

A close-up photograph of several orange basketballs with a pebbled texture and black lines. A white net is visible in the upper right and lower left corners. The background is a grey and white hexagonal pattern.

BASE ●●
SPORTS

Basketball



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HOW TO USE THIS CURRICULUM

Welcome to your Base Sports Curriculum!

Regardless of your skill level, this curriculum will help you coach at your camp. If you have very little experience coaching basketball, diagrams are provided to help you understand most drills. If you have a wealth of experience, this curriculum will complement your individual knowledge and give you some variations of common drills and games for your camp. Either way, good preparation is key for a successful camp, so please take the time to think, pray, and create a plan.

Look over this curriculum in the weeks before your sports camp. Familiarize yourself with the drills and schedule. We have included alternate drills in the back of this manual that you can use for different skill levels or to fill time. Once you are familiar with the material, you will be able to adapt to the size of your camp, the skill of your players, and the number of assistant coaches that you will have.

While running a sports session, have two or three extra drills ready in case your schedule runs quicker than expected. When you have smooth transitions with little down time, your players will stay more engaged and more well-behaved. Empower your assistant coaches to help you!

If needed, you can create cards with notes on the drills you would like to run and a reminder of how to run them. You will appear more professional and prepared if you do not need to reference this curriculum during camp.

Remember, the goal of this camp is to create a loving environment where your players will have fun and hear the Good News of Jesus Christ. This curriculum focuses on skill development over competition and your camp should too. Throughout the day, look for ways to connect how your players are playing with the key points of the Bible curriculum.

Lastly, make sure to have fun with your players!



COACHING TIPS

- Remember the reason for sports camp is to reach children with the gospel of Christ.
- Encourage your players often. Point out specific skills that a player is doing well and praise them for that.
- Create a list of the drills you want to do and prepare some backup drills in case you need to fill more time. You can also write down small reminders of how to run the drill.
- Some easy rules for players to follow include:
 - No kicking the basketballs
 - No dribbling when a drill is being explained
 - One whistle means go
 - Two whistles means hold the basketballs
- Use your assistant coaches to run the drills and make sure the players are doing them correctly while you set up the next drill and encourage the players. Whenever you give instructions to the players, also give instructions to the assistant coaches.
- Use a whistle to have fun. Make sure you explain what different whistle blows mean.
- Keep the players and yourself hydrated!
- Space and time are two ways to make a drill more successful or more challenging. The larger the space the easier the drill is. The longer the time the easier the drill is. To make the drills more challenging shrink the space or the time.
- During game time allow the assistant coaches and yourself to play, but only for keeping the score similar. The players are the ones who need to learn and they should be the focus. Scrimmaging with the coaches is a lot of fun for the players too.
- A few of the drills are available to watch on YouTube. Links are embedded within the title of select drills, but you can also access all of the videos at this link: <https://bit.ly/baseminbasketball> or the QR code below.





SAMPLE SCHEDULE

MONDAY **Session #1:**
Passing Warm-Up: Tails (p. 11)
Introduce Passing (p. 13)
Passing Weave (p. 13)
Four Corner X (p. 15)
Divide into teams

Session #2:
Pivot Pass Relay (p. 14)
Pepper Drill (p. 17)
Bullring Drill (p. 16)
Clap Catch (p. 17)

Session #3:
Aerial Basketball (p. 41)

TUESDAY **Session #1:**
Dribbling Warm-Up: Tails (p. 11)
Introduce Dribbling (p. 19)
What's My Number (p. 19)
Cone Dribble (p. 20)
Sheep and Wolves (p. 19)

Session #2:
Dribbling Relays (p. 22)
Caterpillar Weave (p. 21)
Pinny Pick Up (p. 23)
Ball Scramble (p. 22) / Stationary Ball Handling (p. 23)

Session #3:
Scrimmage (p. 41)

