








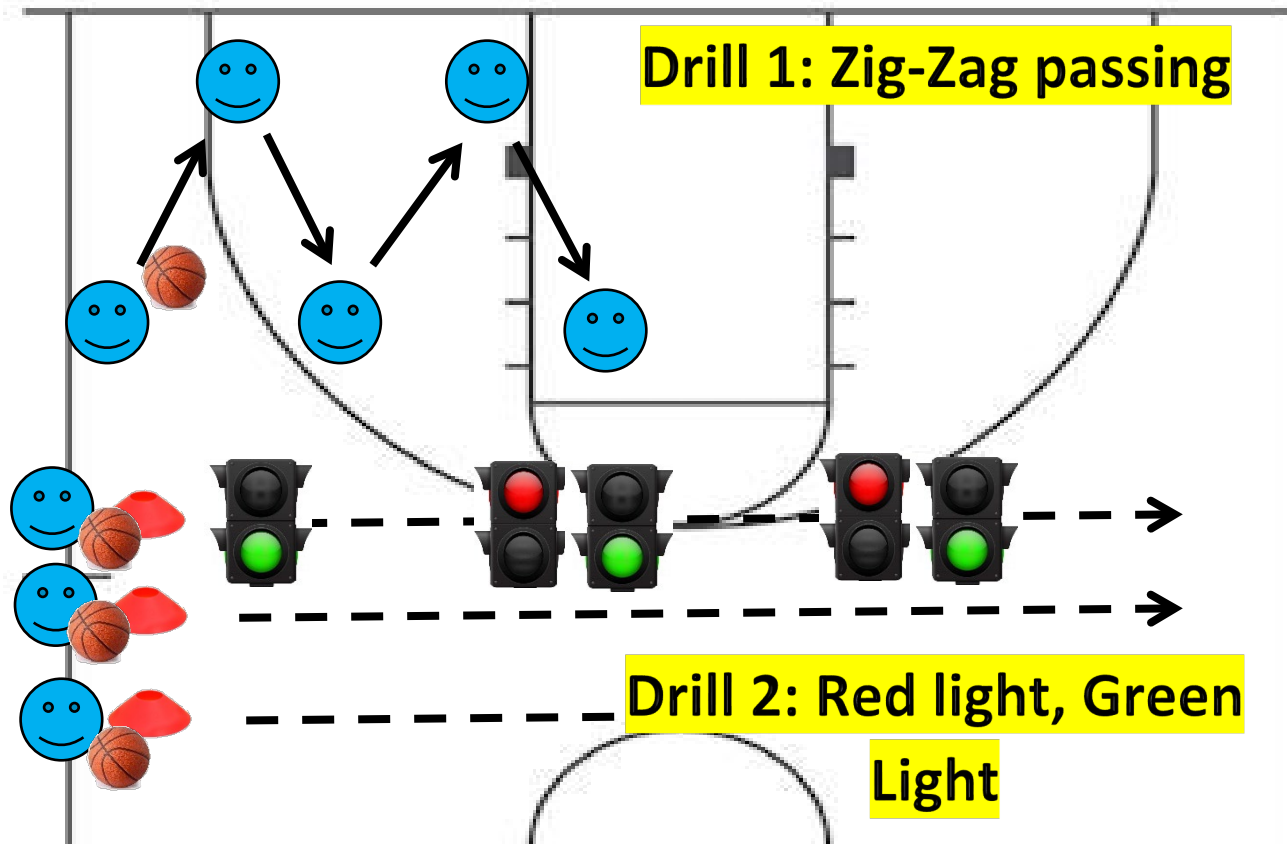
8 Week Miniball Program

Year 3 & 4

This key is designed to help you understand the resource.

Symbol	Meaning
	Player
	Cone
	Dribbling with the ball
	Passing
	Running without the ball/lead
	Where the ball starts
	Shoot/layup

Week 1: Passing and ball handling



Drill 1 – Zig Zag Chest Pass Drill

How the Drill Works:

Players pass the ball from player to player and then back to the start.

Purpose:

A great drill for teaching the basics of passing. Allows the coaches to easily evaluate and correct techniques of different players.

Coaching Points:

- Player steps forward when passing the ball
- Form a W on the back of the ball
- Aim for their partners chest
- Player receiving has their hands ready

Allow 3-4min for this drill

Drill 2 – Red Light, Green Light

How the Drill Works:

Players line up behind one of the cones and the first player has a ball. When the coach says “green light”, the players dribble the ball forward. When the coach says “red light” the players perform a jump stop.

