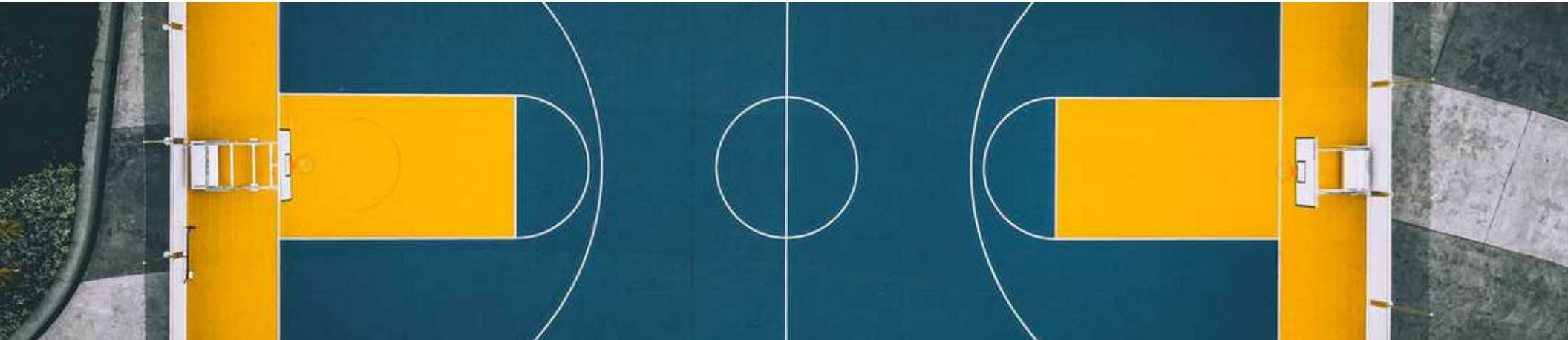


SPORTS DRILLS KIT - BASKETBALL



This drill kit is produced to give Mentors and Mentees an opportunity to practice skills related to Basketball

The idea behind this booklet is to offer some tips, tricks, and tools to both learn and sharpen your skills while having fun!

You do not need to perform the tasks in this package in order. Pick and choose from the drills as you see fit. After the drills, you will find a couple mini-games and resources for 1-on-1 games.

Lastly, the most important rule is to always have fun!

Join the YAY Discord Server to find other Mentor/Mentees to play with. Scan the QR Code or go to the link here: discord.gg/dfdNefPZQe



BASKETBALL

OVERVIEW

Basketball is a sport that is growing in popularity around the world. Although the sport has had most of its traction in North America, the sport has become increasingly more played all over.

FUN FACTS:

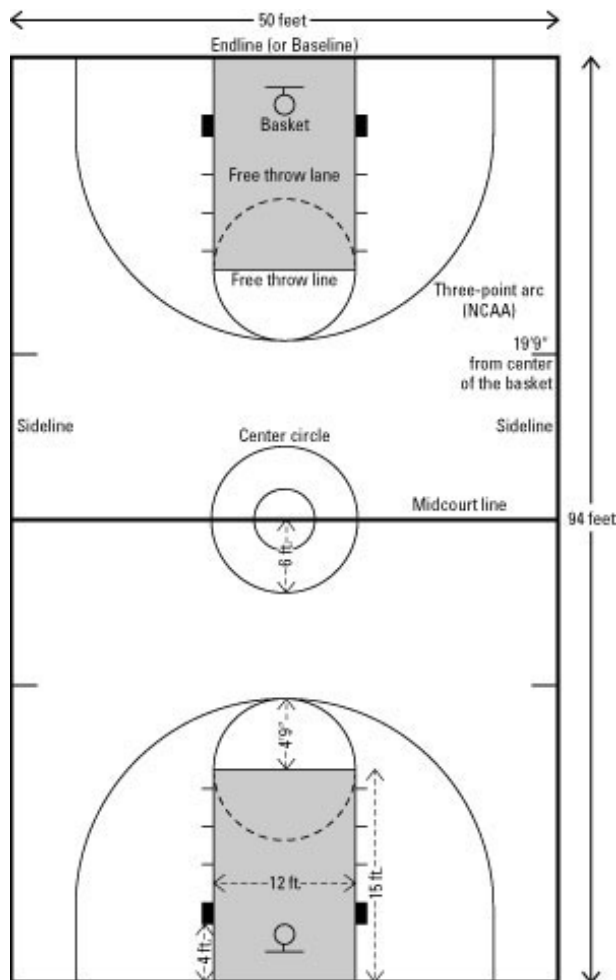
- Basketball was originally played with a soccer ball and peach baskets.
- Baskets originally only had a small hole in the bottom, and a referee would have to poke the ball out of the basket with a broomstick.
- Dribbling was not part of the first basketball games. Players had to stop and pass when they received the ball.