BASKETBALL CURRICULUM

WEDNESDAY **Session #1:**

Shooting
Layups

Warm-Up: King of the Hill (p. 24)
Introduce Shooting (p. 27)
Shooting 101 (p. 28)
Shooting Lines (p. 29)
Catch and Shoot (p. 29)

Session #2:

Introduce Layups (p. 33)
Layup Lines (p. 33)
Seven Shots From Seven Spots (p. 30)
Steal the Basketball (p. 30)
Knockout (p. 27) OR Royal (p. 28)

Session #3:

Scrimmage (p. 41)

THURSDAY **Session #1:**

Defense
Rebounding

Warm-Up: Tails (p. 11)
Introduce Defense (p. 35)
Mirror the Coach (p. 35)
Defensive Slide Step (p. 35)
The Gauntlet (p. 36)

Session #2:

Introduce Rebounding (p. 39)
Box Out (p. 35)
Rebounding 101 (p. 39)
Blitz Block Out (p. 40)
Steal the Basketball (p. 30)

Session #3:

Scrimmage (p. 41)

SAMPLE SCHEDULE

FRIDAY **Session #1:**
Review Favorite Drills/Games

Games **Session #2:**
Favorite Drills/Games
OR
Scrimmage (p. 41)

Session #3:
Coaches vs Players Scrimmage

10 STATION ROTATION MODEL

1. Dribble Relays (p. 22)
2. The Gauntlet (p. 36)
3. Pinny Pick Up (p. 23)
4. Royal (p. 28)
5. Layup Lines (p. 33)
6. Passing Weave (p. 13)
7. Aerial Basketball (p. 41)
8. Clap Catch (p. 13)
9. Blitz Block Out (p. 40)
10. Steal the Basketball (p. 30)



PASSING

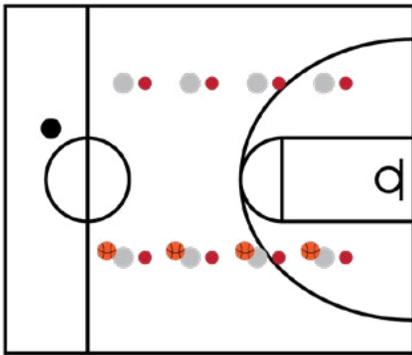
Key Points to Passing:

- Step towards target → Always hit the chest → Follow through/thumbs down
- Chest pass → Bounce Pass – ball bounces $\frac{3}{4}$ of the way between players
- Overhead pass – do not pull ball all the way back behind head, keep on top of head

PARTNER PASSING

Objective:

Practice passing form



Equipment:

A basketball for each pair, cones

Set-up:

Pair up the players and have them stand about six feet apart facing each other. It is easiest if you set out a line of cones to give the players a place to stand.

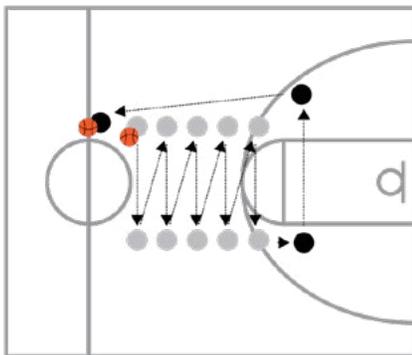
Run drill:

Have the players practice passing back and forth. Start with chest passes, then bounce passes, and then overhead passes. Make sure correct form is being used with every pass. You may find it easier to only have players pass on the whistle. It creates less chaos.

PASSING WEAVE

Objective:

Awareness, passing accuracy, aim for chest



Equipment:

Several basketballs

Set-up:

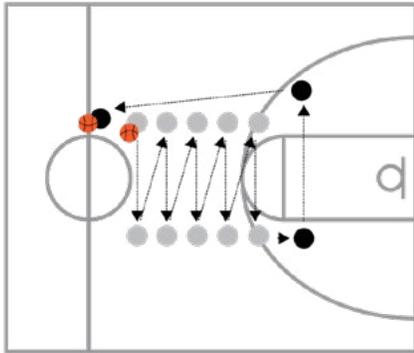
Make two lines of partners facing each other. Only the first person starts with the balls. This is easiest to go straight into after Partner Passing (above) because the players are already lined up. Have one coach on each end.

