

PROGRAM WEEKLY OVERVIEW

FOR AGES 18M-2YR



Week 1

Introduction to Basketball

Skill Focus:

Dribbling Basics

- Welcome and warm-up
 - Stretching and basic movements (hopping, skipping & etc.)
- Skill Focus: Dribbling basics
 - Using large, soft balls and guiding them to dribble around cones or markers.
- Game: "Dribble Tag"
 - Toddlers dribble while avoiding being tagged by coaches.
- Cool Down: Stretching and relaxing

Week 2

Skill focus:

Shooting Techniques

- Warm-up games
 - Games involving catching and throwing.
- Skill Focus: Shooting technique
 - Using large, soft balls to practice shooting into a large basket or hoop.
- Game: "Shooting Hoops"
 - Toddlers take turns shooting into a hoop, encouraged by coaches.
- Cool Down: Stretching and calming down

Week 3

Skill Focus:

Passing Fundamentals

- Activity: Warm-up with passing motions
 - Passing balls back and forth with coaches.
- Skill Focus: Passing technique
 - Passing to coaches or teammates, focusing on gentle tosses.
- Game: "Passing Circle"
 - Toddlers pass balls in a circle, increasing coordination.
- Cool Down: Stretching and winding down

Week 4

Skill Focus:

Coordination & Agility

- Activity: Warm-up with agility exercises
 - Cones or obstacles for toddlers to navigate around.
- Skill Focus: Footwork and agility drills
 - Quick feet movements and direction changes.
- Game: "Obstacle Course"
 - Design a simple course for toddlers to dribble through or run around.
- Cool Down: Stretching and relaxation

Week 5

Skill Focus:

Ball Handling Skills

- Activity: Warm-up with ball control
 - Basic ball control exercises like tapping and rolling.
- Skill Focus: Ball handling drills
 - Incorporate cones or markers for toddlers to dribble around.
- Game: "Dribble Relay"
 - Toddlers dribble and pass balls to teammates in a relay format.
- 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
 - Simple basketball-related games like "Simon Says" with basketball actions.
- Game: "Mini Basketball Match"
 - Small teams play a simple, fun basketball match.
- Cool Down: Stretching and relaxing

Week 7

Skill Focus:

Fun Challenges

- Activity: Warm-up with fun challenges
 - Challenges like balancing a ball on their heads or walking while dribbling.
- Skill Focus: Fun challenges
 - Incorporate playful challenges that involve shooting, passing, and dribbling.
- Game: "Skill Stations"
 - Rotate through stations focusing on different skills.
- Cool Down: Stretching and calming exercises (5 mins)

Week 8

Skill Focus:

Wrap up & Celebration

- Activity: Warm-up with favorite activities
 - Allow toddlers to choose their favorite warm-up activities from the week.
- Skill Focus: Showcase
 - Toddlers demonstrate skills they've learned to parents or caregivers.
- Game: "Friendly Match"
 - Toddlers play a friendly, informal match with simplified rules.

