







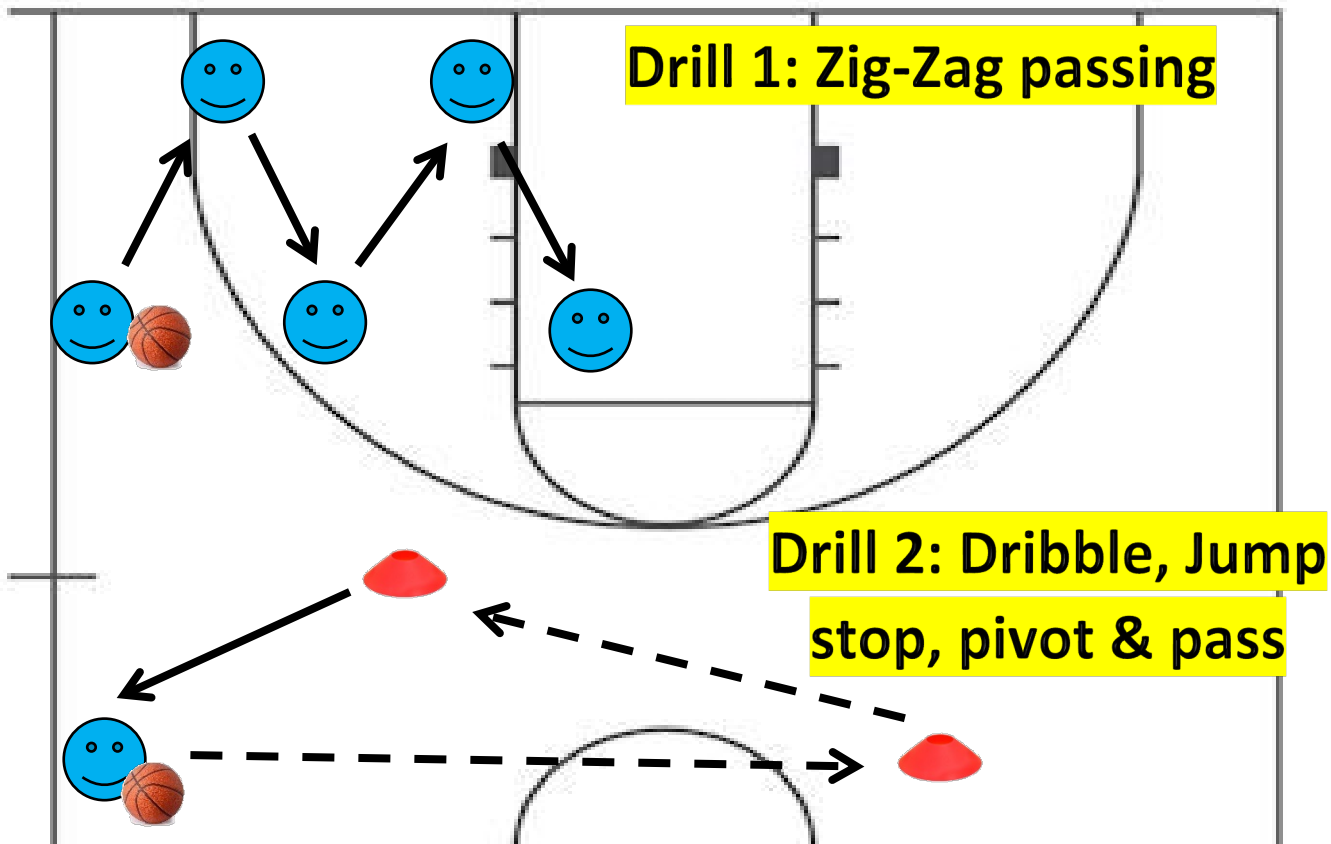
# **8 Week Miniball Program**

**Year 5 & 6**

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 dribbling



### 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 4 – Dribble, Jump Stop, Pivot & Pass

#### How the Drill Works:

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

#### 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.

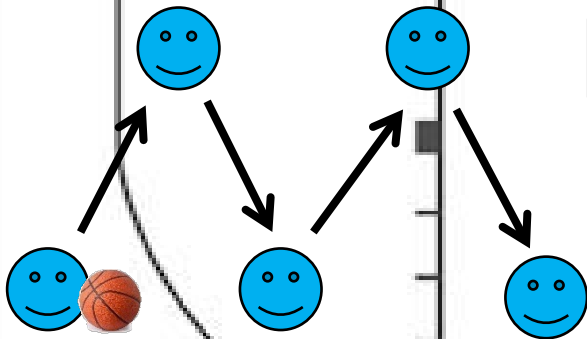
