

Your seven-week basketball guide

Our weekly schedule

Each league day runs from 1:00 to 3:00 PM. The children learn a skill, practice it, try a friendly competition and use it during play. We repeat that pattern in the second hour.

Time	What we do
1:00-1:20 PM	First skill lesson and challenge
1:20-2:00 PM	Basketball play
2:00-2:20 PM	Second skill lesson and challenge
2:20-3:00 PM	Basketball play

Play blocks include substitutions, water breaks and short coaching stops. Coaches adjust the activity and difficulty to the children in each group.

What the seven weeks cover

Week	Focus
1	Ballhandling and footwork
2	Passing and moving
3	Finishing and shooting
4	Review Weeks 1-3
5	Defense and rebounding
6	Team play and decisions
7	Full-season review

How we teach and compete

Coaches show the skill first and use short cues children can remember. Players get practice turns before adding a score or a defender. Challenges give children opportunities to improve their own result, work with a partner and compete in small groups. Children keep participating after mistakes.

Skill challenges reward the action being taught, such as a controlled stop or an accurate pass. These practice points are separate from game scores. During games, coaches also notice effort, helpful passing, recovery and sportsmanship.

Weeks 4 and 7 revisit familiar activities. Coaches look for specific progress and identify something each child can keep practicing. The goal is for families to understand what their child is learning alongside the game result.

Weeks 1-4: Learn and review

Week 1 | Ballhandling and footwork

Headlights: control the dribble while looking ahead. Children practice seeing a coach's signal without losing the ball.

Freeze & Turn: stop in balance, protect the ball and turn around an anchored foot to see a teammate.

The challenge: count controlled dribble trips and balanced turns, then try to improve the result. Control earns the skill point.

Try together: in a clear space, ask your child to show Headlights and Freeze & Turn. Let your child explain the cue the coach used.

Week 2 | Passing and moving

Hit the Hands: send a pass a teammate can catch, show a target and receive the ball with control.

Pass & Go: move into open space after passing and show hands for a return pass.

The challenge: partners count successful passes. Small groups practice completing a pass, cut and return catch against a guided defender.

Try together: make ten comfortable partner passes. Take turns being the passer and receiver. Shorten the distance when needed.

Week 3 | Finishing and shooting

Step & Finish: learn the feet for a close layup, starting with a simple approach.

Set & Shoot: set the feet, look at the target and finish a balanced shot from a manageable distance.

The challenge: children earn a footwork point for a controlled layup attempt. Partners also try to improve their close-shot total. Coaches distinguish the technique from whether the ball goes in.

Try together: ask your child to demonstrate the layup feet without a ball, then show a balanced shooting finish. Use the version taught by the coach.

Week 4 | Review Weeks 1-3

Control Check: return to Headlights and Freeze & Turn with the same familiar cues.

Connect & Finish: revisit passing, cutting, layup steps and balanced close shots.

The challenge: repeat earlier activities at the same difficulty so children can compare their own attempts. Coaches help each child choose a useful next practice step.

Try together: ask, "Which skill feels easier now?" Let your child choose one familiar activity to practice and explain.

Weeks 5-7: Play together

Week 5 | Defense and rebounding

Stay in Front: use balanced movement to stay between an attacker and the basket.

Find & Secure: locate the opponent, see the ball and collect a rebound with two hands in a balanced position.

The challenge: short defending turns reward staying in front legally. Rebounding turns reward a controlled catch and landing. Coaches introduce opponents gradually.

Try together: mirror each other's slow steps in a clear space. Change leaders often. Keep it gentle and finish with a balanced stop.

Week 6 | Team play and decisions

Find the Window: move until a teammate has a clear passing lane to your hands.

Two on One: look at the defender and choose an open path to the basket or an open teammate.

The challenge: small groups create passing opportunities and practice attacking with an extra teammate. Coaches recognize the decision separately from the shot result.

Try together: ask your child to show where to stand to receive a pass. Ask, "What changes when the defender moves toward the ball?"

Week 7 | Full-season review

Beat Your Best: repeat familiar ballhandling, footwork and shooting activities to see individual progress.

Team Challenge: bring back passing, finishing, defending, rebounding and helpful decisions during team play.

The challenge: children work on a personal target and a shared team task. Coaches recognize specific examples of improvement, effort, teamwork and sportsmanship.

Try together: ask your child to teach you a favorite module. Ask the coach for one useful practice target to carry forward.

Supporting your child

Bring a water bottle and clothing and shoes suitable for basketball. Keep home practice optional and brief. Give your child time to explain the skill, celebrate a specific effort and let the coach provide the technical correction.

Tell staff about your family's photo and video sharing preferences, including any changes. Ask the coach privately about your child's progress and next practice step.

This guide describes the planned teaching program. Coaches may adjust tasks, distances and groupings to fit the children and available court space. Use the league's confirmed event information for dates, location and any schedule changes.