



Team Name: 3-4 Year Old Coed Division
 Practice Number: First Practice Ideas

Emphasis of the Day: Everyone feels Welcome!

Thought or Value of the Day: Be a great teammate. Give high fives, encourage each other!

TIME	DRILL/GAME	EMPHASIS
10 min.	Introductions (name game, etc.) Safety rules (no one leaves w/o parent, etc.)	Good time to have 'parent meeting'. Go over ways they can help, etc. This age group is a team effort!
5 min.	Warm ups: Stretches, dynamic warm ups (get the blood flowing!)	Importance of proper warm up before active play.
10 min.	Dribbling: Stationary: 10x then two hands. Moving: half (full) court then back.	Keep ball within 'grabbing' distance. "Always dribble when you are moving and have a basketball."
5 min.	Water Break/Free shoot	Engage with the kids, rebound for them, play, build relationships and have fun!
10 min.	Passing: Bounce, chest, overhead. Pass with the wall or teammate. Hands and eyes, ready.	Step toward target when passing. Use full arm movement when passing. Hands up, eyes on passer when catching.
10 min.	Shooting (layup lines): Dribble up, pass then run to hoop.	Push ball up to hoop not at hoop. Lots of opportunities to shoot. Patience!
10 min.	Game time!	Either a controlled scrimmage to introduce game rules, out of bounds, etc. or a game like Freeze Tag. Get them moving!
Wrap-Up	Quickly review skills taught.	"What was your favorite part of practice today?"

Notes: Players at this age will take some time to understand/develop basketball skills. Focus on players having fun with their new teammates and stick to the basics. As the season progresses you will see them grasping concepts and hopefully making new friends!