#### Coaching Points:

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

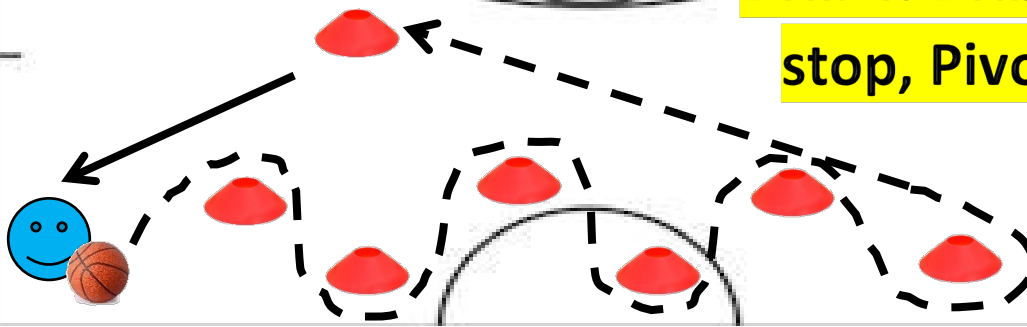
Allow 4-5min for this drill

## Week 2: Passing and Dribbling

### Drill 3: Zig Zag passing



### Drill 4: Dribble, Jump stop, Pivot & Pass



#### Drill 3 – Zig Zag Bounce and Overhead Passing 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 perform a simple cross over. Once they reach the last cone, they perform a jump stop, pivot and choose to chest, bounce or overhead pass.

