



PROGRAM WEEKLY OVERVIEW

FOR AGES 3-7YR

Week 1

Introduction to Basketball

Skill Focus:

Dribbling Basics

- Activity: Welcome and warm-up
 - Circle time with introductions and stretching exercises.
- Skill Focus: Dribbling basics
 - Demonstrate dribbling with large, soft balls, encouraging control and coordination.
- Game: "Dribble Around"
 - Kids dribble around cones or markers set up on the court.
- Cool Down: Gentle stretching and relaxation

Week 2

Skill focus:

Shooting Techniques

- Activity: Warm-up with ball handling
 - Rolling balls to partners and catching.
- Skill Focus: Shooting technique
 - Practice shooting into a large, soft hoop or bucket.
- Game: "Shoot and Retrieve"
 - Kids take turns shooting and retrieving the ball with assistance.
- Cool Down: Stretching and calming down

Week 3

Skill Focus:

Passing Fundamentals

- Activity: Warm-up with passing motions
 - Passing soft balls back and forth with partners.
- Skill Focus: Passing technique
 - Practice passing to coaches or teammates, focusing on accuracy.
- Game: "Pass and Follow"
 - Kids pass the ball and follow their pass to the next spot.
- Cool Down: Stretching and winding down

Week 4

Skill Focus:

Coordination & Agility

- Activity: Warm-up with agility exercises
 - Set up a simple obstacle course with cones or markers.
- Skill Focus: Footwork and agility drills
 - Practice quick feet movements and direction changes around obstacles.
- Game: "Obstacle Dribble"
 - Kids dribble through the obstacle course, guided by coaches.
- Cool Down: Stretching and relaxation

Week 5

Skill Focus:

Ball Handling Skills

- Activity: Warm-up with ball control
 - Tapping and rolling the ball to practice control.
- Skill Focus: Ball handling drills
 - Use cones or markers to practice dribbling around obstacles.
- Game: "Dribble Tag"
 - Kids dribble while avoiding being tagged by coaches.
- Cool Down: Stretching and calming exercises

Week 6

Skill Focus:

Review & Mini games

- Activity: Warm-up with a review of skills
 - Quick review of dribbling, shooting, and passing.
- Skill Focus: Mini games
 - Play simple basketball-related games like "Simon Says" with basketball actions.
- Game: "Mini Match"
 - Kids play a small-sided match with simplified rules and no scores.
- Cool Down: Stretching and relaxing

Week 7

Skill Focus:

Fun Challenges

- Activity: Warm-up with fun challenges
 - Balancing a ball on their heads or walking while dribbling.
- Skill Focus: Fun challenges
 - Incorporate playful challenges involving shooting, passing, and dribbling.
- Game: "Skill Stations"
 - Rotate through stations focusing on different skills.
- Cool Down: Stretching and calming exercises

Week 8

Skill Focus:

Wrap up & Celebration

- Activity: Warm-up with favorite activities
 - Allow kids to choose their favorite warm-up activities from the week.
- Skill Focus: Showcase
 - Kids demonstrate skills they've learned to parents or caregivers.
- Game: "Friendly Match"
 - Kids play a friendly, informal match with simplified rules.
- Cool Down: Celebration and certificates
 - Celebrate participation with certificates or small treats.