Purpose:

A drill to teach players to be balanced when stopping and learn a basic jump stop.

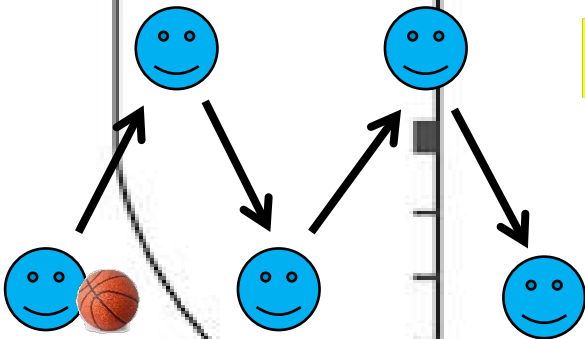
Coaching Points:

- Player lands balanced on two feet
- Dribble the ball using one hand
- Dribble the ball with their head up

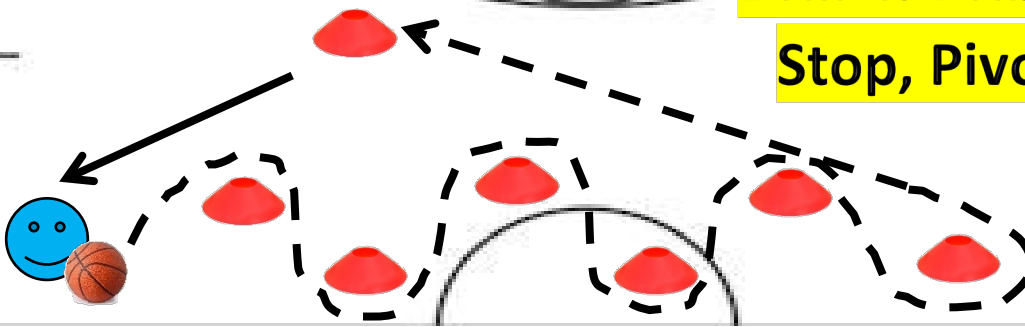
Allow 4-5min for this drill

Week 2: Passing and dribbling

Drill 3: Zig-Zag passing



Drill 4: Dribble, Jump Stop, Pivot & Pass



Drill 3 – Zig Zag Bounce and Overhead Pass Drill

How the Drill Works:

Players pass the ball from player to player and then back to the start.

Purpose:

A great drill for teaching the basics of passing. Allows the coaches to easily evaluate and correct techniques of different players.

Coaching Points:

- Player steps forward when passing the ball
- Form a W on the back of the ball
- Aim for their partners chest
- Player receiving has their hands ready

Allow 3-4min for this drill

Drill 4 – Dribble, Jump Stop, Pivot & Pass

How the Drill Works:

Players dribble to the cone and performs a simple cross over. Once they reach the last cone, they perform a jump stop, pivot and choose to chest, bounce or overhead pass to the next player waiting.

Purpose:

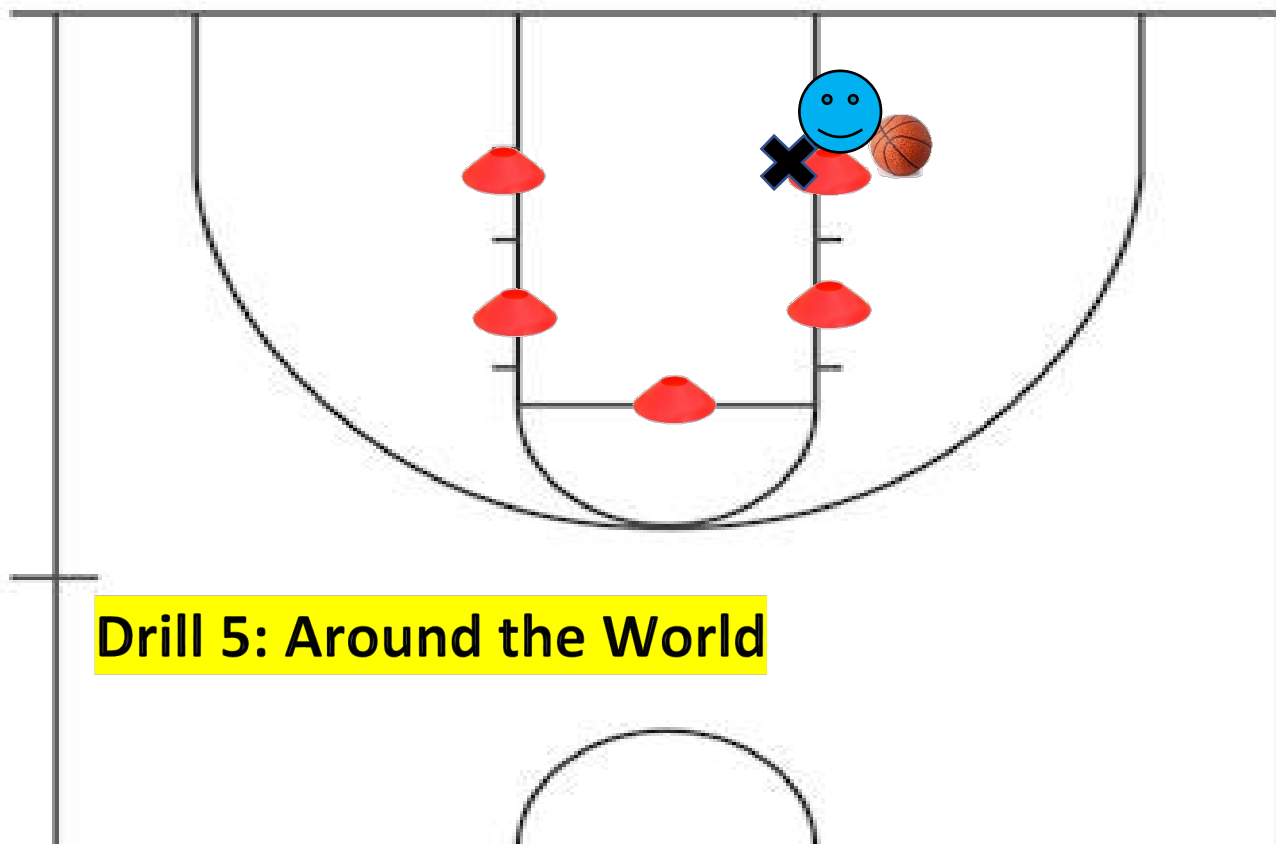
This drill is designed to teach players to control the ball when performing a cross over and to work on previous skills they have learnt.

Coaching Points:

- Ball in controlled using fingers
- Dribble the ball with their head up
- Pivot on left foot

Allow 4-5min for this drill

Week 3, 4 and 5: Shooting



Drill 5: Around the World

Drill 5 – Around the World

How the Drill Works:

Players line up behind the first cone and they must make 3 shots as a team before moving to the next cone.

Purpose:

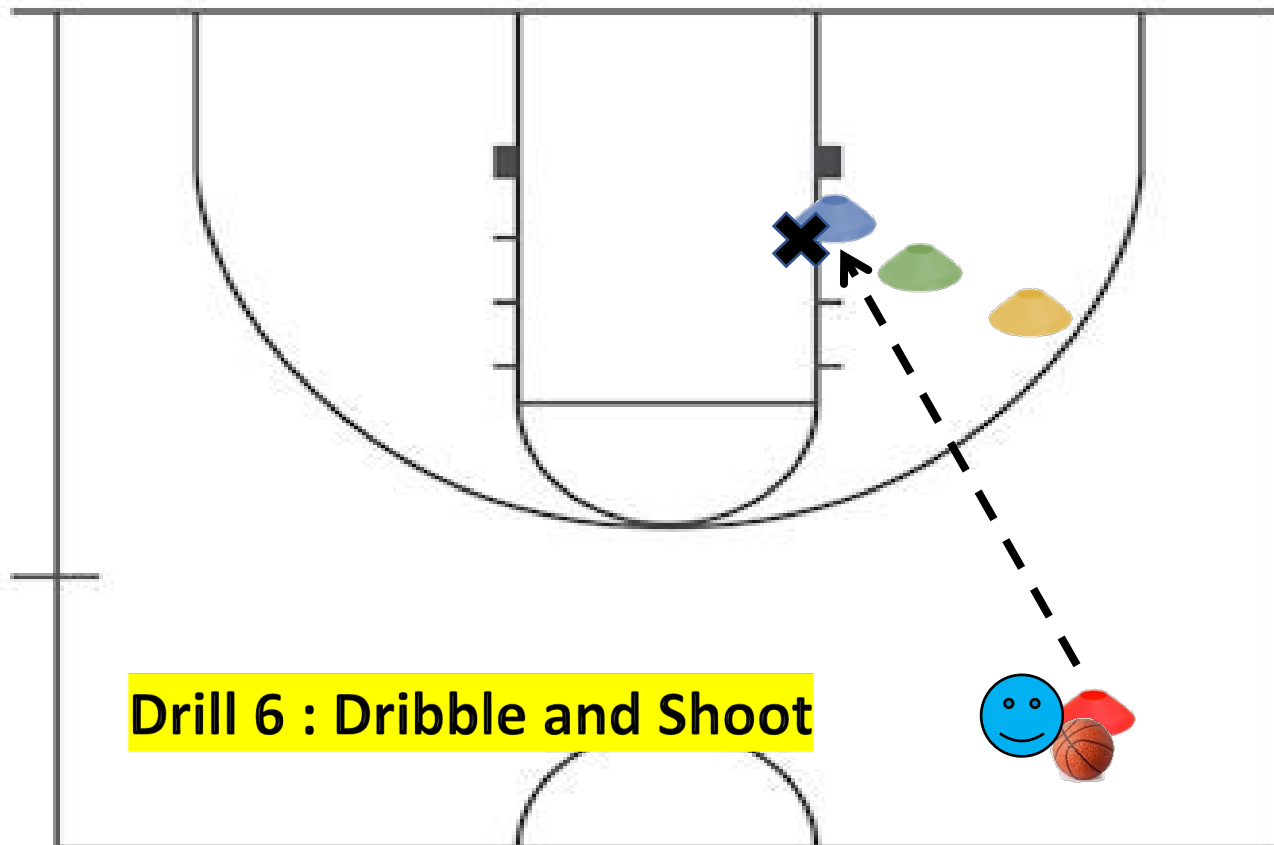
This drill is designed to teach players correct shooting technique. It allows coaches to watch each player and then provide feedback about how they can improve their shooting technique.