##### Purpose:

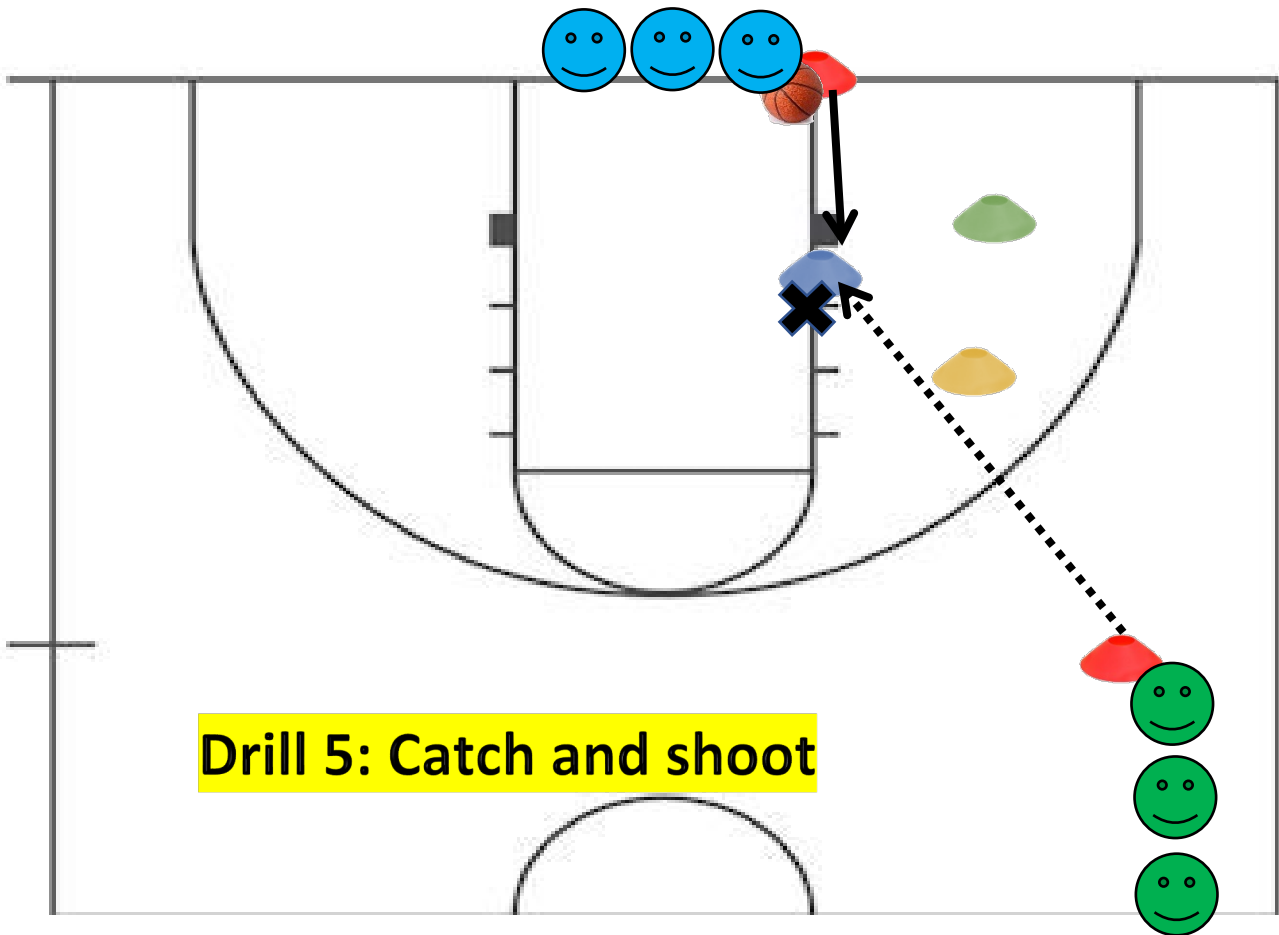
This drill is designed to teach players to control the ball when performing a cross over and to work on previous skills they have learnt.

##### Coaching Points:

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

Allow 4-5min for this drill

## Week 3 and 4: Shooting and Layups



### Drill 5: Catch and shoot

#### Drill 5 – Catch and Shoot

##### How the Drill Works:

The blue player passes the ball to the green player as they are running in. The green player catches the ball and immediately forms the triple threat position facing the basket. They shoot the ball and rebound their own shot handing to the next blue player in line. The blue player joins the green team. The green player can choose which cone to shoot from.

