

Junior Jazz 2nd Grade Session 1



15 min clinic + Scrimmage/game (four 6 min qtrs.)
 Equipment: Sharpies, wristbands, 20 dots (10 dots on sideline/10 dots across)

CHECK IN	Pick up Jersey + Ball / Meet + Greet
4 min	→ Have a couple sharpies so every player can write their name on their basketball

WARM UP	Stretching/Run
4 min	→ Both teams together, basic stretches → Run 2 laps around the court

RULES	Intro to Rules
2 min	→ Teach baseline/sideline → Freeze when you hear the whistle

BALL HANDLING	Ball Handling/Dribbling Drill
4 min	→ Spread players out on dots on sideline → Solo toss and catch between both hands → Move ball around waist → Stationary dribbling with right hand and then left hand, use crossover dribble to switch hands → Walk from sideline to sideline while dribbling

Junior Jazz 2nd Grade Session 2

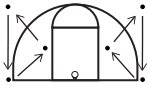


15 min clinic + Scrimmage/game (four 6 min qtrs.)
 Equipment: 12 cones, wristbands

WARM UP	Stretching/Run
4 min	→ Both teams together, basic stretches Run 2 laps around the court

RULES	Rule Review
3 min	→ Review baseline, sideline, and freezing for the whistle → Talk about no stealing, introduce basic fouls → Introduce traveling and double dribble

DRIBBLE/PASS	Dribble/Pass Drill
5 min	→ Set up cones as seen on the left → Player dribbles with one hand to cone, makes a crossover dribble, and dribbles to next cone. → Player dribbles back to original cone and bounce pass/chest pass to the next player in line → Players take turns going through the drill → Optional: Add a defensive player to the drill



Junior Jazz 2nd Grade Session 3

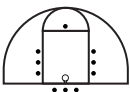


15 min clinic + Scrimmage/game (four 6 min qtrs.)
 Equipment: 20 dots, wristbands, tape key if needed

WARM UP	Stretching/Run
4 min	→ Both teams together, basic stretches Run 2 laps around the court

RULES	Rule Review
2 min	→ Review lines, whistle, traveling, fouls → Introduce foul shots

FOUL SHOT	Practice
4 min	→ One team at each hoop → Line players up in foul shot formation → Have players take turns shooting a foul shot → Rotate positions until everyone has a turn to shoot → Extra players should be under the hoop and can try rebounding the ball



SHOOTING DRILL	B.E.E.F Technique
5 min	→ Balance: feet shoulder-width apart, bend knees, position dominate foot slightly in front of the other → Eyes on Target: look up at the hoop (not at ball/feet) → Elbows Aligned: keep elbow directly under the ball and have stable positioning with your hands → Follow Through: use hands to guide the shot, and flick your wrist to propel the ball up toward the hoop → Have them take a few practice shots around the court → They must get their own rebound between shots

SCRIMMAGE	Game
24 min	→ Four 6 min quarters, 2-3 min half time → Talk about colored wristbands, man to man defense → Give out wristbands for defense

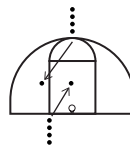
Homework: Practice stationary dribbling at home
 Sportsmanship: Group cheer + high fives!

DEFENSE DRILL	Stance & Up
4 min	→ Teach players the defensive stance: feet shoulder width apart, knees slightly bent, eyes up, hands up. → Players will spread out and face the coach → When you yell STANCE, all players must get down in their defensive stance → When you yell UP, all players must stand straight up → You can also point right or left, and the players must slide their feet to follow your finger. → Players who make a mistake are out → Last one standing is the winner

SCRIMMAGE	Game
24 min	→ Four 6 min quarters, 2-3 min half time → Give out wristbands for defense

Homework: Practice B.E.E.F. and play "Stance & Up" with a family member.
 Sportsmanship: Group cheer + high fives!

DRIBBLE/PASS	Jump, Stop + Pass
6 min	→ 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



SCRIMMAGE	Game
24 min	→ Four 6 min quarters, 2-3 min half time → Give out wristbands for defense → Introduce foul shots to scrimmage this week

Homework: Practice proper shooting form by laying on your back and shooting the ball straight into the air.
 Sportsmanship: Group cheer + high fives!

