group cheer + high fives!

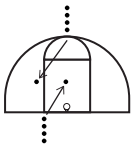
## Junior Jazz 1st Grade Session 5



15 min clinic + Scrimmage/game (four 6 min qtrs.)

Equipment: 8 dots, wristbands

<b>WARM UP</b> 4 min	<b>Stretching/Run</b> → Both teams together, basic stretches Run 2 laps around the court
<b>RULES</b> 3 min	<b>Rule Review</b> → Review whistle, fouls, defense, traveling → Introduce jump balls
<b>DRIBBLE/PASS</b> 8 min	<b>Jump, Stop + Pass</b> → Set up 4 spots → Shooters line up at top of key to dribble, then jump stop and pass to other player → Other group lines up at dot on baseline, then moves to the middle to shoot → Take turns dribbling to spot, Then pass to teammate in the middle to shoot. → Shooter will rebound ball and go to line at top of the key → Can switch to the other side if there is time



## 2 MIN BREAK

## Pass out Wristbands, Get Water

## SCRIMMAGE

26 min

## Game

- Four 6 minute quarters. 1 minute between quarters
- Give out wristbands for defense
- Make sure defense gets back to 3 point line
- Add jump balls to scrimmage
- Less lenient on traveling and double dribble calls

Homework: Practice bounce/chest pass with a parent or friend.  
Sportsmanship: Group cheer + high fives!

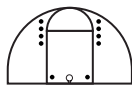
## Junior Jazz 1st Grade Session 6



15 min clinic + Scrimmage/game (four 6 min quarters)

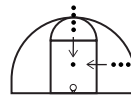
Equipment: 8 dots, wristbands

<b>WARM UP</b> 4 min	<b>Stretching/Run</b> → Both teams together, basic stretches Run 2 laps around the court
<b>RULES</b> 2 min	<b>Rule Review</b> → Review baseline, sideline, whistle → Defense, traveling → Basic fouls
<b>SHOOTING DRILL</b> 5 min	<b>Jump Stop</b> → 1 team to each hoop → Set up 2 lines. One for rebounders, one for shooters → Starting with the right side, players dribble to dot at the bottom of the key. Jump, stop on dot, and shoot. → The other line follows player to rebound after the shot. → Rebounder dribbles ball to opposite line and gets in line → Shooter gets in back of left line. Repeat drill on left side



## 1 vs 1

5 min



## Offense/ Defense

- 1 team to each hoop
- Split each team in half
- One line is defense, one line is offense.
- Practice guarding the offensive, dribbling/shooting player with hands up
- Then switch lines

## 2 MIN BREAK

## Pass out Wristbands, Get Water

## SCRIMMAGE

26 min

## Game

- Four 6 minute quarters. 1 minute between quarters
- Give out wristbands for defense
- Make sure defense gets back to 3 point line
- Add jump balls to scrimmage
- Less lenient on traveling and double dribble calls

## CERTIFICATES

4 min

## Participation Certificate

- Present each player in front of the team and parents with their participation certificate

Homework: Keep practicing everything you've learned, see you next seson!  
Sportsmanship: Group cheer + high fives!