##### Purpose:

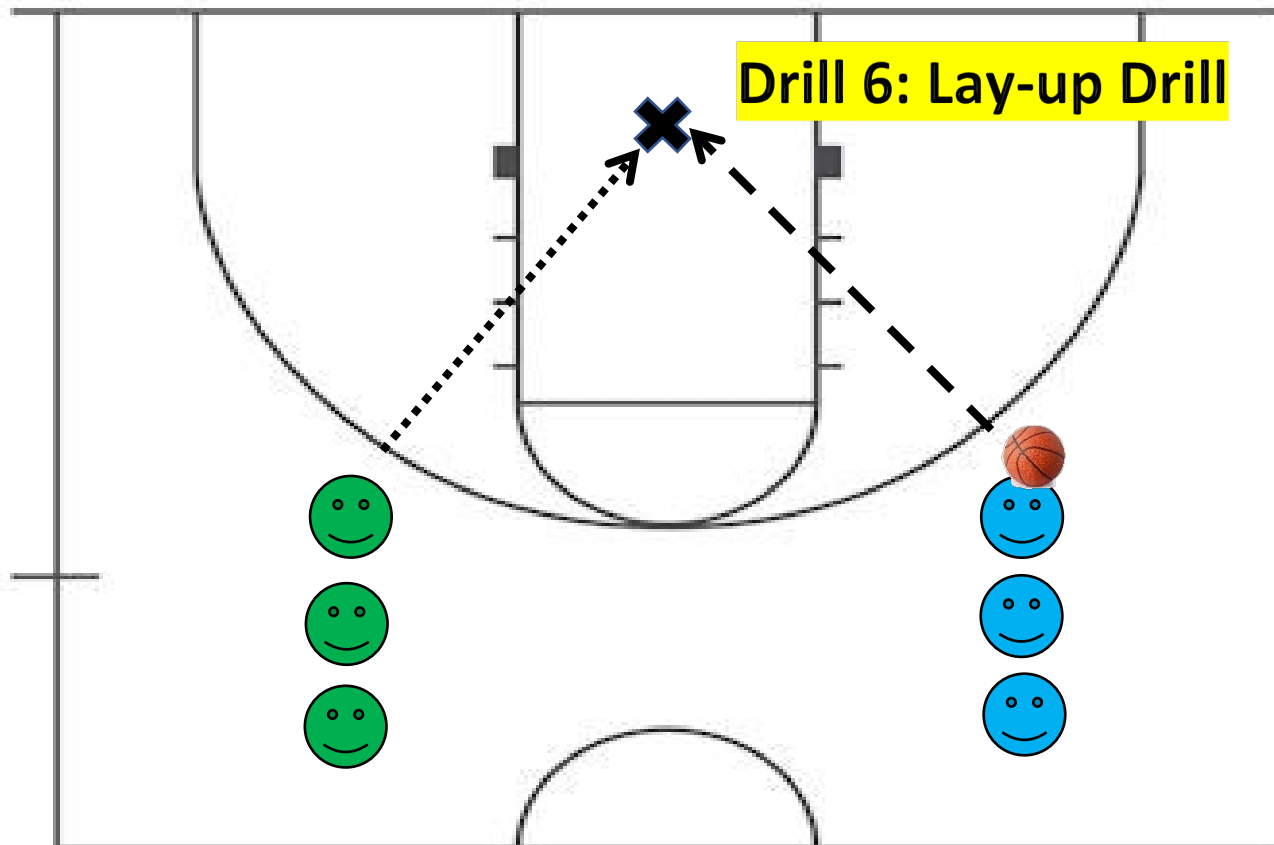
This drill is designed to teach players correct shooting technique and to 'pull up' and shoot the ball when they are in space.