Just like soccer, while playing basketball you are either on offence or defence. Offence being when you have possession of the ball and are trying to score on the basket and defense when you are defending your basket from being scored on.

The fundamentals of basketball are: dribbling, shooting, finishing, rebounding, passing, and defending. The following pages have some drills to help you practice these skills.

Ultimately, the objective of the game is to score the most baskets. Whoever gets the ball in the opponents hoop the most times wins.

Lastly, remember to always have fun!



BASKETBALL

WARM-UP ACTIVITIES: STRETCHING

Before you begin playing any sports remember to stretch.

Basketball, like soccer is a game that activates a number of muscles in your body while playing, and stretching is important in making sure your muscles can handle the strain of the game.

Forgetting to stretch can lead you to become sore during or afterwards, can stop you from being able to perform at your best, or can lead to muscle injuries.



Standing Calf Stretch



Lower Back Stretch



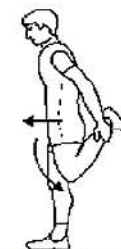
Two Leg Hamstring Stretch



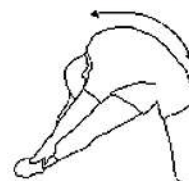
Sitting Groin Stretch



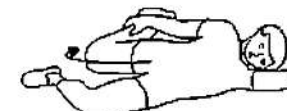
Chest & Back Stretch



Classic Quadriceps Stretch



Hamstring Split Stretch



Lying Quadriceps Stretch



Shoulder Stretch



Standing Groin Stretch

BASKETBALL

TRAINING DRILLS



These training exercises are to help build core fundamentals of the game. Pick and choose which ever drills you want, and only perform as much as you are capable of doing. These lists are simply guides of what a workout could look like.

Workout 1

- 10 standing shots from a random spot on the court
- 10 layups from each side of the rim
- 20 made free throws
- 20 meter sprint while dribbling
- 10 left to right crossovers with right side layup
- 10 right to left crossovers with left side layup
- 10 jumps shots from top left of the key
- 10 jump shots from top right of the key

Workout 2

- 10 layups from each side of the rim
- 5 standing shots from in from of the net
- 5 jumps shots from top left of the key
- 5 jump shots from top left of the key
- Left to right between the legs with right side layup
- Right to left between the legs with right side layup
- 10 made free throws
- 5 made 3-pointers
- 5 standing shots from 3 random spots on the court

BASKETBALL

WARM-UP ACTIVITIES



2-Man Weave

This drill will allow players to work on passing, teamwork, timing, and finishing all at once.

To Begin:

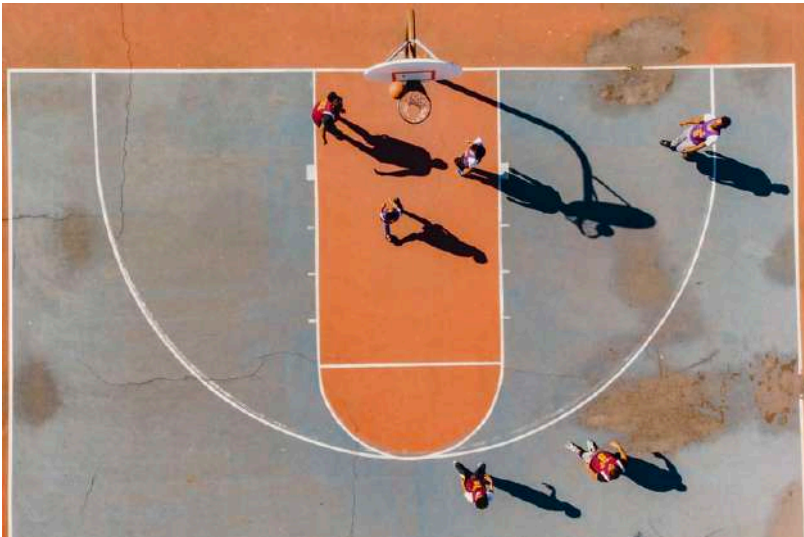
- You and your partner will start 4-6 meters apart at half court, or roughly 15 meters from the net.
- One of you will then start jogging towards the net, and the partner will pass the ball to you while you are in motion.
- When you receive the pass you will stop and your partner will then jog towards the net, once they have gotten ahead of you pass them the ball.
- Repeat these passes until one of you is close enough to shoot on the basket.
- Repeat the drill and make sure to switch up who gets to shoot.