Run drill:

The first player makes a chest pass to the player directly

BASKETBALL CURRICULUM

PASSING WEAVE (CONT.)

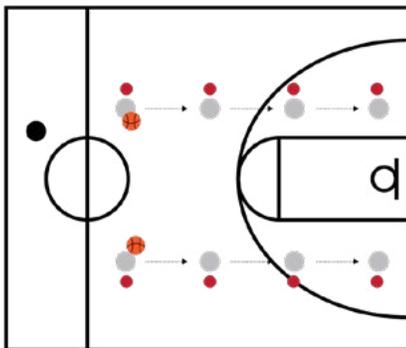


across from them. That player then makes a pass to the next person in line across from them, and so on. As this continues, it will make a zig-zag pattern. Once the ball reaches the end, pass the ball to the coach and have that coach roll the ball back to the other coach at the beginning. As players get the hang of it, begin to add more basketballs so that several are going at one time. This keeps the players aware and passing the ball quickly.

Variations:

Time the players from the time of the first pass until it makes it all the way down the zig-zag to the coach at the end. Have them try to beat the initial time. Add incentives; if the players beat their own time, coaches do push ups/if they don't beat their own time, players do push ups, etc.

PIVOT PASS RELAY



Objective:

Passing accuracy, pivot

Equipment:

A basketball for each line, cones

Set-up:

Line the players up into several lines spaced out about eight feet from each other. Place a cone for each player to start on. Everyone in the line should be facing the same way.

Run drill:

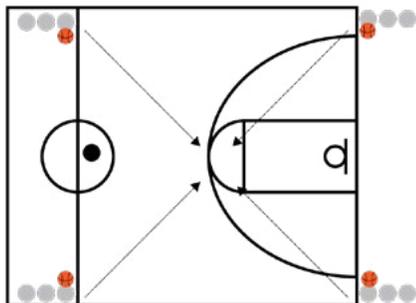
The first person in the line pivots and makes a chest pass to the next player, who pivots and does the same. When the ball gets to the end of the line, the last player dribbles to the front and the other players shift back to the next cone. This continues until all the players have returned to their original positions.

Variations:

Make it a competition. See which team can get back to their starting positions the quickest.

PASSING

FOUR CORNER X



Objective:

Pivot, pass

Equipment:

A basketball for each line

Set-up:

Form four lines, one in each corner of a half court.

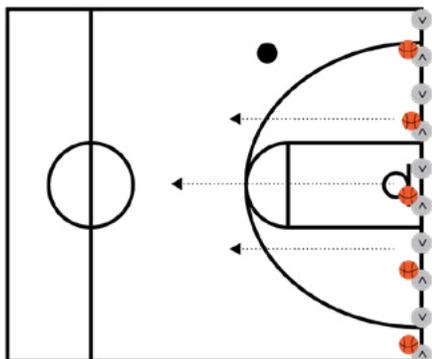
Run drill:

The first player in each line dribbles to the foul line and makes a jump stop (demonstrate). Each player pivots to the right and makes a pass to the next player in line. The player follows the pass and goes to the end of the line. After a few turns, change to a left hand dribble and a left pivot.

Variations:

Use the three types of passes

SLIDE AND PASS



Objective:

Moving and passing

Equipment:

A basketball for each pair

Set-up:

Pairs should start at the baseline, facing each other about five feet apart. Increase the distance for older players. A good distance is the lane.

Run drill:

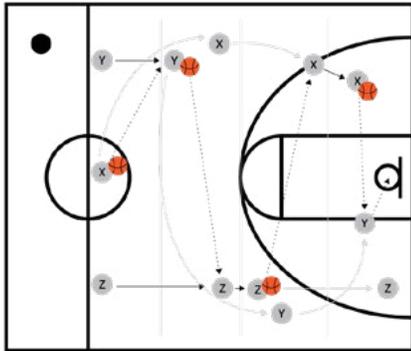
The pair will slide and pass to half court and stop. Run multiple times, doing a different pass each time.