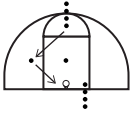
Junior Jazz 2nd Grade Session 4



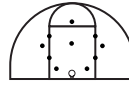
15 min clinic + Scrimmage/game (four 6 min qtrs.)
Equipment: 20 dots, wristbands

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches Run 2 laps around the court
RULES 4 min	Intro to Rules → Review lines, whistle, traveling, fouls, key, foul shots → Introduce pivots and triple threat → Explain and demonstrate a pivot. Keep one foot nailed to the ground. The other foot can move. → Line players up, have them stand in basketball stance and practice pivoting, dribble, pass, shoot

PIVOT DRILL 5 min	Dribble, Pivot, Shoot → Place 4 dots on floor as pictured to the left → Split kids in two groups, 1 group at the 3 point line & the second group on the baseline → Group at the top will have the ball, dribble to the wide dot, pivot towards the hoop and shoot → Group at the bottom will rebound in the middle of key → Then switch lines. Try on other side if there's time
-----------------------------	--



SHOOTING DRILL 5 min	Musical Dots → Spread out 10 dots within 3pt line for shooting spots - 1 player on each dot → Staff passes the ball to a player and they shoot. If they make the shot it is a point → Pass the ball to a new player each time so everyone gets an equal amount of turns → Shuffle players to new dots each minute → See how many points the team can make together in 4 minutes. Shout out number of points after each basket
--------------------------------	---



SCRIMMAGE 24 min	Game → Four 6 min quarters, 2-3 min half time → Give out wristbands for defense → Use foul shots in scrimmage
----------------------------	---

Homework: Practice triple threat and pivot 10 times a day
Sportsmanship: Group cheer + high fives!

Junior Jazz 2nd Grade Session 5



15 min clinic + Scrimmage/game (four 6 min qtrs.)
Equipment: 12 cones, wristbands

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 → Introduce layups

LAYUP DRILL 3 min	Hi-Five → Set up 2 spots for 2 lines- 1 coach/staff per line → Have players step right foot, left foot- jump from left foot and give Hi-Five to instructor with the right hand → Verbal cue with "right, left, jump" → Have all the players do this twice, → Then switch sides (left, right, jump)
-----------------------------	--

LAYUP DRILL 6 min	Practice → Keep the 2 sets of lines from previous drill → Transition to layup drill starting at the 3 point line → Use "right, left, jump" move for a layup at the basket → One line will do layups, the other will rebound → Switch lines
-----------------------------	--

SCRIMMAGE 24 min	Game → Four 6 min quarters, 2-3 min half time → Give out wristbands for defense → During change of possession, if defense doesn't get down court right away, blow the whistle and reset → Be LESS lenient on calls
----------------------------	---

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

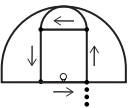
Junior Jazz 2nd Grade Session 6



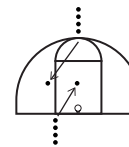
15 min clinic + Scrimmage/game (four 6 min qtrs.)
Equipment: 8 dots, wristbands

WARM UP 4 min	Stretching/Run → Both teams together, basic stretches Run 2 laps around the court
RULES 2 min	Rule Review → Review whistle, fouls, defense, traveling

DEFENSE DRILL 3 min	1, 2, 3, 4 → Use 4 dots around the key to make a square → 1 to 2 = sprint → 2 to 3 = Defensive stance slide to the left → 3 to 4 = Defensive stance backpedal → 4 to 1 = Defensive stance slide to the right → Then back to line → Run through 2 to 3 times
-------------------------------	---



DRIBBLE/PASS 6 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
------------------------------	--



SCRIMMAGE 24 min	Game → Four 6 min quarters, 2-3 min half time → Give out wristbands for defense → Be LESS lenient on calls
----------------------------	--

CERTIFICATES 4 min	Participation Certificate → Present each player in front of the team and parents → with their participation certificate
------------------------------	--

Homework: Practice proper shooting form by laying on your back and shooting the ball straight into the air.
Sportsmanship: Group cheer + high fives!