TIPS:

- Remember to aim your pass to where your partner is going to be, not where your partner is. This will mean passing the ball to a spot in front of your partner.

BASKETBALL

MINI GAMES: H-O-R-S-E



These mini games are designed to play 1-on-1 or with 3 or more. All this games requires is a ball and a basketball hoop.

Objective:

- The objective of the game is to not collect all the letters, H-O-R-S-E.
- The player who collects all the letters first loses.
- If you are playing with more than 2 players: the last player not to collect all the letters wins.

How to Play:

- Player A will take a shot from any mark on the court. If Player A makes the basket, Player B will attempt the same shot from the same spot.
- If Player B scores, Player A will choose a different spot and take another shot.
- If Player B does not make the shot that Player A did, they receive a letter.
- If Player A does not make the shot, go back to step one and Player B will become Player A.
- Whenever the second player doesn't make the shot, they receive a letter until they get H-O-R-S-E and lose.

Change it Up:

- Make some shots trick shot: behind the back, bounced on the ground first, etc. he possibilities are endless.

DISCORD:

- Join the YAY Discord server to find other Mentor/Mentee pairs in your area to join you!

BASKETBALL

MINI GAMES: KNOCK-OUT



These mini games are designed to play 4+. All this games requires is 2 basketballs and a basketball hoop.

Objective:

- The objective of the game is to make your shot before the player behind you makes theirs.
- If the player behind you makes the shot before you, you're out.

How to Play:

- All players will line up behind each other at the free throw line.
- The first player in line will shoot on the hoop, once that player has released the ball the second player can then begin to shoot.
- If the first player makes their shot first, they will get the ball and pass it to the next player in line, who will then start shooting.
- If the second player in line makes their shot before the player who was in front of them, the player in front is out.
- The idea is to make your basket before the player behind you in line makes theirs.
- Last player to not get knocked out wins.

DISCORD:

- Join the YAY Discord server to find other Mentor/Mentee pairs in your area to join you!

BASKETBALL

MINI GAMES: 21



credit: recunlimited.com/blog/6-fun-basketball-games-to-play/

These mini games are designed to play 2+. All these games require a basketball and a basketball hoop.

Objective:

- The objective of the game is to get to 21 points, with each shot, no matter from where on the court, counting as 3 points.

How to Play:

- Player A will start with the ball and take a shot from the 3 point line.
- If player A makes the shot, they will retrieve the ball and shoot again.
- If player A misses the shot, the other players will then rebound the ball and try to score.
- Once a basket is made, the player who scores must take the ball back to the 3 point line to shoot.
- First player to 21 wins.

Change it Up:

- Make the game longer by making each shot worth 1 point, still playing to 21.

DISCORD:

- Join the YAY Discord server to find other Mentor/Mentee pairs in your area to join you!

BASKETBALL

MINI GAMES: 5 IN A ROW



credit: recunlimited.com/blog/6-fun-basketball-games-to-play/

These mini games are designed to play with 2 players. All this games requires is a basketball and a basketball hoop.

Objective:

- The objective of the game is to score your 5 baskets before your opponent.

How to Play:

- Both players will begin at a point equal distance from the hoop on opposite sides of the net.
- On the count of 3, players will begin shooting. They will continue to shoot from that point until they make a basket.
- Once a player makes ther basket, they will take 2 steps backwards, and begin shooting again until they make the basket from that point.
- After each basket, take another 2 steps back and repeat. First player to make 5 baskets wins.

TIPS:

- Both players can either shoot at the same time, or you can take turns shooting if you only have one ball.