Variations:

For more advanced players, use two basketballs. One player chest passes while the other bounce passes as they slide to half court.

BASKETBALL CURRICULUM

3-MAN HALF COURT WEAVE



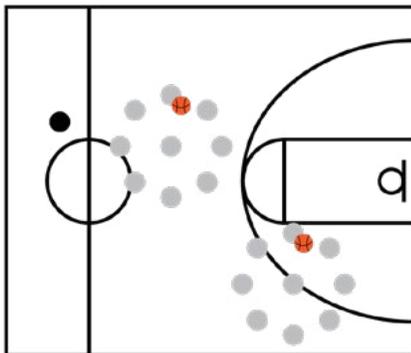
Objective:
Court awareness

Equipment:
Basketballs

Set-up:
Create three equal lines on the mid-court line. Each person in the middle line needs a ball.

Run drill:
Player (x) begins in the middle with the ball. He/she makes a pass to player (y) on the left and runs behind player (y). Player (y) makes a pass to player (z) on the right and runs behind player (z). Player (z) then makes a pass to player (x) and runs behind player (x). Player (x) makes a pass to player (y) who then shoots a layup.

BULLRING DRILL



Objective:
Passing around a defender

Equipment:
Cones, a basketball for each circle

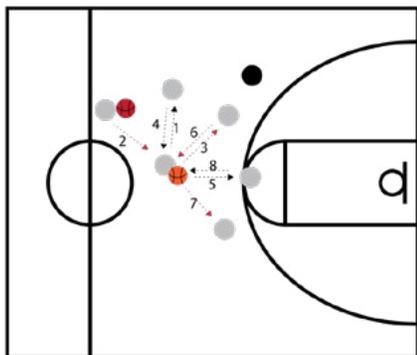
Set-up:
Form a circle with players standing at least four feet from each other. Place one defensive player in the middle. Create several circles if there are a lot of players.

Run drill:
The object of this drill is to pass the ball to each other without the defensive man touching, deflecting, or stealing the ball. The passer who turns the ball over becomes the defensive player and takes his/her place in the middle. A passer may not pass the ball to another player directly next to himself/herself. Also, do not allow "lob" or "rainbow" passes over the top of the defender. You want good, crisp passes.

Variations:
Add more defenders to the middle.

PASSING

PEPPER DRILL



Objective:

Passing quickly, awareness

Equipment:

Two basketballs

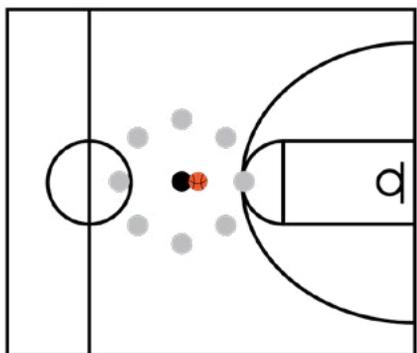
Set-up:

Form the players in a semi-circle around one player. The player in the middle should be one step inside the semicircle. The player in the middle and the player on one end of the semicircle each have a ball.

Run drill:

Working clockwise, the player in the middle passes to the first player without a ball. As soon as the pass is made, the player in the middle looks for a pass from the first player with the ball. He/she passes to the next player without a ball and receives a pass from the second player. When you reach the last player in line, go back in the other direction. Rotate the player in the middle.

CLAP CATCH



Objective:

Fun and competitive, this is a huge hit

Equipment:

A basketball

Set-up:

The coach stands in the middle with the players in a circle around him/her.

Run drill:

The coach, in a random order, starts making a pass to each player. The player must clap their hands before catching the ball. If there is no clap, that player sits down. If the player drops the pass, that player sits down. If the coach fakes a pass and the player claps, they must also sit down. Continue until you have a winner.

Variations:

Let the player who wins, become the passer in the middle, add two people in the middle.