Coaching Points:

- One hand behind the ball and one on the side
- Bending at the knees to provide power
- Hold follow through
- Hold ball at chest height

Allow 4min for this drill

Week 3, 4 and 5: Shooting



Drill 6 – Dribble and Shoot

How the Drill Works:

Players line up behind the cone and dribble into the closest cone to the hoop and perform a jump stop. They then shoot the ball. If they make the shot, they move to the middle cone, if they miss the shot, they stay at the first cone.

Purpose:

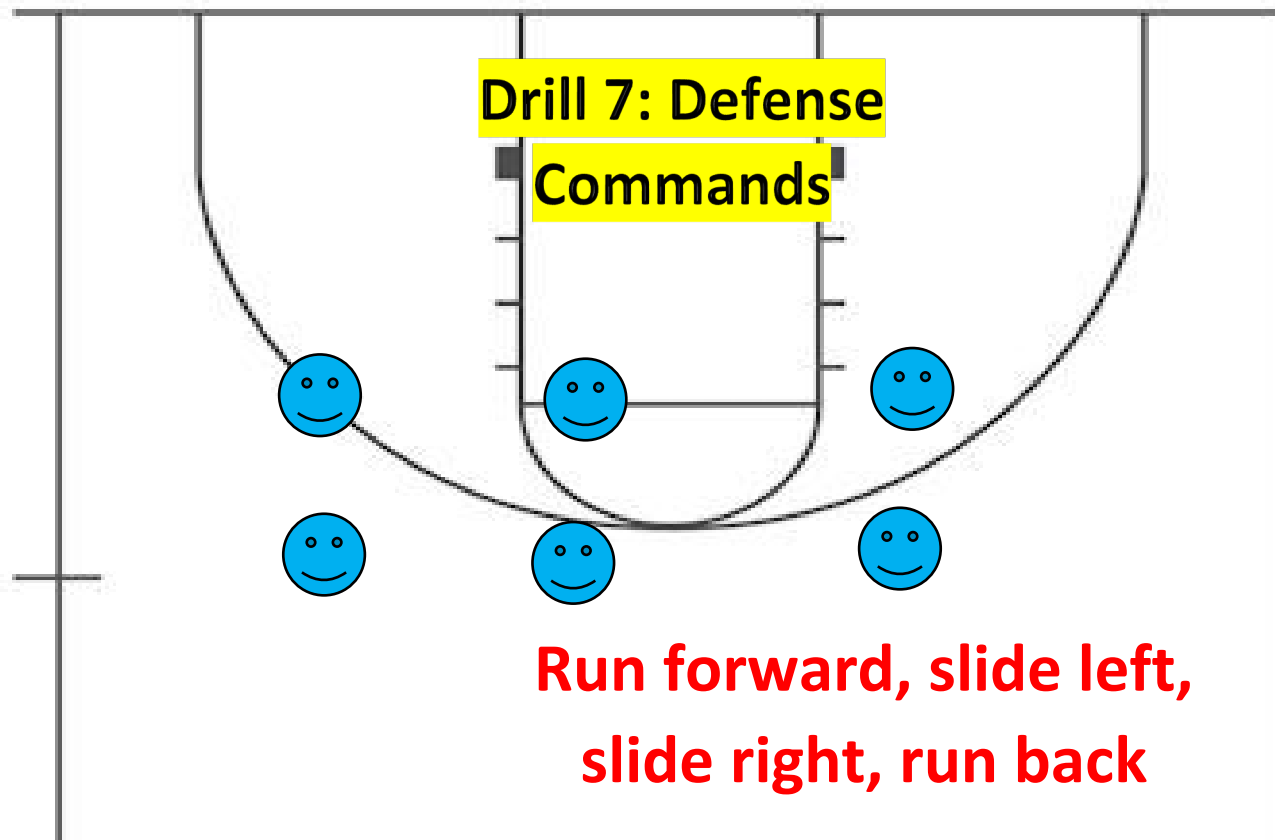
This drill is designed to teach players correct shooting technique and to 'pull up' and shoot the ball when they are in space.

