



# Basketball With True North (Ages 8-14)

## Warm up: Basketball Trickshots

**Equipment:** A basketball and a hoop or a ball and some sort of bin or basket

**Description:** Have your child attempt trick shots and see what's the coolest shot they can make, we've included some ideas below:

### Trick Shot Ideas:

- Half Court (or a shot from far away)
- Behind the back shot
- Between the legs shot
- Granny Shot
- Backwards shot

Need some inspiration click [here!](#)



## Activity: The Spider Drill (Dribbling)

**Equipment:** A basketball or any type of ball you can dribble with

**Description:** Spread your legs shoulder width apart and bend your knees slightly.

**Step 1:** Start by dribbling the ball in front of you and alternating hands (i.e. Left, right, left, etc).

**Step 2:** Once you get into a rhythm perform the same sequence of dribbles behind your back.

**Step 3:** Once you've mastered dribbling behind your back combine both step 1 and step 2.

Time your child and see how long they are able to keep the spider dribble alive! To help you understand the drill feel free to watch a video of the spider dribble [here](#).



## Activity: 3-Point Contest (Shooting)

**Equipment:** A basketball and a hoop, or you can modify this activity to be played indoors by using a laundry basket and pairs of rolled up socks

**Description:** Start by outlining a 3 point line then setup a line of balls (or rolled up socks) at 5 different positions around the 3 point line. If you have a basketball net and only one ball you can have a rebounder rebound and pass the ball back after every shot attempt. To mimic the pros, the NBA 3-point contest format can be found [here](#). Set a time, the player is scored based on the amount of made baskets within the given time.

See how Trae Young (an NBA All Star) creatively modified the 3-point competition for inside his home [here](#).

