

## **OLIVETTE PARKS AND RECREATION**

### **MICRO BASKETBALL**

#### **LESSON PLAN, WEEK 1**

1. Introduction- Take a few minutes to learn the names of all the players on your team. You may also spend some time coming up with a team name. It is best to avoid the names of local sports teams, as these are traditionally popular with our participants and can get confusing. A good idea is to position the kids in a half circle, and you pass the ball to each child, and they are to say their name and something else about themselves (i.e., favorite color, favorite food, and favorite sport) and then pass the ball back to you. (10 Minutes)
2. Warm up- Although preschoolers do not need much stretching, we do want to help them develop the habit of warming up and stretching before athletic activity. Some leg stretches and jumping jacks will do the trick. Then take a little time to play a quick game of tag using cones and balls to define boundaries. (10 minutes)
3. Passing- Start with a basic pass, have the kids toss the ball in the air and catch it. This helps work on their hand and eye coordination. Next have the kids partner up and show them the bounce and chest pass. (10 minutes)
4. Ball Handling- Move the ball around the waist, Stationary dribble (left hand then right hand) Stationary dribble with arm up. Dribble around a cone. (10 minutes)
5. Game- Sharks and Minnows, the coach is the “shark” players are “minnows”. They each dribble a ball and coach tries to steal it. Encourage them to keep their defensive arm up. (10 Minutes)

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#### **LESSON PLAN, WEEK 2**

1. Review some of the passing drills from week 1 (toss the ball and catch themselves, bounce pass and chest pass) 5 minutes
2. Passing game- Have kids stand in semi-circle around you. You will make a team pizza while passing the ball. When you pass the kids the ball, they get to pick a topping to put on the team pizza. Once they tell you a topping, they pass the ball back to you. (10 minutes)
3. Dribbling- Continue to practice dribbling and emphasis the importance of using one hand to dribble. Practice with both right and left hands. After a couple of minutes have the kids line up on the sideline and play Red Light, Green Light. (10 minutes)
4. Shooting- Demonstrate shooting form have the kids do this without a basketball at first. Have the kids then line up and practice taking a shot from certain spots and getting their own rebound and returning to the end of the line. (10 minutes)
5. To end this session there will be a short scrimmage. This can be a 10–15-minute scrimmage, coaches can decide how they want to break that down.

**Thanks for all your help, coaches!**

We give you the lesson plan weeks in advance for you to look over and become familiar with. This is also for you to look over and modify any of these drills to make them as fun as possible.

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#### **LESSON PLAN, WEEK 3**

1. Ball Handling- Knee circles, rolling figure 8's and dribble around cones. (10 minutes)
2. Shooting- wall shooting, practicing form shooting have them use a wall and pick a spot to hit. (10 minutes)
3. Rebounding- coach shoots and the kids rebound. Start showing them box out techniques. (10 minutes)
4. The rest of the time will be used to scrimmage.

**Keep in mind these are scrimmages, we will not be keeping scores. They are still young, and we are focused more on skill development then points on the scoreboard. Please emphasize sportsmanship, effort, and participation!**

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#### **LESSON PLAN, WEEK 4**

1. Passing Circle- Have the kids stand in a circle and pass the ball to someone across from them, make sure they are using the bounce pass or chest pass. Make sure everyone gets equal turns. (5 minutes)
2. Shooting Circle- Same as the passing circle only this time they practice shooting form by "shooting" the ball to someone across from them. Make sure they are using the correct shooting form. (5 minutes)
3. Rebounding- 2 player game, coach shoots the ball and whoever gets the rebound gets to shoot. (5 minutes)
4. 3 player drill- 3 offensive players, no defense. Have players spread out with two towards the top of the key and one under the basket. Player 1 passes to Player 2 and Player 2 passes to Player 3 who shoots. Everyone rebounds. (15 minutes)
5. Scrimmage (20 minutes)

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LESSON PLAN, WEEK 5**

**This week will be all about reviewing what has been taught the first 4 weeks of the program with some of the fun games mixed in.**

1. Passing Review- review the basic passing with the kids (5 minutes)
2. Shooting Review- make sure they are using the proper shooting technique (5 minutes)
3. Dribbling review- emphasize using only one hand while dribbling and switching hands. (5 minutes)
4. Sharks and minnows' game (10 minutes)
5. Red light, Green light game (10 minutes)
6. Scrimmage two 8-minute quarters

**Reminder that next week is the final week!**

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**LESSON PLAN, WEEK 6**

For the final week of the program, we will spend most of the time playing. Spend about 10 minutes getting your players warmed up and ready to go. We will play two 10-minute halves with about 5-minute break in between another game against a different team.

The Sports Specialist will assign team matchups.

At the end of the scrimmage, please have the players assemble at the center court lines to shake hands.

**Thank you for a great winter season!**

**\*If any parents of a micro participant would be interested in continuing coaching next year with the kindergarten program, please let me know so I can keep you informed on upcoming activities. At the kindergarten level, we get into a more formal league setting, where coaches have more responsibility for organizing the teams. If you are interested and want more information, feel free to call me at 314-994-2403 or email me [wsmith@olivettemo.com](mailto:wsmith@olivettemo.com) Hope to see you next year!**