Coaching Points:

- Bending at the knees to provide power
- Hold follow through
- Follow shot in to rebound

Allow 4min for this drill

Week 6: Defense



Drill 7 – Defense Commands

How the Drill Works:

Players gather in the middle of the court and the coach calls simple commands. The players must follow the commands.

Purpose:

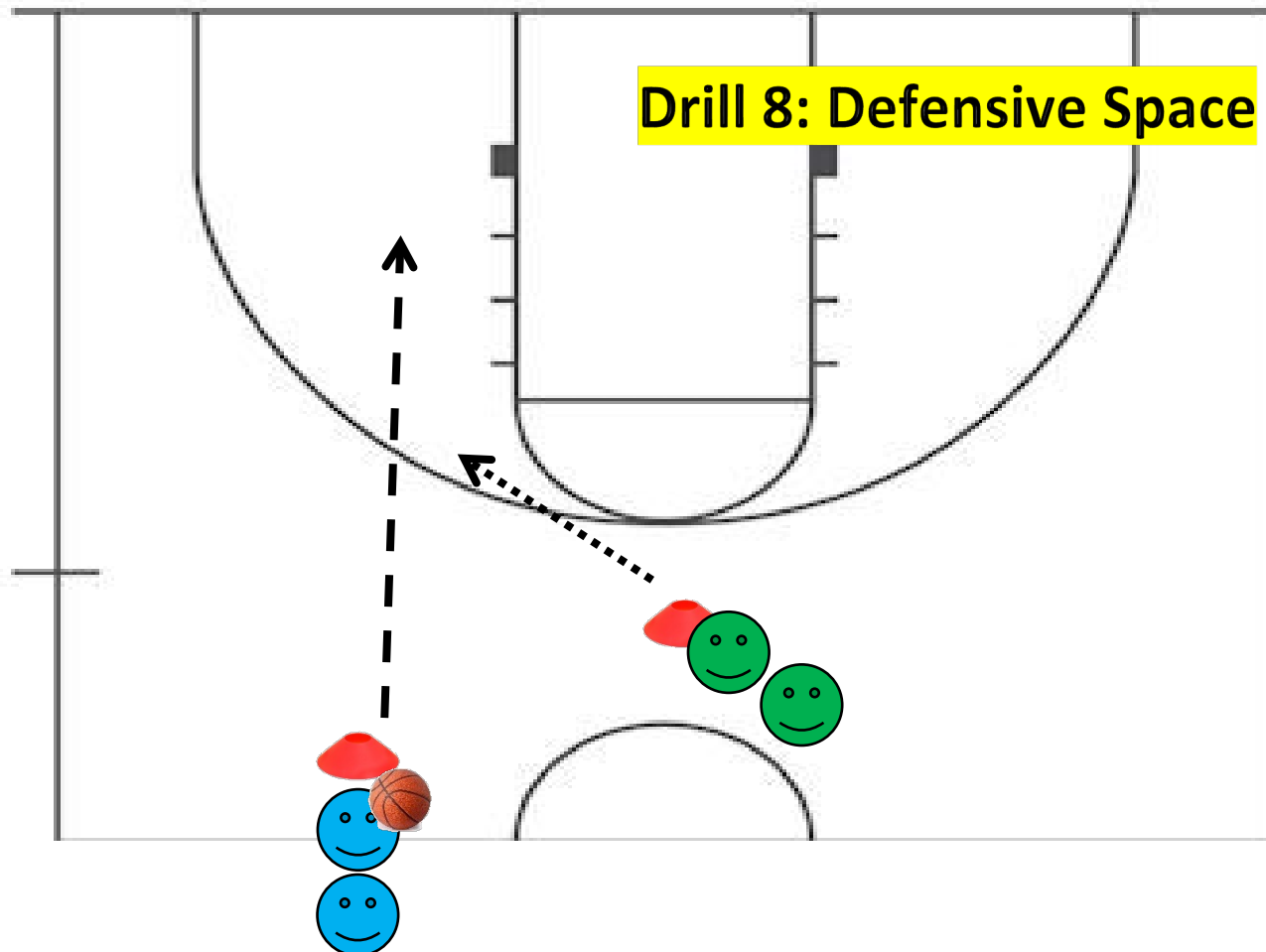
This drill is designed to teach players to transition from different types of movement when playing defense.

