

Basketball Practice Guideline Example

Grades 2-3

Warm-up (5-10 minutes)

- pick 5-6 stretches (arms and legs)
- pick 2-3 basketball movements
 - o EXAMPLES- sprint to half, then turn and backpedal the rest of the way)
 - o EXAMPLES- sprint down and back, or maybe add a ball to dribble once you have introduced some skills)
 - o OTHER examples- high knees, carioca, change of speed or direction actions!

Dribbling Skills (15-20 minutes)

NOTES

- Have 2 to 3 different drills per practice
- If a drill is showing to be difficult, spend more time with it instead of moving on.
- Work specifically on fundamentals to begin
 - o Dribbling with finger tips (not slapping)
 - o Pushing the ball with appropriate force
 - o Protecting ball with off hand
 - o Eyes up when dribbling (Not at first, but move to this)
 - o More advanced skills
 - Dribbling at waist level and below (knee to waist level)
 - Add different moves (cross over, spin, back dribble, speed dribble, inside out dribble, between legs, behind back....do what works for your kids, but remember to challenge everyone. Not everyone has the same ability)

Dribbling/Ball Handling DRILLS

- o Dribbling in place with right hand/then left hand
 - Add cross over from hand to hand
 - Vary levels of dribble
 - Waist, knees, toes, chest
- o Speed dribble full court or half court
 - Push ball out in front a little
 - Strides should be running and trying to maximize their dribbles
- o Zig zag
 - Dribble from cone to cone zig zagging
 - Make sure players switch the ball to the other hand when they get to each cone.
 - o Cross over, spin, between the legs, behind the back
- o 2 ball dribbling (advanced)

Defensive Skills (15-20 minutes)

NOTES

- Defensive stance (HUGE!!)

- Proper stance
 - Bend knees (I use "sit" as a cue, but essentially they must sit down like they would almost in a chair)
 - Arms out
 - Eyes up
 - Weight on toes, NOT heels
 - Weight evenly distributed, not leaning forward or backward! Should be balanced
- Movement
 - Should move on TOES NOT heels
 - Feet should never come together
 - Should maintain stance through movement
- Keep in mind
 - Active hands, but we play with our feet!!

DRILLS

- defensive slide zig zag from cone to cone
 - emphasize getting to cone, plant foot/open up with other foot, toe point to next cone
- Squeaky feet
 - Run out to offensive player, break down feet $\frac{3}{4}$ of the way to the defender (squeaky feet)

Passing (10-15 minutes)

NOTES

- Passing and catching!!

- Movement while passing
- Passing to specific spots or targets
- Show target, (catching ball with hands only!)
- Different passes and techniques
 - Chest pass
 - Bounce pass
 - Baseball pass
 - Overhead pass
 - **make sure to add movement, not just standing still!

DRILLS

- 3 line passing
- stationary passing (adding ball fakes)
- Defender in the middle (also a defensive drill)

Shooting Form/Skills (15-20 minutes)

NOTES

Form

- BEEFF

- Balance, Elbow, Eyes, Follow Through, Feel
 - Balance- Feet facing basket balanced, square body to the basket,
 - Elbow- Elbow in, in line with basket
 - Eyes- tell player to focus on something they are aiming for
 - Front of rim OR back or rim, or a spot over the rim they are aiming their shot to
 - Follow Through- follow through until ball goes in, follow through should be up and out front slightly
 - Feel- get a feel for the basketball, and feel for their shot.
- At this level most players will shoot from wait
- Try to encourage shooting with the one hand
- Guide hand goes to the top, but does not shoot the ball

- Footwork

- Right handed players step in left right
- Left handed players step into shot right left
- Shooting side foot slightly forward
- Toes facing the basket
- Feet slightly wider than shoulder width apart

DRILLS

- Lay-ups
 - Players use left leg right hand on right side
 - Players use right leg left hand on left side.
 - * when players get better add a rule to only use 3 dribbles to get to the rim
 - * add an action such as a pass to them before they go into a lay-up
 - *add dribble jump stop, ball fake, shot (both sides)
 - Practice lay-ups to the front of the rim finishing with either hand (practicing different angles is more game like)
- Form Shooting
 - Drop it plop it
 - Plop it drop it
 - Perfect shot
- Elbow jumpers
- Wisconsin
- Catch and shoot
- Partner shooting
- Wing shooting with moves

Plays or Team Defense/Offense (15-20 minutes)

*** Team concepts**

Game (15 minutes)

- 5 on 5 full court or half court
- 3 on 3 half court
- "Cutthroat" half court
- Or a fun game the kids enjoy
 - o Lightening
 - o Knockout
 - o Shooting competitions
 - Split into a two or three teams
 - Set a number they need to make
 - First team to make "X" number of shots wins
 - Losing teams do an exercise
 - o

Other points of emphasis (Ideas)

- Triple threat
- Pivoting
- Basketball rules (traveling, double dribble,
- Using ball fakes, shot fakes
- Moving without the ball
- Setting screens
- Give and Go