



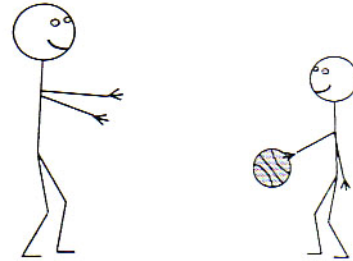
## Skill Development Exercises - Week 1 \_\_\_\_\_

### **Station #1 – Dribbling/Ball Handling**

#### **Dribble in Place, One Hand at a Time**

*Equipment Needed: Mini Basketballs*

Give the children mini basketballs and encourage them to dribble the basketballs with their dominant hand while the parents emphasize the *Performance Cues*. After the children can successfully dribble the basketball 5 times in a row maintaining control, have them switch hands and use the non-dominant hand to maintain control for 5 bounces with that hand.

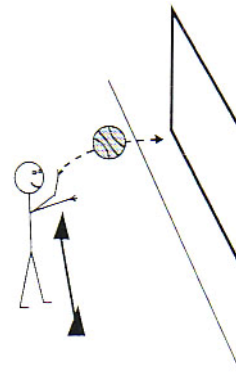


### **Station #2 - Shooting**

#### **Shoot Basketball to Wall**

*Equipment Needed: Soft Teslon Basketballs*

Mark a line 3 feet away from a wall. Have the children stand on the line facing the wall, and encourage them to hold the basketball with one hand and shoot the ball up to the wall. Remind the parents to emphasize the *Performance Cues*.



### **Station #3 – Passing/Catching**

#### **Child Throws Ball in Air to Him/Herself**

*Equipment Needed: Soft Teslon Basketballs*

Give the children a Soft Teslon Basketball and have them throw it in the air to themselves and catch it. After completing 8 out of 10 tries, have the children toss the ball higher, reaching up and catching it above their heads. Repeat the activity with the children jumping up to catch the ball at the highest possible point.



### **Station #4 – Running/Agility**

#### **Follow the Leader**

*Equipment Needed: Cones (optional)*

Encourage the parents and children to line up and have the “leader” walk, run, skip, etc. around the area where you are conducting your session, or set up cones as markers around the area to add variety to this exercise. If you are on a basketball court, have the “leader” trace the lines of the court.