Coaching Points:

- When players are moving left or right it is important to remain low and slide
- When moving backwards they need to not turn and run

Allow 2-3min for this drill

Week 6: Defense



Drill 8 – Defensive Space

How the Drill Works:

The blue player performs a walking dribble while the green player rushes out and defends the blue player. When the coach calls stop, the green player must ensure they are between the player and the basket. Once over the line they switch lines

Purpose:

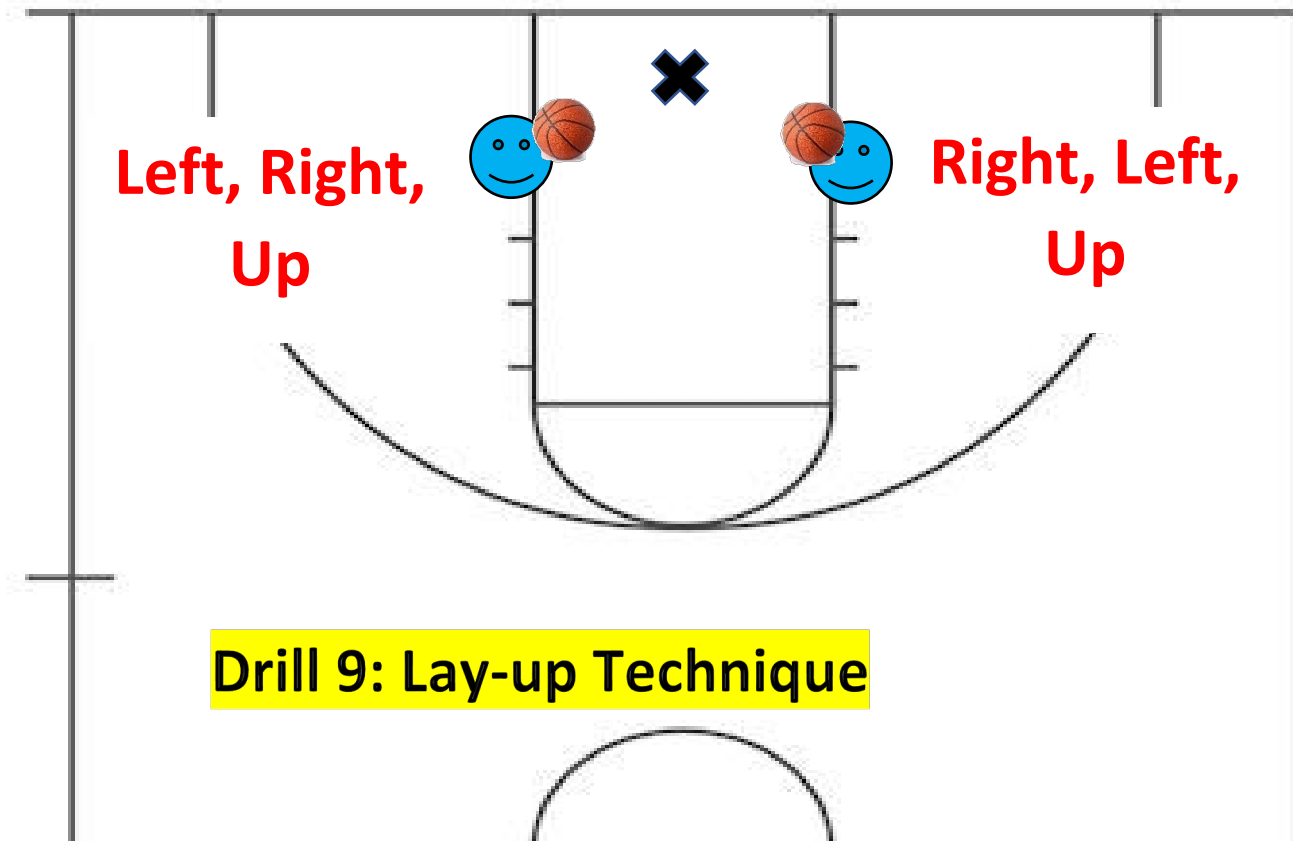
This drill is designed to teach the defending players to remain between the player and the basket.