##### Coaching Points:

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

Allow 3min for this drill

## Week 3 and 4: Shooting and Layups



### **Drill 6 – 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:**

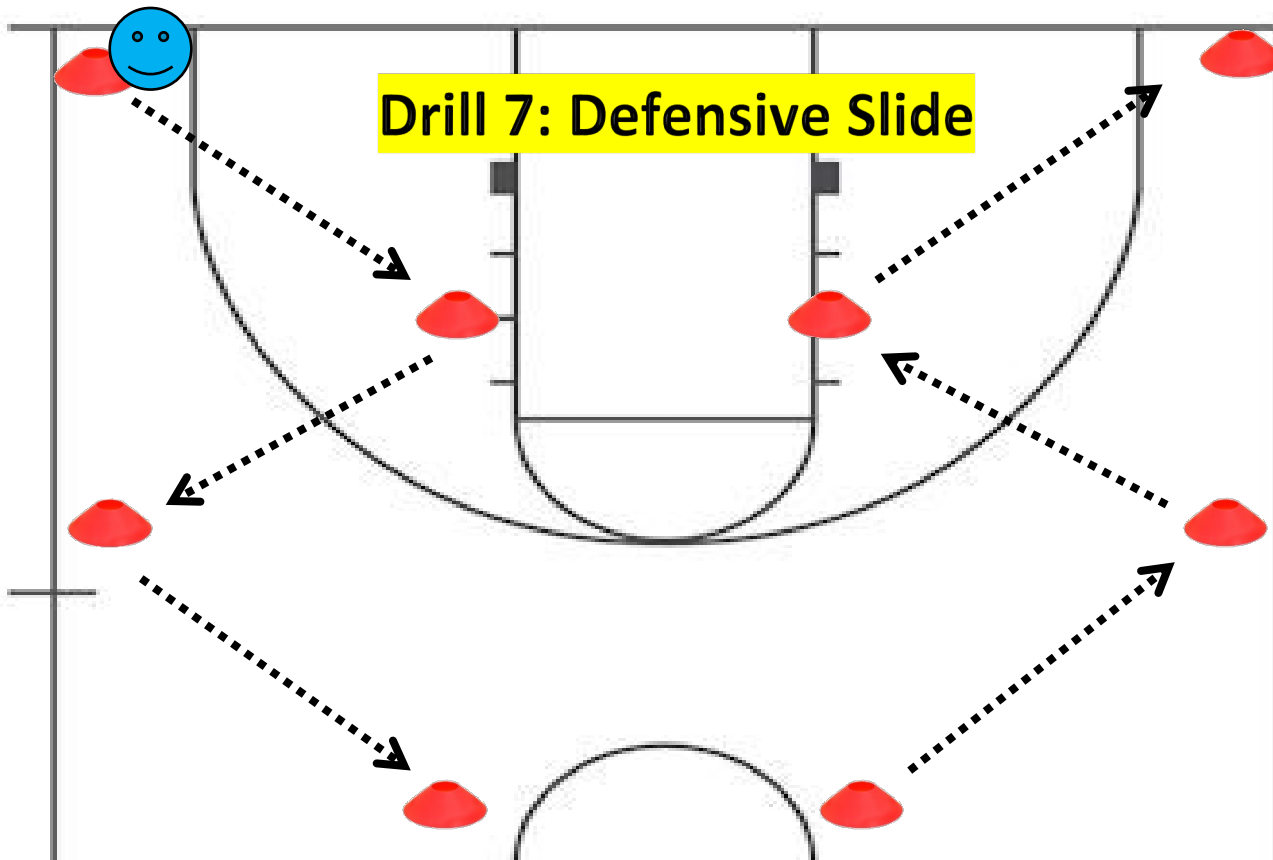
This drill is designed to teach players to dribble in and correctly lay the ball up from each side.

#### **Coaching Points:**

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

Allow 5min for this drill

## Week 5 and 6: Defense



### **Drill 7 – Defensive Slide**

#### **How the Drill Works:**

Players are required to slide from side to side up and down the court. They do this by using drop steps and defensive slides.

