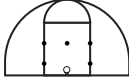


Junior Jazz Kindergarten Session 1



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

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

DRIBBLING 10 min	Bear Claws, Belly Button High, One Hand → 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
LINE GAME 3 min	Follow the Leader → Dribble ball with one hand and follow the person in front of you while staying on the line
SHOOTING DRILL 5 min	Shooting + Rebounding → 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
	
SCRIMMAGE 10 min	Game → 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 Kindergarten Session 2



30 min clinic + Scrimmage/game (two 5 min halves)
Equipment: 16 cones, wristbands, 20 dots (10 dots on sideline/10 dots across)

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches → Run 2 laps around the court
RULES 3 min	Rule Review → Review baseline, sideline, and freezing for the whistle → Talk about no stealing, introduce basic fouls
DRIBBLING DRILL 2 min 4 min	Stationary Dribbling + Weaving → Stationary dribble, no looking at the ball, right/left → Set up 4 lines of cones while players are dribbling → Have players weave in/out of cones using one hand → Switch hands on the way back
PLAYER STANCE 2 min	Intro → 10 dots on sideline, 10 dots across, 1 kid per dot → Feet shoulder width apart, ball in dominant hand → Knees bent, leaning slightly forward → Can dribble, pass, shoot from position

PASSING DRILL 1 min 3 min	Bounce, Step, Pass → Explain bounce pass (ball under chin, elbows out) → 2 lines and practice bounce pass with partner
PASSING DRILL 4 min	Passing Race → Each line of 10 players will be on a team → Each team will have a ball → Have each team will bounce pass down the line → See which team can get to the end of the line first
PASSING DRILL 6 min	Relay Race → 1 player on each dot, passing to neighbor → Using one ball, have players pass the ball down the line → passing the ball to the player on their left → Introduce a second, third ball, etc
SCRIMMAGE 10 min	Game → Two 5 minute halves → No stealing - Use colored wristbands → Focus on guarding same color

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

Junior Jazz Kindergarten Session 3



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

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches → Run 2 laps around the court
RULES 2 min	Rule Review → Review baseline, sideline, and freezing for the whistle → No stealing, introduce basic fouls → Talk about inbounding the ball
SHOOT/DRIBBLE 6 min	Team 1 + 2 → Team 1 will practice shooting while Team 2 practices dribbling. Split shooting team - half to each hoop. Dribbling Drill → 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
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SHOOT/DRIBBLE 6 min	Team 1 + 2 Continued Shooting Drill → 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
DEFENSE 2 min	Follow the Leader → Only guard player with your wristband color → No stealing → Wait until 3 point line to guard
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 shooting with no ball at home.
Sportsmanship: Group cheer + high fives!

Junior Jazz Kindergarten Session 4



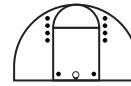
20 min clinic + Scrimmage/game (four 5 min qtrs.)

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

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches → Run 2 laps around the court
RULES 3 min	Rule Review → Explain out of bounds, whistle, fouls, double dribble, traveling and defense.
DEFENSE STANCE 2 min	Intro → Feet shoulder width apart → Hands up, hands down, → Defensive shuffle, no contact. → Have players stand on dots and show defensive moves
DEFENSIVE DRILL 2 min	Ball Tracking → 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 Kindergarten Session 5



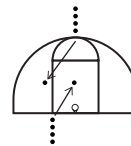
15 min clinic + Scrimmage/game (four 5 min qtrs.)

Equipment: 8 dots, wristbands

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches → Run 2 laps around the court
RULES 3 min	Rule Review → Review whistle, fouls, defense, traveling → Introduce jump balls
REBOUND DRILL 6 min	Intro → 1 team to each hoop → Split team into two groups → One group in a line on each side of the basket → Staff will toss ball at the backboard → Allow player to get the rebound off the backboard and pass back to coach → Then switch lines

DRIBBLE/PASS

8 min



Jump, Stop + Pass

- 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

20 min

Game

- Four 5 minute quarters. 1 minute between quarters
- Give out wristbands for defense
- Make sure defense gets back to 3 point line
- Be lenient on traveling and double dribble calls

Homework: Practice bounce passing with a parent or friend
Sportsmanship: Group cheer + high fives!

Junior Jazz Kindergarten Session 6



20 min clinic + Scrimmage/game (four 5 min quarters)

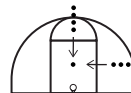
Equipment: 8 dots, wristbands

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches Run 2 laps around the court
RULES 2 min	Rule Review → Review baseline, sideline, whistle → Defense, traveling → Basic fouls
SHOOTING DRILL 8 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



1 vs 1

7 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

20 min

Game

- Four 5 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!