Coaching Points:

- Chest to Chest
- Stay low in a defensive stance

Allow 5-6min for this drill

Week 7 and 8: Shooting and Layups



Drill 9 – Layup Technique

How the Drill Works:

The players stand at the knuckle and learn the correct technique of a layup. From the **right** side they start with their **right** foot and from the **left** their **left** foot.

Purpose:

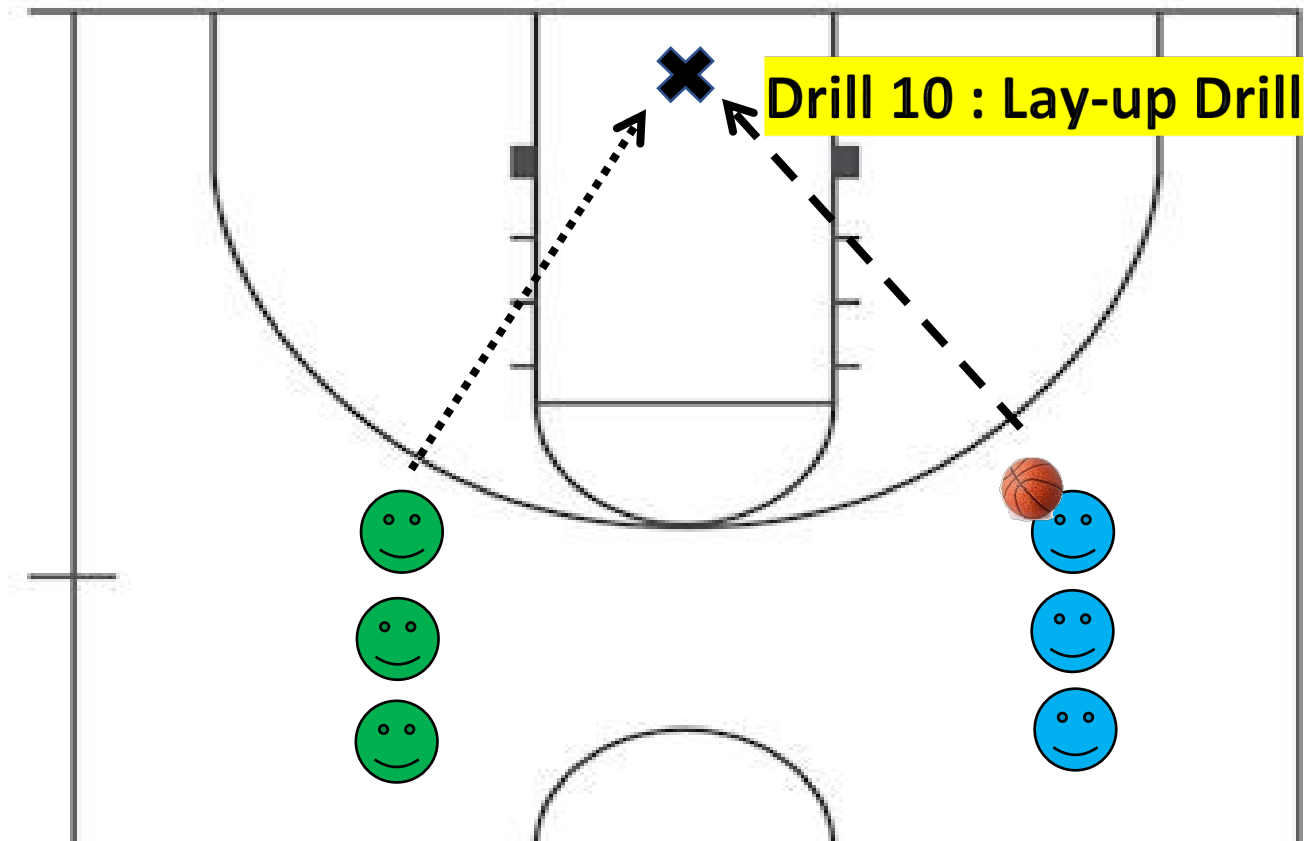
This drill is designed to teach players to correctly lay the ball up from each side.