#### **Purpose:**

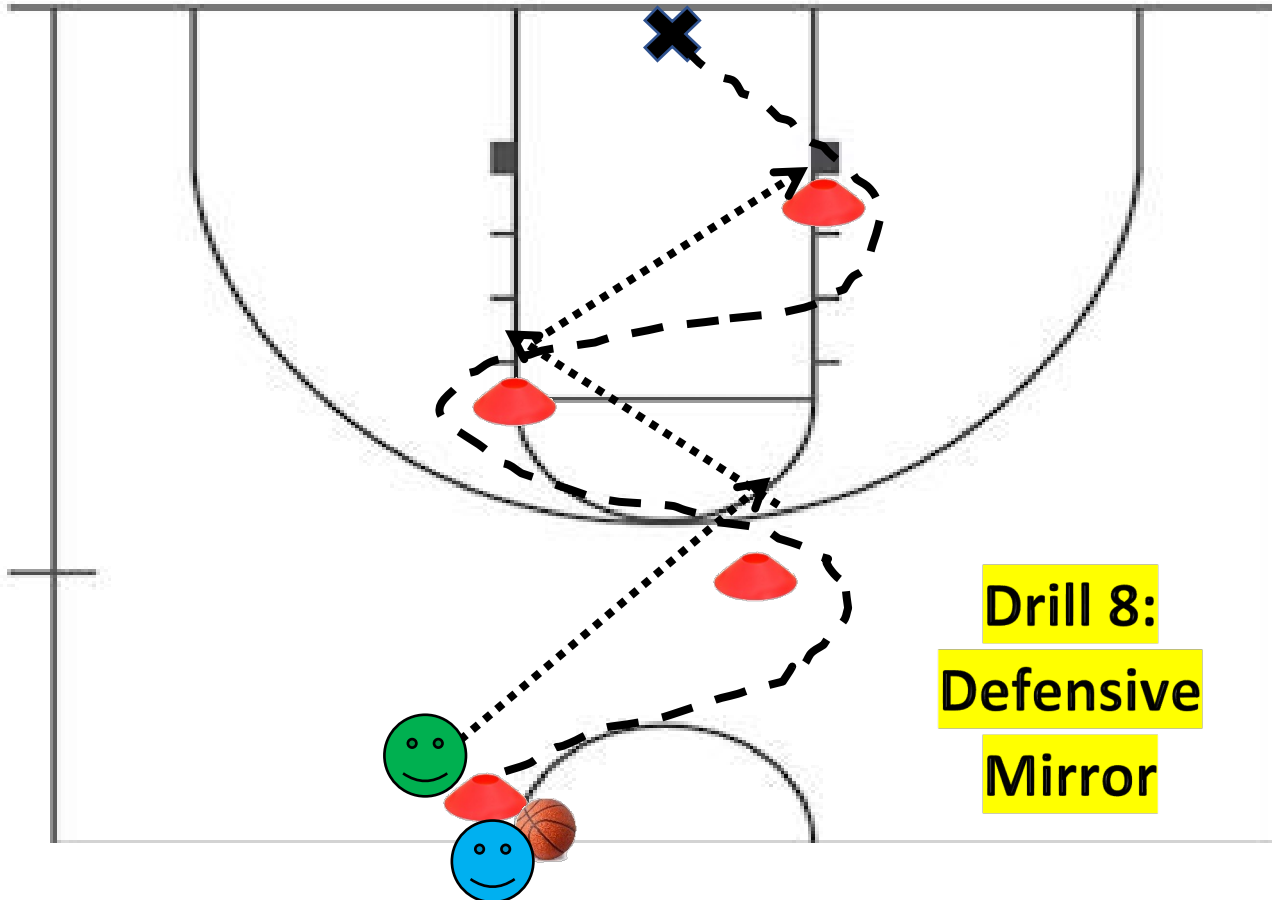
To teach players the basics of defense. This involves learning how to defensive slide properly and use a drop step to change direction.

#### **Coaching Points:**

- Teach all players to defensive slide and drop step at the beginning of the drill
- Make sure players are in a low stance
- Players should never cross their feet

Allow 3min for this drill

## Week 5 and 6: Defense



### Drill 8 – Defensive Mirror

#### How the Drill Works:

The blue player dribbles the ball performing a cross over at each cone. The green player must mirror the blue player ensuring they remain between them and the basket and in a low defensive position. Once the blue player reaches the last cone the green player must become 'tall like a tree' and the blue player dribbles around them and performs a lay-up. Then switch positions.

#### Purpose:

This teaches players to correctly defend an attacking player.