Coaching Points:

- Aim for the top of the black square
- Use one hand to lay the ball up
- Practice both sides

Allow 4min for this drill

Week 7 and 8: Shooting and Layups



Drill 9 – Lay-up Drill

How the Drill Works:

The blue player dribbles the ball in and performs a lay-up while the green player runs in and rebounds the ball. Once rebounded they dribble the ball out and pass to the next blue player in line. The blue player joins the rebounding line.

Purpose:

This drill is designed to teach players to dribble in and correctly lay the ball up from each side.

Coaching Points:

- Aim for the top of the black square
- Use one hand to lay the ball up
- Practice both sides

Allow 4min for this drill

Fun
Games to
Try at
Practice

War

Setup:

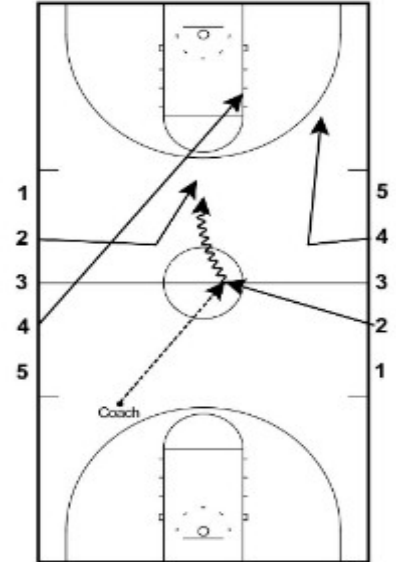
- Split group into two teams and line each team up along opposite sidelines.
- Number each player from 1 – ?? on each team
- The drill requires one basketball and it always starts with the coach.

How it Works:

- Coach throws the basketball into the middle of the court and calls out a few numbers between 1 and ??
- The coach can play games with any number of players from 1 on 1 to all playing

Coaching Points:

- Try to match the best players up against each other.
- Throw the basketball out to the advantage of one side each time because you don't want players running into each other as they scramble for the basketball.
- Finish off the drill by calling everyone in!



Knock Out

Setup:

- All players line up in a straight line behind the free throw line.
- The first two players in line have a basketball.

How it Works:

- The drill begins with the first person in line taking a shot. If they make it, they quickly rebound their ball and throw it to the next person in line. If they miss, they must rebound the ball and score as quick as possible.
- As soon as the first player has shot, the second player can begin.
- If the player behind scores before the player in front, the player in front is out.
- The drill continues until there is one person left and they are crowned the winner.

Coaching Points:

- The person in front must always shoot the basketball first.
- Players can't intentionally miss the free throw shot off the backboard and lay the basketball in.



Golden Child

Setup:

- Split group into two even teams
- The dribbling team have a basketball each and line up on the corners of the baseline
- The shooting team will have one basketball and will be lined up around the free-throw line

How it Works:

- The drill begins with the coach calling out 'go!' which triggers both teams to start.
- For the dribblers, they have to dribble around half the court and get home to get a point.
- The dribbling team needs to have a 'golden child' in their team who dribbles around the court last. This person is able to 'free' their team on their final run round
- The shooters aim is to get the dribblers out by making a shot. If a shot is made the shooters must call out 'STOP' and the current dribbler must freeze and remain in that spot. The next dribbler can begin immediately when this happens.
- This continues until all the final 'golden child' runs around, aiming to get all their team home. Once the players are out, the teams switch roles.
- The team with the most amount of runs at the end of the game wins.



Coaching Points:

- The shooting team players must rebound their own shot and pass it back to the next person in line.
- If your players are struggling to make shots, consider splitting the shooting team in two and putting them on both elbows or even closer so that they have more chance of scoring.

Small-Sided Games

Setup:

- Use both halves of the court and create small-sided games depending on the number of players you have.
- Tell each team they must advance the ball to either half-court or the three-point line of the court
- Each game needs one basketball.

How it Works:

- Start the game and let them play!
- Make adjustments and team changes when you need to, but it is recommended to not interrupt too much. Let the players learn from their own mistakes by experience.

Coaching Points:

- Stop the game if you see a mistake 3 times in a row. Until then let the kids experiment and learn on their own as much as possible.
- Stress the importance of spacing.