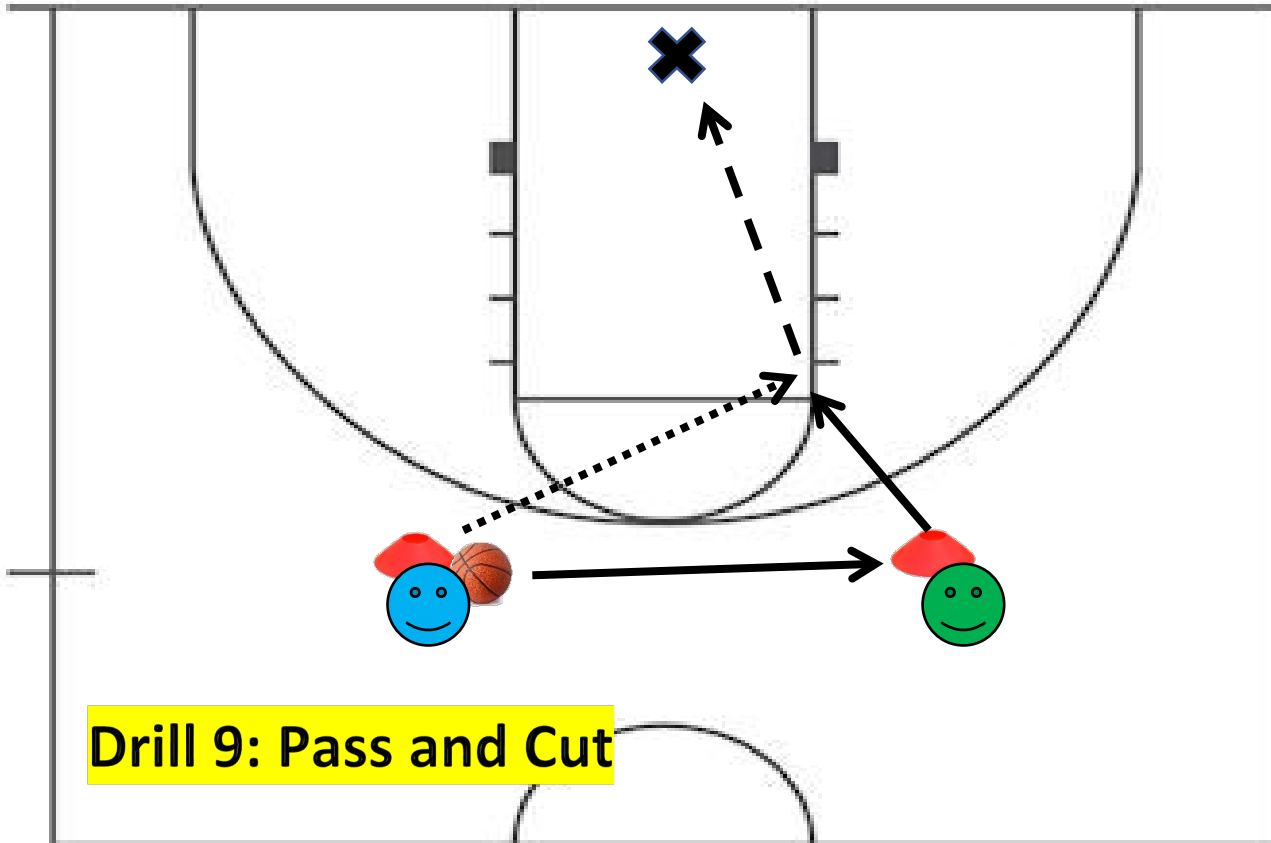
#### Coaching Points:

- Green players are not stealing but must have correct position
- Ensure defenders are using correct drop step
- Chest to Chest

Allow 5min for this drill



## Week 7 and 8: Pass and Cut



### Drill 9 – Pass and Cut

#### How the Drill Works:

The blue player passes the ball to the green player and then cuts to the basket. When cutting, the blue player needs to cut ball side to receive a pass from the green player. They then dribble and finish with a lay-up. Each player switches teams.

#### Purpose:

This teaches the players to pass and cut to create space and become a scoring option.

#### Coaching Points:

- Always cut ball side
- In week 8 add defenders

Allow 8min 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.

